



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Child Anxiety Center

Clinic/Program Director: David H. Rosmarin, PhD, ABPP

Name of Intake Coordinator: Hillary Cohen

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Manhattan

200 W 57th St, Suite 1008
New York, New York 10019

Brooklyn

3692 Bedford Ave, Suite P2
Brooklyn, NY 11229

Rockland County

222 NY-59
Suffern, NY 10901

Long Island

1000 Northern Blvd Suite 114
Great Neck, NY 11021

Telehealth provided in the following states:

New York

New Jersey

Connecticut

Florida

Massachusetts

Wisconsin

Treatment Providers:

Rebecca Holczer PsyD

Nicole L Eskenasi, PsyD

Rebecca Paige Brodoff, PsyD

Shoshana Indyk Levie, LCSW

Aliza Shapiro, LCSW

Lisa Chimes, PsyD

Athanasios (Thanos) Nioplias, LMHC

Payment Options:

Self-pay

Populations Served:

Adults

Adolescents

Children

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Group Therapy
Habit Reversal
Skills Training
Teletherapy

Areas of Specialty

Perfectionism
Scrupulosity
Violent/Sexual Obsessions
Body Dysmorphic Disorder
Skin Picking
Tics/Tourettes
Trichotillomania (Hair pulling disorder)
Eating Disorders (ED)
Treatment of Co-occurring Disorders

Summary of our services

Center for Anxiety was founded in 2011 by David H. Rosmarin, PhD. Backed by philanthropically-driven individuals who supported his cause, Dr. Rosmarin set out on a mission to build a group practice providing affordable and exceptional evidenced-based mental healthcare, with custom-tailored treatments for each patients' unique needs. Our program has grown to a staff of 40 people across four clinic locations, and we service about 1,000 new patients each year. We have changed the lives of over 10,000 patients and their families.

Each member of our clinical staff is exceptionally trained in the application of Cognitive Behavioral treatments for anxiety disorders and many other concerns. Our collaborative, team-based approach makes us uniquely suited to provide compassionate, specialized care for adults, adolescents and children presenting with a variety of problems.

We service hundreds of children, adolescents, and adults with OCD each year. Unique to Center for Anxiety's approach to the treatment of OCD is the opportunity to supplement traditional exposure and response prevention (ExRP) with our extensive Dialectical Behavior Therapy (DBT) services. This allows our patients to learn mindfulness, emotion regulation, and distress tolerance skills. We also offer the opportunity for Intensive Outpatient Program (IOP) services consisting of multiple sessions per week, or even daily sessions. This allows patients with severe OCD and/or other symptoms to work intensively on their symptoms, without the need for residential care.

Treatment Planning Process

Patients begin the process at Center for Anxiety by connecting with one of our patient care managers. Patients are then scheduled for an intake assessment session (50 minutes for adults,

80 minutes for children/adolescents). This comprehensive evaluation consists of a structured diagnostic interview, time to speak with a therapist, and time to begin the treatment planning process. We specifically assess the severity of OCD using standardized diagnostic measures. After this evaluation, the clinical team meets and devises a treatment plan for the patient. Individuals with OCD may be recommended to participate in 80 minute therapy sessions to allow sufficient time for exposures.

A patient care manager from Center for Anxiety will contact each new patient within a week of the completed evaluation to provide the patient with a treatment plan and the opportunity to schedule their first therapy session.

Core Treatment Components

Center for Anxiety provides OCD treatment in both standard outpatient and intensive outpatient formats in order to best accommodate varying levels of severity of symptoms.

Our goal is to help our patients get better quickly, with reduced symptoms and dramatic improvements in their daily lives. Clients get better quickly, with reduced symptoms and dramatic improvements in their daily lives. We provide psychoeducation to empower patients through learning more about OCD and the cycle through which it perpetuates and continues to interfere with daily life. We teach patients concrete skills, firmly grounded in current evidence-based practices, and ideographically tailored to each patient's unique needs accounting for family, social, economic, cultural, and spiritual/religious factors.

