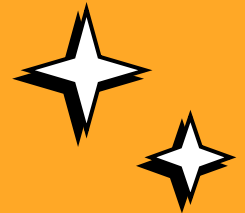


BREAKING THE SILENCE

A Family and Youth
Forum for Effective
Communication in OCD

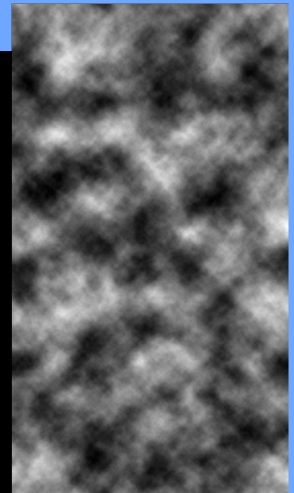
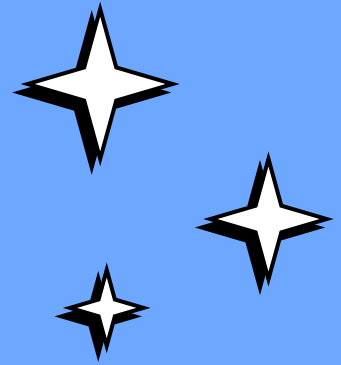


DIANE PROST M.Ed., NCC, LPC

BRIAN PROST

AGENDA

- ❑ Discuss importance of family communication
- ❑ Review communication barriers
- ❑ Explore strategies for listening
- ❑ Expressing emotions
- ❑ Problem solving tactics
- ❑ Practice, practice, practice
- ❑ Take home ideas





OBJECTIVES

01

Understand
importance of
effective
communication
between
children with
OCD and their
families

02

Create an
atmosphere of
understanding &
support

03

Learn
strategies for
listening,
expressing
emotions and
problem solving

04

Strengthen
relationships
and reduce
stress for both
kids and
families



WHY IS COMMUNICATING IMPORTANT?



To gain a deep understanding of your child's experience with OCD.

To learn about obsessions, compulsions, triggers & the impact on daily life.

To understand the strategies your child is learning in therapy & reinforce importance of consistent practice.

Parental involvement increases the likelihood of treatment success.



EMOTIONAL WELL BEING



Children with OCD frequently experience anxiety, frustration, and distress.

Open communication allows families to create a safe and supportive environment.

Parents can help their child process emotions, manage stress, and build resilience.



**LET US NOT
FORGET:
THEY ARE IN
MIDDLE
SCHOOL!**





Practice exercise



COLLABORATIVE COMMUNICATION



Parents and kids work together to identify triggers & devise coping strategies.



Collaborating gives children a voice & empowers them to manage their OCD.



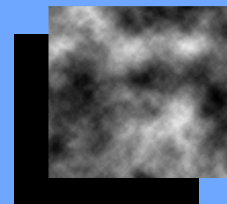
This approach strengthens relationship & teaches important skills for self advocacy.

REDUCING STIGMA & MISCOMMUNICATION

- OCD can be misunderstood, leading to feelings of rejection, shame and isolation.
- With open family communication, others can better understand the nature of OCD.
- This promotes a more inclusive and accepting environment for the middle schooler with OCD.



PRACTICE
EXERCISE



BARRIERS TO COMMUNICATION



**INTRUSIVE
THOUGHTS**

“I can’t tell them how I’m feeling.”



**FEAR OF
JUDGEMENT**

“What will they think of me?”



**ANXIETY
& SHAME**

“They won’t understand!”





Conversation Starter Examples



★ STRATEGIES FOR EFFECTIVE LISTENING ★

Create a safe & supporting environment

Do not interrupt or dismiss their words

Give full attention, avoid distractions, maintain eye contact

Let them know their feelings are valid & important

Ask open ended questions & avoid judgement

Try to look at things from the other's perspective

EXPRESSING EMOTIONS

Lead by example

1

2

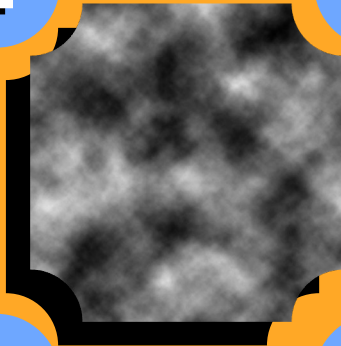
All expressions
are valid

Problem solving
approach

3

4

Family meetings



PROBLEM SOLVING STRATEGIES



TALK

Calmly about feeling angry or frustrated

WATCH

Your feelings. If you are getting too upset, take a break!



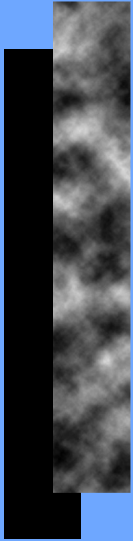
LISTEN

To others and acknowledge what they are saying.





PRACTICE





THANKS



QUESTIONS?

diane@prostcounseling.com

314-640-1530



CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik**

