



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

McLean OCD Institute // Houston

Clinic/Program Director: Elizabeth McIngvale, PhD, LCSW

Name of Intake Coordinator: Lauren Esworthy

Phone Number: (713) 526-5055

Fax Number: (713) 526-3226

E-mail: info@HoustonOCDProgram.org

www.HoustonOCDProgram.org

708 East 19th Street

Houston, TX 77008

Treatment Providers:

Thröstur Björgvinsson, PhD, ABPP

Elizabeth McIngvale, PhD, LCSW

Emily Anderson, PhD

Chad Brandt, PhD

Melissa Fasteau, PsyD

Jason Garvin, DO

Ally Sequeira, PhD

Angela Smith, PhD

Jennifer Sy, PhD

Cali Werner, LMSW

Lauren Esworthy, LPC

Payment Options:

Private Insurance

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
PANDAS/PANS
Skin Picking
Tics/Tourettes
Trichotillomania (Hair pulling disorder)
Eating Disorder (ED)
Autism Spectrum Disorders (ASD)
Substance Use Disorders (SUD)
Treatment of Co-occurring Disorders

Summary of our services:

The Mclean OCD Institute at Houston consists of a multidisciplinary treatment team with extensive experience in the treatment of OCD and related disorders. Our program has evolved over the past 18 years and was previously the Houston OCD Program. We are housed in a state of the art, custom-built facility, which is nestled in the heart of the Heights neighborhood of Houston, Texas. The program resides in a beautiful two-story Mediterranean-style home and offers a warm, inviting treatment environment. The treatment team and staff deliver expert, evidence-based treatment for clients and families who are dealing with anxiety disorders, OCD, and OCD related disorders. The program offers a continuum of services, including specialty residential support treatment, intensive outpatient treatment, diagnostic and treatment consultations, and outpatient services. We offer an individualized treatment approach, tailoring treatment through evidence based models to each patient.

Treatment Planning Process

The program's setting fosters an atmosphere for change, while maintaining a safe environment where patients and staff work collaboratively. The cognitive-behavior therapist and patient design the treatment plan together and staff supports the patients' efforts to follow the behavior plan to maximize treatment effectiveness. Residential support and current outpatient clients may also meet with our staff psychiatrist once a week for medication consultation. The location of the clinic in a home-like setting, increases the opportunity to practice exposures in realistic situations and to build confidence and maintain treatment gains post discharge.

Core Treatment Components

The treatment focus at the McLean OCD Institute at Houston is centered around cognitive behavioral therapy (CBT) utilizing specific interventions that prove most effective for one's diagnosis. For example, we use exposure with response prevention (ERP) for OCD, exposure

therapy for phobias, etc. Treatment approaches will vary depending on diagnosis and patient needs. Medication assessment and management is provided by our clinic Psychiatrist. We offer our clinical care in individual, family and group sessions.

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

Family therapy is provided on site by our family therapist and is a part of our standard care for our intensive programming (residential support and intensive outpatient program). Family therapy is available to all outpatient clients on an as-needed basis.

Treatment of Co-Morbid Disorders

We are a dedicated OCD program which also focuses on the treatment of anxiety and related disorders. Individuals with severe presentations of OCD and/or anxiety also frequently have a co-occurring diagnoses, such as depression. Depression is also treated using CBT techniques, which is frequently integrated into treatment. Additional co-occurring disorders including anxiety disorders, phobias and OCD related disorders are all treated at our clinic. However, if an individual presents with a co-occurring diagnosis, such as an eating disorder or substance abuse disorder, the McLean OCD Institute at Houston would evaluate the severity of such co-occurring diagnoses to determine if the individual would be better suited to treat the co-occurring diagnosis prior to beginning intensive exposure therapy.

Length of Stay

Our length of stay is based on each case and is not time limited. However, our average length of stay is 6-8 weeks.

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

We limit our residential support and intensive outpatient programming for adults to 15 clients. We do not have a maximum capacity for outpatient clients.

School Facilities

We do not have school facilities on site, though we have space where independent work can be completed.

Diversity Statement

At the McLean OCD Institute at Houston we work to ensure our clinicians practice with cultural competence and address all patient needs individually.