compulsion which then reduces anxiety and this is rewarding and therefore acts as a positive reinforcement and encourages them to repeat the behaviour.

The psychodynamic explanation suggests that OCD is caused by instinctual forces (driven by the id in the unconscious) that are not under full control due to traumatic experiences in the anal stage. The person with OCD is therefore fixated at this stage of psychosexual development. Obsessive thoughts may be generated by the id but the ego uses reaction formation defence mechanism to counteract this by making the person behave in a way that is completely opposite to that. So, for instance, a person with an anal-retentive personality can develop OCD ~~as~~ because of those early unresolved traumatic experiences.

Based on these explanations, various treatments have been proposed. Drug therapy uses various drugs such as Anafranil (used on Charles) which is an antidepressant and Prozac which is an SSRI ~~a~~ that improve symptoms of OCD. thought to be caused by a chemical imbalance.

CBT attempts to change the conscious thoughts processes. by helping people to understand that they are misinterpreting their thoughts and making them aware of how they try to neutralise the obsessive thoughts. It uses various techniques such as catastrophising prevention, habituation training, covert-response prevention and is often paired with exposure and response prevention.

The psychoanalytic therapy uses the techniques of free association and dream analysis in an attempt to uncover the unconscious conflicts that have occurred during the anal and phallic stages. It tries to get to the underlying cause of the disorder rather than treat the symptoms. It assumes that the symptoms will disappear once the conflicts have been brought to consciousness and analysed as Freud did with Rat Man in 1907.