

EMOTION OF LIFE

OCD Recovery and Cure Program

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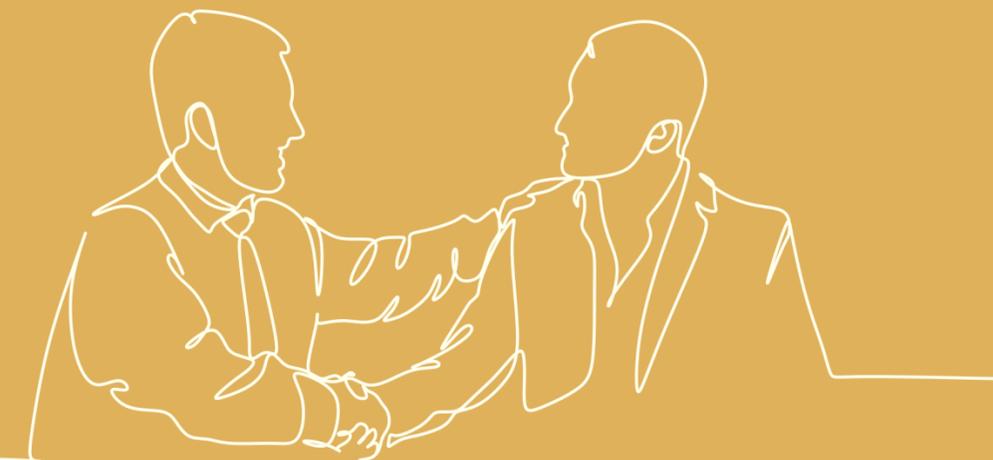


# CONTAMINATION OCD

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**WELCOME**



Contamination fears associated with OCD usually does not look like to be a very complicated subject. But when you take a close view, contamination is quite a bit more complicated than what we all perceive compare to what a person with this issue feel and face. When we say contamination OCD there are two things first is obsessions and second is compulsions.

For contamination OCD sufferer it is not that simply limited to dirt, germs, and viruses. It may include like:

1. Bodily excretions (urine, feces)
2. Bodily fluids: sweat, saliva, mucus, tears
3. Blood and Blood Product
4. Semen
5. Garbage/ Dustbin
6. Used utensil
7. Household chemicals
8. Radioactivity
- 9 Broken glass and Articles
10. Sticky substances



Contamination OCD sufferer's unusual belief remains like very small amounts of contaminants can cover very large areas. For example, they may believe that a drop of blood or urine can somehow be spread to whole body, wear dress, entire rooms, thing they own and carrying..





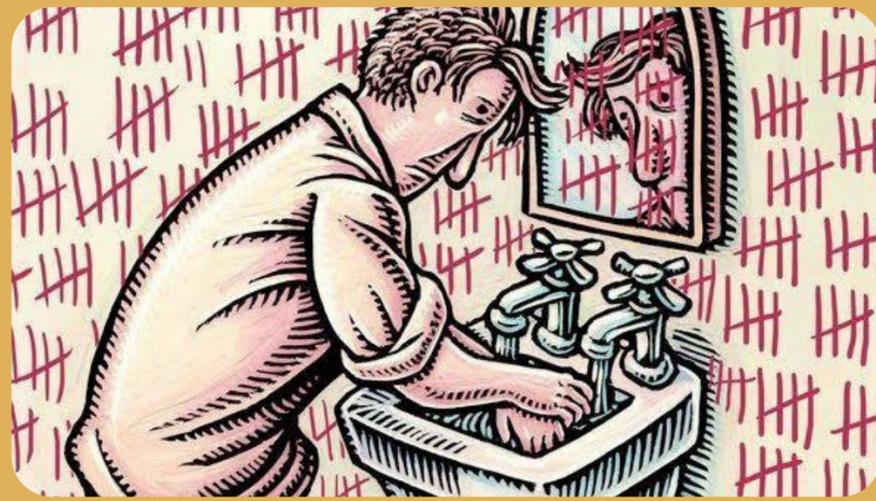
Compulsions are the usual responses of sufferers to these fears. They may involve any protective act that an individual carries out to avoid becoming contaminated or to remove contamination that has somehow already occurred





Magical types of contamination the solution is often a magical decontamination ritual designed to remove or cancel out the problem, thought, name, image, or concept. Saying special words or prayers, thinking opposing or good thoughts to cancel out bad thoughts, and doing actions in reverse, are just some of the compulsions that can be seen. Sometimes the usual washing or showering may even be part of the magical ritual.





