



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

University of Pennsylvania Child/Adolescent OCD, Tics, Trichotillomania & Anxiety Group (COTTAGE)

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3535 Market Street, 6th Floor
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Payment Options:

Self-pay

Populations Served:

Adults
Adolescents
Children

Treatment Strategies Offered:

Exposure and Response Prevention (ERP)
Habit Reversal

Areas of Specialty (in addition to OCD in general):

Body Dysmorphic Disorder (BDD)
PANDAS/PANS
Perfectionism
Scrupulosity
Skin Picking
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services:

The Director of COTTAGE, Martin Franklin (PhD), worked at the Center for the Treatment and Study of Anxiety (also at the University of Pennsylvania) for 17 years and founded COTTAGE in July 2009. All therapists are trained at the clinic by senior personnel. There are several tiers of therapists, to accommodate the needs of our clients: 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 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 child/adolescent psychiatrists.

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

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

Treatment of Co-Morbid Disorders

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

Intensive ERP treatment consists of daily 60-90 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.