Cognitive Behavior Therapy Associates, LLC

Clinic/Program Director: James Vermilyea, PhD, ABPP
Name of Intake Coordinator: James Vermilyea, PhD, ABPP
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394 Lowell Street, Suite 15
Lexington, MA 02420

Treatment Providers:
James Vermilyea, PhD, ABPP
Elaine Borgen, PsyD
Dennis Upper, PhD, ABPP
Peter Harakas, PhD

Payment Options:
Private Insurance
Self-pay
Offer a sliding fee

Populations Served:
Adults
Adolescents

Treatment Strategies Offered:
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)

Areas of Specialty (in addition to OCD in general):
Body Dysmorphic Disorder (BDD)
Perfectionism
Scrupulosity
Violent/Sexual Obsessions

Summary of our services:
Cognitive Behavior Therapy Associates opened in 2010 when Dr. James Vermilyea identified a need in the area north of Boston, MA for expert outpatient services in treating anxiety disorders and depression. We use on-site in vivo and imaginal ERP for OCD, as well as cognitive behavior therapy to treat other co-morbid issues such as depression. We can also do

intensive outpatient exposure packages. Our clinic has 50% or more of its patients currently being treated for OCD.

We have several doctoral level therapists allowing us to offer services to OCD patients ranging in age from adolescence through adulthood. Dr. Vermilyea, one of our senior clinicians, was trained in anxiety disorders and OCD at the State University of New York at Albany at what would become the Boston University Center for Anxiety and Related Disorders (CARD). He has over 27 years experience treating OCD. Dr. Elaine Borgen, another senior clinician, is committed to the use of empirically validated interventions for the treatment of OCD and other anxiety disorders. She has over 15 years of experience. Dr. Dennis Upper, our third senior clinician, has over twenty years experience in treating OCD.