

# TAMING OLIVIA

*Inserting kindness, creativity and compassion into OCD and Mental Health Recovery*





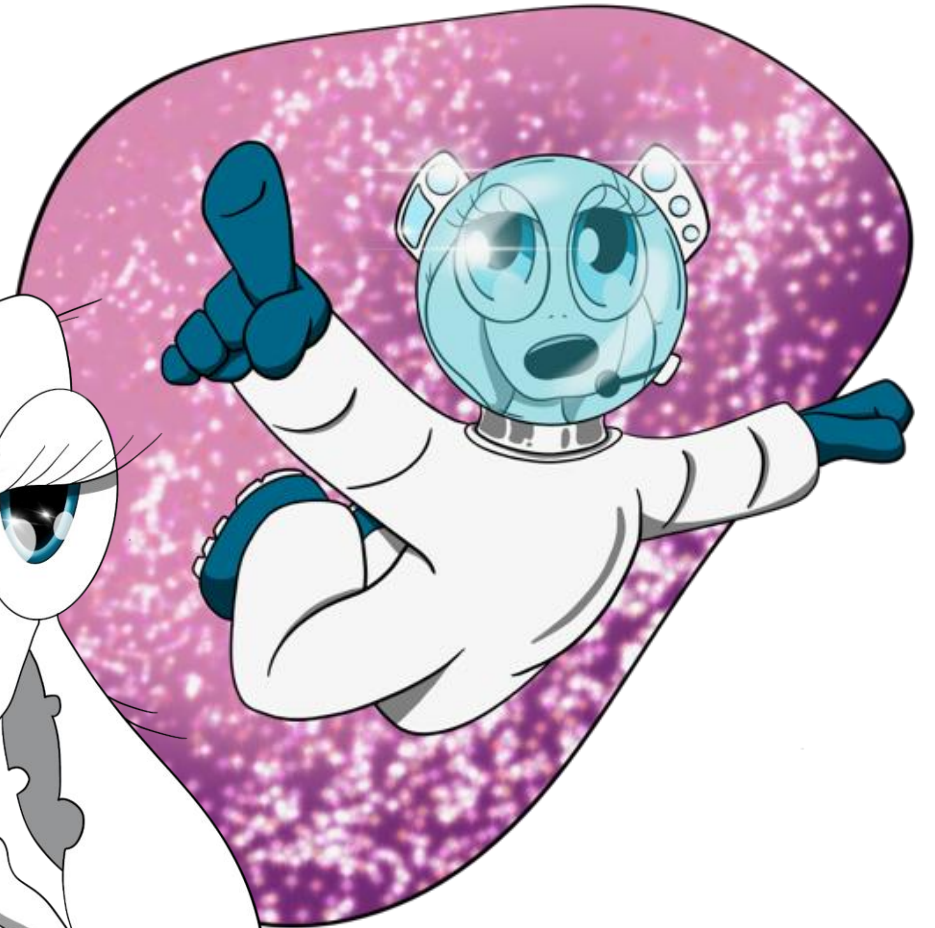
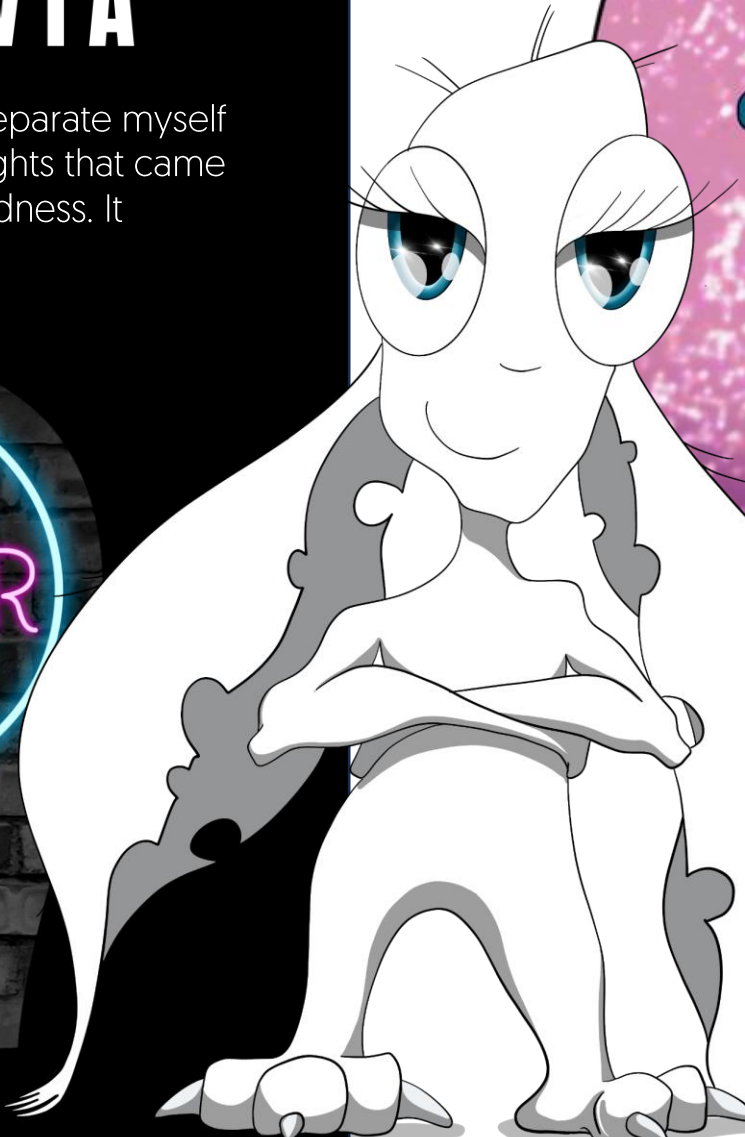
What is

