

## Getting Unstuck: Treating Obsessive Compulsive Disorder Professional Training Program

The *Anxiety Disorders Association of Victoria, Inc.* presents a full-day workshop with Celic Gelgec, Senior Clinical Psychologist, and Ms Tanya Arabatzoudis, Psychologist and Clinical Registrar.

### Date

Thursday, 10-4pm  
25<sup>th</sup> February 2021

### Venue

Online via Zoom

### Cost

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

### Capacity

20-25 people

### Enquiries through

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

**Bookings close on the 11th of February or until fully booked.**



### Overview

Obsessive compulsive disorder (OCD) 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 Exposure and Response Prevention (ERP) tasks
- \* Troubleshooting ERP
- \* Relapse prevention

### Target audience

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

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### About the Presenters

Ms Tanya Arabatzoudis & Dr Celin Gelgec 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.

**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.

### Website

<https://www.melbournwellbeinggroup.com.au/our-team-melbourne>

## Getting Unstuck: Treating Obsessive Compulsive Disorder Professional Training Program

### Payment & Registration

I would like to attend the program 'Getting Unstuck: Treating Obsessive Compulsive Disorder' presented by Dr. Celin Gelgec & Ms Tanya Arabatzoudis on 25<sup>th</sup> February 2021.

Total number of people attending: \_\_\_\_\_

Name(s)

\_\_\_\_\_

Address

\_\_\_\_\_

Phone Number

\_\_\_\_\_

Email

\_\_\_\_\_

Would you like to receive free E-news  
& Email Updates?    Yes    No

How did you hear about this event?

\_\_\_\_\_

### Payment Type

\$150: General Entry

\$120: ADAVIC Members

*PLEASE NOTE: A 25% administration fee applies for refunds requested before 3<sup>rd</sup> February 2021. No refunds or credits will be issued after this.*

CHEQUE / MONEY ORDER

*Made out to Anxiety Disorders Association of Victoria.*

CREDIT CARD

Name on Card \_\_\_\_\_

Credit Card Type    Visa    MasterCard

Credit Card Number \_\_\_\_\_

CVV Number \_\_\_\_\_    Expiry Date \_\_\_\_\_

OFFICE USE ONLY

PROCESSED BY \_\_\_\_\_    DATE \_\_\_\_\_