

An Advanced OCD/Health Anxiety Treatment Group



Facilitated by Dr. Josh Spitalnick, this group is an advanced treatment and skills group for participants who have already attended the introductory Support and Skills groups or for those individuals who have been formally treated with ERP/ACT for OCD/Health Anxiety. This group will target higher level treatment strategies driven to practice and reinforce ERP, non-engagement responses, ritual prevention for mental rituals, mindfulness/grounding techniques, and prioritizing values-driven actions. Group members will collaborate to develop customized treatment plans to be practiced between groups.

This group will be held Thursdays, starting January 9, 2025 through February 13, 2025, 2:30pm-4pm EST. It meets every week for 6 sessions. Only 7 spots available.

Each session will cost \$100 (Total cost \$600).

Attendees must be 18 or older and cannot have been hospitalized for safety concerns in the last 6 months.

To register, go to the <u>TREATMENT GROUPS</u> page tab at https://anxietyspecialistsofatlanta.com/groupservices/

Location: Virtually through secure Zoom link

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