

Teen Eating Disorder PHP Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Vitals	Vitals	Vitals	Vitals	Vitals
8:30	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
9:15am	DBT group	CBT group	Process group	DBT Group	Relapse prevention
10:15am	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack
10:45am	Art Therapy	Yoga	Embracing Recovery Group	Psychoeducation	Nutrition
11:45	Bathroom	Bathroom	Bathroom	Bathroom	Bathroom
12	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
12:45	School	School	School	School	School
2:45	Bathroom	Bathroom	Bathroom	Bathroom	Bathroom
3:00	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack
3:30	Body Image	Community meeting	Learning kitchen	Art Therapy	Yoga/Meditation
4:30	Depart	Depart	Depart	Depart	Depart

	Wednesday Family Day 1:30-4
1:30	Family Process Group
2:15	Psychoeducation
3:00	Parent Skills/CBT/DBT
3:45	Wrap Up