

ABOUT

- The Break Free from OCD group program will be run multiple times each year
- Each group program runs for 10 weekly sessions of 2 hours each
- The cost is \$120 per session paid weekly by direct debit. Medicare or Private Health Fund rebates may apply
- Medicare rebates reduce the cost to \$88.36 per session
- Sessions to be held at our Claremont clinic - Monday 4.30 - 6.30 pm.

CONTACT US

If you are interested in attending the Break Free from OCD Group, please contact us by:



T: (08) 6143 4499 **F:** (08) 9200 5696
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CLINIC LOCATIONS

34 Coghlan Road
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Break Free From OCD

GROUP PROGRAM

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WHAT IS OCD

Obsessive-compulsive disorder (OCD) is a form of anxiety that develops when a person repeatedly experiences intrusive and unwanted thoughts, images or urges (obsessions) and performs compulsions or rituals to relieve their anxiety.

Common obsessions include thoughts about: contamination; harm coming to oneself or others; the need for symmetry, exactness; and upsetting sexual, violent, aggressive, or religious thoughts or images

Common compulsions include: cleaning; hand-washing; ordering/arranging; hoarding; counting; checking; touching; repeating; and confessing.

Help may be needed when these behaviours become excessive and interrupt daily living.

OCD TREATMENT

Cognitive-Behavioural Therapy (CBT) is currently the **most effective** treatment for OCD. Even for individuals with very severe OCD, this treatment often results in significant improvement.

The treatment involves gradual Exposure where clients are asked to deliberately confront anxiety provoking thoughts, objects, or situations, followed by Response Prevention in which clients modify or stop rituals that they have previously engaged in as a way of relieving obsession-related anxiety.



GROUP THERAPY

Advantages of group therapy include:

Cost Effectiveness: Group therapy is more cost-effective than individual therapy for OCD.

Social Support: Much suffering stems from the feelings of isolation caused by OCD symptoms. Group therapy allows you to see that you are not alone and that others are struggling with similar challenges. In addition, other group members often have great hints and tips for coping with OCD.

Motivation: Just as it can be difficult to go to the gym by yourself, it can be difficult to undertake CBT for OCD on your own. Other group members provide encouragement and you may even help inspire others to change too. The shared experience of tackling OCD can be very powerful.