

OCD & Anxiety Fall Lecture Series

The Center for Professional Education at Sheppard Pratt

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Sessions I & II, Friday, October 6, 2023, 12 - 3:15 p.m. ET

- 12 - 1:30 p.m.: **Helping Your Patients Live with Uncertainty: ERP+** Presented by: Jonathan Grayson, PhD
- 1:30 - 1:45 p.m.: *Break*
- 1:45 - 3:15 p.m.: **Sleep, Dreams, and Rumination in OCD** Presented by: Sarosh Motivala, PhD

Sessions III & IV, Friday, November 3, 2023, 12 - 3:15 p.m. ET

- 12 - 1:30 p.m.: **Intensive Process-Based CBT for Adolescents with Severe OCD & Related Disorders**
Presented by: Jamie A. Micco, PhD, ABPP
- 1:30 - 1:45 p.m.: *Break*
- 1:45 - 3:15 p.m.: **Similarities and Differences in the Treatment of OCD and Related Disorders**
Presented by: Steven Poskar, MD

Sessions V & VI, Friday, December 8, 2023, 12 - 3:15 p.m. ET

- 12 - 1:30 p.m.: **Phenomenology and Treatment of Body-Focused Repetitive Behaviors: An Overview of Existing and Emerging Approaches** Presented by: Marla W. Deibler, PsyD, ABPP
- 1:30 - 1:45 p.m.: *Break*
- 1:45 - 3:15 p.m.: **Multimodal Treatment of Pediatric OCD: Outcomes at Higher Levels of Care**
Presented by: Martin E. Franklin, PhD

Program Statement:

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). Unfortunately, OCD is frequently misunderstood, misdiagnosed, and mistreated. This series of lectures will demystify OCD and related disorders and discuss the most effective protocols for helping those who suffer from them. Attendees new to or heavily experienced in treating OCD and related disorders will gain knowledge from the multiple perspectives provided. This unique format features six lectures from top experts in the field, scheduled across three sessions during the fall season. This series includes experts presenting on uncertainty acceptance in OCD treatment, sleep and OCD, process-based treatment of severe OCD and related disorders in for teens, similarities and differences in interventions for OCD and related disorders, current best practices for children and adolescents, and multimodal treatment of pediatric OCD at higher levels of care.

Approval Statements:

This series offers 9.0 contact hours for attending all three dates.

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 3.0 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse Statement: Sheppard Pratt is approved as a provider of nursing continuing professional development by the 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 provides 3.0 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 3.0 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 3.0 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 3.0 NBCC clock hours.