

- **Your selection may include a positive or negative depiction of therapy and may or may not be realistic. Describe the psychotherapy setting portrayed in the selected movie or series.**

The television show *Monk* portrays the main character as having hundreds of fears. He has obsessive-compulsive disorder as described in the DSM-5. Further, he suffers from specific phobia, all types. OCD requires the presence of obsessions and compulsions. "Obsessions are recurrent and persistent thoughts, urges, images that are experienced as intrusive and unwanted, whereas compulsions are repetitive behaviors or mental acts that an individual feels driven to perform in response to an obsession" (APA, 2013, p. 235). According to the APA's criteria in the DSM for a diagnosis of OCD, aside from having obsessions and/or compulsions, they must be time consuming or cause clinically significant impairment in some important area of functioning in the individual's life. He displays rituals in the form of compulsions as a result of his obsessions. He has 312 different phobias and faces many stressors every day due to these phobias. He is frightened of life and most of the time decisions paralyze him. He has a compulsion to touch things lightly with his index finger like heat lamps, parking meters and hat racks. Monk displays observations by tilting his head and viewing objects between his fingers, and finally he has this excessive devotion to work such that when he has a crime to solve, it occupies all of his attention.

- **Describe the stereotypes that are portrayed in the therapeutic relationship, setting, or content of the therapy sessions.**

The characterization of Adrian Monk as an obsessional police detective contributes to the stigma associated with irrational behavior. Monk's OCD is used to his advantage as a detective, rather than stressing his rehabilitation and the support for his sickness. OCD is portrayed in the show's audience as a skill that may be beneficial, even though it is a medical condition that has to be treated. In contrast to his mental health Monk's psychiatrist, Dr. Kroger, seems to be helping him more with his criminal cases than with his mental health with the therapy he receives. Monk frequently receives counseling that focuses on his past and early life. He does receive pharmaceutical treatment is only temporary and more aimed at controlling his OCD. As the series progresses, Monk's mental health does, to some level, improve, although this seems to be