OCD and Related Disorders Program at Massachusetts General Hospital

Clinic/Program Director: Sabine Wilhelm, PhD
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185 Cambridge Street, Suite 2000
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Treatment Providers:
Sabine Wilhelm, PhD
Jennifer Greenberg, PsyD
Michael Jenike, MD
Anne Chosak, PhD
Nancy Keuthen, PhD
Jennifer Ragan, PhD

Payment Options:
Private Insurance
Self-Pay
Medicare
Medicaid

Populations Served:
Adults

Treatment Strategies Offered:
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Habit Reversal
Prescribe Medication

Areas of Specialty (in addition to OCD in general):
Body Dysmorphic Disorder (BDD)
Hoarding Disorder
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

**Summary of our services:**
The Obsessive Compulsive Disorder (OCD) and Related Disorders Program at the Massachusetts General Hospital/Harvard Medical School is located in Boston, Massachusetts. We specialize in the research and treatment of:

- Obsessive compulsive disorder (OCD)
- Body dysmorphic disorder (BDD)
- Body dysmorphic Disorder by proxy (BDD by Proxy)
- Tourette syndrome (TS) and chronic tic disorder (CTD)
- Hoarding
- Hair pulling and skin picking
- Olfactory reference syndrome (ORS)

Founded by Michael Jenike, MD, and now under the leadership of Sabine Wilhelm, PhD, our program strives to deliver evidence-based treatment to patients in need while simultaneously conducting research to advance our knowledge of the causes, consequences, and treatments of OCD, BDD, Tics, hoarding, hair pulling, skin picking, and ORS. Our team includes psychiatrists, psychologists, and clinical research associates who are among the field's most experienced and renowned clinicians and researchers.

**Treatment Planning Process**
Patients will undergo a detailed intake assessment. Based on this assessment, an individualized treatment plan will be developed.

**Core Treatment Components**
This program specializes in evidence-based treatment for adults with OCD. At this time, both medication management and cognitive behavioral therapy (CBT) for OC spectrum disorders are offered.

**Parents, Family Members, Friends, Teachers, etc. Involvement**
Parents, family members, friends, etc. are involved as needed.

**Treatment of Co-Morbid Disorders**
The program treats a broad range of OC spectrum disorders.

**Individual Therapy**
Weekly sessions for behavior therapy are offered. Medication management visits are conducted as needed.