



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The OCD Clinics

Clinic/Program Director: Jay Jeter, LPC-S
Name of Intake Coordinator: Jay Jeter, LPC-S
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262 North Union Street
New Braunfels, TX 78130

4221 Medical Parkway
Building 400, Suite 400
Carrollton, TX 75010

2219 Sawdust Road, Suite 1101
The Woodlands, Texas 77380

Treatment Providers:

Jay Jeter, LPC-S
Sarah Meckel, LPC
Karly Kothmann, LPC

Payment Options:

Self-pay

Populations Served:

Adults
Adolescents

Treatment Strategies Offered:

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

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

Body Dysmorphic Disorder (BDD)
PANDAS/PANS

Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services:

We offer treatment in our office and in the community. We provide extensive after-care for our graduates by way of support groups and periodic check-ins.

Treatment Planning Process

After a thorough intake assessment, the clinical team works in concert with our clients to create a custom-designed treatment plan to fit the needs of the individual person.

Core Treatment Components

We use exposure and response prevention, a research-based empirically proven cognitive behavioral therapy technique. We also provide individual and group therapy.

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

Based on the individual's needs, we involve all parties who may be beneficial to the treatment of the person such as family members. For our adolescent clients we also work with the client's school to provide appropriate accommodations.

Treatment of Co-Morbid Disorders

We treat OCD and related disorders.

Individual Therapy

Our program is formatted for clients to meet with their therapist individually on a daily basis as well as with behavior therapists. Meetings are held Friday through Monday for six hours each day, in an effort to limit interruption of work/school schedules.

Length of Stay

Typical length of stay is 2-4 weeks. Treatment is tailored to meet the individual's needs.

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

Our census is currently 2 clients.

Other Resources for Outpatients

Support groups.