



Palo Alto Therapy

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407 Sherman Ave
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Treatment Providers:

Ernest Schmidt, LCSW
Bella Stitt, LMFT
Lisa Macedo, LMFT
Natalie Henry, LCSW
Anni Kelley-Day, LPCC
Sarah Nadeau, LMFT

Payment Options:

Private insurance
Self-pay

Populations Served:

Adults
Adolescents
Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Group Therapy
Home Visits
Skills Training
Teletherapy
Treatment for co-occurring conditions

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

Body Dysmorphic Disorder (BDD)
Perfectionism

Scrupulosity
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services

For more than 10 years, Palo Alto Therapy has helped clients overcome a variety of anxiety disorders, with an emphasis on OCD. Among our team of professionals, many of us specialize in OCD and ERP. Our goal is to help you work past anxiety and OCD challenges for a happier, more fulfilled life.

Our focus on evidence-based therapy techniques, along with strong compassion, allows us to stand as a leader in anxiety and OCD treatment. We strive to create a comfortable environment for every client and employ top industry therapists to determine the best course of therapy for each individual.

Part of our commitment to clients involves offering extended hours, including evening and Saturday appointments, as well as in-home visits as needed. At Palo Alto Therapy, we know OCD can affect the entire family and requires significant support, so we are happy to incorporate family members into treatment when possible. We consult frequently as a professional team to be certain clients gain from the expertise of each of our therapists.

Treatment Planning Process

We begin with an initial 75-minute assessment where we gather background information, including the client's specific form of OCD, as well as begin to understand how our clients' lives have been affected. We believe assessments should be ongoing, which is why we make a general plan with the ability for therapists to adjust or shift therapy as needed.

Treatment is client-oriented and tailored to each individual's needs, with a focus on self-help formats when desired. We want our clients to integrate skills they learn at Palo Alto Therapy into their daily lives and often send clients home with real-life application strategies and homework.

For clients who wish to take a more aggressive approach, we offer extended sessions and more frequent sessions with a focus on flexibility.

Core Treatment Components

Our focus is on empathy, support, proper skills, and guidance to help overcome OCD. We provide an authentic environment for clients to express themselves and overcome challenges. Our focused, guided methods allow clients to reach their goals in social situations, relationships, and more. We do not prescribe medication (although we are happy to refer or coordinate with psychiatrists when needed), but use ERP and cognitive behavioral therapy to help clients move toward more comfortable and productive lifestyles.

Sessions are an active exchange of ideas in a one-on-one setting, adding in spouses, parents, or other family members as needed. We also offer groups/classes to further support our clients.

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

Family members, teachers, friends, and others may be included in treatment according to the client's wants and needs. Family members or guests are not required, but can significantly improve the outcome of OCD treatment when appropriate. We are happy to include family or associates via phone calls or in office, home, public, and real-world scenarios.

Treatment of Co-Morbid Disorders

At Palo Alto Therapy, we treat a full spectrum of anxiety disorders with a sub-specialty in OCD treatment. Our therapists have skills in a variety of areas that often come up during OCD treatment.

Individual Therapy

Established clients typically meet with therapists once or twice a week. Those just starting out often come for extended sessions while we establish trust, understanding, and a specialized plan for meeting their goals. We offer frequent or extended sessions to clients on an as-needed basis, as this is often best to get a jumpstart with therapy and ERP. We also understand certain events or stressors come up in life, and we are always available to our clients during periods of heightened anxiety.

Length of Stay

As a non-residential practice, we work with our clients until they feel symptoms are manageable and significantly improved. Typically, we see clients regularly for 15–30 weeks depending on the client and intensity of sessions. Each program is individually based and can be adjusted according to clients' needs, with the goal of short-term impact leading to lifelong changes, all without the commitment of long-term counseling.

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

We have a number of therapists on our staff and can typically accommodate many patients within our schedule, including Saturday and evening appointments.

Other Resources for Outpatients

Palo Alto Therapy offers individual sessions, family therapy, anxiety classes, and couples therapy as needed.