



## Priory Hospital North London

# Treatment programmes for obsessive compulsive disorder (OCD), body dysmorphic disorder (BDD) and related disorders

**Located in a secluded part of Southgate, North London, and set in several acres of private grounds, Priory Hospital North London offers intensive treatment programmes for adolescents and adults with obsessive compulsive disorder (OCD), body dysmorphic disorder (BDD), health anxiety or a specific phobia of vomiting (SPOV).**

Our specialist OCD service provides level 6 care pathways where we accept referrals direct from the NHS. We also provide level 5 care (inpatient programme) where individuals can be referred by ICB colleagues.

## Treatment

Treatment follows National Institute for Health and Care Excellence (NICE) treatment guidelines, which recommend the use of cognitive behavioural therapy (CBT) and exposure and response prevention (ERP) to treat people with OCD or BDD.

### Inpatient service

Both adults and adolescents with OCD or BDD can be admitted to our inpatient service if their condition is too severe for outpatient treatment, or to help assist with geographical limitations.

In some cases, additional diagnoses such as depression, schizophrenia, or an eating disorder may make outpatient treatment more complex. Adolescents (aged 12 to 17) may be admitted to Priory Hospital North London's adolescent unit.

### Treatment programme

The programme is designed to maximise understanding and engagement in the early stages of treatment. Patients are expected to conduct exposure or behavioural experiments at least three times a day, undertake homework diaries daily and complete weekly ratings of outcome.

In addition, all staff may model exposure or participate in behavioural experiments to help test out a patient's beliefs.

Inpatients receive:

- + Up to 2 individual sessions of CBT with their key therapist
- + Support in exposure and behavioural experiments from a specialist member of nursing staff
- + Group CBT sessions which are specific to OCD or BDD, including compassion focused approaches
- + A range of group sessions for related problems such as depression, low self-esteem and social anxiety
- + Regular monitoring of progress, which is used to audit outcomes

Therapy may be combined with medication such as selective serotonin reuptake inhibitors (SSRIs), clomipramine or augmentation to help support CBT and develop more positive outcomes.



## Family therapy

Partners and relatives are encouraged to meet with the therapy team to help inform the approach and the best ways to support the patient's treatment.

## The assessment process

An initial, face-to-face assessment for suitability and treatment planning will be conducted (if necessary).

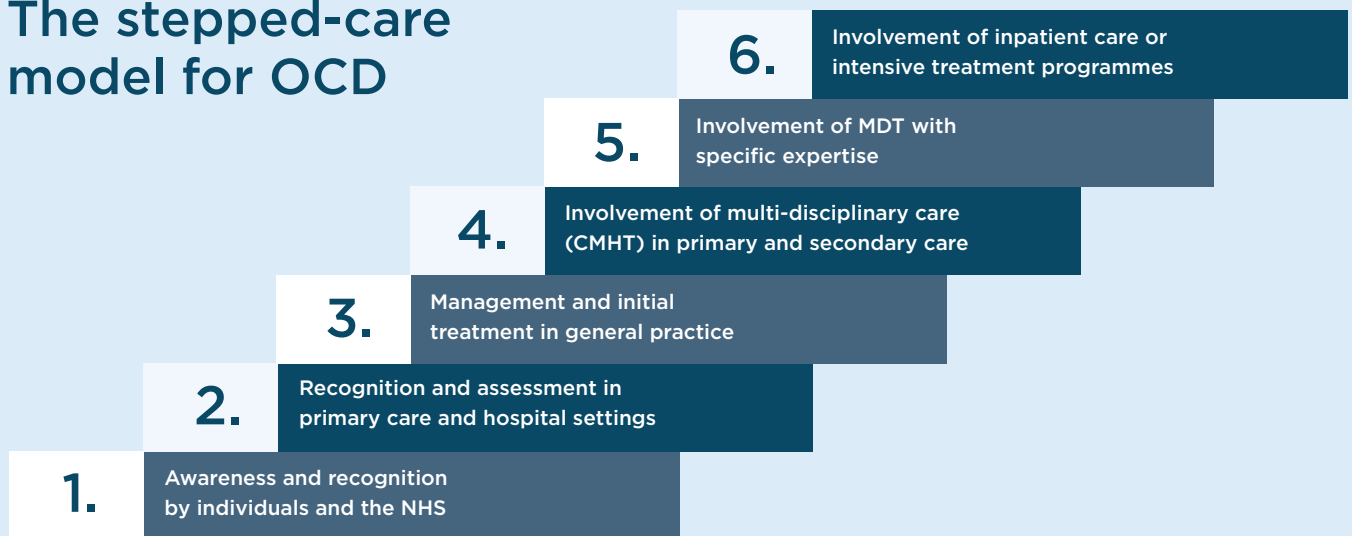
If this is not possible, then an initial assessment may be conducted via video call or over the phone. The admission criteria can be provided on request, and a formal assessment of response to treatment will be completed on the ward within the first 2 weeks. This assessment is focused on the patient's ability to engage in treatment. At this point, medication may also be reviewed.

## Self-help groups

We aim for patients to travel as short a distance as possible so they may return home on therapeutic leave as soon as they're able to so they can practise the skills they've learnt in their home environment. NHS patients must have an identified local care co-ordinator to discuss follow-up arrangements and attend a care programme approach (CPA) meeting with a family member.

There should be follow-up by a local cognitive behavioural therapist who would preferably act as the care co-ordinator. Alternative follow-up arrangements, including phone consultations, day patient and outpatient care can also be arranged.

## The stepped-care model for OCD



## Referral and admission

To find out further information about Priory Hospital North London, please contact our dedicated 24/7 enquiry team:

**Telephone: 020 8882 8191**

**Email: [northlondon@priorygroup.com](mailto:northlondon@priorygroup.com)**

**Visit: [www.priorygroup.com/northlondon](http://www.priorygroup.com/northlondon)**

For the most up to date information on our services, please visit our website.

