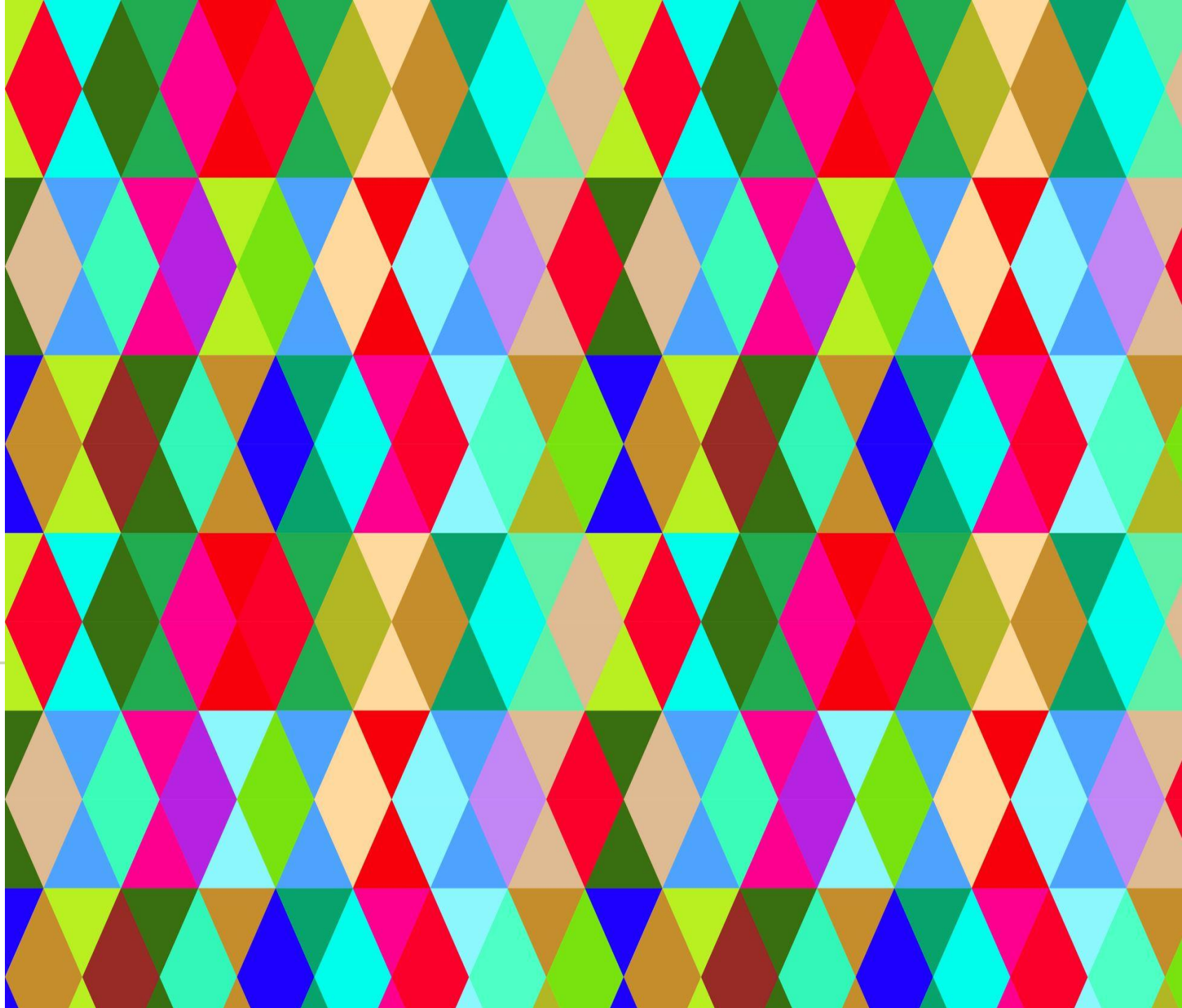
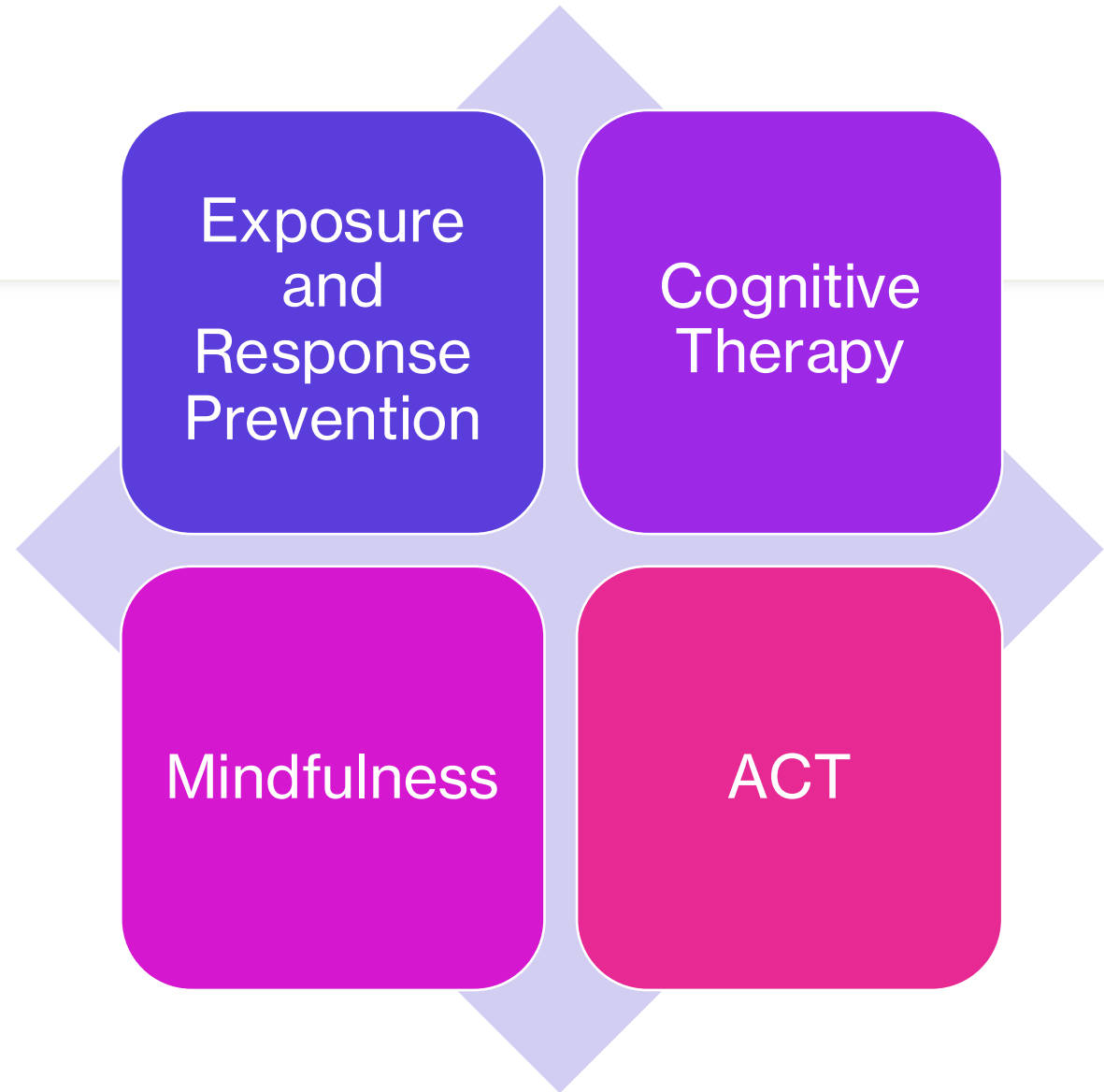



