Virtual Cognitive Behaviour Therapy Group for OCD Skills Training

A ten-week therapy group focused on learning skills and strategies to manage OCD. Sessions will be held on Wednesdays 5pm - 7pm from May 4 to July 6 2022.

Learn cognitive behavioural treatment (CBT) strategies and tools for coping with OCD, discuss OCD-related topics, establish weekly personal recovery goals, opportunity to practice exposure response prevention, connect with others who understand what it’s like to live with OCD in a supportive and non-judgemental space.

Topics include:

- **Week 1**: Introduction - Introduction to CBT, understanding of OCD, and goal setting
- **Week 2**: Relaxation training and developing a coping bank
- **Week 3**: Challenging your obsessions and building realistic thinking
- **Week 4**: Continue to work on challenging obsessions
- **Week 5**: Mindfulness and grounding exercises
- **Week 6**: Learn strategies to overcome perfectionism
- **Week 7**: Exposure response prevention - developing your fear ladder
- **Week 8**: Facing your fears and moving up the fear ladder
- **Week 9**: Continue to move up the ladder and troubleshooting
- **Week 10**: Strategies to help stay motivated and develop a lapse management plan to prevent relapse

To participate we request that you:

- Attend a phone screening interview to determine if this group is right for you. (Cost: $40.00)
- Have computer literacy and reliable internet required.

To register

Please contact:
Florence Mak, Psychological Associate
613 722 2225 ext. 389
fmak@jfsottawa.com

Total cost

10 weekly sessions - 2 hours in duration with a 10-minute break in-between.
$820 (20 hours total)
Valid receipt for insurance coverage.