



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. 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 Mondays, starting June 24 through July 29, 2024, 2:00pm-3:30pm EST. It meets every week for 6 sessions. Only 6 spots available.

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

Attendees must be 18 or older, have been diagnosed with OCD or health anxiety, have not been hospitalized for safety concerns in the last 6 months, and have been a previous attendee to an OCD/Health Anxiety Support and Skills Group at ASoA.

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

Location: Virtually through secure Zoom link

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