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## OCD and Related Disorders Clinic Profile

# Intensive Treatment Program for OCD and Anxiety at Weill Cornell Medicine (Young Adult)

Clinic/Program Director: Avital Falk, PhD  
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### **Treatment Providers:**

Avital Falk, PhD  
Shannon Bennett, PhD  
Jill Domanski, LCSW  
Angela Chiu, PhD  
Michelle Pelcovitz, PhD  
Justin Mohatt, MD

### **Payment Options:**

Self-Pay

### **Populations Served:**

Young Adults

### **Treatment Strategies Offered:**

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

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

Tics/Tourettes

### **Summary of our services:**

The Youth Anxiety Center (YAC) at the Weill Cornell Psychiatry Specialty Center offers an Intensive Treatment Program (ITP) for OCD and Anxiety, which provides a comprehensive intensive treatment experience consisting of up to five hours a week of active treatment, including group and individual therapy. We additionally have an intensive program for children and adolescents, which is listed separately. The ITP addresses OCD as well as other non-OCD anxiety disorders, such as Generalized Anxiety Disorder, Separation Anxiety Disorder, Social Anxiety Disorder, Selective Mutism, and specific phobias. It is appropriate for young adults with moderately to severely impairing symptoms and can address symptoms that interfere with the transition to college, work, or a more independent lifestyle. The goal of the program is to provide short-term intensive treatment to target symptoms using Cognitive Behavioral Treatment (CBT) and Exposure and Response Prevention (ERP) treatment strategies. Our program provides evaluation, psychoeducation, group therapy, individual sessions and parent sessions led by licensed psychologists. Additionally, a board-certified psychiatrist with expertise in this area is available for consultations and medication changes as needed.

### **Treatment Planning Process**

Individuals interested in treatment will first come in for a comprehensive diagnostic evaluation to assess current symptoms and functioning, and collaborate to create an individualized treatment plan. Should our program be a good match, we will then schedule a date to join the program. The program will include at least one group, and depending on the needs of individuals, we will schedule up to 4 additional individual or family sessions per week to meet all treatment targets.

### **Core Treatment Components**

Our treatment centers around cognitive behavioral therapy (CBT) with exposure and response prevention (ERP). We provide CBT and ERP through our groups and individual sessions. Young adults who participate will engage in CBT and ERP, and will also gain psychoeducation, cognitive restructuring and coping skills, relaxation and mindfulness training, and problem solving and relapse prevention.

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

We include all relevant parents, family members, friends and teachers in treatment to the extent that the individual young adult feels comfortable.

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

Our program is part of The Youth Anxiety Center (YAC) at Weill Cornell Medicine. The ITP addresses OCD as well as other non-OCD anxiety disorders, such as Generalized Anxiety Disorder, Separation Anxiety Disorder, Social Anxiety Disorder, Selective Mutism, and specific phobias. It is appropriate for a young adults with moderately to severely impairing symptoms.

### **Individual Therapy**

Groups meet at least once weekly for 90 minutes. Individual sessions are 45 minutes and can be scheduled up to 4 times per week.

### **Length of Stay**

Our length of stay is flexible. Some individuals participate in short term (one to two weeks) intensive treatment to enhance their current ongoing treatment, and will then return to existing providers. Others may opt to engage in our program as an ongoing treatment program until symptoms are remitted.

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

Our groups include 3-6 young adults at any given time.