



Clearview Outpatient-Pasadena specializes in treating adults, 18 years and older, who struggle with various mental disorders, including but not limited to anxiety disorders, depression, bipolar disorder, mood disorder, post-traumatic stress disorder (PTSD), personality disorders, co-occurring autism spectrum disorder (ASD) and co-occurring substance use disorder.

## Levels of Care

### Partial Hospitalization Program (PHP)

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

### Intensive Outpatient Program (IOP)

Meets three to five days a week for three hours a day.

## What We Treat

- Anxiety disorders
- Bipolar disorder
- Co-occurring autism spectrum disorder (ASD)
- Co-occurring substance use disorder
- Depressive disorders
- Emotional dysregulation
- Post-traumatic stress disorder (PTSD) & complex trauma
- Personality disorders including borderline personality disorder (BPD)
- Self-harm
- Suicidal ideation

## Our Program

Our licensed clinicians with certifications in evidence-based methods utilize a whole-person approach that includes the following therapies:

- Alternatives for families cognitive behavioral therapy (AF-CBT)
- Cinema therapy
- Dialectical behavior therapy (DBT)
- Expressive art therapy
- Individual cognitive behavioral therapy (I-CBT)
- Managing and adapting practice (MAP)
- Music therapy
- Prolonged exposure (PE)
- Seeking safety
- Trauma-focused cognitive behavioral therapy (TF-CBT)

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.

## Payment Options

We offer a variety of payment options including in-network, out-of-network, and private-pay rates. Call us at 626.507.6632 to discuss financial and insurance options.

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

For more information on how we can help, call 626.507.6632.

All calls are 100% confidential.



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