



MELBOURNE  
WELLBEING  
GROUP

# OCD TEEN SUPPORT GROUP

Are you a young person treating your OCD?

Have you been a part of our Breaking the Rules teen therapy group?

Are you looking for a casual therapy space with other teens to help maintain your progress?

## Come and join our support group!

Open to all teens aged between 13 and 18 years, who are engaged in OCD treatment.

For more information contact  
[admin@melbournewellbeinggroup.com.au](mailto:admin@melbournewellbeinggroup.com.au)  
Ph: 9882 8874



First Thursday of each month, 4-5pm, here at MWG

# OCD TEEN SUPPORT GROUP

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". Peer support is a fantastic way for teens living with OCD to access additional therapeutic support in the company of peers who are going through similar difficulties.

The Melbourne Wellbeing Group OCD teen support group is a space for teens with OCD to come together, to learn, to share and to grow. Our support group is built on the principles of mindfulness informed Exposure and Response Prevention (ERP).

Peer support offers an opportunity for teens to feel their experiences are normal, to build confidence and self-esteem through peer interactions, to escape for a while in the company of peers who understand their experiences, to learn from the wisdom of their peers and to experience being the helper for a change, rather than just the 'helped'.

## What is the OCD Teen Support Group?

The OCD Teen Support Group is an open group for any young person aged between 13 and 18 years of age who has had treatment for their OCD or is undertaking treatment of their OCD. The group runs once per month for one hour and is designed to be a relaxed, playful and casual space. Teens are free to choose whether they come once, twice, every month or every once in a while.

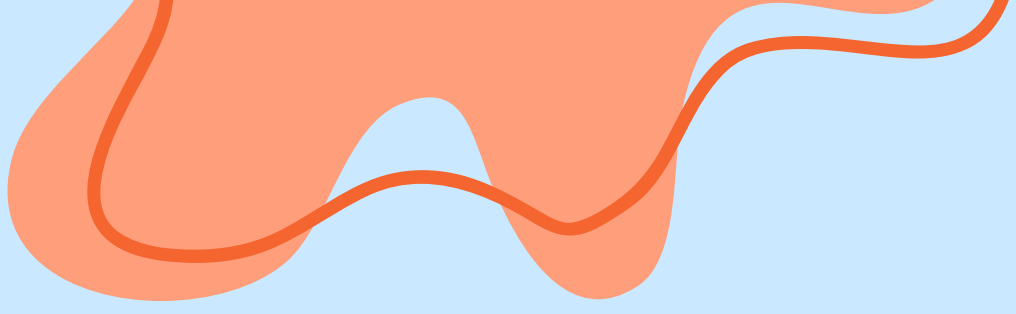
## Who is the support group for?

The OCD Teen Support Group is designed to be run with teenagers aged between 13 and 18 years, who have a diagnosis of OCD and have some experience in receiving Exposure and Response Prevention (ERP) treatment for OCD either at Melbourne Wellbeing Group or with another provider. This may have been in individual therapy, or in group therapy (such as our 'Treating OCD: Breaking the Rules and Messing Things Up' group program). This requirement is in place so that each young person who attends the support group has a basic understanding of ERP and will better be able to engage in the group.

## What will I do there?

Each month we will have a different topic to explore such as "what is your favourite way to sit with discomfort?", "pros and cons of sharing your diagnosis with others", and "what is the hardest part of being a teen with OCD".

(cont'd over the page...)



We will spend time exploring the topic of the month and any other interesting or important issues that group members want to raise. Group members will be invited to share their experiences because we know that great wisdom comes from lived experience.

### **Who runs the program?**

The program is facilitated by a Melbourne Wellbeing Group psychologist who has been trained in ERP and has experience treating OCD.

### **Where is the group held?**

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

### **When is the group held?**

The group will generally be run on the first Thursday of each month, and will start at 4pm and run for an hour. Please contact our administration team to confirm any dates.

### **What is the cost?**

Each session costs \$60. If you have a valid referral for group therapy from your general practitioner, psychiatrist or paediatrician you will be able to obtain a small rebate\* for each session attended (\*note, minimum of 6 participants required to access the Medicare Rebate). 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 group therapy referral.

### **My teen has individual therapy, what is the benefit of a support group?**

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

Group therapy and support groups offer opportunities for teens to feel that their experiences are normal, to build confidence and self-esteem through peer interactions, learn from the wisdom of their peers (which is extremely important for teens) and to have the experience of being the helper by way of sharing personal experience and wisdom with their peers rather than just being the '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.

(cont'd over page...)



## What treatment will be used?

The Teen OCD Support Group uses mindfulness informed Exposure and Response Prevention (ERP) therapy. ERP is internationally recognised as the gold standard in treatment for OCD.

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

Group therapy can be very popular, and with limited numbers available for each group we may at times have to run a wait list. If you would like to enrol your teen in the next available group session, please contact our administration team. If the group is full, you may be able to be placed on the next month's group, or placed on the wait list to take a last minute place in the event of a cancellation.

## What happens if I have enrolled my teen, but then they can't attend?

We understand that life is unpredictable at times and it may arise that your teen can't attend the session they have enrolled in. If this is the case, please contact our administration team. You will be able to access a full refund 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 teen's place. Alternatively, we can reallocate your teen to another month's session instead. If you had already paid, you would not need to pay again to be reallocated to another month.

## Can my teen attend virtually?

Unfortunately, our Teen OCD Support Group is only available face-to-face at this stage, and if any participants are unwell we would encourage them to get in touch with our administration team as soon as possible. From there, we will be able to put your teen's name on the list for the next available month so that they can attend when they are able to come in person.

## How do I sign up?

To enrol your teen, please contact our administration team on 03 9882 8874 or [admin@melbournewellbeinggroup.com.au](mailto:admin@melbournewellbeinggroup.com.au). You can join us at any time, and you can choose to sign up for just one or for multiple support group sessions.

**We can't wait to hear from you.**

