



POWER UP YOUR OCD RECOVERY!

Reid Wilson, PhD; Jon Hershfield, MFT; Shala Nicely, LPC; Jeff Bell

IOCDF Conference 2018

HOW ARE WE GOING TO POWER IT UP?



- Adopt a game-changing, paradoxical **attitude**
- Experience fully living in the now with **mindfulness**
- Discover how empowering **self-compassion** can be
- Build **motivation** to do your maintenance exposures with joy (yes, joy!)



POWER UP YOUR OCD RECOVERY WITH ATTITUDE

Reid Wilson, PhD

This is aggressive sport

Push into Disorder's territory

Get determined

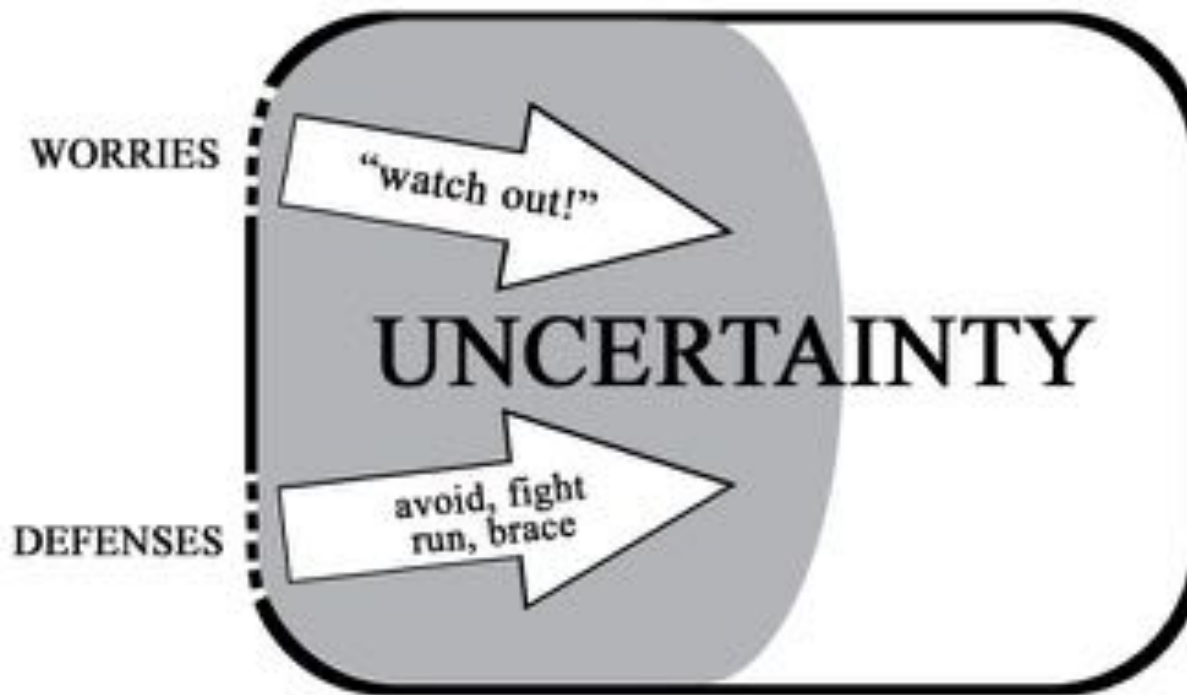
Find your "I want this" stance

How does (& doesn't) amygdala
change during exposure?

