

**Expecting and New Parents,  
Don't Suffer in Silence  
with Your OCD**



# Presenters



**Nancy Larsen, LCSW**



**Lars Eggerton, PhD**



**Allyson Guilbert, LCSW**



**Danica Smith, ACMHC**

# Introductions

1. Your first name
2. What state you are from
3. One of your favorite hobbies
4. A weird/interesting fact about you

# 3-5% of new parents experience anxieties around parenthood

*(Pregnancy or postpartum obsessive symptoms, 2022)*



# OCD attacks what you value

**If you have obsessions that involve your children, you probably love your children very much.**

How do you feel about your family? Spouse, children, and other loved ones? What do you value about these relationships?

# Parenthood Obsessions

Typically include worries of harm to baby/children from yourself or others

- Illness from contamination
- Sexual Harm
- Violence

Obsessions come in a wide variety and may differ from these examples

(Hudak & Wisner, 2012)



**How do your obsessions  
cause you worry about  
your family?**

# Examples of Parenthood Compulsions

1. Excessive cleaning/washing
2. Checking
3. Counting
4. Reordering

Purpose of compulsions is to neutralize obsessions and get short term relief

*(Pregnancy or postpartum obsessive symptoms, 2022)*





**What compulsions bring  
short term relief to your  
worries?**

**What long term strategies  
help you with your OCD?**

# References

*Pregnancy or postpartum obsessive symptoms.*  
Postpartum Support International (PSI). (2022, January 7).  
<https://www.postpartum.net/learn-more/obsessive-symptoms/>

Hudak, R., & Wisner, K. L. (2012, April). *Diagnosis and treatment of postpartum obsessions and compulsions that involve infant harm.* The American journal of psychiatry.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7081835/#:~:text=Obsessive%2Dcompulsive%20symptoms%20in%20the,in%20avoidance%20of%20the%20baby.>