Course: psychological treatment of ocd – best practices and recent advances

Address: https://asadis.net/en/course/psychological-treatment-ocd-best-practices/

Duration: 5h

Type of course: Continuing education

Location: Online course

Individual price: $200.00

Overview:
Obsessive-compulsive disorder (OCD) is a common condition associated with unwanted thoughts, images, or urges (obsessions) and repeated behaviours aimed at reducing anxiety or preventing danger (compulsions). Unfortunately, clinicians are often not up to date with best treatment practices for this condition. Clinicians need to know about the theoretical foundations and practical application of well-established behavioural approaches (e.g., exposure and response prevention) and cognitive approaches (e.g., experiments, cognitive restructuring), as well as emerging acceptance and mindfulness-based approaches. Assessment strategies will also be reviewed.
Learning objectives:
1. Describe best practices in the assessment of OCD
2. Describe evidence-based behavioural strategies for treating OCD, such as exposure and response prevention
3. Describe effective cognitive strategies for treating OCD, such as cognitive restructuring and experiments
4. Describe emerging mindfulness and acceptance-based strategies for OCD and strategies for resolving ambivalence, promoting engagement, and dealing with treatment-interfering behaviours

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 training is intended for mental health professionals.

The expert

Prof Martin M. Antony is professor in the Department of Psychology at Ryerson University, provincial clinical lead for the Ontario Structured Psychotherapy Program, and president of the Association for Behavioral and Cognitive Therapies.

Previously, he was founding director of both the Anxiety Treatment and Research Clinic and the Psychology Residency Program at St. Joseph's Healthcare Hamilton. He is a fellow of the Royal Society of Canada, and previously served as president of the Canadian Psychological Association. He has published over 30 books and over 250 scientific articles and chapters in areas related to cognitive behavior therapy and anxiety-related disorders.

He has given more than 425 presentations to audiences across four continents, and has been interviewed, featured, or quoted more than 450 times in various print, radio, television, and online media outlets, including CBC, CNN, Globe and Mail, National Post, Toronto Star, New York Times, Washington Post, Scientific American Mind, and many others.

Syllabus

PowerPoint

Overview of OCD

Presentation

Overview of OCD

Problems that are not classifies as OCD-related

Other features of OCD

Comorbidity

Gender, culture and others

Etiology of OCD

Cognitive model of OCD

Factors in OCD

Assessment of OCD

Recommendations for the OCD treatment

Psychological treatment of OCD

Presenting the treatment

Exposure to fear

Safety behaviors

Variability and retrieval cues

Other recommendations

Imaginal exposure

Ritual prevention

Respond to request for reassurance

Sample treatment plans

Adapting OCD to special situations

Trouble shooting
Treating OCD and autism
Adapting treatment for Covid-19
Cognitive strategies
Questions on cognitives strategies
Behavioral experiments
Other cognitive strategies
Treating OCD in groups
Mindfulness and acceptance-based treatments
Concerns about treatment
Motivational Enhancement for OCD
Adapting CBT for OCD in children
Comparing and combining CBT and medication
Additional recommended readings

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*