



## Common Types of OCD

- Contamination, washing, and cleaning
- Checking and doubting
- Religious or moral obsessions, also called scrupulosity
- Worries about being or becoming a pedophile (POCD)
- Worries about sexual orientation (HOCD or SO-OCD)
- Fears about harming others
- Symmetry and ordering
- Perfectionism, arranging, counting, and needing that “just right” feeling
- Hoarding, or fear of losing things or people



## Other Treatments for OCD

- Exposure and Ritual/Response Prevention
- Treatment for Adults, Adolescents and Children
- Couples & Family Therapy
- Intensive Outpatient Program
- Online Therapy
- Support Groups
- Medication for OCD
- Nutrition Management
- Massage Therapy

### Louisville OCD Clinic

11824 Ransum Drive  
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# Louisville OCD Clinic



*Information on our  
Intensive-Outpatient  
Program for Individuals  
with OCD*



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# IOP for Obsessive Compulsive Disorder



Meet Our OCD Specialist, Dr. Street Russell, PsyD

## WHO IS AN IDEAL CANDIDATE FOR THE IOP PROGRAM?

An IOP may be recommended for those who are not responding to weekly traditional outpatient therapy, but do not want to engage in a residential program. It is also a good option for those with severe symptoms, but also beneficial for anyone who wants to get better as soon as possible. An IOP program can enable patients to recover quickly on a part-time, yet intensive schedule designed to accommodate family life and other outside activities while in treatment.

## WHAT IS PROVIDED IN THE IOP?

- Consultation with clinical director
- Comprehensive psychiatric assessment
- Intensive individual therapy
- Exposure and ritual/response prevention
- Group therapy
- Family involvement
- Patient education and awareness
- Treatment for co-occurring conditions
- Coordination with the patient's regular psychiatrist, therapist, or other mental health professional

## WHAT WILL I DO IN THE IOP PROGRAM?

Each IOP is a personalized program designed to meet the needs of an individual patient. Before the program begins, the patient will participate in a 3-hour comprehensive assessment to determine the scope and severity of symptoms. The results of this assessment process will be reviewed by the clinical director and treatment team to formulate a personalized treatment plan.

During the IOP, the patient will meet with a therapist twice daily for 6 days (90-min sessions). We also include 1-2 family sessions, as needed, and 1-2 group sessions. After the patient completes the initial daily portion of the program, subsequent treatment will involve 1-2 sessions per week for follow-up care, typically on a graduated schedule and based on the recommendations of the treatment team.

You can reach out to us at any time to see what the program might look like for you. We can provide recommendations for whether an IOP is the best fit for your needs. We provide free consultation calls with the Clinical Director.



Dr. Russell is a licensed clinical psychologist and the Associate Director at the Louisville OCD Clinic and Behavioral Wellness Clinic. Dr. Russell is an expert on OCD treatment. He offers training and supervision for our therapists and other providers world-wide.

He specializes in providing treatment to children and adults with OCD, phobias, anxiety and other OCD-related illnesses.

Dr. Russell has extensive experience in treating individuals with all types of anxieties and fears including contamination, harm, religious fears, unwanted sexual thoughts, & social anxiety.

Please visit our website at [louisvilleocdclinic.com](http://louisvilleocdclinic.com) or call us at 502-338-0608 for more information.