

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

Tuesday, May 19, 2026

Noon to 1:30 p.m. PDT

(No meals or breaks provided)

SPEAKER:

Andrea M. Kulberg, PhD
Psychologist

Please register at:

[cottagehealth.org/
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.

This is a free community event. No consequence for registrants that do not attend.



Assessment and Treatment of Obsessive-Compulsive and Related Disorders

During this presentation we will review the clinical features, diagnostic criteria and treatment approaches for Obsessive-Compulsive Disorder and related disorders. Eating disorders will be included in the obsessive-compulsive spectrum based on recent empirical data. Participants will learn about implications of removing OCD from the anxiety disorders section of the DSM-5-TR, and the impacts on teaching and treatment models. We will also explore evidence-based interventions including Exposure and Response Prevention (ERP), Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT) and pharmacological treatment approaches. Finally, we will discuss common barriers to treatment, family accommodation and strategies to improve clinical outcomes.

LEARNING OBJECTIVES:

Participants will be able to:

- Identify and define the core diagnostic features of OCD and related disorders.
- Evaluate and distinguish obsessions, compulsions, avoidance behaviors and reassurance-seeking patterns.
- Apply evidence-based treatment interventions including ERP, ACT and CBT principles.
- Describe the impact of family accommodation and behavioral reinforcement on symptom maintenance.



Dr. Kulberg is a licensed psychologist with 25 years of experience in the treatment of anxiety and eating disorders and a Certified Eating Disorder Specialist. She has been trained through the International OCD Foundation (IOCDF) in the use of Exposure with Response Prevention. Dr. Kulberg often speaks at national conferences such as the International Association of Eating Disorder Professionals (IAEDP) and the IOCDF. She has worked in hospital,

residential and outpatient settings, including the Child & Adolescent Eating Disorder Program at the Eating Recovery Center in Denver. She has also taught undergraduate and graduate-level psychology courses. Dr. Kulberg is currently the Clinical Director at Anxiety Experts, offering outpatient and virtual intensive outpatient (IOP) treatment for anxiety-spectrum disorders throughout California.

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PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Kim Blair, BSN, RN-BC, PMH

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors

Clinical Nurse Specialists

Counselors

Marriage & Family Therapists

Nurse Practitioners

Nurses

Occupational Therapists

Occupational Therapy Assistants

Other Mental Health Professionals

Pharmacists

Physicians

Psychologists

Psychotherapists

Social Workers

04/2026 RLC

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org or 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have no relevant financial relationships with ineligible companies. This activity did not receive commercial support.