

# THE OCD FOUNDATION OF MICHIGAN

Join us for our

## Spring Program

### “Technology Use and OCD: The Good, the Bad, & the Ugly”

*Jessica Harrell, Ph.D.*

We all love our electronic devices and have come to depend on our smart phones, computers, tablets and home assistants. These things allow us to find answers to questions in an instant, pay for things with the tap of a finger, and communicate with friends and family at any moment. “Googling”, “texting” and “surfing” have become common words in our vocabularies, and most would argue that these things have made our lives easier.

So, why are we feeling more anxious? OCD and other anxiety disorders are being diagnosed at higher rates than ever before, and the use of technology is affecting those numbers. Through her clinical experience, teaching and research, Dr. Harrell has found that our accessibility to and reliance on technology have made us less able to tolerate anxiety, which is essential for the successful treatment of OCD. She will offer helpful strategies that can strengthen distress tolerance skills while still incorporating the positive aspects of technology. Join us for a fascinating presentation and spirited discussion on how to achieve a healthy balance.

**WHERE:** St. Joseph Mercy Hospital Ann Arbor  
Ellen Thompson Women’s Health Center  
Classroom #2  
5320 Elliott Drive, Ypsilanti, MI  
(in the Specialty Centers Area)

**WHEN:** Saturday, April 25, 2020 at 1:00 p.m.

**RSVP:** Call 734-466-3105 or e-mail [OCDmich@aol.com](mailto:OCDmich@aol.com)

# The Ellen Thompson Women's Health Center is located off Elliott Drive in the Specialty Centers Area.

