

**Knowing When  
to Move on if  
Treatment isn't  
Working**

# Presenters

- Shannon Weise, MSW, LCSW
- Emily McCollister, MSW, LSW
- Matthew Varmecky

# Agenda for today's workshop

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## **Finding the Right Therapist/Treatment**

An overview of the therapeutic relationship and what to look for in OCD treatment.

Shannon Weise,  
MSW, LCSW

Shannon shares her experience as a therapist with clients who have OCD.

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Emily McCollister,  
MSW, LSW

Emily shares her experience of being a professional with OCD and gives her view of both sides.

Matthew  
Varmecky

Matthew shares his personal story with OCD and discusses how he knew when to seek out new therapists.

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Process and  
Q & A

You may ask any questions at this time.

# Learning Objectives of Workshop

- Learn how to find the right therapist-(questions to ask and what to look for)
- Learn from personal experiences of presenters
- Learn what is the therapeutic relationship - the therapeutic relationship is defined as a relationship between therapist and client in which the focus is on client's goals and needs.

# The importance of the therapeutic relationship

**Factors of empathy, warmth, relating to clients, and the therapeutic relationship have been shown to correlate more highly with client outcome than specialized treatment interventions.**

(Lambert & Barley, 2001)

**The therapeutic relationship is the most robust predictor of treatment outcomes.**

(Hill & Knox, 2009)

# Treatment Options for OCD

- Exposure & Response Prevention
- ACT
- Mindfulness-based CBT
- Inference-based CBT
- Functional Analytical Psychotherapy

\*These are not all considered evidence-based practices or used solely for OCD treatment.

# Things to consider when choosing an OCD therapist

- Do they have specialized training?
- Be specific in what you are looking for.
- Ask if they do ERP, not just CBT.
- Are they knowledgeable about OCD?
- Do they incorporate family/partners into treatment?
- Do they give homework and encourage learning outside of sessions
- Is treatment collaborative?

# More to consider

- Taking responsibility for your treatment
- Do you feel comfortable expressing concerns to this person?
- Do you have a connection with your therapist?
- Are they warm and friendly? Do you feel safe sharing? Making requests?
- Do you feel treatment is going well? How long has it been?
- When to end the relationship? How to do this?
- It's okay if its not a good fit.



# How to End Treatment:

what to tell the treatment provider

- Tell your therapist this doesn't feel like the right connection
- Nothing (ghosting happens) -sometimes its personal sometimes its not (we know how to deal with this)
- "I need more specialized services or I'm not making progress"
- "I think I'm done or let's start decreasing my sessions"

# Shannon's experience

**Shannon briefly discusses being an OCD therapist. She discusses treatment outcomes she has seen in practice, based on the therapeutic relationship. Shannon will also share personal experiences she has had in her own treatment.**

# Emily's experience

**Emily discusses working as an OCD therapist. She shares personal experience of working with clients and seeking her own treatment.**

# Matthew's experience

Matthew shares his experience and challenges of living with OCD. Matthew discusses how he has had multiple treatment providers. He shares what has worked and what hasn't for his treatment in regard to connection with therapists. Matt will discuss what were the key aspects he noticed with his current therapist, Shannon that helped him to engage in treatment.

# Q & A

- Feel free to ask questions related to presentation topic (we will not provide personal treatment advice or consultation)
- We will stay after to answer additional questions

# References

**Fran. (2014, May 27). How to find the right therapist. International OCD Foundation.**

**<https://iocdf.org/ocd-finding-help/how-to-find-the-right-therapist/>**

**Hill, Clara E. and Knox, Sarah, "Processing the Therapeutic Relationship" (2009). College of Education Faculty Research and Publications. 30.**

**[https://epublications.marquette.edu/edu\\_fac/30](https://epublications.marquette.edu/edu_fac/30)**

**Holman, G., Kanter, J., Tsai, M., & Kohlenberg, R. J. (2017). Functional analytic psychotherapy made simple: A practical guide to therapeutic relationships. New Harbinger Publications Inc.**

**Lambert, M. J., & Barley, D. E. (2001). Research summary on the therapeutic relationship and psychotherapy outcome. *Psychotherapy: Theory, Research, Practice, Training*, 38(4), 357–361.**

# Contact us

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**Please remember to  
complete evaluations.**

**Thank you for attending.**



A scenic mountain landscape with a winding road and a forest. The image is overlaid with a semi-transparent blue filter. The text is centered in the upper half of the image.

"Thinking will not  
overcome fear, but  
action will"

W. Clement Stone