

The University of Colorado Department of Psychiatry

presents

Anxiety and OCD Treatment Across the Lifespan

January 11, 12, and 13, 2023

8 am to 5 pm

Virtual

Anxiety Disorders and Obsessive Compulsive Disorder (OCD) can be experienced across the life span – during childhood and throughout adulthood. This interactive, three-day, virtual continuing education program includes presentations on the identification, differential diagnosis, and treatment of anxiety and OCD at different stages of life. The first day of this training will focus on treatment of anxiety in children and adolescents. The second and third days provide an overview of OCD, symptom presentations, and Exposure and Response Prevention (ERP) treatment. The workshop includes interactive practice of ERP as well as Cognitive Behavioral Therapy (CBT) techniques. In addition, strategies to engage and support families in anxiety and OCD evaluation and treatment will be reviewed. Interactive case discussions will highlight anxiety and OCD presentation and treatment in children and adults across the life span from diverse communities and contexts. At the end of this continuing education program, you will be able to incorporate ERP into your evidence based treatment toolkit.

Day 1 – January 11, 2023 Agenda

8:00am - 8:30am Completion of pre-test forms and introductions

8:30am - 10:00am Overview of treatment of anxiety in children

- a) Setting a frame for the diagnosis and treatment of anxiety in children: AKA Brain 101 and Anxiety 101
- b) Engaging in anxiety work with children using a culturally responsive methodology, including adapting models in culturally congruent ways
- c) F Step: Emotion work with anxious children

10:00am - 10:30am Break

10:30am - 12:00pm Additional tools for children in anxiety treatment

- a) A Step: Cognitive tools to treat anxiety in children
- b) C Step: Behavioral tools to use with children coping with anxiety

12:00pm - 1:00pm Lunch

1:00pm - 2:30pm Application of tools in anxiety treatment with children

- a) E Step: Engaging key learning principles in anxiety work: Practice exposure techniques
- b) Key exposure tips and clinical tricks for anxious children and families

2:30pm - 3:00pm Break

3:00pm - 4:30pm Additional tools to support anxiety treatment with children

- a) Ways to enhance motivation using MI work in the treatment of anxiety in children
- b) Classical vs. inhibitory learning models: Setting up hierarchies with anxious children

Learning Objectives

Following completion of this continuing education program, participants will be able to:

- 1. Describe a framework for the diagnosis and treatment of anxiety in children
- 2. List measures to assess the severity of different types of anxiety disorders in children
- 3. Describe emotion, cognitive, and behavioral tools to treat anxiety and OCD in children
- 4. Utilize motivational interviewing techniques and plans to treat anxiety and OCD in children
- 5. Develop hierarchies related to anxiety with children in developmentally appropriate ways

Day 2- January 12, 2023 Agenda

8:30am - 5 pm Overview of OCD and OCD Treatment in Adults

8:30am - 10am Introduction to OCD

- a) Define and conceptualize obsessions and compulsions
- b) OCD and diversity
 - a. Epidemiology of OCD including gender prevalence
 - b. Demographic correlations of OCD including ethnicity
 - c. Faith and OCD
- c) Review of co-morbidities in OCD
- d) Psychopharmacology in the treatment of OCD
- e) Neuromodulation for OCD

10:00am -10:30am Break

10:30am -12:00pm Introduction to OCD continued

- a) Subtypes of OCD and case discussion
- b) CBT assessment of OCD in adults

12:00pm - 1:00pm Lunch

1:00pm - 5:00pm Assessing patient motivation and goals of treatment

1:00pm - 2:30pm Laying the foundations for Exposure and Response Prevention (ERP) in OCD treatment

- a) Psychoeducation
- b) Identify Cognitive Distortions
- c) Goals of treatment
- d) Involving Family

e) Treatment Interfering Behaviors

2:30pm - 3:00pm Break

3:00pm - 5:00pm Laying the foundations for ERP continued

- a) Identify Primary and Secondary Avoidance
- b) Develop a Response Prevention Plan
- c) Improve distress tolerance

Learning Objectives Day 2

Following completion of this continuing education program, participants will be able to:

- 1. Diagnose obsessive-compulsive disorder (OCD) in adults
- 2. Describe common symptom themes in OCD
- 3. Summarize components of culturally informed cognitive behavioral assessment and treatment of OCD
- 4. Describe appropriate involvement of family in treatment and common treatment interfering behaviors
- 5. List the components of Exposure and Response Prevention (ERP) treatment
- 6. Develop and implement response prevention plans
- 7. Outline exposure hierarchies used in the treatment of OCD in adults
- 8. Summarize effective and culturally sensitive exposure strategies

Day 3: January 13, 2023 Agenda

8:30am - 5:00pm Application of exposure and response prevention treatment for OCD in adults

8:30am – 10:00am Exposure Work Continued

- a) Categories of exposures
- b) Culturally informed ERP: Tips for working with diverse populations
- c) Creating a Hierarchy
- d) Measuring anxiety/disgust/distress

10:00am - 10:30am Break

10:30am - 12pm Practical considerations in the treatment of OCD and Anxiety Disorders

- a) Interactive practice of exposure and response prevention approaches
- b) Ongoing OCD symptom management
- c) Ethical and risk management issues in the treatment of OCD in adults

