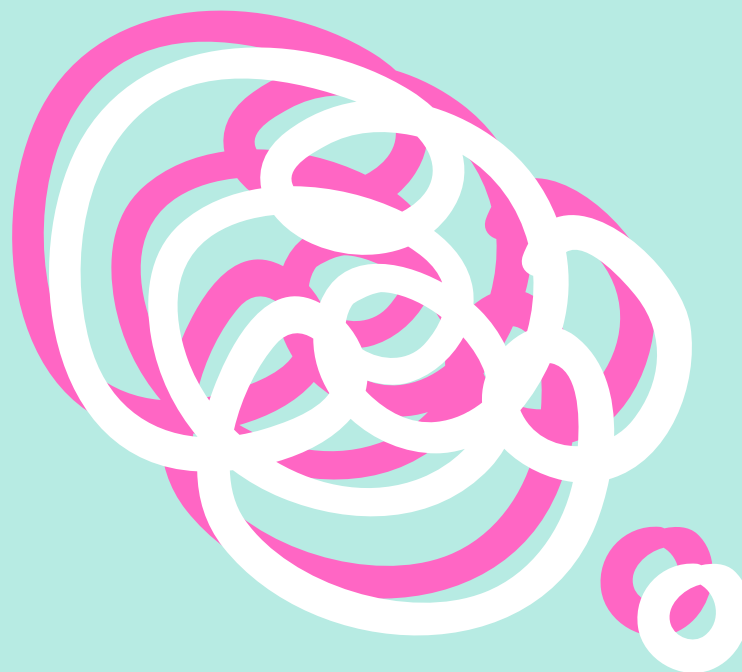




MELBOURNE
WELLBEING
GROUP

Getting Messy with Adult OCD

A 6-week intensive group
ERP program for adults with OCD



For more information please contact
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Getting Messy with Adult OCD

Living with OCD is not easy. It can be distressing, scary, disabling and exhausting. It can also feel very lonely - it's no wonder that one of OCD's many nicknames is the "secret problem". Group therapy is a fantastic way for adults living with OCD to access additional therapeutic support in the company of peers who are going through similar difficulties.

Getting Messy with Adult OCD is an Exposure Response Prevention (ERP) group therapy program for adults (aged 18+) with OCD. Our goal is to use the group therapy format to help young people with OCD learn how to let go of the control that OCD has over them and instead to embrace the mess - to be emotionally messy, to tolerate having a messy mind and to be comfortable with mess in life in general.

What is Getting Messy with Adult OCD?

Getting Messy with Adult OCD is a six-week group therapy program for adults living with OCD. Each session is 90 minutes long and will include opportunities for learning, skill development and practice, and connection with other adults living with OCD. Across the six weeks, the program covers:

- What is OCD, how it works in the brain and how to treat it.
- What is Exposure Response Prevention (ERP), why it works and how to put it into action.
- Distress tolerance skills and learning how to live with uncertainty.
- Goal setting and how to practice exposure response at home and at work.
- Managing the challenges of being an adult with OCD
- Self-care, compassion and long-term management of OCD

Who is the program for?

Getting Messy with Adult OCD has been designed for adults who have a diagnosis of OCD and are looking for evidence based treatment for their OCD and to connect with other people who also have OCD. The group is designed for adults aged 18 and up.

Many adults who attend the program will have an individual practitioner supporting them with their treatment outside of the group program, but they don't have to. For some adults, this will be their first-time accessing support for their OCD, for some it will supplement their individual treatment and for some it will be a return to therapy to boost their knowledge and skills. The only pre-requisite required is a diagnosis of OCD from a mental health practitioner.



Frequently Asked Questions

Who runs the program?

The program is run by two experienced clinicians who has been trained in ERP and have been working with OCD for some time. Our clinicians work individually with clients with OCD and are therefore capable of also facilitating the group program.

Where?

The program runs out of our group therapy room on level 2, 613 Canterbury Road, Surrey Hills 3127.

Cost?

The cost of the program is \$225 per session, totaling \$1350 for the six weeks. For health care card holders a concession rate of \$1215 is available. If you have a valid referral from your general practitioner or psychiatrist you will be able to obtain a small rebate through Medicare for each session attended. Payment plan available.

Each participant will receive a treatment workbook with learning material, tip sheets, 'homework' sheets, and support material to continue getting messy after the end of the program.

