



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Community West Treatment OCD Program

Clinic/Program Director: Flavio Marengo, PhD

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Treatment Providers:

Flavio Marengo, PhD

Michael Fresé, PhD

Payment Options:

Self-pay

Populations Served:

Adults

Adolescents

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

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

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder

Hoarding Disorder

Skin Picking

Tics/Tourettes

Trichotillomania (hair pulling disorder)
Treatment of Co-Occurring Disorders

Summary of our services:

The OCD and Anxiety Disorders Program at Community West Treatment in West Los Angeles is an intensive Outpatient Treatment Program for OCD and related disorders for adolescents and young adults. It treats OCD and related disorders with exposure and response prevention (ERP) and other empirically-supported CBT strategies that have been shown through research to be effective for these conditions.

The program will provide treatment for at least three hours per day, five days a week. Each client will meet with a licensed CBT therapist for one session every day, followed by multiple exposure sessions with a behavior coach based on the clinical needs of the client. We also offer a structured step-down, 3-day per week schedule.

Community West has two distinct treatment services offered at different times during the day. Our *Youth Services* for adolescents (ages 13-17) are provided during after-school hours (4PM-7:30PM). Our *Young Adult Services* are provided during morning and early afternoon hours (9AM-3PM). In addition to individual office therapy sessions and in-vivo exposures in real-life settings, clients in both programs participate in group therapy, family therapy, and experiential activities that in combination provide the most comprehensive outpatient treatment available.

Treatment Planning Process

Each client receives a comprehensive evaluation upon admission that includes the use of objective measures such as the Yale Brown Obsessive Compulsive Scale (Y-BOCS) for adults or adolescents, as well as multiple screening tools for depression and anxiety. The evaluation focuses on identifying OCD and related disorders symptoms, as well as co-morbidities that clients often present with.

Core Treatment Components

Symptoms within subtypes of OCD are identified and included into a treatment plan composed of exposure hierarchies featuring clients' OCD triggers and avoidance. Each client works with an ERP behavior coach to carry out exposure tasks from hierarchies constructed collaboratively between client and therapist. The use of medication for OCD and related disorders, typically appropriate doses of SSRI agents, is also included in the treatment.

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

As OCD almost universally affects the sufferer's immediate family members and loved ones, we include regular family sessions and psychoeducational presentations on what OCD is and is not, to help family members learn how to stop providing reassurance, disengage from co-compulsing or executing compulsions on behalf on clients, and to stop enabling their often ubiquitous avoidance.

Treatment of Co-Morbid Disorders

We address conditions that often co-occur with OCD such as depression and anxiety disorders using CBT strategies while clients are in the OCD program. For conditions unrelated

to OCD such as personality disorders, clients have the option of receiving additional treatment from the general program.

Length of Stay

We have a flexible length of stay depending on the client's clinical presentation and complexity, and severity of the disorders they present with. We strive to keep clients in the program only long enough to gain maximum benefit from their experience, knowing that staying in treatment longer than necessary can become an avoidance strategy sometimes inadvertently employed by clients with anxiety disorders.

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

We aim to keep the program relatively small for a group of 6 to 8 clients in each of the adult and the adolescent program.

School Facilities

The program schedule for adolescent will start at 4:00 pm Monday through Friday, followed by a step-down 3-day a week schedule that allows minors in school to attend the program.

Other Resources for Outpatients

Group therapy, family therapy, home-based exposure sessions, relapse prevention, ERP/behavior coaching.