

Obsessive Compulsive Disorder (OCD) Treatment Group

If you suffer from recurring, intrusive thoughts or images (obsessions) that cause worry and anxiety, or if you feel urges to clean, check, repeat things until they "feel right" or to do other special behaviors (mental rituals or compulsive actions) to prevent bad events, you are not alone - and help is available.

Cognitive-Behavioral Therapy of OCD has proven highly effective when applied in a structured program of treatment. We offer this CBT treatment program in a group format, providing specific steps toward recovery as well as understanding and support from others who share the OCD challenge.

Goals and Objectives: This group is appropriate and effective for individuals with or without medications for OCD. The group will include 5-8 members, and is designed to offer treatment, not simply support. The program is intended to bring significant progress in 12-20 weeks, but is open-ended and offers longer term treatment and support for those who need or prefer that option.

Components of the treatment program include:

- **Education** about Obsessive Compulsive Disorder (OCD) and the specific Cognitive Behavioral Therapy (CBT) techniques and strategies that have proven effective in breaking free from this cycle. You will understand the following OCD problem areas and the appropriate treatment response to each:
 - *Interpretation and reactions to intrusive thoughts and images (e.g. harm OCD)*
 - *Compulsive "safety behaviors" (rituals, checking, decontaminating, etc) and avoidance*
 - *Faulty beliefs that perpetuate OCD*
- **Exposure and Response Prevention (ERP):** You will receive training, guidance, and support in applying ERP and related CBT treatment strategies (e.g. *Behavioral Experiments*, adaptive responses) that have proven effective in reducing or overcoming OCD.
- **Empathy and understanding** from others who experience this difficult OCD struggle, and a shared base of support with Group members who are also taking the steps of recovery

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Where: The Cognitive Therapy Institute, APC
3262 Holiday Ct, Suite 220, La Jolla, CA 92037 (UTC area, near I-5 & La Jolla Village Dr.)

When: Wednesdays, 5 - 6:30pm (open-ended group)
(Date & time may change due to consensus.)

Fee: \$80 per session (90-minute sessions)
(*Most insurance plans will reimburse to you a portion of the fees.)