



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Cognitive-Behavioral Therapy Center of WNC, PA

Clinic/Program Director: R. Trent Codd, III, Ed.S. director; Haley Elder, PhD, director of IOP

Name of Intake Coordinator: Haley Elder, PhD

Phone Number: (828) 350-1177

E-mail: rtcodd@behaviortherapist.com

www.BehaviorTherapist.com

1085 Tunnel Road, 7A

Asheville, NC 28805

Treatment Providers:

Haley Elder, PhD

John Ludgate, PhD

R. Trent Codd, III, LPC

Rick Baker, LPC

Payment Options:

Medicare

Private Insurance

Self-Pay

Populations Served:

Adults

Adolescents

Children

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Habit Reversal

Home Visits

Prescribe Medication

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

Obsessive Compulsive Disorder (OCD)

Perfectionism
Scrupulosity
Violent/Sexual Obsessions
Body Dysmorphic Disorder
Skin Picking
Tics/Tourettes
Trichotillomania (Hair pulling disorder)

Summary of our services:

The CBT Center of Western North Carolina opened in 2001. Our intensive outpatient program for adults with OCD started in 12/2016 and implements ERP in both individual and group formats. The Program Director and primary therapist responsible for the initial evaluation, treatment planning, and discharge sessions for each patient who enters the program is a licensed clinical psychologist who specializes in the treatment of OCD. Our program also includes consultation with our Medical Director to provide education, medication, and the option to participate in protocols using experimental medications to augment the brain's learning during ERP sessions. The active treatment phase (after phone screening, an initial assessment to determine eligibility, and a first session with the Program Director devoted to treatment planning) consists of 3 hours/day, 3 days/week for approximately 3 weeks (MWF, 9:00 am-12:00 pm). Each day in the program includes brief group work to review goal-setting, progress with homework from the previous treatment day, psycho-education surrounding symptoms, and didactics, with most of the day spent engaged in individual or group ERP with behavioral coaches or licensed staff therapists. There is also a biweekly group for loved ones, which allows opportunities for education and support.

Treatment Planning Process

A phone screen, initial intake evaluation (including completion of the MINI, Y-BOCS, and self-report measures), and pre-treatment session devoted to ERP treatment planning will be completed by Program Director who is a licensed clinical psychologist with expertise in OCD. The latter will be used to assess duration, frequency, and intensity of symptoms, assess OCD content areas of focus, build motivation, and design ERP sessions with the client to take place throughout the length of the program.

Core Treatment Components

We use medication/augmentative agents, group work with participating clients, support groups for family members, and ERP in both individual and group formats.

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

The program consists of a biweekly support group for families and loved ones. Family members and loved ones are also encouraged to participate in the initial assessment and discharge sessions, if possible.

Treatment of Co-Morbid Disorders

This program is devoted to treating individuals with OCD specifically. Rule-outs are active substance abuse/dependence, an eating disorder, and/or psychosis. The primary symptoms

targeted in this program will be the obsessions and compulsions/safety behaviors associated with OCD.

Length of Stay

Our program involves approximately 4 weeks of treatment, including an initial intake evaluation and pre-treatment individual session, medication management and nutritional consultation, three weeks of active ERP treatment, as well as a discharge planning session. This is the minimum length of the program; however, patients will be given the option to extend length of stay by adding additional weeks as needed.

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

At this time, the maximum number of clients our program can accommodate is 8.