

Treatment for obsessive-compulsive disorder

Inference based approach training: theory to practice

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Objectives

- Review the main principles of Inference based Approach (IBA)
 - Targets of Inference Based Therapy (IBT)
- Evidence based distinctions between IBT and traditional CBT
 - Discuss application of IBT to different population
 - Clinical troubleshooting (day 2)

Description

IBA's conceptualization of OCD led to the development of a new treatment for OCD based on the model, IBT. IBT is a 10 steps manualized treatment delivered in an individual format. The goal of the treatment is overcoming inferential confusion, which is, reorienting the person to trusting the senses, self, and common sense, and relating to reality in a normal, non-effortful way.

The inference-based approach (IBA) deviates from other cognitive models of OCD in that it does not conceptualize the origin of obsessions in intrusive cognitions or in appraisals of those cognitions. This approach proposes that specific cognitions and appraisals stem from initial doubts and inferences. Rather than identifying specific mental content, the IBA identifies the reasoning processes that form the justification for a particular doubt.

The model postulates that individuals with OCD use a different reasoning style in OCD situations: individuals with OCD are hypothesized to go beyond information available with the senses in the here and now and to make an inference about a possible state of affairs ("Perhaps the door is not locked properly") based on an internal narrative. IBA proposes that obsessions do not result from dysfunctional appraisals of normal intrusive thoughts but rather from an internal narrative remote from the here and now. The narrative is hypothesized to be a product of the imagination, based upon personal experience, hearsay, out of context facts and ideas, misassociations of hypothetical possibilities, and abstract general rules which, in terms of formal reasoning perspective, are hypothesized to involve inductive reasoning devices specific to OCD and OCD-like disorders.

Learning points

The attendees will take away practical and theoretical knowledge of IBA; the information on steps and tools of the program; the nuts and bolts of application to diverse clinical cases; predictors of successful outcome. A certificate of attendance will be provided.

- July 6-7th, 2017: **day 1**: 9:00 am to 4:00 pm; **day 2**: 9:00 AM to 12:00 PM
 - By live streaming or on-site
- On-site: 7331 rue Hochelaga, Montreal, pavillon Bedard, room BE-322-18
 - Cost: 250\$ by credit card only
- To register: <http://www.iusmm.ca/evenements/formation/inference-based-approach-training-theory-to-practice.html>
 - Contact by email: kbergeron.iusmm@ssss.gouv.qc.ca