



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

NOCD

Clinic/Program Director: Patrick B. McGrath, PhD

Name of Intake Coordinator: Gerald Palmer

Phone: (312) 766-6780

Fax: (312) 261-5080

E-mail: care@nocdhelp.com

Website: <https://go.treatmyocd.com/iocdf>

Providing treatment in the following states: Alabama, Arizona, California, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, New Jersey, New York, North Carolina, Ohio, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, Virginia, Washington

Payment Options:

Self-Pay

Private Insurance

Populations Served:

Children

Adults

Adolescents

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Teletherapy

Areas of Specialty (in addition to OCD in general):

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Summary of Services

NOCD was founded by Stephen Smith, who was debilitated by his own OCD and learned firsthand how difficult it was to find treatment that would work. He started NOCD to change that.

NOCD offers effective online OCD therapy. Inside the NOCD platform, you can match with a licensed therapist with specialty training in OCD and ERP and do live face-to-face video sessions. Between sessions, you can message your therapist, get support from our online peer

community, and use our in-app therapeutic tools. All sessions are conducted confidentially and securely using a HIPAA-compliant app.

Our therapists are trained in Exposure and Response Prevention therapy, the most effective OCD treatment available. They are led by world-renowned OCD experts Dr. Jamie Feusner and Dr. Patrick McGrath. They use an ERP model that was shown to reduce OCD severity significantly in less than 10 weeks, on average.

Our goal is to help all people with OCD get better and stay better. NOCD Therapists understand various OCD themes, including, but not limited to, sexual, violent, religious, contamination, existential, just right, and relationship-based obsessions. By providing our services through telehealth and accepting insurance, we are able to make our treatment accessible and affordable to help you.

Treatment Planning Process

Getting started with NOCD begins with a free 15-minute phone call to our care team. They will answer all your questions about NOCD Therapy and will match you with one of our licensed, specialty-trained therapists. Once you're connected with your therapist, you will begin having regularly scheduled live, face-to-face sessions online.

During your first session, your therapist will complete a diagnostic assessment to provide you with a diagnosis, your OCD severity, and a customized treatment plan. During subsequent sessions, you will work on hierarchy-building and doing live Exposure and Response Prevention therapy sessions together.

Core Treatment Components

Our therapists help you do Exposure and Response Prevention through live, face-to-face video sessions in the NOCD platform. In between your sessions, you can message your therapist, utilize our in-app self-help tools, and receive peer support from the world's largest online OCD community.

Parents, Family Members, Friends, Teachers, etc. Involvement

Parents and family members are welcome to join in therapy at the discretion of the patient. While we will always need some one-on-one time with each individual, we know that support in the therapy process is essential for good treatment, and we welcome loved ones to be a part of the treatment if it is desired by the patient. This is mandatory for children and adolescents.

Treatment of Co-Morbid Disorders

OCD rarely exists alone - depression, anxiety, or body-focused repetitive behaviors often coincide with OCD. Our therapists will work with you to address as many of your concerns as possible, and if there are issues that go beyond our scope of care, then we will provide a referral that will best meet your needs.

Length of Stay

Our ERP therapy model has been shown to reduce OCD symptoms and severity in less than 10 weeks on average. During the course of our treatment, you can expect a series of regular

therapy sessions. Your therapist will continually track your progress and adjust your treatment accordingly. After treatment has completed, you have the option to do support check-ins with your therapist, as needed, and continue to have access to our self help tools and online peer support community on the NOCD app.

“Census” (i.e., the maximum number of clients seen at any given time)

There is no census or maximum number of people for NOCD treatment at this time.

Other Resources for Outpatients

The NOCD mobile app has personalized therapeutic tools, ongoing community and peer support, OCD education, and weekly webinars with OCD experts.

Diversity Statement

NOCD is committed to a diverse workforce. Our staff and therapists represent all genders, identities, races, religious statuses, abilities, and ages. We have individuals with OCD on our staff and value their input. In fact, their experience informs many of the decisions that we make. Our diversity makes us stronger, and we embrace all opinions and cultural values.