



Identifying and Addressing Comorbid OCD During Trauma Work

Target Audience: This training is appropriate for mental health providers familiar with cognitive-behavioral, trauma-focused treatments such as Cognitive Processing Therapy, Prolonged Exposure, or other therapies using cognitive strategies to address beliefs about the trauma (i.e., cognitive behavior therapy with a trauma focus). Licensed providers are invited to attend, as well as students, interns, residents, fellows, and other trainees practicing trauma-focused therapy.

Instructional Level: Introductory

Course Description: Given the high prevalence of co-occurring OCD and PTSD, trauma providers' competency in OCD assessment is necessary for effective treatment planning. Attendees will be equipped with foundational knowledge and assessment skills to accurately diagnosis OCD, differentiate between common related disorders (and comorbidities) like PTSD, Generalized Anxiety Disorder, and Phobias, and introduce attendees to case formulation for co-occurring OCD and PTSD.

Learning Objectives:

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

1. Identify transdiagnostic mechanisms common to PTSD and OCD.
2. Identify methods for assessment/diagnosis of OCD.
3. Provide rationale/brief psychoeducation for OCD treatment to a client.
4. Identify factors to consider when treatment planning in case of comorbid PTSD and OCD.
5. Identify resources for training in OCD treatment.

Date and Time: Thursday, September 26th, 2024 from 9 a.m. to 1:00 p.m. CST.

Duration: 1-day workshop

Where: Zoom

Training Cost: \$100

Meet the Presenters

Stacia Dancsak, LMSW, Outpatient Therapist at OCDI Texas

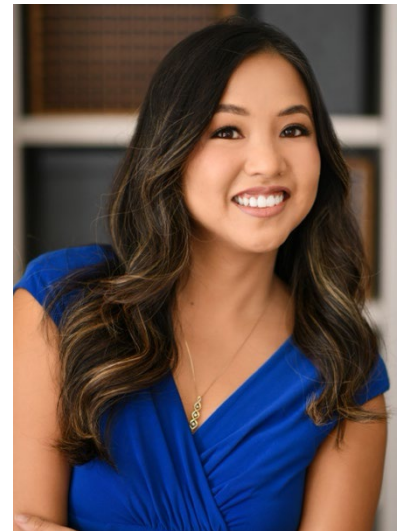
Jen Sy, PhD, Clinical Assistant Professor at Baylor College of Medicine

Emily Weems, LCSW-S, Adjunct Instructor at Baylor College of Medicine

Stacia Dancsak, LMSW, is an outpatient therapist at OCDI Texas, and serves as family therapist for the residential treatment program. Stacia received her masters degree in social work, with a clinical specialization in OCD and anxiety disorders, from Baylor University. She completed her advanced internship at McLean OCDI where she enhanced her interest in the importance of evidenced based practices. Stacia is passionate about helping adults and adolescents gain freedom from their anxiety and achieve their life's full potential. She has particular interest in the intersection of OCD and personality disorders, as well as the neuropsychology of OCD.



Jen Sy, PhD, is a licensed clinical psychologist at OCDI Texas and Clinical Assistant Professor at Baylor College of Medicine. Her clinical and research interests focus on optimization of exposure therapy for anxiety disorders, particularly in OCD, panic disorder, and social anxiety. She received her bachelor's degree in Cognitive Science at Dartmouth College and completed her doctoral degree in Clinical Psychology at the University of Wyoming. She completed pre-doctoral clinical training at the Cheyenne Veterans Affairs Medical Center and the Minneapolis Veterans Affairs Medical Center before joining OCDI as a postdoctoral fellow in 2013. Dr. Sy is particularly interested in helping patients identify common behaviors and thought processes that occur across diagnoses so they can apply what they learn in OCD/anxiety treatment to other areas of their lives.



Emily Weems, LCSW-S, is a Licensed Clinical Social Worker at OCD Institute | Texas and Adjunct Instructor at Baylor College of Medicine. She treats adolescents and adults diagnosed with anxiety disorders, PTSD, OCD, and related disorders. She has a strong passion and dedication for working with individuals struggling with severe OCD/anxiety and co-morbidities in a residential/intensive setting. She received her Bachelor's of Psychology from Loyola University New Orleans and her Master's of Social Work from University of Texas- Austin. Emily completed her clinical training at Baylor College of Medicine where she served marginalized communities with complex mood, anxiety, and personality disorders.



Disclaimer: Emily Weems, LCSW-S, Jen Sy, PhD, Stacia Dancsak, LMSW have no conflicts of interest.

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1-Day Workshop via Zoom AGENDA

Please note Agenda time is based on **Central Standard Time Zone**

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|----------------------------|-----------------------------------------------------------|
| 9:00 am – 9:15 am | Comorbidity of OCD and PTSD |
| 9:15 am – 10:15 am | Assessment of OCD |
| 10:15 am – 11:00 am | Treatment Considerations for Comorbid OCD and PTSD |
| 11:00 am – 12:00 pm | Lunch |
| 12:00 pm – 1:00 pm | Wrap Up/Q & A |

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 workshop so that we may provide you with appropriate service.

Continuing Education

The STRONG STAR Training Initiative offers attendees 3 Continuing Education (CE) Credits for participating in the 1-day workshop. Participants who attend are eligible to receive 3 CE Credits. To obtain CE Credits, 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 continuing education 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.

Cancellation, Substitutions, and Refunds

Registration fees, minus a \$50 service charge, will be refunded to participants who send a written cancellation via email to admin@strongstartraining.org postmarked no less than 15 days before the training. No refunds will be made thereafter. A colleague may be substituted for no extra charge if STRONG STAR Training Initiative is notified at least two business days before the training. In some cases, you may be able to reschedule to a future Learning Community with no additional cost.

For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org.