



**That Pisses Me
Off!**

**How To Navigate
Misinformation in
the Media**

How Does This Make You Feel? How Would You Respond?

Join in on the conversation! Scan this QR Code using your mobile device or tablet, and throughout the presentation, feel free to share your thoughts on how the OCD mis-information in the media makes you feel. Also, what way do you think would be most effective to respond?



How Does This Make You Feel?

How Would You Respond?



Get to Know Your Presenters!

International OCD Foundation (IOCDF) National and Lead Advocates



Chris Trondsen, LMFT



Ethan Smith



Rev. Katie O'Dunne



Liz McIngvale, Ph.D., LCSW

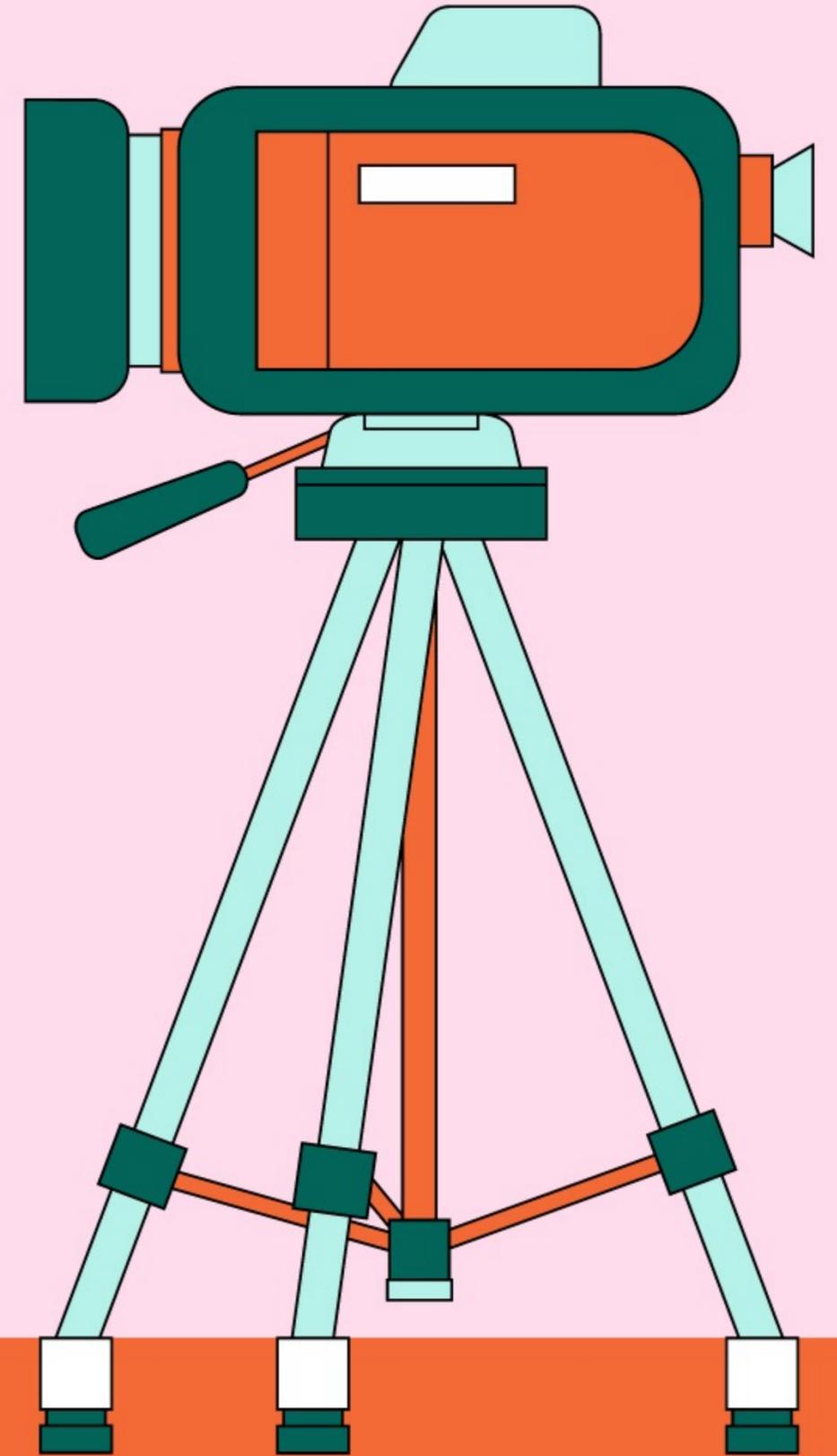


Tom Smalley, MS, CSCS



Valerie Andrews

A Video by the Queen of OCD: Khloé Kardashian





The Misuse of OCD In Society

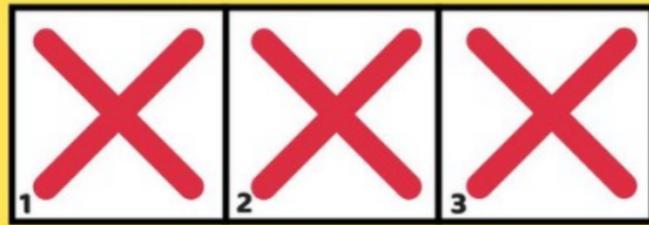
How do you feel about seeing memes and real products using OCD in this manner:

I'm starting group meetings at my house for people with OCD. Not because I have it, but surely one of them will be bothered enough to clean it.



OCD TEST

There's one different...



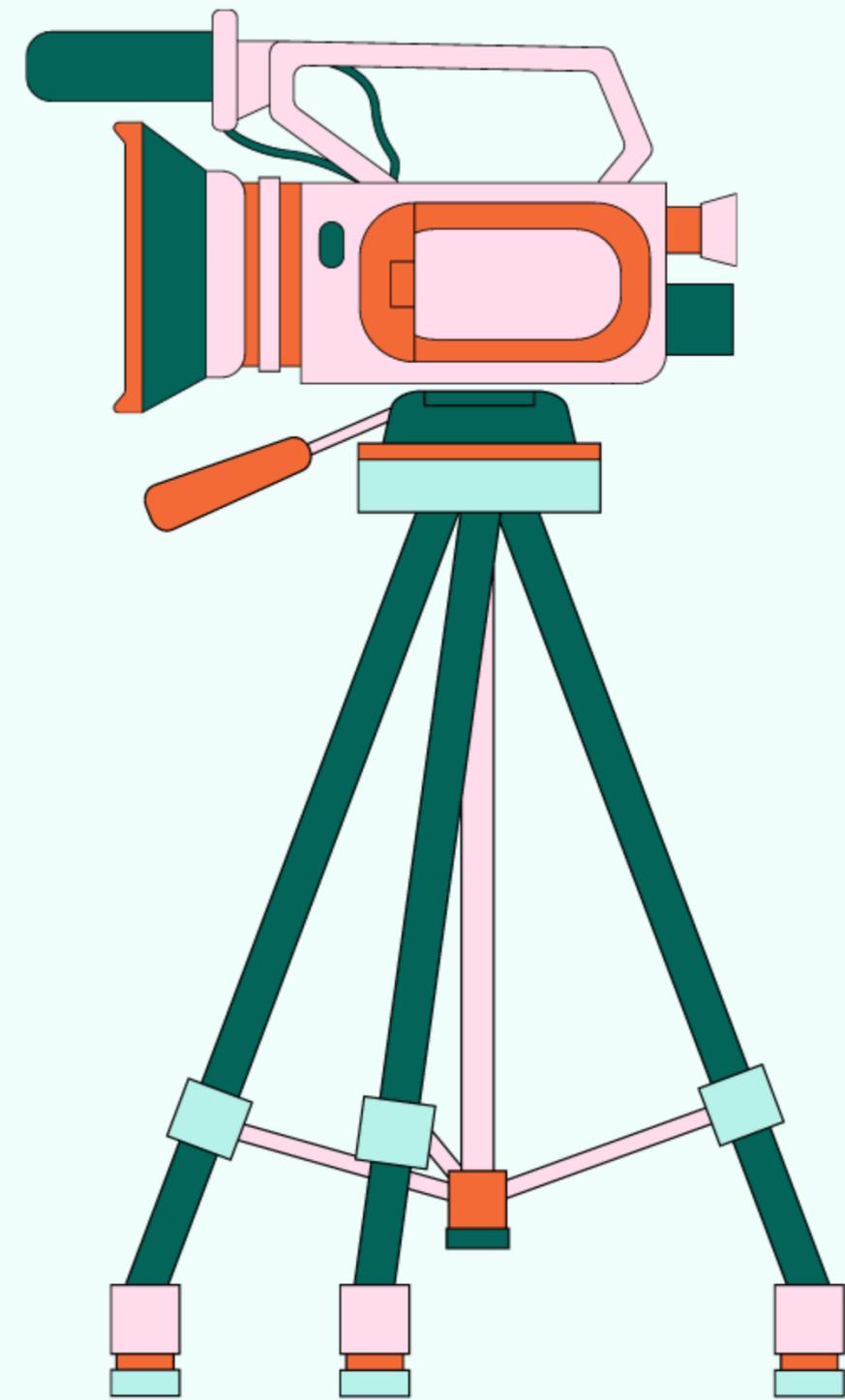
Which is it?



Have OCD?

GOT CELREY JUICE?





TRUE CAUSE OF

OCD



Caused by EMOTIONAL INJURY
and/or TOXIC HEAVY METALS

In some extreme
cases, *electrical*
impulses that travel
down neurons in
specific areas of
the brain collide
with toxic heavy
metal deposits.

This causes a tiny "explosion"
that triggers OCD behaviors

MEDICAL MEDIUM

@medicalmedium | #medicalmedium



medicalmedium • Follow



medicalmedium TRUE CAUSE OF OCD

Either emotional injury or toxic heavy metals such as mercury, aluminum, and copper, or many times, both causes create the symptoms of OCD in combination with each other.

In some extreme cases of OCD, electrical impulses that travel down neurons in certain specific areas of the brain where there are mercury and aluminum deposits then collide with those deposits. Each time, this can cause a tiny "explosion" that temporarily sends a signal back the other way.

OCD can show up in many ways. SOME common examples include:

- * Feeling like you need to repeat yourself because you're worried the person you're speaking to didn't understand you properly
- * Repeatedly locking doors
- * Repeatedly checking that the stove is turned off
- * Tapping surfaces a certain number of times
- * Counting cracks in the sidewalk
- * Turning light switches on and off repeatedly

Find out how you can heal OCD by addressing the root cause in the New York Times best-selling book, *Medical Medium Cleanse to Heal: Healing Plans for Sufferers of Anxiety, Depression, Acne, Eczema, Lyme, Gut Problems, Brain Fog, Weight Issues, Migraines, Bloating, Vertigo, Psoriasis, Cysts, Fatigue, PCOS, Fibroids, UTI, Endometriosis & Autoimmune* (link in profile). You'll discover how to cleanse your body, remove toxic heavy metals from your brain and body, the foods to eat and the foods to avoid, and even which supplements to take and at what dosage in order to heal from OCD and hundreds of other chronic illnesses, symptoms, and conditions.

#medicalmedium

Edited · 122w



onetonmartin I found this kinda late, but I have an experience I can share. My son was diagnosed with really bad contamination and intrusive thoughts OCD. We were referred to an alternative doc who cured OCD with chelation of aluminum and mercury.

Long story short, within 4 months his OCD was cut in half, after 8 months it was gone. Hasn't been back for over 4 years.



15,985 likes

FEBRUARY 16, 2021

Add a comment...

