



# The Emily Program

The eating disorder specialists

## Integrated Eating Disorder/Substance Use Disorder Program

### **Intensive Outpatient Program (IOP)**

- Structured, group-based treatment for eating disorder/substance use disorder (ED/SUD)
- Monday-Friday, 8 AM-11 AM
- Time typically spent in program: 6-8 weeks

Sample Schedule: ED/SUD IOP					
	Monday	Tuesday	Wednesday	Thursday	Friday
8 am	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal
9 am	Movement therapy	Recovery management	Skill development	Nutrition	Recovery management
10 am	Goals and self-monitoring	Interpersonal skill development	Psychotherapy group	Psychoeducation ED/SUD	Art/expressive therapy

### **Intensive Day Program (IDP)**

- A higher level of care with more intensive, structured treatment for ED/SUD
- Monday-Friday, 8 AM-3 PM
- Time typically spent in program: 4-6 weeks
- Conveniently located optional lodging for out-of-town clients

Sample Schedule: ED/SUD IDP					
	Monday	Tuesday	Wednesday	Thursday	Friday
8 am	Movement therapy	Movement therapy	Movement therapy	Movement therapy	Movement therapy
9 am	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal
10 am	Goals and self-monitoring	Interpersonal skill development	Psychotherapy group	Psychoeducation ED/SUD	Art/expressive therapy
11 am	Interpersonal skill development	Psychotherapy group	Interpersonal skill development	Interpersonal skill development	Interpersonal skill development
12 pm	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal
1 pm	Psychoeducation ED	Skill development	Psychoeducation SUD	Interpersonal process group	Goals and self-monitoring
2 pm	Nutrition	Nutrition	Goals and self-monitoring	Skill development	Recovery management

We also offer **ED/SUD Step-Down Groups** that meet multiple times during the week for clients who are in the later stages of ED/SUD recovery.

Call **1-888-364-5977** to register for an assessment and get started on the track that works for you.