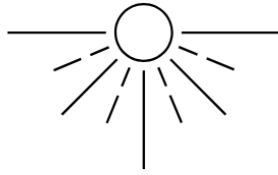


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Understanding ERP

Exposure and Response Prevention

READ / LISTEN / REFLECT

Diana S. Rice

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FROM THE MIC TO THE COMMUNITY

EXPLORING THERAPY

Begin where you are.

Repeated checking or seeking reassurance can take time and energy, even when it begins as an effort to feel safe. Learning about ERP can help you understand one treatment for OCD and prepare questions for a specialist.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 114

OCD, faith, and ERP with Meghan Cromie

Meghan Cromie discusses obsessive-compulsive disorder, exposure and response prevention, intrusive thoughts, and religious anxiety.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

EXPLORING THERAPY

Understanding the topic

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.

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.

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 and 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.

Will treatment require me to abandon my faith or values?

ERP should be planned with informed consent and attention to your values. An OCD specialist can explain how treatment addresses compulsions and uncertainty while considering genuine religious commitments. You can ask about experience with scrupulosity and, when appropriate and with your agreement, collaboration with a faith leader.

EXPLORING THERAPY

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

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

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

What questions do I have about a treatment plan?

Questions for a conversation

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?

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.

EXPLORING THERAPY

Keep learning. Find support.

OPTIONAL FAITH REFLECTION

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

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

1. International obsessive-compulsive disorder Foundation: exposure and response prevention

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

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at your own pace.

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theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

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988lifeline.org/chat/

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