



*Module 1
When OCD
Begins*

Source: O'Connor, K., & Aardema, F. (2012). Clinician's handbook for obsessive compulsive disorder: Inference-based therapy. Chichester: Wiley-Blackwell.

Obsessional Doubts

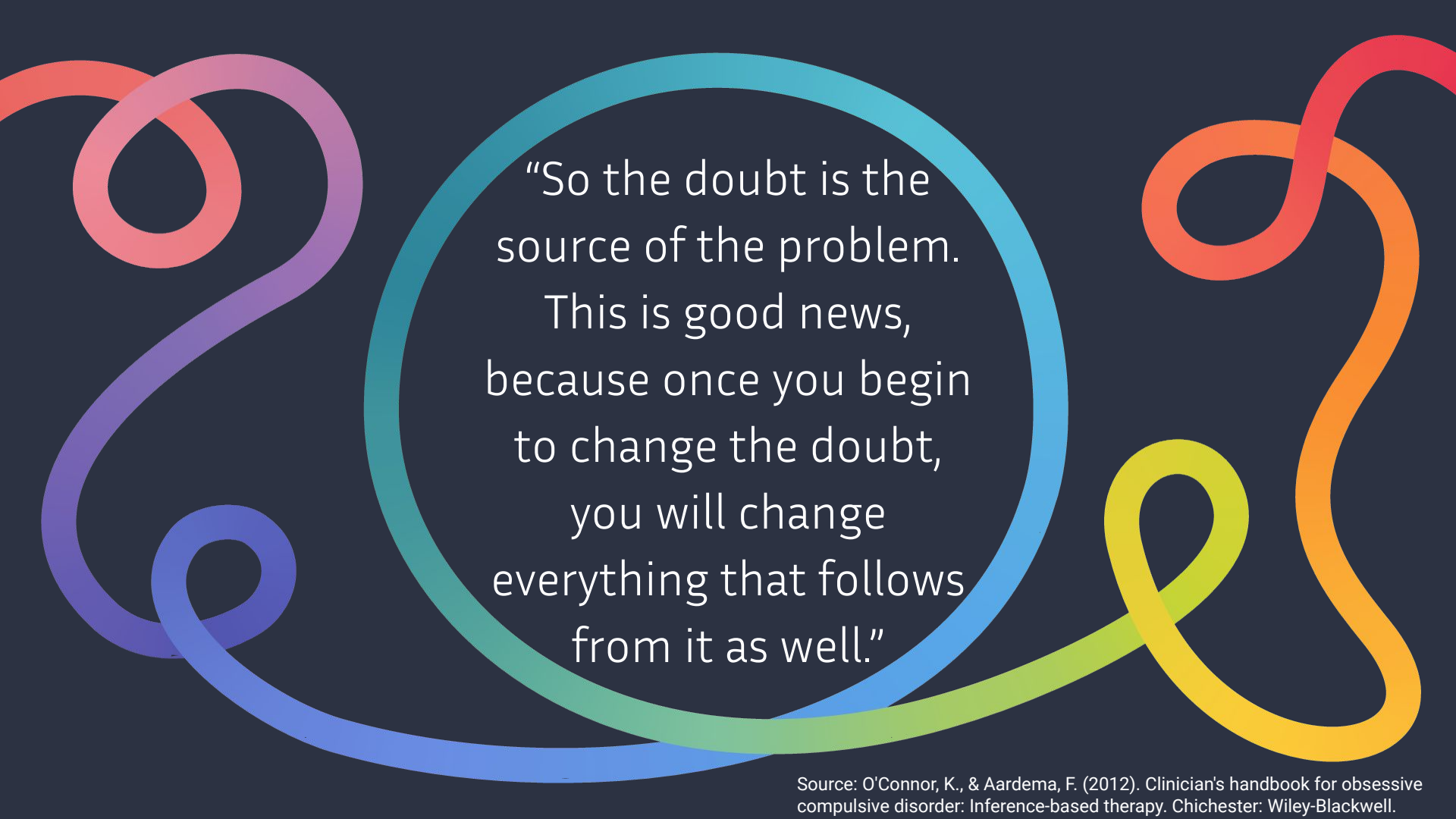
Doubt occurs when we question information we already possess.

Uncertainty occurs when we do not have the information yet.

Doubts can sound like “what if” or “could be” or “might be”

Doubts do not come out of nowhere (and this is essential to I-CBT)

Doubts are the source of the problem.



“So the doubt is the
source of the problem.
This is good news,
because once you begin
to change the doubt,
you will change
everything that follows
from it as well.”

Obsessional Doubts

Built in the imagination.


Created through a faulty reasoning process

Leads to inferential confusion, in which we mistake an imagined possibility for a real possibility.

Does not have direct evidence in the here and now, therefore is irrelevant to the present moment.



