

Canadian Services for Obsessive Compulsive Disorder

Updated March 2017

The following Canadian clinicians or treatment centers have indicated to The Canadian Institute for Obsessive Compulsive Disorders (CIOCD) that they treat individuals with Obsessive Compulsive Disorder (OCD). These are listed in alphabetical order by Canadian Province and by name of clinician or treatment center. This information is not necessarily a complete listing of available services in any province or region. Please be advised that this is a listing solely of treatment providers who have indicated that they treat OCD and have agreed that their names appear on this referral list. The CIOCD has not investigated these treatment providers and does not have the facilities to evaluate their competence in treating OCD at this time. This listing is provided for informational purposes and does not constitute CIOCD endorsement or recommendation of the clinicians or centers identified. It is recommended that you discuss individual treatment options with your own health care professional.

ALBERTA

Calgary

Dr. BELSHER, Gayle

Outpatient Mental Health Program, Sheldon Chumir Health Centre

Alberta Health Services, Phone (403) 955-6473

Our clinic does assessment and treatment of OCD and OCD spectrum disorders for adults (ages 18 to 65). We have several Ph.D. psychologists who practice CBT, and we have an OCD group. Treatment is covered by Alberta Health Services so there is no cost. Referrals must be made by a physician, and are screened through a Mental Health Central Access office before arriving at our clinic. Wait list times vary from about 3 to 6 months, depending on therapist availability and vacancies in the group which has a limited capacity because we actually do the behavior therapy in vivo with the patients.

Contact information: Gayle Belsher, Ph.D., R.Psych (contact info above)

Program: Outpatient Mental Health at Sheldon Chumir Centre

Please note: referrals cannot be made directly to Dr. Belsher or their OCD group without first being screened by Central Access in Calgary - phone 943-1500 - who will forward them to us if they are appropriate.

Dr. DOBSON, Deborah

We provide services in the Outpatient Mental Health Program (address below) for adult clients (ages 16-65) with anxiety disorders, including OCD. Services include individual CBT. There is an ERP group available as well (run by Dr. Gayle Belsher, who is a psychologist in our program). Unfortunately, wait times are approximately 6-9 months. Services are provided through the public health care system, so are covered under provincial medical coverage.

Deborah Dobson, Ph.D., R.Psych., Outpatient Mental Health Program
Sheldon Chumir Health Centre, 6th Floor, 1213 - 4th Street S.W., Calgary, T2R 0X7
Ph: [403-955-6475](tel:403-955-6475); Fax: [403-955-6688](tel:403-955-6688)

BRITISH COLUMBIA

New Westminster

Dr. ERICSON, David

In the Fraser Health Authority (FHA) of British Columbia, most neighbourhood mental health centres will provide CBT and/or pharmacotherapy for OCD. Since FHA has a catchment area of 1.6 million residents, the best starting point is the web-site: <http://www.fraserhealth.ca>.

I also see adult OCD clients in my private practice in New Westminster, BC; the address is Suite 304--250 Keary Street, New Westminster. I see a broad range of clients with anxiety, depression or psychosis. The location is convenient for people who live in Vancouver's eastern suburbs, including New West, Burnaby, Coquitlam, Port Moody and Port Coquitlam. The usual wait for new patients is about two weeks: either they, or a referring clinician, can contact me directly at (604)520-4663.

Vancouver

The UBC Psychology Clinic is a university Clinic welcoming referrals from across the lower mainland of BC. Fees range from \$20-60/session. Psychology students within UBC's Clinical Psychology program offer specialized CBT for OCD for adults and young children up to age 12. For adults, groups for OCD are also offered in addition to individual treatment. The Clinic is open throughout the calendar year, and referrals are especially welcome from July to October. All therapists are supervised by licensed, registered psychologists. Address is 2136 West Mall, Vancouver, BC, V6T 1Z4. Website www.clinic.psych.ubc.ca Contact person

is either UBC Psychology Director Dr. Ingrid Söchting or Clinical Assistant Armin Sohrevardi. Phone is 604-822-3005 Fax is 604-822-6923. Dr. Ingrid Söchting also treats OCD in her private clinic at UBC. For referrals, call 604-822-1958.

