

NOTES TO SUPPLEMENT BLAKE STOBIE PRESENTATION

Slide 1 Overview

- Went through content on slide

Slide Two Psychotherapists

- Looking at less threatening situations
- Very important to have a good fit between therapist and client

Slide 3 Choosing the Right Therapy

- A bewildering choice
- Hard work
- Rapport between psychotherapist and client very important

Slide 4 Treatment received

- If pos could delegates complete questionnaire regarding previous treatment so far 100 respondents
- Will build a picture of what is and isn't helpful
- Concerned that out of the people surveyed so far 30% were not sure what treatment they had received

Slide 5 Choose the Right Therapist

- The informed therapist will know where people commonly get 'stuck'

Slide 6 Factor

- Location – three hours away very tiring
- Ok to ask what training they have received – especially specialist training
- Ask % of clients with OCD
- Might be important what gender they are re client disclosure
- Most helpful in clients homes and out and about
- Concern if they are expert in everything – not possible
- If therapist says get to the stage where it is bearable/manageable – concerned

Slide 7 Questions to ask about your Therapist

- Can be good to have a trainee

Slide 8 Types of Therapist

- Psychiatrist – deals with medicine follows on that therapy maybe poor
- Cognitive Behavioural Nurse – expert

Slide 9 Getting the most out of your Therapy: Preparation

- A snapshot of history – no need to dwell
- Secrets and therapy do not sit well together
- Need to go when you are finding it the most difficult

Slide 10 Think about your Goals

- Useful if not in therapy also
- Medium Term: 13 weeks, Long-term: career/family etc
- The more concrete the better
- Things to enjoy

Slide 11 Helping the right Therapist

- You will be the expert of your own OCD
- Could ask partner etc in the initial sessions

Slide 12 Cont. above

- Helpful to tape sessions because will reinforce message
- People only remember 20% when they visit the GP and sessions are far longer
- Obsessional problems like to get you stuck
- Use new strategies not just your old ones

Slide 13 Better Therapy

- Do as much homework as possible

Slide 14 Unhelpful Beliefs

- Found in everyone, your prepared for therapy at different times in your life
- Setbacks are helpful – find out why its wrong and then identify why and change
- Most therapists come across all of the beliefs
- Everybody gets these thoughts
- If it has taken 30 years to create the problem – will not take 30 years to undo

Slide 15 Helpful Ideas

- Not useful to do it once – daily exercises consistently
- Learning is in phases