I decided to watch the first episode of Monk. Adrian Monk as a character clearly has a few things going for him. It was mentioned in the show that it is a for of an anxiety disorder and it was mentioned briefly that this was brought on from a past trauma when his wife was killed. The most prominent thing seems to be his Obsessive-Compulsive Disorder. He clearly has many obsessive thoughts, such as a t the beginning when he couldn’t let go that his stove might be on, or when in his therapist’s office he tried to ignore the misplaced pillow but couldn’t. The obsession seems to be with organizing things. He showed a lot of compulsions that went along with his obsessive thoughts. More examples include him counting how many peas to put in his chicken pot pie or when he wouldn’t go down to a crime scene because he wasn’t “wearing the right shoes.” (Breckman, 2002) Besides OCD he also seems to have a phobia of germs. This was displayed greatly by his freak-out near the coughing child.

The textbook says that one preferred way of helping with severe cases like this is exposure and response prevention. Someone might be able to expose Monk to something that would trigger a compulsion and then have him resist his urge. Perhaps they could point out something specific he does and have him resist that as well throughout his day. This cognitive-behavioral method might help him see that his compulsions don’t do much for him and with repeating this process he could stop doing it as much. From a biological perspective it is also possible that prescribing him some antidepressant drugs to help increase serotonin in his brain might help as well. Likely, it wouldn’t cure him but it might help reduce symptoms by quite a bit (Comer, 2018). The powerpoint gives a list of ways that things like this can be treated. It again makes reference to medication, but also suggests that relaxation might help. Because Monk received this disorder from a past trauma there is also a chance that trauma therapy might help as well.

Reference Page

Breckman, Andy. (producer). 2002, July 12, Mr. Monk Meets the Candidate [Tv show] Monk. Toronto Canada.

Comer, R. J., Comer, J. S. (2018). Abnormal Psychology. Worth Publishing.