



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The Center for OCD and Anxiety at Sheppard Pratt

Clinic/Program Director: Jon Hershfield, MFT

Name of Intake Coordinator: Rebecca Billerio-Riff, LMSW

Phone Number: (410) 927-5462

Email: info@sheppardpratt.org

Website: www.sheppardpratt.org/care-finder/ocd-anxiety-center

6501 North Charles Street
Baltimore, MD 21204

Treatment Providers:

Jon Hershfield, LCMFT

Molly Schiffer, LCPC

Brenda Kijesky, LCMFT

Rebecca Billerio-Riff, LMSW

Payment Options:

Self-pay

Populations Served:

Adults

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Group Therapy

Skills Training

Teletherapy

Summary of our services

Led by Jon Hershfield, MFT, The Center for OCD and Anxiety is a private pay outpatient center devoted to the treatment of obsessive-compulsive disorder and anxiety disorders. Our services include weekly therapy/support groups for adults with OCD, psychoeducational support group for family members of OCD sufferers, accelerated/intensive ERP at an outpatient level, teletherapy, professional consultation, and more.

Treatment Planning Process

In our outpatient center, the process starts with a free phone screening, followed by a 90-minute clinical evaluation from an OCD specialist. Clients are typically seen weekly or more frequently based on client need.

Core Treatment Components

Weekly therapy/support groups, psychoeducational support groups for family, ERP, teletherapy.

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

Parents, family members, friends, teachers, etc. are included in the treatment through education and support/family therapy.

Treatment of Co-Morbid Disorders

This program is devoted to treating individuals with OCD and anxiety disorders. Our outpatient program treats OCD, GAD, BDD, panic disorder, social phobia, and specific phobias.

Length of Stay

None

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

None

Additional Resources

Psychoeducational support group for family members of OCD sufferers, family OCD education consultations.