



Obsessive Compulsive Disorder (OCD)

A program to help manage the symptoms

This day program is for adults diagnosed with obsessive-compulsive disorder who are seeking support and treatment to manage mild to moderate symptoms. A GP referral is needed.

OCD day program

Date	Starts 27 January 2021
Time	5.30pm - 8.45pm
Day	Every Wednesday for 10 weeks
Location	The Melbourne Clinic 130 Church St, Richmond VIC 3121
Bookings	Limited bookings

Benefits to patients

- Understand their OCD thoughts and behaviours.
- Learn about the symptoms of OCD, how it develops and the practical skills to manage associated anxiety. The program uses 'Exposure Response Prevention' ERP within a supportive group dynamic as a key treatment component to help reduce anxiety and compulsive behaviour.
- Access to the best evidence-based practices to equip them with the knowledge and skills to manage anxiety.
- * Opportunity to practice skills in a supportive environment. Practice includes in-session tasks as well as take-home exercises which participants can do during the week.

Referring to the program

A referral from a psychiatrist is required.

To refer for an outpatient appointment, please:

- Address Referral to: 'Dear Doctor at The Melbourne Clinic' or the Psychiatrist of your choice.
- Mark fax: 'Attention Outpatient Referrals Coordinator'
- Fax referral letter to 03 9420 9351

More information

OCD Day Program, visit:

themelbourneclinic.com.au/day-programs-ocd

The Melbourne Clinic also offers an inpatient OCD Day Program. For more information, visit: themelbourneclinic.com.au/services/inpatient-programs-and-services

Cost

Patients can call us to find out whether their current policy covers them fully for this treatment at The Melbourne Clinic. We will ask them a few questions and do the rest so they can proceed with peace of mind. The number to call is 0407 054 370.



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