



OCD EXCELLENCE PRACTITIONER PROGRAMME

COURSE MODULES

Pre-course: optional CBT qualification online (for those without CBT qualification)

Module 1: Preparation, Introduction & Education

Module 2: Assessment & Treatment Planning

Module 3: Collusion & Boundaries

Module 4: Treatment Protocol Part One

Module 5: Treatment Protocol Part Two

Module 6: Treatment Protocol Part Three

Module 7: Comorbidity with OCD

Module 8: Case Studies

Module 9: Skills Practice

Module 10: Reading, Research & Resources

OPTIONAL ADD-ON MODULES:

- a. Advanced CBT Diploma Course
- b. Mindfulness Based CBT Diploma
- c. Online and telephone therapy
- d. Advanced sub-type behavioural work
- e. OCD Nutrition
- f. Mind & fitness for OCD
- g. OCD Group work
- h. Supervision

COURSE FORMAT?

The course is designed to be delivered online with web conferencing and weekend workshops for skills practice and reinforcement. Each module can be completed in a week or at the pace of the user via a dedicated learning management system and culminates in a progress test and assignment. The optimum completion time for modules 1 to 10 is 8 to 12 months. With a fluid interface, the course offers the same experience across all devices, from desktops to tablets and modern mobile devices. Native apps for iPhone & iPad are also available. The practical skills workshops will be held 4 times per year in London with skills teams and guest speakers.

WHO WILL BENEFIT FROM THE TRAINING?

- Social workers
- Nurses
- Medical specialists
- GP's
- Education counsellors
- Pastoral carers
- Students
- Mental health professionals
- Administrative medical staff

WHO ARE WE?

OCD Excellence is an on- and offline organisation offering treatment & training for OCD. Originating from OCDFirstAid and the philosophy that access to specialist care is the right of everyone with this complicated, life span condition, OCD Excellence now offers unique specialist OCD training to professionals. Our OCD Excellence Practitioner programme is a qualification based on 16 years of experience and thousands of clients. It is an effective combination of evidence-based cognitive behavioural and acceptance-based methods developed as a result of the work of its founder, India Haylor, who is frequently featured in broadcast and print media as one of the UK's experts in the condition.

FEES?

Course fees are £3,500 per person including all materials & workshops or £3,000 for previous intensive clients or their carers. Payment plans are available. To enrol or obtain further information please call 0207 101 9302 or email info@ocdexcellence.com