

Treatment for **Obsessive Compulsive Disorder (OCD)**



With OCD there are multiple ways of treating it, Everyones different and responds differently to certain therapy's. The main two kinds of treatment is medicine and talking therapy.

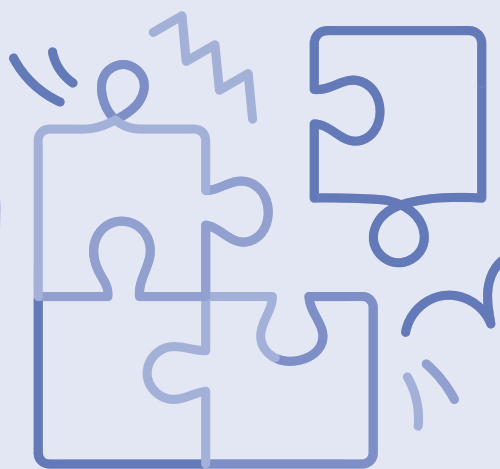
The main form of treatment I am going to focus on is therapy. The most used form of therapy is cognitive behavioural therapy (CBT). They use exposure and response prevention (ERP) along with it.



CBT therapy is a talking therapy, this form of therapy is time limited usually between 15-20 sessions. Its goal oriented and made to help solve problems and help change the way people think about certain things. Within this therapy, they will try to figure out distortions within their thoughts, help show that thoughts are just ideas and not facts, and help teach how to look at things with a different viewpoint.



Exposure therapy is a form of therapy where you are slightly exposed to the thing that is bothering you. For example, for OCD if you are scared if you don't do things a certain way something bad will happen to you, with this form of therapy you would slowly not do it and see that nothing bad happens. This helps you get exposed to the thing that fears you but slowly and with ease so its easier to conquer that fear.



Theres also types of treatment for OCD such as medicine, exposure therapy, imaginal therapy, habit reversal training and the one I staked about wihtin the infographic.