Dr. MILLER, Lynn

The name and contact information of the professional or center (address, phone, e-mail or fax), the age groups treated (children, adolescents, adults), the services provided, and the approximate waiting period for assessment and treatment are listed below. CBT for Kids, 1037 W. Broadway, Suite #101

Vancouver, BC V6H 1E3. cbtforkids@gmail.com

Treating OCD in children and adolescents: assessment and treatment with CBT psychological approach. Waiting period: 0-3 months

Dr. WHITTAL, Maureen

Vancouver CBT Centre, Suite 708 - 777 West Broadway,
Vancouver, British Columbia, V5Z 4J7

Telephone: 604-738-7337, Fax: 604-738-7339

info@vancouvercbt.ca

Treatment Staff:

Dr. Whittal: maureen.whittal@vancouvercbt.ca

Dr. Robichaud: melisa.robichaud@vancouvercbt.ca

Dr. Randhawa: ram.randhawa@vancouvercbt.ca

Dr. Lau: mark.lau@vancouvercbt.ca

The other two clinics in Vancouver that do OCD work are the North Shore Stress and Anxiety Clinic www.nnsac.ca and Changeways Clinic www.changeways.ca

Vancouver (NORTH)

Dr. HARING, Michelle

North Shore Stress & Anxiety Clinic, Suite 330-145 Chadwick Court

North Vancouver, B.C. V7M 3K1

Age Groups: children, adolescents, adults

Services provided: assessment & evidence-based treatment (fee for service -may be covered by extended health plans) provided by registered psychologists.

Approximate waiting period for adults: 3 months; approximate waiting period for children & adolescents: 2 months.

Dr. Michelle Haring, Director, North Shore Stress and Anxiety Clinic

Suite 330 - 145 Chadwick Court, North Vancouver, B.C., V7M 3K1

Tel: [604-985-3939](tel:604-985-3939); Fax: [604-985-2670](tel:604-985-2670)
<http://www.nssac.ca>

Vancouver & Victoria

Dr. OCHS, Eric

The Anxiety Clinic at Victoria Mental Health Center, British Columbia, offers group-based CBT for OCD for adults. It is for VIHA residents (Vancouver Island basically, but in practice clients from Victoria). Treatment is covered by MSP and the waitlist is between two to six weeks depending on overall referral volumes to the clinic. I run the OCD group with a PhD graduate student and Dr. Cliff Duncalf (psychiatrist). Clients are all evaluated by Dr. Duncalf or another VIHA psychiatrist before being admitted to the Anxiety Clinic Programs.

Referral to the program is via Mental Health Intake, which can be accessed via GP referral, or VIHA psychiatrist referral.

Eric Ochs, Ph.D., R. Psych., Phone : [250 370 8111](tel:2503708111) ext [13232](tel:2503708111)

MANITOBA

Anxiety Disorders Clinic - Adult – Health Sciences Centre

PsychHealth Centre, PZ430 771 Bannatyne Ave

Winnipeg, MB R3E 3N4

Phone: (204)787-7078; Fax: (204)787-4879

Medical Program Director: Dr. Jitender Sareen, MD, FRCPC.

Psychiatrists: Dr. Tanya Sala, Dr. James Bolton, Dr. Mark Lander.

Population served: Adults (18+) with anxiety

Individual and group cognitive behavioural therapy

Waiting period: approximately 3 months for assessment; 6 months waiting time for treatment, covered by provincial healthcare.

Dr. Gary Altman, MD, FRCPC

Service Director, Anxiety Disorders Service for Children and Youth

Centralized Intake, Child and Adolescent Mental Health Program

165 St. Mary's Avenue, Winnipeg R2H 1J1

Tel: (204) 958-9660; FAX: (204) 958-9626

Population served: ages 5-17, waiting period: approximately 4 months, covered by provincial healthcare.

