

# OCD WORKSHOP



COGNITIVE  
BEHAVIOURAL  
PSYCHOTHERAPY  
IRELAND

Presenter

**Dr David Veale**



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IRELAND

Title

## **Treating Obsessive Compulsive Disorder (and a Specific Phobia of Vomiting)**

Venue

**Regency Hotel, Swords Road, Drumcondra, Dublin 9**

Date & Time

**Thursday 20th October 2016 9.00AM - 4.30 PM  
Registration from 8.30 am**

This conference is suitable for all those who are interested in working with patients suffering from Obsessive-Compulsive Disorder (OCD). David will present ways of maximising the effectiveness of CBT techniques in treating OCD. Common difficulties which therapists encounter and ways of resolving these will be discussed and practised. Factors which complicate OCD treatment and ways of modifying standard CBT treatments in order to meet the needs of severe or treatment resistant clients will be presented.

Participants will be encouraged to actively contribute to the workshop case presentations, exercises, role plays and discussion, in order to maximise the applicability of the workshop to their clinical work. He will focus on practical aspects including case histories, formulation, how to do behavioural experiments/ exposure, stuck-points etc.

OCD is motivated by a fear of being responsible for harm to self or others; avoidance of disgust and avoidance of incompleteness/ feeling "not just right". We will also focus in this workshop on a specific phobia of vomiting (which has many similarities to OCD contamination).

### **Learning Objectives:**

By the end of the workshop, participants will

- 1) Be knowledgeable about the phenomenology of OCD, diagnosis, its' measurement and recommended treatments
- 2) Understand the nature of less common obsessions including relationship OCD, homosexuality OCD, paedophilia OCD, existentialism OCD, completeness OCD and sensori-motor OCD.
- 3) Understand a cognitive behavioural model of OCD and how intrusive thoughts, images, doubts or urges are appraised and responded to by avoidance and compulsions
- 4) Understand the nature of family accommodation and reassurance seeking
- 5) Be able to conduct a risk assessment in OCD
- 6) Be able to conduct a formulation of factors that maintain OCD including a functional analysis of responses and family context
- 7) Understand latest findings in research on conducting behavioural experiments/ exposure by inhibitory learning in OCD
- 8) Use imagery rescripting for past aversive memories in OCD
- 9) Develop alternatives for reassurance seeking
- 10) Assess and treat a specific phobia of vomiting.

### **Workshop leader**

David Veale is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and a Visiting Reader in Cognitive Behavioural Psychotherapies at the Institute of Psychiatry, Institute of Psychiatry, Psychology and Neuroscience, King's College London. He is past President of The British Association of Behavioural and Cognitive Psychotherapies. He is co-director at the Centre for Anxiety Disorders and Trauma at the Maudsley and the Anxiety Disorders Residential Unit at the Bethlem. He is a member of the group revising the diagnostic guidelines for ICD11 for Obsessive Compulsive and Related Disorders for the World Health Organization. He was a member of the group that wrote the NICE guidelines on OCD and BDD in 2006 and chaired the NICE Evidence Update on OCD in 2013. He has published about 80 peer-reviewed articles (mainly in OCD and BDD) and four self-help books. He is a Trustee of OCD Action and the BDD Foundation. His website is [www.veale.co.uk](http://www.veale.co.uk).

### **References**

- Rachman, S. (2006) *The Fear of Contamination: Assessment and treatment*. Oxford University Press
- Veale, D (2009) *Treating a Specific Phobia of Vomiting*. *The Cognitive Behaviour Therapist*, 2, 272-288.
- Veale, D, Willson, R, (2006) *Overcoming Obsessive Compulsive Disorder*. Robinson.
- Veale, D, Page, N, Woodward, E., Salkovskis, P (2015). *Imagery re-scripting in obsessive compulsive disorder: A single case experimental design in 12 cases*. *Journal of Behavior Therapy and Experimental Psychiatry*. 49 (Special Issue) 230-236.
- Veale, D, Freeston, M, Salkovskis, P (2009) *Risk assessment in Obsessive Compulsive Disorder*. *Advances in Psychiatric Treatment*, 15; 332-343

# Registration Form



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Name: \_\_\_\_\_

CBPI membership  
(for reduced fee)

Institution/Affiliation: (As you wish it to appear on conference badge) \_\_\_\_\_

Full Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Tel: \_\_\_\_\_

**Special Requests:** If you have any special requests regarding access, diet or any other requirements, please let us know below:

\_\_\_\_\_

## Payment

Places are only confirmed when payment is received. Price includes lunch and refreshments.

Free parking available for delegates.

A certificate will be provided for 6 hours CPD.

Registration close date– Friday 14<sup>th</sup> of October 2016

## Fees

( ) €90 CBPI members ( ) €100 Non-member ( ) €60 Students/trainees

( ) Invoices ( please contact Conference Organiser Maria McCarron, see below )

## How to Pay

By Cheque ( ) Enclose Cheque / Bank Draft made payable to 'CBPI'

If you would prefer to pay ONLINE please find details below.

## Internet Banking

Name of Bank: Bank of Ireland

Sort Code: 90-54-40

IBAN: IE63BOFI9054 4066816010

BIC/Swift Code: BOFIE2D

(Please state on transfer that fee is for workshop and your name)

Please return the completed booking form and Fees or a record of how fees will be paid to:

Maria McCarron,  
Conference Organiser,  
Radharc Na Sliabh,  
Willville,  
Carlingford Co Louth A91 FK88

E-mail: admin@cbti.ie Mobile 00353 (89) 4468753, Fax: 00353 (42) 9397970

## Cancellation Policy

The registration fee will be refunded minus a €15 administration charge.