

A Dragon Differential Diagnosis



Compulsions, Tics, or Stims! Oh My!
Know the Difference To Direct More Effective Treatment

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CASE #1

- ◆ Smaug is sick, we sees him, all day, all night, inside the caves with his treasuressss he isssss. Must have OCDs he has, yessss. Moving the stonessss and we sees him touching them, stroking them, he goes on and on and on he does, not leaving them alone eversssss.

SMEAGOL IS CONCERNED
ABOUT HIS FRIEND SMAUG

What is Smaug's Diagnosis?



CLARIFYING QUESTIONS ABOUT REPETITIVE BEHAVIORS....



What does it
feel like for you?

What would it be
like if you were
forced to stop?

If you were able to
stop, would you
miss it?

What does this
behavior do for you?

Who is most bothered
by the behavior? You
or other people?



OCD

Don't touch that.

Confess that.

That's a safe number.

It must be that order.

◆ *"MY THOUGHTS PESTER ME LIKE DWARVES WITH PICK-AXES TAPPING ON MY BRAIN.... TAP... TAP.... TAP"*

◆ *"I SEE THAT ARKENSTONE AND DREAD COMES OVER ME. IF I DON'T HAVE IT FACING JUST RIGHT, SOMETHING TERRIBLE WILL HAPPEN. MAYBE MY FRIEND DROGON WILL DIE. THEN I HAVE TO FIX THE OTHER GEMS. IF I TOUCH ONE SIDE, I MUST TOUCH THE OTHER SIDE THE SAME WAY. IF I DON'T, I MIGHT BE STUCK WITH THIS 'NOT RIGHT' FEELING FOREVER. I WANT TO STOP, I JUST CAN'T."*



OCD ANSWERS TO CLARIFYING QUESTIONS....

IT FEELS LIKE
OVERPOWERING
DREAD!
I FEEL TRAPPED!

IF I STOPPED,
WOULD I MISS IT?
WHAT THE F* KIND
OF QUESTION IS
THAT?

I DON'T KNOW
HOW ELSE TO
MAKE THESE
THOUGHTS GO
AWAY.

IF I DIDN'T DO IT,
I WOULD FEEL
NOT RIGHT
FOREVER!

I FEEL TRAPPED ALONE
WITH MY THOUGHTS.
SMEAGOL CAN'T SEE
HOW MUCH IT
PLAGUES ME.

OCD LOOK-A-LIKES




I am fire!
I am death!




That is an
Iguana!



OCPD



Get a life
Smaug!



Maleficent
misaligned my row
of pendants.

"DRAGONS WHO THROW ALL THEIR GOLD IN ONE HEAP DON'T HAVE TREASURE, THEY HAVE TRASH! THESE SAME TRASH LIZARDS FLY OVER TOWNS LEAVING 70% OF THE TOWNSFOLK STILL ALIVE." I ORGANIZE MY TREASURE FIRST BY CIVILIZATION OF ORIGIN, THEN DATE, THEN UTILITY OF OBJECT. THERE IS NO TOWN I HAVE NOT DEMOLISHED IN ITS ENTIRETY! IF YOU PILLAGE A VILLAGE AND THERE IS A STRUCTURE STANDING HIGHER THAN 3 FEET WHEN YOU ARE DONE, YOU SHOULD BE ASHAMED; THAT IS GROSS NEGLIGENCE!"



OCPD ANSWERS TO CLARIFYING QUESTIONS....

I FEEL GREAT!
MALEFICENT IS A
SLOB.

NO ONE CAN ACCUSE ME
OF SHODDY PILLAGING. I
FEEL COMPLETED AND
ACCOMPLISHED.

MISS IT? WHAT
THE F* KIND OF
QUESTION IS
THAT?

IF I STOPPED, IT
WOULDN'T BE
RIGHT!

I'M NOT BOTHERED! I'M
ONLY HERE CAUSE SMEAGOL
AND MALEFICENT KEEP
GETTING UPSET.

OCPD

perfectionism

intense delayed
gratification

preoccupation with
orderliness/detail

source of self-
esteem

may be ego-
syntonic/source
of pride

BOTH

need for control

bothers people
around them

Rules for reacting to the world

intense self-
criticism

OCD

Dread/Fear/Disgust

Dread/fear

preoccupation
with neutralizing
intrusive fears

Core Fear

hidden

often ashamed

Urgency

Wish they could
stop

OCPD vs OCD

TREATMENT STRATEGIES FOR OCPD VS OCD



**THE OCPD
FOUNDATION**

<https://www.ocpd.org/>

- ◆ May supplement exposure and cognitive work with acceptance and commitment therapy and compassion focused therapy.

No one therapy; often mixture of therapies.

- ◆ Frequent goals of therapy
 - increase openness and mental flexibility
 - Challenge perfectionistic rigid thinking
 - Increase distress tolerance

- ◆ May need to work on willingness, flexibility, and values prior to engaging in exposures.

- ◆ Often including family members is beneficial





Stimming

AUTISM

“WHEN THE OUTSIDE WORLD OVERWHELMS ME, I CAN ESCAPE TO MY TREASURE PILE AND RESEARCH MY ARTIFACTS AND FIND NEW WAYS TO ARRANGE THEM! SPECIES OF ORIGIN, CHRONOLOGY, MATERIAL COMPOSITION, SO MANY OPTIONS. I LIKE TO CREATE NEW SYSTEMS. THIS HELPS ME RECHARGE. WHEN I HAVE TO GO OUT AND TALK WITH OTHER DRAGONS, IT’S REALLY A DRAIN UNLESS I FIND A DRAGON WHO WANTS TO TALK ABOUT ELVEN ARTIFACTS FROM THE ELDER DAYS, BEFORE VALAR WAS DRIVEN FROM ARDA! THEN, I COULD GO ON FOREVER, AND WONDER ‘WHERE DID ALL THAT TIME GO?’”