Using Psychological Therapies in Children and Youth with Challenging OCD Symptoms

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Registered Psychologist
The Family Psychology Place



Therapies We Know Work for OCD





Key Elements of Exposure and Response Prevention

Symptom Hierarchy – focusing on compulsions

Psychoeducation

RIDE (overarching acronym for ERP)

In session and at home exposures

Thought Exposures / Scripting

Parenting

Key Elements of Cognitive Therapy

Identify the
obsessive
thoughts

Challenging
obsessions
does not work

A logical
discussion can
be a starting
point

Label /
Externalize

Have a motto

Distress
Tolerance

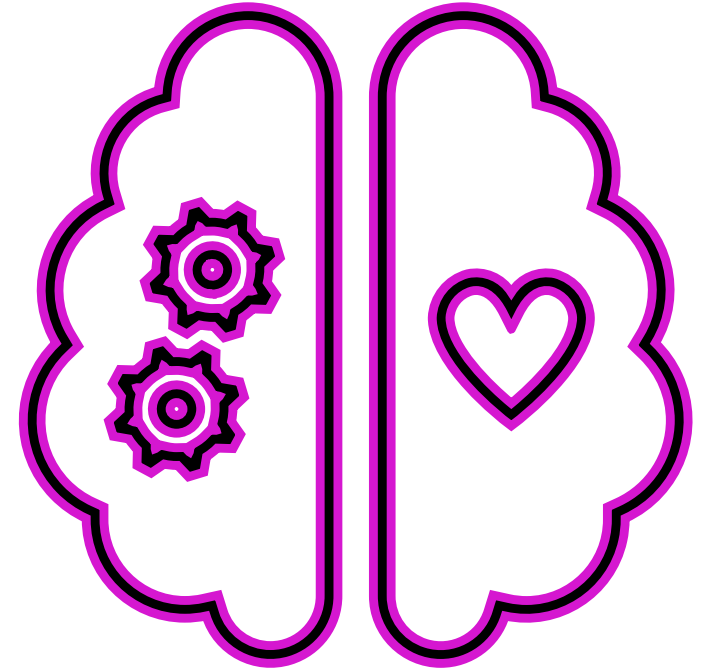
Key Elements in Using Mindfulness for Unwanted Thoughts and Compulsions



