



Obsessive Compulsive Disorder (OCD)

OCD involves persistent, intrusive thoughts (obsessions) and repetitive behaviors that a person feels driven to perform (compulsions) in response to those thoughts.

Obsessions are unwanted, intrusive thoughts, images, or urges that trigger intensely distressing feelings. Compulsions are behaviors an individual engages in to attempt to get rid of the obsessions and/or decrease distress.

OCD (obsessive compulsive disorder), as defined by the International OCD Foundation, is a serious and often debilitating mental health disorder that affects people of all ages and walks of life and occurs when a person gets caught up in a cycle of obsessions and compulsions.

Related conditions include Perinatal OCD, Body Dysmorphic Disorder (BDD), Compulsive Skin Picking (CSP), Trichotillomania (Compulsive Hair pulling), Hoarding, Personality Disorder, Eating Disorders, and Pans or Panda caused by a strep infection in children.

OCD can be caused by personal experiences (childhood experience, parents with a similar condition, ongoing anxiety or stress, pregnancy or giving birth) or biological factors (something physical in our body or brain).

Most people have obsessive thoughts and/or compulsive behaviors at some point in their lives, but that does not mean that we all have “some OCD.” In order for a diagnosis of OCD to be made, this cycle of obsessions and compulsions must be so extreme that it consumes a lot of time (more than an hour every day), causes intense distress, or gets in the way of important activities that the person values.

For a further overview, symptoms, diagnosis, treatment, related conditions, and support go to:

NAMI - OCD

<https://www.nami.org/about-mental-illness/mental-health-conditions/obsessive-compulsive-disorder/?tab=overview>

Understanding OCD PDF

<https://library.samhsa.gov/sites/default/files/sma16-5002.pdf>

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/obsessive-compulsive-disorder/symptoms-causes/syc-20354432>



Obsessive Compulsive Disorder (OCD)

Other good sources of information, resources and support include:

National Institute of Mental Health, Obsessive Compulsive Disorder Resource Center

<https://www.nimh.nih.gov/health/statistics/obsessive-compulsive-disorder-ocd>

International Obsessive Compulsive Disorder Foundation

https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://iocdf.org/&ved=2ahUKEwjKr6HCqfGKAxVXE0QIHUnKEpMQFnoECAwQAQ&usg=AOvVaw3F6lSYKoCS37H_9aw6PO2W

The OCD Foundation website has tons of information and support including:

Brochures

Blogs

Insurance assistance

Fact Sheets

Podcasts

Referrals

Live Streams

Newsletter archives

Advocacy

Articles

Support Groups

OCD an Autism

Workshops

Legal Resources

OCD and Faith

OCD So Cal - A local affiliate of the IOCDF

<http://ocdsocal.org>

Mental Health America (Includes a test for OCD)

<https://mhanational.org/conditions/obsessive-compulsive-disorder-ocd/>

OCD Help Guide

<https://www.helpguide.org/mental-health/anxiety/obsessive-compulsive-disorder-ocd>

Women's Health – OCD

<https://womenshealth.gov/mental-health/mental-health-conditions/obsessive-compulsive-disorder>

Heads up Guys – Living and Coping with OCD

<https://headsupguys.org/living-and-coping-with-ocd/>

The Jed foundation

<https://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd>



Obsessive Compulsive Disorder (OCD)

Mind

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/>

Note:

ERP (Exposure and Response Prevention) is the gold standard of treatment for OCD. When looking for a therapist who treats OCD, make sure they are ERP trained.

NOCD, <https://www.treatmyocd.com/>, is a resource to find a therapist who specializes in OCD and are ERP trained.

Their referrals:

- Are highly trained OCD specialists
- Provide live face-to-face video therapy
- Provide personal support between sessions
- Are covered by insurance

Articles on OCD

<https://adaa.org/solr-search/content?keys=ocd>

Caregiver resources

Courage to Caregivers (self care, one-on-one support, support groups, breathing videos)

<https://www.couragetocaregivers.org/blog-onepaggers-1/2021/8/12/obsessive-compulsive-disorder>

See also the tab for Caretaker Support on the main Mental Health page.

For more information, resources, Catholic counselors, contact Rich at hello@thechurchofstluke.org