

Cambridge University Press & Assessment
978-1-009-00194-6 — Everything You Need to Know About OCD
Lynne M. Drummond, Laura J. Edwards
Frontmatter
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Everything You Need to Know
about OCD

‘As a comedian, I am only too aware about jokes concerning OCD. When I was a psychiatric nurse, I knew that it was no laughing matter. People with OCD are often misunderstood and lack access to appropriate information and services. This book attempts to help by setting out everything about OCD, what may cause it and how it is treated. Using personal stories of people with OCD, it gives advice to families as well as the individual. The final section gives details of how you may help yourself to face up to and overcome OCD. A must-read for anyone whose life has been impacted by this illness.’

Jo Brand, comedian

‘A timely intervention from a leading expert on OCD.’

David Adam, Sunday Times bestselling author of, The Man Who Couldn't Stop: The Truth About OCD

‘As an OCD sufferer myself, reading this book was like being wrapped in a warm blanket. Lynne manages to explain this complex condition with both deep insight and caring understanding. And reading the many brave stories from fellow sufferers made me feel that I'm not alone in the battle to control this dreadful mental illness. This book, I believe, will help enormously to do just that!’

Ian Puleston Davies, Actor and Patron of OCD UK

‘Experiencing OCD can be incredibly isolating and painful, it is a condition surrounded by misconception and confusion. This wonderful book by Lynne Drummond really is a one stop shop for all things OCD. It answers every question you could possibly have about OCD and stops you feeling alone - it is wonderfully validating. Lynne's outstanding knowledge of OCD is clear throughout and she covers some of the more difficult conversation surrounding OCD with compassion and kindness. I wish I'd had access to this book when I was struggling.’

Catherine Benfield, Founder of 'Taming Olivia'

‘This is an excellent book that provides in a clearly accessible form all the latest thinking and science on how OCD manifests and how to treat it. It is written by a world-leading specialist in the field who has been studying OCD and treating OCD patients for decades. I thoroughly recommend it.’

Nick Sireau, Chair and founder of Orchard

‘OCD is a devastating condition which causes so much anguish and distress and is often misunderstood. This comprehensive new book by Dr Lynne Drummond is so easy to read and understand, and is packed with information for those living with OCD and their families. There is an extensive self-help section which describes the methods you need to embrace to overcome your condition. It is possible to overcome OCD and this book guides you through the evidence-based treatment methods so you can do it

yourself. If you want to understand OCD and be inspired to take the road to recovery, then this is the book for you.'

Trilby Breckman, Clinical Director of TOP UK

'Dr Lynne Drummond has made it her mission to use her vast clinical experience, wisdom and skill as a consultant psychiatrist and psychotherapist to help people suffering from obsessive-compulsive disorder (OCD) by offering teaching and advice, and promoting the cause of OCD wherever possible. In this gem of a book, *Everything You Need to Know about OCD*, an updated and expanded version of her previous prizewinning volume, she has pulled it off once again. In this book, Professor Drummond delivers authoritative guidance on how to recognise the symptoms of OCD and what to do about it, in terms of treatments that work, with a particular focus on self-management. In so doing, she manages to combine the most up-to-date research advances with a pragmatic, common-sense approach, all articulated with the clarity and compassion for which she is renowned and illuminated by a wealth of personal "stories" that bring the book to life. Her final chapter, entitled "When the Treatment Doesn't Go According to Plan or Even If It Does, What to Do Next", is just brilliant, encapsulating her forward thinking and positive approach to what can turn out to be one of the most crippling of illnesses. The book is aimed at all those living with OCD, but will be valued by a much wider readership, including clinicians, carers and all those interested in understanding more about this intriguing disorder.'

*Professor Naomi A. Fineberg, Professor of Psychiatry,
University of Hertfordshire*

'*Everything You Need to Know about OCD* is a cutting-edge and comprehensive, yet very clear and widely accessible, book on best treatment approaches for OCD. The book's target audience includes both the lay public (OCD sufferers, family members and the general public) and clinicians (various healthcare workers and therapists, including behaviour therapists, occupational therapists, psychologists and psychiatrists). The author, Lynne Drummond, is a very rare physician with extensive expertise in both psychological and biological treatments of OCD. Her longstanding clinical and research experience is combined with a unique ability to communicate effectively and in simple terms on this topic. The book will undoubtedly increase awareness, enhance recognition and diagnosis, highlight and increase expertise in psychological and medical treatment options, and provide a roadmap for concrete self-help approaches to manage intrusive obsessive thoughts and control compulsive behaviours.'

