



a program of  
Jewish Family Services  
of Ottawa

## **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](mailto: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.