



Selah House

OUTPATIENT

Nashville

Admissions and Referrals

615-857-4943



Who We Are

Located in Nashville, Selah House Outpatient specializes in treating adults (all genders, 18 years or older) struggling with eating disorders and co-occurring conditions.

We place a strong emphasis on building and practicing the skills and self-management strategies in real-time that enable clients to build a life in alignment with their values and achieve long-term recovery.

What We Treat

Selah House provides a serene, healing environment to help those who suffer from eating disorders and other co-occurring body-related issues.

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder
- Bulimia Nervosa
- Binge Eating Disorder
- Body Dysmorphic Disorder
- Compulsive Exercise Disorder
- OSFED (Otherwise Specified Feeding or Eating Disorders)
- Co-occurring Mental Health Conditions
- Co-occurring Substance Use Disorder

Levels of Care

Partial Hospitalization Program (PHP)

PHP serves as a program that can help prevent hospitalization, as well as function as a solid bridge for those stepping down from hospitalizations or residential treatment programs. PHP meets in-person 5 days a week for 6 hours a day.

Intensive Outpatient Program (IOP)

IOP is designed to help individuals who are experiencing an increase in distressing symptoms and behaviors or are not progressing in traditional outpatient services. The extra treatment and support foster meaningful improvement and create a solid foundation before transitioning to community treatment. IOP meets in-person or virtually 3 to 5 days a week for 3 hours a day.

Our Program

Customized Treatment

- Psychotherapy groups are tailored week to week to ensure they address each client's needs.
- Group-based treatment is combined with individual psychotherapy, family sessions, and medication management as indicated by the treatment plan and level of care.
- Nutrition education, meal planning, and support along with aftercare planning and assistance.
- We are an LGBTQ+ affirming environment and inclusive of all religious preferences.

Compassionate Care

Our licensed clinicians utilize a trauma-informed approach and evidence-based therapies to provide a whole-person approach. Modalities may include:

- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Experiential and Expressive Therapies

Collaborative Environment

- Experienced clinicians provide multidisciplinary treatment utilizing medical, nutritional, psychological, and psychiatric interventions.
- Collaboration with community providers that serves as an extension of the client's treatment team.

How Do I Get Started?

Call us at **615-857-4943** to schedule a free 30-minute screening with one of our clinicians to determine eligibility and the appropriate level of care. Screenings can often be scheduled on the same day.

Paying for Treatment

Selah House Outpatient offers a variety of payment options. Call us at **615-857-4943** to discuss financial and insurance options.

Selah House Outpatient – Nashville provides intensive day treatment to foster recovery and empower individuals to transform their lives.

For more information on how we can help you or a loved one, call 615-857-4943.

100% Confidential.



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SELAH HOUSE OUTPATIENT - NASHVILLE

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SelahHouseOutpatient.com

Selah House Outpatient is a proud part of the Odyssey Outpatient Network.