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## Inspired Journeys: Overcoming Adversity and Thriving

### Archives Available

**May 28th 2013: Understanding and Overcoming Obsessive-Compulsive Disorder**

In this hour our guest will make the distinction between obsessions and compulsions and describe the red flags that indicate if someone is suffering from OCD. We will explore the specific kinds of impairment that people experience in the workplace, at school, and in their personal relationships. We will talk about the assessment tools that are used to make the diagnosis and whether people with OCD have additional diagnoses such as depression, anxiety, or addictions. We will explore the ways in which family members and friends respond to these behaviors in loved ones and how those responses

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### Featured Guest

Guest Image

#### Susan Osofsky

Susan is in private practice in Richmond, VA, specializing in the treatment of OCD, anxiety, eating disorders and trauma. Before she entered private practice 17 years ago, Susan worked on a Crisis Intervention team at a Community Services Board, and did Critical Incident Stress Debriefings to law enforcement, fire and rescue workers. She has also worked in community corrections and residential drug treatment. In addition to her faculty position at The Institute for Advanced Psychotherapy Training and Education, she presents at national conferences and gives university continuing education seminars. Her interest in treating people with anxiety and OCD was born of having been what she refers

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