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**APNS**  
Association of Psychologists of Nova Scotia

# Difficult to treat? Not anymore! Cognitive Therapy for OCD

Adam S. Radomsky, Ph.D., Concordia University

Friday May 26, 2017 -- 9 a.m. to 4:45 p.m.

Dalhousie University, Halifax, room t.b.a.

Presented by the Association of Psychologists of Nova Scotia

## Difficult to treat? Not anymore! Cognitive Therapy for OCD - May 26, 2017

..... Yes I will be attending the APNS  
AGM during lunch

### Fees

<b>Members - Early bird</b>	\$ 175
<b>Members after May 1st</b>	\$ 200
<b>Non-members - Earlybird</b>	\$185
<b>Non-members after May 1st</b>	\$ 215
<b>Student members</b>	\$ 75
<b>Student non-members</b>	\$ 100

\*\* Please indicate any food sensitivities:

If 4 or more people attend from the same organization, they qualify for a \$25 discount per person.

### Contact:

Name

Organization/Profession

E-mail

Phone

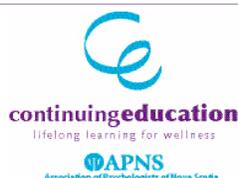
### Payment:

Cheque/Cash    MasterCard    Visa

Credit Card #

Expiry Date

Signature



**Deadline for registration - Noon, May 25.** Please contact APNS to reserve space. A non-refundable admin fee of \$35. will be charged for all cancellations. Notification must be received by APNS **one week** prior to the workshop to be eligible for a refund. Participants may name a colleague to attend in their place at no extra cost. This person must be named before the day of the workshop.

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## Workshop Overview:

Obsessive-compulsive disorder (OCD) is a heterogeneous disorder; common symptoms include washing and checking behaviour, as well as primary obsessions (i.e., repugnant, unwanted, intrusive thoughts, images and impulses).

There has been a surge in recent research on each of these forms of OCD, with publications often based solidly in a variety of cognitively-based models. Although these models differ to some extent in their explanation of obsessional and compulsive phenomena, they share a number of important features that are consistent with broad cognitive principles. These have enabled a new, primarily cognitive conceptualization of contamination-based OCD, building on recent cognitive formulations of obsessions and of compulsive checking.

We will begin with a review of the theoretical and empirical work conducted on the psychopathology and treatment of different manifestations of OCD. The workshop will continue with practical instruction on the cognitive-behavioural assessment and treatment of a variety of forms of the disorder, with particular emphasis on obsessions, compulsive checking, and contamination-based OCD (mental contamination).

Attendees will learn about cognitive case formulation, the importance of ongoing assessment, and specific therapeutic interventions (with emphasis on behavioural experiments), all following from cognitive-behavioural models of OCD. Although OCD remains a serious and often debilitating disorder, our ability to substantially improve the lives of those suffering from the problem has dramatically increased in recent years.

This workshop will capitalize on these recent improvements through the emphasis on new cognitive and behavioural treatment strategies for this challenging disorder.

This is a workshop relevant to psychologists and psychology students, as well as other health care professionals. For more information please contact [apns@apns.ca](mailto:apns@apns.ca)

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Dalhousie University, Halifax N.S., Room t.b.a.



**Dr. Adam S. Radomsky**

Dr. Radomsky is a Professor of Psychology at Concordia University and holds the Concordia University Research Chair in Anxiety and Related Disorders. He is the Editor-In-Chief of the *Journal of Behavior Therapy and Experimental Psychiatry*. He joined Concordia in 2001 after the completion of his Ph.D. in clinical psychology at the University of British Columbia.

Professor Radomsky is the Director of the Anxiety and Obsessive-Compulsive Disorders Laboratory, and a Core Member of the Centre for Clinical Research in Health (CCRH). His research investigates cognitive, behavioural and emotional aspects of OCD and a number of other anxiety disorders, as well as ways to enhance the effectiveness and acceptability of cognitive-behaviour therapy (CBT) for anxiety disorders and related problems.

He is a Fellow of the Canadian Psychological Association (2014), was the Founding President of the Canadian Association for Cognitive and Behavioural Therapies (2010), and has received several institutional, national and international awards for his work. These include the Concordia University Faculty of Arts and Science Mid-Career Award for Distinguished Scholarship (2012), the Canadian Psychological Association's President's New Researcher Award (2007), being named a Beck Institute Scholar (2005-06) and receiving a Canadian Institutes of Health Research (CIHR) New Investigator Award (2004-09).

Dr. Radomsky has published a number of peer-reviewed articles and book chapters related to his work on cognition, behaviour and the anxiety disorders, and is a frequent invited speaker at national and international conferences. His research is funded by the Canadian Institutes of Health Research (CIHR) and has previously been funded by les Fonds de recherche du Québec – santé, the Natural Sciences and Engineering Research Council of Canada (NSERC) and the Social Sciences and Humanities Research Council of Canada (SSHRC). Dr. Radomsky is also a member of L'Ordre des Psychologues du Québec and is CACBT-ACTCC Certified in Cognitive-Behaviour Therapy and board certified in cognitive therapy by the Academy of Cognitive Therapy. In his clinical practice he specializes in Cognitive Behaviour Therapy (CBT) for adult OCD and other anxiety disorders.

## Schedule

### Friday, May 26, 2017

8:30 - 9 am - Registration

9 am - 10:30 am - Presentation

10:30 - 10:45 pm - Refreshment break

10:45 pm - 12:00 pm - Presentation

12:00 pm - 1:30 pm\* - Lunch (provided)

1:30 pm - 2:30 - Presentation

2:30 pm - 2:45 - Refreshment break

2:45 - 4:45 - Presentation

*\*APNS' Annual General Meeting is being held over lunch and all APNS members are invited*



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