



When It's More than Just Rigidity: Addressing Co-Occurring Obsessive Compulsive Symptoms in Individuals with ASD

Presented by: Andrea D. Guastello, PhD.

Hosted by: FSU CARD

About the Presenter

Dr. Guastello, a licensed psychologist, provides evidence-based therapy and assessments for children, adults, and families. She specializes in Cognitive Behavioral Therapy (CBT) with Exposure and Response Prevention (ERP) for Obsessive-Compulsive Disorder (OCD), Social Anxiety Disorder, and Specific Phobias. She is also a certified Parent-Child Interaction Therapy (PCIT) provider, focusing on childhood disruptive behaviors such as Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD). Additionally, she conducts evaluations for Attention-Deficit/Hyperactivity Disorder (ADHD), Specific Learning Disabilities (SLD), and Autism Spectrum Disorder (ASD). A graduate of the University of Florida, she completed her internship at the University of Michigan and her postdoctoral fellowship at UF. Dr. Guastello supervises psychology and psychiatry trainees, researches clinical outcomes, and is affiliated with UF Health centers for Autism, Neurodevelopment, and OCD, as well as the Florida Exposure and Anxiety Research Lab.

Training Descriptions

Target Audience: Parents and Caregivers, Teachers, Therapists, Paraprofessionals

Individuals with ASD are more likely than the general population to also have OCD, though their OC symptoms are often misattributed to rigidity in ASD. Common behavioral accommodations may actually worsen OC symptoms or cause increased distress. Therefore, OC symptoms require separate intervention, though, first-line interventions like CBT with ERP can be difficult to access and may not be tailored appropriately to neurodiverse populations. In this three part series we will address: differentiating between ASD and OC symptoms, evidenced based interventions for OCD in individuals with ASD, and strategies to be used at home and school to complement OCD treatments.

Training Objectives

Participants will be able to:

- Distinguish between symptoms that co-occur and are unique to ASD and OCD.
- Identify evidenced-based interventions for OCD in individuals with ASD.
- Implement behavioral supports for school or home settings that complement OCD treatments.

Date:

February 6, 2025

February 20, 2025

March 6, 2025

4:00 – 5:30 pm EST/

3:00 – 4:30 pm CST

This is a 3-part series. Attendance is expected at every session.

Location:

Online via Zoom

Scan QR code or Register [HERE:](#)



Limited to first 275 participants
Registration is mandatory.

Each session is worth 1.5 contact hour.

Certificates of attendance will be provided for anyone who attends at least 72 of the 90 minutes.

For more information contact:

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Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service credits.