



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Cognitive Behavioral Therapy Center of Sacramento Valley

Clinic/Program Director: Laura Johnson, LMFT, LPCC

Name of Intake Coordinator: Laura Belknap

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3017 Douglas Boulevard, Suite 300

Roseville, CA 95661

Treatment Providers:

Laura Johnson, LMFT, LPCC

Payment Options:

Self-Pay

Populations Served:

Adults

Adolescents

Children

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Habit Reversal

Skills Training

Teletherapy

Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)

PANDAS/PANS

Perfectionism

Scrupulosity

Skin Picking (Excoriation Disorder)

Tics/Tourettes

Trichotillomania (Hair Pulling Disorder)

Summary of our services:

Laura Johnson is the founder and director of Cognitive Behavior Therapy Center, Adult & Child Counseling, Inc. We specialize in anxiety and OCD and have two regional centers: Cognitive Behavior Therapy Center of Silicon Valley in Saratoga and Cognitive Behavior Therapy Center of Sacramento Valley in Roseville. At our main office in the Silicon Valley, we have 4 licensed therapists and 2 registered interns. We recently opened a second branch office in Roseville where Laura Johnson offers CBT. She is in the process of hiring staff as referrals increase. Our center assistant supports both offices.

We stand out for our passion for helping our clients learn new skills to achieve their goals, our understanding and caring for our clients, and our relentless pursuit of advanced training and knowledge to deliver more effective therapy for our clients. Laura Johnson is a certified cognitive therapist with the Academy of Cognitive Therapy and has completed three certificate programs in OCD treatment through the Center for the Treatment and Study of Anxiety at the University of Pennsylvania and the International OCD Foundation's Behavior Therapy Training Institute. Caitlyn Oscarson and Erica Russell have also attended the International OCD Foundation's Behavior Therapy Training Institute.

Treatment Planning Process

All of our therapists are trained in the evidence-based treatment protocols for OCD and other anxiety disorders. We conduct a personalized assessment and develop an individualized cognitive-behavioral case conceptualization for each client and their presenting problem(s). For OCD, we use exposure and response prevention as the primary treatment modality, with each ERP plan individually tailored for the client. We involve family members as appropriate for the client's developmental stage. We also incorporate strategies such as cognitive processing to consolidate new learnings from exposures and paradoxical strategies to help clients accept and welcome the anxiety, discomfort, and uncertainty that often accompany OCD and other anxiety disorders.

Core Treatment Components

The core treatment component of our OCD program is exposure and response prevention complemented by other modalities as appropriate for the client. We complement individual therapy with family therapy as needed.

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

For children, family members are always included in treatment. For adults, we encourage family members to be supportive and will coach family members in the best way to help the client. If appropriate, we may involve other relevant individuals such as friends and teachers.

Treatment of Co-Morbid Disorders

Our center specializes in OCD, anxiety and anxiety-related disorders, so we will treat OCD in the context of all the client's problems.

Individual Therapy

Generally, clients meet with their therapist a minimum of once a week for 45 minutes. For more severe OCD and anxiety disorders, we recommend 2+ sessions per week lasting 75-90 minutes each.

Length of Stay

Our program is flexible depending on the client's severity and individual needs. We do not offer residential services or a structured intensive outpatient program at the moment. If the client needs services that are more intensive than we can provide, we will offer referrals to IOPs or residential treatment programs.

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

Since we have many therapists on staff, we are usually able to accommodate most patients if they are flexible with when they can attend sessions.

Other Resources for Outpatients

We offer intensive therapy (2+ times per week) and longer sessions as indicated by the client's needs and treatment plan.