

WELCOME!
WE'RE SO EXCITED YOU'RE HERE!

**FUN AND SILLY WAYS TO
FACE YOUR FEARS**

**EXPOSURE RESPONSE PREVENTION
(ERP)**



Nice to Meet You!



DR. JULIE



MEG



KAT

WHAT WE WILL DO TODAY



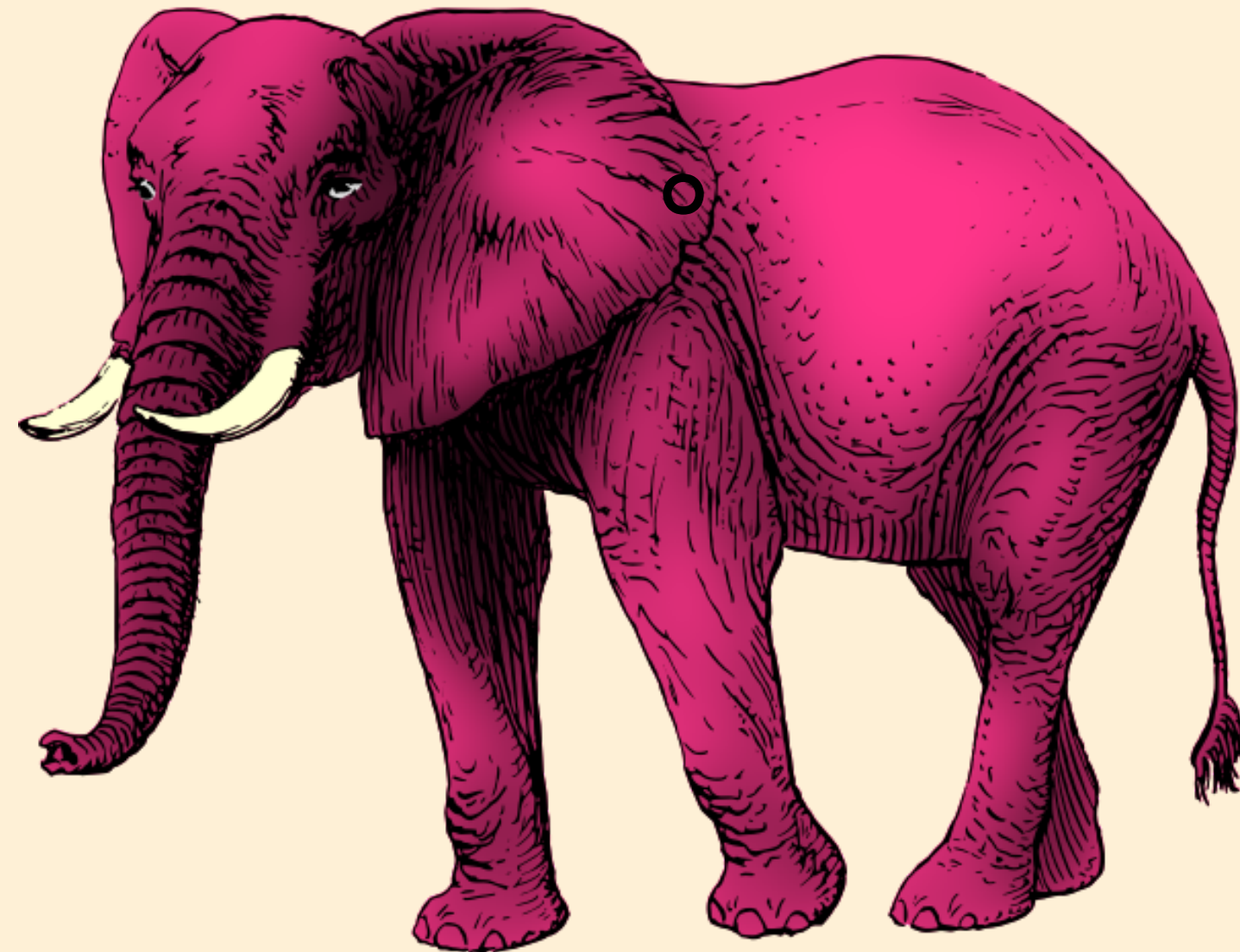
EXPLAIN: WHAT IS EXPOSURE RESPONSE PREVENTION (ERP)

