



OCD Influencers

**How *YOU* Can Be An Influencer At
Any Level Of Influence**



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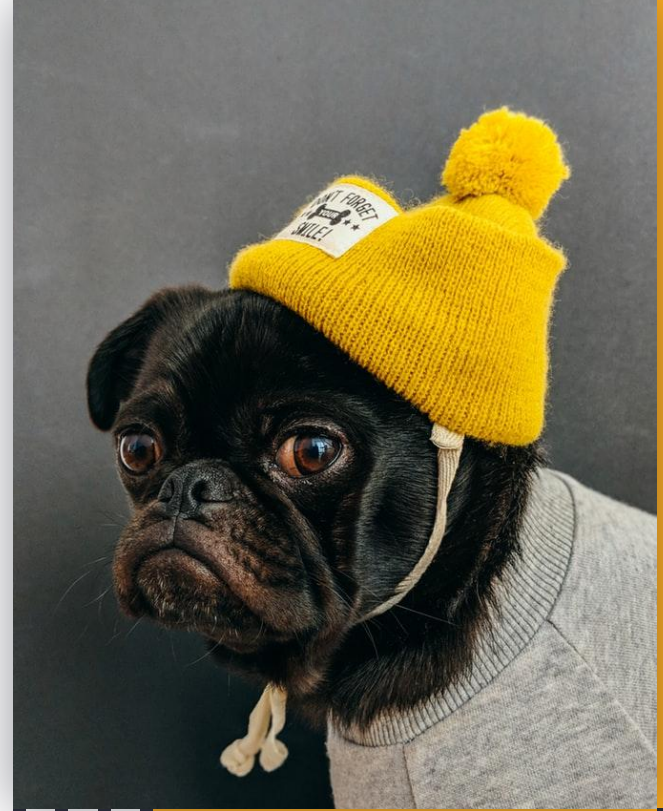
How to Participate

- Download these slides NOW.

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How to Participate

- CHAT with us!!! (2nd half of program)
 - Raise Your Hand OR Chat
 - Ask questions
 - Share observations
 - Explore options



Download slides!



1. What Is An Influencer?

And why it matters....



Hello!

I'll be moderating
these fine folks.

Justin K. Hughes, MA, LPC

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Exposure), Writer, Owner- *Dallas
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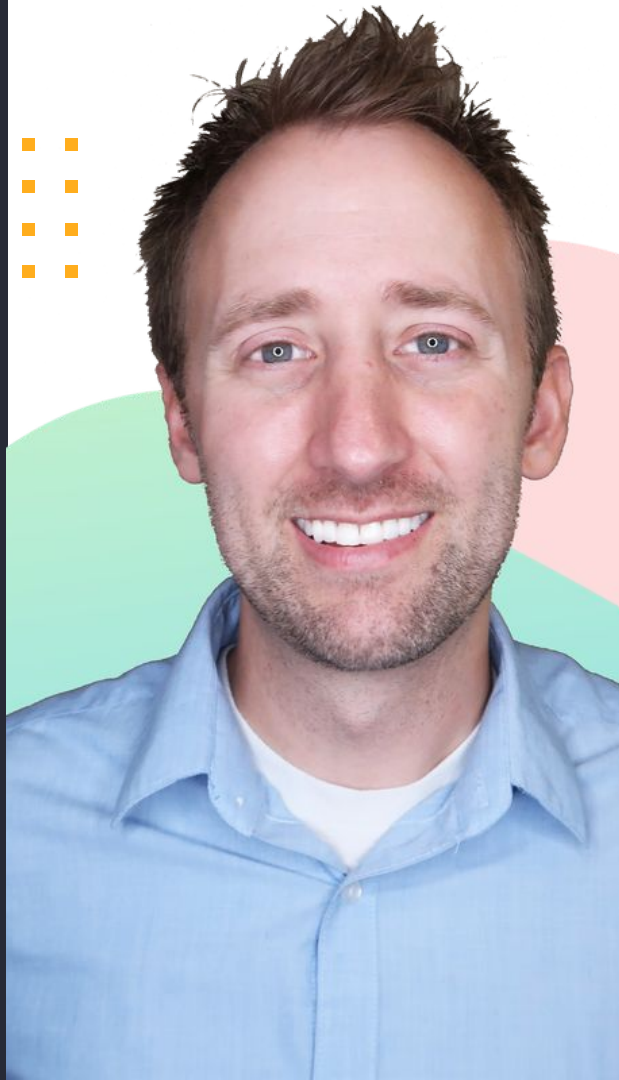


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Nathan Peterson, LCSW

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Chrissie Hodges

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2. Our Varied & Unique Stories

The Panel



**Alegra Kastens,
LMFT**



**Kimberley Quinlan,
LMFT**



**Nathan Peterson,
LCSW**



Chris Baier



Chrissie Hodges



**Justin K. Hughes,
MA, LPC**

3. Where Do *YOU* Fit in?

Grab pen/paper, your phone, or something to tangibly do some fun exercises!!!



94,800,000

Minimum worldwide current Sufferers of OCD!

At least this many OCD sufferers in the world- 12 month prevalence- 1.2% of 7.9 B (Ruscio et. al, 2010). Out of those now living, around 200,000,000 people will have OCD.

Helping Others- The Research

- Helping others....helps others.
- Reduces stress (Oarga, 2014)
- Actually is associated with longer living (Poulin et. al, 2013)
- Increased feelings of happiness (Post, 2005)
- Solidifies principles of learning and growth
- Starting small makes a big difference

How did you get here? Where are you on your journey?

- Suffer with OCD?
- Clinician?
- Family?
- Support?
- Clergy?
- Other?

How you may already be making a difference....

- Don't underestimate the "small stuff"
- What's one thing you did today that makes you '*that much more*' of an OCD advocate?
 - HINT: what are you doing right now??

How to build on where you are- for yourself and others

- Grab your writing/typing medium of choice
- Let's explore together!





Thanks!



We hope you were able to be encouraged and/or consider future areas for growth. We hope to continue to see you on this journey.

There will be a 15 minute break at this time. The next breakout session will begin at 3:15pm PST.

Please return to the "Breakouts" tab at the top of the screen on the conference website to select your next breakout session.

References

- Hopper, E. H. E. (n.d.). *Can Helping Others Help You Find Meaning in Life?* Greater Good. https://greatergood.berkeley.edu/article/item/can_helping_others_help_you_find_meaning_in_life.
- Oarga, C., Stavrova, O., & Fetchenhauer, D. (2015). When and why is helping others good for well-being? The role of belief in reciprocity and conformity to society's expectations. *European Journal of Social Psychology*, 45(2), 242–254. <https://doi.org/10.1002/ejsp.2092>
- Post, S. G. (2005). Altruism, happiness, and health: it's good to be good. *International Journal of Behavioral Medicine*, 12(2), 66–77. https://doi.org/10.1207/s15327558ijbm1202_4
- Poulin, M. J., Brown, S. L., Dillard, A. J., & Smith, D. M. (2013). Giving to Others and the Association Between Stress and Mortality. *American Journal of Public Health*, 103(9), 1649–1655. <https://doi.org/10.2105/ajph.2012.300876>

CREDITS

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- Presentation template by SlidesCarnival
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