

# Pharmacotherapy of Anxiety and OCD: A Comprehensive Clinical Guide

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## Activity Overview

Anxiety disorders and obsessive-compulsive disorder (OCD) are among the most prevalent and impairing mental health conditions across the lifespan. While many individuals respond well to evidence-based psychotherapy and standard medication approaches, clinicians are frequently faced with complex presentations that require a deeper understanding of pharmacologic treatment options.

This four-part, self-paced course provides clinicians and mental health professionals with a practical and comprehensive overview of pharmacotherapy for anxiety disorders and OCD. Participants will explore the neurobiology of anxiety, the role of medication within evidence-based treatment, and the most commonly prescribed psychotropic medications used to treat anxiety disorders and OCD.

Topics include the appropriate use of SSRIs, SNRIs, and other medication classes, medication selection considerations, side effects and adverse reactions, treatment planning, and strategies for managing severe, complex, and treatment-resistant presentations. Through case examples and clinical discussion, participants will learn how pharmacotherapy can support exposure-based interventions and improve functional outcomes for clients.

The course concludes with an extended Q&A session addressing common clinical challenges, treatment considerations for comorbid conditions, and emerging developments in anxiety and OCD treatment.

## 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:

- Review the neurobiology and core mechanisms underlying anxiety disorders and OCD.
- Describe the role of pharmacotherapy within evidence-based treatment for anxiety and OCD.
- Identify commonly prescribed medications, including indications, benefits, limitations, and potential side effects.
- Differentiate between common side effects and serious adverse reactions.
- Apply pharmacologic treatment principles to severe, complex, and treatment-resistant cases.
- Integrate medication management considerations with CBT and Exposure and Response Prevention (ERP) treatment approaches.

## Criteria for Success

To obtain a certificate of completion, a score of 70% or better on the post-test is required. Please proceed with the activity until you have successfully completed this program, answered all test questions, completed the post-test and evaluation, and have received a digital copy of your certificate. You must participate in the entire activity to receive credit. If you have questions about this activity, please contact AKH Inc. at [bethany@akhcme.com](mailto:bethany@akhcme.com)

**Please claim your credit by June 12, 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.**



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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**



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.



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#SW-0233.

Awarded credit: 4.0 contact hour(s).

#### New York State Psychology

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Awarded credit: 4.0 contact hour(s).

#### Commercial Support

There is no commercial support for this activity.

| DISCLOSURES                                                                                   |              |                     |
|-----------------------------------------------------------------------------------------------|--------------|---------------------|
| Name                                                                                          | Relationship | Commercial Interest |
| Omar Canosa, MD                                                                               | N/A          | Nothing to disclose |
| 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 |
| Donna Purcell, PsyD, LCP (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 |
| All of the relevant financial relationships listed for these individuals have been mitigated. |              |                     |

#### Disclosures

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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

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