

COMPREHENSIVE EATING DISORDERS PROGRAM

Typical Daily Schedule

- START OF DAY** Check-in, weight and vital signs are obtained, and patients have a therapeutic breakfast with their parent or caregiver, along with program staff. Parent or caregivers also have the option of staying for snack and lunch later in the day. Twice per week, parents will attend an informational parent group led by a licensed psychologist, clinical social worker or a registered dietitian following breakfast.
- MORNING** This time is allotted for group therapy sessions. Therapy sessions are led by clinical social workers. Treatment approaches may include dialectical behavioral therapy, cognitive behavioral therapy, body image group and process group. There will be a 15-minute break after groups to use the restroom, relax or engage with peers.
- MID-MORNING** Participants will also have individual provider visits with our program psychiatrist and physicians.
- Snack. During this therapeutic snack our program staff offers support and redirects disordered eating behaviors. Parents may attend if they choose to. School-aged participants will have the option to receive educational services provided by our learning specialist, based on lessons provided by their school and teachers. Non school-aged participants will engage in a nutrition session led by our registered dietitian. In this session, they will receive nutritional education and work on nutrition skill building activities.
- EARLY AFTERNOON** Lunch. During this therapeutic meal our program staff offers support and redirects disordered eating behaviors. Parents may attend if they choose to. Following lunch is a patient group therapy session. This session will consist of self-expression or relaxation group. The self-expression groups allow patients to channel their creative energy for motivation and inspiration during the treatment process. The relaxation groups teach patients calming strategies that can be used for self-soothing and positive coping.
- END OF DAY** Check out and return home.

mottchildren.org/eatingdisorders



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