



Understanding and Getting Help for OCD: 10th Annual Evening with Experts

Thursday, October 17, 2019, 6:30-8pm

Southwest Regional Library, meeting room, 3605 Shannon Rd, Durham, NC 27707

As part of International OCD Awareness Week 2019, a panel of experts in obsessive-compulsive disorder will offer a **free** program on OCD for the community.

Drs. Jon Abramowitz, Aureen Wagner, Annette Perot and Jeff Sapyta will share information regarding current developments in the treatment of OCD and then answer your questions regarding OCD in children, teens, and adults.

Jon Abramowitz, Ph.D., is a professor and director of the OCD/Anxiety Disorders Clinic at the University of North Carolina at Chapel Hill and author of a self-help book for people with OCD entitled, "Getting Over OCD: A 10-Step Workbook for Taking Back Your Life."

Aureen Wagner, Ph.D., clinical child psychologist and founder of The Anxiety Wellness Center in Cary, NC, has authored several books on OCD, including: "Up and Down the Worry Hill," "What to do When your Child has OCD," and "Treatment of OCD in Children and Adolescents."

Annette Perot, Ph.D. is a licensed psychologist in Durham, NC, specializing in the treatment of adults with OCD and related disorders. She is also a founding Board member and officer of *OCD North Carolina*.

Jeff Sapyta, Ph.D. is an Assistant Professor at Duke University School of Medicine. His research has mostly focused on improving family-based OCD interventions for children and adolescents. He is also a founding Board member and officer of *OCD North Carolina*.

The International OCD Foundation (IOCDF) estimates that up to 4 million Americans, including 1 million youngsters, suffer from OCD. Early recognition of OCD symptoms is important, and OCD can be managed effectively with the right treatments.

This event is sponsored by OCD North Carolina, the local affiliate of IOCDF, as part of the annual OCD Awareness Week, from Oct. 13-19, 2019. Events to promote OCD awareness will be held across the country all week long. Learn more and get involved at www.iocdf.org

Questions: Contact Annette Perot, PhD with OCD North Carolina at (919) 205-8623