



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Austin Anxiety & OCD Specialists

Clinic/Program Director: Dr. Misti Nicholson
Name of Intake Coordinator: Dr. Misti Nicholson
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205 Wild Basin Rd S #3, Suite 202
Austin, TX 78746

3000 Joe DiMaggio Blvd, Suite 66
Round Rock, TX 78665

Treatment Providers:

Misti Nicholson, PsyD
Victoria Nguyen, PsyD
Carissa Cerda, PsyD
Jameeka Moore, PsyD
Lauren Garfield, LMFT
Brittney Jones, LMFT

Payment Options:

Private Insurance
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):

Perfectionism
Scrupulosity
Violent/Sexual Obsessions
Body Dysmorphic Disorder
Hoarding Disorder
PANDAS/PANS
Skin Picking
Tics/Tourettes
Trichotillomania (hair pulling disorder)

Summary of our services:

Founded by Dr. Misti Nicholson in 2013, Austin Anxiety and OCD Specialists is committed to providing compassionate, goal-oriented, evidence-based treatment for anxiety and OCD. We have two convenient Austin area locations; however, we also meet with our clients where their symptoms interfere most (e.g., home, school, shopping centers, etc.). Our specialized focus on anxiety and OCD allows us to stay up to date on the latest research and implement the most effective evidence-based treatment interventions. Our therapists work collaboratively with clients to develop an individualized treatment plan to empower them to manage OCD effectively.

Treatment Planning Process

Clients complete a comprehensive intake assessment. During that appointment, clients and their therapists work collaboratively to develop an evidence-based treatment plan.

Core Treatment Components

Austin Anxiety and OCD Specialists is committed to evidence-based treatment interventions including CBT, ERP, and ACT. We provide individual, group, and family therapy.

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

Family members, teachers, and other integral people in a client's life are included in treatment as clinically indicated. When working with child and adolescent clients, parents are closely involved.

Length of Stay

Length of treatment is individualized for each client based on his or her unique needs.

Other Resources for Outpatients

Group Therapy, Family Therapy, Camps, Workshops