

Obsessive Compulsive Disorder

If you find yourself obsessively worrying, counting tiles, doors, numbers, etc., excessively washing your hands or need to check, recheck, double and triple check things, then you may have obsessive compulsive behaviors and could receive significant relief. We can teach you how to manage and in some cases extinguish these behaviors or obsessions. You have to decide what your peace of mind worth. We would like to assist you to bring more balance and peace so you can enjoy more quality of life.