

A NEW DAY PEDIATRIC PSYCHOLOGY

Healing the hurt. Educating the mind. Inspiring the soul.

OCD: THE POWER TO FUNCTION AGAIN



Obsessive Compulsive Disorder (OCD) is a disorder that involves obsessions (thoughts) and compulsions (repetitive behaviors). For example, when someone is washing their hands 100 times a day until their hands bleed because they cannot stop feeling dirty,

they are exhibiting OCD. While most people have tendencies that are similar to OCD, the tendencies do not impair an individual's ability to function in life, such as going to work or attending social functions. Risk factors of OCD include: genetics, brain structure, and environment.

People with OCD do not like the fact that they cannot stop obsessing and having compulsive behaviors about particular things in their life. Therefore, it is important to remember that these behaviors are not done on purpose, but rather an inability to control impulses. Understanding and empathy is crucial for interacting with individuals who have OCD.

In order to treat OCD, therapy techniques that involve addressing the stress response (hand washing, counting, etc) can help individuals reduce and eventually eliminate the compulsive behaviors. OCD is a true mental illness that needs to be taken seriously. People with OCD are more than their disorder and deserve the help they need to function.



BY ASHLEY MOHESKY
FEATURED WITER



A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

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Can you be cured of OCD?

by Dr. Ann-Louise T. Lockhart

Short answer... Yes! Absolutely! You better believe it.

Longer answer... it takes several intentional steps on the part of the individual and their loved ones.

1. Engage in behavioral health treatment with a qualified professional who knows how to treat OCD with evidence-based treatments.
2. The most effective treatment is Cognitive-Behavioral Therapy (CBT). CBT uses exposure (increased contact with the thing you fear) and response prevention (removing your normal response to that fear). The rationale is straightforward for this approach: Avoidance feeds anxiety; exposure reduces and eventually eliminates it.
3. CBT also addresses the negative, irrational, and unrealistic thought patterns behind your fears. It helps bring to your awareness the rituals and how they are actually not helpful in preventing the thing you fear.
4. Other effective treatments for OCD: (a) Habit Reversal: replaces one time-consuming ritual with something more socially appropriate and less severe; (b) Suppression: conditioning yourself to literally switch off the symptoms; (c) Prolonged Exposure: Being exposed to the feared situation for long periods of time without engaging in the ritual to relieve it (response prevention); (d) Mindfulness: an emerging area that helps the individual re-wire their brain to think differently.
5. Consider the possibility of medication if your symptoms are severe and significantly impact your life while you are engaged in behavioral health treatment, which can allow you to be more receptive to the treatment.
6. What doesn't help: Telling your loved one it's "all in your head" or they can stop their symptoms if they "really wanted to" are not helpful statements. It further isolates that individual and promotes frustration between that individual and the people who should provide support.

Have you tried
everything and
nothing works?
You are not alone!



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STAY TUNED

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.


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