

Slide
1

Treating Obsessive Compulsive Disorder In Very Young Children

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Slide
2

Agenda

Cognitive Behavioral Model of Treatment

- Psychoeducation
- Cognitive Training
- Mapping/hierarchies
- Exposure and Response Prevention
- Relapse Prevention

Slide
3

What is OCD?

Obsessions

Persistently recurring thoughts, impulses or images that are intrusive, inappropriate, distressing.
False alarm

Compulsions

Repetitive behaviors or mental acts that a person performs in response to obsessive thoughts; to neutralize (reduce distress, prevent a dreaded outcome).

Neutralizing response to false alarm

Avoidance serves same function as Compulsions, common in young children

Not doing something to prevent the false alarm from occurring

Compulsions are not pleasant, children do not want to do them, they feel driven to because rituals relieve anxiety

Slide
4

Differentiating OCD

From Normal Childhood Rituals

- Timing
- Content
- Function
- Severity & related impairment

From Other Disorders

- Do obsessions increase anxiety?
- Do compulsions function to decrease anxiety?
- Compulsions are not enjoyable
- OCD is often “nonsensical”
- “JUST RIGHT” feeling

Slide
5

Explaining Obsessions and Compulsions

Obsessions

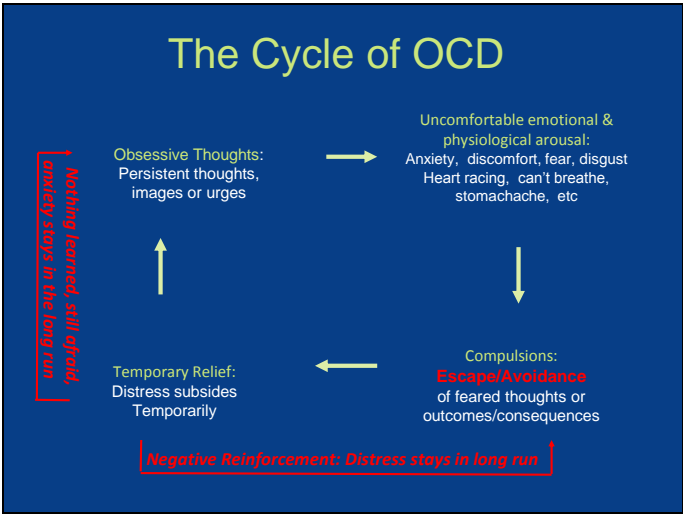
- Trick or truth?
- Glitch
- Scary movie/book
- illusions
- “What if” box example

Compulsions

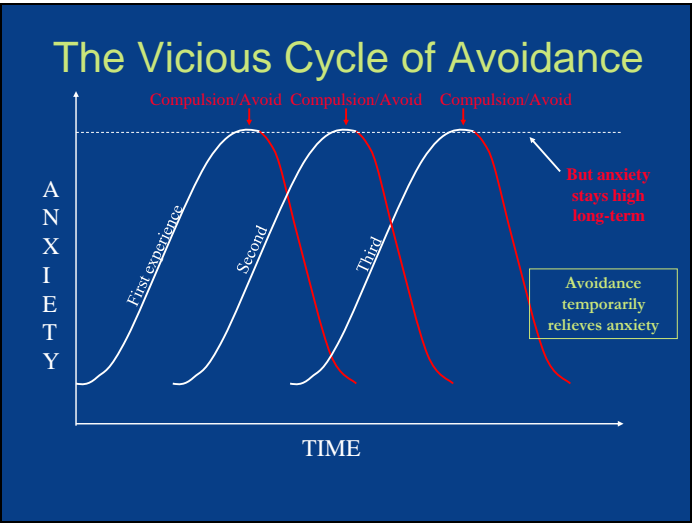
Bully
Younger sibling

support adults: validate how real it feels;

