



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

NYU Child Study Center Anxiety and Mood Disorders Service/Intensive Anxiety and OCD Outpatient Treatment Program

Clinic/Program Director: Aleta Angelosante, PhD

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One Park Ave, 7th Floor
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Treatment Providers:

Rebecca Rialon Berry, PhD

Aleta Angelosante, PhD

Clark Goldstein, PhD

Carrie Spindel, PsyD

Randi Pochtar, PhD

Samuel Fasulo, PhD

Payment Options:

Offer a sliding fee

Self-pay

Populations Served:

Adults

Adolescents

Children

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Habit Reversal

Home Visits

Prescribe Medication

Skills Training

Teletherapy
Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)
Hoarding Disorder
PANDAS/PANS
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services:

The Anita Saltz Institute for Anxiety and Mood Disorders at the NYU Child Study Center has offered intensive treatments for children, adolescents, and young adults with anxiety and OCD since the Child Study Center first opened in 1997. Aleta Angelosante, PhD, is the clinical director of the program, and has expertise in the evaluation and treatment of anxiety and mood disorders in children, adolescents, and young adults. Rebecca Rialon Berry, PhD, is a licensed psychologist specializing in cognitive-behavioral treatment for anxiety, mood disorders, and OCD in youth and adults.

In addition to comprehensive, individualized intensive treatment packages provided to families, the Child Study Center also offers the unique OCD Explorers Program, a one-week “camp-like” intensive group CBT treatment held each summer for children ages 8-13. This program pairs exposure and response prevention techniques, the gold-standard treatment for OCD, with opportunities to build confidence and master anxiety through real-world skills practice in the form of field trips that explore the exciting activities New York City has to offer.

Treatment Planning Process

Families seeking treatment for OCD will receive a comprehensive diagnostic assessment from a licensed psychologist or a psychology postdoctoral fellow that informs clinical, home, and educational recommendations. The psychologist will consult with the family to discuss various options for intervention based on diagnosis, severity of OCD symptoms and comorbidity, and previous treatment attempts. If medication management is indicated, the psychologist will work closely with staff psychiatrists at the Child Study Center or can coordinate with the family’s existing physician.

Core Treatment Components

Our services range from traditional outpatient treatment to individual and group intensive treatments. Intensive treatment programs are offered for several hours a day from 1 to 5 days per week for several weeks if needed. Our treatment plan is highly individualized based on the needs of the client. The core of all treatments center on the gold standard of OCD treatment: exposure and response prevention (ERP). Treatments are conducted or supervised by a licensed psychologist.

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

Parental and family involvement is highly encouraged and sometimes required in our treatments. Based on research and past experience, parental and family involvement is often integral to helping a child or adolescent generalize skills to his/her real-life environment. Parents are pivotal in coaching their children to maintain skills between sessions and following treatment termination. Parents receive psychoeducation about OCD and anxiety, learn the skills being taught to their child and are consulted on treatment goals throughout treatment.

Treatment of Co-Morbid Disorders

We are also able to treat many conditions related to or commonly experienced diagnosed along with OCD, including depression, generalized anxiety disorder, separation anxiety disorder, panic disorder, and social anxiety, as well as other disorders on the OC spectrum, including tic disorders, trichotillomania, and skin picking.

Individual Therapy

In our intensive treatment programs, patients typically meet with their individual therapist daily from 90 minutes up to full-day exposure sessions.

Length of Stay

The time frame of intensive treatments varies based on each child's needs. Typical length of treatment ranges from 1 day to 3 weeks. Specific phobias can often be treated in 1-3 sessions, while panic disorder and OCD treatment typically ranges from 8 to 14 sessions.

Other Resources

Our outpatient clinic also offers individual and group parent training, CBT groups for adolescents with social anxiety disorder, family therapy, neuropsychological testing, and organizational skills training.