

FROM SONG LYRICS TO SCAVENGER HUNTS: GROUP-BASED EXPOSURE THERAPY FOR CHILDREN AND ADOLESCENTS

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WHO WE ARE

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Director of the Child OCD Program
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Telehealth-based IOP

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at Children's Hospital Colorado

*In-person IOP
Summer camp (Camp DEFY)*

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Residential Treatment Program

Allison Bonifay, MA, LPC



Director of Clinic Operations
at NW Anxiety Institute (Nwai)

*Hybrid In-person/
telehealth-based IOP*

**GOODBYE AND
I HOPE YOU DIE**



R.I.P.

McKenney, K., Simpson, A., & Stewart, S. E. (2020). OCD in Children and Adolescents: The "OCD is Not the Boss of Me" manual. Guilford Publications.

OVERVIEW



What is group-based exposure?



Why is it helpful?



How to implement it?



Troubleshooting

WHAT IS GROUP- BASED EXPOSURE?

GROUP EXPOSURE CAN BE...

Shared activities



Different spaces

Shared spaces



Different activities

GROUP EXPOSURE CAN BE...

Shared activities

Virtual scavenger hunt
Imaginal exposure script



Different spaces

Shared spaces



Different activities

GROUP EXPOSURE CAN BE...

Shared activities

Virtual scavenger hunt
Imaginal exposure script

Simon says
Word cloud

Different spaces

Shared spaces



Different activities

GROUP EXPOSURE CAN BE...

