

BECOMING AN ERP CO-
THERAPIST: A SKILL-
BUILDING SESSION FOR
PARENTS

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POSITIVE TIME/SETTING THE STAGE FOR PARENTS JOINING THE ERP FIGHT

- <https://www.youtube.com/watch?v=IVY-11NV57A>

POSITIVE RELATIONSHIP/SETTING THE STAGE FOR PARENTS JOINING THE ERP FIGHT

- Baumrind's Parenting Styles
 - Authoritarian (high demandingness, low warmth)
 - Permissive (high warmth, low demandingness)
 - Authoritative (high warmth, high demandingness)
- Providing nurturance and firm limits are both necessary for healthy parent child relationships

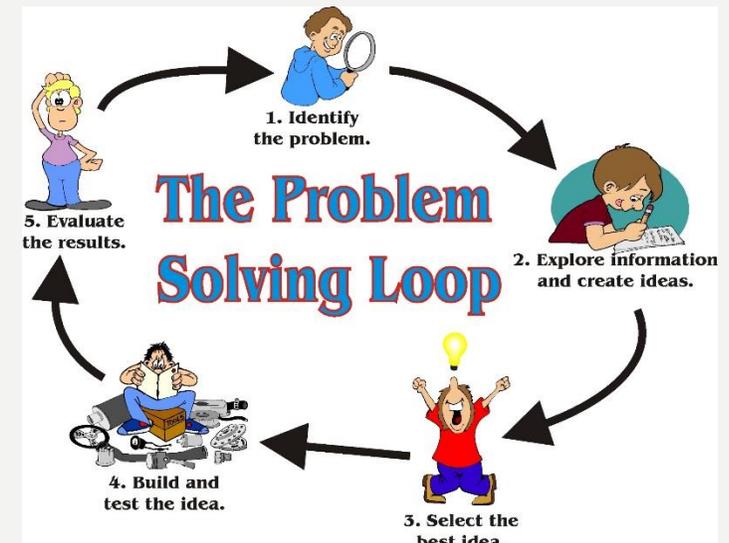
RECIPE FOR STRONG RELATIONSHIP

1) Nurturance

- **Positive Time**
 - Interactive activity geared toward child's interest
 - Not lecture time
 - Differential attention for annoying or irritating minor behaviors
 - Point out and give attention to positive behavior
 - Withhold Verbal and Nonverbal attention from negative behavior

2) Setting Firm Limits

- Consistency and Predictability-responding the same way every time
- Problem solving
 - Collaborate with older children to determine reasonable and appropriate boundaries
 - Tweak the plan when loop holes arise
- Reasoning
 - Provide some reason behind the expectations
 - Try to avoid "Because I Said so"



KEY INGREDIENTS

ADD

- **Praise**
- **Active Listening**
- **Follow their Lead**
- **IGNORE annoying behavior**
- **Enjoy**

AVOID

- **Giving Commands**
- **Criticisms**
- **Questions**

Commands and Questions

Commands and Questions require a response (comply or not) or respond to the question

- If your child does not comply then what?
- Often i hidden commands
- Take over the lead of the conversation
- Can suggest disapproval
- Can suggest not listening



CRITICISM

■ Examples

- You're a bad girl
- That doesn't go that way
- No! Stop! Quit. Don't.

■ Points out mistakes rather than correcting them

■ Lowers self-esteem

■ Creates unpleasant interaction



PRAISE

Nonspecific praise makes us feel good but is less influential

- Good!
- That's great!



Specific praise tells your child exactly what is good

- Thank you for helping with the dishes
- Good job putting those clothes away
- I like it when...

- Increases the behavior it follows
- Increases your child's self-esteem and engagement
- Increases positive feeling between you and your child
- Building blocks of a positive relationship



Active Listening and Following your child's lead

- Acknowledging, Repeating or Paraphrasing

“Mom, this is a funny thing on top of his head!”

“Yes, his hat is very silly!”

- Allows your child to lead the conversation
- Shows that you are listening
- Shows you are trying to understand
- Shows your child that you are engaged

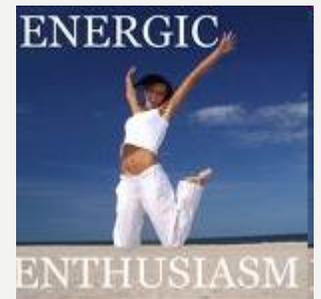


Every good conversation starts with good listening.

