

Space from OCD Descriptor

The Space from OCD programme has been designed to relieve the symptoms of OCD by:

- *Focusing on developing more flexible ways of thinking*
- *Increasing awareness and understanding of emotions*
- *Increasing awareness and understanding of obsessions and compulsions and their role in maintaining anxiety*
- *Using the exposure response prevention technique to learn to cope with anxiety provoking situations without engaging in compulsions.*

The programme is accessible 24/7, allowing users to access the programme at a time that suits them and in the comfort of their own home.

Programme Modules

Getting Started

This module introduces the user to Cognitive Behavioural Therapy and how the Thoughts, Feelings Behaviour (TFB) Cycle can be a useful tool in understanding anxiety. This module also contains a psycho-educational component to introduce the user to the cycle of anxiety and the emotional, cognitive and behavioural aspects of anxiety. This component also includes information on obsessions and compulsions in OCD, as well as the various types of OCD. This module includes a number of activities to enable the user to become more aware of their mood and to understand their situation.

Understanding Feelings

This module focuses on the “feelings” component of the TFB Cycle in anxiety. The aim of this module is to help the user to understand and identify their emotions and their

association with feelings of anxiety. This module also addresses the physical body reactions, in particular the “fight or flight” response. The importance of considering the impact of lifestyle choices on anxiety is also addressed in this module. The user can begin to build their own TFB cycles and track the impact of their lifestyle choices on their anxiety.

Compulsions and OCD

Similar to other types of anxiety, people with OCD avoid anxiety provoking situations. However, in OCD compulsions are also used as a means of coping with a feared or anxiety provoking situation. This module helps the user to understand the long-term adverse effects of avoidance and become more aware of their compulsions. The user learns to break their fears down so that they can face their fears in a gradual and progressive way without engaging in compulsive behaviour. The user can plan and record their graded exposure activities.

Spotting Thoughts

This module focuses on the “thoughts” component of the TFB cycle and introduces the user to negative thinking and its impact on mood. The user is introduced to a number of thinking traps and is encouraged to examine the outcomes of TFB cycles. The activities allow the user to continue to build their TFB cycle and evaluate the outcome of each cycle they create.

Challenging Thoughts

This module focuses on taking action against negative and obsessive thoughts. The user is introduced to “hot thoughts” and their impact on their anxiety. This module helps the user to learn techniques to tackle the various thinking traps that are common in anxiety and to identify alternative ways of thinking. Generating more balanced and realistic thoughts allows a person with OCD to take a little perspective on their obsessions or intrusive thoughts. This module also introduces the user to coping thoughts and helpful self-talk thoughts.

Bringing It Altogether

This module prepares the user for coming to the end of the programme and focuses on helping the user to stay well in the future. The user learns about warning signs that their mood is deteriorating and how to plan to ensure that they stay well. This module also highlights the importance of social support and continuing to use the skills and techniques that they have learned to prevent future relapse. The user has the opportunity to review the expectations that they had at the start of the programme and can set goals for the future.

Managing Worry (Unlockable content)

In OCD, the cycle of anxiety is largely maintained by obsessions, compulsions and distressing thoughts. However, many people with OCD also spend a large proportion of their time worrying about what may happen if they act upon their obsessions or are unable to carry out their compulsions. The *Managing Worry* module helps the user to understand the role of worry in maintaining anxiety and learn to define worries as those that are practical and those that are hypothetical. This module also encourages the user to take action against their worries through a variety of worry management strategies, including the worry tree.

Table: Modules, Topics, Goals and Activities in the programme

Modules	Topics	Goals	Activities
Getting Started	<ul style="list-style-type: none"> • Psychoeducation about anxiety • Psychoeducation about OCD • Applying CBT to anxiety • The TFB Cycle • Personal stories 	<ul style="list-style-type: none"> • Improve knowledge of anxiety in general • Improve understanding of OCD • Introduce the TFB Cycle • Learn about the role of thoughts, feelings and behaviors in anxiety 	<ul style="list-style-type: none"> • Anxiety Myths & Facts Quiz • Understanding My Situation • Mood Monitor • Staying in the Present (Breathe)

		<ul style="list-style-type: none"> • Learn about CBT • Connect with the present moment 	
Understanding Feelings	<ul style="list-style-type: none"> • Understanding emotions and their function • Emotions that are difficult to cope with • Physical body reactions and mood • Lifestyle choices • Personal stories 	<ul style="list-style-type: none"> • Learn about emotions and their role in the TFB Cycle • Recognize emotions that are difficult to cope with • Recognize physical body reactions • Explore the impact of lifestyle choices on anxiety and well-being 	<ul style="list-style-type: none"> • Emotions & Your Body Quiz • The TFB Cycle • Mapping Lifestyle Choices • Staying in the Present (Body Scan)
Compulsions and OCD	<ul style="list-style-type: none"> • The cycle of obsessions and compulsions • Why compulsions should be avoided • Recognizing compulsions • Exposure Response Prevention • Graded exposure • Personal stories 	<ul style="list-style-type: none"> • Learn about the role of compulsions in maintaining fears and anxiety in OCD • Recognize compulsions • Plan and record graded exposure activities • Face fears using Exposure Response Prevention strategy 	<ul style="list-style-type: none"> • Facing Your Anxiety Quiz • My Compulsions • Facing Your Fears
Spotting Thoughts	<ul style="list-style-type: none"> • Automatic thoughts and mood 	<ul style="list-style-type: none"> • Learn about the role of thoughts in anxiety within the TFB Cycle 	<ul style="list-style-type: none"> • Me & My Thoughts Quiz • The TFB Cycle

	<ul style="list-style-type: none"> • Thinking traps • Catching unhelpful thoughts • Personal stories 	<ul style="list-style-type: none"> • Recognize negative automatic thoughts • Understand and recognize thinking traps 	<ul style="list-style-type: none"> • Staying in the Present (Watching Thoughts)
Challenging Thoughts	<ul style="list-style-type: none"> • Hot thoughts • Challenging negative thoughts • Tackling thinking traps • Coping with difficult situations • Personal stories 	<ul style="list-style-type: none"> • Learn about hot thoughts and how to recognize them • Learn to challenge negative thoughts • Learn how to overcome specific thinking traps • Recognize situations where it is necessary to use thoughts to cope 	<ul style="list-style-type: none"> • Your Thinking Style Quiz • My Helpful Thoughts • The TFB Cycle (identifying hot thoughts and generative more balanced alternative thoughts) • Staying in the Present (Watching Thoughts)
Bringing It All Together	<ul style="list-style-type: none"> • Finishing up • Warning signs and planning for wellness • Social support • Preparing for the future • Preparing for relapse • Personal stories 	<ul style="list-style-type: none"> • Preparation for coming to the end of the program • Recognize the importance of social support in staying well • Identify warning signs • Planning for staying well • Set goals for the future 	<ul style="list-style-type: none"> • Staying Well Plan • Your Backup and Support Network • Goals • Taking Stock • Staying in the Present (Sounds)

<p>Managing Worry (Unlockable)</p>	<ul style="list-style-type: none"> • The role of worry in maintaining anxiety • Practical vs. hypothetical worries • The Worry Tree • Managing worries • Personal stories 	<ul style="list-style-type: none"> • Improve knowledge of worry and its role in anxiety • Recognize practical or hypothetical worries • Use the Worry Tree to manage worries • Identify and use other strategies to manage worry 	<ul style="list-style-type: none"> • Anxious Thoughts & Worry Quiz • My Worries • Worry Tree • Staying in the Present (Breathe)
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