



## **Antioch Group**

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6615 North Big Hollow Road  
Peoria, IL 61615

### **Treatment Providers:**

Bill Blundell, MA LCPC

Timothy Chu, LCSW

### **Payment Options:**

Private Insurance

Self-pay

Offer a sliding fee

### **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

Skills Training

Teletherapy

Treatment of Co-occurring Conditions

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

Body Dysmorphic Disorder (BDD)

Hoarding Disorder

PANDAS/PANS

Perfectionism

Scrupulosity

Skin Picking (Excoriation Disorder)

Tics/Tourettes  
Trichotillomania (Hair Pulling Disorder)  
Violent/Sexual Obsessions

### **Summary of our services:**

Ellen Kiesewetter, MA, LCPC, Bill Blundell, MA, LCPC, and Donna Wasson, MA, LCPC, all work together as part of a larger clinic – the Antioch Group. In 2013, the three began working toward developing a specialty clinic devoted to OCD and related disorders within the larger clinic. These clinicians have worked with OCD patients for several years, as 10-30% of their clients have OCD and/or a related disorder.

The core treatment components are CBT focused (cognitive therapy and exposure therapy). The Antioch Group offers individual, couples, and family therapy, along with medication options when indicated. Kiesewetter, Blundell, and Wasson work closely with a local OCD support group to assist those in the community. The Antioch Group is actively considering expanding services to include group therapy and extended Exposure Response Prevention (ERP) opportunities.

As a Christian counseling practice, the Antioch Group prioritizes honoring a patient's belief system while simultaneously providing evidence-based treatment. Within the treatment of OCD, the Antioch Group helps clients work flexibly within their belief system while being sensitive to their faith. As a result, Kiesewetter, Blundell, and Wasson have taken a particular interest in the treatment of scrupulosity, making this one of the Antioch Group's strengths.

### **Treatment Planning Process**

Treatment planning is specific to the individual. Self-report scales are completed to address severity of symptoms, type of disorder or disorders, and level of care need for successful treatment.

### **Core Treatment Components**

The core treatment components of treatment are cognitive behavioral therapy (CBT), acceptance and commitment therapy, and exposure and response prevention (ERP). Medication is considered during treatment based on the severity of symptoms. The choice is to prioritize therapy and evaluate progress and need for medication. The Antioch Group works jointly with several doctors and psychiatrists to coordinate proper treatment of individuals.

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

Family members, friends, and teachers are encouraged to be involved in treatment as an integral part of the treatment team.

### **Treatment of Co-Morbid Disorders**

The Antioch Group provides treatment to individuals with OCD, other OCD spectrum disorders, and anxiety disorders.

### **Individual Therapy**

Patients meet individually with the staff as determined by the treatment plan. On average, patients are seen weekly. There are options with biweekly sessions, teletherapy, and group therapy also available. The first session is one hour followed by 45 minute sessions.

**Length of Stay**

The average length of stay is flexible since this is an outpatient therapy program.

**Other Resources for Outpatients**

The Antioch Group provides services on all DSM V disorders across the lifespan beginning at age 1 ½.