

OCD

Obsessive-Compulsive Disorder:
*It's not all Handwashing
and Light Switches*

FEB 19

8AM- 12:30PM

Eastern Standard Time (EST)

at: Sarah Simpson
Professional Development
Technology Center

*801 Tipton Avenue
Knoxville, Tennessee 37920*

*Complimentary
Networking Lunch
Following Presentation*

4CE

Credits Applied For

REGISTER EARLY!

\$35 - Early Registration
\$45 - After February 10, 2021

*Seating will be limited to
accommodate social distancing.*

[SUMMITBHC.COM/EVENTS](https://summitbhc.com/events)

EVENT CONTACT

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PRESENTED BY

Karen R Swanay, MS, LPC-MHSP, CAAP

OVERVIEW:

Obsessive-Compulsive Disorder (OCD) is a mental health disorder that affects about 1 in 100 adults, and 1 in 200 children living in the United States. OCD does not discriminate. It affects people across gender, socioeconomic status, race, ethnicities and the lifespan. Left untreated it severely impacts quality of life and it can often be a confound in therapy for other issues.

OBJECTIVES:

1. Participants will be able to identify OCD and related disorders including common subtypes and how they present in clients.
2. Participants will have a basic understanding of the Obsessive-Compulsive cycle, how avoidance, accommodation, and reassurance make it worse, and how Exposure + Response Prevention works to lessen OC symptomology.
3. Participants will gain an understanding of common co-occurring disorders, confounds to treatment and become familiar with assessment and hierarchy building.
4. Participants will become familiar with the impact on family, friends, and coworkers of individuals with OCD and gain strategies for working with those individuals.

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