

The challenges of living with Obsessive Compulsive Disorder

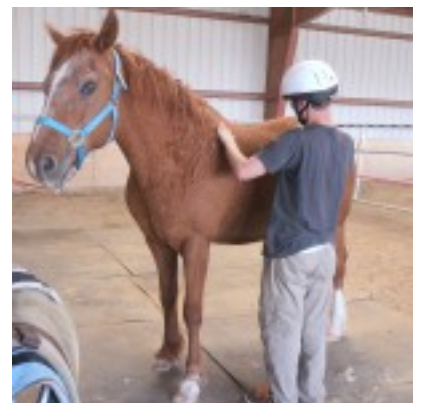
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All of us have things we want to do or have done ‘just so’. Come on, admit it. There is a right and a wrong way to put toilet paper on the spindle. And the lettuce has to go on the burger before the tomato, or tomato first, then the lettuce, or never, never, never tomatoes. But can you imagine what it would be like if everything you had to do had to be done in only one way? How exhausting that must be.

In this incredibly candid [article](#) done for **abc News 20/20**, *Elizabeth McIngvale-Cegelski, Ph.D., LMSW*, shares details of her struggles, as well as what has worked successfully for her.

Many of our clients deal with obsessive behaviors and through work with horses we have helped many of them minimize the problem. I remember one young man in particular. He was very bothered by flies and, when you are working with horse, there are flies. It took him some time, but he was so determined to work with his horse Ruby, that he eventually was able to overlook most of the annoyance of the flies. He may still comment, but flies don’t keep him from riding his horse!



There is help for those struggling with OCD. We can be a powerful part of a comprehensive treatment team. We would be happy to show you around and introduce you to our wonderful horses. We will learn more about the challenges you are dealing with and share how we may be able to help. Call or email today to schedule a visit.

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