Special
Interest



AUTISTIC ANSWERS TO CLARIFYING QUESTIONS....

I FEEL
REJUVENATED
WHEN I GET TO
SPEND TIME
ORGANIZING MY
TREASURE.

YES, I WOULD MISS
ORGANIZING MY
TREASURE; IT
BRINGS ME
COMFORT.

IT HELPS ME
RECHARGE AND I
ENJOY IT.

IT WOULD BE
TERRIBLE IF I WAS
FORCED TO STOP!

I DON'T KNOW! I
DON'T KNOW WHAT
YOU WANT ME TO
SAY!

IT SEEMS TO BOTHER
OTHERS MORE THAN ME. I'M
HERE CAUSE SMEAGOL
COMPLAINED ABOUT IT. I'M
FINE HONESTLY.

Autism

Experience greater
distress and dysregulation
if forced to stop

Repetitive behaviors (stimming,
routines, special interests) are
emotionally regulating

Differences in socialization
and communication

Monotropic attention style

BOTH

Difficulty
tolerating
uncertainty

Heightened
sensitivity to
sensory stimuli

Repetitive
behaviors

OCD

Wish they could stop

Repetitive behaviors
are fear-driven

preoccupation
with neutralizing
intrusive fears

Autism vs OCD

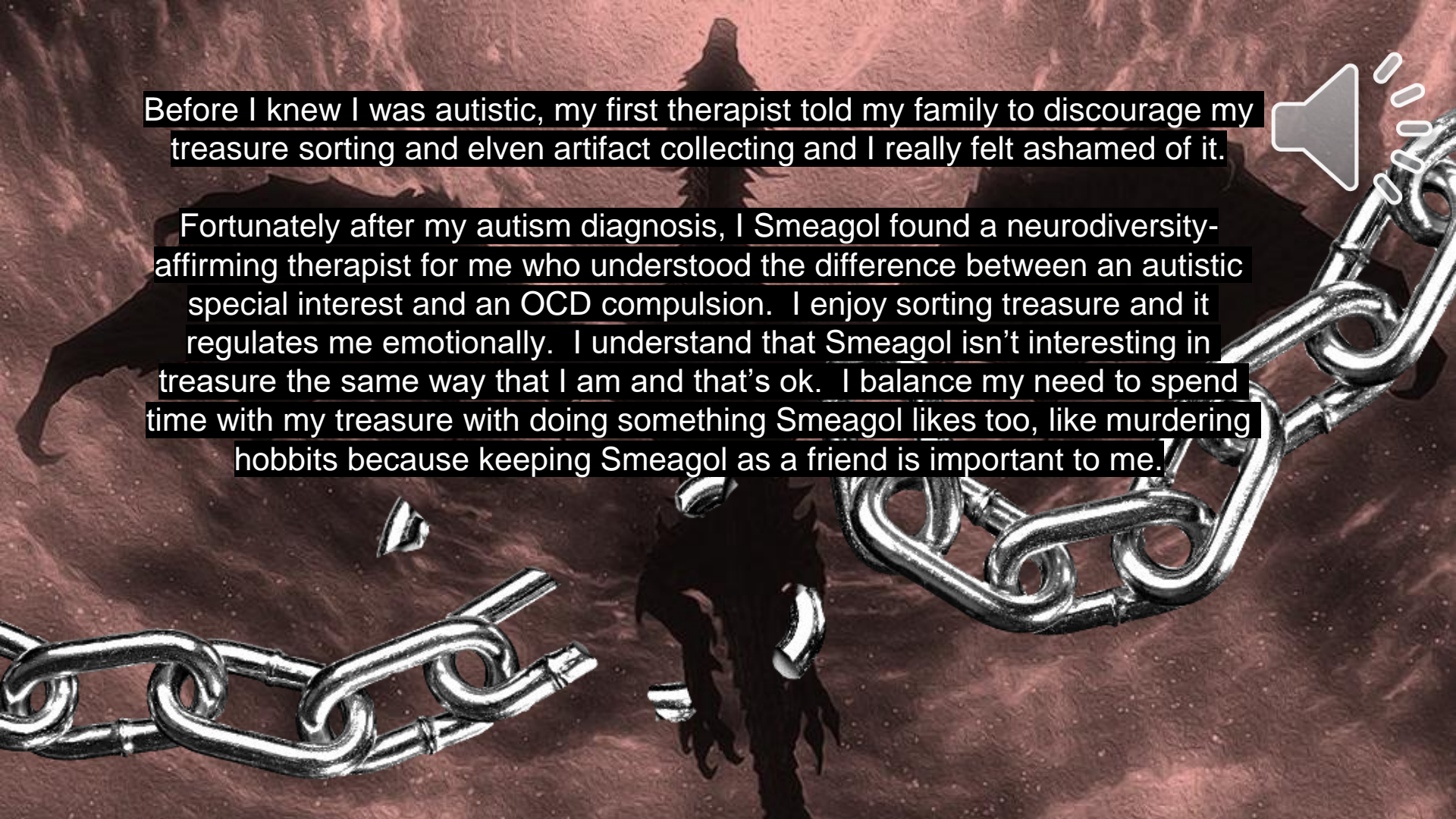


HOW TREATMENT DIFFERS:

We collaborate with Smaug to find ways to do more of what is regulating for his nervous system (organizing his treasure), while balancing this with the needs of family members and friends.

