



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# OCD Institute at the Center for Understanding and Treating Anxiety at San Diego State University

Clinic/Program Director: Nader Amir, PhD

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### **Treatment Providers:**

Nader Amir, PhD

### **Payment Options:**

Scholarships available

Self-pay

Offer a sliding fee

### **Populations Served:**

Adults

Adolescents

Children

### **Treatment Strategies Offered:**

Exposure and Response Prevention (ERP)

Family Therapy

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

Our intensive outpatient program (IOP) opened in August, 2006. We have three full time PhD level staff clinicians, including the program director, Dr. Nader Amir, and two post-doctoral fellows working under Dr. Amir's supervision. Dr. Amir is a clinical psychologist who has treated individuals with OCD since 1991. He received his training from Dr. Edna Foa and Dr. Richard McNally, two pioneers in the treatment and research on OCD. The post-doctoral fellows in our program have received specialized training in the cognitive behavioral treatment of OCD and other anxiety disorders.

The OCD Institute is devoted to the treatment of primary OCD and OC spectrum disorders,

as well as any secondary diagnoses of co-morbid depression or anxiety disorders (e.g., social phobia). In addition, our staff is actively involved in conducting research on OCD. Although certainly not required to, patients who are interested in participating in studies may take advantage of the numerous research opportunities offered at our institute.

### **Treatment Planning Process**

During a comprehensive diagnostic evaluation using the Y-BOCS we identify obsessions, compulsions, and avoidance behaviors to target in treatment. Next, we collaborate with the patient to generate a hierarchy of feared situations to use as the initial basis for planning in-session and homework exposure exercises. We also assess environmental factors that might exacerbate the OCD symptoms and include significant others and family members in discussions of treatment rationale and process.

### **Core Treatment Components**

Each patient is assigned to the clinical care of a PhD level clinician. Following two to three days of treatment planning, we conduct intensive ERP sessions multiple times per week (e.g., daily, 2-hour sessions over three weeks or 1.5-hour sessions three times a week depending on the needs of the patient).

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

In keeping with a “systems” perspective on the maintenance and treatment of OCD, we include family members and significant others in the initial sessions to assist with treatment planning and implementation and in the final sessions to assist with relapse prevention.

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

The OCD Institute is devoted to the treatment of primary OCD and OC spectrum disorders as well as any secondary diagnoses of comorbid depression or anxiety disorders. The OCD Institute is part of the Center for Understanding and Treating Anxiety meaning patients who present with a primary anxiety disorder other than OCD are assigned to other staff at the Center for Understanding and Treating Anxiety.

### **Individual Therapy**

Depending on the specific treatment plan for the patient program staff may meet with a particular patient twice, three, or five times a week for 1-hr, 1.5-hr, or 2-hr sessions.

### **Length of Stay**

There is no set time period for a patient’s treatment in the program. On average patients are seen for 15-20 sessions, e.g., delivered either 3 times/wk for 5 weeks or daily for 3 weeks.

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

Full census is 12.