- We don't tell people to not think their unwanted thoughts
- Identify the triggers or the compulsions
- Identify mental rituals (the things we do in our heads so the fear doesn't come true:
 - Ruminating
 - Mental Checking
 - Thought Neutralizing
 - Rationalizing
 - Self-reassurance
- Label and Abandon the ritual
 - Jump out of the thought process and do what you were doing
- Meditate

Mindfulness Elements Continued

- Ignore it
- Acknowledge it, but don't respond
- “Maybe you are right, but I don't care”
- Agree completely and make things uncomfortable for OCD
- Self-compassion
- Accept uncertainty / It is okay to “not know”



Key Elements of ACT for OCD



Compulsions and avoidance bring the fear down, but they make everything worse

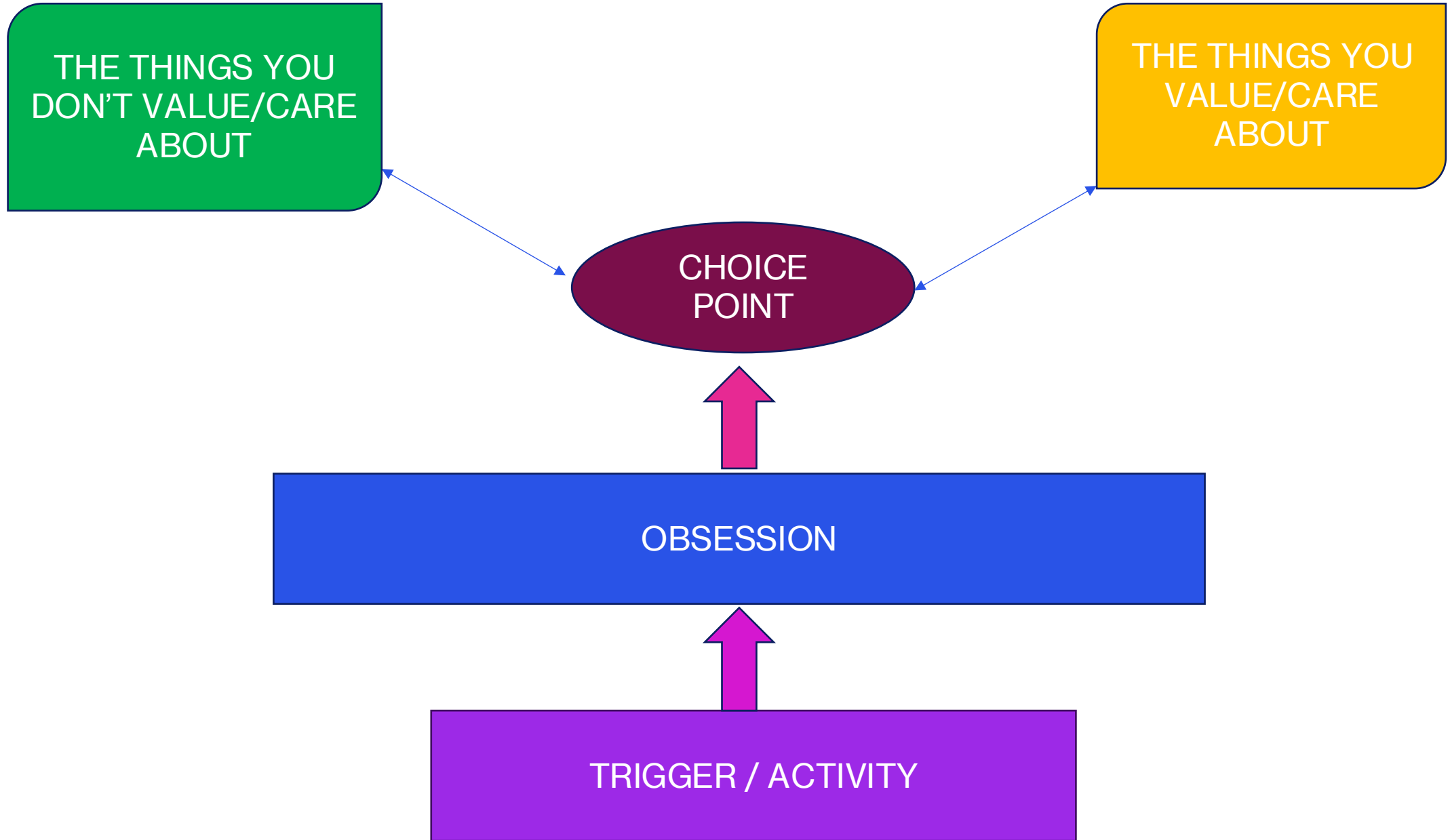


Based on understanding core values and beliefs before doing ERP



**CHOICE
POINT**

The capacity to choose how to face their fears when it matters to them to do so





Questions



Psychological Therapies for Impairing Emotional Outbursts



The Reasons Why?

Executive Function
challenges

Attachment /Quality of
Parent Child
Relationship

Irritability/Temperment

Executive Functioning (EF) Challenges

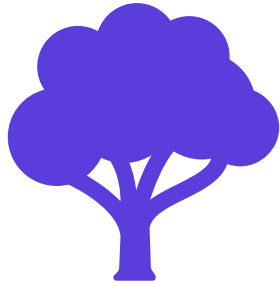
EF (i.e., those brain based abilities that we all need to act effectively and achieve our goals) helps us to:

- Be more flexible and independent
- Be a successful problem solver
- Develop tools to self-regulate
- Be better at self-advocating

When EF is impaired, a child tends to be:

- Inflexible
- A poor planner
- Disorganized

Two Ways to Help



Change the Environment



Teach New Skills

Flexibility – handling unexpected events and unwanted demands more easily

Goal Setting

Making / Checking Plans

Problem Solving

Clear expectations and rules

Role of Attachment and Quality of Parent - Child Relationship

Secure attachments help develop emotional self regulation skills:

- More likely to talk about negative feelings with parents
- Parents more likely to validate child's perspective
- Parents more likely to appropriately describe what child reports they feel

In more secure attachment relationships parents are more likely to:

- Promote open and emotionally flexible dialogues
- Accept emotion during conflict discussions
- Discuss emotions when talking about misbehaviour