At the time of booking, a 20% deposit will be taken to reserve your place in the group, and the remainder of the account is to be settled before the first session of the program. Please be aware that no refund is available missed sessions or if you decide not to proceed with the program after session one.

I attend individual therapy, what is the benefit of group therapy?

Research has indicated that both individual and group forms of Exposure Response Prevention are highly effective treatments for OCD and adults benefit from either form of therapy. However, where individual therapy offers a highly individual, specific and nuanced form of ERP, group therapy offers different opportunities that can't be accessed in individual therapy.

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Frequently Asked Questions

Similarly to individual therapy, psychoeducation and skill development are certainly a focus of group therapy. However, uniquely group therapy offers a sense of community and shared experiences within a supportive environment, to combat feelings of isolation and foster a deep sense of belonging. We believe within group it is important to allow time for dynamic conversations between group members, which we find facilitates interpersonal learning, providing individuals with opportunities to witness, share, and practice various coping strategies and skills.

Group therapy offers an opportunity for people to feel their experiences are normal, to build confidence and self-esteem through peer interactions, to learn from the wisdom of their peers and to have the experience of being the helper by way of sharing personal experience and wisdom with their peers rather than just being 'helped'. These experiences have been shown to be beneficial not just in relation to OCD but in relation to confidence, self-esteem, peer relationships, sense of self and identity, all of which support OCD recovery.

Many adults who attend the program will have an individual practitioner supporting with their treatment outside of the group program, but they don't have to. For some adults, this will be their first time accessing support for their OCD, for some it will supplement their individual treatment and for some it will be a return to therapy to boost their knowledge and skills. If you don't have an individual therapist and you would like to link in with one, please contact our administration team for support.

Do I need a referral?

You do not need a referral to attend the group therapy program, however a valid referral from your general practitioner or psychiatrist will enable you to access a small rebate for each session attended. Please note that the referral must be specifically for group therapy, so if you already have a referral for individual therapy, you will need to get a separate group therapy referral.

Is there a rebate?

A small rebate for group therapy may be available if there are at least 4 group participants (this is a Medicare requirement). A valid referral will enable you to access a small rebate from Medicare for each session attended.



Frequently Asked Questions

How many participants will there be?

Our group is designed to run with a maximum of 10 participants. This is to ensure that it is an intimate and effective experience for all participants. For the same reason, we won't run the group if we don't have a minimum of 4 participants. If you have enrolled, but we are not able to enrol a minimum of 3 other participants, the group will unfortunately be unable to proceed. Your deposit will be refunded, and you will be given priority enrolment in the next group.

Do you run a wait list if the group is full?

Group therapy can be very popular and with limited numbers available for each group we may at times need to run a wait list. If you would like to enrol in Getting Messy with Adult OCD but the group is full, please let our administration team know that you would like to be put on the wait list for the next available group, or to take a last minute place in the event of a cancellation.

What happens if I have enrolled, but then can't attend?

We recommend that all participants do their very best to attend all 6 sessions as this will help them get the most out of their therapy. However, we also understand that life is unpredictable at times and it may arise that you can't attend a session or need to withdraw your enrolment. You will be able to access a full refund of your deposit as long as you provide us with a minimum of 7 days notice before the group commences.

This is to enable us the opportunity to back fill your place in the group with another participant and meet the minimum participant requirements so the group can proceed.

If during the course of the group, you are unable to attend a single session, a refund for the missed session won't be available because in this instance, we can't offer the place to another participant. On these occasions, we are able to allow you to join the group via Telehealth as a once off if it's appropriate.



Frequently Asked Questions

What treatment will be used?

Getting Messy with Adult OCD is an Exposure Response Prevention (ERP) therapy program which is internationally recognised as the gold standard treatment for OCD.

What happens if I have enrolled, but then change my mind and no longer wish to attend?

Beginning group therapy can be scary and intimidating. If you are enrolled in the group, but decide before the group commences that they don't wish to attend, you will be able to access a full refund of your deposit as long as you provide us with a minimum of 7 days notice. This is to enable us the opportunity to back fill your place in the group with another participant and meet the minimum participant requirements so the group can proceed.

If you attend one or more sessions but then decide not to keep attending, we will not be able to offer a refund on the cost of the remaining program.

If you have enrolled, but are experiencing doubt and anxiety about starting the group, please don't hesitate to contact our administration team to see how we can help.

How do I sign up?

To register your interest, please get in touch with our admin team on (03) 9882-8874 or admin@melbournewellbeinggroup.com.au

So, are you ready to get messy?