



OCD

Skills Training Program

with Dr. Pam Simms



REGISTER TODAY @ drpamsimms.com

A 12-WEEK PROGRAM ~ Adolescent & Adult Classes



Balanced Mind

A balanced, flexible and open-focused mind creates clarity and space that nurtures self-love and self-acceptance. Evidence-based skills will be taught to balance the mind and neutralize symptoms of OCD, rendering them irrelevant to one's life journey.



Balanced Body

The body holds stress in the form of poor gut health, muscle tension and toxins that create imbalance in the body. Stress is known to make OCD worse. Evidence-based stress management skills and nutrition will be taught to foster a grounded, healthy body.



Balanced Energy

Energy blocks in the body and mind, often resulting from past traumas, prevent free flowing energy throughout the physical and spiritual body. Evidence-based energy freedom skills will be taught to empower the individual to self-heal and gain freedom from OCD.

ALL CLASSES ARE VIRTUAL