

Target Audience

Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This course has been developed to improve the understanding of OCD, the persons experience of living with an OCD and how to support someone who has a diagnosis. The course will also challenge the myths and stereotypes surrounding the condition.

This course is delivered using a range of methods and resources including:

- ◆ Face to Face tutor facilitation, questionnaires, video and scenarios for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ The Government document - No Health without Mental Health
- ◆ Skills for Care - The Common Core Principles to support good mental health and wellbeing in adult social care

Course Content

- ◆ What is Obsessive Compulsive Disorder?
- ◆ Obsessions and compulsions
- ◆ Causes of OCD
- ◆ Types of OCD
- ◆ Understanding Anxiety
- ◆ Who is affected?
- ◆ Treatments available

Learning Outcomes

After attending this course, learners will be able to:

- ◆ Explain what is meant by the term Obsessive Compulsive Disorder
- ◆ List causes of OCD
- ◆ List the different types of OCD
- ◆ Describe the impact of anxiety on OCD
- ◆ Explain the different treatment options available

Duration: 3 Hours