



Eligibility for the **OCD Intensive Treatment Program** includes the following:

- **Appropriate Age**
 - Client must be at least 12 years of age or older
- **Willingness to Engage with Treatment Process**
 - Intensive treatment for obsessive-compulsive disorder (OCD) involves exposure and response prevention (ERP) therapy and cognitive-behavioral therapy (CBT). Clients should be willing to engage with these treatment modalities in an effort to manage their OCD symptoms.
- **Support System Involvement**
 - Caregivers of children/adolescents under the age of 18 must be willing to be involved in treatment should it be deemed a necessary component of therapy.
 - Family/loved ones of adult clients who may be accommodating OCD behaviors must be willing to be involved in treatment should it be deemed a necessary component of therapy.
- **Time and Resource Commitment**
 - Clients should be able to allocate the necessary time and resources for ongoing therapy sessions, homework assignments, and any other components of the treatment plan.
- **Collaborative Attitude**
 - A willingness to collaborate with all members of the therapeutic team and actively participate in the treatment process is important. Clients who view therapy as a partnership and actively engage in setting and working toward goals are more likely to experience positive outcomes.
- **Patience and Persistence**
 - Progress in OCD treatment can be gradual, and setbacks may occur. Clients should have patience with the process and remain persistent in their efforts to confront and manage obsessive thoughts and compulsive behaviors.
- **Potential Commitment to Long-term Maintenance**
 - OCD is a disorder that some people experience at varying degrees throughout their lifetime, and ongoing efforts may be necessary to maintain progress. Clients should be committed to practicing learned skills and strategies even after the intensive phase of treatment.