Post

MEDICAL MEDIUM BRAIN SHOT THERAPY

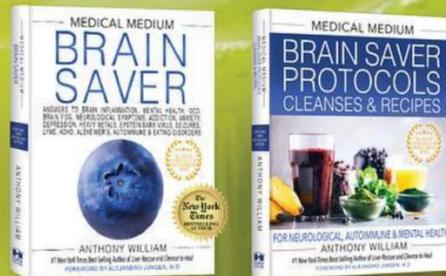
OBSESSIVE THOUGHTS SHIFTER

Makes 1 to 2 shots

Juice in this order:

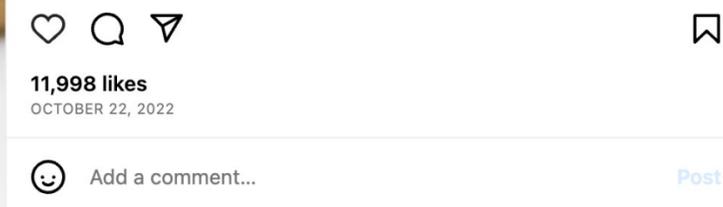
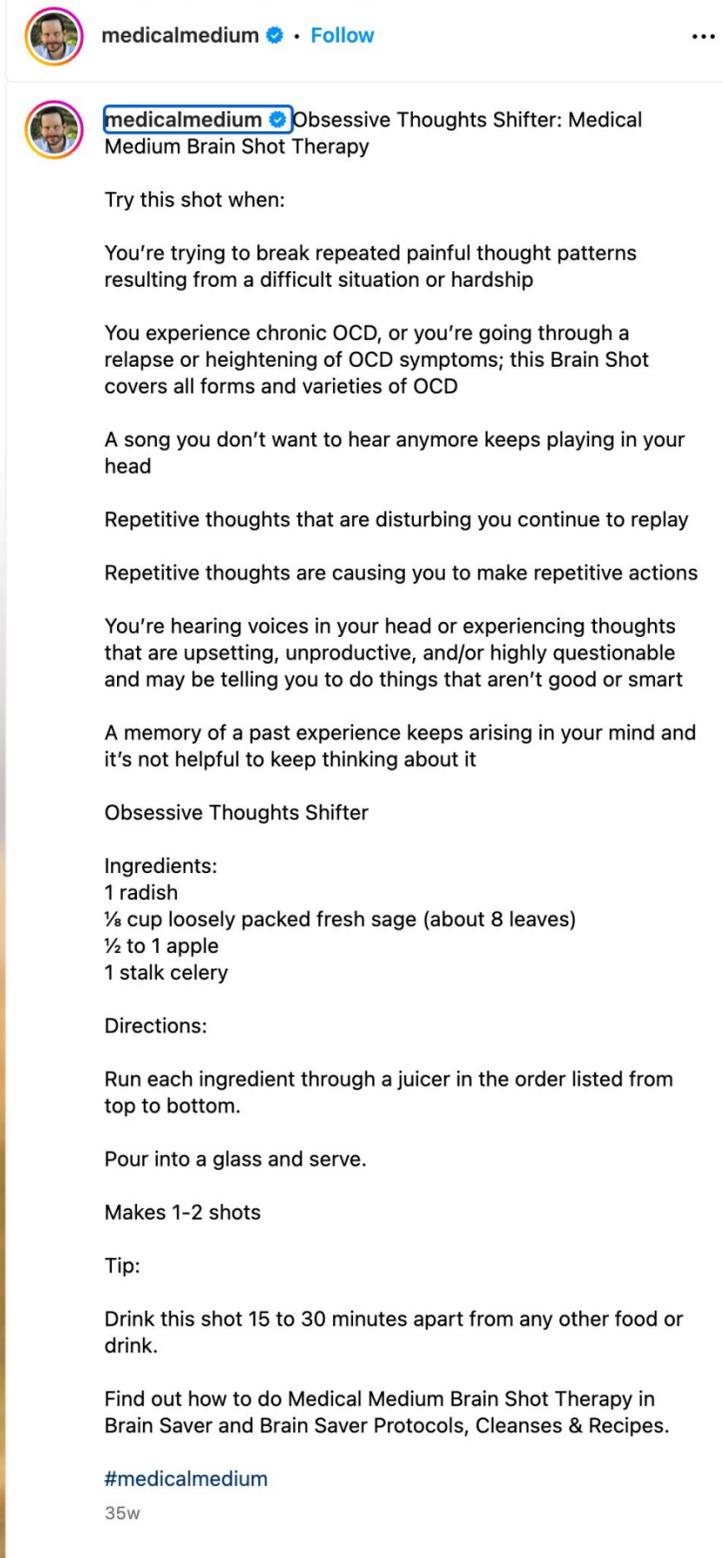
- 1 radish
- 1/8 cup loosely packed fresh sage (about 8 leaves)
- 1/2 to 1 apple
- 1 stalk celery

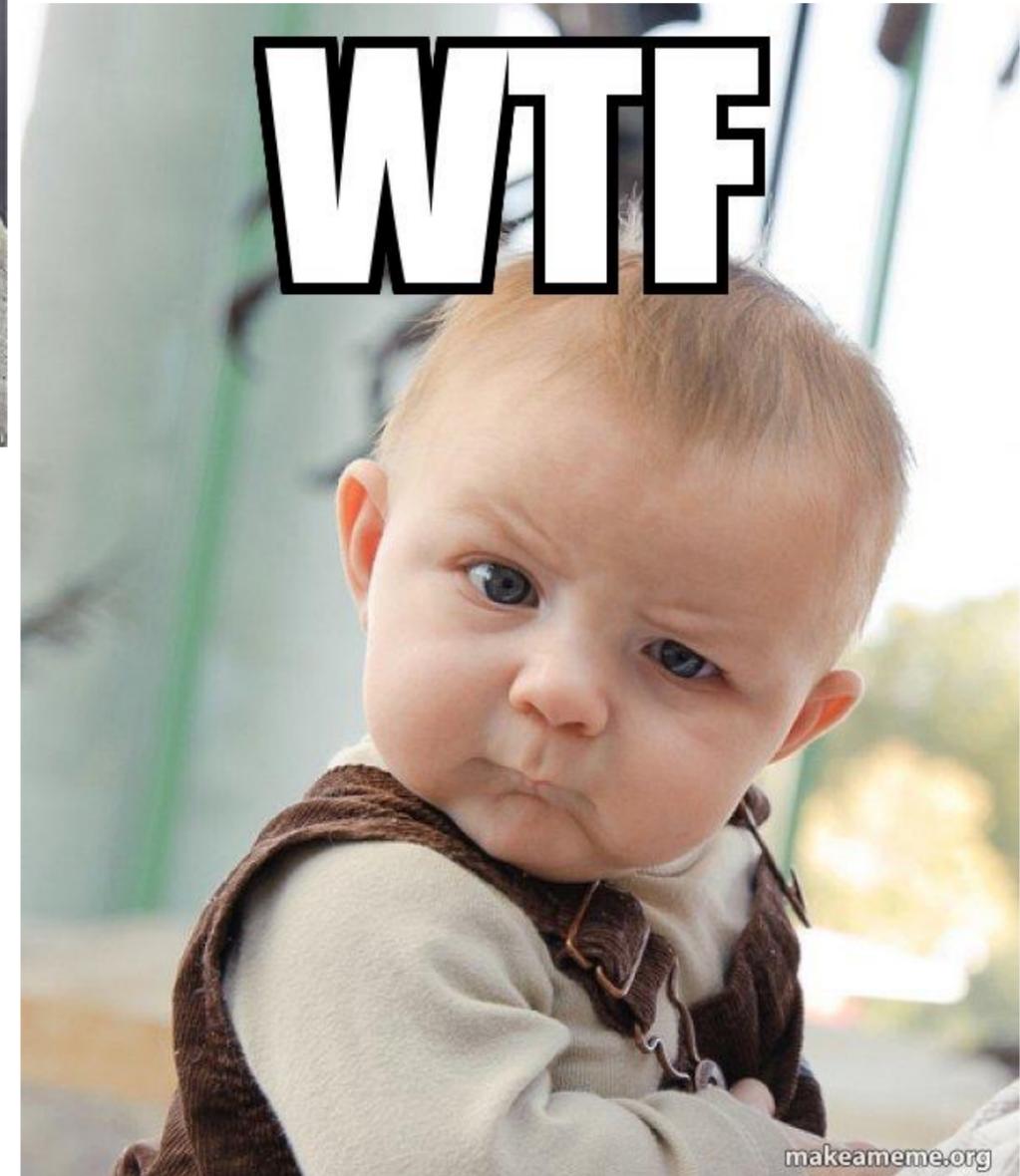
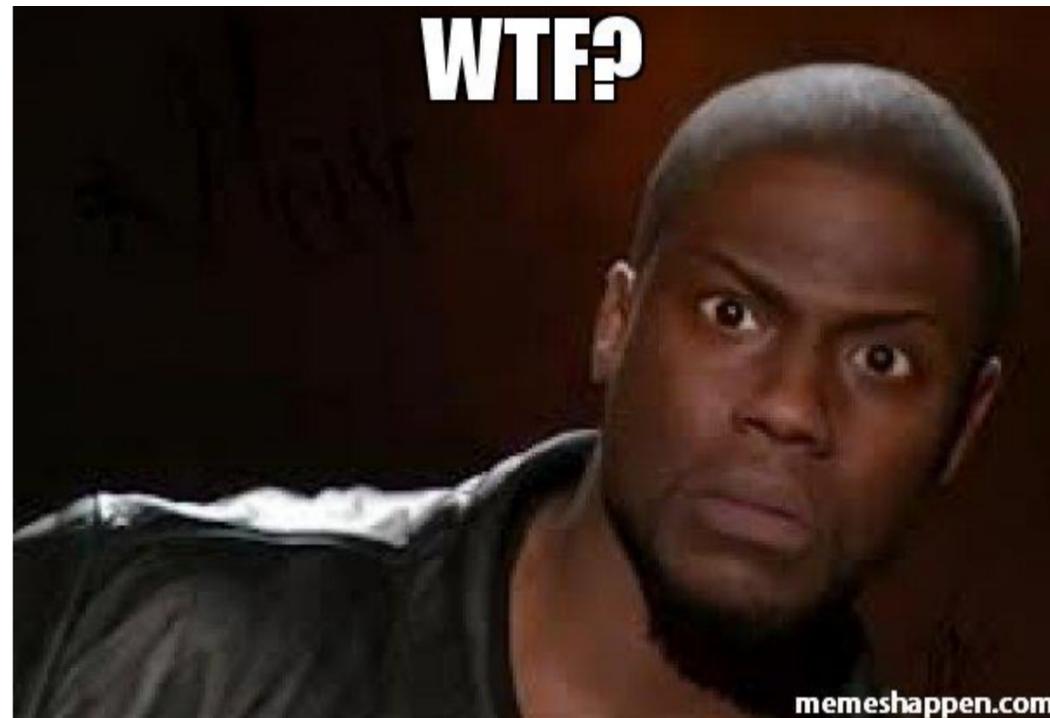
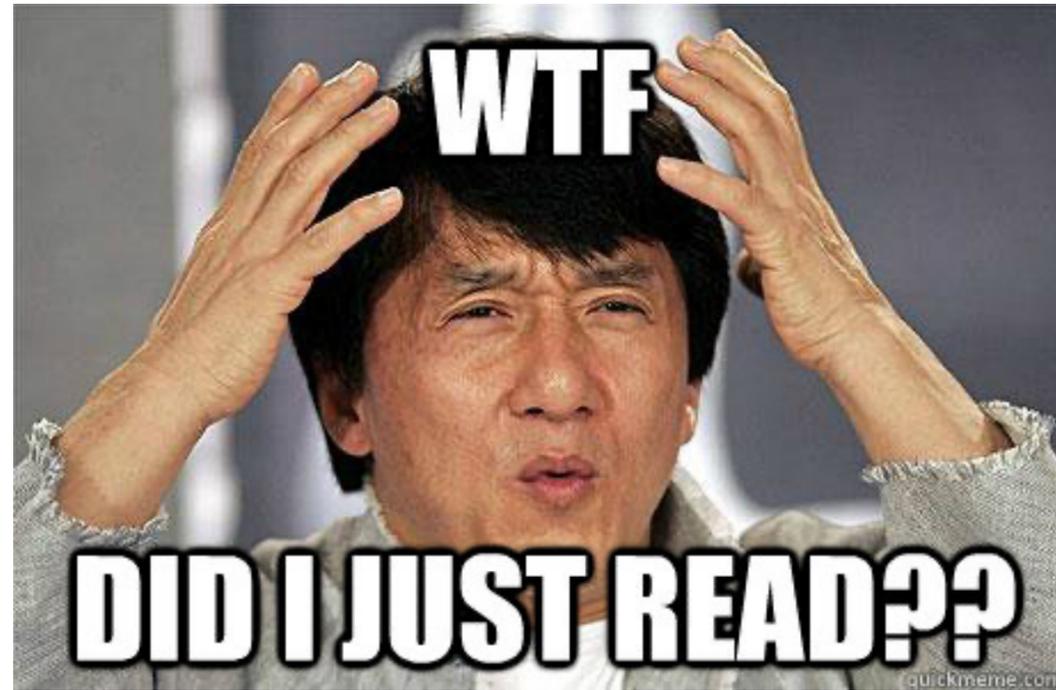
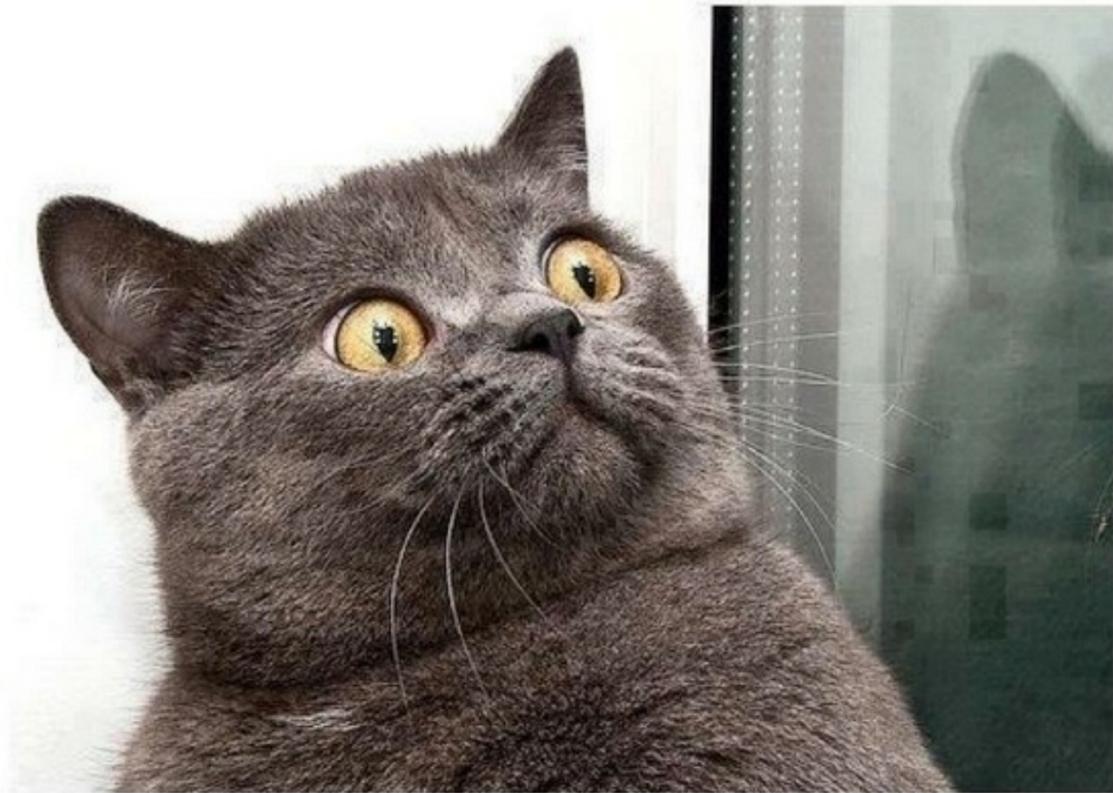
Drink 15 to 30 minutes away from other drinks or foods