We help Smaug decide which situations he wants to mask in, while also finding safe environments and other dragons with whom he can be authentically autistic and unmasked.

Treating Smaug's treasure organizing and artifact research as an OCD compulsion when really it is an autistic special interest can heighten an internalized sense of brokenness/wrongness and increase emotional dysregulation.

The background of the image is a dark, reddish-brown cave interior. In the center, a small, dark silhouette of a hobbit is visible, standing and looking towards the viewer. The hobbit is wearing a dark tunic and has a small, pointed ear visible. To the right of the hobbit, a large, metallic chain is visible, with several links extending from the top right towards the center. The chain is made of thick, interlocking metal rings. The lighting is dim, creating a somber and mysterious atmosphere. The overall color palette is dominated by dark reds, browns, and greys.

Before I knew I was autistic, my first therapist told my family to discourage my treasure sorting and elven artifact collecting and I really felt ashamed of it.

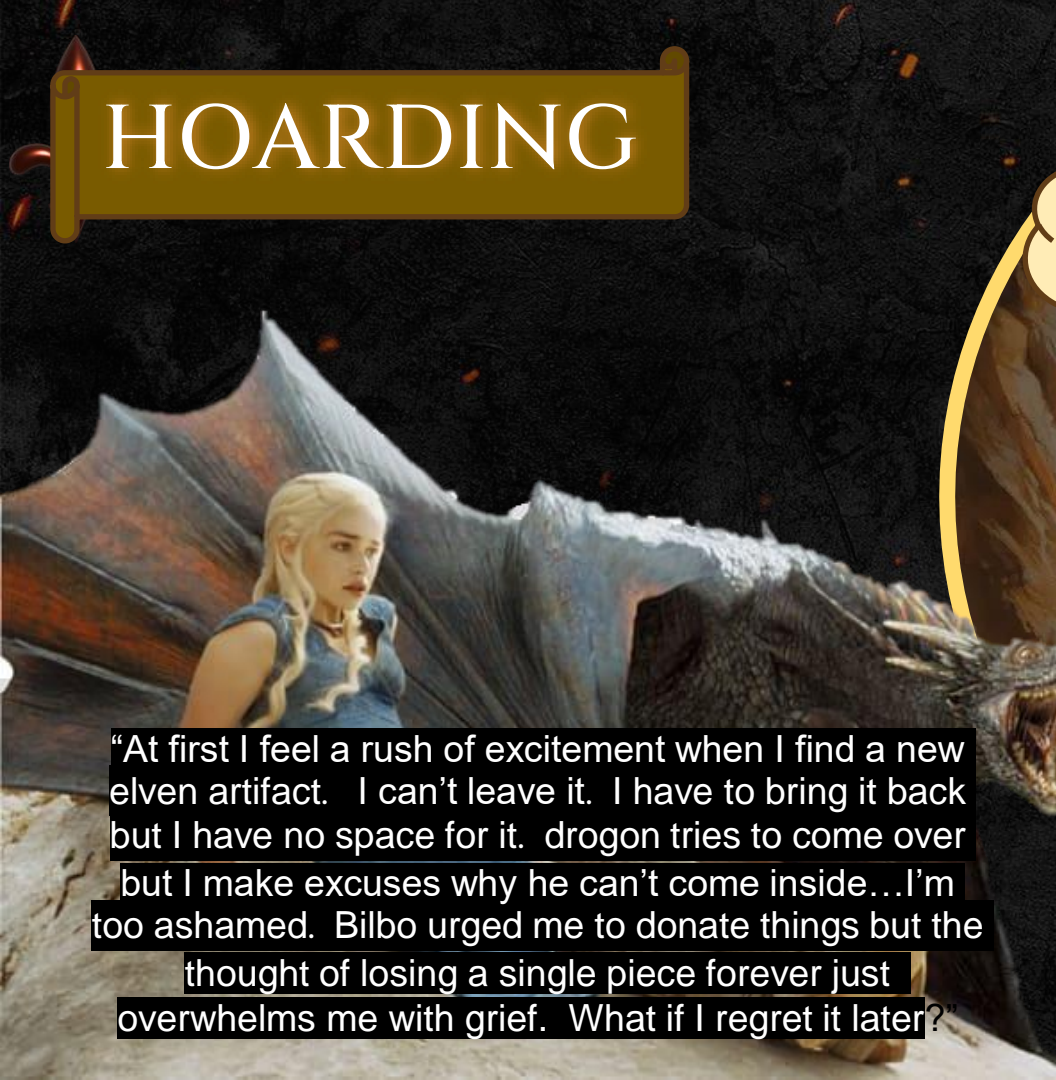


Fortunately after my autism diagnosis, I Smeagol found a neurodiversity-affirming therapist for me who understood the difference between an autistic special interest and an OCD compulsion. I enjoy sorting treasure and it regulates me emotionally. I understand that Smeagol isn't interesting in treasure the same way that I am and that's ok. I balance my need to spend time with my treasure with doing something Smeagol likes too, like murdering hobbits because keeping Smeagol as a friend is important to me.


NEURODIVERSITY AFFIRMING OCD TREATMENT



HOARDING



"At first I feel a rush of excitement when I find a new elven artifact. I can't leave it. I have to bring it back but I have no space for it. drogon tries to come over but I make excuses why he can't come inside...I'm too ashamed. Bilbo urged me to donate things but the thought of losing a single piece forever just overwhelms me with grief. What if I regret it later?"



Don't come inside Drogon! I'm really sick..





