

# STOP Therapy for Obsessive Compulsive Disorder

Group Therapy Program



## Obsessive Compulsive Disorder

One in five people are likely to suffer a mental health problem at some stage in their life. Anxiety disorders and depression are the most common mental health problems in our community, but they are generally misunderstood and poorly treated.

Obsessive Compulsive Disorder (OCD) is an anxiety disorder that affects more than 450,000 Australians. People with OCD are besieged by intrusive and unwanted thoughts, images or impulses (obsessions), and are compelled to perform behavioural and mental rituals (compulsions). Obsessions and compulsions are distressing, exhausting and time consuming, and cause significant interference in the sufferer's family and social relationships, daily routines, and their capacity to fulfil their goals in employment and education.

## Obsessive Compulsive, Anxiety & Related Disorders (OCARD) Treatment and Research Program

The OCARD Research Program conducts treatment and research into disorders, including OCD and related disorders such as Depression, Anxiety Disorders, Compulsive Hoarding, and Compulsive Buying. We are also investigating anxiety and depression in people suffering from a chronic medical illness. The Program undertakes research into factors that make individuals vulnerable to these disorders, and treatments for these disorders.

## STOP Therapy Program Outline

Cognitive behavioural therapy (CBT) has been found to be an effective treatment of OCD. It helps the sufferer identify the ideas, beliefs and behaviours associated with OCD, and ways of modifying them.

The SwinPsyCHE Research Unit and the Psychology Clinic at Swinburne University of Technology offer a 12-week Group CBT program for the treatment of OCD. The program is called Systematic Treatment of Obsessive-Compulsive Phenomena – or STOP Therapy, for short. It focuses on providing participants with information about OCD, practical strategies on managing OCD symptoms, general anxiety symptoms, depressive symptoms, and provides strategies for preventing or managing future relapses. STOP therapy has been shown to significantly reduce symptoms of OCD over 12-weeks, and that these gains are maintained in the 6 months following treatment. The treatment is offered as twelve 1.5-hour weekly sessions at the Psychology Clinic at Swinburne University, for which you may be eligible to receive Medicare rebates.

## Eligibility

To be a part of the OCD STOP therapy program participants are required to complete a two-hour assessment with a counsellor at the Clinic and obtain a referral and mental health care plan from their doctor.

## Program Dates

The OCD Stop program is run a number of times throughout the year. The commencement date for the 2012 program is April 2012. For more information, please contact the Clinic.

## Fees

The cost of the OCD STOP is \$420. Medicare rebates are available for participation and there is an assessment fee of \$25 which cannot be rebated through Medicare.

## Application Procedure

To register your interest in this program or to find out more information, please contact the Clinic.

## About the Psychology Clinic

The Psychology Clinic was established at Swinburne University of Technology in 1990 to provide a range of low-cost psychological services to the community. An initiative of the Psychology Department, and with the patron Professor Allan Fels, it has achieved an enviable reputation not only for the services it provides, but also for its teaching and research.

The Clinic provides a high level of quality assurance with all work being supervised by experienced psychologists who are registered with the Psychology Board of Australia. Services provided by the Psychology Clinic are devised from empirical research and evidence-based practice. The quality of its services is also ensured by drawing upon the research skills of its practitioners, who continually assess the effectiveness of programs. Based on this model of practice programs are revised on an ongoing basis, to ensure clients receive state of the art treatment.

## Further Information

For further information about this program, please contact the Project Officer at the Clinic.

Telephone: (03) 9214 8653

Website: [www.swin.edu.au/clinic](http://www.swin.edu.au/clinic)



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