



JOANNA HARDIS, LISW-S

STOP WORRYING, START LIVING

# ERP BOOTCAMP (VIRTUAL)

8-Week, Group Introduction to Exposure and Response Prevention Therapy

*If you've tried other types of therapy and found they didn't work, this is a great way to experience the value of ERP.*

**Therapists:** Are you full? Do you have clients with obsessive compulsive disorder on a waitlist? Through this small group bootcamp, get them the treatment they need sooner.

## **OCD Clients:**

This bootcamp may be right for you if you are:

- At least 22 years old
- Living in Ohio
- Experiencing moderate OCD\*
- Willing to commit 60–90 minutes per day on behavioral changes

## **What is Virtual ERP Bootcamp?**

Lead by OCD specialist and ERP-trained clinician Joanna Hardis, LISW-S, Virtual ERP Bootcamp is an 8-week, intense introduction to the basics of Exposure and Response Prevention therapy (ERP). ERP is the gold-standard for obsessive compulsive treatment. Each group is limited to 4 participants.

**\*If you are in crisis mode, please call 911 or head to your local emergency room.**

## INTERESTED?

Contact Joanna:  
216-600-8696  
joanna@joannahardis.com

## WHEN:

**Tuesdays from February 9 to March 30**

Session 1 — 11:00a – 12:30p EST

Session 2 — 5:30 – 7:00p

## WHO:

Pre-screened participants who reside in Ohio

## WHERE:

Zoom meeting link to be provided

## COST:

\$50 for screening session

\$150 per session payable weekly by credit card only

## WHY:

- Get treatment immediately
- Work with an experienced, ERP-trained specialist
- Benefit from the group atmosphere

## FURTHER DETAILS:

- pre-screening is required and will take approximately 30 minutes
- each session covers a specific topic