

# Understanding Obsessive-Compulsive Disorder: Myths, Realities, and Pathways to Support

October 21, 2025

10:00-11:30am MT

This educational session will explore the fundamentals of Obsessive-Compulsive Disorder (OCD), including what OCD is - and what it isn't. Participants will gain a deeper understanding of the signs and symptoms, the difference between obsessive thoughts and compulsive behaviours, and how OCD impacts daily life. This session will also highlight practical strategies for supporting individuals living with OCD and address common misconceptions.



## Learning Outcomes:

- Understand the core features of OCD and how it presents itself in everyday life
- Differentiate between myths and realities about OCD
- Explore evidence-based approaches to treatment and support
- Learn ways to reduce stigma and create supportive environments

## Speakers:

**Taylor Dusome** - Bachelors of Arts in Psychology, Masters of Arts in Counselling Psychology, Voice of Hope: Counselling & Wellness Centre, Independent Contractor. As a Métis person, Taylor has been actively involved in the Métis community and brings lived experiences, that informs her understanding of Indigenous identity, culture, and resilience. Her work is guided by respect for Indigenous traditions and awareness of the impacts of colonization and intergenerational trauma.

**Mackenzie Nicholson** - Student at Yorkville University, Practicum: Registered Qualifying Therapist at Voice of Hope. Mackenzie is currently completing her placement at Voice of Hope, where she is gaining hands-on experience in providing individual therapy. As a student at Yorkville University, she is passionate about mental health and dedicated to developing her skills in therapeutic practices. In addition to her academic pursuits, Mackenzie has lived experience with OCD, which informed her empathetic approach to therapy. She believes that her personal journey with mental health allows her to connect with clients on a deeper level and provides a unique perspective on the challenges of navigating mental health. Mackenzie is committed to helping others find their own paths to healing and growth.



**Target Audience:** Community members, caregivers, frontline workers, and professionals interested in learning more about OCD and how to best support individuals who may be living with it

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