Dr. Laine J. Torgrud, Ph.D., C. Psych.
Department of Clinical Health Psychology
Faculty of Medicine, Grace Hospital
300 Booth Drive, Winnipeg, MB R3J 3M7
Tel: (204) 837-0522; FAX: (204) 837-0407
Population served: Adults (18+) with OCD
Services provided: diagnostic assessment, group and short-term individual treatment
Services provided by: Registered clinical psychologists, graduate students and residents in clinical psychology.
Waiting period: approximately 12 months to intake; there may be an additional wait for treatment. Covered by provincial healthcare.

Dr. Patricia Furer, Ph.D., C.Psych.
Anxiety Disorders Program, St. Boniface General Hospital
M5 - 409 Tache Ave, Winnipeg, MB, CANADA R2H 2A6
Tel: (204) 237-2335; FAX:(204) 237-6264
furerp@cc.umanitoba.ca
Population served: Adults (18+) with OCD
Services provided: diagnostic assessment and short-term individual treatment
Services provided by: Registered clinical psychologists, psychological associates, and graduate students and residents in clinical psychology.
Waiting period: approximately 15 months to intake; there may be an additional wait for treatment. Covered by provincial healthcare.

Dr. Greg Gibson, Ph.D., C. Psych.
Community Mental Health Services, Brandon Regional Health Authority
B13 800 Rosser Ave, Brandon, MB R7A 6N5
Tel: (204) 578-2413; FAX: (204) 578-2822
Population served: Adults (18+) with OCD
Services provided: group focus, short-term individual treatment
Services provided by: Registered Clinical Psychologists, Registered Social Workers and Registered Psychiatric Nurses.
Waiting period: approximately 1 month to intake; with an additional wait for treatment. Covered by provincial healthcare.

Cognitive Behaviour Therapy Institute of Manitoba

305 – 326 Broadway Ave, Winnipeg, MB R3C 0S5

Telephone (204) 982-3810; FAX (204) 931-3813

Population served: Adults (18+) with OCD, some children and adolescents

Services provided: individual treatment

Services provided by: Registered clinical psychologists and associates

Waiting period: approximately 1 month but variable. Not covered by provincial healthcare. Covered by most extended health insurance plans to a specified maximum amount.

Dr. Richard A. Shore, Ph.D., C.Psych

Clinical Psychologist-Private Practice

2710-83 Garry St.

Winnipeg, MB, CANADA R3C 4J9

Tel: (204) 984-9821; FAX:(204) 984-9829

shoreoffice@mymts.net

Population served: Adults (18+) with OCD

Services provided: Assessment and individual, couple, and family CBT

Services provided by: Registered Psychologist

Waiting period: approximately 3-4 weeks. Not covered by provincial healthcare.

Covered by most extended health insurance plans to a specified maximum amount.

NEW BRUNSWICK

Fredericton

Dr. CLARK, David

Contact information: David A. Clark, PhD, 72 Lansdowne Street, Fredericton, NB E3B 1T2; (506) 459-8315; clark@unb.ca

Treat primarily adults. Provide cognitive and cognitive behavior therapy for OCD; my practice is part-time and so I focus on treatment rather than assessment only

The wait time varies greatly from 2 weeks to 4 months.

Homepage: Homepage: <http://people.unb.ca/~clark>

Website: www.intrusivefear.com

Dr. Wendy Rogers

#203, 127 Main St, Fredericton, NB. E3A 1c6

Phone: (506) 461-3420

Serving ages 18+. Assessment and treatment of OCD and related conditions;

evidence based treatment. Part time practice, evening only. Fee for service is partly covered by most insurance companies. Wait time variable; have opening currently.

Oromocto

Dr. ROGERS, Wendy

The CF has a network of multidisciplinary mental health clinics across the country. Our clinic at CFB Gagetown has three psychiatrists and four psychologists who treat clients with OCD. The services are available only to military personnel, through the military health services, so our clinic may not be suitable for your list.

N.B. If you are expecting a reply and don't hear within a day, please call. Our system experiences intermittent network connection problems.

