



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Anxiety Disorders Treatment Center

Clinic/Program Director: Reid Wilson, PhD  
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[www.anxieties.com/weekend.php](http://www.anxieties.com/weekend.php)

421 Bennett Orchard Trail  
Chapel Hill, NC 27516

### **Treatment Providers:**

Reid Wilson, PhD

### **Payment Options:**

Self-pay

### **Populations Served:**

Adults

### **Treatment Strategies Offered:**

Cognitive Behavioral Therapy (CBT)  
Group Therapy

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

The Anxiety Disorders Treatment Center began in 2004. Reid Wilson, PhD, serves as the director for the Center in Chapel Hill, NC. He is also an Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine. Dr. Wilson is the author of “Don’t Panic: Taking Control of Anxiety Attacks” and “Facing Panic: Self-Help for People with Panic Attacks”, the co-author of “Stop Obsessing! How to Overcome Your Obsessions and Compulsions” and the co-author “Achieving Comfortable Flight”, a self-help package for the fearful flier. He designed and served as lead psychologist for American Airlines’ first national program for the fearful flier. His free self-help website – [anxieties.com](http://anxieties.com) – serves 385,000 visitors (16 million hits) per year. Dr. Wilson is an international expert in the treatment of anxiety disorders, with his books translated into nine languages.

This intensive program is a cognitive-behavioral treatment protocol in a private setting with a maximum of eight participants in group treatment. The program is held in its entirety over a weekend. The cost of this program is \$375 with no sliding fee or scholarships available.

## **Treatment Planning Process**

All participants are referred by health professionals and have been diagnosed with OCD. Dr. Wilson receives a description of their obsessions and compulsions ranked according to severity.

## **Core Treatment Components**

This is a cognitive behavioral treatment protocol in a private setting with a maximum of eight participants participating in group treatment. The program is held in its entirety over a weekend under the following schedule:

### **SATURDAY**

9:30 AM – 1 PM

- Assessing your problem & targeting your symptoms
- Components of cognitive-behavioral treatment: exposure, imagery practice, ritual prevention, habituation
- How do you alter belief systems that are so rigidly held and reinforced?
- How do you ratchet up your courage and determination?

2:30 – 5:30 PM

- The most effective ways to help you let go of your obsessions
- Characteristics of rituals which can be altered
- The best strategies to gain control over your compulsions
- How to follow a series of graduated steps toward ending your obsessions and compulsions.

### **SUNDAY**

Work individually and as a group to create your personal program of recovery and to practice the key skills of recovery. We will do this in a safe environment and at each person's own pace.

8:30 AM – noon

- How to win the anxiety game
- Designing your personal cognitive behavioral plan
- Practicing here as a group
- Creating progressive at-home assignments
- Setting realistic tasks for yourself

1:30 – 4:00 PM

- Guidelines for skill practice
- Ways to track your progress and handle setbacks
- The latest information about medications that can help
- How to get support from family, friends and health professionals

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

The focus of the treatment is on the individuals with OCD. No attempt is made to involve other individuals in their support network.

**Treatment of Co-Morbid Disorders**

This program is specifically designed for individuals with OCD.

**Individual Therapy**

This a group therapy format entirely. There are no individual sessions.

**Length of Stay**

The treatment program lasts eight hours per day for two days.

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

This program runs with eight individuals at a time.