Course: cbt for obsessive compulsive disorder: a clinician's guide

Address: https://asadis.net/en/course/mastering-cbt-for-obsessive-compulsive-disorder-clinician-guide/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Cognitive-Behavioural Therapy (CBT) with Exposure and Response Prevention (ERP) is a well-established, evidence-based treatment approach that can significantly improve OCD symptoms within a few months, transforming a chronic condition with poor long-term outcomes into one with significantly better and lasting improvements.

It is highly effective in alleviating the profound impact that OCD can have on functioning and quality of life.

This workshop is designed to equip participants with the skills to assess, conceptualize, and plan an individualized treatment for clients presenting with OCD. Participants will learn a variety of CBT interventions designed to help clients :

• reduce intrusive obsessions;
• prevent compulsive behaviors;
• identify and modify unhelpful beliefs;
• decrease avoidance;
• manage distressing emotions and physical sensations.

This workshop will go over how to deliver each treatment component, from the initial assessment to the implementation of strategies for relapse prevention and termination. By the end of this training, you will have the necessary tools to reduce the impact that OCD has on your clients' lives.
Learning objectives:

1. Conduct a thorough assessment for OCD and co-morbid conditions
2. Formulate a CBT case conceptualization for OCD and develop an individualized treatment plan
3. Implement each advanced CBT treatment component for OCD

Learning material:
A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This course is intended for mental health professionals.

The expert
Dr. Deborah Schwartzman, psychologist, is an experienced psychologist who provides clinical services to a wide variety of clients and patients. She however specializes in providing support and treatment for individuals struggling with post-traumatic stress disorder, anxiety disorders, and mood disorders.

She has extensive research and clinical experience in Cognitive Behavioural Therapy (CBT), a well-established and evidence-based approach. In addition to her clinical work, Dr. Schwartzman provides clinical training and supervision to graduate students and interns as well as mental health professionals.

Syllabus
PowerPoint
Introduction
Introduction to OCD
What Are Obsessions
What Are Compulsions
What is Obsessive-Compulsive Disorder
Prevalence and Vulnerability Factors
Treatment
OCD-Related Disorders
Assessment and Risk Evaluation
Differential Diagnoses
Assessment Instruments
Risk to Self, and to Others
Family Accommodation
Cognitive Behavioral Techniques in OCD
CBT Model for OCD
CBT for OCD
Providing Psychoeducation about CBT Treatment
Addressing Cognitive Distortions
Identify Distortions
Interventions to Challenge the Distortions

Some Strategies for Common Distortions
Exposure Therapy Methods
Exposure and Response Prevention
Imaginal Exposure
In-Vivo Exposure
In-Vivo Exposure Examples
Additional Treatment Components and Case review
Treatment Interfering Conditions and Family Participation
Accommodation Behaviors, and End of Treatment
Finale Case Example
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*