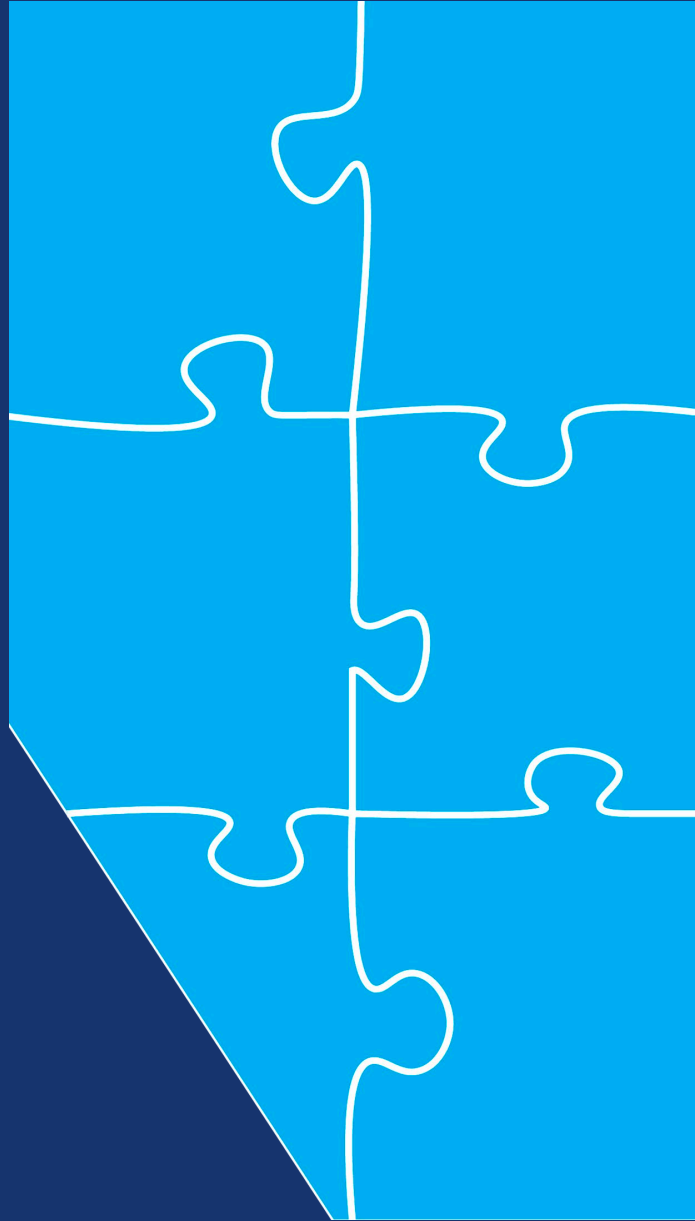


Tourette OCD Alberta Network

Tourette
OCD 
Alberta
Network



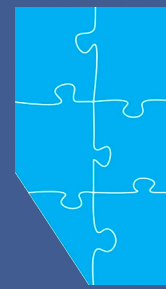
Presentation by
Adrienne Hill

ahill@simplemath.ca



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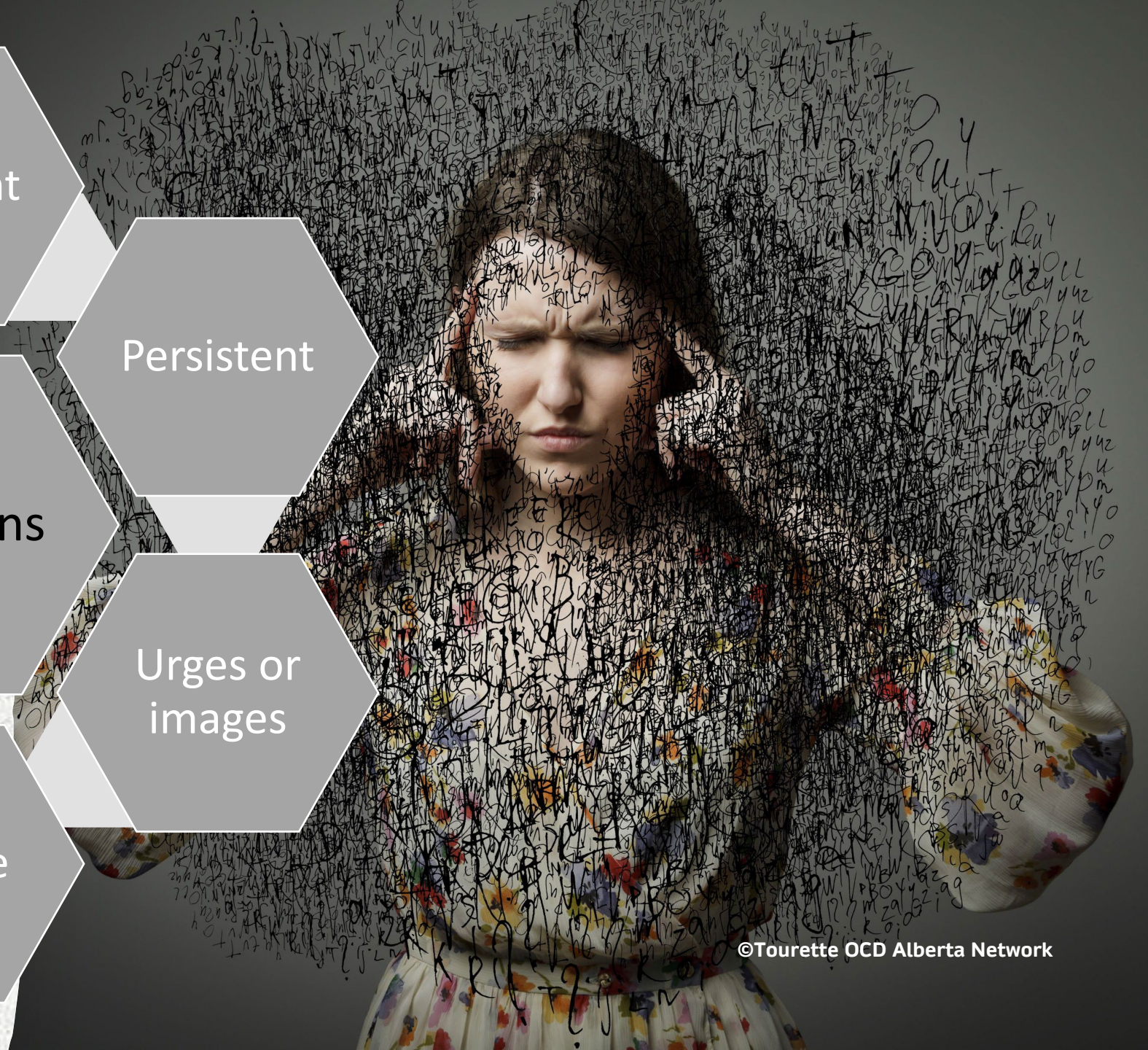
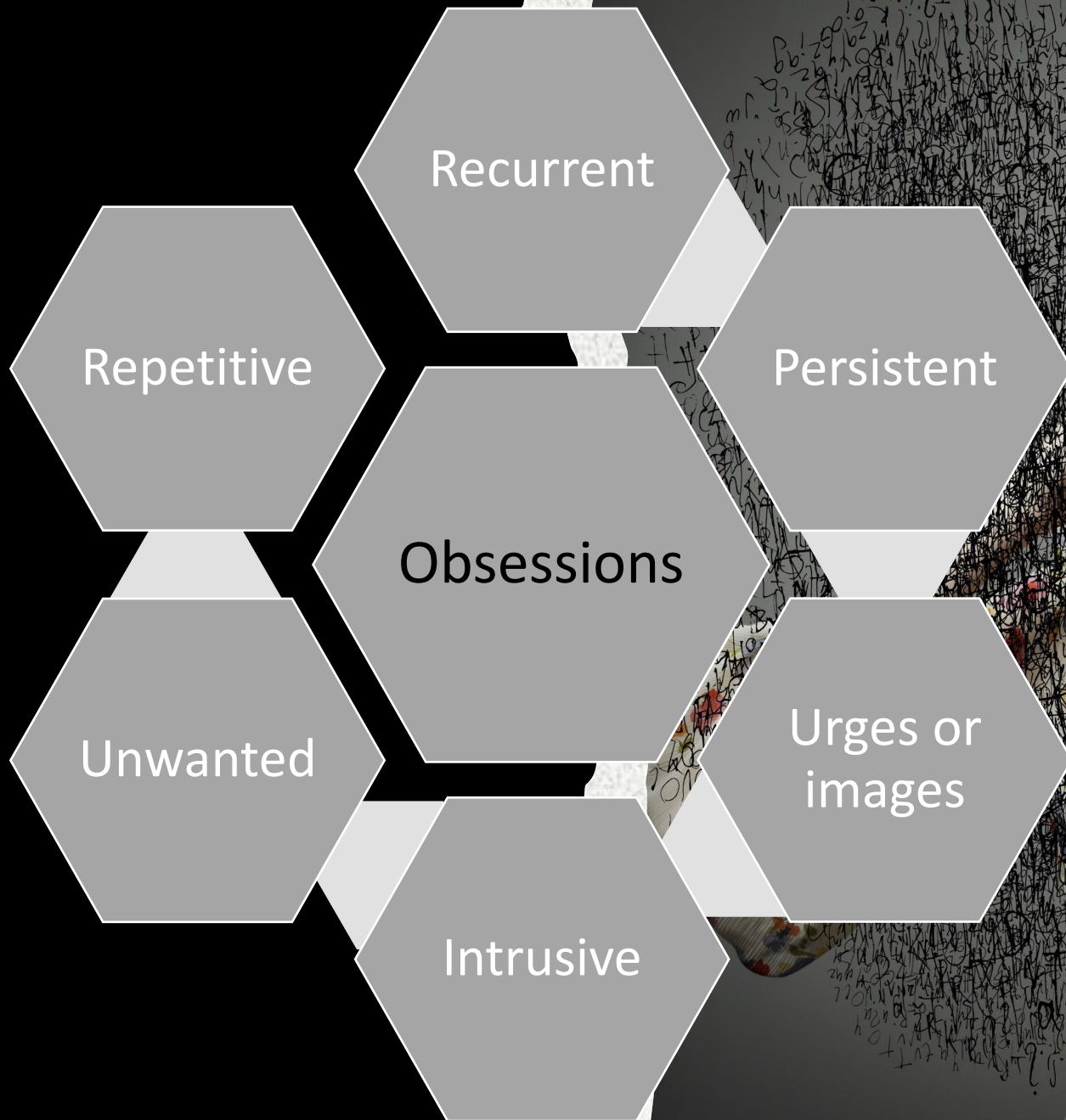
Obsessions



