OCD and Tics Clinic

The OCD and Tics Clinic is a treatment clinic for children and adolescents with obsessive-compulsive disorder (OCD), tic disorders, trichotillomania, and excoriation (skin picking). We provide individual and group therapy, as well as medication management. We incorporate parents and caregivers in treatment. The clinic utilizes cognitive behavioral therapy, specifically exposure with response prevention (ERP) and habit reversal therapy, to teach youth skills to manage their symptoms and increase their ability to function in their daily lives.

OCD is a disabling disorder consisting of distressing and time-consuming obsessive thoughts that cause anxiety and compulsive behaviors in an attempt to reduce that anxiety. These symptoms significantly impact one’s quality of life.

Tic disorders, including Tourette’s disorder, are neurological conditions consisting of repetitive, involuntary, and unwanted movements and vocal sounds. Tics can cause significant distress, negatively impact self-esteem, and cause problems in school and with friends.

Services

- Diagnostic evaluations
- Individual therapy
- Medication management

Core faculty and staff

- Caitlin Costello, MD [1]
- Allison Libby, PsyD [2]

Appointments and more information

For an appointment for evaluation, individual treatment, or medication, please call our intake and referral service at (415) 476-7000.