



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The Anxiety Treatment Center of Greater Chicago

Clinic/Program Director: Karen Cassiday, PhD, ACT

Northern Suburbs – Primary Office

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Treatment Providers:

Karen Cassiday, PhD, ACT
Brian Schmaus, PhD
Julianne Pojas, PsyD
Alison Alden, PhD
Rahan Ali, PhD
Kerrie Armstrong, PhD
Stephanie Kuhn, MA, LPC
Christina Maxwell, MA, LCPC, LMHC
Karin Schroeder-Nothaft, MS, LCPC
Dustin Siegel, PsyD

Payment Options:

Self-pay
Offer a sliding fee

Populations Served:

Adults

Adolescents
Children

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
Prescribe Medication
Skills Training
Teletherapy
Treatment for Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)
Hoarding Disorder
PANDAS/PANS
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services:

We have been offering exposure and response prevention therapy for OCD and related conditions since 1993. Longtime BTTI faculty member and OCD expert Dr. Karen Cassiday, and our team can provide convenient intensive exposure-based therapy in your home or community to help you effectively learn to face your fears and overcome them. We provide a full range of treatment from intensive daily therapy to weekly outpatient therapy. Our staff specializes in working with young children through adults, difficult cases and co-morbid conditions. Our team is able to rapidly customize your treatment to your needs and can assist you with rituals that make it difficult to attend school, to work, sleep or enjoy living in your community. We have expertise working with young children, developmental delays and disabilities, body dysmorphic disorder, hoarding disorder, tic disorder, hair pulling, and skin picking. Our goal is to help you and your family overcome the obstacles that your OCD or OC spectrum condition has created.

Treatment Planning Process

We conduct an individual assessment to identify your diagnostic profile and develop a customized hierarchy and treatment plan for each patient. Parents and significant others are included in the assessment and treatment process, especially when a patient's OCD or OC spectrum condition has resulted in family/marital distress or engages significant others in

reassurance seeking rituals or avoidance. Our goal is to make sure that everyone involved understands the diagnosis, treatment plan, and their role in helping the patient achieve success.

Core Treatment Components

We offer exposure and response prevention therapy, medication consultation with a board-certified psychiatrist, therapist-led support groups, cognitive therapy, and other interventions such as mindfulness, acceptance and commitment therapy, and motivational interviewing for those reluctant to participate in therapy. All treatment offered is proven by science to be the best ways to help those who suffer from OCD and related conditions.

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

Our team is experienced at helping parents, caretakers, and significant others learn how to be most helpful in the recovery process. Their participation is often essential to recovery, especially when rituals, avoidance, irritability, and oppositional behaviors have made life difficult. We work with IEP/504 teams in patients' schools to help ensure that children, teens, and young adults have appropriate accommodations that lead to academic success. We also provide training to school or camp staff to help them better understand and intervene with patients.

Treatment of Co-Morbid Disorders

Our clinic treats the full range of anxiety and related disorders. We are therefore easily able to address the frequent co-morbid conditions that patients with OCD experience such as other anxiety disorders, OC spectrum disorders, mood disorders, autism spectrum disorders, learning disabilities, and ADHD. Our goals for every patient and his or her family are to overcome his or her anxiety disorder by learning how to apply exposure-based therapy and to learn to live well by acquiring good mental wellness habits.

Individual Therapy

Every patient receives personal attention from their individual doctor for whatever amount of time they require to be successful. Sessions can vary from 45 minutes to 3 hours depending upon what patients need. Patients are assigned an individual therapist who guides them through treatment. When patients need intensive treatment that requires multiple sessions each week, they work one-on-one with each team member. A patient's doctor will give him or her their cell phone number and email so the patient can easily contact them in between sessions for help. Patients never have to speak to a stranger or someone unfamiliar with their treatment. A patient and his or her doctor determine what is needed for recovery, and not an insurance company or a rigid day program schedule.

Length of Stay

Treatment duration is determined by two important factors – what it takes for an individual to be successful and how rapidly he or she is able to progress through the recommended treatment plan. Our goal is to make sure time and money is not wasted following a rigid program that is one-size-fits-all, but instead, patients work at the pace that science and our experience suggests is best for them.

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

Our team approach allows us to meet with patients 7 days a week for as many or few sessions as are needed. We can usually see patients for an initial evaluation within 12 hours to 7 days of the point of first contact, and we can work with difficult-to treat situations such as providing exposure therapy in the early morning or late evening when awakening and sleep rituals are a problem. We are also able to plan and schedule intensive treatment during school/college holidays to help students prevent a leave of absence.

Other Resources for Outpatients

We have hotels across the street from our clinic and nearby shopping malls, yoga studios, health care facilities, major expressways and restaurants that make it convenient for out of town patients to complete intensive treatment. These conveniences also allow us to provide excellent exposure opportunities for patients. We work with many other mental and health care professionals and provide referrals for other areas of need when they arise.