



St. Catherine of Siena Mental Health Ministry Team Educational Forum

Thursday, October 26th, 2017, 7-9 PM
St. Catherine of Siena Parish
Music Room, Victoria Hall (northeast of the rectory)
814 NE 85th Street, Seattle, WA

Obsessive Compulsive Disorder 101 and Treatment

Please join us for a presentation on obsessive compulsive disorder (OCD) by Carol Lundemo, MA, a counselor who works with individuals with OCD and Anxiety Disorders. Far from the public stereotype of washing hands and keeping things neat, OCD is a terrifying disorder of intrusive thoughts that torment an individual who typically suffers in silence, embarrassment and shame for years, before receiving the proper treatment. Ms. Lundemo will explain Exposure and Response Prevention (ERP) therapy, which is the only evidence based therapy besides medications that can help sufferers. Rob, who is in recovery and a client of Ms. Lundemo, will answer questions about his journey and ERP.

RSVP: Trez Buckland, bucklandmike@hotmail.com or 206-930-2739

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