



PATHOS: Healing for the Body, Mind, and Spirit

The Lovett Center's integrative mental health outpatient program helps patients develop the skills they need to transform their lives.

Living with a mental illness can impact a person's physical health, relationships, ability to work, housing situation, and more. Add in a substance abuse disorder or a second diagnosis and the impact can be devastating. Learning to deal with one's issues—and being able to envision a positive, healthy future and work toward it—can, for many, feel unachievable.

Pathos, The Lovett Center's intensive outpatient program (IOP), was created specifically to help people of all ages who are struggling with a wide range of mental health issues, including depression, anxiety, bipolar disorder, thought disorders, and personality disorders. As many as 70 percent of the people who seek help from Pathos are also struggling with addiction issues. It's because of the program's highly credentialed and experienced clinicians, individualized treatment plans, and a holistic, integrated approach to overall wellness that so many Pathos patients are able to graduate from the program with the confidence and support necessary to successfully transition into everyday life.

Small by Design

"Pathos patients frequently require a higher level of care because they may have several co-occurring issues they are dealing with," says Robert Hilliker, Pathos' Clinical Director. "Top-quality, personalized treatment is a major differentiator for Pathos."

Treatment through Pathos is boutique and individualized. Other IOPs may have patient-to-clinician ratios of 24-to-1, whereas Pathos' ratio is 4-to-1 in each group. Clinician credentials are also an important distinction.

"Our team is robust," explains Hilliker. "Nearly all of our 20 clinicians are mental health professionals who hold either a master's degree or a Ph.D., and we also have an MD on staff—Dr. Kamal Shah, our medical director."

Having a physician on staff, he adds, is crucial because it allows the team to rule out medical conditions that may mimic psychological conditions. Dr. Shah can also prescribe and administer addiction and psychiatric medications if needed, which may lead to improved patient engagement.

Programming with Intentionality

The Pathos program offers two treatment tracks—psychological and dual diagnosis—and three client groups based on life stage.

"Knowing that adolescents, young adults, and professionals are unlikely to relate to one another's problems and concerns, patients are grouped by life stage. A specific approach has been crafted for each group, and each has



Robert Hilliker



Dr. Kamal Shah

the benefit of working with dedicated clinicians," says Dr. Shah. "Therapy is the key to effective patient work. We use medication in addition to therapy only when necessary to help stabilize the patient."

Therapy—specifically the number of hours Pathos' delivers weekly—is another differentiator for the program.

"We deliver levels of therapy that are significantly above the minimum standards for care," Dr. Shah confirms. "We provide 12 hours of group and three hours of individual and family therapy to each patient each week, and we bring comprehensive care full circle by integrating yoga and meditation, which relax both the body and the mind, into the process."

What it all comes down to—what the Pathos team wants potential patients to know—is that recovery is possible. Hope is possible. And the best path forward is with the help of an experienced, professional team working collaboratively to support those who are ready to transform their lives.

"Pathos is focused on the care and health of each patient," concludes Hilliker. "We practice what we preach and carry it with us in the care and compassion we provide."



the LOVETTcenter
A Center for Integrative Healing

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