

Changing the OCD Mindset – Rapidly

OCD Conference
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Anxiety, Depression and Trauma

Learning Objectives

1. Instruct a client in logically **dismantling** the common dysfunctional frames of reference of OCD
2. Establish a new, **internally-consistent** paradoxical frame of reference
3. Explain how to activate “approach” emotions toward anxious uncertainty **during** exposure

Shorter treatments

- support a stepped care approach
- skilled CBT therapists can see more clients
- may entice more people into care
- reduce attrition rates

Efficacy of briefer treatments

PTSD

8 90-120-min. sessions over 4-6 weeks = 10-15 weekly or twice-weekly 90-min. sessions (Simon et al., 2008)

OCD

2 meta-analyses – psychosocial treatments – longer tx may not improve on shorter tx (Abramowitz, 1996; Rosa-Alcázar et al., 2008)

Panic disorder

- 5 tx sessions + 2 booster sessions over 3 months (6.5 contact hours) = 12 weekly sessions + 2 booster sessions (Clark, Salkovskis, Hackmann, Wells, Ludgate, & Gelder, 1999)
- 2-day individual tx (10 subjects), 9 contact hours. 90-100% reached non-clinical levels (Deacon & Abramowitz, 2006)
- 5-session panic disorder intervention (series of studies – Otto et al., 2012)

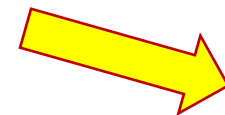
OCD

NORWAY

- Intensive 4-day group tx — 5 therapists & 5 patients
- 77 patients
- 6 mo. follow-up: 73% classified as recovered
- 4 yr. follow-up: 69% recovered

Therapist Tasks

- Get rapport (and get it again)
- Get placebo
- Get an outcome picture
- Persuade them to adopt paradoxical frame of reference
- Collaborative paradoxical strategies
- Behavioral experiments



- Pull them away, step-by-step, from their frame of reference
 - dismantle their logical system
 - box it all up into one entity
 - “It’s irrelevant”
 - “It’s white noise”
 - “That’s the Disorder talking”

Build a compelling new logical system

- Don't just explain it; install it!
- It's NOT that. It's THIS!
- Install it **now**, at the beginning of treatment
- Install it deeply enough that it holds over time

But do all this with finesse

❖ Signal vs. Noise

❖ My hand gestures

“2 parts of you”

vs.

“My brain”

- ❖ Him: “Mindfulness helpful until...”
- ❖ Me: “It gets big; you get small” (planting seed)

“I want to not know if [content]”

vs.

“I want to not know — period”

- ❖ “Content is irrelevant, trash, [nothing]”
- ❖ Go get specific to sit with generic

Step back... to step up



“Great” “Thank you!” “Give that to me again!”



Let go of / turn away from...



And sit with...

❖ The Game—Act as though...

Double-paradox of “Good!”

- ✓ Access neuropathway
- ✓ Modify neuropathway

“Activate to generate...”

“Neurons that fire together...”

❖ “Me” vs. “That vulnerable side of me”

❖ “What are we going to do about that?”

Why is there no perspective?

- Him: “Maybe habit”

Looking for leverage

- 14-day experiment?
- Logging it in?



“Maybe I touched a child
inappropriately, maybe I didn’t. I
can handle uncertainty.”

- ❖ “Bolt it down!”
- ❖ “ ‘*Sometimes I do & sometimes I don’t*’ is not acceptable”
- ❖ “You gotta get bigger, tougher”
 - “OCD is like a little puppy”

- ❖ It's hard, but it's simple
- ❖ Intrude into the closed system
- ❖ “ ‘I can handle uncertainty’ ”
 - “You handle it all the time”

- ❖ “Pay attention to this” is a perspective
- ❖ You have the skill of stepping back”

❖ Homework

- Disrupt the pattern
 - ✓ Add consequence

Hmmm...

Again... reinforcing firmness

Q&A's

- ❖ Making OCD small (“you’re not welcome here”) vs. “Welcome!”
- ❖ A single transaction, then turn away
- ❖ Moment-by-moment game

- ❖ Is tolerating uncertainty hard? **No!**
 - Degrade uncertainty
- ❖ Operate **as tho**/Act **as tho**...
 - ✓ “everything is fine”
 - ✓ “nothing to see here”
- ❖ A moment-by-moment game



Anxieties.com

free videos

- How Anxiety Uses Basic Human Nature against You (5 min.)
- Why You Should Step AWAY from Your Worries” (5 min.)
- Why You DON’T Need to Relax to Get Control” (6 min.)
- How to Transform Fear” (6 min.)

YouTube Channel

17 free videos

youtube.com/user/ReidWilsonPhD/videos