- “Washers” as they are referred to are probably the most visible among those with contamination obsessions. It is not unusual for them to wash their hands fifty or more times per day. In more extreme cases, hands may be washed up to 200 times per day. Showers can take an hour or longer, and in severe situations can last as long as eight hours.
- Obviously, washers go through large amounts of soap and paper towels (used in preference to cloth towels which can only be used once and create laundry). Alcohol preps and disinfectant hand wipes are also popular. Their hands often become bright red and chapped with cracked and bleeding skin.

# Causes of Contamination OCD

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- The cause of obsessive compulsive disorder is not definitely known. But, research suggests that a strong biological component is present. Studies show prevalence rates of 7 – 15% in first-degree relatives with OCD.
- OCD is a neurobiological disorder. There are specific structures in the brain that are affected. Despite common misconceptions, OCD is not caused by trauma or stress. Understanding the biological component of OCD is crucial as it cultivates compassion and understanding, rather than shame and blame. From a place of understanding, sufferers and families can take thoughtful action toward recovery.



# What doesn't Cause Contamination OCD

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- Parenting, especially in the area of toilet training, was once blamed for OCD, with a domineering or controlling style singled out. Doctors now believe that parents don't play a role in OCD's development (outside of their genetics, anyway).
- Stress doesn't cause OCD either. In the sufferer who already has OCD, stress typically makes it worse, but it won't cause it to develop in the unaffected.

# Misconceptions About Contamination OCD

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Everyone who has OCD has contamination obsessions: Contamination OCD may be the most common type of OCD, but people have obsessions and compulsions about all sorts of things (really, anything). Because OCD is an illness that tends to involve shame and secrecy on the part of the sufferer, it's difficult to say exactly how common it is or how frequently the different types are present.

# Misconceptions About Contamination OCD

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- People with OCD enjoy tidying up: In adding to the above, this couldn't be further from the truth. OCD is not enjoyable for the sufferer. While they may find relief through cleaning, they never find pleasure.
- OCD means you're uptight and particular: It's commonly believed that people with OCD are uptight, particular, and rigid. This is such a popular belief that "OCD" has nearly become synonymous with "fussy" when used in everyday language. But someone who color-coordinates their sweaters or alphabetizes their soup cans because they like things in order isn't suffering from OCD (though they may be anal-retentive).

# Misconceptions About Contamination OCD

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- People with OCD can just think of other things: OCD is marked by intrusive thoughts, thoughts that pop into the head uninvited. The sufferer can't control their arrival and trying to stop them tends to make OCD worse. Sufferers, instead, must learn to accept them (which is always much easier said than done).
- OCD sufferers think they're rational: One of the unique features of OCD is that sufferers typically know that their thoughts are irrational. But they're not certain and it's this gray area of doubt where OCD flourishes.



# Treatment for Contamination OCD

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OCD is a treatable condition, though no magical pill exists (medications can definitely help, however). In many instances, OCD is not cured but controlled. Some people attempt to treat their OCD on their own, yet it's nearly impossible to control it without professional help.



# Treatment for Contamination OCD

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OCD treatment is cognitive behavioral therapy (CBT), specifically exposure and response prevention (ERP). During this treatment, clients are asked to expose themselves to a distressing thought and then avoid performing their compulsion.

