

CBT for OCD and related disorders

Wednesday 21 February 2024, 9.00am-4.30pm

In-person training course, RCPsych London, E1 8BB

9.00am-9.30am	Registration and refreshments
9.30am-10.45am	<u>Session 1</u> <ul style="list-style-type: none">• Description of OCD and why it is a serious disorder• Why CMHTs and others need to know about OCD and what are the current issues with OCD treatment?• Treatment of OCD<ul style="list-style-type: none">◦ Psychopharmacology (brief overview as often used concurrently with CBT)◦ Psychological intervention (CBT; ERP and third wave treatment)• How do you set about treating OCD with psychological treatments?
10.45am-11.15am	Morning Refreshment Break
11.15am-12.30pm	<u>Session 2</u> <p>Video demonstration and discussion</p>
12.30pm-1.30pm	Lunch
1.30pm-2.45pm	<u>Session 3</u> <ul style="list-style-type: none">• What can go wrong and how to tackle this.• Conditions Comorbid with OCD<ul style="list-style-type: none">◦ Depression◦ Autism and neurodevelopmental disorders◦ Schizophrenia• Conditions Related to OCD<ul style="list-style-type: none">◦ Tics◦ Trichotillomania◦ Skin Picking◦ Hoarding Disorder◦ Hypochondriasis and Health Anxiety
2.45pm-3.15pm	Afternoon Refreshment Break
3.15pm -4.30pm	<u>Session 4</u> <p>Either video demonstration and discussion or case presentations and discussion</p>
4.30pm	Close