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## OCD and Related Disorders Clinic Profile

# The Lindner Center of HOPE: OCD and Anxiety Disorders Treatment Programs

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### **Treatment Providers:**

Charles Brady, PhD, ABPP  
Jennifer Wells, MSW, LISW  
Nicole Bosse, PsyD  
Sarah Arszman Lavanier, PsyD, CEDS  
Chris Tuell, EdD, LPCC-S, LICDC  
Jennifer B. Wilcox, PsyD

### **Payment Options:**

Self-pay  
Offer a sliding fee

### **Populations Served:**

Adults  
Adolescents

### **Treatment Strategies Offered:**

Cognitive Behavioral Therapy (CBT)  
Exposure and Response Prevention (ERP)  
Family Therapy  
Group Therapy

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

The OCD and Anxiety Disorder Program at Lindner Center of HOPE opened in 2008. Since then, the program has expanded to include residential programs, an aftercare outpatient and OCD treatment program, and a comprehensive diagnostic outpatient assessment for adolescents. Charles Brady, PhD, ABPP, director of the OCD and Anxiety Treatment Program, is a clinical psychologist and faculty of the University of Cincinnati's Department of Psychiatry, with over 25 years of experience. Brady has completed advanced training through the IOCDF

Behavior Therapy Training Institute (BTTI). Residential programs offer intensive treatment for individuals seeking recovery from OCD or other severe anxiety disorders. Residents participate in 5 individual sessions per week with the Center's OCD/CBT doctoral-level therapists, bolstered by an additional 3-plus hours of daily ERP with assistance from dedicated and intensively trained staff. Patients also have 2 to 3 sessions with a psychiatrist per week. Beyond that, patients engage in ERP experiences throughout each day and participate in 5 additional hours of therapy daily. Uniquely, both programs feature comprehensive diagnostic assessment, which can clarify diagnosis, evaluate treatment readiness, and develop treatment hierarchy. These programs offer single occupancy rooms and 24/7 nursing care.

### **Treatment Planning Process**

With a model that views the patient as the head of their treatment team, each clinician contributing to the individual's treatment provides input into the treatment plan that is reviewed and signed by the patient. In addition, to the Sibcy House and Williams House residential treatment teams that meet weekly, the Lindner Center's OCD and anxiety treatment team meets weekly to enhance communication, review, and plan care.

### **Core Treatment Components**

The OCD and Anxiety Treatment Program utilizes an individually tailored treatment approach combining cognitive behavioral therapy and medication treatment. Cognitive behavioral therapy is used with a specific emphasis on exposure and response prevention (ERP). ERP is based on the scientifically proven principle that anxiety and distress (obsessions) can be overcome when someone confronts fear or distress rather than avoiding it or neutralizing it with ritualistic behaviors (compulsions). The process of utilizing ERP is maximized through one-on-one guidance by expert therapists in a manner that the individual patient guides and controls. The Lindner Center of HOPE's residential programs, Sibcy House and Williams House allow for intensive treatment for individuals seeking recovery from OCD or other severe anxiety disorders (e.g., Panic Disorder, Generalized anxiety Disorder, Phobias, etc.).

Each resident, seeking treatment for OCD, will participate in daily structured ERP with daily monitoring of medication. Beyond that, patients engage in ERP experiences throughout the day and participate in more than 5 additional hours of therapy daily.

Residents will participate in 5 individual sessions per week with the Center of HOPE's OCD/CBT doctoral level therapists. These sessions will be bolstered by an additional 3 -plus hours of daily ERP with assistance from dedicated and intensively trained mental health specialist staff. Uniquely, both of these programs feature comprehensive diagnostic assessment, which can clarify diagnosis, evaluate treatment readiness, introduce ERP and develop the individualized treatment hierarchy. Sibcy House and Williams House offer single occupancy rooms and 24/7 nursing care. In addition to ERP and medication treatment, residents will be able to participate in the following Center of HOPE offerings:

- ERP practice onsite and off-site
- Cognitive therapy groups
- Illness management and recovery groups
- Mindfulness training

- Spirituality/wellness groups
- Patient and family education

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

The Lindner Center of HOPE prides itself in providing patient-centered and family-centered care. We encourage all of our patients to include family members in as much of their recovery as they will allow. Our staff is trained and experienced in helping family members learn how to assist their relative's management of their anxiety more effectively in a humane, caring, recovery-enhancing manner. Family members are welcome to participate in treatment planning, educational sessions, and therapy sessions. There may be times where a family member's presence may serve as an anxiety-fueling form of reassurance. When this occurs, staff will help the patient and families recognize this pattern and work towards a solution that enhances the patient's ability to master his or her anxiety.

Similarly, when patients consent, teachers, employers, or other significant individuals are included in the treatment dialogue to enhance the individual's ability to apply gains they make in the program to their natural day-to-day life. We are also thrilled to serve as the host site for a monthly support group for parents of children, teens, or young adults with OCD. This group is open to family members regardless of whether their relative is receiving treatment at the center.

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

Both Sibcy House and Williams House are integrated units in terms of diagnosis. The diverse client population, more closely resembles a natural environment, which enhances preparedness for the return to a step-down level of care or home.

### **Individual Therapy**

Five individual sessions per week with the Center of HOPE's OCD/CBT doctoral level therapists, bolstered by an additional 3 -plus hours of daily ERP with assistance from dedicated and intensively trained mental health specialist staff.

### **Length of Stay**

The residential program is designed as a 4-week program. Flexibility exists to extend the stay in treatment if the specific circumstances suggest that the patient will benefit as a result.

### **“Census” of the Program**

Both Sibcy House and Williams House have 16 beds. Each unit is integrated in terms of diagnosis, therefore, census of varying diagnoses are carefully managed.

### **School Facilities**

Williams House has a dedicated teacher in place to assist with home school assignments and communication with the home school.