Dr. Wendy Rogers, Calian Health / Psychologue attitrée

Mental Health Services / Services de santé mentale

42 Canadian Forces Health Services, CFB Gagetown / 42e centre des services de santé des forces canadiennes, BFC Gagetown

National Defence / Défense nationale, 75 Restigouche Rd North

Oromocto, NB, CANADA E2V 4J5

Tel. (506) 357-6482; Fax (506) 357-6927

Government of Canada / Gouvernement du Canada

NOVA SCOTIA

Halifax

GENEST, Sharon

The most effective way for you to get the information would be to access our web site at www.gmpsychoanalysts.com, where we have complete bios and CV's for all our people. We have eight psychologists, all of whom address your needs, all experts in CBT and the treatment of OCD, all highly experienced, doctoral psychologists. We treat adults and adolescents and families but do not directly provide services for children under 14.

Services can be requested directly from our web site or by emailing info@gmpsychoanalysts.com or calling us at 492-2546 or faxing a referral to 423-3469. Dr. Myles Genest, Dr. Richard MacGillivray, Dr. Connie Wanlin, Dr. Marc Woods, Dr. Simon Sherry, Dr. Heather MacLachy (Adolescent specialist).

ROGERS, Kate

For more information on OCD and resources in the area please visit

<http://oneinfive.ca/topic/compulsive-disorders/>

Kate Rogers, BA ADpPR, Communications Coordinator

Department of Psychiatry, Dalhousie University/Capital District Health Authority

Room 8213, Abbie J lane Building

5909 Veterans Memorial Lane, Halifax, NS B3H 2E2

Tel: 902.473.1677; Fax: 902.473.4887

ONTARIO

Burlington

Dr. JONES, Kevin

We are a private practice located in Burlington, Ontario and provide CBT for OCD. There are currently 5 psychologists in the practice, each with experience in this area, all of whom work with adolescents and adults, and 2 of whom also work with younger children and families.

Ages - young children to adult

Services - assessment, treatment, individual and family counseling; Wait time for assessment - 2-3 weeks; No wait from assessment to intervention; In terms of other services in the area, there is also a new pediatric OCD program at St. Joseph's Hospital in Hamilton, as well as the Anxiety Treatment and Research Centre at the same facility (adults).

Dr. Kevin S. Jones, C. Psych., Director

Burlington Psychological and Counselling Services

2289 Fairview Street, Unit 318, Burlington, ON, L7R 2E3

Tel 905 631 9991; Fax 905 631 9992

www.burlingtonpcs.com

Hamilton

Dr. Katherine Owens

I provide E&RP for OCD in my private practice.

Dr. Katherine Owens, R.D. Psych., CBI Rehabilitation Centre

3988 Albert St, Suite 208, Regina SK S4S 3R1

Tel: 306.585.0855; Fax: 306.584.9840

Katherine.owens@accesscomm.ca

Age group -- adults

OCD services provided -- assessment; cognitive behavioural therapy, with a focus on psychoeducation and exposure and response prevention (in-office, out-of-office, and homework); follow-up booster sessions if

required. Approximate waiting period varies, typically 2-5 months.

Dr. ROWA, Karen

The Anxiety Treatment and Research Centre offers CBT as well as pharmacotherapy for OCD. Our website is www.stjoes.ca/anxiety. The contact person is Judy Odom, 905 522-1155, ext. 33697. We have services across the lifespan. The waiting time ranges from 6 to 12 months for an assessment.

Karen Rowa, Ph.D., C.Psych.

Anxiety Treatment and Research Centre

St. Joseph's Healthcare, 6th Floor, Fontbonne Building

301 James St. South, Hamilton, ON Canada L8P 3B6

London

Dr. COLLINS, Kerry

Our program (Child and Adolescent Mental Health Care Program, Children's Hospital, LHSC) offers individual and group CBT for OCD, as well as pharmacotherapy, for children and adolescents.

Within our hospital (London Health Sciences Centre) there is also group OCD treatment and pharmacotherapy for adults through the Adult Mental Health Care Program.

Kerry Collins [Kerry.Collins@lhsc.on.ca]

Dr. MCBRIDE, Joanna

Clinicians: Joanna C. McBride, M.A., C.Psych.Assoc., Clinical Director Dr. Chris Watson, C.Psych., Dr. Kamala Shiriyeve, C.Psych. (supervised practice).

