

Our program is typically 4 days a week and includes group therapy, individual therapy, nutritional therapy, and mind/body activities such as yoga, Pilates and recreational therapy. Programs are individualized based on client needs. You can see what a week might look like below.

Teri McCann, Ph.D.  
 Licensed Psychologist  
 Clinical Director

**901-755-1396**



***The Transformation Center for Women  
 Intensive Outpatient Program  
 Schedule***

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
Therapeutic Yoga  <b>4:30-5:30</b>	Dialectical Behavioral Therapy  <b>5:30-7:00</b>	Process Group  <b>11:00-12:30</b>	Individual Therapy or Personal Trainer  <b>4:30-5:00</b>	Experiential Group or Trauma Recovery Group  <b>9:30-11:30</b>
Body Image/Spirituality Group  <b>5:30-7:30</b>	Art Therapy  <b>7:00-8:30</b>	Process Group  <b>12:30-1:30</b>	Nutrition Group  <b>5:30-7:00</b>	Process Group  <b>11:30-12:30</b>
		Individual Therapy or Therapeutic Massage  <b>1:30-2:30</b>		
				Individual Trauma Recovery Work  <b>1:00-2:30</b>

**Community Support Group is available on Tuesdays at 10:00 a.m. Please call Tracey for more information. 901-755-1396.**

**\*A Saturday afternoon community support group is presently being organized.**

This is an example of a program schedule. Actual schedules are determined according to an individual's needs.