

# *Pasadena Villa*<sup>®</sup>

## 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
- Co-occurring Eating Disorders
- Major Depressive Disorders
- Personality Disorders
- Post-Traumatic Stress Disorder
- Psychotic 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:

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

### 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 615.551.4358 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..

All calls are 100% confidential.



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



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