We all treat OCD with ERP and components of cognitive therapy. We provide services to clients ages 5-65, although only Dr. Chris Watson sees children and adolescents. There is not waitlist, but there is a fee for service (\$150 per hr). No referral required.

Joanna C. McBride, M.A., C.Psych.Assoc., Clinical Director

Archways Centre for CBT, Springbank Medical Centre

Suite 205 - 460 Springbank Dr., London, ON N6J 0A8

T. (519) 472-6612; F. (519) 472-3489

<http://www.mcbridecbt.com>

Dr. WATSON, Chris

I provide CBT for children, adolescents, and adults with OCD, and I am located in

London, Ontario.

Archways Centre for CBT, Springbank Medical Centre

Suite 205 - 460 Springbank Dr., London, ON N6J 0A8

Tel. 519-472-6612; Fax. 519-472-3489

www.archways.ca

age groups treated: children, adolescents, and adults

services provided: cognitive behaviour therapy, approximate waiting period for assessment and treatment: no waiting period (usually can see them the same week they call to book an appointment).

Milton

Dr. PIRES, Paulo

We have several psychologists at our clinic who assess and treat OCD – children, adolescents and adults.

Name: Halton Psychologists

Address: 14A Martin Street, Milton, Ontario, L9T 2P9

Phone: [905-878-6650](tel:905-878-6650); fax: [905-878-2205](tel:905-878-2205)

Waiting Period for Assessment and treatment: Typically two weeks

Website: <http://www.haltonpsychologists.ca>

Ottawa

Dr. DAVIES, David

Royal Ottawa Mental Health Centre

Anxiety Disorders Program, 1145 Carling Ave.

Ottawa, Ontario, Canada, K1Z 7K4

Phone: [613-722-6521](tel:613-722-6521), ext. 6211

<http://www.theroyal.ca/en/mental-health-at-the-royal/anxiety-disorders/>

Age groups: 18-65

Services Provided: Group ERP; Individual ERP/CBT; Comprehensive Assessment and Consultation; Pharmacotherapy. Approximate wait: 6-9 months

Dr. NICHOLS, Laura

Sogge & Associates, a full service private practice in Ottawa, sees children, adolescents and adults with OCD. We have a number of full and part-time associates.

Clients can self-refer or be referred through their family physician. At this time we offer thorough diagnostic assessment and treatment for OCD.

Sogge & Associates
451 Daly Avenue, Ottawa, Ontario K9J 6R8
telephone 613-288-0022; fax 613-691-0589
<http://drsogge.com>

Dr. TALBOT, Jeanne

The Ottawa Institute of Cognitive Behavioural Therapy offers a range of services including OCD treatment. We also have a child psychologist, Dr. Anand Prabhu, There is more information on our website: www.OttawaCBT.ca.

Toronto

Dr. BLOCH, Richard

I am a CBT therapist in private practice in Toronto. I specialize in all of the anxiety and related disorders. I do not have a waiting list. Most referrals can be scheduled within a few days after first contact. One of my colleagues (Dr. Dahlia Fisher) in the clinic regularly treats children and adolescents with OCD.

Richard Bloch, M.A., CCC, Psychotherapist

The Clinic on Dupont, 101 Dupont Street

Toronto, Ontario M5R 1V4

Tel.: 416-515-2649 ext. 305; Fax: 416-966-4045

Dr. KAMKAR, Katy

I am a Clinical Psychologist at CAMH and a staff associate at CBT Associates of Toronto. I provide assessment and evidence based CBT for OCD (Adult) at CBT Associates of Toronto.

CBT Associates of Toronto, 100 Adelaide Street West Suite 805,

Toronto, Ontario, M5H 1S3

Phone: [416-363-4228](tel:416-363-4228), Fax: [416-363-9444](tel:416-363-9444)

www.katykamkar.com/blog

Dr. LAPOSA, Judith

Anxiety Disorders Clinic, Centre for Addiction and Mental Health, Toronto ONT, 416-535-8501 x6819, ages 18-65, medication consultations, group CBT.

