



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# University of South Florida OCD, Anxiety, and Related Disorders Behavioral Treatment Program

Clinic/Program Director: Adam B. Lewin, PhD, ABPP

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University of South Florida Rothman Center for Neuropsychiatry  
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St. Petersburg, FL 33701

### **Treatment Providers:**

Betty Horng, PhD

Omar Rahman, PhD

Adam Lewin, PhD, ABPP

Eric Storch, PhD

Tanya Murphy, MD

Justyna Wojas, MD

### **Payment Options:**

Private Insurance

Medicare

Self-pay

### **Populations Served:**

Adults

Adolescents

Children

### **Treatment Strategies Offered:**

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Habit Reversal

Medication

Skills Training

Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)  
Hoarding Disorder  
PANDAS/PANS  
Perfectionism  
Scrupulosity  
Skin Picking (Excoriation Disorder)  
Tics/Tourettes  
Trichotillomania (Hair Pulling Disorder)  
Violent/Sexual Obsessions

**Summary of our services:**

The University of South Florida's (USF) Rothman Center opened in July 2008 to provide integrated clinical care for people with obsessive compulsive disorder (OCD) and related disorders. The Center uses a multidisciplinary approach to treatment. The Center offers diagnostic, education, research, and outreach services, as well as evidence-based treatment to clients. Services are offered through both weekly and intensive outpatient behavioral treatment programs. By working as a team, the Center's health care professionals are able to deliver an expanded selection of safe and effective treatments. This is consistent with the increasingly interdisciplinary nature of health care research and increased focus on integrative care.

The USF Rothman Center is an academic research center specializing in OCD spectrum disorders. Our providers are expert clinicians and leading researchers in the field. The Rothman Center team develops and refines assessment and treatment, keeping us on top of the latest cutting-edge approaches. Our physicians and psychologists are leaders in training the next generation of specialists in OCD, Tourette's and related disorders. Many of our Center staff sit on scientific and medical advisory boards, serve as faculty for professional training institutes, develop practice guidelines for mental health professionals, edit scientific journals, and serve in national leadership roles in professional organizations.

**Treatment Planning Process**

Our program provides comprehensive psychiatric and behavioral assessment for treatment of OCD and related disorders such as Tourette/tic Disorders, trichotillomania/hair pulling disorder, anxiety disorders, school refusal, selective mutism, misophonia, body dysmorphic disorder, hoarding disorder, and skin picking disorders. Notably, our providers specialize in treating these problems in individuals with autism spectrum disorders. In addition, our providers have expertise in the assessment, medical, and behavioral treatment of PANS/PANDAS. Although housed with the department of pediatrics, we specialize in treating individuals with OCD and related disorders across all ages, including adults. Outcome studies involving both the intensive and weekly CBT Programs have found very high rates of improvement among our patients. Your first visit will consist of a comprehensive assessment aimed at planning and individualized course of treatment for you or your child.

**Core Treatment Components**

We offer weekly, intensive, outpatient, behavioral treatment options. All therapy is individual, however many sessions are conducted in the context of the family as well. We specialize in cognitive behavioral therapy (CBT) for OCD. CBT is primarily based on two principals: 1) exposure and response prevention and 2) cognitive therapy. Exposure is described as having the patient face his/her fear. Response prevention follows exposure and involves the patient with OCD refraining from engaging in repetitive, compulsive activities often performed to ease anxiety. Cognitive exercises teach the patient to challenge his/her thought processes. This approach has strong research support. Physician and medication services are arranged separately and may not be available for out-of-state patients.

Advantages of our program:

- I:I therapy (not group-based)
- Doctoral level therapists conduct sessions (if desired, trainee therapists may be available on a limited basis for discounted rates/study-based options)
- Individualized program based on the specific needs of the patient/family
- Housed within a leading academic research center with expertise in OCD spectrum disorders
- Clinicians have expertise working with PANS/PANDAS
- Expertise in Tourette/tics, autism and other co-morbidities
- Billed as individual/family daily therapy sessions, reducing cost

Physician services: The Rothman Center also offers specialty physician services, including consultations, diagnostics, and medication management. Our medical team has expertise in OCD and OCD Spectrum Disorders, Tourette Syndrome, autism, and PANS/PANDAS. Psychiatric evaluations consist of a detailed medical history, neurological examination, and an interview with individual and his/her family to assess psychosocial functioning. The Rothman Center Physicians are one of the few academic groups in the world with expertise in PANS/PANDAS, immune function, and nutrition in neuropsychiatric symptoms.

Medical management: If medical treatments are needed, the physician will aim to minimize side effects and maximize treatment effectiveness. Diagnostic testing such as laboratory assessments, cultures, MRIs, and EEGs may be performed. Additional medical specialty referral may be facilitated if needed. Physician services are arranged separately from the intensive behavioral treatment program.

