



# OCD TRIVIA: HOW MUCH DO YOU KNOW?

Like most health conditions, early detection is essential to improved prognosis and treatment outcome. With so much misinformation about OCD in the media, cyberspace, and even within medical institutions, recognizing the symptoms can be challenging. This often leads to misdiagnosis or un-diagnosis by medical and mental health professionals when symptoms don't necessarily fall under the more classic subtypes of OCD. Patients and family members are also often confused or misinformed about evidence-based treatments, insurance coverage, or how best to help the suffering member. In this interactive, fun game, attendees will get answers to all common FAQs about OCD in a Family Feud style format. Attendees will form groups, hit a buzzer to be first to answer the question, choose to play or pass, and earn points toward a grand prize.

# PRESENTERS



## **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.

## **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.

## **JENNY C. YIP, PSY.D., ABPP**

Dr. Yip is a clinical psychologist, author, speaker, media contributor, and nationally recognized OCD, anxiety, and parenting expert. Dr. Yip developed the Family Systems Strategic CBT and has treated severe OCD & anxiety disorders for over two decades. In 2008, she found the Renewed Freedom Center – Los Angeles to provide the most advanced treatment for patients suffering from OCD and anxiety disorders. In 2016, she established the Little Thinkers Center – Los Angeles to help children with academic challenges develop the necessary critical and creative thinking skills that build self-confidence and resiliency.

## **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.