



TREATING OCD: BREAKING THE RULES AND MESSING THINGS UP

Get ready to Get Messy

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 teens living with OCD to access additional therapeutic support in the company of peers who are going through similar difficulties.

Treating OCD: Breaking the Rules and Messing Things Up is an Exposure Response Prevention (ERP) group therapy program for teens 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 Treating OCD: Breaking the Rules and Messing Things Up?

Treating OCD: Breaking the Rules and Messing Things Up is a six-week group therapy program for teenagers living with OCD. Each session is 2 hours long and will include opportunities for learning, skill development and practice, and connection with other young people 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, 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 at home and at school.
- Managing the challenges of being a young person with OCD.
- Self-care, compassion and long-term management of OCD.

Who is the program for?

Treating OCD: Breaking the Rules and Messing Things Up has been designed for teens who have a diagnosis of OCD and are looking for evidence based treatment for their OCD and to connect with other young people who also have OCD. The group is designed for teens aged 11 to 18 but our program alternates between age groups so that the program can accommodate the different developmental needs of each group.

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Many teens 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 teens 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.

Who runs the program?

The program is run by two experienced clinicians who have 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 in level 2, 613 Canterbury Road, Surrey Hills VIC 3127.

Cost?

The cost of the program is \$300 per session, totalling \$1800 for the six weeks. For health care card holders a concession rate of \$1600 is available. If you have a valid referral from your general practitioner, psychiatrist or paediatrician you will be able to obtain a small rebate through Medicare for each session attended.

Each participant will receive a treatment workbook with learning material, tip sheets, homework sheets, and support material to continue breaking the rules and messing things up after the end of the program. Each family will also receive free access to our family support webinar: "Parenting Teens with OCD".

At the time of booking, a 20% deposit will be taken to reserve your teen's 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 for missed sessions or if your teen decides not to proceed with the program after session one.



Frequently Asked Questions

My teen has 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 teens 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.

Group therapy offers an opportunity for teens to feel their experiences are normal, to build confidence and self-esteem through peer interactions, to 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.

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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, paediatrician 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 group therapy referral.

Is there a rebate?

A small rebate for group therapy is available with a valid referral from your general practitioner, paediatrician or psychiatrist will enable you to access a small rebate from Medicare for each session attended.



Frequently Asked Questions

What treatment will be used?

Treating OCD: Breaking the Rules and Messing Things Up is an ERP therapy program which is internationally recognised as the gold standard treatment for OCD.

What are the ages of the participants?

Treating OCD: Breaking the Rules and Messing Things Up is designed for teenagers aged between 11 and 18 years of age, but we understand that young teens have different developmental needs to older teens. As such we have designed a program for young teens aged and for older teens and will run them separately. For information on when the group for your teen is running, please contact our administration team.

What are the minimum and maximum numbers of participants in each group?

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 your teen. For the same reason, we won't run the group if we don't have a minimum of 6 participants. If you have enrolled your teen but we are not able to enrol a minimum of 5 participants, the group will unfortunately be unable to proceed. Your deposit will be refunded, and your teen will be given priority enrolment in the next group for their age 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 your teen in Treating OCD: Breaking the Rules and Messing Things Up 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.



Frequently Asked Questions

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

We recommend that teens 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 your teen can't attend a session or needs to withdraw their 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 teen's 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 program your teen is 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 your teen to join the group via Telehealth as a one off if it's appropriate.

What happens if I have enrolled my teen but then they don't wish to attend?

Beginning group therapy can be scary and intimidating for a young person. If your teen is enrolled in the group but decides 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 their place in the group with another participant and meet the minimum participant requirements so the group can proceed.

If your teen attends the one or more sessions but then decides not to keep attending, we will not be able to offer a refund on the cost of the remaining program. This is because once the group has started, we can't bring another teen in to replace them.

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

So, are you ready to get messy?