

Local Intensive Treatment Programs:

ADULT OCD INTENSIVE OUTPATIENT PROGRAM at WESTERN PSYCHIATRIC INSTITUTE AND CLINIC (412) 246-5600

The Adult OCD Intensive Outpatient Program (OCD IOP) at Western Psychiatric Institute and Clinic utilizes ERP as well as medication as necessary to help people struggling with OCD.

The OCD IOP provides group, individual, and family therapy in a concentrated manner, 3 hours daily, 3 days per week (Tuesday, Thursday and Friday) as well as periodic sessions with a psychiatrist. The average length of treatment at the OCD IOP is 8 weeks. Clients work closely with program therapists to create a hierarchy of feared obsessions/ situations and gradually engage in behavioral exposure to these while resisting rituals. Clients learn to work independently as they progress with exposures in order to acquire the ability to work without the direct support of a therapist. Clients are asked to collaborate in the of design homework exposures and in planning for follow-up treatment after the OCD IOP. The OCD IOP is committed to coordinating care with community therapists while clients are in the program and assists in the transition back to therapists upon completion of the program.

In cases where symptoms are severe, or after failure to improve significantly through traditional outpatient treatment, or simply when intensive therapy is preferred, referral to the Western Psychiatric Institute and Clinic OCD Intensive Outpatient Program is indicated. Assistance in locating affordable temporary housing is provided those traveling from outside the local area.

CHILD/ADOLESCENT OCD INTENSIVE OUTPATIENT PROGRAM at WESTERN PSYCHIATRIC INSTITUTE AND CLINIC (412) 246-5264

The pediatric program treats children and adolescents with a primary diagnosis of OCD as well as patients with OC spectrum disorders and co-morbid anxiety disorders with behavioral therapy and medication as indicated.

CBT/ERP is provided in a group setting 4 days per week for 2.25 hours per day for an average of 6-8 weeks. Individual therapy sessions for each client as well as regular sessions with a child psychiatrist are incorporated into the program. Family sessions and parent education sessions along with a parent support group are held on a weekly basis. When appropriate, communication with schools is provided to facilitate the treatment process. Self directed exposures both at home through daily homework assignments and in the clinic are essential relapse prevention strategies. Appropriate referrals for both

behavioral therapy and medication issues are part of every discharge plan. The pediatric program is open to treatment of patients from outside of the local area and we assist families with the arrangement of affordable lodging.

Additional Intensive Treatment Programs:

US Programs are listed alphabetically by state; international programs are noted at the end of the list.

Anxiety Disorders Program at Remuda Ranch

One East Apache Street

Wickenburg, AZ 85390 (Inpatient)

www.remudaranch.com

The Anxiety Treatment Center

8980 Alderson Avenue

Sacramento, CA 95864 (IOP)

www.anxietytreatmentexperts.com

The Cognitive Behavior Therapy Center for OCD & Anxiety

990 A Street, Suite 401

San Rafael, CA 94901-3000 (IOP)

www.cbtmarin.com

Stanford University

Department of Psychiatry and Behavioral Sciences

OCD Research Program

401 Quarry Road

Stanford, CA 94305-5721 (IOP)

www.oed.stanford.edu

UCLA Obsessive Compulsive Disorder Intensive Treatment Program

300 UCLA Medical Plaza

Los Angeles, CA 90095-6968 (1 hour/day 5 day/week)

www.semel.ucla.edu/adc/about/ocd

UCLA Child/Adolescent Obsessive Compulsive Disorder Intensive Treatment Program

300 UCLA Medical Plaza, Suite 1315

Los Angeles, CA 90095 (IOP)

www.semel.ucla.edu/caap/ocd-intensive-treatment

Westwood Institute for Anxiety Disorders

921 Westwood Blvd., Suite 223

Los Angeles, CA 90024 (IOP)

www.hope4ocd.com

Anxiety Disorders Center at the Institute of Living

200 Retreat Avenue

Hartford, CT 06106 (15 1.5-2 hr sessions over 3 weeks)

www.instituteofliving.org/adc

Yale OCD Research Clinic

34 Park Street; 3rd Floor, CNRU

New Haven, CT 06508 (Inpatient)

www.info.med.yale.edu/psych/clinics/OCD%20Research%20Clinic/OCDindex.htm

NeuroBehavioral Institute

2233 North Commerce Parkway, Suite 3

Weston, FL 33326 (IOP)

www.NBIWeston.com

OCD and Anxiety Treatment Center

3030 Starkey Blvd., Suite 128

New Port Richey, FL 34655 (IOP)

www.octreatment.com

OCD Resource Center of Florida

3475 Sheridan St # 310

Hollywood, FL 33021 (2 hrs/day 5-6 day/week)

www.octreatment.com

University of Florida OCD Program

P.O. Box 100234

Gainesville, FL 32610 (IOP)