*Eric Hollander, MD, Director, Autism and Obsessive Compulsive
Spectrum Program, Albert Einstein College of Medicine and
Psychiatric Research Institute at Montefiore-Einstein*

‘Dr Lynne Drummond has extensive experience in both the psychotherapy and pharmacotherapy of OCD. In this volume, she summarises current state-of-the-art approaches to treatment, so that people living with this condition can immediately and practically benefit. The chapters focused on different kinds of OCD symptoms are particularly useful, as these will help people with OCD to tailor their treatment plans according to their specific needs.’

*Professor Dan Stein, Head of Psychiatry and Mental Health,
University of Cape Town*

Dr Lynne Drummond, a UK psychiatrist who has dedicated her career to the assessment and treatment of OCD, has written another brilliant book for those who suffer from this disorder. The book provides a clear description of OCD and its varied presentations, an overview of pharmacological and psychological treatments and specific guidance on how to treat different types of OCD symptoms. Dr. Drummond writes with warmth and clarity, making the information very accessible to anyone. The book really comes to life with the many case descriptions which adeptly illustrate different symptom presentations of OCD. The latter portion of the book focusses on step-by-step self-help treatment plans to overcome specific symptoms and regain control of your life. This book is an essential resource for OCD sufferers, their carers and treatment providers. Although this book is not intended to instruct mental health providers, I would highly recommend this as a starting point for anyone new to treating this disorder. This book truly is everything you need to know about OCD.

*Professor Michael Van Ameringen, Department of Psychiatry and
Behavioural Neurosciences, McMaster University; Co-Chair, International
College of Obsessive Compulsive Spectrum Disorders; and Anxiety Lead,
Canadian Network for Mood and Anxiety Disorders*

‘This book represents the distilled wisdom and knowledge from one of the world’s leading experts in the assessment and treatment of OCD. Dr Drummond shares her decades of expertise in OCD through discussions of the nature of the condition, as well as the range of evidence-based treatments. In an accessible, and understandable way, Dr Drummond provides practical suggestions for individuals with a range of OCD symptoms. I am sure this book will be useful to clinicians and individuals with OCD, continuing Dr Drummond’s career as a leader in the area.’

Dr Mark Boschen, Clinical Psychologist, Griffith University

Everything You Need to Know about OCD

Lynne M. Drummond

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Downloadable resources can be found at www.cambridge.org/ocd-drummond

Preface

In 1979, I was a young junior doctor working in General Medicine in the east end of Glasgow, and I was studying for my Membership of the Royal College of Physicians. My ambition was to be a psychiatrist, but I had been advised to gain post-graduate experience in other aspects of medicine first. In May of that year, I was accepted by the Bethlem and Maudsley training scheme in psychiatry and so ended up in a new city and in a new hospital. It was here that I began working on Professor Isaac Mark's ward. This ward was a pioneering and world-leading research and clinical facility helping people with obsessive compulsive disorder (OCD) using the then, somewhat controversial treatment, of Graded Exposure and Self-Imposed Response Prevention (ERP). My experience on this ward cemented my decision to work in psychiatry, and after witnessing the impressive results of the exposure treatment, my particular interest in OCD was born.

After my time working in Professor Marks' ward, I moved on through other experiences. I began to realise that many people working in mental health did not understand OCD, nor the principles of treatment. Having experienced how devastating OCD could be to individuals and families, I was surprised at finding my passion for this subject was not only not shared by others, but was often dismissed as being 'unimportant'. I maintained my interest throughout my training years and was lucky to also work at St Mary's Hospital in Paddington, where Professor Stuart Montgomery was a world expert on the use of drug treatment for OCD. Although I have always predominantly been interested in behavioural and cognitive therapies and, indeed trained in these in their very early days, I believe in an eclectic approach. I believe all approaches, both pharmacological and psychological, which can be shown to be helpful to

the patient with OCD, should be available and discussed with the patient, to produce a truly individualised treatment plan tailored to the individual and their circumstances. Working with Professor Montgomery also helped me further my understanding of OCD and introduced me to even more experts in the field who would later become close colleagues.

In 1985, I was fortunate to be appointed to run the OCD service at what was later to become South West London and St George's NHS Mental Health Trust. Initially we had very few staff and only five inpatient beds. Indeed, I was only allocated one and a half days a week for this work. Immediately I decided that, with such limited resources, we should concentrate on those people with the most severe conditions who had not been helped by previous interventions. Despite it being obvious to me and the people who worked with me how desperately ill some of our patients were, we were still often regarded as working in a niche area and tended to be dismissed as dealing with a minor condition. One of the major problems is that many people do not take OCD seriously. Many people describe themselves as 'a little bit OCD' when what they mean is they are fussy about an aspect in their lives such as cleanliness or being well organised. Of course, the symptoms of OCD are experienced to a minor degree by all of us from time to time, but this is very different from the life-changing and restricting problem of OCD. If your 'obsessions' and 'compulsions' are useful to you and help you in achieving your life-goals, then it is unlikely you have OCD. In OCD, the obsessions and compulsions impair your ability to achieve what you wish. This somewhat flippant attitude towards OCD has too often also been perpetuated by the media, with some TV programmes presenting OCD as a joke and not the serious condition it is. It was also apparent that, despite being so desperately unwell, these people could and did improve and could go on to live happy and fulfilling lives. We also saw that if the most ill patients who were admitted to our ward could improve so dramatically, this was often even truer for those with less profound conditions. Despite our success, I found we regularly had to fight for our survival. The demands for our services were huge but they were often disregarded by commissioners. The ignorance about the severity of OCD and its sometimes

