

## **ABOUT THE HVCCT**

The HVCCT is one of the leading psychotherapy practices in the Hudson Valley region and adheres to the philosophy that the client's well-being is the top priority. Our therapists treat their clients with respect and warmth while also utilizing state-of-the-art methods. Our therapists accept the responsibility of providing quality care and aim to help their clients to address their problems with an effective, hopeful, and engaging approach.

Therapists at the HVCCT work with children, adolescents, adults, couples, and families. Some of their areas of specialization include the following:

- Depression and Mood Disorders
- Anxiety (Panic, OCD, Social Anxiety, Phobias, Worry)
- PTSD / Trauma / Abuse Issues
- Family Therapy and Marital / Relationship Issues
- Insomnia / Sleep Difficulties
- Academic / Learning Difficulties
- Child & Adult Attention Deficit Disorder (ADD/ADHD)
- Anger Management
- Impulse Control Difficulties (e.g., Hair Pulling)
- Grieving and Loss

## **PARENT TRAINING**

For parents with a child in therapy, parent training is offered to help reinforce the strategies their child is learning.

## **TESTING SERVICES**

Areas of assessment include intelligence, academic / learning disabilities, developmental disabilities, personality and emotional issues, and pre-surgical evaluations for gastric bypass/bariatric surgery candidates.

## **CONTACT INFORMATION**

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10/07

**A New Approach to Treating**

# **Obsessive- Compulsive Disorder**

**for Adults, Children,  
and Adolescents**

## **Do You Experience:**

Recurring thoughts and images?

Urges to engage in repetitive behavior?

Persistent, uncontrollable worry?

**Win the Battle Against OCD!**

 **HUDSON VALLEY CENTER  
FOR COGNITIVE THERAPY**

*Mood & Anxiety Disorders • Substance Abuse • Sexual/Relationship Issues*

*Bob is a 40 year-old accountant. He appears to have lost confidence at work. Whenever he writes a letter, he checks it several times for errors. If there is a cross-out, smudge or even if one of the letters is not the same size as the rest, he rips up the letter and starts all over. When he finally finishes the letter, he asks three other people to read it to make sure there are no mistakes. After he completes a bookkeeping task he checks his figures 10 times. His problems are not limited to the workplace. At home, he checks that his doors and windows are locked, the stove is off, the refrigerator door is closed, the telephone is on the hook, and that his wallet has money in it. This is a ritual that he repeats five or six times before he leaves the house. If his wife and children are home, he has them participate in the ritual as well, checking and rechecking for him. Once out the door, he locks and unlocks the door with his key four times to make sure it is locked.*

The story above describes a person who is suffering from an anxiety disorder known as Obsessive-Compulsive Disorder (OCD). The individual who suffers from OCD becomes trapped in a pattern of repetitive thoughts and behaviors that are senseless and distressing but extremely difficult to overcome. OCD affects approximately 2% of the population, suggesting that OCD affects millions of people. In the past, OCD was generally thought to be untreatable. Over the last 20 years, however, OCD has been widely studied and, as a result, effective treatments are now available. Today, most individuals with OCD achieve meaningful symptom relief with proper treatment.

### **WHAT IS OBSESSIVE-COMPULSIVE DISORDER?**

Many people experience doubts and worries from time to time. However, when they become so excessive or they interfere with daily functioning, a diagnosis of OCD is made. In OCD, it is as though the brain gets stuck on a particular thought or urge and just cannot let go. People with OCD often say the recurrent thoughts and images feel like a needle that is stuck on a record. OCD symptoms cause distress, are time consuming, and, if left untreated, may significantly interfere with work, social life, and relationships.

### **WHAT IS OCD? (CONT'D)**

OCD usually involves having both obsessions and compulsions, though sometimes a person may have only one or the other.

**Obsessions:** Obsessions are unwanted, disturbing, and intrusive ideas or impulses that occur repeatedly. Obsessions are accompanied by uncomfortable feelings, such as anxiety, fear, doubt, or guilt.

#### Common Obsessions:

- Excessive fears of germs, dirt, etc.
- Imagining having harmed self or others
- Imagining losing control of aggressive urges
- Intrusive sexual thoughts or urges
- A need to have things "just so"

**Compulsions:** In response to their obsessions, most people with OCD resort to repetitive behaviors called compulsions. Performing the compulsions may give the person with OCD some short-term relief from anxiety, but it is only temporary.

#### Common Compulsions:

- Washing
- Checking
- Touching
- Counting
- Ordering
- Hoarding

### **COGNITIVE-BEHAVIORAL THERAPY (CBT)**

Cognitive-Behavioral Therapy (CBT) is one of the most state-of-the-art and extensively researched methods of psychotherapy and is the psychotherapeutic treatment of choice for OCD. The central CBT technique for treating OCD is called exposure/response prevention.

### **COGNITIVE-BEHAVIORAL THERAPY (CONT'D)**

Clients stay in the presence of a feared object or situation that evokes anxiety and distress and refrain from compulsive behavior. For example, a client with obsessions about germs may have actual contact with "contaminated" objects and then does not wash. Anxiety tends to lessen after repeated exposure until contact is no longer feared.

#### ADVANTAGES OF CBT

**Proven Effective:** Hundreds of research studies demonstrate that CBT is a highly effective treatment for OCD. Those who complete CBT report a 50%-80% reduction in OCD symptoms.

**Short Term:** Cognitive Therapy aims to achieve results as quickly as possible. Most clients experience positive changes in approximately 15-25 sessions. The course of treatment tends to be considerably shorter than for traditional approaches to psychotherapy, as it is structured, problem-focused, and goal-oriented.

**Cost-Effective:** The active and focused psychotherapeutic approach makes the cost of treatment less expensive than other forms of therapy. The focus on skill building and client independence minimizes the length of treatment and reduces the risk of relapse.

**Lasting Results:** The positive effects of CBT endure once treatment has ended. CBT emphasizes many practical strategies that can be used to cope with OCD symptoms more effectively when therapy ends.

#### FREE PHONE CONSULTATION

Dr. Christine Ziegler, Director of the HVCCT, is happy to discuss your specific concerns and explain how Cognitive Therapy may benefit you. Please call (845) 353-3399 x 12 to learn more about our services or to schedule an initial appointment with one of our therapists.