



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Psychological Care & Healing OCD Intensive Treatment Program

Clinic/Program Director: Gerald Tarlow, PhD

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11965 Venice Boulevard, Suite 202
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Payment Options:

Self-pay

Populations Served:

Adults

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Response Prevention (ERP)

Family Therapy

Group Therapy

Habit Reversal

Prescribe Medication

Skills Training

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

Body Dysmorphic Disorder (BDD)

Hoarding Disorder

Perfectionism

Scrupulosity

Skin Picking

Tics/Tourette

Treatment of Co-occurring Conditions

Trichotillomania

Violent/Sexual Obsessions

Summary of our services:

Psychological Care and Healing (PCH) Treatment Center was established in 2010 with supportive living and comprehensive mental health treatment options for severe psychiatric disorders, including bipolar disorder, depression, anxiety and personality issues, psychological trauma, and dual diagnosis. In 2013 we launched a separate self-contained OCD program to meet the demand for specialized treatment for obsessive compulsive disorder with empirically supported, evidence-based interventions. We feature a highly experienced clinical staff with extensive experience in treating OCD and related conditions. Our OCD program offers full living arrangements in our residence houses as well as options such as sober living homes and apartments. PCH also offers an aftercare program to assist clients in transitioning out of treatment.

Treatment Planning Process

Clients receive an initial diagnostic evaluation that includes Y-BOCS to identify obsessions, compulsions, and avoidance behaviors that will be used for the development of exposure hierarchies specifically tailored to each client's OCD subtype. Co-morbid conditions are also identified during this evaluation and included in the treatment plan as necessary.

Core Treatment Components

The program involves four hours per day of therapist-assisted exposure and response prevention (ERP) and cognitive therapy (CT) that start with an individual session in which client and therapist collaboratively design graduated in-vivo and imaginal exposure hierarchies based on each client's specific obsessions, compulsions, and avoidances. The first hour of individual therapy is also used to carry out cognitive restructuring and other cognitive therapy interventions in addition to continually reviewing a client's treatment plan. The second and fourth hours are spent doing exposure work, while the third hour involves an OCD group therapy session.

Parents, Family Member, Friends, Teacher, etc. Involvement

OCD invariably involves an entire family system that requires education and support to help the OCD sufferer overcome their symptoms and comply with exposure work. Family members, when appropriate, are integrally involved in the client's treatment through our stand-alone family treatment program. We offer an intensive three-day family weekend, as well as individual family therapy sessions with and without the client.

Treatment and Co-Morbid Disorders

Our OCD program focuses on OCD and related conditions. However, clients at PCH can also receive treatment for co-occurring disorders frequently associated with OCD such as trauma, mood, personality and substance issues. For these, an array of treatment modalities are in our general and specialty psychological programs, including psychodynamic therapy, neurofeedback, DBT, mentalization, an arts program, and group therapies.

Individual Therapy

Each client receives three hours of one-on-one treatment involving a combination of individual ERP and cognitive therapy sessions. These three hours are complemented by a daily one-hour group session.

Length of Stay

Clients typically stay 8 to 12 weeks, but the program can be extended based on the severity and complexity of each case. Clients also enjoy the opportunity to move from our residence house to a less-acute level of care in our day treatment program.

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

The PCH OCD Program can accommodate up to 18 clients, in either outpatient or supportive living.

School Facilities

We treat clients 18 and over. We do have educational facility is close proximity, and clients are able to attend school while participating in the program.

Other Resources

Our program offers both residential and day treatment options and is therefore equipped to provide intensive outpatient treatment for OCD. Resources from our other treatment programs are available to OCD clients, including psychodynamic therapy, an arts program, neurofeedback, group therapies, holistic treatments, somatic experiencing, and sensorimotor therapy.