

# Professor Roz Shafran

University College London

Wednesday, 1<sup>st</sup> May 2019

Venue: University of Reading



CharlieWaller  
INSTITUTE

Evidence-Based Psychological Treatment

## Complex OCD: When the going gets tough, the tough get experimenting

### Introduction:

OCD is a common, disabling mental health problem which impacts significantly on quality of life. OCD usually takes a chronic course with low rates of spontaneous remission. Currently in England, over half of patients with OCD do not recover despite provision of evidence based psychological therapies incorporating exposure and response prevention in Improving Access to Psychological Therapies services. In the past decade, there have been significant advances in the understanding and treatment of OCD including the development of methods to increase engagement and optimise the chance of recovery. These treatment techniques incorporate a range of patient focused, advanced behavioural experiments which must be conducted with both skill and compassion.

### Content:

This interactive session will describe the 'appraisal' based cognitive behavioural approach to OCD and consider how to conduct personalised formulations in the face of complex, multi-faced OCD. Advances in the treatment of OCD in the following areas will be presented: understanding and treating 'mental contamination', new methods for addressing repeated checking, tackling pure obsessions where the feared consequence cannot obviously be confirmed (e.g., going to hell for blasphemous thoughts) and 'not just right experiences'. Participants will be encouraged to devise and execute their own behavioural experiment during the workshop.

***Participants are encouraged to bring their own cases for discussion and troubleshooting but to email the presenter with these directly in advance to ensure that the workshop, like therapy, can be personalised to meet the needs of the audience as far as possible.***



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## Learning objectives:

- To be able to conduct a personalised formulation for patients with complex OCD
- To develop ways to engage patients with complex OCD in therapy
- To conduct behavioural experiments to test 'untestable' beliefs
- To be able to identify and treat 'mental contamination'
- To be aware of the cognitive behavioural model of repeated checking and its implications for treatment
- To be able to address different forms of OCD with confidence including 'not just right experiences' and 'pure obsessions'

## Training modalities:

The workshop will be interactive and include both experiential and didactic teaching and videos. Participants are encouraged to bring and role-play their own cases.

## Key references:

- Rachman, S. (2002). A cognitive theory of compulsive checking. *Behaviour research and therapy*, 40(6), 625-639.
- Special Issue on Mental Contamination (2018): *Journal of obsessive-compulsive and related disorders*, 17.
- Shafran, R., Radomsky, A. S., Coughtrey, A. E., & Rachman, S. (2013). Advances in the cognitive behavioural treatment of obsessive compulsive disorder. *Cognitive Behaviour Therapy*, 42(4), 265-274.

## About the presenter:

Roz Shafran is Chair in Translational Psychology at the UCL Great Ormond Street Institute of Child Health. She is founder of the Charlie Waller Institute of Evidence Based Psychological Treatment. Her clinical research interests include dissemination and implementation of evidence-based psychological treatments across the age range and she has particular expertise in obsessive compulsive disorder, anxiety disorders, eating disorders and perfectionism. She has provided training workshops in her areas of clinical expertise, has over 180 publications, and has received an award for Distinguished Contributions to Professional Psychology from the British Psychological Society, the Marsh Award for Mental Health work and the 'Making a Difference' award from Positive Practice.

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**Cost of 1-day workshop:  
£130 including lunch**

All workshops, unless otherwise indicated  
are intended for a cross/mixed ability  
audience, and are held local to Reading



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