



Clearview Outpatient San Diego specializes in treating adults, 18 years and older, who struggle with various mental health conditions, including but not limited to anxiety disorders, depression, bipolar disorder, mood disorder, post-traumatic stress disorder (PTSD), and personality disorders.

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
- Depressive disorders
- 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:

- Dialectical behavior therapy (DBT)
- Cognitive behavioral therapy (CBT)
- Group therapy
- Individual therapy
- Expressive art therapy

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 619.984.4685 to discuss financial and insurance options.

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

For more information on how we can help, call [619.984.4685](tel:619.984.4685).

All calls are 100% confidential.



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