



Drawing OCD to a Close

Using Art to Help You on Your OCD Journey

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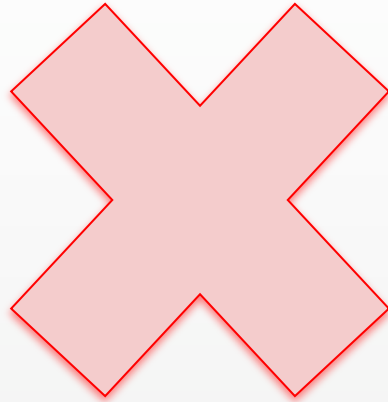
Drawing OCD to a Close - Workshop

1. Externalize the OCD
 - a. Drawing your OCD/Worry Monster
2. Art and Communication
 - a. Drawing our thoughts
3. Identifying your Values – OPTIONAL
 - a. Drawing your values



Externalizing OCD

SEPARATES OCD FROM YOUR IDENTITY



“Mr. Annoying”





Externalizing OCD

HELPS YOU TALK BACK TO OCD



Images: <https://pngtree.com/so/3d>>3d png from pngtree.com/

Drawing the OCD/Worry Monster





Art and Communication

Emotions



Thoughts



Fears



Image: <https://lovepik.com/images/png-think-about-men.html> Think About Men Png vectors by Lovepik.com

Image: <https://lovepik.com/images/png-surprised.html> Surprised Png vectors by Lovepik.com



