International OCD Foundation

OCD and Related Disorders Clinic Profile

Potomac Behavioral Solutions

Clinic/Program Director: Joanna Marino, PhD
Name of Intake Coordinator: Alexandra Gasbarro
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2001 Richmond Hwy, Suite 800
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Treatment Providers:
Joanna Marino, PhD
Elizabeth Wine, PsyD
Laura Trinastic, PhD
Aileen Kim, MD

Payment Options:
Self-Pay

Populations Served:
Adults
Adolescents

Treatment Strategies Offered:
Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Habit Reversal
Prescribe Medication
Skills Training

Areas of Specialty (in addition to OCD in general):
Perfectionism
Scrupulosity
Violent/Sexual Obsessions
Body Dysmorphic Disorder
Hoarding Disorder
Skin Picking
Trichotillomania (hair pulling disorder)
Eating Disorders (ED)

Treatment of Co-occurring disorders

Summary of our services:
Potomac Behavioral Solutions opened in 2011 and focuses on evidence-based treatments. The Anxiety/OCD Intensive Program is specialty designed for adults, adolescents, and children who would benefit from more targeted treatment of OCD and anxiety-related symptoms.
The Intensive Program identifies and addresses triggers for obsessions and helps patients prevent mental and behavioral compulsions. Our approaches include exposure and response prevention (ERP), cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT). The intensive program runs for five hours, five days each week. Each patient and their family meet one-on-one with doctoral-level providers. Our team includes psychiatry, psychology, and nutrition consultations as needed.

Treatment Planning Process
Potential patients complete a phone screening with an intake coordinator that is free of charge. Patients are then scheduled for an initial meeting with a psychologist or other member(s) of our team who gather additional information about target symptoms and help create a fear hierarchy. Patients are also asked to complete several assessment measures to gauge initial symptoms and progress throughout treatment.

Core Treatment Components
Treatment focuses on evidence-based interventions including CBT, ERP, ACT, and DBT skills, as well as medication management.

Parents, Family Members, Friends, Teachers, etc. Involvement
Parents and family are viewed as an integral part of treatment. Patients are encouraged to include friends and family in their intake and treatment process, and family/friend educational groups are offered.

Treatment of Co-Morbid Disorders
Our clinic offers a specialty track for individuals with anxiety disorders. We have successfully treated a range of anxiety-related disorders, including school refusal, specific phobias, and BFRBs.

Individual Therapy
Individual sessions are typically 45 minutes. The intensive programming is five hours, five days a week. Individuals in the intensive program work directly with doctoral-level provider(s).

Length of Stay
Most individuals in the intensive program complete their programming in five days with 45-minute follow-up sessions weekly. The length of the intensive program is flexible and can be adjusted to the needs of the individual.

"Census" (i.e. the maximum number of clients seen at any given time)
Patients work one-on-one with doctoral-level providers, so no census is required.

Other Resources for Outpatients
We offer a comprehensive DBT program, DBT-informed day program, eating disorder treatment, psychological assessment, medication management, and dietary services.