

## Obsessive Compulsive Disorder Best-Practice Intervention Strategies\*

- Participate in a psychiatric evaluation and take all medications as prescribed
- Use a thought stopping strategy to interrupt cognitive obsessions
- Practice relaxation techniques such as deep breathing
- Consider learning and practicing the Exposure and Response Prevention (ERP) technique by confronting feared situations and objects (exposure) and resist performing compulsive rituals (response prevention)
- Recognize, discuss and refute dysfunctional beliefs (e.g., magical or catastrophic thinking patterns)
- Develop and practice a daily ritual to interfere with the current compulsive pattern
- Identify, verbalize and address unresolved life issues
- Provide psycho-education for family members and encourage their support for the patient during treatment
- Develop and practice positive self-talk