



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Center for OCD and Anxiety-Related Disorders (COARD) at Saint Louis Behavioral Medicine Institute

Clinic/Program Director: C. Alec Pollard, PhD

Name of Intake Coordinator: Sue Mertens

Phone Number: (314) 534-0200, Ext. 407

Fax Number: (314) 289-9427

E-mail: mertenss@slbmi.com

www.slbmi.com

1129 Macklind Avenue
St. Louis, MO 63105

Payment Options:

Medicare

Private Insurance

Self-pay

Populations Served:

Adults

Adolescents

Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Prescribe Medication

Summary of our services:

The Center for OCD and Anxiety-Related Disorders opened in 1982. Each patient's team is led by a "primary therapist," a licensed mental health professional with many years of training and experience working with OCD. Additional members of the team include a psychiatrist, other cognitive behavior therapists, and postdoctoral fellows in clinical psychology. Depending on the needs of the patient, other professionals from the Institute may be involved, including non-psychiatric physicians, dieticians, physical therapists, and spiritual directors.

Perhaps the most unique aspect of our program is the services we provide for patients who are ambivalent about or resistant to treatment. In this program, we help patients identify and

address any issues that might be interfering with their ability to engage fully in treatment. We do not move forward with OCD treatment until those issues have been addressed sufficiently and a patient can successfully reinstate work on their OCD symptoms. We try to assist even in cases when the patient refuses treatment altogether. In this instance, we can provide guidance and support to families to help them cope effectively with the situation. Both the treatment-readiness therapy for OCD sufferers and consultation to families of treatment-refusers programs are relatively unique to our Center.

Treatment Planning Process

Following a thorough evaluation and assessment, the primary therapist, in collaboration with the rest of the clinical team, designs the treatment plan. Subsequent revisions of the treatment plan are a collaborative process involving the patient, the clinical team, and the primary therapist.

Core Treatment Components

A typical treatment plan at COARD includes motivational interviewing to enhance motivation for treatment, cognitive therapy to address misappraisals about danger, exposure and response prevention (the cornerstone of treatment), relapse prevention, family consultation and support, and medication and other therapies as indicated. While group experiences are provided, most of the therapy is administered on an individual basis.

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

Others are often involved in treatment. At the very least, family members may benefit from basic education about OCD and how to best support recovery. In some cases, more extensive family intervention is helpful. For example, we may help parents set up reward systems to help motivate their child to participate in treatment. Other key people (e.g., teachers, employers, clergy) may also be involved depending on the situation.

Treatment of Co-Morbid Disorders

Although there are specific services for OCD, COARD treats the full range of OCD and anxiety-related conditions.

Individual Therapy

Individual sessions occur every day. The bulk of the treatment at COARD is individual. Individual sessions may be up to an hour and half at a time.

Length of Stay

We have the capability to adapt treatment intensity and schedule to the individual. Typically patients attend treatment 5 days a week, but can attend up to 6 (we have a Saturday program). The number of hours per day can vary as well but ranges from 2 to 6 hours a day. The average length of stay is one month.

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

Our census for this program is 14.