prefrontal cortex
Worried VS Supportive

OCD
dominates

The Gameboard



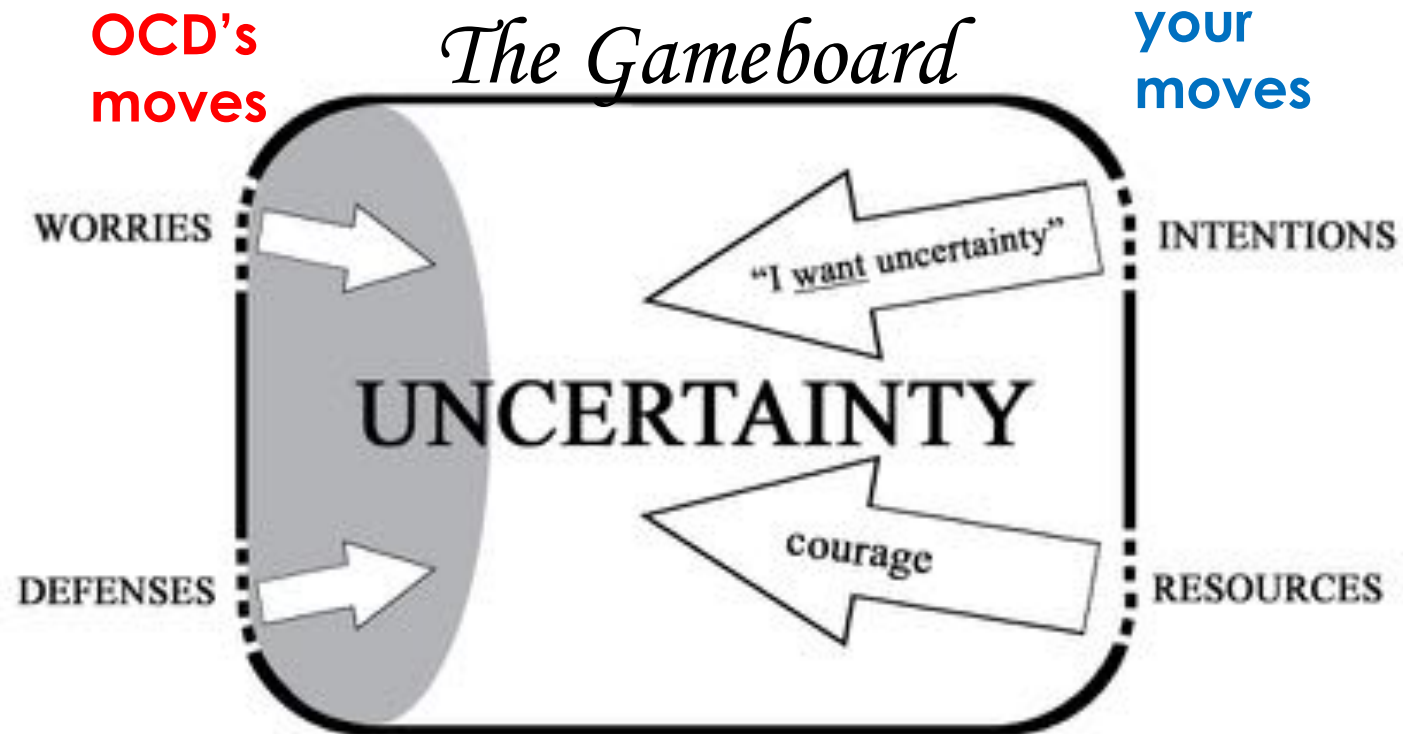


FIGURE 2

The Science of Habituation

Frequency

Intensity

Duration

Honest Stance toward symptoms/worry/uncertainty...

Purposely, voluntarily, choose...

- ✓ “I want it”
- ✓ “If it lasts, I want it to last”
- ✓ “If it gets strong, I want it to be strong”

