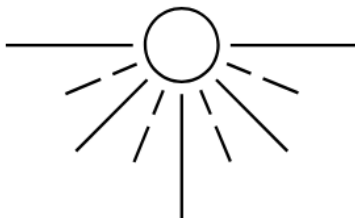




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is ERP?

Exposure and Response Prevention

Understand a treatment for obsessive-compulsive disorder and the questions to ask.



Diana S. Rice

Licensed Mental Health Counselor (LMHC)
Certified Integrative Mental Health Professional (CIMHP)
Qualified Supervisor (QS)

LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

When a frightening thought keeps returning, the urge to check or seek reassurance can be strong. This approach looks at how that cycle can keep going.

1 Exposure and response prevention

Exposure and response prevention is a form of cognitive behavioral therapy often used for obsessive-compulsive disorder. With a clinician, a person works on approaching feared situations or thoughts while reducing compulsive responses.

2 The work is planned together

Good care includes assessment, consent, a clear plan, and steps suited to the person. This treatment is not about exposing someone to real danger or asking them to abandon deeply held values.

3 Reassurance is not always the answer

Repeated checking or reassurance can become part of an obsessive-compulsive disorder cycle. A clinician can help tell the difference between a practical concern and a compulsive response. This guide does not provide a self-directed exposure plan.

Research & perspective

Exposure and response prevention has strong research support as an obsessive-compulsive disorder treatment. A provider should have specific obsessive-compulsive disorder and exposure and response prevention experience, including knowledge of religious scrupulosity when that is relevant.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What would I like a specialist to understand about my concerns?

2 How much time do repeated checking or reassurance take from my day?

3 What questions do I have about a treatment plan?

Optional faith reflection

What would it mean to seek care that understands both faith and unwanted fear?

One next step

Use the International obsessive-compulsive disorder Foundation to learn more and find specialist resources. Ask a clinician for an assessment before assuming intrusive thoughts mean obsessive-compulsive disorder.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ What training do you have in obsessive-compulsive disorder and exposure and response prevention?
- ☐ How will we agree on the work and its pace?
- ☐ How do you respect a client's faith and values?

Listen with curiosity

[Episode 114 - Meghan Cromie discusses obsessive-compulsive disorder, exposure and response prevention, intrusive thoughts, and religious anxiety.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[International obsessive-compulsive disorder Foundation: exposure and response prevention](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

For immediate danger or a medical emergency in the United States, call 911. Elsewhere, use your local emergency or crisis service. This podcast and its contact form do not provide crisis care.

Reading or downloading this guide does not create a therapist-client relationship. Seek qualified care for your needs. Original writing prepared for The Holistic Counselor Podcast; referenced approaches belong to their creators. Keep credits attached. Do not sell or claim this writing as your own.

[Share the resource library](#) · [Educational disclaimer](#)