

## Exposure and Response Prevention For the Treatment of OCD

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This training seminar for mental health professionals will introduce the essentials of cognitive behavioural therapy (CBT) for the treatment of Obsessive-Compulsive Disorder (OCD). Participants will learn how to conceptualise and understand the mechanisms that maintain OCD and practice developing individualized treatment plans. Time will be spent reviewing the principles of exposure with response prevention (ERP), the development of exposure hierarchies for OCD, guidelines for response prevention, the creation of coping scripts for exposure and the role of treatment-interfering behaviours in OCD. Experientially-based exercises will be used to reinforce and practice the core therapy skills introduced in each session.

### Agenda

Session 1	<u>Prevalence, Epidemiology and Definition of OCD in DSM-5</u> : Conceptual and controversial issues in defining and treating OCD. Overview of evidence-based treatment for OCD and introduction to exposure and response prevention as a first line treatment for OCD.
Session 2	<u>Introduction to the CBT Model for OCD</u> : Behavioural assessment of OCD and the use of relevant assessment measures. Identifying triggers for obsessions, internal and external compulsions and core fears. Development of individualized treatment plans and core treatment targets across common obsessive themes in OCD.
Session 3	<u>Practice with Conceptualizing OCD using the CBT Model</u> : Experiential session focused on using the OCD model to understand common OCD presentations and themes (i.e., contamination, harm based intrusions, symmetry, “just-right OCD”). Development of related treatment plans. Use of clinical vignettes to guide the session.
Session 4	<u>Development of Exposure-Hierarchies</u> : Practice developing exposure hierarchies across identified obsessive themes. Rating anxiety level for exposure items. How to put exposure goals in place and moving through the exposure hierarchy effectively. When to use imaginal exposure.
Session 5	<u>Preparing the Patient for Treatment</u> : Education and normalizing of OCD using psycho-education. Reviewing guidelines for completion of exposure and response prevention. Creating and reviewing coping scripts for exposure sessions
Session 6	<u>Practice with Exposure</u> : Practice putting exposure goals in place using role plays. Identifying treatment interfering behaviours.

### What Participants Will Learn

1. Theoretical fundamentals and Principles of Exposure with Response Prevention
2. How to collaboratively conceptualise client problems and develop exposure hierarchies and guidelines for effective exposures
3. Practice with implementing an exposure goal and using model coping scripts

### Target Audience

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, and other health professionals who are seeking practical, proven methods to enhance their therapeutic skills.

Registration is limited to 12 participants.

### Location

Ottawa Institute of Cognitive Behavioural Therapy, 411 Roosevelt Avenue, Suite 200, Ottawa, ON.

For more information please contact Lisa at (613) 820-9931 x:0 or visit our registration website at <https://excellenceinpractice.simplesignup.ca/en>.