12:00pm - 1:00pm Lunch

1:00pm - 3:00pm Practical application and of clinical skills

- a) Interactive hierarchy development and practice
- b) Role Playing ERP in OCD

c) Case examples and discussion

3:00pm - 3:30pm Break

3:30pm - 5:00pm When ERP therapy is not working

- a) Common pitfalls in ERP
- b) OCD case consultation and discussion
- c) Complete Post-Test Forms

Learning Objectives Day 3

Following completion of this continuing education program, participants will be able to:

1. Describe forms of Exposure and Response Prevention in the treatment of OCD in adults
2. Implement hierarchy development and utilize exposure and response prevention approaches in the treatment of adults with OCD
3. Summarize measures of anxiety, distress, and disgust before, during and after exposures for OCD treatment
4. List common co-morbidities with anxiety and OCD and describe how to evaluate over-lapping symptoms
5. Summarize ethical considerations and risk management concerns in ERP for the treatment of OCD in adults

PRESENTER BIOS

Kasey Benedict, LCSW currently works as an OCD and anxiety therapist with the Department of Psychiatry at the CU School of Medicine. Kasey graduated from DU with her masters of social work and has over 7 years of experience working with adults with a broad range of conditions including chronic pain, substance use disorders, anxiety and OCD.

Scott Cyper, PhD is an Assistant Professor of Psychiatry, University of Colorado School of Medicine, Anschutz Medical Campus, and the Director of Stress and Anxiety Programs at the Helen and Arthur E Johnson Depression Center. His primary clinical and research interests focus on anxiety and stress-related issues, especially improving outcomes around anxiety treatment and building innovative anxiety treatments. For the past 16 years, Dr. Cyper has worked in various clinical roles including Director of Anxiety and Stress Programs at Children's Hospital Colorado, as a psychologist working with active duty military at Buckley Mental Health, and in varied roles in student health services in several universities. Across these positions, Dr. Cyper has built innovative programs to address the range of mental health issues, most notably in the areas of stress, anxiety and promoting help-seeking behaviors.

Rachel Davis, MD is Associate Professor of Psychiatry, Vice Chair for Clinical Affairs, Medical Director of Student/Resident Mental Health, and Medical Director of the OCD Program at the University of Colorado Anschutz Medical Campus. She is Service Director for the Department of Psychiatry's Psychiatric Neuromodulation and Advanced Therapeutics Service, and she specializes in Deep Brain

Stimulation (DBS) for refractory, severe OCD. Dr. Davis completed her undergraduate degree, medical school, and psychiatry residency at the University of Colorado, and has been on faculty at the University of Colorado Anschutz for the past 11 years. She is currently a Principal Investigator on an NIH BRAIN initiative studying the ethics of DBS in Schizophrenia.

Emily Hemendinger, LCSW, MPH, CPH, ACS is currently an Assistant Professor, Lead OCD Therapist, and DBS Coordinator with the OCD Program, Department of Psychiatry, University of Colorado School of Medicine, Anschutz Medical Campus. She has extensive clinical experience working with OCD and eating disorders, with four years as a Primary and Family Therapist at Eating Recovery Center. Emily also specializes in anxiety disorders, perfectionism, and body image. Emily has a background in behavioral and community health sciences, health education, and health promotion. Her passion is combining her mental health and public health work, with specific focus on reworking our society's relationship with food and self-image.

Stephanie Lehto, PsyD is currently an Assistant Professor with the OCD Program and Student and Resident Mental Health, Department of Psychiatry, University of Colorado Anschutz Medical Campus. Dr. Lehto has clinical experience working with OCD, Eating Disorders, Anxiety Disorders and Mood Disorders. She has also worked as a Primary and Family Therapist at the Eating Recovery Center prior to her transition to the OCD Program.

Abby Norouzinia, PhD is a Licensed Clinical Psychologist and Senior Instructor with the OCD Treatment Team and Helen and Arthur E. Johnson Depression Center at the University of Colorado Anschutz School of Medicine. She completed her Clinical Internship at the Denver VA Medical Center and subsequently completed a Postdoctoral Fellowship at the Denver VA Medical Center with an emphasis on the assessment and treatment of PTSD and trauma. Dr. Norouzinia has worked in a variety of outpatient clinics and residential treatment programs, both within and outside the academic medical system and the VAMC. Dr. Norouzinia utilizes compassion, humor, and a collaborative style to help her clients address difficult issues with the use of evidence-based treatments (PE, CPT, ERP, IFS, EFT, CBT, etc.). Her goal is for clients to better understand the function behind their presenting concerns, learn how to effectively address them, and build compassion for themselves and others along the way.

The University of Colorado Department of Psychiatry (DoP) is approved by the American Psychological Association to sponsor continuing education for psychologists. The DoP maintains responsibility for this program and its content. This workshop will provide 19.5 continuing education credits for licensed psychologists who attend the three day program and complete the evaluation forms. Partial CE credit is not available for this program. CE certificates will be emailed to participants within two weeks of the educational program.

If you have any special needs, or questions about CE credits, please contact [Becky Alberti-Powell at becky.alberti-powell@cuanschutz.edu](mailto:becky.alberti-powell@cuanschutz.edu).