

## OCD is Treatable

Obsessive-compulsive disorder (OCD) is a chronic, highly prevalent psychiatric disorder, as common as diabetes and asthma. OCD is extremely treatable unlike many other disorders. OCD is treated with a specific type of Cognitive Behavioral Therapy called "Exposure and Response Prevention" (ERP).

In this treatment, the person is guided to gradually expose themselves to external triggers or directly to the obsessions (unwanted thoughts and images) without engaging in the compulsive behaviors that provide quick, temporary relief from discomfort or anxiety. This treatment helps rewire the fight or flight response (anxiety response) so it stops misfiring.



### It's okay to seek help

Most people who have OCD don't know that they have it. They think the symptoms are just part of their personality. This is especially true when it comes to more taboo OCD topics like harm, sexuality, religious scrupulosity, or becoming psychotic. Many people experience shame and embarrassment about disclosing their thoughts out of fear of judgement or being labeled as "crazy" when these are extremely common OCD symptoms.

### Tips for Managing OCD

- Visit [IOCDF.org](http://IOCDF.org) and [OCDSocal.org](http://OCDSocal.org)
- Join an OCD support group
- Live "The ERP Lifestyle"
  - Seek out opportunities to tolerate discomfort and OCD triggers
  - Adopt an attitude of "be-friending" anxiety
  - Practice mindfulness
  - Acknowledge the presence of the OCD and make the conscious choice to make decisions based on values and not fear

## Our Team of OCD Experts

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