CBT for OCD

Obsessive compulsive disorder (OCD) is a common, severe and chronic mental health disorder with low rates of spontaneous remission. CBT incorporating exposure and response prevention is effective for OCD and recommended by NICE yet half of patients with OCD do not meet criteria for recovery. In the past decade, there have been significant advances in the understanding and treatment of OCD including methods to optimise exposure and response prevention and potential treatment avenues to explore when the person doesn’t respond to ERP.

Content

This interactive session will begin describing the behavioural approach to OCD from which exposure and response prevention was originally derived. Recent work on optimising exposure in the context of the learning inhibitory approach developed by Michelle Craske will be discussed. The ‘appraisal’ based cognitive behavioural approach to OCD will then be presented. 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 are encouraged to bring their own cases for discussion and trouble-shooting.

Learning objectives:

- To understand the theoretical basis of exposure and response prevention, and cognitive behavioural approaches to OCD
- To learn how to assess 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’
Professor Roz Shafran
University College London

Wednesday 21 March 2018
Venue: Local to Reading

Training modalities
The workshop will be interactive and include both experiential and didactic teaching and videos. Participants will have a chance to discuss their own cases.

Key references:

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 150 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.

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

For further information contact the Charlie Waller Institute: cwil@reading.ac.uk, http://www.reading.ac.uk/charliewaller

Cost of 1-day workshop: £130 including lunch