

# OCD: A workshop for parents

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\*<https://animatedminds.com/over-and-over>

# Danny's Story

- \* Obsessions, Compulsions and Avoidance

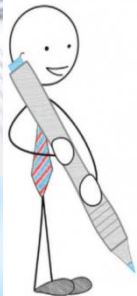
- \* Obsessions and compulsions consume more than an hour a day and cause significant interference and distress in everyday life; at home, with friends and at school

# What is OCD?

- \* Intrusive
- \* Repetitive
- \* Thoughts
- \* Urges
- \* Doubts
- \* Images
- \* Cause distress



\* Common Obsessions



Rewriting



- \* Repetitive
- \* Reduce distress  
(in short-term)
- \* Cause distress

\* Common Compulsions



# What does OCD feel like?

<https://www.youtube.com/watch?v=ufqFO5B1vQY>

There is no single known cause of OCD, people with OCD tend to be thoughtful, considerate with high standards for themselves

- \* Perceived inflated responsibility for harm
- \* Intolerance of uncertainty
- \* Perceived vulnerability
- \* Stressful situations and life events
- \* Biological reasons; Serotonin

**\* Why do people develop OCD?**

❖ Affects 0.25%-4% of young people

❖ OCD is the fourth most common mental disorder

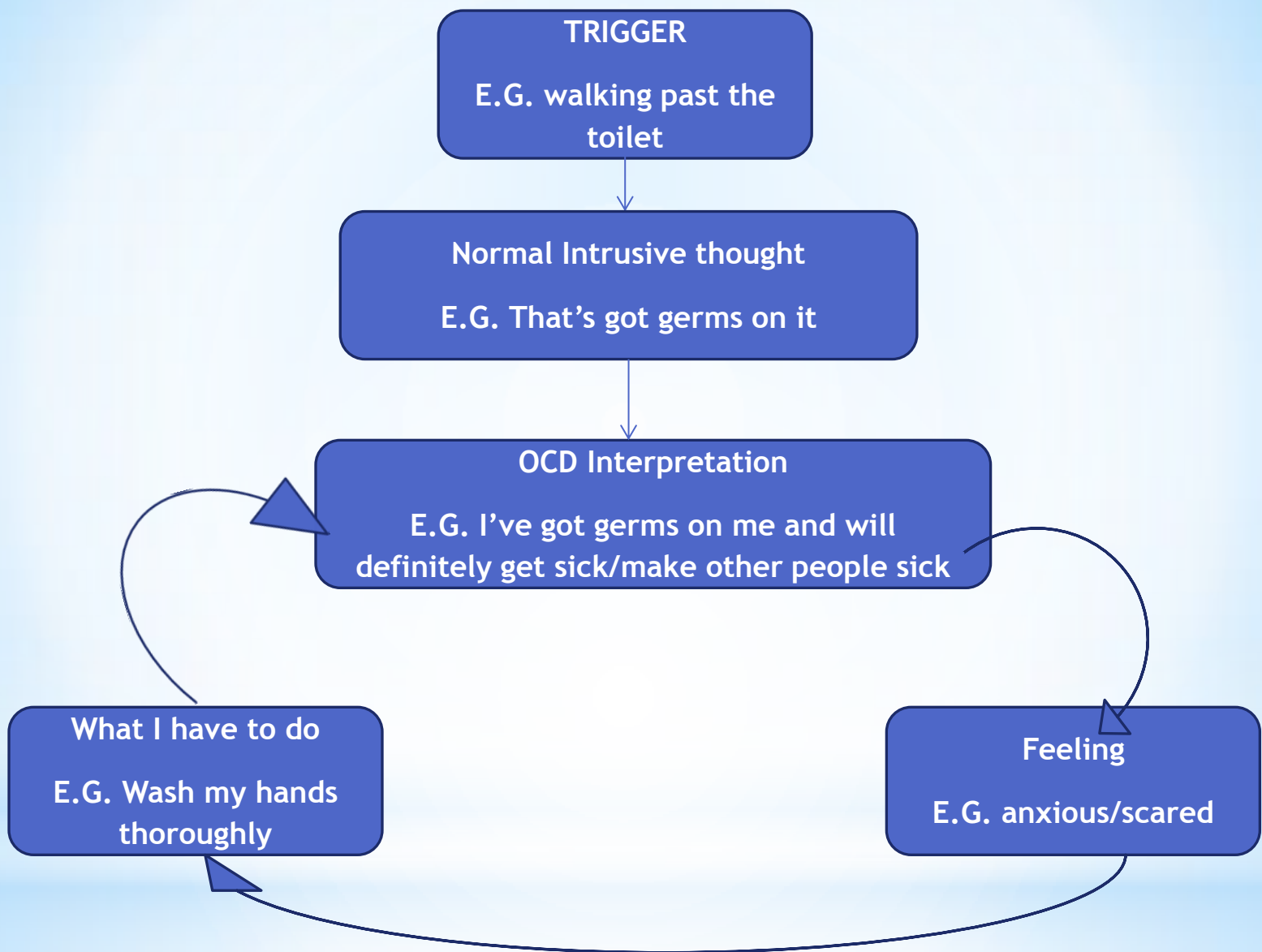
❖ The World Health Organisation (WHO) has ranked OCD in the top ten of the most disabling illnesses of any kind

