



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The Body Dysmorphic Disorder Program

Clinic/Program Director: Katharine, A. Phillips, MD

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www.rhodeislandhospital.org/bdd

Rhode Island Hospital Coro Center West, Suite 2.030

1 Hoppin Street

Providence, RI 02903

Treatment Providers:

Katharine, A. Phillips, MD

Rachel Simmons, PhD

Payment Options:

Private Insurance

Self-pay

Medicare

Population

Adults

Adolescents

Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

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

Body Dysmorphic Disorder (BDD)

Summary of our services:

The Body Dysmorphic Disorder (BDD) Program was founded in 1996 at Butler Hospital in Providence, RI. The program moved from Butler Hospital to Rhode Island Hospital in Providence, RI, on January 1, 2010. As a BDD specialty program, almost all of the patients we see have BDD. The core treatment components we use at our program are cognitive behavioral therapy and/or medication.

We also provide expert in-person evaluations for adults, children, and adolescents. Our one-time evaluation focuses on whether you have BDD, other psychological symptoms or problems you may have experienced, and treatment suggestions. We also provide similar evaluation services for people with olfactory reference syndrome (ORS), a condition in which people are

bothered by problematic thoughts that they emit an unpleasant or foul body odor. Our evaluation service doesn't include treatment. If you are already receiving treatment, our goal is to enhance the treatment you receive by making helpful suggestions for your ongoing care. If treatment isn't available where you live, we will do our best to help you find someone to provide treatment. If you live near Providence, RI, you can consider whether you would like to receive treatment with us following your evaluation.