

**Adults Eating Disorders Intensive Outpatient Program Group Schedule (Updated 8/4/16)**

<b><u>Monday 5-8 PM</u></b>	<b><u>Tuesday 5-8 PM</u></b>	<b><u>Wednesday 5-8PM</u></b>	<b><u>Thursday 5-8PM</u></b>	<b><u>Friday 11AM-2PM</u></b>	<b><u>Saturday 8-11AM</u></b>
<b>5:00pm – 6:00pm</b> <b>Check-In Group</b>  Melissa Strachan	<b>5:00pm – 6:00pm</b> <b>Body Image</b>  Cathy Lander-Goldberg	<b>5:00pm – 6:00pm</b> <b>DBT</b>  John Rapp	<b>5:00pm – 6:00pm</b> <b>CBT-E</b>  John Rapp	<b>11:00am – 12:00pm</b> <b>Nutritional Group</b>  Maiya Ingram	<b>8:00am – 9:00am</b> <b>Therapeutic Meal</b> <b>(Breakfast)</b>  Dorothy Toran
<b>6:00pm – 7:00pm</b> <b>Therapeutic Meal</b> <b>(Dinner)</b>  Melissa Strachan	<b>6:00pm – 7:00pm</b> <b>Therapeutic Meal</b> <b>(Dinner)</b>  Kate Piper	<b>6:00pm – 7:00pm</b> <b>Therapeutic Meal</b> <b>(Dinner)</b>  John Rapp	<b>6:00pm – 7:00pm</b> <b>Therapeutic Meal</b> <b>(Dinner)</b>  Cathy Lander-Goldberg	<b>12:00pm – 1:00pm</b> <b>Therapeutic Meal</b> <b>(Lunch)</b>  Maiya Ingram	<b>9:00am – 10:00am</b> <b>Multi-Family Group</b>  Dorothy Toran
<b>7:00pm – 8:00pm</b> <b>Symptom Mgmt</b> <b>&amp;Advanced Coping</b> <b>Skills</b>  Melissa Strachan	<b>7:00pm – 8:00pm</b> <b>CBT</b>  Kate Piper	<b>7:00pm – 8:00pm</b> <b>Process Group</b>  Laura Huff	<b>7:00pm – 8:00pm</b> <b>Expressive Therapy</b>  Cathy Lander-Goldberg	<b>1:00pm – 2:00pm</b> <b>CBT</b>  Jen Kamer	<b>10:00am – 11:00am</b> <b>Process</b> <b>Group/Relationship</b> <b>Focus</b>  Dorothy Toran