

**Course Title:** OCD 101: Understanding and Treating Obsessive-Compulsive Disorder

**Duration of Course:** 6 hours

**Course Objectives:** By the end of this course, participants will be able to:

- Recognize diagnostic markers of OCD
- Differentiate between different themes and presentations of OCD
- Assess for OCD in a thorough and compassionate way
- Understand and describe the rationale for using exposure-response prevention (ERP) as a treatment for OCD
- Create individualized fear hierarchies for ERP
- Coach clients through ERP
- Understand the 6 core processes of Acceptance-Commitment Therapy and how they apply to the treatment of OCD
- Understand different treatment considerations specific to the OCD population