

Emory OCD Program

Who can benefit from your services?

Our Intensive Outpatient Program (IOP) is suitable for individuals ages 15 and older with moderate to severe OCD and its most common coexisting disorders, such as: social anxiety, phobias, panic attacks, and body dysmorphic disorder. Social anxiety, phobias, panic attacks, body dysmorphic disorder and other anxiety symptoms can also be treated as the primary concern in this program.

Intensive outpatient therapy can be helpful for individuals who have tried weekly outpatient therapy in the past but have not made sufficient progress, or individuals currently in outpatient therapy who are looking for a way to make more significant progress in a shorter period of time.

Our consultation services are appropriate for anyone interested in talking to a specialist to learn more about their symptoms and treatment options.

What services do you provide?

Consultation services (Behavioral Therapy and/or Medication). We offer behavioral therapy consultation sessions and/or medication consultation sessions to determine what may be helpful next steps – whether that be connecting you with outpatient therapy services, one of our groups, or beginning the process of enrolling in our intensive outpatient program. A consultation must be completed for anyone interested in intensive treatment.

Intensive Outpatient Program. Participants attend the program four afternoons per week from approximately 1-4pm, for 2 to 3 weeks. This program utilizes exposure therapy with response prevention (ERP), the first-line behavioral treatment for OCD and many types of anxiety. This treatment focuses on developing and implementing an ERP plan. In addition to individual sessions, your schedule can be customized to include optional components, such as: weekly medication management, group therapy, and family therapy. Mindfulness-based therapies are also incorporated into treatment.

Skills Groups. This group meets weekly on Wednesday afternoons and involves using exposure therapy with response prevention (ERP), the gold-standard behavioral treatment for OCD and many types of anxiety. Participants complete ERP as part of this weekly group, and learn mindfulness and acceptance skills that can enhance the effectiveness of exposure therapy.

How can I schedule a consultation?

The first step of the process is a quick phone intake with one of our team members. During this intake, you will be asked for personal information (e.g., name, address, and so on), insurance information, information about your current symptoms and reasons for seeking treatment, and goals for treatment. This typically takes between 10-15 minutes. Please note that, for ethical reasons, we are not able to provide opinions about diagnosis or answer specific questions related to medications during this phone call.

How much does it cost? Do you accept my insurance?

Emory accepts most major insurance plans, including many major insurance plans. Please refer to this list of insurance carriers with whom Emory contracts for behavioral health:
<https://www.emoryhealthcare.org/ui/pdfs/insurance/psychiatry-payors.pdf>

If your insurance plan is in-network with Emory, your insurance company will be billed for the cost of services and your out-of-pocket costs will include any applicable co-payment or, if you have not yet met your deductible (the amount you owe for covered health care services before your health insurance or plan begins to pay), the costs of services up until your deductible is met. We encourage you to contact your insurance provider in advance of your service to determine the exact costs for each type of service. To do so, call your insurer and provide them with information about our treatment setting (Emory Clinic) and the billing codes that will be used (90791 for a behavioral therapy consultation and 90792 for medication consultation) as well as codes for sessions that would be billed were you to enroll in the IOP program (90837 for each day of sessions while in the program and 90853 for group therapy sessions).

If your plan is out-of-network with Emory, you will be responsible for payment at the time of your service. If you pay on the day of service, you will be eligible for a 35% discount. We can provide you with the out-of-pocket costs per service at the time of your phone intake. If you have out-of-network benefits and are eligible for reimbursement, we will provide you with detailed invoices summarizing all of the information required by your insurer for reimbursement. You will be responsible for paying invoiced costs on the day of service and then reimbursed by your insurance company afterward. Your insurance provider may be able to provide you with information regarding how much they will cover and what they need in order to do so.

Please note if you have Cigna insurance: you may be eligible for an out-of-network exception, which will allow services to be covered in-network.

How soon after the consultation can I begin the program?

It depends. The amount of time it will take before you can start the program will depend on the size of our waiting list and timeline of current patients' graduation. These factors can change from week to week and may do so between the time of your phone intake and the time of your consultation, so we are unable to provide you an exact timeframe at the time of your phone intake. In the past, patients have been able to start the program as soon as the week following their consultation to as far out as a month following their consultation. Once you have completed the consultation and been approved to begin IOP, we will be able to give you a more accurate estimate.

Are you seeing patients in person?

Not currently, given the COVID-19 pandemic. Our clinic is conducting all services over tele-health until we receive further notice from Emory Healthcare. We meet with patients online via Zoom, the HIPAA-compliant audio video communication system approved for use by our clinic.

Is there anything I need to do to be able to begin your IOP?

Before you can enroll in our IOP program, you must complete a phone intake and behavioral therapy consultation in order to establish that the program will be a good fit for your needs. Additionally, before beginning our program, you must have care in place with an outpatient therapist (with whom you will resume treatment after graduating from our program).

If you do not currently have an outpatient provider, the International OCD Foundation offers a searchable directory of providers: <https://iocdf.org/ocd-finding-help/> Additionally, the each of the following websites include searchable directories: <https://members.adaa.org/page/FATMain> and <http://www.findcbt.org/FAT/> If you have trouble finding a therapist, we are happy to provide you with a list of providers we frequently refer to.

I need to initiate outpatient treatment with a therapist in the community. What type of therapy would you recommend?

We recommend that you see a therapist who utilizes ERP or Cognitive Behavioral Therapy (CBT). The International OCD Foundation posted a set of tips to help you find a therapist who can effectively treat OCD or anxiety. See here: <https://iocdf.org/ocd-finding-help/how-to-find-the-right-therapist/>

Can I see one of the therapists from your clinic for weekly therapy?

Unfortunately, none of our providers currently have availability for weekly therapy patients. Provider availability is reserved for patients in our intensive outpatient program for the time being. However, we can help you identify a provider in the community (see below).

Do you have a website?

Yes, you can visit us online at: http://psychiatry.emory.edu/programs/ocd_program/index.html