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Different spaces

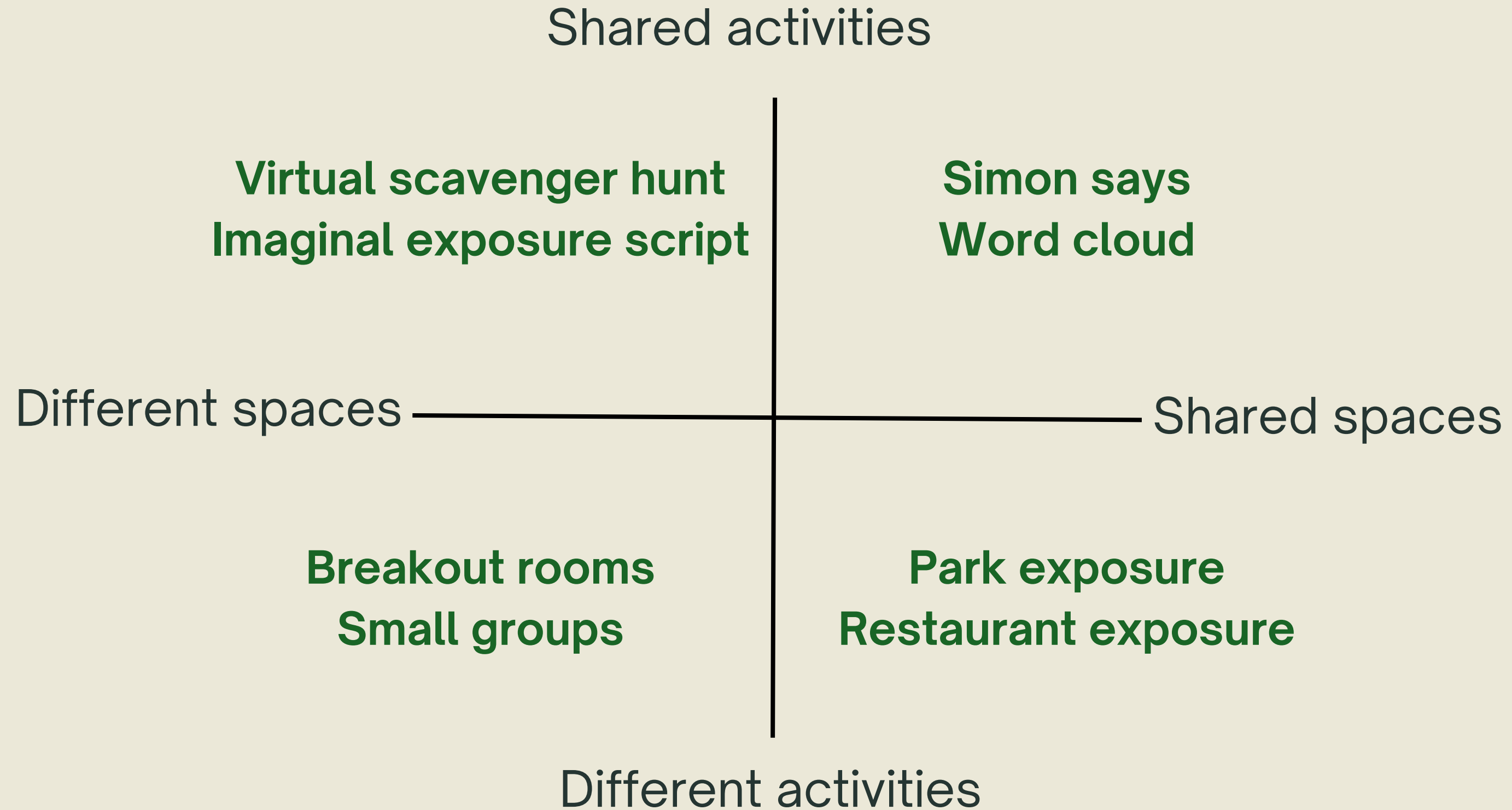
Shared spaces



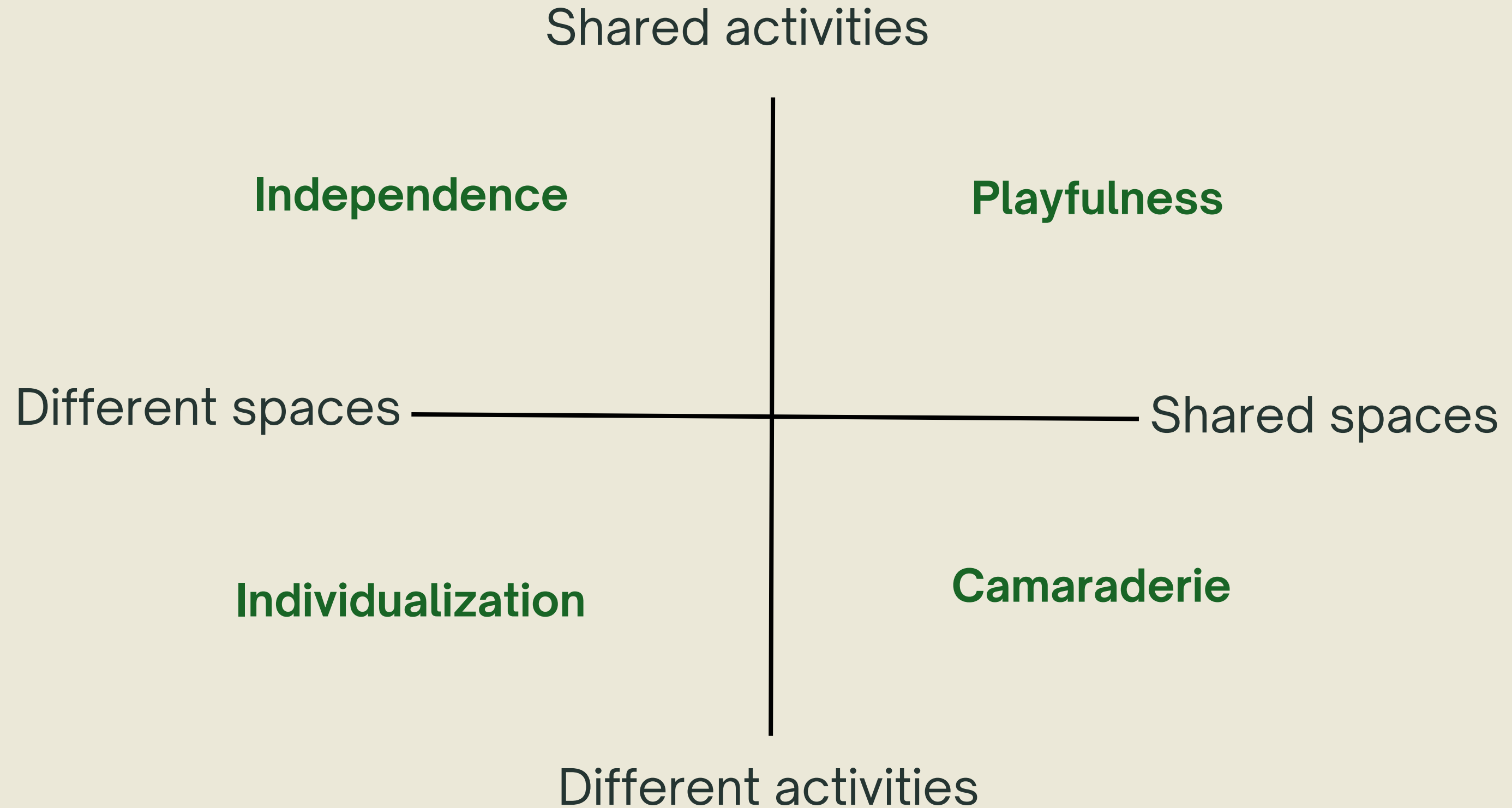
Park exposure
Restaurant exposure

Different activities

GROUP EXPOSURE CAN BE...



GROUP EXPOSURE CAN BE...



DELIVERY MODES

		Frequency		
		Weekly	Multiple x / week	Daily
Patient Acuity	Low	✓	✓	✓
	High		✓	✓

ACUITY X GROUP LEVEL

Level of ERP
Intensity

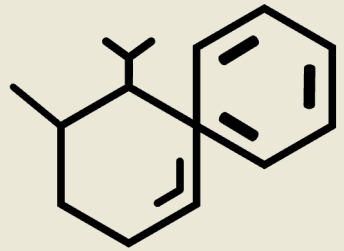
		Intro	Coached	Self-Directed
Patient Experience	Low	✓	✓	
	High		✓	✓

SETTINGS

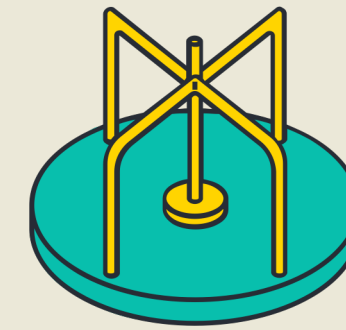


CONSIDERATIONS

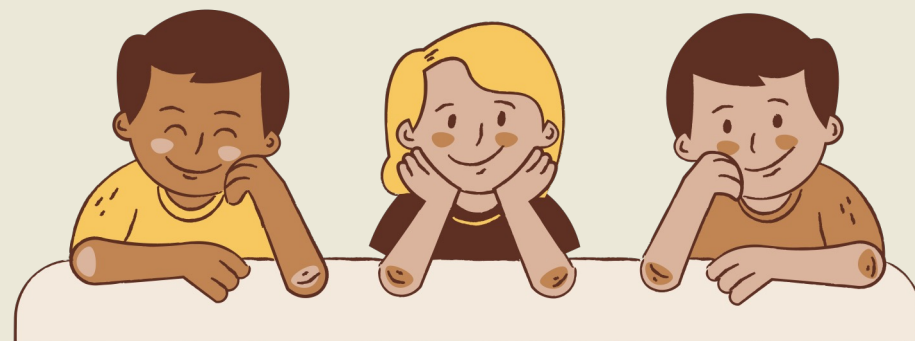
Structured vs
Unstructured



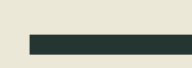
Closed vs Rolling vs Semi-Rolling



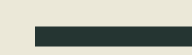
Kids only vs parents too



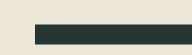
POSSIBLE EXCLUSION CRITERIA



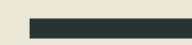
Severe emotion dysregulation



Social skills deficits



Secondary OCD



**Substantial differences in
learning**

WHY IS GROUP-
BASED EXPOSURE
HELPFUL?

INCREASED ACCESS TO CARE

1

Access to treatment is
often limited

2

Groups provide more
opportunities for care

3

Groups are less
expensive

Peers engaging in similar challenges can lead to more engagement and willingness to "push through" the challenges of treatment

Everything is easier when you can laugh and infuse lightheartedness into treatment

Fosters encouragement and accountability

Can be destigmatizing

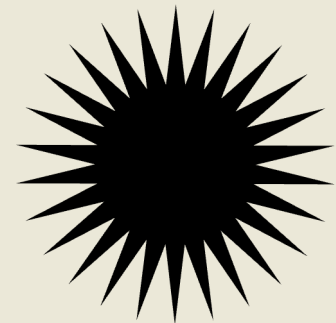
PEER SUPPORT

Inherently motivating to see others succeed and cheer one another along

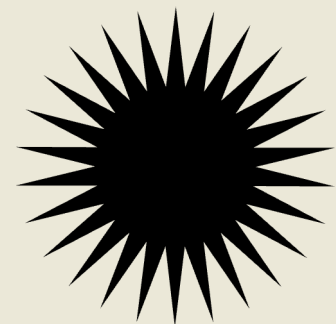
Can facilitate defusion

Enhanced learning through peer modeling

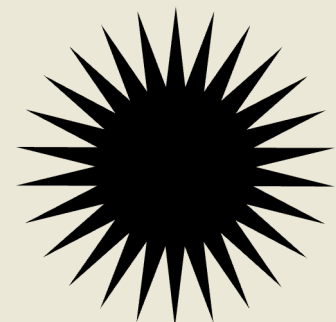
ENCOURAGEMENT & ACCOUNTABILITY



ACCOUNTABILITY IS BUILT-IN WITH DAILY GOAL-SETTING & REPORTING OF PROGRESS/CHALLENGES



PROVIDES A VENUE TO RECEIVE AND PROVIDE ENCOURAGEMENT, PROBLEM-SOLVE AND CELEBRATE SUCCESSES



REDUCED FEELINGS OF SHAME OR DISCOURAGEMENT WHEN OTHERS ARE IMMERSSED IN A SIMILAR EXPERIENCE AND CHALLENGES ARE NORMALIZED



YOU CAN
DO IT!

ENHANCED LEARNING

Observational learning

- Watching peers engage in ERP early on in treatment
- Allows for creativity and scaffolding

Behavioral learning

- Active engagement with individualized treatment plan and exposure goals
- Acting “as if” becomes easier after modeling

Summative/reflective learning

- Encourage self-reflection and teaching peers
- Integrates learning from behavioral practice with deeper understanding

INHIBITORY LEARNING



Novel situations



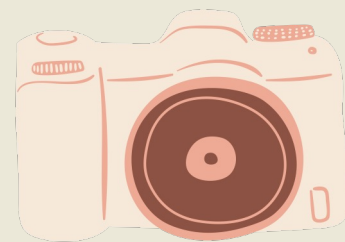
Expectancy violations

Learning from others



Labeling experience

together



Chance for failure



Retrieval cues

HOW TO IMPLEMENT
GROUP-BASED
EXPOSURE?