Read more about Medical Medium Brain Shot Therapy in *Brain Saver* and *Brain Saver Protocols, Cleanses & Recipes*

www.medicalmedium.com | @medicalmedium | #medicalmedium





WARNING

SELLery JUICE



**How does this make
you feel? How would
you respond?**



COMMUNITY RESPONSE



catieohjoy I have Obsessive-Compulsive Disorder. There is evidence-based treatment that is proven to be very effective for OCD: Exposure and Response Prevention (ERP), which is a type of Cognitive Behavioral Therapy, with the guidance of a therapist trained in ERP. ERP is hard work and it feels counter-intuitive, but it WORKS. SSRIs in addition to ERP can also be very helpful. Celery juice? Fucking celery juice? That's going to rewire my brain and "heal" my OCD? That's nonsensical garbage, and [@medicalmedium](#) should be ashamed of himself for spreading harmful misinformation and taking advantage of people who desperately need help from actual, licensed professionals. I understand the appeal of a relatively inexpensive fix, especially for those of us in the US, a nation that fails to guarantee access to quality healthcare for its citizens, leaving so many without the ability to access the care they need. Celery juice will not heal your OCD. If you enjoy celery juice, knock yourself out—it probably isn't doing any harm on its own. But the backwards belief that it will heal all maladies is incredibly dangerous. [@medicalmedium](#), grow a fucking brain.

108w 8 likes Reply ...



matilda_paxton You are taking advantage of vulnerable people and stopping them from seeking actual medical/therapeutic intervention. Please don't listen to the dangerous misinformation and guidance this man is spreading.

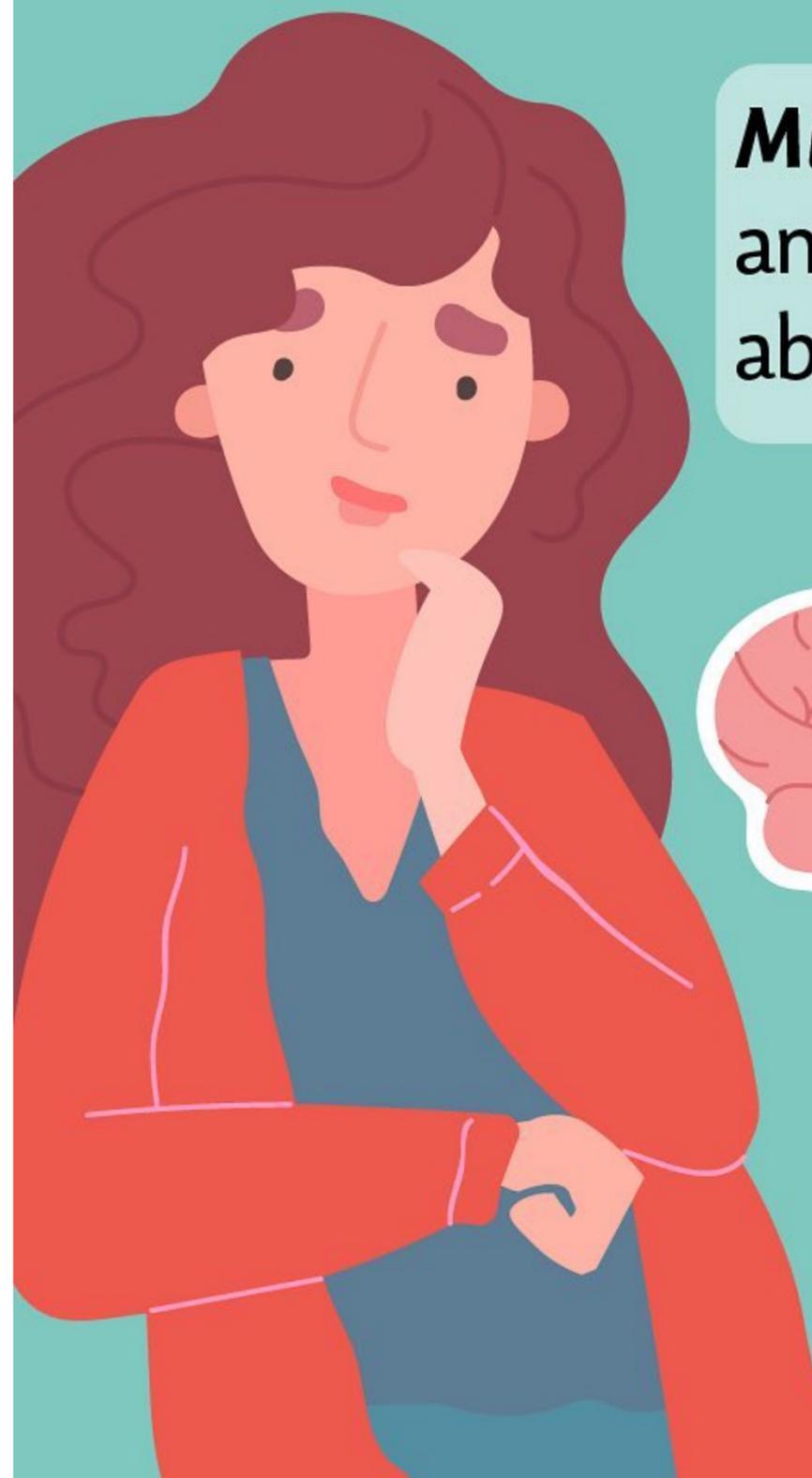
112w 10 likes Reply



**We  our
community!**

TRUE CAUSE OF STIGMA ABOUT

OCD



Misleading information
and/or lack of knowledge
about OCD is harmful.



This creates unnecessary
barriers to seeking and
finding effective
treatment. It could be
the reason that someone
with OCD doesn't receive
the treatment and care
they need.

Share the **facts** about OCD and
point people to reliable resources
backed by **research**.



International
OCD
Foundation

@iocdf
#realOCD
iocdf.org



iocdf



iocdf False claims about obsessive compulsive disorder (OCD) are harmful to our community and can prevent those impacted by OCD from receiving the treatment that they need and deserve.

OCD is a serious illness that requires specific treatment — exposure and response prevention and/or medication.

Share the facts and educate your followers about appropriate evidence-based treatments for OCD by sharing iocdf.org/about-ocd.

122w



ethan_fitness18 Stigma pp in your mouth

108w Reply



rks348 Medication or wholistic without ERP would not work for my daughter. ERP is essential. No matter what. Medical Medium posts irresponsibly on myriad topics. If you argue, or disagree, you're deleted. Very dangerous person.

122w 2 likes Reply



elfmom @xo_jamierebecca @jimjamjimmy_

122w 1 like Reply



bayareaocd Doing my part to spread the word!

122w 2 likes Reply



kenzierowland Thank you! 🙏❤️

122w 2 likes Reply



dr.rachelshelley Shared!! ❤️

122w 2 likes Reply



lazywithleon @medicalmedium you probs should read this 🙄🙄🙄🙄

122w 1 like Reply



marissacespedes I've been newly diagnosed with OCD, it is because of this organization I was able to find information, a community, and a specialist. Thank you for being a reputable source for those in the OCD community and navigating confusing times with grace. ❤️ You all truly have the well-being of people at your focus!

122w 5 likes Reply



d.hhudes Thank you

122w 2 likes Reply



Liked by **itskaseysmith** and 1,560 others

FEBRUARY 19, 2021



Add a comment...