Enjoy



- Convey excitement by voice and gesture
 - “Wow! You finished that so quickly!”
- Lets child know you like being with your child
- Adds a quality of warmth to the interaction



- <https://www.youtube.com/watch?v=5JrtpCM4yMM>

EXPOSURE RESPONSE PREVENTION THERAPY

ASHLEY ORDWAY M.ED./ED.S

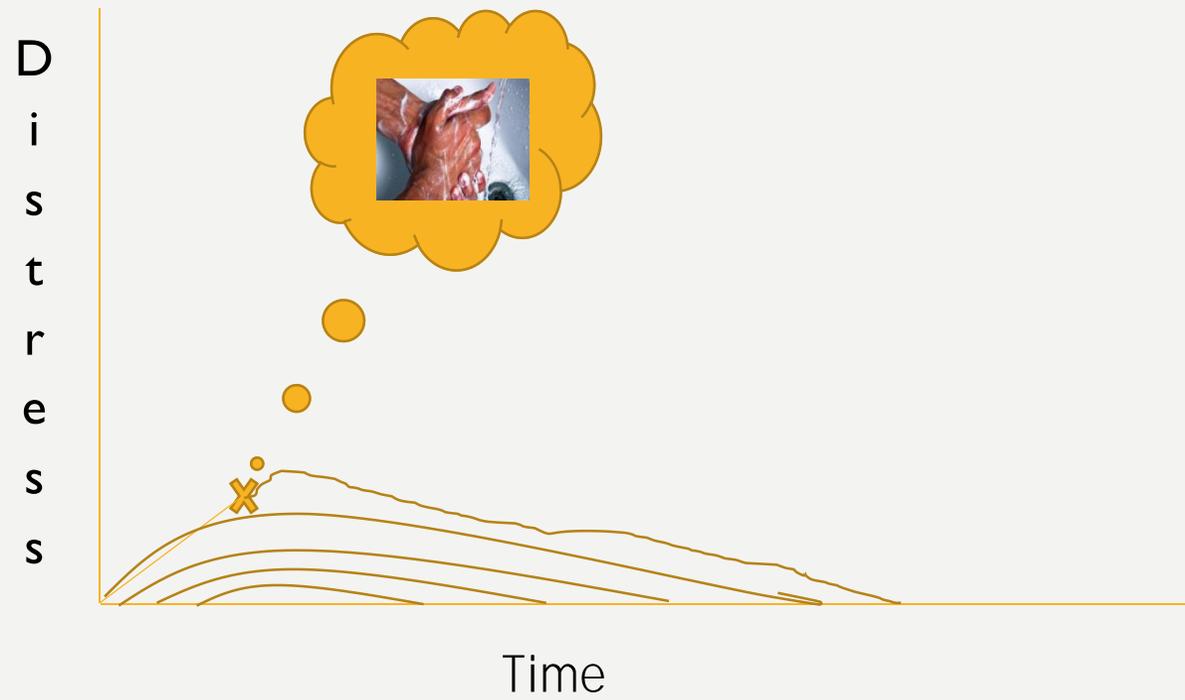
HOW OCD CAN DEVELOP

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Time

EXAMPLE OF ERP



EXPOSURE RESPONSE PREVENTION THERAPY

- Engaging in exposures : facing the fear
 - In- vivo
 - Role Play
 - Imaginal
- Response Prevention : refraining from engaging in the ritual or compulsion that reduces the distress and anxiety after the exposure.
 - Partial Prevention
 - Complete Prevention

EXPOSURE RESPONSE PREVENTION THERAPY

- Exposure Response Prevention Therapy provides an experience that is inconsistent with the irrational obsession.
 - This teaches the child that their obsessive fear usually does not come true.
- Cognitive Behavioral Therapy / Exposure Response Prevention Therapy breaks the anxiety cycle
 - Exposes the patient to their fears
 - Anxiety initially increases then decreases
 - Challenges the need to continue to engage in compulsions and maladaptive thoughts

CHALLENGES AT HOME

- Build a hierarchy
- Rate challenges on a scale
 - 1-10
 - 1- 100
 - Easy, Medium, Hard
 - Green Light, Yellow Light, Red Light
- Start at the bottom and work up to harder challenges
- Check in with distress level before the challenge starts
- During the challenge
- After the challenge
- Before the challenge ends try to have the anxiety reduce by at least half to ensure the anxiety is not being reinforced by ending the challenge too soon.

