



Demystifying OCD Treatment: Let's Talk About Exposure Therapy

Exposure Therapy, specifically Exposure and Response Prevention (ERP), is a type of therapy that is helpful in treating Obsessive-Compulsive Disorder (OCD).

OCD is a mental health disorder that involves the presence of obsessions, compulsions, or both.



The exposure aspect of ERP involves intentionally confronting the thoughts, images, objects, and situations that elicit obsessions, or make an individual feel anxious or uncomfortable.

The response prevention aspect of ERP involves intentionally making the choice not to engage in a ritual/compulsion when the obsession(s) or anxiety have been “triggered.”

With time and practice, and under the guidance of a trained clinician, an individual learns to no longer see the feared outcome of their obsession(s) as a threat.

They learn that their fears are not likely to come true, and they develop coping strategies to manage anxiety and discomfort in their daily lives.



For more information, visit www.drbrinnaallen.com

Allen Psychotherapy Services, LLC