

## 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.ocfdoundation.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/>

### **Books We Recommend**

#### Book for Adults about OCD

- Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty by Jonathan Grayson
- The Mindfulness Workbook for OCD by Jon Herschfield, MFT
- The OCD Workbook: Your Guide for Breaking Free from Obsessive Compulsive Disorder by Bruce Hyman, Ph.D.
- Stopping the Noise in Your Head by Reid Wilson, Ph.D.
- Overcoming Unwanted Intrusive Thoughts by Jan Van Nieuwerkerk, PhD

#### Books for Adults about Anxiety

- Don't Feed the Monkey Mind by Jennifer Shannon
- Stopping the Noise in Your Head by Reid Wilson, Ph.D.

#### For Family Members of Adults with OCD

- When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by OCD by Jon Herschfield, MFT
- Loving Someone with OCD: Help for You and Your Family by Karen Landsman

#### For Kids 12 and Under about OCD

- What to do When Your Brain Gets Stuck by Dawn Huebner

-Up and Down the Worry Hill by Aureen Wagner, PhD

For Pre-Teens with Anxiety and OCD:

Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner, PhD

For Teens with OCD

-Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder by Timothy Sisemore, PhD

-Being Me with OCD: How I Learned to Obsess Less and Live my Life by Allison Dotson

-My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael Tompkins, PhD

Books for Parents about OCD

-Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents by Tamar Chansky, PhD

-Helping Your Child With OCD: A Workbook for Parent's of Children with OCD by Liz Fitzgibbons, PhD

### **Terms:**

**Exposure and Response Prevention (ERP):** The first line treatment for OCD and anxiety disorders. An exposure involves a person purposely triggering an obsession without engaging in a compulsion (response prevention.)

**Cognitive Behavior Therapy (CBT):** First line treatment 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.

**BTTI:** Graduate of the Behavior Therapy Training Institute through the International OCD Foundation. Therapist has received training in Exposure and Response Prevention Therapy (ERP).

**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. Also has expertise in treating all anxiety disorders.

### **Orinda, Lafayette, Moraga**

Amy Jenks, Psy.D

Adult BTTI, Child BTTI, Advanced BTTI, OCD and Anxiety Specialist, pediatric OCD specialist

510-992-4037

[ajenks@bayareaocd.com](mailto:ajenks@bayareaocd.com)

[www.bayareaocd.com](http://www.bayareaocd.com)

Stephanie Uhl, PsyD

Child BTTI, OCD and Anxiety specialist, Adults, Children

uhl@ftdpsychotherapy.com

[\(925\) 255-8055](tel:9252558055)

### **Walnut Creek**

Patricia Zurita Ona, Ph.D.

Adult and Child, OCD Specialist, DBT, ACT, Intensive Outpatient Program

(619) 578-3974

Wendy Ritchey, Ph.D.

OCD and Anxiety, Child and Adult

<https://wendyritche.com>

(925) 938-7511

## **Oakland**

Emily Berner, M.S., MFT  
Child BTTI, OCD and Anxiety Specialist, Children and Teens  
510.652.4455 ext. 5

Daniela Owen, Ph.D.  
OCD, general child anxiety, ADHD, behavioral problems, Children and Teens  
510-652-4455 ext. 13

Heidi Ronfeldt, Ph.D.  
OCD and Anxiety, general child anxiety, Children, Teens and Adults  
(510) 926-0490  
heidi.ronfeldt@gmail.com

Heidi Hartston, Ph.D.  
OCD and Anxiety, couples, Adults and Teens  
(650) 888-0820

Joan Davidson, Ph.D.  
OCD and Anxiety, Hairpulling/skin picking, Adults  
(510) 652-4455, ext 2

Jonathan Barkin, PsyD  
OCD and Anxiety, Adults and Children  
(510) 652-4455 ext. 6  
<http://sfbacct.com/jonathan-barkin/>

Michael Tompkins, PhD  
OCD and Anxiety, Adults and Children  
(510) 652-4455, ext. 3

Sharon Smith, MSW, MFT  
OCD and Anxiety Specialist, Adults  
(510) 891-9430  
<http://sfsmith-mft.com/>

Christina Pascarzi, Psy.D  
OCD and Anxiety Specialist, Adults  
510-394-2194  
<http://drpcascarzi.com/>

Kimberly Wilson, Ph.D.  
OCD and Anxiety Specialist, Adults  
510-375-1682  
<https://kwilsoncbt.wordpress.com/>

## **Alameda**

Paul Malkin, LCSW  
OCD Specialist, Adults  
(510) 494-0328  
<http://eastbayanxietydepression.com/>

## **Berkeley**

Ilyana Romanovsky, M.A., MFT  
Children, adults  
(510) 545-9930  
[ilyanar@gmail.com](mailto:ilyanar@gmail.com)  
<http://www.berkeleymentalhealth.com/>

