

ASSESSMENT & TREATMENT OF ANXIETY, OCD & HOARDING DISORDERS

WITH JASON MOSER, PH. D.

FRIDAY, JUNE 9TH, 2023

8:30 AM - 4:30 PM | **IN-PERSON**
ACC GRANUM THEATER
665 JOHNSON ST, ALPENA, MI 49707
\$30 FOR COMMUNITY PARTNERS
FREE FOR NEMCMHA STAFF

COURSE DESCRIPTION

This two-part course will provide introductory and practical information concerning evidence-based assessment and treatment of Anxiety, OCD and Hoarding Disorder from a cognitive-behavioral orientation. In the morning session, a 101-style overview will be presented, with some introductory summaries of evidence-based assessments and treatments. The afternoon session will provide a more in-depth, step-by-step approach to assessment, case conceptualization, treatment planning, and treatment delivery. Assessments will include both brief questionnaires as well as clinician-delivered interviews. Treatments will focus on exposure and response prevention and cognitive therapy techniques. The afternoon session will also incorporate case studies and small group activities.

COURSE AGENDA

8:00 AM - 8:30 AM: *Registration*

Assessment & Treatment 101

8:30 AM - 10:15 AM: *General overview of Anxiety, OCD & Hoarding Disorders with understanding of the diagnostic and clinical presentation*

10:15 AM - 10:30 AM: *Break*

10:30 AM - 12:00 PM: *Introductory summaries of Evidence-Based Assessment and Treatments - what are effective interventions?*

12:00 PM - 1:00 PM: *Lunch*

Assessment & Treatment 201

1:00 PM - 2:30 PM: *Step-by-step approach to assessment, case conceptualization, treatment planning and delivery*

2:30 PM - 2:45 PM: *Break*

2:45 PM - 4:30 PM: *Applying specific CBT techniques, incorporating case studies and wrap-up*



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OBJECTIVES

- An understanding of the diagnostic and clinical presentation of Anxiety, OCD and Hoarding Disorder.
- Ability to conceptualize Anxiety, OCD and Hoarding Disorder from a culturally responsive cognitive behavioral framework.
- Knowledge of empirical methods and findings regarding effective CBT interventions.
- Beginning ability to apply specific CBT techniques.

CONTACT GENNY GRIMSHAW AT

**(989) 358-7842, OR [GGIMSHAW@NEMCMH.ORG](mailto:ggrimshaw@nemcmh.org),
IF YOU HAVE QUESTIONS, NEED MORE INFORMATION,
OR REQUIRE SPECIAL ACCOMMODATIONS.**

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PRESENTED BY:



TARGET AUDIENCE: SOCIAL WORKERS, COUNSELORS, PSYCHOLOGISTS, RN'S, FRONT LINE & SUPPORT STAFF

CONTENT LEVEL: BEGINNER TO ADVANCED

6.5 SOCIAL WORK CE CREDITS AVAILABLE!

PRESENTER BIO:

Jason Moser, is a Professor in the Michigan State University Department of Psychology and Neuroscience program. He began as a community college student in Harrisburg, Pennsylvania, studying acting, but ultimately received his BA in Psychology from Pennsylvania State University in 2001. As part of earning his PhD in Psychology from the University of Delaware, Jason was clinically trained at the University of Pennsylvania's Center for the Treatment and Study of Anxiety and completed a year-long clinical internship at the National Center for PTSD at the Boston VA Healthcare System. He moved to Michigan State University in 2009 where he founded the Clinical Psychophysiology Lab.

With 20 years of experience working with anxiety disorders, OCD, and PTSD, he studies how overwhelming anxiety makes it harder to control emotions, stay focused, and bounce back from mistakes and ways to overcome it. He is a Licensed Psychologist in Michigan who actively sees 2-3 clients a week and regularly supervises PhD student trainees in MSU's Clinical Science program.

COURSE COMPLETION & CE INFO:

SOCIAL WORKERS MUST SIGN IN/OUT OF THE TRAINING, ATTEND THE ENTIRE COURSE, PROVIDE THEIR LICENSE NUMBER, AND COMPLETE A COURSE EVALUATION TO EARN CE CREDIT. YOU WILL RECEIVE YOUR CERTIFICATE WITHIN 30 DAYS OF COURSE COMPLETION.

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