

Psychology Clinic

STOP Therapy for Obsessive Compulsive Disorder 2019

STOP Therapy for Obsessive Compulsive Disorder (OCD) is a low-cost and effective treatment for people experiencing difficulties with OCD.

Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) 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 Brain and Psychological Sciences Research Centre and the Psychology Clinic at Swinburne University of Technology offer a 10-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 10-weeks, and that these gains are maintained in the 6 months following treatment. The treatment is offered as ten 1.5-hour weekly sessions at the Psychology Clinic at Swinburne University.

To register your interest in this program or to find out more information please contact the Project Officer on 9214 5528 or email psychprojects@swin.edu.au

Eligibility and Application Procedure

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.

The assessment process is to commence early 2019 and the OCD Stop program runs on demand a number of times throughout the year.

Fees for 2019

The cost of the OCD STOP is \$425. Medicare rebates are available for up to 10 sessions and there is an assessment fee of \$25 which cannot be rebated through Medicare.

About the Psychology Clinic

The Psychology Clinic provides low-cost services to the community, such as individual counselling, group therapy programs and psychological assessment. As a part of Swinburne's postgraduate psychology programs in Counselling and Clinical Psychology, our staff include graduate students working as psychological counsellors, their supervisors and administration staff.

Previously known as the Centre for Psychological Services, and then the Psychology Centre, the Psychology Clinic was established by Swinburne University of Technology in 1990. The Psychology Clinic was an initiative of Swinburne's psychology department that has achieved an enviable reputation for its teaching, training and research. Our patron is Professor Allan Fels AO.

Please note: Fees are subject to change without notice

Contact us

Swinburne Psychology Clinic

Level 4, The George

34 Wakefield Street

Hawthorn

VIC 3122

Telephone: (03) 9214 5528

Email: psychprojects@swin.edu.au

swinburne.edu.au/lss/psychology/pc