

Want to know more?

If you have a phobia, OCD or any other related anxiety disorder and are prepared to work at the self-help programme, a TOP UK group can help you.

There is a small fee to join a group and a commitment to the work is absolutely essential.

Our groups are not drop in, so if you would like to attend you will need to complete an application form.

For more information and to find out where your local group is, please telephone, email or write. You will also find more information on our website.

It is important to read at least chapters 11 & 12 of 'Living with Fear' by Professor I Marks before joining one of our groups.

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Triumph Over Phobia (TOP UK)
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Registered Charity No 1034932

For image reference, please contact jessicasmfox@gmail.com

Our self-help groups have enabled many people to overcome their fears.

For more information about your local group please contact TOP UK.

All of our group leaders are trained volunteers, many of whom have overcome a phobia or OCD themselves.

Volunteering Opportunities

We are always looking for new volunteers to help run our groups. If you would like to make a real difference to the lives of people who are suffering from the debilitating disorders of phobia, OCD and other related anxiety, please call us now.

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TOP UK
The OCD and Phobia Charity



Panics? Anxiety? Fear of lifts, flying, queues? Scared of parties or eating out? Frightened of spiders, birds or mice? Washing hands excessively? Checking too frequently?

We can help.



TOP UK
The OCD and Phobia Charity



What are phobias and OCD?

A phobia is a persistent and overwhelming fear of an everyday object, situation, or activity that most of us take in our stride and which poses little or no actual danger. A person with a phobia will avoid the fearful situation wherever possible.

Obsessive compulsive disorder (OCD) is an illness characterised by intrusive and unwanted repetitive thoughts or actions which compel a person to do the same thing over and over again. Rituals can range from mild checking behaviours to severe cases where endless hours are spent checking, washing, counting etc. Rituals can become a major distraction, taking over your life and causing much confusion and distress.

People with phobias and OCD experience many anxiety-related symptoms when exposed to their feared object or situation. Anxiety and fear can range from mild feelings of apprehension to the distress and fear of a full-blown panic attack.

Other symptoms can include palpitations, trembling, dizziness, sweating, nausea, 'jelly' legs and absolute terror.

What is TOP and how can it help you?

Triumph Over Phobia (TOP UK) was started in 1987 under the auspices of Professor I M Marks, MD, FRCPsych of the Institute of Psychiatry London and by the late Celia Bonham Christie MBE, MA. Celia had used Professor Marks' book 'Living with Fear' to overcome her phobia and managed successfully to fly home from Canada.

'Living with Fear' sets out a structured self-help treatment programme and is still used today, with great success.

Triumph over Phobia offers sufferers self-help therapy groups which are run by trained volunteers who are generally ex-phobics or ex-OCD sufferers. Group members meet weekly in a warm, supportive environment for one or two hours at a time. Our methods are based on Cognitive Behavioural Therapy (CBT) and the work of Professor I M Marks.

TOP's records show that working in a group is very beneficial. Many people, despite years of suffering improve greatly in an average time of 5 months.

Does our method work?

"For me TOP was a life changing experience. It transformed my life in a magical way and in such a short time. I went from someone who was scared of everything because of contamination fears to someone who then used every hour in a fulfilling and positive way."

Pam (contamination phobia for 22 years)

"Having a phobia felt like being trapped by my own thoughts and feelings. I simply had no control. TOP supported me and gave me the strength to face my worst fears, to learn to live a life where I controlled the phobia and opened up my world to new experiences. I would say to anyone with a phobia or OCD, overcoming your fear is less frightening than living with it."

Martyn (sickness phobia for 20 years)

"The strategies used by TOP do actually work because they are realistic and are practical. The TOP philosophy makes sense. From my experience TOP is without question the best way to treat phobias and it isn't just about stopping you being afraid, it also enables you to take control of your life. Is TOP successful? Most certainly, yes!."

Lucy (fear of public speaking for 15 years)