



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Anxiety Treatment Center of Austin

Clinic/Program Director: Diana Damer, PhD
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8701 Shoal Creek Blvd
Suite 404
Austin, TX 78759

Treatment Providers:

Diana Damer, PhD
Marianne Stout, PhD
Ryan Douglas, PhD
Jana Greeson, PhD
Christine Leyva, PhD
Jack Tsan, PhD

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)
Group Therapy
Habit Reversal
Home Visits
Skills Training
Teletherapy

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

Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)

Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions
Eating Disorders (ED)
Body Dysmorphic Disorder (BDD)
Treatment of Co-occurring Disorders

Summary of Services

The Anxiety Treatment Center of Austin was established by Dr. Diana Damer, a licensed psychologist in Texas and Anxiety Specialist. Each clinician at the Anxiety Treatment Center of Austin is a doctoral-level anxiety specialist committed to providing individualized, compassionate, research-based treatment for the full spectrum of anxiety problems. The primary anxiety disorders that we treat are OCD, PTSD, generalized anxiety disorder, panic disorder, social anxiety, and phobias.

Each of our specialists have particular areas of interest and expertise that enable us to provide specialized treatment plans for our clients. Our treatment model is focused on using the most up-to-date and effective methods of intervention that will not only enable you to manage your anxiety, but overcome it.

Treatment Planning Process

The Anxiety Treatment Center of Austin is the only comprehensive anxiety treatment center in Austin, centrally located with availability during daytime hours, evenings, and weekends. Based on the information the client provides at initial contact, we match them with a provider who would best meet their needs. We offer a free 15-minute phone consultation during which we discuss the client's concerns, answer any questions that they may have about our services, and determine if they would like to schedule an initial appointment. At the initial appointment, clients will receive a comprehensive intake assessment, and will work closely with the provider to create a personalized treatment plan that is tailored to their unique needs.

Core Treatment Components

Our experts have backgrounds as researchers as well as clinicians, and use techniques backed by science and validated as the most effective at helping anxiety. We utilize Cognitive Behavioral Therapy (CBT), Exposure with Response Prevention (ERP), Virtual Reality (VR) Therapy, Mindfulness, and Acceptance and Commitment Therapy (ACT) to treat generalized anxiety disorder, panic attacks, OCD, PTSD, phobias, and more. We also provide two different support groups: "Anxious in Austin," and "Living Mindfully with Anxiety."

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

We incorporate whoever is needed to provide the best form of treatment as clinically indicated and with the client's signed consent.

Treatment of Co-Morbid Disorders

While OCD is one of the main disorders that we treat, our program is devoted to providing treatment for the full range of anxiety disorders. We primarily work with individuals whose main issue is anxiety based, but we do treat co-occurring disorders. For example, perfectionism is used as a conceptual model for treating anxiety and related issues such as

depression, eating disorders, body image issues, and anger. We do sometimes refer out for specialized adjunctive treatment if needed.

Emphasis on OCD

While OCD is one of the main disorders that we treat, our program is devoted to providing treatment for the full range of anxiety disorders.

Length of Stay

We do not have a structured length of stay. The duration of treatment is dependent on each patient's needs.

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

We have 7 providers so we are almost always able to schedule an appointment with a new client in 1 week or sooner.

Other Resources for Outpatients

We provide two different resources that relate to anxiety and anxiety maintenance.

The first of these is our, “Anxious in Austin,” support group, which is open to adults who struggle with any type of anxiety, whether it be worry, panic, social anxiety, OCD, health anxiety or other challenges. While each person's experience with anxiety varies, the group focuses on the concepts and skills that can be applied to all anxiety issues. Each week, we cover a new concept or skill designed to help group members interrupt the vicious cycle of anxiety.

Example topics are:

- Identifying and changing unhelpful ways of thinking
- Facing avoided and feared situations
- Communicating effectively
- Coping with perfectionism
- Practicing mindful acceptance of discomfort

This group offers the unique opportunity of learning new ways of coping with your anxiety while connecting with and receiving support from others like you. If anxiety has made you feel alone and misunderstood, this group may be what you are looking for.

The second of these resources is “Living Mindfully with Anxiety,” which is a support group open to anyone who feels that their life is hindered by anxiety. This group is structured with modules and meditation techniques to help participants live mindfully with anxiety. Together, we will be supporting one another in developing mindfulness skills and applying them to areas in your life, such as:

- Intrusive thoughts
- Anticipatory anxiety
- Anxiety in the workplace
- Anxiety in your relationships with family, friends, or significant other
- Social and performance anxiety
- Other topics based on group member feedback

If you are interested in gaining a better understanding of how to transform anxiety in a way to help you thrive, this is the group for you.

Diversity Information

The clinicians at The Anxiety Treatment Center of Austin are dedicated to promoting the uniqueness of each individual and embracing human diversity in all its forms. We are committed to providing excellent treatment to all persons without regard to their race, ethnicity, nationality, gender identity, sexual orientation, age, physical and mental ability, physical size, religious/spiritual ideas, military status, or socioeconomic status. We strive to making our practice a place of openness and respect in which we provide affirming care to all our clientele.