SHOW: HOW TO DO CREATIVE ERPS

PRACTICE: YOU TRY DOING FUN, SILLY, AND CREATIVE ERPS


ANSWER: ASK YOUR QUESTIONS AND WE'LL TRY TO ANSWER THEM

**TRY NOT TO THINK ABOUT A
PINK ELEPHANT!!!**



LET'S GET STARTED

www.BayCBTCenter.com www.raisingbravekids.com www.meggrundy.com



**Being Silly and having Fun
can help you
Face Your Fears!!**

LET'S LEARN

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WHAT IS OCD?



**IT IS WHEN WE HAVE LOTS OF UNWANTED WORRIES
AND FEARS (OBSESSIONS) THAT CAUSE US TO DO
THINGS OVER AND OVER AGAIN (COMPULSIONS OR
RITUALS) TO MAKE THE FEARS GO AWAY**



OBSESSIONS

OBSESSIONS ARE THOUGHTS, IMAGES AND WORRIES THAT GET STUCK IN OUR MINDS AND WON'T GO AWAY AND MAKE US FEEL UNCOMFORTABLE AND SCARED.

EXAMPLES OF OBSESSIONS

FEARS OF GERMS OR DIRT

FEARS OF MAKING A MISTAKE

NEED FOR ORDER, NEATNESS, SYMMETRY OR PERFECTION

NEED TO DO THINGS JUST RIGHT

WORRIES ABOUT SOMETHING BAD HAPPENING

**NEED TO RE-READ, RE-WRITE, DOING THINGS OVER AND
OVER**



COMPULSIONS

COMPULSIONS ARE THE THINGS WE FEEL LIKE WE HAVE TO DO TO MAKE THE OBSESSIONS AND UNCOMFORTABLE FEELINGS GO AWAY.

COMPULSIONS CAN BE ACTIONS, BEHAVIORS OR SOMETHING YOU DO IN YOUR MIND.





EXAMPLES OF COMPULSIONS

ARRANGING THINGS IN A SPECIFIC WAY

WASHING YOUR HANDS OVER AND OVER

REPEATEDLY CHECKING THINGS

NUMBER AND COUNTING RITUALS

DOING THINGS UNTIL IT FEELS "JUST RIGHT"

OCD Cycle

OBSESSION



DISTRESS



COMPULSIONS



RELIEF



@raisingbrave.kids

What is ERP?

EXPOSURE RESPONSE PREVENTION

**IS A TREATMENT FOR OCD THAT HELPS KIDS &
ADULTS FACE THEIR FEARS AND LEARN HOW TO
RESIST DOING WHAT THE OCD TELLS THEM TO DO**



Exposure



FACE YOUR FEARS

DO THE OPPOSITE OF WHAT OCD TELLS YOU TO DO!

