



Obsessive Compulsive Disorder (OCD) Course

What is the course?

This is a 12 session course aimed at people who experience Obsessive Compulsive Disorder (OCD).

Key features of OCD may include the presence of obsessions and compulsions, where the obsessions are intrusive and the compulsions are a way to respond to these thoughts. These symptoms are usually time consuming or cause significant distress.

What is CBT?

Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

CBT is a practical therapy that involves learning about anxiety, and making changes to what we do and how we think, in order to feel better.

Session Topics

- **Understanding OCD and how CBT can help.**
- **Understanding Anxiety and how it affects us**
- **Identifying and Challenging Unhelpful Thinking.**
- **Exposure and Response Prevention (ERP)**
- **Addressing Core Beliefs**
- **Maintaining Progress and Reclaiming your Life**

Frequently Asked Questions

How many other people will be there?

We usually have between 6-14 people attending the course.

What if I feel too anxious to turn my webcam on or speak?

We understand that the thought of a course can be very anxiety provoking. We would always encourage people to switch their webcam on and speak if they feel able to, as the strength of the course is in building a shared understanding of OCD symptoms and trying out and reviewing different skills together. You may wish to build up to switching on your webcam as the first session progresses, just let the group facilitator know at the start.

What if I can't make a session?

Please call 0300 790 0542 or email dhc.bc.s2w@nhs.net as soon as possible to let us know.

Please note that our website www.steps2wellbeing.co.uk has lots of valuable information about our service.