



Obsessive-Compulsive Disorder Intensive Treatment Program

Obsessive-Compulsive Disorder Intensive Treatment Program at the Resnick Neuropsychiatric Hospital at UCLA is for people who have moderate to severe OCD symptoms and a strong commitment to treating their disorder. OCD is a disabling disorder of distressing obsessions and time-consuming compulsions, often resulting in a less than full life. This can be changed however with behavior therapy in the form of Exposure and Response Management. This treatment is based on the fact that prolonged, direct contact with a fearful stimulus is necessary if anxiety is to diminish.

The Obsessive-Compulsive Disorder Intensive Treatment Program operates from 9 -1 p.m., Monday through Friday. Maximum length of stay is 30 treatment days (6 weeks). It has been shown that many people with OCD may be effectively treated using a combination of cognitive behavior therapy (CBT) and medication. This program provides both intensive daily CBT and state-of-the-art medication management.

Because, for many people, the OCD makes work and social functioning difficult, the goal of this program is that each participant should be able to accomplish at least one of the following by the time they leave the program: return to work or a volunteer position, enroll in a class or educational program, or be able to live more independently.

On admission to the OCD Intensive Treatment Program, each participant is assigned a behavior therapist with whom they will work daily on a one-on-one basis. The first week in the program is spent in going through detailed and specific assessment of the participant's OCD and related problems; this involves questionnaires, interviews and self-monitoring of the OCD. Based on this information, both participant and behavior therapist can establish a personalized program of behavior therapy. An individualized behavior therapy regimen is then incorporated into a highly structured program of education and support. Participants will also take part in therapeutic groups, and also be expected to do assignments on their own. Homework is a significant component of this treatment as participants must learn how to translate their new-found cognitive and behavioral skills to the home situation.

Education and support of the family or involved loved ones is an integral part of the program. Often, those people living with someone who has OCD have questions and concerns about how best to help. The program will provide support and information on how to cope with a loved one who has OCD.

To take part in the OCD Intensive Treatment Program, participants must first be evaluated. Call 1 800 825 9989 option #2 for an appointment for an evaluation for the OCD Intensive Treatment Program. The program accepts most insurance policies including medicare.

(For more information about the OCD Intensive Treatment Program call 310-794- 7305.)