

# Living with OCD – An Unwelcome Houseguest!

## An Educational Awareness Event

A collaboration of Dr. Connie Dalton of the Ottawa Institute of Cognitive Behavioural Therapy (OICBT) and OCD Ottawa (A Peer Based Support Network)

OCD can turn an entire household upside down... enmesh all family members, and render it's intended victim completely debilitated by an endless cycle of obsessions and compulsions. An unwelcome houseguest indeed! One needing specific treatment and attention.

OCD is an often misunderstood disorder. Secrecy and stigma can leave sufferers in isolation for years. Left untreated OCD can lead to serious impairment in function and a life filled with unnecessary limitation. We seek to change this through education and dialogue!



### Our Speaker Panel:

*Jenn Coward* - Recipient of The Royal's 2017 Inspiration Award, will share her experience of living with OCD. A passionate advocate, Jenn has spoken on panels at the International Conference for OCD, and with TAMI (Talking About Mental Illness).

*Dr. Connie Dalton* (Psychologist) - Overview of OCD and it's treatment including cognitive behaviour therapy (CBT) and exposure & response prevention (ERP). Coping strategies and self-care for those with OCD and those who support them. Decreasing accommodation and putting supportive coaching strategies in place will be discussed.

*Dr. Yakov Shlik* (Psychiatrist) - Overview of the biomedical aspects of OCD, highlighting what is going on in the brain of someone with OCD, and how ERP (exposure & response prevention) impacts the brain. Discussion of medications used to treat OCD.

*Q&A Panel Discussion with all speakers participating will conclude the evening.*

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### Date and Time

Wednesday, November 29, 2017  
6-9 PM

### Learning Objectives:

- Definition, diagnosis and prevalence of OCD;
- How to understand OCD using a CBT model;
- Main treatment strategies used for treating OCD;
- Helping individuals develop strategies to cope with OCD;
- Developing self-care strategies when helping others with OCD

### Target Audience

Anyone wanting to learn more about OCD!  
Individuals with OCD, their family, friends, supporters. Anyone who wonders if they may have OCD, or anyone wondering if someone in their life may have OCD.

### Location

The Royal  
Associates in Psychiatry Auditorium  
1145 Carling Avenue, Ottawa

### Cost

\$25 – Funds raised through this event will support ongoing initiatives of OCD Ottawa.

[www.ocdottawa.com](http://www.ocdottawa.com)

### Registration

<https://www.regonline.com/OCD2017>

For more information please visit **Excellence In Practice** or contact Kelly Hayward 613.722.6521, ext 6570, [kelly.hayward@theroyal.ca](mailto:kelly.hayward@theroyal.ca)

Or visit [www.theroyal.ca/mental-health-centre/education-and-conferences/](http://www.theroyal.ca/mental-health-centre/education-and-conferences/)