



Aster Springs Outpatient specializes in treating adults and adolescents of all genders struggling with eating disorders and co-occurring conditions.

Levels of Care

Partial Hospitalization Program (PHP)

Meets in person five days a week for six hours per day.

Intensive Outpatient Program (IOP)

Meets in person three to five days a week for three hours a day.

Evening Intensive Outpatient Program (E-IOP)

Meets in person three days a week for three hours a day.

What We Treat

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

Our Program

Our licensed clinicians utilize a trauma-informed approach and evidence-based therapies to provide holistic treatment using:

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

We are an LGBTQ+ affirming environment and inclusive of all religious preferences.

Our onsite and Telehealth programs are tailored to meet the needs of each client and include the following components:

- Aftercare planning and assistance
- Individual and family therapy
- Meal planning and support
- Medical and medication management
- Nutrition education
- Psychotherapy groups

Experienced clinicians provide multidisciplinary treatment utilizing medical, nutritional, psychological, and psychiatric interventions.

Payment Options

We offer a variety of payment options including in-network, out-of-network, and private-pay rates. Call us at 615.857.4943 to discuss financial and insurance options.

Aster Springs Outpatient— Nashville provides intensive outpatient 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.

All calls are 100% confidential.



Proudly
JCAHO
Accredited.

Aster Springs Outpatient — Nashville
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odysseyoutpatient.com/nashville



Aster Springs Outpatient is a proud part of the Odyssey Outpatient Network.