

WCM Department of Psychiatry

Cognitive Behavioral Therapy Seminar

Psychology CE And Physician CME Announcement

“Exposure and Response Prevention for OCD”

William Lamson, PhD

Assistant Professor of Psychology in Clinical Psychiatry

Weill Cornell Medicine

Assistant Attending Psychologist

New York-Presbyterian Hospital Westchester Division

Thursday, June 22nd, 2023

12:00pm – 1:00pm

<https://weillcornell.zoom.us/j/99138034297?from=addon>

Meeting ID: 991 3803 4297

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture

SPEAKER:

Dr. Lamson has no relevant financial relationship(s) with ineligible companies to disclose.

Dr. Lamson is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychologist at New York-Presbyterian Hospital Westchester Division. He is a licensed clinical psychologist with expertise in cognitive behavioral therapy (CBT) for adults and adolescents with anxiety and mood disorders. He specializes in exposure-based therapies for OCD, phobias, and social anxiety disorder. Dr. Lamson provides a variety of clinical services including diagnostic evaluation, consultation, and psychotherapy. He serves as an administrative and clinical supervisor for postdoctoral fellows. Dr. Lamson's research interests include how social anxiety impacts threat detection and the impact of character strengths and virtues on impression formation.

Abstract:

Exposure therapy is the most successful known treatment for phobias. Exposure therapy is a set of behavior therapy techniques commonly used to reduce pathological fear responses in OCD and in other anxiety problems such as phobias, panic attacks, and posttraumatic stress disorder which involves the patient intentionally confronting feared, but objectively safe, objects, situations, thoughts, and bodily sensations with the goal of reducing fear and other negative reactions (e.g., avoidance) to the same or similar cues.

Learning Objectives:

1. Describe the prevalence of OCD and effectiveness of Exposure Therapy.
2. Examine processes that maintain anxiety.
3. Discuss components of Exposure and Response Prevention Treatment.
4. Determine training concerns when conducting Exposure Therapy.

References:

1. Albert U, Baffa A & Maina G Family accommodation in adult obsessive-compulsive disorder: clinical perspectives. *Psychol. Res. Behav. Manag* 10, 293–304 (2017).
2. Stein DJ et al. The classification of obsessive-compulsive and related disorders in the ICD-11. *J. Affect. Disord* 190, 663–674 (2016).
3. Robbins TW, Vaghi MM & Banca P Obsessive-compulsive disorder: puzzles and prospects. *Neuron* 102, 27–47 (2019)
4. Baxter AJ, Vos T, Scott KM, Ferrari AJ & Whiteford HA. The global burden of anxiety disorders in 2010. *Psychol. Med* 44, 2363–2374 (2014).
5. Sharma E, Thennarasu K & Reddy YCJ Long-term outcome of obsessive-compulsive disorder in adults. *J. Clin. Psychiatry* 75, 1019–1027 (2014)