Exposure and Response Prevention (ERP) for Children and Adolescents with Anxiety and OCD: Using Acceptance and Commitment Therapy (ACT) to Enhance Inhibitory Learning

Presenters: Lisa W. Coyne, PhD. & Stacey R. Dobrinsky, PhD
McLean OCD Institute for Children and Adolescents (OCDI Jr.)

Exposure and Response Prevention (ERP) for anxiety and OCD in children and adolescents have robust empirical support. However, clinicians trained in effective use of this treatment model are rare, and the service need is great, resulting in many children and adolescents failing to receive treatment for months to years after symptom onset. New research on how exposure works has suggested specific guidelines we can use to enhance how we use exposure based treatments. Acceptance and Commitment Therapy (ACT) is a transdiagnostic evidence-based approach that can be used to support inhibitory learning in treatment. Thus, this two-day workshop will address how clinicians may incorporate ACT components into ERP to maximize inhibitory learning. Specifically, the speakers will a) present a thorough overview of exposure-based treatments and inhibitory learning research and applications; b) teach how to conduct exposure-based treatment with children and adolescents; c) give a thorough overview of ACT and its’ evidence-base; and c) demonstrate how to incorporate specific ACT interventions into exposure to strengthen and contextualize inhibitory learning. Participants will be given opportunities to engage in experiential exercises, role plays and case discussions in which to practice the principles taught. Clinical examples will be used to illustrate therapeutic techniques, in addition to the workshop’s didactic content.

Clinicians may sign up for one or two days of the workshop. Day One will emphasize foundations of ERP and ACT, focusing on inhibitory learning, training in exposure-based treatment, and how to “set the stage” for ACT-based exposure work with young people and their families. The second day of the workshop will focus on advanced applications of ACT-informed ERP to treat clinically complex, treatment refractory young people and families with anxiety and OCD.

Where: McLean Hospital/Harvard Medical School, Pierce Hall Auditorium, Administration Building, 115 Mill Street, Belmont MA 02478
When: 8:30am – 4pm Saturday and Sunday, January 28 & 29, 2017 (please arrive 15 minutes before the training)
Level of Training: Beginner through Advanced
12 CEs will be available for PhDs*, LCSWs & LICSWs, and LMHCs (pending approval)

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**Cost:** $200 for one day; $350 for two days for professionals; $175 for one day; $300 for two days for students ($250 for two days for students if you bring a colleague!). This includes conference registration, CE fees, and snacks and beverages during breaks. Lunch on your own.

**Cancellation Policy:** If you cancel your reservation up to one week before the workshop, your fees will be refunded in full. If we must cancel the workshop for weather-related reasons, your fees will be refunded in full.

**Educational objectives:** After participation in this workshop, you will be able to

1. Explain OCD and ERP in behavioral terms, including inhibitory learning processes
2. Describe the ACT model, in particular, the mindfulness and acceptance processes and the commitment and behavior change processes
3. Conduct ERP incorporating elements of ACT such that they enhance inhibitory learning
4. Conduct an intake assessment for anxiety/OCD in children and adolescents
5. Engage and motivate clients to engage in ERP using an ACT perspective
6. Teach clients how to determine the function of their avoidance behaviors
7. Present psychological flexibility during ERP as a learnable skill
8. Present ERP homework as noticing exercises in a way that promotes client choice and maximizes compliance with treatment
9. Build a flexible exposure hierarchy or exposure menu
10. Flexibly conduct in vivo, imaginal, and thought-based exposures
11. Engage parents as an integral part of the treatment team to reduce accommodation
12. Facilitate generalization and maintenance of treatment gains post-treatment

**Disclosure:** Lisa Coyne receives royalties from New Harbinger Publications.

**Save the date! Contact Stacey Dobrinsky, PhD, Staff Psychologist, McLean OCD Institute for Children and Adolescents (OCDI Jr.)/Harvard Medical School at SRICE@MCLEAN.HARVARD.EDU or 774-419-1162 | for more information and to reserve a space in the workshop.**

**Suggested Readings/Research Citations:**


**About the Presenters**

Dr. Coyne is the Founder and Director of the McLean OCD Institute for Children and Adolescents at McLean Hospital, and is on the Faculty of Harvard Medical School. She is a Research Associate Professor in the Clinical Psychology Doctoral Program at Suffolk University in Boston, Massachusetts, and is on the Faculty of the Behavior Therapy Training Institute (BTTI) of the International OCD Foundation. She is also a licensed psychologist and an internationally recognized ACT trainer with extensive experience using ACT with young people with OCD and their families.

Dr. Dobrinsky is a licensed psychologist at the McLean OCD Institute for Children and Adolescents at Mclean Hospital, and is on the Faculty of Harvard Medical School. She completed her postgraduate training at the University of Florida, where she specialized in OCD and anxiety disorders. Dr. Dobrinsky has worked in both school and clinical settings and has recently co-written a chapter on OCD in school settings in the forthcoming book *Clinicians’ Guide to Cognitive-Behavioral Therapy for Childhood Obsessive-Compulsive Disorder*: Elsevier Press.

Dr. Coyne and Dr. Dobrinsky both treat children and teens with severe anxiety and OCD at the McLean OCD Institute for Children and Adolescents (OCDI Jr.). Between them, they share over 15 years of treatment experience.

**Sponsored by: New England ACT Institute**