OBSESSIVE COMPULSIVE DISORDER
DIAGNOSIS AND MANAGEMENT

A Professional Development Workshop for Mental Health professionals

By Dr Scott Blair-West, Consultant Psychiatrist (MBBS DPM FRANZCP),
Senior Fellow, Department of Psychiatry, The University of Melbourne
Medical Director, Anxiety and Depression Program, The Melbourne Clinic,
Richmond.

Please note:
APS Members can accrue Continuing Professional Development (CPD) hours by participating in CPD activities that they determine to be relevant to their individual professional skills, learning plans and goals. These may be self-initiated. CPD activities do not need to be endorsed by the APS.

Overview:
Obsessive Compulsive Disorder (OCD) is a common if under-recognised and under-treated condition. There have been major advances in the treatment of OCD over recent years with evidence based research showing the clear benefits of SSRI medications and CBT strategies such as Exposure and Response Prevention (ERP) and Cognitive Therapy for appraisals over placebo and inactive controls. This workshop will address the diagnosis, assessment, preparation for treatment and the specifics of primarily CBT treatments in the management of OCD. The presentation will be clinically oriented, using case materials liberally and with opportunities for questions and discussion including requests for advice about attendees’ own patients. Information on novel treatments, the future of OCD treatment and research and more intensive treatments will also be presented.

Topics covered in the workshop are:
- An increased awareness of the various forms of OCD
- Knowledge of behavioural assessment requirements.
- Preparation and development of exposure and response prevention tasks.
- Ability to assess progress and make changes in treatment resistant patients

Target Audience:
Psychologists in clinical practice, psychiatrists, trainee psychiatrists, general practitioners, and other persons with an interest in OCD and Cognitive Behavioural Treatments of OCD. Some knowledge of OCD and CBT would be helpful.

Presenter:
Dr Blair-West trained at the Austin Hospital completing his specialist qualifications in Psychiatry in 1993. He subsequently worked as lecturer in the Department of Psychiatry in the consultation liaison department for 5 years, whilst starting a private practice specialising in Cognitive Behavioural Therapy for anxiety disorders especially OCD. He has been in full time private practice since 1998 and the Medical Director of the Anxiety and Depression Program (ADP) at The Melbourne Clinic since 2002. Scott now specialises in comprehensive management of anxiety disorders, developing new and intensive inpatient programs for OCD, novel treatment approaches for OCD and CBT supervision for psychiatrists and trainees. He regularly teaches CBT to trainees and talks to community and self-help groups on anxiety related issues.
Obsessive Compulsive Disorder – Professional Development Workshop

Date:
Friday 16th March 2012
9.00 am to 5.00pm (8.30 am registration)

Venue:
Kingston City Hall
985 Nepean Highway, Moorabbin, VIC, 3189 (Melways Ref: 77 / D5)

Additional Details:
• Presentation handouts
• Lecture notes
• Reference materials
• Full catering will be provided, starting with tea and coffee on arrival

Program:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30- 9.00am</td>
<td>Registrations</td>
</tr>
<tr>
<td>9.00- 10.45am</td>
<td>Introduction, assessment including behavioural analysis and basic</td>
</tr>
<tr>
<td></td>
<td>psychopharmacology</td>
</tr>
<tr>
<td>10.45- 11.00am</td>
<td>Morning tea</td>
</tr>
<tr>
<td>11.00am- 12.45pm</td>
<td>Psycho-education and OCD model, development of behavioural hierarchy,</td>
</tr>
<tr>
<td></td>
<td>Exposure and Response; Prevention – tasks, performance and review</td>
</tr>
<tr>
<td>12.45- 1.15pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1.15- 3.15pm</td>
<td>Cognitive theories of OCD, and practical application of Cognitive Therapy</td>
</tr>
<tr>
<td>3.15- 3.30pm</td>
<td>Afternoon tea</td>
</tr>
<tr>
<td>3.30-5.00pm</td>
<td>Treatment resistance and co-morbidities, case presentations, trouble</td>
</tr>
<tr>
<td></td>
<td>shooting and discussion</td>
</tr>
<tr>
<td>5.00pm</td>
<td>End of Workshop</td>
</tr>
</tbody>
</table>

Cost:
• Standard Cost: $330.00
• Early Bird/ADAVIC Member $300.00
  *Note: Early Bird price payment must be paid by the 6th February 2012

(*ADAVIC does not charge GST)

Bookings:
• Limited to 50 mental health professionals
• Bookings close Tuesday 6th March 2012

Bookings through ADAVIC via:
➢ Or for a registration form see bottom of document:

Enquiries through:
Phone: (03) 9853-8089
Email: adavic@adavic.org.au

Proceeds from this event help to maintain ADAVIC services
ADAVIC is a not-for-profit organisation providing community-based support, information and resources for anxiety and depression
PAYMENT/REGISTRATION FORM

I would like to register for the **Professional Development Workshop “OCD: Diagnosis and Management”** — to be held on Friday 16th March, 2012.

NAME: ___________________________________________________________________________________

NAME OF ORGANISATION REPRESENTING: ______________________________________________________

EMAIL: ________________________________________________________________________________

ADDRESS: _____________________________________________________________________________ POSTCODE__________________

CONTACT NUMBER (1) ________________________ CONTACT NUMBER (2) ________________________

How did you hear about this event? ________________________________________________________________________________________________

---

**DIETARY RESTRICTIONS: (Please ticket relevant box)**

☐ Vegetarian  ☐ No Red Meat  ☐ Gluten Free  ☐ No dietary restrictions  ☐ Other (specify) ______________

---

**PAYMENT AMOUNT (please tick):**

☐ $330.00 – Standard Price - ($336.44)*credit card surcharge

☐ $300.00 – Early Bird Price & ADAVIC Members ($305.85)*credit card surcharge

*(NOTE: payments for Early Bird should be made by 6th February 2012)*

A 25% ADMINISTRATION FEE APPLIES FOR REFUNDS REQUESTED BEFORE 1st March 2012.

NO REFUNDS OR CREDITS WILL BE ISSUED AFTER THIS DATE.

---

**PLEASE FIND ENCLOSED MY:**

☐ Credit Card Details

☐ Cheque / Money Order (Made out to Anxiety Disorders Association of Victoria)

---

**CREDIT CARD DETAILS:**

Name on Card: __________________________________________________________________________

Credit Card Type: Visa MasterCard

Credit Card No: __ __ __ __ __ __ __ __ __ __ __ __ __ __

CVV Number __ __ __ (last three digits on the back of your credit card)

Expiry Date: _____ / _____

Amount: $330.00 or $336.44* and $300.00 or $305.85*

* [NOTE: All credit card payments attract a 1.95% surcharge fee]

Signature: ………………………………………………………………………………………………………

---

**RETURN TO:**

- Please return this Payment Form via email to adavic@adavic.org.au
- Or post to ADAVIC, PO Box 625, Kew, VIC 3101.

---

**OFFICE USE ONLY:**

Web Form
Processed by: …………………………………                  Date: …………………………………