

Groups (see page two for People)

OCD Support Group (Central S.D.)

person: Jim Hatton, Ph.D., M.F.T. (*details page 2*)
time: 2nd and 4th Fridays of month, 7:00 - 8:30pm
type: professionally-assisted mutual help group
open to: individuals with OCD, BDD, TS, ICD
address: Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, California 92123
directions: Take Highway 163 to Genesee Avenue exit, go East, turn left at Health Center Drive, turn right at Vista Hill Avenue. The hospital is on the left. Ask receptionist for the OCD meeting or the Day Treatment Lounge.

OCD Support Group (North S.D. County)

person: Lori Riddle-Walker, M.F.T. (*details page 2*)
time: last Monday of month, 7:00pm
type: professionally-assisted group
address: 502 West El Norte Parkway
(on the left, behind the bell tower)
Escondido, California 92026

Hoarders Support San Diego Group (Central S.D.)

phone: 619.665.6330
email: spyyyyyke@igc.org
time: 1st and 3rd Tuesdays of month, 6:30 - 9:00pm
type: mutual help group
address: Mission Bay
directions: call phone number above for directions

Obsessive-Compulsive Anonymous (Central S.D.)

person: Jim P.
phone: 619.757.6603
time: every Monday, 6:00pm
type: twelve-step recovery program
address: Mission Room
Department of Health Services
City of San Diego
3851 Rosecrans Street
San Diego, California 92110

The following four groups, sponsored by the **San Diego Phobia Foundation**, are facilitated by a variety of therapists who rotate positions annually. Contact **Leslie Fadem** if you need to know the names of the individual facilitators at any given time. A five dollar donation for each meeting attended is appreciated.

Anxiety Support Group (East S.D. County)

sponsor: San Diego Phobia Foundation
person: Leslie Fadem and associates (*details page 2*)
time: every Monday, 6:30 - 8:00pm
address: Sharp Mesa Vista Hospital - East County
1460 East Main Street (at Oakdale Avenue),
Room 206
El Cajon, California 92021

Anxiety Support Group (Central S.D.)

sponsor: San Diego Phobia Foundation
person: Leslie Fadem and associates (*details page 2*)
time: every Tuesday, 7:00 - 8:30pm
address: Sharp Mesa Vista Hospital
Day Hospital Lounge
7850 Vista Hill Avenue
San Diego, California 92123

Anxiety Support Group (North S.D. County, Inland)

sponsor: San Diego Phobia Foundation
person: Leslie Fadem and associates (*details page 2*)
time: every Saturday, 10:00 - 11:00am
address: Cypress Court (phone 760.747.1940)
1255 North Broadway
Escondido, California 92026

Anxiety Support Group (South S.D. County, Coastal)

sponsor: San Diego Phobia Foundation
person: Leslie Fadem and associates (*details page 2*)
time: every Saturday, 9:30 - 11:00am
address: Sharp Chula Vista Hospital
Administration Conference Room
751 Medical Center Court
Chula Vista, California 91911
note: meetings are conducted in Spanish and English

Overcoming Hoarding Behavior Therapy Group

Cognitive Therapy Institute, San Diego
phone: 858.450.1101
web: <http://www.cognitivetherapysandiego.com/>
address: 3262 Holiday Court, Suite 220
La Jolla, California 92037

- Learn CBT skills for reducing the "packrat" and hoarding patterns.
 - Develop strategies to reduce clutter.
 - Create a more organized, open, and pleasant home environment.
- 8-week program, 1.5-hour sessions, \$40/session
Call 858.450.1101 for more information.

Web Sites

Anxiety Disorders Association of America
..... <http://www.adaa.org/>
Anxiety Panic Attack Resources
..... <http://www.anxietypanic.com/>
Obsessive-Compulsive Foundation
..... <http://www.ocfoundation.org/>
Obsessive-Compulsive Foundation: Hoarding
..... <http://www.ocfoundation.org/hoarding/>
Wikipedia: Obsessive-compulsive disorder
..... http://en.wikipedia.org/wiki/Obsessive-compulsive_disorder
Wikipedia: Compulsive hoarding
..... http://en.wikipedia.org/wiki/Compulsive_hoarding