Compulsions

Obsessions





Examples:

Contamination Obsessions

- Concern with dirt, germs, illness

Aggressive Obsessions

- Fears might harm self or others
- Fears will be responsible for something terrible happening

Sexual Obsessions

- Forbidden sexual thoughts, images

[illegible]

- Lucky/unlucky numbers

- Excessive concern with illness
- Excessive concern by body part or appearance

- Fear of offending God
- Excessive concern with right/wrong morally

Compulsions



Compulsions

Repetitive, deliberate,
ritualistic behaviours
or mental acts



Compulsions

Repetitive, deliberate,
ritualistic behaviours or
mental acts

Performed to relieve the
anxiety related to obsessive
thoughts, or to prevent
some negative outcome
from occurring



Compulsions

Repetitive, deliberate, ritualistic behaviours or mental acts

Performed to relieve the anxiety related to obsessive thoughts, or to prevent some negative outcome from occurring

May not be connected in a realistic way with what they are designed to neutralize or prevent

Examples:



Examples:

Washing/cleaning

Washing/cleaning compulsions

- Excessive or ritualized hand washing, showering, grooming



A close-up photograph of a hand being washed with white, bubbly soap suds. The hand is positioned diagonally across the frame, with the fingers slightly curled. The background is a soft, out-of-focus white.

Examples:

Washing/cleaning

Washing/cleaning compulsions

- Excessive or ritualized hand washing, showering, grooming

Checking

Checking compulsions

- Checking locks, toys
- Checking no mistake was made

Examples:

A close-up photograph of a hand being washed with white, bubbly soap suds. The hand is positioned diagonally across the upper half of the frame, with the fingers slightly curled. The background is a soft, out-of-focus white.

Washing/cleaning

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Repeating

Repeating rituals

- Rereading, erasing, or rewriting

Examples:



Washing/cleaning

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Checking

Checking compulsions

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- Checking no mistake was made

Repeating

Repeating rituals

- Rereading, erasing, or rewriting

Counting

Counting compulsions



Examples:

Ordering/arranging

Need for
symmetry/evening
up

Hoarding/saving compulsions

Difficulty throwing
things away



Rituals involving other persons

- a parent or teacher

Examples:



