



Priory Wellbeing Centre Oxford

Coping with OCD course

Obsessive compulsive disorder (OCD) can be a debilitating disorder involving intrusive thoughts (obsessions) and compulsions, which can leave the sufferer feeling isolated and alone. Our coping with OCD course has been specifically designed to help you understand your OCD and develop effective coping mechanisms for the future.

The course will be delivered in a group setting, using cognitive behavioural therapy (CBT). This means that you can explore your OCD with the support of others, and also tackle the stigma and loneliness that OCD can bring. The effectiveness of group CBT for OCD has been shown to be as effective as individual treatment for the symptoms of OCD.

Our 10-week OCD course is open to individuals over the age of 18, who are currently struggling with OCD. During the course, we will aim to equip you with a better understanding of the disorder and give you greater insight into what contributes to and maintains your current difficulties.

Course overview

A highly supportive group experience focusing on:

- + Understanding what OCD is and how your symptoms relate
- + The vicious flower model of OCD
- + Contrasting ways of looking at problems (theory A/B)
- + Understanding the role of thoughts, beliefs and cognitive distortions in OCD
- + Learning how to overcome fears and challenge negative thoughts
- + Exposure response prevention (ERP) and behavioural experiments
- + Developing a robust relapse prevention plan using the strategies learned, to maintain goals and promote wellness



The power of the group

The course takes place with a wider group of patients, who are all experiencing similar challenges. This approach is evidence-based, with proven results, and has been found to be highly effective in the treatment of mental health conditions.

Throughout the course, you will be encouraged to share your experiences and learn from others in a supportive, safe and trusting environment. This experience will help you to develop greater self-awareness and understanding of your own personal challenges.

It's normal to find the thought of group sessions to be quite daunting. However, we will ensure that you are given enough time to get to know your peers and hear their experiences, allowing you to build a level of trust. Participation in our group sessions often helps individuals to realise that they're not alone and this experience develops a sense of strength, closeness and support between group members.



Course timetable

The course is a 15-hour course that will be delivered over 10 weeks.

- + **Session 1:** Introduction to the course and CBT
- + **Session 2:** Vicious flower model of OCD
- + **Session 3:** Developing a theory A and theory B
- + **Session 4:** ERP and anxious arousal
- + **Session 5:** Behavioural experiments
- + **Session 6:** Thought suppression, myths about thoughts, and cognitive distortions
- + **Session 7:** The three choices and behavioural experiments
- + **Session 8:** Responsibility beliefs and continuums
- + **Session 9:** Metacognition and challenging appraisals using thought records
- + **Session 10:** Relapse prevention and goal setting

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the programme. Please contact us if you would like to discuss alternative treatment programmes.

Our specialists

Our OCD specialists can help you manage your symptoms, improve your quality of life and connect with others who understand what you're going through.

The course is facilitated by our highly qualified therapists, all of whom have extensive experience working with individuals with OCD.

We use evidence-based techniques to help you challenge your OCD thoughts and behaviours, and regain control of your life.

In our supportive and confidential group sessions, we'll support you to develop practical skills and strategies to manage your OCD, reduce your distress and improve your wellbeing. You'll also have the opportunity to share your experiences, receive feedback, and connect with others who share your journey.

Further information and pricing

The coping with OCD course is available on both a self-pay basis and to those using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

For more information, please contact Priory Wellbeing Centre Oxford on **01865 262080** or by emailing oxfordwellbeing@priorygroup.com.

For the most up to date information on our services, please visit our website.