



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Baylor College of Medicine OCD Program

Clinic/Program Director: Wayne Goodman, MD

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Houston, TX 77030

### **Treatment Providers:**

Wayne K. Goodman, MD

Eric Storch, PhD

Yasmine Omar

### **Payment Options:**

Private Insurance

Self-Pay

Sliding fee available

Medicare

Medicaid

Scholarships available

### **Populations Served:**

Adults

### **Treatment Strategies Offered:**

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Habit Reversal

Prescribe Medication

Teletherapy

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

Body Dysmorphic Disorder (BDD)

Hoarding Disorder

PANDAS/PANS

Perfectionism

Scrupulosity

Skin Picking (Excoriation Disorder)  
Tics/Tourettes  
Trichotillomania (Hair Pulling Disorder)  
Violent/Sexual Obsessions  
Autism Spectrum Disorders (ASD)

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

At the BCM OCD program we evaluate and treat obsessive-compulsive disorder (OCD) and related conditions, including body dysmorphic disorder (BDD), hoarding, and trichotillomania. In addition to direct outpatient ERP treatment and pharmacology for OCD, we specialize in OCD that has not responded to first line therapeutic approaches through device-based interventions including deep brain stimulation (DBS). At BCM we conduct research focused on the neurobiology of OCD with the goal of discovering the causes of these disorders and identifying the pathways to developing more effective therapies. Our research includes the use of brain imaging, genetic testing, behavioral & pharmacological therapies, and NIH-funded studies of DBS.

We employ experts in the OCD field including leading psychiatrist Dr. Wayne Goodman who has over 25 years of experience in OCD, was the co-founder of the IOCDF and principal developer of the Y-BOCS. Dr. Eric Storch is a world renowned CBT specialist specializing in the nature and treatment of childhood and adult OCD, anxiety disorders & anxiety youth with autism.

Jessica Rohr, PhD has expertise in cognitive behavioral therapy and provides clinical supervision. Dr. Jasmine Omar is an expert in cognitive behavioral therapy and provides direct care. Dr. Terri Fletcher and Dr. Sophie Schneider are research faculty within the program. Drs. Storch and Goodman were among the leaders in advancing intensive treatment programs having published seminal works in this space.

### **Treatment Planning Process**

The BCM OCD and Related Disorders program provides comprehensive psychiatric and psychological assessment for treatment of OCD and related disorders (e.g., Tourette, excoriation, hoarding, anxiety, body dysmorphic disorder, and trichotillomania). The initial visit will consist of a comprehensive assessment aimed at planning an individualized course of treatment for you or your loved one.

### **Core Treatment Components**

We offer cognitive-behavioral therapy with exposure and response prevention (CBT), pharmacotherapy, and neurosurgical treatment options.

CBT sessions are held individually, but we try to incorporate family as appropriate. Sessions involve exposure and response prevention therapy in a gradual, progressive manner.

We also offer specialty physician services, including consultations, diagnostics, and medication management.

In addition, our clinic is uniquely equipped to treat treatment-resistant cases of OCD. Dr. Goodman has 25 years of experience with approaches to treatment-resistant OCD, including neuromodulation (use of devices) such as Deep Brain Stimulation (DBS) for severe cases.

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

While therapy is personalized, many sessions are conducted in the context of the family to maximize outcomes. We aim to empower not only the person affected by OCD but those closest to her/him. Involvement may include participating in sessions (in person or via the web), consultations, and learning how to best support loved ones with OCD.

### **Treatment of Co-Morbid Disorders**

The BCM OCD and Related Disorders program is tailored to each patient's needs. It is common for people to have other problems in addition to their OCD such as depression or anxiety. The treatment plan effectively incorporates these factors into the treatment approach.

### **Length of Stay**

The duration of treatment is flexible and specific to the individual's needs.

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

There is no set maximum number of patients for our program. Patients are scheduled based on the best match between their preference and provider availability.

### **Other Resources for Outpatients**

We offer involvement in an array of research studies including studies involving deep brain stimulation, cognitive-behavioral therapy, and pharmacotherapy.