Dr. MANASSIS, Katharina

Our group, the Anxiety Disorders Program at the Hospital for Sick Children, University of Toronto, sees children and adolescents with OCD ages 5 to 16 from

the Toronto area. We operate by physician referral, which must be sent to our intake coordinator, Ms. Veronica Romano (veronica.romano@sickkids.ca tel: 416-813-6582). All cases receive a thorough diagnostic assessment and decisions about treatment are made at that time. Depending upon the situation, these can include CBT, medication, and/or consultation to a community health provider. The waitlist for assessment is approximately 6 months, but if treatment occurs at our centre there is a further wait period for that.

Dr. RAVINDRAN, Lakshmi

The Anxiety Disorders Clinic, Mood and Anxiety Program, CAMH provides assessment and treatment of individuals with OCD from ages 18-65. We operate by physician referral. All cases receive a thorough diagnostic assessment from a staff psychiatrist and decisions about treatment are made at that time. Depending upon the situation, these can include CBT, medication, and/or consultation to a community health provider.

Currently, our wait time for a psychiatric assessment is approximately 8 weeks.

To receive outpatient CBT treatment targeting OCD, the current wait-time is approximately 3-4 months following the psychiatric assessment.

Periodically, we also offer an 8-week education and support group for family members of individuals with OCD. The group aims to provide support and information for family members given the unique challenges they face in supporting individuals with OCD. Topics reviewed include: psychoeducation about the illness, stress management, communication strategies, and crisis and problem management. I believe that within the CAMH, we also assess children with anxiety disorders, including OCD, through the child, youth and family program

Dr. RICHTER, Peggy

Director, Clinic for OCD & Related Disorders

Sunnybrook Health Sciences Centre

Department of Psychiatry, 2075 Bayview Ave.

Toronto, ON., Canada, M4N3M5

Phone: 416-480-6100

Dr. VERMANI, Monica

I offer assessment and individual and group Cognitive Behavioural treatment for Adult Mood and Anxiety Disorders (OCD, Panic, Social Anxiety, PTSD, GAD,

Specific Disorders).

START Clinic for Mood and Anxiety Disorders

Address: 32 Park Road, Toronto, Ontario M4W2N4

Phone: 416-598-9344; fax: 416-598-8198

Website: www.startclinic.ca

Dr. Wheeler, Heather

I treat a lot of OCD in my private practice. I treat adolescents, adults, and the elderly. I often have a short waiting list but especially in urgent cases usually see people within 2 weeks for assessment and to start treatment. I use a combination of exposure, cognitive and mindfulness approaches as appropriate.

Heather A. Wheeler, Ph.D.

Assessment, Consultation, and Cognitive Behavioural Therapy for
Adolescents and Adults

1333 Sheppard Ave. East - Suite 225

Toronto, ON, CAN M2J 1V1

Ph. [\(416\)-788-3038](tel:4167883038); Fax. [\(416\)-494-7796](tel:4164947796)

Dr. YUEN, Sandra

I provide CBT for OCD in my private practice:

Dr. Sandra Yuen, C.Psych.

164 Eglinton Avenue, Suite 301

Toronto, Ontario, M4P 2K5

Ph. 416.895.3230

Clients: Adult, wait times vary

Toronto & Other Regions in Ontario

Dr. COSTA EL-HAGE, Monique

Our clinic does assess and treat OCD. We will also run groups for OCD children and adolescents when numbers permit.

Name: Centre for Psychological Assessment, Treatment and Education

Address: 951 Wilson Avenue, Toronto, ON M3K 2A7

Address 2: 20 Jackson Street, Ste. 220 **Hamilton, ON** L8P 1L2

Phone: 416-516-7757; Fax: 416-516-6141

Ages: Children, Adolescents and Adults (we have child, adolescent and adult psychologists on our team)

Services: Assessment and Individual Treatment as well as Groups for children

and adolescents when numbers permit. Waiting Period for Assessment: Typically two weeks. We also have evening therapy slots, which sometimes have a longer waiting period.

Website: www.imc-centre.ca

Dr. DIRENFELD, David

The Centre for Cognitive Behaviour Therapy provides individual treatment for OCD for adults (when appropriate we do request family sessions). We use both Exposure and Response Prevention as well as Cognitive Therapy. The waitlist is short, generally 1-2 weeks. There are offices in Ajax and Toronto.

