**PROGRAM DIRECTORS:**
Thomas H. Ollendick, Ph.D.
Director of Child Study Center

Kristin Canavera, M.S.
Director of Intensive Pediatric OCD Program

**FACULTY AND CONSULTANTS:**
George Clum, Ph.D.
Specialties: Anxiety, Panic Disorder, OCD

Russell T. Jones, Ph.D.
Specialties: Children's stress, anxiety, and post-traumatic stress disorder.

Jungmeen Kim, Ph.D.
Specialties: Social and family environments and the development of personality, psychopathology, and spirituality.

Greg Robinson, Ph.D.
Carilion Child Development Clinic
Specialties: Pediatric OCD, developmental disabilities

Stephen Whiteside, Ph.D.
Director of Mayo Clinic OCD and Anxiety Program

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This research study has been approved by the VT IRB.

Principle Investigator: Thomas H. Ollendick, Ph.D.: 231-8276, tho@vt.edu

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Chair, IRB: David Moore, DVM, 231-4991, moored@vt.edu

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**LOCATION**
The Child Study Center is located at 460 Turner Street in the Collegiate Square Suites (Suite 207). This location is approximately 2 miles east of the Highway 460 Bypass in Blacksburg.

To reach the center from Interstate 81 (Northbound or Southbound):

- Take Exit 118B onto U.S. 460 West. Follow signs for Blacksburg/Virginia Tech.
- Take the Prices Fork Road Downtown exit toward Blacksburg.
- After the third traffic light, take the second right into the parking lot for Collegiate Square.

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WHAT IS OCD?
People with obsessive-compulsive disorder (OCD) experience unwanted or persistent thoughts as well as repetitive behaviors and compulsions in order to decrease the anxiety and distress related to these thoughts. These obsessions and compulsions are difficult to control or stop. OCD in children is more common than previously thought.

Common obsessions include:
- Worries/fears about germs and contamination
- Lucky/unlucky numbers
- Worries about being responsible for something terrible happening (e.g., fire)
- Intrusive images, sounds, words, or numbers
- Worries about getting sick or infecting others
- Worry about harming self or others
- “Just right” obsessions (things won’t be right unless they are done in a certain way)

Common compulsions include:
- Excessive handwashing or showering
- Elaborate routines (e.g., ritualized eating or bedtime)
- Rereading, erasing, or rewriting
- Checking behaviors
- Counting objects or using certain numbers
- Arranging items in a certain way/Symmetry
- Hoarding/difficulty throwing things away
- Rituals involving others (e.g., asking someone the same question over and over again)
- Mental rituals (counting, checking, obsessive prayer)

ABOUT THE PROGRAM
The Intensive Treatment Program for Pediatric Obsessive-Compulsive Disorder is a current research treatment study at Virginia Tech. The program provides an intensive form of cognitive behavior therapy for children with a primary diagnosis of OCD. This intervention uses Exposure and Response Prevention (ERP), a form of cognitive-behavioral therapy for OCD, which has been condensed into a 5-day program. The program also involves parents in order to assist parents in helping their child with their OCD symptoms after completing the program. All children must be accompanied by a parent or primary caregiver.

Treatment typically begins on Monday and concludes that Friday. Children and parents will attend one session each morning and another session each afternoon. Between sessions children and their parents will be asked to practice what they have learned in treatment or they may be provided information to read.

The first day focuses on OCD psychoeducation and the rationale for treatment. The remaining days focus on ways to approach previously feared and/or avoided situations using the newly gained therapeutic skills and the support of the therapist. During the last session, families will be assisted in preparing to use their new skills in the home environment.

WHO WE SERVE
Our program is designed to assist children, ages 7-14 years of age, in overcoming their OCD symptoms. All families must first undergo an assessment to determine eligibility.

INFORMATION
To learn more about the program or to make an appointment for an initial interview please contact:

Kristin Canavera, M.S.
540-231-3514 or 540-231-8276
canavera@vt.edu

FEES
An initial assessment will be conducted to determine eligibility and is free of charge. If eligible for the study, treatment is also free of charge. However, families are responsible for the cost of transportation to, and housing while in the Blacksburg, VA area.