

The Klarman Eating Disorders Center
 McLean Hospital
 Residential Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8:00	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up
8:00-8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30-9:00	Post-Meal Support Group	Post-Meal Support Group			Post-Meal Support Group		
9:00-9:50	*Treatment Planning-A RN/CRC	*Treatment Planning-A Dee & RN/CRC	*Treatment Planning-A RN/CRC	*Treatment Planning-A Dee & RN/CRC	*Treatment Planning-A RN/CRC	*Treatment Planning-A RN/CRC	*Treatment Planning-A RN/CRC
		Walk Group @ 9:30		Walk Group @ 9:30		Walk Group @ 9:30 RN/CRC	
10:00-10:50	CBT - B (10:10) Mark and RN/CRC	*Body Image-C Jenny and RN/CRC	Acad/Recovery Wkbk - Caroline OR Drama -Dee	*CBT - B (10:10) Mark and RN/CRC	Transitions RN/CRC	Negotiation Group-C RN/CRC	Relationships - C RN/CRC
					OR Addictions Group Mark S & RN/CRC		
11:00-11:45	ACADEMICS (COLLEGE ONLY) LABS-EKG-STAFF TALKS	*Academics - Caroline	Self Esteem - Dee	Life Skills Dee and Alix	Academics Caroline	Art/Writing - A Dee & RN/CRC OR Impulse Control RN/CRC	Relaxation - A RN/CRC
		OR Open Studio - Dee			OR Body Expression - Dee		
11:45-12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch (12-12:30pm)	Lunch (12-12:30pm)
12:30-1:00	Post-Meal Support Group	Post-Meal Support Group			Post-Meal Support Group		
1:00-1:50	Body Image A RN/CRC OR Academics/High School - Caroline	Transitions/Body Image RN CRC	Nutrition Jaimie	Contract Review All Staff	Therapy Group Paige and Bob	Visiting Hours and optional Open Studio	Visiting Hours
2:00-2:45	Relapse Prevention - Susan & CRC OR Motivation Group - Toni & RN/CRC						
2:45-3:00	Snack	Snack	Snack	Snack	Snack		
3:10 - 4:00	DBT Mariola OR Wise Mind - Lisa	Therapy Grp - Dee OR	Therapy Group - C Susan & RN/CRC	Impulse Control Donna and Stephanie	Art Therapy Dee	Therapy Group - C Dee & RN/CRC	* Creativity -C Dr. Powers and RN/CRC
			Coping with Trauma Lisa & CRC				
4:10 - 5:00	Therapy Grp - Mariola & RN/ CRC OR Fitness Center for 18+	Ambivalence and Motivation Jenny and RN/CRC	Cooking Activity Kellie & RN/CRC	Therapy Grp - Jacintha RN/CRC	*Media & Culture - C Dee	Yoga/Relaxation Dee & RN/CRC	Book Club RN/CRC
				OR Academics - Caroline			
5:00 - 5:30	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
5:30-6:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15-6:45	Post-Meal Support Group	Post-Meal Support Group			Post-Meal Support Group		
7:00-8:30	Visiting Hours / Free Time / Homework Time	Visiting Hours / Free Time / Homework Time			Visiting Hours	Community Bldg - C	
8:30-8:45	Snack	Snack	Snack	Snack	Snack	Snack	Snack
8:45-9:45	Evening Routine/Staff Talks	Evening Routine/Staff Talks			Evening Routine/Staff Talks		
10:30-11:00	Bedtime/Lights Out	Bedtime/Lights Out			Bedtime/Lights Out		

*Indicates need for co-leader assigned
 #Indicates a prescribed group