HOARDING ANSWERS TO CLARIFYING QUESTIONS...

IT FEELS EXCITING
WHEN I GET A NEW
ARTIFACT BUT
THEN I GET HOME
AND HAVE
NOWHERE FOR IT.

IF SOMEONE TRIED
TO MAKE ME
THROW THINGS
AWAY, I COULDN'T
STAND THE GRIEF
AND PAIN.

I FEEL ALIVE
WHEN I FIND A
NEW TREASURE.

IF SOMEONE MAKES
ME STOP I GET SO
ANGRY.

IT SEEMS TO BOTHER
OTHERS MORE THAN ME.
MOSTLY ITS EMBARRASSING.

Hoarding

OCD

BOTH

Enjoy acquiring

Poor impulse control

fear of wastefulness or
loss of sentimental
value

Items have intense
meaning

Disorganization

Attention difficulties

may
anthropomorphize
objects

Hidden behaviors
often ashamed

Distress upon
threatened discarding
of objects

preoccupation
with neutralizing
intrusive fears

Not an impulse
control disorder

Executive
Dysfunction Only
when in OCD
Cycle

HOARDING VS OCD

HOARDING

Breaking News

VOL. XI - no. 4350

NEW ISSUE


WHILE SPRING CLEANING, LOCAL SHIRE RESIDENT DONATES OLD RING BELIEVED TO BE WORTHLESS TRINKET, LATER TO DISCOVER THAT HE HAS DOOMED MIDDLE-EARTH TO TOTAL ANNIHILATION BY EVIL LORD.

REGRETS DECISION FOREVER, CRUSHED UNDER THE WEIGHT OF HIS OWN GUILT.



"If only I hadn't given the ring away!"

"TYPICAL" DRAGON BEHAVIOR



"I love showing off my elven artifacts to my friend drogon. I like to carefully plan out how I can trade certain things out for new things to enhance my collection."

Hurry inside! I want to show you my new collection of mithril armor!



DRAGONS OF A DIFFERENT COLOR...

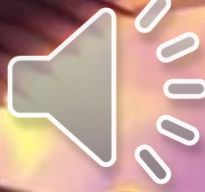
SOCIOCULTURAL BIASES

Diagnosis and care should be individually tailored considering sociocultural variables.

Persons of color (POC) were not represented proportionally in large landmark studies.

Cultural differences in cleaning, grooming, and related attitudes should also be considered. This also affects the validity of several self-report measures such as that for African Americans with OCD.

DAWN'S MUM



CASE #2



OVERLAPPING PRESENTATIONS



Clarifying
questions to help
us prioritize and
provide best
treatments

Tourettes
Syndrome

Obsessive
Compulsive
Disorder

Autistic

Pediatric
Autoimmune
Neuropsychia
tric Disorder
Associated
with
Streptococcal
Infections

Medical
Psychological
Familial
Sensory
Environmental

CLARIFYING QUESTIONS ABOUT REPETITIVE BEHAVIORS....

When did this start
and when does it
occur during the day?

Any recent upper
respiratory infections
or other illnesses?

What does this
behavior do for you?

Who notices this
behavior?

What precipitates it
and what stops it?

TOURETTE'S

The background of the slide features a large, orange dragon with a human-like face flying across a sky with soft, colorful clouds. A smaller, black dragon is also flying nearby. The overall scene is bright and whimsical.

Mother Dragon: "We're flying along to visit Hiccup and Astrid and she twitches her left wing so hard she veers off into a circle, sometimes a few times, and she's flying along again just fine."

Baby Dragon: "I feel an urge building in my left wing and when I twitch it several times, it goes away for a while, but then it comes back. Sometimes the feeling builds up in my throat and I have to grunt and puff out fire at the most embarrassing times! I try to hide it but people still notice. I wish it would go away."

TOURETTE'S ANSWERS TO CLARIFYING QUESTIONS....

