



Understanding and Getting Help for OCD: 8th Annual Evening with Experts

Tuesday, October 10, 2017, 7pm-8:30pm

Cameron Village Regional Library (2nd floor meeting room), 1930 Clark Ave, Raleigh, NC 27605

As part of International OCD Awareness Week 2017, a panel of experts in obsessive compulsive disorder will offer a **free** program on OCD for the community.

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

Annette Perot, Ph.D. is a licensed psychologist in private practice in Durham, NC, where she has specialized in the treatment of adults with OCD and related disorders for over 20 years.

Jeff Sapyta, Ph.D. is an Assistant Professor at Duke University Medical Center. His research has focused on improving family-based OCD interventions for children and adolescents, and he also is involved in the training of psychiatry residents/fellows in administering CBT protocols for youth and young adults.

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.”

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

The Oct. 10th event is sponsored by OCD North Carolina, the local affiliate of IOCDF, and is part of the annual OCD Awareness Week, which runs from Oct. 8-14, 2017. Events to promote OCD education and awareness will be held across the country all week long. Learn more and get involved at www.iocdf.org

QUESTIONS: Contact Annette Perot, Ph.D. with OCD North Carolina at (919) 205-8623