



Clearview Outpatient Los Angeles specializes in treating adults 18 years and older who have mood, personality, psychotic, and co-occurring autism spectrum disorders.

## Levels of Care

### Partial Hospitalization Program (PHP):

Meets in person five days a week from 9 am to 4:30 pm.

### Intensive Outpatient Program (IOP):

Available three or five days a week on Monday, Wednesday and Friday.

Evening IOP Track: Monday, Wednesday, and Thursday from 6:00 PM - 9:00 PM.

## What We Treat

- Anxiety disorders
- Attention-deficit/hyperactivity disorder (ADHD)
- Autism spectrum disorder (ASD)
- Bipolar disorder
- Depressive disorders
- Emotional dysregulation
- LGBTQ+ counseling and therapy
- Mood disorders
- Personality disorders including borderline personality disorder (BPD)
- Post-traumatic stress disorder (PTSD)
- Self-harm
- Suicidal ideation

## Payment Options

We offer a variety of payment options including in-network, out-of-network, and private-pay rates. In-Network contracts include Anthem Blue Cross, Beacon, Blue Shield, Cigna/Evernorth, Kaiser, Optum, Prime Healthcare, VA Community Care Network, Multiplan PPO and First Health PPO.

## Our Program

Our team of skilled clinicians utilizes evidence-based methods utilize a whole-person approach that includes the following:

Modalities:

- Acceptance and commitment therapy (ACT)
- Cognitive behavioral therapy (CBT)
- Dialectical behavioral therapy (DBT)
- Expressive art therapy
- Meditation
- Psychodrama therapy
- Seeking safety

Specialty groups may include:

- Building a life worth living
- Family dynamics
- Healthy relationships
- Life transitions
- Nutrition & wellness
- Understanding anger

Board-certified psychiatrists oversee treatment, conduct psychiatric evaluations, and offer medical consultations. Through privileged clinical partnerships, community providers continue to serve as an extension of each client's treatment team.

## What Sets Us Apart

- Comprehensive DBT program with evening phone coaching support.
- Substance use disorder track tailored to individual needs

Clearview Outpatient – Los Angeles provides intensive day treatment to foster recovery and empower individuals to transform their lives.

For more information on how we can help, call 310.634.0881.

All calls are 100% confidential.



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Clearview Outpatient – Los Angeles is a proud part of the Odyssey Outpatient Network.