



Perth OCD Clinic

Clinic/Program Director: Gayle Maloney, M.Psych, PhD
Name of Intake Coordinator: Gayle Maloney, M.Psych, PhD
Phone Number: (+61) 413570222
E-mail: gayle.maloney@perthocdclinic.com.au
www.perthocdclinic.com

939 Wellington St
West Perth, WA 6005
Australia

Treatment Providers:

Gayle Maloney, M.Psych, PhD
Gennifer Koh, M.Psych
Stephen Roberts, M.Psych

Payment Options:

Private Insurance
Medicare
Self-Pay

Populations Served:

Adults
Adolescents
Children

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Skills Training
Treatment for Co-occurring Conditions
Telehealth for Western Australian residents

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

Perfectionism
Scrupulosity
Perinatal OCD
Violent/Sexual Obsessions
Treatment of co-occurring disorders and issues
Telehealth for Western Australian residents

Imagery re-scripting for treatment resistant OCD
Provision of OCD supervision, training and workshops for mental health professionals

Summary of our services:

The Perth OCD Clinic, located in Western Australia, was founded by Dr Gayle Maloney, and is staffed by a team of highly experienced Clinical Psychologists who have undertaken specialized training in OCD. Our clinic aims to deliver evidence-based treatment for OCD, as well as other co-occurring psychological conditions, to assist OCD sufferers and their families. Our team of Clinical Psychologists regularly work with Perth's leading consultant Psychiatrists and General Practitioners to combine medication management into a multidisciplinary treatment approach.

Dr Gayle Maloney is the Clinic Director at the Perth OCD Clinic, and Assistant Clinical Professor at Yale OCD Research Clinic. Dr Maloney was awarded a prestigious Fulbright fellowship in 2015, which afforded her an opportunity to work at Yale University School of Medicine. On her return to Perth, Dr Maloney opened a dedicated OCD clinic to provide a vital service to the Western Australian community. Prior to this time, the senior Clinical Psychologists at the Perth OCD Clinic had worked together since 2006 at Dr Maloney's affiliated clinic, the Psychological Wellness Centre, which provided clinical psychology services for a wide variety of psychological issues.

Dr Gayle Maloney has provided treatment to OCD sufferers and their families for over 20 years. She has published OCD research in peer-reviewed journal articles; and presented her research at national and international OCD conferences and symposiums. Dr Maloney also provides supervision, professional development training, and workshops on OCD.

To ensure that the Perth OCD Clinic clinic remains at the forefront of OCD treatment, we continue to collaborate on research projects with the Yale OCD Research Clinic on the development, testing and publication of adjunct psychological strategies for treatment resistant OCD.

The Perth OCD Clinic is also able to offer telehealth services to Western Australian residents.

Treatment planning process:

OCD sufferers undergo a detailed initial assessment, which then forms the basis for the development of an individualised treatment plan. Clients design their own personalized treatment plan in collaboration with one of our Clinical Psychologists who then assists the client to work through their treatment goals at their own pace.

Core treatment components:

The Perth OCD Clinic provides evidence-based individual clinical psychology treatment for adults, adolescents and children with OCD. Our clinic provides exposure response prevention therapy, which is a specialized type of cognitive behavior therapy. We also have a particular interest in providing psychological strategies for treatment resistant OCD.

Our team of Clinical Psychologists regularly work with Perth's leading consultant Psychiatrists and General Practitioners to combine medication management into a multidisciplinary treatment approach.

Parents, Family Members, Friends, Teachers etc involvement:

Partners, family members, parents, supporters etc are encouraged to be involved in treatment. If the client elects, family sessions are included so that they can support OCD treatment.

Treatment of co-morbid disorders:

The Perth OCD Clinic treats a broad range of Obsessive-Compulsive spectrum disorders, as well as providing treatment for a wide range of commonly occurring OCD related psychological disorders and conditions.

Individual therapy:

Individual therapy is offered on a weekly basis (or twice weekly if needed) and then tapered down to maintenance sessions as needed.

Length of Stay:

We are an outpatient clinic. Length of therapy is determined on the basis of individual treatment plans.

Census:

There is no maximum census for the program at this time. However, appointments are limited to Clinical Psychologists available appointment times.

Other Resources for Outpatients

We are a dedicated private clinic in Perth, Western Australia, comprised of Clinical Psychologists with a special interest in the treatment of OCD and co-occurring psychological issues. We work with consultant psychiatrists and GP's, on an as needed basis, to facilitate a multidisciplinary approach.

The Perth OCD Clinic also provides professional development courses, workshops and supervision. Our staff are passionate about disseminating the specialized international OCD training undertaken at the Behavior Therapy Training Institute to colleagues who share a passion for working in the OCD field.