Psychological Care & Healing OCD Intensive Treatment Program

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11965 Venice Boulevard, Suite 202  
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Payment Options:  
Self-pay

Populations Served:  
Adults

Treatment Strategies Offered:  
Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Exposure and Response Prevention (ERP)  
Family Therapy  
Group Therapy  
Habit Reversal  
Prescribe Medication  
Skills Training  
Treatment of Co-occurring Conditions

Areas of Specialty (in addition to OCD in general):  
Body Dysmorphic Disorder (BDD)  
Hoarding Disorder  
Perfectionism  
Scrupulosity  
Skin Picking  
Tics/Tourettes  
Trichotillomania  
Violent/Sexual Obsessions

Summary of our services:
Psychological Care and Healing (PCH) Treatment Center was established in 2010 with residential and day treatment options for severe psychiatric disorders, including bipolar disorder, depression, anxiety and personality issues, psychological trauma, and dual diagnosis. In 2013 we launched a separate self-contained OCD program to meet the demand for specialized treatment for obsessive compulsive spectrum disorders with empirically supported, evidence-based interventions. We feature a highly experienced clinical staff with extensive experience in treating OCD spectrum disorders. Our OCD program offers full living arrangements in our residence houses as well as options such as sober living homes and apartments. PCH also offers an aftercare program to assist clients in transitioning out of treatment.

Treatment Planning Process
Clients receive an initial diagnostic evaluation that includes the Y-BOCS to identify obsessions, compulsions, and avoidance behaviors that will be used for the development of exposure hierarchies specifically tailored to each client's OCD subtype. Co-morbid conditions are also identified during this evaluation and included in the treatment plan as necessary.

Core Treatment Components
The program involves four hours per day of therapist-assisted exposure and response prevention (ERP) and cognitive therapy (CT) that start with an individual session in which client and therapist collaboratively design graduated in-vivo and imaginal exposure hierarchies based on the each client's specific obsessions, compulsions, and avoidances. The first hour of individual therapy is also used to carry out cognitive restructuring and other cognitive therapy interventions in addition to continually reviewing a client's treatment plan. The second and fourth hours are spent doing exposure work, while the third hour involves an OCD group therapy session.

Parents, Family Members, Friends, Teachers, etc. Involvement
OCD invariably involves an entire family system that requires education and support to help the OCD sufferer overcome their symptoms and comply with exposure work. Family members, when appropriate, are integrally involved in the client's treatment through our stand-alone family treatment program. We offer an intensive three-day family weekend, as well as individual family therapy sessions with and without the client.

Treatment of Co-Morbid Disorders
Our OCD program focuses on OCD and OC spectrum disorders. However, clients at PCH can also receive treatment for co-occurring disorders frequently associated with OCD such as trauma, mood, and personality issues. For these, an array of treatment modalities are in our general and specialty psychological programs, including psychodynamic therapy, neurofeedback, DBT, mentalization, an arts program, and group therapies.

Individual Therapy
Each client receives three hours of one-on-one treatment involving a combination of individual ERP and cognitive therapy sessions. These three hours are complemented by a daily one-hour group session.
Length of Stay
Clients typically stay 8 to 12 weeks, but the program can be extended based on the severity and complexity of each case. Clients also enjoy the opportunity to move from our residence house to a less-acute level of care in our day treatment program. We also offer living options in our transitional house, a minimally supervised residence in which clients are assigned daily chores and participate in part-time volunteer work in the community.

“Census” (i.e., the maximum number of clients seen at any given time)
The PCH OCD Program can accommodate up to 10 clients in residential treatment and 6 more clients as outpatients based on our number of therapists and schedule.

School Facilities
We treat clients 18 and over. We do have educational facilities in close proximity, and clients are able to attend school while participating in the program.

Other Resources
Our program offers both residential and day treatment options and is therefore equipped to provide intensive outpatient treatment for OCD. Resources from our other treatment programs are available to OCD clients, including psychodynamic therapy, an arts program, neurofeedback, group therapies, holistic treatments, somatic experiencing, and sensorimotor therapy.