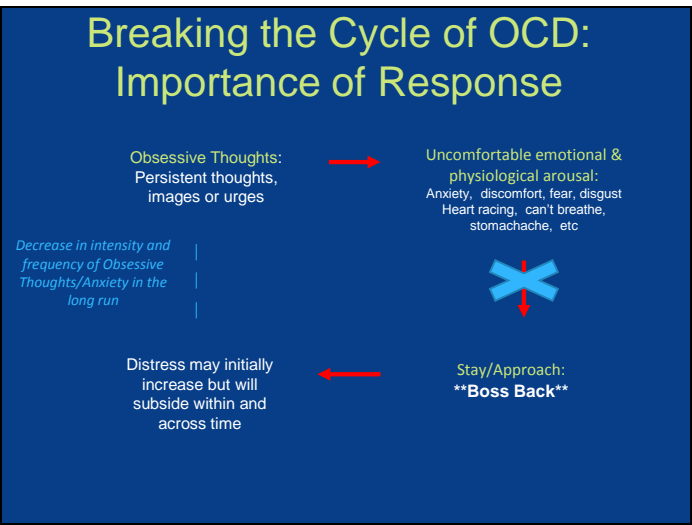
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6



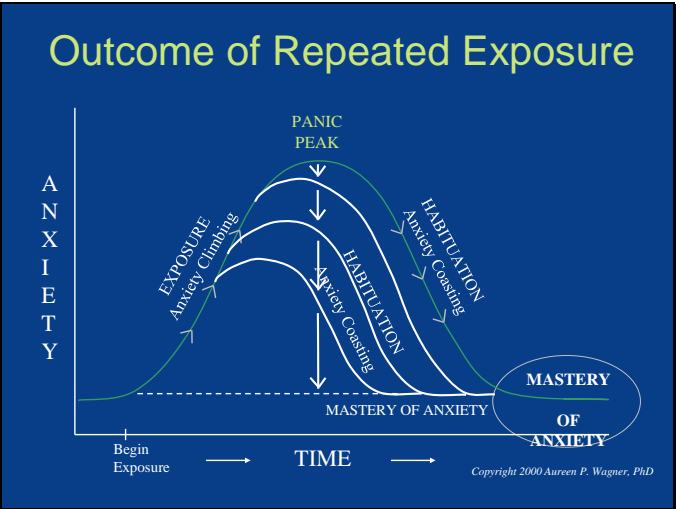
Slide
7



Slide
8



Slide
9



Slide
10

Creative Ways To Help Young Children Understand The Model

- Role play with score keeping - rotate roles; identify obsessions, compulsions, bossing back, feeding, help parent with scaffolding
- Act out with puppets, act out with characters, write story, write song, movie clips
- White boards
- Non-Verbal: Pictures, writing words, charades

Slide
11

Externalizing and Identifying OCD Through Storytelling

She named her OCD the goblin because these thoughts made her feel worried and to feel like she had to do something to make the worry go away. The goblin thoughts told her there might be a tornado she and her family may get hurt so she shouldn't go outside if it is even a little bit windy and if she does, she should ask her mom repeatedly if a tornado is coming so she would know they were safe.



Slide
12

Creative Data Collection

Legs - Always Hurt!

Hurt, leg, hurt!
It would hurt forever (and I listened)

What listening to my worries made me miss out on/made hard for me? What happened that I didn't like when I listened to my worries?

Sleeping

Reminds - Things I did to try and make the worry or scary feeling and thought go away (show my worry beast and do around):

What's it going to stop? - 302 Xs.

Also remember mom and dad made (how my worry beast even and did around):

Rub it.

Oct. 15

6
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Slide
13

Exploring OCD Through Drawing



Slide
14

A Simplified Theoretical Approach

“Blah, blah, blah, do the thing you’re afraid of,
Blah, blah, blah, the more you do it, the easier it gets.”

Gwen Franklin, age 6, to her father, 2001


Slide
15

OCD Differences in Young Children

- Emotion regulation
- Verbalizing the problem
- May be oppositional or in denial
- Insight
- Sensory
- Accommodation makes OCD bearable for the child, therefore less dysfunction may be present
- Accommodation is often a factor in maintaining the symptoms

Slide
16

What is OCD taking away?



