



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The OCD and Anxiety Treatment Center

Clinic/Program Director: Leah Jaramillo, LMFT
Name of Intake Coordinator: Alina Lamoreaux
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1459 North Main Street, Suite 100
Bountiful, UT 84010

Treatment Providers:

Paul J. Peterson, LCSW
Lynne Sill, LCSW
Leah Jaramillo, LMFT
Kate Rogers, PhD

Payment Options:

Self-Pay
Private Insurance

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
Skills Training
Teletherapy

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

Body Dysmorphic Disorder (BDD)
Hoarding Disorder
PANDAS/PANS
Perfectionism
Scrupulosity

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

Summary of our services:

The OCD and Anxiety Treatment Center (TOATC) unofficially launched in 2008. We have been serving OCD and anxiety-related disorder clients almost solely since that time. We have been running our intensive outpatient program (IOP) since 2010. We officially opened our doors beyond our regular referrals starting in January of 2015. We have studied, researched, and attended seminars and a variety of training opportunities around the country in pursuit of specializing. We take a hands-on approach using the best methods known for the treatment of OCD and other anxiety disorders. We have clients from all over the world that attend our program. Our clients have wonderful successes in our program. We are located in Bountiful, Utah (15 minutes from downtown Salt Lake City). There are wonderful amenities in our community to accommodate our clients during treatment.

Treatment Planning Process

Our staff, including therapists, intake managers, clinical director, and assistants, meet every day to staff clients' needs for treatment and assess modification of their treatment to get the very best outcome.

Core Treatment Components

Our methods of treatment include individual, group, family, ERP, CBT, mindfulness, and ACT. We recognize there are many pieces of the puzzle and that one single approach is not enough to provide the solid foundation necessary for long term success.

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

We recognize clients are more likely to achieve success with the support of others. Our program specifically includes parents, family members, friends, teachers, ecclesiastical leaders, and any other individuals or groups that may aid in the treatment process. As we are working through the program, we identify resources and beginning to include as many as we can from the beginning and beyond treatment. Support people are encouraged to attend sessions starting on day one. By educating support systems, our clients can return to their lives with help all around them from people who can provide support and help in the right way.

Treatment of Co-Morbid Disorders

Our IOP is specifically designed to work with individuals with OCD and other anxiety spectrum disorders.

Individual Therapy

We have two sessions of our IOP that run each day. Depending on severity of issues, clients may attend one or both sessions. Each of the two four-hour sessions includes 2 hours of one-on-one time.

Length of Stay

The average stay in our program is between 6-10 weeks. The length of time can increase or decrease with severity of symptoms. We provide maintenance therapy, as well.

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

Currently our program allows for 72 IOP clients per week.

School Facilities

We offer a youth IOP program to children 10-17.

Other Resources

We provide direct therapy as well as an OCD group, family support group, and alumni groups.