Foundations: ERP Fundamentals in OCD Treatment
Release Date January 1, 2026
Expiration Date January 1, 2028

Activity Overview
This activity equips clinicians with foundational knowledge and skills in ERP for OCD, aligning with their scope to deliver evidence-based mental health interventions.

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:

- Understand the foundational principles of ERP and how to apply them in treatment.
- Diagnose OCD accurately and develop effective intervention strategies.
- Implement ERP techniques into real-time therapy, customizing exposures to each client.

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

Please claim your credit by February 30, 2027

If you have questions about this CE activity, please contact AKH Inc at bethany@akhcme.com

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

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.

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 6.0 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: 6.0 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
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
All of the relevant financial relationships listed for these individuals have been mitigated.		

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 with your information with "Opt Out" in the subject line.