

## Houston OCD Reference List

### OCD Specialists

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\*An OCD specialist should provide behavioral therapy in the form of [ERP](#) for OCD

+ Sliding Scale Fee

\* Takes Insurance

**Elizabeth McIngvale, PhD, LMSW +**

Houston OCD Program

708 E. 19th Street

Houston, 77008

Email: [emcingvale@houstonocd.org](mailto:emcingvale@houstonocd.org)

713.526.5055

Adolescents/Adults (14 and up)

**John Hart, PhD**

3730 Kirby, Suite 520

Houston, TX 77098

Email: [drhart@cadthouston.com](mailto:drhart@cadthouston.com)

832-264-8152

Children/Adolescents/Adults

**Constantina Boudouvas, LCSW**

4306 Yoakum Blvd, suite 530

Houston, TX 77006

email: [cboudouvas@gmail.com](mailto:cboudouvas@gmail.com)

832-264-8968

Children/Adolescents/Adults

\*Family therapy for OCD specialist as well

**Suzanne Mouton-Odum, PhD +**

Psychology Houston, PC

7660 Woodway Drive, Suite 599

Houston, Texas [77063](#)

Email: [suzimoo@aol.com](mailto:suzimoo@aol.com)

713-914-9944

Specialty: OCD and Trichotillomania

Children/Adolescents/Adults

**Liza Bonin, PhD \***

6701 Fannin St

CC1630, Houston, TX, 77030-2608  
(832) 822-4751  
Children/Adolescents

**Kelly Banneyer, PhD**

Assistant Professor/Licensed Psychologist  
Texas Children's Hospital  
6701 Fannin Street, Mark Wallace Tower 1630  
Houston, Texas 77030  
Email: [knbanney@texaschildrens.org](mailto:knbanney@texaschildrens.org)  
(832) 822-3700  
Children/Adolescents  
Private Insurance, Self-Pay, Medicare, Medicaid  
Other language: Spanish

**Emily Anderson, PhD**

Houston OCD Program  
708 E. 19th Street  
Houston, 77008  
Email: [Eanderson@houstonocd.org](mailto:Eanderson@houstonocd.org)  
713.526.5055  
Children/Adolescents/Adults (4 and up)

**Kimberly Bianca Simmons, LPC Intern** +

Houston OCD Program  
708 E. 19<sup>th</sup> Street  
Houston, TX 77008  
Email: [kbsimmons09@gmail.com](mailto:kbsimmons09@gmail.com)  
713.526.5055  
Adults/Adolescents (13 and up)

**Cali Werner, LMSW** +

Houston OCD Program  
708 E. 19<sup>th</sup> Street  
Houston, TX 77008  
Email: [cwerner@houstonocd.org](mailto:cwerner@houstonocd.org)  
713.526.5055  
Adults/ Adolescents

**Christen Sistrunk, LPC** +

4203 Montrose  
Suite 480  
Houston, Texas 77006  
Email: [christen@hcfvl.com](mailto:christen@hcfvl.com)

832-283-9199  
Adolescents/Adults

**Chad Brandt, PhD**

Houston OCD Program  
708 E. 19th Street  
Houston, 77008  
Email: [Cbrandt@houstonocd.org](mailto:Cbrandt@houstonocd.org)  
(713) 526-5055  
Children/Adolescents/Adults (4 and up)

**Melissa Fasteau, PsyD**

Houston OCD Program  
708 E. 19th Street  
Houston, 77008  
Email: [Mfasteau@houstonocd.org](mailto:Mfasteau@houstonocd.org)  
(713) 526-5055  
Adolescents/Adults (12 and up)

**Angela Smith, PhD**

Houston OCD Program  
708 E. 19th Street  
Houston, 77008  
Email: [Angela Smith, PhD](mailto:Angela.Smith@houstonocd.org)  
(713) 526-5055  
Adults

**Jennifer Sy, PhD**

Houston OCD Program  
708 E. 19th Street  
Houston, 77008  
Email: [JSy@houstonocd.org](mailto:JSy@houstonocd.org)  
(713) 526-5055  
Adolescents/Adults (12 and up)

**Saharah Shrout, MA, LPC**

Houston OCD Program  
708 E. 19th Street  
Houston, 77008  
Email: [Sshrout@houstonocd.org](mailto:Sshrout@houstonocd.org)  
(713) 526-5055  
Adolescents/Adults (15 and up)