OVERVIEW

01

SETUP

02

ACTIVITY

03

DEBRIEF

SETUP MATTERS!

Tailor to the group

Consider ages, OCD
themes, learning needs

Tailor to the individual

Review goals, gather
expectations, link to OCD

Team ERP

Check-in

ERP plan during this time:	
Goal for this ERP: What do you want to learn from this ERP? How can you engage in this ERP in a new way?	
How will you measure success?	
How can you use CRC coaching to help?	

ACTIVITY EXAMPLES

01

Classic games

Simon says
Scavenger hunt
Truth or dare
Telestrations
Apples to Apples

03

Defusion-style

Junk mail
OCD memes
Instagram post
Word cloud
OCD Tattoos

02

Themed activities

OCD Olympics
March madness bracket
Exposure advent calendar
Valentine's breakup letter
Halloween OCD monster

04

The kitchen sink

Go to a park/store/etc.
"Maybe" game
"Goodbye and I hope you die"
Contamination Tour
Fear Factor



CLASSIC GAMES

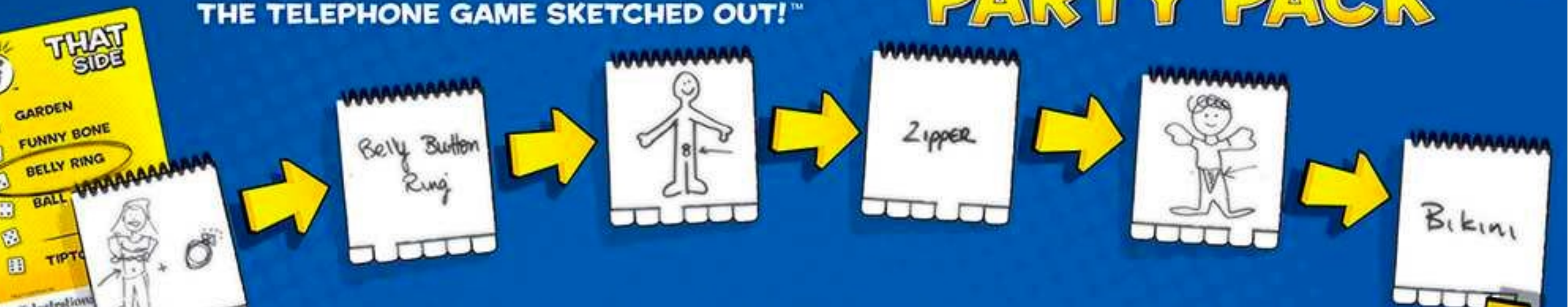


Telestrations

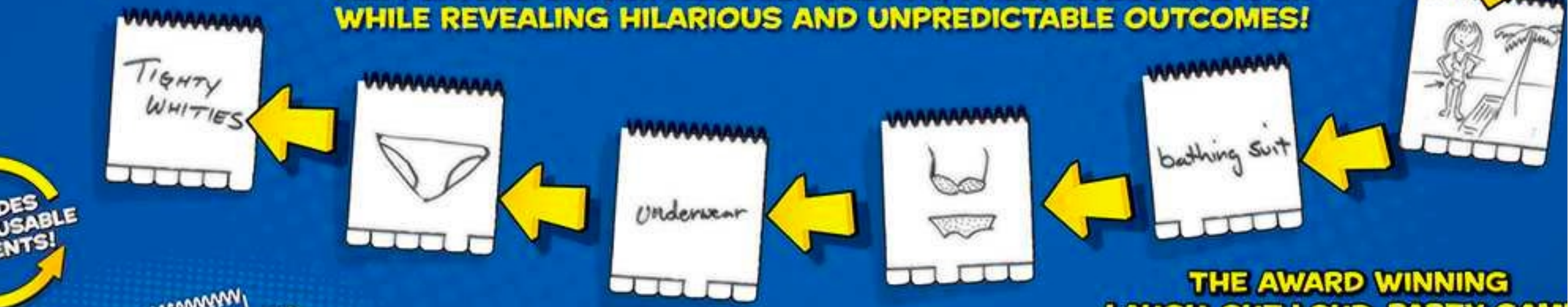
THE TELEPHONE GAME SKETCHED OUT!™

12 PLAYER PARTY PACK

PA
AC
4-12



**DRAW WHAT YOU SEE, THEN GUESS WHAT YOU SAW...
ALL PLAYERS SIMULTANEOUSLY SKETCH, PASS, GUESS & LAUGH
WHILE REVEALING HILARIOUS AND UNPREDICTABLE OUTCOMES!**



**THE AWARD WINNING
LAUGH-OUT-LOUD PARTY GAME**

INCLUDES:

- Over **2,000** Words!
- **12** Dry-Erase Markers
- **12** Clean-Up Cloths
- **12** Reusable Sketch Books
- 60 Second Sand Timer
- Instructions
- 1 Die

INCLUDING
600
NEW
WORDS!



TELESTRATIONS.COM

TheOp.games



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5999 Avenida Enonias, Ste. 150, Carlsbad, CA 92008 U.S.A. customerservice@usaopoly.com
Colors & parts may vary from those pictured.
WARNING: Choking hazard - contains small parts. Not intended for children under 36 months.

