



## **UCLA Adult Intensive Outpatient Treatment Program**

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300 Medical Plaza

Room 2216

Los Angeles, CA 90095

### **Payment Options:**

Private Insurance

Medicare

Self-Pay

### **Populations Served:**

Adults

### **Treatment Strategies Offered:**

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Habit Reversal

Prescribe Medication

### **Areas of Speciality (in addition to OCD):**

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder

Hoarding Disorder

Skin Picking

Trichotillomania (hair pulling disorder)

Treatment of Co-occurring Disorders

**Summary of our services:**

We opened our program in June 1990. The UCLA OCD IOP has 4 part-time licensed therapists who come from diverse disciplines (social work, family therapy, psychology). All with extensive experience in CBT with an emphasis on ERP. There are two psychiatrists and one resident who manage patients' medications. Our IOP is a highly individualized program that provides 3 hours of individual therapy (1 hour of CBT, 2 hours of ERP) and one hour of group daily. We have provided the highest quality of care to the OCD community for well over two decades. Our goal is to help each person function in her/his life by returning to work, school or having a volunteer position by the time of discharge. Each therapist works with no more than 2 people and there are no more than 8 people in the program at one time. This allows for an intimate and supportive environment where patients develop into a cohesive group and frequently form close relationships.

**Treatment Planning Process**

Patient and therapist work together to design a treatment plan. Family is encouraged to be involved per patient wishes. The treating psychiatrist is also involved in the treatment planning. The treatment team meets every week in a multidisciplinary format to review treatment and provide input. Each patient has their own therapist with whom they meet with for at least one hour each day, so the treatment plan is constantly assessed and revised when necessary.

**Core Treatment Components**

The core treatment for this program is cognitive behavioral therapy, specifically, Exposure and Response Prevention (ERP). This comprises about 75 % of program time. In addition, the program provides medication management and one hour of group. The program operates Monday through Friday from 9:00 am to 1:00 pm. Each day consists of 1 hour of individual therapy, 2 hours of ERP and one hour of group therapy.

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

Family members, loved ones, and other members of the patients' treatment team are included in the treatment plan with patient's permission. Family members and loved ones often need support and education. Although supportive, they frequently need guidance on how to disengage from enabling the patient. Families also often need to know about prognosis and a reasonable time frame for treatment. Outside treatment providers (therapist, psychiatrist) are also contacted to gather and provide information throughout treatment in order to provide continuity of care.

**Focus on OCD & Related Disorders**

The program is devoted to treating individuals with OCD.

**Treatment of Co-Morbid Disorders**

Co-occurring disorders are addressed (social anxiety, panic, or other spectrum disorders). Additionally, the program offers a highly specific treatment program for individuals with Hoarding disorder.

**Length of Stay**

The program is 6 weeks long (30 treatment days). On rare occasions the length of stay can extend however, we recommend out patient care where the patient can practice the gains made in therapy and then return to the program several months later (if needed) to complete the next phase of treatment.

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

Full Census for this program is 8.

**Diversity Statement**

We are an inclusive organization that encourages diversity. UCLA is dedicated to cultural competency via annual training's. Additionally, as part of the academic training of treatment providers, cultural competency is a must.

Los Angeles is a diverse community and our patient population is proof of this. UCLA values the life lives of all individuals suffering.

Our clinician's are active in the community. Often times volunteering in various organizations throughout LA.