

## Intensive Outpatient Therapy (IOP) for OCD and anxiety related conditions

Our IOP is “tailored exclusively to you, only YOU”

What?

Exposure Response Prevention (ERP), the most effective treatment for treating OCD and anxiety related conditions for children, teens, and adults.

When?

Mornings, afternoon, weekend and evening appointments are available.

Your IOP sessions are organized around your work, school or personal schedule.

Where?

We offer sessions in-office, in the community, at home, by skype and wherever is needed to help you face what you're avoiding or particular triggers.

How to get started?

We get YOU started by scheduling an intake session with one of our clinicians. In the intake, a specialized clinical interview is conducted, specific OCD assessments are administered, and if necessary, authorization to consult with significant others and other professionals is requested.