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# Definition of OCD

## Obsessions

1. Thoughts that demand focus in spite of and contrary to desire of person
2. Thoughts cannot be suppressed – ego dystonic
3. Goes after deep value

## Compulsions

1. Urge to act or think in order to reduce anxiety or danger
2. Purpose is avoid or fix danger
3. Time consuming/repetitive

# How it works

1. Function
	1. Obsessions cause anxiety/distress to rise
	2. Compulsions cause anxiety/distress to decrease
2. Two Parts of Obsessions
	1. Triggers (actually present – “What is”)
	2. Core Fear (imagined consequence – “What if?)
3. Two Forms of Triggers
	1. External: Ex. contaminate, homework, broken glass
	2. Internal: Ex. violent thought about child, perverted thought
4. Two Kinds of Compulsions
	1. Behavior: ex. washing, touching, confessing, repeating, reassurance seeking
	2. Cognitive: ex. counting, undoing, replacing, praying, figuring it out, remembering
5. Purpose of Compulsion – Avoidant coping
	1. Primary: Avoid, escape, leave

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| **Trigger** | **Primary** | **Secondary** |
| Buying a soft drink | Don’t buy it | Check the top, pick from back, examine for imperfection |
| Stop light | Don’t drive | Stare at light, say it out loud, return, call police and ask about accidents |
| Thought of bad thing occurring | Never think of bad things | Check that all is ok, ask for reassurance, replace thought |
| Conversation where could offend | Avoid conversations | Check non-verbal, hold mouth closed, check later, apologize |

* 1. Secondary: If can’t avoid make “safer.”
	2. Examples:
1. Reinforcing Cycle

# Variations - Obsessions

Yellow is part of obsession & red is compulsion

1. Contamination
2. Symmetry/Perfection
3. Taboo (mistakenly called Pure “O”)
4. Aggression
5. Sex
6. Religious (Scrupulosity)
7. Calamity/Harm
8. Bad Luck
9. Health and Body

# Variations – Compulsions

1. Decontaminate/Clean
2. Checking
3. Counting
4. Undoing
5. Perfection
6. Touching or movement
7. Mental
8. Prevention/Protect
9. Body Focused

# Treatment

1. Medical
2. Cognitive Behavioral Therapy (CBT)
	1. Cognitive (C part of CBT)
	2. Exposure and Response Prevention (ERP) (B part of CBT)

## Treatment Process

1. Educate
2. Develop Motivation
3. Assess and Personalize
4. Develop CBT process
	1. Cognitive restructuring
	2. ERP
5. Maintain and Prevent relapse

## Cognitive Distortions OCD

1. Intolerance of Uncertainty
2. Over-estimate responsibility
3. Believe thoughts are too significant
4. Intolerance of distress
5. Things have to be just right
6. Fear of positive or relief
7. Martyrdom

## Exposure and Response Prevention

1. Exposure
	1. Deliberately evoking anxiety
	2. Remaining in distress
2. Response Prevention
	1. Prevent normal coping response
	2. Not doing anything to reduce distress before, during and after exposure
	3. Don’t employ Safety Behaviors

## Exposure

1. Types
	1. Thought
	2. Interoceptive
	3. Virtual
	4. In situation
2. Create Hierarchy
	1. SUDs
	2. List of triggers and core fears
	3. Put in 3 categories - Easy, Medium, Hard
	4. Create an exposure for them
3. Process
4. Planned and structured
5. Gradual
6. Prepare to be anxious
7. Don’t fight the feelings
8. No safety behaviors
9. Test negative predictions
10. Keep Track of Fear Level
11. Make it last until level drops
12. Repeat frequently
13. Practice by yourself

## Example

|  |  |  |  |
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| **Challenge Level** | **Trigger** | **Exposure** | **Response Prevention** |
| Low (SUDs 1-3) | Think bad word – core fear of harm | List bad words and say them over and over | Say out loud, don’t confess or undo |
|  | Things are out of place – core fear something bad will result | Mess up order, have family member mess up room and not fix | Look at mess, don’t fix later, don’t balance with something else, go in room |
| Medium (4-6) | Conversation and core fear that might say something to cause harm | Tell a lie, say something offensive, give wrong information, made list of yes, no questions and she was to answer wrong | Don’t apologize, fix it later, non-verbal undoing |
| High (7-10) | Exposure to odd numbers – core was bad luck | Post odd numbers around house, put TV on odd volume, chew wrong # of times | Don’t change in mind, don’t avoid looking, don’t do something else physical even # |

## Purpose of CBT – Break cycle by disproving fear

