







Who We Are

Integrative Life Center (ILC) was founded in **Nashville, TN** in 2010. Since our beginnings, ILC has earned a national reputation for clinical and program excellence with clients and behavioral health experts.

We are a small, privately owned treatment center dually licensed to treat men and women, 18-years and older, struggling with mental health and substance use disorders.

ILC offers a full continuum of care, providing a myriad of treatment modalities tailored to meet the individual needs of each client.



CLINICAL APPROACH

At Integrative Life Center, our program is based on an integrative and trauma-resolution treatment model utilizing a multi-disciplinary team approach, and Polyvagal Theory practices.

OUR THERAPIES INCLUDE:

Brainspotting
Internal Family Systems (IFS)
Narrative Therapy
Relational Cultural Theory
Psychodrama
Motivational Interviewing
Sensorimotor Psychotherapy
Equine Therapy
Kali Connection Therapy
Wim Hof Breathwork
Wim Hof Icebaths
Music Therapy
Accudetox



WHAT WE TREAT



MENTAL HEALTH DISORDERS

Mental Health
Anxiety
Depression
Suicidal Ideation



SUBSTANCE USE DISORDERS

Substance Abuse
Alcohol Addiction
Opioid Abuse
Drug Addiction



SEX, LOVE & INTIMACY DISORDERS

Sexual Addiction
Attachment Disorders
Intimacy Disorders



TRAUMA

Post Traumatic Stress Disorder (PTSD)
Grief and Loss



EATING DISORDERS

Eating Disorders
Disordered Eating



CO-OCCURRING DISORDERS

Dual Diagnosis

OUR PROGRAMS

WOMEN'S RESIDENTIAL

Integrative Life Center Women's Residential program is a trauma-focused treatment program for women struggling with mental health disorders, substance use disorders, addictive disorders, trauma, intimacy disorders, and co-occurring disorders. Clients can expect 35-hours of gender-separate group programming and two individual therapy sessions per week. The sprawling 25-acre property has two 6-bed homes, a labyrinth, art studio and a traditional yurt.



MEN'S RESIDENTIAL

Integrative Life Center Men's Residential is our highest level of care for men struggling with mental health disorders, substance use disorders, addictive disorders, trauma, intimacy disorders, and co-occurring disorders. Clients can expect 35-hours of gender-separate group programming and two individual therapy sessions per week. The property has an 11-bed, lodge-style home in West Nashville with two kitchens, a firepit, and multiple group spaces.

MEN'S RESIDENTIAL FOR INTIMACY DISORDERS

Integrative Life Center Men's Residential Intimacy Disorders program is for men struggling with sexual addiction, attachment disorders, love addiction, pornography addiction, relationship issues, and compulsive sexual behavior. ***The program includes a virtual Partner Support Program at no additional cost to admission.***

Clients can expect 35-hours of group programming and two individual sessions per week. The secluded, 10-acre property has an 8-bed home for clients.



WOMEN'S RESIDENTIAL FOR EATING DISORDERS

Integrative Life Center's Residential Eating Disorder Program works with women 18+ to provide individualized support, starting with an assessment to create a treatment plan that addresses the specific needs of the client. At the core we are a trauma center, focused on addressing and healing the root cause of an eating disorder. With only 8 beds we are an intentionally small program, that values personalized attention to each client's unique needs. This approach allows for a more intimate, supportive environment in which clients can heal.



PARTIAL HOSPITALIZATION

Integrative Life Center Partial Hospitalization Program (PHP), also known as Music Row Recovery PHP, is located in the heart of Nashville. For many, Music Row Recovery PHP is a next step following time spent in one of our Residential programs. It can also be an extended care option from another residential treatment center, or a starting point for those who are just embarking on their healing journey. Clients can expect 25-hours of group programming and one individual therapy session per week. Weekday lunches are provided and gender-separate supportive living is available.

INTENSIVE OUTPATIENT

Integrative Life Center Intensive Outpatient Program (IOP), also known as Music Row Recovery IOP, can serve as a next step after completing PHP programming, or a step up from an outpatient level of care such as individual psychotherapy or counseling. Music Row Recovery IOP allows clients the freedom to engage with the world around them in a safe and supportive therapeutic setting. Clients can expect 12-hours of programming per week. We welcome commuters or offer gender-separate supportive housing.





DETOX PROGRAM

Throughout the detox process, our expert staff will continuously monitor your progress to maximize your comfort. Our team will work with each client and their support system to determine a plan for the next best steps on your path to addiction recovery.

