

OBSESSIVE COMPULSIVE DISORDER (OCD)

Overview

The course is designed for people living with OCD, care and senior staff, within any health organisation, who care for individuals who suffer with OCD. It provides a good, supportive tool for those caring for vulnerable individuals, who need understanding & rational reasoning skills.

Duration - 2-3 hrs

Course Objectives

This course will explore and extend participants' knowledge about this disorder: the forms it can take, those who are at risk, various explanations for the occurrence of signs and symptoms, and possible outcomes and responsive treatment options.

The course will involve the following topics:

- Definition & explanation of the disorder.
- Understanding & recognising the disorder.
- Building positive support & understanding.
- Rational thought processing.
- Empowering the individual.
- Recognition of understanding difficulties.
- Goal setting for treatment.
- Future planning.
- Coping strategies.
- Recent clinical evidence of treatment.

Attendees will gain a deeper understanding of the concept of Compulsive actions and thoughts, whilst gaining key skills to support change and manage set traits of the disorder. Understanding the foundations of this disorder to support each individual in the best possible circumstances.

The course is supported by an informative handout and accompanying discussions. On completion, all participants will receive a Mind Consultancy certificate of attendance contributing & underpinning knowledge of learning outcomes: QCF CMH 301.