

OCD Awareness Week 13th-19th October Counselling Blog #16

OCD affects 1-2% of the population, it can be highly debilitating and causes intense anxiety and compulsion. A person suffering from OCD will often experience intrusive thoughts, leading them to act out obsessive behaviours, so that they can calm the thoughts. To the person, it very much feels that they have no control over it and instead are being controlled by the thoughts spiralling in their heads.

Doubt- although the person can usually recognise that their thoughts are irrational, they are still driven by a fear of doubt and worry.

Compulsions- These can be sorting, hand-washing, cleaning etc but it can also be thought patterns that go on internally; Going over and over thoughts, needing reassurance constantly, avoiding people or places that cause a trigger.

Causes- Genetics, Psychological factors (stress/ anxiety), Environmental (experiences)

Treatment- Talking therapies (counselling), self-awareness/ help. Currently the NHS use Cognitive Behavioural Therapy (CBT) and medication to treat OCD.

For further support, talk to your GP or find information here: [Helpline – OCD Action](#)

College Counsellors- contact us on counsellorreferral@nptcgroup.ac.uk