

What to Expect in OCD Therapy

Step-by-Step OCD Treatment Process

Specialized OCD therapy at Mind by Design Counseling is active & structured. ***Together, we will:***

- Identify how OCD symptoms present in your day to day life
- Build a personalized plan
- Practice Exposure & Response Prevention (ERP) together
- Practice concrete skills so you know what to work on between sessions.

Supports for Clients

Clients receive their copy of our OCD workbook either digitally or paperback so they can track progress, practice skills and use that information to help us target specific needs.

OCD WORKBOOK

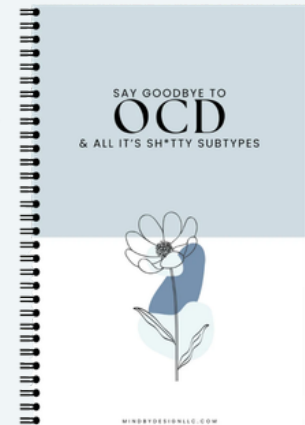
|| 38 PAGES

|| 12 OCD SUBTYPES

|| WORKSHEETS

|| COPING SKILLS

|| INTERVENTIONS



Why Telehealth Works

Your Real Environment

When appropriate, we can use the objects, rooms and routines where OCD actually shows up.

Multiple Formats

ERP can use real-life, imaginal, screen-based or VR exposure when those formats fit the goal.

What a Typical Session Looks Like



WEEKLY REVIEW

What happened since the last session and how practice exposures went.



IDENTIFY WINS & LOSSES

Name the ritual, reassurance, avoidance or safety behavior we are reducing.



ADJUST PLAN

We use what you learn to refine the hierarchy, target subtler compulsions & focus on areas important to you.



PRACTICE TOGETHER

Do exposure exercise together to help you prepare for homework



HOMEWORK

Leave with a specific task, frequency and tracking plan for between sessions.