

Outpatient Therapy

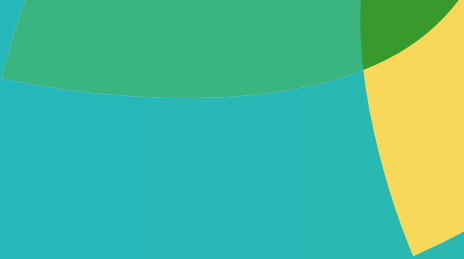
Outpatient Therapy

Specialized Outpatient Therapy for OCD,
Anxiety and Related Disorders.



anxiety
institute

Compassion without compromise™



Compassionate Care. Proven Results.

Outpatient Therapy

Care begins with a thoughtful, comprehensive assessment and a treatment plan built around each client's unique needs. Working one-on-one with highly trained specialists, clients attend one or more sessions per week, guided by what best supports their symptoms and clinical goals.

Outpatient Therapy includes:

- Proven evidence-based therapies including cognitive behavioral therapy (CBT), exposure and response prevention (ERP), and acceptance & commitment therapy (ACT)
- Utilization of advanced therapies which may include virtual reality, in-vivo exposure therapy, EMDR therapy and art therapy
- Incorporation of dialectical behavior therapy skills, psychodynamic therapy techniques, and family systems interventions
- Measurement-based tracking of progress

Supplemental Services

- Psychiatric services offering a comprehensive, specialized approach to managing OCD, anxiety, depression and co-occurring conditions (*available in CT, NJ and NY*)
- Diagnostic neuropsychological & educational testing (*available in CT*)
- Group therapy for middle school, high school, and college students as available
- Teletherapy services available in Connecticut, Florida, Maine, Maryland, Massachusetts, Michigan, New Jersey, New York, North Carolina, Pennsylvania, Virginia, Washington, D.C., and Wisconsin



Discover the Anxiety Institute Difference

Anxiety Institute goes beyond traditional outpatient therapy. Our specialized, evidence-based approach integrates assessments, interventions, and family support, helping clients achieve clinically significant relief from OCD, anxiety, and related disorders.

Specialized

Our clinicians are trained in Anxiety Institute's proprietary Advanced Clinical Practice CBT-ERP model and the SPACE (Supportive Parenting for Anxious Childhood Emotions) model from the Yale Child Study Center, with additional expertise in modalities including ACT, EMDR, CBT, DBT, and expressive therapy techniques.

Proven

Clients experience measurable progress as assessed by tools like the Beck Anxiety Inventory (BAI) and the Beck Depression Inventory (BDI).

Customized

Treatment intensity is tailored to symptom acuity, ensuring personalized care. Treatment plans are regularly updated in collaboration with clients and their families.

Let's start with a conversation.
(844) 881-1846

Beyond Traditional Talk Therapy

We offer innovative therapies that go beyond talk therapy to enhance client engagement and outcomes:

Virtual Reality and In-Vivo Exposure Therapy: Performed on-site and in the community.

Creative Art Therapy: Conducted in clinical offices or our dedicated art therapy rooms.

In-Person or Virtual Sessions

In-Person Therapy: Enhances real-world connection, provides access to nonverbal communication, and builds strong clinician-client relationships.

Virtual Therapy: Accommodates busy schedules via a secure, HIPAA-compliant teletherapy platform and allows for remote coaching of in-vivo exposure therapy.

Measurable Results to Inform Care

Our commitment to evidence-based care ensures real, trackable progress through tools like:

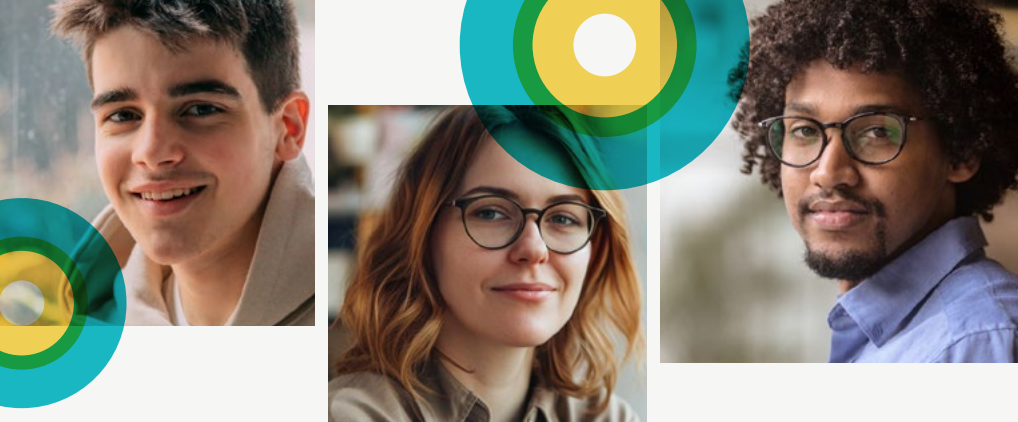
- Beck Anxiety Inventory (BAI) and Beck Depression Inventory (BDI)
- Revised Children's Anxiety and Depression Scale (RCADS)
- Family Accommodation Scale (FAS)
- Yale-Brown Obsessive-Compulsive Scale (YBOCS)

Family Coaching and Support

Family support can be vital to recovery. Our offerings include:

Anxiety Defined Newsletter: Curated resources, educational content, and practical tools for families.

Family Coaching & Psychoeducation: Designed to help reduce family accommodation, build resilience, and support independence at home. More than 96% of families report feeling well-supported throughout their child's treatment journey.



140,000+

Patient treatment hours focused exclusively on OCD,
anxiety and related disorders.

76%

of our one-on-one therapy
referrals come from professional
and client recommendations

96%

of clients report satisfaction
with care and a strong therapist
connection.

“Anxiety Institute has been life-changing for me. With the guidance of my clinician, I've learned to turn anxiety into an opportunity and completely reframe my mindset. I'm incredibly grateful for their impact on my journey and highly recommend them to anyone looking to transform anxiety into strength.”

- Previous Client

Learn more
anxietyinstitute.com

Empathetic Care. Enduring Recovery.

We are happy to provide more information about
our advanced anxiety treatment for children,
adolescents, young adults, and adults.

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