



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Rogers Behavioral Health in San Diego

**Regional Medical Director:** Stephanie Eken, MD, FAAP

**Clinical Director:** Nader Amir, PhD

**Chief Operating Officer:** Tami Solheim

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17410 Bernardo Center Drive, Suite 300  
San Diego, CA 92128

### **Treatment Providers:**

Nader Amir, PhD

Stephanie Eken, MD, FAAP

Sanjaya Saxena, MD

Brett Johnson, MD

Demet Çek, PhD

### **Payment Options:**

Private Insurance

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 Education

Group Therapy

Habit Reversal

Prescribe Medication

Skills Training

Teletherapy

### **Areas of Specialty in OC-spectrum:**

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