



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Anxiety Institute

Clinic/Program Director: June Phelps, PhD

Name of Intake Coordinator: Daniel Villiers, Founder/Director Admissions

Phone Number: (203) 489-0888

E-mail: lgeiger@anxietyinstitute.com

Website: anxietyinstitute.com

75 Holly Hill Ln, Suite 300
Greenwich, CT 06830

Treatment Providers:

Andrew Barile, PsyD

Steven Bennett, Med, LPC

Tine Crystal, PsyD

Sarah Pauker, LPC

June Phelps, PhD

Tracy Robinson, PsyD

Payment Options:

Self Pay

Sliding fee available

Scholarships available

Populations Served:

Children

Adults

Adolescents

Treatment Strategies Offered:

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):

Body Dysmorphic Disorder (BDD)

Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions
Treatment for Co-occurring Conditions

Summary of Services

Anxiety Institute offers an intensive outpatient program designed for youth and young adults struggling with moderate to severe anxiety and OCD. Anxiety Institute provides comprehensive, continuous care for expedited and enduring recovery.

Daily Treatment Includes:

- **Individual Therapy:** Individual, one-to-one therapy including exposure-focused cognitive behavior therapy (CBT).
- **Applied Behavioral Therapy:** Using principles of evidenced-based CBT, our Exposure Coaches work with your child to practice skills and strategies learned in therapy until they become habit.
- **Group Therapy:** Group therapy is facilitated by our trained clinicians using curated curriculum to educate the group on bio-psycho-social experience of anxiety/OCD.
- **Wellness:** A Wellness hour is critical to enabling your child to participate in activities outside their comfort zone, bond with other clients, process intensive clinical work and learn new skills.
- **Family Therapy:** Coaching, consultation and psychoeducation to ensure parent success in their critical role in recovery.
- **Support Group:** A weekly support group for parents who want to learn how to support their child, avoid accommodating behaviors, and manage their own emotions around parenting a child suffering with anxiety disorder or OCD.

We also offer weekly/bi-weekly sessions and custom intensive programs, with treatment intensity matching the severity of symptoms.

Treatment Planning Process

Your child will be assigned a lead clinician who is responsible for clinical strategy and treatment planning. This clinician is your primary point of contact during treatment.

After constructing their personal Hierarchy of Fears, clinicians and coaches work with your child to systematically confront thought patterns and fears, and process the thoughts and somatic reaction to exposures.

At the start of treatment and periodically thereafter, clinical progress and symptom severity is tracked through systematic collection of clinical measures.

Core Treatment Components

Treatment includes: individual therapy, exposure sessions/applied behavioral therapy, group therapy, family therapy, wellness sessions (integrative activities including art therapy, CrossFit, yoga), support groups, and integrative health psycho-education.

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

- **Family Therapy:** Coaching, consultation and psychoeducation to ensure parent success in their critical role for the recovery process.
 - A recurring, one-hour weekly family therapy session to discuss background, progress, treatment planning, and parent coaching.
 - The recurring family session is in lieu of one of the individual weekly sessions for your child. Based on the clinician's discretion, this meeting may include your child.
 - Depending on clinical need and circumstances, the extended family (including siblings), may be included in family therapy.
 - Clinicians are available after-hours via cell phone for brief consultation, coaching support, and crisis intervention.

- **Parent Support Group:** Anxiety Institute faculty facilitate a weekly parent support group for parents who want to learn how to support their anxious child, avoid accommodating behaviors that make anxiety worse, and manage their own emotions around parenting a child who suffers from an anxiety disorder.
 - The skills you develop in these sessions are an integral part of your child's enduring recovery. The psychoeducation and strategies touched upon in the group mirror your child's group curriculum, so it's a terrific way to gain insight into what your child is learning in the IOP.
 - This parent support group combines the best elements of evidence-based principles to address the needs of parents and their anxious children. Plus, the parent support group is a safe place to discuss the emotions and challenges of parenting an anxious child.
 - Specifically, parents learn how to:
 - Reinforce facing fears
 - Reduce accommodations
 - Establish boundaries, choice and accountability
 - Topics include: 1) psychoeducation; 2) strategies to help your child change their relationship to their anxious thoughts, feelings, and bodily sensations; 3) role play; and 4) discussion and support from parents who really understand the challenges of parenting an anxious child.

Treatment of Co-Morbid Disorders

Anxiety Institute offers an intensive outpatient program designed for youth and young adults struggling with OCD and moderate to severe anxiety.

Our concentrated IOP program occurs Monday through Friday, over 4-12 weeks, depending on symptom severity. The daily four-hour program is comprised of a range of clinical interventions

outlined below. There are two time-blocks each day: AM block from 9:00-1:00 and PM block from 11:00-3:00. Typically 50% of the daily hours are in one-to-one sessions with the client.

Treatment includes: individual therapy, exposure sessions/applied behavioral therapy, group therapy, family therapy, wellness sessions (integrative activities including art therapy, CrossFit, yoga), support groups, and integrative health psycho-education.

We also offer weekly/bi-weekly sessions and custom intensive programs, with treatment intensity matching the severity of symptoms.

Emphasis on OCD

Anxiety Institute is a specialized program for youth suffering with OCD and anxiety-related disorders. This cluster of disorders uses the same treatment modalities (CBT and applied behavioral therapy ("exposure-focused CBT")).

Length of Stay

Average length of stay is 8 weeks or approximately 40 days of treatment. The duration of treatment is dependent on the severity of symptoms.

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

Maximum enrollment in the intensive program is 16, though more typically it's 12 clients.

Other Resources for Outpatients

EMDR

virtual reality (as appropriate for graduated exposure)

family therapy

group therapy

support groups

wellness therapy (e.g. art therapy, yoga, CrossFit)

integrative health education (i.e. lifestyle factors that influence wellness and assist in mitigating stress and anxiety)

systematic assessment to track clinical progress

May integrate: dialectical behavior therapy (DBT), motivational interviewing, emotion-focused therapy.

ACT as an adjunct therapy, as appropriate