Fearful thought,
image, impulse

Feel scared

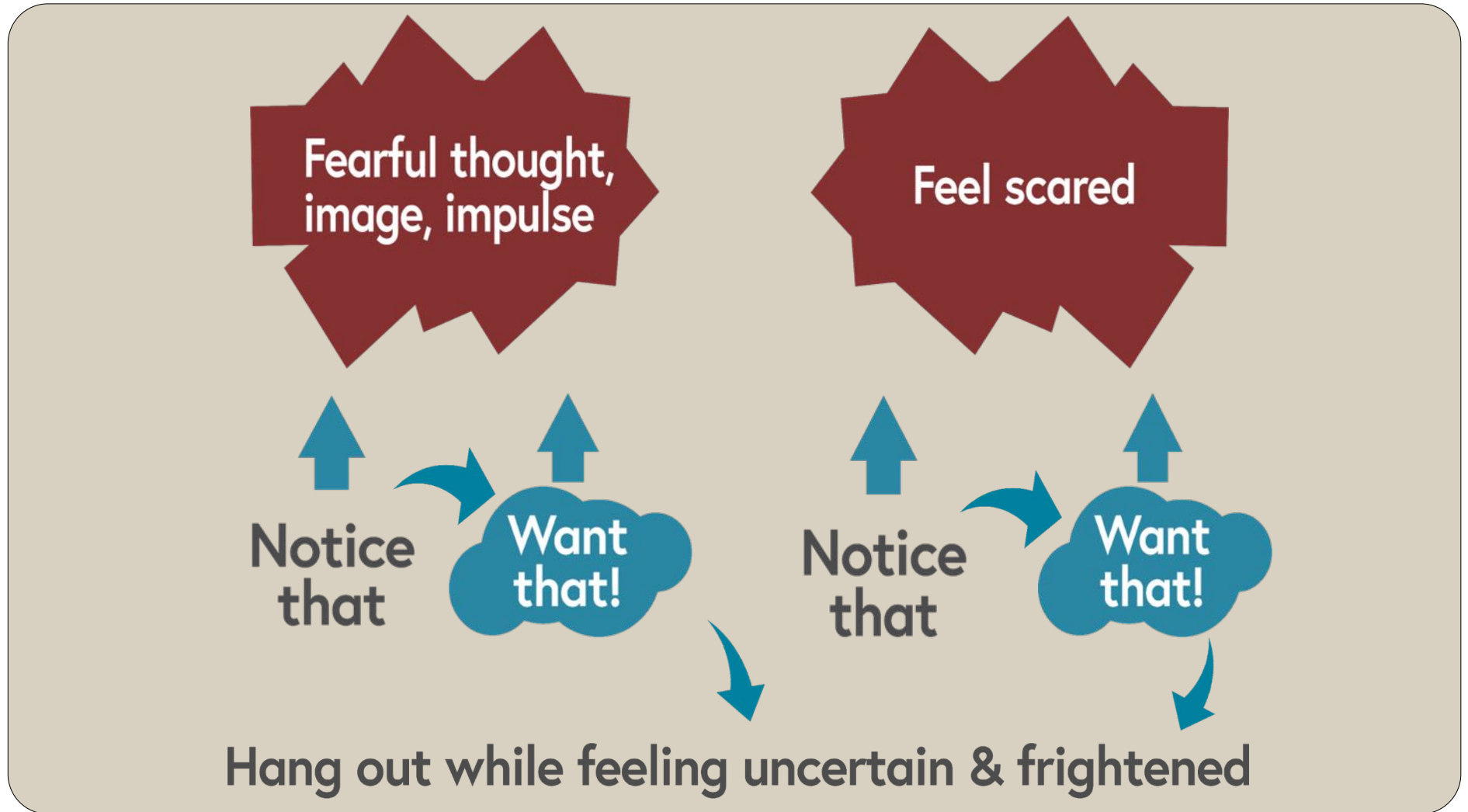
Notice
that

Want
that!

Notice
that

Want
that!

Hang out while feeling uncertain & frightened



2 VERY important concepts...

- ✓ Transforming your fear response
- ✓ Taking advantage of the Working Memory

Dr. Barb Frederickson

- Pull up + emotion on heels of negative
→ dismantle mental & physical
preparation to run
- Generate + meaning for why you are
generating feelings of threat

- Then step forward, **voluntarily**,
because know why – because you
can see it in broader context of
life's goals

