

VIRTUAL FAMILY-FOCUSED OBSESSIVE COMPULSIVE DISORDER (OCD) BOOSTER GROUP

The booster group is designed for parents who have completed the family-focused treatment for OCD at the Anxiety Treatment and Research Centre (ATRC). The group occurs monthly. The sessions are facilitated by clinical nurse specialist Carrie Bullard RN PhD. A parent champion will also be present for the sessions.

GROUP GOALS

- Maintain gains and prevent relapse
- Review skills learned through completing the family focused CBT for childhood OCD
- Help with continued skills practice
- Provide parental peer support

HOW WE GO ABOUT THIS

REINFORCE SKILLS: WE REVIEW AND PRACTICE THE SKILLS LEARNED DURING THE TREATMENT SESSIONS. GROUP MEMBERS ARE ENCOURAGED TO SUPPORT EACH OTHER AND HELP ONE ANOTHER PROBLEM SOLVE.

The booster group is held on the **FIRST THURSDAY** of each month from **4:00 to 5:00 pm**.

*All Booster groups are facilitated virtually over secure zoom. Please contact the Dora Fuciarelli at **(905) 522-1155 ext. 35373** to register.

The monthly schedule is as follows:

Date	Topic
January 4 th , 2024	No session
February 1 st , 2024	Parental accommodation: Monitoring and choosing a targeted behaviours
March 7 th , 2024	Reviewing the fear thermometer and victory ladder
April 4 th , 2024	Developing Exposures and Response Preventions (E/RP)
May 2 nd , 2024	Developing an apology script
June 6 th , 2024	Developing an announcement letter
July 4 th , 2024	ERP monitoring form
August 1 st , 2024	Imaginal ERPs
September 5 th , 2024	Challenging OCD beliefs
October 3 rd , 2024	Developing support statements and coping cards
November 7 th , 2024	The use of rewards when practicing ERPs
December 5 th , 2024	Parenting styles when practicing ERPs