You can contact the clinic director, Dr. David Drenfeld at 905 427 2007.

Addresses:

95 Bayly St West, Suite 405

Ajax, Ontario L1S 7K8

2 Carlton St., Suite 1405

Toronto, Ontario M5B 1J3

www.ccbt.ca

905 427-2007 (Ajax); 416 305-5864 (Toronto); 905 231-9720 (fax)

Dr. MENDLOWITZ, Sandra

Name: SickKids Hospital

Contact person: Veronica Romano, Intake Coordinator

Address: 555 University Avenue , Toronto, ON M5G 1X8

Phone: 416-813-6582; Fax: 416-813-7361

Physician referral required. Children 7-15 years old. OCD assessment and intervention (pharmacological and both individual and group CBT programs) 4-6 month waitlist for assessment

2. Name: The Clinical Psychology Centre

General intake: 905-709-1862; Fax: 905-709-7602

Address: Suite 606 - 300 John Street **Thornhill**, ON L3T 4W5

Both Self and physician referrals accepted. OCD assessment and CBT treatment offered. Assessments usually available within a few weeks of referral. Fee for service. Services offered by licensed Psychologists. Ages 5-adult

website: www.psychologyclinic.ca

Sandra L Mendlowitz, PhD., CPsych

Anxiety Disorders Team

SickKids Hospital

Waterloo

Dr. SWALLOW, Steven

Our clinic is staffed by a number of clinical psychologists each with specialized training in CBT for OCD. We treat children, adolescents and adults in **Oakville, Mississauga, Burlington, Hamilton, Niagara, Milton and the western GTA**. We can often get new patients in for an initial appointment within a week or so.

Please refer to our website (listed below) for additional information.

Dr. Stephen R. Swallow, C. Psych., Director

Oakville Centre for Cognitive Therapy

1235 Trafalgar Road, Suite 405

Oakville ON L6H 3P1

tel.: (905) 338-1397; fax: (905) 338-1786

web: www.oakvillecbt.ca

QUEBEC

Laval

Dr. BELLEVILLE, Genevieve

L'École de Psychologie de l'Université Laval offers clinical services provided by students supervised by psychologists. We have an Unité de Thérapie Cognitivo-Comportementale where assessment and CBT for anxiety mood and sleep disorders, including OCD, is available for adults. Our contact info is available at <http://www.scep.ulaval.ca>

The waiting period depends greatly on the academic year and the availability of students, but usually ranges from 2 to 6 weeks.

Montreal

Dr. BLAKE, Emily

Address: Blake Psychology, 6500 Trans-Canada Hwy, Suite 400, **Pointe-Claire**, QC H9R 0A5

Phone: 514-824-8203; fax: 1-877-417-4420

e-mail: eblake@blakepsychology.com

The age groups treated: adolescents, adults. The services provided: individual and group therapy for all anxiety disorders, depression, anger management, and interpersonal difficulties. Approximate waiting period for assessment and treatment: currently accepting new clients.

HOUDE-CHARRON, Marie-Christine

I assess and treat OCD as well as other anxiety disorders in children and adolescents. I work at "Clinique d'intervention des troubles anxieux", Hopital Rivière-des-Prairies (Montreal), as well as in private practice on the south shore of Montreal (**Longueuil**). Please note that I do therapy only in french.

Address : 1887, chemin du Tremblay, bureau 210, **Longueuil (QC)**

Phone: 514-647-0307

Ages: Children and Adolescents. Services: Assessment and Individual Treatment for children and adolescents, parental coaching. Waiting Period for Assessment and Intervention: 2 weeks

Dr. O'CONNOR, Kieron

Fernand-Seguin Research Center

Louis-H. Lafontaine Hospital

7331 Hochelaga Street, Montreal, (Quebec) H1N 3V2

Phone: 514-251-4015, ext. 2343; Fax: 514-251-2617

Dr. RADOMSKY, Adam

Private Practice for Adults suffering from OCD.

