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<tr>
<td>5:00–6:00 p.m. Check-In Group</td>
<td>5:00–6:00 p.m. DBT Group</td>
<td>5:00–6:00 p.m. Nutrition/Emotions</td>
<td>5:00–6:00 p.m. Expressive Therapy</td>
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<td>9:00–10:00 a.m. Therapeutic Meal (Breakfast)</td>
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<td>Kara Merrill</td>
<td>Jen Kamer</td>
<td>Maiya Ingram/</td>
<td>Cathy Lander-Goldberg</td>
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<td>10:00–11:00 a.m. Adolescent Process &amp; Parent Only Groups</td>
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<td>Pam Shelnutt</td>
<td>Patrice Ryan</td>
<td>Jessica Gerfen</td>
<td>Cathy Lander-Goldberg</td>
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<td>7:00–8:00 p.m. Symptom Management/</td>
<td>7:00–8:00 p.m. CBT/ACT Group</td>
<td>7:00–8:00 p.m. Self-Awareness/Anxiety Group</td>
<td>6:00–7:00 p.m. Body Image Group</td>
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<td>11:00 a.m.- noon Multi-Family Group Adolescent &amp; Parents</td>
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<td>Coping Skills Group</td>
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| **4:00–5:00 p.m. Check-In Group**  
- Check-in with each member  
- Review of weekend  
- Goal setting for upcoming week  
- Set challenge from hierarchy with specific coping plan | **4:00–5:00 p.m. DBT Group**  
- Learn mindfulness-based coping strategies  
- Develop skills for emotion regulation & interpersonal effectiveness  
- Develop coping skills to tolerate & manage distress | **4:00–5:00 p.m. Nutritional Group**  
- Impact of ED on health  
- Nutritional topics and activities  
- Supported grocery and meal outing(s) | **4:00–5:00 p.m. Expressive Therapy**  
- Expression through art, photo, writing and music therapy  
- Exercises for gaining self-awareness |                                           | **9:00–10:00 a.m. Therapeutic Meal (Breakfast)** |
| **5:00–6:00 p.m. Therapeutic Meal (Dinner)** | **5:00–6:00 p.m. Therapeutic Meal (Dinner)** | **5:00–6:00 p.m. Therapeutic Meal (Dinner)** |                                           |                                           |                                           |
| **6:00–7:00 p.m. Symptom Management/Coping Skills Group**  
- Understand purposes of ED behaviors and develop coping skills  
- Positive Support plans & Stress management  
- Understand & cope with comorbid depression & anxiety | **6:00–7:00 p.m. CBT/ACT Group**  
- Learn skills to successfully maintain relationships  
- Develop positive self-awareness  
- Gain understanding of emotions including anxiety | **6:00–7:00 p.m. Self-Awareness/Anxiety Group**  
- Learn CBT model applied to ED  
- Monitor thoughts and identify errors  
- Challenge ED voice & irrational beliefs  
- Education about comorbidities, such as anxiety and depression | **6:00–7:00 p.m. Body Image Group**  
- Assessment of current body image concerns  
- Interactive exercises and group support  
- Education about societal influences on body image |                                           |                                           |
| **10:00–11:00 a.m. Adolescent Process & Parent Only Groups**  
Therapist-guided opportunity to talk about issues relevant to treatment  
- Safe place to express feelings  
- Receive support and feedback from peers |                                           |                                           |                                           |                                           | **11:00 a.m.- noon Multi-Family Group Adolescent & Parents**  
- Opportunity for family members & significant others to learn about Eating Disorders  
- Chance to share experiences with other families facing similar challenges |

*Adolescents Eating Disorders Intensive Outpatient Program Group Schedule*