**Emily Case Example:**

Emily is a 15-year-old girl who kept worrying that her parents or brother would become ill and die. This began after a girl in her class died of Leukaemia. She also remembers watching a TV advert for a kitchen cleaner in which brightly coloured germs were spread across the screen using a blue light. As a result, she avoided touching things that other people would touch afterwards like door handles and light switches or if she had to, she would do so in a way to limit contamination. She would also begin to wash herself excessively to remove the sense of being contaminated. She would become severely distressed if she were unable to carry out these compulsions and the thought of her family dying would become true and that she had caused it.

(Waite & Williams, 2009)

**YouTube link for Slide 3 of OCD Training (2020) PowerPoint:**

<https://www.youtube.com/watch?v=_LGHSuB_-bk>