

Obsessive compulsive disorder (OCD)

Priory Therapy Services

What is OCD?

OCD is a common mental health disorder where people feel the need to check things repeatedly, have certain repeated thoughts or feel that they need to perform certain routines repeatedly.

These irrational thoughts are known as 'obsessions'. To try and deal with the anxiety associated with the obsession, repetitive actions or 'compulsions' are performed. Some people only suffer from obsessions, whilst others suffer from a mixture of both obsessions and compulsions.



What are the symptoms of OCD?

OCD can have a negative impact on daily life. Whilst you may have minor obsessions which form part of your personality, there are severe forms of the condition which can affect your work and family life.

Signs and symptoms include:

- + Constantly checking, cleaning or avoiding certain things:
 - Checking if a household appliance is turned off
 - Washing yourself or objects more than usual
 - Only touching things with a tissue or avoiding items which may be contaminated
 - Repeating actions a set number of times or for a specific period of time

- + Having an intense fear of a certain outcome

- + Obsessions may be about violence, contamination, sexuality or accidental injury

- + Becoming upset or overwhelmed by changes in thoughts and behaviours





Outpatient therapy packages

Priory also offers an **outpatient package for OCD** which is only available at our wellbeing centres. This includes **10 x 1:1 therapy sessions** – the number recommended under national guidelines. There is a fixed price for this package which includes a discount, providing you with certainty of cost for your initial treatment programme.

A further discount is available on additional therapy sessions at the end of your treatment package, should you need them.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies – check your policy to see what cover is available to you.

How can Priory help?

Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.

Using the latest evidence-based practices, our experts offer bespoke therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation both in terms of the specialist team and treatment delivered.

Priory's outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around work time, which may include evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals allowing for a wider support network and movement into inpatient or day care if required.

Pricing

At your first appointment, our experts will listen very carefully to your needs. A plan that you are happy and comfortable with, will then be formed. This will be reviewed regularly to ensure that progress is being made and can be amended as necessary.

We deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- + 1:1 therapy starts from £109 per session (£132 in London)
- + Consultant psychiatrist assessments start from £300
- + Consultant psychiatrist follow-ups start from £150
- + Group therapy starts from £65 per session (£77 in London)

86%

of patients undergoing therapy saw a reduction in their levels of anxiety

85%

of patients undergoing therapy saw a reduction in their levels of depression

100%

of patients were satisfied with the overall quality of care received

98%

of patients would recommend us to a friend

Get in touch

The treatment offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

Call: 0800 840 3219

Email: info@priorygroup.com

Visit: [priorygroup.com](https://www.priorygroup.com)