



## UCLA Child and Adolescent OCD Intensive Outpatient Treatment

### Treatment that works: OCD Relief for Kids

Intensive Outpatient Treatment Program  
offers daily **individual and group** intervention  
for youth **ages 7 to 17** with **Obsessive Compulsive Disorder**.

**Cognitive Behavioral Treatment (CBT)**  
utilizing empirically validated **Exposure and Response Prevention  
(ERP)** treatment strategies.

*12 intervention hours per week include:*

Individually tailored graduated exposure  
OCD Education  
Cognitive Coping Skills  
Mindfulness & Relaxation  
Problem Solving and Relapse Prevention  
Parent Education and Training  
Parent Support Groups

Financial Advisors available to assist with determination of insurance benefits: many  
plans provide coverage. Self-paying clients also accepted

Director—Susanna Chang, Ph.D.  
Associate Director—Sisi Guo, Ph.D.  
Medical Director—Erika Nurmi, M.D.

For information and appointments, please call Dr. Guo at **310-206-4875**

**UCLA** Stewart and Lynda Resnick Neuropsychiatric Hospital  
Neuropsychiatric and Behavioral Health Services