

Who would you be without OCD?

Imagine a life where you're no longer crippled by questions like...

“What if I have a serious disease?”

“What if I start a fire and kill my family?”

“What if I drop my baby?”

“What if I molest a child?”

“Do I want to kill people?”

“Am I a psychopath?”

“What if I drive off a cliff?”

“Do I love my partner?”

You're not alone and you're not a bad person for having these thoughts. OCD isn't casual anxiety. It rips you away from the things you care most about. OCD latches onto every horrible thought and controls the things you must do to get 100% certainty.

Imagine those thoughts being like rain clouds that are here for a second and then they're gone. As your OCD therapist, I'll help you manage your thoughts every step of the way so they'll be like clouds passing by and you can get your life back.

My name's Madeline Trenholm, and I can help you overcome your fears so you'll feel like yourself again.



I was tired of seeing people caged by their fears and getting the wrong treatment. For three years, I've been helping people with intense OCD, anxiety, and phobias to overcome their fears and live their values. **I offer virtual and in-person therapy in St. Paul, Minnesota, as well as virtual therapy in Florida.**

I am a Licensed Independent Clinical Social Worker with a Master's in Social Work from the University of St. Thomas. I'm also a member of the International OCD Foundation. In my approach, I use training in Eye Movement Desensitization and Reprocessing, Exposure and Response Prevention, and Acceptance and Commitment Therapy to provide you with the tools you need to manage your OCD in a safe and effective way.

The people I've helped were in the same exact spot as you. They felt alone, ashamed, and trapped by their fears. I promise you that there is a way out. With a specialized OCD therapist by your side, you can live the life you want regardless of your fears.

Schedule Free Consultation

How I help you fight OCD

In my therapeutic approach, I'll help you manage your OCD without judgment.

First, we'll do a free 15-minute consultation call to learn about your struggles and goals with OCD. You'll be in a safe, confidential space without any exposures that could trigger your fears.

Next, we'll meet in weekly sessions where we'll take an active role in managing your OCD. I developed a 5-step process that guides you from crippling fear to a fulfilling life.

Every step of the way, you'll have a compassionate therapist guiding you to be your best self and reach your goals. Here are the steps we'll take to help you get your life back:

Setting Recovery Goals: First, we'll explore your life experiences, strengths, and where you are right now. I'll also learn about your goals for recovery so we know exactly where we're headed.

Core Fears: Here, I'll learn about your earlier life experiences. This will help me find the core fears behind your intrusive thoughts so we can rewire your thought patterns.

Mindfulness Skills: At this stage, you'll learn key coping skills so that you can accept uncertainty. We'll work together to practice mindfulness skills that will give you the space to breathe and think clearly.

Exposure to Fears: In this step, I'll help you safely expose yourself to your fears and reframe your negative beliefs. This stage helps intrusive thoughts lose their grip on you.

Living Your Values: Last, we'll help you live your life in a way that aligns with your values. This gives you the tools to do what you love, regardless of the fear.

These steps are not a one-and-done list of things. OCD therapy is a personal process that takes daily commitment. It takes strength to look at your fears and it takes commitment to walk through those fears. You don't have to walk through it alone. Together, I can help you choose joy in the face of fear.

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Is OCD therapy right for you?

Treatment with an OCD therapist might be for you if you have unwanted thoughts that feel impossible to let go of and do compulsive things to get rid of the uncertainty.

You might ask a friend "Do you think I would actually hurt someone?"

You might not drive because you fear the urge to crash the car.

You might try to rewrite your thoughts to convince yourself you're a good person.

OCD makes you look for the "perfect system" to avoid anxiety. The problem is that your system becomes a set of compulsions that reinforce your fears and make you more anxious.

Having these intrusive thoughts and compulsions makes it nearly impossible to enjoy anything. It seems that every thought is catastrophic and that nothing you say or do can overcome your fears. You can't relax around your partner or your family. You can't focus on work. You can't focus on anything you love doing.

You could have had OCD without knowing it

People have OCD for many years and don't even know it. Many people get diagnosed with Generalized Anxiety Disorder or Panic Disorder. The problem is that this can lead to treatment that doesn't address your core fears.

Other forms of therapy teach people to discuss their thoughts to push them out of their heads. To someone with OCD, this is like throwing gas on a fire. It can make the thoughts worse and harder to get rid of. Focusing on the meaning of your thoughts keeps you trapped longer when you could be in recovery today.

In my therapy sessions, I'll help you to challenge OCD while living a values-based lifestyle. You'll be able to align what you do with the values you care about. You'll learn that your thoughts don't have power—you do.

Treatment is hard, but living with OCD is harder

Facing your innermost thoughts and feelings is scary, but it's also liberating. We work together at your own pace to make sure you're comfortable and safe at every stage of recovery.

I promise you - you're more resilient than you think you are.

There is no such thing as a 'perfect' recovery or treatment. As long as you commit to taking the steps, you'll have the skills you need to manage OCD for the rest of your life.

Imagine the day you can brush those thoughts off easily. It's closer than you think.

Make the choice to take your life back.

Book a free 15-minute consultation with me today.

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