



**Interventions
Alliance**

Part of the Seetec Group

Compulsive and Obsessive Behaviour Intervention (COBI) Leaflet for participants



**Delivering evidence-led
solutions to build better
futures and wellbeing**

What is COBI?

COBI is a challenging and intensive talking therapy for people who feel emotions intensely.

The aim of the therapy is to help you to acknowledge, accept and recognise the difficult emotions and thoughts you experience that trigger your harmful behaviour towards others. Our programme helps you to learn new ways to manage these feelings without this causing harm to others.

Who is it for?

COBI is a treatment for people who have demonstrated thoughts and behaviour which could be described as obsessive. The police or another agency has asked you to participate in our programme because your behaviour has caused another person distress or harm.

How we can help you

COBI uses a specialist talking therapy known as Dialectical Behavioural Therapy (DBT).

While on our programme, you will learn to:

- ▶ Be aware of the here and now;
- ▶ Interact healthily with others;
- ▶ Manage your emotional distress; and
- ▶ Healthily respond to your emotional distress without causing harm or distress to others.

Programme overview

Number of sessions: 12 one-to-one sessions.

Duration: Two and a half hours.

Homework: You will have a diary to complete at home. This is to record your progress in between sessions. We will also give you tasks to practise the skills you have learnt.

Session 1 - We will discuss the expectations of treatment. You will also work with your treatment officer to agree your treatment goals and work towards them.

Session 2 - We explain more about your treatment and the skills you will learn. We give you a diary you will need to complete during and in between sessions.

Session 3 - We will help you identify difficult feelings you have experienced in situations and focus on how you manage these feelings in the future.

Sessions 4 to 12 - These sessions will give you skills to manage your intense emotions. You will use these skills in your everyday life. We will ask you to record your experiences of using these skills in your diary so we can discuss and reflect on what you have learned.

When you start COBI, we will contact the victim of your offence to tell them you are doing this programme.

The information they will receive is:

- ▶ The date you start and finish the programme;
- ▶ Information relating to the content of the programme; and
- ▶ Details around the support they can get.

Working together with your treatment officer

We work at your pace. It is important that you mention any concerns you have during the programme to your treatment officer. They will work with you to find the best way to support you and overcome these worries.

During therapy you may also experience intense emotions that have previously led to harmful behaviour against others. This is normal and an expected part of therapy. Your treatment officer will help you manage these feelings in a safe way.

At our first session, we will discuss with you our expectations during your time on the programme. This will include following the rules of any licence conditions, Stalking Protection Orders, Restraining Orders or Non-Molestation Orders you are subject to. Should we have concerns about your behaviour during the programme we may need to speak with the police or other agencies.

"I should have had this intervention earlier on. I've used everything the treatment officer has taught me. It's given me the tools to improve my life."

COBI participant

Need further information?

Please speak to the treatment officer or the person referring you. They will be happy to answer your questions.

www.interventionsalliance.com



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