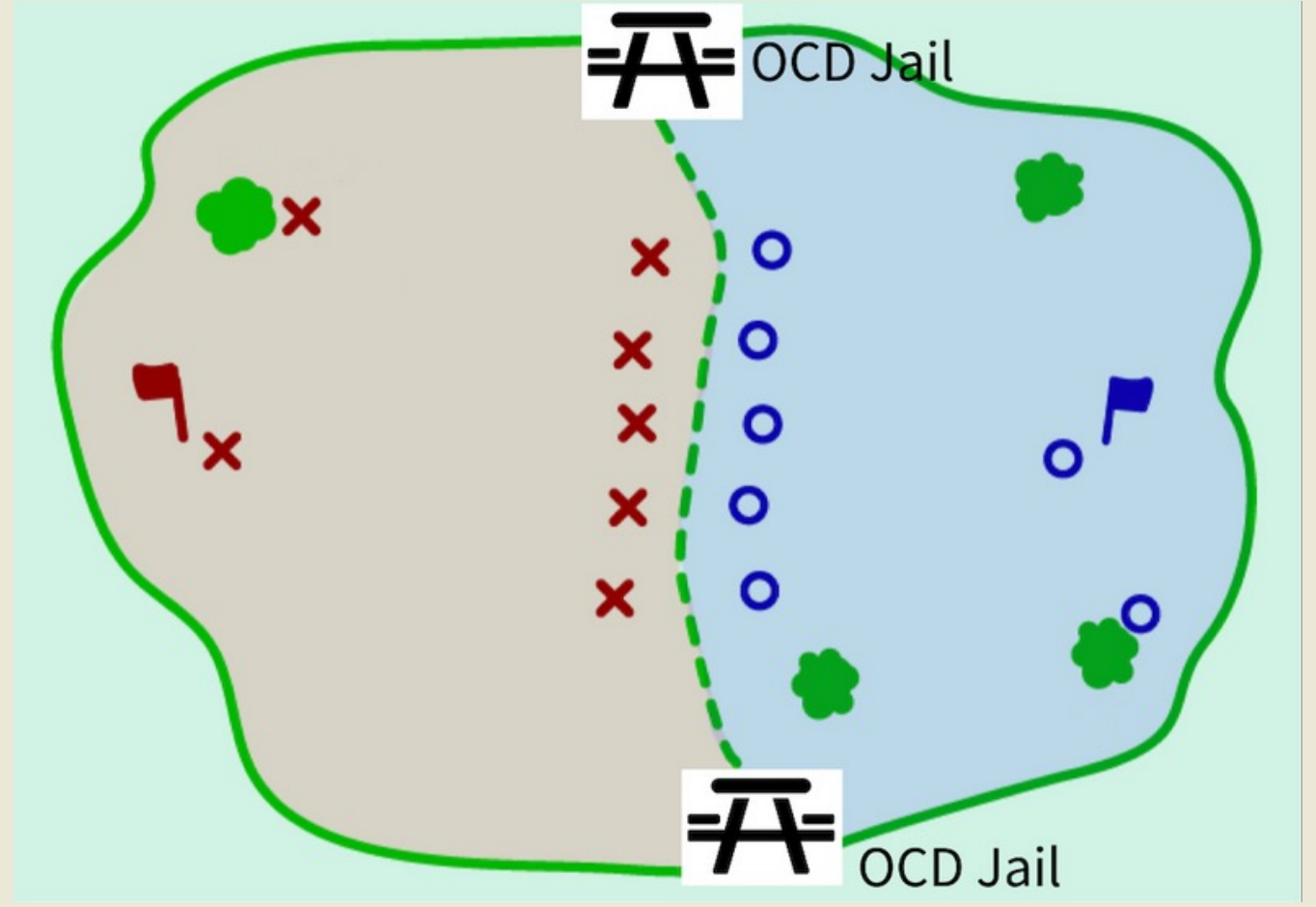
CAMP DEFY



Dynamic Exposures For Youth
Children's Hospital Colorado

Tie Dye

Capture the Flag



OCD Bingo

D	E	F	Y
13 Write a bad word	24 Call mom- don't say I love you	17 Touch elevator buttons	52 Say bad thought out loud
104 Tap wrong number of times	9 Draw picture of bad thing	7 Use bathroom without checking for bugs	16 Touch dirty area near trash can
94 Don't hold door for staff	10 Touch face on one side	55 Text dad a bad word	83 Hold banana peel for 3 minutes
6 Allow staff to use your phone	32 Touch dirty area near trash can	71 Part hair on wrong side and leave for 3 min	74 Write paragraph about bad thought coming true

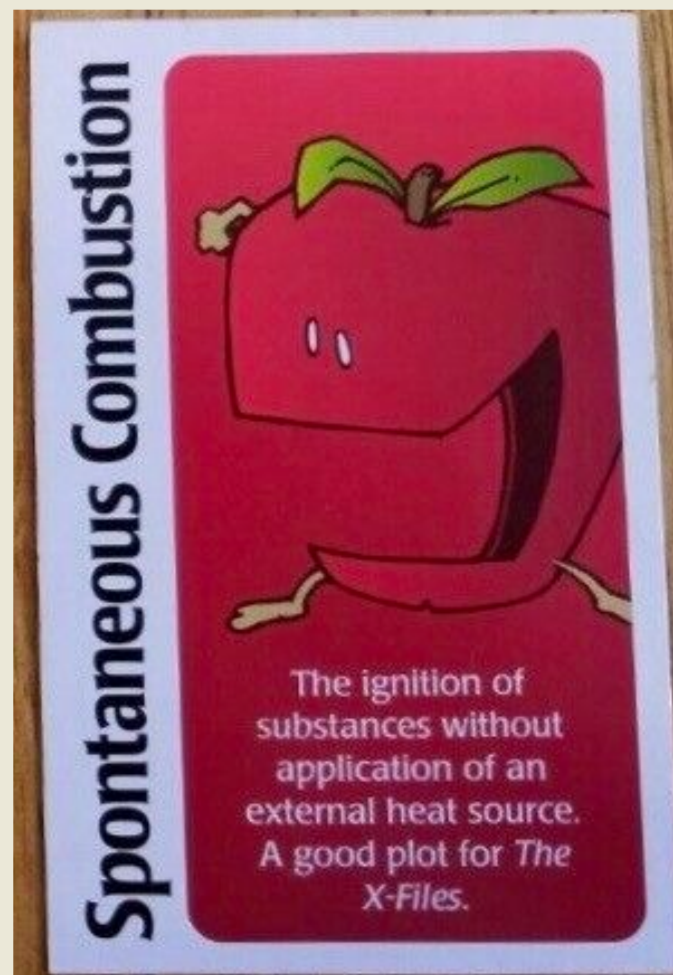
Simon Says



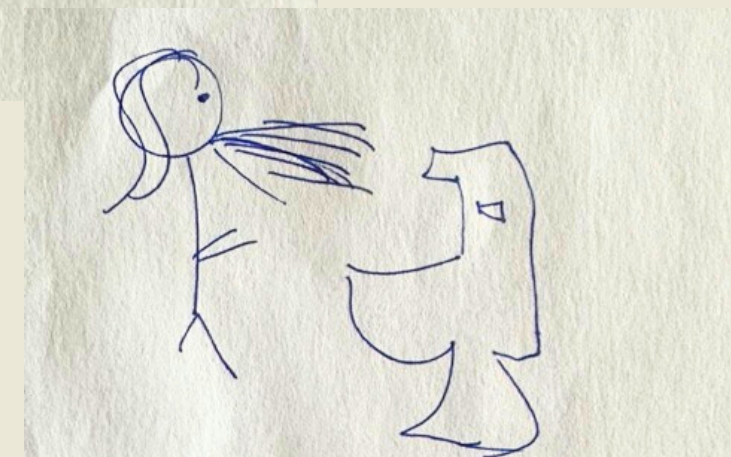
...touch the toilet!

