

McMaster Online CBT Training (MOCT)

Advanced Workshop

Cognitive Behavioural Therapy (CBT) for Obsessive Compulsive Disorder (OCD)

**Friday February 14, 2025
9 a.m. - 5 p.m.**

**One eight-hour virtual,
instructor-led session.**

Learn core CBT skills to
effectively treat OCD including:

- psychoeducation
- exposure and response prevention
- cognitive strategies and relapse prevention



Scan QR code
for more
information
or to register.

\$249
+ HST

limited spots
available

Contact email: CBTinfo@mcmaster.ca

Instructors:



Dr. Karen Rowa, PhD, C.Psych.



Dr. Jenna Boyd, PhD, C.Psych.

Health Sciences
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Behavioural
Neurosciences

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