Educational
needs vary



Educational
needs vary

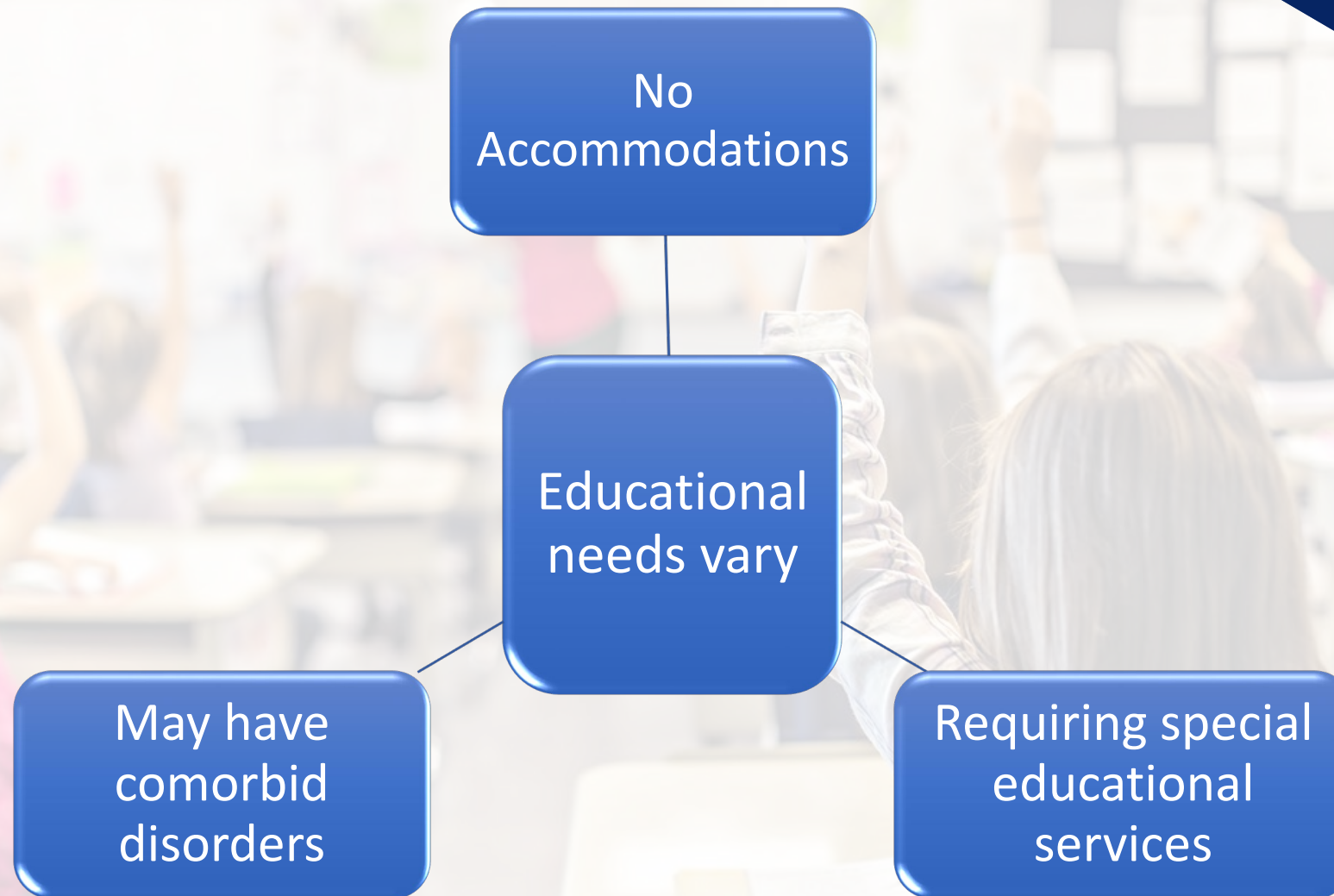
No
Accommodations



No
Accommodations

Educational
needs vary

Requiring special
educational
services







HELP!

Recognize attending school can trigger OCD tendencies

The fear of falling behind can worsen OCD symptoms

A person is sitting at a desk, holding a white sign that says "HELP!" in large, handwritten letters. The person's head is resting on their arms on the desk. On the desk, there are stacks of papers, a metal cup filled with colored pencils, and an open notebook. The background is a plain, light-colored wall.

HELP!

Recognize attending school can trigger OCD tendencies

Always consult the student prior to implementing strategies.

The fear of falling behind can worsen OCD symptoms

Plan together



What to watch out for:

Headaches, nausea and
stomach aches

Frequent
handwashing/chapped
hands

Over long bathroom breaks

Shoelaces always untied

The background of the slide is a photograph of several crumpled white paper balls scattered on a sheet of blue-lined paper. A red string is visible, running vertically on the left side and horizontally across the middle. There are some small red marks and debris on the paper.

What to watch out for:

Excessive erasing

Words/numbers
retraced

Needless
corrections

Avoidance of
sticky/messy things



What to watch out for:

Unable to hand in assignments

Not changing in change room/participating in swimming

Carrying a seat cushion



What to watch out
for:

Avoiding sharp things

Appearing
distracted/inattentive

Taking too long on
tests and quizzes



Symptoms K-6

Perfectionistic

- Excessive writing and rewriting
- Reassurance seeking





Symptoms middle school and higher

- Avoidant behaviour
- Early departures/lates common



Exposure and response therapy (ERP)

- Between 60-80% experience significant improvement in symptoms
- Maintained at a 2 year follow up
- Symptoms improve within 12 to 15 sessions



Extra Time





Extra Time

Giving unlimited time can help identify issues

- OCD
- ADHD
- Learning disabilities





Extra Time

Extra time can be counter productive with OCD

- May be warranted now
- Allows for checking rituals
- Not advised in the long run





Try to limit...



