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When someone is diagnosed with obsessive-compulsive disorder (OCD), chances are they've been living with the symptoms for a long time. People with OCD may have long felt embarrassed by their thoughts and behaviors, which may include fear of contamination, the need for symmetry, pathological doubt, aggressive thoughts, repeating behaviors, and obsessive cleaning.

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Fred Penzel, Ph.D. is a licensed psychologist who has specialized in the treatment of OCD and related disorders since 1982. He is the executive director of Western Suffolk Psychological Services, a private treatment group specializing in OCD and obsessive-compulsive related problems, and is a founding member of the OCF Science Advisory Board.

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These are common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people. Cognitive Behavioural Therapy has been clinically proven to significantly reduce symptoms of OCD. Learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life.

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