



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Intensive Treatment Program for OCD and Anxiety at Weill Cornell Medicine

Clinic/Program Director: Avital Falk, PhD

Name of Intake Coordinator: Avital Falk, PhD

Phone Number: (646) 543-2079

E-mail: [avf2003@med.cornell.edu](mailto:avf2003@med.cornell.edu)

[www.weillcornellpsychiatrycenter.org/our-services/groups-and-classes/pocat-intensive-ocd-and-anxiety-treatment-program](http://www.weillcornellpsychiatrycenter.org/our-services/groups-and-classes/pocat-intensive-ocd-and-anxiety-treatment-program)

315 East 62nd Street  
5th Floor  
New York, NY 10065

### **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:**

Adolescents

Children

### **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) and the Pediatric OCD, Anxiety and Tic Disorders Program (POCAT) at the Weill Cornell Psychiatry Specialty Center offer an after-school Intensive Treatment Program (ITP) for OCD and Anxiety, which provides a comprehensive intensive treatment experience consisting of up to ten hours a week of active treatment, including 6 hours of group. It is one of the only ongoing comprehensive programs with both group and individual components in the region. Our program launched on August 1st, 2016. The ITP addresses OCD as well as other non-OCD anxiety disorders, such as Generalized Anxiety Disorder, Separation Anxiety Disorder, Social Phobia, Selective Mutism, and specific phobias. It is appropriate for a broad range of children and teens with moderately to severely impairing symptoms, and their families. 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 child and adolescent psychiatrist with expertise in this area is available for consultations and medication changes as needed.

**Treatment Planning Process**

Families 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 for a family, we will then schedule a date to join the program. The core component of the program is our ongoing groups, which meet on Mondays, Tuesdays and Thursdays from 4-6pm. Depending on the needs of individuals, we can also 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. Children and teens who participate will engage in ERP daily, 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. We offer three child/adolescent-only groups per week, a parent group, and individual and family sessions that can include any relevant people in an individual's life.

**Treatment of Co-Morbid Disorders**

Our program is part of The Youth Anxiety Center (YAC) and the Pediatric OCD, Anxiety and Tic Disorders Program (POCAT) 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 Phobia, Selective Mutism, and specific phobias. It is appropriate for a broad range of children and teens with moderately to severely impairing symptoms, and their families.

**Individual Therapy**

Groups meet three times a week from 4-6pm. 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 children and adolescents participate in one to two weeks of 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, which may take an average of 6-7 weeks.

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

Our groups include 3-6 children and teens at any given time.

**Other Resources for Outpatients**

We do not have school facilities available. Our program is designed to take place during after school hours so that participants have the opportunity to attend school in the morning and our program in the afternoon.