Post

MISINFORMATION CAUSES
HARM TO INDIVIDUALS WITH

OCD

MYTH: Heavy metals cause OCD and celery juice cures OCD.

Be a good consumer of information on social media. To learn more about the **actual science** about OCD, check out **iocdf.org**.

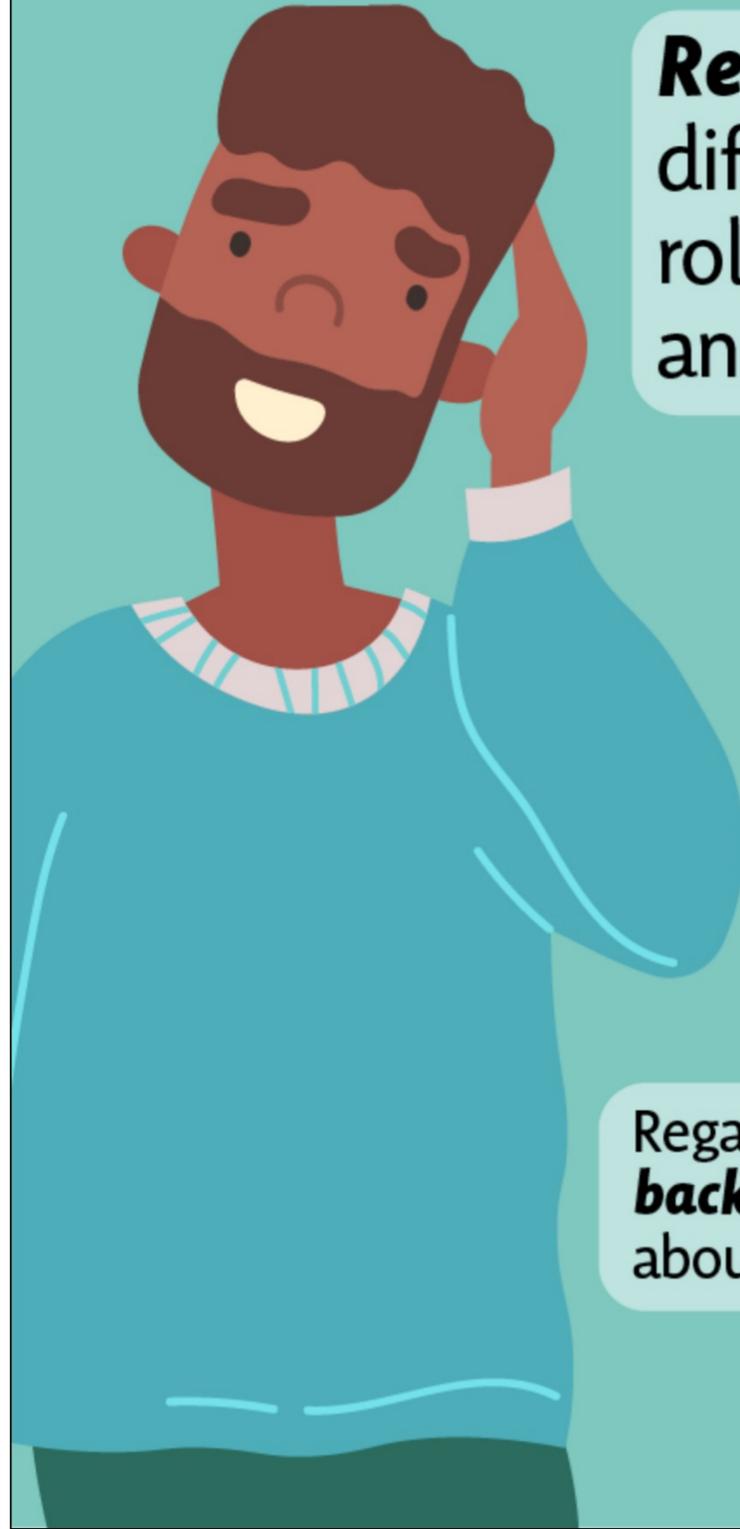


International
OCD
Foundation

@iocdf
#realOCD
iocdf.org

WHAT ARE THE CAUSES OF

OCD?



Research has found that differences in the brain play a role in who is affected by OCD and related disorders.



Genetics and environmental factors may also determine who ends up developing OCD.

Regardless of the cause, **effective treatments backed by science are available.** Get the facts about treatment at **iocdf.org**.



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@iocdf
#realOCD
iocdf.org

WHAT IS THE TREATMENT FOR

OCD?



The most effective treatments for OCD are a type of **cognitive behavioral therapy** called **exposure and response prevention**, and/or a class of **medications** called serotonin reuptake inhibitors, or SRIs.



OCD can only be diagnosed by a **licensed mental health professional**, and only a **licensed medical professional** can prescribe medication.

About 3 out of 4 people with OCD will benefit from ERP and/or medication.



International
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Foundation

@iocdf
#realOCD
iocdf.org

Steven Crowder Blasts POCD & OCD Advocate on His Popular Podcast (7+ Million Subscribers)



How Does This Make You Feel?

How Would You Respond?



How Misinformation in the Media Negitively Impacts OCD Treatment

Misrepresenting OCD in the media impacts the treatment an individual with OCD receives. It already takes the average person with OCD 14 - 17 years from first symptoms to enter specialized treatment.

Misdiagnosis

Primary care physicians are often the primary mode of care for people with mental health conditions

Nealy 60% misidentified and misdiagnosed OCD for other mental health disorders

Shame & Stigma

Many clients report humiliation and embarrassment in disclosing their OCD symptoms due to their taboo nature

Even hide condition from medical and mental health staff, reducing help-seeking behavior

Media's Portrayal

The portrayal of OCD on entertainment platforms and social media was regularly identified as a reason why people do not disclose

Media's portrayal often reinforces negative stereotypes and downplay severity

Lack of Providers

With OCD being trivialized and its severity downplayed, it does not draw urgency for providers to seek trainings

Often OCD providers have OCD themselves or a personal connection; understanding its true nature

Community Response

1



International OCD Foundation
@IOCDF

There has been a lot of confusion across social media lately when it comes to OCD manifesting as “taboo” intrusive thoughts about children. This is the perfect time to educate others about “Real OCD” and the many forms this disorder can take. (1/6)

2



International OCD Foundation
@IOCDF

People often associate OCD with a need to be organized or neat when, in reality, it involves intrusive, unwanted, scary thoughts that a person has zero desire to act on. (2/6)

3



International OCD Foundation
@IOCDF

In fact, people who experience OCD are often so horrified by their thoughts that they will go decades without seeking treatment, resulting in painful isolation or suicide. At the International OCD Foundation, we know about the struggle and shame that can accompany OCD. (3/6)

4



International OCD Foundation
@IOCDF

We would like to take this opportunity to stand with the community and reduce stigma by spreading facts about OCD, in hopes that those who are struggling are encouraged to ask for help. (4/6)



Nathan Peterson

November 16, 2022 · 🌐



As you may know, my attack for sharing info about POCD was very painful. My brain broke. I spent the last few months doing exposures to fix the error messages my brain came up with. (darn brain)

I contribute a lot of my recovery to this group and all of those who reached out. My last exposure is to create this video with my experiences.

I'm hoping it inspires those who you may work with to show that things can get better. ... **See more**



YOUTUBE.COM

I'm ready to talk

This is one of the toughest videos I've had to make. A few months ago my brain broke. I'll t...



You, Kym Quinlan, Josh Spitalnick and 297 others

71 comments



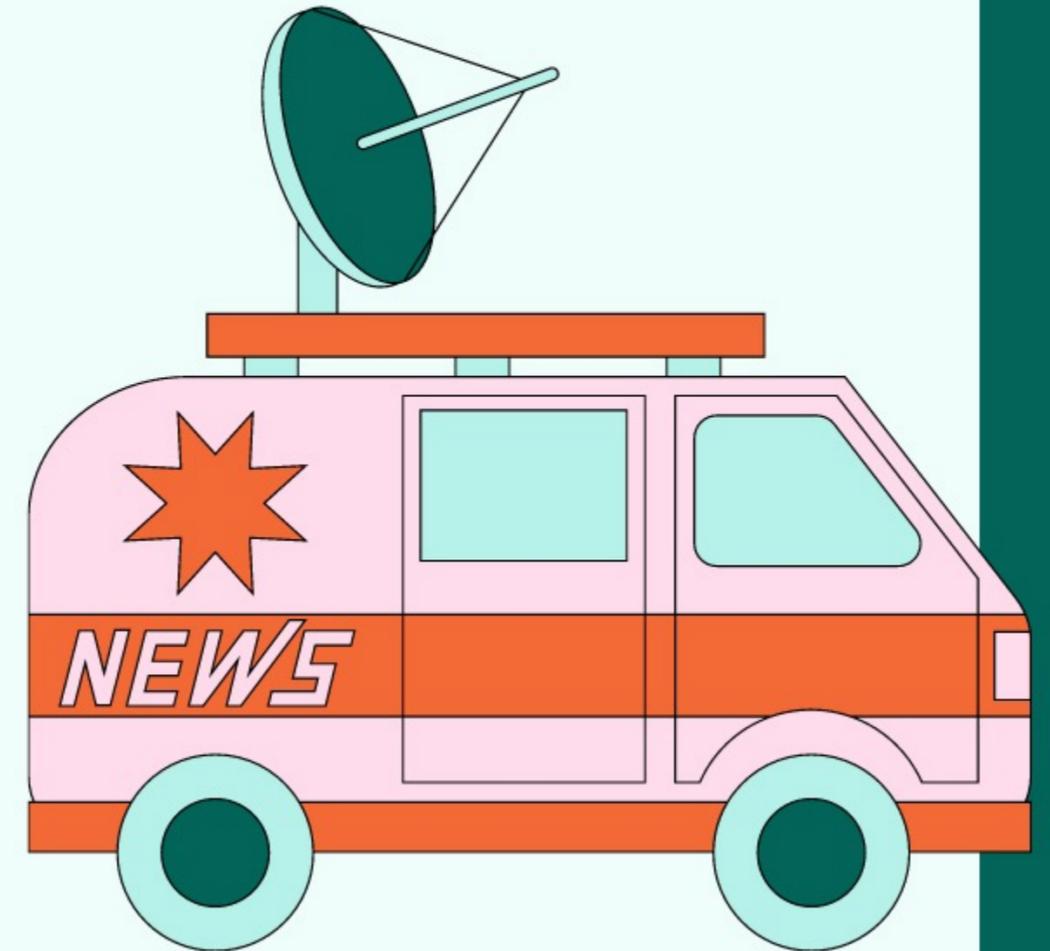
Love



Comment



Send



Nathan Peterson's Gracious Response





GOOD MORNING AMERICA

with Barbara Walters

ELIZABETH MCINGVALE

**How does this
make you feel?
How would you
respond?**



OCD

OCD as a Superpower

Here's how to harness it and heal yourself.

Posted December 24, 2022 |  Reviewed by Hara Estroff Marano



KEY POINTS

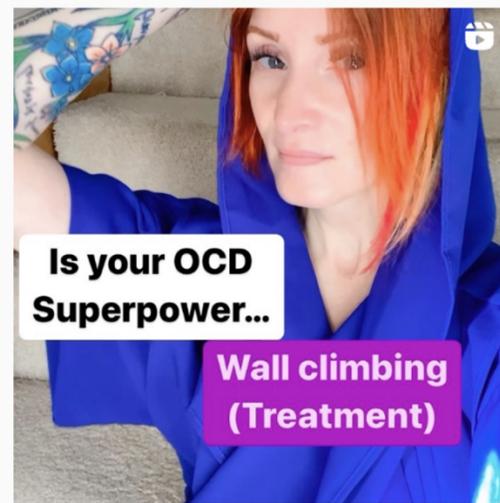
- Empathy can be a hidden strength for people with OCD.
- Without support and harnessing, the strength can become a burden.
- Validating and tracking the sensitivity enables people to reclaim OCD's hidden gifts.