# TAMING OLIVIA

Olivia came to life as a way of helping me separate myself from OCD and the distressing intrusive thoughts that came with it. It taught me self-compassion and kindness. It changed my life.



Live  
**ON AIR**



**TAMING OLIVIA** came to life as a way to help others in the same way. What started as a blog quickly grew and Taming Olivia is now used in therapist offices, schools, universities and homes internationally to help people of all ages who are facing OCD and mental health challenges.



*Who am I?*

# Catherine Benfield

Founder and creator of **TAMING OLIVIA**

I write everything related to Taming Olivia and I live and breathe this wonderful little world we've created.

I'm a mental health advocate and have spoken about OCD and mental health recovery internationally. I currently sit on a range of boards in the mental health sector from being a charity trustee to being on treatment and app development panels. I'm also the producer of a multi-award winning film about OCD called Waving, starring Ralph Ineson. We're currently taking the film through the international film festival circuit before it goes on general release around January 2024.

I'm also a qualified teacher and have taught in schools around East London. It was during this time that my love of using creativity as a learning tool was formed.



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*As seen in ...*

**BBC**  
**NEWS**



**ocdaction**

**Women'sHealth**



**RadioTimes**



**METRO**

***CORRIERE DELLA SERA***

**GRAZIA**

*the OCD stories*



*...and more.*



# TAMING OLIVIA

## *Our Mission*

Taming Olivia supports people of all ages as they navigate OCD and other mental health challenges. We provide bright, positive and accessible resources from blogs to booklets that aim to inform, support and inspire those dealing with OCD. We also sign post people onto appropriate support.

Our community is one that encourages others, helps to build hope, shows compassion, uses creativity and applies a light touch of humour and playfulness to OCD and mental health recovery. Through our many years of advocacy, we have always found that these qualities help to lighten the load a little.



# TAMING OLIVIA

## *Our Vision*

We want to help create a world where people with OCD and other mental health challenges can access the support and information they need to enter treatment and recovery as quickly as possible. We want to be part of an incredible group of organisations calling for the elimination of stigma and misconception about OCD and other mental health challenges.



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## *Disclaimer*

A qualified teacher writes the booklets and a graphic artist styles and illustrates them. We are not medical professionals and we are not qualified to do therapy. Our resources are intended to be used as a supplement to treatment with a medical professional or through recommendation by a medical professional. Your well-being is the most important thing to us.



# TAMING OLIVIA

## Testimonials

*"Creative, and a lot of heart in Catherine and Pete's mission."*

*"Hugely insightful, in a light and playful way."*

*"The Benfields are a dynamic duo in this space."*





*contact*

# TAMING OLIVIA

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