

“You’re so OCD”: What is it really?

Information Evening

Tuesday 25th February 2020



Overview:

Have you ever heard someone say, “you’re so OCD”? Obsessive Compulsive Disorder is often misunderstood and characterised by someone who repeatedly washes their hands and likes things in their place.

This talk will explore how differently OCD can look in people, how it develops and what happens in the brain. It will also explore evidence-based treatments for OCD including some common questions people have around Exposure Response Prevention (ERP).



Key points covered:

- OCD according to DSM-5
- A breakdown of obsessions & compulsions
- The OCD path
- Treatment
- FAQs

About the Presenter:

Tanya Arabatzoudis is a psychologist in private practice who has a keen interest in working with OCD and other obsessive compulsive related experience (like Trichotillomania & Hoarding disorder).

Tanya uses Mindfulness-Based Exposure Response Prevention to help people manage their OCD symptoms and live a rich, full & meaningful life, despite their difficult experiences.

Target audience: General public, carers, professionals

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Time & Venue:

7.30pm- 9pm (7.15pm registrations)
Hawthorn Library (Meeting Room 3)
584 Glenferrie Rd, Hawthorn VIC 3122

Cost:

\$20 non-members and \$10 ADAVIC members

Enquiries through:

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

PAYMENT & REGISTRATION

- I would like to attend the information session “You’re so OCD”: What is it really? presented by Tanya Arabatzoudis on Tuesday the 25th of February 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 (PLEASE TICK)

\$20 - General Entry

\$10 - ADAVIC Members

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PROCESSED BY:

DATE:

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