Excessive
reassurance
seeking

Checking
temperature
over and
over

Calling home
repeatedly to
make sure
family is okay

Lying down
to take a
break



How to
help

Make a written plan,
ensure success



How to
help

Make a written plan,
ensure success

I will answer 3 questions
per day



How to
help

Make a written plan,
ensure success

I will answer 3 questions per
day

You may check your
temperature 4 times per day



How to help

Make a written plan,
ensure success

I will answer 3 questions per
day

You may check your
temperature 4 times per day

You can have one bathroom
break for 5 minutes



Make a written plan,
ensure success

I will answer 3 questions per
day

You may check your
temperature 4 times per day

You can have one bathroom
break for 5 minutes

Practice the plan, including
role playing

Reward
Success



Start with
achievable goals



Start with
achievable goals

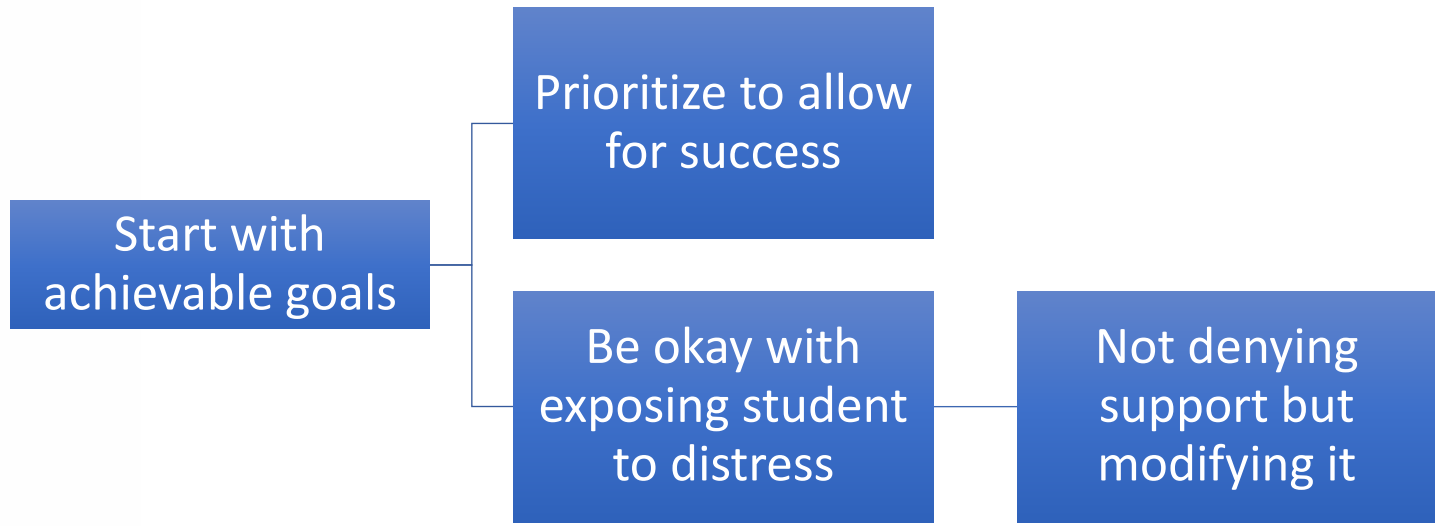
Prioritize to allow
for success

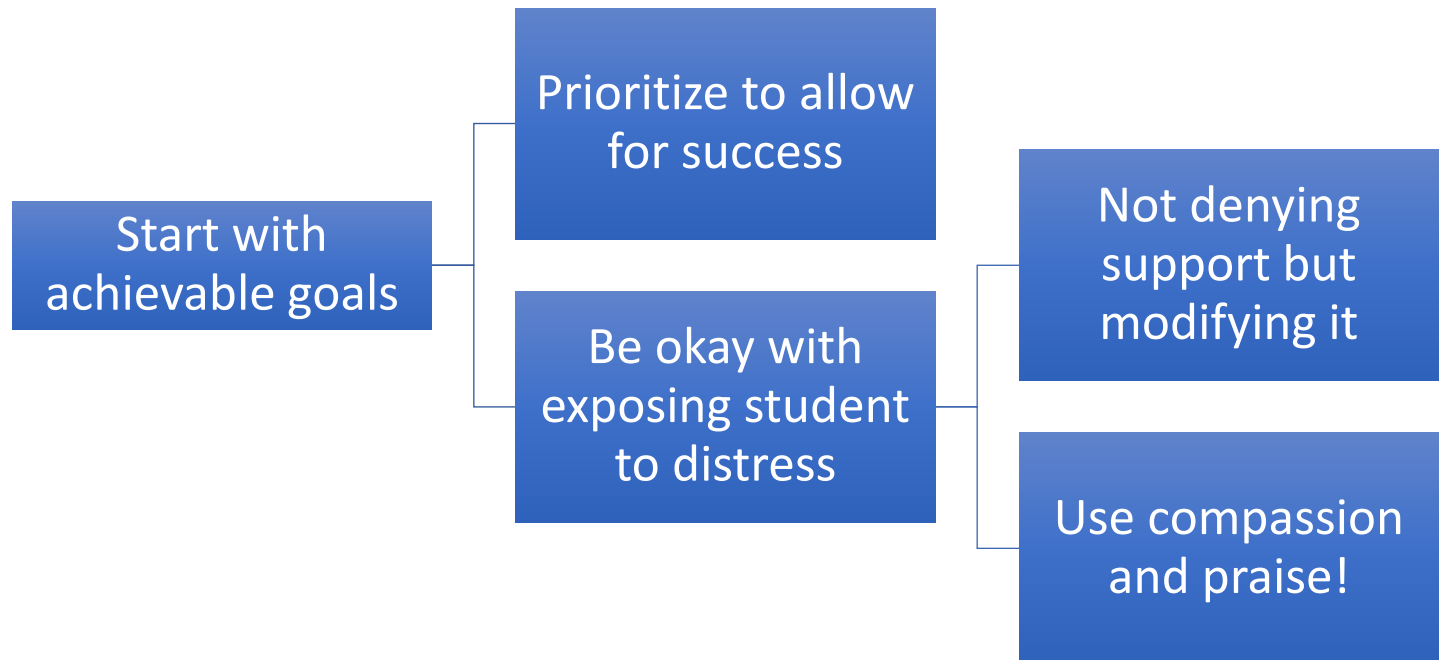


Start with
achievable goals

Prioritize to allow
for success

Be okay with
exposing student
to distress








Ideal to adopt an exposure
model within the school

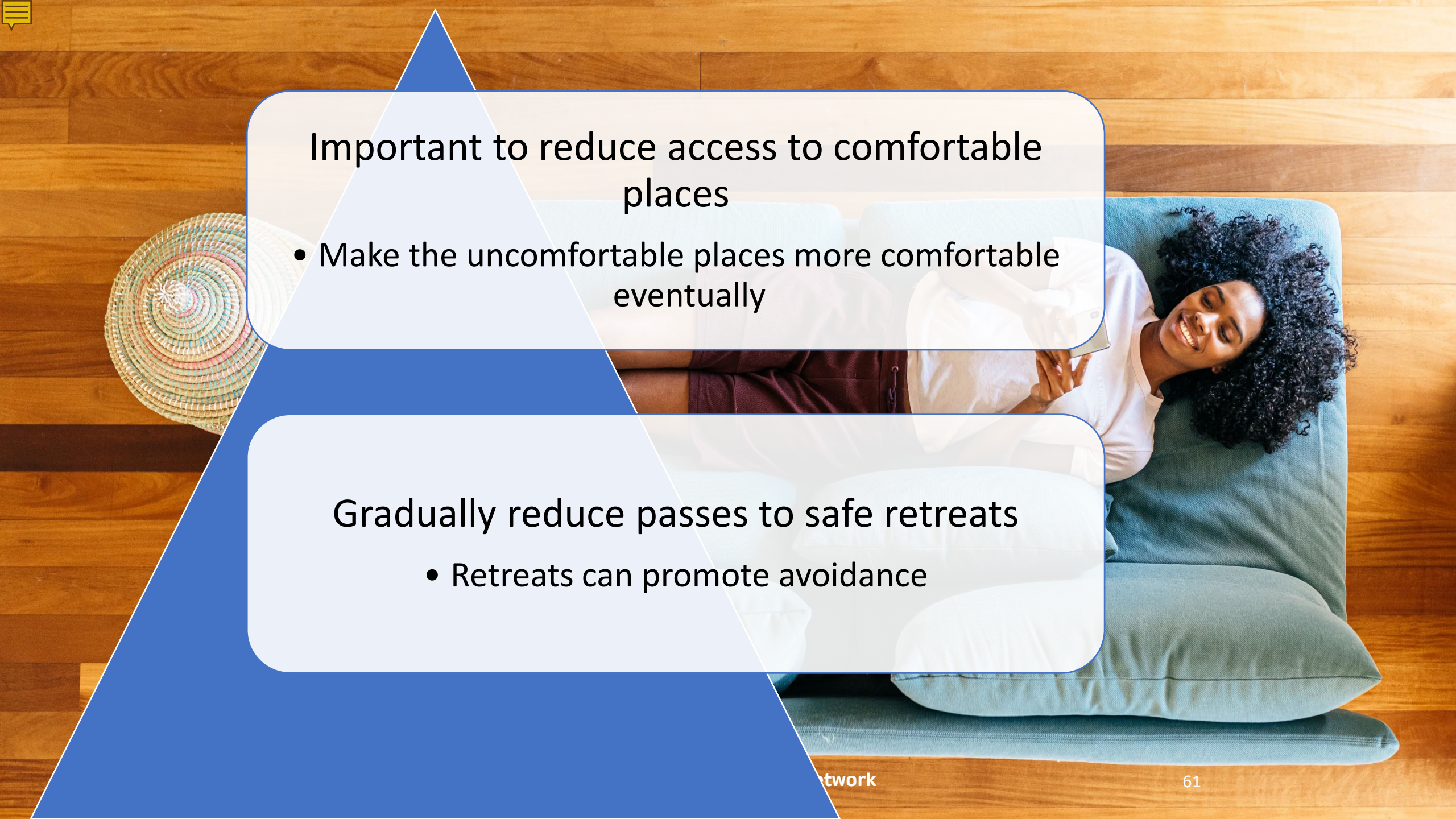
Meaningful exposures
count for marks

Do not expect linear
progress



Important to reduce access to comfortable places

- Make the uncomfortable places more comfortable eventually



Important to reduce access to comfortable places

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Gradually reduce passes to safe retreats

- Retreats can promote avoidance



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Gradually eliminate accommodations.

- Recognize this will take time, sometimes years



Important to reduce access to comfortable places

- Make the uncomfortable places more comfortable eventually

Gradually reduce passes to safe retreats

- Retreats can promote avoidance

Gradually eliminate accommodations.

