

Getting Unstuck: Treating Obsessive Compulsive Disorder Professional Training Program Thursday 21st May 2020 10-4pm



Overview:

Obsessive compulsive disorder is a commonly misunderstood presentation. In any given year, approximately half a million Australian experience OCD. Yet, many individuals report that often health professionals are unsure of what to do with OCD symptoms and difficulties.



This PDP will cover the assessment, diagnosis and treatment of OCD, as well as dealing with the intricacies of some more complex cases and how you can get 'unstuck' throughout the process.

Key points covered:

- Assessment
- Diagnosis
- Psychoeducation
- Teaching clients mindfulness based techniques to help regulate distress
- Hierarchy development
- Constructing ERP tasks
- Troubleshooting ERP
- Relapse prevention

About the Presenters:

Tanya & Celin work with the Melbourne Wellbeing Group.

Celin's enthusiasm for working with people with OCD has been strengthened during her time at the Melbourne Clinic OCD inpatient program. She now runs her own practice and has expanded her networks to continue helping people with OCD including supporting students and other professionals to do the same.

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Tanya has had a keen interest in OCD and related disorders since commencing her research in Trichotillomania. She now works in private practice and supports people on the whole OCD spectrum.

Key Therapeutic or Treatment Strategies

Mindfulness-Based Exposure Response Prevention.



Target Audience

- Clinicians i.e. psychologists, psychiatrists, counsellors
- Case workers
- Emergency services
- GPs
- Teachers

Website

www.melbournwellbeinggroup.com.au/our-team

Venue:

The University of Melbourne, Hawthorn
Campus
Conference Room
422 Auburn Road, Hawthorn VIC 3122

Enquiries through:

Phone: (03) 9853-8089

Email: adavic@adavic.org.au

Bookings close on the 8th May or until fully booked.

Cost:

\$150 Non-members / \$120 ADAVIC members

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PAYMENT & REGISTRATION

- I would like to attend the information session 'Getting Unstuck: Treating Obsessive Compulsive Disorder' presented by Dr. Celin Gelgec & Ms. Tanya Arabatzoudis on Thursday 21st May 2020.

PLEASE COMPLETE THE FOLLOWING DETAILS

Total number of people attending: _____

Name/s: _____

Address: _____

Phone: _____ Email: _____

Would you like to receive free Enews & Email updates? Yes / No

How did you hear about this event? _____

PAYMENT:

\$150 - General Entry

\$120 - ADAVIC Members

PLEASE NOTE: A 25% administration fee applies for refunds requested before 21st May 2020. No refunds or credits will be issued after this date.

CHEQUE / MONEY ORDER *Made out to Anxiety Disorders Association of Victoria.*

CREDIT CARD Name on card: _____

Credit Card Type: Visa MasterCard

Credit Card No:

CVV Number: _____ Expiry: ____ / ____

OFFICE USE ONLY

PROCESSED BY:

DATE:

ADAVIC is a non-for-profit organisation providing community-based support, information and resources for anxiety and depression.