



# *Understanding & Treating Obsessive-Compulsive Disorder and Perfectionism*

## **Martin M. Antony, Ph.D., ABPP**

Dr. Antony describes evidence-based psychological approaches to treating OCD and perfectionism. In addition to behavioral strategies, he will present information on pharmacological and new biomedical treatments, such as deep brain stimulation and d-cycloserine. He will also describe specific strategies for dealing with treatment resistance, complex cases, and comorbidity.

### **Objectives *Participants will able to describe:***

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| <ul style="list-style-type: none"> <li>• Strategies for assessing and diagnosing obsessive-compulsive disorder</li> <li>• The nature of perfectionism</li> <li>• Evidence-based behavioral strategies for treating OCD and perfectionism</li> <li>• Cognitive strategies for treating OCD and perfectionism</li> </ul> | <ul style="list-style-type: none"> <li>• Mindfulness and acceptance-based strategies for treating OCD and perfectionism</li> <li>• Pharmacological treatments and other biological approaches for treating OCD</li> <li>• How to overcome challenges in the treatment of OCD and perfectionism</li> </ul> |
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### **12 hours CE Credit**

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| <ol style="list-style-type: none"> <li><b>1. Overview of OCD</b> <ul style="list-style-type: none"> <li>• OCD in the anxiety disorders spectrum Etiology of OCD</li> <li>• Diagnostic challenges and proposed changes for DSM-5</li> </ul> </li> <li><b>2. Assessment of OCD</b> <ul style="list-style-type: none"> <li>• Clinical interview—Questionnaire measures—Behavioral measures Assessing OCD in children</li> </ul> </li> <li><b>Biological Treatments for OCD</b> <ul style="list-style-type: none"> <li>• Medication treatments—Other biological approaches</li> <li>• Alternative and complementary treatments</li> <li>• Combining psychological and biological treatments</li> </ul> </li> <li><b>3. Behavioral Treatments for OCD</b> <ul style="list-style-type: none"> <li>• Exposure Ritual prevention</li> </ul> </li> <li><b>4. OCD Treatment</b></li> </ol> | <ol style="list-style-type: none"> <li><b>5. Cognitive Strategies for OCD</b> <ul style="list-style-type: none"> <li>• Cognitive restructuring—Behavioral experiments -</li> <li>• Treating OCD in Groups Treating OCD in Children</li> </ul> </li> <li><b>6. Treating Compulsive Hoarding Challenges in the Treatment of OCD Strategies for Enhancing Motivation</b> <ul style="list-style-type: none"> <li>• Motivational interviewing</li> </ul> </li> <li><b>7. Introduction to Perfectionism</b> <ul style="list-style-type: none"> <li>• Cognitive and behavioral features Assessment of perfectionism</li> <li>• Cognitive behavioral treatment of perfectionism</li> </ul> </li> <li><b>8. Perfectionism Treatment Mindfulness and Acceptance-Based Strategies</b></li> </ol> |
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### **Martin M Antony, Ph.D.**

Martin M. Antony is Professor and Graduate Program Director in the Department of Psychology at Ryerson University. He is also Director of Research at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Ontario, and past president of the Canadian Psychological Association. He has published 29 books and more than 150 scientific articles and book chapters in the areas of cognitive behavior therapy, obsessive compulsive disorder, panic disorder, social phobia, specific phobia and perfectionism.

Dr. Antony has received career awards from the Society of Clinical Psychology (American Psychological Association), the Canadian Psychological Association, and the Anxiety Disorders Association of America, and is a Fellow of the American and Canadian Psychological Associations. He has also served on the Boards of Directors for the Society of Clinical Psychology and the Association for Behavioral and Cognitive Therapies (ABCT), and as Program Chair for past conventions of ABCT and the Anxiety Disorders Association of America.

Dr. Antony trains and supervises numerous students in psychology, psychiatry, and other disciplines, and is widely recognized as a top trainer in the area of cognitive behavior therapy for anxiety disorders. He has given more than 200 workshops and presentations to professionals from across Canada, the United States, Europe, and Australia

#### **Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA**

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