



I was scared of school dirty
and getting the flu

Intensive Outpatient Program (IOP) for OCD, anxiety, and related conditions

- ◆ Parents can schedule intensive sessions based on the school's schedule.
- ◆ Parents can choose from morning, afternoon, weekend, and evening appointments.
- ◆ Parents participate in coaching sessions at the beginning and throughout treatment.
- ◆ Your kid or teen has a single therapist or a team in charge of the treatment plan.
- ◆ Your kid or teen has access to an exposure coach.
- ◆ Your kid's or teen's OCD symptoms are targeted strategically in every exposure session.
- ◆ You and your kid or teen participate in exposure sessions in the office, at home, at school, or in the community.

I was scared of making mistakes;
I was re-reading, re-writing,
and checking every sentence
I wrote more than twenty times
when doing my homework



How do we work ?

Our IOP is based on Exposure Response Prevention (ERP), the most effective treatment for treating OCD and anxiety problems for children, teens, and adults, based on clinical research over the last 20 years.

Exposure involves gradually approaching, at your child's or teen's pace, situations, thoughts, images, or urges that are triggering at school or home, without engaging in any compulsive behaviors (asking to wash your hands before giving him a hug, asking for re-assurance that it's going to be okay, counting, tapping, etc).

What's unique about us ?

There are four reasons that make us unique :

◆ First reason

We care one hundred percent about your, your kid, and your family.

◆ Second reason

Our clinical work is specialized. We are not "eclectic or integrationist therapists." We don't do talk therapy or ask your teen "how are you feeling" all the time. We are a group of passionate behavioral therapists that have been fully trained in top-notch therapy approaches including Exposure Response Prevention (ERP), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and Acceptance & Commitment Therapy (ACT).

◆ Third reason

We're "hands-on" in our clinical work.

◆ Fourth reason

Every week you and your kid or teen are provided with different exercises to practice at home.

