

MEDICATION

I am not a medical doctor, therefore, I cannot truly attest to the technicalities of the biochemistry of the brain behind OCD. However, as a result of working with individuals with OCD, I have a general idea of how medication works for individuals with OCD. The basic information that should be understood is that individuals with OCD have a problem with the reuptake of serotonin as it passes between neurotransmitters in the brain. This inhibition of reuptake causes the passing of thoughts through the nerve synapses to not function correctly. Sari's and similar drug classes aim at trying to slow up the reuptake process and provide more serotonin to the brain. Research has also suggested that individuals with OCD are more sensitive to anxiety. Medicine is great tools that can be used in the treatment of obsessional thinking. However, many people believe the misconception that medicine alone will be the extent of treatment. Yes it helps but the cornerstone to recovery is behavioral therapy. Therefore, thoughts that would otherwise go undetected and pass through your brain get caught in a "ping pong" scenario where they are unable to pass along. Many people wonder why did I get this type of OCD. There are many theories on this topic, but I believe that OCD picks on the ideas that bother a certain individual the most. For example, if an individual would normally be neat and clean around the house, then OCD clings on to this subject and causes the person to obsess on contamination or symmetry obsessions that deal with a topic that would concern you. It is common for an individual to come in exacerbated about the possibility that they might harm someone with their car but if you ask them about germs they will casually shrug and say, "Who cares about germs?"