



Clearview Outpatient-Pasadena 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), 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.

### Evening Intensive Outpatient Program (E-IOP)

E-IOP meets in person Tuesdays, Wednesdays, and Thursdays from 6:00-9:00 PM.

## 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)
- 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.