How does this
make you feel?
How would you
respond?



Our Amazing OCD Community Responses



OCD interfered with my work constantly. I checked and rechecked codes and billed amounts. I got behind easily due to all of the compulsions I had to do and I struggled to be flexible in the order in which things were done. OCD wasn't some superpower that made me better suited to my role. It interfered in my work life and caused a lot of distress. My OCD doesn't make me better at coding, cleaning, organizing or any of the other things people have remarked it must make me better at. It's not a superpower I can turn on

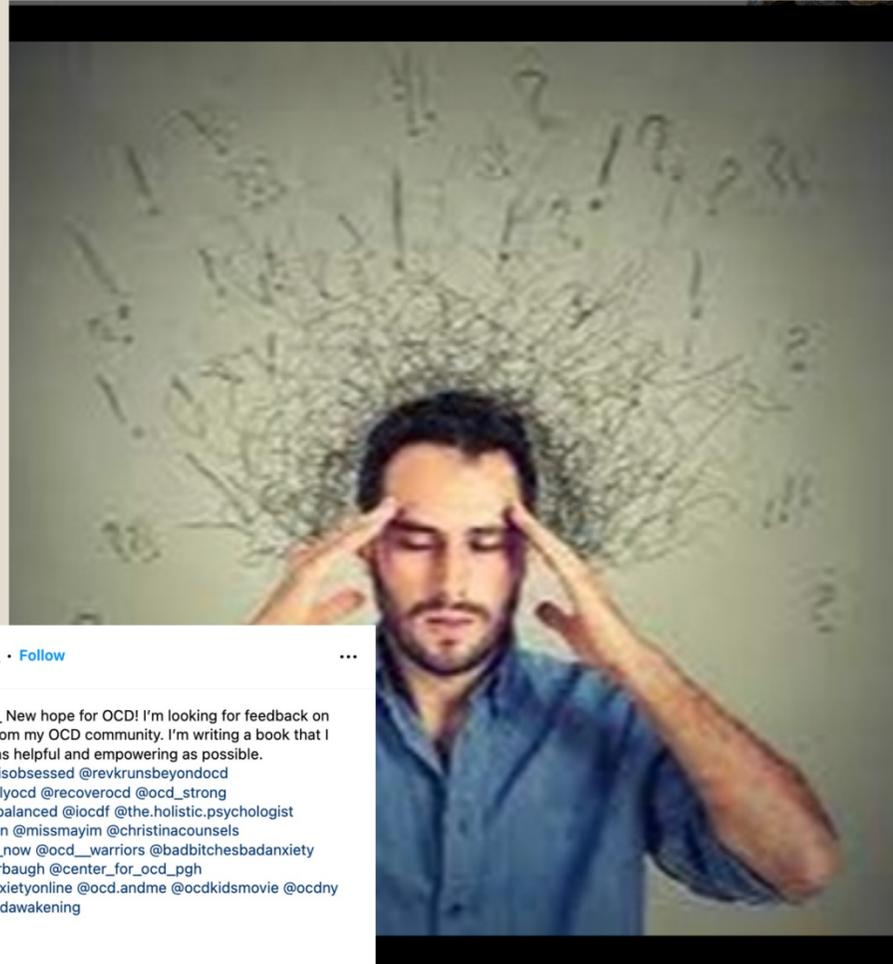
Like Comment Share

Liked by dr.emilybailey and 351 others

DECEMBER 26, 2022

Add a comment... Post

What Happened Next?!



 **Michael Alcee Ph.D.**
Live Life Creatively

OCD

Flip the Script on OCD

A new CBT approach that moves from Kafka to Keats.

Posted February 5, 2023

Reviewed by Jessica Schrader

KEY POINTS

 **mike_drop_ · Follow**

mike_drop_ New hope for OCD! I'm looking for feedback on this piece from my OCD community. I'm writing a book that I want to be as helpful and empowering as possible.

@alexandraisobsessed @revkrnsbeyondocd @obsessivelyocd @recoverocd @ocd_strong @anxiouslybalanced @iocdf @the.holistic.psychologist @marawilson @missmayim @christinacounsels @ocd_help_now @ocd_warriors @badbitchesbadanxiety @jenna.overbaugh @center_for_ocd_pgh @ocdandanxietyonline @ocd.andme @ocdkidsmovie @ocdny @mypureocdawakening

Edited · 20w

Liked by alexandraisobsessed and 6 others
FEBRUARY 6

Add a comment... Post

 **mike_drop_ · Follow**

mike_drop_ I wrote this piece for those struggling with OCD or ERP. It's also for those with OCD who are curious to find a new way into your full creativity! Inspired by the OCD community in @alexandraisobsessed, @revkrnsbeyondocd, @badbitchesbadanxiety, @ocd_strong, @ocd_help_now, @ocdandanxietyonline, @anxiouslybalanced and many more, I hope you'll find something new and useful in it. Let me know what you think in the comments--I'm working on a book project and I want it to be as helpful as possible!

<https://www.psychologytoday.com/us/blog/live-life-creatively/202302/flip-the-script-on-ocd>

#psychologytoday #psychology #ocd #obsessivecompulsivedisorder #ocdsucks #anxiety #anxietyrelief #anxietyawareness #poetry #kafka #keats #exposureresponseprevention #cbt #cognitivebehavioraltherapy

Edited · 20w

 **anxiouslybalanced** 🙏🙏🙏🙏 thank you!!

20w 1 like Reply

Liked by anxiouslybalanced and 10 others
FEBRUARY 5

Add a comment... Post

Find a Therapist ▾ Get Help ▾ Magazine ▾

or Zip

Today's Essentials Reads

 **OCD**

OCD as a Superpower

Michael Alcee Ph.D. on December 24, 2022 in Live Life Creatively

A strength is hiding inside OCD. Here's how to tap into

of COVID Vaccines

er 23, 2022 in Decisions and the Brain

became available, they were

d. Unfortunately, ethical

13°

 **mike_drop_ · Follow**

mike_drop_ I want to apologize for a post that was meant to be titled "the hidden strength inside OCD" and not "OCD as a superpower." I know how torturous and debilitating OCD can be and I in no way meant to minimize that. My main point is that there's a hidden strength of profound empathy in those with OCD that when harnessed and applied to the self can be very healing and quite a powerful virtue. Waiting on psychology today to change the title for me. In the meanwhile, hope the rest of the article clarifies my points here. #ocd #obsessivecompulsivedisorder #obsessivecompulsive #anxiety #cbt #psychologytoday

26w

 **revkrnsbeyondocd** Thank you so much for the apology and for your willingness to connect with the community ❤️

26w 6 likes Reply

 **jenna.overbaugh** I believe your intentions were good and your message is valuable. I'm so glad you/they're changing the title. This is an example of a great apology.

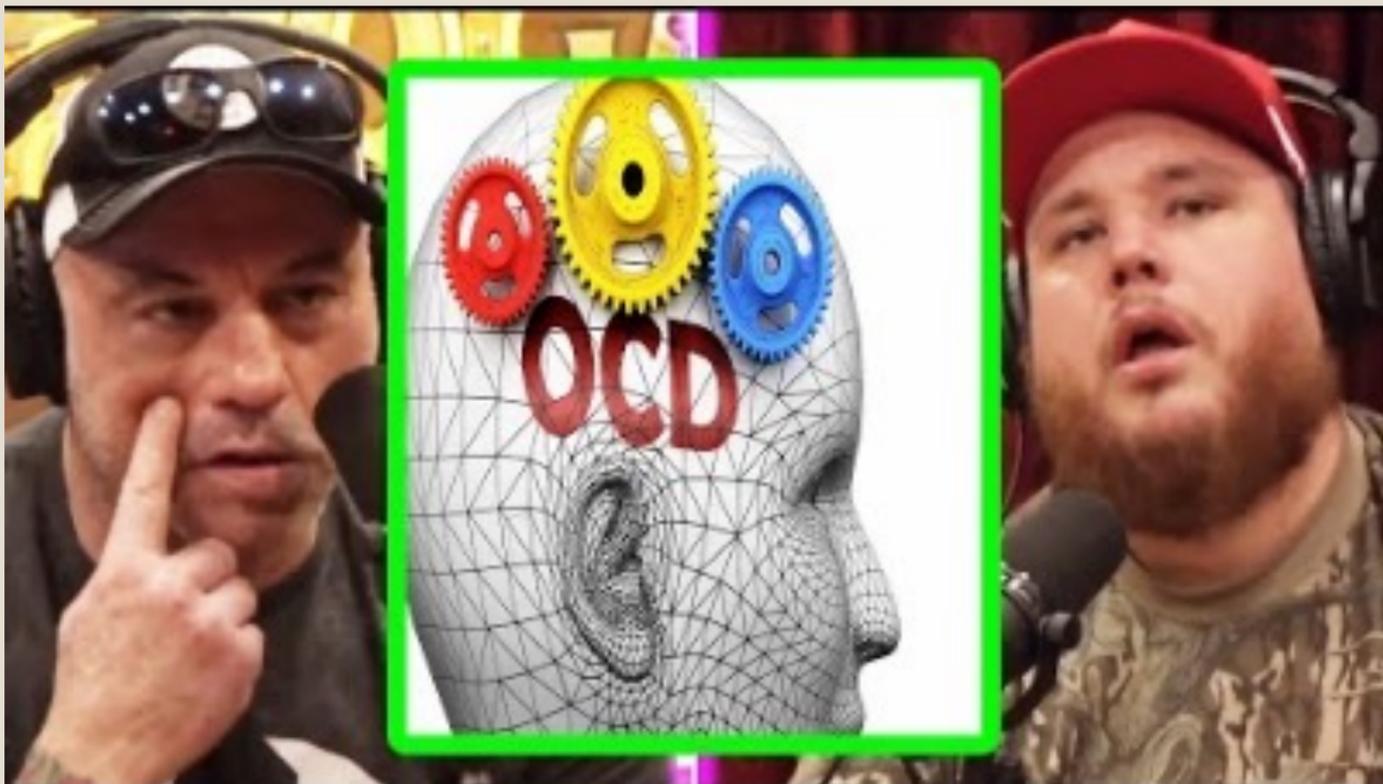
26w 8 likes Reply

 **alexandraisobsessed** Thank you so much for taking accountability in an honest and compassionate manner. It means a lot.

