



## **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:** \$100.00

### **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 Antony**

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 classified 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  
Bibliography