

## **IOCDF INSTITUTIONAL MEMBER**

### **The Center for Emotional Health (CEH) of Greater Philadelphia Overview**

#### **1. When did you open your clinic?**

The Center for Emotional Health (CEH) opened its doors in Cherry Hill, NJ in January 2009 and expanded to Princeton, NJ in 2012.

#### **2. Please describe the staff working at your clinic who specialize in treatment of OCD and Spectrum Disorders.**

*Marla W. Deibler, PsyD* – Dr. Deibler serves on the Board of Directors of OCD New Jersey, the New Jersey affiliate of the IOCDF and on the faculty of TLC's Professional Training Institute. She is a graduate of the IOCDF Behavior Therapy Training Institute and TLC's Professional Training Institute. Dr. Deibler has worked extensively with OCD Spectrum Disorders since 1999, with formative experiences at the Behavior Therapy Center of Greater Washington and the national Institutes of Mental Health, OCD Unit.

*Diana Antinoro, PsyD-BCBA-D* – Dr. Antinoro is a staff clinician at CEH and also serves as the Clinical Director of the Child & Adolescent OCD, Tic, Trich, & Anxiety Group (COTTAGE) in the Department of Psychiatry at the Perleman School of Medicine at the University of Pennsylvania. She conducts clinical research and provides professional training in the area of childhood anxiety and OCD Spectrum Disorders. Dr. Antinoro has provided services in a number of specialty settings including the University of Pennsylvania, Center for the Treatment and Study of Anxiety (CTSA) at the University of Pennsylvania, and the Tourette Syndrome Clinic at Rutgers University.

*Jayme Jacobs, PsyD* – Dr. Jacobs is the Clinical Director of CEH's Princeton Office. She is a graduate of TLC's Professional Training Institute. Dr. Jacobs is an active member of the IOCDF and TLC and presents at local and national meetings. Dr. Jacobs has provided clinical services in a number of settings, with formative experiences at the Center for the Treatment and Study of Anxiety (CTSA) at the University of Pennsylvania.

#### **3. What percentage of outpatients treated at this clinic have OCD and/or OCD Spectrum Disorders?**

85% of children, adolescents and adult clients present with a primary OCD Spectrum Disorder diagnosis at our clinics.

**4. Does your clinic advertise itself as primarily an OCD or OCD Spectrum Disorders clinic?**

Yes. In addition to the OCD Spectrum, CEH specializes in a range of Anxiety Disorders and CBT.

**5. Please describe the core treatment components used at your clinic (e.g., use of medication, ERP, group therapy, etc.).**

At CEH, outpatient and intensive outpatient treatment is highly individualized, evidence-based treatment focused on the specific needs of each client. After an extensive initial evaluation, CEH clinicians work collaboratively with clients to create a treatment plan that is tailored to their presenting difficulties. The primary treatment approaches utilized for OCD Spectrum Disorders are therapies falling under Cognitive Behavior Therapy (CBT), including Exposure and Response Prevention (ERP), Habit Reversal Training (HRT), and Acceptance and Commitment Therapy (ACT).

**6. What other resources are available for outpatients at your clinic?**

CEH holds free, monthly support groups for individuals with OCD as well as those with Trichotillomania (Hair Pulling Disorder) and Excoriation (Skin Picking) Disorder. Furthermore, CEH clinicians are dedicated to community service and outreach frequently presenting professional trainings and community education seminars at local, state and national meetings.