- Recognize this will take time, sometimes years

Disruptive/Poor behaviour increase when accommodations withdrawn



ANXIETY

STRESSED

NERVOUS

WORRIED

Anxiety
Talk



ANXIETY

SRESSE

NERVOUS

WORRIED

Anxiety
Talk

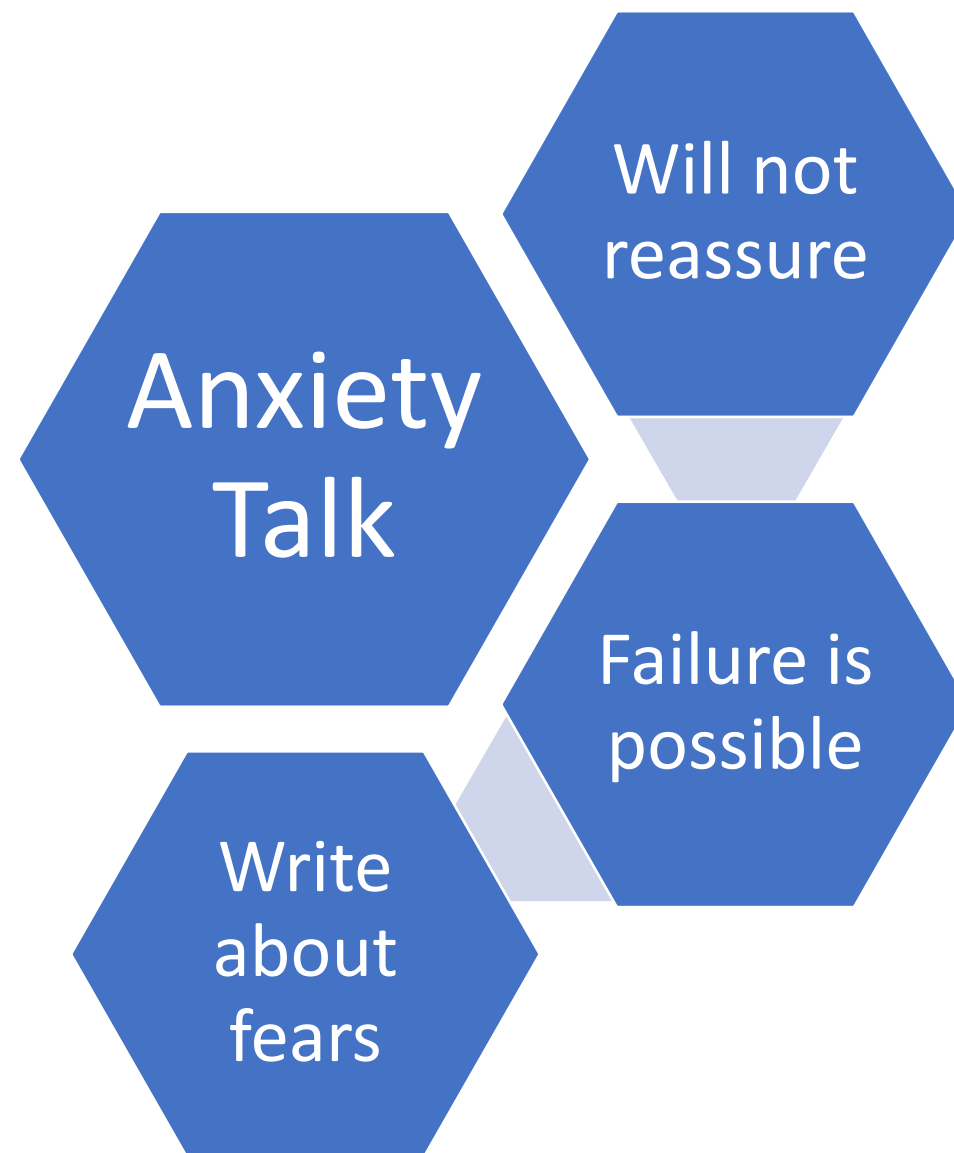
Will not
reassure



Anxiety Talk

Will not
reassure

Failure is
possible











It is counterproductive to say:

You will be fine, don't worry

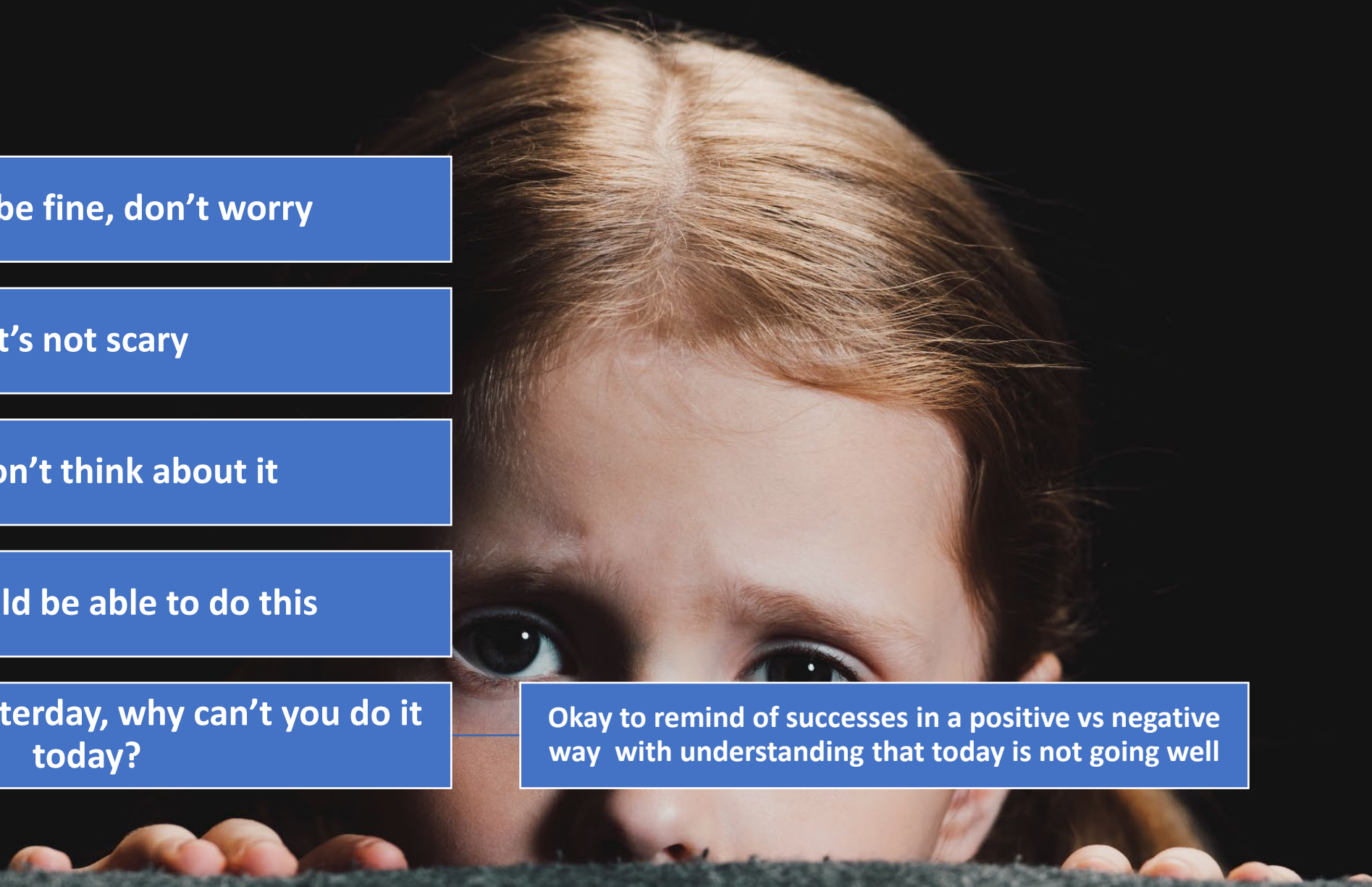
It's not scary

Just don't think about it

You should be able to do this

You did this yesterday, why can't you do it today?

