



DECREASING ACCOMMODATION DOESN'T HAVE TO BE HARD IF YOU HAVE A PLAN!

You and your loved one have seen an OCD specialist and learned about the effects of family accommodation. You understand what you must do, but you are dreading the fallout. You imagine anger, tantrums, yelling, crying, throwing things, and maybe even physical aggression. But setting boundaries and decreasing accommodation doesn't have to be scary if you have a plan! In part one of this two-part interactive workshop, attendees will learn how to set boundaries, reinforcement of behaviors, and how to create and implement effective behavior/contingency plans. Part two will give attendees an opportunity to use the skills they have learned to create their own behavior/contingency plan with the assistance of OCD experts.



PRESENTERS

ASHLEY BRAMHALL, MA, AMFT

Ashley Bramhall earned her Master of Arts in Clinical Psychology from Pepperdine University in 2017. As an MFT Trainee, Ashley began her training and specialization in the treatment of anxiety & OC spectrum disorders at Renewed Freedom Foundation. She continued to build on this expertise with specializations in children, teens, and athletes as an AMFT under the supervision of Dr. Jenny C. Yip at Renewed Freedom Center for Rapid Anxiety Relief. Ashley regularly speaks at national conferences and provides training and workshops to the community, colleagues, and other professionals to educate, build awareness, & decrease stigma around anxiety & OCD.

JENNIFER LYNCH, PSY.D.

Dr. Jennifer Lynch is a Licensed Clinical Psychologist and Director of Training at the Renewed Freedom Center for Rapid Anxiety Relief, in Los Angeles, California. She specializes in treating children and adults with Obsessive Compulsive Disorder and related anxiety disorders. In addition, she provides training to incoming staff members and supervision to interns. Dr. Lynch previously Co-Chaired the Los Angeles County Psychological Association's Cognitive Behavioral Therapy Special Interest Group, where she helped educate members on cognitive-behavioral techniques through empirical research.

JESSICA PARLOR, PSY.D.

Jessica Parlor is a doctoral student at the Alliant International University California Professional School of Psychology-Los Angeles. Prior to pursuing her doctorate, Jessica had a successful career for over ten years as a case manager for youth and adults struggling with mental illness. Jessica recently completed an APA accredited internship at Lincoln Medical and Mental Health Center in New York City where she worked with individuals across the lifespan in a variety of clinical services including inpatient and consultation. Her current research explores the impact of anxiety in assessment of threat among law enforcement and the general population.