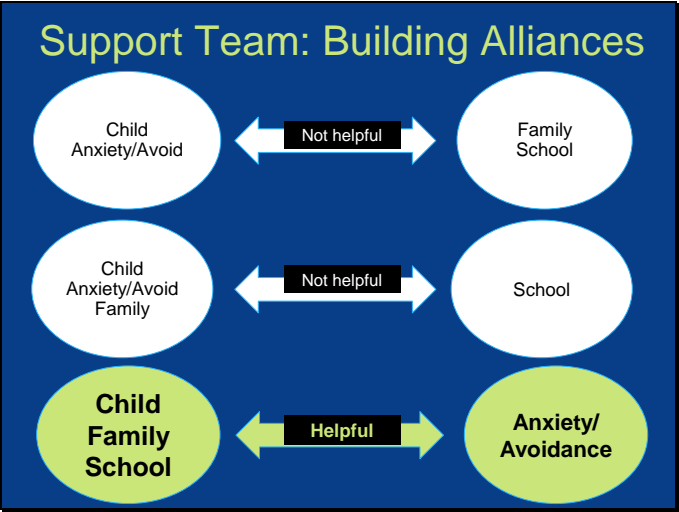
"I'll stay here, not budging! I can and I will
If it makes you and me and the whole world stand still!"
Well...
Of course the world didn't stand still. The world grew.
In a couple of years, the new highway came through
And they built it right over those two stubborn Zax
And left them there, standing un-budged in their tracks."
Dr. Seuss

Slide
17

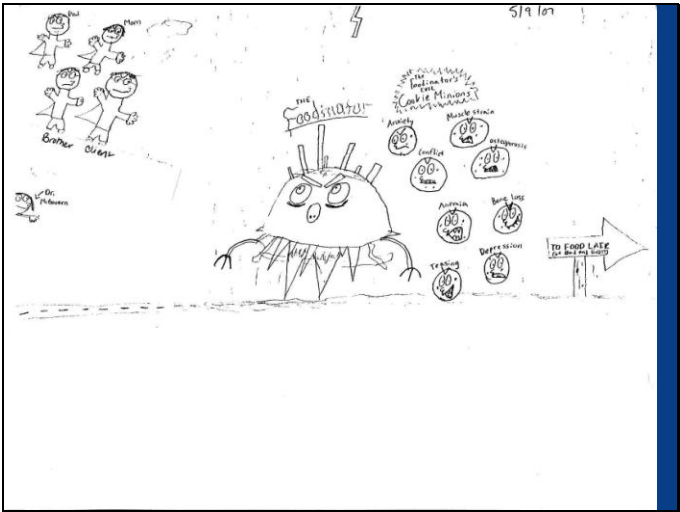
Motivation: Tap an Interest



Slide
18



Slide
19



Slide
20



Slide
21

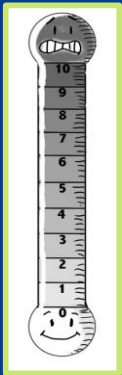


Slide
22

Create Hierarchy For Exposure Practices

Not Just Right

Give picture with mistake to friend :	4
Brush teeth after dressed:	5
Same, in favorite outfit:	5
Doing homework (15 min), leave NJR things:	5
Color not right: 5, words:	5
Pick color in 5 seconds:	5
Pick clothes in 10 seconds:	5
Pray for only a few people:	5
Work on school project, decide by self (picture)	7
Decide quickly what to take when leave house, 1 minute:	7
Bowl in wrong spot:	7



Contamination

Use cleaner (no warning), some on hands, eat	3
Don't go to the nurse	4
No sick questions before get on bus	4
No sick questions in the morning	5
Touch dead bee, eat	6
Touch rock salt removed three times, eat	6
Use bathroom sink where peer threw up	6
Touch inside of clean trash can, eat	6
Sit next to peer who throws up	6
Use cleaner (warn), some on hands, eat	6-7
Touch rock salt to paper, paper to hands, eat	8
Touching owl pellets	8
Using toilet peer threw up in	9
	2

Slide
23

Building Tolerance for Emotional and Physiological Discomfort

- Cognition play
- Acceptance play
- Ignore and go about your life
- Reframe discomfort
- Diaphragmatic Breathing
- Distraction if necessary (Hierarchy)

Slide
24

Working with Exposure Practices: Developmental Considerations

- Greater support/directive
- Emphasis on behavior
- More goal-setting & rewards
- Fun but not too distracting
- Positive pairing
- Age appropriate language