*Then intentions can
transform experience*

Dr. Les Greenberg

Transform fear reaction: become afraid,
then call up competing emotion

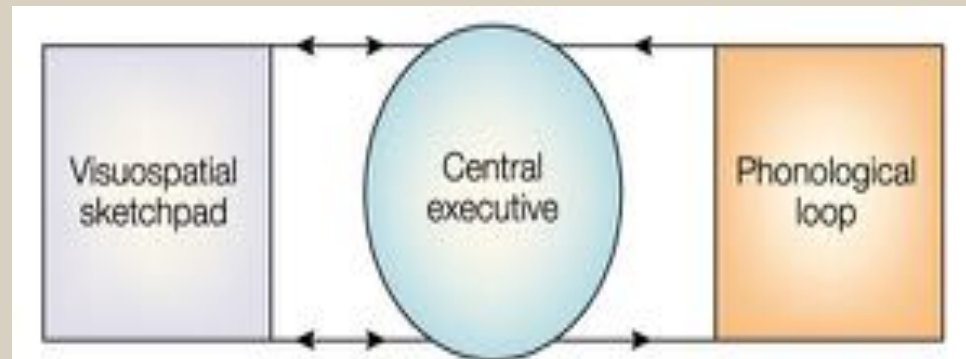
- **NOT** by thinking, reasoning, allowing,
or letting go of, or facing feeling. **NOT**
by exposure, extinction, habituation

- But by **activating** competing emotion that expresses a **competing point of view**

*Elevate willingness to embrace doubt & discomfort while feeling **afraid***

Working Memory

- Roughly 4 thoughts, images or feelings...
- Central Executive pushes away distractions





**Long-term
memory**

Working memory
pulls forward



Here's how
to **escape**

Get me away
from this!

I'm feeling
afraid



Self-talk DIRECTS Working Memory

Therefore, apply strategy...

When you're anxious → ask for exactly what you're experiencing now

But you have to ask for it

- signals working memory to retrieve resource of “acceptance” from past



Long-term
memory

Working memory
pulls forward



Here's how
to **accept**

I want
this now

I'm feeling
afraid

threat



Apply strategy...

20

Attach self-messages to exposure



Keep repeating process



Your long-term working memory will link
it all together



Then...

call up message → cue working memory



retrieves internal resources associated with
message

Your work becomes easier over time!

It's an ATTITUDE!

“If I have to take what you’re dishing out in order to get stronger, then give me 2 servings, now”

Protect & Defend

*Be sure everything
is okay*

Get comfortable

*Treat fearful
thoughts seriously*

Stay safe

*Feel confident
before acting*

If you do this



Step Forward & Risk

Seek out doubt

*Provoke your
discomfort*

*Treat fearful
thoughts absurdly*

*Aggress into
new territory*

Scare yourself

Then do this



It's an Attitude Shift





POWER UP YOUR OCD RECOVERY WITH MINDFULNESS

Jon Hershfield, MFT



WHAT ARE YOU TALKING ABOUT?

- **Mindfulness is not a tool that you USE. It is a state of awareness. I am wide awake right now. I am not “using wakefulness” to give this talk. But the less I am asleep, the better this talk will go.**



NO, SERIOUSLY, WHAT ARE YOU TALKING ABOUT?

- **Mindfulness is paying attention to the present moment without judgment.**
- **Observing what IS instead of getting lost in what COULD be**
- **Understanding that THINKING is a thing that you are DOING (like eating or dancing) and not the same thing as BEING**

MINDFULNESS IS...

- Insert shark video



MINDFULNESS IS...

- **Remembering that no matter how scary or disturbing sharks may be, you are not actually in the tank with them. You are always in the aquarium.**
- **Each shark is an object of attention, whether a thought, feeling, or sensation**
- **Each object of attention can be watched with curiosity or not, but always swims by when not disturbed.**



YEAH, BUT...

- **What if the glass breaks and I drown in a stew of broken glass and shark feces while the infernal beasts eat my face?**

THERE'S ALWAYS ONE OF YOU.





MEDITATION: WHAT GIVES?

- **What are the two areas we struggle with the most in regards to our attention?**
 - **Knowing when the mind has become distracted by an obsession**
 - **Returning from the distraction without condition (i.e. compulsion)**



MEDITATION: WHAT GIVES?

