

Dr Angie Lewis and Dr Stuart Brownings

National and Specialist OCD, BDD and Related Disorders Service, Maudsley Hospital, London



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INSTITUTE
Evidence-Based Psychological Treatment

Wednesday, 16th March 2022

Online

Assessing and treating OCD in children and young people

Introduction:

Obsessive-compulsive disorder (OCD) is a debilitating condition affecting approximately 1%–2% of young people. The disorder is characterised by the presence of distressing intrusive thoughts (obsessions) and/or repetitive acts that are performed in order to alleviate anxiety or prevent a feared outcome from occurring (compulsions). Over the past two decades, a strong evidence base has emerged for the treatment of paediatric OCD, including Cognitive Behaviour Therapy (CBT) and the use of high dose Selective Serotonin Reuptake Inhibitors (SSRIs). For young people, the NICE guidelines suggest that a crucial feature of psychological treatment is exposure with response prevention (ERP). Although straight forward in principle, CBT for OCD can prove challenging to implement, particularly for more complex or chronic cases.

Content

The aim of this masterclass will be to provide up to date knowledge and skills in assessing and treating children and adolescents with OCD. It will outline evidence-based treatment approaches (both psychological and pharmacological) that are viewed as best practice. The emphasis of the day will be on skills-based teaching of CBT strategies. Content will include a focus on the common pitfalls encountered in treating OCD and how to manage these. We will also include a discussion of more unusual presentations of OCD, managing risk in this group and disentangling co-morbid symptomatology.

Learning objectives:

- To gain an understanding of evidence-based practice for assessing and treating OCD, as outlined by the NICE guidelines
- To gain confidence in using CBT for young people with OCD, with a focus on exposure with response prevention (ERP).
- To have a good understanding of different types of OCD presentations and the common challenges that arise in treatment.



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Training modalities

As part of the session the group will work through a case example, with the inclusion of audio and visual materials, in order to gain a detailed understanding of assessment and treatment in context. The day will also incorporate group exercises in order to practice skills in assessment of OCD and time for exploration and discussion of the challenging issues which can often present in OCD.

Key references:

1. Turner, C., Krebs, G., & Volz, C. (2019). *OCD: Tools to Help You Fight Back! A CBT Workbook for Young People*. Jessica Kingsley Publishers.
2. Turner, C., Krebs, G., & Volz, C. (2019). *OCD: Tools to Help You Fight Back! A CBT Manual for Therapists*. Jessica Kingsley Publishers.
3. Lewis, A., Stokes, C., Heyman, I., Turner, C., & Krebs, G. (2020). Conceptualizing and managing risk in pediatric OCD: Case examples. *Bulletin of the Menninger Clinic*, 84(1), 3-20.
4. Keleher, J., Jassi, A., & Krebs, G. (2020). Clinician-reported barriers to using exposure with response prevention in the treatment of paediatric obsessive-compulsive disorder. *Journal of Obsessive-Compulsive and Related Disorders*, 24, 100498.
5. Krebs, G., & Heyman, I. (2014). Obsessive-compulsive disorder in children and adolescents. *Archives of Disease in Childhood*, 100, 495-499.

About the presenters:

Dr Angela Lewis is a Principal Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorders Service for Children and Young People (South London and Maudsley NHS Foundation Trust). She has worked at the service since 2013, providing specialist assessment and evidence-based treatment to children and young people with OCD and BDD across the country. Angela is a peer-reviewed author and has contributed chapters to books on both OCD and BDD. She also enjoys teaching across both academic and clinical settings.

Dr Stuart Brownings is a Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorder Clinic at the Maudsley Hospital. He specialises in CBT for OCD in children and adolescents, delivering individually-tailored treatment packages to young people across the country with high levels of severity and complexity.

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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are delivered online



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