



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Pacific Anxiety Group

Clinic/Program Director: Robert Holaway, PhD

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### **Treatment Providers:**

Robert Holaway, PhD

Tamara Hartle, PhD

Ashley Witt, PhD

Laura Horsch, PhD

Kathleen Corcoran, PhD

Anthony Lombardi, PsyD

Jonathan Cook, PhD

### **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

Habit Reversal

Home Visits

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 Disorders (ED)  
Autism Spectrum Disorders (ASD)  
Substance Use Disorders (SUD)  
Treatment of Co-occurring Disorders

### **Summary of our services:**

We are a professional and collaborative team of highly-trained and compassionate clinical psychologists who are dedicated to helping each patient triumph against OCD and begin living a life free of suffering. All PAG psychologists have extensive training in cognitive and behavioral interventions for the full range of anxiety disorders and specific expertise in providing exposure and response prevention (ERP) to individuals with OCD. Our psychologists have trained at the country's top universities, internship programs, and fellowships, and many hold faculty or staff positions at local academic medical centers, including Stanford University, UCSF, VA Palo Alto Health Care System, and Palo Alto University. We provide individualized treatment sessions 1-2 times weekly for each client and incorporate both CBT and ACT into our protocols. With a goal of sustained recovery, we discuss relapse prevention strategies and their importance from the very beginning of treatment. We work with patients to design more of their own exposure exercises as treatment progresses and to look for opportunities for self-exposure throughout treatment in order to prepare for termination. When nearing completion, each patient will work collaboratively with their therapist on designing a relapse prevention plan and will schedule booster sessions every 1-2 months, as indicated.

### **Treatment Planning Process**

As part of the treatment planning process, patients undergo a comprehensive assessment which includes a psychosocial history, semi-structured clinical interview, and completion of self-report questionnaires for OCD, depression, and other key constructs.

### **Core Treatment Components**

The core treatment component of our OCD clinic is individualized exposure and response prevention sessions 1-2 times per week with a licensed psychologist. For patients in which medication is indicated, we work very closely with local psychiatrists who are available to meet with our clients for an initial evaluation and ongoing medication management.

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

Family sessions with patients are included in our treatment approach when indicated and whenever there are family members willing to be included.

### **Treatment of Co-Morbid Disorders**

Across our clinic, more than 60% of our clients have a primary diagnosis of OCD. All treatment is provided 1:1 with a licensed psychologist so the focus of therapy is always individualized to address the specific nature of each client's presenting problem. Most of the patients we treat

with OCD always have co-morbid condition. We often see patients who have depression, GAD, or social anxiety symptoms in addition to OCD; in such cases, we construct treatment plans that address and monitor each condition. We also treat worry/GAD, panic disorder, agoraphobia, specific phobias, social anxiety disorder, depression, trauma related disorders, stress, and relationship problems. Our therapists utilize CBT, ACT, and mindfulness-based interventions to address these co-occurring disorders.

### **Individual Therapy**

Patients meet with a PAG licensed psychologist 1-2 times per week for a regular 50-minute psychotherapy session. ERP sessions are 3 hours in length and are provided by PAG psychologists or advanced graduate student trainees.

### **Length of Stay**

There is no set time period for a patient's treatment program, although we inform patients that most programs last between 4 and 6 weeks. The duration of any treatment program will be extended or shortened depending on each patient's needs and relative progress.

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

There is no set census for this program.

### **Other Resources for Outpatients**

We do provide services to children as young as 5 years-old. Because we are not an IOP or residential program, we do not provide school/educational facilities. Additionally, we offer Couples and Family Therapy.