

# CBT for OCD and related disorders

Thursday 2 February 2023  
9am to 4.30pm

RCPsych London, E1 8BB



## Programme

Thursday 2 February 2023	
09.00-09.30am	<b>Registration and refreshments</b>
09.30-10.45am	<b><u>Session 1</u></b> <ul style="list-style-type: none"><li>• Description of OCD and why it is a serious disorder</li><li>• Why CMHTs and others need to know about OCD and what are the current issues with OCD treatment?</li><li>• Treatment of OCD<ul style="list-style-type: none"><li>○ Psychopharmacology (brief overview as often used concurrently with CBT)</li><li>○ Psychological intervention (CBT; ERP and third wave treatment)</li></ul></li><li>• How do you set about treating OCD with psychological treatments?</li></ul>
10.45-11.15am	<b>Morning Refreshment Break</b>
11.15am-12.30pm	<b><u>Session 2</u></b> <p>Video demonstration and discussion</p>
12.30-1.30pm	<b>Lunch</b>
1.30-2.45pm	<b><u>Session 3</u></b> <ul style="list-style-type: none"><li>• What can go wrong and how to tackle this.</li><li>• Conditions Comorbid with OCD<ul style="list-style-type: none"><li>○ Depression</li><li>○ Autism and neurodevelopmental disorders</li><li>○ Schizophrenia</li></ul></li><li>• Conditions Related to OCD<ul style="list-style-type: none"><li>○ Tics</li><li>○ Trichotillomania</li><li>○ Skin Picking</li><li>○ Hoarding Disorder</li><li>○ Hypochondriasis and Health Anxiety</li></ul></li></ul>

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2.45-3.15pm	<b>Afternoon Refreshment Break</b>
3.15 -4.30pm	<b><u>Session 4</u></b>  Either video demonstration and discussion or case presentations and discussion
4.30pm	<b>Close</b>