

# Tom's story

## 33-year-old white male who accessed High-Intensity Cognitive Behavioural Therapy for Obsessive Compulsive Disorder

"While it did take me a while to get there, all of five years, I was up to breaking point and I knew I needed to see someone for my OCD."



My OCD started back in 2019, and it was a continuous build-up of issues related to unwanted intrusive thoughts and compulsions around various topics. The compulsions would range from ruminating over

different scenarios, rehashing certain things and just going over old ground to understand where I've gone right or wrong, or just reassessing every angle. Some episodes were anxiety provoking to the point where I needed to seek help. I can't actually pinpoint how it came about for me to access therapy, but I've sort of always known it to be there as an option. Eventually I just felt it was time to move towards that space, so in August I built up the courage to come forward. I filled out the online self-referral form and then I think I got a call a few days later and had an initial assessment over the phone. I was then put on the waiting list for some time, and then got another call and started therapy. I wasn't sure what to expect from it, but I was really satisfied with the service provided. Just having that weekly interaction with the therapist, I

think was key and going away and putting the theories into practice and doing the behavioural experiments really paid off. I had face-to-face sessions and although some were difficult and emotionally challenging, I left feeling like there's a huge weight off my shoulders, with a clear way forward for coming week, and a rationale was given as to why I was feeling that way from the perspective of OCD.

My therapist gave me some homework to do between the sessions. She gave me material like media, helpful videos, helpful sheets to refer back to. Sessions helped me understand how each of the different issues I was experiencing could be categorised. Now I can rate my belief in the thought, ask am I experiencing massive doubt, am I exaggerating risk, could I be confusing facts with feelings? I can do this process on autopilot now, it occurs naturally, and this is a good place for me to be at.

**Mental health disorders such as OCD aren't really widely discussed. From my personal perspective I've only discussed it with my wife. I would 100% recommend getting therapy in all scenarios, as it's proven to be effective, but I do understand there's things that can hold people back. It took me five years, but I'm glad I've done it, and I'd encourage others to come forward.**

