



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

### Spectrum CBT

Clinic/Program Director: Sarosh Motivala, PhD

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1081 Westwood Boulevard, Suite 212

Los Angeles, CA 90024

#### **Treatment Providers:**

Sarosh Motivala, PhD

Melanie Hudson, PsyD

Justine Dembo, MD

#### **Payment Options:**

Self-pay

#### **Populations Served:**

Adults

Adolescents

#### **Treatment Strategies Offered:**

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Habit Reversal

Home Visits

Medication

Skills Training

Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)

Perfectionism

Scrupulosity

Skin Picking (Excoriation Disorder)

Trichotillomania (Hair Pulling Disorder)

Violent/Sexual Obsessions

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

Spectrum CBT was founded in 2011 by Sarosh Motivala, PhD, a psychologist who specializes in studying and treating obsessive compulsive disorder (OCD) and anxiety disorders. We are a treatment and coaching program that utilizes a team approach focusing on helping people deal with the crippling effects of OCD, fear, anxiety, and panic. We provide comprehensive services, including behavioral treatment, medication consultation and life coaching. Our clinicians have extensive training in obsessive compulsive spectrum disorders and anxiety spectrum disorders. Together, we have over 15 years of experience treating clients with OCD and anxiety spectrum disorders helping people change the way they behave in situations that trigger intense anxiety and fear. Although anxiety reduction is a major goal, equally important is helping clients regain or establish a significant quality of life.

### **Treatment Planning Process**

Treatment planning combines something called a "structured" assessment of your OCD symptoms using the Yale-Brown Obsessive Compulsive Scale (YBOCS) and a conversation about other common mental health struggles you are going through (such as social phobia, generalized anxiety, etc). After this conversation, we move onward and construct an initial treatment plan. Usually this plan integrates traditional CBT techniques with exposure. Exposure work includes developing a hierarchy (our term for "road map") that lists a very broad range of activities that we could do in session or out in the real world. After initial treatment planning, we regularly adapt the plan based on how things are going in treatment. We integrate our clinical estimates of progress and results from self-report measures as well as your own assessment of progress to guide treatment.

### **Core Treatment Components**

We use empirically supported, evidenced-based interventions to guide our practice. Cognitive behavior therapy (CBT), specifically, exposure and response prevention (ERP), and pharmacological management are the primary evidence-based therapeutic modalities used to treat those struggling with OCD spectrum disorders. Additionally, we blend mindfulness-based practices and acceptance and commitment therapy (ACT) into the treatment approach.

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

Strong evidence supports the effectiveness of teaching family members about obsessive compulsive disorder and what they can do to help maintain treatment effects. Because OCD is an impairing disorder that has a profound impact on how people connect with family, relationships, school and/or work, treatment approaches that target these areas are essential and utilized when deemed appropriate.

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

Due to the prevalence of OCD and a co-occurring common mental health struggle often related to anxiety, we treat both obsessive compulsive and anxiety spectrum disorders.

### **Individual Therapy**

We have intensive treatment and weekly outpatient treatment options available. Enrollment in treatment generally dependent on the client's situation and symptoms. Individual sessions last 50 minutes.

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

We do not have a strict census. However, we do focus on a select number of clients at one time to maximize collaborative clinical care. This number of clients is generally around 20-25.

**Other Resources for Outpatients**

In addition to offering psychological treatment Spectrum CBT offers medication management and general life coaching options for our clients. Medication management is an effective treatment approach, especially when coupled with ERP. With a psychiatrist on staff who specializes in OCD and anxiety disorders, we are able to effectively optimize treatment outcome. Moreover, we have coaching options to augment therapy. With special training in working specifically with OCD and chronic anxiety, our coaches will tailor their approach for the specific challenge that clients are dealing with in order to help them improve their daily functioning.