



## CONTINUING EDUCATION FOR MENTAL HEALTH PROFESSIONALS

The IOCDF Training Institute offers a comprehensive curriculum of professional training opportunities. These training offerings address a variety of specialties and issues pertaining to the OCD and related disorders community, while also providing continuing education credits to qualified professionals.\* The faculty of each training is made up of the most experienced and well-respected OCD therapists in North America.

### WHO SHOULD ATTEND?

The Training Institute is open to any licensed mental health professional who treats OCD and/or related disorders, and who does not require supervision. Continuing education (CE) credits are offered for qualified professionals.\* While OCD is the main focus of the Training Institute, there is additional focus on other topics and related disorders that varies with each course. We also offer training sessions on specialty topics.

The Training Institute offers a mix of in-person and web-based opportunities. These web-based courses can be accessed anywhere in the world, provided there is an Internet connection.

*\*Continuing education credits are offered for licensed professionals only, pending eligibility. Please note that not all Training Institute courses offer CE/CME credit, and not every discipline has been approved for credit. Please visit [iocdf.org/training-institute](https://iocdf.org/training-institute) to learn more.*

### COURSE CATALOG

The Training Institute curriculum ranges from the 100-level introductory trainings to the 400-level advanced trainings:

- **100-Level (Introductory)** – The Introductory level of courses are for trainees and clinicians who are new to the world of OCD and related disorders. These courses will help introduce attendees to the recognition and diagnosis of OCD and related disorders, as well as how they are treated.
- **200-Level (Foundational)** – The Foundational level of courses are for independently licensed clinicians who are familiar with OCD, but may be new to treating it following best practices. These courses seek to train clinicians in ERP, the gold standard treatment for OCD, in addition to how treatment may vary for OC-related disorders.
- **300-Level (Integrative)** – The Integrative level of courses are for clinicians who are comfortable with diagnosing OCD and implementing ERP with their clients, but may benefit from guidance around their severe, resistant, and/or ambivalent cases. This level focuses on helping clinicians to synthesize their previous learning with their current practice via group consultation sessions with the world's leading experts on OCD and related disorders.
- **400-Level (Advanced)** – The Advanced level of courses are for seasoned clinicians who feel competent working independently with clients with OCD. Clinicians who would benefit from these training opportunities will have several years of experience in implementing ERP, and have some experience working with more



## CLINICIAN SELF ASSESSMENT

The IOCDF developed an efficient online self-assessment screening tool to help clinicians figure out where they land in the Training Institute curriculum, and which course(s) might be most useful to them.

The online self-assessment is brief — clinicians should need no more than 5 minutes to complete it — and there are different versions for those who work with adults and those who work with pediatric populations.

Should a clinician work with the lifespan, they can either take both assessments, OR prioritize for which age group they would like to receive training first. The assessment will then ask clinicians a series of questions to gauge their experience and expertise, culminating in a recommended course level based on their responses.

To take the self assessment visit [iocdf.org/self-assessment](https://iocdf.org/self-assessment).

## KEY COURSE OFFERINGS

### MGH Webinars (100-Level)

The 100-level (introductory) course offerings include several online interactive courses available through our partnership with the Massachusetts General Hospital's Psychiatry Academy. These courses can be accessed anywhere in the world, provided there is an Internet connection.

### Behavioral Therapy Training Institute (200-Level)

The Behavior Therapy Training Institute (BTTI) is an in-depth, three-day intensive training course in cognitive behavior therapy (CBT) for mental health professionals who are treating individuals with OCD and related disorders. We offer two types of BTTIs: General and Pediatric.

BTTI sessions are typically capped at 30 attendees and invitations to register to attend are sent to those on our BTTI Interest List on a first-come, first-served basis. To receive updates and information on the BTTI and add yourself to the list to be offered a spot at a future training, please fill out the BTTI Interest List form at [iocdf.org/bttiform](https://iocdf.org/bttiform).

### Online Consultation Groups (300-Level)

This web-based training opportunity enables clinicians to further their training through a series of small group consultation sessions aimed at improving their skill in treating OCD and related disorders. Each small group consists of 3 clinicians, and is led by a renowned clinical expert who has previously served as faculty for our BTTIs. Online Consultation Groups are specifically targeted towards clinicians who have completed a BTTI.

### Advanced Training Forum 400-Level)

These Forums blend lecture material with the immediate application of material to cases. These courses are only open to those who have previously attended the 200-level general and/or Pediatric BTTI. Examples of previous Forum topics include "Treatment Engagement, Ambivalence, & Resistance in OCD" and "Working with OCD-Related Disorders & Co-Occurring Conditions."

*To learn more about the IOCDF Training Institute, take the self-assessment, or join the BTTI Interest List, please visit [iocdf.org/training-institute](https://iocdf.org/training-institute).*