**Vicki Easterling, MSW, LCSW**

Stone Creek Psychotherapy  
20915 Kingsland Blvd  
Katy, TX 77450  
Email: [Vicki.easterling@stonecreektherapy.com](mailto:Vicki.easterling@stonecreektherapy.com)  
(281) 579-0703

**Ivy Ruths, PhD**

4314 Yoakum Street  
Houston, Texas 77006  
Email: [DrIvyRuths@DrIvyRuths.com](mailto:DrIvyRuths@DrIvyRuths.com)  
(832) 900-1276  
Adolescents/Adults

**Emily M Weems, LCSW +\***

Casa De Amigos Health Center  
1615 North Main  
Houston, Texas 77009  
Email: [weems@bcm.edu](mailto:weems@bcm.edu)  
713-526-4243 (appt line)  
713-236-7915 (office line)  
Adults  
Private Insurance, Self-pay, Medicare, Medicaid, Sliding Fee, Harris Health Eligibility

**Cynthia Conner, LCSW**

Ben Taub Hospital  
1502 Taub Loop  
Room: BTGH-2.216  
Houston, Texas 77030  
[Conner@bcm.edu](mailto:Conner@bcm.edu)  
713-873-5140

**Kelli Wright, PhD**

Wellness Collaborative  
104 W 12<sup>th</sup>, Suite B  
Houston, TX 77008  
Email: [drkwright@comcast.net](mailto:drkwright@comcast.net)  
713-249-5838

**Michael D. Soderstrom, MA, LPC-S**

9432 Katy Fwy  
Suite 400  
Houston, Texas 77055-6367  
Email: [michael@houstonocdcounseling.com](mailto:michael@houstonocdcounseling.com)

(832) 971-0025  
Children/Adolescents/Adults

**Kelsey Seifert, LPC, LMFT +**  
4701 Preston Rd  
Pasadena, Texas 77505  
Email: [kelseyseifert@hushmail.com](mailto:kelseyseifert@hushmail.com)  
713-907-7315  
Adults | Scrupulosity

**Patricia Dearman, Ph.D.**  
26205 Oak Ridge Dr.  
Woodlands, TX. 77380  
Email: [tomailpatricia@gmail.com](mailto:tomailpatricia@gmail.com)  
346.333.7373  
Children/Adolescents/Adults (6 and up)

**Anna Cross, M.Ed, LPC**  
2400 Bissonet, Suite 270  
Houston, Texas 77005  
Email: [anna@acrosstherapy.com](mailto:anna@acrosstherapy.com)  
713-582-5981  
Adolescents/Adults (13 and up)

**Stacey Bourland, PhD \***  
6300 West Loop South Suite 390  
Bellaire, Texas 77401  
Email: [s.bourland@sbcglobal.net](mailto:s.bourland@sbcglobal.net)  
(713) 858-9751  
Adolescents/Adults

**Jennifer Rothfleisch, PhD +**  
2225 CR 90, Suite 221  
Pearland, TX 77584  
Email: [jrothf@aol.com](mailto:jrothf@aol.com)  
713-398-5904  
Adolescents/Adults

**Celeste Conlon, PhD**  
52 Sugar Creek Blvd  
Suite 300  
Sugar Land, Texas 77478  
(281) 944-5588  
Children/Adolescents/Adults

**Margaret M. Tripp, PhD**

12946 Dairy Ashford, #260  
Sugarland, Texas 77478  
(281) 242-2595  
Children/Adolescents/Adults

**Patricia Perrin Hull, PhD \***

Psychologist  
OCD and Anxiety Treatment Center of Houston  
6300 West Loop South, Suite 390  
Bellaire, Texas 77401  
Email: [patperrin@sbcglobal.net](mailto:patperrin@sbcglobal.net)  
(713) 662-3999  
Email: [nereida.martinez@bcm.edu](mailto:nereida.martinez@bcm.edu)

**Daisey McCloud, MAPCP, LPC-S**

Texas A&M University - Galveston Campus  
1001 Texas Clipper Road POB 1675  
Galveston, Texas 77553-1675  
Email: [mccloadd@tamug.edu](mailto:mccloadd@tamug.edu)  
(409) 740-4537

**Nathan Peterson, LCSW**

Bridgestone Counseling  
6800 Weiskopf Ave, Suite 150  
McKinney, Texas 75070  
Email: [nate@bridgestonecounseling.com](mailto:nate@bridgestonecounseling.com)  
[\(972\) 702-7208](tel:(972)702-7208)

**Eric Storch, PhD \***

Baylor College of Medicine  
1977 Butler Blvd.  
Houston, Texas 77030  
Email: [eric.storch@bcm.edu](mailto:eric.storch@bcm.edu)  
713-798-3080  
Adolescents/Adults (14 and up)

