COMPREHENSIVE EATING DISORDERS PROGRAM

TYPICAL DAILY SCHEDULE

7:00-8:00: Check-In, weight and vital signs are collected, and patients have a therapeutic breakfast with their parent (or significant other/friend for adult patients) and program staff. Afterward, parents meet with a therapist to review the meal and problem-solve around managing eating disordered behaviors at home. Parents have the option of staying for snacks or lunch later in the day, or they may leave at this time.

8:00-10:00: This time is allotted for a mix of group and individual therapy sessions. Therapy sessions are led by a licensed psychologist or clinical social worker. Patients are often given homework assignments (skills practice) to use at home or outside of sessions to bolster their recovery.

*Break/Snack*

10:00-11:30: School-aged participants will receive education services provided by our teacher/learning specialist, based on lessons provided by their school and teachers. Adult participants engage in nutrition education and nutrition skill building activities like meal planning, shopping, and food preparation exercises led by our Registered Dietitians.

11:30-12:00: Lunch. During this therapeutic meal our program staff offers mealtime support and redirects disordered eating behaviors.

12:00-2:00: This time is allotted for a mix of group therapy, individual counseling, physician consults, and medication evaluations. Treatment approaches may include Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Cognitive Remediation Therapy.

2:00-3:00: Check out and return home. Parents meet with program staff to review the day and plan the evening meal and snack at home.

Each Tuesday we offer afternoon/evening hours to allow additional participants’ parents (or significant other or friend for adult patients) to attend our program for a therapeutic meal and therapy session.

www.UofMhealth.org/eatingdisorders