**Cognitive Behavioral Assessment**

Identify the three components of an obsession

Trigger

Intrusive Thought

Core Fear

Identify compulsions (secondary avoidance)

Identify avoidant behaviors (primary avoidance)

Identify cognitive distortions

**CBT/ERP Therapy**

1. Psychoeducation and Cognitive Therapy
   1. Complete a CBT model flow chart
   2. Describe the three components of habituation
   3. Identify and challenge cognitive distortions
2. Assess and Establish Motivation
   1. Identify functional goals
   2. Complete a cost benefit analysis
3. Improve distress tolerance
   1. Identify negative effects of avoidance (primary and secondary)
   2. Teach effective coping skills
4. Develop a response prevention plan
5. Modify the environment to facility recovery
6. Expose to obsessional triggers and feared consequences
   1. Develop an exposure hierarchy
   2. Conduct exposures so that habituation occurs
   3. Measure anxiety
7. Maintaining progress
   1. Establish a follow-up schedule
   2. Teach relapse prevention

Psychotherapy Scholars

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