



Addictive, Compulsive, and Impulsive Disorders Research/Clinical Group

Clinic/Program Director: Jon Grant, JD, MD, MPH
Name of Intake Coordinator: Department of Psychiatry Intake
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Treatment Providers:

Jon Grant, JD, MD, MPH
Lindsay Brauer, PhD
Shona Vas, PhD

Payment Options:

Private Insurance
Medicare
Medicaid
Self-Pay

Populations Served:

Adults

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Habit Reversal
Prescribe 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 Addictive, Compulsive, and Impulsive Disorders (ACID) Research/Clinical Group has a variety of treatment services available in the areas of obsessive compulsive and related disorders. We offer individual CBT, medication management, intensive outpatient therapy, and neurosurgical procedures. Staff members at the clinic have years of experience in obsessive compulsive and related disorders treatment. We are one of only a handful of clinics in the Midwest offering all levels of intensity of therapy as well as medication management for the full spectrum of obsessive compulsive and related disorders. Dr. Grant is recognized as an international expert in the field of obsessive compulsive and related disorders and directs operations of the clinic.

Most of our services are scheduled 1-2 times per week using CBT/ERP, habit reversal and/or ACT. However, we also offer intensive therapy on an individualized basis. After an assessment, we work to craft and tailor CBT/ERP for the individual.

In the more intensive track, people may also come to the clinic for a 2-week period for daily CBT/ERP (2-3 hours of individual therapy per day). We offer this to individuals outside of easy commute distance who stay locally in a hotel and receive this more intensive individual therapy using a standard CBT/ERP approach.

Treatment Planning Process

Treatment begins with a detailed mental health evaluation after which various treatment options are discussed with the client. Both medication and therapy options are presented, as well as options to treat co-occurring disorders. All options are discussed with the patient, before the patient and doctor collaborate to determine the optimal treatment plan for the patient's unique needs. We also offer education for family members and include them in the treatment approach when appropriate.

Core Treatment Components

We use medication interventions as well as CBT (specifically exposure response prevention) in the treatment of OCD. In the case of obsessive compulsive-related disorders, we also offer habit reversal and ACT.

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

Family and community member are included in the treatment process depending on the specific needs of the individual. We offer education for family members and include them in the therapy process itself when appropriate.

Treatment of Co-Morbid Disorders

Our clinic offers services for the entire range of obsessive compulsive and related disorders, as well as co-occurring conditions.

Individual Therapy

Scheduling is entirely dependent on the patient's needs. In general, therapy sessions are weekly and last 60 to 90 minutes. Medication management visits are generally 30 to 60 minutes.

Length of Stay

The length of treatment is determined by the individual case. Residential services are not offered.

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

We do not have a pre-determined census for the program at this time.

Other Resources for Outpatients

The clinic also offers medication management/consultation, couples and family therapy, neurosurgical options/consultations, and general medical consults.