



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The Gateway Institute

Clinic/Program Director: James Sterner, LMFT
Name of Intake Coordinator: James Sterner, LMFT
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950 South Coast Drive, Suite 220
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Treatment Providers:

James Sterner, LMFT
Michelle Bobich, PhD
Mary Sponaugle, LMFTi
Chris Trondsen

Payment Options:

Self-pay

Populations Served:

Adults
Adolescents
Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Group Therapy
Habit Reversal
Home Visits
Treatment for Co-occurring Conditions

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

Summary of our services:

The Gateway Institute proudly sets itself apart from other OCD centers by specializing in treatment programs tailored to each individual client providing one-on-one treatment while offering 24-hour support. Our intensive outpatient treatment program treats the unique needs of each client understanding that “one size does not fit all.” Clients learn strategies for lifelong management of OCD by identifying tools, techniques, and behaviors to support their emergence from the cycle of compulsions. We guide clients to identify their own strengths and enable them to overcome symptoms and fine-tune a post-treatment program that utilizes newly identified skills and abilities for lifelong management of symptoms.

Our intensive program is a 3-week, 45-hour program that incorporates the most effective approaches available for OCD treatment. Throughout treatment, 24-hour support is provided as well as family education and home visits when applicable. The intensive treatment program also incorporates a 6-week relapse prevention plan giving the client tools to remain on track with progress gained. Relapse prevention is a vital component of any treatment protocol since it allows the therapist to continue to support the client and monitor progress even after he or she completes the program.

Treatment Planning Process

After a thorough assessment of each client a treatment plan is designed and tailored to meet the specific needs of each client. This plan is implemented over 3 weeks and includes 45 hours of individualized treatment. The Gateway Institute offers specialized care where each client receives an individualized treatment program designed specifically for them. Our therapists work one-on-one with each client.

Core Treatment Components

Exposure response prevention (ERP), cognitive behavioral therapy (CBT), mindfulness based behavioral therapy (MBBT), Multi-disciplinary team, Psychoeducation, 24-hour on-call, Home Visits, and an optional, 6-weeks relapse prevention program option.

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

The Gateway Institute believes in the importance of providing parents and loved ones the psychoeducation needed so they are better prepared to help loved ones going through treatment. Through no fault of their own families often unknowingly enable their loved one's OCD by giving into the sufferer's compulsive demands (such as providing reassurance) only at the expense of reinforcing OCD. The Gateway Institute provides critical education to help minimize unintended reinforcement and firmly establish tools that can help facilitate the healing process in a productive manner.

Treatment of Co-Morbid Disorders

Recognizing the potential for co-morbid anxiety disorders found in individuals with OCD, the Gateway Institute also specializes in the treatment of OCD spectrum disorders such as panic

disorder, panic attacks, social anxiety, social phobia, post traumatic stress disorder (PTSD), body dysmorphic disorder (BDD), and trichotillomania.

Individual Therapy

Our therapists meet one-on-one with each client. Our intensive treatment program includes 45 hours of individualized treatment (3 hours per day 5 days a week for 3 weeks).

Length of Stay

The average “length of stay” for treatment is 3 weeks during the intensive treatment program. The majority of clients are able to significantly reduce symptomology to a manageable level in this 3-week period (3 hours per day 5 days a week). Clients may improve at a more rapid pace and, if they are comfortable, end treatment before three weeks is up. We provide support based on each client’s needs.

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

The Gateway Institute and its therapists strongly believe in dedicating their focus to each person it serves. We work with up to 2 intensive treatment clients per each 3-week period.

Other Resources for Outpatients

At Gateway, we try to provide clients with community support through connections with past clients, support groups, and family support groups.