www.psychiatry.ufl.edu/UFOCD

University of South Florida OCD Program

800 6th Street South

4th Floor North, Box 7523

St. Petersburg, FL, 33701 (1.5 hr/day 5 day/week)

health.usf.edu/medicine/pediatrics/rothman/index.htm

Center for Anxiety and Obsessive Compulsive Disorder

Alexian Brothers Behavioral Health Hospital

1650 Moon Lake Boulevard

Hoffman Estates, IL. 60169 (IOP, Partial Hospitalization)

www.abbhh.org

Kansas City Center for Anxiety Treatment

10540 Marty, Suite 200

Overland Park, Kansas 66212

www.kcanxiety.com

Anxiety Solutions of Northern New England, PLLC

P.O. Box 70

Raymond, ME 04071 (IOP)

www.anxietysolutions.net

OCD Institute

McLean Hospital

115 Mill Street

Belmont, MA 02478 (residential)

www.mclean.harvard.edu/patient/adult/ocd.php

Department of Psychiatry and Psychology

Mayo Clinic, West 11

200 First Street, SW

Rochester, MN 55905 (2X/day for 1 week)

http://mayoresearch.mayo.edu/mayo/research/whiteside_lab

Anxiety Disorders Center at the Saint Louis Behavioral Medicine Institute

1129 Macklind Avenue

St. Louis, MO 63110

info@slbmi.com

Bio Behavioral Institute

935 Northern Boulevard, Suite 102

Great Neck, New York 11021 (IOP)

www.biobehavioralinstitute.com

Anxiety Disorders Treatment Center

3011 Jones Ferry Road

Chapel Hill, NC 27516 (weekend treatment session)

www.anxieties.com/weekend.php

UNC Anxiety and Stress Disorders Clinic

University of North Carolina at Chapel Hill

Department of Psychology

CB#3270, Davie Hall

Chapel Hill, NC 27599

www.uncanxietyclinic.com

The Lindner Center of Hope

4075 Old Western Row Road

Mason, OH 45040 (residential, IOP)

www.lindnercenterofhope.org

Anxiety & Agoraphobia Treatment Center

112 Bala Ave.

Bala Cynwyd, PA 19004 (IOP)

www.aatcphila.com

Center for the Treatment and Study of Anxiety

University of Pennsylvania

3535 Market Street, 6th Floor

Philadelphia, PA 19104 (IOP)

www.med.upenn.edu/ctsa

University of Pennsylvania Child/Adolescent OCD, Tics, Trichotillomania & Anxiety Group

3535 Market Street

6th Floor

Philadelphia, PA 19104

www.med.upenn.edu/cottage

The Austin Center for the Treatment of OCD

6633 Highway 290 East, Suite 300

Austin, TX 78723

www.austinocd.com

The Houston OCD Program

1401 Castle Court

Houston, TX 77006 (residential, IOP)

www.HoustonOCDProgram.org

OCD Center and Cognitive Behavioral Therapy Services

Rogers Memorial Hospital

34700 Valley Road

Oconomowoc, WI 53066 (residential, partial hospitalization)

www.rogershospital.org

McMaster University Medical Centre, HHS

Box 2000

Hamilton, Ontario L8N 3Z5

Canada

www.hhsc.ca/body.cfm?ID=232

OCD Clinic

National Institute of Mental Health and Neuro Sciences
Deemed University
Bangalore 560 029
India
www.nimhans.kar.nic.in

Anxiety Disorders Program

St. Patrick's University Hospital
James Street
Dublin, 8
Ireland (IOP)
www.stpatrickshosp.ie/index.php/the-programmes/anxiety-disorder

Neurosciences Institute

Florence
Italy (IOP)
www.istitutodineuroscienze.it

Maudsley Hospital

Denmark Hill
London, England
United Kingdom (residential, 1 wk intensive outpatient)
www.slam.nhs.uk/services/sitelist.aspx?site=Maudsley+Hospital

OCD Centre

9 Eccleston Street
Belgravia
London

United Kingdom (IOP)

www.ocdcentre.com

The Priory Hospital

Priory Road

Edgbaston

Birmingham

West Midlands

United Kingdom

www.bmihealthcare.co.uk/priory

Disclaimer and Terms of Use: *The OC Foundation of Western Pennsylvania has compiled this list of intensive treatment programs. We do not recommend or endorse the competence or expertise of any particular program listed here as the foundation has not investigated these programs beyond determining that they do offer treatment for at least 9 hours per week. This list is offered as a resource for individuals seeking intensive treatment to begin their search. It is up to the individual to investigate any program they intend to enter to determine if the program offers effective treatment.*

If you would like your OCD intensive treatment program listed on this page, please email contact information and description of your intensive treatment protocol to Elaine Davis, Ph.D. <new email address>