Okay to remind of successes in a positive vs negative way with understanding that today is not going well





Transitions

Rigid schedules can make OCD symptoms worse

- Gradually reduce warnings for changes
 - ✓ Changing subjects
 - ✓ Fire drills
 - ✓ Assemblies
 - ✓ Field trips
- Practice sudden changes/surprises
 - ✓ Interrupt student to run attendance to the office
 - ✓ Have a surprise quiz
 - Make it fun



Testing

Temporarily remove long answer questions

Use Multiple Choice questions

Use long answer questions for homework



Some exposures can be practiced after class

Example: someone vomits in class then student associates every object in the classroom with contamination leading to class avoidance

- Bring students objects from the class
- Eventually bring the student into the class





Combatting school avoidance

- Spend an hour in the car in the parking lot
 - Sits in entryway of school
 - Sits in library or other safe place
 - Attends one class
-
- ❖ Reward progress and effort
 - ❖ Expect bad days/regressing
 - ❖ Continue to set bar higher in response to success





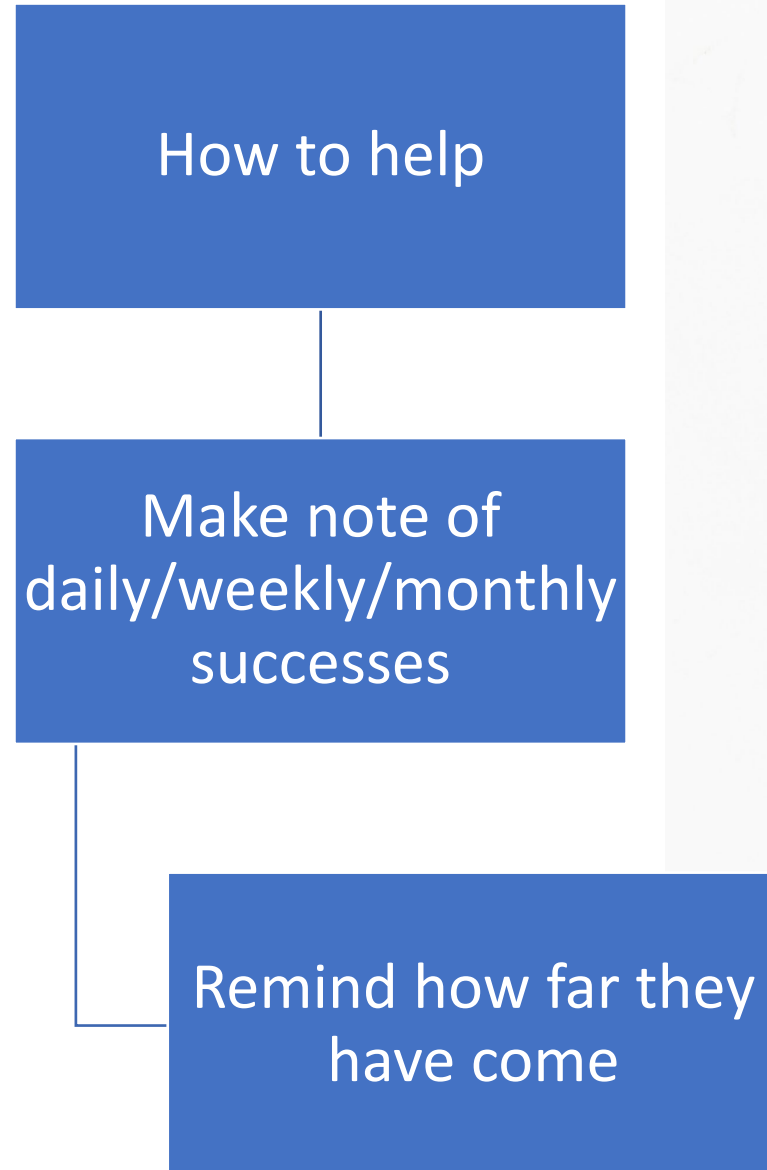
Combatting school avoidance

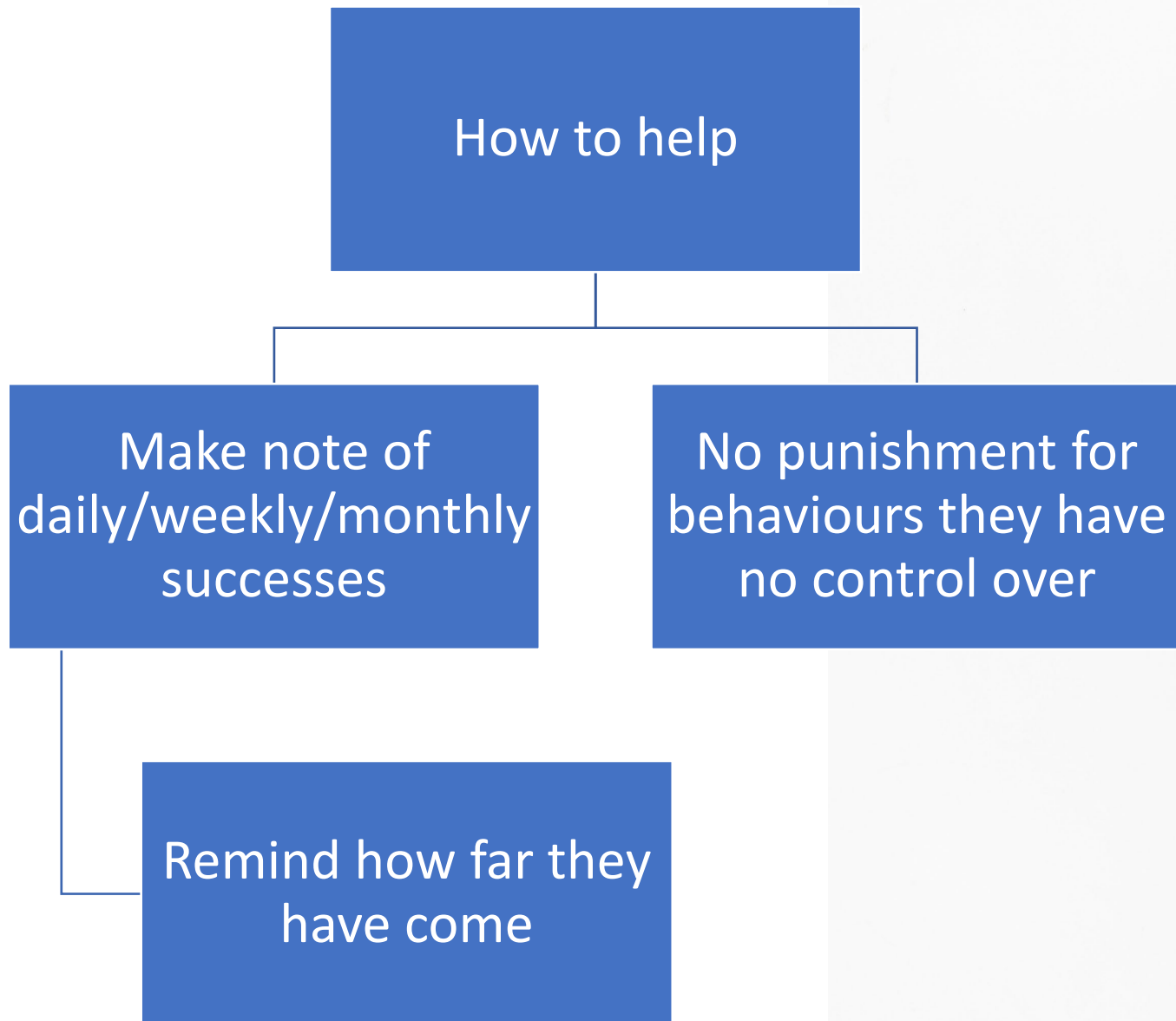
- If late may chose to avoid class
 - ✓ Make a plan to practice and reward lates
 - ✓ Do not draw attention to late students
- ❖ Reward progress and effort
- ❖ Expect bad days/regressing
- ❖ Continue to set bar higher in response to success

