

**Saint Louis Behavioral Medicine Institute**  
**Eating Disorders Intensive Outpatient Program**

(636) 532-9188

[www.slbmi.com](http://www.slbmi.com)

**Group Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p style="text-align: center;"><b>4:00 – 5:00 p.m.</b> <b>Check-In Group</b></p> <ul style="list-style-type: none"> <li>➤ Check-in with each member</li> <li>➤ Review of weekend</li> <li>➤ Goal setting for upcoming week</li> <li>➤ Set challenge from hierarchy with specific coping plan</li> </ul>	<p style="text-align: center;"><b>4:00 – 5:00 p.m.</b> <b>DBT Group</b></p> <ul style="list-style-type: none"> <li>➤ Identify purpose of emotions</li> <li>➤ Develop skills for emotion regulation &amp; interpersonal effectiveness</li> <li>➤ Learn mindfulness-based coping strategies</li> </ul>	<p style="text-align: center;"><b>11:00 a.m. – Noon</b> <b>CBT Group</b></p> <ul style="list-style-type: none"> <li>➤ Learn CBT model applied to ED</li> <li>➤ Monitor thoughts and identify errors</li> <li>➤ Challenge ED voice &amp; irrational beliefs</li> </ul>	<p style="text-align: center;"><b>4:00 – 5:00 p.m.</b> <b>Expressive Therapy Group</b></p> <ul style="list-style-type: none"> <li>➤ Expression through art, photo, writing and music therapy</li> <li>➤ Exercises for gaining self-awareness</li> </ul>	<p style="text-align: center;"><b>11:00 a.m. – Noon</b> <b>Family Relations Group</b></p> <ul style="list-style-type: none"> <li>➤ Boundaries</li> <li>➤ Family communication</li> <li>➤ Examination of key relationships and their impact on ED</li> <li>➤ Roles and rules of family</li> <li>➤ Communication skills-building</li> </ul>	<p style="text-align: center;"><b>9:00 – 10:00 a.m.</b> <b>Therapeutic Meal</b></p>
<p style="text-align: center;"><b>5:00 – 6:00 p.m.</b> <b>Therapeutic Meal</b></p>	<p style="text-align: center;"><b>5:00 – 6:00 p.m.</b> <b>Therapeutic Meal</b></p>	<p style="text-align: center;"><b>Noon – 1:00 p.m.</b> <b>Therapeutic Meal</b></p>	<p style="text-align: center;"><b>5:00 – 6:00 p.m.</b> <b>Therapeutic Meal</b></p>	<p style="text-align: center;"><b>Noon – 1:00 p.m.</b> <b>Therapeutic Meal</b></p>	<p style="text-align: center;"><b>11:00 a.m. – Noon</b> <b>CBT Group</b></p> <ul style="list-style-type: none"> <li>➤ Learn CBT model applied to ED</li> <li>➤ Monitor thoughts and identify errors</li> <li>➤ Challenge ED voice &amp; irrational beliefs</li> </ul>
<p style="text-align: center;"><b>6:00 – 7:00 p.m.</b> <b>Symptom Management &amp; Advanced Coping Skills Group</b></p> <ul style="list-style-type: none"> <li>➤ Understand purposes of ED behaviors and develop coping skills</li> <li>➤ Positive support plans</li> <li>➤ Stress management</li> <li>➤ Understand and cope with comorbid depression and anxiety</li> </ul>	<p style="text-align: center;"><b>6:00 – 7:00 p.m.</b> <b>Family Group</b></p> <ul style="list-style-type: none"> <li>➤ Opportunity for family members &amp; significant others to learn about eating disorders</li> <li>➤ Chance to share experiences with other families facing similar challenges</li> </ul>	<p style="text-align: center;"><b>1:00 – 2:00 p.m.</b> <b>Process Group</b></p> <ul style="list-style-type: none"> <li>➤ Therapist-guided opportunity to talk about issues relevant to treatment</li> <li>➤ Safe place to express feelings</li> <li>➤ Receive support and feedback from peers</li> </ul>	<p style="text-align: center;"><b>6:00 – 7:00 p.m.</b> <b>Body Image Group</b></p> <ul style="list-style-type: none"> <li>➤ Assessment of current body image concerns</li> <li>➤ Interactive exercises and group support</li> <li>➤ Education about societal influences on body image</li> </ul>	<p style="text-align: center;"><b>1:00 – 2:00 p.m.</b> <b>Nutritional Group</b></p> <ul style="list-style-type: none"> <li>➤ Impact of ED on health</li> <li>➤ Mostly nutritional topics and activities</li> </ul>	<p style="text-align: center;"><b>11:00 a.m. – Noon</b> <b>Process Group</b></p> <ul style="list-style-type: none"> <li>➤ Therapist-guided opportunity to talk about issues relevant to treatment</li> <li>➤ Safe place to express feelings</li> <li>➤ Receive support and feedback from peers</li> </ul>
		<p style="text-align: center;"><b>2:00 – 2:30 p.m.</b> <b>Feedback</b></p>			