

## Building Blocks: Intermediate ERP Training for OCD

Release Date February 10, 2025

Expiration Date February 10, 2026

### Activity Overview

This activity equips clinicians with advanced ERP skills, enhancing their ability to diagnose, assess, and treat OCD effectively within their professional scope.

### Target Audience

This activity is designed for an audience of mental health professionals (psychologists, clinicians)

### Learning Objectives

Upon completion of the educational activity, participants should be able to:

- Educate families about OCD and engage them in reducing accommodation behaviors.
- Differentiate between habituation and inhibitory learning, applying these concepts effectively in therapy.
- Integrate ACT principles into ERP to improve outcomes for clients with OCD.

### Criteria for Success

There is no fee to participate in this activity. Statements of credit will be awarded based on the participant's attendance. A statement of credit will be available upon completion of an online evaluation/claim credit form available at:

**Please claim your credit by February 10, 2026**

If you have questions about this CE activity, please contact AKH Inc at [bethany@akhcme.com](mailto:bethany@akhcme.com)



**CE credit provided by AKH Inc., Advancing Knowledge in Healthcare.**



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by AKH Inc., Advancing Knowledge in Healthcare and Anxiety Institute. AKH Inc., Advancing Knowledge in Healthcare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team

### Psychologists



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



As a Jointly Accredited Organization, AKH Inc., Advancing Knowledge in Healthcare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. AKH Inc. Advancing Knowledge in Healthcare maintains responsibility for this course. Social workers completing this course receive 4.0 continuing education credits.

### New York Social Workers

**AKH Inc., Advancing Knowledge in Healthcare is recognized by the New York State Education Department's State Board for Social**

**Work as an approved provider of continuing education for licensed social workers**

**#SW-0233.**

**Awarded credit: 4.0 contact hour(s).**

### Commercial Support

There is no commercial support for this activity.

<b>DISCLOSURES</b>		
<b>Name</b>	<b>Relationship</b>	<b>Commercial Interest</b>
Kyrsten Bravo, BA	N/A	Nothing to disclose
Omar Canosa, MD	N/A	Nothing to disclose
Dina Nunziato, PhD, LCSW	N/A	Nothing to disclose
Daniel Villiers, PhD	N/A	Nothing to disclose
Stacey Dobrinsky, PhD		
Dorothy Caputo, MA, BSN, RN - VP, Healthcare Continuing Education and Operations	N/A	Nothing to disclose
Broc Pollinger, MSW, LSW, OSW-C, (planner/reviewer)	N/A	Nothing to disclose
AKH Inc Staff and Planners	N/A	Nothing to disclose
Anxiety Institute Staff and Planners	N/A	Nothing to disclose
<b>All of the relevant financial relationships listed for these individuals have been mitigated.</b>		

### **Disclosures**

It is the policy of AKH Inc. to ensure independence, balance, objectivity, scientific rigor, and integrity in all of its continuing education activities. The author must disclose to the participants any significant relationships with ineligible companies whose products or devices may be mentioned in the activity or with the commercial supporter of this continuing education activity. Identified conflicts of interest are mitigated by AKH prior to accreditation of the activity. AKH planners and reviewers have no relevant financial relationships to disclose.

### **Disclosure of Unlabeled Use and Investigational Product**

This educational activity may include discussion of uses of agents that are investigational and/or unapproved by the FDA. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

### **Disclaimer**

This course is designed solely to provide the healthcare professional with information to assist in his/her practice and professional development and is not to be considered a diagnostic tool to replace professional advice or treatment. The course serves as a general guide to the healthcare professional, and therefore, cannot be considered as giving legal, nursing, medical, or other professional advice in specific cases. AKH Inc. specifically disclaim responsibility for any adverse consequences resulting directly or indirectly from information in the course, for undetected error, or through participants misunderstanding of the content. If you would like to opt out from future communications from AKH please send an email to [optout@akhcme.com](mailto:optout@akhcme.com) with your information with "Opt Out" in the subject line.