

# Pasadena Villa<sup>®</sup>

## OUTPATIENT Knoxville

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 and intensive outpatient programming.

### Levels of Care

**Partial Hospitalization Program (PHP) 18+**  
PHP meets in person five days a week for six hours per day.

**Intensive Outpatient Program (IOP) 18+**  
IOP meets in person three to five days per week for up to three hours per day.

**Evening Intensive Outpatient Program (E-IOP) 18+**  
E-IOP meets in person, Monday, Wednesday, and Thursday from 4pm-7pm.

### What We Treat

- Anxiety Disorders
- Bipolar Disorder
- Depressive Disorders
- Emotional Dysregulation
- Personality Disorders
- 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:

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

### Payment Options

We offer a variety of payment options including in-network, out-of-network, and private-pay rates. Please contact us at 865.205.8040 to learn more about the financial and insurance options available.

Note: We do not accept Medicare or Medicaid.

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

For more information on how we can  
help, call [865.205.8040](tel:865.205.8040).

All calls are 100% confidential.

*Pasadena Villa*®  
OUTPATIENT Knoxville



Joint  
Commission  
Accredited

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



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