



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# The Anxiety & Phobia Treatment Center at White Plains Hospital

Clinic/Program Director: Fredric Neuman, MD  
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White Plains Hospital  
41 East Post Road  
White Plains, NY 10601

### **Treatment Providers:**

Fredric Neuman, MD  
Judy Lake Chessa, LCSW  
Elizabeth Ward, LCSW

### **Payment Options:**

Private Insurance  
Self-Pay  
Sliding fee available

### **Populations Served:**

Adults

### **Treatment Strategies Offered:**

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

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

The Anxiety & Phobia Treatment Center at White Plains Hospital was established in 1971 as the first treatment center for anxiety disorders in the country. The Center offers programs for all anxiety disorders, including OCD.

A six-session OCD workshop is conducted in a supportive group setting and focuses on education and exposure/response prevention. The education component provides factual information about OCD and lays out the rationale for the use of exposure/response prevention and cognitive restructuring as effective treatments for OCD.

The exposure/response prevention (ERP) component takes place in individual work sessions where the participant is teamed with an experienced counselor. Together the participant and counselor face situations that trigger obsessive thinking, devise strategies to prevent compulsive behavior, and challenge distorted thinking. These individual work sessions are the unique strength of our program. Work sessions take place where the OCD sufferer actually encounters his/her worst fear, be it at home, in the work place, malls, hospitals, etc.

### **Treatment Planning Process**

Prior to participation in the workshop, a licensed professional will meet with potential candidates to determine if the workshop is likely to meet the OCD sufferer's needs and to complete an initial assessment.

### **Core Treatment Components**

The core treatment components used in our program are education, ERP, and group therapy. If medication is indicated, referral to a medical professional is available.

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

At this time, family and friends are not included in treatment.

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

The workshop is specifically for individuals with OCD. The Center offers other workshops for phobias, health anxiety, and fear of flying.

### **Individual Therapy**

In the course of a workshop, participants will take part in six group sessions (each 1 1/2 hours in length) and six individual work sessions (1 hour each).

### **Length of Stay**

Ours is an outpatient program. If it is appropriate, participants can repeat the workshop and/or continue to work with their individual counselors after the workshop ends.

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

Twelve is the maximum number of participants in a workshop.

### **Other Resources for Outpatients**

Individual therapy, group programs for phobias and panic disorder, health anxiety, public speaking, and fear of flying.