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

All therapy is individual, however many sessions are conducted in the context of the family as well. Parents and family members are integral to maximizing outcomes. For youth, we focus on training parents to understand and implement exposure and response prevention. Parents and children (and family members, if appropriate) are included extensively in determining the treatment plan and throughout the treatment process. With parents, our approach is based on a “parent as therapist” model. In other words, we believe that if parents know the theory, nature, and treatment of OCD, they will be effective figures in maintaining gains and preventing relapse. This education starts in the initial evaluation with the child and his/her family where we provide extensive education about OCD and CBT. For adults, we welcome inclusion of spouses, adult children, or parents with permission from the patient.

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

Our program is completely individualized based on the patient's needs. Some patients may need treatment for co-occurring problems. Our treatment program provides comprehensive psychiatric and behavioral assessment and treatment of OCD and related disorders such as Tourette/tic disorders, trichotillomania/hair pulling disorder, anxiety disorders, school refusal, selective mutism, misophonia, body dysmorphic disorder, hoarding disorder, and skin picking disorders. Our providers also specialize in treating these problems in individuals with autism spectrum disorders. In addition, our providers have expertise in the assessment, medical and behavioral treatment for PANS/PANDAS. Although housed with the department of pediatrics, we specialize in treating individuals with OCD and related disorders across all ages, including adults.

We also provide habit reversal therapy (HRT) for individuals with or without OCD. Habit reversal therapy consists of awareness, generalization, competing response training, and contingency management. At the Rothman Center, we use HRT to treat tic disorders (including Tourette Syndrome), hair pulling (trichotillomania), and skin picking. Our faculty have expertise in HRT and the comprehensive behavioral intervention for tics (CBIT). Weeklong intensive outpatient programs for HRT (as well as standard once-weekly sessions) for hair pulling disorder are available.

## **Individual Therapy**

Our behavioral treatment program offers both weekly and intensive outpatient CBT with exposure and response prevention. All sessions are individual/family with your doctoral level therapist. Sessions are typically 45-60 minutes.

**Intensive CBT:** We generally recommend intensive treatment for patients who do not have access to local providers with expertise in CBT for OCD. While some patients with more severe OCD do still respond to weekly treatment, intensive treatment may be more appropriate for individuals who have not responded to at least one course of CBT with exposure and response prevention. Greater severity might also suggest the need for intensive treatment. For patients whose lives are severely disrupted by OCD (not going to work/school, for example), daily intensive treatment sessions may be recommended to potentially speed recovery. Our experts can discuss the advantages of intensive versus weekly CBT during your initial evaluation appointment, especially with local families who may have more flexibility. If it becomes a concern that a patient cannot safely participate in intensive or weekly outpatient CBT, we can discuss referrals for inpatient or residential treatment.

Our program is streamlined, focusing on the active “ingredient” for treating OCD – CBT exposure and response prevention therapy. Our doctoral-level experts specialize in efficiently developing an individualized program of CBT with exposure and response prevention for each patient. Treatment includes a comprehensive plan for continued exposure therapy practice outside of therapy sessions. We minimize non-essential components of treatment and focus instead on key research supported therapeutic techniques for treating OCD, thus reducing cost and increasing efficiency. We are very pleased to have a high success rate despite treating many previously refractory patients.

**Length of Stay**

Our program is individualized based on the patient's needs. The average duration of treatment in the intensive program is 3 weeks. However, there is usually flexibility to extend in many cases. Some patients elect to seek shorter duration, which can also be arranged. The initial visit consists of a diagnostic and problem-focused assessment to best guide treatment. Then, sessions are held once daily Monday-Friday (except holidays) ranging from 45-75 minutes. A substantial amount of homework to complete outside of scheduled therapy sessions rounds out the program. In addition to the CBT/behavioral treatment program, the USF Rothman Center has extensive physician services that can be arranged separately (please see below). Medication management is neither required nor included in the intensive behavioral treatment program. In some cases, we may recommend physician consultation due to severity, risk, or co-occurring problems that may impede CBT.

Our weekly outpatient CBT with exposure and response prevention is also flexible. Generally patients participate in an average of 12-14 sessions. There is considerable flexibility in duration. Some patients may elect to be seen twice weekly, for example. We are able to accommodate patient/family needs.

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

There is no set maximum number of patients for our program. Patients are scheduled based on the best match between their preference and provider availability.

**Other Resources for Outpatients**

We also offer psychoeducational testing and physician services. Additionally, the Ronald McDonald House is located on campus for pediatric patients with advanced approval.