



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Center for OCD and Related Disorders at New York State Psychiatric Institute/Columbia University Medical Center

Clinic/Program Director: Helen Blair Simpson, MD, PhD

Phone Number: (646) 774-8062

E-mail: ocdteam@nyspi.columbia.edu

www.columbiapsychiatry.org/ocd

1051 Riverside Dr, Unit 69
New York, NY 10032

Treatment Providers:

Marina Gershkovich, PhD

Michael Wheaton, PhD

Dianne Hezel, PhD

Amy Rapp, PhD

Payment Options:

Self-Pay

Scholarships Available

Populations Served:

Adults

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Prescribe Medication

Teletherapy

Areas of Specialty (in addition to OCD in general):

PANDAS/PANS

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Summary of our services:

Located in the Columbia University Medical Center, we are a research clinic consisting of psychiatrists, psychologists, and other mental health professionals with specialized training in assessing and treating OCD. Our research examines how to combine and sequence current

treatments to maximize outcome and explores novel treatments. We also collaborate with experts in neuroimaging, genetics, and basic science to better understand what causes obsessions and compulsions.

We will offer you a free confidential remote screening and evaluation to determine whether you are eligible for one of our studies. Any treatment you receive as part of your study participation is provided at no cost to you. We provide a type of cognitive behavioral therapy called exposure and response prevention (ERP), which is considered the best non-medication treatment for OCD. Medication consultation is also available.

To learn more, please visit us at www.columbiapsychiatry.org/ocd.

Treatment Planning Process

Patients who are interested in participating first complete a brief screening over the phone to determine eligibility for a treatment study. For those that are eligible, an in-person or telehealth evaluation will be conducted. The initial evaluation typically consists of a structured clinical interview. Once evaluations are complete, patients will enter treatment through research studies.

Core Treatment Components

The Center for OCD and Related Disorders provides treatment in the form of cognitive behavioral therapy, which includes therapy such as Exposure and Response Prevention Therapy, and medications.

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

The Center for OCD and Related Disorders is an adult clinic serving those over the age of 18. Patients who would like to include family, friends, and others in the treatment process will provide appropriate permission for our clinicians to do so.

Treatment of Co-Occurring Disorders

Our program is devoted to treating individuals with OCD specifically. Some of our studies are open to individuals who are experiencing co-occurring disorders. However, the treatment we offer is only for OCD.

Individual Therapy

Flexible and depends on study.

Length of Stay

The length of stay is flexible.

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

We do not have a census for our program; however, the number of individuals who can be treated at one time depends on the availability of treatment studies and study personnel.

Other Resources for Outpatients

Evaluation & Diagnostic interview
Consultation
Novel Treatment