

# OCD & Anxiety Lecture Series at Sheppard Pratt

SHEPPARD PRATT PROFESSIONAL EDUCATION PROGRAM

**ONLINE BROADCAST** - 9:00 am to 12:15 pm

[Click here](#) to register and for more information.

## Sessions I & II, Friday, March 26, 2021

- 9:00 am – 10:30 am: **Session I - Core Concepts in Diagnosing and Treating Obsessive Compulsive Disorder with Cognitive Behavioral Therapy** - Jon Hershfield, MFT
- 10:30 am – 10:45 am: BREAK
- 10:45 am – 12:15 pm: **Session II - Medication Protocols for Obsessive Compulsive Disorder, New Research, and Differential Diagnosis** - Robert Hudak, MD

## Sessions III & IV, Friday, April 23, 2021

- 9:00 am – 10:30 am: **Session III - Treating Pediatric Obsessive Compulsive Disorder** - Aureen Pinto Wagner, PhD
- 10:30 am – 10:45 am: BREAK
- 10:45 am – 12:15 pm: **Session IV - Working With Families and Treatment Refusal** - C. Alec Pollard, PhD

## Sessions V & VI, Friday, May 21, 2021

- 9:00 am – 10:30 am: **Session V - Inhibitory Learning Theory in Exposure-based Treatment of Obsessive Compulsive Disorder** - Jonathan Abramowitz, PhD
- 10:30 am – 10:45 am: BREAK
- 10:45 am – 12:15 pm: **Session VI - Disgust and Not Just Right Experiences in Obsessive Compulsive Disorder** - Dean McKay, PhD

*In the event an announced speaker is unable to present, Sheppard Pratt reserves the right to present an alternative speaker on a comparable subject.*

## Program Description

Obsessive-compulsive Disorder (OCD) is a common and often debilitating mental health condition characterized by unwanted intrusive thoughts (obsessions) and repeated distress-reducing behaviors (compulsions). Frequently misunderstood, misdiagnosed, and mistreated, this series of lectures will demystify the disorder and the most effective protocols for helping those who suffer from it. Attendees new to or heavily experienced in treating OCD will gain knowledge on the disorder from multiple perspectives. This unique format features six lectures from top experts in the field, scheduled across three sessions over the spring season.

The series begins at the introductory/intermediate level with an exploration of the essential concepts necessary for diagnosing and treating the disorder effectively, with both cognitive behavioral interventions and the most up to date medication approaches. The second session takes it to the intermediate/advanced level, covering the best practices for treating children with OCD and the most effective strategies for working with family dynamics and treatment refusal. The series ends with advanced lectures on how to maximize exposure-based treatments with an emphasis on inhibitory learning and an exploration of the role of disgust and "not just right experiences" in some manifestations of OCD.

\*Please see registration instructions on page 3.

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## Learning Objectives

Attendees will be able to:

1. Identify the psychotherapeutic and psychiatric best-practices for the treatment of OCD.
2. Formulate treatment plans for children and families with OCD with and without treatment willingness.
3. Distinguish between the habituation and inhibitory learning models of OCD treatment.

## Approval Statements

*Each workshop date offers 3.0 contact hours.*

**Physician Statement:** Sheppard Pratt is accredited by The Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this CME activity. Sheppard Pratt designates this live activity for a maximum of 9.0 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurse Statement:** Sheppard Pratt is an approved provider of continuing nursing education by Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this CME activity. This activity is approved for 9.0 contact hours for nurses.

**Psychologist Statement:** Sheppard Pratt is authorized by the State Board of Examiners of Psychologists as a sponsor of continuing education. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this continuing education activity. Sheppard Pratt designates this educational activity for a maximum of 9.0 contact hours for Psychologists.

**Social Worker Statement:** Sheppard Pratt is authorized by the Board of Social Work Examiners of Maryland to offer continuing education for Social Workers. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this continuing education activity. This activity is approved for 9.0 contact hours in Category I credits for Social Workers.

**Counselor Statement:** Sheppard Pratt has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5098. Programs that do not qualify for NBCC credit are clearly identified. Sheppard Pratt is solely responsible for all aspects of the program. This activity is available for 9.0 NBCC clock hours.

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## General Registration

Activity fee to attend one activity \$75

Early Bird Rates (valid now through March 1, 2021): Attend all three activities for \$150

Includes March 26, April 23, and May 21, 2021, offering 9 contact hours

Use coupon code: OCD 2021 when purchasing all three activities

## Employees of Sheppard Pratt and Affiliate Agencies Registration

Activity fee to attend one activity \$45

Early Bird Rates (valid now through March 1, 2021): Attend all three activities for \$75

Includes March 26, April 23, and May 21, 2021, offering 9 contact hours

Use coupon code: SP OCD 2021 when purchasing all three activities

## Instructions

- [Click here](#) to register to earn credit for attending this activity, log into, or register for an account in Sheppard Pratt's Ethos continuing education system.
- Payment can be made by credit card online through the Sheppard Pratt Ethos System. We accept Visa, MasterCard, American Express and Discover.
- An email with the link to view the broadcast and handout attachments will be sent on March 25, 2021.

## Withdrawal Deadlines & Refund Policy

No refunds or credits will be issued for request for withdrawal after the listed deadlines.

- **March 1, 2021** is the deadline to request a refund for withdrawal from Early Bird fees and receive a refund. Withdrawals from the Early Bird rates are subject to a \$40/\$20 administrative charge.
- **March 12, 2021** is the deadline to request a refund for withdrawal from the March 26 event. Withdrawals from the March 26 event are subject to a \$20/\$10 administrative charge.
- **April 9, 2021** is the deadline to request a refund for withdrawal from the April 23 event. Withdrawals from the April 23 event are subject to a \$20/\$10 administrative charge.
- **May 7, 2021** is the deadline to request a refund for withdrawal from the May 21, 2021 event. Withdrawals from the May 21 event are subject to a \$20/\$10 administrative charge.

Questions? Please email [cme@sheppardpratt.org](mailto:cme@sheppardpratt.org).