

OCD Obsessive Compulsive Disorder
EMDR Eye Movement Desensitisation
Reprogramming

I am writing this article to hopefully raise awareness of EMDR treating OCD and the effect it has had upon me.

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In 2015 I had a car accident which resulted in PTSD and then into anxiety which presented through OCD. My OCD rituals presented themselves throughout the whole of my day.

Anyone suffering from OCD will understand the effect it can have on your life without me going into details of it. Hours would be spent ritualising over what seemed like every move I made.

Then one day I thought I had found the perfect cure AVOIDANCE. I stopped doing almost everything that triggered a ritual from going out putting washing in doing things with my children, watching TV programmes I enjoyed. Most things I could not avoid I still needed to go to the toilet I still needed to go to bed however I could delay these things which felt at the time like it helped.

This as you can imagine did not help it made me worse in the long run as when it came to doing these activities I had managed to avoid they seemed almost impossible this is when I felt I needed help and I spoke to my solicitors who then after assessments referred me for therapy with Lynne from Healthy minds for you therapy.

We first worked on my driving anxiety together; Lynne then said we could work on the OCD using the same technique of EMDR. I had heard about Cognitive Behavioural Therapy I was very unsure about this technique as it felt and sounded to me like torture, at the end of the day you would not

give therapy to an alcoholic in a pub and offer him a pint and be surprised when he drank it.

We started doing the EMDR to help with my OCD after the first session Lynne asked me to check the dates on my card for my next appointment, I reached into my bag got out my purse opened it and took out my appointment card, I sat and cried right were I sat I could not believe it, this was the first time I had done this in months, all this with no ritual I was amazed and looked forward to future sessions using the EMDR.

We then continued to work through each individual ritual some obviously went into other rituals and stopped without being worked on. I could not and still can not believe the way these rituals stopped using the EMDR technique. Therapy was sometimes tiring but definitely worth while. I would think of the ritual I wanted to work on play it though like a story then stop and let Lynne know every time I felt anxious or angry we would then stop, I would follow a light or sound until the feeling went. This went on playing the story until no feelings came to me. That was it that ritual was done. It was interesting to work out that some of my rituals were not just because the pull I felt to do them but for the relief feeling after I had done them which meant we worked on this relief feeling also whilst playing the story/ritual through.

I do still have some residual OCD behaviours especially when I am tired or feeling poorly this is now manageable to me and I have been given techniques to use at home to help me with these residual bits that are left.

My life is now back to being enjoyable. I am able to go out with the kids and enjoy normal family things such as walk and shopping without the worry or fear of ritualising. I am feeling a lot more confident within myself and

have joined new groups such as swimming classes for adults, this is something I would never have thought I would have been able to do.

Family life is so much easier and enjoyable now, my family can still not believe the changes in me when doing normal round the house things, my family saw me ritualising near on constantly so the changes they have seen have been extremely noticeable to them. I am no longer drained of energy, tired, snappy or frustrated through the day due to the constant ritualising.

I just asked my son if he noticed that I was ritualising less, his response was "Yes, I had forgot all about it!".

I cannot thank Lynne enough for this therapy it has helped me gain my life back and given me so much time now I am not ritualising through the day so much. I cannot recommend this therapy enough for anyone suffering from Obsessive Compulsive disorder.

Mrs B H February 2018