life-restricting and health-limiting impact which is so widespread in the population, including healthcare professionals, also extends to many who commission mental health services and fund research.

In 2005, the National Institute for Health and Clinical Excellence (NICE) set out the expected treatment for OCD. In response, we proposed a way in which these services could be cost-effectively delivered throughout the UK. NICE published our proposals but in reality little else happened. Not long after this, our local commissioners proposed closure of our inpatient service and a move over to a more primary and secondary care service. I was devastated, as I knew this meant that many desperately ill people would not receive the treatment they needed. Together with Professor Naomi Fineberg, we initially approached the Department of Health for direct funding. They suggested we invite the services at Bethlem and Maudsley to join us and in 2007, the National Services for OCD and Body Dysmorphic Disorder (BDD) were born. This meant we could increase our outreach work and I began regularly to try and teach mental health professionals throughout the UK about OCD and how to treat it. Demand for our services grew, but it became very clear that there was huge variability in the level and quality of services for people with OCD across the country. Theoretically, the development of the Primary Care Psychological Services should have improved the situation for people with OCD. In some ways it did, but in far too many areas patients were not being offered the gold-standard exposure treatments, but a much more generic anxiety-management instead. To compound this situation, psychology and psychiatry were often divorced from each other which leads, I believe, to a fractured and broken system whereby the total needs of a patient are often not fully addressed.

I have made it my mission to try and improve this situation by offering teaching, advice, and promoting the cause of OCD wherever possible, including via the media. In addition, by working with psychiatrist colleagues across the UK, we have pushed the importance of knowledge of OCD up the Royal College of Psychiatrists' agenda. Since 2019, we have successfully had skills for treating OCD accepted as necessary basic skills for all Community Mental Health teams.



Preface

In 2018, I published my book *Obsessive Compulsive Disorders: All You Want to Know about OCD for People Living with OCD, Carers and Clinicians* (Cambridge: Cambridge University Press and The Royal College of Psychiatrists). This book was designed to inform people with OCD, their families, friends, and their healthcare workers about OCD and how it should be treated. It was a success, and in 2019 it won the Royal College of Psychiatrists/Cambridge University Press best-seller award. Following feedback from people who had read the book, I realised that a more detailed description of treatment and how to set up a successful treatment programme were necessary. This would mean that some people with OCD could set up a treatment programme for themselves and start to work through their problems without the input of a trained professional or whilst awaiting such treatment. To this end, this new book, *Everything You Need to Know about OCD*, was born. I hope you find it helpful and useful as you try to gain support for this difficult problem. Please always remember that, no matter how difficult and hopeless you may feel it is to overcome your OCD, there is light at the end of the tunnel. Overcoming OCD is never easy, but with the right treatment or combination of treatments, I would go as far as to say that there is a solution for each and every person. Please never give up as you can and will overcome this eventually.

Acknowledgements

I firstly need to acknowledge all the brave and truly amazing people with OCD who I have had the privilege to meet over the past five decades. You have taught me all I have learned about OCD and I have appreciated your determination, dedication, bravery, and also, on many occasions, your sense of humour. Just because this is a serious condition, does not stop you often seeing a funny side and I admire you for this.

I would like to thank three very special people. Firstly, Professor Isaac Marks, my mentor and guide, not only in the early years, but also throughout my career to the present day. Isaac, you have guided me in so many ways and at so many different stages of my career. You have served as a role model even though I could never achieve a fraction of what you have done. Thanks also to Professor Stuart Montgomery, who taught me to look at the science of psychopharmacology. Thank you, Stuart, for pointing me in the right direction so many times and for your continued work in this field. I enjoy continuing to work with you as a wise and much respected colleague. I also need to thank my good friend, colleague, and general supporter when I need it, Professor Naomi Fineberg. Thank you, Naomi, for often pushing me when I have needed it and for your indefatigable energy, wit, humour, and wisdom. I may often have been tempted to give up the fight, but your example spurred me on and you deserve to be the world-renowned and respected expert you have become.

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