

The Anxiety and Stress Disorders Institute of Maryland, LLP



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Online OCD Group

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Do you struggle with looping, unwanted, scary thoughts or feelings? Do you find yourself engaging in repetitive efforts to comfort yourself or control the thoughts - repeatedly checking, washing, asking for reassurance, thinking things through, researching, etc? There's good news: OCD can be defeated! Join us, and learn how to fight back against OCD using evidence-based strategies that work.

Who can join? Adults who are ready to free themselves from OCD

What are the details? The group will meet online for 12 weeks every Wednesday from 4-5:30pm, beginning February 16th. The fee will be \$70 per week.

What will we be learning? The group will be designed around Exposure Response Prevention and Acceptance and Commitment Therapy, two gold-standard approaches for treating OCD.

How can I learn more?

- Visit the ASDI website: **www.anxietyandstress.com**

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Additional Resources

- Overcoming Unwanted Intrusive Thoughts* by Sally Winston and Martin Seif
 - Needing to Know for Sure* by Sally Winston and Martin Seif
 - The Mindfulness Workbook for OCD* by Jon Hershfield and Tom Corboy
 - When A Family Member Has OCD* by Jon Hershfield
- TheOCDStories.com

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