

Obsessive-Compulsive Disorder (OCD) and other anxiety syndromes, including panic attacks, phobias, social anxiety, etc. require Cognitive-Behavioral Therapy (CBT).

Cognitive-Behavioral Therapy is the most effective and only proven form of treatment for anxiety reduction. So many people with OCD come to my center for treatment and share that they have had YEARS of prior psychodynamic therapy (often called "talk therapy") without any progress. They are often amazed that sometimes within a few sessions of OCD treatment with CBT they are seeing quick progress after years and years of suffering. Cognitive-Behavioral Therapy (CBT) focused on the strategy of Exposure and Response Prevention has been the proven form of OCD treatment for many years.