TREATMENTS OF OBSESSIVE COMPULSIVE DISORDER

Medication

- Medications control the levels of neurotransmitters in the brain
- Selective Serotonin Reuptake Inhibitors (SSRI’s) are medications that control the level of serotonin, which plays a key role in OCD
- SSRI’s are proven to help treat OCD

Cognitive Behavioral Therapy

- Seeks to explore relationship between thoughts and actions
- Physicians try to understand a patient’s thought process in order to alter their patterns of thought, altering their behavior, and freeing them of OCD

Obsession: A recurring thought

OCD is an anxiety disorder in which a person experiences obsessional thoughts that create anxiety which is relieved by compulsive behaviors. This feeling of relief conditions a person to continue the cycle.

Compulsion: A behavior performed to reduce anxiety

Anxiety

Exposure & Ritual Prevention

- Most common & effective treatment method
- Exposes patients to their fears and prevents them from carrying out the ritual that suppresses the anxiety

Group Therapy

- Uses a group setting to help people overcome OCD together while completing treatment.
- This therapy helps improve each person in different ways.

References