

What is OCD?

Obsessive compulsive disorder (OCD) is characterised by unwanted, intrusive, and upsetting thoughts, and unhelpful behaviours intended to control these thoughts. The thoughts are called 'obsessions' because they can feel all-consuming, and the behaviours are called 'compulsions' because people can feel compelled to do them. Many people can have mild OCD 'symptoms', but clinical OCD is a disabling disorder that significantly impacts a person's life.



An Online Treatment for OCD



OCD can be effectively treated with internet-delivered Cognitive Behaviour Therapy (iCBT). Just like face-to-face therapy, iCBT can teach you strategies for managing obsessions and compulsions. iCBT is also accessible from most devices, meaning that you can access treatment at a time and place that suits you.

What does the program involve?

The OCD Program by THIS WAY UP is an evidence-based iCBT program. Across six lessons, this program will teach you:



What OCD is,
and its
symptoms



How to manage
obsessions



How to overcome
urges and
compulsions



How to reduce
the impact of
OCD on your life



Strategies for
staying well in the
long-term



We're here to support you on your journey to better mental health. Learn more about the online program for OCD at thiswayup.org.au

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