

PROVIDER REGISTRATION / CERTIFICATION

I AM REQUESTING THAT THE OCD RECOVERY CENTERS OF AMERICA:

- Place me on the OCD Recovery Centers list of Registered Providers.
- Sign me up for your e-mail Newsletter (No list will ever be sold or distributed.)
- Send me additional information on becoming an Affiliate of the OCD Recovery Center including additional training opportunities, research updates and more.

Name: _____

Address: _____

Office Phone: (____) _____

Other Phone: (____) _____ Degree(s): _____

Facsimile: (____) _____ Last School: _____

E-Mail: _____ Date Graduated: _____

Web Site URL: _____ Assn. Memberships: _____

I specialize in (type of patients and number seen):

- OCD: _____
- Trichotillomania: _____
- Body Dysmorphic Disorder: _____
- Tourette's Disorder: _____
- Hypochondriasis: _____
- Compulsive Hoarding: _____
- Asperger's Disorders: _____
- _____
- Eating Disorders: _____
- Autism: _____

Quote we can use in our brochure:

Other OC Spectrum disorders treated:

Additional Relevant Qualifications or Information:

Turn in form at seminar, mail, or FAX to – OCD Recovery Centers of America

P.O. Box 6654, Grand Rapids, Michigan (MI) 49516

Voice: 888-432-9130 Facsimile: 616.451.8636 URL: www.mindbodyconsult.com

OCD RECOVERY CENTERS OF AMERICA

PROFESSIONAL REGISTRATION, CERTIFICATION AND AFFILIATE PROGRAMS

At the ***OCD Recovery Centers of America*** we receive requests from around the U.S. for training and or affiliation with our center from professionals working with persons suffering from Obsessive Compulsive (OC) Spectrum Disorders including: OCD, Body Dysmorphic Disorder, Hypochondriasis, Tourette's disorder, Trichotillomania, and Asperger's Syndrome. The primary mission of the ***OCD Recovery Centers of America*** is to facilitate the availability of full understanding of and optimal treatment for obsessive compulsive spectrum disorders. In addition to nation-wide seminars for treating professionals, the ***OCD Recovery Centers of America*** now offers three ways individual and organizations can have an increased level of contact with the ***OCD Recovery Centers***:

Registered Providers (no cost)

Registered providers must complete the one-day "Obsessive-Compulsive Disorders: Challenges and Solutions" training with Dr. Komor and complete the registration form available at the seminar or on our web site. Registered providers will be placed in our database and given third priority for referrals behind Certified and Affiliate providers.

Provider Certification (\$100 one-time set-up fee)

Certified providers make up the bulk of our external relationships. To become a Certified Provider one must complete the one-day "Obsessive-Compulsive Disorders: Challenges and Solutions" training with Dr. Komor. In addition, certified providers complete a two page open book exam (see our web site) which is mailed in to the ***OCD Recovery Centers*** with a check for \$100 to test scoring and set-up. Certified providers receive the following benefits.

- Certification in the ***OCD Recovery Centers of America*** referral network of providers.
- Rights to be an ***OCD Recovery Center of America*** and display our logo recognized and respected by OC patients and support organizations across the US.
- Second tier priority (behind Affiliates) for referrals through our international toll-free contact number.

Affiliate Program (see below for costs)

The Affiliate Program provides interested professionals, mental health organizations and agencies with every element needed to become part of our network of facilities around the US and abroad treating the more than 20 million patients (in the U.S.) with OC Spectrum disorders. At a minimal cost Affiliates receive:

- Intensive training in the **16 Part Comprehensive Program** for OC disorders recovery.
- E-mail or FAX updates on emerging research, innovative new practices and procedures and handouts developed by the ***OCD Recovery Centers of America***.
- Free initial telephone and patient consultations.
- Access to reproducible materials on CD, disk or for download including:

- The *OCD Recovery Centers* procedures and practices manual.
- Extensive collection of reproducible patient handouts.
- PowerPoint Presentation on OC disorders treatment.
- Certification in the *OCD Recovery Centers of America* referral network of providers.
- Rights to display the *OCD Recovery Centers of America* name and logo recognized and respected by OC patients and support organizations across the US.
- Direct referrals through our international toll-free contact number.
- User-friendly information and support on administration, case management, and billing procedures.

