

Thinking, Feeling, and Doing: How to Be a Triple Threat Against OCD

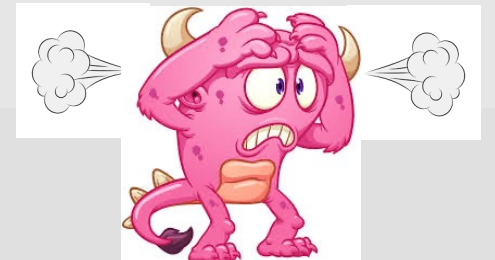
Hayley Dauterman, Ph.D.

Jessica McKee, LPC

Ashley Wray, LCSW

Myles Rizvi, Psy.D.

Michael Garcia, LCSW



Introducing... OCD

Thoughts



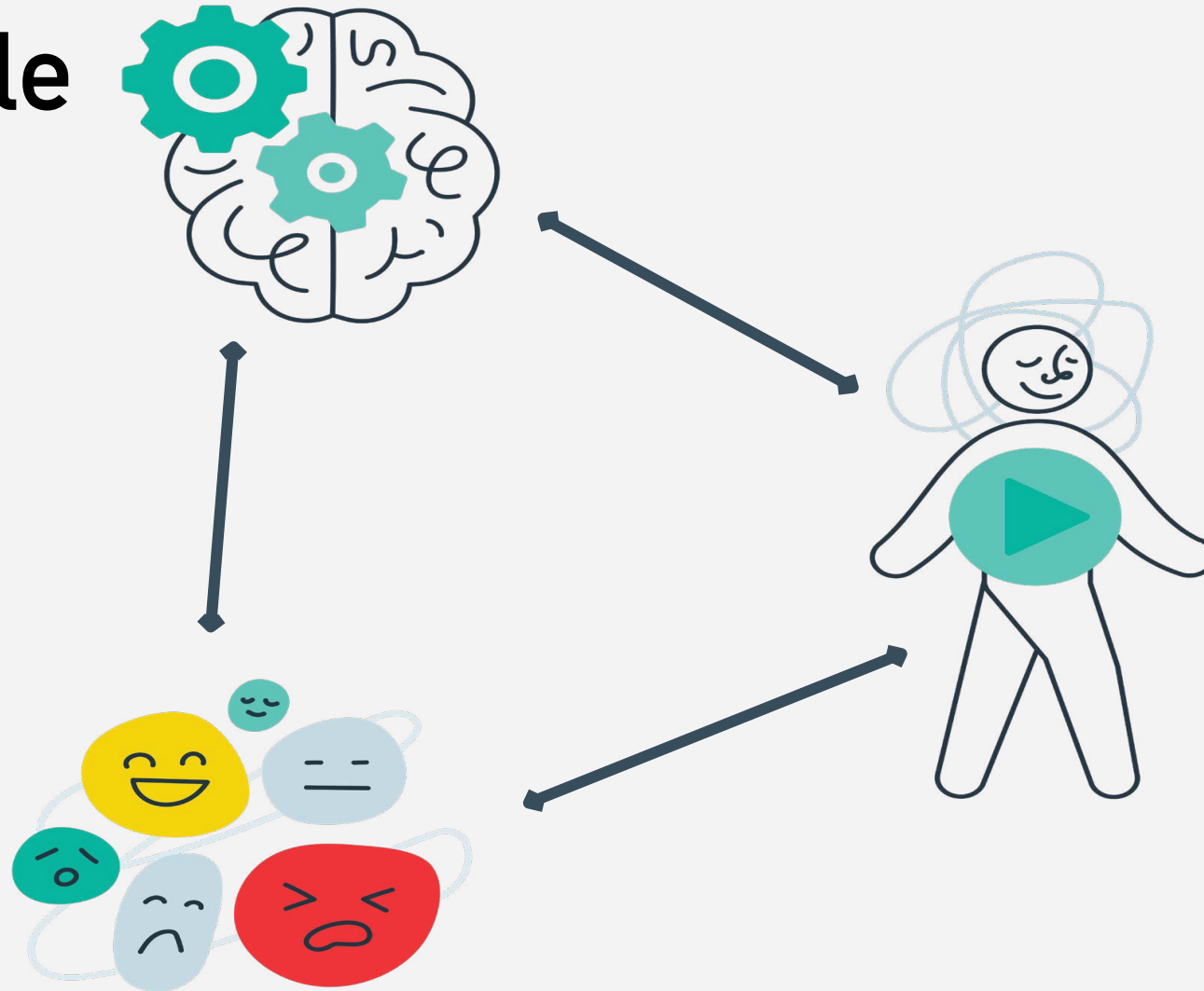
Feelings

Behaviors



NWN

CBT Triangle



Examples

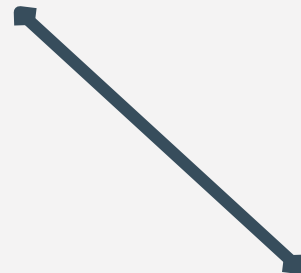
"If I go to school, I
might hurt my
friends."



Feel?

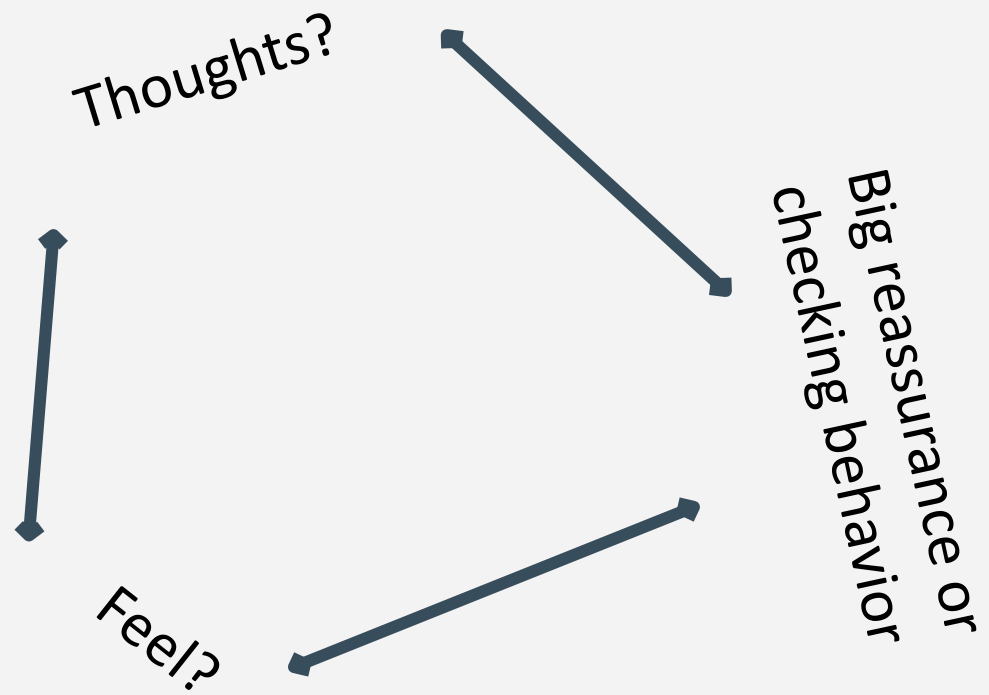


Behaviors?



