



**ACT**  
**WELLINGTON**  
THERAPY • TRAINING • SUPERVISION

## ACT & Exposure Response Prevention for OCD

A 2 day workshop for mental health clinicians with Ben Sedley

Thursday 6<sup>th</sup> & Friday 7<sup>th</sup> of May, 2021, Wellington.

Exposure and Response Prevention (ERP) is the most effective treatment for OCD. Integrating ACT enhances ERP therapy by increasing precision and connecting behaviour to client values. This two day workshop will cover:

- how to use Exposure and Response Prevention in therapy
- the inhibitory learning approach to exposure therapy
- how ACT can increase engagement and the effectiveness of ERP
- how to avoid common pitfalls

This workshop is designed for mental health clinicians of any discipline. Prior knowledge of ACT and ERP is an advantage, but not required for this workshop.

For more information, contact [giselle@actwellington.co.nz](mailto:giselle@actwellington.co.nz)

Bookings at <https://www.eventbrite.co.nz/e/act-and-exposure-response-prevention-erp-for-ocd-may-2021-registration-100348830052>

