

# **Autism and Obsessive Compulsive Disorder (OCD)**

***Led by Dr Tanya Godwin Bsc(Hons); PGDip: MSc; DClinPsy***



This workshop will aim to enhance skills that professionals have by facilitating group discussion and looking at case studies, as well as providing some information in a more didactic format to add to existing knowledge .  
By the end of the session, delegates will have an understanding of

- ***What is OCD?***
- ***How does it present?***
- ***What causes it?***
- ***What maintains it?***
- ***Strategies to support***
- ***What to avoid doing?***
- ***When to seek external help?***



**Date; Tuesday 27th February 2024**

**Time; 9am—1pm**

Virtual delivery via Zoom

Book via; [www.bcpccouncil.com/skillgate](http://www.bcpccouncil.com/skillgate)

Cost : £85 per person (Boost funding available for BCP Schools)

*Suitable for ; anybody working with autistic children and young people*



Dr Tanya Godwin BSc(Hons); PGDip: MSc; DClinPsy

Tanya is a Clinical Psychologist and is a registered practitioner psychologist with the (HCPC). Prior to training as a clinical psychologist, Tanya worked as a CBT therapist and continues to hold accreditation by the British Association for Behavioural and Cognitive Psychotherapies (BABCP). She is also trained to foundation level in Systemic Therapy.

She has 12 years experience working across a number of different health and mental health settings, including private, voluntary and the NHS. She has experience of providing psychological assessment and therapy to people with a range of psychological and cognitive difficulties including depression, anxiety disorders (including OCD), PTSD, complex PTSD, bipolar disorder, schizophrenia, learning disability and dementia. Tanya has experience working therapeutically with both children and adults with autistic spectrum condition and is able to adapt her therapeutic approach to suit the needs of the individual or family she is working with.

Tanya's doctoral thesis involved studying specific features of OCD and she has a special interest in working with this condition. In addition to her core training, Tanya has completed a wealth of training in additional therapeutic modalities including Compassion Focused Therapy, Acceptance and Commitment Therapy, Eye Movement Desensitisation and Reprocessing.