**Family Accommodation Resources Outside**

**Northwell Health OCD Center**

**Updated 10/4/23**

1. *Books*

a. *When a Family Member has OCD* by Jonathan Hershfield

b. *The Family Guide to Getting Over OCD* by Jonathan Abramowitz

2. Article featured in IOCDF 2022 newsletter: 25 Tips for Parents <https://anxietyspecialistsofatlanta.com/raising-resilience/>

3. Southern California OCD Foundation’s monthly Family Support Group on Zoom (free)- all are welcome. If you are interested, please email group facilitator Liz Trondsen at ltrondsen@gmail.com. The group meets the 2nd Saturday of the month from 11-1 PM Pacific (so 2-4 PM EST).

4. New York Anxiety Treatment's Family & Friends group; see website for latest information on current group offerings ($150/group member) \*for those in NY

Website: <https://www.nyanxietytreatment.com/group-therapy>

5. Free online OCD support groups (family options) through NOCD app \*must be a NOCD patient to participate:

<https://app.treatmyocd.com/login?redirectTo=/support-groups>

6. Family member only group on Zoom (through Genesee Valley Institute of Psychology, a private practice in NY): <https://gviproc.org/ocd>

7. Free monthly support group for families <https://anxietyspecialistsofatlanta.com/events/family-member-ocd-support-group/>

* Atlanta OCD Specialist Dr. Josh Spitalnick's practice—several types of OCD focused groups offered here (available also to those out of state)

8. <https://www.ocdnashville.com/group-therapy#support>

* OCD Nashville 2x month free support group (available also to those out of state)

9. The OCD Family Podcast <https://www.ocdfamilypodcast.com/>

* Host Nicole Morris, LMHC and Mental Health Correspondent, presents a series of episodes during which she interviews other specialists and discusses topics related to treatment of OCD and support for OCD suffers and their families

10. Other online resources for families, as advertised by the International OCD Foundation (IOCDF)

* <https://groups.io/g/OCD-POTAYA>
* <https://groups.io/g/ocdandparenting>
* <https://iocdf.org/support-groups/family-and-friends-ocd-support-group/>