26w 7 likes Reply

Liked by alexandraisobsessed and 56 others
DECEMBER 26, 2022

Add a comment... Post



NEWS

Luke Combs Opens Up About His Mental Health & Suffering From Crippling OCD

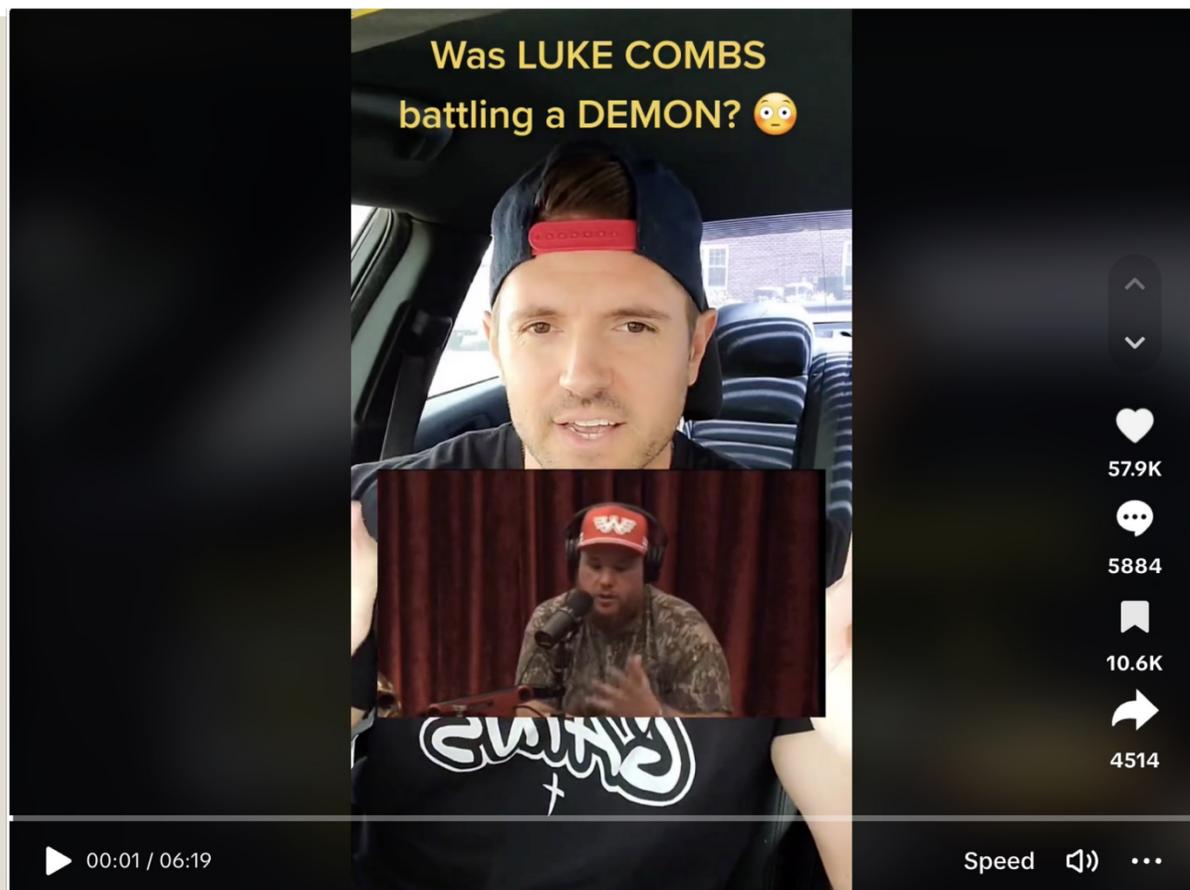
Combs shared that he experiences purely obsessional OCD.

By [Christine Sellers](#) | Posted on April 15, 2023

Share on: [f](#) [t](#) [in](#) [p](#) [✉](#)



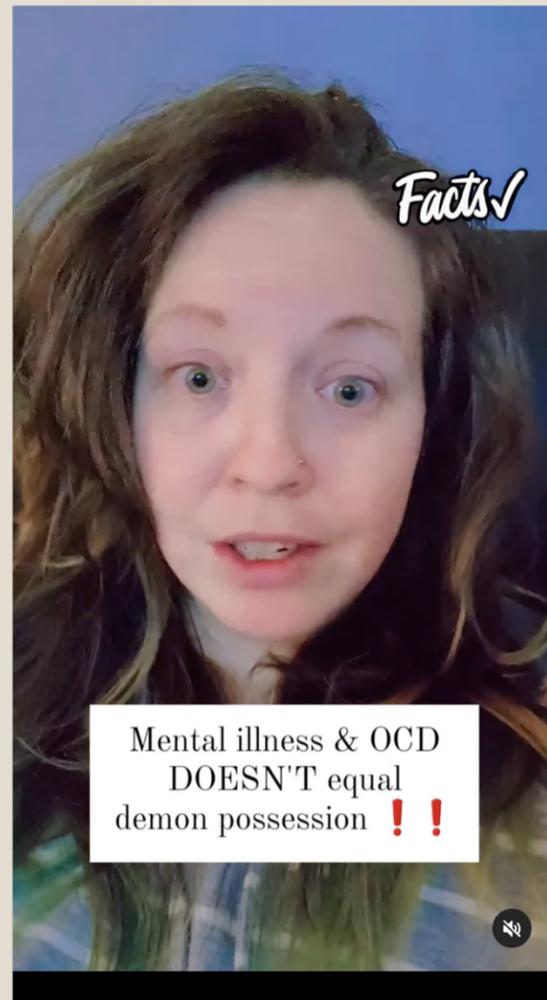
Luke Combs; Photo Courtesy of Joe Rogan Podcast



How does this
make you feel?
How would you
respond?



Our Amazing OCD Community Responses!



Christian Hymns, Praise and Worship • Here I Am, Lor

scrulocd_kc Another day, another ridiculous OCD. This time it is something that really hits h this over and over till about 10 months ago whe a supportive faith community!

I totally understand why so many give up on ch is the response we receive when we are really s reach out for care and support.

To all my faith friends and leaders please praye coming to the @iocdf virtual Faith and OCD coi 1st. I'm a firm believer in a little education can g making a huge difference 🙏

#faithleaders #ocd #interfaith #ocdadvocate # #christian #churchandmentalhealth #jesus #be #ocdsupport #jesusandtherapy #faithandocd 14w

scrulocd_kc @mitchmuller what your speak OCD is so harmful and uneducated it truly disg doing alot of Christians a disservice and prever from getting medical help! Please come to the conference and gain some insight and knowled truly be transformational and helpful 14w Reply

Liked by matt_bannister27 and 28 others MARCH 23

Add a comment...



madeofmillions Original audio

madeofmillions In response to a popular creator calling intrusive thoughts "demonic", let's clear up some misconceptions about OCD!

- 🧠 OCD involves intrusive thoughts (obsessions) and compulsions (mental + physical behaviors in response to obsessions). These obsessions and compulsions take up hours of someone's day, impairing their functioning.
- 🙏 Religious OCD is a subset of obsessive compulsive disorder where a sufferer gets intrusive thoughts about religion. For example, "What if God isn't real?", "666!", or other blasphemous images. Sufferers get these thoughts because it's their biggest fear, NOT because it's something they actually desire or believe.
- 🗨️ Intrusive thoughts are completely normal! Everyone gets them, it's just that people with OCD find them harder to dismiss. They are NOT demonic, it's just a misfiring of the brain.

If you'd like to learn more, you can visit our websites or Youtube for more info (link in bio).

We also want to give a huge thank you to @lukecombs for speaking out about his experience with OCD and intrusive thoughts. It's super important that topics like these are destigmatized, and we appreciate him using his platform to

Liked by scrulocd_kc and 415 others MARCH 22

Add a comment... Post



Made of Millions Reel

NEWS 10 abc

0:00

POLICE OFFICERS IN COEYMANS WHO RAN OVER A RABID RACCOON WILL NOT LOCAL

-2:08



APR 4, 2018

Report: [REDACTED] Coach Investigated For Verbally Abusing Team Manager With Mental Disorder

Siena coach Jimmy Patsos reportedly verbally abused a team student-manager who has a mental disorder.

BY [CHRIS CHAVEZ](#)

The [Times Union \(Albany, N.Y.\)](#) [reported](#) that Patsos' remarks were directed at a student manager who suffers from obsessive-compulsive disorder, and that the coach was aware the condition. Some of his abusive remarks, according to the newspaper, included calling the student "insane" and "the next Unabomber."

[REDACTED] basketball coach Jimmy Patsos under investigation after allegations of verbal abuse



[Scott Gleeson](#)
USA TODAY

Published 10:48 a.m. ET April 5, 2018 | Updated 10:58 a.m. ET April 5, 2018



"They feel vulnerable because these are young people, who in some cases may have their scholarships yanked from them," Grimm said.

His contacts with [REDACTED] men's team told him they watched Patsos berate a team manager who has a mental illness, calling him a "Unabomber" and "school shooter," as well as saying that he came "from an insane asylum."

How Does This Make You Feel?

How Would You Respond?



The Response



Presented by Tom Smalley, MS, CSCS, Lead Advocate for the IOCDF and Co-Founder of "Anxiety in Athletes"



