



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# OCD & Anxiety Program of Southern California

Clinic/Program Director: Naomi Zwecker, PhD and Thröstur Björgvinsson, PhD

Name of Intake Coordinator: Naomi Zwecker, PhD

Phone Number: (310) 488-5850

E-mail: [info@socalocd.org](mailto:info@socalocd.org)

[www.socalocdprogram.org](http://www.socalocdprogram.org)

3205 Ocean Park Blvd, Suite 250  
Santa Monica CA, 90405

### **Treatment Providers:**

Naomi Zwecker, PhD

Thröstur Björgvinsson, PhD

Todd Brown, PhD

Bitá Mesri, 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)

Habit Reversal

Home Visits

Skills Training

Teletherapy

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

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder

Hoarding Disorder

PANDAS/PANS

Skin Picking

Tics/Tourettes

Trichotillomania (Hair pulling disorder)

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

The clinicians at the OCD & Anxiety Program of Southern California, located in Los Angeles, deliver individualized evidence-based treatment for individuals struggling with Obsessive-Compulsive Disorder (OCD), anxiety disorders, Obsessive-Compulsive Spectrum Disorders, phobias, and depression. The therapists specialize in Cognitive-Behavioral Therapy (CBT), particularly Exposure and Response Prevention (E/RP), which is considered to be the gold standard for the treatment of anxiety and related disorders. The treatment team also utilizes other effective treatment interventions, such as mindfulness and Acceptance and Commitment Therapy (ACT).

Patients and staff work collaboratively. The cognitive-behavior therapist and patient design the treatment plan together and then work to implement it in realistic situations. Home visit options are also available. By engaging in treatment in real life settings the therapists maximize treatment effectiveness and build confidence in the individual to maintain treatment gains post discharge.

We offer Outpatient and Intensive Outpatient Services:

The Intensive Outpatient Programs are designed for clients who are either unable to access outpatient treatment or are not benefiting from their current outpatient treatment. The Outpatient Clinic at the OCD & Anxiety Program of Southern California provides diagnostic and treatment consultations, and evidence-based individual CBT for children, adolescents, and adults.

### **Treatment Planning Process**

Upon admission, all patients undergo a thorough evaluation process to determine history of treatment, past and present symptoms, and current level of functioning and impairments. In addition, clinicians administer appropriate assessments (Y-BOCS, CY-BOCS, GAD7, etc.). Based on the information gathered the clinician and client will have a discussion about appropriate care using evidence-based treatment modalities.

### **Core Treatment Components**

We offer one-on-one individual therapy at both an outpatient and intensive outpatient level of care. Interventions are based on diagnosis. The primary modality is Cognitive Behavioral Therapy, with a particular emphasis on exposure and response prevention for OCD. Acceptance and commitment therapy is also utilized when appropriate. We do not currently offer medication management but do provide referrals outside of the clinic.

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

Parents, family members, and schools professionals are included in the treatment when appropriate. Specifically, they are involved in the psychoeducation and reduction of accommodation portion of treatment.

**Treatment of Co-Morbid Disorders**

We specialize in the treatment of OCD & Anxiety disorders. We do not treat substance use disorders, eating disorders, personality disorders, psychosis.

**Length of Stay**

Average length of stay for the Intensive Outpatient Program is 4-6 weeks but the program is very flexible in meeting clients where they are at. That means that some people may come as short as 2 weeks and some people may stay much longer, depending on the severity of symptoms and motivation for treatment.

**School Facilities**

While we do treat and adolescents we do not have our own school facilities. However, we will work in coordination with the school regarding treatment.

**Other Resources**

We offer adolescent support group, as well as groups for schools.