Melinda White, MFT  
Adults and Children  
(510) 526-8208

Maria-Christina Stewart, Ph.D.  
OCD, Eating Disorders, Adults and Children  
(415) 787-2305  
[www.drmariachristina.com](http://www.drmariachristina.com)

### **Pleasanton**

Vandana Aspen, Ph.D.  
OCD Specialist, Eating Disorders, Adult and Child  
(925) 238-3622  
[doctoraspen@gmail.com](mailto:doctoraspen@gmail.com)

### **San Ramon**

Robin Yeganeh, Ph.D.  
OCD Specialist, Children, Adolescents, Adults  
(925) 400-9604  
[dr@cbthealth.com](mailto:dr@cbthealth.com)  
[www.cbthealth.com](http://www.cbthealth.com)

### **San Francisco**

Marina Bystritsky PhD,  
OCD Specialist, Adults  
(650) 395-8523  
[drmarina@sfanxietytreatment.com](mailto:drmarina@sfanxietytreatment.com)  
[www.sfanxietytreatment.com](http://www.sfanxietytreatment.com)

Nina Kaiser, Ph.D.  
OCD, anxiety disorders, ADHD, behavioral problems, Children  
(415) 271-3245  
[ninakaiserphd@gmail.com](mailto:ninakaiserphd@gmail.com)  
<http://www.ninakaiserphd.com/About.html>

Betsy Corrin, PhD  
Child BTTI, OCD, anxiety disorders, ADHD, behavioral problems, Children  
(415) 608-7323

Christine Frazita, LCSW  
OCD, anxiety disorders, Adults and Children  
415-931-5279  
[www.christinefrazita.com](http://www.christinefrazita.com)

Marisa T. Mazza, Psy.D.

OCD, Adults, Intensive Outpatient Treatment for Adults  
(415) 202-3031  
choicetherapy.net

Bridget Whitlow, LMFT (San Rafael and San Francisco)  
OCD, Eating Disorders, Adult and Teens  
(415) 827-0283  
www.bridgetwhitlow.com

John Montopoli, LMFT, LPCC  
OCD, BTTI, Adults  
(415) 689-4131  
[john@pacificcbt.com](mailto:john@pacificcbt.com)

Candy Katoa, PsyD  
OCD, adults, children and teens  
(415) 813-4085  
<https://www.candykatoapsyd.com/>

### **Marin County**

Robin O'Heeron, Ph.D. (Corte Madera)  
Children  
(415) 924-8489  
rcoheeron@aol.com

Dan Kalb, Ph.D. in Corte Madera & Novato  
BTTI, Adults  
(415) 799-9676 x525

Bridget Whitlow, LMFT (San Rafael and San Francisco)  
Adults and Teens, OCD, Eating Disorders  
(415) 827-0283  
www.bridgetwhitlow.com

Julie Wolfert, Psy.D.  
Children  
www.drjuliewolfert.com  
jwolfert@comcast.net  
(415) 308-9631

Lisa Sondin, MFT in Corte Madera  
Children, Teens, Adults  
415-454-6188

Jessica Pinto, MFT in Corte Madera  
Children, Teens, Adults  
(415) 295-2210

Jeremy Peterman, PhD in Corte Madera  
Children, Teens, Adults  
www.marincabt.com  
415-723-6160

Allison Danzig, PhD in Corte Madera

Children, Teens  
www.marincabt.com  
415-723-6160

### **South Bay/Peninsula**

Jennifer Park, Ph.D. (Palo Alto)  
OCD specialist, children  
408-426-5725

Ernest S. Schmidt, LCSW (Palo Alto)  
BTTI graduate, Adults  
(650) 461-9026

Bella Stitt, LMFT (Palo Alto)  
Adults  
(650) 461-9026

Yvette Tazeau, Ph.D (San Jose)  
Children and Adults  
(408) 358-0137

Tamara Hartl, Ph.D. (Saratoga)  
Adults  
(408) 603-9857  
<http://www.drtamarahartl.net/>

Pacific Anxiety Clinic (Menlo Park)  
Adults and Children  
(650) 762-8353  
<http://www.pacificanxietygroup.com/>

Julie L. Lustig, Ph.D. (Menlo Park)  
OCD Specialist, Children  
(650) 289-9100

Laura Johnson, MFT (Saratoga)  
OCD Specialist, Adults  
(408) 384-8404  
<http://cognitivebehaviortherapycenter.com>

Tejal Jakatdar, Ph.D. (San Jose)  
OCD Specialist, Adults  
[tejal@norcalanxietyocd.com](mailto:tejal@norcalanxietyocd.com)  
(215) 667-8883

Anna Leah Logan (San Mateo)  
OCD Specialist, Children  
(650) 340-8655  
loganpsych.com

