

Workshop Agenda

Day 1

- 8:30 am – 9:00 Registration and continental breakfast
- 9:00 am – 10:30 Exposure and Response Prevention Therapy for OCD: Edna B. Foa, Ph.D.
- Diagnosis of OCD
 - Theory and empirical support for ERP
- 10:30 – 10:45 Break
- 10:45 – 12:30 Assessment of OCD and other co-morbid psychopathology
- 12:30 – 1:30 Lunch on your own
- 1:30 – 3:00 Overview of Exposure and Response Prevention (ERP) Therapy
- 3:00 – 3:15 Break
- Instruction in the individual treatment components through description of intervention, video-tapings of therapy sessions, role-plays among participants with observation and feedback from faculty
- 3:15 – 5:00 Exposure and Response Prevention Program: Sessions 1 and 2
- How to present the ERP program to clients
 - Establishing therapeutic alliance
 - Information gathering
 - Self monitoring
 - Use of Subjective Units of Distress Scale (SUDS)
 - Homework assignment
- Break into pairs to practice delivery of treatment overview/rationale
- 5:00 pm End

Day 2

8:30 – 9:00	Check-in and continental breakfast
	Exposure and Response Prevention Program: Sessions 3-15
9:00 – 10:30	<u>In-Vivo Exposure</u>
10:30 – 10:45	Break
10:45 – 12:30	In vivo Exposure (con't)
	Break into pairs to practice the procedures
12:30 – 1:30	Lunch on your own
1:30 – 3:00	<u>Imaginal Exposure</u>
	Break into pairs to practice these procedures
3:00 – 3:15	Break
3:15 – 5:00	Imaginal Exposure (con't):
	Break into pairs to practice the procedures

Day 3

8:30 – 9:00	Check-in and continental breakfast
9:00 – 10:30	Treatment components (continued): <u>Home visits</u> <u>Relapse prevention</u> <u>Planning continued exposure work</u>
10:30 – 10:45	Break Break into pairs to practice the procedures as needed
10:45 – 12:30	
12:30 – 1:30	Lunch on your own
1:30 – 5:00	<u>Special issues</u> : Case presentations (description and excerpts from videotaped sessions when possible) illustrating procedural modifications, therapist response to client behavior <ul style="list-style-type: none">• Maintaining the main focus on OCD• Working with clients with co-morbid conditions• Obstacles to homework compliance• Working with family members
3:00 – 3:15	Break
3:15 – 5:00	<u>Special issues</u> (con't):

Day 4

8:30 – 9:00	Check-in and continental breakfast
9:00 – 10:30	Procedural modifications for work with children and adolescents
10:30 – 10:45	Break
10:45 – 12:00	Break into pairs to role-play
12:00 – 1:00	Lunch on your own
1:00 – 2:30	Important considerations in providing Exposure and Response Prevention <ul style="list-style-type: none">• Using the theoretical model of the treatment to guide therapists' decision-making• Developing tolerance for client's emotional distress• Flexibility in applying this treatment• How to begin using the therapy• 60 vs. 90-minute therapy sessions
2:30 – 2:45	Break
2:45 – 4:00	Wrap-up <ul style="list-style-type: none">• Discussion period• Suggested readings and literature• Wrap-up and questions from participants