



OCD Clinic

Clinic/Program Director: Lijun Ding, MD
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Xianyue Road 387-399#
Xiamen, Fujian 361012
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Treatment Providers:

Lijun Ding, MD

Payment Options:

Private Insurance
Self-Pay

Populations Served:

Adults
Adolescents

Treatment Strategies Offered:

Acceptance & Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Group Therapy
Prescribe Medication

Areas of Specialty in OCD-Spectrum:

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

Summary of our Services:

This program was started in 2012 after getting training from Dr. Thröstur Björgvinsson, Dr. Jeff Szymanski, and Dr. Szu-Hui Lee. We provide medication and CBT, ERP, & ACT.

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

Family members are included in the treatment through the family business meeting for family accommodation and how they do to help patients.

Treatment of Co-Morbid Disorders:

Depression, anxiety disorders, etc.

Length of Stay:

8 weeks for therapy and 2 years for medication and it is flexible

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

Maximum number is around 40/months.

Other Resources:

Support groups and group therapy