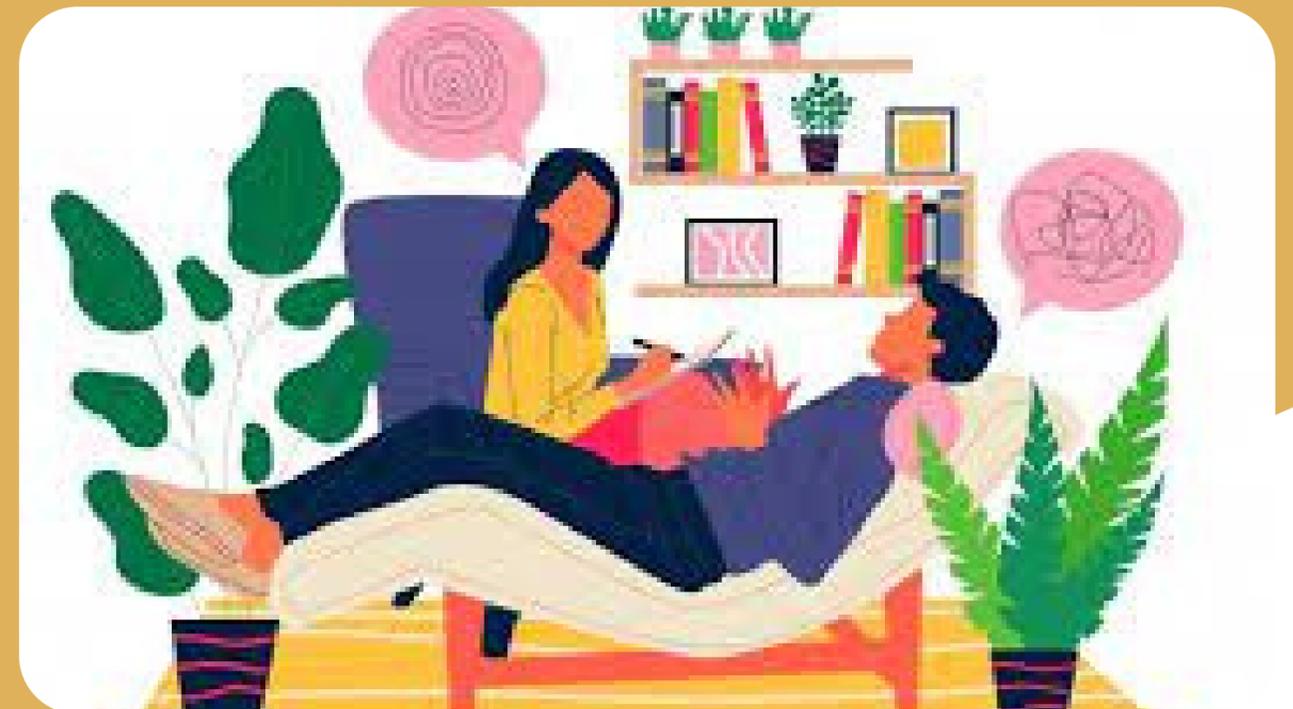


# Treatment for Contamination OCD

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Psychotherapy: Contamination OCD can be treated with Cognitive-Behavioral Therapy (CBT), specifically with treatment approaches called Exposure with Response Prevention (ERP), and Mindfulness-Based Cognitive-Behavioral Therapy.

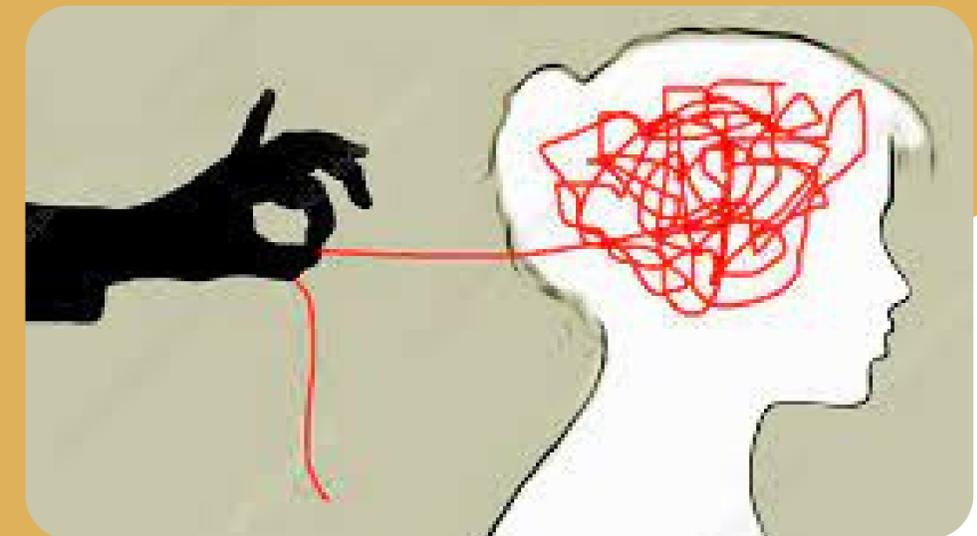


# Treatment for Contamination OCD

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Mindful-Based CBT teaches clients that everyone experiences intrusive thoughts. Individuals will also learn that intrusive thoughts have no power over them and that by responding to their thoughts through compulsive behaviors, their thoughts are given more strength and credibility and their fears and obsessions are strengthened and reinforced. Mindfulness-Based CBT is a very effective OCD treatment, especially when combined with ERP.



# Treatment for Contamination OCD

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. Treatment is tailored to each particular person's symptoms and is done at their own pace. If a feared substance or situation is too difficult to confront in one whole step, it is approached more gradually. Some patients can only touch something that has touched a feared substance or object, and only later do they go on to touch directly what is feared. Family and friends are taught to not participate in rituals and to not give reassurance or answers to the same questions.



# THANKING YOU !!!!

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