

Patient and Family Resource Center

Obsessive Compulsive and Body Dysmorphic Disorders in Adults and Children: A free educational program exclusively for patients, families, and friends

[Patient and Family Resource Center Home Page](#)

Program Description

The Massachusetts General Hospital Department of Psychiatry invites you to attend *Obsessive Compulsive and Related Disorders in Adults and Children*.

Obsessive-compulsive disorder (OCD) affects approximately 1-2 percent of American adults. It is a disorder in which a person has an unreasonable thought that he or she tries to manage through a ritualized activity to reduce the anxiety or discomfort. Frequently occurring disturbing thoughts or images are called obsessions, and the rituals performed to try to prevent or dispel them are called compulsions. OCD often begins in adolescence or early adulthood, but can also first occur in childhood. OCD affects men and women equally, and appears to run in families. It is not unusual for anxiety disorders, depression, eating disorders, or substance use disorders to accompany OCD. People may avoid situations in which they might have to confront their obsessions, or try unsuccessfully to use alcohol or drugs to calm themselves.

The provider community no longer considers OCD an "anxiety disorder," but part of a new category of diagnoses which includes obsessive-compulsive disorder, body dysmorphic disorder (imagined ugliness) and trichotillomania (hair-pulling disorder), as well as hoarding disorder and skin-picking disorder.

This program will focus on a review of the similarities and differences between OCD and OCD-spectrum disorders. In addition, we will discuss treatment strategies to manage symptoms of these problems that can be applied in your daily life. The program will review strategies for involving patients' families in treatment, as well as approaches to decreasing stigma associated with these problems. The interactive lectures will give you practical, cutting-edge information to help you optimize your current OCD or OCD- spectrum treatment. The speakers will be available to answer your questions immediately after their presentations. The symposium will also include presentations by members of a patient and family panel, who will give a first-hand account of their experiences in coping with these problems.

About the Massachusetts General Hospital Department of Psychiatry

The Department of Psychiatry was established in 1934. In the course of eight decades, its scientists and clinicians have made significant contributions to the understanding and treatment of mental health disorders. Today, the department includes more than 600 affiliated psychiatrists and psychologists and has the largest clinical research program in the hospital, which includes research in neuroscience, genetics, and the assessment of new and established treatments for mental health disorders.

The Massachusetts General Hospital Department of Psychiatry has been named the #1 Psychiatry department in the country by *U.S. News and World Report* for 17 of the last 18 years.

OCD and Related Disorders Program

The Obsessive Compulsive Disorder (OCD) and Related Disorders Program at the Massachusetts General Hospital/Harvard Medical School is located in Boston. It specializes in the treatment and research of, OCD, Body, Dysmorphic Disorder (BDD), BDD by Proxy, Tourette Syndrome and Chronic Tic Disorder, Hoarding, Hair Pulling and Skin Picking, and Olfactory Reference Syndrome.

The MGH Psychiatry Academy (MGH-PA) was launched in 2005 to bring high quality continuing medical education to psychiatrists, primary care doctors, psychologists, social workers, and other health professionals around the world through live programming and the Internet. Since 2008 the MGH-PA has had more than 35,000 healthcare providers participate in live symposia and on-line activities. In 2010, the MGH-PA assumed responsibility for patient education programs that were formerly

ABOUT THIS EVENT

DATE: Saturday, Feb. 21, 2015

Registration: 9:15-10am

Program: 10am-3:35pm

PLACE:

The Starr Center Auditorium
Massachusetts General Hospital
185 Cambridge St., 2nd Floor
Boston, MA 02114

CONTACT INFO:

Email: educationprogram@partners.org

Phone: 866-644-7792

This free educational program is made possible by generous support from the Sidney R. Baer, Jr. Foundation.

Register Now

More about this program

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[Faculty](#)

[Directions & Parking](#)

[Event Agenda](#)

provided by the Mood and Anxiety Disorders Institute (MADI) Resource Center. The MGH-PA is now providing [education for individuals, families, non-professional caregivers, and the community about mental health](#), translating the latest research advances into practical information to help people work with their doctors toward the most accurate diagnosis and the best possible treatment results.