



CALL
(949) 398-8350

SCHEDULE / SUBMIT REFERRAL

When to Refer for Intensive OCD Treatment

A referral guide for providers treating OCD clients who may benefit from intensive treatment.

Some clients are doing the work. They are showing up. They are trying. And they are still stuck. When weekly outpatient treatment is no longer enough, a short-term intensive level of care can help a client break through the plateau and return to therapy with more traction.

WHO MAY BE A STRONG FIT FOR REFERRAL

- Clients with **severe OCD symptoms** or major functional impairment
- Clients who feel **stuck** despite consistent outpatient treatment
- Clients with **limited progress after months of ERP**
- Clients needing a **higher level of structure and intensity**
- Clients caught in avoidance, reassurance, or compulsive patterns that dominate daily life

WHAT THE PROGRAM LOOKS LIKE

- **45 hours of individual therapy** over 3 weeks
- **3 hours per day**, 100% one-on-one
- **No group sessions**
- Designed for severe, stuck, and complex OCD cases
- Built to help clients return to productive outpatient work

OUTCOMES FROM OUR 3-WEEK INTENSIVE PROGRAM

Full outcomes: /treatment-outcomes/

81.1%

finish mild or subclinical
88.7% enter severe-to-extreme

93%

completion rate
53 of 57 clients started

28.7 → 10.5

average Y-BOCS intake to completion
63% average reduction

Program evaluation, June 2022–Dec 2025. Y-BOCS self-report at intake and final day (standard version through March 2024; our clarity-adapted version — identical items, scoring, and severity ranges — from April 2024; each client took the same version at both timepoints). Limitations: no control group, no long-term follow-up yet, single site, completer analysis only, adaptation not independently validated. · 4.9★ Google rating (36 reviews)

WHY PROVIDERS REFER TO US

Providers often reach out when a client needs more than weekly support, but they do not want to lose the long-term therapy relationship.

We treat all OCD presentations using our **More Than ERP™** framework and proprietary assessment software that can save weeks in understanding a client's presentation, severity, stuck points, and treatment obstacles.

YOUR CLIENT RETURNS TO YOUR CARE

This is a short-term intensive intervention. We are **not** here to replace the primary therapist. With consent, we coordinate around aftercare so the client can return to ongoing outpatient care from a stronger and more functional place.

- **clinical summary** after completion
- coordination around **aftercare goals**
- support for a smoother transition back into your care

LEARN MORE

theocdtreatmentcenter.com/for-referring-providers/

SUBMIT A REFERRAL

theocdtreatmentcenter.com/referral-form/
Use provider contact info, not client info.

OUTCOMES

theocdtreatmentcenter.com/treatment-outcomes/

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