

# INTERACTIVE WEBCAST

## WEDNESDAY, DECEMBER 15, 2021

### INTERACTIVE WEBCAST

Wednesday, December 15, 2021, 9 AM – 4 PM (EST)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

### ON-DEMAND WEBCAST

Monday, December 20, 2021 – Thursday, January 20, 2022

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Monday, December 20, 2021 through Thursday, January 20, 2022 to earn home study credit. Release Date: 07/03/19. Planned Expiration Date: 07/03/22.

### HOME STUDY RECORDINGS

Valid for CE until July 3, 2022

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 07/03/19. Planned Expiration Date: 07/03/22.

## UNDERSTANDING AND TREATING OBSESSIVE-COMPULSIVE SPECTRUM DISORDERS

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Interactive Webcast with CE Credit: Wednesday, December 15, 2021

On-Demand Webcast with CE Credit: December 20, 2021 – January 20, 2022

Purchase of Recordings with Home Study CE Credit: through July 3, 2022

4 Audio CDs  4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50  4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Fax ( \_\_\_\_\_ ) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

#### TUITION

\$79 Pre-Registration Rate

\$89 Registration on the Day of the Program

\$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) – OCD Spectrum Disorders involve a portion of the brain that is involved in maintaining habits. The text, “Training Your Brain to Adopt Healthful Habits,” provides helpful guidelines.

#### FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://www.ibpceu.com)

2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)

3. Fax: (877) 517-5222

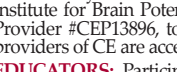
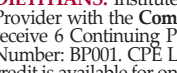
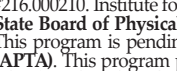
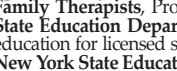
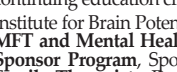
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides clock hours. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

**ACE:** Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHF-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills) and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CE's. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-21-012-L04-P and 0492-0000-21-012-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-062-H04-P and 0492-0000-19-062-H04-T. Initial Release Date: 07/03/2019. Planned Expiration Date: 07/03/2022. This program provides 6 hours (.6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

**PACE:** Institute for Brain Potential Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24. Provider ID# 312413. AGD Subject Code: 557. Release Date: 07/03/19. Expiration Date: 07/03/22

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the American Physical Therapy Association (APTA). This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

**DIETITIANS:** Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Education units (CEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 1120, 5350, 6010, and 6020. CDR-approved credit is available for only the interactive webcast of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



## UNDERSTANDING AND TREATING OBSESSIVE-COMPULSIVE SPECTRUM DISORDERS

### A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Wednesday, December 15, 2021, 9 AM, Eastern Standard Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

**On-Demand Webcast Schedule:** You may view the program in segments at your convenience from Monday, December 20, 2021 until Thursday, January 20, 2022. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

**Home Study Schedule:** You may listen to or view the recorded lecture at your convenience until the expiration date: July 3, 2022.

**Confirmation Notices and Certificates of Completion:** Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

**Transfers and Cancellations:** Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**24/7 Customer Service:** Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: [www.ibpceu.com/info/ocxi.pdf](http://www.ibpceu.com/info/ocxi.pdf)

**Institute for Brain Potential:** Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

# UNDERSTANDING AND TREATING OBSESSIVE-COMPULSIVE SPECTRUM DISORDERS

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on December 15, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting December 20 until January 20. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

**Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?**

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

**Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?**

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**Q: Can I attend this program live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

Maybe. Please contact our customer service at (888) 202-2938.

**Q: How long does it usually take to receive a certificate of completion?**

Typically, within 3 or 4 business days.

*OCD is one of the ten most disabling medical or psychiatric conditions in the industrial world. However, advances in the brain and behavioral sciences have provided significant relief for people with recurrent and persistent obsessions and compulsions.*

*This program describes the origins, characteristics, and evidence-based treatment of obsessive-compulsive spectrum disorders in adults and children.*

*Participants completing this program should be able to:*

- 1. List key symptoms and forms of obsessive-compulsive and related disorders.*
- 2. Name several brain structures related to OCD.*
- 3. Identify the classes of drugs that are used to treat OCD.*
- 4. Describe how exposure and response (ritual) prevention are applied.*
- 5. List several adjunctive therapies that can improve therapeutic outcome.*

## Origins and Nature of OCD

- **Origins:** onset in childhood or adolescence; what causes OCD? What maintains OCD?
- **Key Obsessions:** thoughts about aggression, contamination, religion, need for symmetry/exactness.
- **Key Compulsions:** checking, washing, repeating, ordering and arranging; how they temporarily reduce anxiety.
- **Relationship OCD:** obsessional doubts focused on intimate relationships.
- **Common Coexisting Disorders:** social anxiety, depressive disorders, phobic disorders, panic disorder, generalized anxiety.

