

Exposure & Response Prevention

Brake Shop Service Package: Virtual Treatment

Sometimes people just want to be able to stop better – they want their brakes to work like everyone else's do!

In this Service Package, we provide evidence-based treatment via online videos and downloadable worksheets for the treatment of OCD.

Reference:

1. March, John S. & Mulle, Karen (1998), OCD In Children & Adolescents: A Cognitive Behavioral Treatment Manual, New York; London: Guilford Press
2. March, John S. (2006), Talking Back To OCD: The Program That Helps Kids & Teens Say 'No Way' – And Parents Say 'Way to Go', New York: The Guilford Press
3. Wagner, Aureen Pinto (2004), Up And Down The Worry Hill: A Children's Book About Obsessive-compulsive Disorder And Its Treatment, New York: Three Rivers Press
4. Jablonsky, Jennifer & Moritz, E. Katia (1998), Blink, Blink, Clop, Clop: Why Do We Do The Things We Can't Stop? – An OCD Storybook, Plainsview, New York: Childsworld/Childsplay

Who Is This Toolbox For?

- Children and adolescents feeling diagnosed with OCD, feeling distressed or impaired by intrusive thoughts and/or rituals:
 - looking for an alternative or enhancement to pharmaceutical treatment of OCD
 - have at least some symptom insight, and a motivation to change
 - can commit to scheduling specific times for practicing assignments each week
 - currently in a reasonably stable life situation

- a mental age of at least eight years with overall cognitive functioning within the broad range of Average (IQ score > 80)
- ***Symptoms Targeted For Treatment:*** Obsessions & compulsions (what we call, “leaky brakes over thoughts”)
- Treatment of any ADHD symptomatology has already been optimized. ***It is best if any medications remain stable for the duration of treatment.***

How This Toolbox Can Help:

- “Full Beakers” are how we describe feelings of being overloaded with too many pressures, demands or stresses unique to having leaky brakes. When a beaker overflows this can take the form of unmanageable anxiety, tearful “meltdowns”, or rage.
- Obsessions, compulsions and rituals that are embarrassing, inconvenient, disruptive, worrisome and time-consuming are beaker-fillers. Fighting to “hide” these atypical thoughts and actions, dealing with the reactions of others to these ritualized behaviours, or the inability to “shift: when expected also contributes to a full beaker.
- Learning to manage, decrease, and eliminate bothersome compulsions can decrease beaker levels by decreasing anxiety levels and “stuck thoughts”.
- ERP (a form of cognitive-behavioural therapy) empowers our clients by giving them very effective tools to take charge of their obsessive thoughts and eliminate the anxiety surrounding them. It thereby helps them to **“turn the tables” on OCD, boss OCD back, and to begin living life more flexibly and freely.** Clients who use this treatment are no longer compelled to give in to the compulsive behaviours they have targeted.