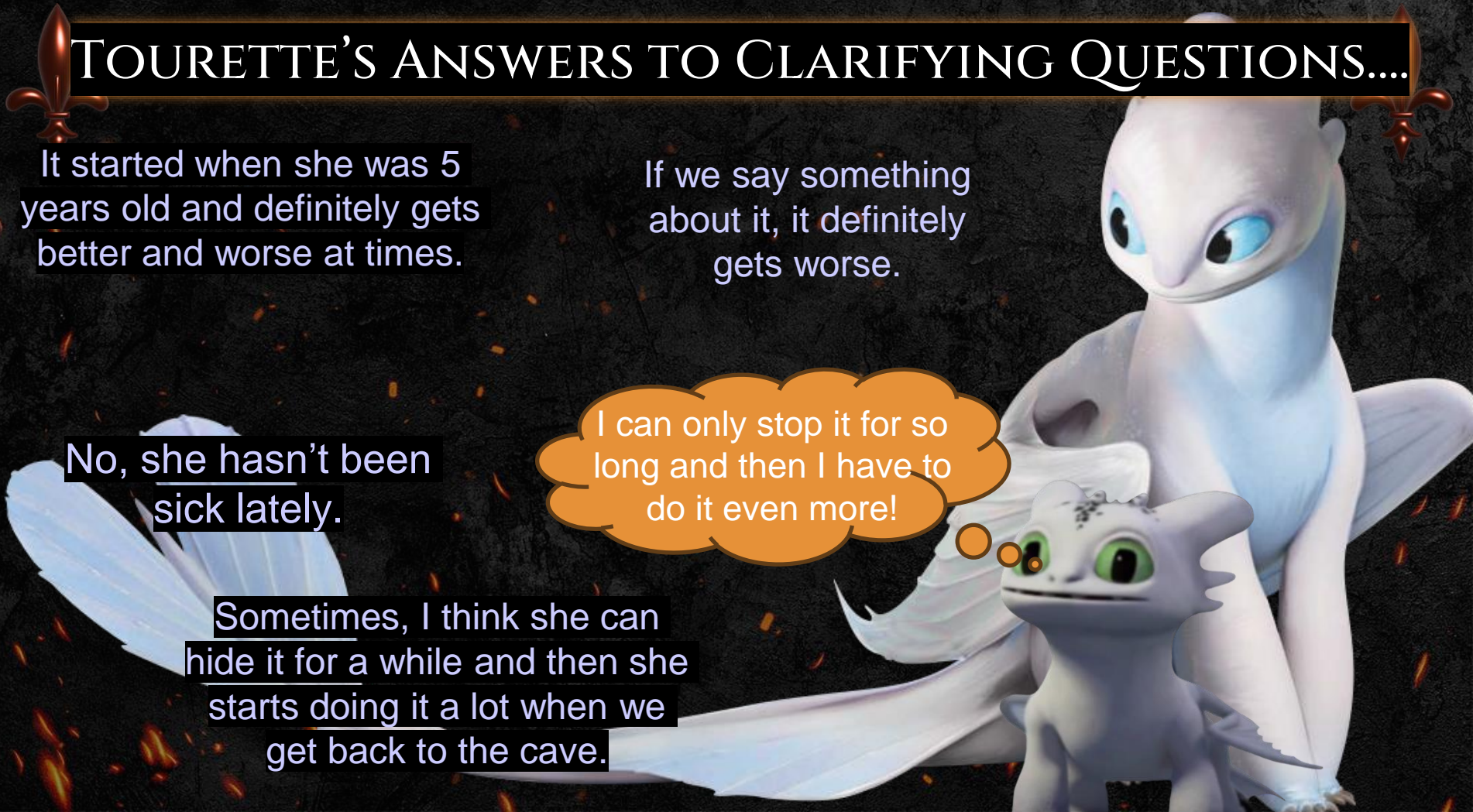
It started when she was 5 years old and definitely gets better and worse at times.

If we say something about it, it definitely gets worse.

No, she hasn't been sick lately.

Sometimes, I think she can hide it for a while and then she starts doing it a lot when we get back to the cave.

I can only stop it for so long and then I have to do it even more!



Tourettes

involuntary movements
(motor and vocal)

Can suppress movements
for short time

Urge or sensory feeling before tic

Triggers for tic exacerbation

Can be benign or interfering

BOTH

overlapping
neural circuitry

repetitive

Emotional Lability

commonly be co-
morbid

OCD

Gradual onset

Milestones are intact

Avg age of onset
around 10yrs

Theme varies

Intrusive thoughts

TOURETTE'S VS OCD

Tourettes

OCD

BOTH

CBIT - focused
treatment for tics

Identify triggers and any
muscle injuries

Guanfacine, Clonidine,
Aripiprazole, Risperidone,

Detailed
Medical
History

Education and
Family Support

School
Communication

CBT with ERP, Supportive
Therapy, Skill building

Understanding
OCD Cycle

SSRIs/SNRIs

TOURETTE'S VS OCD TREATMENT STRATEGIES

STIMMING



Mother: She gets the zoomies whenever we meet a new dragon. She races around and around in a circle and flaps her wings excitedly and makes these weird cute little noises.

Baby Dragon: "It gets my energy out when I'm nervous or excited. I feel better afterwards."



AUTISTIC STIMMING ANSWERS TO CLARIFYING QUESTIONS....

I think she's always done it since she was a little hatchling. Before she could fly even, she would flap her wings over and over.

No, she hasn't been sick lately.

It's like my body just needs to do it! When I'm excited or I'm upset, it helps me.

When she gets excited or frustrated or scared, she definitely flaps more.



Stimming

Self-soothing, but may annoy others

Usually present from toddlerhood

Resisting leads to increased internal distress

Tend to be prolonged

Tics

May annoy the individual, but are not fear driven

Avg age of onset around 5yrs

Urge builds the longer someone resists

Can be brief and simple or complex



OCD Compulsions

Driven by urgency and people wish they could stop

Avg age of onset is 10 yrs

Urge tends to dissipate the longer someone disengages

Tend to be complex

Stimming

- Collaborate with an individual to help them do more of what is regulating for their body, find alternatives to stims that cause harm, and decide when they want to mask/suppress their stims in order to meet their needs.
- No meds for this.
- Family Accommodations

Tics

- CBIT (has HRT)
- CoPs (O'Conner/Leclerc)
- Psychoeducation
- Evaluation (neurologist)
- Physical Therapy (injury)
- Guanfacine
- Clonidine
- Aripiprazole
- Risperidone

OCD Compulsions

- CBT/ERP/ACT
- I-CBT*
- SPACE
- SSRIs/SNRIs, clomipramine
- Aripiprazole, Risperidone, Memantine, and Riluzole augmentation

DIFFERENT TREATMENT APPROACHES



PANDAS/PANS



My little baby won't eat and she's so agitated. She was flying around just fine and now it's like she doesn't remember how to fly and she's wetting nest again. It just came on overnight all of a sudden.

Now that you mention it, she did have this terrible cough and her little body was just burning up with fever about 5 weeks ago, but she got completely better from that.

V.R. 2008

PANDAS/PANS ANSWERS TO CLARIFYING QUESTIONS....