Intrusions



Random
Intrusive
Thought



Misappraisal




Obsession



Inferences




Reasoning
Process



Inference
(not random
at all)



Obsession



I-CBT addresses the reasoning process that leads to the doubt.
The doubt is created and is not random at all.

Obsessional Sequence

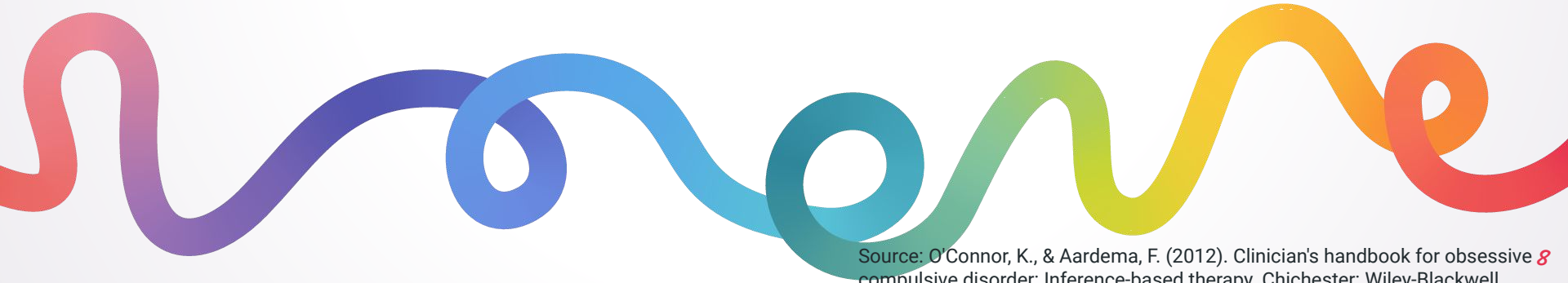
Internal/
external
trigger

Obsessional
doubt

Consequences

Anxiety

Compulsion



How to identify these steps?

Internal/
external
trigger

Obsessional
doubt

Consequences

Anxiety

Compulsion

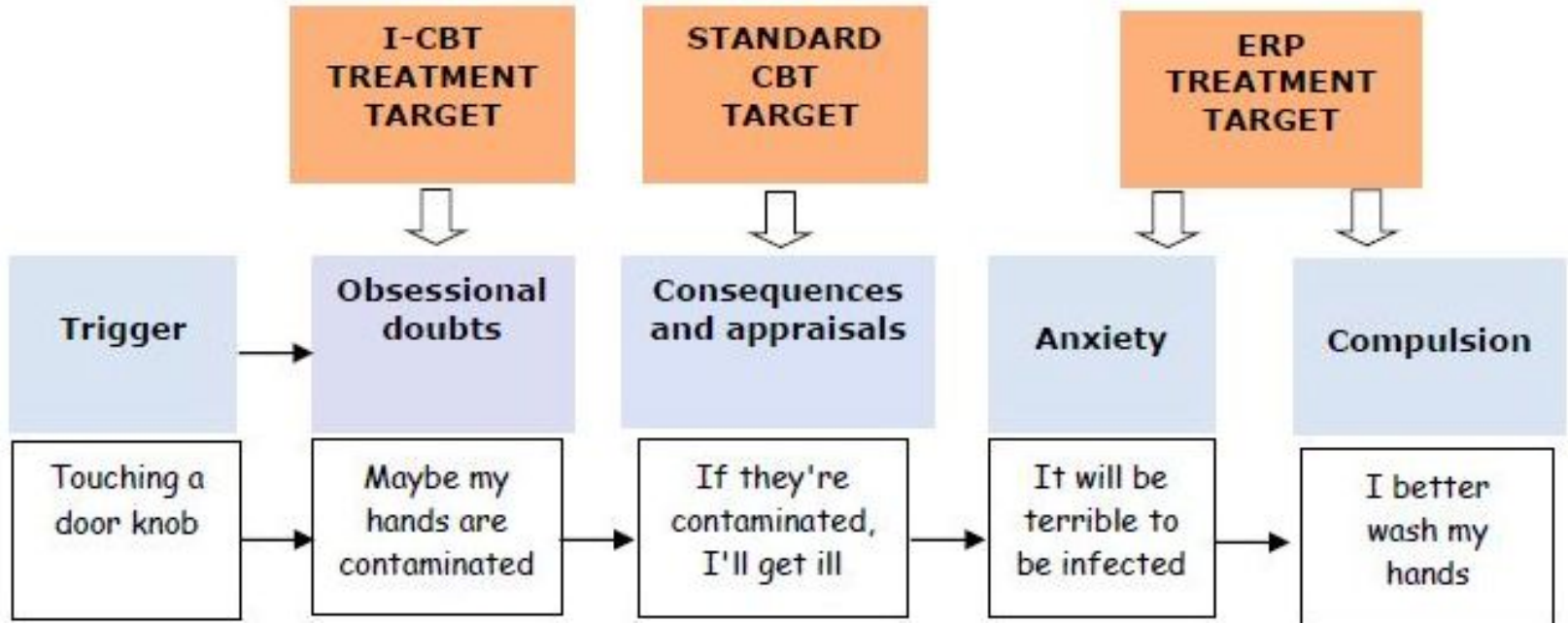
What happened?
What sparked the
doubt?

