

Overcoming Difficulties in Treating OCD

Obsessive-compulsive disorder (OCD) can be quite challenging to treat. Difficulties arise when we are working from a case formulation that omits important factors or has elements that are inaccurate. This workshop will discuss several of the difficulties therapists often experience in treating OCD and how to overcome them, starting with building a comprehensive case formulation. Treatment difficulties that will be addressed include: 1) falling into discussion of the content of the obsession rather than the factors that drive the obsessions and compulsions, 2) “Yes, but...” responses from the client during cognitive restructuring, 3) and less-than-hoped for progress in exposure with response prevention. This workshop will help clinicians formulate these difficulties from a CBT perspective and offer strategies for overcoming them, using video and live demonstrations.

Learning goals:

1. To develop a more comprehensive approach to case formulation in OCD
2. To better identify and formulate difficulties in treating OCD
3. To broaden strategies for treating OCD