RULES TO FOLLOW

- Only engage in challenges with your child that you would be willing to do yourself.
- Refrain from making your child engage in a challenge that they are not willing to do.
- Have your child come up with ideas for challenges they would like to work on as well as give them ideas that you have.



- Separates the children thoughts and behaviors from the OCD thoughts and compulsions
- Helps the parents differentiate between their child's behavior and when their child is engaging obsessions and compulsions

NAMING OCD



NAMING OCD

- Once your child chooses a name for their OCD and you see them engaging in obsessions or compulsions you can ask :

- Is that an OCD thought or a “you” thought?

The more you begin help your child to differentiate between their thoughts and OCD the easier it will become and the more your child will be able to recognize what their OCD thoughts are and when to challenge them. This can help take the power away that OCD currently has over your child’s thoughts and behaviors.

FAMILY ACCOMMODATION

ANDREW G GUZICK, MS

FAMILY ACCOMMODATION



FAMILY ACCOMMODATION

- Providing safety and support for children promotes healthy psychological development
- Oftentimes in OCD, excessive support becomes *accommodation*

FAMILY ACCOMMODATION

- Most accommodating behaviors:
 - Providing reassurance
 - Participating in rituals
 - Assisting in avoidance of feared situations
- Most often found among kids with contamination fears, but occurs across the OCD spectrum
- Linked to OCD severity, depression, anxiety, and behavior problems in kids

FAMILY ACCOMMODATION SCALE-SELF REPORT (PINTO, VAN NOPPEN, CALVOCORESSI, 2013)

<https://www.poll Everywhere.com/surveys/ICkRz9zUu>

Pinto, A., Van Noppen, B., & Calvocoressi, L. (2013). Development and preliminary psychometric evaluation of a self-rated version of the Family Accommodation Scale for Obsessive-Compulsive Disorder. *Journal of obsessive-compulsive and related disorders*, 2(4), 457-465.



MCLEAN LOGO GOES HERE

WEANING OFF ACCOMMODATION

ANDREA GUASTELLO, M.S.

COMMON IDEAS WHEN CHALLENGING ACCOMMODATION

WHEN SETTING GOALS

- Meet your child where their current abilities are, not where they “should” be.
- Take small steps.
- Set S.M.A.R.T. goals.
 - Specific, measurable, agreed-upon, realistic, time-bound
- Pick your battles. Don’t try to fix everything at once.
- Wait until one goal is mastered before changing it.
- Don’t settle. Continue to lovingly challenge your child.

AFTER GOALS ARE SET

- Try not to engage in excessive discussion or arguments about the goals.
- Catch your child being good. Reward progress!!
- This is hard for you too. Reward yourself!!
- Allow your child to experience natural consequences.
- Be consistent. Try not to “bail them out.”
- Consider how your own anxiety may be influencing the situation.
 - Learn to tolerate your child being upset.
 - Be ok with imperfection.

STOP BUYING THINGS FOR OCD

Do you buy your child excessive:

- Cleaning supplies
- Hygiene/grooming supplies
- Specific types or brands of food
- Office or organization supplies
- Other props for compulsions

What are your ideas for reducing your accommodation in these areas?



YOU COULD TRY...

- Systematically limiting the amount you will buy.
 - Buy one bottle of soap for the week.
 - Try and stretch that bottle for two weeks.
- Requiring your child to come with you or go to the store themselves to buy the supplies.
 - You don't have to be your child's butler.
 - Making it more difficult to get the supplies may motivate them to fight the compulsion.
- Requiring your child to use their own money to buy extra supplies that were not agreed upon.

STOP MODIFYING YOUR BEHAVIOR

- *Are you:*
 - Separating foods so they don't touch
 - Cleaning/organizing things a specific way
 - Opening doors
 - Wearing (or not wearing) certain colors
 - Adjusting your schedule to allow time for compulsions
 - Making sure your child gets up early so there is enough time for compulsions before school
 - Continuously prompting your child
 - Participating in night time rituals or prayers
 - Allowing your child to sleep in your bed
 - Avoiding triggering topics of conversation



