

How to Use the Brainspotting OCD Set Up with Clients

PRECONFERENCE: Abstract for Pie Frey, PsyD

ABSTRACT

Obsessive Compulsive Disorder is a diagnosis often involving anxiety or depression revealing both genetic and familial components. These symptoms are not attributable to substances abuse or other medical conditions. Typically, OCD initially manifests following a major event or emotional trigger. The symptoms, if left untreated, become chronic and worsen over time eventually changing the structure of the brain.

Using the recent DSM-5 criteria, this presentation will clarify how to filter out what symptoms of OCD diminish the quality of life for our clients (when ritualized behaviors or obsessive thoughts require too much time or they affect relationships) and when they are helpful (being organized and being on time).

With OCD, the specific symptoms frequently change, but when using Brainspotting the eye positions don't often change. Therefore, using, Brainspotting we can give clients a home program helping them gain control over the portions of their behaviors which are dysfunctional.

The power of BSP is that it helps clients deepen their acceptance of how their brain is involved with COD. Using this OCD set-up can decrease our client's anxiety and stress around the dysfunctional components of their lives - potentially improving their quality of life.

OBJECTIVES

1. Identify the DSM-5 criteria for Obsessive Compulsive Disorder (OCD)
2. Discuss differences between OCD and trauma
3. Clarify the parts of the brain affected with OCD
4. Distinguish between the three Eye Position for the OCD set-up
5. Demonstrate an in-person OCD setup