

Intensive Outpatient Program

# Intensive Outpatient Program

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



anxiety  
institute

*Compassion without compromise™*



# **Comprehensive & Customized** **Intensive Outpatient** **Program**

Serving adolescents and young adults who struggle with moderate to severe OCD, anxiety and related disorders.

## **Individual Therapy**

Daily individual therapy focuses on cognitive behavioral therapy (CBT) 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.

**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 a proven, measurement-based model. Our results speak for themselves: 99% of IOP graduates reintegrate into academics or work, 95% maintain participation a year later, and 96% feel more equipped to face their fears.

## Gold Standard Treatment

Exclusively treating anxiety and OCD, we use evidence-based techniques backed by over 120,000 treatment hours. 96% of parents trust our approach and would return for care. We also train thousands of clinicians annually on the gold standard in OCD treatment.

## Personalized Attention

Our Intensive Outpatient Program provides four hours of targeted individual and group therapy each day, with clinicians dedicated to a maximum of three clients. This highly customized approach fosters strong therapist relationships, as reported by 97% of clients and parents.

## Expertise in Exposure Therapy

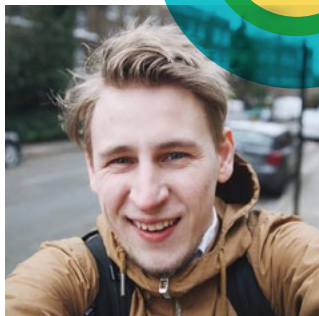
Using CBT, ERP, and ACT, we help clients confront fears through daily in-person exposure therapy, leading to lasting change. 92% of clients trust our methods, and 100% report our staff is competent and professional.

## In-Person Therapeutic Connections

Face-to-face care allows clinicians to read nonverbal cues, build trust, and provide tailored support. 97% of IOP graduates felt understood by their primary therapist.

## Comprehensive Parent Coaching

We integrate parent coaching to ensure smooth reintegration into daily life. Parents value our approach, with 100% noting their therapist's responsiveness and partnership throughout treatment.



## Trusted by the Community

85% of Intensive Outpatient Program clients and 71% of one-on-one therapy clients come from professional and past client referrals. We collaborate with organizations like NAMI and IOCDF to provide ongoing parent training and support.

## Our Clients

We serve bright, high-functioning adolescents and young adults struggling with anxiety and OCD, including generalized anxiety disorder, OCD spectrum disorders, and social phobia, often with co-occurring ADHD or depression.

## Family-Owned Compassionate Care

Unlike private equity-owned clinics, we prioritize personalized, compassionate care. Born from a founder's firsthand experience seeking specialized treatment for her child, our program is driven by passion and commitment to exceptional care.

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"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

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Learn more  
[anxietyinstitute.com](https://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.

99%

Return to academics or work  
upon graduation

3.5x

Increase in resilience\*

100%

Believe staff are competent  
and professional

96%

Trust our approach and would  
return for care

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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**[anxietyinstitute.com](https://anxietyinstitute.com)**

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