

# Obsessive Compulsive Disorder

Help for people who feel  
trapped in unwanted and  
upsetting thoughts

Distributed by  
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# Does This Sound Like You?

Do you feel trapped in a pattern of unwanted and upsetting thoughts? Do you feel you have to do the same things over and over again for no good reason? Please put a check in the box next to any problems you have.

- I have upsetting thoughts or images enter my mind again and again.
- I feel like I can't stop these thoughts or images, even though I want to.
- I have a hard time stopping myself from doing things again and again, like: counting, checking on things, washing my hands, re-arranging objects, doing things until it feels right, collecting useless objects
- I worry a lot about terrible things that could happen if I'm not careful.
- I have unwanted urges to hurt someone but know I never would.

If you put a check in the box next to some of these problems, you may have **Obsessive-Compulsive Disorder (OCD).**

OCD is a  
**real** illness that  
needs to be treated.

It's not your fault if you have this illness,  
and you don't have to suffer.

Read this booklet and learn how to get help.  
You **can** feel better and get your life back!

# 1. What is Obsessive-Compulsive Disorder (OCD)?

Obsessive-Compulsive Disorder (OCD) is a real illness. It can be treated with medicine and therapy.

If you have OCD, you have repeated, upsetting thoughts. You do the same thing over and over again to make the thoughts go away. You feel like you cannot control these thoughts or actions.

The upsetting thoughts and images are called “obsessions.” Examples include a fear of germs, a fear of being hurt, a fear of hurting others, and disturbing religious or sexual thoughts.

The actions you take over and over again to make the thoughts go away are called “compulsions.” Examples of these repeated actions include counting, cleaning, and checking on things.

Many people with OCD know that their actions are not normal, and they may try to hide their problem from family and friends. Some people with OCD may have trouble keeping their job and friends because of their actions.

## 2. When does OCD start and how long does it last?

For many people, OCD starts when a person is a child or teenager. If they do not get help, OCD can last for a lifetime.

OCD may run in families.

## 3. Am I the only person with this illness?

No. You are not alone. In any year, 3.3 million Americans have OCD.

## 4. What can I do to help myself?

- **Talk to your doctor about your unwanted thoughts, fears, and repeated actions.** Tell your doctor if these thoughts and repeated actions keep you from doing everyday things and living your life. You may want to show your doctor this booklet. It can help you explain how you feel. Ask your doctor for a checkup to make sure you don't have some other illness.
- **Ask your doctor if he or she has helped people with OCD.** Special training helps doctors treat people with OCD. If your doctor doesn't have special training, ask for the name of a doctor or counselor who does.
- **Get more information.** Call 1-88-88-ANXIETY to have free information mailed to you.

You **can**  
feel  
better.

## 5. What can a doctor or counselor do to help me?

- The doctor may give you medicine to help you get rid of your unwanted thoughts and repeated actions. Medicine can also help you feel less anxious and afraid. But it may take a few weeks for the medicine to work.
- Talking to a specially trained doctor or counselor helps many people with OCD. This is called “therapy.” Therapy helps you learn to stop doing the repeated actions. Therapy also teaches to you ways to lower and cope with your anxiety.



# OCD can appear in many different ways. Here is one person's story:

"I couldn't touch any doors or countertops in public areas. I knew it didn't make any sense, but I was terrified of getting germs that could kill me. I almost couldn't go out in public, I was so afraid. If I thought I had touched anything, I would have to wash myself for hours. Sometimes I washed so much that my skin would get red and raw and bleed.



"At first I was too embarrassed to get help, but a friend told me to call the doctor. I'm so glad I did. I took medicine my doctor gave me. I also worked very hard in therapy with a counselor. I learned to cope with my fear of germs and to stop washing so much."

# Remember – you can get help now:

- Talk to your doctor about your unwanted thoughts and repeated actions.
- Call 1-88-88-ANXIETY (1-888-826-9438). It is a free call. You will get free information about OCD mailed to you.

The National Institute of Mental Health (NIMH) is part of the Federal government. NIMH conducts medical research to find new and better ways to prevent and treat mental illnesses. NIMH also provides free information about mental illnesses.

To get free information about other mental illnesses, write to NIMH at:  
National Institute of Mental Health  
6001 Executive Boulevard  
Room 8184, MSC 9663  
Bethesda, MD 20892-9663

You can also find free NIMH information online at:  
<http://www.nimh.nih.gov>

## About Lucy MacDonald: Counsellor, Author, Speaker

Visit Lucy's blog on [Positive Attitude Quotes](#).

Visit Lucy's [Positive Perspectives Extra](#) blog.

Visit Lucy's [Confidential Counselling](#) blog.

Visit Lucy's website at [www.lucymacdonald.com](http://www.lucymacdonald.com)

Lucy MacDonald, M.Ed., a Canadian author, has been a counselor in private practice for the last five years and is certified with the Canadian Counselling Association. Lucy has a Master of Education degree from McGill University with an undergraduate degree in Psychology from Concordia University.