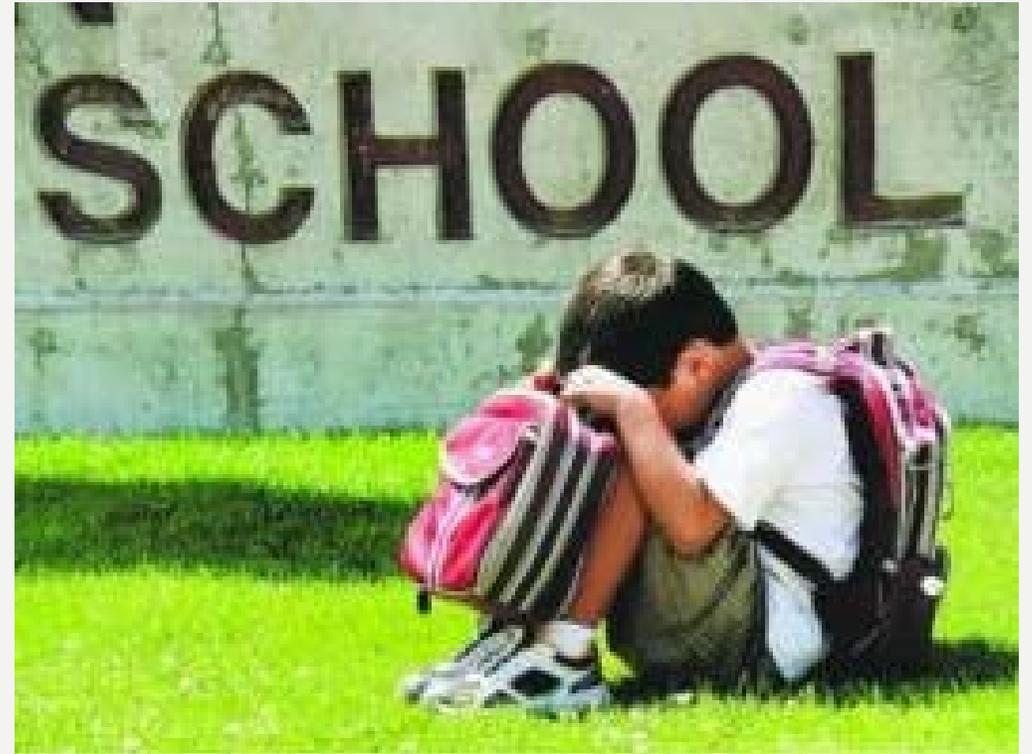
YOU COULD TRY...

- *You could try:*
 - Slightly changing the way you do things.
 - Let two of the three foods touch at dinner
 - Change the order of rituals/compulsions
 - Change or omit one aspect of a routine
 - Making the compulsions your child's responsibility not yours.
 - If they want their sandwich cut a specific way, they can do it.
 - Reducing your prompting and allowing your child to experience natural consequences.
 - Allow them to be late to school
 - Have them miss fun activities

STOP ALLOWING SCHOOL AVOIDANCE

- Are you:
 - Making excuses for your child when they are late to school or miss school
 - Picking your child up from school early
 - Providing excessive help for school assignments
 - Making excuses for missing assignments
 - Supporting disengagement from extra curricular activities
 - Over engaging as a parent volunteer at school

What are your ideas for reducing your accommodation in these areas?



YOU COULD TRY...



- Limiting the number of excuses you will give
- Limit your involvement at school
 - Only attend every other field trip
 - Limit contact with teachers
- Try to have your child wait it out before coming home
 - Delay picking them up from school by an hour
- Encourage partial engagement rather than complete avoidance
- Allow your child to experience natural consequences

STOP ALLOWING OTHER AVOIDANCE



- Are you:
 - Allowing your child to skip chores because they would trigger OCD
 - Washing dishes,, taking out the trash, walking the dog, mowing the lawn
 - Helping your child with tasks they should be doing independently at their age
 - Brushing their hair; laying out clothes, making lunch
 - Allowing your teen to put off driving or babysitting

What are your ideas for reducing your accommodation in these areas?

YOU COULD TRY..

- Thoughtfully evaluate what is developmentally appropriate for your child
- Require them to start taking on these tasks for themselves
- Use similar strategies to those discussed earlier



