



International  
OCD  
Foundation

## **OCD and Related Disorders Clinic Profile**

# **Eugene Center for Anxiety and Stress**

Clinic/Program Director: Ida Moadab, PhD  
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### **Treatment Providers:**

Ida Moadab, PhD  
Liviu Bunaciu, PhD  
Ron Miyaguchi, PhD  
Ruth Bichsel, PhD  
Chaunce Windle, PhD  
Michael Carrizales, PsyD  
Michael Unger, PsyD

### **Payment Options:**

Private Insurance  
Medicare  
Medicaid  
Self-pay

### **Populations Served:**

Adults

### **Treatment Strategies Offered:**

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

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

Obsessive Compulsive Personality Disorder (OCPD)  
Perfectionism  
Scrupulosity  
Violent/Sexual Obsessions

Body Dysmorphic Disorder  
Hoarding Disorder  
Skin Picking  
Tics/Tourettes  
Trichotillomania (Hair pulling disorder)

### **Summary of our services:**

Eugene Center for Anxiety and Stress opened in 2019 to meet the needs of Oregon for OCD treatment.

### **Treatment Planning Process**

Clients are briefly screened via phone call, and are scheduled with a therapist. The intake questionnaires completed in addition to a thorough intake process aid in determining the best treatment approach for the client.

### **Core Treatment Components**

Exposure and Response Prevention is the core treatment approach for those who seek help with OCD. Some therapists at the clinic also use Acceptance and Commitment Therapy and Cognitive Therapy approaches to augment treatment.

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

Family members can be brought in as needed for education and also to learn ways to help support the client in their treatment process.

### **Individual Therapy**

The larger program focuses on treating Anxiety Disorders in addition to OCD, but all using the same approach of exposure and response prevention.

### **Length of Stay**

The program does have a course of treatment, which varies by client but is somewhere between six months and a year. This is somewhat flexible however, as all therapists can hold some long term clients in their caseload.

### **Diversity Statement**

Stress and anxiety in America do not happen in a vacuum, but in the American context, which furthers white, heterosexual, cisgender, thin, and able-bodied ideals that set conditions for reinforcing trauma, shame, and self-blame in addition to perpetuating oppression and discrimination. As therapists, we take into consideration not only how your intersecting identities impact you as a person but also how experiences of discrimination, bias, and marginalization impact mental health. We value and affirm diverse identities and are committed to creating a safe and inclusive environment for all clients.

As an organization, we show our commitment to anti-racism and anti-oppression through self-examination and organizational examination of internalized biases, ideas, and areas of privilege on a regular basis (in monthly meetings focused on developing a multicultural organization).

We have gender inclusive bathrooms that are also ADA-compliant, include chairs in waiting rooms and offices to accommodate clients of different sizes, and choose art that is inclusive.