



UNIFIED EXPERIENTIAL CBT FOR OBSESSIVE COMPULSIVE DISORDER

Booking link : <https://unifiedcbt.com/workshops/>

Website: <https://unifiedcbt.com/>

Contact: Dr Sanjay Rao Email: info@unifiedcbt.com Phone: 1-888-691-6111

MEET YOUR TRAINER

Dr. Sanjay Rao

DIRECTOR OF UNIFIED CBT & PROFESSOR OF PSYCHIATRY, MBBS, MD, FRCPSYCH, FRCPC, MBA

Dr. Sanjay Rao, the director of Unified CBT Academy, is an experienced teacher and Associate Professor of Psychiatry at the University of Ottawa. He has delivered over 250 workshops in Cognitive behavioural therapies, presented in national, international conferences and published in several scientific journals. He has trained in CBT, DBT, Mindfulness-based therapies, and strength focussed coaching. Throughout his career, he was awarded a Fellowship of the Canadian Association of Cognitive Behavioural therapy for his contribution to CBT in Canada and has received an award from the Department of Health, UK for CBT development.



COURSE DETAILS

DATE

Friday June 12, 2020

TIME

10:00 am-4:30 pm(ET)

VENUE

Webinar
1390 Prince of Wales Drive, Suite 110
Ottawa, Ontario K2C 3N6

BOOKING LINK

<https://unifiedcbt.com/workshops/>

FEES

Early Bird Fee: \$199 (until May 4th, 2020)
Student Fee: \$180
Full Fee: \$225

COURSE DESCRIPTION



Cognitive Behavioural Therapy (CBT) is a first-line evidence-based treatment for Obsessive-Compulsive Disorder (OCD).

OCD is a complex condition with multiple features. Treatment success in OCD requires systematic and specific approaches with CBT. This workshop covers the current DSM classification of OCD and related disorders as well as theories and models explaining causation. Participants see an overview of all treatment options (including medications) for OCD.

Experience a step by step by step integrated and updated protocol for the treatment of OCD with behavioural, cognitive and experiential techniques.

Enhance your learning through a skilled combination of brief presentations, demonstrations, group exercises, and role-play. Hear about common pitfalls and tips for success in managing OCD. The information will also be useful in treating related conditions like Body Dysmorphic Disorder and Trichotillomania. You will leave with a well-rounded understanding of OCD and its treatment.