Trigger
Used restroom → Intrusive Thought
What if my hands aren’t clean enough?

Appraisal
- Only a BAD person would risk it
- It’s irresponsible to ignore it
- I wouldn’t have thought about it if it wasn’t possible
- It’s not worth the risk
Trigger
Used restroom

Intrusive Thought
What if my hands aren’t clean enough?

Feeling

Appraisal
- Only a BAD person would risk it
- It’s irresponsible to ignore it
- I wouldn’t have thought about it if it wasn’t possible
- It’s not worth the risk
Trigger
Used restroom

Intrusive Thought
What if my hands aren't clean enough?

Appraisal
- Only a BAD person would risk it
- It's irresponsible to ignore it
- I wouldn't have thought about it if it wasn't possible
- It's not worth the risk

Feeling
- Anxiety
- Fear
- Panic
- Tingling
- Frustration
Trigger
Used restroom

Intrusive Thought
What if my hands aren't clean enough?

Compulsion

Feeling
Anxiety
Fear
Panic
Tingling
Frustration

Appraisal
- Only a BAD person would risk it
- It's irresponsible to ignore it
- I wouldn't have thought about it if it wasn't possible
- It's not worth the risk.
Trigger
Used restroom

Intrusive
Thought
What if my hands aren't clean enough?

Compulsion
Wash again
Mentally review handwash
Reassure self
Ask someone

Feeling
Anxiety
Fear
Panic
Tingling
Frustration

Appraisal
- Only a BAD person would risk it
- It's irresponsible to ignore it
- I wouldn't have thought about it if it wasn't possible
- It's not worth the risk
Avoidance

Trigger
Used restroom

Intrusive Thought
What if my hands aren't clean enough?

Appraisal
- Only a BAD person would risk it
- It's irresponsible to ignore it
- I wouldn't have thought about it if it wasn't possible
- It's not worth the risk

Compulsion
Wash again
Mentally review handwash
Pressure self
Ask someone

Feeling
Anxiety
Fear
Panic
Tingling
Frustration
Avoidance
Leaving the house
Wear gloves

Compulsion
Wash again
Mentally review handwash
Pressure self
Ask someone

Trigger
Used restroom

Intrusive Thought
What if my hands aren't clean enough?

Appraisal
- Only a BAD person would risk it
- It's irresponsible to ignore it
- I wouldn't have thought about it if it wasn't possible
- It's not worth the risk

Emotion
- Anxiety
- Fear
- Panic
- Tingling
- Frustration
Strategies for Success

• Exposures must be voluntary and only something the therapist would also be willing to do

• Challenge any response of “I’ll try”

• Can start with a delay in the compulsion

• Must do purposeful, planned exposure daily - be specific

• Note the expectancy violation

• The learning is in the doing

• “I don’t want to tell you about this because then I’ll have to do it”

• Go beyond what “normal” people would do

• Find a behavioral exposure for obsessions such as an avoidance of trigger

• Eliminate safety behaviors
Exposure Examples

- Hold a knife
- Look at photos
- Write an imaginal script
- Evoke feeling on purpose and don’t correct it
- Drive around in an area with triggers
- Say a prayer or compulsion incorrectly
- Touch or ingest something “contaminated”
- Change the ritual or “undo” it
Tolerating Distress In Exposure

• Anxiety may get worse before it gets better

• Mindfulness and expansion (ACT) - The Happiness Trap by Russ Harris (2007)

• Headspace app

• Diaphragmatic breathing

• Coping statements i.e. I don’t like feeling this way, but I can handle it.

• Recognizing fear of fear and anticipatory anxiety

• Benzodiazepine???

• Use interoceptive exposures first
Cognitive Therapy

- Trigger
  - Avoidance
  - Exposure
  - Compulsion
  - Feeling
- Thought
- Appraisal
  + Cognitive therapy
Cognitive Therapy

- Inflated sense of responsibility
- Over-estimation of the importance or power of thoughts
- Importance of controlling thoughts
- Overestimation of danger or threat
- Intolerance of uncertainty
# Information-seeking vs. Reassurance Seeking

<table>
<thead>
<tr>
<th>An information-seeker</th>
<th>A reassurance seeker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asks a question once</td>
<td>Repeatedly asks the same question</td>
</tr>
<tr>
<td>Asks questions to be informed</td>
<td>Asks questions to be less anxious</td>
</tr>
<tr>
<td>Accepts the answer provided</td>
<td>Responds to an answer by challenging the answer, arguing, or insisting the answer be repeated or rephrased</td>
</tr>
<tr>
<td>Asks people who are qualified to answer the question</td>
<td>Often asks people who are unqualified</td>
</tr>
<tr>
<td>Asks questions that are answerable</td>
<td>Often asks questions that are unanswerable</td>
</tr>
<tr>
<td>Seeks the truth</td>
<td>Seeks a desired answer</td>
</tr>
<tr>
<td>Accepts relative, qualified or uncertain answers when appropriate</td>
<td>Insists on absolute, definitive answers</td>
</tr>
<tr>
<td>Pursues only the necessary information to form a conclusion or make a decision</td>
<td>Indefinitely pursues information without every forming a conclusion or making a decision.</td>
</tr>
</tbody>
</table>
How you can support

Please do not...

• Try to help “figure it out.” OCD cannot be figured out. It is not rational.

• Help the patient determine what “caused” the OCD.

• Help the patient strategize how to avoid her anxiety.

• Try to convince the patient his obsession is unreasonable or incorrect.

• Give reassurance. Answer the question once - Dr. Hancey’s “4A”
Indications the patient is not ready

- Drug use to manage anxiety
- Self-harm during distress/poor distress tolerance
- Always having an excuse for not doing the homework
- Primary fear of panic or somatic sensations -> use interoceptive exposure first
Obsessive Compulsive Disorders Clinic

James Hancey, M.D., Clinic Director
Call for intake 503-494-6176
Location: Sam Jackson Hall, 6th Floor via Elevator C
Parking: Physicians’ Pavilion
Clinic Hours: Monday through Friday, 8:30 am. to 5 p.m.
Fax: 503-494-6170

The Obsessive Compulsive Disorders Clinic provides evaluation and treatment for patients with Obsessive Compulsive Disorder and Obsessive Compulsive Spectrum disorders such as trichotillomania that meets on the 1st and 3rd Thursdays of the month.
Check out our website at ocdoregon.org
Email us at info@ocdoregon.org


Thank You