



HPC Registered  
BPS Chartered Counselling Psychologist  
BPS Expert Witness  
BACP Senior Accredited  
UKRCP Registered

# Debbie Smith Therapy

## Chartered Counselling Psychologist

### Obsessive-Compulsive Disorder (OCD)

Obsessive-compulsive disorder, as the name suggests, consists of obsessions and compulsions. Obsessions are irrational, unwanted, persistent thoughts or images. They are not voluntary. They can be worrying, repulsive, obscene or blasphemous. They cause immense anxiety and the person may feel that they cannot be controlled. Obsessing over germs and dirt, having things in a particular order, over-checking and nagging doubts are common symptoms of this disorder.

Those who experience OCD may engage in certain rituals, or compulsions, which relieve or minimise anxiety for a period of time. The compulsions are repeated continuously and can include hand washing, counting, checking and touching things, constant rules to follow to satisfy doubts and incessant reassurance seeking.

Such activities can be performed daily and can significantly interfere with normal daily routines and relationships. Whereas most adults recognise what they are doing is irrational, it can be hard to resist. OCD urges which can increase at times of stress.

Symptoms may include

- Persistent unwanted thoughts
- Obsessions with touching
- Loss of concentration
- Obsessions with germs and dirt
- Chronic worrying
- Trouble sleeping
- Obsessions with order and counting
- Irritability

### How Deborah can help

OCD is a result of unresolved issues. By understanding what these issues are, you can begin to work through them. Whilst working through things with you, Deborah will also give you some strategies and assistance with resisting your OCD rituals. It is thought that eventually by resolving the underlying issues, which cause the ritual of, for example, 'over-checking', you will have control over the urge and be able to stop or, at least, reduce the behaviour.

*Your Mind Matters...*  
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