



UCLA Adult OCD Intensive Outpatient Treatment Program

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Payment Options:

Private Insurance

Medicare

Self-Pay

Populations Served:

Adults

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Prescribe Medication

Summary of our services:

We opened our program in June 1990. The UCLA OCD Intensive Treatment Program has four part-time therapists who come from diverse disciplines (psychology, MFT, nursing, and social work). They are all experienced in cognitive behavioral therapy. There are also two psychiatrists who manage patients' medications. Our intensive treatment program is a highly individualized program that provides up to 3 hours per day of cognitive behavioral therapy. We have provided the highest quality of care to the OCD community for over two decades. Our goal is to help each person become functional in his or her life by returning to work or school or having a volunteer position by the time of discharge. We have a small program of no more than 8 people at one time. This allows for an intimate and supportive environment where patients develop into a cohesive group and frequently form close friendships.

Treatment Planning Process The patient's therapist will design a treatment plan in collaboration with the patient, the patient's family (if the patient wishes), and the patient's medicating doctor. The treatment team meets every week in a multidisciplinary format to review treatment and give input on each patient's treatment plan. Each patient has their own therapist with whom they meet for at least 1 hour each day, so the treatment plan is being constantly assessed and revised.

Core Treatment Components

The core treatment in 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 1 hour per day of group therapy.

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

Family members, loved ones, and other members of the patient's treatment team are included in the treatment plan with the 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. We also contact patients' outpatient psychiatrists and therapists in order to obtain additional information at the beginning of treatment and consult with them throughout the treatment period in order to provide continuity of care.

Treatment of Co-Morbid Disorders

This program treats OCD, OCD spectrum disorders and other disorders related to OCD. We also have a very effective and highly specific treatment protocol for people with hoarding disorder.

Individual Therapy

Patients meet with their therapist every day (Monday through Friday) for at least one hour.

Length of Stay

This program is 6 weeks long (30 treatment days). However, if a patient needs more time, his or her stay can be extended. In some cases, we recommend a patient be discharged to outpatient care where he or she can practice the gains they have made, then return to the program after several months (if needed) to complete the next phase of treatment. Patients find this to be the best strategy to integrate back into their daily lives.

For some participants, the transition from the supportive environment of the intensive treatment program to an outpatient setting can be particularly challenging. To help with this challenge, we offer a 'step-down' program for those who have completed the 30-day program but need to transition more slowly. The step-down program offers an additional 6 days spread over 3 weeks so a participant can more gently acclimate to an outpatient setting.

There are also people with OCD for whom a 5-day per week program is too overwhelming, while others find 5 days per week of treatment may not be necessary. Thus, we also have a 'step-up' program that allows a person to attend the program just 3 days per week. They still complete 30 days of treatment but spread treatment out over a longer period of time.

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

Full Census for this program is 8.