

YOUR WORKBOOK / PLAN

OCD treatment-planning questions

October 27, 2026 | Use with the person seeking care.

An educational conversation aid, not a provider rating or treatment protocol. Independent clinical review pending.

The person's priorities

What would the person like to make easier? _____

Communication / sensory supports to preserve: _____

What may be shared, and with whom? _____

Ask each provider

- [] What license, OCD training and ERP experience do you have?
- [] Do you work with this age group and co-occurring needs?
- [] What happens in sessions, and how are goals agreed?
- [] How much individual therapist contact is included?
- [] What practice and support are expected between sessions?
- [] How will access needs, consent and distress be addressed?
- [] How are progress and unwanted effects monitored?
- [] Who responds to worsening symptoms or a crisis?
- [] How will family participation and aftercare be agreed?

Compare practical fit

Provider A: _____ B: _____

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Schedule / format - A: _____ B: _____

Access adaptations - A: _____ B: _____

Travel / caregiving - A: _____ B: _____

Written total cost - A: _____ B: _____

Insurance confirmed - A: _____ B: _____

Follow-up contact - A: _____ B: _____

Unanswered question: _____

Agree the next step

Person's preference / next conversation / helper: _____

Evidence and safety

The 2026 trial compared intensive specialist ERP with unguided online CBT, not weekly therapist-led ERP. It excluded several co-occurring conditions, including autism; percentages do not predict everyone's outcome. Four days is not a cure promise. Do not start exposure assignments or abruptly withdraw necessary support based on this sheet. In the US, call/text 988 for emotional crisis support; call 911 for immediate danger.

Sources: International OCD Foundation ERP guide; Jelinek et al., JAMA Network Open, October 19, 2026, doi:10.1001/jamanetworkopen.2026.39281.

Source links and full NeuroCoach guide:

<https://neurocoach.cc/parent-support/intensive-erp-ocd-treatment-options/>