



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Anxiety and Panic Treatment Center, LLC

Clinic/Program Director: Robert McLellarn, PhD

Name of Intake Coordinator: Robert McLellarn

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5440 SW Westgate Drive, Suite 175

Portland, OR 97221

### **Treatment Providers:**

Robert McLellarn, PhD

Kimberly Wisotzke, PhD

Elke Zuercher-White, PhD

### **Payment Options:**

Private Insurance

Medicare

Self-Pay

Sliding fee available

### **Populations Served:**

Adults

### **Treatment Strategies Offered:**

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Group Therapy

Habit Reversal

Skills Training

Teletherapy

Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)

Perfectionism

Scrupulosity

Skin Picking (Excoriation Disorder)

Trichotillomania (Hair Pulling Disorder)

Violent/Sexual Obsessions

**Summary of our services:**

The Anxiety and Panic Treatment Center was opened in 1998 and currently has three licensed psychologists on staff with a combined total of over 60 years experience treating anxiety disorders, including OCD. In addition to offering individual outpatient treatment for OCD, we also have an OCD treatment group that has been running continuously for over 10 years and is led by our two most experienced clinicians. We are continually updating our skills and strive to offer the best available evidence based treatments for OCD including Cognitive Behavioral Therapy, Exposure and Response Prevention and Acceptance and Commitment Therapy. As evidence continues to accumulate that mindfulness based treatments are effective we are also including these as well. Once clients complete treatment we slowly taper them off of treatment and offer booster sessions as needed to help clients maintain the progress they made in treatment.

**Treatment Planning Process**

All new clients are required to have an intake evaluation prior to beginning treatment, which may take the first few sessions to complete. Based upon the results of the intake evaluation a treatment plan is then suggested, which may be just weekly individual sessions, multiple individual weekly sessions, group therapy or a combination of individual and group therapy. Marital and/or family therapy may be included in the treatment plan as needed.

**Core Treatment Components**

Our core treatment component is ERP - because that is what works the best. A close second to ERP is our focus on identifying and modifying belief systems that are so much a part of OCD. We rely heavily on group therapy as we have seen newly diagnosed OCD clients' benefit so much from meeting others with similar disorders and also observing the benefits from all the support and encouragement group members offer each other.

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

As needed we include others in the treatment process and for us that generally includes parents and/or other family members - most often husband/wife/partner.

**Treatment of Co-Morbid Disorders**

We offer treatment for the entire range of anxiety disorders (Panic Disorder, Agoraphobia, Social Anxiety and Generalized Anxiety Disorder) and for all the OCD spectrum disorders such as trichotillomania and dermatillomania.

**Individual Therapy**

Our clients stay as long as they need to to reach their treatment goals, which can range from as short as a month or two up to a year or more. Most clients stay with us for between three to six months. Clients usually meet with their individual therapist once per week and our individual sessions last about 55 minutes. Our groups meet once per week for two hours.

**Length of Stay**

We don't have a structured "length of stay" - clients stay as long a as they need to.

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

Our groups have a maximum of 8 or 9 clients per session and we work with 60 to 70 individual and group clients per week.

**Other Resources for Outpatients**

We train graduate students so we can offer sliding scale treatments when the treating clinician is a graduate student. We will be adding a doctoral level Psychiatric Mental Health Nurse Practitioner to our staff and so will soon be able to offer medication evaluations. Finally, we will also be adding a psychologist who treats anxiety in children and adolescents so will be able to offer that in the near future as well.