



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Beyond Borders CBT, LLC

Clinic/Program Director: Ashley Annestedt, LCSW

Name of Intake Coordinator: Johanna Delgado

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30 N. Gould St. Ste R

Sherida, WY, 82801

Telehealth provided in the following states/countries:

Alabama

Alaska

Arizona

Arkansas

Colorado

Florida

Idaho

Illinois

Maryland

Massachusetts

Missouri

New Jersey

New Mexico

Tennessee

Texas

Virginia

Australia

Brazil

China

Colombia

Costa Rica

Mexico

Myanmar

Singapore

Taiwan

UK

Treatment Providers:

Ashley Annestedt, LCSW

Jack Jacobsen, MSW, LCSW

Gabriela Osorio Fajardo, MTA, MTFS

Melissa K. Hunter, LPC, NCC

Payment Options:

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)
Group Therapy
Habit Reversal
Skills Training
Teletherapy

Areas of Specialty (in addition to OCD)

Perfectionism
Scrupulosity
Violent/Sexual Obsessions
Body Dysmorphic Disorder
Skin Picking
Trichotillomania (Hair pulling disorder)
Treatment of Co-occurring Disorders

Summary of our services

Beyond Borders CBT is dedicated to the compassionate evidence-based treatment of OCD & related disorders. We are a teletherapy clinic offering outpatient and intensive outpatient services via live video to many states in the US and countries around the world. As our name implies, we are committed to helping people take back their lives regardless of language, location, or income. We offer services in English, Spanish, and Mandarin Chinese and use the assistance of professional interpreters when needed. We also have lower cost individual and group therapy options. All therapists in our practice are highly skilled & seasoned clinicians, most of whom have a decade of experience at minimum. Although you may work with one therapist, you/your case gets the clinical knowledge of our combined team through weekly case consultation. We offer a no cost 15 minute phone or video consultation to see if we are a good fit for your unique needs.

Treatment Planning Process

All patients begin with a 15 minute consultation to determine if we are a good fit for their needs. Therapists begin the process with a thorough diagnostic evaluation including various supporting measures. Treatment planning is a collaborative process between patient and therapist, that includes case conceptualization for the therapist that is then discussed with the patient, explanation of the evidence-based treatment(s) that could be most effective for the patient, estimated length of treatment, and coordination of care with family, friends, or external clinicians. Measures are repeated incrementally to assess progress. Each patient's case is also brought to weekly case consultation where other clinicians can provide ongoing support,

feedback, & guidance, if needed. Prior to discharge, the patient/family is given further resources and recommendations to suit their needs.

Core Treatment Components

We are a Cognitive Behavioral Therapy (CBT) clinic and utilize various forms of CBT including, Exposure and Response Prevention (ERP), Acceptance & Commitment Therapy (ACT), and others depending on the unique needs of the patient. One-on-one therapy with our specialists is the core component of our practice but, patients can also participate in group therapy and external referrals as needed.

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

Coordination of care is a crucial component to a quality treatment plan. With permission of the patient, parents, family members, teachers and/or friends are welcome to join specific treatment sessions in order to gain the skills to best support the patient. We also offer separate consultation options for parents, teachers, and partners.

Treatment of Co-Morbid Disorders

In addition to the evidence based treatment for OCD, we also offer treatment for Tic Disorders & Tourette (Comprehensive Behavioral Intervention for Tics, CBIT), Body Focused Repetitive Behaviors (Comprehensive Model for Behavioral Treatment, ComB) Trauma (Prolonged Exposure, PE) and Anxiety Disorders, including Panic and Agoraphobia.

Length of Stay

We see patients an average of 12-16 weeks for outpatient weekly sessions and 1-2 months for those engaged in intensive outpatient options of 2-3 sessions per week. However, we are flexible and willing to offer treatment structured in differing formats to accommodate time or financial constraints.

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

In order to devote the necessary time and attention to patients, all therapists at Beyond Borders CBT keep a lower than average caseload.

Additional Resources

Group therapy, family support, parent/spouse training & consultation.

Diversity Statement

Beyond Borders CBT is committed to culturally sensitive and inclusive care. Since we treat patients around the world, we have unique knowledge of many cultures and the interplay of culture in the context of treatment and the therapeutic relationship. Our therapists represent a variety of diverse backgrounds and have an ongoing commitment to further their competency.

Additional Languages Spoken

We offer services in English, Spanish, and Mandarin Chinese and use the assistance of professional interpreters when needed.