



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

UPMC Western Psychiatric Hospital – Adult OCD Program

Clinic/Program Director: Robert Hudak, MD

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Webster Hall, Suite 160

Pittsburgh, PA 15213

Payment Options:

Private Insurance

Offer a sliding fee

Self-Pay

Medicare

Medicaid

Populations Served:

Adults

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Group Therapy

Skills Training

Specialty Areas (in addition to OCD):

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder

Hoarding Disorder

Skin Picking

Tics/Tourettes

Trichotillomania (hair pulling disorder)

Summary of our services:

The Adult Obsessive Compulsive Disorder (OCD) Program of Western Psychiatric Hospital is a specialty clinic, serving adults diagnosed with OCD since 1998. The Adult OCD Program is an Intensive Outpatient Program (IOP), intended to treat more severe cases of OCD. The Adult OCD IOP group meets three times a week for three hours each group session. The IOP provides group therapy to patients; however, each patient follows an individualized treatment plan. The IOP provides Exposure with Response Prevention (ERP) treatment, and evidenced-based intervention in treating OCD. Patients meet with a psychiatrist once a week for medication management. Dr. Robert Hudak is the attending psychiatrist for the OCD IOP. This program also utilizes interns and psychiatric residents, as Western Psychiatric Hospital is a teaching facility.

Treatment Planning Process

The entire adult OCD staff meets weekly for treatment planning and education.

Core Treatment Components

Core treatment components include pharmacotherapy and ERP in a group setting 3 hours per day for 3 days a week.

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

Family sessions with patients are included in the treatment program.

Treatment of Co-Morbid Disorders

The Adult OCD IOP primarily treats people with OCD but will accept people with OCD spectrum disorders on a case-by-case basis.

Individual Therapy

Patients meet with staff individually at intake, discharge, and periodically during treatment as appropriate.

Length of Stay

There is not a set time period. The average length of stay is 8 weeks. The length of stay is determined individually based on progress and continued treatment needs.

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

Full census for this program is 10.