



THERAPY GROUP FOR ADULTS

Break Free From OCD

with Elizabeth Gentzkow, LPC, LMHC

To join, schedule a free consultation by visiting thrivewest.clientsecure.me or email **Elizabeth**

Are you living a life controlled by urges and compulsions to keep distress, anxiety, or discomfort at bay? Do you experience intrusive or unwanted thoughts?

Learn an effective way for working through and reducing the hold OCD has on your life.

Our online group provides adults with exposure and response prevention skills training to break the cycle of OCD.

You will:

- *Learn practical skills and approaches for managing OCD symptoms so they lose their severity and frequency over time.*
- *Learn ways to cope with the distressing thoughts, images, and feelings associated with OCD*
- *Gain a supportive environment through shared experience in the group.*

Details

Start anticipated start late September or early October

Online, Thursdays 10am-11:30am

8-12 participants

Adults with OCD

Group meets for 10 weeks

Cost
\$225 intake + \$65/per session