



Palo Alto Therapy

Cognitive Behavioral Therapy for Proven Results

PALO ALTO & SAN JOSE

Breaking Free From OCD

TEEN GROUP – Take Back Your Life With ERP!

- Does Your Teen Struggle with OCD & Anxiety?
- Is Your Teen Restricted Because of OCD and Painful Obsessions & Compulsions?
- Are Intrusive Thoughts & Time-Consuming Compulsions Controlling Your Teens Life?

Join Our Eight Week OCD Group

- Reduce OCD to feel better using research proven strategies & EXPOSURE
- Peer support to increase COURAGE & face your fears
- Live life less restricted & gain peace of mind & FREEDOM
- Learn how to EMBRACE uncertainty for OCD relief

At Palo Alto Therapy, we are committed to give your teen the tools to beat back OCD and live a healthier & more peaceful life!



GROUP OFFERED

JANUARY

APRIL

SEPTEMBER

Cost: Each 8-week series is \$995 plus \$245 for the required initial assessment to determine suitability. The 8-week group fee includes educational reference materials as well as one 45-minute therapy meeting with the group therapist. These fees are non-refundable within 7 days of the first day of the group. A credit card will be required to hold enrollment.

Contact Us: 650-461-9026

✉ info@paloaltotherapy.com

🌐 www.paloaltotherapy.com

SPACE LIMITED TO 8 TEENS! Ages 13 - 18

Do I Have OCD?

These Questions May Help...

- Do you have unwanted ideas, images, or impulses that seem silly, nasty or horrible?
- Do you worry excessively about dirt, germs or chemicals?
- Are you afraid you will act or speak aggressively when you really don't want to?
- Are there things you feel you must do excessively or thoughts you must think repeatedly to feel comfortable or ease anxiety?
- Do you wash yourself or things around you excessively?
- Do you have to check things over and over or repeat actions many times to be sure they are done properly?

Our 8-week OCD Exposure Therapy Group for teens can help! The most effective therapy for OCD is **Exposure Response Prevention ERP** and **Cognitive Behavioral Therapy CBT**. We've combined these powerful and life changing techniques with peer group support, for maximum effectiveness.

GROUP OFFERED

JANUARY

APRIL

SEPTEMBER

NEXT STEPS:

15 Minute Free Phone Consultation with an OCD Therapist



Palo Alto Therapy

Cognitive Behavioral Therapy for Proven Results

PALO ALTO & SAN JOSE

Therapist Leading the Group

Natalie Henry, LCSW
Cognitive Behavioral Therapist

Contact Us: 650-461-9026

✉ info@paloaltotherapy.com

🌐 www.paloaltotherapy.com

SPACE LIMITED TO 8 TEENS! Ages 13 - 18