EUCAP
ESSEX & UNION COUNTY ASSOCIATION OF PSYCHOLOGISTS
Spring Program
All NJPA and EUCAP members are invited to attend

Conscientious Observance: Understanding the Relationship between Religion and Mental Health

Melanie Wadkins, Ph.D
Assistant Professor
Yeshiva University, Ferkauf Graduate School

Sunday, June 5th
6:30 PM
6:30-7 Refreshments
7-8:30 Presentation

Home of Barbara Listhaus, Psy.D.
25 Fawn Drive
Livingston, NJ

This workshop will introduce clinicians to scrupulosity, a unique subtype of Obsessive Compulsive Disorder (OCD). Participants will learn how to diagnose scrupulosity, and in particular how to differentiate symptoms of scrupulosity from normal religious observance. Using clinical case examples, the treatment of scrupulosity using exposure
with response prevention (ERP) will be taught. Some clinicians may be uncomfortable developing and engaging in difficult exposures related to religious and moral issues. This workshop will address how to include clergy and spiritual leaders in treatment as well as how to ethically and effectively implement ERP. Participants are encouraged to present case material from their own caseloads.

Learning objectives:

- Identify signs and symptoms of scrupulosity.
- Understand the components of evidence-based treatment.
- Develop and implement exposures for scrupulous obsessions and compulsions.
- Determine when and how to consult with clergy and religious leaders when treating scrupulosity.

Melanie Wadkins, Ph.D. is a clinical psychologist who treats individuals with anxiety and mood disorders, including obsessive compulsive disorder (OCD). Melanie enjoys working with children, teens, families, and adults using evidence-based strategies for change. In addition to her clinical practice, Melanie is Assistant Professor at Yeshiva University’s Ferkauf Graduate School of Psychology, where she trains future school and clinical child psychologists and conducts research. Her research focuses primarily on anxiety disorders and OCD. Specifically, she is interested in the basic emotion of disgust and its relationship to the maintenance and development of anxiety disorders, as well as the evidence-based treatment of anxiety and OCD. Melanie has presented her work at national and international conferences, and her work has been published in a range of books and peer-reviewed journals. She is an active member in the Association for Behavioral and Cognitive Therapies and the Anxiety Disorders Association of America.

RSVP by June 1st
Dr. Jackie Mesnik
jmesnikphd@gmail.com or 917-710-0752
There is no cost for this program.

If interested, you may earn 1.5 CE credits for a $10 fee and completion of a form mailed to NJPA.

This program is co-sponsored by NJPA and EUCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for this program and its content.