

Symptoms of Obsessive-compulsive disorder (OCD)

Based on Mrs. C's case study, it is vivid suffering from OCD due to various symptoms. First is regular and excessive hand washing, where she is washing her hands between twenty-five and thirty times per day, taking five to ten minutes at a time, thus taking between two hours and five hours per day washing the hands. The daily washing of hands and shower takes a pattern and sequence, and if she forgets again, she always starts the process over again. Mrs. C is also suffering from contamination obsession, according to Tolin, Brady & Hannan (2008), where she has the denial of grooming and personal health. She has spent seven years without purchasing new clothes.

Mrs. C is also suffering from sexual disorders since, for more than thirteen years of her marriage, she engaged in sexual intercourse to satisfy her husband. However, in the last two years, she has been unpleasant with sex, and Mrs. C and her husband, George, have had sex only twice. She also forces her sons to wash their hands regularly for fear of contracting illnesses. Additionally, she does not allow her sons to wear underwear more than once. The underwear is not hand washed; they are taken to the laundry for fear of contamination. Mrs. C is also clinically depressed, and based on the case study, she attempted to consume a bottle of aspirin to commit suicide.

Psychoanalytic Theory Case Study Analysis:

Allport's Trait Theory

Gordon Allport developed the theory to explain the traits of people suffering from OCD (Doremus, 2020). Based on the theory, mentally ill people tend to express similar plans to different

approaches in life. Based on Gordon, personal traits can be categorized traits into secondary, central, and cardinal.

Based on Gordon Allport, through traits secondary, central, and cardinal, people suffering from OCD tend to be excessively clean beyond the normal person level. Mrs. C's characteristics revolve around watching her hand, performing rituals, and having a phobia in marinating cleanliness around the house through the cardinal trait. When some food staffs become scattered around her house, she insists that the food is contaminated and should not be collected, making one of her sons indicate that the home is like a state dump.

Treatment

Based on Gordon Allport's theory, Mrs. C needs clinical intervention through psychopharmacological analysis. For instance, the 16PF test will indicate the negative personality that needs to be managed to ensure she has a not demeaning personality to her life and others such as George and her son. Through psychopath counseling, she can change from buying much underwear that is not utilized.

Five-Factor Theory of Personality

Psychoanalysis is a medical method that enables doctors to treat Obsessive-compulsive disorder (OCD) (McCrae & Costa Jr, 2008). The First-Factor Theory of Personality uses five dimensions to explain people's personalities who have various mental disorders. It provides recommendations and clinical interventions to monitor and provide psychological interventions to patients suffering from OCD.

The Five-Factor Theory of Personality will enable Mrs. C to monitor the suicidal feelings she is suffering from. Based on the case study, Mrs. C suffers from a mental disorder where she feels that her husband and therapist may not care for her condition. The sad thoughts and helplessness make her attempt suicide by taking a bottle of aspirin.

Treatment

Based on the theory, the therapists can use relapse prevention, risk reduction, and risk factors that lead to the behaviors that make Mrs. C attempt suicides. It involves psycho-education, skills building, and a safety plan. The theory advocates for the family's support in encouraging the patient to adopt communication patterns and problem-solving skills; The problem-solving skills will enable Mrs. C to adopt a sense of responsibility and accountability with entirely looking upon George and her therapist.

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Case Study Analysis–Neo-Psychoanalytic and Behavioral Personality Theories

Behavioral Theory Perspectives

According to Phelps (2015), the theory of behavioral perspectives on personality and self, childhood, and cultural encounters play a fundamental role in influencing our behaviors. Human behaviors play an essential role in the maintenance of well-being and in the deterrence of diseases. Personality theories have demonstrated what traits determine our temperaments and are independent of the situational context but are playing a fundamental role in influencing the forces within a person as part of the explanation of behavior (Phelps, 2015). Following this theory, the case of Mrs. C would be investigated for defining traits as dimensions of individual discrepancies in tendencies to demonstrate consistent patterns of thoughts, feelings, and actions. The past and present environment of Mrs. C can be used to substantiate her behavior. The consistent traits and behaviors in Mrs. C must be observed for consistent patterns over time and across different situations (Kalinin, 2014).

Based on this theory, cognitive behavioral therapy is one of the most appropriate intervention mechanisms for Mrs. C, which primarily utilizes scientifically founded techniques in changing individual behavior and ideations (Prochaska & Norcross, 2018). This approach is an exposure and response prevention that a cognitive-behavioral therapist who is an expert in treating OCD should be part and parcel (Phelps, 2015). This process would entail the therapist encouraging the client to regularly engage in exposure exercising during the sessions, such as in his office, which is critical for increasing Mrs. C's exposure outside. This process is also

essential for enabling Mrs. C to understand the influence of her behavior on the family and how it is adversely affecting their interaction and social relations with others as well as on their self-esteem and their view of the world around them, which can stimulate her to change her ideas and behaviors(Kalinin, 2014).