Emotional flexibility and Emotional Recovery

- Generation and regulation of emotions matches the situation / context
- Emotional recovery helps build resilience
- Enhanced recovery from serious stressors

Building a Positive Parent – Child Relationship

PCIT:

- Child lead interactions:
 - No commands
 - No questions
 - No criticisms
 - Ignore inconvenient misbehaviours
 - Respond to dangerous misbehaviours by ending play

PRIDE

- Praise – “great idea; you are working so hard”
- Reflect – “yes, that really is a fast car”
- Imitate – keep engaged and teach cooperation
- Describe – “You are drawing a star”
- Enjoy – stay positive “I love playing with you”

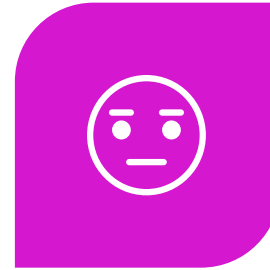
Building a Positive Parent-Child Relationship Continued (Parent Management Training)



CONFRONT
WITHOUT CONFLICT



CLEAR RULES AND
EXPECTATIONS



ALL EMOTIONS ARE
OKAY, BUT CERTAIN
REACTIONS ARE NOT



CIRCLE OF CONTROL

Circle Of Control

We cannot control the weather. We do not go out in stormy weather and scold the wind and the rain. Instead, we build a roof and windows on our home. In a similar way, instead of getting upset at the world or other people around us, we can develop our inner strength and resilience to defend against stressful situations. We do this by focusing on the things we can control, while learning to accept and let go of the things we cannot control.



Things I Can't Control . . .



Exposure Based CBT for Irritability – Child Focused

DMDD: child/adolescent experiences ongoing irritability, anger and frequent, intense temper outbursts



Exposure to anger – inducing triggers will, over time, lead to less reactivity to those triggers



Hierarchy of events / triggers



Learn about your anger



Mastery approach to handling the triggers / Learn to tolerate their anger without an outburst



Exposure Based CBT Therapy Parent Focused

- Parent coaching includes:
 - Teach new ways of responding to your child's anger
 - Not about changing your child's behaviour, it is about changing your behaviours
 - What motivates your child's temper outbursts
 - How are your reactions inadvertently reinforcing the outbursts
 - What are ways of increasing positive interactions with your child
 - The importance of being in control, but not about controlling your child



Questions