Breathing and PMR: helps one pause & stay

Slide
25

Important Exposure Components

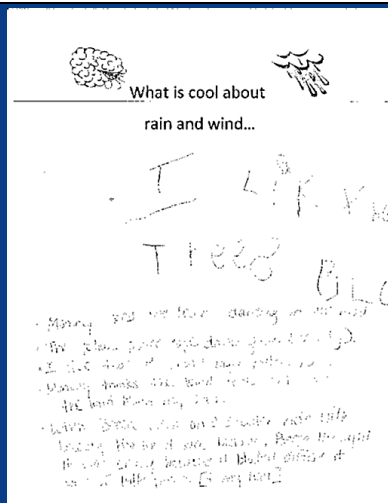
- Voluntary
- Collaborative
- Managing, not avoiding anxiety
- Hierarchy-driven
- Promotes mastery of anxiety
- Build on accomplishments, don't dwell on failures

Slide
26

Creative Exposures Ideas

- Contamination: play tic tac toe on desk with cookies than eat, basketball/contaminant
- Pervasive slowness/decision making: beat the clock, flip a coin
- Fear of harm to others: send therapist email about their pending harm or death
- Fear of harm to self: fun way to used feared items - sharp knife to cut and eat cake
- Fear related to magical thinking: milk drinking guessing contest

Slide
27



Slide
28

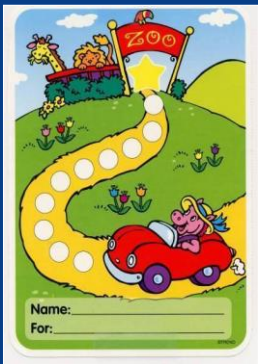
Supporting Parents: How to Encourage Exposure

- Join and nudge → scaffolding
- Build on success and interest
- Keep an eye on the larger picture
- Remember what fear feels like
- Make it a group effort

"Do one thing everyday that scares you." - Eleanor Roosevelt

Slide
29

Rewarding Efforts



Goals: Enhance motivation,
address co-morbid problems

- Internal and external
 - Selecting a reward
 - Concrete and/or social
- What gets rewarded?
 - Effort, not results
 - Clearly defined behaviors
- How often?

Slide
30

Sample: Practice

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Sneakers	Daisy shoes	Sneakers	Sneakers	Daisy shoes	Black Crocs	Red Crocs

Shoes

Slide
31

Bossing Back Outcome

What I took back from OCD:

Got my sleep back!

Start - 5
Week - 10
Post - 0

leg hurts
clashed
20 min

What I thought to help me boss back:

What I did to boss back OCD:

What my mom and dad did to help me boss back OCD:

How I felt before I bossed back:
How I felt 15 minutes later:
How I felt 30 minutes later:

Slide
32

Bossing Back Outcome

Day

What I took back from OCD:

Date	Time	What I did	How I felt
Fri (plan)	5	5	0
Sat (wake up)	5	5	0
Sat (run from monkey)	5	5	0
Sun (wake up)	0	0	0
Mon	0	0	0
Tues	0	0	0

What I thought to help me boss back:



What I did to boss back OCD:

What my mom and dad did to help me boss back OCD:

How I felt before I bossed back:
How I felt 15 minutes later:
How I felt 30 minutes later:

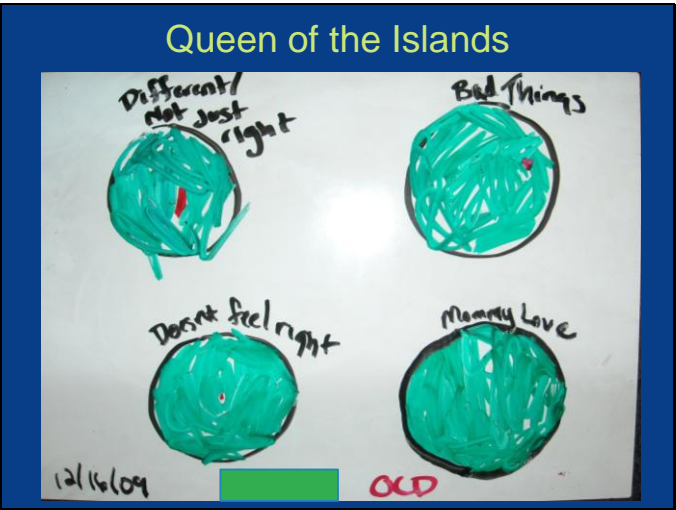
Slide
33

Storytelling: Success



I started going outside even though it was windy. When I first tried, the goblin thought said, "A tornado is coming, don't go outside, check with your mom". But I said, "No way. I don't want to miss out on the fun outside" and I did the opposite. The goblin thought was hungry, but I didn't feed it. It was really hard at first but got easier as time passed. The goblin thought got so weak and it shrunk. Soon I didn't even notice the weather anymore and just had fun. I could go to the beach again!"

Slide
34

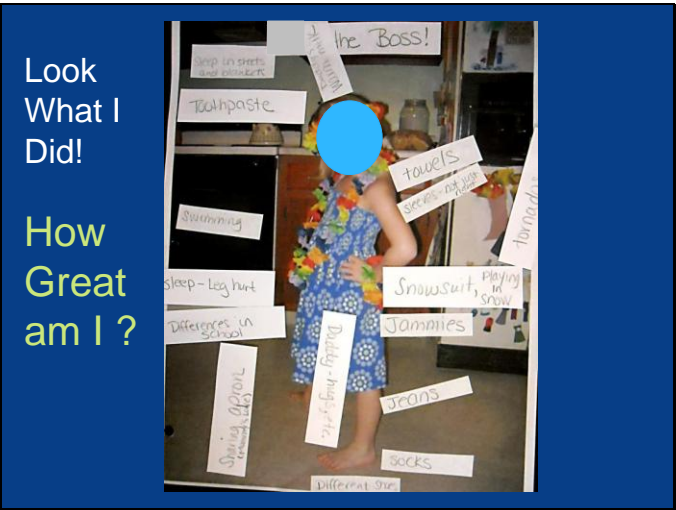


Slide
35

Plan For Lapses And Recovery

- Expect it and plan for it
- Put it in perspective
- Don't quit—it's the only way to fail
- Pick yourself up
- Celebrate your successes
- Plan for future slips

Slide
36



Slide
37



You gain strength, courage, and confidence by every
experience in which you really stop to look fear in the face.
- Eleanor Roosevelt

Slide
38

Child/Adolescent OCD, Tic, Trich, & Anxiety Group (COTTAGE)

- **Our staff has expertise in the treatment of anxiety and related disorders, including:**

Obsessive-Compulsive Disorder	Social Anxiety Disorder
Trichotillomania	Generalized Anxiety Disorder
Tic Disorders	Separation Anxiety Disorder
Panic Disorder/Agoraphobia	Specific Phobias
Post Traumatic Stress Disorder	
- **We offer Clinical Services:**
Comprehensive diagnostic evaluations
Empirically-supported treatments for youth
Research studies on childhood OCD, Tic Disorders, and Trichotillomania
- **Additional Services:**

Parent Workshops	School Consultations
Teacher Workshops	Clinician Training

Slide
39

Contact Us

Child & Adolescent OCD, Tic, Trich & Anxiety Group (COTTAGE)

- Visit us online at: www.med.upenn.edu/cottage
- To refer a patient or to schedule an appointment, please call: **215 • 746 • 1230**

Thanks to the New Jersey Center for
Tourette Syndrome and Associated
Disorders (NJCTS) for providing the
Wednesday Webinar Series

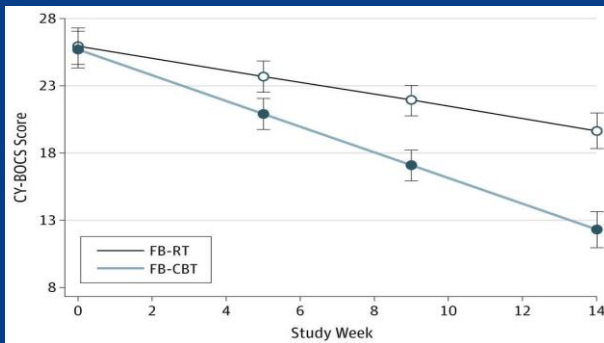
Slide
40

Resources

- Child and Adolescent OCD, Tic, Trich & Anxiety Group , Philadelphia, PA 19104, Phone: 215-746-1230
- Child and Adolescent Anxiety Disorders Clinic, Temple University (Dr. Philip Kendall), 215-204-7165
- The Anxiety & OCD Treatment Center of Philadelphia, 215-735-7588

