

INTENSIVE EXPOSURE & RESPONSE PREVENTION GROUP

with Parent Training (10-12 years of age)

Enrol in Level Up Psychology's group for the treatment of obsessive-compulsive disorder (OCD) and generalized anxiety disorder. This 8-week group is meant to be intensive in nature and provides hands-on learning for the child and legal guardian(s). The child and legal guardian(s) will learn about exposure and response prevention with cognitive behavioral intervention, OCD subtypes, strategies to resist compulsion and better identify obsessions, and how the child and legal guardian can fight back against OCD. The parenting component teaches legal guardians about OCD and how to better support and parent their child and help them to be more successful. Learn and practice the tools required to help break the accommodation cycle and help your child to take charge of their lives.

The program consists of:

- *Weekly Child-Parent Group-
Child lead: 1.5 hours
- *Weekly Parent University: 45min
- *Weekly Parent Accommodation Support: 1 Hour to be scheduled independently

Please be advised that OCD can lend itself to obsessions that tend to be sex, violence, or religion based. These obsessions will be discussed in group, in order to minimize the power of the obsessions.

This program is based on clinical groups from renowned programs in the United States and is one of its kind in Alberta. Treatment success requires active participation of both the child and legal guardians in the program, which will include nightly homework. This active participation is of utmost importance and is a mandatory part of the program.



LEVEL UP
Leadership Consulting & Psychology
Maximize Your Potential

INTENSIVE EXPOSURE & RESPONSE PREVENTION GROUP

with Parent Training (13-15 years of age)

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Information & Pricing

Dates:

Wednesday
evenings beginning
October 26, 2022

Cost:

\$4999.00 includes
refreshments, books and
other materials
** Third party financing
available

Times:

- 10-12 Age Group: 4-5:30pm
- 13-15 Age Group: 6-7:30pm
- Parent University: 8:00pm-8:45pm (offered in person and virtually)
- 1:1 Parent Accommodation Session and Support: (To be booked with Payton or Mitchell)

Location:

Beaumont Sport and
Recreation Centre
5001 Rue Eaglemont,
Beaumont, AB T4X 0H9
Room 152

For more information about the group or financing, please contact our Client Relations Team at 780 886-4345 or email at clientrelations@level-up-psychology.com



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Our Facilitators



Dr. Melody Morin: Clinical Group Mentor, EX/RP Child Lead & Parent University

Dr. Morin is the owner and founder of Level Up Psychology and is an OCD specialist. She has sought training from OCD specialists in the United States. She has over 20 years of experience working with clients and their families to help them achieve emotional wellness. Dr. Morin continues to cultivate and share her knowledge of OCD through education, personal experience and a deep passion to learn and continue to support families.



Ellen MacGregor: EX/RP Child Lead & Parent University

Ellen is a Child Therapist at Level Up and brings a great background of experience with diverse demographics. She strives to create a space for clients that feels human and kind, and acknowledges the courage that comes along with accessing mental health support.



Mitchell Tokarek: 1:1 Parent Sessions

Mitchell is our Director of Clinical Operations and a Registered Psychologist. He has extensive experience working with adolescents, young adults, couples and families. He places great emphasis on his clients feeling seen, heard, and understood.



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Our Facilitators

Payton Lundquist: 1:1 Parent Sessions



Payton is a Registered Provisional Psychologist and Canadian Certified Counsellor that provides care to many clients at Level Up. She uses a person-centered approach, which maintains the therapist and client as equals, and strives to cultivate a collaborative, trusting, and warm relationship to help individuals and families fulfill their personal needs and desires.

Shaelyn: Youth Mentor



It is very common for children and teens to feel like they are suffering from OCD alone, Shaelyn is not an exception. Diagnosed with OCD at 4, Shaelyn will share her experiences about active OCD treatment and will help connect with each child/teen, so they feel heard and understood. She will be providing support to the exposure and response prevention (Ex/RP groups).



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