### Counsellor in Private Practice

Lucy runs a private counselling and consulting practice and specializes in stress, burnout, anger, grief, parenting issues, and divorce. You can contact Lucy at by email at [lucy@lucymacdonald.com](mailto:lucy@lucymacdonald.com)

### Keynote Speaker and Workshop Presenter: Work-Life Wellness

Lucy is an accomplished speaker, working in private industry, government, academic and nonprofit organizations. Lucy's clients include Kraft Canada, Pfizer, Investors Group, McGill University and Concordia University. Lucy is known for her engaging, dynamic and straightforward speaking style, along with her sense of humor. For more information visit Lucy's website [www.lucymacdonald.com](http://www.lucymacdonald.com)

### Author

#### Learn to be an Optimist

Lucy MacDonald is the internationally acclaimed author of [Learn to be an Optimist: A practical guide for achieving happiness](#). In [Learn to be an Optimist](#), a positive thinking self-help book, Lucy takes a practical and insightful approach to helping you increase your optimism and suggests realistic ways to transform daily living by developing a positive attitude. **Learn to Manage Your Time** will be released in January 2006.

### Free Newsletter: Positive Perspectives

**Sign up today** and receive Lucy's free newsletter Positive Perspectives - a free monthly e-newsletter to help you develop a positive mental attitude so that you can enjoy happiness, prosperity, and good health. Sign up at Lucy's website [www.lucymacdonald.com](http://www.lucymacdonald.com). Positive Perspectives is read by people all over the world – 60 plus countries and counting!

Visit Lucy's blog on [Positive Attitude Quotes](#).

Visit Lucy's [Positive Perspectives Extra](#) blog.

Visit Lucy's [Confidential Counselling](#) blog.

## Confidential Telephone Counselling and Consulting Services

514-223-1015  
1-866-441-8909

[lucy@lucymacdonald.com](mailto:lucy@lucymacdonald.com)

### Telephone counselling can be helpful if you are struggling with:

- Stress at home or work
- Burnout
- Sadness and grief
- Anger
- Divorce or separation
- Family or parenting issues
- Work-life balance
- Lack of assertiveness
- A personal crisis

### Making the Decision

The decision to seek counselling is never an easy one. If I can be of help to you or someone you care about call today for assistance, information, or an appointment. You can also reach me via email at

[lucy@lucymacdonald.com](mailto:lucy@lucymacdonald.com)

### Counsellor Practitioner of the Year (2005)

Lucy is the recipient of the 2005 Counsellor Practitioner Award by the Canadian Counselling Association for “excellence in leadership as a practicing counsellor” and her involvement “both within and outside the work community to promote counselling”.

### Credentials

- Master of Education – Counselling Psychology , McGill University
- Canadian Certified Counsellor \* with the Canadian Counselling Association
- In private practice since 1998

### Counselling Approach

I use a brief, solution-focused approach to help people cope with and manage a variety of life challenges.

### Counselling Specialty

- Stress management
- Burnout recovery
- Anger Management
- Assertiveness training
- Divorce and separation
- Parenting Concerns

### Number of Sessions

You are not required to commit to a specific number of sessions – you are the best judge of what you need.

### Telephone Counselling

Consulting via telephone is an alternative source of help when in-person sessions isn't possible or convenient for you. A telephone session saves you time, is more it is often easier to get a

appointment than an in-person session. Telephone sessions are especially useful if you are traveling. You can reach me at 514-223-1015 or 1-866-441-8909

### **Fees**

Telephone sessions: 30 minutes \$45, 50 minutes \$80

Fees are in Canadian dollars and are in effect until Dec 31, 2005.

Fees are paid in advance via PayPal on [Lucy's website](#).

### **Canceling Appointments**

Appointments that are cancelled up to 24 hours prior to the appointment can be re-scheduled.

There is a cancellation fee of \$45. If you schedule another appointment to take place within 48 hours the cancellation fee is waived. Appointments can be cancelled by phone and by email. The receipt of your phone message or email to cancel an appointment will be acknowledged.

### **Confidentiality and Records**

Counseling often involves sharing sensitive, personal and private information. Ethical guidelines require that all interactions, including content of your sessions, your records, scheduling of or attendance at appointments, and personal progress are confidential. No one can have access to any information without your signed consent. Exceptions to confidentiality:

1. A client poses a clear and imminent danger to themselves or to someone else.
2. A client requests release of information.
3. A court orders release of information.
4. Clients raise the issue of their mental health in a law suit.

### **\* What is a Canadian Certified Counsellor?**

The Canadian Counselling Association (CCA) "identifies to the public, those counsellors who, through a process of credential evaluation, are judged qualified to provide counselling services." As a Canadian Certified Counsellor I am required to continue to develop my expertise and adhere to a code of ethics. If you have any concerns about my professional conduct please call the [Canadian Counselling Association](#) at 1-877-765-5565.