

Soundbite Script – When the mind won't rest: Living with OCD

Jennifer Brandt, psychotherapist, OSF HealthCare

"Risk factors for OCD could be childhood trauma, a history of excessive anxiety and worry. These obsessive thoughts come with worry, and we just can't get it out of our head unless we do something to satisfy that thought." (:18)

Jennifer Brandt, psychotherapist, OSF HealthCare

"Exposure therapy is where you're exposing yourself to the things that stress you out, but you're increasing that distress tolerance or window of tolerance you may have. So, the thoughts and worries that we have don't seem so overwhelming. We can sit in the stress and know that we're going to be OK." (:18)

Jennifer Brandt, psychotherapist, OSF HealthCare

"So instead of doing that compulsion, or instead of satisfying that thought, let's sit in the stress a little bit, and let's do something that makes us happy, whether it is like coloring, talking to a friend, going for a walk or cooking. Tap into the hobbies that make us happy. That way we can reflect on it and think, 'OK, I had the thought, but it didn't stop me from living my life.'" (:22)

Jennifer Brandt, psychotherapist, OSF HealthCare

"When I was in graduate school, I went through a very traumatic event and suffered a lot of PTSD from that event. My therapist came to the conclusion that the severe trauma may have triggered the OCD to present more moderate symptoms rather than mild." (:23)

Jennifer Brandt, psychotherapist, OSF HealthCare

"Especially if your loved one is going through the exposure side of therapy or trying to extend their stress. Reassurance that everything's going to be OK, reassurance that they're doing the right things for themselves." (:17)