



The Reeds Center

Clinic/Program Director: James Bender, PsyD; Michael Maher, PhD; & Sarah Parker, PhD

Name of Intake Coordinator: Sarah Parker PhD

Phone Number: (212) 203-9792

E-mail: thereedscenter@gmail.com

www.thereedscenter.com

7 W. 36th Street, 15th Floor
New York, NY 10018

Treatment Providers:

James Bender Jr., PsyD

Michael Maher, PhD

Sarah Parker, PhD

Daisy Jackson, PhD

Payment Options:

Self-pay

Offer a sliding fee

Populations Served:

Adults

Adolescents

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Group Therapy

Habit Reversal

Home Visits

Skills Training

Teletherapy

Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)

Perfectionism

Scrupulosity

Skin Picking (Excoriation Disorder)

Tics/Tourettes

Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services:

The Reeds Center opened in January 2012. The Reeds Center is run by three licensed clinical psychologists with extensive experience and expertise in cognitive behavioral therapy for OCD. We developed our treatment programs based on our collective knowledge and experience in clinical research and practice at Columbia University and the New York State Psychiatric Institute. Our work at these institutions focused on ways to improve response to cognitive behavioral therapies, including ERP for OCD. Each director is closely involved in the training and supervision of all clinical staff to ensure the highest quality of care.

The Reeds Center offers treatment for patients with OCD and comorbid conditions. We offer varying intensities of treatment in order to meet the needs of a wide range of patients. We also offer assistance with exposure practice outside of regular sessions with a patient's primary therapist for those who may need additional support.

Of note, we offer a variety of ways to make intensive ERP more affordable for patients, including group treatment, in-home sessions via Internet conferencing, and sessions with pre-doctoral externs and postdoctoral fellows.

Treatment Planning Process

Each patient goes through a thorough evaluation to ensure s/he is a good candidate for intensive ERP. Through that evaluation, the patient and therapist work together to identify treatment goals, create a treatment hierarchy, and outline work to be done in each session.

Core Treatment Components

The core components of our program are intensive exposure and response prevention (ERP sessions) and group therapy for OCD. Other cognitive behavioral therapies (CBT) are utilized for co-morbid disorders. We collaborate with a range of expert psychiatrists and psychopharmacologists and refer our clients for psychiatric consultation when medication is required.

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

The Reeds Center provides sessions for family members and loved ones to come and learn about OCD, ERP, and how they can partner in the patient's recovery.

Treatment of Co-Morbid Disorders

The Reeds Center specializes in treating OCD, OCD spectrum disorders (e.g., trichotillomania), and other anxiety disorders. We also specialize in the treatment of OCD with co-morbid conditions including eating disorders.

Individual Therapy

There are both individual and group options for treatment at The Reeds Center. Patients meet with therapists for intensive sessions up to five times per week for a maximum of 2 hours each day. Additional assistance with exposure practice is offered as needed. The intensity of

treatment depends upon each patient's individual needs and is determined collaboratively during intake.

Length of Stay

In the intensive ERP program most patients engage in 15-20 intensive sessions after initial evaluation and treatment planning. These sessions can occur between two and five times per week, producing different lengths of treatment. The Reeds Center seeks to provide individualized treatment and therefore will extend the stay of individuals needing additional ERP. The average length of stay is 8-12 weeks.