



Group Intensive Treatment – Programme Overview

This programme overview is currently presented in a simplified format while our downloadable materials are being updated. The information provided here reflects our current treatment structure and clinical approach.

Group intensive treatment is a structured, time-limited programme designed to support focused therapeutic work alongside others who are experiencing similar difficulties. We take time to understand your individual needs and circumstances, and to consider carefully whether working in a group setting is likely to be helpful for you at this point.

Full details, including suitability and how the programme would be planned, are discussed with you as part of the assessment process.

What the Group Intensive Involves

A group intensive involves working alongside a small group of others who are experiencing similar difficulties, supported by an experienced clinician. Group programmes are held under the clinical leadership of the Clinic's Clinical Directors, helping to ensure clear oversight and a consistent approach.

The group setting creates space to reflect on your own experiences, practise therapeutic strategies, and learn from the perspectives of others who are going through similar things. Participation is active, with the clinician guiding the pace and focus of the sessions so that the work feels manageable, supported, and safe.

The content and pacing of the programme are shaped by both the group as a whole and individual needs, and by how participants respond as the work unfolds, rather than by a fixed or one-size-fits-all structure.

Structure of the Programme

The group intensive takes place over four consecutive days and includes a total of 16 hours of structured therapeutic input. Sessions are planned to allow focused work across the programme, while also building in time for rest, reflection, and consolidation so that the experience remains manageable.

Group intensives are delivered online. Each day includes scheduled breaks, and the programme is not designed to involve continuous therapy throughout the day.



The structure and timing of the programme are shared in advance and confirmed following assessment. The overall format is shaped by clinical considerations and the needs of the group, rather than by a rigid or fixed timetable.

Therapeutic Approach

The group intensive draws on evidence based psychological approaches used in the treatment of OCD. The work is informed primarily by Exposure and Response Prevention (ERP) and Inference-Based CBT (ICBT), alongside clear psychoeducation to help participants understand how OCD operates and how it may show up for them.

The programme is delivered in a flexible and integrative way. The clinician works with an awareness of how factors such as emotional regulation, past experiences, and trauma-related patterns can interact with OCD, where this is relevant to the group. This helps shape how material is introduced, discussed, and paced, rather than forming a separate or standalone trauma-focused treatment.

The focus of the work is guided by an understanding of the group as a whole, as well as individual needs, and by how participants respond as the programme progresses, rather than by a fixed or manualised set of techniques.

What Is Expected From Participation

A group intensive is a collaborative and active form of psychological treatment. Participants are expected to attend all scheduled sessions and to take part in the group process in a way that feels manageable and appropriate for them.

Active participation is encouraged and usually involves contributing to discussions, engaging with therapeutic exercises, and reflecting on how the material relates to your own experiences. While participation is an important part of the group, it is not forced. The clinician facilitates the sessions with care, paying close attention to pace and comfort so that contributions feel supported rather than pressured.

Between-session reflection or brief tasks may be used to support learning and consolidation. Time for rest is built into the structure of the programme to allow space for processing and recovery.



Suitability and Assessment

All group intensive programmes begin with an assessment. This allows us to take time to understand your individual needs, current difficulties, and whether working in a group setting is likely to be a good fit for you.

Group intensives are not suitable for everyone. As part of the assessment process, we may discuss alternative treatment options where a different format, pace, or type of support is more likely to meet your needs.

The purpose of assessment is to ensure that any recommended treatment is in your best interests and offers a realistic and sustainable way of working, rather than applying the same approach to everyone.

What Happens at the End of the Group Intensive

At the end of the group intensive, time is set aside to reflect on the work that has been done and to look back over key learning from the programme. This includes thinking about how therapeutic ideas and strategies can continue to be used once the group has finished.

Where appropriate, next steps are discussed as part of this review. This may involve considering further support or talking through ways of maintaining and building on what has been learned, depending on individual needs and circumstances.

The intention is for the group intensive to come to a clear and contained conclusion, with a shared understanding of what has been covered and how learning can be taken forward in a way that feels realistic and manageable.

Taking the Next Step

If you would like to explore a group intensive, the next step is to get in touch with our administrative team. They can talk through the programme, answer practical questions, and arrange an assessment where appropriate.

The assessment allows us to understand what you are currently experiencing and to consider carefully whether a group intensive is likely to be a good fit for you at this stage.



Contact details and booking options are available via our website. Full clinical details, suitability, and planning are discussed during the assessment process, with practical arrangements such as dates and attendance confirmed individually at that stage.