

Psychoeducation for Children about Obsessive-Compulsive Disorder and Cognitive Behaviour Therapy

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DESCRIPTION

Obsessive-Compulsive disorder affects children regularly, chronically, and negatively. The gold standard treatment for childhood OCD, Cognitive-Behavioural Therapy (CBT), relies on exposure and response prevention. It also incorporates psychoeducation, the development of a symptom hierarchy, imaginal exposures, cognitive treatments, and a contingency management system. This article examines the theoretical foundations of contemporary CBT methods, significant therapeutic elements, developmental issues unique to childhood OCD, and supporting data for the application of this psychosocial intervention. The current state of knowledge will benefit from additional study on the mechanisms and determinants of CBT treatment response.

Obsessive thoughts and compulsive behaviours are characteristics of the mental illness known as Obsessive-Compulsive Disorder (OCD). The neurotransmitter serotonin (5-HT) has been a topic of intense discussion over the past few decades regarding OCD treatment and pathogenesis. 5-HT is clearly implicated in the alleviation of OCD symptoms by the therapeutic benefits of selective serotonin reuptake inhibitors in OCD patients. Less is known, though, about how the 5-HT system contributes to the aetiology and development of OCD. To learn more about a possible malfunction of the 5-HT system in OCD patients, we evaluate studies on neurochemical, genetic association, receptor, and transporter binding. Furthermore, research on animals shows that changes to the 5-HT system can both worsen and improve OCD-like symptoms.

Children with OCD develop stressful worry patterns and worry thoughts. Therapy helps children in overcoming these negative habits and ideas. Children who experience anxiety or terror should tell their parents so they can support them. Children with OCD experience anxious thoughts (called obsessions). Worrying behaviours are another effect of OCD. These behaviours appear to OCD children as a strategy to prevent

negative things from happening. Children with OCD may feel compelled to repeatedly wash and clean, erase, rewrite, or redo items. They may also feel compelled to repeatedly repeat a word, phrase, or question (in their head or out loud)

CBT is the name of the treatment for OCD in children. Children will interact with a therapist to discuss and learn during this therapy, along with their parents.

Children will learn more about OCD from the therapist. For instance, they could describe trapped thoughts and anxieties as brain "tricks" or "hiccups". Parents and children will discover that performing routines (worry behaviours) keeps OCD active. They will discover that by avoiding routines, they can weaken OCD.

However, discontinuing the activities can be difficult for children with OCD initially. Therapy includes learning techniques because of this.

Children gaining skills through the therapy

- Techniques for controlling worry and anxiety
- How to respond when a worried idea surfaces
- Overcoming OCD's "tricks"
- Ways to safely approach fears
- How to break the worrying behaviour
- How to overcome OCD with confidence

As children keep these new talents to use, OCD issues begin to fade and disappear. Children discover that they may let rid of anxious thoughts without performing rituals. They have a sense of empowerment over their own thoughts, feelings, and actions. Some children with OCD also receive counselling and use medication. Children with OCD can feel better after counselling. They are capable of overcoming anxious state and patterns.

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