# OCD Bootcamp

## 5-day Virtual Intensive OCD Group

Aliza Ladak, OT, and Eliza Burroughs, RP, are excited to offer an innovative treatment group for OCD. Having trained and worked at Sunnybrook's Frederick W. Thompson Anxiety Disorders Centre, Ladak and Burroughs have over 25 years of experience working with OCD, combined. The bootcamp focuses mainly on the gold standard treatment for OCD, Exposure and Response Prevention (ERP), along with strategies from Mindfulness, Self-Compassion, and Acceptance and Commitment Therapy (ACT).

The bootcamp will help you set clear goals each day, apply evidenced based strategies to your daily OCD challenges, and receive individualized feedback to maximize your success. The spirit of this group aims to promote choice, discipline, hard work, and energize clients to break free from feeling stuck in OCD's endless loops! The bootcamp will give you the momentum and tools you need to continue working on your OCD after the group ends.

> **The OCD Bootcamp Schedule**
> Groups offered on an ongoing basis. **Next group: Oct 24-28, 2022**
> *Mornings:* 9:30 am – 12 pm
> *Afternoon/Evenings:* daily 15-minute individual check ins.

This program is a good fit for:

✓ Adults 18 years and older; OCD is your main concern, **AND**

✓ Individuals with mild to moderate OCD with some previous experience doing ERP, **OR**

✓ Individuals with severe OCD who have had previous treatment but need a **powerful reset** to get back on track

✓ Individuals who know what to do but need some help doing it!

✓ Ability to accommodate bootcamp into schedule

The boot camp is not a replacement for individual therapy. We believe it will complement and augment the therapy you may already be doing. By joining our growing Bootcamp community, you will also have access to our maintenance options following the group.

**Cost:** $750 - If cost is a barrier, please contact us to discuss options.
**Contact:** Aliza and Eliza at ocdbootcamp5@gmail.com for further information.