

Intensive Day Program

Intensive Day Program

Specialized anxiety treatment
that delivers enduring results for
adolescents and young adults.



anxiety
institute

Compassion without compromise™

Comprehensive & Customized Intensive Day Program

Serving clients ages 13 through 25 who struggle with moderate to severe OCD, anxiety and related disorders.

Individual Therapy

Daily individual therapy focuses on Cognitive Behavioral Therapy to help clients face, elicit, and experience anxiety in a controlled environment.

Exposure Response Prevention

Using principles of evidenced-based CBT, our exposure coaches work with clients to confront their fears, build emotional tolerance, and integrate new skills to manage life's challenges.

Didactic and Process Group Therapy

Daily group therapy provides a specialized psychoeducational curriculum and an in-vivo experience with supportive peers.

Wellness Program

Our Wellness Program strengthens the mind-body connection, restores physical wellness, and builds group cohesion and social confidence. Daily wellness activities may include mindfulness, music therapy, art therapy, restorative yoga, and fitness training.

Parent Partnership

We provide parent coaching, support, and psychoeducation to facilitate and sustain recovery. Parents and their children learn new skills together, improving family dynamics and breaking the cycle of accommodation and avoidance.

Integrated Psychiatric Services

We offer expert psychiatric consultation and evaluation, medication management, and individualized care to enhance treatment outcomes, and support ongoing wellness.

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



Discover the Anxiety Institute Difference

Achieving Superior Outcomes

Anxiety Institute leads in anxiety and OCD treatment with an advanced, proven model. Using measurement-based care informed by clients and parents, we achieve outstanding results: 90% reintegrate into academics or work post-IOP, 95% maintain participation six months later, and 96% report reduced anxiety or depression.

Gold Standard Treatment

Specializing in anxiety and OCD, we use only evidence-based techniques. Our highly trained clinical team consistently receives 96% client satisfaction. Annually, we also train thousands of clinicians on the gold standard in OCD treatment.

Personalized Attention

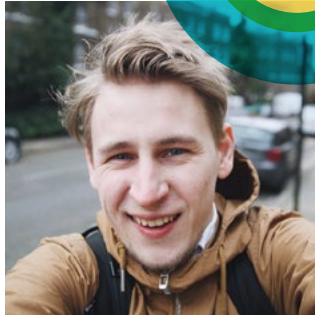
Our Intensive Day Program provides more personalized care than typical programs, with each client receiving ten hours of individual treatment weekly from a clinician dedicated to a maximum of three clients. This results in highly customized plans, with 97% of clients and parents reporting strong therapist relationships and understanding of their needs.

Expertise in Exposure Therapy

Our clinical team uses CBT, ERP, and ACT techniques. Daily in-person exposure therapy helps clients confront fears, reducing anxiety responses. We focus on both short- and long-term solutions, with 95% of clients confident in our approach post-treatment.

In-Person Therapeutic Connections

We believe in the power of in-person therapeutic relationships. Face-to-face interactions help clinicians gauge nonverbal cues, build trust, and provide personalized care, fostering safety and comfort for clients with anxiety and OCD.



Real-World Skill Building for Clients and Parents

Our IOP integrates clients' local activities for smooth reintegration into daily life. We provide extensive parental support with coaching and psychoeducation, improving family dynamics and overcoming avoidance patterns. Parents appreciate our approach, with 93% noting therapist responsiveness and flexibility, and 90% feeling well-informed about progress.

Trusted by the Community

We receive 83% of our IOP referrals and 76% of one-on-one therapy referrals from professional and past client recommendations. We partner with organizations like NAMI and IOCDF, providing ongoing parent training and support.

Family-Owned Compassionate Care

We prioritize personalized, compassionate care unlike profit-driven, private equity-owned health companies. Our program, born from a founder's personal journey seeking specialized treatment for her child, is fueled by commitment, passion, and firsthand experience, guaranteeing top-notch, empathetic care for all clients.

"My son has created a new life for himself which includes going to social events even if his friends are not attending, participating in school full time, joining clubs, and enjoying his hobbies."

– Parent of Graduate

Learn more
anxietyinstitute.com

Client Treatment Outcomes

We believe that to achieve clinical progress, you must measure it, and that is why we are at the forefront of Measurement-Based Care (MBC).

MBC replaces assumptions and guesswork by utilizing client-reported measures and data-driven decisions over the course of treatment. MBC has been demonstrated to improve clinical outcomes, enhance treatment decision-making processes and increase client engagement in therapy.



Return to academics or work upon graduation



Increase in connectedness*



Believe staff are competent and professional



Are pleased they sought treatment at Anxiety Institute

We are proud of our outcome data, awed by the hard work of our clients and inspired to bring evidenced-based care to the clients and families we serve.

*Computer Adaptive Multidimensional Scale (CAMS), an industry-standard third-party measure

Empathetic Care. Enduring Recovery.

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

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