



The **OCD** Treatment Centre

# Group Intensive Treatment Program Information Sheet



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Set in the heart of the Somerset countryside, Taunton is the perfect setting to access your intensive group treatment program. There are many affordable, quality accommodation options situated close to our centre so that you can focus on what's important, making the most of your therapy with us. In addition, our group room is large, light, and comfortable, offering the perfect setting to enjoy the group process with the fellow attendees and us

## Intensive Prices and what's included

Group Intensive Treatment Program: To include a bespoke, individually tailored program to suit your specific needs, conducted via the group format:

**Price: £1995.00**

This option includes:

- ◆ A complete, five day intensive therapy program conducted in group format
- ◆ Multiple therapists to ensure the highest quality of therapy
- ◆ Small numbers of attendees
- ◆ Conducted in an accessible, private, and professional setting
- ◆ Meet others and build friendships that can last a lifetime
- ◆ A complete bespoke relapse prevention program to take away with you
- ◆ A copy of the OCD Treatment Centre refresher program
- ◆ A copy of the OCD Treatment Centre families, friends and carers Program
- ◆ Premium reading materials
- ◆ Four complimentary follow-up conference sessions
- ◆ Light refreshments throughout your intensive treatment program



# Types of therapy included in the group intensive treatment program:



## Psychoeducation into the Biology, Physiology, and Neurology of OCD

We offer clear, concise, and accurate information as part of all of our programs so that you begin to gain a deeper understanding of the disorder. Knowledge is power, and we find that this has never been truer than it is for clients struggling with OCD.



## Cognitive Behavioural Therapy (CBT) & Exposure Response Prevention Therapy (ERP)

CBT and ERP are often considered the gold standard of therapy for OCD. We use cognitive behavioural techniques to help you identify which cognitive distortions are driving your behaviour, and more importantly, how to challenge them using exposure-response prevention techniques.



## Rational Emotive Behavioural Therapy (REBT)

REBT is an empirically supported type of Psychotherapy. Using elements of REBT, we will help you identify your irrational core beliefs that are likely to be driving your unhelpful thought patterns, emotions, and behaviours.



## Acceptance and Commitment Therapy (ACT)

ACT is an empirically supported Psychological intervention that aims to help clients accept their internal conflicts, which in turn supports significant behavioural shifts, which is particularly important when challenging the compulsive elements of OCD.



## Mindfulness-Based Stress Reduction (MBSR)

Learning not to believe everything that the mind throws at you is crucial to managing OCD effectively. We'll teach you several ways to disarm your OCD thoughts and create space between the triggers and the emotional, compulsive reaction using techniques based on Mindfulness Meditation.



## Compassionate Focussed Therapy (CFT)

Self-deprecation and self-loathing are often very strong for individuals experiencing OCD. We will teach you ways to begin liking yourself again, improving self-esteem, confidence, and how you relate to others.

# FAQ

## What are the benefits of intensive therapy?

Obsessions and compulsions are central problems within OCD, and for this reason, intensive forms of therapy often correlate with better results. This kind of therapy also allows our therapists to quickly build a solid and trusting therapeutic relationship with our clients, which is a crucial component in building the trust needed for our therapist to help you successfully manage your OCD symptoms.

Your allocated therapist will be right next to you every step of the way, from the day you walk into our centre-right until the very end of your journey with us.

Dr. Saxena, a Psychiatrist at the University of California, San Diego, School of Medicine, concluded that after patients attended intensive treatment for OCD, patients showed significant improvements in their OCD symptoms and their ability to function, based on PET scans. In addition, result success was also found in patients that had previously not responded successfully to standardized CBT. Dr. Saxena concluded: "Our study reinforced the efficacy of the treatment, and now we've shown how it works in the brain."

## What are the benefits of group therapy?

The group process allows individuals

with OCD to meet others who share the same experience, which, in itself, can be an incredibly powerful part of recovery. The group dynamic also allows us to discuss topics in a truly engaging, fun, empathic, and interactive way while also providing clients the opportunity to build meaningful relationships that help support the recovery process.

## What time do the intensive group programs start?

The intensive group program starts at 10.00 and finishes around 15.00 daily.

## How old do I have to be to access the group intensive treatment program?

We can work with clients as young as ten years old on our intensive group programs. However, an adult must accompany group attendees that are 16 years or younger throughout the group process.

## Can my family members take part in my treatment during my group intensive treatment course?

Although we recommend that the intensive program is mainly conducted with the client, there may be occasions where family members may benefit from also attending the group. This can be particularly important when there is collusion present. We will work with this case-by-case basis, so family involvement is likely different

for every circumstance. There is a £50.00 surcharge per day for clients to bring family members, and we advise that no more than one family member attends the intensive group course. For clients under 16 years old, you can bring one family member free of charge.

