

Aster Springs Outpatient specializes in treating adults 18+ of all genders struggling with eating disorders and co-occurring conditions.

## Levels of Care

### Partial Hospitalization Program (PHP)

Meets in person five days a week for six hours per day.

### Intensive Outpatient Program (IOP)

Meets in-person three to five days a week for three hours a day.

### Evening Intensive Outpatient Program (E-IOP)

Meets in-person three days a week for three hours a day.

## What We Treat

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Bulimia Nervosa
- Binge Eating Disorder
- Compulsive Exercise Disorder
- Otherwise Specified Feeding or Eating Disorder (OSFED)
- Co-occurring Mental Health Conditions
- Co-occurring Substance Use Disorder

## Our Program

Our licensed clinicians utilize a trauma-informed approach and evidence-based therapies to provide holistic treatment using:

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Experiential and Expressive Therapies

We are an LGBTQ+ affirming environment and inclusive of all religious preferences.

Our onsite and Telehealth programs are tailored to meet the needs of each client and include the following components:

- Aftercare planning and assistance
- Individual and family therapy
- Meal planning and support
- Medical and medication management
- Nutrition education
- Psychotherapy groups

Experienced clinicians provide multidisciplinary treatment utilizing medical, nutritional, psychological, and psychiatric interventions.

## Payment Options

We offer a variety of payment options including in-network, out-of-network, and private-pay rates. Call us at 615.857.4943 to discuss financial and insurance options.

Aster Springs Outpatient - Nashville provides intensive outpatient treatment to foster recovery and empower individuals to transform their lives.

For more information on how we can help you or a loved one, call 615.857.4943.

All calls are 100% confidential.



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Accredited.

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[odysseyoutpatient.com/nashville](https://odysseyoutpatient.com/nashville)



Aster Springs Outpatient is a proud part of the Odyssey Outpatient Network.