



# Obsessive-Compulsive Disorder (ODC): differential diagnosis and engagement.

## A workshop for understanding and responding effectively in our client work.

The term obsessive-compulsive disorder (OCD) is often misused in everyday language, based on the mistaken belief that OCD relates only to excessive handwashing or tidiness and that people who regularly wash their hands or are very tidy must have OCD. While excessive handwashing or excessive tidiness may be compulsive behaviours observed in a person affected by OCD, many other rituals, such as excessive checking, tapping or counting, can also be part of compulsions in OCD. In addition, a person with OCD suffers from obsessive, intrusive and anxiety-provoking thoughts, that are largely unrecognised by others, even though these intrusive thoughts cause the sufferer the most anguish.

A lack of understanding by others can lead to their unhelpful communication which, in turn, may contribute to the person with OCD experiencing feelings of shame and withdrawing from social interaction.

This seminar will provide an understanding of OCD, including: common obsessive thoughts; common compulsive behaviours and mental rituals; the lived experience of people affected by OCD; causes and risk factors; prevalence and course of the disorder; common comorbidities; DSM-5 diagnostic criteria for OCD; levels of insight; differentiation between OCD and other mental disorders with overlapping symptoms (such as other obsessive-compulsive and related disorders, anxiety disorders, psychotic disorders,

obsessive-compulsive personality disorder, gambling and substance use); treatment options for OCD; as well as helpful and unhelpful communication.

The morning session of the seminar will focus on: understanding obsessive thoughts, compulsive behaviours and compulsive mental rituals in OCD; DSM-5 diagnostic criteria for OCD; and the lived experience of people with OCD.

The afternoon session will focus on: differentiation between OCD and mental disorders that have overlapping symptoms; prevalence, course, causes and risk factors of OCD; treatment options; and helpful and unhelpful communication.

The presentation style will be interactive, encouraging participant questions and contributions. Both sessions will include case studies and audio visual material.

### Learning objectives of this training:

1. Recognising key characteristics of obsessive-compulsive disorder (OCD).
2. Understanding the lived experience.
3. Differentiating between OCD and other mental disorders with overlapping symptoms.
4. Distinguishing between helpful and unhelpful communication when interacting with people affected by OCD by mental health issues.



**Renata Porzig-Drummond** is a lecturer at the Australian College of Applied Psychology in Sydney, specialising in the fields of mental health and psychology. She uses an interactive presenting style that encourages participation, and focuses on the practical relevance of the topic for participants' context. Renata holds a PhD in Clinical Psychology and a BSc Psychology (Hon) from Macquarie University; a GradDip in Psychology and a BA from the University of Sydney; and a Certificate of Holistic Counselling from Nature Care College. Renata's research has focused on behaviour change and her research has been published in leading academic journals, including Behaviour Research and Therapy, Australian Social Work and Social Science & Medicine. Renata's clinical experience includes crisis counselling, psychological assessment, and working with clients with depressive and anxiety disorders, OCD and ADHD. Renata is a member of the Australian Psychological Society (APS) and the International Coaching Federation (ICF).

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

### **Morning Session**

Common obsessive thoughts and images  
Common compulsive behaviours and mental rituals  
DSM-5 diagnostic criteria for OCD  
The lived experience of people affected by ODC

### **Afternoon Session**

Differentiation between OCD and other mental disorders with overlapping symptoms  
Prevalence, course, causes and risk factors of OCD  
Treatment options  
Helpful and unhelpful communication  
Questions, evaluation and closing.

***“This seminar will focus on skills in (1) recognising patterns of symptoms related to OCD, (2) understanding the lived experience of a person with OCD, and (3) helpful and unhelpful communication when interacting with people affected by OCD.”***

Renata Porzig-Drumond

### **How will you benefit from attending this training?**

- Learn to identify patterns of symptoms relating to OCD.
- Understand the lived experience of individuals with OCD.
- Know the difference between ODC and other mental disorders with overlapping symptoms.
- Learn to distinguish between communication that is helpful and unhelpful when interacting with people affected by OCD.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of notes and resources and evaluation.
- Individual attendance certificates for all participants.

Contact our in-house program director **1300 887 622** or **info@PDPseminars.com.au** for information, quotation or to have a helpful chat about the needs of your team.

The presentation is designed for anyone without, or with some, prior training or experience in mental health who may encounter people with mental health issues in their professional lives. These may include: coaches; HR professionals; counsellors, psychotherapists and social workers; volunteers; community workers; and allied health professionals.

### **Feedback form Renata's recent presentations:**

*“Renata’s enthusiasm, attention to detail, going over and beyond expectations made it an absolute pleasure.”*

*“Excellent course and thoroughly enjoyed it. Renata has a warm and friendly style and was professional and engaging. She clearly knows her stuff. It was great to hear real life examples as well as the video segments of this work in action.”*

*“The day was well paced and informative with skills and awareness I can use in my work with clients and in my own personal life. I enjoyed the interactive activities discussed and the videos.”*

*“Renata’s enthusiasm makes such a difference to the training. She is a very knowledgeable and positive trainer.”*

*“Thank you, today was very engaging, practical and informative, really clear and I will apply it to my practice.”*

*“Renata was very encouraging of us to ask questions and engaging with her knowledge in that way was fantastic and contributed to everyone’s learning. Just great!”*

*“The enthusiasm, knowledge on this subject and in general an engaging teaching ability made this an enjoyable and valuable training. Thank you!”*

*“Renata’s knowledge and experience is impressive! She was well prepared, approachable and helpful throughout.”*