



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Child Mind Institute's Intensive OCD Program

Clinic/Program Director: Jerry Bubrick, PhD
Name of Intake Coordinator: Elsa Girma, MS
Phone Number: (212) 308-3118
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<https://childmind.org/center/intensive-treatment-ocd/>

101 East 56th Street
New York, NY 10022

Treatment Providers:

Jerry Bubrick, PhD

Payment Options:

Scholarships available
Self-pay

Populations Served:

Adolescents
Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Habit Reversal
Home Visits
Prescribe Medication
Skills Training

Areas of Specialty

Hoarding Disorder
PANDAS/PANS
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)
Treatment of Co-occurring Disorders
Violent/Sexual Obsessions

Additional Languages Spoken

Spanish

Summary of our services:

The Child Mind Institute Intensive OCD Program, led by Jerry Bubrick, PhD, offers children and their families an immersive, holistic experience that can make an extraordinary difference in a short period of time.

While typical or traditional treatment demonstrates that patients make significant progress during weekly sessions spread out over three to four months, the intensive treatment program condenses those sessions into four weeks, making evidence-based treatment of OCD available three hours a day, five days a week.

Treatment Planning Process

Dr. Jerry Bubrick, director of the OCD Service, is directly involved in every child's treatment, providing an initial diagnostic evaluation, overseeing and participating in exposure therapy and meeting with parents weekly to discuss progress and homework. Dr. Bubrick is assisted by Alnardo Martinez, MS, our behavioral technician, who works individually with each child providing exposure therapy.

To ensure that your child will continue receiving support even after he completes the intensive treatment program, Dr. Bubrick will also be in contact with any outside professionals who are involved in his treatment, including psychologists, psychiatrists and teachers.

Core Treatment Components

While most intensive OCD programs combine group therapy, individual therapy and self-guided work, our program is dedicated exclusively to individual treatment sessions — your child and a team member working one-on-one in exposure and response prevention therapy, distress tolerance skills and cognitive therapy to change irrational thinking into more rational thinking. Research has demonstrated that individualized treatment produces the most improvement in a child's condition — with symptoms diminished or eliminated.

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

Parents spend the most time with their children, so it is important for families to be involved in treatment and reinforcing it outside the office. Parents will be asked to help children practice the new skills they are learning at home and participate in weekly sessions with Dr. Bubrick.

Treatment of Co-Morbid Disorders

The Child Mind Institute is a multidisciplinary practice with expertise in the diagnosis and treatment of children, teens, and young adults with emotional, behavioral and developmental problems. Our team of clinical experts also specialize in ADHD and behavior disorders, anxiety, depression, learning disabilities, and OCD.

If your child needs medication alongside Cognitive Behavioral Therapy (CBT) — or has a co-occurring condition such as depression or learning disorder — we work with our team of child and adolescent psychiatrists, learning specialists and neuropsychologists to coordinate patient care. We can also partner with the child's current therapist or psychiatrist if they are offsite.

Individual Therapy

Our program is dedicated exclusively to individual treatment sessions — your child and a clinician working one-on-one in exposure and response prevention therapy, distress tolerance skills and cognitive therapy. Research has demonstrated that individualized treatment produces the most improvement in a child's condition — with symptoms diminished or eliminated.

Length of Stay

This program is for patients who require a higher level of care than the standard, weekly outpatient treatment. Our center provides daily, intensive treatment for three hours per day in 1 and 4-week formats. We recommend a level of care during the initial evaluation for each patient and then adjust throughout the treatment as deemed fit by our clinical team.

After the intensive phase, patients typically transition to a more 'traditional' outpatient model, but with the same treatment plan from start to finish.

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

We are able to accommodate families on a rolling basis. The Child Mind Institute does not have a wait list.

Additional Resources

Family Therapy, Treatment for Co-occurring Conditions.