



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Better Living Center for Behavioral Health

Clinic/Program Director: Angela Cathey
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Treatment Providers:

Amy Kreins, PHD
Angela Cathey, MA
Amy Murrell, PhD

Payment Options:

- Self-Pay (sliding fee available)
- Scholarships available

Populations Served:

- Adults
- Adolescents

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Group Therapy
Habit Reversal
Home Visits
Skills Training
Teletherapy

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

Obsessive Compulsive Disorder (OCD)
Perfectionism

Scrupulosity
Skin Picking (Excoriation Disorder)
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions
Treatment of Co-occurring Disorders

Summary of Services

Our clinic specializes in treatment of OCD and related disorders. We are a research-based clinical treatment facility. We offer Partial Hospitalization, Intensive Outpatient, and Outpatient levels of treatment. We have several psychologists, a licensed psychological associate, and multiple professional counselors (interns and supervisors) who provide exposure and response prevention and Acceptance and Commitment Therapy as our main treatment components.

Our partial and intensive outpatient programs are organized on-going programs that include measurement of individual response to treatment and tailoring of treatment components based on your response. We stay up-to-date on the research base relevant to the treatment of OCD and related disorders, as well as contribute treatment outcomes research to the field.

Treatment Planning Process

New clients can discuss their questions with us and schedule a two-hour initial evaluation to determine the appropriate level of care. We will provide recommendations including level of care. Our partial and intensive outpatient programs are four days per week (Monday - Thursday). Partial hospitalization runs from 9am to 4pm. Our intensive outpatient program has both morning and afternoon programs, the morning program runs 9am to 12pm and the afternoon program from 1pm-4pm. Group therapy is included daily for partial hospitalization and twice weekly at the intensive outpatient level. Outpatient therapy is scheduled as needed. We provide a team approach for all our clients - allowing each client to benefit from the collective clinical skills of the team. Treatment at the partial and intensive outpatient levels tends to run 4-6 weeks but length is ultimately determined by the clients response to treatment.

Core Treatment Components

The bulk of our programming is Exposure and Response Prevention (ERP) focused. We blend Acceptance and Commitment Therapy (ACT) as an evidence-based cognitive-behavioral therapy with our use of Exposure and Response Prevention. Clients are taught over the course of therapy to become their own therapist. Teletherapy and on-site exposure therapy may be provided to assist in transfer of learning to as the client progresses.

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

Parents are provided weekly sessions and data-driven updates regarding their child's progress. Spouses and other family members may receive once-weekly sessions similarly, according to the clients preferences. We can integrate school assignments into your child's treatment, if provided by your child's school. We do not provide a formal schooling program within our treatment programs.

Treatment of Co-Morbid Disorders

Co-occurring disorders such as other anxiety diagnoses, depression, skin-picking/trichotillomania are addressed with exposure and response prevention (ERP), Acceptance and Commitment Therapy (ACT), Behavioral Activation, and Habit Reversal primarily.

Emphasis on OCD

Our treatment programs are focused on treatment of OCD and related disorders.

Length of Stay

The average length of stay is 4-6 weeks though treatment is flexibly based on treatment response.

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

Our current census can expand to 15 higher-level treatment (PHP/IOP) clients at one time. We also carry a number of outpatient clients at any point.

Other Resources for Outpatients

Diversity Information

We strive to provide culturally and religiously aware treatment to all individuals seeking treatment. All of our clinicians have received training regarding treating less common presentations and the interplay of cultural and religious practices with symptoms.