APPLES TO APPLES

TELESTRATIONS



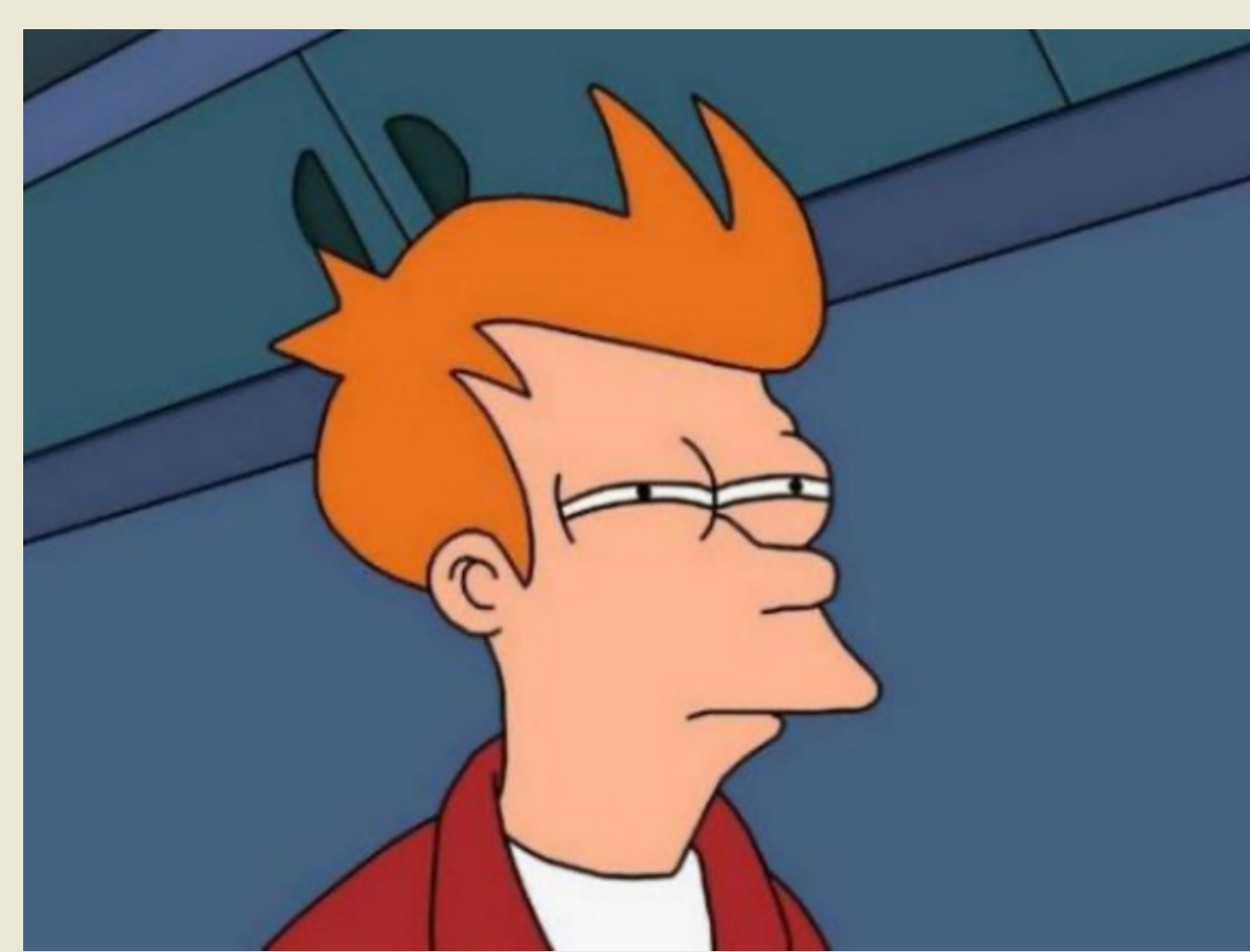
Vomit

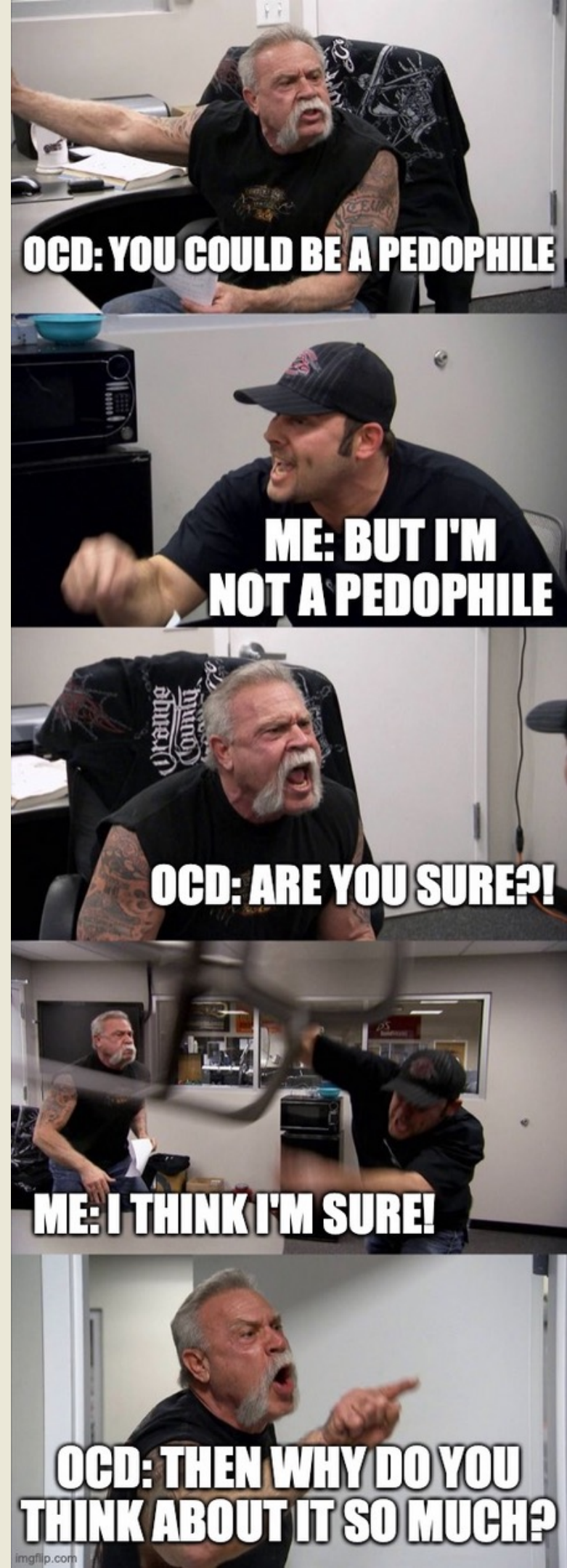
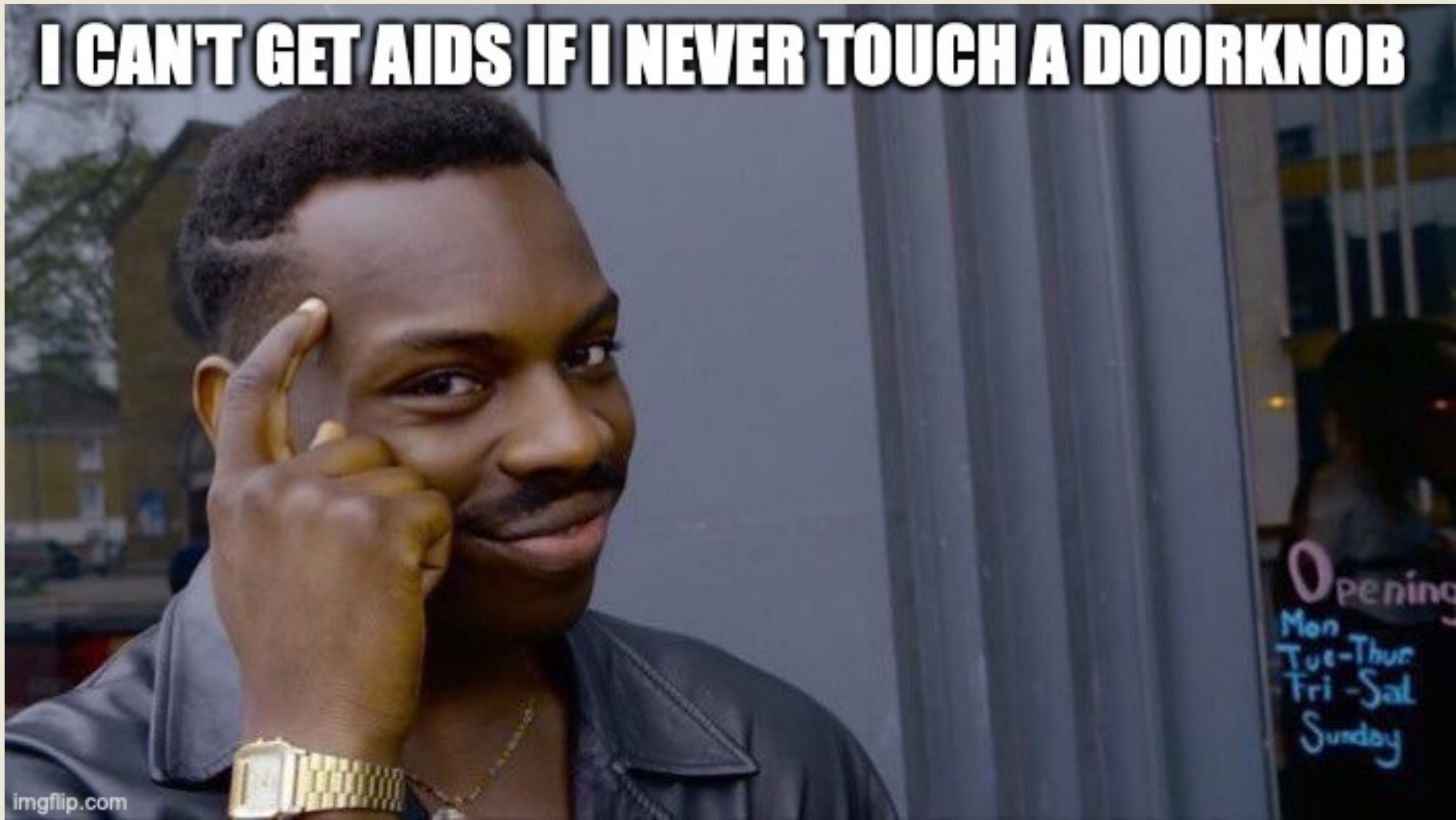


