



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

The OCD and Anxiety Treatment Center

Clinic/Program Director: Leah Jaramillo, LMFT
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1459 North Main Street, Suite 100
Bountiful, UT 84010

11260 South River Heights Drive
South Jordan, UT 84095

Treatment Providers:

Paul J. Peterson, LCSW
Lynne Sill, LCSW
Leah Jaramillo, LMFT
Kate Rogers, PhD

Payment Options:

Self-Pay
Private Insurance

Populations Served:

Adults
Adolescents
Children

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Prolonged Exposure Therapy + Dialectical Behavioral Therapy (PE-DBT)
Family Therapy
Group Therapy
Habit Reversal
Skills Training
Teletherapy

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

Generalized Anxiety Disorder (GAD)
Social Anxiety Disorder (SAD)
Panic Disorder
Body Dysmorphic Disorder (BDD)
Hoarding Disorder
PANDAS/PANS
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Trichotillomania (Hair Pulling Disorder)
Treatment of Co-occurring Disorders
Violent/Sexual Obsessions

Summary of our services

The OCD and Anxiety Treatment Center has over a decade of experience expertly treating obsessive-compulsive spectrum disorders, anxiety disorders, and trauma disorders. Our specialized clinicians utilize highly effective exposure techniques in order to help clients achieve significant and measurable symptom reduction. We offer both Intensive Outpatient and Outpatient levels of care for adults and children as young as five-years-old. TOATC is an evidence-based treatment center, which means that we are constantly attending trainings, performing research, and making sure that everything we do is backed by science. We offer both in-person and telehealth services at our Bountiful and South Jordan, Utah locations, and are in network with most commercial insurance companies.

Treatment Planning Process

Our staff, including therapists, intake managers, clinical directors, and assistants meet every day to staff clients' needs for treatment and assess modification of treatment to achieve the very best outcome.

Core Treatment Components

Our methods of treatment include individual/group/family therapy, ERP, CBT, mindfulness, DBT, prolonged exposure, and ACT. We recognize that utilizing multiple approaches is critical to establishing a solid foundation necessary for long-term success.

Parents, Family Members, Friends, Teachers, etc.

Clients are more likely to achieve success with the support of those around them. Our program intentionally and actively includes parents, family members, friends, teachers, ecclesiastical leaders, and other individuals or groups involved in a client's life who may be integral to the treatment process. Support people are encouraged to attend sessions throughout treatment and receive education which becomes critical to their ability to support their loved one long-term.

Treatment of Co-Morbid Disorders

Our IOP is specifically designed to work with individuals with OC spectrum disorders, anxiety spectrum disorders, and trauma disorders.

Length of Stay

TOATC's average length of stay is between 8 and 10 weeks. Duration of treatment can vary with severity of symptoms. We also provide aftercare outpatient therapy for clients who have completed the intensive outpatient program..

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

Our program allows for 92 IOP clients per week at our Bountiful location, and 148 at our South Jordan location.

School Facilities

We offer youth IOP programs to children ages 5-17.

Other Resources

We provide direct therapy as well as a free OCD GOALS group, parent support group, BFRB groups, and alumni groups.