- **Meditation is the practice of only these two skills:**
 - **Recognizing when the mind has wandered from the anchor (e.g. the breath)**
 - **Beginning again with the anchor without judgment**



MEDITATION: LET'S DO THIS

- 1. Getting a clear picture of what you are in this moment.**
- 2. Finding the anchor of your breath.**
- 3. Watching, wandering, noticing, and beginning again.**
- 4. Letting go.**

POWERING UP RECOVERY



- You don't have to get into Buddhism, enlightenment, or anything philosophical if you don't want to. But get into the technical act of daily meditation.
- Find an app or two that you like and run through course after course. Explore different teachers.
- Never expect to be "good" at it. There is no such thing as being good at mindfulness. You either notice what's going on or you don't.



POWERING UP RECOVERY

- You always have ten minutes (unless you have kids, then you have 5).
- Attach your practice to another activity (e.g. between getting to work and checking your first email, upon arriving home in your car, etc.)
- Practice micro-versions of your meditation throughout the day (occasional body scan, resting attention on a part of the body, etc.)



POWERING UP RECOVERY

- **Seek out mindful moments (e.g. drive without the radio on for a few minutes, notice the flavor of your food, etc.)**
- **Make the mindless mindful (watch tv without your phone on, notice the performances and notice your thoughts about them)**
- **What are some ways you could practice being meditative throughout the day?**

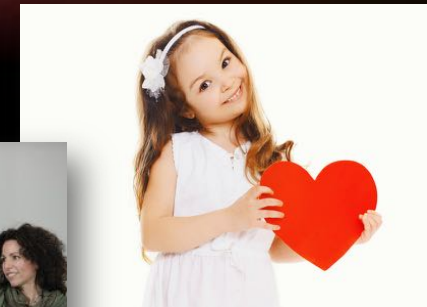
POWER UP YOUR OCD RECOVERY WITH SELF-COMPASSION

Shala Nicely, LPC



THREE COMPONENTS OF SELF-COMPASSION

- Mindful awareness of feelings
- Community humanity
- Self-kindness



MINDFUL AWARENESS OF FEELINGS

**“I’m feeling frustrated because
my OCD is bothering me again.”**



COMMON HUMANITY

“I bet other people in recovery from OCD get frustrated, too.”





SELF-KINDNESS

- Notice what's right: "My OCD is bothering me a lot less than it used to!"
- Give yourself permission: "I'm allowing myself to have an imperfect (and realistic!) recovery."
- Do something kind and helpful: "I'm going to use what I learned in Power Up Your OCD Recovery! to remind my OCD who's in charge, and then [do something enjoyable]."



SELF-COMPASSION STATEMENT

“I’m feeling frustrated because my OCD is bothering me again. I bet other people in recovery from OCD get frustrated, too. But I’m going to give myself a break, recognizing my OCD is bothering me a lot less than it used to! I’m allowing myself to have an imperfect (and realistic) recovery. I’m going to use what I learned in Power Up Your OCD Recovery! to remind my OCD who’s in charge, and then [do something enjoyable].”

SHORT VERSION

“I’m feeling frustrated, just like many people in recovery from OCD. But I’m going to use my new tools, remind my OCD who’s in charge, and get back to enjoying my life!”





NOW IT'S YOUR TURN

- Using the worksheet in the handout book, briefly jot down an overview of a situation where you've been self-critical.
- Take a few moments to write a self-compassion statement using the prompts on the worksheet.



THE MAN IN THE ARENA

It is not the critic who counts. Not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly, who errs, who comes short again and again, because there is no effort without error and shortcoming.....And who, at the worst, if he fails, at least fails while daring greatly.



POWER UP YOUR OCD RECOVERY WITH MOTIVATION

Jeff Bell

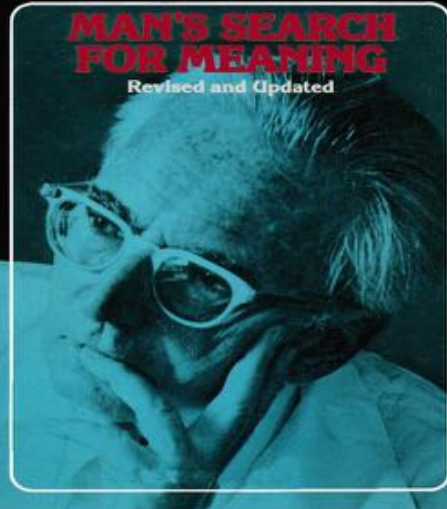
THE GREATER GOOD PERSPECTIVE SHIFT



VIKTOR E.
FRANKL

**MAN'S SEARCH
FOR MEANING**

Revised and Updated



CLAIM AND EXERCISE YOUR FREEDOM TO CHOOSE



ON SERVICE AND PURPOSE

“The best way to find yourself is to lose yourself in the service of others.”

