



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Portland Anxiety Clinic

Clinic/Program Director: Jill Davidson
Name of Intake Coordinator: Jill Davidson
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1130 SW Morrison St.
Suite 619
Portland, OR 97229

Treatment Providers:

Jill Davidson, PsyD
Miranda Clark, LPC
Jason Richards, PsyD
Jenna Sheftel, PsyD

Payment Options:

Private insurance
Self-pay
Sliding fee available
Scholarships available

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
Skills Training
Teletherapy
Treatment for co-occurring conditions

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

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

We are a group of clinicians who specialize in the treatment of anxiety and related disorders using CBT/ERP for patients of all ages. A unique component of our program is the ability to see patients in the community. The clinic opened in 2010 with two clinicians and has grown to eight. We work closely with the OCD Clinic, a group of psychiatrists at Oregon Health and Science University and are also in the process of starting an IOP program. We are also a training program for both psychiatry and psychology doctoral level students.

Treatment Planning Process

We work collaboratively with each patient to develop an individualized treatment plan that includes measurable objectives. We use standardized measures, including Y-BOCS, CY-BOCS, BDI, and BAI.

Core Treatment Components

Core treatment components include psychoeducation, CBT, ERP, interoceptive, in-imagination and in-vivo exposure, behavior modification, habit reverse training, medications, ACT, group therapy, individual therapy, and family therapy.

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

Parents, family, friends, siblings, partners, teachers, and other support personnel are included in treatment to help support patients. We work with school staff to develop 504/IEP plans when appropriate. We also educate patient support persons on reassurance seeking vs. information seeking. Support persons are also involved ERP work.

Treatment of Co-Morbid Disorders

We treat OCD and related disorders, including panic D/O, social phobia, trichotillomania, hoarding, PTSD, BDD, GAD, ADHD, and hypochondriasis.

Individual Therapy

Therapy consists of one to three individual sessions per week, with length of appointments dependent on patient needs. Appointments are often longer with ERP.

Length of Stay

We are currently an outpatient program.

“Census” (i.e., the maximum number of clients seen at any given time)
Caseloads range from 25-40.

Other Resources for Outpatients

Other resources include medication management, group treatment, an alcohol and drug specialist, and a family therapist