



**The Paul McReynolds Lecture Series**  
**Clinical Psychology Program**  
**University of Nevada, Reno, Department of Psychology**  
*Presents*



**Jonathan Abramowitz, Ph.D.**

Professor of Psychology  
University of North Carolina

Dr. Abramowitz's research and clinical work has focused on obsessive-compulsive disorder (OCD) and anxiety disorders, including fears and phobias, health anxiety, and panic attacks. He has authored over 300 scientific publications and 15 books, which have been translated into several languages. His books include *Understanding and treating obsessive-compulsive disorder*, *Exposure Therapy for Anxiety: Principles and Practice*, and *Getting over OCD*. Dr. Abramowitz was a member of the anxiety disorders committee for the text revision of the fourth edition of the *Diagnostic and Statistical Manual of Mental Disorders* and served as President of the Association for Behavioral and Cognitive Therapies (2014-2015). He has also served as Editor or Associate Editor of several academic journals, including *Behaviour Research and Therapy*, *Journal of Cognitive Psychotherapy*, and the *Journal of Obsessive-Compulsive and Related Disorders*. Dr. Abramowitz has received recognition for his scholarly work and contributions, including awards from Division 12 (Clinical Psychology) of the American Psychological Association, the National Institute of Mental Health, Mayo Clinic, and the Association for Behavior and Cognitive Therapies. In addition to teaching and research, Dr. Abramowitz maintains a clinical practice in Chapel Hill, NC specializing in OCD and anxiety disorders.

**Friday December 4<sup>th</sup>, 4:00 p.m. – 5:30 p.m. PT**

**Understanding and Treating Obsessive-Compulsive Disorder**

This presentation will cover the symptoms and cognitive-behavioral model of OCD, as well as the current treatments for this condition. We will review exposure and response prevention, cognitive therapy, and acceptance and commitment therapy.

**Saturday December 5<sup>th</sup>, 9:00 a.m. – 5:30 p.m. PT**

**Optimizing Exposure Therapy for Anxiety through Inhibitory Learning**

Individuals with clinical anxiety and fear comprise a large proportion of many therapists' caseloads. Although exposure therapy is highly effective for these conditions, many individuals fail to benefit or experience a return of fear at some point after treatment. New directions focus on an inhibitory learning model of fear extinction which points to specific techniques for optimizing short- and long-term gains. This workshop will help attendees understand and apply this model to optimize exposure therapy. The inhibitory learning model will first be described and distinguished from traditional approaches to exposure. Numerous strategies to optimize inhibitory learning will then be introduced and illustrated in detail.

The lecture is free to the public and is being held over Zoom.

**\*\*Please email this form to [elang@unr.edu](mailto:elang@unr.edu) by Thursday, December 3, 2020\*\***

Full Name: \_\_\_\_\_ Email: \_\_\_\_\_

Seeking CEU's:  Yes  No

Days Attending:

- Friday December 4<sup>th</sup>, 4:00 p.m. – 5:30 p.m. (PT)  
Understanding and Treating Obsessive-Compulsive Disorder
- Saturday December 5<sup>th</sup>, 9:00 a.m. – 5:30 p.m. (PT)  
Optimizing Exposure Therapy for Anxiety through Inhibitory Learning

1<sup>st</sup> Break 10:45 a.m. – 11:00 a.m.; Lunch 12:30 p.m. – 1:00 p.m.; 2<sup>nd</sup> Break 3:00 p.m. – 3:15 p.m.