The application of Sullivan's theory of anxiety versus fear in the case of Mrs. C would start with an explanation of how fear and anxiety have been utilized interchangeably to influence her behavior. Cultural factors, fear, and anxiety should be identified, especially the environmental factors surrounding her which motivate her ideations. Finally, the various defenses she arouses, including being over-controlling, the shields that could lead to escalations in panic, will be utilized in diagnosing her case of OCD (Schulz, 2006).

The theory suggests that these features of anxiety should be practically applied to the psychotherapeutic techniques rather than making attempts to obliterate her case of OCD through therapeutic intervention or other intervention procedures. The patient and the therapist can utilize the characteristics of anxiety and fear to gain information regarding the client's conflicts (A. et al., 2014). The success in psychotherapy would depend on the therapist's capacity to oversee and normalize the amount of anxiety he and the client experience. In the care intervention for Mrs. C, this theory is of the proponent that they replaced should gather countertransference in data guru taking into account her marginal thought, which would be an essential technique in circumventing the patient's tendencies to avoid subjects under discussion or to overcome a patient's obsessional resistances through a free association (Schulz, 2006).

Insights will be critical for diagnosis and determination of the appropriate therapy that would enable misty to adequately overcome her health issue fully recover from the OCD case.

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- Be sure to cite the Norcross + Prochaska article when discussing Mrs C.
- Be sure to support each part academically
- Be sure to support each suggestion for treatment with academic literature

Analyze Mrs. C's symptoms, including cultural considerations, from the perspective of a key idea from a theorist that you identified from the humanistic or existential theoretical orientation.

The psychoanalytic theory is noted to focus on the key role of the unconscious and the various early childhood experiences that have specific effects on persons. On the other hand, the trait theory focuses on explaining the personality of a person, thus identifying the characteristics and how certain behaviors are with certain persons. There is a vast difference between the two theories whereby the trait theory bases much on the personality on the behaviors. In contrast, the psychoanalytic theory defines personality based on the various underlying dynamics where the unconscious various irrational forces affect the person shaping of behavior. Both the theories are noted to have the similarity of carrying repressed emotional charges on the unconsciousness of the theory on certain ideas. For this case, the theory which close aligns with me is the trait theory, which explains certain behaviors in a person are being driven by certain forces such as internal causes (Ladislav Timulak, 2018).

The symptoms that Mrs. C has can be generally analyzed based on the existential theory, which basis on freedom and the choices which a person makes and their various meanings. This theory best explains Mrs. C's behaviors, which help establish a good relationship between her and the family members. The fact that she is noted to be giving direction to her children on cleanliness shows that she is a good mother who advocates for her children to maintain personal hygiene. In addition to that, she is noted to be doing against her husband's will whereby she walks with short garments immediately after taking a shower, something that the husband states might instill bad behaviors in the children. (James O. Prochaska and John C. Norcross, 2018).

Offer suggestions for assessments and interventions to use with Mrs. C from the perspective of a key idea from a theorist that you identified from the humanistic or existential theoretical orientation.

There are various ways by which the assessment and intervention would have been used in understanding the perspective behind the different behaviors with Mrs. C. They include the empathetic reflection strategy, which is usually based on understanding the various factors that might make the woman behaving the characters portrayed (Deurzen, E. 2019). Active listening can also be done to understand the multiple behaviors that Mrs. C would have described, such as being strict, which would make one understand her various reactions. Also, this would help to understand the behaviors which tend to happen, such as the sexual life where she confesses that she doesn't have the feelings for sex but rather has been doing it to satisfy the husband (Ladislav Timulak, 2018).

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therapies in the treatment of generalized anxiety: A perspective.

Biological and Evolutionary and Integrative Theories (Mrs. C)

Based on the genetics of human personality, human traits are the enduring patterns, thoughts, feelings, and behaviors that reflect our tendencies to respond in particular ways in various circumstances. The personality traits are essential in predicting the different lifetime outcomes, including psychotherapy, and are moderately heritable (Rijin & Wild, 2013). Personality theories have shown what features determine our temperaments, which are independent of the situational setting but play a critical role in shaping the forces within a person as part of the explanation of behavior. According to this theory, Mrs. C's case would be investigated to identify traits as dimensions of individual variances in dispositions to display consistent patterns of thoughts, feelings, and acts. Mrs. C's previous and present environments can be utilized to support her actions. Compatible features and behaviors in Mrs. C must be observed over time and in varied contexts for consistent patterns. Mrs. C also demonstrates sexual disinterest and excessive washing tendencies coupled with doubting and continuous checking. One of the evident cultural and family backgrounds contributing to her OCD diagnosis is that she comes from a family with strict parents and would often be given no room to speak or air her concerns. She demonstrates that she inherited the excessive washing practices from her mother, who inherited it from the grandmother and is a family practice (Rijin & Wild, 2013).