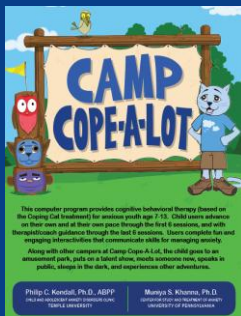
Slide
41

Family-Based Treatment of Early Childhood Obsessive-Compulsive Disorder
The Pediatric Obsessive-Compulsive Disorder Treatment Study for Young Children (POTS Jr)
A Randomized Clinical Trial. Jennifer Freeman, PhD, et al.
JAMA Psychiatry, April 2014



Slide
42

Camp Cope-A-Lot: The Coping Cat CD Roma 12-session computer-assisted CBT for child anxiety



www.workbookpublishing.com

Slide

43

Books on Anxiety for Parents & Teachers

- K. Manassis. Keys to Parenting Your Anxious Child.
- T. Chansky. Freeing Your Child From Anxiety. Freeing your Child from Obsessive Compulsive Disorder, Freeing your Child from Negativity
- R. Rapee, S. Spence, V. Cobham, & A. Wignall. Helping Your Anxious Child.
- J. Dacey & L. Fiore. Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children.
- Aureen Pinto Wagner. Worried No More: Help and Hope for Anxious Children.

Slide

44

Books on Anxiety for Parents & Teachers

- Rapee, Spence, Cobham, Wignall. Helping your Anxious Child: A Step-by-Step Guide for Parents.
- Kervatt. The Silence Within: A Teacher/Parent Guide to Working with Selectively Mute and Shy Children.
- Garber, Garber, & Spizman. Monsters Under the Bed and Other Childhood Fears: Helping your Child Overcome Anxieties, Fears, and Phobias.
- Wilens. Straight Talk about Psychiatric Medications for Kids.
- Frankel & Wetmore. Good Friends are Hard to Find: Help your Child Find, Make, and Keep Friends.

Slide

45

Books for Children

- Danneberg. First Day Jitters.
- Henkes. Wemberly Worried.
- Marcus, Marcus, & Jesche. Scary Night Visitors: A Story for Children with Bedtime Fears.
- Cain & Smith-Moore. I Don't Know Why...I Guess I'm Shy: A Story About Taming Imaginary Fears.
- Marcus, Marcus, & Jesche. Into the Great Forest: A Story for Children Away from Parents for the First Time.
- Melanie Watt. Scardey Squirrel Series.

Slide
46

Books for Children

- Dutro & Boyle. Night Light: A Story for Children Afraid of the Dark.
- Schaefer & Friedman. Cat's Got Your Tongue? A Story for Children Afraid to Speak.
- Wagner (OCD). Up and Down the Worry Hill.
- Hesser (OCD – young adult). Kissing Doorknobs.
- Kant, J. D., with Martin E. Franklin & Linda Wasmer Andrews (2008). The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder.

Slide
47

Video Clips

Beasts Of The Southern Wild:

<https://www.youtube.com/watch?v=EEu8zOXcQ5I>

Harry Potter:

<http://www.pinterest.com/pin/424393964858312499/>

Rise Of The Guardians:

<https://www.youtube.com/watch?v=J-rBH4qSF0w>

Anxiety BC Youth: (Interactive learning)

<http://youth.anxietybc.com/>

Slide
48

Internet Resources

- Anxiety Disorders Association of America:
www.adaa.org
- Obsessive Compulsive Foundation:
www.ocf.org
- Trichotillomania Learning Center:
www.trich.org
- National Tourette's Syndrome Association:
www.tsa-usa.org
- Children's Center for Anxiety:
www.worrywisekids.org

Find a Therapist:

- www.abct.org/FindATherapist
- www.childanxietySIG.com/referralnetwork
- www.OCFoundation.org/findhelp
