

# Obsessive Compulsive Disorder (OCD) Programme

Obsessive Compulsive Disorder (OCD) is one of the most common forms of anxiety. If you have OCD you'll carry out repetitive actions to try to relieve the feelings of anxiety caused by obsessive thoughts.

SilverCloud<sup>®</sup> by Amwell<sup>®</sup> is a digital therapy programme. It can help you to feel better by learning new ways of thinking. By taking the **OCD** programme, you can learn to manage your thoughts without using compulsive behaviours. You can regain control and improve the quality of your life.



## Knowledge and Understanding

You will learn about the anxiety cycle, which shows how your emotions, thoughts, physical sensations and actions are connected. Using the tools provided by the programme you can start to unpick the issues that affect how you are feeling.



## Skills and Strategies

By tuning in to your emotions and physical feelings you can start to spot patterns and triggers. You will learn how to catch negative thoughts and begin to challenge them. As you move through the programme, you will begin to overcome your fears in small, manageable steps.



## Forging Ahead

By the end of the programme, you will have learned how to manage your worries in a more balanced way. You'll make a plan to build a strong support network so you can continue your progress and stay well.

## Is this programme for me?

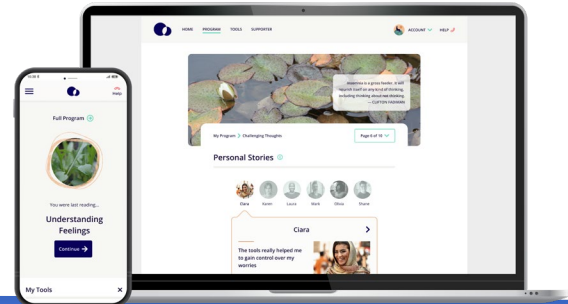
This SilverCloud programme can help you learn to manage the tough emotional and physical symptoms of OCD.

You can access the **OCD** programme on your phone, computer or tablet, wherever and whenever you need it. There are seven modules to work through at your own pace. For most people it takes about eight weeks.

There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

## Cognitive behaviour therapy

This programme is based on cognitive behaviour therapy, or CBT for short. CBT has been used for many years as an effective treatment for OCD. It allows you to become more aware of how you are feeling and teaches you how to make the changes you need to feel better.



"I was spending the majority of my day decontaminating everything that I would come into contact with. I knew I couldn't go on like this. At first, it was a little scary facing my problems, but the programme really helped. Sure, I still have days where I feel anxious, but it doesn't seem to last as long."

- Jonathan, SilverCloud® user

## Modules in the OCD programme:

- **Getting Started** – Find out about CBT and how it can help you to feel better.
- **Understanding OCD** – Take a look at how anxiety affects you. Start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to how you're feeling to get to the source of your anxiety.
- **Compulsion and OCD** – Learn about the role of compulsions in anxiety. Then learn how to face your fears, in a slow and safe way.
- **Spotting Thoughts** – Catch any thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice when challenges emerge.

## Tools and activities

The **OCD** programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience OCD and what they have learned about managing it. Most importantly, you will realise you are not alone.
- **Quizzes** – Test your knowledge about OCD, and increase your understanding of how it is impacting your life.
- **Relaxation and Mindfulness** – Reduce tension and feel more grounded, with a relaxation podcast.
- **Personal journal** – Keeping a journal can help you to make sense of your thoughts and feelings, reduce stress and solve problems.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.

Find out more



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