\* **Prevalence and impact**





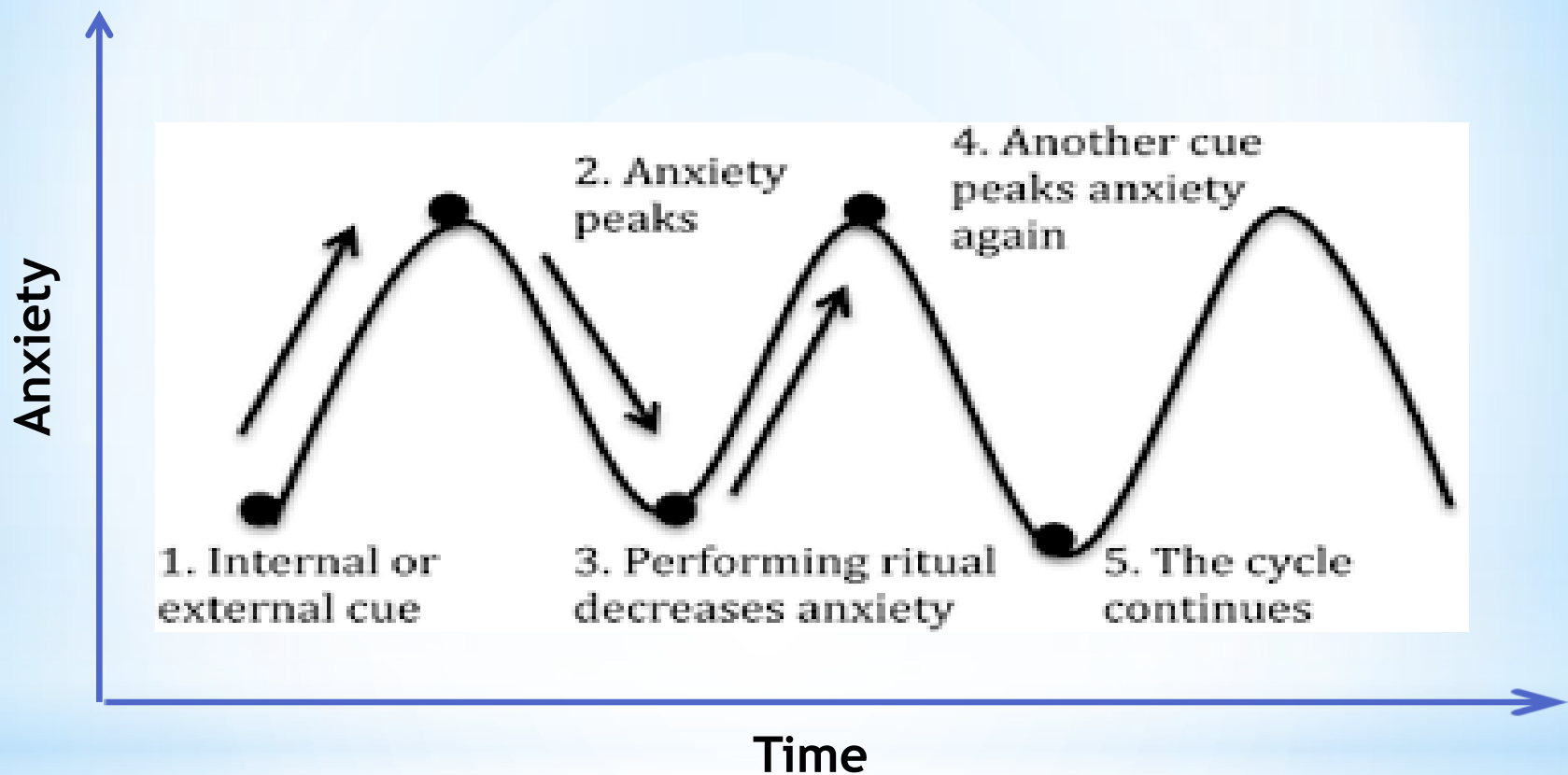
\* So how do we understand  
and treat OCD?



