

When Control Takes Control: A Compassionate Look at OCD and Eating Disorders

AWARENESS WORKSHOP

*Navigating the Path to Mental Well-being, One
Conversation at a Time.*

30th September 2025 | 11AM-1PM

Where: Virutally on Zoom

This session examines the shared cognitive and behavioral patterns between OCD and eating disorders, including compulsions, intrusive thoughts, and the role of control in maintaining symptoms. Clinicians will gain tools for differentiating OCD-driven behaviors from ED rituals, explore DBT-based and values-driven interventions, and learn how to support clients in building flexibility and self-trust within a compassionate treatment framework.

Trainer:

Chelsie Moody,
PsyD, Clinical
Psychology
Trainee Program
Director—CA
START East Bay



**Behavioral Health
Department**
Alameda County Health



Seeing beyond disability.

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National Institute for People
with Disabilities of New Jersey



For More Info:

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Zoom Link

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