**Weekend Review**
Clients and therapists meet in the group therapy room to discuss the weekend and areas of relevance where clients struggled, where they may need more support, and to share triumphs and successes.

**Meal From Home**
This meal is chosen by the client with the guidance of therapists and the IOP dietitian. It is a meal that clients bring with them and it contains foods that the client is able to prepare at home or purchase as a take-away option.

**Body and Soul Group**
The focus of this group is to support clients to identify and develop their core values. This is done through a range of creative and engaging methods including art therapy, mindfulness, meditation and other values-based activities.

**Contract Group**
Clients and therapists join in the group therapy room to discuss their weekly individual recovery goals. Each client’s goals are recorded in a weekly contract which is then reviewed the following Thursday.

**Restaurant Meal**
The Thursday “Meal Out” takes place at any one of a number of restaurants in our local Crows Nest dining precinct, and it is funded by the IOP. The dietitian and therapists join the clients for the meal to eat, support and suggest meal options that a client can choose from.

**Food and Feelings Group**
This group is held after the restaurant meal and the focus of this group is to encourage clients to talk about their feelings around food and for therapists to provide support. These sessions are generally based on traditional therapy modalities (including but not limited to CBT-E, DBT, IPT), and nutritional education groups led by our dietitian.

**Assignment Group or Relationships Group:**
**Assignment Group** provides a space for clients to share and discuss their progress and assignment tasks they have worked on. **Relationships Group** focuses on building more meaningful interpersonal relationships, assisting clients to reach out to their loved ones for support.

**Family Group or Alumni Group or Yoga:**
**Family Group** twice per month, the group focuses on educating family members about eating disorders and discussing how they can support their loved one. **Alumni Group** weekly, this group provides an opportunity for current clients to gain wisdom and support from those who have previously moved through the program. This also provides a platform for alumni to participate in the recovery focused group. **Yoga** a 6-8 week yoga course lead by a professional yoga therapy instructor.

**Catered Meal**
A brunch-style meal is provided by the IOP and options are chosen by IOP therapists in consultation with the dietitian. Alternatively, the therapists and clients may collaboratively prepare a meal for Saturday brunch with ingredients from the local supermarket.

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Intensive Outpatient Program
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