



Printable Information Sheet

GROUP & INDIVIDUAL INTENSIVE PROGRAMMES FOR OBSESSIVE COMPULSIVE DISORDER

WHY THE INTENSIVE FORMAT?

Why not treatment over a longer period at less frequent intervals?

We have been treating people with OCD for 15 years as a practice. We began seeing higher success rates in our clients who completed our intensive course when we first introduced it in 2003. The evidence we have observed from treating thousands of people with OCD is that the intensive format works more effectively than traditional weekly treatment. It's as simple as that!! So we weren't surprised when a recent study at the University of California San Diego School of Medicine using PET scans of patients who completed 4 weeks of intensive therapy demonstrated "remarkable and rapid benefits of intensive daily cognitive-behavioural therapy [CBT] for OCD, even for patients who had not responded well to standard treatment previously," furthermore, the lead author, Dr Sanjaya Saxena, in an interview with Medscape Psychiatry, added, "Intensive CBT should be the treatment of choice for patients whose OCD has been refractory to standard treatments." ⁽¹⁾

WHAT ARE THE BENEFITS OF A GROUP INTENSIVE?

Why not one-on-one treatment with a therapist?

Another outcome we have noticed is that the small group format is more effective as opposed to weekly treatment sessions. We suspect that this is due to the powerful and unquantifiable benefits of having support and empathy from others who are going through the same experience as you. In short, they mentor you and you mentor them so you learn how to give and receive constructive support. We make sure our courses comprise small groups of around 6 people in order to gain maximum results. We select each group and adapt the treatment according to your OCD sub-type, e.g. contamination, responsibility, etc. and sometimes according to age. If you have reservations about working in a group, we can organise an intensive course just for you with the option to have the course in your own environment.

WHAT ARE THE BENEFITS OF AN INDIVIDUAL INTENSIVE?

Some clients would prefer to work in their own environment for confidential reasons or because it is very difficult for them to travel or work outside their comfort zone. Often it is agreed that the work will be more effective when conducted in their home if their OCD triggers are based around the home (e.g., contamination issues, etc.), their family (e.g., harming their family, etc.) or their daily routine (e.g., home safety issues, hoarding or arranging belongings, etc.). It can be the case that they would like the ongoing support of their family or would like their family to experience some of the work and this is more convenient and cost-effective if the therapist travels to them. It may be the case that the client has family/work/study commitments or VISA issues that restrict them travelling to the UK or London. If the therapist travels to them, these problems are solved and the therapist can work the hours that suit the client, e.g., after work or split the therapy time between lunch and evening sessions.



- Learn hand-on, day to day, practical skills to manage OCD from therapists who have OCD (and are managing it)
- Practice your new skills and develop an ongoing plan
- Learn how to be a therapist (we want you to be your own therapist but with our support)
- Gain support, empathy and empowerment to change your life TODAY
- Gain greater self-awareness
- Learn how to transfer my new skills and knowledge to my own life
- Set out my goals for life: what do I want NOW and in the FUTURE and how do I achieve these?

WHO SHOULD ATTEND?

If you have OCD, you are in this category! However, if you haven't really decided that you are ready for therapy, have been persuaded by someone else that this is right for you or are doing it to please your loved ones, in other words, not fully committed, then this is not the course for you. You will be a valuable part of a team (even if it is just you and your therapist) with a serious goal so we would like you to be committed (with our help!) to getting your life back.

WHAT ARE THE FEES AND WHAT DO THEY INCLUDE?

Group intensive fees are £1,500. Group intensives are held on the last Friday of each month in West London.

- 17+ session hours over 3 or 4 days with Programme Therapist (you can expect to be involved with the programme in one way or another for 6+ hours per day with additional homework)
- 24 hour telephone support during the course

Individual Intensive treatment designed for each client is £3,500 (Instalment payment plans available). The Individual Intensive includes the above, plus:

- 5+ days intensive one on one treatment in a location and time convenient to the client
- 24 hour telephone support during the course
- 2 carers sessions and personalised guidelines if required
- personalised online interactive Skills for Life programme to use at home to support the in-person therapy
- 6 weeks follow up sessions by telephone or Skype
- option to attend as many London-based group intensive courses, workshops or seminars free of charge as required for up to 12 months after
- liaison with medical team/college/school/employer/university if required



The Skills for Life Programme is based upon 4 key working areas: education, cognitive skills, behavioural skills and anxiety management. By the time you find us you are often quite distressed and we work quickly in the initial stages to stabilise the situation before working on longer term management skills. Next we work with you to put in place key cognitive skills. The behaviour section we have developed is quite different from examples you may have seen or read about in the media. It is, however, highly effective and our unique approach is hands-on and based upon your goals, not ours. Finally, anxiety management skills enable you to consistently implement what you have learnt on a daily basis and provide a key component in relapse prevention. We are unique in the way we understand and apply our Programme and more critically, we are driven by our own experience of OCD. Skills for Life will impact not only upon your OCD, your environment but your life in general and your relationships with those close to you.

WHO SUPERVISES THE GROUP PROGRAMME?

Each group will be led by a Programme Therapist. Outside the sessions, the Programme Therapist is available by telephone 24 hours a day for the duration of the course.

WHAT ARE THE SUCCESS RATES?

There are no guarantees because the most important component in your recovery is you but we see 80% of people make significant change to their lives if the following conditions exist:

You have accepted that you have OCD and know that it is your responsibility to manage it

You and your partner, family and friends are prepared, and willing, to set helpful boundaries

You realise that homework and a small amount of regular long-term work is critical to your success

For more information www.ocdexcellence.com or info@ocdexcellence.com

(1) <http://www.medscape.com/viewarticle/569110>

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