

ICCBI 2018 Pre-Conference Workshop 1

CBT for OCD

On 25/09/2018 from 9:00 am to 4:00 pm

Fee: Rs. 4000/-

Workshop Aims: This workshop is aimed at both beginning and intermediate clinicians with mental health experience to diagnose, assess and develop a CBT model with their clients/patients. The aims will be able to select and guide clients to apply exposure and response prevention strategies in a graded way, both incorporating cognitive intervention aimed at altering problematic beliefs that impede progress during Exposure with Response Prevention. Participants will be able to gain initial experience in applying these techniques and will be encouraged to practice these methods with current clients

The Nature of OCD: Obsessive compulsive disorder (OCD) is a relatively common and pervasive problem that can have a devastating impact on people's lives. It is also a problem that that occurs across the lifespan from children to adults and across cultures. OCD takes a number of forms that include (1) fear of contamination with washing or cleaning rituals; (2) obsessions about harm, catastrophes and mistakes that provoke compulsive overt and covert checking; (3) mental and magical thinking with and without neutralizing rituals; and symmetry; and (4) exactness/perfectionism concerns associated with ordering rituals.

Workshop Focus: This workshop will focus on the diagnosis, nature and psychological formulation of the obsessions, associated beliefs and emotions, as well as the behavioural consequences that include avoidance, mental and covert rituals and overt compulsions. The schema and appraisals implicated in OCD symptoms will be outlined including the over-importance of thoughts, overestimation of harm, inflated responsibility, and the intolerance of uncertainty and need for perfectionism will be explored and the implications considered.

Workshop Content and Learning Approach: The workshop will include live demonstrations and workshop participants will be able to practice how to apply psychological models of OCD symptoms and beliefs. Treatments for OCD that are evidence based that include behavioural exposures and blocking of rituals and cognitive therapy directed at obsessions and appraisals. Participants will practice applying exposure and response prevention (ERP) and cognitive therapy (CT) techniques that target patients' unhelpful thinking and beliefs. Case materials and video illustrating patients' symptoms and treatment will be included, and participants will also be invited to discuss and role play issues from their cases in order to gain practical experience and feedback on applying CBT strategies.

Workshop Resource Person:



Dr. Michael Townend is a Reader and Consultant in Cognitive Behavioural Psychotherapy at the University of Derby UK. He has over 25 years' experience of working with OCD and other Behavioural Problems with Adult Clients. Michael has co-authored 3 books on CBT, continues to teach CBT for Post Graduate Programmes and has published over 30 papers on CBT and related mental health issues.

Workshop Pre Reading

- Corrie, S., Townend, M. and Cockx, A. 2nd Edition (2016) *Assessment and Formulation in Cognitive Behavioural Psychotherapy*. Sage. London.
- Kingdon, D., Maguire, N., Stalmeisters, D. and Townend, M. (2017). *CBT Values and Ethics*. Sage. London.
- Veale, D. & Willson, R. (2005) *Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioral Techniques*. Constable & Robinson
- Veale, D., 2007. Cognitive behavioural therapy for obsessive compulsive disorder. *Advances in Psychiatric Treatment*, 13(6), pp.438–446. Available at: <http://apt.rcpsych.org/cgi/doi/10.1192/apt.bp.107.003699>.