Mahatma Gandhi

“The purpose of our lives is to give birth to the best which is within us.”

Marianne Williamson



FEAR-BASED DOUBT (FBD) FRAMEWORK



- Only black-and-white choices
- These default choices are typically framed as “good” versus “bad,” based on the anxiety they cause
- To FBD “good” choices appear to offer relief from anxiety; “bad” choices are those that require us to sit with anxiety

FEAR-BASED DOUBT (FBD) FRAMEWORK, CONT.

- **Compulsions reduce our anxiety (if only temporarily), so they are almost always seen as “good” choices**
- **Within this FBD framework, decisions are based on two motivators: fear and doubt.**

THE GREATER GOOD FRAMEWORK



- While stuck in Doubt, our choices remain limited to two options
- This framework acknowledges the perceived (though distorted) “good” of acting on compulsions to relieve anxiety
- This framework also introduces a Greater Good choice — one that enhances our own sense of purpose and/or is of service to others.
- Within the Greater Good framework, decisions are based on two motivators: purpose and service

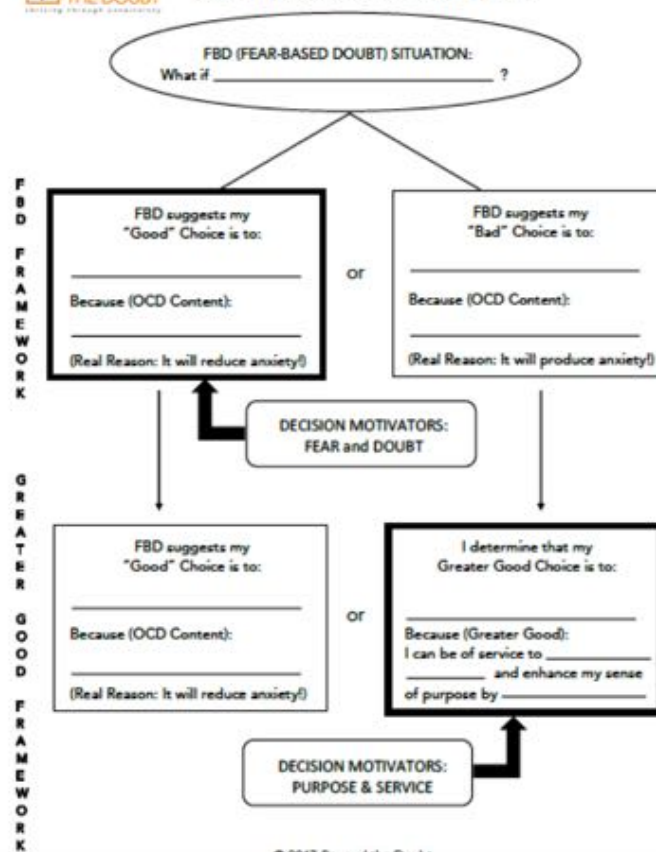


CHOOSING GREATER GOOD MOTIVATION

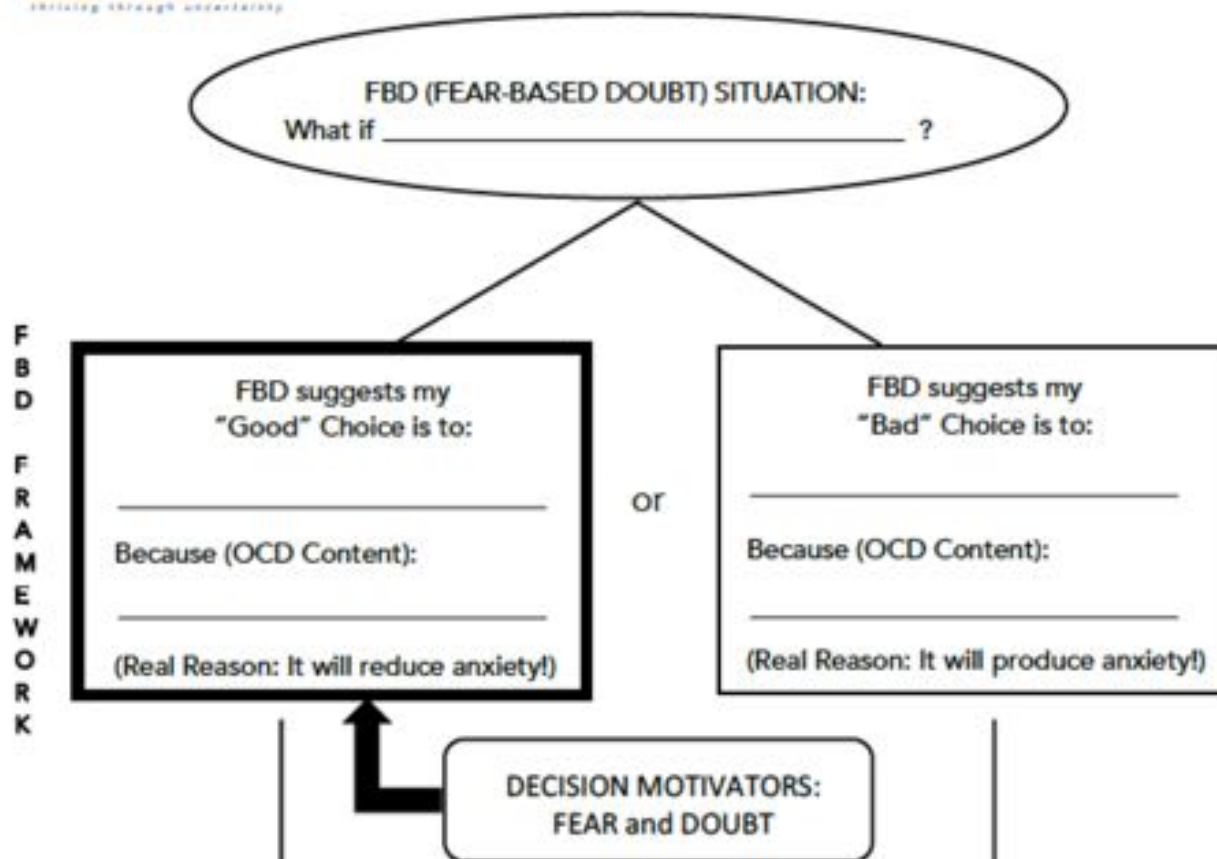
- **In this moment how I can use my free will and choose to**
 - **be of SERVICE to someone else?**
 - **enhance my own sense of PURPOSE?**



