



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Mid Island Psychology Associates, PLLC

Clinic/Program Director: Christine Newman, PhD
Name of Intake Coordinator: Loren Packer-Hopke, PhD
Phone Number: (516) 719-6383
E-mail: midislandpsych@gmail.com
www.midislandpsych.com

500 N. Broadway
Suite 142
Jericho, NY 11753

Treatment Providers:

Christine M. Newman, PhD
Loren Packer-Hopke, PsyD
Despina Konstas, PhD

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
Group Therapy
Habit Reversal
Home Visits
Skills Training
Teletherapy

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

Obsessive Compulsive Disorder (OCD)
Perfectionism
Scrupulosity
Violent/Sexual Obsessions

Body Dysmorphic Disorder
Hoarding Disorder
PANDAS/PANS
Skin Picking
Tics/Tourettes
Trichotillomania (Hair pulling disorder)
Eating Disorders (ED)
Autism Spectrum Disorders (ASD)
Treatment of Co-occurring Disorders

Summary of our services:

Mid Island Psychology Associates was founded on the principles that psychological care should be tailored to each individual and address their specific needs. We take a robust and diverse approach to treatment. Specifically, meeting each client where they are in their current stage of readiness. Each clinician at Mid Island Psychology Associates has a special passion for working with individual with OCD and OC related disorders and has been extensively trained in the Cognitive Behavioral Model. Some of our clinicians have also been intensively trained in Dialectical Behavior Therapy and Acceptance and Commitment Therapy which we use to augment our primary treatment approach of Exposure and Response Prevention. We also have clinicians who were trained in CBIT. Our location is ideal for in-vivo exposure sessions. When working with clients who are in need of intensive treatment, we are able to help them with local lodging and travel arrangements. Upon discharge, we offer booster sessions both face-to-face and via tele-therapy.

Treatment Planning Process

At Mid Island Psychology Associates, we take a comprehensive and thorough approach to treatment, meaning that each treatment plan is tailored to each client's specific needs. For some individuals, their symptoms may be significantly impacting different aspects of their lives requiring a more intensive treatment approach. During the initial evaluation, we assess various areas in which OCD and OC related disorders are impacting an individual's functioning, as well as any co-occurring disorders that may impact treatment. Following the initial consultation, the psychologist will discuss treatment recommendations with the client which may include psychological testing, consultation with their school, as well as referrals for a psychiatric evaluation. Once treatment begins, the client and therapist work closely to establish treatment goals. Throughout therapy, progress towards initial treatment goals is monitored, and goals may be adjusted based on progress in treatment. Our treatment team also meets regularly to evaluate each client's treatment plan in order to make sure we are targeting all areas necessary to achieve optimal results.

Core Treatment Components

Mid Island Psychology Associates believes in using only empirically supported treatment methods. Our psychologists are all extensively trained in various behavioral and cognitive treatment approaches including, but not limited to, Cognitive Behavioral Therapy, Exposure and Response Prevention, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and Comprehensive Behavioral Intervention for Tics. We work closely with local psychiatrists who

specialize in OCD and OC related disorders to ensure that our clients are getting the best treatment available.

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

Mid Island Psychology Associates believes that the individuals most closely involved our client's lives play a crucial role in their recovery. Since the time spent in therapy is only a small fraction of our client's daily lives we want to make sure that those who our clients spend the most time with are well educated as to supporting a loved one with OCD and OC related disorders. We believe that family members can be an excellent resource in therapy, oftentimes they can provide additional background information as well as become an extension of treatment. We find that when treating OCD and OC related disorders inside the home, family members may unknowingly be aiding the client in maintaining their symptoms, therefore, we would insist on family involvement. We treat many children and adolescents with OCD and OC related disorders, so we frequently offer consultation with school personnel to help facilitate treatment. Our psychologist has excellent working relationships with various school districts and are able to conduct behavioral assessments in the school. Oftentimes, our psychologists will attend IEP/504 meetings to make sure that our clients are getting the necessary accommodations in school to make sure that the child's symptoms and treatment are not impacting their ability thrive academically.

Treatment of Co-Morbid Disorders

Many of our clients have co-occurring anxiety, mood, or personality disorders. At Mid Island Psychology our therapists are trained in recognizing and treating co-occurring disorders using empirically supported techniques. Since we work with children and adolescents, we also address co-occurring childhood disorders such as ADHD and Oppositional Defiant Disorder.

Length of Stay

Each treatment plan is tailored to the individual client, therefore there is no set length of stay. Depending on severity of symptoms, it may be recommended that a client participate in intensive treatment for one to two months, whereas others may benefit from longer term biweekly appointments.

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

We accommodate individuals on a rolling basis and therefore never have a waiting list.

Other Resources for Outpatients

Group therapy, family therapy, parent training, in-vivo exposure and response prevention, home visits, school visits.