



The
Family
Psychology Place

*Come for answers...
stay for solutions*

The ABCs of E/RP

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Disclosures:

I am the primary owner of The Family Psychology Place, a private practice clinic in Calgary Alberta.

What is Exposure and Response Prevention?

- E/RP is a type of CBT
- “Exposure” refers to practicing confronting a thought, images, object, or situation that makes a patient anxious, evokes an obsessions, occurs behaviour a behaviour that is impacting functioning
- “Response Prevention” teaches the patient that they can make the choice to not do a behaviour/compulsion and how that helps break the cycle
- The goal of E/RP is to retrain the brain so that patients no longer see their intrusive thoughts, images, objects, situations or behaviours as threats or “have toos”

What Disorders or Concerns does E/RP Work For?

- OCD
- Tics / Tourette's Syndrome
- Anxiety Disorder
 - What E/RP is used for changes depending on the anxiety disorder
 - Panic
 - Separation
 - Specific
 - Social
- Impairing Emotional Outbursts
- Any impulsive behaviour where a child would benefit from **not** doing the behaviour

Case Examples

- Family members are contaminated (14 year old girl)
- Excessive fear of "poop" germs (9 year old girl)
- Intrusive thoughts around illnesses (12 year old boy)
- Violent, horrific images around harming those you love (9 year old girl)
- Intrusive thoughts of being gay (14 year old boy)
- Intrusive thought that it is necessary to "taste" my poop (8 year old girl)
- Struggles to handle demands from adults which are "hard" or cause frustration (9 year old boy)
- When situations are not perceived as fair (pretty much my caseload...)
- Wall punching tic (13 year old boy)
- Walking tic (11 year old boy)
- Sexually explicit vocal tics (14 year old boy)



Time for Questions