

OCD Stop! Online Program

The OCD Stop Program is a free, 12 module, self-paced program based on the gold standard psychological therapy for OCD: Cognitive behavioural therapy (CBT), including exposure and response prevention therapy (ERP). The program is appropriate for anyone experiencing mild to moderate symptoms including obsessions or compulsions (not just those with a diagnosis of OCD), and aims to help clients understand more about these experiences and to learn strategies to better manage them.



There are a few ways clients may benefit from this program:

- Clients can work through the online modules independently. They will be provided with different types of resources including **information, videos, worksheets, audio files** and **homework** tasks.
- You can support the client to complete the worksheets and homework tasks as part of your clinical work.
- Clients can be supported by our **Therapist Assist Program**, which involves 12 weeks of therapist contact via email and optional live sessions (video or live chat). Therapists support clients to work through program content and tailor the information to their needs.
- You can use relevant activities and worksheets with clients in your practice.



Behavioural Interventions

Road to recovery
(Module 5)

Further along the road to recovery
(Module 6)

Exposure and behavioural experiments
(Module 7)



Cognitive Interventions

What is cognitive behavioural therapy (CBT)
(Module 3)

Cognitive behavioural theory of OCD
(Module 4)

Responsibility and threat in OCD
(Module 8)

Perfectionism and the need for certainty in OCD
(Module 9)

The importance of thoughts in OCD
(Module 10)



Lifestyle Interventions

Anxiety
(Module 2)

Problem solving
(Module 11)

Where to from here and the 'CBT toolbox'
(Module 12)



Continue to encourage clients not to become side-tracked by perfectionism or the need for certainty, and to set aside rigid rules.



Some clients don't notice benefits in the early stages of developing an exposure hierarchy - support them by reminding them that persistence and practice is key



Remind clients that suppressing thoughts can have the opposite effect, while other strategies can be effective for managing intrusive thoughts.

Module 1 - Obsessive compulsive disorder and mood

Psychoeducation about OCD symptoms, treatments, and causes.

- Increasing understanding of OCD
- Understanding how improving mood and activity can help with OCD



Activity diary



Activity planning

Module 2 - Anxiety

Introduces anxiety and its role in the OCD cycle, as well as ways of managing anxiety.

- Increasing understanding of anxiety
- Introducing practical ways to manage anxiety: relaxation and breathing exercises



Anxiety monitoring for relaxation



Relaxation exercise

Module 3 - What is cognitive behavioural therapy (CBT)

Introduces CBT and the cyclical relationship between thoughts emotions and behaviours.

- Learning how thoughts, feelings and behaviour are interrelated
- Introducing thinking styles found in people with OCD
- Explaining how mood influences thinking and actions and vice versa



Thoughts associated with obsessive thoughts and rituals

Module 4 - Cognitive behavioural theory of OCD

Discusses the cognitive model of OCD, including the role of intrusive thoughts and neutralisation behaviours.

- Introducing intrusive thoughts and the role of reacting to these



Four step process worksheet



Neutralisation behaviours worksheet



White bear thought experiment



Modules 5 & 6 - Road to recovery



Introduces the importance of exposure and response prevention in breaking the cycle of OCD.

- Understanding the principles of exposure exercises
- Understanding response prevention
- Learning the rationale for exposure
- Developing an exposure hierarchy



Reasons for change



Exposure hierarchy record sheet

Module 7 - Exposure and behavioural experiments



Further explores exposure, as well as avoidance and reassurance seeking in OCD.

- Continuing exposure practice
- Learning ways to manage compulsions
- Recognising beliefs that underlie their thoughts and fears
- Learning alternative ways of interpreting thoughts



Strategies for managing compulsions



Identifying the meaning of intrusions

Module 8 - Responsibility and threat in OCD



Explores the role of beliefs in OCD, in particular those relating to responsibility and threat.

- Reviewing cognitive model of OCD
- Understanding the role of beliefs in maintaining obsessions
- Testing beliefs underlying thoughts and fears; specifically, beliefs about personal responsibility and the likelihood of threat



Challenging threat worksheet



Pie chart of responsibility



Prosecute the case for responsibility

Module 9 - Perfectionism and the need for certainty in OCD



Introduces perfectionistic beliefs such as the need for certainty and control as well as challenging these beliefs.

- Understanding the negative impact of perfectionism on OCD
- Learning how to challenge perfectionism beliefs
- Learning to cope with uncertainty



Costs and benefits and perfectionism



Challenging perfectionism worksheet



Coping with uncertainty worksheet



Module 10 - The importance of thoughts in OCD



Explores the role of thoughts and the meaning we attribute to these in maintaining OCD.

- Continuing with exposure practice
- Understanding beliefs about the importance of intrusive thoughts
- Understanding how trying to control thoughts can worsen obsessions
- Developing an exposure hierarchy



Thoughts in a parade



Challenging thought-action fusion

Module 11 - Problem solving



Explores differences between worries and obsessions and the importance of problem solving.

- Learning to distinguish obsessions from worries
- Learning problem solving techniques



Problem solving worksheet

Module 12 - Where to from here and the 'CBT toolbox'



Summarises skills and strategies, as well as how to maintain improvements.

- Learning how to maintain the gains you've made from OCD Stop
- Identifying how to respond if symptoms return



OCD Toolbox