



What type of treatment do I need if I have OCD?

Treatment involves consultation, evaluation and subsequent treatment.

The most effective treatment for OCD is Exposure and Response Prevention (ERP) therapy. Our clinicians also use relapse prevention training, cognitive behavioral therapy, and prescription medication depending on the severity of the symptoms.

We strongly recommend participation in one of our support groups. Attending a group fosters social support as a way to help clients to not feel alone in their struggles, and to learn from the experiences of others.



Intensive Outpatient Program (IOP) for OCD

In addition to weekly therapy, we offer an intensive outpatient program (IOP) for Obsessive Compulsive Disorder. This is a two to three week accelerated version of our regular treatment program. It involves the use of individual ERP therapy, family support, and medication management. IOP is a great option for very severe cases of OCD. Contact our clinic below to discuss which option would be the best fit for you or your loved one.

Louisville OCD Clinic

11824 Ransom Drive
Louisville, KY 40243
reception@louisvilleocdclinic.com
(502) 338-0608
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An Overview of Treatment Options for Individuals and Families Suffering from OCD

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Obsessive Compulsive Disorder (OCD)

WHAT IS OBSESSIVE COMPULSIVE DISORDER?

Obsessive Compulsive Disorder (OCD) comes in many different forms. It is characterized by uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions). People with OCD may have chronic symptoms of obsessions, compulsions, or both.

WHAT ARE THE 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

OCD is a complex disorder that may include obsessions and compulsions that are not included in this list.

If you or someone you love is showing any of these symptoms, please contact us for help.

TYPES OF SERVICES

- Exposure and Ritual/Response Prevention
- Treatment for Adults, Adolescents and Children
- Couples & Family Therapy
- Virtual Reality (VR) Therapy
- Intensive Outpatient Program
- Online Therapy
- Support Groups
- Medication for OCD
- Low-Cost Treatment Options
- Nutrition Management
- Massage Therapy

We also offer treatment for related disorders, such as hoarding disorder, body dysmorphic disorder, phobias, health/illness anxiety, eating disorders and compulsive hair pulling.



Meet Our OCD Expert, Dr. Street Russell, PsyD



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, and social anxiety.