

**Intensive Treatment Program Description:
Anxiety Disorders Center at the Institute of Living in
Hartford, Connecticut
April 2009**

1. When did you open your program?

The Anxiety Disorders Center (ADC) has been serving clients with Anxiety Disorders since 2000.

2. Please describe the staff that work at your program in terms of their backgrounds, credentials and experience?

In addition to the Director of the Anxiety Disorders Center, David Tolin, Ph.D., the ADC is staffed by psychologists Gretchen Diefenbach, Ph.D., Scott Hannan, Ph.D., Elizabeth Moore, Ph.D., and Christina Gilliam Ph.D. All of our psychologists have advanced training in cognitive behavioral therapy and specialized training in anxiety disorders and OC spectrum disorders. In addition to Ph.D. level psychologists, the Anxiety Disorders Center is staffed by full time Post-Doctoral Fellows. Services are also rendered by psychology interns, psychiatry residents, and graduate student from the University of Connecticut and the University of Hartford.

3. Is this program devoted entirely to treating individuals with OCD or will other OCD spectrum disorders or anxiety disorders also be addressed?

Our OCD Intensive Program is designed for individuals with OCD or Body Dysmorphic Disorder. We also have separate Intensive Programs for Panic Disorder, Specific Phobia, and School Refusal.

4. Please describe the core treatment components of your program (e.g., use of medication, ERP, group therapy, etc.).

The Intensive Program for OCD at the Anxiety Disorders Center is a 15 session program that takes place over 3 weeks. The client meets one on one with an individual therapist in this program that uses Exposure and Response Prevention as its main treatment approach. Each session lasts approximately 2 hours.

5. Please describe the treatment planning process at your program.

All clients start with an initial evaluation that consists of a structured diagnostic interview. They also complete several self-report measures so that we can assess change throughout treatment. Our initial 2 sessions of the Intensive Program for OCD consist of Psycho-education as well as treatment planning. We will construct an appropriate exposure hierarchy and adjust accordingly throughout the treatment program.

6. If someone has a co-morbid condition, can he or she participate in your program? Will there be treatment for the co-morbid condition? If so, can you give an example?

An individual with a co-morbid condition can participate in the program as long as the condition does not present a risk or an obstacle to treatment. For example, an individual who is also diagnosed with a substance dependence problem would not be appropriate for this treatment. We would recommend treating the substance dependence issues prior to beginning an intensive therapy program. An individual with co-morbid Major Depressive Disorder or another Anxiety Disorder may be appropriate for this program if their condition does not interfere with the Intensive Program. The co-morbid condition would not be the primary focus of treatment, but may be addressed if appropriate.

7. Are parents, family members, friends, teachers, etc. included in the treatment? If yes, please describe how.

Important individuals in the person's life are included as needed and requested. We are happy to consult with teachers, family members, and other health/mental health professionals when it is necessary for treatment success and when the client requests such collaboration. This may include family meetings during the session or phone consultation.

8. How often do patients in the program meet with staff individually? How long are these individual sessions?

The Intensive Program is comprised of 15, daily, individual therapy sessions over 3 weeks. Each session lasts 1.5 to 2 hours long.

9. Is there a set time period for a patient's treatment in the program? What is the overall time commitment to the program (for example, attend daily for three weeks)? How much flexibility is there in extending someone's stay if needed?

The Intensive Therapy Program is designed to last 3 weeks. At the end of the program the client will meet with another clinician who will conduct an Independent Evaluation. At that end of that evaluation we will make recommendations for further treatment, which may be provided at the ADC. Additional treatment may be provided in an individual or group format, depending on the client's needs.

10. Is there a homework or "self directed" component to the treatment?

Clients are assigned homework at the end of each session. It is expected that they will put in approximately another 2 hours of work after each session.

11. Please describe the relapse prevention strategies you use in your program.

On the final session we provide psycho-education regarding relapse prevention. We review the client's symptoms and progress in treatment. We are available to conduct "booster" sessions if needed by the client.

12. What kind of follow-up do you do for those who complete your program? Will the members or your treatment team be in contact with or willing to consult with the individual's regular treatment provider(s)?

At the end of the program we conduct an Independent Evaluation by a clinician that was not the treating clinician. They will write up a report that can be sent to other treatment providers. We are also available to consult with other treatment providers by phone or other means of communication.

13. Do you offer a sliding fee scale or scholarships for those who cannot afford your program?

We offer a lower rate for clients that complete an Intensive Program with our Post-Doctoral Fellows.

14. Does your program only work with individuals who are local or are there arrangements for those who come from farther away (for example, lodging arrangements)?

We are available to work with individuals who live locally or are from out of the area. We can help coordinate lodging arrangements in a local hotel for individuals who are not from the Hartford area.

15. Please add any information you think would be helpful in describing the unique aspects of your program if this has not been covered in the questions above.

In addition to our Intensive Programs, the Anxiety Disorders Center offers weekly individual and group cognitive behavior therapy through our clinic. We also run numerous research studies on the nature and treatment of Anxiety Disorders. We encourage individuals to call the Anxiety Disorders Center to inquire about our various programs to find the best fit.