



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Anxiety and Stress Disorders Clinic at University of North Carolina at Chapel Hill

Clinic/Program Director: Jonathan Abramowitz, PhD
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University of North Carolina at Chapel Hill
Department of Psychology, CB# 3270, Davie Hall
Chapel Hill, NC 27599

Treatment Providers:

Jonathan Abramowitz, PhD

Payment Options:

Self-pay
Offer a sliding fee

Populations Served:

Adults

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Home Visits
Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)
Scrupulosity
Violent/Sexual Obsessions

Summary of our services:

We started the Anxiety and Stress Disorders Clinic in 2007. Our staff ranges from advanced graduate students in clinical psychology (with Masters Degrees) to PhD level therapists with 10+ years of experience. We offer a sliding scale fee for patients willing to be treated by non-

licensed therapists (i.e., an advanced graduate student) under the supervision of Dr. Jonathan Abramowitz, the clinic director.

Treatment Planning Process

Patients initially have a telephone screening to make sure they are appropriate for the program. Next, there is a consultation in which a more thorough assessment of OCD and related problems is conducted with feedback and recommendations provided. After an assessment and a description of the treatment program, patients who are a good match and who agree to begin treatment are scheduled for therapy.

Core Treatment Components

The core components of this program are exposure and response prevention and cognitive therapy. Therapists are specifically trained and supervised in the delivery of this treatment by Dr. Abramowitz. Dr. Abramowitz has conducted numerous research studies and written several books on this treatment approach. We do not provide medication on site but work with psychiatrists at nearby locations who can provide such services. All treatment is individual therapy (no group therapy at this time).

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

Parents and family members are welcome to be included in treatment (primarily as “coaches” and “cheerleaders”) under two conditions: (a) the patient must give permission for this, and (b) the therapist must feel that the family member(s) can learn to contribute constructively to therapy. We frequently treat couples in which one partner has OCD and work with the non-affected partner to learn how to help with therapy and assist with overcoming OCD at home.

Treatment of Co-Morbid Disorders

The program treats individuals with OCD as well as those with body dysmorphic disorder, hypochondriasis, and/or other anxiety and stress disorders.

Individual Therapy

Typically the treatment program is between 12-20 sessions (average is 16 sessions). The sessions might occur weekly, twice-weekly, or more frequently (e.g., if someone is coming from out of town). Therapy sessions typically last from 1 to 2 hours.

Length of Stay

There is no set time period for treatment. We evaluate progress made after about 16 sessions to determine whether additional therapy would be beneficial. Patients from out of town typically stay for 3 weeks and see their therapist Monday-Friday. Local patients see their therapist weekly or twice-weekly.

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

Census for this program is 4.