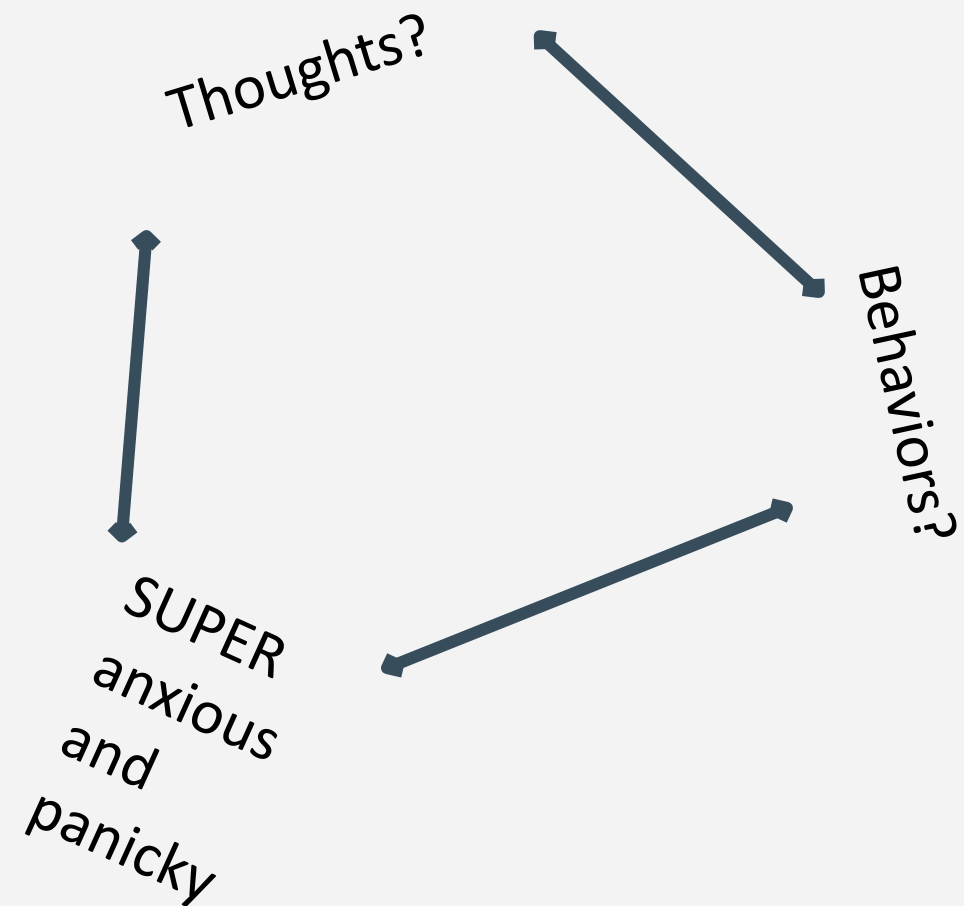
NWNI

Examples



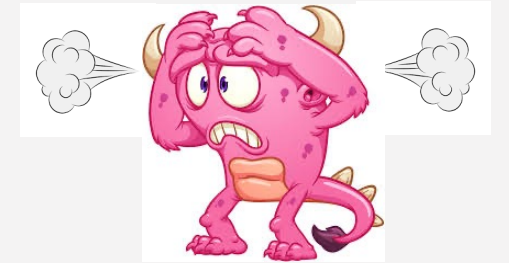
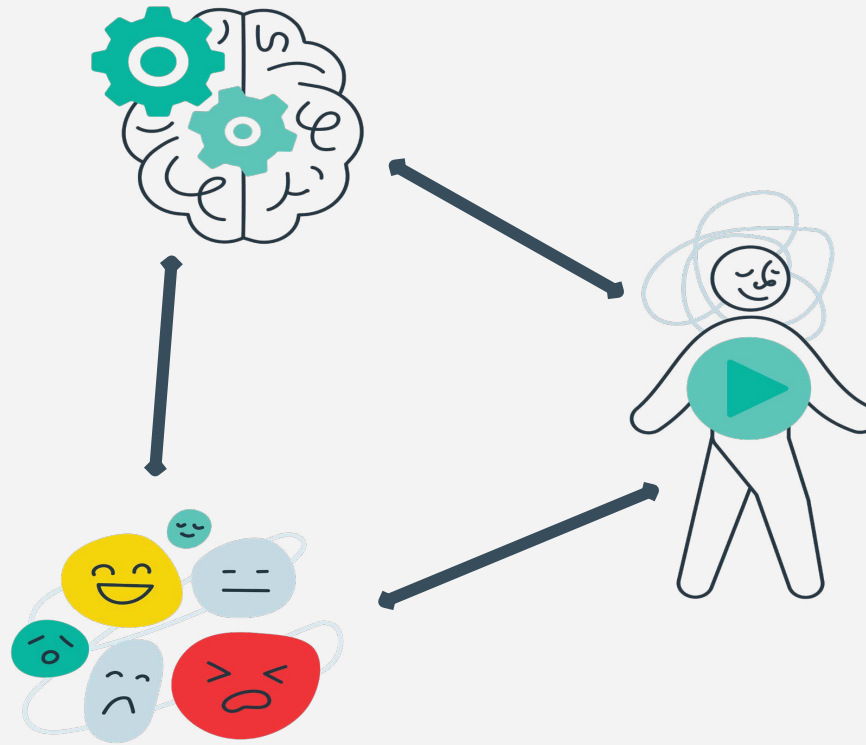
NWNI

