

# OBSESSIVE COMPULSIVE DISORDER



## Product Syllabus:

- What is OCD?
- Seeking help
- Identifying OCD
- Diagnosing OCD
- Obsessions
- Compulsions
- Risk factors for OCD
- Causes
- Living with OCD
- Types of OCD
- Types of compulsions
- OCD & depression
- Treatment
- Consequences of not dealing with OCD
- Medication
- Self-help
- Cognitive Behavioural Therapy
- Lapse
- Relapse

SOCIAL CARE TV  
ONLINE TRAINING