

# **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 Dora Fuciarelli at **(905) 522-1155 ext. 35373** to register.

The monthly schedule is as follows:

<b>Date</b>	<b>Topic</b>
January 2 <sup>nd</sup> , 2025	No session
February 6 <sup>th</sup> , 2025	Parental accommodation: Monitoring and choosing a targeted behaviours
March 6 <sup>th</sup> , 2025	Reviewing the fear thermometer and victory ladder
April 3 <sup>rd</sup> , 2025	Developing Exposures and Response Preventions (E/RP)
May 1 <sup>st</sup> , 2025	Developing an apology script
June 5 <sup>th</sup> , 2025	Developing an announcement letter
July 3 <sup>rd</sup> , 2025	ERP monitoring form
August 7 <sup>th</sup> , 2025	Imaginal ERPs
September 4 <sup>th</sup> , 2025	Challenging OCD beliefs
October 2 <sup>nd</sup> , 2025	Developing support statements and coping cards
November 6 <sup>th</sup> , 2025	The use of rewards when practicing ERPs
December 4 <sup>th</sup> , 2025	Parenting styles when practicing ERPs