Through the Professional Affiliate Program providers and agencies become part of a network of providers who are able to deliver the **16 Part Comprehensive Program** to patients while expanding collegial information sharing and networking.

Our Affiliate Program provides professionals with information and resources that are in keeping with the demands of the rapidly evolving OC treatment field. The *OCD Recovery Centers* Affiliateship offers access to the highest quality comprehensive learning experiences designed to assist Affiliates in augmenting their current knowledge-base and realizing their academic, clinical and research goals as OC treatment providers.

Through participation in the *OCD Recovery Centers* Affiliate Program professionals are supported in building off prior training to develop the high level of expertise needed to function as *consultants* in the treatment community. Affiliates have access to the resources needed to make rapid and focused assessments and then articulate treatment recommendations to colleagues and trainees – assisting others in broadening their understanding of OC disorders and management.

Affiliates purchase franchise-rights to develop or augment their current programming with a designated *OCD Recovery Center*. Only one Affiliate will be selected within a 300 mile coverage area. To cover the costs involved Affiliates invest either (a.) a one-time payment of \$5,500 or (b.) ongoing payment of 10% of gross receipts for all OC-Spectrum diagnosis patients.

DESCRIPTION OF INSTITUTION

The *OCD Recovery Center of America* is a private, scientific corporation with a primary treatment venue in Grand Rapids, Michigan. Grand Rapids is an attractive suburban community just 45 minutes East of the Lake Michigan beaches. Incorporated in 1998 the *OCD Recovery Centers* have become one of the most widely respected sources for cutting-edge treatment. We enjoy a national and international reputation for excellence in clinical care, teaching, and research related to obsessive compulsive problems.

While inpatient hospitalization is sometimes necessary for patients with OC disorders, treatment is most effective when carried out in an outpatient setting. *OCD Recovery Centers* has worked to develop programming which provides a range of treatment options from standard outpatient care through Intensive Outpatient weeks and House calls for patients who are more significantly disabled by their OC disorder and require in-home care. The Expert Consensus Guidelines call for treating OC disorders with behavioral therapy before trials of pharmacotherapy. While our emphasis is on behavioral interventions, the *OCD Recovery Centers* reviews medication research and works closely with psychopharmacologists, immunologists, geneticists, neurologist and other medical providers to provide a seamless continuum of care.

Our Affiliate Program provides professionals with information and resources that are in keeping with the demands of the rapidly evolving OC treatment field. The *OCD Recovery Centers* Affiliateship offers access to the highest quality comprehensive learning experiences

designed to assist Affiliates in augmenting their current knowledge-base and realizing their academic, clinical and research goals as OC treatment providers.

COLLEAGUE PROFILE

Participation in the Affiliate Program is not for everyone or every organization. The *OCD Recovery Center* has a tradition of compassion and empathy for the difficulties which OC patients encounter in coping with their disorder. Above all Affiliates need to have a true desire to provide caring and support to troubled OC patients. Affiliates need to have strong academic backgrounds, experience integrating research into practice and have a strong interest in the understanding of OC disorders. Affiliates are people with high energy, a strong work ethic, substantial flexibility, and a real desire to receive topnotch support and learning.

Thank you for your interest in the *OCD Recovery Centers*. It is very rewarding for us to make contact with other caring professionals endeavoring to deliver the highest quality and most up-to-date treatment to people with Obsessive Compulsive Disorders.

NAME: _____ Date: _____

INSTRUCTIONS: Please Circle T for true, F for false, the appropriate letter or write in your answer for each item. You may use the instructional materials you received if needed.