Depressions and anxieties are the primary common challenges that make people seek therapies. Obsessive-compulsive disorder is symptomized by absurd, recurrent, and

uncontrollable thoughts or obsessions, which cause anxieties and compulsions aimed at decreasing the anxiety. As is the case with Mrs. C, the patients realize the irrational nature of their thinking but won't help with it and are helpless to overcome them. One of the most appropriate intervention mechanisms for Mrs. C primarily uses scientifically proven techniques to change an individual's behavior and ideas (Gaikwad, 2014). This is an exposure and response prevention strategy that should include a cognitive-behavioral therapist specializing in treating OCD. This procedure would require the therapist to encourage Mrs. C to engage in regular exposure exercises during sessions, such as in his office, which is crucial for increasing Mrs. C's outdoor exposure. This procedure is also necessary for Mrs. C to comprehend the impact of her actions on the family and how it negatively affects the children. The other most effective treatment for OCD is the pharmacological intervention using the serotonin reuptake inhibitors coupled with the behavioral therapies utilizing the response exposure and prevention mechanisms demonstrated above. The intervention is critical in alleviating the compulsions and obsessions in the clients and will enable Mrs. C to come out of the negative reinforcement loop (Sanchez-Roige, et al., 2017).

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Neo-Freudians theory states that childhood experiences play a major role in building the personality of an individual (Stangor, 2014). The work of Freud attracted many psychologists who modified his approaches to create new theories about personality. Eric Erikson is one of the early psychologists who emphasize the importance of social relationships at each stage of a child's development. Based on Mrs. C's case study, it is evident that she is suffering from a contamination type of OCD and symmetry and order form. Contamination is where she has feared for dirty things, while symmetry and order is where she needs everything to be done in a certain way, as we can see with the naming of children and age gap.

As Neo-Freudian theory states, it is evident that experience in one's life can significantly impact an individual's personality (McCluskey, 2021). For example, the flu epidemic that has occurred ten years ago led to the whole compulsive ritual obsession. The physician told her in order to avoid the pinworms in her house, she had to be careful about her family's clothes, sheets, and underwear, and she was preoccupied with cleanliness. For fear of pinworm, she ended up developing the compulsive ritual, which has now been severe. Several studies have suggested that stressful or traumatic life events increase the risk of developing an obsessive-compulsive disorder, triggering rituals, emotional distress, and intrusive thoughts.

According to Sigmund Freud, behaviors of people with OCD are linked to unconscious conflicts demonstrated as symptoms of the illness. Conflicts arise between the desires and the actions of the unconscious and conscious minds. As we can see in Mrs. C's case was a loving woman before the pinworm. As a result of OCD, she has changed her behaviors, and the family no longer experiences the warmth and love they shared long ago. According to Neo-Freudian theory, her family background has contributed significantly to her current behaviors. Coming from a compulsive mother who regularly waned her daughters about diseases and the importance of

cleanliness also accelerated the ritual of cleanliness in Mrs. C OCD condition. In addition, coming from a sexually repressive family also contributed to her sexual arousal disorder (Mayoclinic.org, 2018).

Mrs. C's primary symptom is showering with rituals that involve each body part and start from her rectum. If Mrs. C loses track of where she was, she begins afresh, which consumes her time, and she can stay in the bathroom for the whole day. Her fear of contamination has made her avoid cleaning underwear in the house and dirty food cans. She also has symptoms of hoarding disorder since she has persistent difficulty parting with possessing hundreds of sheets and towels and new earring for the past 20 years. According to neo-Freudian theory, this might be based on how she observed things growing up (Stangor, 2014). She observed her mother's characteristic which is also inherited from the grandmother. Freud insists that childhood experience shapes one's personality even when they are an adult. Studies have revealed that 85% of people with compulsive hoarding have to mention several people with the same character in their family (Kumar, 2021).

Although antidepressant medications and selective serotonin reuptake inhibitors, and others can help treat obsessive-compulsive hoarding symptoms, it is essential to involve cognitive-behavioral therapy (CBT). It is more significant than just a talk since it is beyond talking to a therapist. The therapist has to regularly visit the hoarder's house and help them make the correct decisions about their possessions. CBT can be helpful to Mrs.C to be able to confront things she fears, to learn better ways to cope with stressful situations, and change the way she thinks (Raypole, 2019).

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