Obsessive Compulsive Disorder:
Getting Help and Support for Recovery
Sacred Heart University
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Ten Important Things to Know about OCD

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1. It's a Common Disorder.
2. It Is Often Disabling.
3. It Is Complex in Etiology and Symptoms.
4. Symptoms Can Involve Virtually Anything.
5. It Is Treatable, and Recovery Is Possible.
6. Cognitive Errors Propel OCD.
7. The Psychological Model of OCD Directs Treatment.
8. Treatment for OCD Is Evidence-Based.
9. CBT – Exposure and Response Prevention Is the First-Line Treatment.
10. Strategies Can Help with Recovery and Relapse Prevention.