



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Child Mind Institute Intensive OCD Program

Clinic/Program Director: Jerry Bubrick, PhD
Name of Intake Coordinator: Elsa Warren, MS
Phone Number: (212) 308-3118
E-mail: appointments@childmind.org
www.childmind.org/center/ocd-service

445 Park Avenue
(Entrance on 56th Street)
New York, NY 10022

Treatment Providers:

Jerry Bubrick, PhD
Alexandra Hamlet, PsyD
Ron Steingard, MD

Payment Options:

Scholarships available
Self-pay

Populations Served:

Adolescents
Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Habit Reversal
Home Visits
Prescribe Medication
Skills Training
Teletherapy
Treatment for Co-occurring Conditions

Areas of Specialty

Body Dysmorphic Disorder (BDD)
Hoarding Disorder
PANDAS/PANS
Perfectionism
Scrupulosity

Skin Picking (Excoriation Disorder)
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services:

The Child Mind Institute's Intensive OCD Program helps children and teens struggling with OCD make significant progress in a short period of time. Led by Jerry Bubrick, PhD, a nationally recognized expert in the treatment of OCD, the program makes evidence-based care available to children and their families up to five hours a day, five days a week. This immersive approach enables most children to improve noticeably within three to six weeks and, in some cases, helps avoid hospitalization.

You may wish to consider intensive treatment if:

- Symptoms are seriously interfering with school performance, family life and friendships
- You have already been to multiple treatment providers without making significant progress
- You live in an area lacking treatment options

Dr. Jerry Bubrick is directly involved in every child's treatment, providing an initial diagnostic evaluation, overseeing and participating in exposure therapy and meeting with parents weekly to discuss progress and homework. Dr. Bubrick works with a team of experienced clinicians with deep expertise in the treatment of OCD. Alex Hamlet, PsyD, provides training and education to parents, participates in exposure therapy and meets daily with parents. Samantha Birkenholz, our behavioral technician, works individually with each child providing exposure therapy.

Treatment Planning Process

Before starting our intensive OCD program, all patients receive a thorough diagnostic evaluation. The evaluation starts with an hour-long clinical interview with Dr. Bubrick to determine if the program is appropriate for your child. If you are located outside of the New York metropolitan area, we can conduct this interview via telecommunication and complete the evaluation in person when you arrive for the program. During this evaluation Dr. Bubrick will also determine what level of intervention your child should receive. If Dr. Bubrick concludes that this program is not appropriate for your child, he will provide recommendations for next steps along with a written summary of the evaluation.

The start of the intensive program is geared toward educating parents and patients about obsessive-compulsive disorder and setting up a plan for success. We discuss the dos and don'ts of parenting a child with OCD and review the specific exposures that we will do with your child and how we expect those exposures to progress over time. We work with families to set up tailored incentive and reward systems to help drive treatment.

Core Treatment Components

One-on-one treatment sessions: Our program is dedicated exclusively to individual treatment sessions — your child and a clinician working one-on-one in exposure and response prevention

therapy, distress tolerance skills and cognitive therapy. If your child's treatment includes medication, we may consult with a child and adolescent psychiatrist from the Child Mind Institute. If your child is having learning difficulties, we may also work with one of our neuropsychologists or educational specialists.

Parent involvement: Parents spend the most time with their children, so it is important for family to be involved in treatment and reinforcing it outside the office. Parents will be asked to help children practice the new skills they are learning at home and participate in weekly wrap-up sessions with Dr. Bubrick.

Follow-up care: When the program concludes, each family will meet with Dr. Bubrick to discuss what happened in treatment. Dr. Bubrick will give recommendations for moving forward, including referrals to local providers. We will consult with other clinicians involved in treatment and develop a plan to help children transition back into school. We also offer home sessions, phone sessions, and video conferencing.

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

Parents spend the most time with their children, so it is important for family to be involved in treatment and reinforcing it outside the office. Parents will be asked to help children practice the new skills they are learning at home and participate in weekly wrap-up sessions with Dr. Bubrick.

Treatment of Co-Morbid Disorders

There is a spectrum of disorders that share clinical characteristics with OCD and are treated in similar ways. Clinicians in our Obsessive-Compulsive Disorders Service have expertise in treating these disorders.

We are also able to treat many conditions related to OCD, including depression, generalized anxiety disorder, separation anxiety disorder, panic disorder and social anxiety. We understand that children entering the program often have complex symptoms outside of OCD that can interfere with their lives. We treat the whole child and not just the OCD.

Individual Therapy

Our program is dedicated exclusively to individual treatment sessions — your child and a clinician working one-on-one in exposure and response prevention therapy, distress tolerance skills and cognitive therapy. Research has demonstrated that individualized treatment produces the most improvement in a child's condition — with symptoms diminished or eliminated.

Length of Stay

This program is for a child or adolescent who requires at least two hours per day for 4-5 days a week. (Children in our non-intensive program typically visit us once a week for a 45-minute session.) We can provide treatment for up to five hours a day, five days a week. Of course, not every patient requires that level of care. We recommend a level of care during the initial evaluation for each patient and then we adjust it throughout the treatment process.

On average, the intensive phase of a patient's treatment lasts for four weeks. After the

intensive phase, a patient typically transitions to a more traditional outpatient plan — but with the same treatment team in place from start to finish.

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

We are able to accommodate families on a rolling basis and never have a waiting list.

Additional Resources

The Child Mind Institute is a multi-disciplinary practice with expertise in the diagnosis and treatment of children and adolescents with emotional, behavioral and developmental problems. We have particular expertise working with children with ADHD and disruptive behavior disorders, anxiety and mood disorders and learning and developmental disabilities and provide state-of-the-art diagnostic evaluations and treatment informed by the latest research.