

# When Helping is Hurting: Family Accommodation and OCD

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It's no secret that OCD is a disorder that affects the whole family. While well-intentioned, family members' efforts to reduce their loved one's anxiety may actually cause more harm than good. Join us for this special event geared specifically toward parents and loved ones of those suffering from OCD. Learn about the research behind family accommodation of OCD, how to



spot enabling behaviors, and specific strategies to compassionately stand up to OCD. Attendees will leave the event with a packet of resources.

This event will feature an informative presentation on family accommodation and OCD by Emily Berner, LMFT, and will be followed by a Q&A with experts Michael Tompkins, Ph.D., and Jonathan Barkin, Psy.D. Afterwards, there will be a special screening of the film "UNSTUCK", a documentary featuring kids' first-person perspectives of OCD. This event is recommended for parents and adolescent/adult family members of those suffering from OCD.



Michael Tompkins, Ph.D.



Emily Berner, LMFT



Jonathan Barkin, Psy.D.

Partners, San Francisco Bay Area Center for Cognitive Therapy

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**October 21st, 2017 1:00-4:00 | San Francisco State University  
Student Event Center (also referred to as Library Annex 1)**

**Please visit [tinyurl.com/ocdawareness](http://tinyurl.com/ocdawareness)  
for detailed instructions on getting to the event location**

*Sponsored by OCD SF Bay Area*