



OBSESSIVE COMPULSIVE DISORDER

THERAPY WORKSHOP

TUESDAYS | 6:00–7:00 PM

\$35 per workshop per person

WORKSHOP TOPICS:

- Understanding the inner workings of OCD and anxiety
- Identifying and navigating obsessions, inferences, & values
- Implementing effective skills & exposure through emotional willingness and challenging OCD's narrative
- Actively engaging in effective exposures through emotional willingness and challenging OCD's narrative

TO REGISTER: Email Kamilah Manohar at Kamilah@liberatingcounseling.com

