



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The Anxiety and OCD Treatment Center

Clinic/Program Director: Kevin Gyoerkoe, PsyD
Name of Intake Coordinator: Kevin Gyoerkoe, PsyD
Phone Number: (704) 631-3980
E-mail: kevin@anxietyandocdtreatmentcenter.com
www.anxietyandocdtreatmentcenter.com

8832 Blakeney Professional Drive
Suite 105
Charlotte, NC 28277

Treatment Providers:

Kevin Gyoerkoe, PsyD
Jesse Selkin, PsyD
Cristina Andreescu, PhD

Payment Options:

Self-Pay

Populations Served:

Adults
Adolescents
Children

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Habit Reversal

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

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

Treatment of Co-occurring Disorders

Summary of our services:

We provide individual outpatient/intensive therapy for OCD and OCD-related disorders.

Treatment Planning Process

During our initial intake meeting, we collaborate with each patient to develop a flexible and effective treatment plan to address OCD symptoms.

Core Treatment Components

We provide Cognitive-Behavioral Therapy for OCD and OCD-related disorders including Exposure and Response Prevention Therapy (ERP).

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

Parents, family members, friends, teachers, etc can be included in treatment.

Treatment of Co-Morbid Disorders

We treat all anxiety and OCD-related disorders utilizing a Cognitive-Behavioral and Exposure based approach.

Length of Stay

As an outpatient facility, we do not have a structured length of stay. Our treatment plan is flexible and based on the needs and goals of each person.

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

We do not have a census for our program.

Other Resources for Outpatients

We offer referrals to support groups as well as family therapy as needed.