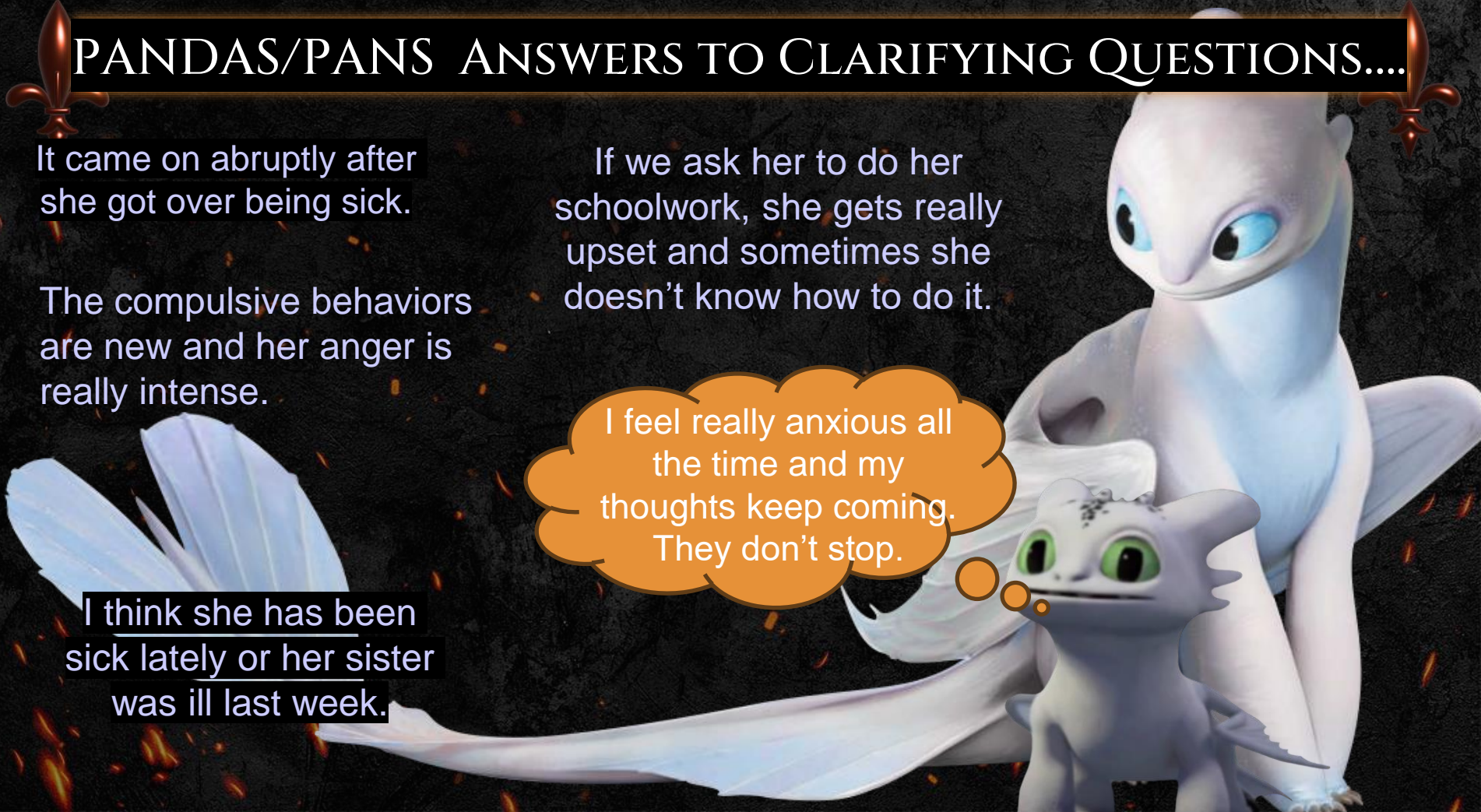
It came on abruptly after she got over being sick.

The compulsive behaviors are new and her anger is really intense.

If we ask her to do her schoolwork, she gets really upset and sometimes she doesn't know how to do it.

I feel really anxious all the time and my thoughts keep coming. They don't stop.

I think she has been sick lately or her sister was ill last week.



PANDAS OR PANS

PEDIATRIC AUTOIMMUNE NEUROPSYCHIATRIC DISORDERS ASSOCIATED WITH STREPTOCOCCAL INFECTIONS



Antibody levels to streptolysin O and DNase B remain elevated for several months after an acute infection.

- ◆ Autoimmune syndrome in which antibodies to strep attack the nervous system
- ◆ Acute and dramatic onset of symptoms in young children
- ◆ Often demonstrate severe behavioral regression, food restriction, tics, aggression, enuresis, motor abnormalities
- ◆ Treatment can include short term antibiotics for infection (3-4 wks)
(only consider long term in select severe recurrent cases)
Corticosteroids, NSAIDs (naproxen)

CASE #3



“Andarna spends hours at the lake washing. I don’t know what she’s doing. She won’t tell me. And the teachers say she’s not focusing in class. Her grades are getting worse.”

ANDARNA’S FATHER



CLARIFYING QUESTIONS

When your mind wanders at school, what is it wandering to mostly?

