



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The OCD & Anxiety Center of Greater Baltimore

Clinic/Program Director: Jon Hershfield, MFT
Name of Intake Coordinator: Jon Hershfield, MFT
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11350 McCormick Road
Executive Plaza 3, Suite LL4
Hunt Valley, MD 21031

Treatment Providers:

Jon Hershfield, LCMFT
Brenda Kijesky, LCMFT
Molly Schiffer, LCPC

Payment Options:

Self-pay
Offer a sliding fee

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

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

Perfectionism
Scrupulosity
Violent/Sexual Obsessions
Body Dysmorphic Disorder (BDD)

Summary of Services

The OCD and Anxiety Center of Greater Baltimore (OCGB) is an outpatient practice devoted exclusively to the treatment of OCD and related disorders using ERP-focused CBT and mindfulness-based interventions. The center was established in 2016 by Jon Hershfield, MFT, a specialist in the treatment of OCD, and author of multiple self-help OCD workbooks, including *The Mindfulness Workbook for OCD*, *Everyday Mindfulness for OCD*, *Overcoming Harm OCD*, and *When a Family Member Has OCD*. Brenda Kijesky, LCMFT and Molly Schiffer, LCPC were both trained by Jon Hershfield at OCGB and specialize in treating individuals and families affected by OCD. Clients services include weekly outpatient therapy, accelerated intensive therapy (multiple/extended sessions tailored to treatment needs), group and family support, with teletherapy options for clients within the states of Maryland, Virginia, and California.

Treatment Planning Process

Prospective clients can call to speak with the clinic's director Jon Hershfield for a brief, free phone screening. Once an appropriate fit is determined, you will be assigned a staff therapist who will then assist in setting up the initial assessment session. The first session is 90 minutes and includes a clinical interview and diagnostic evaluation. Individual 45-50 minute sessions are then scheduled at the clinically-determined pace. Early sessions focus on psychoeducation on the disorder and its treatment with CBT, with light homework. Subsequent sessions increase in-session ERP and homework intensity, alongside mindfulness training.

Core Treatment Components

OCGB uses only evidence-based protocols for the treatment of OCD and related disorders, strongly emphasizing an inhibitory learning model of exposure and response prevention (ERP) and the development of mindfulness skills.

Focus on OCD/Related Disorders

The OCD and Anxiety Center of Greater Baltimore exclusively treats OCD and related disorders.

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

When clinically appropriate, family members, spouses, and others in the family system of the client are included in treatment. As a marriage and family therapist, director Jon Hershfield believes that clients with OCD achieve and sustain the greatest progress in treatment when the system in which they live is also part of the mechanisms for change. While most sessions are devoted to individual work, supportive family members and significant others are invited to learn and participate when appropriate. OCGB also offers a psychoeducational support group for loved ones of OCD sufferers.

Treatment of Co-Morbid Disorders

A primary diagnosis of OCD or a related disorder is required. However, secondary diagnoses such as depression may also be addressed if within the clinician's scope of competence and training. When appropriate, we may collaborate with other treatment providers addressing co-morbid conditions such as eating disorders and PTSD.

Length of Stay

Length of treatment is collaborative and based on client's clinical needs. Typical clients participate in 3-6 months of weekly treatment, but this varies widely and is not used as a standard or expectation.

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

The number of clients is based only on therapist availability.