



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The OCD & Anxiety Center

Clinic/Program Director: Maha Zayed, PhD

Name of Intake Coordinator: Maha Zayed, PhD

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Treatment Providers:

Maha Zayed, PhD

Dina Scolan, LCPC

Stacy Gronek, LCPC

Ashley Butterfield, PsyD

Lauren Eldridge, LCSW

Madison Hewitt, LCSW

Colleen Pipia, LCPC

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

Habit Reversal

Home Visits

Skills Training

Teletherapy

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

Obsessive Compulsive Disorder (OCD)

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder

Hoarding Disorder

PANDAS/PANS

Skin Picking

Tics/Tourettes

Trichotillomania (Hair pulling disorder)

Autism Spectrum Disorders (ASD)

Treatment of Co-occurring Disorders

Summary of our services:

The OCD & Anxiety Center in Oak Brook is comprised of a team of passionate, fun-loving, expertly-trained clinicians who have devoted their careers to providing excellent care for individuals who are suffering from OCD, OC spectrum disorders, and anxiety disorders. Along with regular (weekly) individual therapy, we offer our Personalized Intensive Outpatient Program (PIOP) for individuals suffering from complicated and severe symptoms. Patients who participate in PIOP can receive treatment anywhere from 2-7 days per week, and 1-6 hours per day. We often receive referrals from other therapists to help their patients address specialized problem areas; in these cases, we will treat the specific problem while coordinating treatment with the referring therapist. We work with our patients as closely as necessary to ensure maximum benefit from treatment. For some patients, this means that they schedule "booster sessions" with our treatment team every few weeks to every few months in order to help them maintain their gains and continue to make improvements. The area surrounding our office provides easy access to wonderful hotels, restaurants, and leisure activities that enrich our patients' experiences while they are participating in treatment.

Treatment Planning Process

Treatment begins with thorough assessment and treatment planning. This process can take up to three sessions to complete; however, our patients leave each appointment with instructions and suggestions regarding skills building, awareness training, and/or additional information-gathering that they can begin incorporating immediately! Families, spouses/significant others, and any other important individuals/entities are included in the treatment planning process. Great emphasis is also placed on providing excellent education for support systems to ensure that they are on the same page as our treatment team from the start.

Core Treatment Components

Exposure and Response Prevention (ERP), the gold standard of treatment for OCD, is the core treatment component at The OCD & Anxiety Center. ERP has been supported through scientific research to be the most effective form of treatment for OCD. Our clinicians do incorporate other science-backed treatments for OCD, such as Acceptance and Commitment Therapy, mindfulness, motivational interviewing, and cognitive therapy. We consult with our

patients' psychiatrists on a regular basis, and we refer patients to trusted psychiatrists if they wish to add medication treatment to their treatment plan.

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

Support systems are vital to the successful treatment of our patients. Our clinicians are highly skilled at working with families and other sources of support. We understand that OCD can affect systems outside of the patient, and we work diligently to ensure that we have a clear picture of how OCD may be impacting, and impacted by, these systems. We then provide guidance, education, and suggestions to individuals within each support system to ensure that the reach of treatment extends beyond the patient's immediate environment. We work closely with schools to help develop 504 plans and IEPs, and we happily offer in-services to schools and other programs to help provide education and support regarding how to best implement patients' treatment plans.

Treatment of Co-Morbid Disorders

All of the patients who receive treatment at The OCD & Anxiety Center have a primary diagnosis of OCD, an OC-related disorder, and/or an anxiety disorder. As a clinic specializing in treating all types of anxiety-related disorders, our clinicians excel at addressing other disorders that commonly co-occur with OCD, such as other anxiety disorders (e.g., panic disorder, social anxiety, GAD), OC spectrum disorders, depression, Autism Spectrum Disorder, ADHD, and learning disabilities.

Length of Stay

The amount of time to complete treatment varies greatly by individual. We see a full range of symptom severity at The OCD & Anxiety Center: some patients come to us experiencing mild symptoms; some patients are experience extreme symptoms that drastically impact their ability to function in multiple life roles. Regardless of symptom severity, our clinicians work with patients to provide the most comprehensive, time-limited, and cost-effective treatment possible. Our goal is to help our patients become their own ERP therapists as quickly as possible!

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

There is no official census at The OCD & Anxiety Center. We can usually schedule an initial evaluation very quickly, usually within 48 hours (including weekends), and often on the same day. We happily offer our Personalized Intensive Outpatient Program, which allows our patients to receive care from our treatment team up to seven days per week and up to six hours per day.

Other Resources for Outpatients

The area surrounding our office has a wide variety of resources that allow our patients to feel comfortable, as well as have access to a wide variety of exposures! These resources include nearby hotels, medical centers, restaurants, and shopping malls. There is also easy access to train transportation to nearby towns and downtown Chicago, and we are located just a few minutes off of major expressways.