Our team will guide you through the entire process, from the first phone call to the admissions process until you step foot in our facility. We are here to provide expertise to individuals and families throughout best-in-class detox and to provide access to a network of the country's best treatment options.



OUR THREE STEP APPROACH



INTAKE

The first step on the road to recovery is to simply call or email us to get started. One of our highly trained admissions professionals will listen to your story, gather the necessary information and treatment history, and help determine the course of action that will be best for your situation.



EVALUATE

Once admitted into the detox program, the next step is to be evaluated by a medical professional. Our team has years of experience in detox and addiction treatment. The Evaluation phase is vital for the safety of the client.



STABILIZE

After the client has been evaluated, the stabilization phase begins. This is the bulk of the detox timeline, where the client is taken through the withdrawals they are feeling and brought to a place of comfort without drugs or alcohol in their system. This phase also requires the supervision of a trained professional and can last anywhere from a few days up to a week.



ALUMNI PROGRAM

A person's recovery journey continues long after leaving treatment. At Integrative Life Center we want to continue to be a system of love and support even when our clients are no longer with us. The Alumni Program provides a community of healing and helps participants continue with the practices they learned during their time in treatment. Clients are the heart of ILC, and we want to ensure they feel safe, seen, and heard in every season of their recovery journey.

This program has been designed with our client's recovery in mind, as a tool to stay connected to each other and with the teachings ILC has provided. Community is key in early recovery, and we are here to help by providing resources, support groups, events and more.



CONTINUED CONNECTION

Follow-up phone calls with our Alumni Relations team.



MONTHLY NEWSLETTER

Alumni receive monthly email newsletters.



SUPPORT GROUPS

Both in-person and virtual alumni meetings that allow clients to continue to connect with ILC staff and peers.



EVENTS

Alumni events and gatherings that include swag and giveaways.



ALUMNI APP

ILN's Alumni App is accessible for Alumni to receive current updates, resources, upcoming events and a supportive community.



AMBASSADOR PROGRAM

The Ambassador Program serves as a way to stay involved and advocate for ILC to prospective clients and their families.



FAMILY PROGRAM

Integrative Life Center recognizes that part of the recovery process is healing for the family. ILC clients, alumni, and their loved ones will be guided through educational and experiential exercises that cultivate conversation, understanding and foster positive growth.

Our family workshops are two-and-a-half days of programming at no additional cost to admission. Attendees will gain a knowledge base and tangible tools that can be used to form a new foundation for healthy communication and healing.



ADMISSIONS PROCESS

Understanding someone's history and diagnosis prior to admission is important. We speak to family, partners and therapists who can provide details such as timeline, observation of experiences, and insight into a person's mental health history. This helps us understand someone's unique clinical needs from the beginning.

After an assessment, here's what you can expect:

- *Clinical review of mental health history and documentation*
- *Determination of the best level of care according to clinical need*
- *Admission date confirmation*
- *Admission/Intake*

We recognize that these initial steps for some may be the hardest. Our goal is to hold space and care for clients and families seeking help.



FINANCIAL PHILOSOPHY

Integrative Life Center has a mission to help people heal from trauma. We also are painfully aware that paying for treatment, and lack of transparency around financial commitments can be traumatic in and of itself. Because of this, ILC has developed a unique and differentiating approach when it comes to the financial conversations surrounding mental health and addiction treatment.

OUR PROMISE

The price a client pays before admission for their agreed-upon length of stay is set in stone. If something goes awry with insurance authorizations, the client will never hear about it, and will never receive a bill on the back end of treatment. ILC will absorb the cost of the difference, allowing the client to continue uninterrupted on their healing journey with us.

HOW CAN YOU DO THIS?

Being a privately-owned organization, our owners feel strongly about what they call the balance of mission and margin. It's not a perfect system, but it's one we feel actually works in the best interest of our clients, and allows us to treat trauma, addiction, and mental health with integrity and transparency.

*“Every human has the right to be,
the right to become,
and the right to belong.”*

THOMAS HUBL



NOTES



INTEGRATIVE LIFE CENTER



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Integrative Life Center is a part of Integrative Life Network.

Integrative Life Network (ILN) is the premier family of privately owned treatment centers for Trauma, Mental Health, Substance Use, Eating Disorders, and Intimacy Disorders. ILN provides a full continuum of care, from Residential through Intensive Outpatient (IOP), as well as Intensives and Aftercare, in our programs throughout Tennessee, New Mexico, Vermont and Colorado. We believe a person is not defined by past traumas or behaviors and lasting recovery is available to anyone who walks through our doors.