



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# OCD/BDD Program, Priory North London

Clinic/Program Director: David Veale, MD, FRCPsych

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[www.priorygroup.com/location-results/item/the-priory-hospital-north-london](http://www.priorygroup.com/location-results/item/the-priory-hospital-north-london)

[www.veale.co.uk](http://www.veale.co.uk)

The Priory Hospital North London

The Bourne

Southgate, N14 6RA

United Kingdom

### **Treatment Providers:**

David Veale, MD, FRCPsych

### **Payment Options:**

Private Insurance

Self-pay

### **Populations Served:**

Adults

Adolescents

### **Treatment Strategies Offered:**

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Group Therapy

Home Visits

Prescribe Medication

### **Areas of Specialty:**

Obsessive Compulsive Disorder (OCD)

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder (BDD)

Substance Use Disorders (SUD)

### **Summary of our services:**

The OCD/ BDD program at the Priory North London has been running for over 10 years. The medical director is Dr David Veale, a consultant psychiatrist specializing in CBT. Dr Veale is an

accredited cognitive behaviour therapist as well as the co-author of several self-help books (for example *Overcoming OCD* and *Overcoming Body Image* problems) and a professional treatment manual for BDD. He has also published scientific and teaching articles in OCD, BDD and emetophobia. The team also includes two clinical psychologists and accredited therapists, a nurse, and an assistant therapist for OCD/BDD patients.

This is a national specialist service in the UK where most of the patients have severe treatment refractory conditions. There is separate ward for adolescents and one for adults. Both are general psychiatric wards. At any one time there are usually four adults and one or two adolescents with OCD or BDD under the team.

### **Treatment Planning Process**

To discuss suitability, an assessment is required first with Dr Veale. This can be done over Skype if questionnaires are completed beforehand. If suitable, you would be invited to visit the hospital and talk to one of the therapist team or be admitted directly. Treatment is planned in collaboration with the patient with agreed upon goals.

### **Core Treatment Components**

Cognitive behavior therapy with exposure and response prevention and behavioral experiments is used for all patients. Medication will be reviewed, but this is directed by patient choice. Group CBT for obsessional disorders is provided twice a week. There is also a full generic program of group therapy (which can include compassionate mind training, mindfulness meditation, schema therapy, dialectical behavior therapy, psychodrama, and 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**

This program is a national specialist service in the UK where most of the patients have severe treatment refractory conditions. There is separate ward for adolescents and one for adults. Both are general psychiatric wards, but at any one time there are usually four adults and one or two adolescents with OCD or BDD under the team.

### **Individual Therapy**

Individual therapy is provided 3 times a week for up to an hour. Recent research has found that approaches such as imagery rescripting for past aversive memories can be helpful in some types of OCD/ BDD problems. There is dedicated nurse therapist attached to the program who provides additional assistance for exposure.

### **Length of Stay**

There is no set time period for in-patient care. Most patients with severe treatment refractory OCD or BDD are with us for 8 to 12 weeks.

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

Full census for this program is 6.

## **Other Resources for Outpatients**

School facilities are available.