Abbreviations

BDD = Body Dysmorphic Disorder
CBT = Cognitive-Behavioral Therapy
ERP = Exposure and Response Prevention
ICD = Impulse Control Disorders
OC = Obsessive-Compulsive
TS = Tourette's Syndrome

People (see page one for Groups)

person: **Jim Hatton**, Ph.D., M.F.T.
phone: 858.457.8428
email: jdhatton@ucsd.edu
address: 5665 Oberlin Drive, Suite 201
San Diego, California 92121
specialty: child, adolescent, adult, OC spectrum disorders, BDD, trichotillomania, hoarding, home visits, sliding scale, support group, ERP, CBT

person: **Lori Riddle-Walker**, M.F.T.
address: 502 West El Norte Parkway
Escondido, California 92026
phone: 760.715.7273
email: llrwalker@sbcglobal.net
web: <http://www.lrwalker.net/>
specialty: child, adolescent, adult, OC spectrum disorders, BDD, trichotillomania, San Diego and Riverside Counties, Medicaid, home visits, sliding scale, support group, ERP, CBT

person: **Stephen M. Stahl**, M.D., Ph.D.
phone: 760.444.9065
address: 1930 Palomar Point Way, Suite 103
Carlsbad, California 92008
specialty: child, adolescent, adult, medication, OC spectrum disorders, BDD, trichotillomania

person: **Sanjaya Saxena**, M.D.
Associate Professor
Department of Psychiatry
University of California, San Diego
phone 1: 858.642.3472
fax: 858.642.6442
email: ssaxena@ucsd.edu
address 1: VA San Diego Medical Center, Room 2129
3350 La Jolla Village Drive
San Diego, California 92161
phone 2: 858.534.6200
address 2: UCSD OCD Clinic
8950 Villa La Jolla Drive, Suite B-225
La Jolla, California 92037
specialty: adult, medication, OC spectrum disorders, BDD, trichotillomania, hoarding, ERP, CBT

person: **Allan E. Mallinger**, M.D.
phone: 619.692.9700
address: 3551 Front Street
San Diego, California 92103
specialty: adult, OC spectrum disorders, sliding scale, medication

person: **Brett Johnson**, M.D.
phone: 858.455.9712
fax: 858.455.9713
email: johnson@psychiatryca.com
address: 4225 Executive Square, Suite 1130
La Jolla, California 92037
specialty: child, adolescent, adult, medication, OC spectrum disorders, BDD, trichotillomania, hoarding, ERP, CBT

person: **Paul C. Lee**, M.D.
phone: 858.646.9877
fax: 858.824.1916
address: 7770 Regents Road, Suite 113305
San Diego, California 92122
specialty: child, adolescent, adult, medication, OC spectrum disorders, trichotillomania, ERP, CBT

person: **Jeff Schanowitz**, Ph.D.
phone: 619.252.3713
fax: 858.536.7084
email: jeffs686@yahoo.com
address: 7484 University Avenue, Suite 330
La Mesa, California 91941

person: **Barbara Zebb**, Ph.D.
phone: 877.230.5429
address: 27401 Los Altos, Suite 275
Mission Viejo, California 92691

person: **Lane Healey**, M.A.
phone: 858.566.5851
email: lhealey@pacbell.net
address: 3252 Holiday Court, Suite 102
La Jolla, California 92037
specialty: adults, OC spectrum disorders, trichotillomania, home visits, ERP, CBT

person: **Leslie Gustafson**, M.F.T.
phone: 714.284.7445
address: 24772 Chrisanta Drive
Mission Viejo, California 92691

person: **Rachael Hatton**, M.A., M.F.T. Intern
phone: 858.703.7620
email: rachael.hatton@rhattontherapy.com
web: <http://www.rhattontherapy.com/>
address: 502 West El Norte Parkway
Escondido, California 92026
specialty: child, adolescent, adult, OC spectrum disorders, hoarding, support group, ERP, CBT

person: **Leslie Fadem**, M.A., L.M.F.T.
phone: 760.944.6334
email: FademMFT@aol.com
specialty: anxiety disorders, trauma recovery

San Diego Phobia Foundation
phone: 760.944.6334
address: Post Office Box 3191
La Mesa, California 91944-3191

Please email corrections/additions/deletions to
Joe Freeman <joe.freeman@iname.com>