



CREATING
HOPE,
RECOVERY,
& PEACE
SINCE 2005

FREEDOM FROM OBSESSIVE COMPULSIVE DISORDER

'Freedom From OCD' trains you to 'Rise Within' your OCD and gives you the Tools/Strategies to reclaim a Peaceful and Productive life.

- Psycholearning of how doubt, uncertainty, and fear cause OCD
- Learn to properly identify and manage anxiety provoking obsessive thoughts
- Learn to strategically cope with uncertainty, fear, and doubt
- Identify irrational OCD beliefs and behaviors, which lead to the maintenance of OCD symptoms
- Compulsive Awareness Training
- Develop a gradual exposure hierarchy that helps you face your fears

New York Center for OCD and Anxiety Related Disorders

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

- DR. ROBERT LANCER

