



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

McLean Anxiety Mastery Program (MAMP)

Clinic/Program Director: Kathryn D. Boger, PhD, ABPP

Name of Intake Coordinator: Debi Towle

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www.mcleanhospital.org/programs/mclean-anxiety-mastery-program

799 Concord Avenue
Cambridge, MA 02138

Treatment Providers:

Kathryn D. Boger, PhD

Mona Potter, MD

Jacqueline Sperling, PhD

Payment Options:

Hybrid self-pay and insurance-based model

Scholarships available

Populations Served:

Adolescents

Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Prescribe Medication

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

Anxiety

Hoarding Disorder

PANDAS/PANS

Perfectionism

Scrupulosity

Summary of our services:

Our program provides comprehensive assessment and treatment that focuses not only on the child but also on all of the systems involved in the child's daily life. We make sure that all involved party members are included in the process by providing regular updates to the

outpatient team and school staff members when applicable. In addition, relevant family dynamics are addressed. We also include interventions for comorbid diagnoses (e.g., depression) whenever possible and indicated. We make sure that a cohesive treatment plan is in place before a child is discharged from the program (e.g., provide referrals and ensure they are set up prior to discharge) and can offer a taper plan to facilitate the transition from our care to other providers' care.

Treatment Planning Process

Participating children and adolescents attend the program four afternoons per week for at least four to six weeks. Groups are focused on psychoeducation and ERP. Youth participate in comprehensive initial evaluations and ongoing assessments during treatment to track the course of their symptoms. Additionally, one weekday afternoon is reserved for individualized family meetings. Parents are also invited to attend a weekly parent guidance group.

Core Treatment Components

Participating children and adolescents attend the program four afternoons per week for at least four to six weeks. One hour of each group entails skills training, with the remaining 1.5 hours dedicated to ERP. Youth participate in comprehensive initial evaluations and ongoing assessments during treatment to track the course of their symptoms. Additionally, one weekday afternoon is reserved for individualized family meetings and medication consultation sessions. Parents are also invited to attend a weekly parent guidance group.

Treatment includes the following:

- Comprehensive evaluations
- Individualized exposure treatment plans
- Exposure and Response Prevention
- Anxiety education
- Cognitive coping skills
- Mindfulness and relaxation skills
- Relapse prevention
- Medication evaluation and consultation
- Family meetings
- Parent guidance groups

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

Parents attend a weekly family meeting and weekly parent guidance group. Teachers, outpatient team members, and other relevant people in a child's life are invited to attend the weekly family meetings with parental permission.

Treatment of Co-Morbid Disorders

The program is devoted to treating OCD and anxiety disorders.

Individual Therapy

The program provides group-based treatment. One hour of group entails psychoeducation and the other 1.5 hours are devoted to ERP. During ERP group, patients periodically meet individually with a clinician due to the high staff-to-student ratio.

Length of Stay

The minimum length of stay is four weeks but many children need more than this duration.

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

The current census is twelve full-time patients (divided into “child” and “adolescent” tracks) with some additional patients tapering out of treatment.

School Facilities

We do not have a school at our program. However, we do offer two school-based exposures for children who attend schools within a 45-minute driving distance from the program.