



HOME FOR BALANCE
PSYCHOTHERAPY GROUP LLC

Intensive OCD Treatment Program Protocol

Brianna Allen, PsyD

OCD Intensive Treatment Program

- ▶ **Our OCD Intensive Treatment Program** offers children, adolescents, adults, and their families the unique opportunity to work on their OCD symptoms in a collaborative, comprehensive, and supportive way. Individuals who participate in the program will have access to a team of professionals dedicated to helping them learn how to better manage their OCD symptoms.

OCD Intensive Treatment Program

- ▶ Objectives: CHANGE
- ▶ Identify OCD symptoms, their associated distress, and their impact on daily functioning.
- ▶ Develop cognitive restructuring skills to manage OCD-related obsessions and anxious thoughts.
- ▶ Engage with exposure and response prevention (ERP) to gradually desensitize individuals to fear and anxiety associated with obsessions and/or compulsions.
- ▶ Improve daily functioning by helping individuals overcome OCD-related impairments in work, school, relationships, and other important areas of life.
- ▶ Teach individuals strategies to identify early signs of relapse, and engage with adapting coping skills to manage OCD symptoms should they return in the future.

Brianna Allen, PsyD

OCD and Anxiety Specialist

Dr. Brianna Allen specializes in helping children, adolescents, and adults who struggle with Obsessive-Compulsive Disorder (OCD) and related disorders (e.g., Trichotillomania/hair-pulling, Excoriation/skin-picking), Anxiety, Phobias, Depression, and phase of life issues. She also strives to deliver multiculturally competent services, and her practice is LGBTQ+ affirming.

She incorporates evidence-based treatment approaches grounded in multicultural psychotherapy that allows for a collaborative, working relationship focused on helping you to achieve your goals. She utilizes Cognitive-Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure and Response Prevention (ERP), and Habit Reversal Training (HRT) to develop individualized treatment approaches that work best for you. She also incorporates mindfulness and feminist therapy practices into her work with clients.



Intensive OCD Treatment Program Protocol

Session 1: Diagnostic Evaluation and Introduction to Treatment

- ▶ Diagnostic evaluation
 - ▶ Complete diagnostic assessments
- ▶ Discussion of, and psychoeducation pertaining to, OCD symptoms
- ▶ Exploration of client's OCD symptoms and their impact on functioning
- ▶ Goals and objectives of the program
- ▶ Discuss client's and family's goals for treatment

Session #2: Further Assessment and Treatment

- ▶ Further explore clients OCD symptoms
- ▶ Provide psychoeducation about OCD symptoms and treatment
- ▶ Establish client's treatment goals



Session #3:

Further Assessment and Treatment

- ▶ Review Cognitive-Behavioral Therapy (CBT)
- ▶ Provide psychoeducation about CBT
- ▶ Collaboratively discuss how CBT can be useful in the treatment of OCD
- ▶ Discuss questions about CBT
- ▶ Practice engaging with adaptive skills to manage OCD-related thoughts

Session #4: Psychoeducation and Treatment

- ▶ Provide psychoeducation about Exposure and Response Prevention (ERP) therapy
- ▶ Address questions and concerns related to ERP
- ▶ Discuss how client can prepare for ERP therapy



Session #5:

Psychoeducation and Treatment

- ▶ Prepare for exposures
- ▶ Discuss the importance of limiting avoidance and reassurance seeking
- ▶ Establish potential exposure(s) to be completed during the next session
- ▶ Discuss questions related to upcoming exposure practice

Session #6: Exposure and Response Prevention Treatment

- ▶ Review previously discussed psychoeducation (e.g., about CBT, ERP, SUDS, adaptive coping skills, etc.)
- ▶ Prepare for in-session exposure(s) with response prevention
- ▶ Provide additional psychoeducation as needed



Session #7: Exposure and Response Prevention Treatment

- ▶ Identify potential barriers to follow-through, and problem-solve
- ▶ Complete first in-session exposure
- ▶ Debrief and discuss the client's experience
- ▶ Establish exposure homework



Session #8: Exposure and Response Prevention Treatment

- ▶ Discuss first in-session exposure completed during previous session
- ▶ Review exposure homework
- ▶ Identify and engage with ongoing exposure practice in-session
- ▶ Problem-solve any potential barriers to follow-through with in-session exposure practice



Session #9: Exposure and Response Prevention Treatment

- ▶ Discuss exposure homework
- ▶ Ongoing psychoeducation as necessary
- ▶ Establish ongoing exposure homework
- ▶ Assess concerns as they arise



Session #10 and future sessions: Exposure and Response Prevention Treatment

- ▶ Collaboratively identify homework exposures
- ▶ Review and modify treatment goals regularly
- ▶ Incorporate loved ones for additional support
- ▶ Discuss how to gradually reduce accommodations
 - ▶ Involve the family/teachers in this process when possible

In Preparation for Termination (Last 1-2 sessions): Review and Relapse Prevention

- ▶ Review important concepts discussed throughout treatment
 - ▶ CBT
 - ▶ ERP
 - ▶ Adaptive coping skills to manage anxious and OCD-related thoughts
- ▶ Develop comprehensive relapse prevention plan
- ▶ Discuss and celebrate treatment progress



Contact us

Dr. Allen offers telehealth services focused on the treatment of anxiety disorders, phobias, OCD, and depression for children and adults. Dr. Allen's practice is also LGBTQ+ affirming. For more information, please contact her directly via email at drallen@drbriannaallen.com or call (561) 299-1447. Schedule your FREE 30-minute phone consultation today.

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