Barf

DEFUSION

STYLE





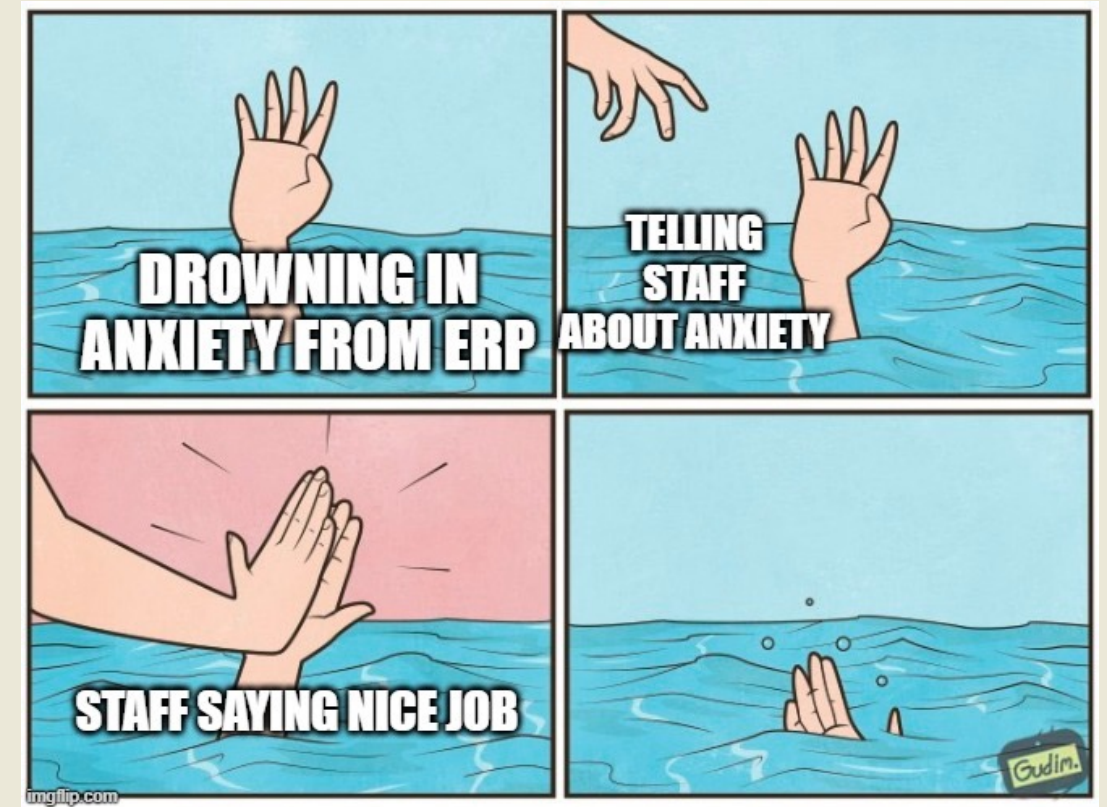
Weekly Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM					
8:30 AM					
9:00 AM				say something racist	
9:30 AM	sex with dog				
10:00 AM					
10:30 AM			play with knives		
11:00 AM					
11:30 AM					forget to close door
12:00 PM					
12:30 PM				look at pictures of kids	
1:00 PM		laugh at rape scenes			
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					pluck out eyebrows
3:30 PM			murder neighbor		
4:00 PM					
4:30 PM					
5:00 PM	flirt with dad				blow up airplane
5:30 PM	groinal response				
6:00 PM				serve undercooked chicken	
6:30 PM					
7:00 PM		run over dog			
7:30 PM					

Intrusive thoughts planner

1. The night I knew I was a pedophil
2. I touched a kid and I liked it
3. I run a pedophile ring outside my house
4. I drive around my neighborhood in a white van, selling candy, looking for kids
5. We are all pedophiles
6. Beach babe-y
- 7.

