

WORST CASE SCENARIO PLANNING

Having OCD often means having numerous “what if” thoughts that lead to mental compulsions, including preparing for worst case scenarios. Treatment usually involves finding the line between overpreparing and appropriate preparing. At this booth, we will help you face your fears with education one first aid, naltrexone training, and stop the bleed.

We will also help you with non-engagement responses and heavy lean-ins for those worst-case scenarios playing in your head.

Activities

Naltrexone training
Stop the bleed training
Non Engagement Responses