## What happens at the end of my group intensive program?

During your last day of therapy with us, we will discuss some of the best ways of preventing relapse as you begin to transition out of our intensive program. Our intensive treatment options also include follow-up support, which you will discuss before you leave us.



# FAQ

## **Can I attend the course if I have a co-morbid condition, such as Depression or Trauma?**

In many cases, co-morbid conditions will be present alongside OCD. In the vast majority of cases, we can work with you in this case. We can clarify this with you during your assessment if you would benefit from accessing a different form of therapy or something alongside our program.

## **What are the success rates of the group programs?**

Although there are no guarantees for therapy, we believe that you can expect to achieve a sense of empowerment and freedom from OCD during your week with us if you actively partake in our intensive programs. As stated above, we cannot emphasize the importance of clients engaging with the program. In our experience when working with OCD, this appears to be one of, if not the most critical factor when it comes to successful results. We know the condition inside out, and for many clients who work hard, apply themselves, and continue to actively work at their relapse prevention program, go on to live a life free from the constraints of OCD.

## **Can I work during my intensive course?**

Although we recommend not working or studying during your time with us, we, of course, understand that this isn't always a

possibility. Therefore, this is not a problem. However, we would like to respectfully ask that you reflect on your ability to balance the intensive program, including daily homework, and how that may fit your work schedule. Many clients balance both successfully, but we ask that you prioritize your work with us this week to get the most out of your intensive treatment.

## **How many hours of therapy will I be doing every day?**

Our intensive group programs consist of four hours of therapy per day, with a 60-minute lunch break. Therefore, you can expect to attend the group program for a total of five hours per day.

## **Is there homework during my intensive treatment?**

Yes, we expect all of our clients to dedicate some time outside of intensive therapy. This will include additional reading and exercise sheets/activities. Therefore, you can expect to be set anywhere between 1-2 hours of extra work outside of daily sessions.

## **How do I know if this is the best option for me?**

We want to reassure you that regardless of the therapeutic option you choose, we are confident that if you have OCD, you are likely to benefit from using our services. To ensure that you select the most appropriate option, we will conduct an assessment to help you decide the best way to move forward.

## **Is OCD curable?**

Although OCD is said to be a lifelong condition, and something that clients have to manage, through learning the correct set of skills, techniques and accompanying knowledge, it is possible to successfully manage symptoms so that you can live a happy, fulfilling life.

## **Is everything confidential?**

Yes. All matters discussed during your intensive treatment program will remain between you and your allocated therapist. All notes are kept in a digital format with encrypted software created explicitly for Psychological practices to ensure the utmost privacy. For more information on your rights under the General Data Protection Regulation (2018).

## **Is my deposit for my group intensive course refundable?**

All deposits paid for intensive bookings are non-refundable. However, intensive therapy options can be rescheduled, providing 28 days' notice before the commencement of the start date.

## **I have decided I would like to go ahead; what now?**

If you would like to book an assessment or book your place onto one of our intensive group treatment programs, please call us on 0333 090 1376, fill in our form on the 'contact us' page of our website, or email us at [info@ocdtreatmentcentre.com](mailto:info@ocdtreatmentcentre.com).

## What our clients say about our group intensive treatment programs

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If you suffer from OCD, this is the place to go. Sharon, Sonal, and Craig are amazing. They have empathy because of their own OCD struggles, so they are able to explain the condition perfectly and give you the tools to help with recovery. There is also an explanation of how the brain works, which makes the condition easier to understand. Most of all, in the group session, although hard work, we laughed until it hurt!! I will always be indebted to The OCD Treatment Centre. I think they may have saved my life.- **Nicky Cookson.**

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My son spent five days there on the intensive program, and I literally witnessed a miracle. They work with such an advanced model, teaching about the neuroscience involved in the condition, and as soon as my son understood this, he knew he wasn't crazy, and recovery was completely possible, it empowered him to get well and undertake the following exposure therapy involved in the program.- **Laura Harris.**

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I was in a place where OCD had completely taken over my life; I didn't want to be alive as I had no quality of life, washing in bleach and spending every waking minute cleaning. My mum found this company, and I said it wouldn't work, mum; I've had hundreds of therapists it never works. I told her I would give it a go as I had nothing to lose. Within five days, I had my life back, and I am so grateful; I don't think I would be here today without this treatment; I cannot recommend it strongly enough!  
- **Robin Ellicott.**

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The group therapy was incredibly rewarding in terms of helping to equip me with the tools to truly understand why my brain was behaving in this way and the ways in which I can combat the negativity I'd built up around me. I feel so much lighter and ready to face my new life as somebody who is recovering from OCD.- **Matt.**

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I definitely recommend the OCD Treatment Centre as I've made such progression, and I feel like my condition no longer has the same hold over my life as it once did. Thank you.- **Rik.**