OCD's Greatest Hits



Memes



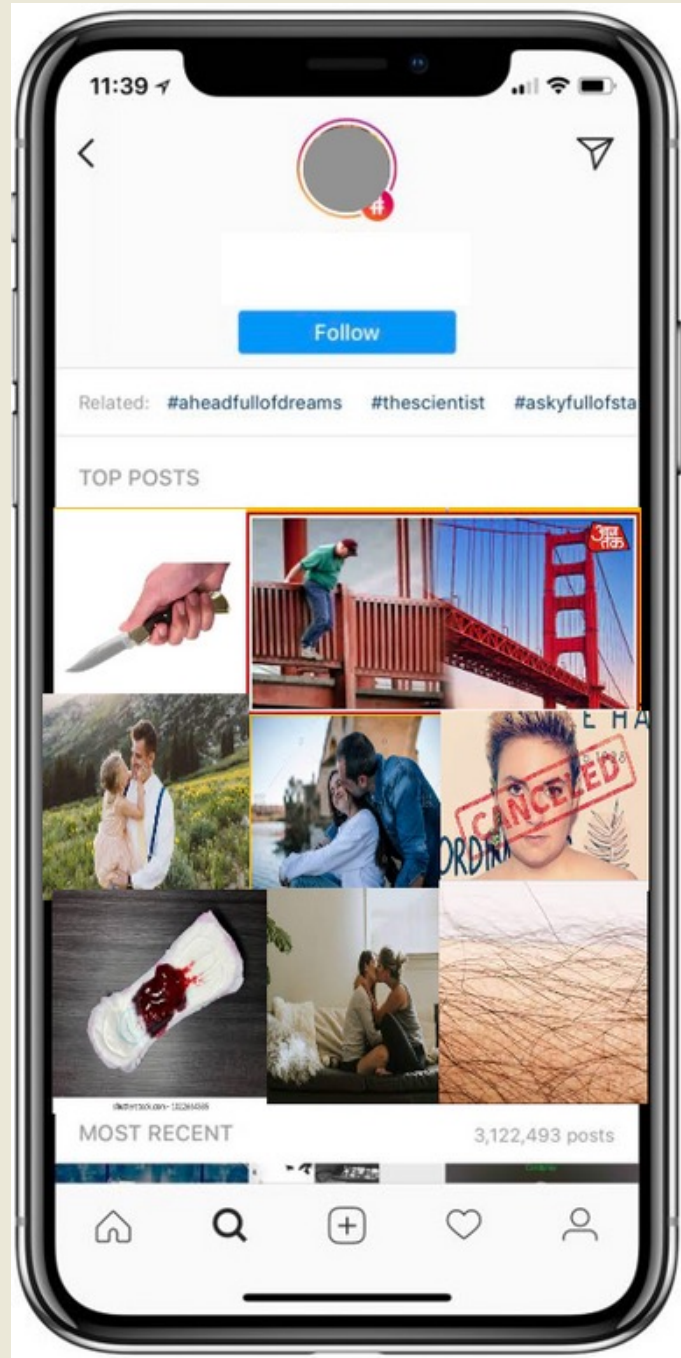
Zoom background

Junk mail

Subject: URGENT!!!

Hello, I've noticed you haven't deleted your browser history. If you don't delete your browser history, the police will come and arrest you!!! You need to delete it right away!!! Please get back to me once you've done so :)

Best regards, OCD



Instagram page



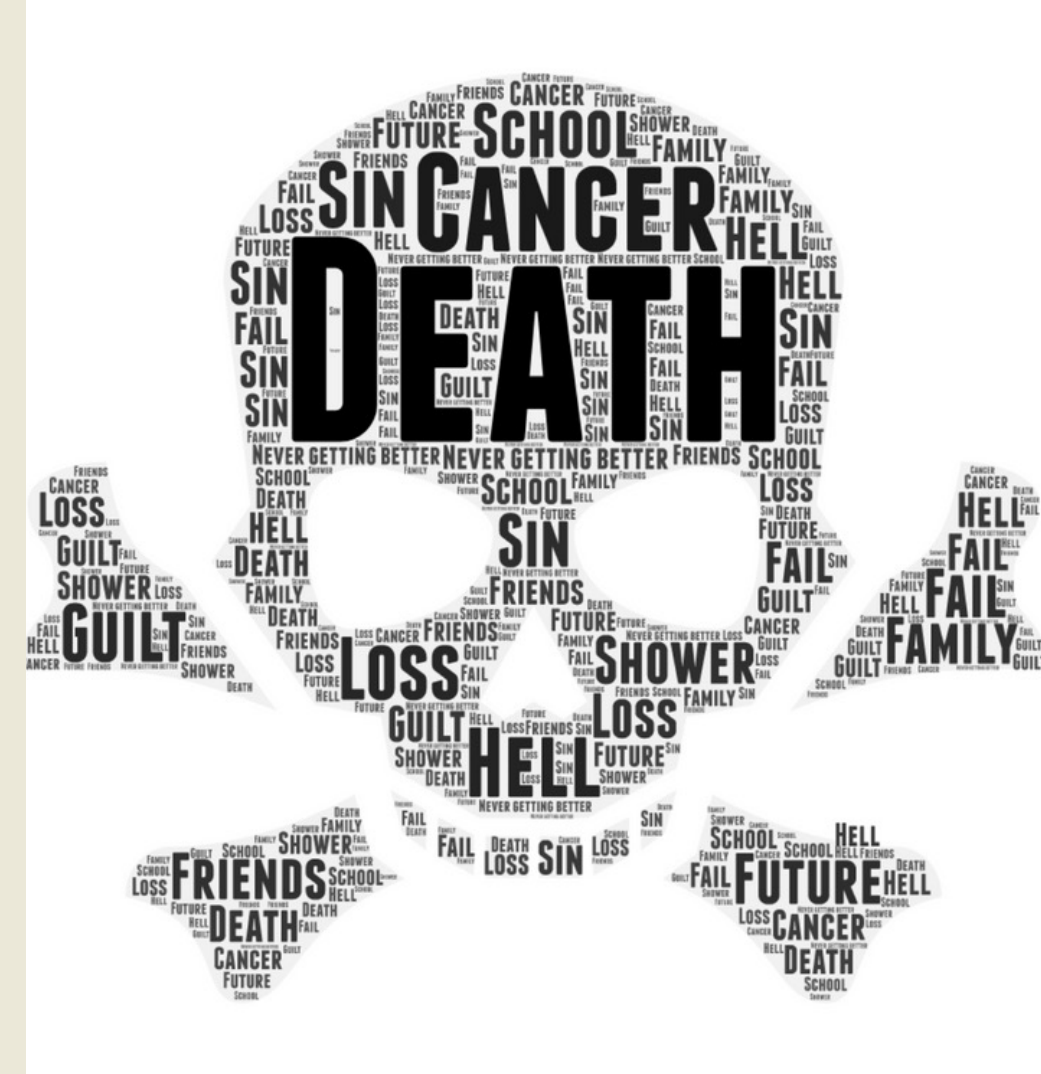
Twitter account

Subject: urgent update!

Dear recipient,
We have received the notification that you have touched a door knob with your bare hand while walking past it. You may not have been aware of the occurrence of this security risk. We are concerned for your safety and ask that you quickly wash your hands in order to alleviate this threat to your safety.

Click now, before it's too late!
Washingyourhands.org

Best wishes, OCD



Group word cloud

Junk mail

THEMED

ACTIVITIES

Independence Day



March Madness exposure bracket



Valentine's Day breakup letter

create a one paragraph sassy breakup letter to ocd compulsions of washing hands

Dear OCD Hand-Washing Compulsions,

Consider this a swift and sassy breakup. I'm officially ending our dysfunctional relationship and it's about time. You've had me scrubbing my hands like a maniac, wasting precious time and sanity. But guess what? I'm done playing your obsessive game. I'm reclaiming my freedom and sanity, leaving your germophobic demands in the dust. From now on, I'll wash my hands like a normal human being, without your irrational grip suffocating me. So farewell OCD Hand-Washing Compulsions. It's time for me to let go and live a life that's not enslaved by your ridiculous rules.

Sincerely,

[Your Name]



OCD Olympics

OCD golf (for the Master's)

EAGLE

really really hard!

-2

pet dog on bed!

