EXPOSURE AND RESPONSE PREVENTION (ERP)

What is ERP?

Exposure and Response Prevention involves exposing an individual to thoughts, images, objects, and/or situations that make you anxious or provoke an obsessive behavior. Prevention refers to making a choice not to do a compulsive behavior once the anxiety or obsessions have been "triggered."

Outcomes

- You will find that your fears are less likely to come true than you thought.
- You will get better at managing "everyday" levels of risk and uncertainty.
- You will find that when you stop fighting the obsessions and anxiety, these feelings will eventually begin to subside.

Is this right for you?

This type of therapy is almost exclusively used to treat people with OCD. Several common signs of OCD include An extreme fear of being contaminated by germs, dirt, or other potential pathogens. An extreme fear of losing control of oneself and harming either oneself or others.

- For more **ERP Information** click this link
- Click here to watch a **video on ERP**
- To find an **ERP therapist in New Jersey**
- Search for different **types of OCD therapy**

Resources