

[One to one Intensive Treatment Program](#)

[The benefits of intensive therapy for OCD](#)

Intensive therapy lends itself to the nature of the condition. At the very core of OCD are traits such as perfectionism, obsessiveness, a need for certainty and a sense of wanting to feel comfortable most of the time, all of which worsen day by day, due to the individual repeatedly performing compulsions, either through physical behaviours, or through rumination and mental problem solving. Through such repetition, the cycles of OCD become incredibly habitual, meaning that weekly therapy can feel like an uphill struggle when trying to change such familiar compulsions.

Our intensive courses allow us enough time to not only educate our clients, but to also start implementing effective therapeutic techniques and skill sets immediately, increasing the clients confidence in relation to breaking their cyclical behaviours. We have noticed that compared to weekly sessions, intensive therapy acts more like an intervention, helping us to often obtain very quick results even with the most severe of cases. It is difficult to exaggerate the effectiveness of conducting longer, more extensive sessions when working with OCD.

Further empirical research supports these findings. Dr Saxena, a Psychiatrist of the University of California, San Diego, School of Medicine concluded that after 4 weeks of intensive treatment for patients with OCD, patients showed significant improvements in their OCD symptoms, and their ability to function, based on PET scans. Result success was also found in patients that had previously not responded successfully to standardized CBT.

Dr Saxena concluded: *“Our study reinforced the efficacy of the treatment, and now we've shown how it works in the brain.”*

[Why choose the 'one to one intensive treatment program?'](#)

The one to one program allows clients to access a bespoke intensive therapy service, in a safe and private setting. Sometimes the manifestation of intrusive thoughts can be extremely difficult to share, even with the therapist, hence why having such a therapeutic space, and the freedom to move at your own pace can be an important component in the therapy.

Building a strong therapeutic relationship with your therapist is often paramount and necessary when it comes to challenging your OCD fears, and some clients feel they are more easily able to build such a relationship working closely with their very own therapist. Your allocated therapist will be right next to you every step of the way, from the day you walk into our centre right until the very end of your journey with us.

[What if I want to have therapy at home?](#)

For some, conducting our therapeutic program in your own home may suit your logistical needs better than travelling to us here in the South West, in which case we can arrange a therapist to travel to you. This may also feel more appropriate if the clients symptoms primarily originate around the home environment, or if there are very specific triggers or compulsions that are in a particular geographical location. These could include daily routines around the home, school or workplace, and/or avoidance of a particular place due to an unwanted experience or association. It may also feel particularly important that certain family members are involved in the therapeutic process, especially if you feel that family collusion may be exasperating your current symptoms.

Intensive Prices and what is included

One to one Intensive Treatment at the OCD Treatment Centre: To include a bespoke, individually tailored program to suit your specific needs:

Price: £2995.00

This includes:

- A bespoke, individually tailored program to suit your specific needs to be conducted with your very own therapist
- 20 active hours of therapy over five days
- A copy of the OCD Treatment Centre Refresher Program
- A copy of the OCD Treatment Centre families, friends and carers Program (usually £14.99)
- Any supporting documentation or communication required with/for medical teams/school/college/university or employers
- Premium reading materials
- 4 complimentary one to one follow up sessions to support your progress

One to one Treatment at home: To include a bespoke, individually tailored program to sit your specific needs, in the comfort of your own home:

Price: from £3495.00 (Instalment plans available soon)

This includes:

- A bespoke, individually tailored program to suit your specific needs to be conducted with your very own therapist
- 20 Active hours of therapy over five days to be conducted at a time that suits your needs (including after work or early morning)
- A copy of the OCD Treatment Centre Refresher Program
- A copy of our Family, friends and carers Program
- Any supporting documentation or communication required with/for medical teams/school/college/university or employers
- Premium reading materials
- 4 complimentary follow up sessions to support your progress

Follow up Sessions

All intensive programs have complimentary follow up sessions inclusive of the therapeutic fee. We will discuss with you on an individual basis how best to use these sessions when we build your relapse prevention program, to make them as effective as possible.

What to expect during your one to one intensive treatment program

Day 1:

After starting the day with a warm welcome, we will concentrate on laying the foundation of knowledge around OCD. This includes developing a basic understanding of our emotions in relation to everyday life, stress and the nervous system. OCD can be an overwhelming and perplexing disorder at the best of times, so we find the clients really benefit from learning clear, concise and accurate information about the disorder during the very first day.

