



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

New England OCD Institute

Clinic/Program Director: Monnica Williams, PhD

Name of Intake Coordinator: Daniel Zalewa

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392 Merrow Rd, Suite E

Tolland, CT 06084

Treatment Providers:

Monnica Williams, PhD

Denese Marshall, LPC, NCC, AADC

Nathaniel Custer, MA, LMFT, LPC

Susan Blayer, LCSW, MDiv

Payment Options:

Self-pay

Sliding fee 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

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

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder
Hoarding Disorder
Skin Picking
Tics/Tourettes
Trichotillomania (Hair pulling disorder)
Eating Disorders (ED)
Treatment of Co-occurring Disorders

Summary of our services:

We are committed to providing effective, evidence-based, cognitive behavioral therapy for OCD and related obsessive compulsive disorders such as hoarding disorder, eating disorders, body dysmorphic disorder (BDD), excoriation, and trichotillomania. Clinical Director Monnica Williams, PhD, is internationally renowned for her OCD research, especially on under-studied and poorly understood topics such as sexual orientation OCD and presentation of OCD in African Americans.

All of our therapists are trained in exposure and ritual prevention therapy (ERP) and participate in weekly supervision or trainings. Our therapists are also trained in treatment for mood and trauma disorders.

We offer in person treatment and online for out of state/country individuals. For people looking for intensive in person treatment, we provide a list of local accommodations close to our office. We also provide follow-up aftercare for discharged clients to ensure their received care is long-lasting.

Treatment Planning Process

First appointment - consultation: Meet with a specializing therapist to discuss your symptoms and ask questions about therapy. This is an excellent time to ask more about ERP; find out if you should be assessed for OCD or any other disorders; or discuss special needs related to fees, legal paperwork, mandated therapy, or access to treatment.

Second and third appointments - assessment: Each client goes through an assessment, to determine whether you meet the criteria for any disorders and the severity of your symptoms. Assessment is done through interviewing and completing questionnaires. This helps your therapist tailor a treatment plan that will work best for you and your symptoms.

Following appointments - regular treatment: Begin regular therapy sessions once or twice weekly. Your therapist will explain the therapy and treatment plan he or she thinks is best, and you will negotiate any problems such as fees, meeting times, frequency of sessions, etc. Your anxiety and symptoms are monitored throughout ERP therapy to allow for adjustments in the treatment plan.

Core Treatment Components

Online therapy
Exposure and ritual prevention (ERP) therapy
Cognitive behavioral therapies (CBT)

Intensive outpatient (IOP) program
Dual-diagnosis treatment
Group therapy
Couples and family sessions available

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

We have child specialists available for children and teens who also consult regularly with parents during treatment. Parents may be asked to join some sessions and may also request sessions for themselves. Teachers may be requested to fill out a questionnaire or meet briefly with a therapist in some cases. Individuals may request to bring a friend or family member to a session. We have marriage and family therapists who are available to work with couples and families regularly.

Treatment for Co-Occurring Disorders

Our clinic is able to provide services to a wide range of individuals, not limited to OCD. We specialize in treatment for PTSD, panic disorder, social anxiety, phobias, body dysmorphia, and stressful life changing events. Our diverse staff of therapists also strive to create a comfortable environment for LGBTQ+ individuals as well as marginalized or stigmatized groups.

Our clinic provides specialized treatment devoted to OCD spectrum disorders. If an individual presents with an obsessive compulsive disorder, their treatment will focus on that rather than being given talk-therapy or generic coping skills training. However, anxiety, depression, and trauma issues also affect many people with OCD spectrum disorders. Often, individuals with OCD spectrum disorders will have a dual-diagnosis of another disorder. Our clinicians are prepared to recognize these issues and tailor the treatment plan to your specific symptoms.

Length of Stay

All of our therapy is outpatient, so clients do not stay in an inpatient area or residential facility. The length of therapy depends greatly on your individual severity of symptoms and your motivation to commit to therapy. For regular outpatient treatment, we recommend you expect a minimum of 3-6 months of therapy for OCD spectrum disorders. Our intensive outpatient program is an accelerated form of our regular treatment, and usually completes in 2-3 weeks plus follow-up care.

Census

We do not have a set maximum number of clients. Typically, new clients are able to have a first session (consultation) within two weeks of first contacting us.

Diversity Statement

Clinical director Dr. Monnica Williams has extensive experience with cultural competency. She previously worked as the Director of the Center for Mental Health Disparities at the University of Louisville. She is a media expert, and maintains a blog on Psychology Today called Culturally Speaking. She works with organizations and business to improve the racial climate. She also lectures and conducts workshops at scientific conferences, including workshops to improve cultural competence. Dr. Williams trains all of the therapists at the New England OCD Institute so they can effectively and ethically treat culturally and ethnically diverse populations.

At the New England OCD Institute, we work with a form of post-traumatic stress disorder (PTSD) called race-based stress and trauma. This lesser known occurrence of PTSD is often not recognized as a serious disorder, and many individuals suffer without getting help. Anyone suffering as a result of such experiences can contact us to schedule an in-person evaluation or phone consultation for treatment. We also do psychological evaluations to assess the impact of the effects of racism in the workplace.