

University of California San Diego
IOP EATING DISORDER PROGRAM
Vacation teen schedule

	MONDAY	TUES DAY	WEDNESDAY	THURSDAY	FRIDAY
3pm to 3:30				Expressive Therapy (BW)	
3:30 to 4pm	Teen Process Group (Julie) 3:30 to 4:30pm		Mindfulness meditation/movement (Julie)	continued... SNACK 4:15 to 4:30 (JM)	
4:30 to 5:30	Goal Setting (BW)		Cog. Behav. Therapy (Julie) 4pm to 5pm	DBT Skills Group (Roxie)	
5:30 to 6:30	Dinner Meal (Julie)		Dinner Meal (Julie) 5pm to 6pm	Goal Setting (Roxie) 5:30 to 6pm	
6pm to 6:30			Goal Setting (Julie)		
6:30 to 7pm	Nutrition Education (JM)				

(Individual and Family therapy sessions made by appointment with staff.)

Individual Therapist _____

Family Therapist _____

Psychiatrist _____

Meeting with Dietitian _____