



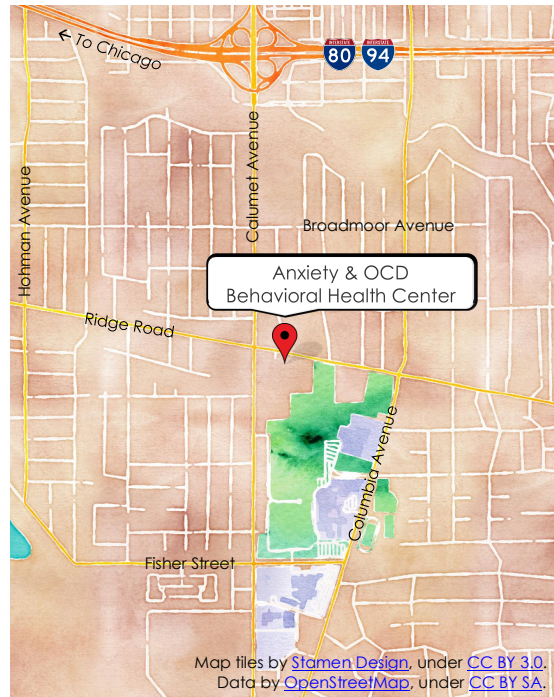
What We Treat

- Agoraphobia
- Attention Deficit / Hyperactivity Disorder (ADHD)
- Clinical perfectionism
- Body Dysmorphic Disorder (BDD)
- Depression, disruptive mood dysregulation disorder, and other mood disorders
- Enuresis and Encopresis
- Excoriation Disorder (Skin picking disorder)
- Generalized Anxiety Disorder (excessive and uncontrollable worry)
- Hoarding Disorder
- Illness Anxiety Disorder (health anxiety)
- Obsessive Compulsive Disorder (OCD)
- Panic Disorder
- Perinatal anxiety
- Posttraumatic Stress Disorder (PTSD)
- School refusal
- Selective Mutism
- Separation Anxiety
- Sexual difficulties related to anxiety
- Social Anxiety Disorder
- Specific Phobias
- Test Anxiety
- Tourette's Disorder
- Trichotillomania (Hair pulling disorder)

Where We Are

We are located on the south shores of Lake Michigan, just 25 miles south of Chicago. The office is minutes away from I-80/94 on Ridge Road, off Calumet Avenue. We are nestled in the mezzanine floor of the Sandoak Office Plaza – a quiet, welcoming brick building shaded with tall trees.

Strategically located near major highways, our office is convenient for those living in Northwest Indiana, or those traveling from neighboring communities of Michigan and Illinois.



Anxiety & OCD Behavioral Health Center

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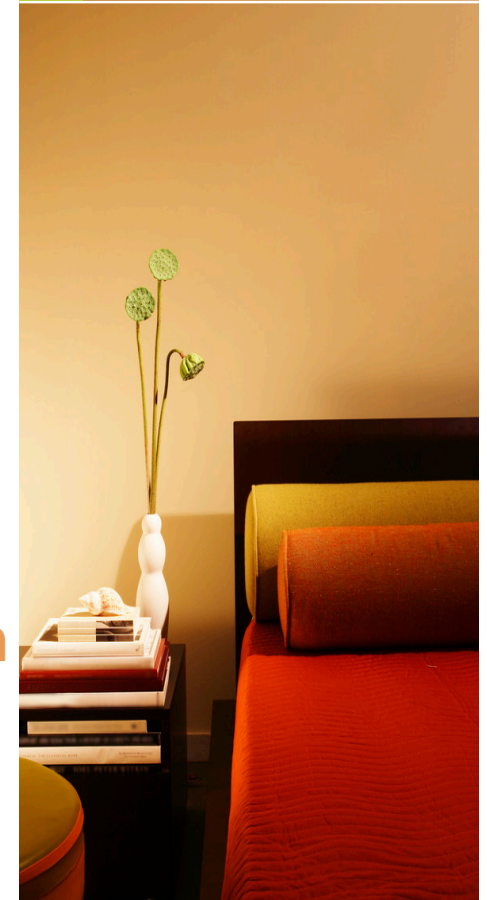
www.anxietybehavioralhealth.com

Facebook: /anxietybehavioralhealth

Twitter: @aobhc1

Overcome
Anxiety,
Worries,
Obsessions,
& Avoidance

With treatment that works



Anxiety & OCD Behavioral Health Center

Who We Are

Taking steps to start therapy is not a decision you take lightly. You need reassurance of a place that will empower people to gain control over their symptoms and help them rediscover the life they are meant to live.

At the Anxiety & OCD Behavioral Health Center, you and your love ones will work with licensed clinical psychologists who specialize in the treatment of mild to severe and complex anxiety disorders, obsessive compulsive disorder (OCD), OCD spectrum disorders, and other related problems. They have extensive experience in working with children, teens, young adults, adults, and older adults. Our clinicians are trained in nationally renowned facilities for anxiety and OCD related disorders.

Using an evidence-based approach, our specialists treat patients with cognitive behavioral therapy (CBT), exposure and response prevention (ERP) or exposure therapy, mindfulness, and other approaches that set the standard of care for anxiety and OCD related disorders and recommended by the National Institute of Health.

What We Do

Systematically face your fears

Modify fearful or negative thinking patterns

Sit with uncertainty and discomfort

Engage in healthful non-avoidant behaviors



Assessment and Treatment Planning

- Comprehensive evaluation with the goal of developing a personalized treatment plan

Weekly or Intensive Individual Therapy

- Typically 45 minutes to 1 hour/week; can involve multiple sessions/week or >1 hour sessions for individuals with severe/complex problems

Groups and Classes

- Weekly treatment groups for panic disorder, social anxiety disorder, and depression
- One week summer camp for selective mutism
- Weekly skills training classes: specialized parenting (anxious child/behavioral issues), mindfulness, assertiveness (adults), social skills (children/adolescents), and organizational skills (ADHD)

Bringing Treatment to Where It Is Needed

- Sessions can be conducted where you feel most anxious or troubled in order to practice gaining confidence in real-life situations; settings can be as varied as homes, schools, offices, elevators, malls, cars, parks, beach, airplanes, etc.

Videoconferencing Sessions

- For patients who are unable to access CBT or ERP where they live, have no obvious safety concerns, and have an established treatment plan and relationship with one of our clinicians

Involving Families in Therapy

- We teach family members the best methods for responding to their love one's anxiety and modeling behaviors that encourage facing of fears and movement toward treatment goals

Develop Ongoing Consultative Relationships

- **Psychiatrists, physicians, neuropsychologists, social workers, and counselors:** Consult on treatment plans and progress
- **Teachers and Educators:** Consult on IEP and 504 plans, or implement school interventions
- **Clergy:** Consult on cognitive behavioral interventions for those with OCD in the form of scrupulosity and religious obsessive doubt
- **Hair & skin care providers:** Consult on cognitive behavioral interventions for those with trichotillomania or excoriation disorder.
- **Social/protective/housing/health/safety services:** Consult on the assessment of risks and development and implementation of interventions for individuals with hoarding disorder, OCD, or other anxiety problems

Payment and Insurance

- We are fee-for-service and do not accept Medicare or Medicaid. Most of our clients are reimbursed successfully via their out-of-network rate from their private insurance. We help with paperwork for your submissions.