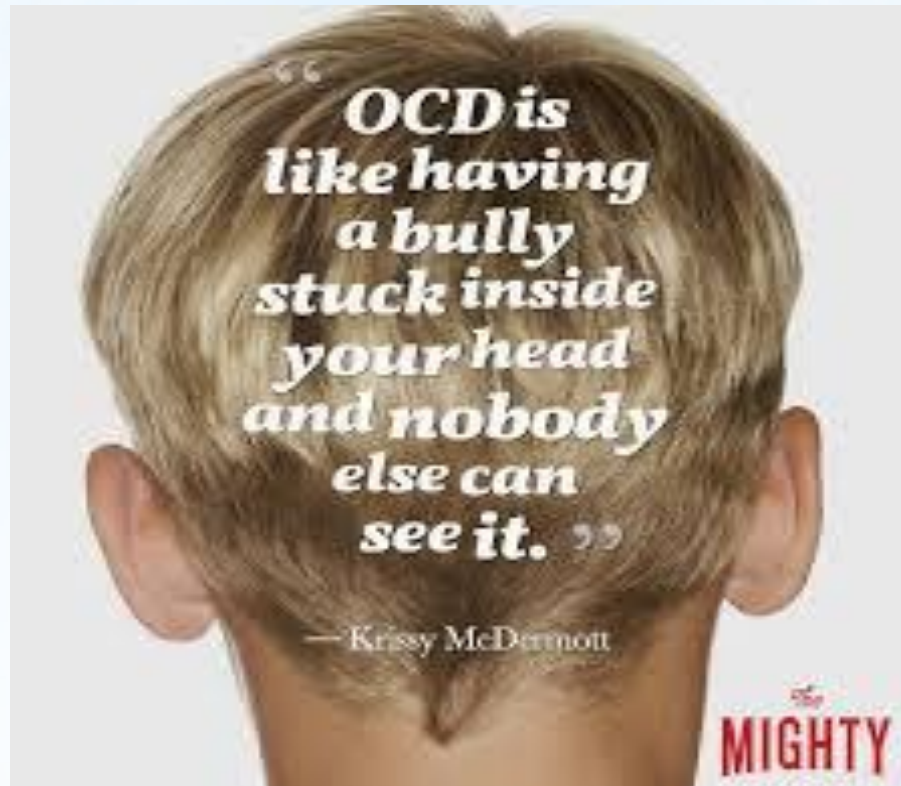
\*The OCD cycle



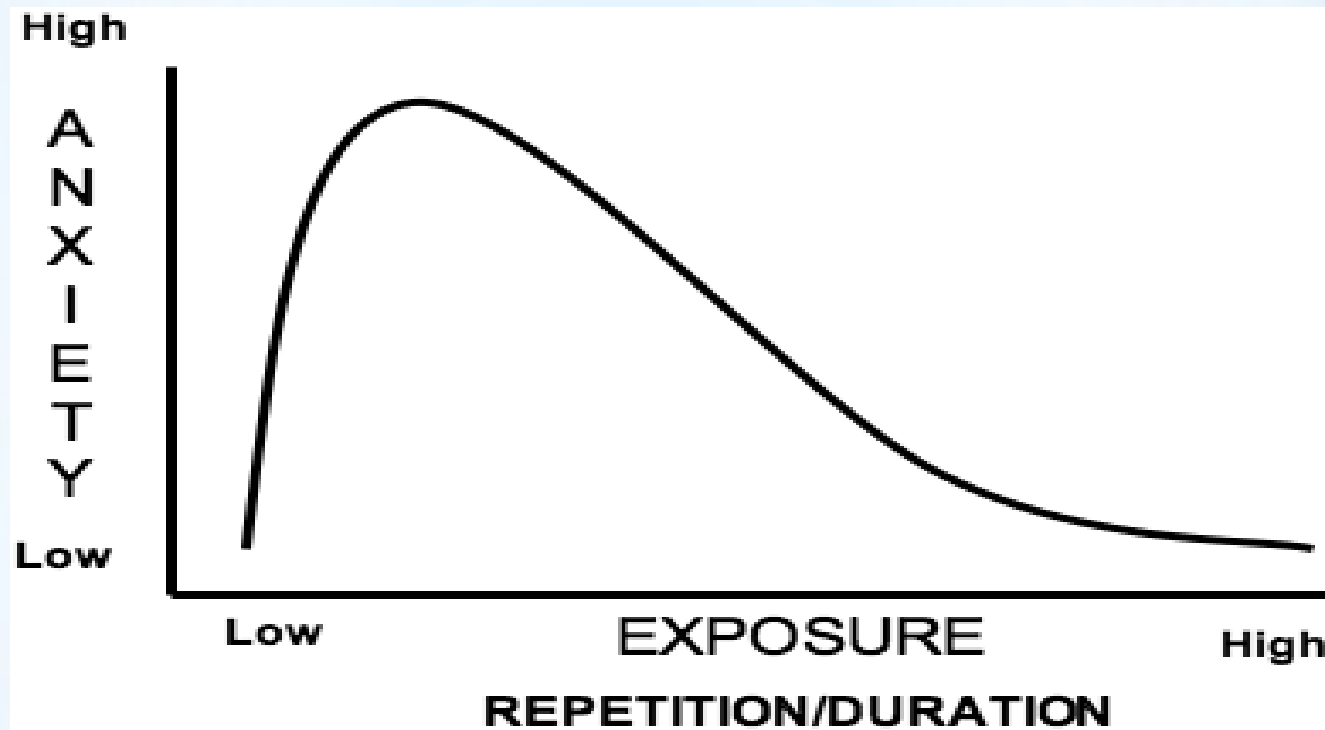
# \*The White Bear experiment



\*What happens in OCD

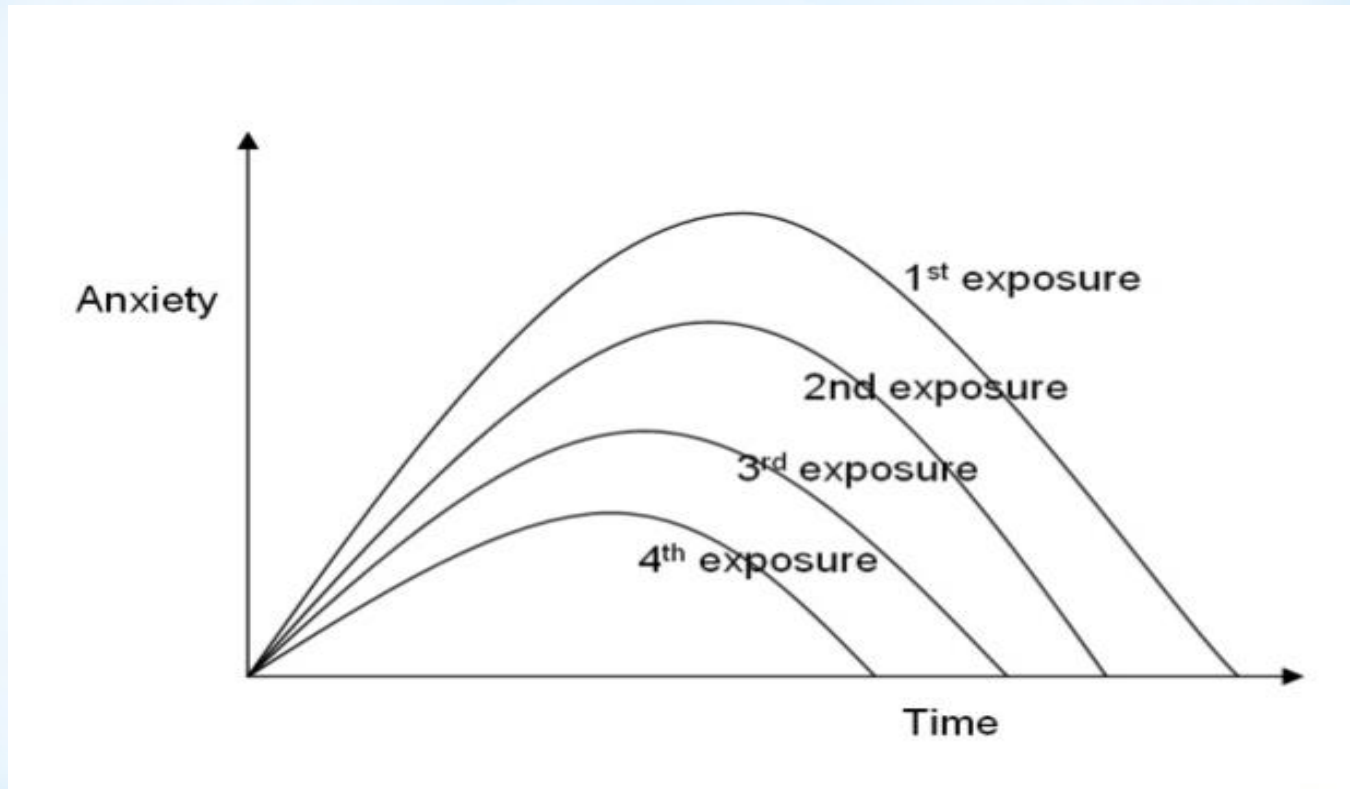


## \*The bully analogy



# Exposure with Response Prevention (ERP)



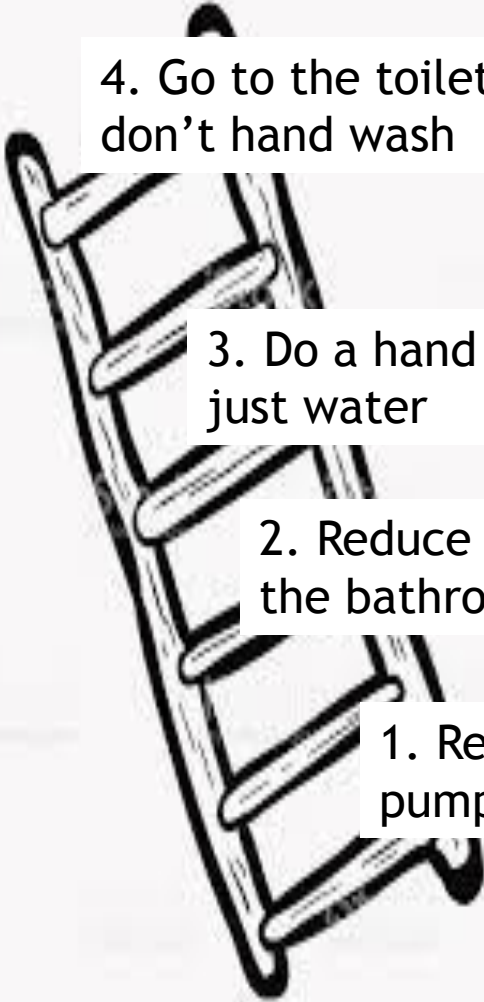


\*‘Practice makes perfect’

- \* OCD is sneaky, look out for times that it's trying to get you involved in maintaining the cycle through:
  - \* Providing reassurance
  - \* Completing checks
  - \* Changing your normal routines and behaviours
- \* Play OCD at it's own game, be playful and rebellious
  - \* 'mmm, that sounds like OCD is bossing me around, I think I'll do the opposite of what OCD wants me to'



\* What can you do to  
help your child beat  
OCD?



4. Go to the toilet and don't hand wash

3. Do a hand wash with just water

2. Reduce time to be in the bathroom

1. Reduce number of pumps of soap

1. Don't try to beat OCD in one go- it's too scary and could cause set backs
2. Build a hierarchy of compulsions together, break them down into small chunks and gradually start to resist OCD by doing the opposite of what it wants
3. Practice facing fears with your child to help remind them that anxiety goes down over time and reduces the more we practice facing it.