Jenna Ramirez, PhD +  
Well Women Psychology, PLLC  
26205 Oak Ridge Drive  
Spring, Texas 77380, Suite 101  
Email: [jenna@wellwomenpsychology.com](mailto:jenna@wellwomenpsychology.com)  
832-305-7798

## Teletherapy/Postpartum OCD/Adults

Jenna Ramirez, PhD +  
The Women's Place - The Woodlands  
Texas Children's Pavilion for Women  
Clinic number - 832.826.5281  
Perinatal OCD Patients  
Teletherapy available after in-person intake

Rosie Lasiter, PhD  
Psychology Houston: The Woodlands  
2002 Timberloch Place  
The Woodlands, Texas 77380  
713-914-9944  
Children/Adolescents/Adults  
Psychological and Educational Testing  
Anxiety, OCD, ADHD and Executive Function Skills Training, Depression,  
Trichotillomania

## **OCD Specialists in Psychiatry**

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\*An OCD psychiatrist should be able to prescribe [medication](#) for your OCD

### **Jason Garvin, DO**

Houston OCD Program  
708 East 19<sup>th</sup> Street  
Houston, TX 77008  
\*On Wednesdays

3000 Richmond Ave. #425  
Houston, 77098  
(713) 337-0177  
Children/Adolescents/Adults

### **Jessica Holt, MD**

Psychiatrist  
820 Gessner Road  
Houston, TX 77024  
713-906-7998  
Adolescents/Adults (16 and up)

### **Mark Moeller**

6300 West Loop South #680  
Houston, TX 77401  
713-661-4670

Adults

\*Also sees students at Rice University – free if student at Rice

**Norma Clarke, MD**

713-527-8822  
3730 Kirby, Ste 905  
Houston, TX 77098  
Email: [Norma@NormaClarke.com](mailto:Norma@NormaClarke.com)  
713-527-8822  
Adolescents/Adults

**Alain Katic, MD**

6330 West Loop South  
Bellaire, Texas 77401  
713.527.8448  
Adolescents/Adults

**Aaron Fink, MD**

4550 Post Oak PI Dr # 320  
Houston, TX 77027  
713.622.5480  
Children/Adolescents/Adults

**Kara Kahan, MD +**

6750 West Loop South  
Bellaire, TX 77401  
713.218.0100  
Children/Adolescents

**Leng Bang, MD**

6750 West Loop South, Suite 375  
Bellaire, Texas 77401  
713.664.1300  
Children/Adolescents

**Mai Anh Nguyen, MD**

6750 West Loop South, Suite 375  
Bellaire, Texas 77401  
713.664.1300  
Children/Adolescents



**Abigail Nodler, MD**

Houston Family Psychiatry  
2211 Norfolk St., Suite 500  
Houston, TX, 77098  
(713) 300-2450  
Adults/children/adolescents

**Sandhya Prashad, MD**

Houston Deep TMS Therapy  
6565 West Loop South, Suite 500B  
Bellaire, Texas 77401  
[Info@houstondeeptmstherapy.com](mailto:Info@houstondeeptmstherapy.com)  
832-730-5196  
Adults  
Self-Pay  
Treats: OCD, SUD  
Transcranial Magnetic Stimulation (TMS)

**Bella Schanzer, MD \***

Baylor College of Medicine  
1977 Butler Blvd, Suite E4.400, 4<sup>th</sup> floor  
Houston, Texas 77030  
Email: [ursu@bcm.edu](mailto:ursu@bcm.edu)  
713.798.4857  
Adolescents/Adults

**Joyce Davidson \***

Medical Office Bldg-McNair  
1977 Butler Boulevard Suite E4.400  
Houston, Texas 77030  
(713) 798-4857

## **Specialty Programs**

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Intensive Outpatient Program (IOP) – Typically 3 hours a day/5 days a week with a length of stay of 6 to 8 weeks however each program and individual’s treatment may differ

Partial Hospitalization Program (PHP) – Typically 6 to 7 hours a day/4 to 5 days a week with a length of stay of 4 to 6 weeks however each program and individual’s treatment may differ

Residential – Reside on site at the location of treatment, average length of stay can be between 30 and 90 days for Adults; and ranges from 2 weeks to 5 months, with a typical stay lasting 6-8 weeks for Children/Adolescents however each program and individual’s treatment may differ