### **Young Children (under 7)**

Amy Jenks, Psy.D  
Adult BTTI, Child BTTI, Advanced BTTI, OCD specialist  
(510) 363-6337  
ajenks@bayareaocd.com  
www.bayareaocd.com

Julie L. Lustig, Ph.D. (Menlo Park)  
Ages 4 to 24, mild to severe OCD  
(650) 289-9100

Nina Kaiser in SF  
(415) 271-3245 or email ninakaiserphd@gmail.com.  
<http://www.ninakaiserphd.com/About.html>

Betsy Corrin, PhD in SF  
(415) 608-7323

Julie Wolfert, Psy.D.  
Children  
[www.drjuliewolfert.com](http://www.drjuliewolfert.com)  
jwolfert@comcast.net  
(415) 308-9631

### **Trichotillomania and Skin Picking (BFRBs) Specialist**

Joan Davidson, Ph.D. (Oakland)  
Adult  
(510) 652-4455 ext. 11

Melinda White, MFT (Berkeley)  
BTTI Graduate, Child and Adult  
(510) 526-8208

Heidi Ronfeldt, Ph.D. (Oakland)  
Child and Adult  
(510) 926-0490  
heidi.ronfeldt@gmail.com

### **Body Dysmorphic Disorder (BDD) Specialist**

Scott Granet, LCSW (Redwood City)  
650-599-33259-33

### **Tourettes**

Rachel Pechter, OTR/L  
415-269-4053  
rachelpechter@gmail.com

Heidi Ronfeldt, Ph.D. (Oakland)

(510) 926-0490  
heidi.ronfeldt@gmail.com

Melinda White, MFT  
BTTI Graduate  
(510) 526-8208

### **Eating Disorders**

<http://www.maudsleyparents.org/>

Maria-Christina Stewart, Ph.D. (Berkeley)  
415-787-2305  
<http://www.drmariachristina.com/>

Vandana Aspen, Ph.D. (Pleasanton)  
925-238-3622  
<http://www.draspern.com/>

Suzannah Neufeld, MFT (Oakland)  
(415) 710-4539  
<http://suzannahneufeld.com/>

Jill Rodgers-Quaye, Ph.D. (Oakland)  
510-282-2197  
[http://www.jillrodgersquaye-phd.com/ed\\_treatment.html](http://www.jillrodgersquaye-phd.com/ed_treatment.html)

Ariel Trost, Ph.D. (Oakland)  
510.517.0012  
<http://drarieltrost.com/eating-disorders-treatment/>

Bridget Whitlow, MFT (SF)  
Teens and Adults  
**(415) 827-0283**

Sarah Forsberg, Ph.D. (SF)  
Teens  
(415) 413-8110

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>



## **Dialectical Behavior Therapy for Teens**

Esme Shaller, Ph.D at the UCSF Young Adult and Family Center (SF)  
Teens, DBT  
415-476-7500

Samantha Fordwood, Ph.D. (SF on Market)  
Teens DBT  
415-963-3554  
[www.samanthafordwoodphd.com](http://www.samanthafordwoodphd.com)

## **Developmental Pediatricians**

Dr. Marianna Eraklis in Orinda  
925-254-4000

## **Child Psychiatry**

OCD and Tics Clinic a UCSF  
Allison Libby, MD  
(415) 476-7000  
<http://psych.ucsf.edu/OCD>

Ray Heary, MD  
8 Orinda Way,  
Orinda, CA 94563  
925-317-3378

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San Ramon, Ca 94583  
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Vivian Sun, MD  
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Tel: (415) 237-0377  
[admin@psychiatricalternatives.com](mailto:admin@psychiatricalternatives.com)

Michelle Banducci, MD  
3 Crow Canyon Court, #150  
San Ramon, CA 94583  
925-362-3861

Petra Steinbuchel, MD at Oakland Children's Hospital  
Walnut Creek Campus  
2401 Shadelands Drive  
Walnut Creek, CA 94598  
Phone: 510-428-3570

Maria Gabby, MD  
Child and Adolescent Psychiatry  
21 Tamal Vista Blvd, #240  
Corte Madera, CA 94925  
[\(415\) 924-2205 x 3](tel:4159242205x3)

### **Adult Psychiatry (OCD specialty)**

Ryan Vidrine, MD  
Also does TMS for OCD  
844-867-8444

Gabriel Aranovich, MD in SF  
Also does telemedicine  
[415-843-1523](tel:4158431523)  
[draranovich@theclinicca.org](mailto:draranovich@theclinicca.org)

Elizabeth Springer, MD in SF  
[415 820-3950](tel:4158203950)

Seth Sherman, MD in SF

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  
PHP 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

Renewed Freedom Center in Los Angeles  
IOP for Children, Teens and Adults  
[www.renewedfreedomcenter.com](http://www.renewedfreedomcenter.com)

### **Neuropsychologists**

Cynthia Peterson, Berkeley (510) 843-2005

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.