

# Pasadena Villa®

## OUTPATIENT McLean

The Pasadena Villa Outpatient Treatment network provides treatment for adults, 18 years or older, struggling with various mental illnesses. The levels of care offered include partial hospitalization, intensive outpatient, and virtual intensive outpatient programming.

### Levels of Care

#### Partial Hospitalization Program (PHP)

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

#### Intensive Outpatient Program (IOP)

IOP meets in person three days a week for three hours a day.

#### Virtual Intensive Outpatient Program (V-IOP)

V-IOP mirrors our in-person IOP, and meets three to five days a week for three hours a day.

Note: For clients throughout the state of Virginia, an evening V-IOP is offered.

### What We Treat

- Anxiety Disorders
- Bipolar Disorder
- Depressive Disorders
- Personality Disorders, including Borderline Personality Disorder (BPD)
- Post-Traumatic Stress Disorder (PTSD)

### How We Treat

Our program is firmly rooted in evidence-based treatment methods with treatment plans specific to each client's needs. In tandem with our Social Integration Model™, which enables clients to put skills learned into practice with the support of their therapist, our clinical team uses multiple therapeutic modalities including:

- Adjunct Therapies – Art, Music, Movement, and Meditation
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Experiential Therapies
- Exposure and Response Prevention (ERP) Therapy
- Family Therapy
- Individual Therapy
- Nutritional Therapy
- Social Integration Model™

### Payment Options

We offer a variety of payment options including in-network, out-of-network, and private-pay rates that may vary by state or location. Please contact us at 703.215.3471 to learn more about the financial and insurance options available.

Pasadena Villa Outpatient – McLean provides intensive day treatment to foster recovery and empower individuals to transform their lives.

For more information on how we can help, call **703.215.3471**.

All calls are 100% confidential.

*Pasadena Villa*<sup>®</sup>  
OUTPATIENT McLean



Joint  
Commission  
Accredited

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



Pasadena Villa Outpatient - McLean is a proud part of the Odyssey Outpatient Network.