



**BrightQuest**  
TREATMENT CENTERS  
*Nashville*



## Treating Serious Mental Illness Since 1979

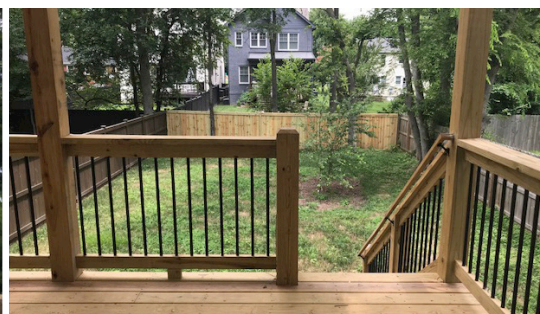
At BrightQuest Treatment Centers, we treat adults suffering from complex psychiatric disorders including schizophrenia, schizoaffective disorder, bipolar disorder, depression, post-traumatic stress disorder (PTSD) and co-occurring disorders.

We carefully assess our clients to determine the most appropriate level of care and are able to adjust the services and support needed as they progress through treatment.

With a typical length of stay exceeding 12 months, our clients have the opportunity to both learn and practice the relationship and life skills needed to take charge of their lives and reach the highest possible level of independence by being an integral member of a supportive community.

### **Our Continuum of Care Includes:**

- Residential Treatment
- Outpatient Services
- Semi-Independent Living
- Family Consultation



866-721-8536



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# Developing Skills Toward Independence and Empowerment

At BrightQuest Nashville, we provide compassionate and comprehensive treatment within a supportive therapeutic community setting where individuals are given the opportunity to experience genuine connection while developing skills essential for recovery and health. We believe that healing is optimized in an environment that fosters empowerment, responsibility, and social connectedness.

## Programming at BrightQuest:

- Individual and Group Therapy
- Family Therapy and Family Psychoeducation Groups
- Milieu Therapy
- Support for Learning Daily Living Skills
- Socialization and Community Building
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Interviewing (MI)
- Experiential Therapies
- Chemical Dependency and Addiction Case Management
- Psychodynamic Approaches
- Mindfulness / Meditation
- Assertiveness Training
- Relapse Prevention

## Individualized Programming:

- Adventure Therapy
- Equine-Assisted Psychotherapy
- Nutritional Counseling & Education
- Physical Wellness Training
- Integrative Wellness Services
- Rock to Recovery®



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