

FAP for Treatment-Resistant OCD

Client

- ❑ OCD symptoms consistent over past 5 years
- ❑ OCD= Garbage Checking, Client Assumes Responsibility for babies, body parts that might have ended up in her garbage
- ❑ Prior Treatments
 - Medication
 - CBT for OCD

Current Treatments

- ❑ Exposure/Response Prevention
- ❑ Acceptance (of thoughts and feelings), willing to have them
- ❑ New FAP-based Addition
 - Therapist assumes responsibility
 - CRB-1: difficulty in giving others responsibility also occurs in therapist-client relationship

Cognitive Theory of OCD

- ❑ Client assumes inflated perception of responsibility that maintains the disorder (Wilson, K., & Chambless, D. (1999). Behaviour research and therapy, 37, 325-335)
- ❑ Rachman Three Factors- Inflated sense of responsibility, overestimation of probability of occurrence, catastrophic or other overestimation of consequences

June 7, 1999 – Contract

I am totally responsible for any dead babies, live babies, human bodies, live mammals, and human body parts that are in garbage, including plastic bags, and cat litter bags, thrown out by (Client). Even if they were placed there by someone else, even if a baby has been known to be missing. This includes all garbage, even at (Client)'s wedding in (City). As her psychologist, I have instructed and even used hypnosis to convince (Client) to throw out her garbage, plastic bags without checking for the above. . .

June 7, 1999 – Contract (cont.)

... I have asked her to do this even though she has expressed concern that she will think the garbage may contain dead babies, live babies, human bodies, live mammals, or human body parts. My responsibility covers all garbage thrown out from today until July 12th, 1999.

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(Video clip removed)

