

McLean OCD Institute at Houston

Evidence-based treatment for individuals with
obsessive compulsive disorder or related disorders





WELCOME

to the McLean OCD Institute at Houston

Formerly known as the Houston OCD Program, the McLean OCD Institute at Houston is dedicated to providing a compassionate therapeutic environment while implementing evidence-based treatment to provide the most effective outcomes for kids and adults.

Our program delivers individualized, proven treatment for people struggling with obsessive compulsive disorder (OCD), anxiety disorders, obsessive-compulsive spectrum disorders, phobias, and depression. We offer four levels of care, including residential support, partial hospitalization, intensive-outpatient, and outpatient services.

We **specialize in the treatment of the following conditions:**

- obsessive compulsive disorder
- social anxiety disorder
- generalized anxiety disorder
- panic disorder
- specific phobias
- post-traumatic stress disorder

Our program also specializes in treating **related conditions, including:**

- body dysmorphic disorder
- body-focused repetitive disorders (BFRBs)
- trichotillomania
- excoriation

We also treat disorders that are similar to OCD because they involve **repetitive behaviors that function to reduce anxiety or tension, much like rituals in OCD. These include:**

- health anxiety/hypochondriasis
- olfactory reference syndrome
- tic disorders (Tourette's disorders)

Since many people who struggle with anxiety or obsessive-compulsive related disorders also experience significant depressive symptoms, we treat **co-occurring depression.**



Partial Hospital Program

We offer a highly specialized partial hospital program (PHP) for adults with moderate to severe anxiety disorders, OCD, and related disorders.

This day program meets Monday through Friday (weekend options available) from 8:45am to 4pm.

Patients have the opportunity to interact with others who are enrolled in our program and who are experiencing similar challenges. This built-in therapeutic community creates a motivating atmosphere for people in all stages of treatment.

All patients in this program receive care from our multidisciplinary team and have a dedicated behavioral therapist who creates and implements an individualized treatment plan as well as a family therapist who coordinates care with the patient and their family.

Child and Adolescent Intensive Outpatient Care

We offer a specialized adolescent intensive outpatient programming (A-IOP) for children and adolescents with anxiety, OCD, and related disorders.

This level of care is offered three days per week, three hours per day for patients under 18 years of

“Each and everyone in this room has shown me that OCD doesn’t define me or my life.”

Former patient



The sun-filled living room at the McLean OCD Institute at Houston

age who need more treatment than is offered in traditional outpatient settings but do not require 24/7 care. All patients in our A-IOP have a dedicated behavioral therapist and a family therapist. Patients in this program receive group therapy, ERP coaching, three individual therapy sessions, and a family session weekly.

Adult Outpatient Care

The program's adult outpatient clinic provides specialty treatment for anxiety, obsessive compulsive disorder (OCD), phobias, and related disorders.

Our expert behavioral therapists are highly skilled in the treatment of these disorders and the utilization of evidence-based care, particularly cognitive behavioral therapy (CBT), for children, adolescents, adults, older adults, families, and couples.

All staff actively collaborate with patients to develop customized treatment plans that maximizes successful outcomes.

Teletherapy services are available.

Residential Support Program

Our world-class residential treatment program is designed for adults with severe OCD and other anxiety-related disorders.

Individuals participate in our programming seven days per week while residing in an independent living environment that includes room and board and around-the-clock staff support.

All patients in this program receive care from our multidisciplinary team, including their own dedicated behavioral therapist who creates and implements a tailored treatment plan, our family therapist who coordinates care with the patient and family, and our psychiatrist who engages in medication management with our patients.

"I learned what I needed to know not just to get better but to stay better."

Former patient

Treatment Approach

The homelike environment of the clinic increases the opportunity to practice exposures in realistic situations and build confidence in maintaining gains and achieving personal goals.

Individuals in each of our programs receive support in carrying out their behavioral treatment plan with our experienced team of counselors.

The staff is specially trained to help patients with OCD to enhance response prevention, assist with "ritual-free" activities of daily living, and implement behavioral therapy techniques.

"My goal is to make a difference in the lives of those with OCD."

Elizabeth McIngvale
PhD, LCSW

Director,
McLean OCD Institute
at Houston



Designed for Real Results

The home like atmosphere of the McLean OCD Institute at Houston allows individuals the opportunity to practice exposures in realistic situations as they build confidence in maintaining gains and achieving personal goals.



Pictured top to bottom: gourmet kitchen, veranda, and bedroom suite at the McLean OCD Institute at Houston

“With every moment of every day here, I’ve felt like I’ve gotten a small piece of my life back.”

Former patient



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