

THE OCD FOUNDATION OF MICHIGAN

Join us for our

Spring Program

“HANDS-ON: Mindfulness and OCD”

*Laurie Krauth, MA, PLC and David R. Tucker, PsyS, TLLP **

In recent years, mindfulness has become a significant tool in the treatment of OCD and other anxiety disorders. Laurie Krauth and David Tucker will show us how we can use this ourselves as a different kind of response to our OCD thoughts, and how it can actually help us better manage our ERP practice. This program will be **EXPERIENTIAL** and **HANDS-ON**. We won't just talk about it, we will **DO IT**. Don't miss this timely and important program.

WHERE: Beaumont Hospital - Botsford Campus
 28050 Grand River (north of 8 Mile)
 Farmington Hills, MI
 Zeiger Administration & Education Center
 Classroom A/B

WHEN: Saturday, May 18, 2019 at 1:00 p.m.

RSVP: Call 734-466-3105 or e-mail OCDmich@aol.com

* Laurie Krauth is a psychotherapist in Ann Arbor, OCD expert, and valued member of the OCDFM Board of Advisors. David Tucker is a doctoral student at the Michigan School of Psychology and a member of the OCDFM Board of Directors.