1. T F Cross-cultural studies consistently find Obsessive Compulsive Disorder is found predominantly in the North American continent.
2. T F SRI medications provide about 60% of patients suffering from OCD with about 30% relief.
3. In OC disorders the _____ in the brain does an inadequate job of “gating” thoughts.
4. According to recent research, the OCD can be attributed to which of the following factors:
 - A. Genetic errors
 - B. Neurochemical problems
 - C. Evolutionary adaptation
 - D. Immune system function
 - E. Hormonal changes
5. T F “O-OCD” or “Pure Obsessions” are the most common form of obsessive-compulsive problem.
6. Handouts, slogans, affirmations and other physical reminders are primarily helpful for the OC sufferer because:
 - A. They provide avoid anxiety.
 - B. They help to reduce over-valued ideation (OVI).
 - C. They reduce feelings of traumatic dissociation.
 - D. They remind the individual of important techniques, self-discoveries and information.
 - E. Both (b) and (d)
 - F. Both (a) and (b)
7. T F Trichotillomania is characterized by simple and complex motor or vocal ticks.
8. Describe two tools and OC patient might typically use for “accommodation”.

9. In Body Dysmorphic Disorder serotonin reuptake inhibiting drugs are often augmented with _____.
10. Children growing up with OCD often experience difficulties with:

A. Sleep patterns	B. Security and Safety
C. Relationships	D. School work
E. All of the above	
11. Individuals with an OC disorder are more likely than the general population to develop:

A. Artistic abilities	B. Wanderlust
C. Depression	D. Feelings of grandiosity
12. Name three tools for “Obsession Inoculation.” _____
13. Assisting the patient in knowing their mental, physical, emotional, and behavioral symptoms of anxiety is important because _____.
14. Name three basic methods for “titrating” the intensity of exposure and response prevention (ERP) exercises:

15. The three neurotransmitters most commonly implicated in OCD pathology are:

16. Name six of the many “special characteristics” or behavioral traits often found in persons with OC disorders:

NAME: _____ Date: _____

17. Choose best example(s) of an ERP habituation exercise for Body Dysmorphic Disorder among the following:
- Removing mirrors from the patient's house.
 - Advising the patient to avoid visiting plastic surgeons.
 - Asking the individual to appear in public without covering the area obsessed-about area of their body.
 - Both A. and C.
 - All of the above.
18. The foremost technique for treating global or intrusive obsessions without apparent rituals is:
- Thought stopping.
 - Removing the stimulus.
 - Habit reversal training.
 - Massed Multisensory Imaginal Exposure.
19. Which is *not* true of Serotonin Reuptake Inhibiting drugs:
- Initial worsening of symptoms may indicate an eventually favorable response.
 - Work better for primarily obsessional OCD than for primarily compulsive OCD.
 - Cause sexual dysfunction in approximately 20% of patients.
 - Often cause more side effects in complex and long-term patients.
20. Name at least 4 of the 9 "inclusion criteria" the place a disorder or syndrome on the OC spectrum:
- _____
- _____
21. T F Support groups are typically *not* helpful for persons with OCD.
22. The *Seven Steps to Fighting OCD Episodes* are:
- _____
- _____
- _____
- _____
23. T F Once an individual has developed a particular form of obsession (e.g. contamination, symmetry, scrupulosity) there is very little chance the individual will develop other forms or types of obsessions.
24. Exposure and Response Prevention behavior therapy can be categorized as:
- | | |
|--------------------------------|---------------------------|
| A. Progressive desensitization | B. Progressive escalation |
| C. Habituation | D. Operant conditioning |
| E. Both C and B | F. Both C and D |
25. "Disqualifying the positive" is a common form of _____ .
26. Name three different "habituation" strategies:
- _____
27. T F It is important to "fade" out exposure and response prevention exercises as quickly as possible as accommodation and inoculation strategies take hold.
28. Which of the following is *not* commonly used with impulse control problems such as Trichotillomania:
- | | |
|--------------------------------------|--|
| A. Addressing cognitive distortions. | B. Learning stimulus control strategies. |
| C. Massed negative practice | D. Applying the Heisenberg principle. |
29. Hoarders are unique because they tend to have _____ .
30. An Integrative Healthcare option for alleviating depression associated with OC disorders that has compared favorably in research with SSRI prescription drugs and often works more rapidly is:

- A. Kava Kava
- C. SAMe
- E. Chamomile

- B. Passion Flower
- D. Inositol
- F. Both C and D