



OCD Group Therapy

Searching for a respectful and supportive group to help with treating OCD difficulties?

Practitioners at AMS Wellness can help!

The Obsessive-Compulsive Disorder (OCD) group therapy is open to any adults who are seeking a non-judgmental community to gain insight, process life stressors, and learn skills.

Schedule

Frequency: Weekly

Day: Mondays

Time: 7-8pm

Format: Virtual

Next Steps

1. Email intake at intake@ams-wellness.com
 2. Request OCD group therapy
 3. Verify insurance benefits
 4. Start services
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Email us today!

intake@ams-wellness.com

Common Topics

- Processing diagnosis
- Psychoeducation
- Research
- Understanding symptoms
- Comorbid diagnosis
- Goal setting
- Creating hierarchy
- Skill development
- Coping skills
- Treatment and accommodation
- Relapse prevention
- Processing stressors
- Celebrating wins
- Interpersonal difficulties

Insurance Accepted

- ☐ BCBS PPO, Aetna PPO, and Out of Pocket

Find Us

🌐 <https://www.ams-wellness.com/>

✉ intake@ams-wellness.com

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