***Morris County Psychological Association***



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**April 14, 2021**

Co-Occurring ASD and OCD:  Treatment Implications

Presented by:

Rebecca Sachs, PhD ABPP

**Meeting announcements:**

1) Susan Neigher shared her thanks to members who have already done their judging of the High School papers and encourages all to please try to finish judging by the end of this weekend.  The awards program will be virtually on the second Wed. in June.

2) Nancy shared that the MCPA website has a new security certificate.  Our webmaster, Fran, recommends you clear your browsing history and then access the website anew.  We will send out more detailed directions with an upcoming communication in the near future if you need them.

3) Nancy also shared that 2 of MCPA's own past presidents, Randy Bressler and Rhonda Allen,  will both be running for the APA Council Representative position.  Be sure to vote  and consider supporting one of our local members.

***-Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

***Contact:*** Nancy Sidhu at [nancysidhumcpa@gmail.com](mailto:nancysidhumcpa@gmail.com) if you have any questions or prefer not to register online.

**Meeting Attendees:**

Roderick Bennett  
Richard Brewster  
Megan Cox  
Sarah Dougherty  
Anthony Ferrer  
Ken Gates  
Alessandra Guevara  
Hayley Hirschmann  
Zachary Infantolino  
Stuart Leeds  
Geraldine Lucignano  
Marilyn Lyga  
Susan Neigher  
Carly Orenstein  
Debra Roelke   
Jayne Schachter  
Nancy Sidhu  
Aaron Welt  
Mike Zito

**Presenter Bio:**

Rebecca Sachs is a licensed psychologist, and owner of a private practice- CBS spectrum, located in Manhattan and Park Slope Brooklyn – that specializes in the assessment and treatment of individuals with OCD and anxiety or individuals on the Autism Spectrum who experience difficult co-occurring disorders. She is board certified (ABPP) in CBT and received her PhD from Hofstra University with a post-doctoral fellowship at University of Miami. She is recognized as a rising star by the Anxiety and Depression Association of America and received their Career Development Leadership Award in 2015. Today she will be speaking on the treatment implications that occur when an individual who is on the autism spectrum also has OCD. We warmly welcome Dr. Rebecca Sachs.

**Overview and objectives of today’s talk:**

People with Autism (ASD) are prone to develop co-occurring psychiatric conditions at various points across the lifespan.  However, these individuals are often unable to access Cognitive Behavior Treatment (CBT) for Anxiety/OCD.  Many therapists want to use CBT tools to address Anxiety/OCD in autistic patients, but may erroneously believe that ASD is intrinsically different and that they cannot effectively treat this population.  This talk is designed to bridge the knowledge and confidence gap and understand how to modify treatment when working with these co-occurring conditions.

* ***Learning Objectives:  By the end of the session, participants will be able to:***
* 1. List the different functions of behavior and summarize how a functional assessment of challenging behaviors can improve treatment planning when working with co-occurring ASD and Anxiety/OCD.
* 2. Develop and create a case conceptualization that integrates ASD core challenges/characteristic with comorbid Anxiety/OCD symptomatology
* 3. Recognize and utilize specific interventions and modifications informed to deliver CBT when working with co-occurring ASD and Anxiety/OCD
* 4. Use Motivational Interviewing to address psychological inflexibility and readiness to use CGT interventions when working with co-occurring ASD and Anxiety/OCD.

**Q & A:**

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**