

Intensive Treatment Program Description:
Anxiety Disorders Treatment Center, Chapel Hill, North Carolina
December 2008

1. When did you open your program?

This program has been running since 2004.

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

Reid Wilson, Ph.D., directs the Anxiety Disorders Treatment Center in Chapel Hill, NC. He is also an Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine. Dr. Wilson is an international expert in the treatment of anxiety disorders, with books translated into nine languages. He is author of Don't Panic: Taking Control of Anxiety Attacks and Facing Panic: Self-Help for People with Panic Attacks, is co-author, with Edna Foa, of Stop Obsessing! How to Overcome Your Obsessions and Compulsions and is co-author of Achieving Comfortable Flight, a self-help package for the fearful flier. He designed and served as lead psychologist for American Airlines' first national program for the fearful flier. Dr. Wilson served on the Board of Directors of the Anxiety Disorders Association of America for 12 years. He served as Program Chair of the National Conferences on Anxiety Disorders from 1988-1991. His free self-help website – anxieties.com – serves 385,000 visitors (16 million hits) per year.

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

This program is specifically designed for individuals with OCD.

4. Please describe the core treatment components of your program.

This is a cognitive-behavioral treatment protocol in a private setting with a maximum of eight participants in group treatment. The program is held in its entirety over a weekend and the schedule is as follows:

SATURDAY

9:30 AM – 1 PM

- Assessing your problem & targeting your symptoms
- Components of cognitive-behavioral treatment: exposure, imagery practice, ritual prevention, habituation
- How do you alter belief systems that are so rigidly held and reinforced?
- How do you ratchet up your courage and determination?

2:30 – 5:30 PM

- The most effective ways to help you let go of your obsessions
- Characteristics of rituals which can be altered

- The best strategies to gain control over your compulsions
- How to follow a series of graduated steps toward ending your obsessions and compulsions.

SUNDAY

Work individually and as a group to create your personal program of recovery and to practice the key skills of recovery. We will do this in a safe environment and at each person's own pace.

8:30 AM – noon

- How to win the anxiety game
- Designing your personal cognitive-behavioral plan
- Practicing here as a group
- Creating progressive at-home assignments
- Setting realistic tasks for yourself

1:30 – 4:00 PM

- Guidelines for skill practice
- Ways to track your progress and handle setbacks
- The latest information about medications that can help
- How to get support from family, friends and health professionals

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

All participants are referred by health professionals, who have been diagnosed with OCD. Dr. Wilson receives a description of their obsessions and compulsions, ranked according to severity.

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?

Although individuals with most co-morbid conditions are accepted, the co-morbid conditions are not treated.

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

The focus of the treatment is on the individuals with OCD. No attempt is made to involve other individuals in their support network.

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

This a group therapy format entirely. There are no individual sessions.

9. Is there a set time period for a patient's treatment in the program? What is the overall time commitment to the program? How much flexibility is there in extending someone's stay if needed?

The treatment program lasts eight hours per day for two days.

10. Is there a homework or “self directed” components of the treatment?

Two topics are covered (as listed in the above listed schedule) addressing homework: “Creating progressive at-home assignments” and “Setting realistic tasks for yourself”

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

Relapse prevention is a core component of the entire treatment program. How to systematically use the skills once returning home is emphasized continually.

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?

Dr. Wilson is available for follow-up questions through e-mail after the program. Dr. Wilson will communicate with the treating professional's as needed.

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

There is no sliding fee or scholarships available for this program. The cost of this program is \$375.

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

Participants travel from throughout the United States and Canada. A list of lodging options is provided to participants during the application process.