



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Sage Anxiety Treatment Clinic

Clinic/Program Director: Robin Taylor Kirk, LMFT

Name of Intake Coordinator: Courtney Harrison

Phone Number: (916) 614-9200

Fax Number: (916) 614-9201

E-mail: [robin@sagepsychotherapy.org](mailto:robin@sagepsychotherapy.org)

[www.sagepsychotherapy.org](http://www.sagepsychotherapy.org)

601 University Avenue, Suite 225  
Sacramento, CA 95825

### **Treatment Providers:**

Robin Taylor Kirk, LMFT

Ryan Cheperka, PhD

Janet Spaulding, LMFT

Bridget Koch-Timothy, PsyD

Nicole Nelson, LMFT, LPCC

Mary Robinson, LMFT

### **Payment Options:**

Private Insurance

Self-pay

Sliding fee available

Scholarships available

### **Populations Served:**

Adults

Adolescents

Children

### **Treatment Strategies Offered:**

Acceptance and Commitment Therapy (ACT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Habit Reversal

Home Visits

Prescribe Medication

Skills Training

Teletherapy

Treatment for Co-occurring Conditions

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

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

**Summary of our services:**

Sage Intensive Outpatient Program opened in 2011 as the first intensive program to seamlessly integrate two evidence-based treatments: acceptance and commitment therapy ("ACT") and exposure and response prevention ("ERP"). ACT integrated exposure provides a means to work with and experience anxiety in a new way that makes the process of ERP much more approachable. Sage has an early dropout rate of approximately 8% compared to the early dropout rate for ERP of approximately 30%. Also, since we teach clients a process for experiencing anxiety, the process can be utilized any time anxiety is triggered and does away with the need to become desensitized to each item on a hierarchy.

ACT is an important addition to exposure because it provides training in mindfulness, the practice of returning one's attention to the present moment and experiencing it fully, giving clients the ability to disconnect from unhelpful trains of thought and live a life full of meaning and vitality.

**Treatment Planning Process**

In keeping with our philosophy, Sage provides 60-90 minute assessments at no cost to the client. We never want financial considerations to prevent individuals from getting help. Once in the program, treatment and exposure planning are done one on one with a therapist. The effectiveness of treatment is assessed continually and involves regular consultation with physicians, psychiatrists, and loved ones as appropriate. We do not engage in surprise or extreme exposures. Every exposure is done with the knowledge and agreement of the client.

**Core Treatment Components**

Sage Anxiety Treatment Program utilizes ACT Integrated ERP. While we do exposures and develop hierarchies, they are mainly intended to give clients practice with the ACT concepts in different situations and while experiencing different degrees of anxiety. Our IOP is primarily individual therapy. Exposures are done one on one with a therapist unless otherwise indicated by an individual's circumstance (e.g. when it's the appropriate time in treatment, a client with social anxiety participating in a group activity with other clients).

The first week of the program focuses on the core concepts of ACT. Most of these are presented in small group format (1-4 people). We are sensitive to the difficulty people often

have with speaking, so the choice to pass or not comment is definitely respected.

Another core treatment component is instruction in mindfulness meditation and regular practice times during IOP. This meditation is non-religious, and no previous knowledge or experience is required. If you have anxiety and have tried meditation before, you know it can be challenging. That's why we begin with meditations designed to be more approachable for people with anxiety.

Sage has a psychiatrist, Kristina Antonson, MD, PhD, available for consultation with clients in our IOP. Clients are seen in the Sage office, which not only makes consultations convenient, but adds to the feeling of safety.

All clinicians working in the intensive outpatient program are licensed. We do not utilize interns or psychological assistants.

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

Support people are an important part of treatment. Parents, family members, and friends are involved in our weekly family support group throughout the time their loved one is in treatment. This group provides not only psychoeducation on OCD and other anxiety disorders, but also provides education and feedback on how best to help. We get a lot of feedback about how helpful it is to connect with other families and have a place to get support.

Sage understands the importance of a coordinated treatment team and regularly interacts with other care providers, including physicians, psychiatrists, outpatient therapists, and schools.

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

Sage's program is limited to clients with OCD spectrum disorders and other anxiety disorders. People in our program, however, may also have co-occurring disorders such as depression, and we treat those as a part of the program.

### **Individual Therapy**

After beginning the program, each client is assigned to an individual therapist with whom the client will meet for individual psychotherapy on a weekly basis.

### **Length of Stay**

As a highly individualized program, we do not have a structured length of stay.

### **“Census” (i.e., the maximum number of clients seen at any given time)**

The maximum number of clients in each track is 9 at any one time.

### **School Facilities**

We do not have school facilities available. Our evening program is designed so that clients can continue to attend school while in treatment.