



Webinar Series

When OCD and PTSD Present Together

Target Audience: Therapists who treat clients with PTSD and want to learn about clients with comorbid OCD.

Instructional Level: Intermediate

Course Description: Presented by Charity Truong, PsyD, the purpose of this course is to learn why people diagnosed with either PTSD or OCD can experience difficulty finding an effective treatment. Clinicians may not be trained to identify one or both of these disorders, and once they do, they may question which to treat first or lack training in empirically supported treatments for OCD and PTSD. This presentation will focus on identifying and assessing OCD and PTSD when both are part of a clinical presentation.

Understanding which disorder developed first can be helpful though not sufficient. Avoidance is associated with both PTSD and OCD and has a role in maintaining these disorders. Though exposure treatment is indicated for both diagnoses, PTSD treatment includes exposure to traumatic memories of events that occurred; whereas, OCD treatment includes exposure to obsessional fears without engaging in compulsions.

The use of PE and CPT for clients who have both PTSD and OCD will be introduced.

Learning Objectives:

At the end of this course, participants will be able to:

1. Recognize and assess for OCD.
2. Explain treatment rationale for clients who have both OCD and PTSD.
3. Describe the role of compulsions and avoidance in increasing the symptoms of OCD.

Date and Time: Thursday, October 6, 2022, at 1:00 pm CDT/ 2:00 pm EDT

Duration: 1 hour

Where: Zoom (*ASL available*)

Cost: No cost

Meet the Presenter

Charity Truong, PsyD



Charity Truong, PsyD, is a Cognitive Processing Therapy Trainer and Consultant. She currently works as a senior psychologist and manages the continuing education program for Stress and Anxiety Service of NJ (SAS of NJ.) SAS of NJ is a specialized group practice that provides empirically supported treatments for PTSD, OCD, and anxiety disorders. In the past she served as a supervisor and instructor for doctoral students at Rutgers University's Graduate School of Applied and Professional Psychology and was presented the Supervisor of the Year award in 2017. She is a Cognitive Behavioral Therapist who has focused on the dissemination and use of empirically supported practices throughout her career. Her past experiences also include serving as the Chief of an Embedded Behavioral Health Clinic at Ft. Hood and Lead Psychologist at the Rutgers Counseling Center. Prior to this, she was as the Chief of Psychology at the Fort Hood, TX site for the STRONG STAR PTSD Research Consortium. Dr. Truong has published research focusing on dissemination of empirically supported treatments for PTSD and OCD. This includes the first outcome study examining the use of CPT in a University Counseling Center. She is a frequent presenter at local and national conferences.

Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org one week prior to the webinar so that we may provide you with the appropriate service.

Location Information

This course will be held live via Zoom on **Thursday, October 6, 2022, at 1pm CDT/ 2pm EDT**. The webinar will be recorded and uploaded to the STRONG STAR Training Initiative Provider Portal at <https://www.strongstartraining.org/providers/> and [Vimeo](#).

Continuing Education

The STRONG STAR Training Initiative offers 1 continuing education (CE) credit(s) to participants who attend this 1 hour course and are eligible to receive CE credit(s). To obtain CE credit(s), attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to admin@strongstartraining.org.

Our CE credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

The University of Texas Health Science Center at San Antonio is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.