BIRDIE

good score!
(really hard)

-1

pet dog and touch bed

PAR

average score
(typical exposure)

0

pet dog and touch shirt

BOGEY

not so great score
(a little easier)

+1

pet dog and feel fur

THE KITCHEN

SINK



Contamination Tour



Name your ERP

Your turn to try it out

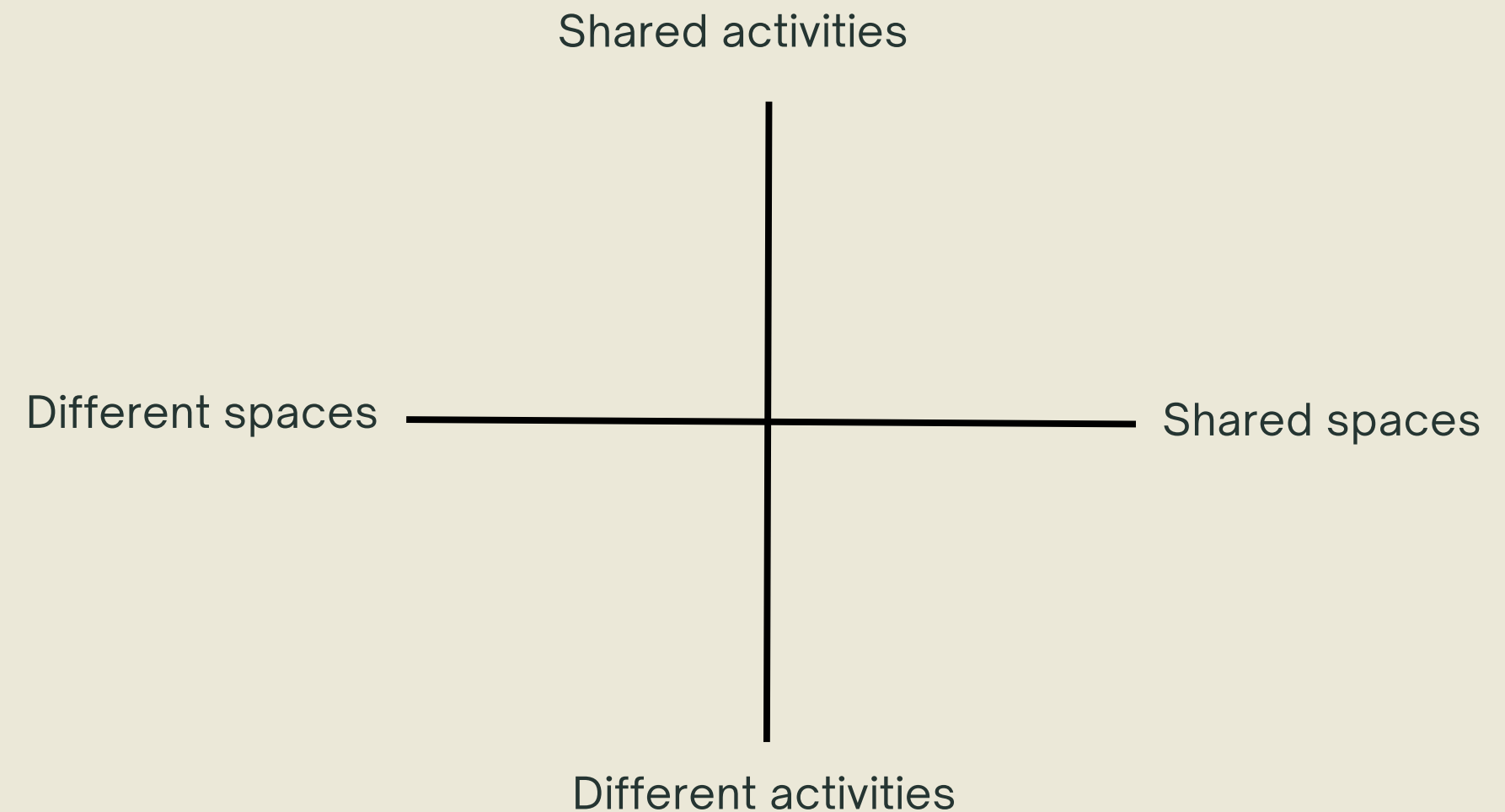
The Group

Margaret (15) Emotional contamination (getting near people who are perceived to be less intelligent)

Tai (17) Intrusive harm thoughts (desiring to intentionally harm others)

Kali (13) Not just right OCD, perfectionism

Joey (18) Germ contamination, harm obsessions related to germs



LEAVE TIME TO DEBRIEF

Complete post-exposure processing in the group to facilitate learning



**Reflect on
experience**



Learn from others



**Plan ways to build
on exposure**

Check-out

What did you do during Team ERP?	
Was there anything that went differently than expected?	
What would be the next step in this ERP?	
How will you prevent rituals following this ERP?	
What thoughts and emotions were present during this ERP?	

LEVERAGING SOCIAL AND MATERIAL REWARDS



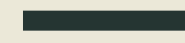
Peer-nominated awards
(hardest exposure, most willing, least perfect)



Anonymous "shout outs"

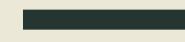


GRADUATIONS



Leaving with a positive experience

Celebrate successes
Mark the accomplishment



Formal discharge

Reassessment of goals/progress

What is next?

Relapse prevention-- what if [new obsession] pops up?

TROUBLESHOOTING

WHAT IF...

- **Group members don't participate**
- **OCD themes don't match well**
- **Supportive pushing isn't so supportive**
- **Things go sideways**

Acknowledgments

Child OCD Program at Emory

Jamie Kennedy, PhD, Melissa Engel, MA, Brennah Ross, MA

McLean OCD Institute for Children and Adolescents Staff

Luisa Barreto, PsyD, Rebeca Gardner, BS

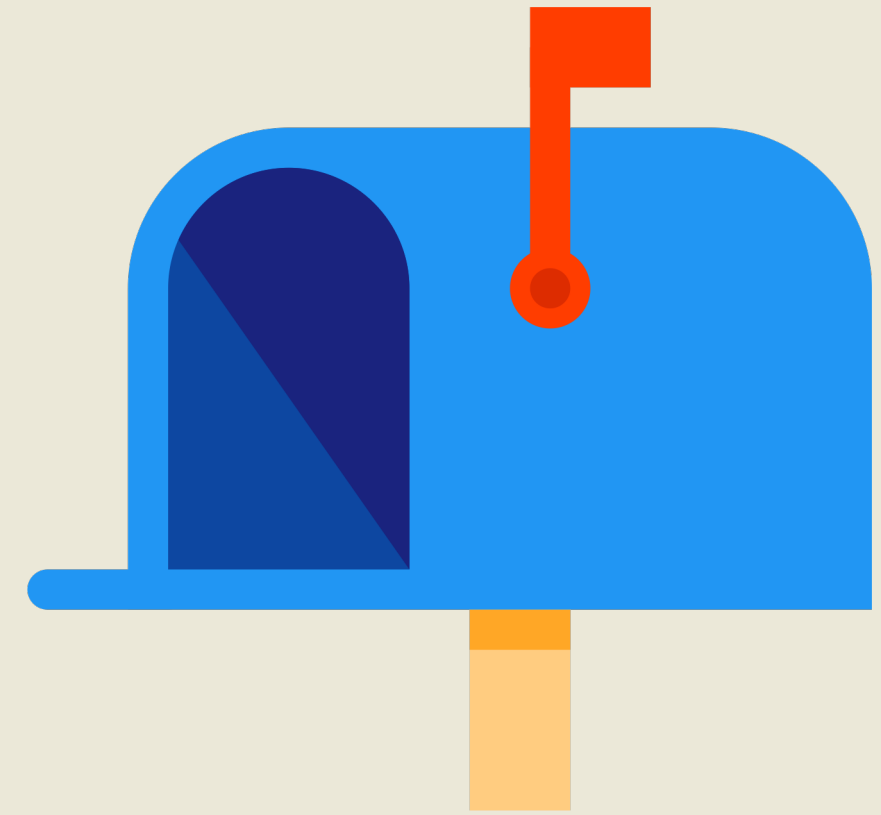
Children's Hospital Colorado OCD and Anxiety Program

Ciara Baumann PhD, Jerrica Cherry LPC, Ashley Kreeger LPC

NW Anxiety Institute IOP

Ashley Wray, LCSW, Hayley Dauterman, PhD, Jessica McKee,
LPC, Myles Rizvi, PsyD

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Child OCD Program
at Emory

