

# **COGNITIVE-BEHAVIOURAL THERAPY FOR OBSESSIVE COMPULSIVE DISORDER**

## **TREATMENT ACROSS THE DEVELOPMENTAL SPECTRUM**

BRADLEY DRAKE AND JACO ROSSOUW

### **PROGRAM OUTLINE: DAY 1**

08:00 - 08:30	REGISTRATION
08:30 - 10:15	1.1 Diagnosis, Differential Diagnosis and Comorbidity
	1.2 Symptom Presentation in Children vs. Adults
	1.3 Theoretical Conceptualisation of OCD
	1.4 Assessment Measures
	1.5 Functional Analysis
	1.6 Summary of Treatment Efficacy Research
10:15 - 10:35	BREAK
10:35 - 12:00	PSYCHOEDUCATION
	2.1 Within-session Psychoeducation
	2.2 Handout for Patients and Parents
	2.3 Practical Exercise: Explaining OCD and the Rationale for treatment to the Client
12:00 - 12:30	BEHAVIOURAL INTERVENTIONS (including video/audio demonstrations)
	3.1 Exposure
	Development of an Exposure Hierarchy
12:30 - 13:30	LUNCH

13:30 - 15:00	<p>Conducting Situational Exposure</p> <p>Conducting Imaginal Exposure</p> <p>3.2 Managing Response Prevention</p> <p>3.3 Selling ERP to patients</p> <p>3.4 Managing Avoidance</p>
15:00 - 15:20	BREAK
15:20 - 16:20	<p>3.5 Adapting Intervention for Children and the use of Parental Involvement</p> <p>3.6 Practical Exercise: Setting up exposure and response prevention</p>
16:20 - 17:30	<p>COGNITIVE INTERVENTIONS (with reference to adults and children)</p> <p>4.1 Cognitive Assessment and Conceptualisation</p> <p>4.2 Cognitive Concepts and Associated Interventions (Incl. Video Examples)</p> <p>Over-importance of Thoughts</p> <p>Thought-Action/Thought-Event Fusion</p>
17:30	END

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### PROGRAM OUTLINE: DAY 2

08:00 - 10:00	COGNITIVE INTERVENTIONS (with reference to adults and children) continued...
4.2	Thought Control  Inflated Responsibility  Overestimation of Danger  Perfectionism  Concealment  Neutralising/Mental Rituals
4.3	Practical Exercise: The Implementation of Different Cognitive Techniques with Case studies
10:00 - 10:20	BREAK
10:20 - 12:00	INTEGRATED CBT TREATMENT: R <sup>x</sup> Options for Various OCD Themes
5.1	Obsessions ("Pure")  Moral/Religious  Aggression  Sexual
12:00 - 12:30	5.2 Contamination  Contact-contamination
12:30 - 13:30	LUNCH

13:30 - 14:30 5.2 Contamination  
Mental-contamination  
Self-contamination  
Fear of Morphing

14:30 - 15:30 5.3 Checking  
Assessing and Treatment for Obsessions Associated with Checking

15:30 - 15:50 BREAK

15:50 - 17:00 5.4 Other Obsessions  
Live Interview with the Mother of a Child Treated for OCD

17:00 END