

Pasadena Villa[®]

OUTPATIENT **Nashville**

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.

What We Treat

- Anxiety Disorders
- Bipolar Disorder
- Major Depressive Disorders
- Post-Traumatic Stress Disorder
- Personality Disorders
- Psychotic Disorders
- Co-occurring Eating Disorders

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:

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Experiential and Expressive Therapies
- Social Integration™ Outings
- Family Therapy
- Individual Therapy

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 919.351.6603 to learn more about the financial and insurance options available.

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

For more information on how we can help, call [615.551.4358](tel:615.551.4358).

All calls are 100% confidential.

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Joint
Commission
Accredited

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odysseyoutpatient.com/pv-nashville



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