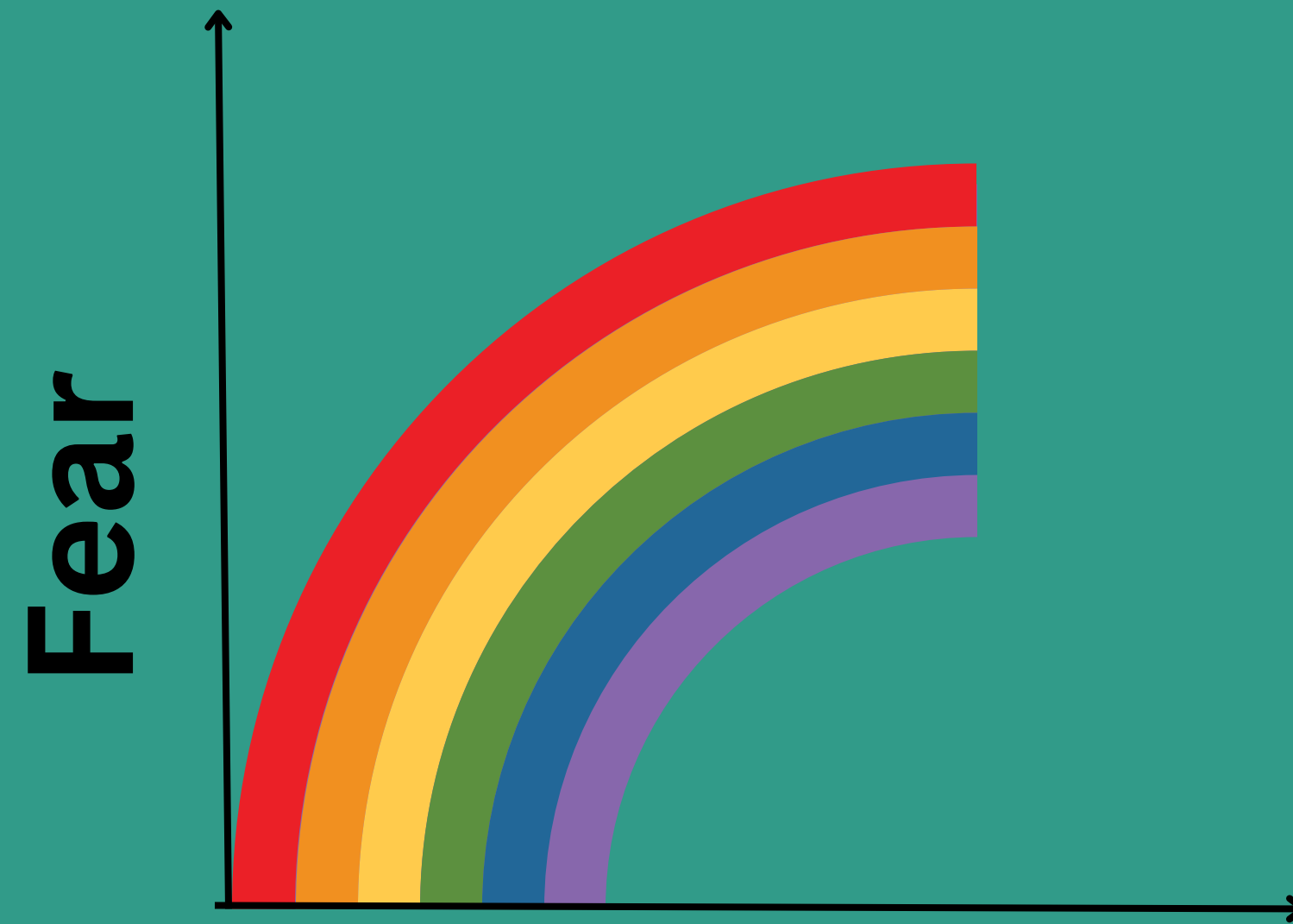
Response Prevention

**WHEN YOU DON'T DO WHAT OCD TELLS YOU TO
DO & STAY IN THE UNCOMFORTABLE FEELINGS**

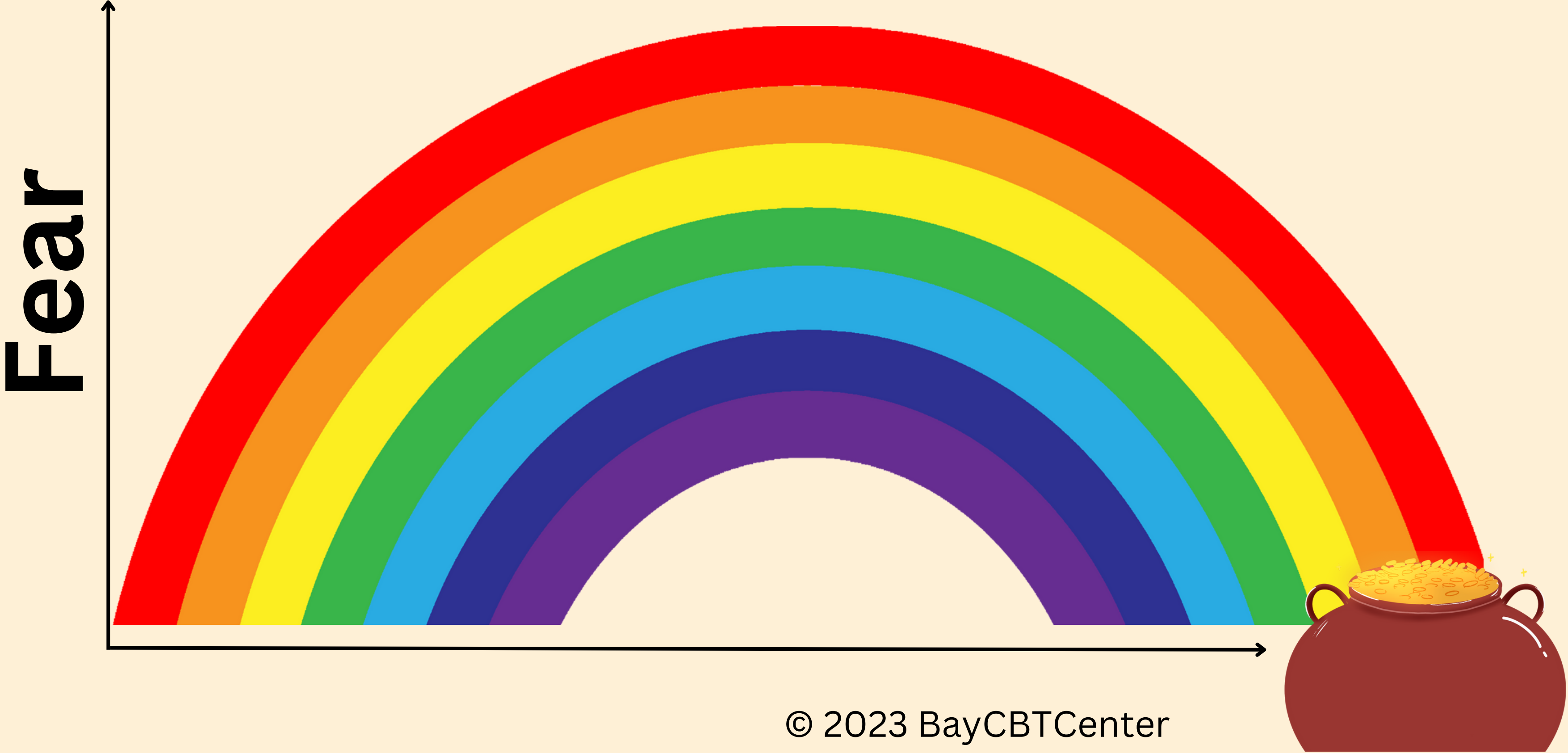
How Can ERP Help?

**YOU CAN MAKE A RAINBOW
WHEN YOU DO ERP AND FACE YOUR FEARS!**

What is missing in this Rainbow?



Making a Rainbow by Facing My Fears



ERP SHOWS YOU THAT...



- **YOU DON'T HAVE TO DO WHAT OCD TELLS YOU TO DO**
- **WHEN YOU DON'T DO WHAT OCD TELLS YOU TO DO, YOU GET STRONGER AND YOUR OCD GETS WEAKER**

ERP SHOWS YOU THAT...

**YOU CAN GET CONTROL
BACK OVER YOUR LIFE**

AND

**FOCUS ON WHAT IS IMPORTANT
TO YOU BY FACING YOUR FEARS**



How To

To start you need a plan

1. WE CREATE A FEAR LADDER OR A "HIERARCHY"
2. WE START WITH FACING THE LEAST SCARY THING ON THE BOTTOM STEP AND WORK UP TO THE MOST SCARY THING ON THE TOP STEP
3. WE TAKE IT ONE SMALL STEP AT A TIME
4. WE ONLY GO UP A STEP WHEN WE ARE READY



WHAT TO DO INSTEAD OF MY COMPULSIONS?