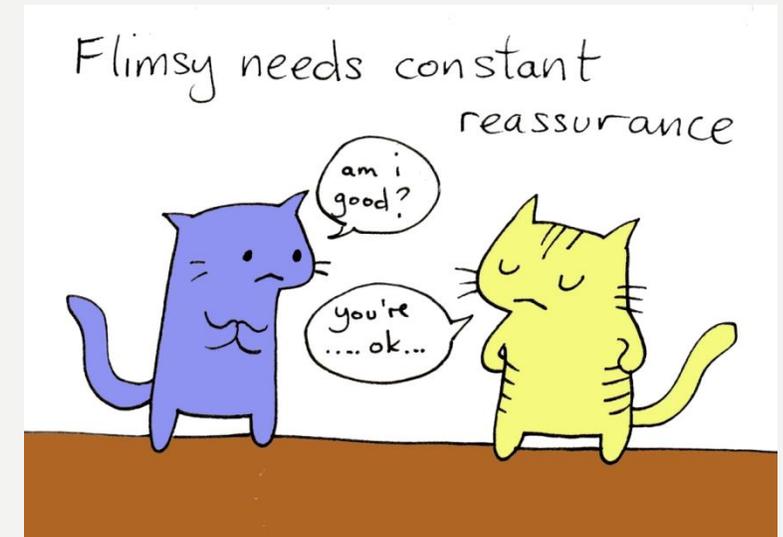
REASSURANCE SEEKING: HELPING YOU AND YOUR FAMILY MEMBER IDENTIFY IT

Questions from the Family Accommodation Scale

1. I reassured my relative that there were no grounds for his/her OCD-related worries.
 2. I reassured my relative that the rituals he/she already performed took care of the OCD-related concern.
 3. I helped my relative make simple decisions when s/he couldn't do so because of OCD.
- Try not to give unprompted reassurance: “I promise the stove is fine. Can we go now?”
 - Reassurance seeking questions: “Is it ok if I eat this?” “Will I get sick if I touch that?” “Will I hurt myself if I do this?” “Did I lock the door?”
 - *Start by labeling reassurance seeking by saying “that’s reassurance seeking” before answering the question.*

OPTIONS FOR CHALLENGING REASSURANCE SEEKING

- Determine if its OCD
 - “Who is asking you or OCD?”
- Delay your response
 - “Come ask me again in 10 minutes.”
 - “Can you wait until tomorrow for the answer?”
- Don’t answer the question at all.
 - “That sounds like reassurance seeking. I’m not going to answer that question”
- Limit your number of responses.
 - Try using reassurance coupons and gradually reducing the number allotted per day.



- Answer the question the opposite of the way they want you to:
 - “Does this shirt look wrinkled?”
 - “Yes.”
- Answer the question vaguely:
 - “Will I get sick if I eat this?”
 - “Maybe; maybe not.”

MANAGING RESISTANCE



- Expect some resistance from you and your child.
- Resistance is a natural and healthy part of change.

EFFECTIVE PARENT COACHING

ADAM M. REID, PH.D., M.S.E.

REQUIREMENTS FOR EFFECTIVE COACHING

KIDS PAY ATTENTION

- Willingness to allow my child to feel distress during exposures
 - This builds emotion regulation
 - This sends the message that it is “okay” to be anxious
 - Bailing your child out when they are anxious by accommodating, providing reassurance, participating in a ritual, or allowing avoidance can feed OCD and deflates self-efficacy