Adam S. Radomsky, Ph.D.

7141 Sherbrooke St. West

Montreal, QC, H4B 1R6, CANADA

+1 514 848 2424, x4579 (tel); +1 514 848 4523 (fax)

Dr. SOOKMAN, Debbie

Director, Obsessive Compulsive Disorder Clinic, McGill University Health Centre (MUHC), Department of Psychology, Allan Memorial Institute, 1025 Pine Avenue West, Montreal, PQ, H3A1A1. Phone: 514-934-1934, extension 34290. Referrals should be faxed to Dr. Debbie Sookman, Director, OCD Clinic, MUHC: 1-514- 843-1321. By appointment.

This specialized bilingual Obsessive Compulsive Disorder (OCD) Clinic offers specialty consultations, assessments, and specialized cognitive behavior therapy through the provincial health care system to adults (age 18 plus) suffering from OCD and/or related disorders. Psychiatric consultation and pharmacotherapy are

available. Consultation to professionals is available. Wait period for consultation or assessment is approximately three weeks following referral except during holiday periods. Wait period for treatment ranges from six weeks to six months. Patients may call for further information. Referral by a physician is required for an appointment.

Referrals should be faxed to: Dr. Debbie Sookman, Director, OCD Clinic, Department of Psychology, MUHC: 514- 843-1321.

Dr. SOOKMAN, Debbie

Director, The Canadian Treatment Center for Obsessive Compulsive Disorders (CTCOCD, www.ctcocc.ca), 4115 Sherbrooke Street West, Suite 430 Westmount, QC H3Z 1K9, Canada, Phone: (514) 710-7063, e-mail Drdsookman@ctcocc.ca By appointment.

This large bilingual specialized Obsessive Compulsive Disorders (OCD) Center offers specialty consultations, assessments, and specialized cognitive behavior therapy to individuals suffering from OCD and/or related disorders through the entire lifespan (children, adolescents, adults) on a private sliding scale basis. The CTCOCD is not sectorized and accepts referrals from across Canada as well as from international residents. Patients are accepted for specialized treatment regardless of severity of symptoms ranging from very mild and newly developed to very severe and longstanding. Treatment options include brief specialty interventions for mild symptoms, and therapist-assistance, home visits, and intensive treatment programs for severe symptoms that are not time-limited. Psychiatric consultation and pharmacotherapy are available. Consultation to professionals is available. Wait time for consultation or assessment is within three weeks following referral. Wait time for treatment is generally less than six weeks following referral. Patients may call for further information and for an appointment.

Referrals should be addressed to: Dr. Debbie Sookman, Director, CTCOCD and may be e-mailed to Dr. Sookman at: Drdsookman@ctcocc.ca

SASKATCHEWAN

Regina

Dr. HADJISTAVROPOULOS, Heather

PhD students in the Clinical Psychology Program, working in the Psychology Training Clinic see clients with OCD under my supervision. I do not see clients directly myself.

Heather Hadjistavropoulos, Ph.D., R. D. Psych
Department of Psychology, University of Regina
Regina, SK. S4S 0A2

<http://uregina.ca/~hadjista/>

Dr. HADJISTAVROPOULOS, Thomas

I treat OCD (persons 17 years or older) with CBT in my private practice. I usually accept new cases every fall and do not tend to take on new cases in the spring or summer.

Thomas Hadjistavropoulos, Ph.D., ABPP, FCAHS
Director, Centre on Aging and Health
Tel.: (306) 585-4457; Fax: (306) 337-2321
web page: <http://uregina.ca/hadjistt/>

Saskatoon

Dr. BAETZ, Marilyn

The Saskatoon Health Region is served by:

1. Psychiatry – by physician referral only – 4 psychiatrists are part of the Anxiety & Mood Disorders Program
2. Mental Health & Addiction Services – Anxiety and Mood Disorders Program
655-7950 intake – public funding.

Services: OCD Group, OCD individual Therapy, Children's services – individual therapy, Psychologists – private practice and payment required.

Ph: [\(306\)966-8223](tel:3069668223) Fax: [\(306\)966-8761](tel:3069668761)
