



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Westwood Institute for Anxiety Disorders

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921 Westwood Boulevard, Suite 223  
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### Populations Served:

Adults  
Adolescents  
Children

### Payment Options

Self-Pay

### Treatment Strategies Offered:

Exposure and Response Prevention (ERP)  
Family Therapy

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

Body Dysmorphic Disorder (BDD)

### Summary of our services:

In 1994 upon completing her training with Dr. Edna Foa, Dr. Eda Gorbis began using Dr. Foa's intensive method involving prolonged and repeated exposures and response prevention (ERP) for treating OCD. The Westwood Institute for Anxiety Disorders was founded in 1997 by Dr. Gorbis in response to the lack of expertise and successful treatment of obsessive compulsive disorder (OCD). Since the 1990s, Dr. Gorbis has successfully treated numerous patients from many parts of the world suffering from severe OCD and has trained many clinicians from the United States and across the world on her intensive integrated method. This program is a highly personalized intensive program for those with anxiety-related disorders. While it is very time consuming and difficult, it also exhibits a very high level of success with people who have failed on average 2-3 programs prior to attending ours. Of note, there is an ongoing weekly two-hour group open to anyone who attended our program.

## **Treatment Planning Process**

We conduct a two to three hour initial assessment that includes an interview and completion of multiple measures. This step also includes obtaining information about relationships between obsessions and consequences of external and internal cues, inquiry about bodily sensations, and patterns of avoidances. We then use the first week of treatment to design a program tailored to the individual.

## **Core Treatment Components**

At the beginning of treatment, the client is taught to self-monitor his or her rituals. This involves describing activities or thoughts that evokes a ritual and rating the anxiety and discomfort level from 0 -100. The client is also taught to estimate the number of minutes per day spent in performing the rituals during the time stated. We then move to an ERP model and have the client move slowly up their hierarchy of feared situations. We also incorporate writing exercises and mindfulness-based behavioral treatment exercises to form the core of our treatment.

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

Family and friends are encouraged to attend sessions to help support the client emotionally and to help the family members and friends understand their loved one's condition.

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

While OCD is the primary treatment target, we also address BDD, other anxiety disorders (social phobia, specific phobia, generalized anxiety disorder, PTSD), and eating disorders.

## **Individual Therapy**

Each day the duration of the treatment is at least 90 minutes. Patients in the day program may work for up to 8 hours per day.

## **Length of Stay**

The time period for a client depends on their need. During our three-week intensive day program, the client works with a therapist everyday between 5 and 7 days a week. There is some flexibility but because of the intensive work, we prefer to get the most out of our time as possible.

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

Full census is 4.