



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

East Bay Behavior Therapy Center

Clinic/Program Director: Patricia E. Zurita Ona, PsyD
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Walnut Creek, CA 94596

Treatment Providers:

Patricia E. Zurita Ona, PsyD
Emory Strickland, MA
Allyson Trowel-Galant, MA
Julie Morrison, MA

Payment Options:

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
Teletherapy
Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Trichotillomania (Hair Pulling Disorder)

Violent/Sexual Obsessions

Summary of our services:

The East Bay Behavior Therapy Center (EBBTC) is a private outpatient therapy center located in Walnut Creek, California, founded in 2008, and specialized exclusively in empirically supported treatments. The EBBTC is committed to training, research, and therapy for children, teens and adults clients struggling with obsessive compulsive disorder and related conditions, trauma, social anxiety, anxiety problems in general, and mild to severe emotion dysregulation problems.

Our intensive outpatient program (IOP) is based on exposure response prevention (ERP), cognitive behavior therapy (CBT) and Acceptance and Commitment Therapy (ACT). For medication management, we collaborate with three specific psychiatrists in the area that specialize in OCD for children, teens, and adults respectively (In January 2017 we'll have a psychiatrist on site two days a week).

Our IOP is a 3-week program that includes the following components:(a) exposure practices in the office, outside the office, or at home, (b) access to a therapist 24/7 days a week for exposure coaching; (c) morning, afternoon, evening, and weekend appointments, (d) family meetings (in addition to exposure sessions), and (e) a 4-week care plan after discharge that includes 4 weekly follow up conference calls.

* Information about accommodation and transportation arrangements is offered and facilitated to clients.

Treatment Planning Process

Our assessment and treatment planning follows the steps below:

- (a) An initial 15-minute consultation over the phone is conducted and, if appropriate, clients are invited to schedule an intake appointment.
- (b) A 2-hour intake for adults or a 3-hour intake for children or teens is conducted. During the intake process a clinical interview and specific OCD assessments will be administered as well as collateral interviews with significant others and/or other professionals (if necessary).
- (c) Exposure sessions are 3-hours long and include a 1-hour of psycho-education, homework review, and/or preparation for exposures practices.
- (d) Each client is assigned an individual therapist who will be in charge of all components of the client's intensive program, from the beginning to the end of treatment including exposure sessions, home visits, 24/7 availability, and 4-weeks of after care treatment.
- (e) All treatment plans are individually customized to the specific needs of the client.
- (f) Clients are given practice assignments to work on between the daily sessions.

(g) After discharge, clients are given the names of other providers close to their home residence.

(h) A 4-week care plan is offered to every client that includes 4-weekly conference calls in order to assure the maintenance of treatment gains.

Core Treatment Components

Our Intensive Outpatient Program (IOP) is primarily based on exposure response prevention (ERP), cognitive behavior therapy (CBT), and acceptance and commitment therapy (ACT). When medication management is required, we collaborate with three specific psychiatrists in our area that specialized in OCD and related conditions for children, teens, and adults respectively (In January 2017 we'll have a psychiatrist on site two days a week so our clients can easily get access to medication management).

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

Starting with the intake appointment and throughout the intensive program parents, teachers, and or significant others are involved in treatment by having a weekly family meeting or more if needed. Occasionally, if necessary, relatives are invited to participate in the daily 1-hour of preparation for exposure practices.

Parents, caregivers, significant others, teachers or friends are offered psycho-education and specific coaching on how to respond to obsessions and compulsive behaviors of clients struggling with OCD.

Treatment of Co-Morbid Disorders

This intensive outpatient program is exclusively focused on OCD and related conditions; however, because of the high comorbidity of OCD with other psychological struggles such as depression, social anxiety, or trauma to name a few, these other conditions are assessed and addressed throughout intensive treatment, if appropriate.

Individual Therapy

Clients meet on a daily basis with their individual therapist for a 3-hour session and have access 24/7 to them for exposure coaching.

Length of Stay

Our IOP program has a minimum stay of 2 weeks for highly motivated clients and 3 weeks for more complex cases.

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

We currently don't have a maximum number of clients to be seen at a given time.

School Facilities

We regularly collaborate with education psychologists who facilitate any academic transition or accommodation; in addition, we offer the option of having an intensive program at evening so clients can continue to attend school while in treatment

Other Resources for Outpatients

On weekly basis we're offering our clients, new and current ones, information about different psychological struggles, coping responses, and other matters about psychological well-being through our blog.