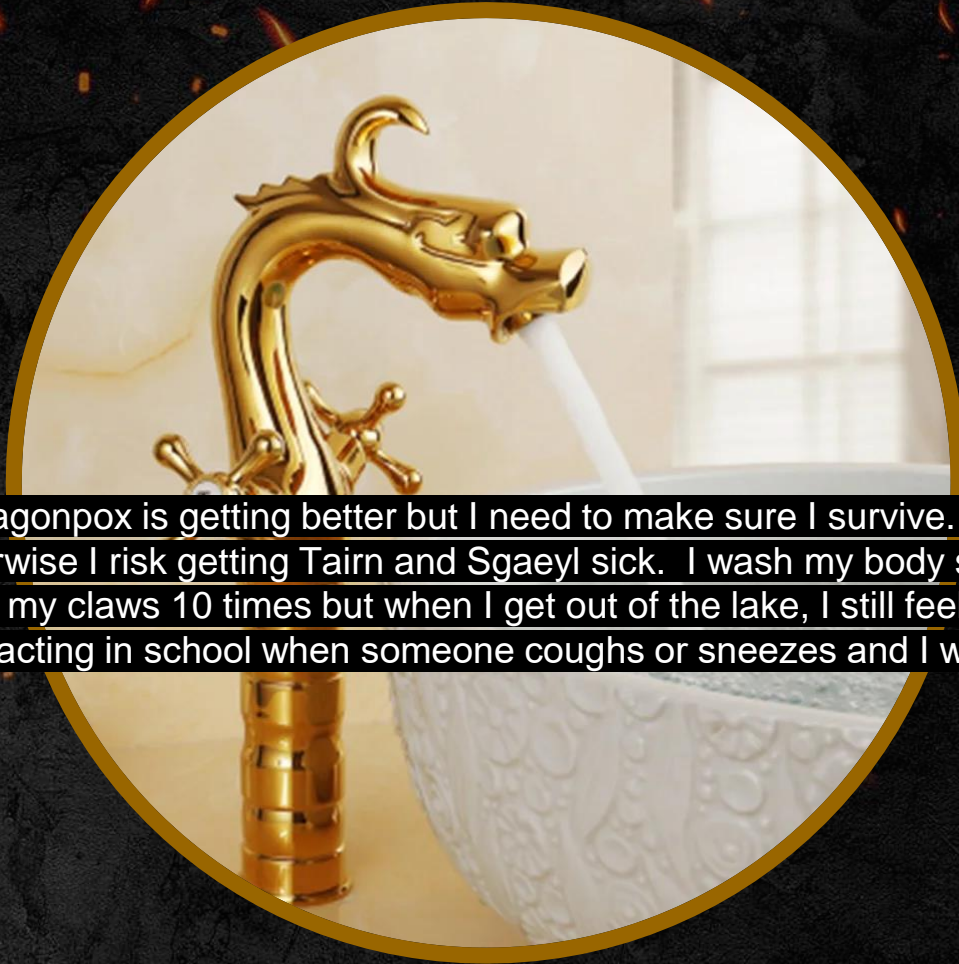
What's happening for you at the lake?

What does it feel like?

What does this behavior do for you?

What precipitates it?





"The pandemic of dragonpox is getting better but I need to make sure I survive. I have to clean myself properly otherwise I risk getting Tairn and Sgaeyl sick. I wash my body symmetrically and then I wash between my claws 10 times but when I get out of the lake, I still feel unclean so I have to get back in. It's distracting in school when someone coughs or sneezes and I wonder if that's it for me!"


OCD



BFRBs (BODY FOCUSED REPETITIVE BEHAVIORS)



The scale pimples that came with hitting puberty were NOT pretty. So, at first, it was just I wanted to look good and pick off the uneven scales. Then, I would just get in the zone, finding the spots that aren't the right texture and where my scales aren't in the right orientation. I get carried away at the lake picking off the softer pubic scales. I think it's actually making my scales look worse now but I can't stop. I even do it at school sometimes and it distracts me.



Sometimes I'm picking without even thinking about it and sometimes it is on my mind, I can't wait to get back to the lake.

BFRB (BODY-FOCUSED REPETITIVE BEHAVIORS) ANSWERS

I feel some relief when I pick off my scale but then afterwards I feel really ashamed and regret it.

If my scale feels uneven, I just can't leave it that way. I need it to be smooth so I pick it off, but that makes it even more bumpy.

BFRBs

May get some
pleasure/relief from
picking/pulling

Driven by need for
evenness, need to relieve
tension, or pleasurable
sensation

Triggered by boredom &
sedentary activities

May have an addictive
quality

BOTH

Feel like they
can't stop

Often exacerbated by
stress/anxiety/boredom

Time consuming

May dissociate
during the
behavior

OCD

Compulsions are not
enjoyable

Repetitive behaviors
are fear-driven

preoccupation with
neutralizing intrusive
fears

BFRBs vs OCD

BFRBs

BOTH

OCD

Avoid Triggers
gloves, vaseline, hat...

Habit reversal training
Decoupling

Glutamatergic strategies are first-line

- N-acetyl Cysteine
- Riluzole
- Naltrexone
- Antipsychotics alone

CBT

Acceptance &
Commitment
Therapy (ACT)

Antipsychotic &
memantine
augmentation

TCA
(clomipramine)

Exposure to Triggers

ERP and I-CBT

Serotonergic strategies
are first-line

Treatment Strategies

ADHD



I went to take a bath and I met this turtle named Crush and he told me about this fish named Nemo and we had to find Nemo! Oh my gosh, there was this whale! Dory was teaching me to speak Whale. Did you know that whales are mammals and they're almost as big as dragons, but they eat the tiniest foods called plankton, except killer whales, they eat seals and I met Marlin and went to Sydney and that's why I didn't actually bathe. I meant to take a bath, but I got lost.

ADHD ANSWERS

It feels kinda random what my mind wanders to in school...

You went to take a bath
THREE DAYS AGO!!
You came back even
more a mess!