**\*What can you do to help your child beat OCD?**



**\* Collaboration is vital  
for treatment success**

- \* Find ways to reduce overall stress
  - \* Help your child to build their life back up so there is less space for OCD to occupy
  - \* Focus on future goals and rewards for effort
- To help keep motivation to fight OCD high even when it's feeling tough and anxiety is overwhelming
- \* Find ways to stay strong as a parent- what do you need to help you be the container for your child's worries?



**\* What can you do to help  
your child beat OCD?**





**\*Collect evidence  
against OCD**



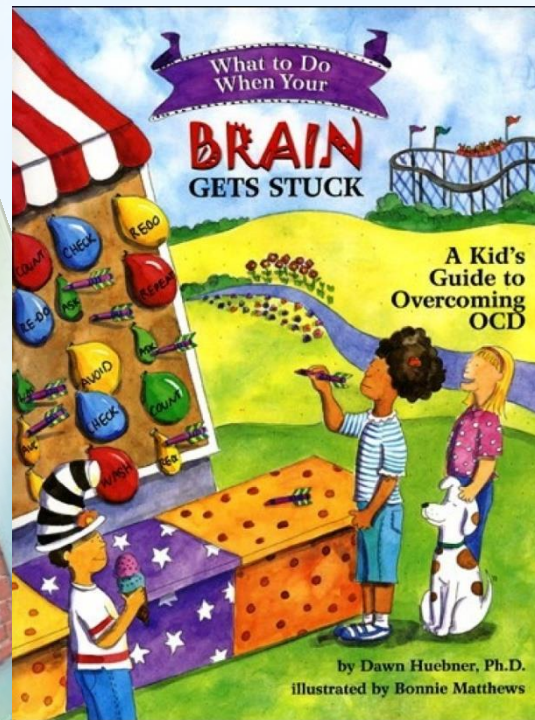
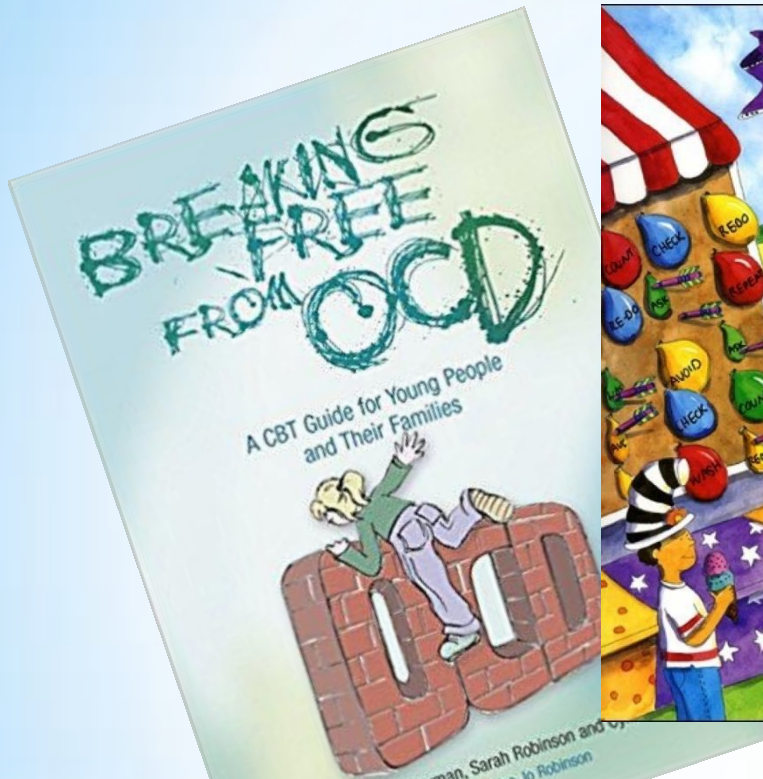
<https://www.youtube.com/watch?v=ds3wHkwiuCo>

\*CBT video guide from  
OCD-UK



\* ACT ANTI-OCD





# OCD-UK

Supporting children and adults affected by Obsessive-Compulsive Disorder

\*Resources to help



More information about Berkshire  
Healthcare Foundation Trust:

<https://cypf.berkshirehealthcare.nhs.uk/>

All slides from this evenings'  
presentations will be available on the  
AnDY website:

<https://research.reading.ac.uk/andy/>

Twitter: @Andy\_Res\_Clin

Thanks for  
coming.

We welcome  
your feedback

