



a program of
Jewish Family Services
of Ottawa

Virtual Cognitive Behaviour Therapy Group for OCD Skills Training

A nine-week therapy group focused on learning skills and strategies to manage OCD
Sessions will be held on Tuesdays 5pm - 7pm from January 31 to March 28.
This group is intended for ages 18-65.

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 - review elements of CBT, understanding OCD, and goal setting

Week 2: Relaxation training and developing a coping bank

Week 3: Identify obsessions and thinking errors

Week 4: Challenging obsessions and build realistic thinking

Week 5: Mindfulness and grounding exercises

Week 6: Exposure response prevention - developing your fear ladder

Week 7: Facing your fears and moving up the fear ladder

Week 8: Continue to move up the fear ladder and troubleshooting

Week 9: 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. (**Free assessment**)
- Have computer literacy and reliable internet required.

To register

Please contact:
Florence Mak, MA.,C. Psych. Psychologist
613 722 2225 ext. 389
fmak@jfsottawa.com

Total cost

9 weekly sessions - 2 hours in duration with a
10-minute break in-between.
\$43 per session (Total of \$814)
Valid receipt for insurance coverage.