It feels exciting meeting new creatures but... later I feel so frustrated and ashamed when my dad, my teacher, everyone is so mad at me...

There's just so many interesting creatures at the lake, it's hard to focus on bathing.

Just anything that interests me can take me away from what I'm supposed to be doing.

ADHD

Symptoms present from birth though may go unrecognized

Mind wanders randomly

Stimulant medication is first-line

Easily bored
novelty seeking

Impulsive

BOTH

Difficulty Focusing

Collateral reports from teachers are helpful

OCD

Gradual onset

Mind wanders to fears/doubts

SSRIs are first-line

ADHD vs OCD

What people think stimulants are like
for ADHD with tics and OCD

VS

What stimulants are actually like...



Methylphenidate
Amphetamine/dextroamphetamine



Methylphenidate
Amphetamine/dextroamphetamine

MUSHU'S MOM



I'm not
eating that
mom!

"He's gotten so picky about what he eats and he's losing weight. He just says it tastes funny and he doesn't want to get sick."

Wise choice, you
don't know where
I've been...

CASE #4



CLARIFYING QUESTIONS

If you had to eat it,
what would it be like
for you?

What does this
behavior do for you?

What are you afraid
will happen?

What does it feel
like?

What precipitates it?



OCD



How often do you consume raw shellfish?

"I ate a dwarf who tasted funny, like a sour taste and then I thought "what if they had a parasite? Or HIV. I couldn't stop thinking about it. I know HIV is a blood-borne pathogen, but I started only eating virgins just to be safe. Then I decided to only kosher virgins to avoid neurocysticercosis or vibrio, then vegan virgins so I don't get E. coli."



OCD ANSWERS....

If I ate it, I'd be terrified that I would get sick.

Sometimes I get triggered if I read a story about someone getting sick or a food has a funny taste.

I feel scared that anything might be contaminated.



HEALTH ANXIETY VS OCD TREATMENT

Illness Anxiety Disorder (Health Anxiety)

- Psychoeducation on anxiety sensitivity
- Identifying catastrophization of sensations
 - Normalization of body sensations/experiences
- Interoceptive Exposures

Health Focused OCD


ERP

Interoceptive/In-Vivo/Imaginal
Exposures

Response Prevention for
Reassurance Seeking

I-CBT, ACT, Etc.

SPACE



Ugh, I hate the hairy ones? Do you have any bald friends?

Nope, we're all extremely hairy people.

ARFID (AVOIDANT-RESTRICTIVE FOOD INTAKE DISORDER)



ARFID (avoiding Restrictive Food Intake Disorder) Transcript: "I can't stand the hairy ones. I have pieces of hair or clothes caught in my teeth, and it doesn't feel right. I don't eat anything with clothes or hair anymore. Can't stand things with scales either. I don't want to risk gagging and vomiting so I only feel safe eating bald, naked dwarves from a specific clan that I trust."

ARFID (AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER) ANSWERS....

If dad makes me eat it,
it's gross, disgusting, I
want to vomit.

I don't want to feel
grossed out so I only
feel safe eating
hairless dwarves
from clan Ironfist.



Sometimes, I just don't
feel hungry or thirsty.

I don't want to feel the
hair in my throat and
choke or vomit.

ARFID

Sensory-based
avoidance

Fear of adverse
feeding reaction:

- Choking
- Vomiting
- GI discomfort

Lack of interest in food

BOTH

Difficulty eating
new foods

Nutritional
Deficiency

Fear associated
with eating

OCD

Fear of getting ill/sick

May need to check
food labels
obsessively

May compulsively
research food
safety

ARFID vs OCD

ARFID

Sensory-based
avoidance

Fear of adverse
feeding reaction:

- Choking
- Vomiting
- GI discomfort

Lack of interest in food

BOTH

Limited range
of foods

Nutritional
Deficiency

Fear associated
with eating

Anorexia

Fear of gaining weight

May compulsively:

- Exercise
- Count calories
- Abusive laxatives
- Check weight

Distorted body
image

ARFID vs Anorexia

ARFID TREATMENT

CBT-AR (ARFID-Specific CBT)

Medical Treatment could include:

Gastroenterology

Dietitian

OT (Occupational Therapy)

Speech-Language Pathology (SLPs)



Sorry, I don't
eat red meat.

ORTHOREXIA



My dad had a heart attack and I decided to eat healthier. No more red meat like dwarves, just fish. But then I learned about high levels of mercury in fish so I stopped eating fish. I was eating only chicken, but then I found out about how many farmers use hormones and antibiotics so I only eat wild turkey now.



Orthorexia

Focus on purity or healthiness of food

May compulsively:

- Read labels
- Research source of food
- Research processing of food
- Avoid food groups (carbs)

May criticize other people's eating habits

BOTH

Limited range of foods

Fear of getting sick

Nutritional Deficiency

Fear associated with eating

OCD




Intrusive Fears
Vary in Content

More Variety of Compulsions

More reassurance seeking

Orthorexia vs OCD

“Simply Having the
most impressive
hoard in Middle earth
does **NOT** make me
a hoarder!”



**BASE DIAGNOSIS
ON PATIENT'S
INTERNAL
EXPERIENCE,
NOT JUST THEIR
EXTERNAL
BEHAVIOR!**

Dragon Differential Diagnosis for Restrictive/Repetitive Behaviors

CONTACT US! OR ELSE.....



SCAN ME

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RESOURCES

<https://www.bfrb.org>

<https://tourette.org/>

<https://neurodivergentinsights.com/>

<https://pandasnetwork.org/>

<https://www.youtube.com/@stacygreetermd>





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