

## **ASSOCIATED CONTENT: "IMPULSE CONTROL DISORDER: SYMPTOMS AND TREATMENT" OCTOBER, 2010**

### **What type of impact does impulse control disorder have on a person's life?**

"A person with impulse control disorder may manifest legal, health, or relational difficulties. He or she may be overweight, incarcerated or have a chronic pattern of failed relationships. For example, a person may be unable to stop himself from overeating. Although he wants to be a normal eater, he cannot refrain from eating even after he is full. Over time, this can result in weight issues and serious health consequences. Another example could be when a person has an impulsive urge to act out sexually with persons other than his partner. This can lead to a pattern of failed relationships, low self-esteem, and self-loathing. Those feelings can, in turn, lead to other self-destructive behaviors used to medicate feelings that can result in even greater difficulties."

### **What type of help is available for someone who has impulse control disorder?**

"If a person suffers from impulse control disorder, help is available through cognitive-behavioral individual psychotherapy, and self-help programs. In individual psychotherapy, treatment is focused on each person's specific issues, underlying thought patterns, and resulting behaviors. These can be modified over time. In-group settings, such as 12-step programs, individuals can identify with others; shame and isolation are greatly reduced. The combination of both modalities is highly effective."