Anxiety in ATHLETES

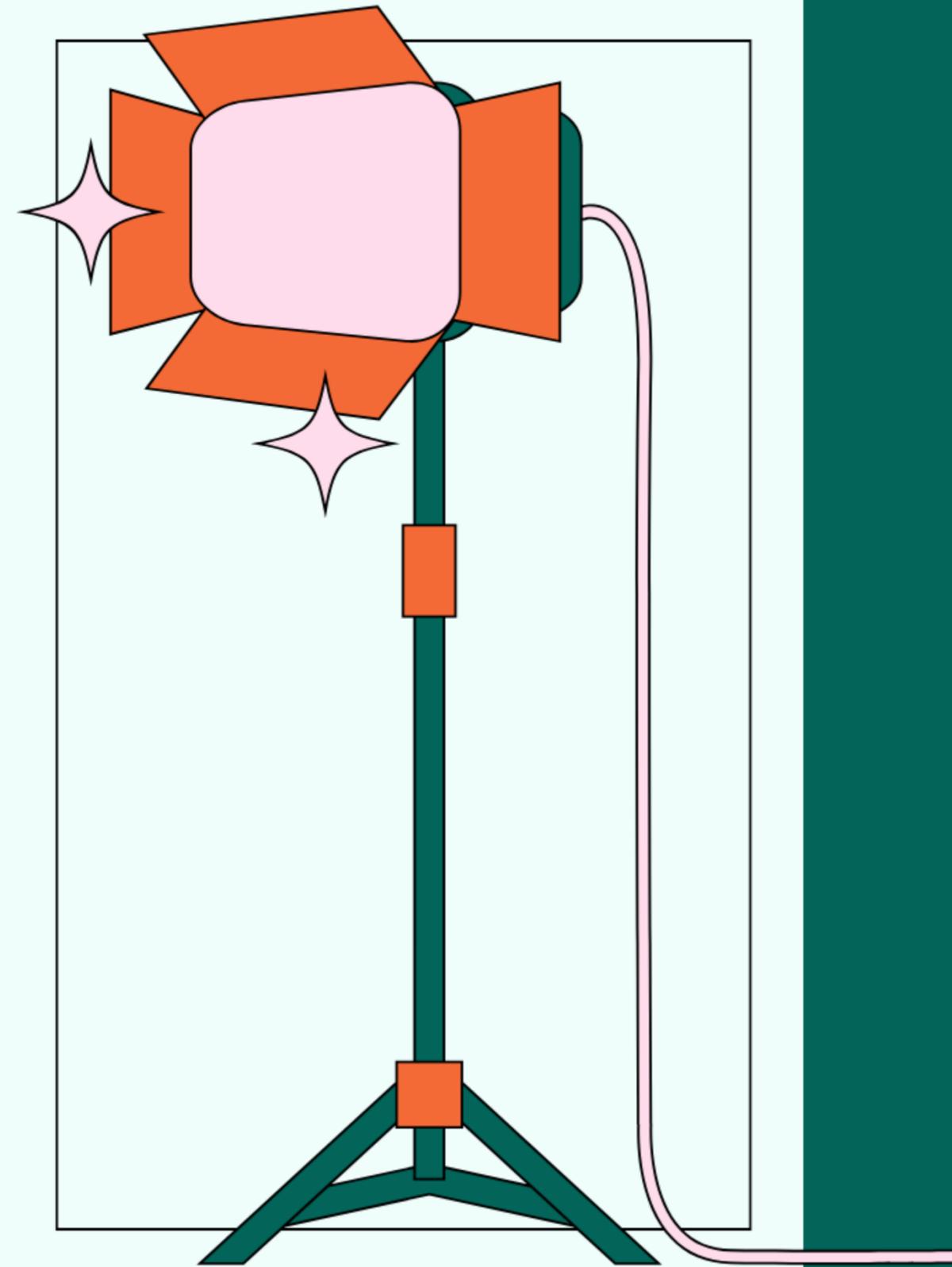
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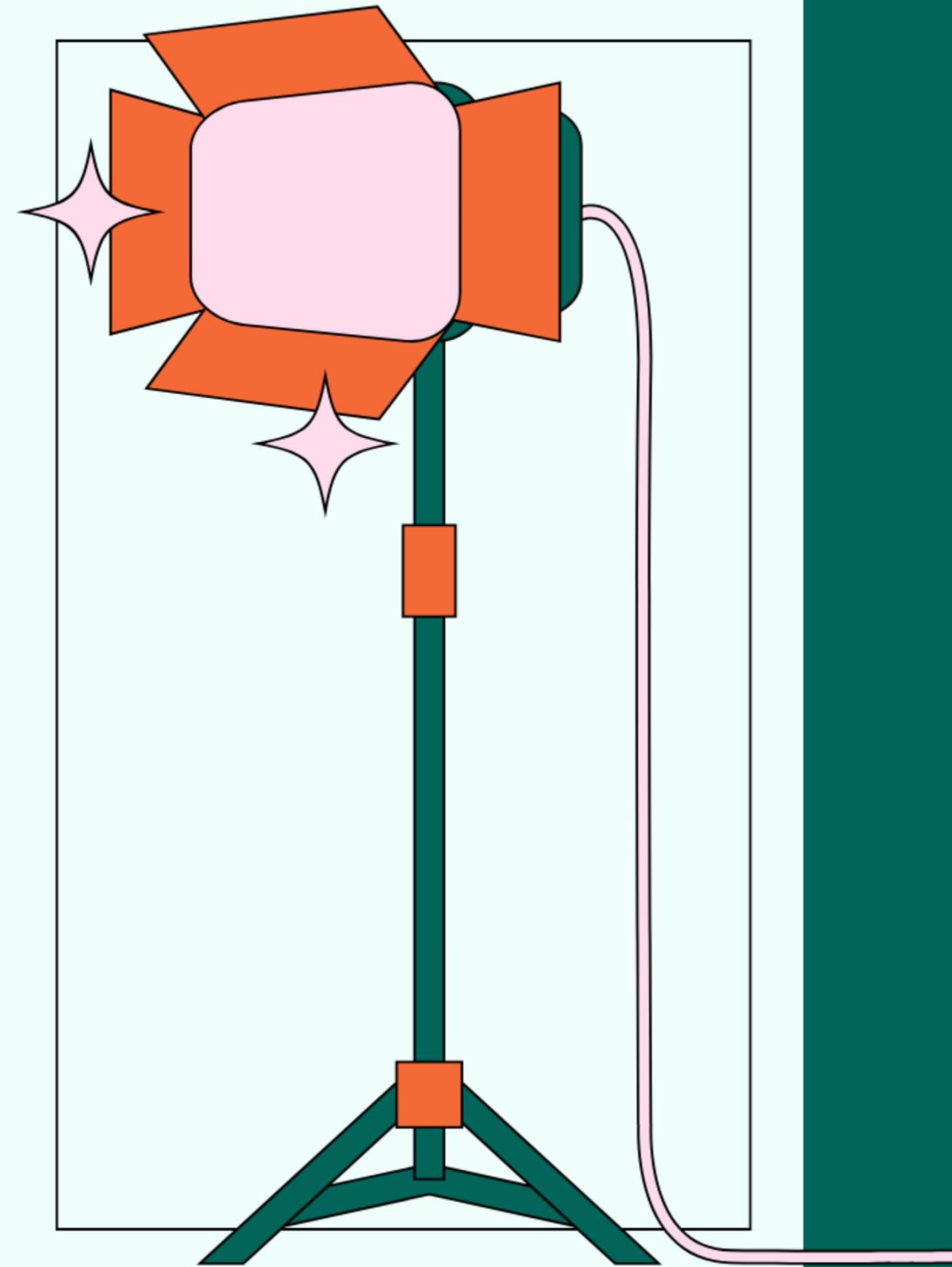
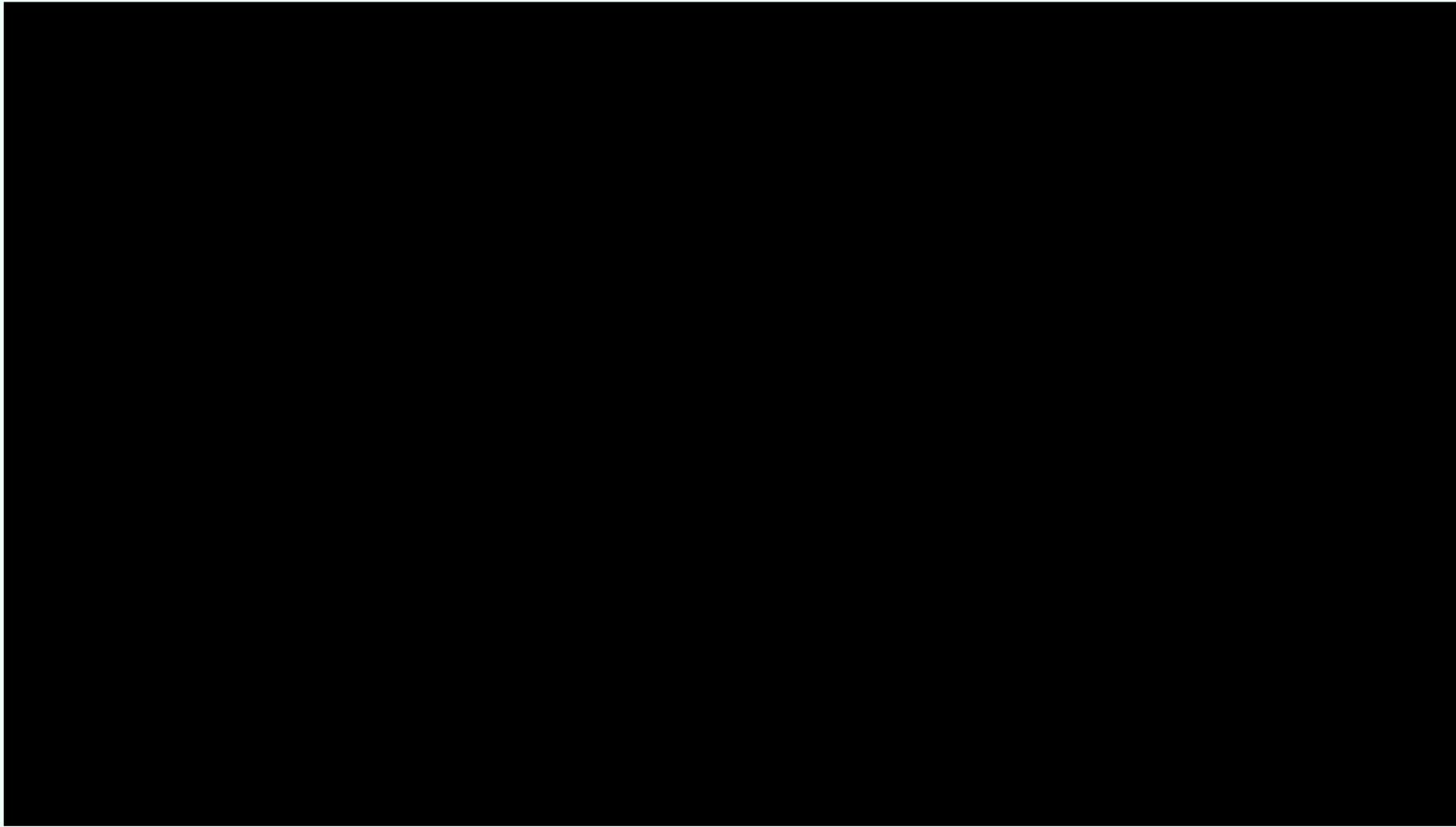
International
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Positive Community Responses

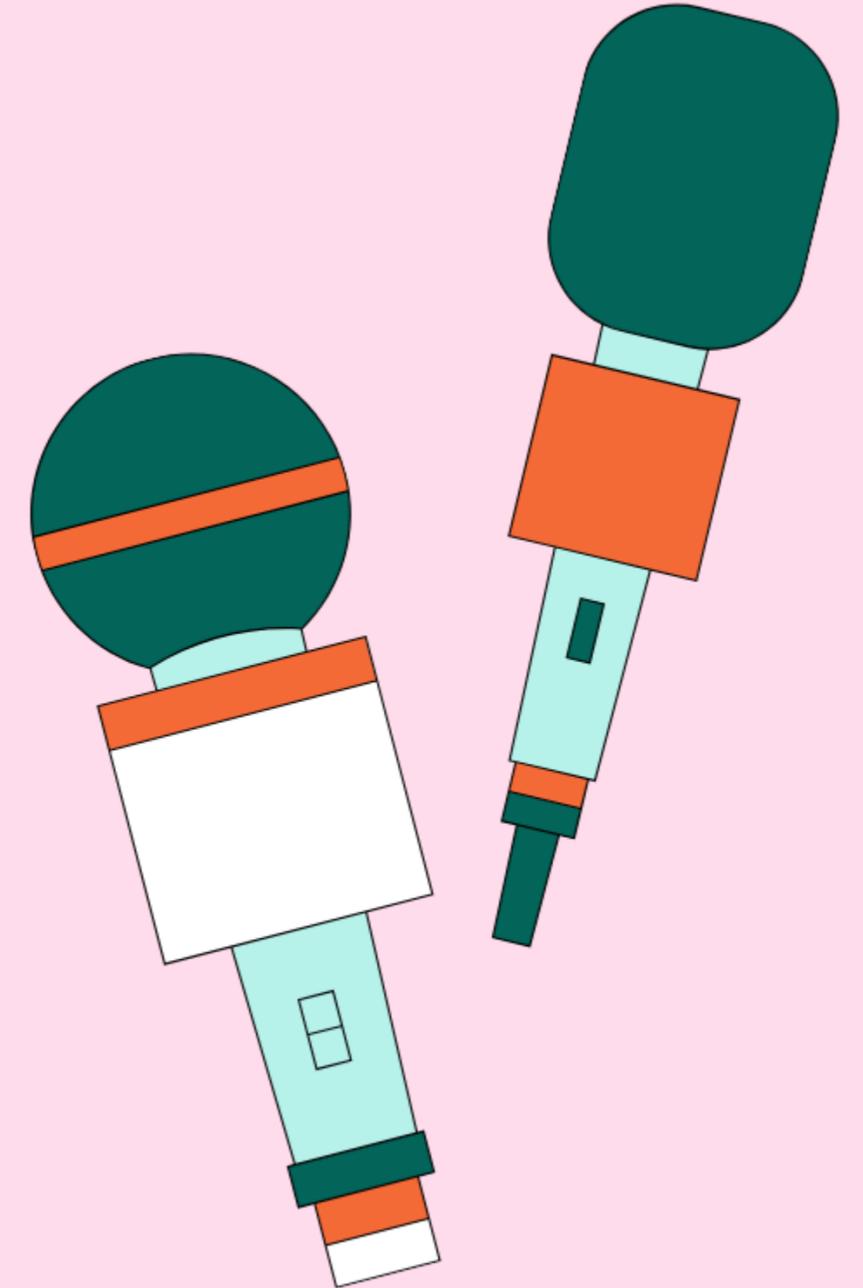
WHAT IF?