Examples



NWNI

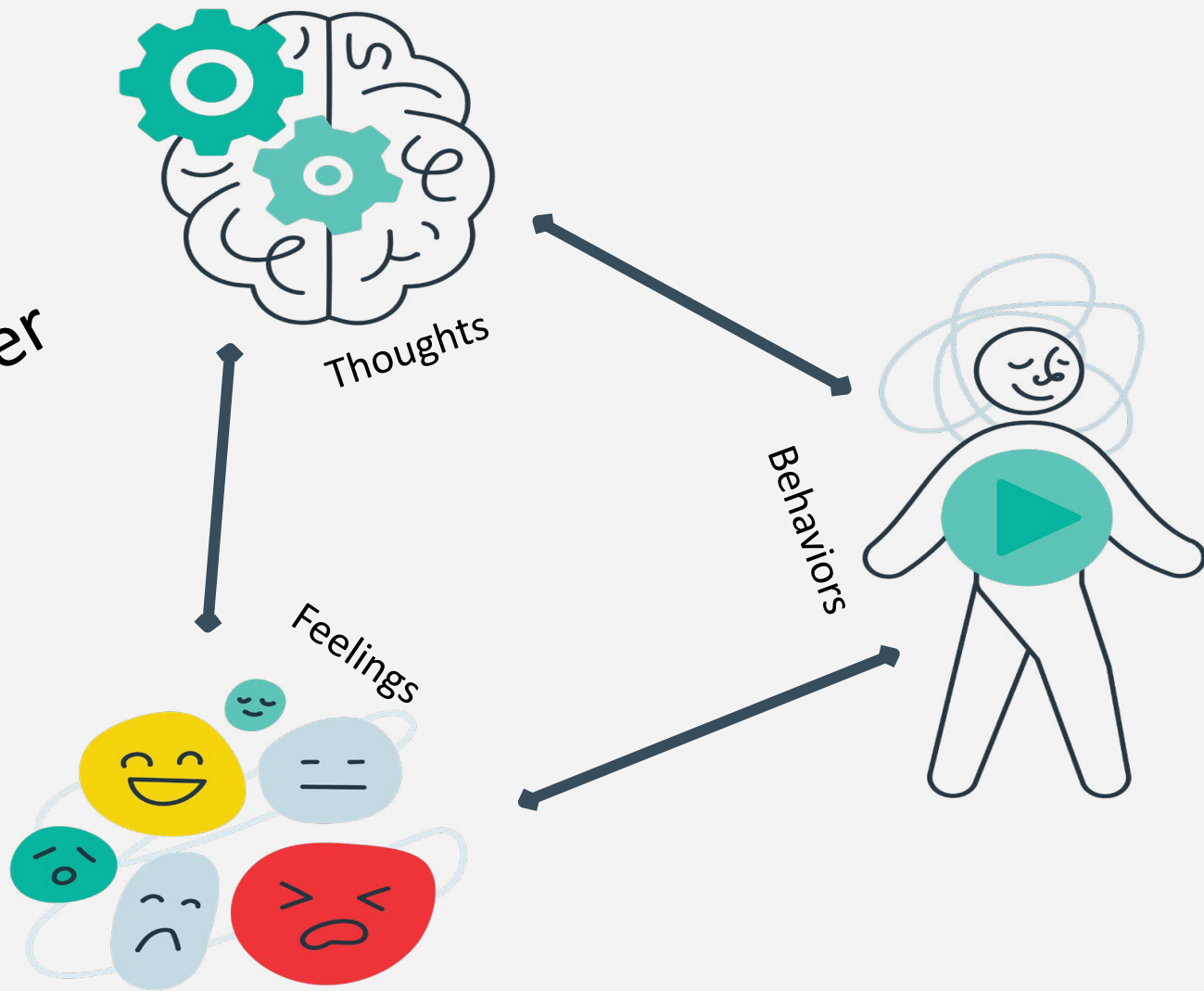
Get after it!



Break Into Groups!

- Line up by birthday! January → December

15 ish minutes per station



NWNI