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Reasons to Consider Medication for Anxiety/OCD

- ❑ Your child is not mature enough to comprehend or participate in Cognitive-Behavioral Therapy (CBT).
- ❑ Your child's symptoms are severe and he is unable to control them sufficiently to engage in CBT.
- ❑ Your child is unable to function, go to school, or leave the house.
- ❑ Your child is suffering from depression, hopelessness and helplessness.
- ❑ Your child has additional conditions such as Tourette Syndrome, ADHD or aggressive behavior that complicate his behavior and the treatment.
- ❑ Your family has such a high level of stress, conflict or distress that you are unable to provide the support that your child needs to go through CBT.
- ❑ Your child is unable to muster the readiness, motivation, insight, commitment, willingness, time or energy to engage in CBT.
- ❑ Your child is motivated for CBT but needs the extra nudge to get "unstuck."
- ❑ Your child has already had a course of *proper* CBT and still has troublesome symptoms. (The treatment must consist of CBT by a trained therapist. Merely being "in therapy" is insufficient).
- ❑ The aftermath of *not* placing your child on medication may be far more severe and permanent than the potential drawbacks of medications.