



LA VENTANA
TREATMENT PROGRAMS



LICENSED, CERTIFIED & ACCREDITED

Women's Primary Mental Health Residential Treatment Center

THOUSAND OAKS, CA



The Lakes at Thousand Oaks



RTC Patio



Art Therapy



RTC Dining



Sound Bath Therapy



RTC House

WE ARE IN NETWORK WITH MOST MAJOR INSURANCE PROVIDERS



Privately owned and operated, healing families since 2007

LAVENTANATREATMENT.COM | ADMISSIONS: (800) 560-8518

La Ventana's Mental Health Treatment Programs

is about 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
- Residential home-like serene environment nestled between the mountains and ocean of Southern California. Chef-prepared dinners, catering to the unique dietary needs of each patient
- High staff-to-client ratio: Providing compassionate, comprehensive, individualized care
- Dual Diagnosis and Co-Occurring disorders treatment for complex psychological trauma
- All-inclusive psychiatry 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 specializing in: Psychodynamic, Somatic, EMDR, Mindfulness, Family Systems, Attachment, CBT, DBT, ACT, Motivational Interviewing
- Experiential Therapies: Equine, Art, Sound-Bath, Horticulture, Trauma-informed Yoga, Breathwork, Meditation, Recreational Therapy
- Music & Audio Recording Studio for creative expressions
- Daily Physical Fitness (as appropriate): Hikes, Mindfulness Walks
- Family Immersion and Psychoeducation Program
- Social Events, Family Style Meals and Fellowship
- Case Management provided for each patient to assure appropriate and vital aftercare services: 12 Step Groups (if applicable) & alternative healing avenues
- La Ventana Alumni Program & Professional Panels

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
- Depression & Mood Disorders / Postpartum Depression
- Dissociative Identity Disorder
- Distressed Relationships
- Domestic Violence
- Dual Diagnosis
- Emotional Dysregulation & High Conflict Personality
- Functional Impairment
- Grief/Loss
- Histrionic Personality Disorder
- LGBTQIA+
- Obsessive-Compulsive Disorder (OCD)
- Personality Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Psychotic Disorders: Paranoia, Delusions, Irrationality
- Schizophrenia
- Substance Use Disorder & Process Addictions
- Self-harm
- Suicidality

