Difficult to treat? Not anymore!

Cognitive therapy for
Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) is a heterogeneous disorder; common symptoms include washing and checking behaviour, as well as primary obsessions (i.e., repugnant, unwanted, intrusive thoughts, images and impulses). There has been a surge in recent research on each of these forms of OCD, with publications often based solidly in a variety of cognitively-based models.

Although these models differ to some extent in their explanation of obsessional and compulsive phenomena, they share a number of important features that are consistent with broad cognitive principles. We will begin with a review of the theoretical and empirical work conducted on the psychopathology and treatment of different manifestations of OCD. The workshop will continue with practical instruction on the cognitive-behavioural assessment and treatment of a variety of forms of the disorder, with particular emphasis on obsessions, compulsive checking, and contamination-related OCD (mental contamination). Although OCD remains a serious and often debilitating disorder, our ability to substantially improve the lives of those suffering from the problem has dramatically increased in recent years. This workshop will capitalize on these recent improvements through the emphasis of new cognitively-based treatment strategies for this challenging disorder.

Learning Objectives

Attendees will learn about cognitive case formulation, the importance of ongoing assessment, and specific therapeutic intervention techniques, all following from cognitive models of OCD. The workshop will include experiential, didactic, and group exercises. There will be opportunities for role play and/or the discussion of your own cases. Attendees should leave the workshop with some new ideas about how to work with their clients struggling with OCD.

Continued: 1 of 2 pages

For further information contact the Charlie Waller Institute:
cwi@reading.ac.uk
Tel: 0118 378 6668
http://www.reading.ac.uk/charliewaller

Cost of 1 day workshop: £130 including lunch
Learn about theoretical and background research related to obsessions and compulsions in OCD
Learn cognitive case conceptualization skills for use in planning the treatment of a number of forms of OCD
Acquire treatment skills to be employed with clients suffering from a variety of forms of obsessional thinking and/or compulsive behaviour in OCD

References


About the Presenter

Dr. Radomsky is Professor of Psychology at Concordia University and a co-Editor-in-Chief of the Journal of Behavior Therapy and Experimental Psychiatry. At Concordia, he directs the Anxiety and Obsessive-Compulsive Disorders Laboratory. His research investigates novel approaches to cognitive and behavioural aspects of and treatments for OCD and anxiety disorders. He is a Fellow of the Canadian Psychological Association, and has received several awards for his work including the Canadian Psychological Association’s President’s New Researcher Award (2007), being named a Beck Institute Scholar (2005-06), and receiving a Canadian Institutes of Health Research New Investigator Award (2004-09). Dr. Radomsky has published a number of peer-reviewed articles and book chapters related to his work on cognition, behaviour and the anxiety disorders, much of which emphasizes the important roles of experimental psychopathology in understanding causal factors in the maintenance of OCD, and in supporting developments in evidence-based interventions. Dr. Radomsky is also certified in cognitive therapy by the Canadian Association of Cognitive and Behavioural Therapies, and by the Academy of Cognitive Therapy. In his clinical practice he specializes in Cognitive-Behaviour Therapy (CBT) for OCD and anxiety disorders.

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