



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The Gateway Institute Scottsdale

Clinic/Program Director: James Sterner, LMFT

Name of Intake Coordinator: Rachel Tombaugh and Sara Brungardt

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9375 East Shea Blvd, Suite 100

Scottsdale, AZ 85260

Treatment Providers:

Rachel Tombaugh, LPC

Sara Brungardt, LPC

Payment Options:

Self-pay

Populations Served:

Adults

Adolescents

Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Home Visits

Skills Training

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

Body Dysmorphic Disorder (BDD)

Hoarding Disorder

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Eating Disorders

Treatment for Co-occurring Conditions

Summary of our services:

The Gateway Institute proudly sets itself apart from other OCD centers by specializing in treatment programs tailored to each individual client providing one-on-one treatment and offering 24-hour support. Our intensive outpatient treatment program treats the unique needs of each client understanding that “one size does not fit all.” Clients learn strategies for lifelong management of OCD by identifying tools, techniques, and behaviors to support their emergence from the cycle of compulsions. We guide clients to identify their own strengths and enable them to overcome symptoms and fine-tune a post-treatment program that utilizes newly identified skills and abilities for lifelong management of symptoms.

Our intensive program is a 3-week, 45-hour program that incorporates the most effective approaches available for OCD treatment. Throughout treatment, 24-hour support is provided as well as family education and home visits when applicable. The intensive treatment program also incorporates a 6-week relapse prevention plan giving the client tools to remain on track with progress gained. Relapse prevention is a vital component of any treatment protocol since it allows the therapist to continue to support the client and monitor progress even after he or she completes the program.

Treatment Planning Process

Treatment Planning begins at your first appointment at The Gateway Institute. We conduct a detailed clinical assessment to evaluate your strengths, needs, and goals, and to build the therapeutic alliance that will support your efforts throughout treatment. A detailed and structured assessment of OCD related symptoms is conducted to serve as the foundation of your treatment and to ensure clinical intervention is directed in the most important areas of your life, at the right pace and in the most optimal sequence.

Core Treatment Components

The most widely practiced behavioral therapy for OCD is called Exposure and Response Prevention (ERP). Exposure treatment involves direct (in-vivo) or imagined exposure to objects or situations that trigger obsessions that arouses one’s anxiety. Over time, exposure to these cues leads to decreased anxiety until eventually, exposure arouses little or no anxiety at all. This process is called habituation. Studies show that exposure and response prevention can in fact train your brain, significantly reducing the occurrence of OCD symptoms.

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

Education about OCD is one of the most important components of the initial phase of treatment. When clients and their families have a clear understanding how OCD operates in the brain and how it manifests itself, they are better prepared to face the challenges OCD presents. Through no fault of their own, families often enable their loved one’s OCD by giving into the sufferer’s compulsive demands, such as providing reassurance, only at the expense of reinforcing the OCD. The Gateway Institute provides critical education to help minimize unintended reinforcement, and firmly establishes tools that can help facilitate the healing process in a productive manner.

Treatment of Co-Morbid Disorders

The Gateway Institute offers many years' experience treating anxiety disorders and trauma, and brings many resources to the therapeutic relationship to help you meet your goals, including ERP, EMDR for trauma and PTSD, and cognitive-behavioral therapy (CBT). The Gateway Institute offers a free assessment to discuss how we can help you.

Individual Therapy

Our therapists meet one-on-one with each client. Our intensive treatment program includes 45 hours of individualized treatment (3 hours per day 5 days a week for 3 weeks).

Length of Stay

Our Intensive Outpatient Program (IOP) entails 45 hours of individual therapy over the course of three weeks, as well as a 6-week aftercare program to reinforce and support progress. Outpatient therapy is targeted to facilitate meaningful change in each individual's life at a pace that can bring results and will be sustained over time.

Other Resources for Outpatients

Free Consultation

Intensive Outpatient Program (IOP)

Family Support and Family Therapy

24-Hour Support during IOP

6-Week Aftercare Program

In-Home and Community-Based Treatment Options Available

Weekly Treatment and Support Group