Understanding and Treating Obsessive Compulsive Disorder

Content:

This workshop is suitable for all those who are interested in working with patients suffering from Obsessive Compulsive Disorder. It reviews the assessment of OCD as well as evidence-based interventions such as psychoeducation, cognitive strategies, mindfulness, exposure and response prevention.

We will focus on the integration of different treatment strategies for the different types of OCD symptoms (e.g., repugnant obsessions and related compulsions, contamination fears, checking, mental rituals, ordering rituals, etc.). The impact of common comorbidities, strategies to address treatment non-adherence as well as relapse prevention will also be discussed.

Learning objectives:

• How to assess cognitive domains and symptom subtypes in OCD
• How to develop a personalized cognitive behavioral model with their OCD patients
• How to tailor exposure and response prevention exercises, mindfulness skills and various cognitive strategies (e.g., continuum technique, responsibility pie, taking another’s perspective, etc.) to different OCD symptom subtypes
• How to address pitfalls in treatment (reassurance seeking, low motivation)
• How to prevent relapse

Training modalities:

In this workshop the assessment and treatment of OCD will be taught through instruction, interactive discussion of specific cases, modelling, and practice (role-plays).

Key references:


Dr Sabine Wilhelm
Harvard Medical School

Wednesday, 10th June 2020
Venue: University of Reading

About the presenter:

Dr. Sabine Wilhelm is the Chief of Psychology and the Director of the Obsessive-Compulsive and Related Disorders Program at Massachusetts General Hospital. She is a Professor of Psychology (Psychiatry) at Harvard Medical School.

Dr. Wilhelm is recognized as a leading researcher in obsessive-compulsive and related disorders, and has published over 260 articles and reviews on cognitive functioning, prevalence and treatment outcomes of these disorders. She is especially interested in the development and testing of new technologies to treat illness and improve quality of life. She has also given more than 220 lectures on these subjects. Dr. Wilhelm has published seven books on OCD and related disorders. Dr. Wilhelm has been the principal investigator or site principal investigator of seven NIMH-funded research grants. She is also the principal investigator of several privately-funded clinical research studies investigating medication, cognitive-behavioral therapy, digital services, and other treatments for OCD and related disorders in children and adults.

Dr. Wilhelm is the Vice Chair of the Scientific Advisory Board of the International OCD Foundation, and she serves on the Scientific Council for the Anxiety and Depression Association of America as well as on the Tourette Syndrome Association Behavioral Science Consortium. Dr. Wilhelm is past President for the Association for Behavioral and Cognitive Therapies (ABCT). Dr. Wilhelm was an Associate Editor for the journals Depression and Anxiety and Behavior Therapy. She currently serves on eight editorial boards. In 2002, she was awarded the Claflin Distinguished Scholar in Medicine Award. She was named a Beck Institute Scholar in 2003, and was also the Scientific Program Chair of the World Congress of Behavioral and Cognitive Therapies held in Boston in June 2010. Additionally, Dr. Wilhelm is a fellow of the Association for Psychological Science. In 2018 Dr. Wilhelm received the Peter K. Ranney Innovation Award from the World Medical Innovation Forum at Partners HealthCare for her presentation “Bridging the Mental Health Treatment Gap.” In addition, she was awarded the Aaron T. Beck Award presented by the Academy of Cognitive Therapy in 2018.

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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.