

World Conference on **ADDICTION PSYCHIATRY**

July 19-20, 2021 | Webinar

Addicted to control or trying to control the addiction? Two – track conceptualization of the structures and mechanisms of OCD**Anat Ben Salmon**

ROTeM Center, Israel

As clinicians specializing in the treatment of patients who suffer from Obsessive-Compulsive Disorder (OCD) and those suffering from other anxiety disorders, the Covid 19 pandemic had revealed surprising features of these patients' coping mechanisms. We observed that while the general population reported an increase in anxiety levels and associated symptoms, patient's suffering from OCD reported less anxiety and stress than before the pandemic. While the feeling of uncertainty in almost all life domains was the predominant experience of the general population, OCD patients surprisingly reported experiencing a reduction in stress. As psychotherapists, we were fascinated by this phenomenon and attempted to investigate the origin of this paradox. In this paper, in order to contain the complexity of OCD in both the theory and practice of its treatment, we present a two-track approach to the disorder involving the structures and mechanisms of addiction.

Biography

Anat serves as the chairman of the Israeli Parental Counselling and Family Counselling Association. Over the past three years, together with Ofer Erez, Anat has broadcast a weekly radio show and has daily live broadcasts on social media networks, discussing mental health topics. Anat has published several academic publications in the last year and is involved in ongoing research of her practice. She serves on the editorial board of "Clinical images and case reports journal". Anat has more than 16 years of practical experience working with children, adolescents and parents. During her undergraduate studies, she worked as a therapist in the Welfare Ministry and served as a group therapist in a mental health hospital in Ottawa, Canada. Anat is the co-manager of Kelim Shluvim L.T.D (established in 2006) that specialises in diagnosis and therapy and for individuals and families in both clinical and home settings and has treated hundreds of couples and families.

anatbensalmon@gmail.com