



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Anxiety Disorders Center at the Institute of Living

Clinic/Program Director: David Tolin, PhD
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200 Retreat Avenue
Hartford, CT 06106

Treatment Providers:

David Tolin, PhD

Payment Options:

Private Insurance
Self-pay

Populations Served:

Adults
Adolescents
Children

Treatment Strategies Offered:

Exposure and Response Prevention (ERP)

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

Body Dysmorphic Disorder (BDD)

Summary of our services:

The Anxiety Disorders Center (ADC) has served clients with anxiety disorders since 2000. In addition to the Director of the Anxiety Disorders Center David Tolin, PhD, all of our psychologists have advanced training in cognitive behavioral therapy and specialized training in anxiety disorders and related disorders. The Anxiety Disorders Center is additionally staffed in part by full time Post-Doctoral Fellows. Services are also rendered by psychology interns, psychiatry residents, and graduate students from the University of Connecticut and the University of Hartford. Along with our intensive programs, the Anxiety Disorders Center offers weekly individual and group cognitive behavior therapy. We also run numerous research studies on the nature and treatment of anxiety disorders. We encourage individuals to call the

Anxiety Disorders Center to inquire about our various programs to find the best fit. Of note, the intensive program is self-pay only. However, we do offer a lower rate for clients who complete this program with our Post-Doctoral Fellows.

Treatment Planning Process

All clients start with an initial evaluation that consists of a structured diagnostic interview. They also complete several self-report measures so we can assess change throughout treatment. The initial 2 sessions of the intensive program for OCD consist of psychoeducation as well as treatment planning. We will construct an appropriate exposure hierarchy and adjust accordingly throughout the treatment program.

Core Treatment Components

The intensive program for OCD at the Anxiety Disorders Center is a 15-session program that takes place over 3 weeks. The client meets one-on-one with an individual therapist in this exposure and response prevention-based treatment program. Each session lasts approximately 2 hours.

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

Important individuals in the person's life are included as needed and requested. We are happy to consult with teachers, family members, and other health/mental health professionals when necessary for treatment success and when the client requests such collaboration. This may include family meetings during the session or phone consultation.

Treatment of Co-Morbid Disorders

Our OCD intensive program is designed for individuals with OCD or body dysmorphic disorder. We also have separate intensive programs for panic disorder, specific phobia, and school refusal.

Individual Therapy

The intensive program is comprised of 15 daily individual therapy sessions over 3 weeks. Each session is 1.5 to 2 hours long.

Length of Stay

The intensive therapy program is designed to last 3 weeks. At the end of the program the client will meet with another clinician who will conduct an independent evaluation. At the end of that evaluation, we will make recommendations for further treatment that may be provided at the ADC. Additional treatment may be provided in an individual or group format depending on the client's needs.