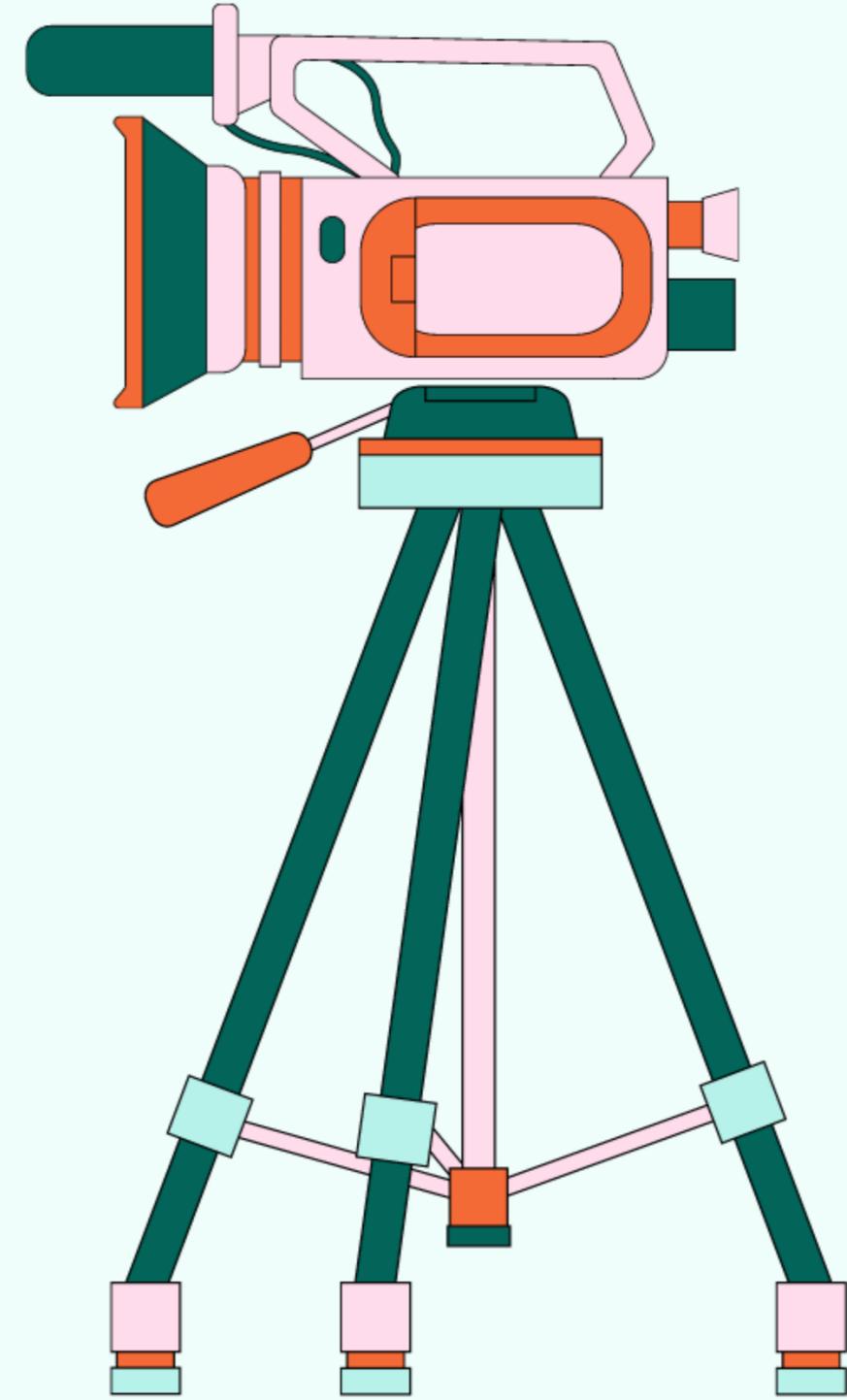
Positive Community Responses

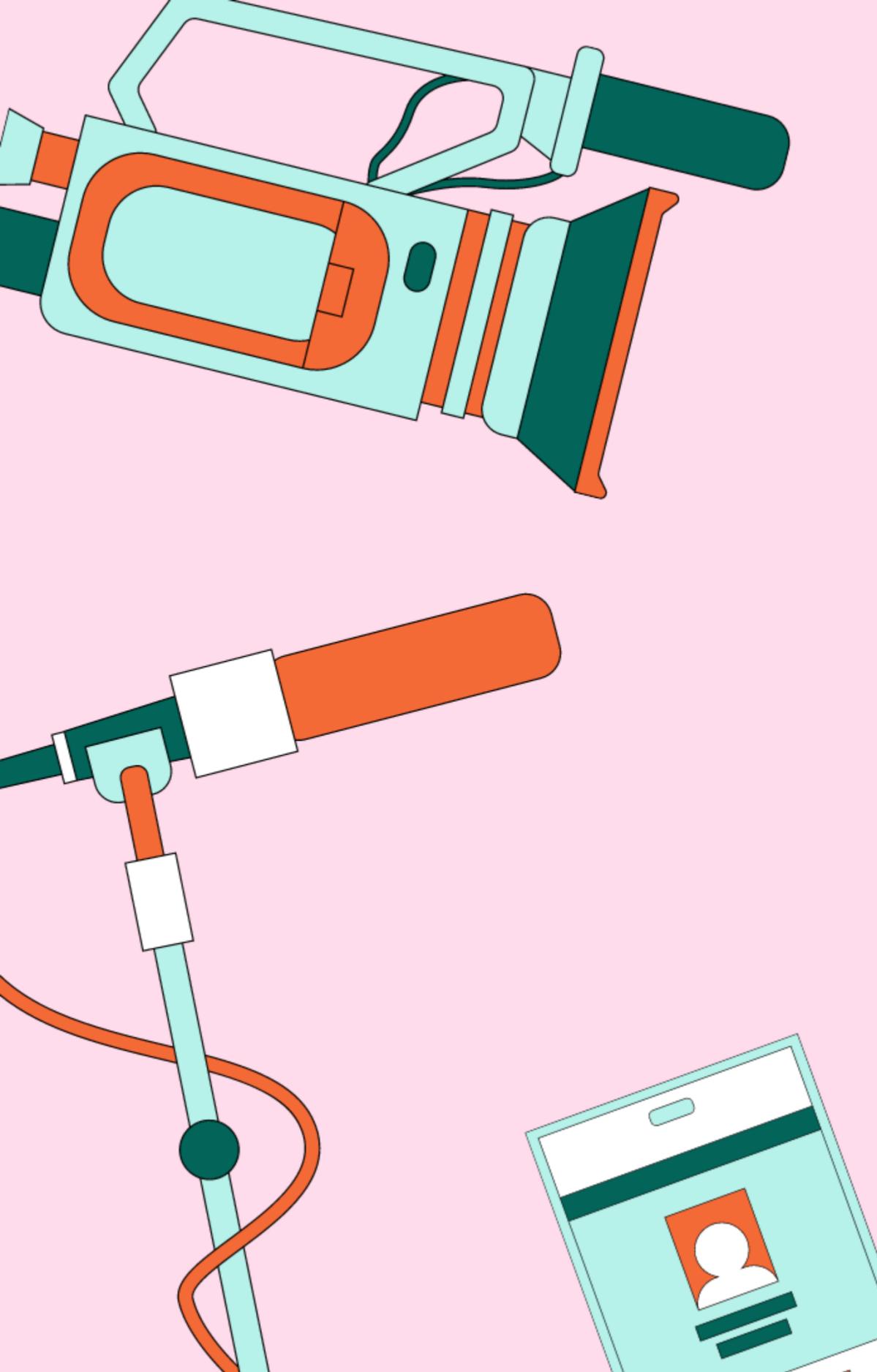


Positive Community Responses



What Does OCD Look Like?





Real OCD Resource Center

We know it can be difficult for members of the OCD and related disorders community to hear the term OCD misused. People who use OCD as a joke belittle the disorder and contribute to a stigma that prevents many people from seeking treatment. The good news is that together, we can work to educate the public, make a change, and reduce the time it takes for people to get the help they need.

Read on for information on what to do if you've just heard someone misuse the term OCD, or if you haven't but want to help make a change.

AA

<http://iocdf.org/realocd/>



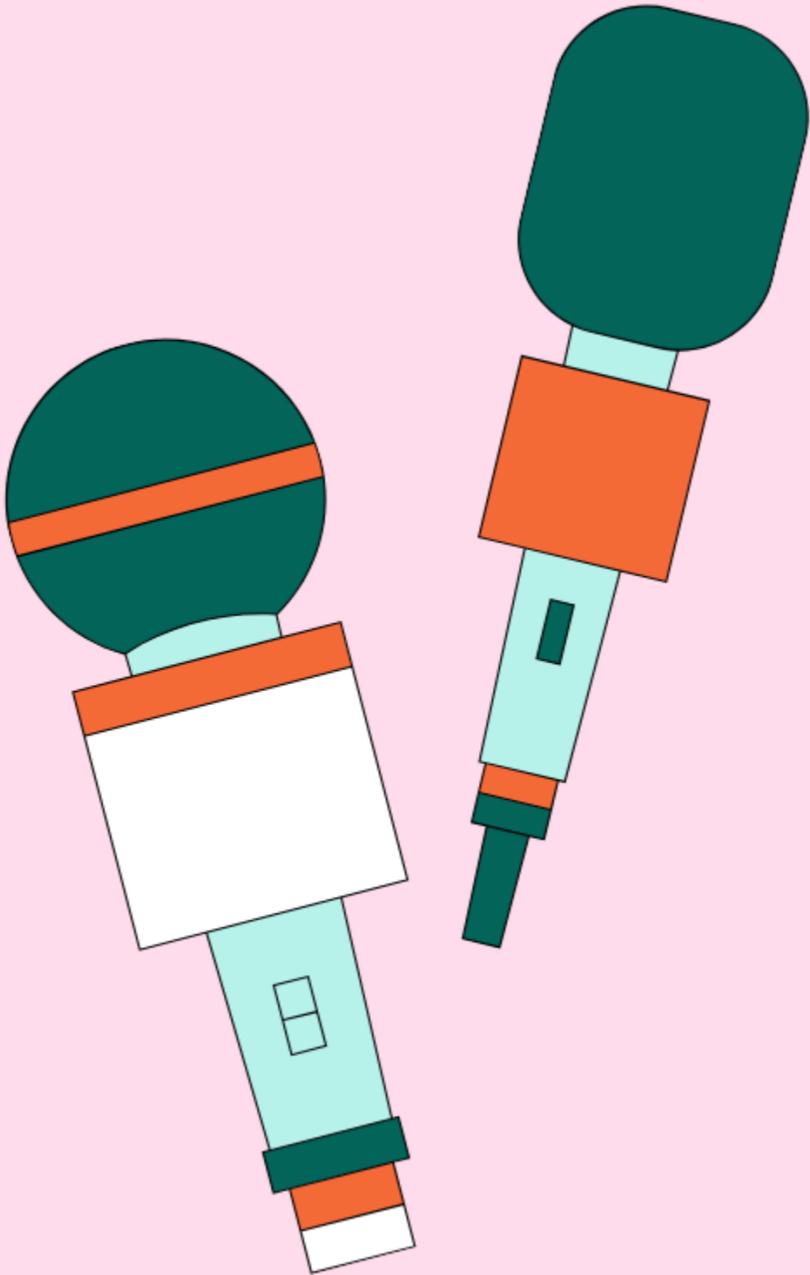
IF SOMEONE IS MISUSING THE term OCD on social media:

Whether it's a company, a celebrity, or an individual you do not know, social media can be a powerful tool to spread misinformation. Luckily, it can be a powerful tool to educate as well. Here are some resources to help you respond to misuses of OCD on social:





Q&A



Thoughts?

Experiences? Questions?