

OCD & Anxiety Spring Lecture Series

THE CENTER FOR PROFESSIONAL EDUCATION AT SHEPPARD PRATT

ONLINE BROADCAST

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

Sessions I & II, Friday, April 15, 2022, 1:00 p.m. - 4:15 p.m. ET

- 1:00 p.m. - 2:30 p.m.: **Session I - How Good Do You Have to Be? Exploring Moral Scrupulosity in OCD** - Jon Hershfield, MFT
- 2:30 p.m. - 2:45 p.m.: Break
- 2:45 p.m. - 4:15 p.m.: **Session II - Shaping Motivation and Flexibility in OCD: Integrating ERP and Acceptance and Commitment Therapy** - Lisa W. Coyne, PhD

Sessions III & IV, Friday, May 13, 2022, 1:00 p.m. - 4:15 p.m. ET

- 1:00 p.m. - 2:30 p.m.: **Session III - Tourettic OCD: A Conceptual Framework for Treating a Common OCD Subtype** - Charles S. Mansueto, PhD
- 2:30 p.m. - 2:45 p.m.: Break
- 2:45 p.m. - 4:15 p.m.: **Session IV - Obsessive-Compulsive Disorder: Standard of Care and Innovative Treatment Strategies** - Christopher Pittenger, MD, PhD

Sessions V & VI, Friday, June 10, 2022, 1:00 p.m. - 4:15 p.m. ET

- 1:00 p.m. - 2:30 p.m.: **Session V - Assessing and Treating Co-existing Eating Disorders and OCD** - Kimberley Quinlan, LMFT
- 2:30 p.m. - 2:45 p.m.: Break
- 2:45 p.m. - 4:15 p.m.: **Session VI - Conceptualizing and Treating OCD in Autistic Individuals** - Jonathan H. Hoffman, PhD, ABPP

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 with an exploration of morality-based obsessions in OCD and its treatment and a presentation on the use of Acceptance and Commitment Therapy in OCD. The second series of lectures looks at a challenging form of the disorder known as Tourettic OCD followed by a lecture on best practices and innovations in the pharmacological treatment of OCD. The series ends with presentations on OCD with co-morbid eating disorders and OCD in individuals with autism.

*Please see registration instructions on page 3.

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Learning Objectives

Attendees will be able to:

1. Identify core concepts in the use of ACT in the treatment of OCD.
2. Conceptualize treatment of OCD with comorbid tic disorders and tic-like behaviors.
3. Modify evidence-based treatment approaches for OCD in individuals with autism.

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 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 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.



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General Registration: \$75 for one date; \$150 for two dates; \$225 for all three dates

Employees of Sheppard Pratt and Affiliate Agencies Registration: Free

Instructions

- [Click here](#) to register to earn credit for attending each 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.

Withdrawal Deadlines & Refund Policy

Refunds will be subject to a \$20 administrative charge (does not apply to Sheppard Pratt employees).

- **April 1, 2022** is the deadline to request a refund for withdrawal from the April 15 event.
- **April 29, 2022** is the deadline to request a refund for withdrawal from the May 13 event.
- **May 27, 2022** is the deadline to request a refund for withdrawal from the June 10 event.

Questions? Please email cme@sheppardpratt.org.