



Anxiety and OCD Treatment Center of Ann Arbor

Providing evidence-based treatment across the lifespan

Thursdays April 5-April 26, 2018

OCD Intrusive Thoughts Seminar

5:30 – 7:00 pm

PLEASE JOIN US FOR A 4 NIGHT EVENT ON EXPOSURE AND RESPONSE PREVENTION (ERP) FOR OBSESSIVE-COMPULSIVE DISORDER WITH INTRUSIVE THOUGHTS. MULTIPLE SUBTYPES WILL BE DISCUSSED INCLUDING SEXUAL, HARM AND MORALITY BASED INTRUSIVE THOUGHTS, AMONG OTHERS.

Information on thoughts will be gathered anonymously prior to start of class, so members can learn about similar themes without feeling forced to share personal details. Historically this class has made **significant** improvements in reducing patients' shame and associated depression about the content of their thoughts, along with helping them engage in Exposure and Response Prevention (ERP). A family education session will occur May 3 on the same day and time for loved ones.

Cost is \$50 per session (with a minimum of 5 members). Full payment is due prior to the first class to maintain consistency. These classes are not covered by insurance due to being education-based. You may use a flex spending account.

To sign-up, please email frontdesk@anxietyannarbor.com

4 NIGHT EDUCATION
ON TREATMENT FOR OCD
WITH INTRUSIVE THOUGHTS

LEARN ABOUT EXPOSURE
AND RESPONSE
PREVENTION (ERP)

LEARN WHY THAT THOUGHT
STICKS AND HOW TO
CHANGE

LEARN WITH OTHERS WHO
HAVE HAD SIMILAR
EXPERIENCES

This Group is for Adult
Participants

ANXIETY AND OCD
TREATMENT CENTER OF ANN
ARBOR

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www.anxietyannarbor.com

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