Day 2:

During the second day we build on what we learnt during day one. Today is more interactive, with more exercises as well as gaining a deeper understanding of the neurology and biology behind the condition. We'll also spend time looking into your individual belief systems, how to successfully build an exposure plan (ERP) as well as learn about the many helpful aspects that make up mindful awareness, a tool that we believe is a necessity when it comes to successful OCD management and recovery.

Day 3:

Today we'll start implementing all of the knowledge and skills that we have learnt over the last couple of days. We will also be right by your side as you start to implement the behavioural aspect of the program, which can often become a very liberating and freeing experience. More simply, this is where your recovery really begins, as we start to challenge your compulsive behaviours that have until now, kept you locked in the cycle of OCD.

Day 4:

On the fourth day we'll spend time reinforcing the behavioural aspect of the program. This is the part of the therapy where clients regularly say that they really start to feel a shift in the way that they feel, often expressing feelings of hopefulness and that *"they can see a light at the end of the tunnel"*. The momentum at this point can often give clients a sense that they are starting to see things more clearly again. It is usually day 4 where you start to really see the benefits of intensive therapy.

Day 5:

On the final day of the program, we reflect on what you have learnt over the last few days. We'll also create a bespoke relapse prevention program, which will encompass other areas of your life and how to manage them in relation to the ongoing recovery of OCD. This includes taking a look at sleep patterns, diet and nutrition, hobbies, career, social life and any other contributing factors that can aid in the management of stress and continuation OCD recovery. We also ensure that we allow time to revisit any material, and to answer any questions that you may have at this point, before saying our goodbyes.

Therapeutic Methods and what's included in the intensive program:

- Psychoeducation and gaining a greater depth into how Neuroplasticity relates to OCD
- Mindfulness Based Stress Reduction (MBSR)
- Cognitive Behavioural Therapy (CBT) & Exposure Response Prevention Therapy (ERP)
- Rational Emotive Behavioural Therapy (REBT)
- Acceptance and Commitment Therapy (ACT)
- Compassionate Focussed Therapy (CFT)
- Talking therapy

Follow up Sessions

All intensive programs have follow up sessions inclusive of the therapeutic fee. We will discuss with you on an individual basis how best to use these sessions when we build your relapse prevention program, to make them as effective as possible.

Who will be providing my therapy?

All of our therapists are fully qualified and members of their specific ethical body, as well as having first-hand experience of Obsessive Compulsive Disorder. Regardless of your allocated therapist, we assure you you'll be in good hands.

Success rates and getting the most out of your therapeutic experience

Although there are no guarantees when it comes to therapy, we believe that if you actively partake in our intensive programs, you can expect to achieve a sense of empowerment and freedom from OCD during your week with us. As stated above, we cannot emphasise the importance of clients engaging with the program. In our experience when working with OCD, this appears to be one of, if not the most important factor when it comes to successful results. We know the condition inside out, and for many clients who work hard, apply themselves, and continue to actively work at their relapse prevention program, they go on to live life free from the constraints of OCD.

Am I ready to attend?

For our therapeutic programs to be successful, we need client co-operation. If you attend every day, listen and put effort into your recovery, we are extremely confident that you will begin taking the steps necessary to begin regaining control over your life. We aim to be as transparent as possible with this aspect of the therapy, as we feel that if you pay the course fees and attend, we want you to get the most out of any therapeutic experience that you have with us.

If you do not feel invested in the process of your recovery yet, or feel that you may have been persuaded to attend the course, then we suggest that you wait until the time is right for you. We know that you can take those very first steps to recovery today, but equally you have to be ready to let us be part of your journey. However, it is also important to note that often, there may never feel like a right time. For most that access treatment, there is certainly that feeling of taking a 'leap of faith' before embarking on such a journey. If this is how you are feeling, we would like to reassure you that this not unusual.

Location

We are proud to say that all one to one intensive programs are conducted at our very professional, private and comfortable clinic. Each therapy room offers the utmost privacy, allowing us to focus on what is important, getting you out of the grips of OCD.

Set in the centre of Taunton, access to the practise is easy and stress free. With lots of local, affordable hotels within a few minutes walking distance of the centre, the location provides an easy, stress free of accessing our service during your stay here in the South West.