Understanding and Treating Obsessive-Compulsive Spectrum Disorders

A 6-Hour Home Study Program for Health Professionals

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 OCD spectrum 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 outcomes.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13986, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCS as an Approved Continuing Education Provider, ACEP No. 6542. Programs that do not have ACEP # or NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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 credit.

Institute for Brain Potential, ACE Approval Number: N167, 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: 11/11/13 – 11/11/21. Social workers completing this course receive 6 clinical continuing education clock hours. 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. Institute for Brain Potential is an Approved Provider of the State of Florida, Department of Professional Regulation MFT CE Sponsor Program, Sponsor #518000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #0036. IBP is approved as a provider of CE for Counselors and Social Workers by Ohio Counselor, Social and Allied Health Licensure Board, #551-06-011. Institute for Brain Potential 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 #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 marriage and family therapists. #MFT-0008. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its program.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 40250000-060223-946-9-0060-T. 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. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential is a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its program.

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. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential is a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its program.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of physical therapy continuing education by the California Board of Physical Therapy. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs & PAs, #216-003210. For 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 provides 6 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education 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.

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category I distance education (home study) credit.

Alliant International University is 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.

Origins and Nature of OCD-Related Disorders
- Origins
- Key Obsessions
- Key Compulsions
- Common Coexisting Disorders

Understanding OCD Spectrum Disorders
- Body Dysmorphic Disorder
- Hoarding Disorder
- Disorders of Impulse Control
- OC Personality Disorder
- Obsessional Jealousy
- Avoidance Behaviors
- Excessive and Inflexible Behaviors
- Tics and Tourette’s Syndrome
- Illness
- Anxiety Disorder

Neurobiological Origins and Biological Treatments
- Pediatric Onset
- Habit Brain
- Prefrontal Cortex
- Anterior Cingulate
- Deep Brain Stimulation

Pharmacological Treatments
- Antidepressants
- Glutamate Inhibition
- D-cycloserine
- Adjunctive Antipsychotics
- FAQs
- Children

Exposure-Based Treatments
- Learning to Forget
- Exposure and Response Prevention (ERP)
- Exposure-Based Treatments
- Role of Therapist
- Ritual (Response) Prevention

Cognitive Behavioral Therapy (CBT) and Adjunctive Treatments
- Applying CBT
- Applying Positive Psychology
- Alternative/Complementary Therapies
- Combining Medications and Psychological Treatments

ABOUT THE INSTRUCTOR

Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders including Social Anxiety Disorder, The Shyness and Social Anxiety Workbook: Proven Step-By-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders, The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough; Strategies for Overcoming Perfectionism.

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. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.

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How to Receive Home Study Credit

1. Course materials are delivered to you within 5-7 days from the date we receive your order.
2. For recorded programs, watch or listen to the lecture and review the course outline. For text-based programs, read the written materials.
3. Complete the multiple-choice questions or short-written essays based on the course objectives. A passing score is 70%. In the unlikely event that you need to retake the exam, you may do so without penalty or fee. You have at least one year to complete any of the programs.
4. Submit the completed evaluation and exam to IBP by email at ceu@4brain.org, fax at (209) 710-8306 or mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.
5. Certificates of completion are provided upon receipt of the evaluation form and the post-test. Please let us know whether you wish to receive it by email, fax, or mail.

30-Day Refund and Return Policy

If you are not completely satisfied, you may exchange the materials for a recorded or text-based program of equal value or receive a refund minus a $15 processing fee by sending the materials in resalable condition to: IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

Dedicated Customer Service

Call (888) 202-2938 to inquire about program content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, or submit a formal grievance. IBP complies with ADA requirements.

The IBP Experience

We are the leading provider of accredited programs concerning the brain and behavioral sciences. Programs include fascinating and informative presentations by outstanding and highly qualified instructors. DVDs are an excellent alternative to television and CDs are ideal for long commutes. Our non-profit organization has been providing home study programs since 1985.