

TREATMENT

The Anxiety and OCD Center provides highly effective outpatient treatment programs for anxiety disorders, obsessive compulsive disorder (OCD), and related disorders.

We offer help for a range of anxiety and related conditions.

Treatment provided by the Anxiety and OCD Center is highly effective for anxiety, obsessive compulsive disorder (OCD), and related disorders. For anxiety and OCD, the first-line treatment is a specialized form of cognitive behavioral treatment called Exposure with Response Prevention (ERP). Short term and goal oriented, ERP's effectiveness in treating both anxiety and OCD has been repeatedly reported in professional research studies. ERP is the only treatment known to successfully treat OCD, according to the "Expert Consensus Guideline" series [March et al., 1997] and the American Academy of Child and Adolescent Psychiatry [1997, 1998].

Children, Adolescents, and Adults

In the U.S., one in eight children and one in five adults suffers from an anxiety disorder.

Outpatient Treatment Program

Our licensed psychologists and psychology residents are trained specialists in evidence-based treatment of anxiety, OCD, and related disorders. It is important to use evidence-based psychotherapy treatments.

Intensive Outpatient Treatment Program

For those with severe and impairing anxiety disorders, we provide an intensive outpatient treatment program, which is designed to treat anxiety and related problems aggressively on a short-term basis, while allowing patients to stay involved with work, family, or school. For especially severe patients, such intensive and collaborative treatment means not having to be treated in an inpatient facility.

ASSESSMENT

The Anxiety and OCD Center provides assessment for private school admissions, school accommodations, psychiatric diagnoses, and strengths and weaknesses in brain functioning.

Psycho-educational Testing

In cases in which psycho-educational assessment is required for student admission to a private school, the Anxiety and OCD Center works with the school on behalf of the family to fulfill the requirement. Psycho-educational testing also provides evidence of the need for special accommodations to be made by the school to help level the playing field so that a child with a psychiatric disorder functions better and isn't operating at a disadvantage relative to students without an anxiety disorder.

Psychological Testing

The Anxiety and OCD Center provides psychological testing to children, adolescents, and adults who seek diagnoses for psychiatric disorders, as well as evaluation of learning problems, and relative strengths and weaknesses in brain functioning. Such assessments help the treatment provider, educational institutions, testing boards, and clients develop treatment planning and strategies to compensate. Standardized tests and behavioral observation are used to diagnose disorders and to define strengths and weaknesses in brain functioning.

CONSULTING

Consulting for C-level and mid-level executives, physicians, departments, and organizations to maximize performance, revenues, leadership, and emotional intelligence.

Through Dr. Erwin Consulting, Dr. Erwin provides executive coaching and workshops to C-level and mid-level executives, physicians, departments, and organizations on how to maximize personal and professional potential, setting trajectories for successful careers and increasing the corporate bottom line.

Corporate clients have come from, among others, pharmaceutical companies, universities, hospitals, financial institutions, and consulting companies.

Clients are coached in strategies to maximize performance and revenues, expand leadership capabilities, reduce stress, increase confidence, teach conflict resolution and communication skills, strengthen emotional intelligence, navigate career transitions, and maximize professional potential.



Dr. Brigitte Erwin

"Effective training is short term, strategy based and goal oriented, just as we want the executive and organization to be." says Dr. Erwin.



Dr. Brigette A. Erwin
Coaching for Calm & Confidence™

with Dr. Brigette A. Erwin

COACHING FOR CALM & CONFIDENCE™

Videos that can change your life!

Through **Coaching for Calm & Confidence™**, Dr. Brigette Erwin has helped countless people overcome worry and create calm in their lives, leading to greater confidence and stronger, more effective relationships.



Discover practical strategies you can use immediately that will last a lifetime:

- Create an internal feeling of calm and peace
- Improve your confidence
- Build and cultivate happy, successful relationships
- Learn how to skillfully manage any social situation

Coaching for Calm & Confidence™ can help you create change that eliminates worry, anxiety, and unhelpful relationship patterns that keep you from enjoying a full, active, and happy life!

This original series features 4 powerful programs that touch on the key areas of our lives that drive anxiety, stress and the many problems that occur with these disorders.

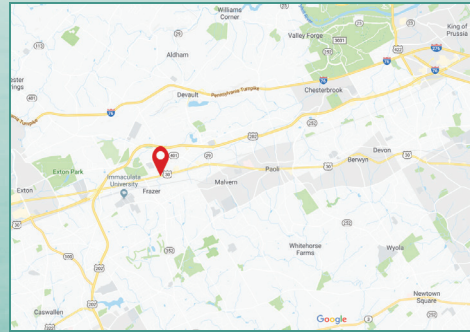
- **Coaching for Calm:** Strategies for reducing anxiety in everyday life
- **Coaching for Confidence:** Strategies for creating a confident presence in all aspects of your life
- **Coaching for Happy Relationships:** Strategies for improving communication, healing and forgiveness
- **Coaching for Parenting That Works:** Strategies for raising your children in the family setting you desire

CoachingForCalmAndConfidence.com

Anxiety & OCD Center

The Anxiety & OCD Center is located in Malvern, PA, a Main Line suburb of Philadelphia. The licensed psychologists and psychology residents on staff are highly trained in evidence-based treatment of anxiety and related disorders.

Learn more about Dr. Brigette Erwin:
DrBrigetteErwin.com



Anxiety & OCD Center

270 Lancaster Avenue, Building J
Malvern, PA 19355

484-947-8820

info@AnxietyOCD.com

Mon-Fri: 8am-8pm

Sat: 10am-2pm



Anxiety & OCD Center™

Dr. Erwin Consulting

AnxietyOCD.com