

THERAPY GROUP

Are you struggling with
symptoms of
Obsessive-Compulsive
Disorder (OCD)?



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BREAKING THROUGH OCD GROUP



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BREAKING THROUGH OBSESSIVE-COMPULSIVE DISORDER (OCD) GROUP

Obsessive Compulsive Disorder (OCD) can be experienced very differently by different people.

For some, it involves a lot of checking and reassurance seeking; for others, a lot of hand washing or mental tasks. The common experience is often that OCD is an exhausting and debilitating condition.

Who will benefit

OCD can be very different from person to person. In general, people with OCD engage in repetitive, compulsive behaviour; or they're troubled by intrusive thoughts; or commonly it can be a combination of the two.

The group sessions are designed to work with everyone that has OCD. If you're keen to learn a different approach to reduce the anxiety that OCD brings, then the group sessions are likely to help.

Benefits of group therapy

- Share experiences and gain support from others who understand what you're going through
- Learn practical skills that you can apply in your daily life to reduce OCD symptoms
- Working in a group can boost your motivation and commitment to making positive changes
- Regular sessions and homework assignments help keep you on track
- Engaging in meaningful activities and achieving goals can lead to significant improvements in anxiety levels and overall well-being

Therapy for OCD can be helped significantly with the support of others that understand some of what you're experiencing. Consistent feedback from group clients is about how helpful it is knowing that they're not 'on their own', and ideas that groups generate, can be really meaningful.

What to expect in the sessions

There is a mix of therapy exercises, group discussions and the facilitator introducing ideas to the group. You're not expected to share much about your OCD with the group, but you'll be encouraged to take part in discussions about therapy topics.

Session content

All effective therapies for OCD involve learning a different way to respond to anxieties, thoughts and habits. This group is no different, and over the course of 9 sessions, you'll be guided to challenge and change some of the behaviours and thinking patterns that are a part of your OCD. This is done in a compassionate, patient way and we'll invite you to be compassionate and patient with yourself as you start to make changes.