

Treating Obsessive-Compulsive Disorder with Exposure and Response Prevention

presented by

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Dr. Tolin is the Founder and Director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Professor of Psychiatry at Yale University School of Medicine. He is the Past-President of the Association for Behavioral and Cognitive Therapies, the Past-President of the Clinical Psychology Division of the American Psychological Association, and a principal investigator for the National Institutes of Health. He received the Award for Lifetime Contribution to Psychology from the Connecticut Psychological Association. Dr. Tolin is the author of over 200 scientific journal articles, as well as the several books including *Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions*, and *The Big Book of Exposures: Innovative, Creative, and Effective CBT-Based Exposures for Treating Anxiety-Related Disorders*. Dr. Tolin has been featured on the reality TV series *Hoarders* and *The OCD Project*, and has been a recurrent guest on *The Oprah Winfrey Show*.

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<https://hartfordhealthcare.zoom.us/j/91580141453>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

1. Describe the cognitive-behavioral model of OCD.
2. Review the empirical efficacy of exposure and response prevention for OCD.
3. Implement exposure and response prevention with patients who have OCD.

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*TM. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Social Work: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 Other continuing education credits.

Financial Disclosures:

- Nothing to disclose: Ellen Blair (Nurse Planner); Michael Dewberry (Course Director and Sponsor); Bharat Narapareddy (Program Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Javeed Sukhera (Co-Director and Sponsor); David Tolin (Speaker)

