

Obsessive Compulsive Disorder (OCD)

OCD is an anxiety disorder characterised by intrusive thoughts, producing uneasiness, apprehension, fear or worry, and repetitive behaviours aimed at reducing the associated anxiety. OCD sufferers generally recognise their obsessions and compulsions as irrational, and may become further distressed by this realisation. Symptoms may include excessive washing or cleaning; repeated checking; extreme hoarding; preoccupation with sexual, violent or religious thoughts; aversion to particular numbers; and nervous rituals, such as opening and closing a door a certain number of times before entering or leaving a room.

Solution Focused Hypnotherapy enables the brain to produce more serotonin in the left pre-frontal cortex thus reducing anxiety and enabling positive control over the mind, which helps OCD sufferers to break out of the anxiety-obsession-compulsion cycle.