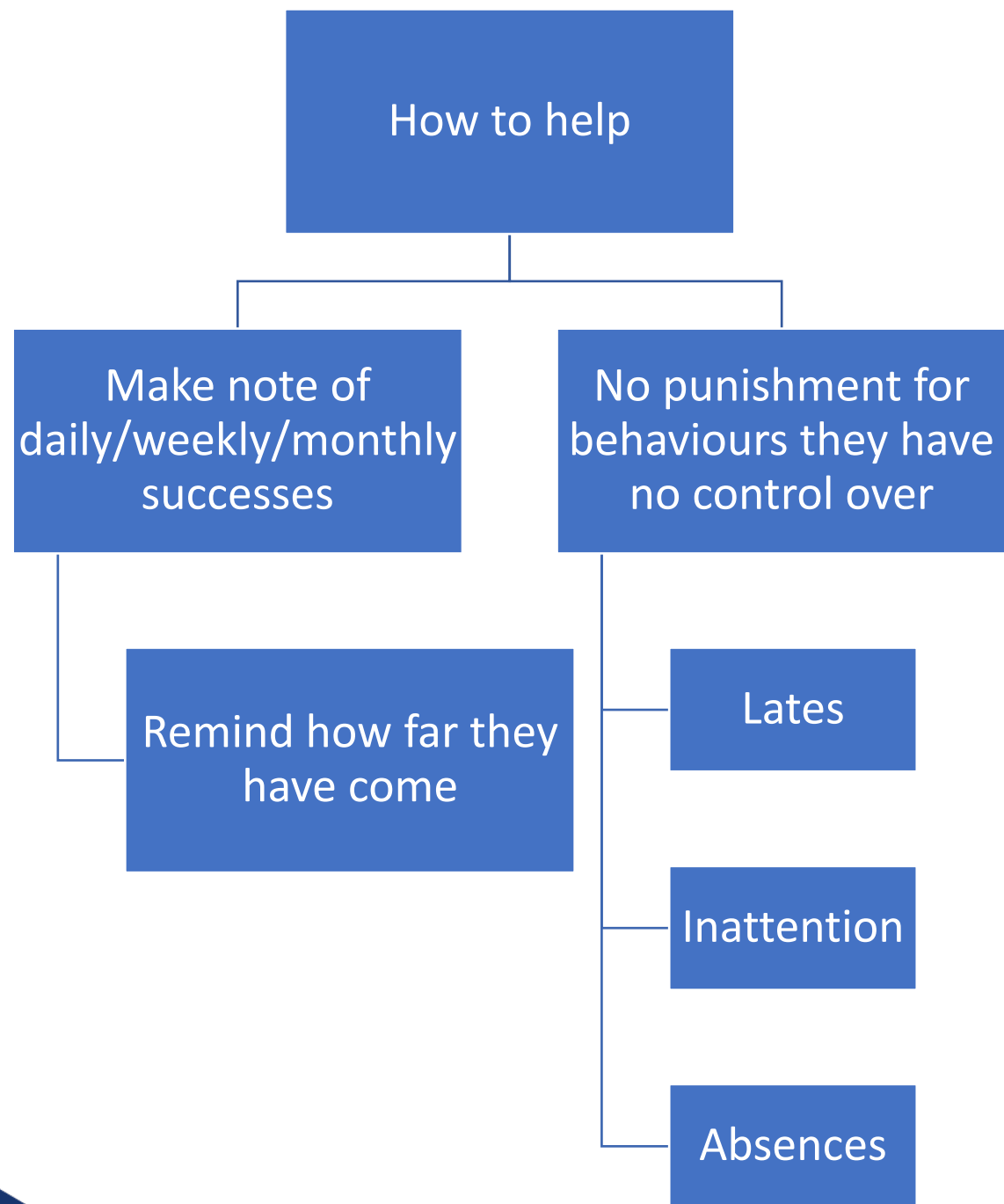


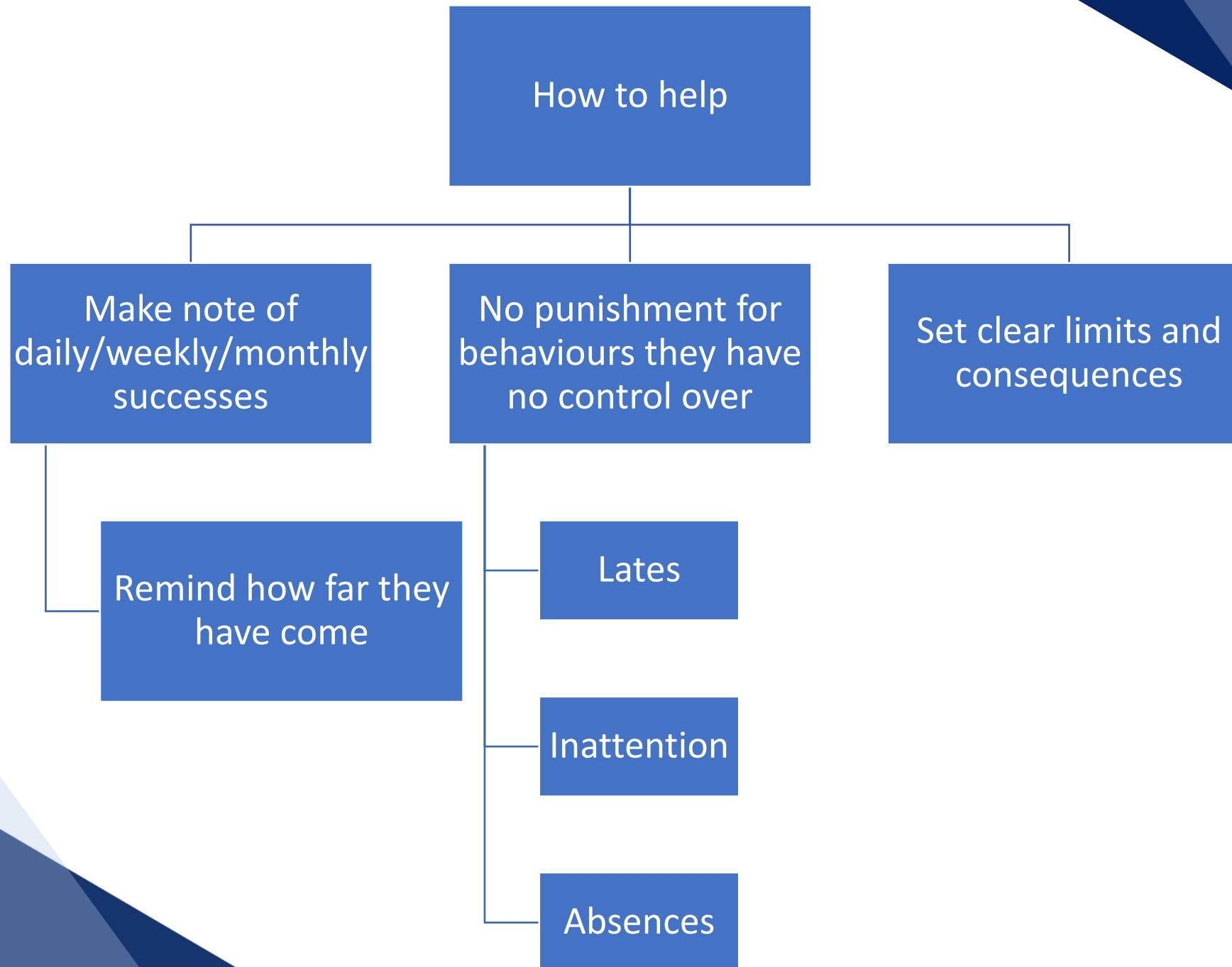
How to help













How to help

Make note of
daily/weekly/monthly
successes

No punishment for
behaviours they have
no control over

Set clear limits and
consequences

Remind how far they
have come

Lates

Not okay to push/hit
because of fear

Inattention

Absences



Strategies for thought loops





Brainstorm topics





Brainstorm
topics

Write down all
topics on paper



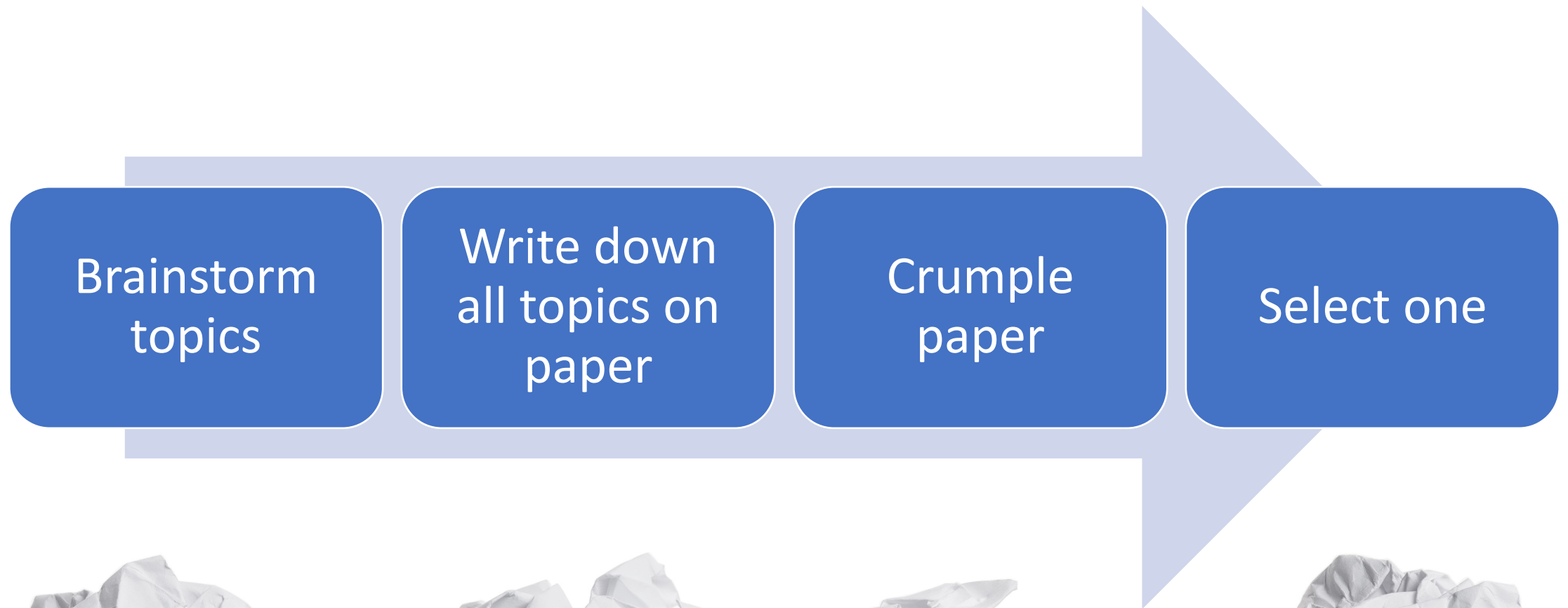


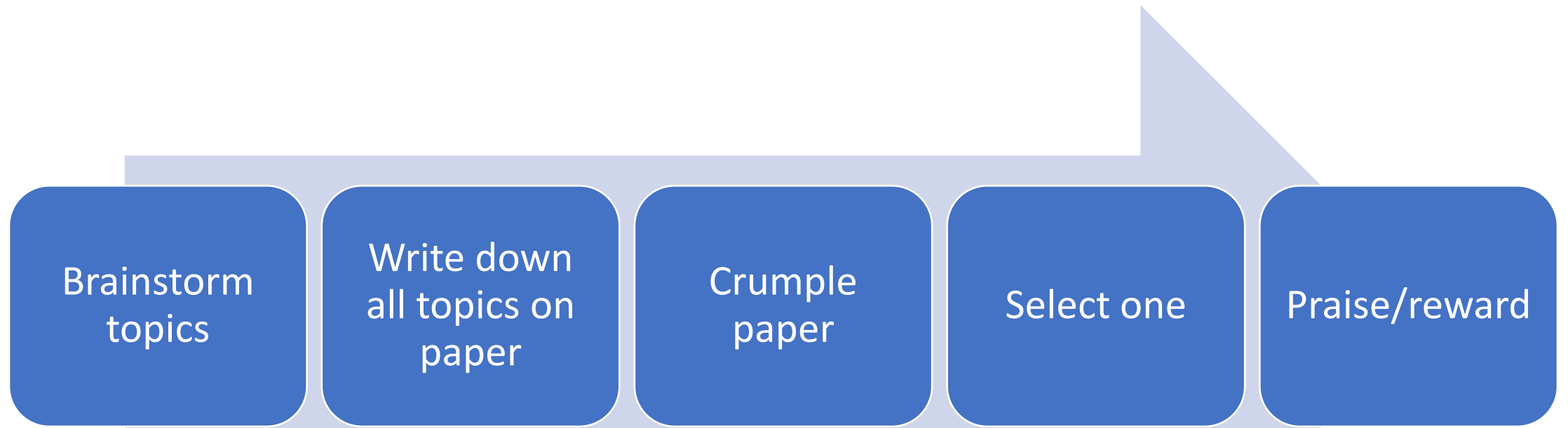
Brainstorm
topics

Write down all
topics on paper

Crumple paper









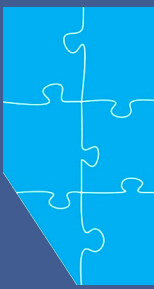
Strategies for keeping going



Breaking Looping/getting stuck:

Writing example:

- Practice nonstop writing
- Assess quantity not quality
- Gradually increase expectation of quality with editing
- Gradually shorten time limits
- Set reasonable daily/class goals for completion
- Use a computer
 - Cover monitor while typing



Reading/rereading issues





Slide

- A piece of paper over what has been read

Software

- Text to speech software

Create

- a cardboard cutout to view only one line at a time



How the Tourette OCD Network Can Help

In class, grade specific presentations

Teacher professional development

Support for strategies in specific situations

The Tourette OCD Alberta Network

Our mission is to improve access to care for people with Tourette Syndrome and Obsessive-Compulsive Disorder province wide.

Find us at <https://cumming.ucalgary.ca/resource/tourette-ocd/home>

Thank you for inviting me!





Thank you for
inviting me to
speak today!

Contact: alhill@simplemath.ca

Website: www.simplemath.ca

I have
C.D.O.
It's like **O.C.D.**
but the letters
are in
alphabetical
order like they
should be.