

## LIVING LIFE BEYOND THE DOUBT: Field Tested (and Retested) Strategies for Navigating OCD

- An interactive workshop specifically designed for people with OCD at any stage of treatment or recovery, their loved ones, and therapists (5 CEs provided) on Saturday, 8/18/18 from 9 am to 3:30 pm, Windy Hill and I-75 area in Atlanta.
- Drawing on her own personal experiences in learning to thrive with OCD, Shala shares engaging stories and practical tools, including self-compassion, for navigating the challenges of living with obsessive-compulsive disorder.
- Participants will learn to tap the power of their own free will to maximize their exposure and response prevention therapy (ERP) for OCD, find Greater Good motivation, and take back their lives from the grips of this often-debilitating disorder.



### Rave Reviews from Past Participants

*"Phenomenal workshop, one of the best I've attended!"*

*"Most helpful event I have ever attended. I learned many tools to help control my OCD."*

*"Easy to remember, practical, immediate-use things to carry away with me."*

*"Excellent, very engaging and insightful."*

### ABOUT THE PRESENTER

Shala Nicely, LPC is an OCD survivor, author, advocate and therapist specializing in the treatment of OCD and related disorders in Atlanta. Her life is a testament to the power of resilience, as she learned to thrive despite being shattered twice—once by a car and again by her crushing OCD, which she vividly recounts in her memoir, *Is Fred in the Refrigerator? Taming OCD and Reclaiming My Life*. She is coauthor with Jon Hershfield, MFT, of *Everyday Mindfulness for OCD: Tips, Tricks and Skills for Living Joyfully*. Shala is cofounder with Jeff Bell of [BeyondtheDoubt.com](http://BeyondtheDoubt.com), an initiative dedicated to helping people learn to thrive through uncertainty, and an advocate for The Adversity 2 Advocacy Alliance. She blogs for *Psychology Today*, offering an inside perspective on life with OCD.



Go to Next Event at [BeyondtheDoubt.com](http://BeyondtheDoubt.com) for more information and to register!  
\$105 per person prior to August 4 and \$120 after.