ANXIETY SPECIALISTS of ATLANTA

Evidence-based Psychological Services

# An OCD/Health Anxiety Support and Skills Group

Facilitated by Dr. Josh Spitalnick, participants will revisit the basics of OCD/Health Anxiety along with strategies driven by Exposure and Response Prevention (ERP) and Acceptance and Commitment Therapy (ACT). Group members will support and advise each other and set treatment goals at the end of each meeting. Together, our mutual goals will be to:

***Identify Intrusive Thoughts, Face fears with greater intention…Reduce Rituals and Safety Behaviors…and shift actions towards Self-affirming & Values-driven opportunities***

**This group will be held Mondays, starting January 22, 2024, 2:00pm-3:30pm EST. It meets every week for 8 sessions. 8 spots available.**

**Each session will cost $90 (Total cost $720).**

**Attendees must be 18 or older, have been diagnosed with OCD or health anxiety and have not been hospitalized for safety concerns in the last 6 months. If attendee has not been assessed by a member of Anxiety Specialists of Atlanta, an abbreviated screener (no cost) may be required.**

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

**Location:** Virtually through secure Zoom link

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