



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Neurobehavioral Institute (NBI) Ranch

Clinic/Program Director: Jason Spielman, PsyD

Name of Intake Coordinator: Brina Armstrong

Phone Number: (954) 217-1757

E-mail: [info@nbweston.com](mailto:info@nbweston.com)

<https://www.nbweston.com/intensive-treatment-programs/residential-programs/>

2233 North Commerce Parkway, Suite 3  
Weston, Florida 33326

### **Treatment Providers:**

Jonathan Hoffman, PhD, ABPP

E. Katia Moritz, PhD, ABPP

Jason Spielman, PsyD

Wilfredo Rivera PsyD

Danielle Norona-Blocker, PsyD

Michelle Stoyell, PsyD

Denise Hardt, BCBA

### **Payment Options:**

Self-Pay

Offer a Sliding Fee

### **Populations Served:**

Adults

Adolescents

Children

### **Treatment Strategies Offered:**

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Habit Reversal

Skills Training

Home Visits

Teletherapy

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

Body Dysmorphic Disorder (BDD)

Perfectionism  
Scrupulosity  
Violent/Sexual Obsessions  
Hoarding Disorder  
PANDAS/PANS  
Skin Picking  
Tics/Tourettes  
Trichotillomania (hair pulling disorder)  
Eating Disorders (ED)  
Autism Spectrum Disorders (ASD)

**Additional Languages Spoken:**

Spanish  
Portuguese

**Summary of our services:**

NBI Ranch opened summer of 2017. NBI Ranch is an adult (18 and over) supportive living community, for sufferers of OCD and Anxiety-Related Disorders, in the horse-country town of Southwest Ranches, Florida. It's a naturalistic environment where patients of NBI's intensive program live while receiving daily treatment at NBI's main offices (NBI HQ) just a short drive away. The Ranch provides an extraordinary opportunity to work on real-life skills and tools in a caring home-like setting, outside of treatment. The Ranch offers many options and advantages that once-a-week in office visits can't provide. Treatment is available in English, Spanish and Portuguese at our NBI HQ, ITP.

**Treatment Planning Process**

NBI Ranch supports treatment that takes place at NBI Headquarters, Intensive treatment program (NBI ITP). Our ITP for OCD and Anxiety Related Disorders is well-established and allows for both full-day and half-day options. NBI staff work together as a true clinical team from admission to discharge. ITP treatment plans are highly individualized, while maintaining fidelity to core CBT principles. The NBI clinical staff members are well experienced in providing services to individuals from diverse geographical locations and cultures, both local and international. NBI is recognized as an exempt Health Care Clinic by the State of Florida and patients have had success with insurance reimbursement for Intensive Outpatient Program (IOP) and Partial Hospitalization Program (PHP) codes.

It all starts with an initial consultation to establish eligibility for ITP. The aim of this process is to review background material, clarify reasons for referral and current symptomatology, identify obstacles and strengths, assess readiness for change, and formulate an initial treatment plan. At this time, information is gathered from referrers or other involved professionals whose expertise and perspectives are invaluable to designing the best care plan possible right from the start. We endeavor to stay in regular contact with referrers throughout the patient's course of treatment.

Applicants for admission to our ITP as well as NBI Ranch are asked to complete a variety of intake forms. In some cases, a three-day extended evaluation may be indicated to further assess

suitability for ITP or NBI Ranch. This evaluation may include extensive psychological testing.

Throughout the course of treatment, patient progress is monitored and discussed in team meetings utilizing real-time data from individual and group sessions, as well as behavioral observations. This allows our clinical team to continuously modify the treatment approach and quickly address barriers to progress.

Planning for a successful discharge is integral to patient success. As needed, family members or other professionals such as referring educational consultants may be included in determining the best “next steps.”

Following discharge, we provide a comprehensive written summary of the ITP process for each patient that includes our observations, case formulation, and recommendations.

### **Core Treatment Components**

NBI Ranch supports treatment that takes place at NBI Headquarters, Intensive treatment program (NBI ITP). The NBI Ranch+ITP option is ideal for those individuals who have been unable to make therapeutic progress while residing at home. Additionally, NBI Ranch+ITP is often recommended for severe and complex clinical presentations that do not require hospitalization or restrictive settings.

The core treatment components include: evidence-supported treatment approach, modified according to the patient’s individualized needs and goals. CBT is the ITP’s primary theoretical framework and Exposure and Response Prevention (ERP) is the major treatment element. ERP is supported by other core treatment components including Cognitive Therapy, Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), DBT-informed interventions, and Relapse Prevention. We also offer nutritional therapy and executive functioning coaching.

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

NBI Ranch supports treatment that takes place at NBI Headquarters, Intensive treatment program (NBI ITP). Family intervention, guidance, and support is a fundamental part of NBI ITP Program. We define “family” as often including all caregivers and supports that the patient needs. Upon patient consent, this may include grandparents, co-workers, teachers, and friends. Families that increase their knowledge about OCD and the treatment approach their relative is receiving are in a better position to offer constructive support. We always seek to establish a collaborative relationship with our patient’s families. We also strongly encourage family psychoeducation and involvement. We have a regular therapeutic multi-family group and provide family members with information about relevant websites, books and articles, and helpful organizations.

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

NBI Ranch supports the treatment of co-morbid disorders treated at NBI ITP.

Obsessive-Compulsive Related Disorders such as Body Dysmorphic Disorder (BDD), Hoarding Disorder, Excoriation (Skin-Picking), Trichotillomania (Hair Pulling). OCD Co-morbidities including, but not limited to, Nonverbal LD, ADHD, Executive Functioning Deficits, Tourette’s and Tic Disorders, Body Focused Repetitive Behaviors (BFRB), Eating-Related Disorders (e.g.,

dysorexia), Substance Use Disorder (SUD). Autism Spectrum Disorder (ASD) including evaluation, treatment and ASD-related obsessive compulsive behaviors.  
Other: PANDAS/PANS, Anxiety Disorders, Depression, Perfectionism, Scrupulosity, Harm-OCD.

Comprehensive testing services including psychological, psychodiagnostic, and psychoeducational evaluations as well as ASD evaluations.

### **Length of Stay**

Typical stays at NBI Ranch range between thirty and ninety days. However, shorter stays may be appropriate as a booster for managing a symptom flare-up or for step-down transitional purposes, e.g. returning home after a period of hospitalization or more restrictive care.

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

We have a rolling admission policy, but generally we accept no more than 10-20 ITP patients concurrently.

NBI Ranch has beds available for a maximum of eight residents at one time

### **Diversity Statement**

NBI offers specialized psychological assessment and treatment services for children, adolescents, and adults. One of our primary goals is to address the needs of patients who lack specialized resources where they live. NBI offers intensive treatment for many serious and debilitating psychological conditions, including an internationally recognized intensive treatment program for OCD, Severe Anxiety, and Related Disorders. This program is often provided in combination with NBI Ranch, our nearby residential setting for patients who need a higher level of structure and support to make desired progress.

NBI Ranch, supports the treatment that NBI is providing for multicultural backgrounds. NBI is dedicated to not only provide treatment to but also educate underserved populations. Our clinicians have traveled to many different countries including Guatemala, Ecuador, Brazil and Trinidad and Tobago not only to offer treatment, but to help train and educate local clinicians and families who may not know or understand OCD.