What is the “what
if?” or “could be”
statement?

What is the result
of this doubt
coming true?

What would it
mean if this
consequence
occurred?

What did you feel
compelled to do?



Obsessional Sequence Example

See an
attractive
woman

Internal/
external
trigger

What if I am
actually gay?

Obsessional
doubt

I will be the
cause for my
marriage
ending.

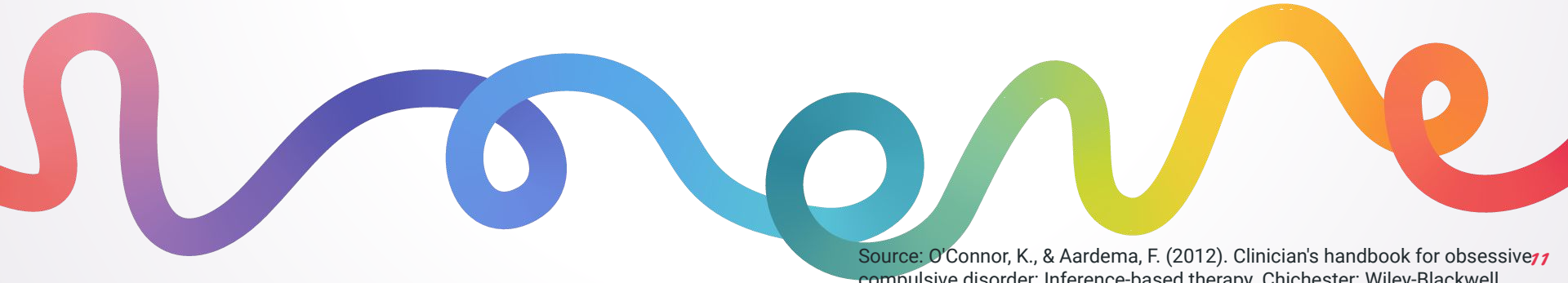
Consequences

I would feel
horrible if I
hurt him.

Anxiety

Reassurance,
arousal
checking

Compulsion



Obsessional Sequence: Your Turn!

Throwing
away trash

Internal/
external
trigger

What if I am
now dirty?

Obsessional
doubt

I would be dirty
and can't touch
anything else.
I could
contaminate
something else.

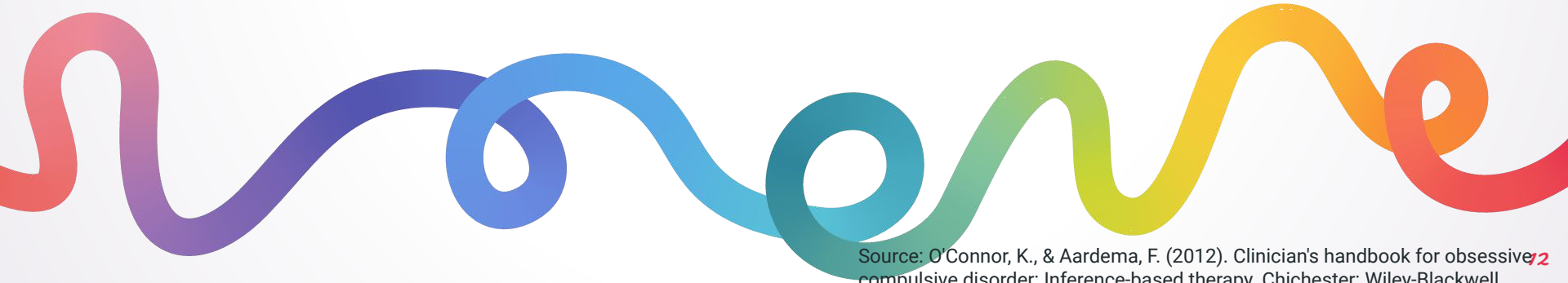
Consequences

I feel
disgusting.

Anxiety

Excessively
washing or
avoiding

Compulsion



I-CBT with Clients

Psychoeducation on OCD, obsessions, and compulsions.

Psychoeducation on doubt and how obsessional doubt leads the way for consequences, anxiety and compulsions. Without the obsessional doubt, nothing would follow.

Teach the obsessional sequence. Provide examples for the client to practice identifying the obsessional sequence.

Homework: Instruct the client to identify the sequence that leads up to their compulsive behaviors.

Ask the question: What would remain if the obsessional doubt was not true?

Comments, Questions, Contact



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