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At Kairos, we do not believe that there is one right path to wellness. We strive to pair each client with the provider or providers that will most benefit them in their journey to wellness.

Kairos practitioners find inspiration in each other's modalities and seek each other for our own healing. Our focus on OCD comes from personal experiences with this disorder, as well as a collective professional passion for anxiety disorders.

While incredibly challenging to live with, OCD is highly treatable. At Kairos Wellness Collective, we are committed to providing scientifically-proven, gold standard integrative treatments to help you change your relationship to your OCD and achieve the wellness you long for in body, mind, and spirit!



*"My life is so very different than it was when I reached out for help last year. I spend my time differently, my relationships have improved, and I've become a different person at work. My days are filled with joy and each is better than the last. The OCD hasn't gone anywhere and it's still a daily struggle, but it's no longer in control. I'm so grateful for everything you did to help me along the way!"*



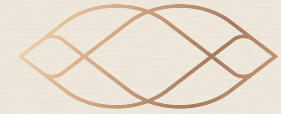
Kairos Wellness Collective features diverse modalities including Acceptance and Commitment Therapy (ACT), Acupressure, ADHD and ASD Support, Adolescent Therapy, Cognitive Behavioral Therapy (CBT), Couples Therapy, Crisis Support, Dialectical Behavior Therapy (DBT), Exposure and Response Prevention (ERP), Eye Movement Desensitization and Reprocessing (EMDR), Family Therapy, Forest Bathing, Ketamine-Assisted Psychotherapy, and Play Therapy. All approaches featured at the center are evidence-based treatments for OCD, BFRBs, Hoarding, and Anxiety disorders.



**2449 Pine Street Boulder CO 80302**

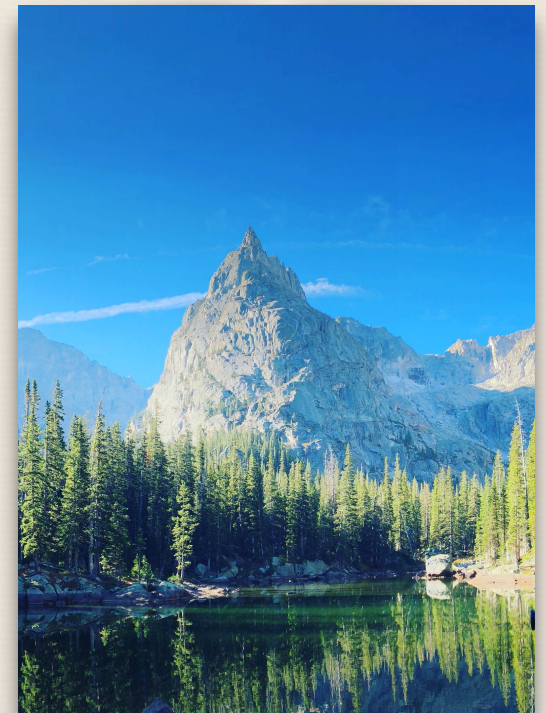
**720-310-0570**

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# KAIROS

WELLNESS COLLECTIVE





Located in Central Boulder, our center offers a holistic approach to all of our clients.

Kairos Wellness Collective provides quality holistic, client-centered services for children, adolescents, adults, couples, and families experiencing OCD and other anxiety disorders, as well as ADHD and ASD. At Kairos Wellness Collective, we believe in treating the whole person - mind, body, and spirit, while also providing evidence-based treatments for OCD and Anxiety disorders.

We pride ourselves in having a staff with diverse backgrounds and common lived experience with OCD.

Inquire about which clinicians have specialty training in Hoarding Disorders, Body-Focused Repetitive Behaviors, and Specific Phobias.

## kairos καιρός

(n.) the perfect, delicate, crucial moment; the fleeting rightness of time and place that creates the opportune atmosphere for action, words, or movement; also, weather

# TREATMENT FOR OCD

OCD is very responsive to the *right* treatment by an experienced clinician. At Kairos Wellness Collective, OCD is our priority and we have built our center around OCD expertise and holistic wisdom. Our team creates a custom plan for every client that might be as simple as 12 sessions of therapy, or might involve multiple practitioners working together to treat the same issue with distinct but complementary approaches. We deliver exceptional professional services in a warm, family friendly, canine-assisted atmosphere.

**Cognitive Behavioral Therapy (CBT)** at Kairos Wellness Collective can help disarm the automatic thoughts that dwell on fear-based scenarios. For those of us dealing with anxiety, trauma, or depression, this inner voice usually morphs into an inner critic. The critical voice tells us “this will be a disaster” or “I look awful” or worse still, “no one likes me.” The awareness of one’s distortions in thinking lends the power to reevaluate and make the necessary changes in thinking that then contribute to a greater sense of wellbeing.



**Eye Movement Desensitization and Reprocessing (EMDR):** If not addressed, trauma can exacerbate OCD cycles. EMDR can be used to gently and effectively target and transform trauma as well as to provide relief from specific phobias. EMDR works by engaging both sides of the brain while the patient focuses on a traumatic event, allowing them to process and reprocess the experience until they can move forward without being hindered by it.

**Exposure Response Prevention (ERP)** can be conducted at the Center as well as in the client’s home environment. In this evidence-based best practice treatment for OCD, the therapist guides the client towards his/her fears by purposefully exposing them to the thoughts, images, and situations that trigger the obsessions, through a process of habituation until the obsession-compulsion cycle is interrupted.

**Ketamine-Assisted Psychotherapy:** Ketamine-Assisted Psychotherapy can help resolve trauma in a deep-seated manner that makes it a revolutionary option for treatment-resistant anxiety, OCD, and depression. The effects from Ketamine-Assisted Psychotherapy can be far-reaching and long-lasting, greatly enhancing self-knowledge and self-compassion, emotional and spiritual growth, and nervous system rebalance.

