

# Understanding OCD and Treatment with Exposure and Response Prevention

Obsessive compulsive disorder can be associated with extreme levels of distress and severe impairment in one's life. Proper diagnosis and treatment formulation is essential in assisting those with this disabling condition. Although most people are familiar with typical symptoms including washing and checking, many may not have an understanding of other presentations of OCD, such as scrupulosity, harm obsessions, and sexual obsessions. Fortunately, the gold standard treatment exposure and response prevention can be utilized to treat the various presentations of OCD. In this seminar, Dr. Hannan will review the various presentations of OCD and train attendees in making an accurate diagnosis of OCD. In addition to learning about the various presentations of OCD, attendees will learn to assess the severity of OCD. Dr. Hannan will explain the rationale of using exposure and ritual prevention and discuss how to conceptualize cases of OCD, along with creating an exposure hierarchy. Exposure therapy will be introduced through both didactics and video demonstration. Special cases of OCD, including comorbid conditions and adaptations needed to treat children, will be addressed.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Diagnose and assess severity of Obsessive Compulsive Disorder.
2. Identify the different presentations of obsessions and compulsions.
3. Identify cognitions and behaviors that maintain OCD symptoms.
4. Create a CBT-based treatment plan tailored to an individual's presenting symptoms.
5. Identify the special considerations needed to treat children with OCD.

## Seminar Schedule

Begin 10AM EST and end 5:15 PM, with 15 minute breaks at 11:30 and 3:30, and a 45 minute lunch break at 1:15 PM

## Outline

### Diagnosis

- Symptom presentations
- Diagnostic interview
- Understanding maintaining factors
- Complications of comorbidity

### Treatments

- Overview of medications
- Exposure and ritual prevention
  - Creating an exposure hierarchy
  - Ritual prevention
  - Exposure
  - Complicating factors
  - Adapting EX/RP for children

### Special cases

- PANS
- Challenging presentations

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### Continuing Education Credit

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## The Presenter

Dr. Scott Hannan is a clinical psychologist and manager of the outpatient clinic at the Anxiety Disorders Center/ Center for Cognitive Behavioral Therapy at the Institute of Living. Dr. Hannan received his Ph.D. from Fordham University and completed his internship at The Institute of Living with a focus on child and adolescent psychology. His training continued at The Institute of Living where he completed his postdoctoral fellowship at the Anxiety Disorders Center, specializing in cognitive behavioral therapy for children, adolescents, and adults.

Dr. Hannan's clinical interests include Obsessive-Compulsive Disorder, consultation with families affected by hoarding, Phobias, Panic Disorder, Post Traumatic Stress Disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. As a specialist in the treatment of school refusal behavior, he also consults with local school districts and conducts training seminars on school avoidance. Dr. Hannan believes that clinical practice should be guided by the latest research. He has worked on numerous research projects focusing on cognitive behavioral therapy for psychiatric problems such as Obsessive Compulsive Disorder, Panic Disorder, Trichotillomania, and Hoarding. Having developed an expertise in Obsessive Compulsive Disorder, Dr. Hannan has been a featured expert on shows such as the OCD Project and Hoarders.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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