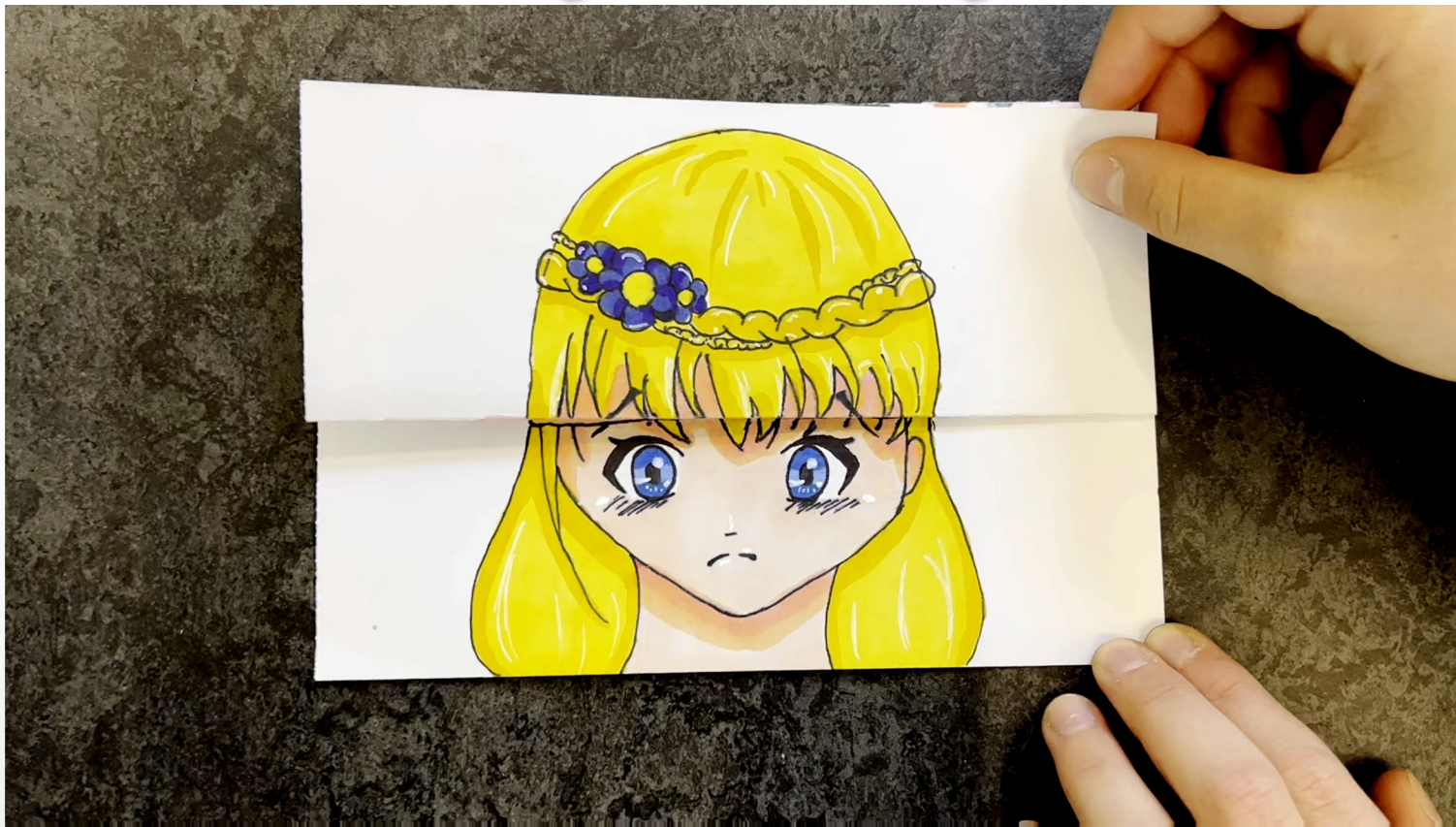
Art as an Exposure

Art has the power to speak the words that are hard to say





Drawing Your Thoughts





Identifying Your Values

VALUES = WHAT IS IMPORTANT TO YOU





Values

Happiness

Friends

Pets

Fun

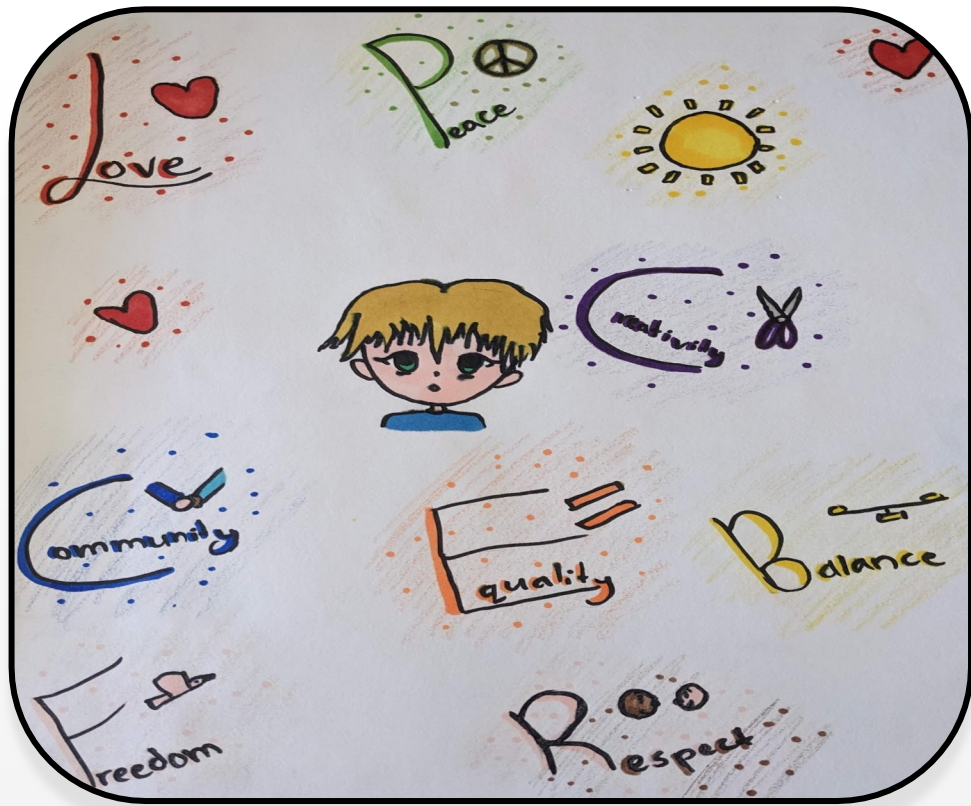
Gratitude

Family

Love

Adventure

Kindness





Thanks!!

