



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Center for OCD and Related Disorders at New York State Psychiatric Institute/Columbia University Medical Center

Clinic/Program Director: Helen Blair Simpson, MD, PhD
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1051 Riverside Dr Clinic 3200
New York, NY 10032

Treatment Providers:

Helen Blair Simpson, MD, PhD
Andrew B. Schmidt, PhD, LCSW
Marina Gershkovich, PhD
Michael Wheaton, PhD

Payment Options:

Self-Pay
Scholarships Available

Populations Served:

Adults

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Home Visits

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

PANDAS/PANS
Perfectionism
Scrupulosity
Violent/Sexual Obsessions

Summary of our services:

Led by world-renown expert, Dr. Helen B. Simpson, the OCD research program is dedicated to the mission of improving the lives of people with obsessive-compulsive disorder (OCD) and related disorders by conducting cutting edge research to transform how we understand and

treat these disorders. For the patients of today, we examine how to combine and sequence current treatments to maximize outcome, and we explore novel treatments. For the patients of tomorrow, we collaborate with experts in neuroimaging, genetics, and basic science to examine what causes obsessions and compulsions.

Treatment Planning Process

Patients who are interested in participating first complete a brief screening over the phone to determine eligibility for a treatment study. For those that are eligible, an in-person evaluation will be conducted. The initial evaluation typically consists of a structured clinical interview and a psychiatric intake. Once evaluations are complete, patients will enter treatment through research studies

Core Treatment Components

The Center for OCD and Related Disorders provides treatment in the form of cognitive behavioral therapy, which includes therapy such as Exposure and Response Prevention Therapy, and medications.

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

The Center for OCD and Related Disorders is an adult clinic serving those over the age of 18. Patients who would like to include family, friends, and others in the treatment process will provide appropriate permission for our clinicians to do so.

Treatment of Co-Occurring Disorders

Some of our studies are open to individuals who are experiencing co-occurring disorders. However, the treatment we offer is only for OCD.

Individual Therapy

Flexible and depends on study.

Length of Stay

The length of stay is flexible.

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

In the Adult Clinic, we do not have a census for our program; however, the number of individuals who can be treated at one time depends on the availability of treatment studies and study personnel.

Other Resources for Outpatients

Evaluation & Diagnostic interview

Consultation

Novel Treatment