



## **University of Pennsylvania OCD Clinic: The Center for the Treatment and Study of Anxiety**

Clinic/Program Director: Edna B. Foa, PhD  
Name of Intake Coordinator: Edna B. Foa, PhD  
Phone Number: (215) 746-3327  
Fax Number: (215) 746-3311  
E-mail: [stsao@mail.med.upenn.edu](mailto:stsao@mail.med.upenn.edu)  
[www.med.penn.edu/ctsa](http://www.med.penn.edu/ctsa)

3535 Market Street, 6<sup>th</sup> Floor  
Philadelphia, PA 19104

### **Payment Options:**

Self-pay

### **Populations Served:**

Adults  
Adolescents  
Children

### **Treatment Strategies Offered:**

Exposure and Response Prevention (ERP)

### **Summary of our services:**

The Center for the Treatment and Study of Anxiety was started in 1979. All therapists are trained at the clinic by senior personnel. There are several tiers of therapists to accommodate the needs of our clients, including licensed therapists with advanced degrees, unlicensed therapists with advanced degrees, and advanced practicum doctoral students.

It is important to emphasize that our program is an outpatient program. Our setting is not suitable for persons who require residential care. We do not have emergency or walk-in service. Summer and winter breaks are often highly sought after times for intensive treatment so we recommend that people reserve their slots early to secure those times.

### **Treatment Planning Process**

The first two sessions are devoted to gathering information and collaboratively planning the treatment. During treatment, adjustments can be made as needed.

### **Core Treatment Components**

Our program offers individual exposure and response prevention (ERP). If a patient is already on medication, we encourage them to stay on a stable dose and coordinate that with the person's prescribing physician. Should someone ask for a medication consult, we refer that person to local psychiatrists or to outpatient psychiatry at the University of Pennsylvania.

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

Parents, family members, friends, teachers, etc. are included in the treatment on an 'as needed' basis. It is often useful to clue in the supporting environment on what the treatment entails and on what are the best ways that they can support the patient in successfully utilizing the treatment. For example, parents need to know how to react when a compulsion for reassurance seeking is phased out as part of the ritual prevention component of ERP. Similarly, teachers often have to be advised about how to react when the treatment deliberately asks the patient to 'mess up' some of their homework.

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

The intensive treatment is geared to OCD and spectrum disorders. Our therapists are trained to treat other anxiety disorders as well. Those treatments are available on a twice or once weekly basis.

### **Individual Therapy**

The intensive ERP treatment consists of daily 90-120 minute one-on-one sessions with a designated therapist.

### **Length of Stay**

The intensive treatment program typically meets daily for a period of 3-4 weeks (not including weekends). There is flexibility in extending someone's stay if needed.