



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Mount Sinai Obsessive-Compulsive and Related Disorders Program

Clinic/Program Director: Dorothy Grice, MD

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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)

Group Therapy

Habit Reversal

Home Visits

Prescribe Medication

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 mission of the Obsessive-Compulsive and Related Disorders Program is to provide comprehensive clinical assessments designed to produce individualized and developmentally appropriate evaluation and treatment for patients and families in need. We also aim to advance the scientific understanding of the causes of OCD and related disorders. The directors of our program are acknowledged clinical and scientific experts in the fields of OCD, tics, and related disorders and are committed to providing excellent care to all patients in our program, training our future clinical and research leaders, and pursuing scientific studies at the forefront of our field. Our multidisciplinary team is composed of pediatric and adult psychiatrists, psychologists, residents, post-doctoral fellows, and doctoral-candidate externs. The directors of our team are acknowledged clinical and research experts in the field who are committed to providing outstanding care to all patients in our program.

Treatment Planning Process

Evaluations consist of a detailed clinical interview as well as standardized assessments (e.g. Y-BOCS, CY-BOCS, YGTSS, etc) to determine the range and severity of symptoms. In addition, we offer specialized multidisciplinary evaluations and consultations for those who are currently in treatment but who have not responded to conventional therapies. The goal of our outpatient services is to provide sensitive and specific treatments that are informed by accurate and thorough diagnostic evaluations. For our pediatric patients, diagnostic assessment and treatment is provided by specialists in child and adolescent psychology and psychiatry and we strongly encourage family involvement. After the initial evaluation is completed, the treating clinician will review her/his diagnostic assessment, make recommendations for treatments and begin specific treatment planning with patients and their families.

Core Treatment Components

In our program, cognitive behavior therapies are typically central treatment components for our patients with OCD, with exposure and response prevention being a mainstay intervention. For patients with other diagnoses, other empirically based treatments are provided, including habit reversal therapy, CBIT, as well as mindfulness- and acceptance-based therapies. All interventions are supported by psychoeducation and, when indicated, medication treatments. Our behavioral therapy faculty and psychopharmacologists communicate closely to ensure that we provide coordinated and comprehensive care. For those patients and families who are seeking a lower fee option, we have a specialty clinic service for children, teens and adults in which care is provided by doctoral students and/or advanced psychiatry residents and child psychiatry fellows, under close supervision of our OCD program faculty. Our program also offers free ERP-based group therapy treatment for children. These groups typically are held four times per year.

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

We encourage adults in treatment to invite their family, significant others, or close friends for both psychoeducation and to learn how to act as a coach and/or support the patient. For pediatric patients, parents (and core caregivers, if indicated) attend the initial evaluation and are included in the therapy as needed depending on the age of the child and symptom severity. Clinicians will check in with parents to discuss treatment-related homework, clinical progress, and will involve siblings and other family members as appropriate. For school-age patients, our

team can work closely with their academic system to ensure appropriate accommodations and placements.

Treatment of Co-Morbid Disorders

The Obsessive-Compulsive and Related Disorders Program evaluates and treats OCD, persistent tic disorders such as Tourette disorder, body dysmorphic disorder, trichotillomania and excoriation disorders. We assess all patients for other co-occurring disorders and work with patients to prioritize treatment interventions.

Individual Therapy

The frequency of psychotherapy sessions ranges from one to four meetings per week (depending on patient need) and the length of sessions ranges from 45 to 75 minutes. Sessions are held in our clinical offices and also outside the office, as indicated. The frequency of appointments for medication management is individually determined and appointment length is typically 45-50 minutes.

Length of Stay

Our program provides outpatient treatment only and does not have a pre-determined length of stay. Duration of treatment is individually determined, often starting with weekly (or more frequent) sessions and moving to less frequent booster sessions after completion of ERP.