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Be here & notice

Rename the thought as OCD

Act like a boss

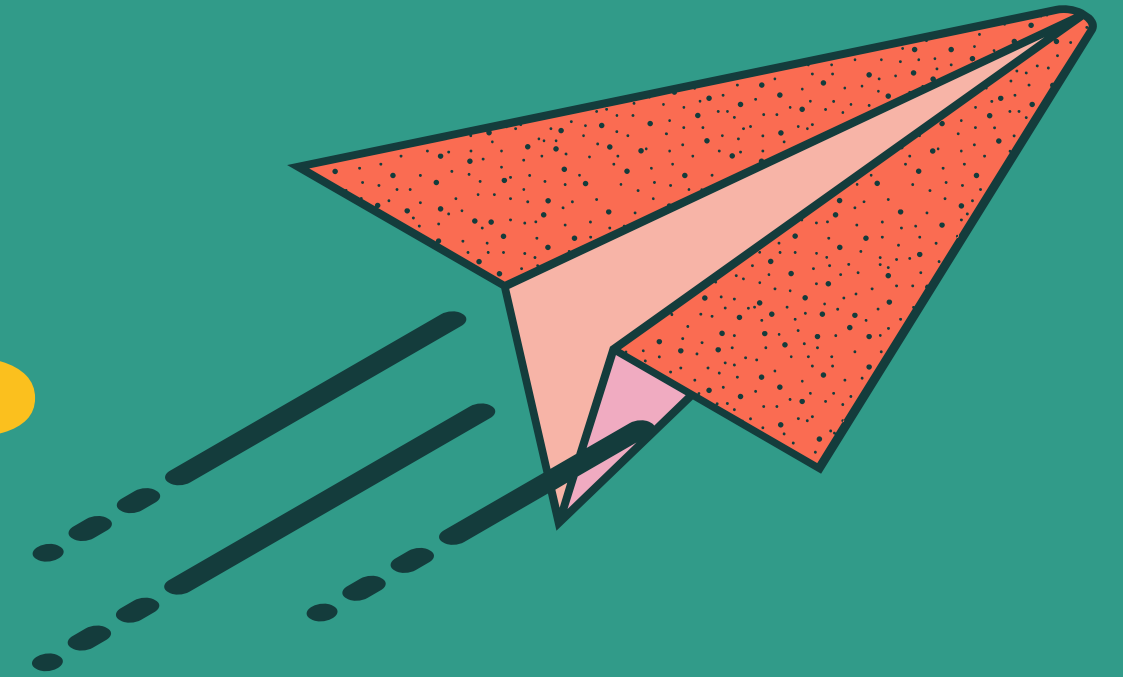
Vote to do the opposite of what OCD wants

Enjoy a reward @raisingbrave.kids



LETS TRY

Practicing ERP



YOU GET TO **CHOOSE** WHAT YOU WANT TO TRY

IT'S OK IF YOU WANT TO WATCH TODAY
AND TRY ANOTHER TIME

FLY YOUR OWN PLANE

TRY DIFFERENT TYPES OF ERP'S AT EACH STATION
FILL YOUR PASSPORT BOOK AND GET A PRIZE!

1

REALM OF UNCERTAINTY -
WHEEL OF FUN

2

EMPIRE OF DANGER
& DISGUST:

PLAY PASS THE POOP
BEDAZZLE & BARF BAG
FISH FOR GERMS

3

KINGDOM OF NOT JUST RIGHT

SHOE SWITCH
SCRIBBLE CHALLENGE

S.W.A.T. YOUR OCD
SING. WRITE. ACT. TALK.

