

Wellness Wednesday

APRIL 20, 2022



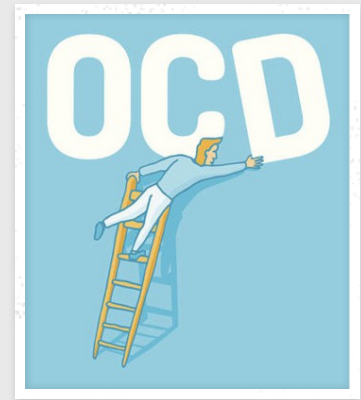
The brain protects itself in so many ways. There are different types of mental compulsions that our brain protects us from a predicted outcome. This week for Wellness Wednesday, we will explore mental compulsions and the obsessive portion of Obsessive-Compulsive Disorder.

DEFINE IT

What are mental compulsions?

Mental compulsions are repetitive behaviors or mental acts that a person feels driven to perform in response to an obsession. The behaviors typically prevent or reduce a person's distress related to an obsession (American Psychiatric Association, 2020). Mental

compulsions are typically directly linked to Obsessive Compulsive Disorder



TYPICAL COMPULSIONS



Compulsions may be excessive responses that are directly relate to obsessions or actions that are completely unrelated to the obsession. In the most severe cases, a constant repetition of rituals may fill the day, making a normal routine impossible. Below is a list of examples of typical compulsions you may experience.

Typical compulsions:

- Excessive or ritualized hand washing, showering, brushing teeth, or toileting
- Repeated cleaning of household objects
- Ordering or arranging things in a particular way
- Repeatedly checking locks, switches, or appliances
- Constantly seeking approval or reassurance
- Repeated counting to a certain number

KIDS AND “PURE O”



Children too can be diagnosed with obsessive compulsive disorder. These children will also have mental compulsions that form rituals. Sometimes these rituals can be observed and in

other instances, the compulsions are going on inside the child's head. These compulsions are just as intense as the visible ones.

Examples of internal compulsions may be repeating the same conversation in their heads over and over or counting to a specific number repeatedly. These compulsions can make it very difficult to engage in daily living and focus on school, relationships, or other activities.

SEXUAL OBSESSIONS AND OCD

Obsessive compulsive disorder comes in many forms. Sexual obsessions are a potential component of this disorder that produce a lot of shame or guilt for those impacted.



For example, someone may worry extensively about their sexual orientation, although they have never been attracted to the same sex. A person may also be worried that they may engage in something sexual without consent. This is not because they want to or desire to, but the idea this can occur creates severe anxiety.

This type of sexual compulsion is out of the individual's control and should be approached with empathy.

EXPOSURE AND RESPONSE PREVENTION



Although OCD comes with many challenges, there is treatment for the disorder. Exposure and response prevention is one of the treatments for OCD. During this treatment approach, a Clinician will expose the client to their fears on a small scale and increase the triggers from there.

For example, if someone is afraid of sexually abusing someone (remember no intent or desire, but the fear of sexual abuse), they may begin by having the client practice touching someone's arm and then eventually being able to hug someone.

The client would be involved in identifying the severity of triggers. There will be a map of things that are least triggering to the most triggering. Having this diagnosis may feel very hopeless for families; however, there is hope.

LEARN MORE

Obsessive-Compulsive Disorder (OCD): Obsessions, Triggers, and Treatment
| Mass General Brigham



MENTAL HEALTH

Awareness Fair

TOGETHER

FOR

MENTAL HEALTH



April 20, 2022
5:00PM - 7:00PM

CUNNINGHAM MIDDLE SCHOOL

14110 WALLISVILLE ROAD

HOUSTON, TX 77049

MULTI PURPOSE ROOM

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Galena Park ISD Employee Assistance Program

EMPLOYEE ASSISTANCE PROGRAM (EAP)

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Chat with a PRO



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