

## OCD Intensive

### Sessions with Doctoral level OCD specialist

**Session 1:** Functional assessment of obsessions and compulsions

**Session 2:** Review of Fundamentals of OCD and OCD treatment and development of Exposure Hierarchy

**Session 3:** Individually tailored Exposure and Response Prevention

**Session 4:** Applying Acceptance and Commitment Therapy (ACT) in OCD recovery

**Session 5:** Individually tailored Exposure and Response prevention

**Session 6:** Strategies to sustain progress and prevent relapse

### Sessions with Anxiety MHS specialists

**Coaching Session 1:** Priming motivation for recovery

**Coaching Session 2:** Development of Exposure Hierarchy

**Coaching Session 3:** Therapist assisted and self-directed Exposure and Response Prevention

**Coaching Session 4:** Therapist assisted and self-directed Exposure and Response Prevention

**Coaching Session 5:** Therapist assisted and self-directed Exposure and Response Prevention

**Coaching Session 6:** Therapist assisted and self-directed Exposure and Response Prevention

**Coaching Session 7:** Therapist assisted and self-directed Exposure and Response Prevention

**Coaching Session 8:** Therapist assisted and self-directed Exposure and Response Prevention

**Coaching Session 9:** Therapist assisted and self-directed Exposure and Response Prevention

**Coaching Session 10:** Therapist assisted and self-directed Exposure and Response Prevention