

OCD-UK WORKSHOPS:

Supporting People

An online workshop for corporate workplace settings, organisations and NHS workplaces

What do we cover?

- What is OCD and how does it work?
- Symptoms
- Treatment – a brief overview
- How to talk about OCD
- How to support someone with OCD

£499

For up to 20 people

What is included in the package?

- Delivery of a four-hour online workshop
- Follow up email with resources and presentation slides
- Workshop Completion Certificate
- Email support
- OCD awareness handouts (sent to one address)

OCD-UK WORKSHOPS:

FAQs

What are the workshop timings?

The four-hour workshop will usually begin at 9am and finish at 1pm. We can make adjustments to the start and finish times where necessary.

Does the workshop include breaks?

Yes, there will be regular breaks throughout the workshop.

How many people can attend?

The required minimum number of participants per workshop is five, and the maximum is 20. Please email us at events@ocduk.org should you have any questions about participant limits.

Will we receive a CPD certificate?

Upon completion, all participants who attended the full four-hour workshop will receive a workshop completion certificate. This is not CPD certificate, but it is a confirmation of attendance and completion.

Where will the workshop be delivered?

We host all our workshops on zoom, more information about accessing zoom meetings will be supplied after booking. If you have any questions, please contact events@ocduk.org

Who will deliver the workshop?

A member of the OCD-UK training team will deliver the workshop. We are a service user-led charity who have been supporting people affected by OCD for over 20 years and we have an in-depth knowledge about OCD professionally and personally. We are not mental health professionals, and therefore the content we deliver is based on our own experiences, the research we are continuously involved with and the experiences we have from working closely with OCD professionals and specialists across the country and overseas.

Will the workshop be recorded?

At OCD-UK, we do not record our training workshops. Our workshops are delivered by people with lived experience of OCD. Therefore, there are times when the hosts will share their own experiences to help the content we deliver to be relatable. These potential anecdotes shared are personal and therefore we do not record our training sessions for privacy reasons. Thank you for understanding.