

CONVENIENT, COMPREHENSIVE OUTPATIENT CARE

Perfect for those who have already completed a residential or inpatient program and are looking for a step-down option or someone who doesn't require a higher level of care, The Meadows Outpatient Center-Atlanta is based on our time-tested Meadows Model.

ABOUT US

Conveniently located at the interchange of the north/south Georgia 400 and top of the I-285 beltway, we offer easy access for anyone in Buckhead, Midtown, and downtown Atlanta. The Meadows Outpatient Center offers comprehensive intensive outpatient and partial-hospitalization treatment rooted in decades of clinical experience treating childhood and relational trauma, mental health issues, and co-occurring disorders. We have a reputation for quality, integrity, and proven results, which is why patients, healthcare partners, and local communities trust us to meet their treatment needs.

WHAT WE OFFER

- PHP & IOP levels of care
- Group/individual therapy
- Clinical assessments
- Individual treatment planning
- Psychiatric services
- Neurofeedback
- Family work
- Alumni services
- Discharge planning
- Optional aftercare services

WHO WE TREAT

We treat adults 18 and older for trauma, mental health issues, and co-occurring disorders. Our programs are ideal for anyone who requires outpatient care to transition back to everyday life smoothly or start the recovery process.

PROGRAMMING

We use a wide range of trauma-informed care modalities incorporating somatic informed approaches and Internal Family Systems as well as evidence-based approaches such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). Art therapy, relapse prevention education, and other holistic options round out our offerings. Our on-site psychiatrist and nurse practitioner are available to perform psychiatric evaluations and provide program oversight.

IOP LEVEL OF CARE

- 8 weeks/12+ hours per week
- Weekly individual therapy
- On-site neurofeedback
- Peer support
- Optional Friday activities (may include trauma-sensitive yoga, tai chi, qigong, acupuncture, acupressure, expressive arts)

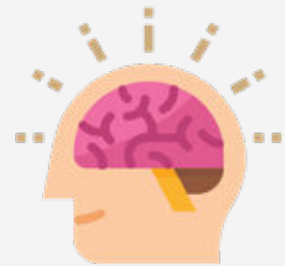
PHP LEVEL OF CARE

- 4 weeks/25+ hours per week
- Weekly individual therapy
- On-site neurofeedback
- Weekly medication management
- Case management
- Self-care skills
- Preparation for IOP level of care

If one of these options isn't right for you, we also offer **Virtual IOP** for all Atlanta residents.

BRAIN CENTER

In our dedicated Brain Center, patients enjoy utilizing state-of-the-art equipment designed to promote self-regulation skills, which improve physical and mental health. This center includes zero-gravity massage chairs, Hemi-Sync brainwave technology, cranial electrotherapy stimulation (CES), audio-visual stimulation with CES, heart rate variability (HRV) biofeedback, Muse brain-sensing headbands, and chi machines to improve energy, brain regulation, and promote healthy circulation and oxygenation.



MARIE WOODS, LMFT, CSAT-S, CMAT, SEP, CPTT *Director of Outpatient Services-Atlanta*



An Atlanta native, Marie Woods earned a bachelor's in psychology from Troy University, a master's in marriage and family therapy from University of Southern Mississippi, and is currently pursuing a doctorate in marriage and family therapy. A Licensed Marriage and Family Therapist, Woods is also a Certified Sex Addiction Therapist & Supervisor, Certified Multiple Addictions Therapist, Certified Partner Trauma Therapist, and a Somatic Experiencing Practitioner who is trained in Post Induction Therapy and Brainspotting. Her experience includes inpatient, residential, and outpatient settings treating both individuals and couples. Specific areas of specialization are sex addiction and trauma treatment, including relational and developmental trauma, betrayal trauma, and complex trauma.