



Behavioral Wellness Clinic

Clinic/Program Director: Monnica Williams, PhD

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6-D Ledgebrook Dr
Mansfield Center, CT 06250

Treatment Providers:

Monnica Williams, PhD

Street Russell, PsyD

Betsy Van Dyke, PsyD

Sara Sutphin, MEd

Amanda Velez, MSSW

Cheri Levinson, PhD

Sarah Schirmer, DNP, MEd, APRN, PMNHP-BC

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

Home Visits

Teletherapy

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

Obsessive Compulsive Disorder (OCD)

Perfectionism

Scrupulosity

Violent/Sexual Obsessions
Body Dysmorphic Disorder
Hoarding Disorder
Skin Picking
Tics/Tourettes
Trichotillomania (Hair pulling disorder)
Autism Spectrum Disorders (ASD)
Substance Use Disorders (SUD)
Treatment of Co-occurring Disorders

Summary of our services:

We are committed to providing effective, evidence-based, cognitive behavioral therapy for OCD and related obsessive compulsive disorders such as hoarding disorder, eating disorders, body dysmorphic disorder (BDD), exorciation, and trichotillomania. Clinical Director Monnica Williams, PhD, is nationally renowned for her OCD research, especially on under-studied and poorly understood topics such as sexual orientation OCD and presentation of OCD in African Americans. All of our therapists are trained in exposure and ritual prevention therapy (ERP) and participate in weekly supervision or trainings. Our therapists are also trained in treatment for mood and trauma disorders.

Treatment Planning Process

First appointment - consultation: Meet with a doctoral-level therapist to discuss your symptoms and ask questions about therapy. This is an excellent time to ask more about ERP; find out if you should be assessed for OCD or any other disorders; or discuss special needs related to fees, legal paperwork, mandated therapy, or access to treatment.

Second and third appointments - assessment: Each client goes through an assessment, to determine whether you meet the criteria for any disorders and the severity of your symptoms. Assessment is done through interviewing and completing questionnaires. This helps your therapist tailor a treatment plan that will work best for you and your symptoms.

Following appointments - regular treatment: Begin regular therapy sessions once or twice weekly. Your therapist will explain the therapy and treatment plan he or she thinks is best, and you will negotiate any problems such as fees, meeting times, frequency of sessions, etc. Your anxiety and symptoms are monitored throughout ERP therapy to allow for adjustments in the treatment plan.

Core Treatment Components

Medication management available
Exposure and ritual prevention (ERP) therapy
Cognitive behavioral therapies
Intensive outpatient (IOP) program
Online therapy
Dual-diagnosis treatment
Group therapy
Couples and family sessions available

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

We have a child psychologist available for children and teens who also consults regularly with parents during treatment. Parents may be asked to join some sessions and may also request sessions for themselves. Teachers may be requested to fill out a questionnaire or meet briefly with a therapist in some cases. Individuals may request to bring a friend or family member to a session. We have a marriage and family therapist who is available to work with couples and families regularly.

Treatment of Co-Morbid Disorders

Our clinic provides specialized treatment devoted to OCD spectrum disorders. If an individual presents with an obsessive compulsive disorder, their treatment will focus on that rather than being given talk-therapy or generic coping skills training. However, anxiety, depression, and trauma issues also affect many people with OCD spectrum disorders. Often, individuals with OCD spectrum disorders will have a dual-diagnosis of another disorder. Our clinicians are prepared to recognize these issues and tailor the treatment plan to your specific symptoms.

Individual Therapy

Most therapy sessions are conducted individually with a therapist and usually last between 60 to 90 minutes.

For the intensive outpatient program, you will be assigned two therapists and may meet with either individually or with both at the same time, depending on the plan for your session.

Occasionally, you may be asked if you are comfortable having a new staff-member-in-training observe or assist with your therapy. Observation and assisting provides priceless on-the-job training for our staff, ensuring that everyone on our team can provide effective therapy for their clients.

Length of Stay

All of our therapy is outpatient, so clients do not stay in an inpatient area or residential facility. The length of therapy depends greatly on your individual severity of symptoms and your motivation to commit to therapy. On average, we recommend you expect a minimum of 3-6 months of therapy for OCD spectrum disorders.

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

We do not have a set maximum number of clients. Typically new clients are able to have a first session (consultation) within two weeks of first contacting us.

Other Resources for Outpatients

Cognitive behavioral therapy for PTSD, other trauma-spectrum disorders, and mood disorders.

Specialized treatment for racism-based trauma experiences and PTSD.

Court-mandated evaluations for competency and proof of presence of a mental disorder (no custody evaluations).

Psychological and cognitive testing for children and teens, included school-mandated assessments.

Diversity Statement

Our clinic is dedicated to providing culturally-competent services. A key facet of our work with clients is to fully understand the cultural, social, and spiritual issues that shape the whole person. Prior to working with any cultural group, the therapists should possess a basic level of cultural knowledge and sensitivity, through formal education or prior meaningful experiences with members of the client's cultural group. Cultural understanding is essential to prevent misattribution of symptoms to stereotypes about the client's race or culture.

Clinical director Dr. Monnica Williams has extensive experience with cultural competency. She previously worked as the Director of the Center for Mental Health Disparities at the University of Louisville. She is a media expert, and maintains a blog on Psychology Today called Culturally Speaking. She works with organizations and business to improve the racial climate. She also lectures and conducts workshops at scientific conferences, including workshops to improve cultural competence. Dr. Williams trains all of the therapists at the Louisville OCD Clinic so they can effectively and ethically treat culturally and ethnically diverse populations.

At the Behavioral Wellness Clinic, we work with a form of post-traumatic stress disorder (PTSD) called race-based stress and trauma. This lesser known occurrence of PTSD is often not recognized as a serious disorder, and many individuals suffer without getting help. Anyone suffering as a result of such experiences can contact us to schedule an in-person evaluation or phone consultation for treatment. We also do psychological evaluations to assess the impact of the effects of racism in the workplace.