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KIDZ BOP Kids – Fight Song (Official Lyric Video) [KIDZ BOP 30] #ReadAlong

KIDZBOP



Copy link



FIGHT SONG

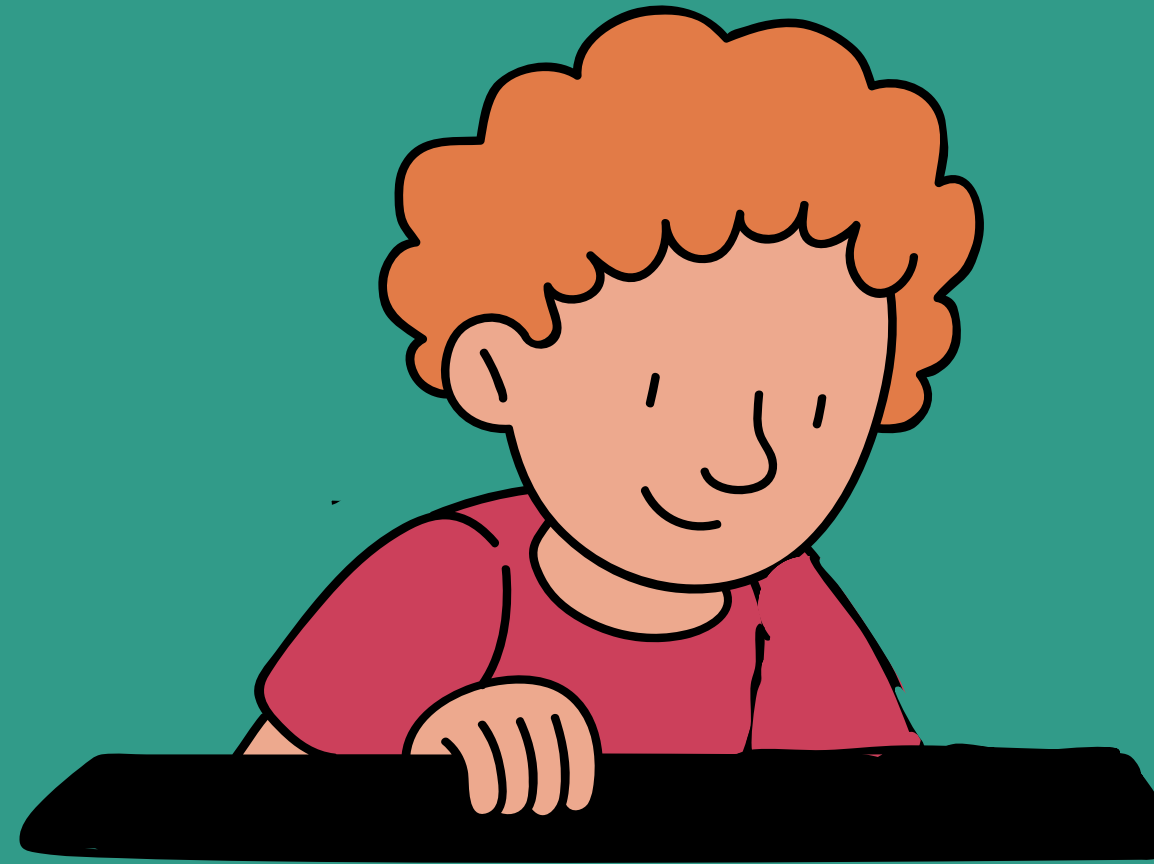
LYRIC VIDEO

Watch on YouTube

<https://youtu.be/348sppXOqSY>

LET'S CHECK IN

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**HOW WAS THAT DIFFERENT
FROM WHAT YOU EXPECTED?**



WHAT DID YOU LEARN ABOUT FACING YOUR FEARS?





**What is one new thing
you will try after learning
about creative ways
to do ERP today?**

**THANK YOU FOR
SHOWING UP
BRAVE TODAY!**

**DON'T FORGET TO TAKE HOME YOUR
STAMPED PASSPORT AND A PRIZE!**



Julie L. Lustig, Ph.D.

**BAY AREA CBT CENTER
FOR CHILDREN & TEENS**

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