

ANXIETY AND OCD TRAINING

FOR MENTAL HEALTH PARTNERS

ANXIETY WORK IN KIDS AND TEENS

SCOTT CYPERS, PHD

JULY 21, 2021

8:00 am – 8:30 am	Arrival and Pre-test forms to complete
8:30 am – 9:50 am	Introduction to Anxiety Work in Kids/Teens: AKA Brain 101 & Anxiety 101
9:50 am – 10:00 am	Break
10:00 am – 10:50 am	F Step: Emotion Work Around Anxiety with Kids/teens
10:50 am – 11:00 am	Break
11:00 am – 11:50 am	A Step: Cognitive Tools Around Anxiety with Kids/Teens
11:50 am – 1:00 pm	Lunch
1:00 pm – 1:50 pm	C Step: Behavioral Tools to Use with Kids/Teens
1:50 pm – 2:00 pm	Break
2:00 pm – 2:50 pm	E Step: Engaging Key Learning Principles in Anxiety Work /Engage & Practice Exposure Work
2:50 pm – 3:00 pm	Break
3:00 pm – 3:50 pm	Key Exposure Tips and Tricks for Kids/Teens/Families
4:00 pm – 4:30 pm	Brief Discussion on Need/Ways to Enhance Motivation (MI work) in regards to anxiety with kids/teens/families
4:30 pm – 5:00 pm	QA & Post-test/evaluation forms to complete

EXPOSURE AND RESPONSE PREVENTION FOR OBSESSIVE-COMPULSIVE DISORDER

RACHEL A. DAVIS, MD | EMILY HEMENDINGER, LCSW | STEPHANIE LEHTO, PSYD

JULY 22, 2021

8:30 am – 12:00 pm

Introduction to OCD

Break

Subtypes of OCD and Case Examples

Break

Cognitive Behavioral Assessment

12:00 pm – 1:00 pm

Lunch

1:00 pm – 5:00 pm

Assessing Motivation and Goals of Treatment

Break

Laying the Foundation for ERP

1. Psychoeducation
2. Identifying Cognitive Distortions
3. Identify Primary and Secondary Avoidance
4. Develop a Response Prevention Plan
5. Improve Distress Tolerance

Breakout rooms - response prevention
normal behaviors

ERP for OCD website: www.erp4ocd.com



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JULY 23, 2021

8:30am – 12:00 pm
(with breaks)

Exposure
i) Categories of Exposure
ii) Creating a hierarchy
iii) Measuring anxiety/disgust/distress
iv) Time to practice!
v) Ongoing symptom management

12:00 pm – 1:00 pm

Lunch

1:00 pm – 5:00 pm

Breakout rooms – create hierarchies

Break

Presenter role plays

Break

Exposure practice

Break

Q&A

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PRESENTER BIOS

Scott Cypers, PhD is an Assistant Professor of Psychiatry and the Director of Stress and Anxiety programs at the Helen and Arthur E Johnson Depression Center. His primary clinical and research interests focus on anxiety and stress-related issues, especially improving outcomes around anxiety treatment and building innovative anxiety treatments. Dr. Cypers has worked for the past 16 years in various clinical roles including as the Director of Anxiety and Stress Programs at Children's Hospital Colorado, as a psychologist working with active duty military at Buckley Mental Health, as well as working for many universities in student health services in various roles. At each place he has worked, Dr. Cypers has built innovative programs to address the range of mental health issues, most notably in the areas of stress, anxiety and promoting help-seeking behaviors.

Rachel Davis, MD is Associate Professor of Psychiatry, Vice Chair for Clinical Affairs, Medical Director of Student/Resident Mental Health, and Medical Director of the OCD Program at the University of Colorado Anschutz Medical Campus. She is Service Director for the Department of Psychiatry's Psychiatric Neuromodulation and Advanced Therapeutics Service, and she specializes in Deep Brain Stimulation (DBS) for refractory, severe OCD. Dr. Davis completed her undergraduate degree, medical school, and psychiatry residency at the University of Colorado and has been on faculty at the University of Colorado Anschutz for the past 11 years. She is currently a Principal Investigator on an NIH BRAIN initiative studying the ethics of DBS in Schizophrenia.

Emily Hemendinger, LCSW, MPH, CPH is currently an Instructor, Lead OCD Therapist, and DBS Coordinator with the OCD program at University of Colorado Anschutz Medical Campus. She has extensive clinical experience working with OCD and eating disorders, with four years as a Primary and Family Therapist at Eating Recovery Center. Emily also specializes in anxiety disorders, trauma disorders, perfectionism, and body image. Emily has a background in behavioral and community health sciences, health education, and health promotion. Her passion is combining her mental health and public health work, with specific focus on reworking our society's relationship with food and self-image.

Stephanie Lehto, PsyD is a Licensed Psychologist in Colorado and currently works as a Senior Instructor at the University of Colorado Anschutz Medical Campus with the OCD Program and Student/Resident Mental Health. Dr. Lehto completed her Pre-Doctoral Internship, Post-Doctoral Fellowship, and over a year as a Primary/Family Therapist at the Eating Recovery Center with various tracks for eating disorder and mood, anxiety, and trauma related disorders.



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