

## Co-Morbidity & Differentiation Among Anxiety & Obsessive-Compulsive Related Disorders



**Andrea Batton, LCPC** is a graduate of the Behavior Therapy Training Institute of the International OCD Foundation (BTI) where she completed an intensive specialized training program in cognitive-behavioral therapy for obsessive-compulsive and related disorders. She also completed over two years of advanced training as a post-graduate fellow at the nationally recognized Behavior Therapy Center of Greater Washington (BTC) specializing in the treatment of anxiety and OC-related disorders from a cognitive behavioral perspective. Currently, Ms. Batton is the founder of, director and practicing clinician at The Maryland Anxiety Center (MAC). She actively serves on the board of OCD Mid-Atlantic, an official affiliate of the International OCD Foundation serving all of Maryland, DC and Virginia.

This presentation will include:

- Overviews of Anxiety Disorders, Obsessive-Compulsive Disorders, OC- Related Disorders, and disorders commonly treated by Anxiety/OCD specialists.
- How to differentiate between and among the Anxiety and OC-Related Disorders
- Overview of co-morbidity
- Overview of gold standard evidence-based treatments.

## Identifying & Treating Obsessive-Compulsive Disorder



**Michael Heady, LCPC** is the Co-Director and Co-Owner of the Anxiety and Stress Disorders Institute of Maryland. For over a decade, he has specialized in the treatment of OCD and Anxiety Disorders. He is a Clinical Fellow with the Anxiety and Depression Association of America and a member of the International OCD Foundation. He has extensive experience utilizing Cognitive Behavior Therapy, Acceptance and Commitment Therapy, and Exposure and Response Prevention. He regularly provides professional consultations for therapists and has been featured in numerous public and professional webinars and podcasts.

This presentation will include:

- OCD facts & statistics
- OCD phenomenology
- OCD process and conceptualization
- OCD assessment tools
- Subtleties of effective treatment
- OCD treatment is about learning

*Would you like to stay abreast of LCPCM's training events and legislative updates? Just send your email address and name to our business manager, Sharon Nalley: [snalley@bellsouth.net](mailto:snalley@bellsouth.net).*

## Colleagues:

LCPCM regrets we are unable to offer our wonderful luncheon and networking opportunities for this year's Fall Conference. Nevertheless, we planned an informative day to meet your continuing education needs and to keep you abreast of the latest legislative and public policy issues effecting your practice. We hope you will join us.

The schedule for our on-line day together is as follows:

**8:45 AM**  
Opening and announcements

**9:15 AM**  
Morning Presentation by Andrea Batton, LCPC

**Noon**  
Lunch Break & Legislative Update by LCPCM lobbyist Rachael Faulkner (optional attendance-not for CEUs)

**1:00 PM**  
Afternoon Presentation by Michael Heady, LCPC

**4PM - 4:15 PM Closing**

## 6 CEU's

Approved by the Maryland Board of Professional Counselors and Social Workers

Contact LCPCM  
[www.LCPCM.org](http://www.LCPCM.org)  
443-370-1255

## Conference Registration

Registration deadline is **October 21, 2020**  
A link to join the conference will be sent to  
your email upon registering for this event.

### Conference Fees:

LCPCM Members: \$95  
Non-Members: \$135  
LGPC/Retired: \$45  
Student: \$35 (not for LCPCs or LGPCs)

### Membership Fees:

LCPC \$105  
LGPC/Retired \$85  
Student \$25 (not for LCPCs or LGPCs)

**If you join when you register, you are  
eligible for the membership rate.**

*Registration & membership payment by credit  
card is available at [www.lcpcm.org](http://www.lcpcm.org) or com-  
plete the information below and mail with a  
check payable to LCPCM to:*

***P.O. Box 7762, Wilmington, NC 28406***

Name \_\_\_\_\_

Home address \_\_\_\_\_  
\_\_\_\_\_

Work Address \_\_\_\_\_  
\_\_\_\_\_

Phone #'s (W) \_\_\_\_\_ (H) \_\_\_\_\_  
(Cell) \_\_\_\_\_

E-Mail \_\_\_\_\_

Credential: LCPC \_\_\_ LGPC \_\_\_ Other \_\_\_\_\_

*If you are new to LCPCM and wish to be on  
our **Find-a-Therapist** website listing, please  
go to [www.lcpcm.org](http://www.lcpcm.org) and create a profile af-  
ter joining.*



P.O. Box 7762  
Wilmington, NC 28406

*See our reduced fees!  
Can't Attend?  
Then become a member!*



LICENSED CLINICAL PROFESSIONAL  
COUNSELORS OF MARYLAND

## **2020 Fall Zoom Conference**

*Anxiety, Obsessive-  
Compulsive & Related  
Disorders*

*Presenters:*

*Michael Heady, LCPC  
Andrea Batton, LCPC*

**Friday  
October 23, 2020  
8:45 AM - 4:30PM**

**6 CEU's**