

OCD PARENT COACHING | 12-SESSION PACKAGE



Catherine T. Harvey
Center *for*
**CLINICAL
SERVICES**



Are you the parent of a teen or young adult with OCD? Do you have questions about how to best support them?

WITH THIS 12-WEEK COACHING PACKAGE, YOU'LL MEET WITH AN OCD SPECIALIST TO:

- Understand the diagnosis of OCD and OCD spectrum conditions more fully
- Set personalized goals, keeping your family's unique challenges in mind
- Help your child feel **validated and understood**
- Discover what triggers your child's compulsions and learn how to respond
- Learn about **Exposure and Response Prevention**, an evidence-based treatment for OCD
- Reduce accommodations being made in the home that create tension and stress
- Support your child in practicing skills to cope with anxiety and intrusive thoughts, and lessen compulsive behaviors

Let's work together to break down the control OCD has over your family and in your home.

SCHEDULE: 650-688-3625 or
careteam@chconline.org