



CREATING
HOPE,
RECOVERY,
& PEACE
SINCE 2005

DR. ROB'S REVOLUTIONARY 'COMPULSIVE AWARENESS' TRAINING

COMPULSIVE AWARENESS training is a systematic way of helping you gain greater control over your physical and/or mental compulsions. The system helps you identify, develop greater insight, and gain better control over your compulsive behavior. This is done through specially designed worksheets used to track your symptoms on a daily basis. This is important because compulsions only lengthen the recovery time by undermining exposure homework. So with systemic compulsion awareness a person gets training to significantly reduce and ultimately eliminate their compulsive behavior.

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"Conquering Fear and Anxiety has given me the strength and wisdom to guide others toward peace."

- DR. ROBERT LANCER