EFFECTIVE PARENT COACHING

EMOTIONS ARE TOTALLY OKAY



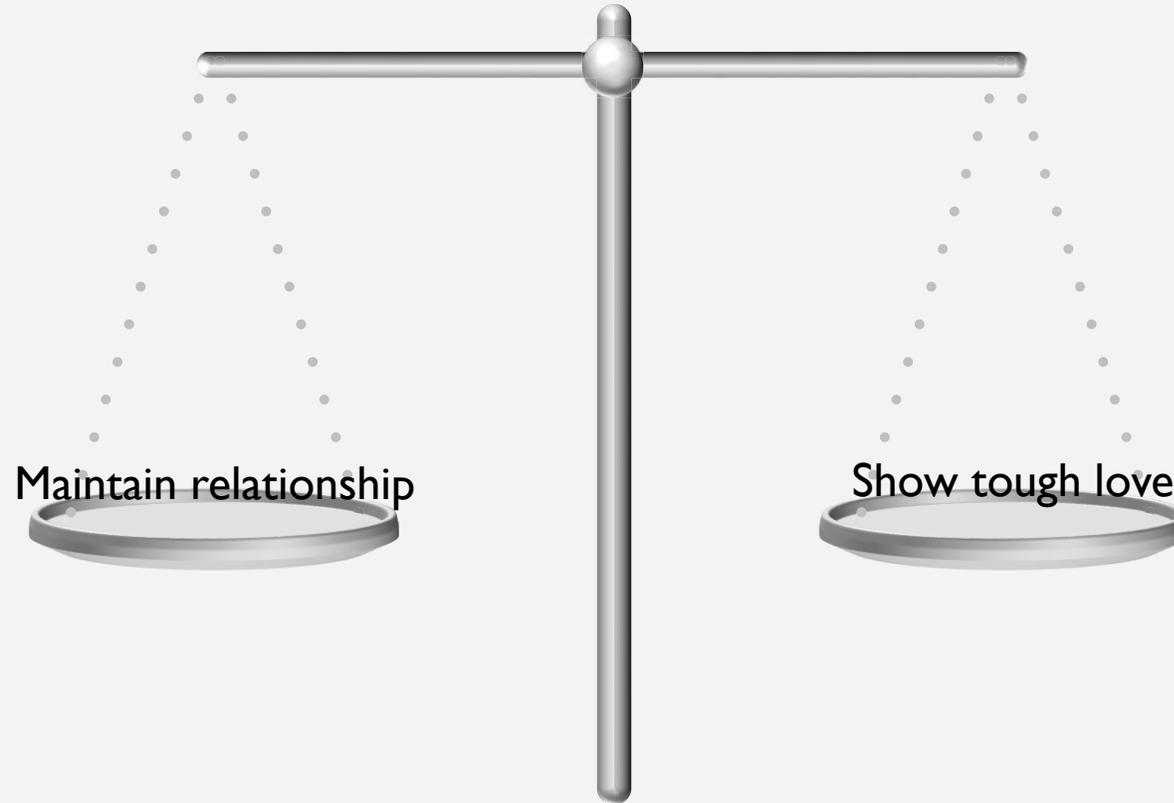
REQUIREMENTS FOR EFFECTIVE COACHING

KIDS PAY ATTENTION

- Willingness to allow my child to feel distress during exposures
- Willingness to do any exposure that is asked of your child
 - Show that you don't follow OCD rules
 - Makes exposures more fun and collaborative
 - May have to push your own comfort zone
- Willingness to prioritize treatment and adhere to the treatment plan
 - If you prioritize it, more likely child will as well
 - At home exposures are a critical aspect of treatment
 - Seek out supplemental material to read to gain better understanding of OCD and ERP

EFFECTIVE PARENT COACHING

BALANCE, BALANCE, BALANCE



EFFECTIVE PARENT COACHING

MAINTAIN THE RELATIONSHIP

- Be gentle, calm, and easy mannered, even in the face of high emotionality
- No blaming for OCD (fight the symptoms, not each other)
- No minimizing or catastrophizing
- Stay compassionate
- Stay consistent in responses and follow through with what you say
- Don't let OCD define the relationship or family environment
 - Important to plan positive activities for individual and family
 - Help other kids understand
 - Celebrate victories in treatment as a family

EFFECTIVE PARENT COACHING

MAINTAIN THE RELATIONSHIP

- Always validate to show that you understand your child's experience!
 - 1) Be present for your child (“I am happy to sit with you until this urge passes”)
 - 2) Accurate reflection of what your child said (“It sounds like OCD is telling you that there is **NO WAY** you can resist washing your hands right now”)
 - 3) Reading your child's behavior and guessing what they are feeling (“I am guessing you feel really scared right now since you are getting really quiet”)
 - 4) Understanding your child's OCD (“That must have been a hard exposure since I know your OCD tells you knives are really dangerous”)
 - 5) Normalizing child's experiences (“I think anyone with OCD would have a hard time doing their first few exposures”)

EFFECTIVE PARENT COACHING

MAINTAIN THE RELATIONSHIP

- Validate before problem solving, cheerleading, coaching, etc.
- Validate emotions, not irrational fears
- Validation practice!



EFFECTIVE PARENT COACHING

SHOWING TOUGH LOVE

- Work with clinician to reduce accommodation and refer to treatment plan over and over when setting limits
- Make intentions clear ahead of time and convey in clear, simple language
- Hold child to commitments around exposures and praise adherence
- If your child becomes tearful, feels flooded, or becomes angry, then slow down, validate, and cheerlead but stick to treatment plan as much as possible! Emotions are allowed!
- Develop helpful coping statements
 - “You are scoring major points against OCD right now”
 - “Show OCD who is boss now”
 - “This is hard but so worth it when you think about how great it will be to.....without OCD”
 - “You know you can prove OCD wrong yet again!”

TIME TO BRAINSTORM!

Take a look at the ways you might accommodate

Start brainstorming with other parents and your children ways you can start to wean off accommodation