GREATER GOOD PERSPECTIVE SHIFT



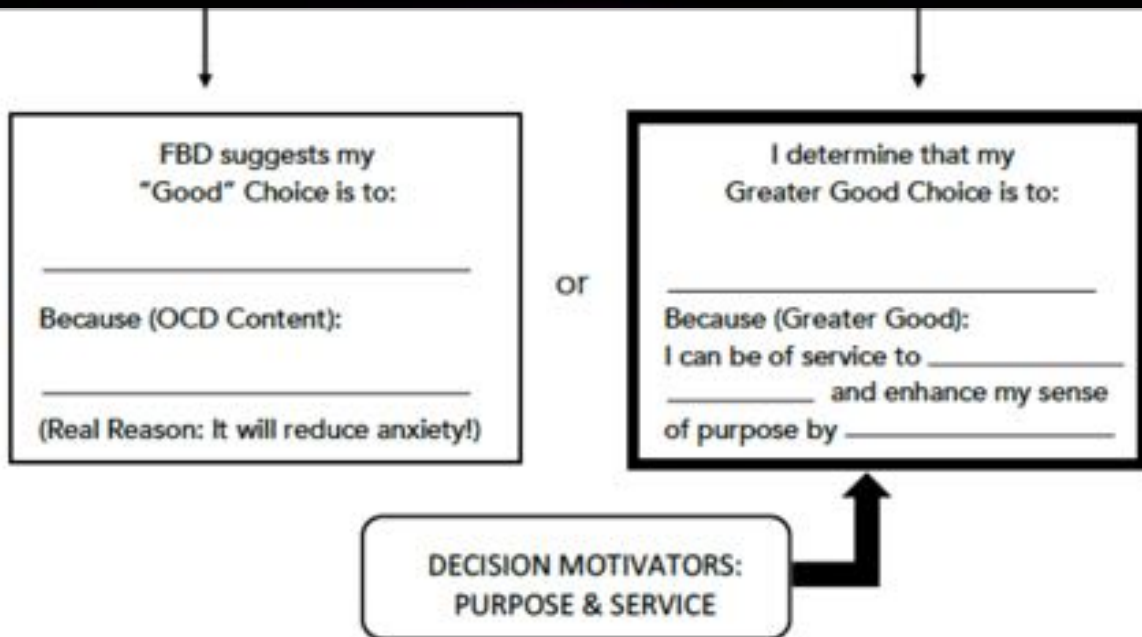
GREATER GOOD PERSPECTIVE SHIFT



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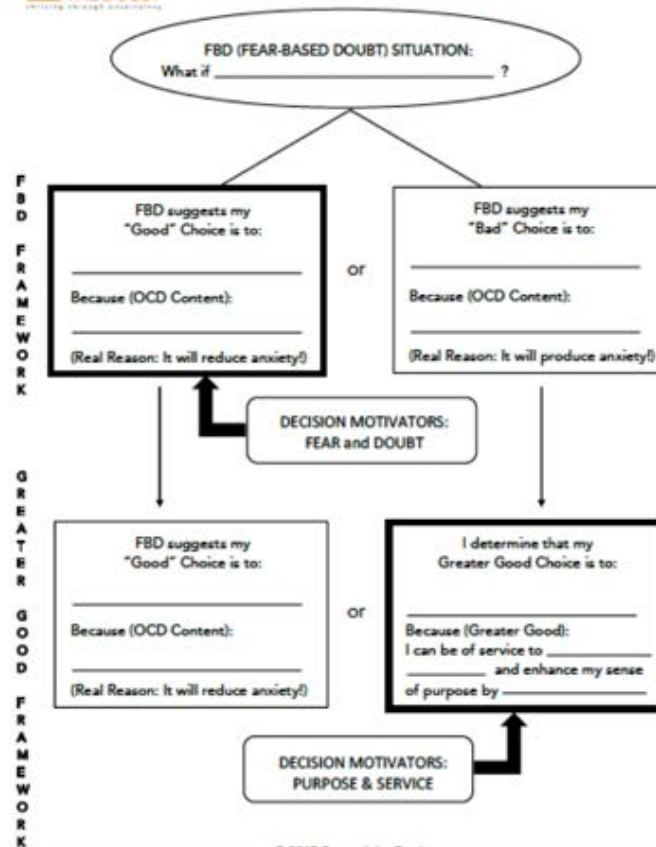
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GREATER GOOD PERSPECTIVE SHIFT





Q&A

- Adopt a game-changing, paradoxical **attitude**
- Experience fully living in the now with **mindfulness**
- Discover how empowering **self-compassion** can be
- Build **motivation** to do your maintenance exposures with joy (yes, joy!)



RESOURCES

- *Stopping the Noise in Your Head* by Reid Wilson, PhD
- *The Mindfulness Workbook for OCD* by Jon Hershfield, MFT
- *Everyday Mindfulness for OCD* by Jon Hershfield, MFT and Shala Nicely, LPC
- *When in Doubt, Make Belief* by Jeff Bell



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