

A photograph of a city skyline at sunset, featuring several skyscrapers and a body of water in the foreground. The sky is a mix of blue, orange, and pink.

CITY CENTER PSYCHOTHERAPY

Intensive OCD Outpatient Program

**Are your OCD symptoms getting in the way of life?
Has traditional, weekly treatment led to little or no relief?**

City Center Psychotherapy offers an Intensive Outpatient Program (IOP) of 2-5 sessions a week to tackle OCD with a collaborative, focused approach. In addition to a comprehensive evaluation, therapist matching, and intensive individual therapy, the IOP may include:

- Patient education and awareness training
- Family education and involvement
- Treatment for co-occurring conditions
- Individualized coaching with home assignments
- Coordination with psychiatrists, physicians, and other providers
- Home visits

Using CBT and Exposure & Response Prevention, we'll design the IOP to fit your specific needs. This immersive experience is great for those who are transitioning out of residential treatment, looking to kickstart a treatment plan that has plateaued, or hoping to use a break from school or work to see results quickly.

Contact Dr. Andrew Schmidt at (917) 514-0860 or
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