



SPECIALTY OCD TRACK

Helping patients with OCD heal through intensive, evidence-based psychotherapeutic treatment



OCD

Obsessive-compulsive disorder (OCD) is an anxiety disorder in which a person has uncontrollable, obsessive, recurrent thoughts and compulsive behaviors that they must repeat over and over. If left untreated, OCD can become chronic and interfere with normal routines, schoolwork, employment and family or social activities. Comprehensive treatment helps those who suffer regain a sense of empowerment and, ultimately, relief from suffering.

The National Institute of Mental Health estimates that **OCD affects 2.2 MILLION** adults in the United States.*

Pathlight Mood & Anxiety Center offers OCD specialty programming in our Residential and Partial Hospitalization Programs. This designated, intensive track provides assessment and treatment for patients diagnosed with OCD. The track utilizes Exposure and Response Prevention (ERP), an evidence-based treatment for OCD and phobias.

THE UNIQUE BENEFITS OF OUR OCD TRACK



Exposure and Response Prevention (ERP) as a foundational, first-line, evidence-based psychotherapy to treat the symptoms of OCD



Expert psychiatric assessment and psychopharmacologic treatment. When combined with psychotherapy, this results in sustained relief of symptoms.



A multidisciplinary treatment team provides a comprehensive patient assessment to identify co-occurring disorders and examine how the patient's current obsessions and compulsions become barriers in their life



OCD programming created with a foundation of **safety and supported practice (i.e., exposures)** – essential components for long-term healing



Culturally informed programming including admissions, therapy interventions and groups to ensure the best environment for engagement, learning and recovery

*National Institute of Mental Health, 2019

Please contact us to make a referral or schedule a free assessment with a master's-level clinician.
1-877-825-8584 • Fax: 425-974-1530 • PathlightBH.com | Colorado • Illinois • Texas • Washington
Most major commercial insurance accepted.



PROGRAMMING

2X WEEKLY

Individualized ERP integrated into individual therapy sessions

OCD specialty group to provide targeted psychoeducation about OCD and support individualized exposures

Psychiatrist visits to assess response to treatment and modify treatment plan when needed

1X WEEKLY

Family therapy sessions to provide education on diagnosis and treatment as well as direct support for caregivers

Our OCD track is designed to support patients in managing their triggers and experiencing success. In addition to co-creating hierarchies based on their individual areas of struggle, patients will work on exposures during and between sessions with the support of clinicians and their peer community.

Throughout treatment, patients are given structured time to integrate and practice the cognitive skills learned in sessions with the support of master's-level clinicians.

Experience with exposures teaches patients that...

- They can experience distress without being destabilized and establish a sense of mastery in the face of negative emotion
- Being afraid of what may happen does not mean they will have to engage in fear-evoking compulsive behaviors
- Acceptance of, instead of escape from, negative thoughts and feelings will help them stay engaged in life
- They can navigate their thoughts without experiencing high levels of anxiety or distress over time

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