

Mayo Clinic Medical Edge

OCD Treatment

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	15-YEAR-OLD FRANK SMYLY LIVES IN CONSTANT FEAR THAT HE MAY CAUSE SOMETHING VERY BAD TO HAPPEN. OBSESSIVE COMPULSIVE DISORDER OR OCD COMPELS FRANK TO PERFORM COMPULSIVE RITUALS IN ORDER TO MAKE TOUCHING CERTAIN OBJECTS SAFE. FRANK KNOWS THE THOUGHTS ARE IRRATIONAL
Frank Smyly, patient	"THE ONLY WAY TO GET AWAY FROM IT IS TO FACE IT WHICH IS EXTREMELY HARD."
	FACING YOUR FEARS IS THE THEORY BEHIND MAYO CLINIC'S

	INTENSIVE OCD TREATMENT PROGRAM.
Stephen Whiteside, Ph.D. Mayo Clinic Psychologist	“OUR TREATMENT IS MEANT TO HELP KIDS LEARN TO BETTER MANAGE THEIR ANXIETY,”
	DR. STEPHEN WHITESIDE USES WHAT’S CALLED EXPOSURE THERAPY. TWICE A DAY FOR FIVE DAYS HE EXPOSES FRANK TO HIS FEARS OF TOUCHING CERTAIN OBJECTS. THEN HE HELPS FRANK WORK THROUGH THE ANXIETY WITHOUT RITUALS. TECHNIQUES FRANK CAN PRACTICE AT HOME, LETTING HIM CONCENTRATE ON LIFE INSTEAD OF HIS FEAR.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.