

ERP exercise

Posted by Oveid - 27 Oct 2014 07:31

Hi.

I recently started doing ERP exercises. If anyone is interested in the topic or stam wants to chat my number is 732 806 0513.

Hatzlacha

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Re: ERP exercise-

Posted by NeuroYair - 04 Sep 2023 18:09

Can you give a short explanation of what that means?

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Re: ERP exercise

Posted by DavidT - 04 Sep 2023 19:01

[Oveid wrote on 27 Oct 2014 07:31:](#)

Hi.

I recently started doing ERP exercises. If anyone is interested in the topic or stam wants to chat my number is 732 806 0513.

Hatzlacha

From what I know, the goal of ERP is to gradually expose patients to their obsessions in a safe and controlled environment. For OCD it's very effective but I'm not sure about addictions. Please tell us more about it, thanks!

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Re: ERP excercise

Posted by Oveid - 05 Sep 2023 01:06

I made this post years ago when I believe GYE (or Fortify?) was suggesting it as an effective method. Not sure what the consensus is nowadays.

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Re: ERP excercise

Posted by bright - 05 Sep 2023 01:50

how are you?

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Re: ERP excercise

Posted by NeiroYair - 05 Sep 2023 02:28

Ok, ty. Not really sure how the forum on my phone works either - In terms of what shows up first: Old posts or new replies.

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Re: ERP excercise

Posted by 1day613 - 05 Sep 2023 02:58

Are you doing ERP for OCD or for p and m? If so how are you doing erp for p and m?

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