

# Intensive Outpatient Program (IOP) for Obsessive-Compulsive Disorder (OCD)

Obsessive-compulsive disorder (OCD) can be a highly debilitating disorder that involves a pattern of unwanted thoughts and fears (obsessions) that lead you to do something over and over again in an attempt at relief from the obsessions (compulsions). These obsessions and compulsions interfere with daily activities and cause significant distress. Fortunately, research has shown that OCD can be treated very effectively, and also *quickly*. In fact, using Exposure and Response Prevention (E/RP; e.g., see Foa, Yadin, & Lichner, 2012), OCD can be effectively treated in 13 sessions or less.

Generally, in the Anxiety Subspecialty Treatment (AnxST) Clinic, we treat patients with OCD on a weekly-to-biweekly basis for 13 weeks. However, we can also provide this treatment on an accelerated schedule for patients who choose to take part in our intensive outpatient program (IOP).

Our Intensive Outpatient Program (IOP) for OCD may be ideal for patients who:

- Seek symptom relief at a faster pace
- Seek to prioritize treatment of OCD for a period of 1-2 weeks or more
- Cannot set aside one day a week for therapy for 13 weeks
- Are coming for treatment from outside of Omaha, Nebraska (if seeking in-person services) or from outside of Nebraska

If this describes you, we can offer you service through our IOP, which condenses the bulk of E/RP into 1-2 weeks or more of intensive treatment. This intensive 1-2 weeks is then followed with individual psychotherapy (either in-person or via telehealth) on a less intensive schedule on an as-needed basis.

IOP treatment consists of roughly three back-to-back treatment hours per day, followed by daily homework, for three days per week. Patients will receive a personalized treatment plan and then have a coordinated team of up to eight therapists working with them each week. Services will be offered both in-person, or (for patients who are located in Nebraska at the time of services) via telehealth. Part or all of the program is covered by health insurance, depending on your health insurance plan – you can also receive financial counseling prior to starting IOP (see [Financial Assistance and Counseling](#)). Our patients are welcome to come from out of state, but due to licensing restrictions, would have to be seen in person. Hotel accommodations on Nebraska Medicine campus itself (see [Nebraska House guest lodging @ Staying Near Nebraska Medical Center | Nebraska Medicine](#)) or near Nebraska Medicine campus (see [Hotels @](#)

[Staying Near Nebraska Medical Center | Nebraska Medicine](#)) are available for multi-day stays if you travel from out-of-town.

Patients seeking treatment for OCD can also consult with one of our psychiatrists for medication management if desired.

Please contact us if you are interested to learn more and get scheduled for an intake with one of our providers (either in-person or via telehealth):

Psychology Department, Nebraska Medicine: 402-559-5031

References:

Foa, E.B., Yadin, E., & Lichner, T.K. (2012). *Exposure and Response (Ritual) Prevention for Obsessive-Compulsive Disorder: Therapist Guide* (Treatments That Work [2<sup>nd</sup> Edition]). Oxford University Press: New York, NY.