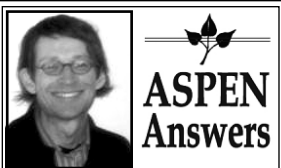


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**3 Proof Limit**

Tuesday 9/18/12 11:00am



by Brian Vasey Child Psychiatrist

**YOUTHFUL OBSESSIONS AND COMPULSIONS**

It is hardly uncommon for youngsters at various points in their lives to be concerned with matters such as symmetry and having things perfect, as exemplified by avoiding sidewalk cracks and insisting on bedtime rituals. However, when such concerns become so overriding that they interfere with the ability to conduct their everyday lives, the problem may be characterized as "obsessive-compulsive disorder" (OCD).

While this mental disorder afflicts between one and two percent of American adults, it often originates in childhood or adolescence as early as age three years. To treat the problem (and better earlier than later), mental health professionals may employ a version of cognitive behavioral therapy known as "exposure and response prevention" to help OCD sufferers tolerate their anxiety.

Of course, if you or a loved one is suffering from OCD, it's vital that you get treatment right away. We know that you needn't be suffering from such a dramatic issue to benefit from a little help. Anxiety, stress, or depression all can have a serious negative effect on you life. We can provide you with the safe space and proven techniques you need to deal with your problems, whether you're wrestling with OCD or depression. You deserve to be healthy again. Call 608-742-5020 today for an appointment. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

*P.S. Childhood OCD is more common in girls than in boys; adult OCD occurs in both genders equally.*

**ASPEN**  
Family Counseling  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)