

Educational Forum

Please join us for this FREE educational event.

SUPPORTING A LOVED ONE WITH OCD

Date:

Tuesday September 19th, 2017 7 PM - 9 PM

Location:

Evergreen Health Medical Center, Suite Tan 100
12303 NE 130th Lane, Kirkland, WA 98034

Guest Speaker:

Gary VanDalfsen, PhD

Presentation Outline:

- I. Learning the basics of OCD
 - A. A neurobiobehavioral disorder
 - B. Making the diagnosis
 - C. Various forms of OCD
 - D. Treatment options
- II. OCD in the social context (Family and other loved ones)
 - A. Often comes as a surprise
 - B. Always comes with a cost
- III. Unhelpful support strategies
 - A. Good intention, bad results
 - B. Accommodating the compulsions
 - C. Becoming the “OCD Police”
- IV. Helpful support strategies
 - A. General suggestions
 - B. Specific suggestions
- V. The need for self care



Gary VanDalfsen is a psychologist who has worked in a variety of mental health settings, including university counseling centers, inpatient psychiatric units and outpatient practice. He currently maintains a private practice in Bellevue, specializing in treating OCD, anxiety disorders, and relationship issues.

His experience in treating OCD began during his internship in 1992 and has continued to the present. From early on he realized the critical role that family and other loved ones played in helping the sufferer recover from OCD. The goal of this talk is to help family and loved ones become strategically supportive by increasing their understanding of OCD and of the positive role they can play in recovery.