



Treating OCD, Perfectionism and Related Conditions

Presented by

Martin M. Antony, PhD, ABPP

Thursday & Friday, September 28 & 29, 2023

LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET

OVERVIEW

Obsessive-compulsive disorder (OCD) is a prevalent condition, affecting up to 3% of people. Clinical perfectionism is a common feature of OCD, as well as a range of other problems, such as anxiety disorders, depression, and eating disorders, to name a few. This webinar provides step-by-step, evidence-based approaches for treating OCD, perfectionism, and related problems. Participants will learn about the latest approaches to treatment, including psychological treatments, pharmacological approaches, and newer biomedical treatments, such as deep brain stimulation and d-cycloserine.

Most of the webinar will focus on evidence-based psychological approaches to treating OCD and perfectionism. Attendees will learn about cognitive strategies for challenging the beliefs, interpretations, and predictions that help to fuel OCD and perfectionism. Behavioral approaches (e.g., exposure and response prevention, behavioral activation) will also be discussed. The webinar will also cover mindfulness and acceptance-based approaches, which have growing support for both OCD and perfectionism. In addition, participants will learn about how to use motivational interviewing to resolve ambivalence, resistance, and disengagement in therapy, how to provide culturally responsive care, and how to deal with complex cases and comorbidity. Finally, the webinar will discuss the features and treatment of other obsessive-compulsive spectrum disorders, including hoarding disorder, body-focused repetitive behaviors, body dysmorphic disorder, and illness anxiety.

Thursday, September 28

9: a.m. **OCD and Perfectionism – Descriptive Features, Etiology, and Assessment**

- Descriptive features of OCD and related disorders
- Descriptive features of perfectionism
- Etiology of OCD and perfectionism
- Assessment and measurement-based care

10:30 Break

10:45 a.m. **Biological Treatments for OCD**

- Pharmacological treatments for OCD
- Combining medications and CBT
- Other biomedical treatments for OCD
- Complementary and Alternative Treatments

12:15 p.m. Lunch Break

1:00 p.m. **Introduction to Psychological Treatments**

- Psychological treatment for OCD
- Psychological treatment for perfectionism

2:30 p.m. Break

2:45 **Psychological Strategies for OCD and Perfectionism**

- Exposure-based treatments
- Ritual prevention in OCD

4:15 p.m. Adjournment

Friday, September 29

9: a.m.

- Cognitive strategies
- Behavioral activation for perfectionism

10:30 a.m. Break

10:45 a.m.

- Mindfulness and Acceptance-Based Approaches
- Problem Solving in the Treatment of Perfectionism
- Motivational Enhancement Strategies

12:15 p.m. Lunch Break

1:00 p.m. **Obsessive-Compulsive Related Disorders**

- Hoarding disorder
- Illness anxiety
- Body dysmorphic disorder
- Body-focused repetitive behaviors

2:30 p.m. Break

2:45 p.m. **Adapting Treatments**

- Culturally responsive treatment
- Challenges in treating OCD
- Treating OCD in children
- Treating OCD in groups

4:15 p.m. Adjournment

Dr. Martin M. Antony is Professor and Chair in the Department of Psychology at Toronto Metropolitan University and provincial clinical and training lead for the Ontario Structured Psychotherapy Program. Previously, he was founding director of both the Anxiety Treatment and Research Clinic and the Psychology Residency Program at St. Joseph's Healthcare Hamilton. He is a fellow of the Royal Society of Canada, and a past president of the Canadian Psychological Association and the Association for Behavioral and Cognitive Therapies.

He has published 33 books and over 300 scientific articles and chapters in areas related to cognitive behavior therapy and anxiety-related disorders. He has given more than 425 presentations to audiences across four continents, and has been interviewed, featured, or quoted more than 450 times in various print, radio, television, and online media outlets.

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Individual Early Registration (received by August 18) _____	\$275 per person
Two or more together at the same time (by August 18) _____	\$255 per person
Regular Registration (August 19– September 22) _____	\$295 per person
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- Objectives: Participants will be able to:**
- describe the diagnostic and descriptive features of OCD, perfectionism, and related disorders
 - identify biological treatments for OCD
 - describe effective cognitive approaches for treating OCD, perfectionism, and related problems
 - identify behavioral approaches for treating OCD and perfectionism
 - describe mindfulness and acceptance-based treatments
 - identify strategies for managing ambivalence, resistance, and disengagement
 - identify features and treatments for obsessive-compulsive spectrum disorders

Audience - Human Service Professionals

- psychologists
- social workers
- licensed professional counselors
- school counselors and psychologists
- drug & alcohol
- counselors
- marriage & family therapists
- music therapists
- case managers
- rehabilitation counselors
- graduate students

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