

Referral and Resource List for OCD and Anxiety Disorders in the Bay Area

How to Educate Yourself about OCD and Anxiety:

The International OCD Foundation (IOCDF)
<http://www.ocfoundation.org/>

The Anxiety and Depression Association of America
<https://adaa.org/>

The Trichotillomania Learning Center (TLC)
<http://www.trich.org/>

Worry Wise Kids
<http://www.worrywisekids.org/>

National Tourette Syndrome Association (TSA)
<http://www.tsa-usa.org>

The PANDAS Network
<http://www.pandasnetwork.org/>

The OCD Stories
<http://theocdstories.com/>

Beyond OCD
<http://beyondocd.org/>

The Child Mind Institute
<https://childmind.org/>

Common Terms:

Cognitive Behavior Therapy (CBT): An evidence-based treatment approach for OCD and all other anxiety disorders. CBT is a type of treatment that helps people reduce symptoms by changing their behavior and thoughts. Exposure Therapy is a type of CBT.

Exposure Therapy and Exposure and Response Prevention (ERP): An evidence-based treatment for OCD and most anxiety disorders. Exposure therapy involves gradually facing your fears without compulsions or avoidance. Exposure therapy is used for OCD, social anxiety, phobias, panic disorder, PTSD, and GAD.

BTTI: The Behavior Therapy Training Institute is a training offered through the International OCD Foundation. Therapists who attend have received training and supervision in Exposure and Response Prevention Therapy (ERP). See www.iocdf.com for more information.

OCD Specialists- A CBT therapist who is a BTTI Graduate, treats a large number of OCD cases or is very experienced in Exposure and Response Prevention Therapy. They generally have expertise in treating all anxiety disorders.

BFRB- Body Focused Repetitive Behavior Disorder. This includes hair-pulling, skin-picking and other similar behaviors.

Orinda, Lafayette, Moraga

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Walnut Creek

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(925) 289-9307
<https://thedbtcollaborative.com/>

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<http://eastbaybehaviortherapycenter.com/>

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(925) 938-7511
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Oakland

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<http://sfsmith-mft.com/>

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510-394-2194
<http://drcpascarzi.com/>

Kimberly Wilson, Ph.D.
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510-375-1682
<https://kwilsoncbt.wordpress.com/>

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Berkeley

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www.christinefrazita.com

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(415) 202-3031
choicetherapy.net

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www.bridgetwhitlow.com

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[415-300-4055](tel:415-300-4055) x25
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South Bay/Peninsula

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(408) 603-9857
<http://www.drtamarahartl.net/>

Pacific Anxiety Clinic (Menlo Park)
Adults and Children

(650) 762-8353
<http://www.pacificanxietygroup.com/>

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Young Children (under 7)

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Skype Therapy

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Sliding Scale Therapy

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Tourette's Specialist

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Eating Disorders

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Ariel Trost, Ph.D. (Oakland)
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<http://drarieltrost.com/eating-disorders-treatment/>

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UCSF Eating Disorders Clinic (SF, Marin, Pleasanton)
Provides comprehensive care- medical, nutritional, psychiatric, family therapy, hospitalization
Intensive Family Therapy program (rapid interventions)
(415) 353-2002
<https://eatingdisorders.ucsf.edu/>

Comprehensive Eating Disorder Program at Stanford (Palo Alto)
Provides comprehensive care- medical, nutritional, psychiatric, family therapy, hospitalization
<http://www.stanfordchildrens.org/en/service/eating-disorders-program>

DBT

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(925) 289-9307
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Developmental Pediatricians

Dr. Marianna Eraklis in Orinda
925-254-4000

Child Psychiatry

OCD and Tics Clinic a UCSF (San Francisco)
Allison Libby, MD
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<http://psych.ucsf.edu/OCD>

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Adult Psychiatry (OCD specialty)

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Also does telemedicine
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Elizabeth Springer, MD (San Francisco)
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Seth Sherman, MD (San Francisco)

Stanford OCD Clinic
<http://ocd.stanford.edu/>

Residential, IOP and Partial Hospitalization Programs

Rogers Memorial Hospital, Oconomowoc, WI
Adult and Child Residential, Partial, IOP
Accepts insurance
1 800 6764411

McLean Hospital in Boston, Mass
The OCD Institute offers Residential and Partial Hospitalization for adults. The OCD Institute Jr. offers residential treatment to children and teens. Accepts insurance.
Intake 617.855.3371

Houston OCD
Offers residential treatment. Does not accept insurance. (713) 526-5055

Intensive Outpatient Programs (IOP) and Partial Hospitalization Programs (PHP)

Rogers Memorial Hospital- San Francisco East Bay, Walnut Creek
Partial Hospitalization Program for children, teens, adults and individuals with ASD. Takes insurance.
Intake line 1 800 6764411

Choice Therapy in San Francisco
IOP for adults and teens. Does not accept insurance.
415 202-3031

East Bay Behavior Therapy Center
IOP for children, teens and adults. Does not accept insurance.
925-956-4636

UCLA
IOP for Children and Adults. Accepts insurance. (310) 794-7305

Neuropsychologists

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Alex Peterson, Oakland, 510-531-0500

Chris Duis, Orinda, 925-256-4400

Carina Grandison, Oakland, 510-763-9795

Alan Siegel, PhD, Berkeley 510-527-7929

We cannot guarantee the expertise or quality of these providers. Use your own judgment when choosing a provider.