## Understanding OCD-Related Disorders

- **Body Dysmorphic Disorder:** imagined defects in appearance; repetitive looking in the mirror, and seeking reassurance.
- **Hoarding Disorder:** an enduring difficulty in discarding or parting with possessions; effects of clutter, social and occupational distress.
- **Body-Focused Repetitive Disorders:** trichotillomania (hair pulling), excoriation (skin picking).
- **Health Anxiety:** illness anxiety disorder, somatic symptom disorder.
- **OC Personality Disorder:** excessive perfectionism, pre-occupation with orderliness and detail, and the need for control.
- **Avoidance Behaviors:** OCD and related disorders may be expressed primarily as avoidance.
- **Excessive and Inflexible Behaviors:** aimed at reducing anxiety or distress; yet paradoxically, they are more disruptive than helpful.

## Neurobiological Origins and Biological Treatments

- **PANDAS:** pediatric onset in which a strep infection attacks the basal ganglia (the habit brain); involuntary movements (Tourette's disorder) and OCD.
- **Habit Brain:** automatic thoughts and movements and the basal ganglia; fear-based emotions and the amygdala; people with OCD have difficulty extinguishing habitual fears, emotions, and thoughts.
- **Prefrontal Cortex:** the connection between impaired attentional focus, the anterior cingulate cortex, and the habit brain.
- **Anterior Cingulotomy:** severing fibers of the anterior cingulate and its disconnection from the habit brain can relieve symptoms in treatment resistant patients.
- **Deep Brain Stimulation:** long-term electrical stimulation of a part of the habit brain can be effective.

## Pharmacological Treatments

- **Antidepressants:** first-line SSRIs, SNRIs, tricyclics.
- **Glutamate Modulation:** effectiveness of topiramate, memantine, amantadine, and other glutamatergic agents.
- **D-cycloserine:** to promote learning during exposure therapy.
- **Adjunctive Antipsychotics:** combining SRIs and antipsychotics with treatment resistant OCD.

- **FAQs:** best time to take medications, common and possible side effects, interactions, and tapering for discontinuation.
- **Children:** indications, preferred medications, contra-indications.

## Exposure-Based Treatments

- **Inhibiting Past Learning:** extinguishing automatic, anxiety reducing obsessions and compulsions by experiencing one's core fears.
- **Exposure and Response Prevention (ERP):** the "gold standard" for treating OCD; 63-83% of patients who complete ERP benefit.
- **Exposure-Based Treatments:** developing an exposure hierarchy (e.g., graded fears from least to most); comparing in-vivo and imaginal, interoceptive exposures.
- **Role of Therapist:** selecting between individual, group, online, and family-based ERP, how to obtain the best results.
- **Ritual (Response) Prevention:** keys to eliminating automatic behaviors and thoughts.

## Cognitive Behavioral Therapy (CBT) and Adjunctive Treatments

- **Applying CBT:** challenging maladaptive beliefs, e.g., that thought suppression and rituals prevent intrusive thoughts from causing harm; overcoming obstacles, e.g., family from subverting success.
- **Accepting Unwanted Thoughts and Feelings:** how mindfulness and acceptance-based strategies can be effectively incorporated into a treatment plan.
- **Alternative/Complementary Therapies:** effectiveness of Inositol, St. John's Wort, Yoga, and aerobic exercise.
- **Combining Medications and Psychological Treatments:** interaction of ERP, CBT, and SSRIs.

## ABOUT THE INSTRUCTOR



*Martin M. Antony, PhD, an internationally recognized expert in treating anxiety and related disorders, is Professor of Psychology at Ryerson University in Toronto. Dr. Antony has published over 30 books on obsessive-compulsive disorder, anxiety disorders, cognitive-behavioral therapy, and psychological assessment. His research and texts provide practical strategies that health professionals can use to facilitate meaningful change. An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom.*

*In addition to Q & A sessions in class, Dr. Antony will answer your questions during the second half of the lunch break and by email after the program concludes.*