

Psychological treatment of Obsessive Compulsive Disorder at AIBDT supports individuals of all ages, including young children and their parents, in management of obsessive thoughts, ritualistic behaviors, and associated anxiety symptoms.

The clinicians will utilize empirically validated Cognitive Behavioral Therapy techniques, including Exposure & Response Prevention (ERP), to help clients to learn to identify intrusive thoughts, images or impulses that occur over and over as well as to manage co-occurring emotions, such as uncertainty, fear, disgust, or general anxiety. At the same time, the clinicians will help to identify and minimize repetitive behaviors or rituals that complicate daily functioning, such as those designed to neutralize, counteract, or suppress obsessions.

Behavioral therapy for OCD helps individuals to

- tolerate uncertainty as a part of daily life
- learn to think rationally about their worries,
- face anxiety and fears without avoidance,
- manage family system impact of symptoms, and
- experience success at school and in social relationships.

Therapists at AIBDT can assist children and adults to address symptoms that include:

- fear of contamination,
- unwanted sexual thoughts,
- fears of losing control,
- excessive concern with morality or offending God,
- worries about being responsible for harming self or others,
- excessive superstitions,
- obsessive fear of illness or injury,
- repetitive washing/cleaning,
- perfectionistic or “just right” behaviors,
- repetitive reassurance seeking
- checking/re-checking,
- avoidance/procrastination and
- repeating behaviors.