



Anxiety and OCD Treatment Center of Ann Arbor

Providing evidence-based treatment across the lifespan

OCD Intrusive Thoughts Seminar

Wednesdays, February 6-February 27, 2019

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 Wednesday, March 6 at 530pm for loved ones. Please contact our office to register.

Cost is \$200 for all 4 classes. Full payment is due prior to the first class. 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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Ann Arbor, MI 48103

www.anxietyannarbor.com

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