

# OCD and Related Disorders: OCD and Tourette Syndrome Across the Lifespan

## Institute for Professionals

Obsessive-compulsive disorder (OCD) and Tourette syndrome (TS) are highly comorbid and complex, heterogeneous conditions that lead to significant impairment in functioning. In this two-day workshop you will learn how to assess and diagnose OCD and TS and differentiate them from other related disorders. In addition, you will learn how to treat them effectively in both pediatric and adult populations using evidence-based therapy by world renowned experts in OCD and TS.

**12 Continuing Education Credit Hours** will be offered for this training to NY Social Workers and all Psychologists.

### Day One Objectives

- Participants will learn how to correctly assess, diagnose, and differentiate OCD from commonly co-occurring disorders.
- Participants will learn how to understand and explain the model of OCD and CBT to children, families, and adults, make an effective treatment plan, and obtain motivation for treatment.
- Participants will learn how to implement and troubleshoot cognitive strategies.
- Participants will learn to build a hierarchy, and how to execute and troubleshoot exposures for various obsessive themes.

### Day Two Objectives

- Participants will learn to recognize and understand the phenomenology of Tourette Syndrome.
- Participants will learn the theoretical and empirical evidence underlying the use of behavior therapy for Tourette Syndrome.
- Participants will understand the structure and function of the comprehensive behavioral intervention for tics (CBIT).
- Participants will learn how to implement habit reversal training.

**April 8 - 9, 2019**

### Daily Workshop Schedule:

**8:30am-9am: Registration/Breakfast**

**9am-12pm: Workshop**

**12pm-1pm: Lunch on your own**

**1pm-4:30pm: Workshop**

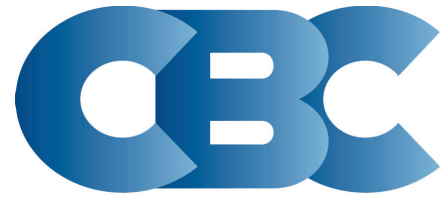
**\$600 regular rate | \$500 for groups of 5 or more | \$400 student rate**

*Attending only one day would reduce the fee by half. Please register by March 25th, 2019.*

**The training will be held at:** Schwartzberg Training Center at CBC  
1 North Broadway, 7th Floor, White Plains, NY 10601

**To register, or for more information, please call 914.385.1150  
or email [training@cbc-psychology.com](mailto:training@cbc-psychology.com).**

**1 North Broadway, Suite 704, White Plains, NY 10601 914.385.1150  
[www.cbc-psychology.com](http://www.cbc-psychology.com) [info@cbc-psychology.com](mailto:info@cbc-psychology.com)**



**Cognitive Behavioral Consultants  
Manhattan - Westchester**

*CBC is an evidence-based clinical and training center comprised of a group of internationally recognized mental health professionals who have researched, pioneered, and are highly experienced in delivering cutting edge treatments that help adults, adolescents, and children live more fulfilled lives. Founded in 2004 by Drs. Lata K. McGinn and Alec L. Miller, leaders in the fields of Cognitive Behavioral Therapy and Dialectical Behavioral Therapy, the CBC team provides a large array of Clinical and Wellness services to the public and builds on this methodology to provide Custom Designed Programs for schools, agencies, and businesses, and Continuing Education for Professionals in the mental health field. Explore our website to learn more.*



**Dr. McGinn**



**Dr. Dekis**



**Dr. Woods**

**Dr. Lata K. McGinn** is a tenured Professor of Psychology at Yeshiva University and Co-Founder of CBC. She has spent her career researching, training, and conducting CBT to understand and treat OCD and the full range of anxiety, stress, and depressive disorders. Her extensive publications span peer-reviewed journal articles, chapters, and her co-authored books, "Treatment of Obsessive-Compulsive Disorder" and, "Treatment Plans and Interventions for Depression and Anxiety Disorders."

**Dr. Constance Dekis** is a licensed clinical psychologist and is the coordinator of obsessive compulsive related disorders at CBC. She is also a nationally certified school psychologist, a National Register Health Service Psychologist, and an Adjunct Assistant Professor of Psychology and Education at Teachers College, Columbia University. Dr. Dekis specializes in CBT and DBT for conditions across the lifespan and has an expertise in CBT for Obsessive Compulsive related disorders.

**Dr. Douglas Woods** is currently Professor of Psychology and Dean of the Graduate School at Marquette University. Prior to that he was Head of Psychology at Texas A&M University from 2013-2015, and a faculty member, Chair of Psychology and Associate Dean of the Graduate School at the University of Wisconsin-Milwaukee from 1999-2013. Dr. Woods has authored or co-authored over 270 papers or chapters, and authored or co-authored 9 books on Tic Disorders, Trichotillomania, and other repetitive behavior problems.

*Cognitive Behavioral Consultants (CBC) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBC maintains responsibility for this program and its content. Cognitive & Behavioral Consultants, SW CPE, is recognized by the New York State Education Department's State Board of Social Work as an approved provider of continuing education for licensed social workers #0219.*

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## REGISTRATION FORM



**Please complete the following information.  
Payment can be made by check or credit card.**

If paying by credit card (Mastercard or Visa only), you may return the completed registration form by mail, confidential fax (914) 615-9049, or email to Saranda Krasniqi at: [skrasniqi@cbc-psychology.com](mailto:skrasniqi@cbc-psychology.com)

If paying by check, please make payable to Cognitive and Behavioral Consultants (or "CBC") and mail completed registration form (below) along with payment to:  
CBC, 1 North Broadway, Suite 704 White Plains, NY 10601 Attn: Saranda Krasniqi

Name \_\_\_\_\_ Degree \_\_\_\_\_

Profession \_\_\_\_\_ Company/School Name \_\_\_\_\_

Title \_\_\_\_\_ Other Professional Affiliation \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Fax (optional) \_\_\_\_\_

Email \_\_\_\_\_

### Credit Card Information

Name on Credit Card \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Security Code \_\_\_\_\_ Expiration Date \_\_\_\_\_

Billing Address \_\_\_\_\_



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