

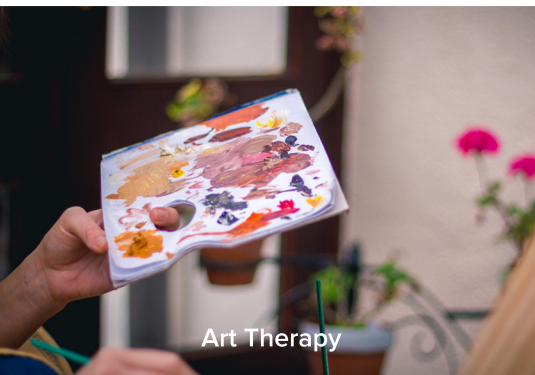


## SANTA MONICA

*Nestled in the Heart of Beautiful Santa Monica Located Blocks from the Ocean*



Sound Bath Therapy



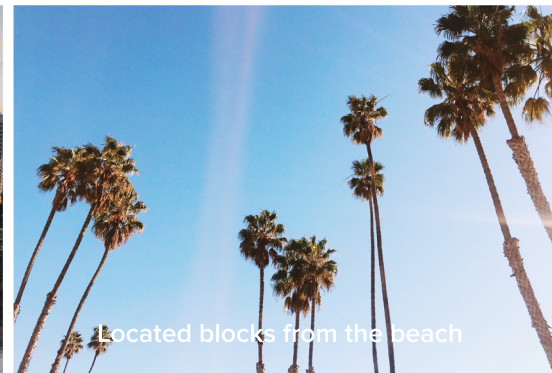
Art Therapy



Santa Monica Pier



Santa Monica Beach



Located blocks from the beach



Trauma-informed yoga





## LICENSED, CERTIFIED & ACCREDITED

# Primary Mental Health & Dual Diagnosis Treatment Center

### SANTA MONICA, CA

La Ventana's Mental Health Treatment Programs focus on authentic living. Our mission is to help our clients move beyond mere absence of symptoms and into fullness of life, complete with joy, purpose, and genuine connections to self and others.

### WHAT MAKES US UNIQUE

- Privately owned & operated, treating patients as people and not their disorders. Healing families since 2007. There is no substitute for experience
- DSS Licensed, DHCS certified, and JCAHO accredited
- Serene, warm environment nestled between the mountains and steps from the ocean
- Providing compassionate, comprehensive, individualized care
- Dual Diagnosis/Co-Occurring disorders treatment for complex psychological trauma
- All-inclusive psychiatric services: Psychiatric visits with Medical Director
- Holistic methods of treatment combined with traditional therapy and pharmacology.
- Team approach where patient and healthcare providers collaborate
- Individual/family/group psychotherapy sessions with licensed Master's & Doctoral-level clinicians in evidence-based modalities such as: Psychodynamic, Somatic, Family Systems, CBT, DBT, ACT
- Experiential Therapies: Art, Sound-Bath, Horticulture, Trauma-informed Yoga
- Music & Audio Therapy for creative expressions: Drum circles, lyric writing
- Daily Physical Fitness (as appropriate): Hikes, Mindfulness Walks on the beach
- Psychoeducation & Family Program
- Social Events, Family Style Meals, 12 Step Groups (if applicable) and Alternative Recovery Avenues
- Case Management provided for each patient to assure appropriate and vital aftercare services
- La Ventana Alumni Program
- Full Continuum of Care to support all phases of recovery

### WE UNDERSTAND

- Anger Management
- Autism Spectrum Disorders / Learning Differences
- Anxiety & Panic Disorders
- Attachment Disorders: Adoption / Abandonment
- ADHD
- Bipolar Disorder
- Borderline & High Conflict Personality Disorders
- Dependent Personality Disorder / Co-Dependency
- Complex Psychological Trauma (PTSD, C-PTSD)
- Depression & Mood Disorders / Postpartum Depression
- Dissociative Identity Disorder
- Distressed Relationships
- Domestic Violence
- Dual Diagnosis
- Emotional Dysregulation & High Conflict Personality
- Functional Impairment
- Grief/Loss
- LGBTQIA+
- Obsessive-Compulsive Disorder (OCD)
- Personality Disorders
- Psychotic Disorders: Paranoia, Delusions, Irrationality
- Schizophrenia
- Substance Use Disorder & Process Addictions
- Suicidality & Self-harm

### LEVELS OF CARE

Comprehensive Day Programs (PHP) • Intensive Outpatient Programs (IOP)

### WE ARE IN NETWORK WITH MOST MAJOR INSURANCE PROVIDERS