Our clinicians make use of Exposure and Response Prevention (ExRP), which is a form of Cognitive Behavioral Therapy designed to treat OCD. In ExRP, the patient slowly and systematically confronts situations, objects or thoughts that are anxiety-provoking under the careful guidance of our trained therapists. In doing so, patients learn to respond more appropriately to their triggers as they become desensitized and anxiety levels are reduced. Response prevention targets the compulsive response that is typical of an OCD presentation, and helps individuals to gradually decrease and eventually eliminate their compulsive behaviors. During treatment and also between-sessions, the patient practices confronting their fears in a controlled environment so that they gain the confidence to manage stressful situations on their own in the real world.

Our free OCD support group helps individuals managing OCD to feel less alone and to have a validating forum to share what they're experiencing. Patients in all stages of treatment are welcome to participate in this group; some individuals are contemplating beginning treatment, some are currently receiving ExRP treatment, and others have completed ExRP protocols and are in the maintenance phase. Group members are given an opportunity to share what they've been struggling with recently or the progress they've been making with exposures.

While we do not prescribe medication, we work closely and collaboratively with psychiatrists, nurse practitioners, and other medical providers to help individuals manage their medication. When appropriate, we can Medication tapering involves providing the patient with alternate coping styles and specific skills to treat the symptoms while gradually reducing medication dose to a more bearable amount, or so that the patient can wean off completely.

Parents, Family Members, Friends, Teachers, etc. Involvement

Center for Anxiety offers family consultations, which involve meetings with family members of individuals with OCD. These sessions provide guidance in how to deal with OCD patients, based on current evidence. Family consultations can be particularly helpful when OCD patients are refusing to engage or comply with treatment, or have significant behavioral difficulties such as anger. Family consultations can be provided in-person or via telephone/teleconference and scheduling is flexible to accommodate family needs (e.g., weekends, evenings).

Treatment of Co-Morbid Disorders

While we provide services to over 300 OCD patients each year, Center for Anxiety has a variety of programs to help patients with anxiety, mood, personality, and other concerns. Our Intensive Outpatient Program (IOP) is unique in the New York area. Designed for patients with complex or severe OCD, anxiety (e.g., generalized anxiety disorder, panic disorder, social anxiety), depression, and/or personality disorders, this personalized, accelerated treatment approach has two tracks: (1) Individual Therapy, involving multiple extended-length sessions per week (1.5 – 3.0 hours); and (2) Group therapy involves a daily 90-minute DBT skills group, plus one hour per week of case management. Patients are welcome to participate in both Individual and Group tracks simultaneously.

Co-occurring disorders

Yes; Center for Anxiety takes a holistic approach when working with OCD and other disorders. Our clinicians conduct a thorough diagnostic assessment at the beginning of treatment.

Length of Stay

Standard outpatient treatment is personalized within a structured, research-based framework and involves weekly or bi-weekly 80-minute sessions that may be conducted in-person, by telephone, or through HIPAA compliant teleconferencing software. Length of treatment can vary but typically spans a period of 5-20 sessions, with follow-up (“booster”).

“Census” (i.e., the maximum number of clients seen at any given time)

We do not have a census.

Additional Resources

Center for Anxiety offers a variety of clinical resources for our patients. We provide patients with a weekly session frequency tailored to their level of need. We offer a free OCD support group that meets twice each month for individuals of all ages. We can also provide family sessions to help family members understand OCD and facilitate familial/spousal support in ExRP.

School Facilities

Center for Anxiety offers treatment for children and adolescents. We do not have school facilities available but collaborate regularly with our child and adolescent patients’ teachers, school psychologists, and other involved school personnel.

Diversity Statement

We are a diverse team of caring clinicians working and growing together to provide effective outpatient and intensive treatment to make a difference in the communities we serve.

Our clinicians have all completed New York State certified trainings on preventing discrimination and harassment in the workplace. Our clinicians have also attended accredited training programs that included coursework and clinical training working with diverse populations.

Center for Anxiety works with a variety of diverse racial, cultural, and religious populations. We serve a large Orthodox Jewish population, and a number of our clinicians have an in-depth understanding of and familiarity with this culture and related religious practices.

Additional Languages Spoken

Spanish, Greek