



Anxiety Disorders Residential Unit – Bethlem Royal Hospital

Clinic/Program Director: Professor David Veale, MD, FRCPsych

Name of Intake Coordinator: David Veale, MD, FRCPsych

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Bethlem Royal Hospital, Monks Orchard Road
Beckenham, Kent
United Kingdom
BR3 3BX

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

Group Therapy

Home Visits

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

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder

Treatment of Co-occurring Disorders

Summary of our services:

The Anxiety Disorders Residential Unit at the Bethlem Royal was originally started by Professor Isaac Marks in 1980's. The consultant is now Professor David Veale, Consultant Psychiatrist specializing in CBT. He has co-authored self-help books (for example Overcoming OCD and Overcoming Body Image problems) and a professional treatment manual for BDD.

He has published scientific and teaching articles in OCD, BDD and emetophobia. He is an accredited cognitive behavior therapist. The team includes five Clinical Psychologists and accredited therapists.

This is a national specialist service in the UK and most of the patients have severe treatment refractory conditions. The unit is run as a compassionate mind and contextual behavioural therapeutic community.

The unit is not suitable if nursing care is required and it is unstaffed after 5pm to 8am (other than emergency care)

Treatment Planning Process

All patients are assessed before admission to assess suitability.

Core Treatment Components

CBT including exposure and medication

Medication

Occupational Therapy

Compassionate Mind Therapy

Group therapy

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

Parents and family members are encouraged to be involved in therapy.

Treatment of Co-Morbid Disorders

Co-morbidity is addressed depending on the problem.

Length of Stay

Most residents stay 12-16 weeks

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

17

Other Resources for Outpatients

Occupational Therapy program relevant to the OC or related disorder.

Family Therapy where relevant

Group therapy including Compassionate Mind

Support Group affiliated to OCD Action meets monthly