

# Let's Talk About Obsessive Compulsive Disorder.. OCD is Not What Most People Think and It's Certainly Not an Adjective!

October 3, 2024

10:00-11:30am MDT

This highly misunderstood neurological disorder is not rare and it typically starts early in life. Too often, OCD goes undiagnosed or misdiagnosed for many years. Individuals living with OCD are often offered therapy strategies that actually backfire and make their symptoms worse. In this session you will learn about the gold standard treatment for OCD called Exposure and Response Prevention (ERP). This session will also provide information about how loved ones can help their family member living with OCD.



## Learning Outcomes:

- Facilitate understanding of the OCD cycle and the essentials of Exposure and Response Prevention (ERP) therapy
- Learn about the problematic role of Family Accommodation (FA) and how loved ones get stuck in the OCD cycle too
- Learn about the best OCD educational resources

## Speakers:

Janet Caryk is a Registered Psychologist and Assistant Professor in the Faculty of Medicine and Dentistry at the University of Alberta and has been practicing for over 40 years. She is the co-founder of the Centre For Cognitive Behavioral Therapy in Edmonton and facilitates NO More Fear psychoeducational seminars for people living with OCD/anxiety disorders and their families. She is the Professional Director of the Alberta OCD Foundation. Janet works with clients 10+ years of age, providing exposure-based treatment. She also provides clinical supervision to psychology graduate students and psychiatry residents



Target Audience: This is a basic talk about OCD and Exposure and Response Prevention (ERP) suitable for both clinicians and individuals with lived experience and their family members

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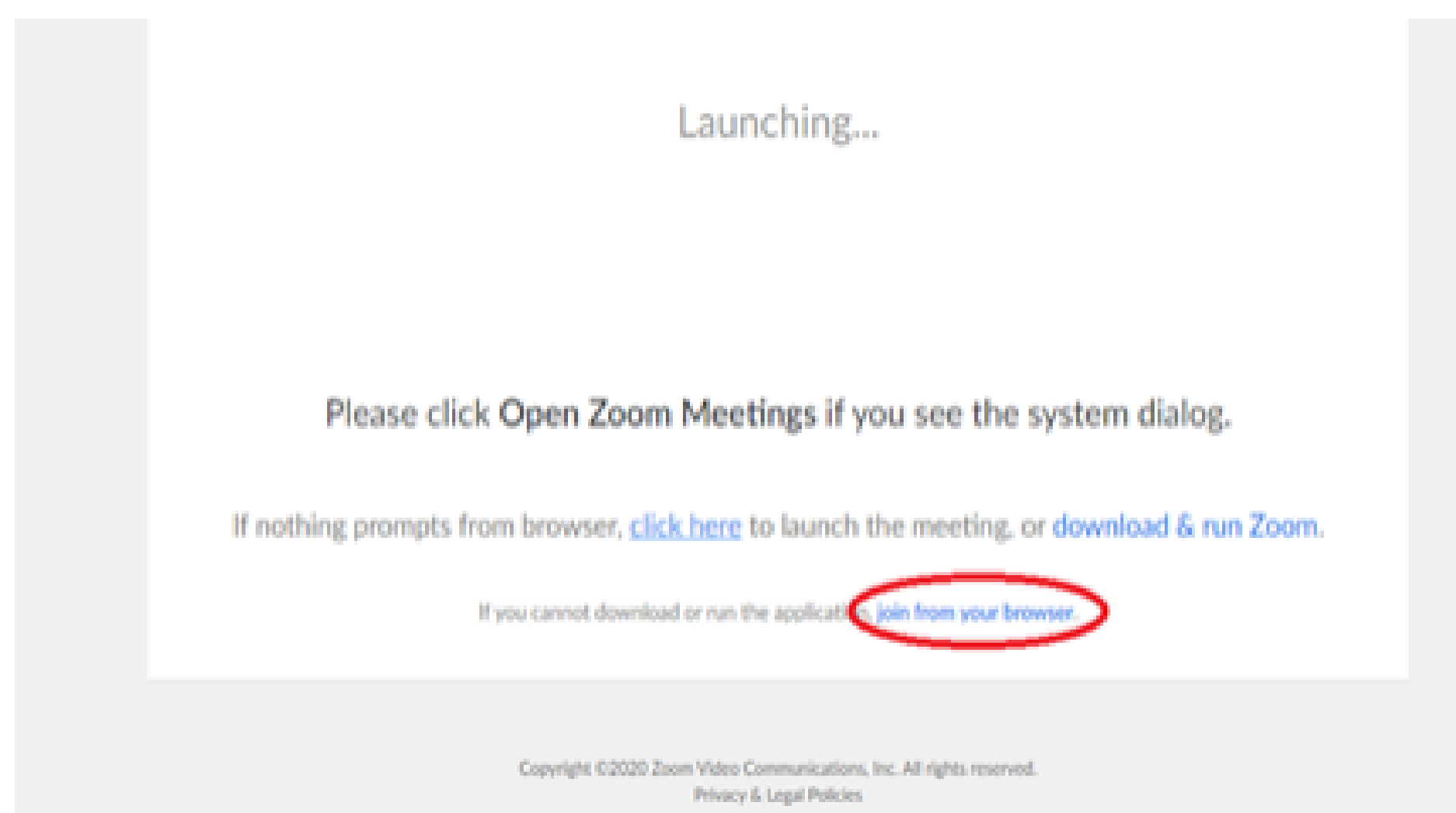
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