



Osservatorio sul Disturbo Ossessivo-Compulsivo (OCD Observatory)

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Treatment Providers:

Dott.ssa Teresa Ambrosio

Payment Options:

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
Prescribe Medication
Skills Training
Treatment for Co-occurring Conditions

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

Hoarding Disorder
PANDAS/PANS
Perfectionism
Scrupulosity
Tics/Tourettes

Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services:

The OCD Observatory was opened in 2010. We have long been concerned about the lack of access that many OCD patients have to evidenced-based care in our area. The staff that works at our program is made of a psychiatrist, child neuropsychiatrist, neuropsychologist, cognitive behavioral psychotherapist for OCD patients, and a family psychotherapist for patients' families.. A particular aspect of this program is the personal nature of the care received. In contrast to much larger programs in our area, you will work with only one provider and won't be working with students and other trainees. You can expect compassionate and specialized care from a provider dedicated to offering evidenced-based interventions.

Treatment Planning Process

An extensive assessment is conducted prior to treatment. This assessment includes a complete psychodiagnosis., When possible, information is gathered from multiple informants, including the patient, his/her spouse, parents, and other significant relations. Then, an individualized treatment plan (psychotherapy, pharmacological therapy, etc.) is developed for each patient entering the program.

Patients with co-morbid conditions are accepted for treatment. For example, we do take patients with co-morbid depression and other anxiety disorders, bipolar disorder, and other Axis I and II disorders on a case-by-case basis. Our approach with other disorders is consistent with cognitive behavioral principles.

Core Treatment Components

Cognitive behavioral therapy (including several new techniques), patient and family psychoeducation, medication consultation, and cognitive evolutionary therapy are our core treatment components.

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

Family members participate in psychoeducation and family support sessions. Family members may be enlisted to help with homework, especially in the area of ERP. Friends may accompany patients to help social anxiety and other exposures. We also consult with teachers, principals, and counselors in the schools when needed.

Treatment of Co-Morbid Disorders

This program is devoted to treating individuals with OCD and other OCD spectrum disorders or anxiety disorders.

Individual Therapy

Patients in the intensive outpatient program meet with a therapist 3-4 time/week (varies per person) for 60-90 minute sessions.

Length of Stay

Intensive treatment will typically last at least three weeks and could last as long as eight weeks. When goals are reasonably achieved, we move to less frequent contact as patients take over more of their own treatment and develop a relapse prevention plan. The program is flexible to accommodate both scenarios. Treatment decisions are based on individual patient needs.

School Facilitates

We work with local schools.