

**School of Medicine**

**Department of Psychiatry**

**OCD Program**

Mail Stop F546

13001 E. 17th Place

Aurora, CO 80045

O 303-724-8244

F 303-724-8859

|  |  |
| --- | --- |
| **Candidates NOT appropriate for in-vivo (out of office) exposure** | **Candidates appropriate for in-vivo (out of office) exposure** |
| * Actively suicidal/homicidal/self-harming
* Active ego-syntonic violent ideations
* History of assaultive behaviors
* History of repeated anti-social behaviors
* Active substance use (intoxicated at time of appointment)
* History of risk-taking and impulsive behaviors
* Low distress tolerance/emotion regulation
* Have never attended in-person sessions at the CU Anschutz OCD Program
* Have never participated in any type of exposure therapy
* Have issues more pressing than OCD (e.g. eating disorder, substance misuse or abuse, self-harm behaviors, lack of housing, etc.)
* Substantial cognitive impairment
 | * Attending sessions regularly in-person at the CU Anschutz OCD Program
* Reasonable distress tolerance/emotion regulation (reasonable enough to remain safe and not engage in maladaptive or dangerous coping strategies)
* Have demonstrated ability to tolerate exposures in the office setting
* Sober and refraining from other self-medicating/numbing behaviors
* Motivated and engaged in treatment
* Ability to plan for safety if distress/increased anxiety persists at the end of session
 |