**Houston OCD Program**

708 E. 19<sup>th</sup> St.  
Houston, TX 77008  
Email: [info@houstonocdprogram.org](mailto:info@houstonocdprogram.org)  
713-526-5055  
Outpatient, intensive outpatient and residential  
Residential, IOP – Adults  
IOP - Child/Adolescent (12-18)

**Baylor College of Medicine OCD Program +\***

1977 Butler Blvd, Suite E4.400, 4<sup>th</sup> floor  
Houston, Texas 77030  
713.798.4857  
Email: [ocdprogram@bcm.edu](mailto:ocdprogram@bcm.edu)  
Outpatient services only

**McLean Hospital OCD Institute +**

115 Mill Street  
Belmont, Massachusetts 02478  
617.855.2776 (adults) or 774.419.1182 (children)  
Outpatient, intensive outpatient and residential  
Residential, PHP and IOPI – Adults, Child/Adolescent (10 and up)

**Rogers Memorial Hospital—Oconomowoc +**

34700 Valley Road, Oconomowoc, WI 53066  
262-646-4411 or 800-767-4411  
Outpatient, intensive outpatient and residential  
IOP, PHP, Residential - Adults, Child/Adolescent

\*Rogers has IOP's for adults available in: Chicago, Madison, Minneapolis, Nashville, Philadelphia, Tampa and West Allis

\*Rogers has PHP's for adults available in: Appleton, Chicago, Madison, Minneapolis, Nashville, Philadelphia, Tampa and San Francisco

\*Rogers has IOP's for children/adolescents available in: Chicago, Minneapolis, Nashville and Tampa

\*Rogers has PHP's for children/adolescents available in: Brown Deer, Chicago, Minneapolis, Nashville, Philadelphia, Tampa and San Francisco

**AMITA Health Foglia Family Foundation Residential Treatment Center +**

3319, 801 Gloucester Dr,  
Elk Grove Village, IL 60007  
(847) 981-5900

Residential - Multi-Symptomatic Adult Patients with OCD (including substance use conditions)

## Support Groups

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### **Peace of Mind Foundation**

Online GOAL Support Group  
2<sup>nd</sup> and. 4<sup>th</sup> Thursday each month from 7pm-8:30pm  
Register online at [peaceofmind.com/goalgroup](http://peaceofmind.com/goalgroup)  
Free Group (17 years and older)

### **Peace of Mind Foundation**

#### **OCD Support Group**

2<sup>nd</sup> & 4<sup>th</sup> Wed. ea month 7-9pm  
Support Group - Free  
Houston OCD Program  
708 E 19<sup>th</sup> Street  
Houston, Texas 77008  
2<sup>nd</sup> Floor Conference Room  
(832) 474-1327

Dr. John Hart & Jelani Daniel, LPC

### **Peace of Mind Foundation**

#### **Hoarding Support Group**

3<sup>rd</sup> Wed. each month 7-9pm  
Support Group - Free  
Houston OCD Program  
708 E 19<sup>th</sup> Street  
Houston, TX 77008  
2<sup>nd</sup> Floor Conference Room  
(832) 474-1327

Jelani Daniel, LPC

### **Houston OCD Counseling**

Adult Psychoeducational Group - \$10  
Every Wed. 5p-6p  
9432 Katy Fwy  
Ste 400  
Houston, Tx 77055  
Email: [eeva@houstonocdcounseling.com](mailto:eeva@houstonocdcounseling.com)  
Phone: 419-889-4607

### **Houston OCD Counseling**

Adolescent OCD Psychoeducational Group - \$10  
Every Tues. 6p-7:30p  
9432 Katy Fwy  
Ste 400  
Houston, Tx 77055  
Email: [eeva@houstonocdcounseling.com](mailto:eeva@houstonocdcounseling.com)  
Phone: 419-889-4607

### **Houston Adult Obsessive-Compulsive Support Group**

Support Group – \$20/person a group  
(832) 971-0025  
9525 Katy Freeway  
Suite 312  
Houston, Texas 77024

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## **Additional Support**

### **International OCD Foundation**

[www.iocdf.org](http://www.iocdf.org)

\*Offers annual OCD conference

### **OCD Texas**

708 E. 19th Street  
Houston, 77008  
(713) 526-5055

### **Peace of Mind Foundation**

708 E 19<sup>th</sup> Street, Unit B  
Houston, Texas 77008  
PeaceofMind.com  
[Info@PeaceofMind.com](mailto:Info@PeaceofMind.com)  
832.474.1327

### **OCDChallenge.com**

Free self-help interactive website that helps you identify triggers, build a hierarchy, and track your progress to challenging your OCD.

