

We Can Help.



THE OCD & ANXIETY

TREATMENT CENTER



Extraordinary Experts in Cognitive Behavioral and Exposure-Based Therapies

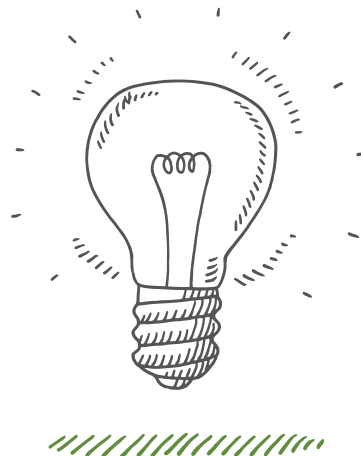
WELCOME TO THE OCD AND ANXIETY TREATMENT CENTER

We are so glad you found us! The OCD and Anxiety Treatment Center has a true passion for bringing help and hope to some of the most underserved clinical populations. We strive to change the lives of individuals and their families, who have been suffering with unrelenting anxiety, disturbing and terrifying thoughts, uncontrollable worry, exhausting behaviors and rituals, and avoidance that keeps them from living their lives. We are an evidence-based practice, which means we do what works, we stay up to date with scientific research, and we regularly attend international trainings to keep us at our very best. This helps ensure that we can give YOU the very best care.

OUR MISSION

Our goal is to bring comfort to the lives afflicted by obsessive compulsive (OC) spectrum disorders (obsessive compulsive disorder, body dysmorphic disorder, trichotillomania, and excoriation disorder), anxiety disorders (generalized anxiety disorder, social anxiety disorder, panic disorder, and specific phobias), and posttraumatic stress disorder (PTSD). We teach and practice research-based techniques.

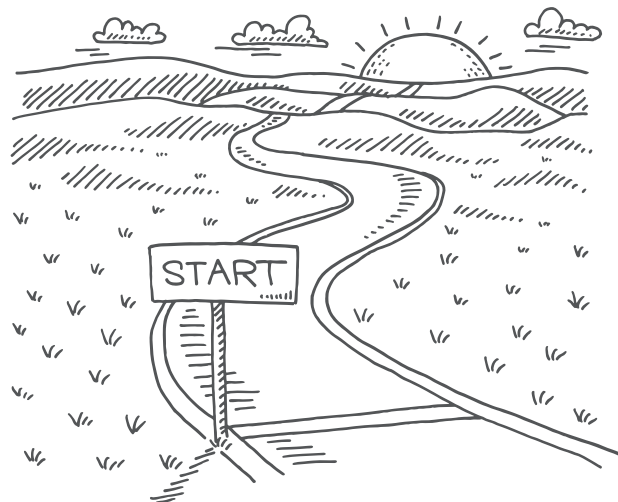
We are not just another counseling center. We are a collection of caring, compassionate, and skilled therapists specialized in the treatment of OC spectrum disorders, anxiety disorders, and PTSD. We are here to help you find the best quality of life.



Happiness is not out of reach—we can help.

OUR SERVICES

Our goal is to provide you with individualized treatment options to get your life back.



The first option is our Intensive Outpatient Program (IOP), which consists of a hands-on approach that creates a foundation of confidence and hope. This program is designed to help individuals who suffer with anxiety disorders, and/or OC Spectrum disorders. Our program includes one-on-one therapy, psycho-education, and group therapy. Through years of experience, we understand that by engaging in the intensive therapy processes, new neural pathways develop in the brain. This creates a significant anxiety reduction in day-to-day life. It is by facing fears and creating new neural pathways that a person can truly learn to manage their symptoms.

The second option is an individualized, outpatient treatment program. When a person's unique circumstances do not fit into our traditional IOP, they may be best served by a more tailored, less frequent program to help with OC disorders, anxiety disorders, and/or PTSD. This might include a weekly therapy session, which tapers down as symptoms improve to bi-weekly or even monthly sessions.

EXPERTISE

We are specialized clinicians in Utah, who have extensive training through the Behavioral Therapy Training Institute, Behavioral Tech, Massachusetts General Hospital, and Mclean Hospital in exposure-based treatment. Our providers attend the International OCD Foundation conference annually to guarantee we stay current on best-treatment practices.

The OCD and Anxiety Treatment Center is different than most therapeutic service providers across the Rocky Mountains. We specialize in exposure-based therapy, which is an evidence-based approach considered to be the most effective treatment for OC spectrum disorders, anxiety disorders, and PTSD.

We love research and with every client we collect data to make sure we are fantastic at what we do!

In the short time they are with us, our clients average a 50–70% reduction of symptoms.