



Getting the most from i-CBT for OCD

An evidence-based therapy for OCD that helps rebuild insight and recognise obsessive doubt, even when it feels real.

Why iCBT?

By addressing the origins of doubt, I-CBT helps restore confidence in reality & lessens reliance on compulsions or reassurance. Research indicates iCBT is as effective as traditional CBT for reducing obsessions and compulsions, particularly benefiting those with poor insight.

What to Expect

Inference-Based CBT focuses on the reasoning process that fuels obsessive doubt, rather than the content of intrusive thoughts. You'll learn to spot when imagination replaces reality and rebuild confidence in your reasoning to reduce compulsions.



Trigger



Doubt



Imaginative
Inference



Distress



Compulsion



How i-CBT Works

iCBT helps you understand how obsessive doubt begins, separating imagined possibilities from reality to rebuild trust in your reasoning.



Spot the Doubt

You will learn to recognise when intrusive thoughts start as imagined possibilities, not real threats.



Test the Reasoning

Examine how your mind builds doubt and practise shifting from imagination back to reality-based thinking.



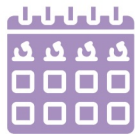
Rebuild Confidence

Strengthen trust in your senses and reasoning, reducing the need for checking, reassurance, or avoidance.

Therapy Length



i-CBT sessions last 50 minutes, held in clinic



Weekly sessions are most effective, though spacing may vary as therapy progresses.



i-CBT is a short-term therapy, usually under 20 sessions, sometimes as few as 8.

iCBT based Tips



**Track
Doubt**
Notice when
it starts



**Question
Logic**
Pause before
Reacting



**Practice
Reality**
Trust Real
Experience