



Anxiety Disorders Residential Unit

Clinic/Program Director: David Veale, MD, FRCPsych
Name of Intake Coordinator: David Veale, MD, FRCPsych
Phone Number: +44 203 228 4146
Fax Number: +44 203 228 4051
E-mail: david.veale@kcl.ac.uk
www.veale.co.uk

Bethlem Royal Hospital Dower House
Monks Orchard Road
Beckenham, Greater London BR3 3BX
United Kingdom

Treatment Providers:

David Veale, MD, FRCPsych

Payment Options:

Self-pay

Populations Served:

Adults

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy

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

Body Dysmorphic Disorder (BDD)
Violent/Sexual Obsessions

Summary of our services:

The Anxiety Disorders Residential Unit began with Professor Isaac Marks at the Bethlem Royal Hospital in 1969. Dr. Marks pioneered the development of exposure and response prevention by nurse therapists for OCD and included collaboration with Professor Jack Rachman. In 1991, the Unit at Bethlem Royal Hospital became a residential unit without 24-hour staff. More recently the unit has developed into a cognitive behavioural therapeutic community. The medical director is David Veale, a consultant psychiatrist specializing in CBT. He has co-authored self-help books (examples include *Overcoming OCD* and *Overcoming Body Image Problems*) and a professional treatment manual for BDD.

There is currently a team of 5 accredited therapists, 2 doctors, 2 occupational therapists, and 3 assistant therapists working at the Unit. This program is a national specialist service in the UK where most of the patients have a severe treatment refractory condition and are funded by the National Health Service.

Treatment Planning Process

To discuss suitability, an assessment is required first with Dr. Veale. This can usually be done over a telephone or Skype (if international) with questionnaires are completed beforehand. If suitable, you would be invited to visit the hospital and talk to one of the therapist teams or be admitted directly. Treatment is planned in collaboration with the patient based on his or her agreed-upon goals..

Core Treatment Components

This is a residential program of intensive CBT. Medication will be reviewed, but this is directed by patient choice. Cognitive behavior therapy with exposure and response prevention and behavioral experiments is used for all patients. There is also a full program of group therapy (for example compassionate mind training, mindfulness meditation, CBT).

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

Family or Couples Therapy is used when OCD is part of the family relationships.

Treatment of Co-Morbid Disorders

At any one time there are up to 17 adults receiving treatment. Most have OCD. A few have BDD, and there are occasional residents with health anxiety, emetophobia or PTSD.

Individual Therapy

Individual therapy is provided 3-5 times a week for up to an hour. There is a therapy assistant and occupational therapist attached to the program who provide additional assistance for exposure/behavioral experiments.

Length of Stay

There is no set time period for in-patient care, but most patients with severe treatment refractory OCD or BDD are with us for approximately 12-16 weeks.

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

Full census for this program is 17.