

Offering Free Treatment for Obsessive-Compulsive Disorder (OCD) as Part of a Research Study

We are conducting a research study on the impact of a specific treatment for OCD.
If you qualify, you will receive:

- An 18-session course of treatment for OCD consisting of therapies with research support:
 - **Exposure and Response Prevention (ERP)**
 - **Acceptance and Commitment Therapy (ACT)**
- Everyone who participates will receive active treatment.

To participate in the study, you must:

- Meet criteria for obsessive-compulsive disorder.
 - Obsessive thoughts that evoke distress
 - Daily compulsion or rituals done in response to obsessions
- Have no previous treatment experience with Exposure and Response Prevention and/or Acceptance and Commitment Therapy.
- Be at least 18 years of age.
- Be able to speak and read English.
- Commit to approximately 5 months of weekly treatment.
- Complete pre-, mid-, and post-treatment assessments of 1-2 hours each.
- Be willing to complete up to an hour of out-of-session practice per day.
- Be willing to complete a short (~5-10 minutes) assessment each day by either:
 - Logging into secure online system
 - Leaving a voice mail
- Be able to travel to the research center at 3700 N Williams Ave, Portland OR.

If you are interested in learning more...

- Please leave a confidential message with your name and phone number at **(503) 281-4852, ext 14**.
- Or send a message on our website: <http://www.portlandpsychotherapyclinic.com/counseling/ocd-scd>
 - Someone will return your call, ask some screening questions, and answer your questions about the study.
 - If you are still interested and appear to be an appropriate candidate...
 - An in-person meeting will be scheduled to gather more information.