

# Elisabeth Brawley MA, LPC

1015 Hawkstone Lane  
Saint Louis, MO 63125

(314) 262-2995

[beth@lifewithoutanxietystl.com](mailto:beth@lifewithoutanxietystl.com)

## Formal Education

**License number:** 2014007638 Missouri

**Behavioral Therapy Training Institute** International OCD Foundation, October 2016

**Master of Arts, Counseling** Webster University, May 2013

**Bachelor of Science, Psychology** Indiana Wesleyan University, April 2011

## Conference Speaking Engagements

### International OCD Foundation (IOCDF) Conference

- |                      |  |
|----------------------|--|
| <b>October 2023</b>  | <b>Virtual</b><br>Speaker<br><i>“OCD Can’t Trick Me: Strengthening Functional Analysis Skills for the Newer OCD Clinician”</i>   |
| <b>July 2023</b>     | <b>San Francisco, CA</b><br>Speaker<br><i>“Rules for Thee but Not for Me: Combatting Rigid Perfectionism in an Imperfect Way”</i><br><i>“You, Me, and Relationship OCD: Diagnosis, Treatment, and Intimacy with Relationship OCD”</i>    |
| <b>November 2022</b> | <b>Virtual</b><br>Speaker<br><i>“You, Me, and Relationship OCD: Diagnosis, Treatment, and Intimacy with Relationship OCD”</i>  |
| <b>July 2022</b>     | <b>Denver, CO</b><br>Speaker<br><i>Support group on co-morbid diagnoses of OCD and eating disorders</i><br><i>Support group for women with OCD and related disorders</i><br><i>“Chicken or the Egg: When OCD and Depression Team Up”</i> |
| <b>October 2021</b>  | <b>Virtual</b>   |

Speaker  
*Support group on co-morbid diagnoses of OCD and eating disorders*  
*Support group for women with OCD and related disorders*

**July 2020**

**Virtual**

Speaker  
*“Scared to Eat: Effectively Treating OCD in Patients with Co-Morbid Eating Disorders”*  
*Support group on co-morbid diagnoses of OCD and eating disorders*  
*Support group for women with OCD and related disorders*

**July 2019**

**Austin, TX**

Speaker  
*“You, Me, and Relationship OCD: Diagnosis, Treatment and Intimacy with rOCD”*  
*Support group on co-morbid diagnoses of OCD and eating disorders*  
*Support group for women with OCD and related disorders*

**July 2018**

**Washington D.C.**

Speaker  
*“Overcoming Losses Occurred to OCD”*  
*Support group on co-morbid diagnoses of OCD and eating disorders*  
*Support group for women with OCD and related disorders*

**July 2017**

**San Francisco, CA**

Speaker  
*“You, Me, and Relationship OCD: Diagnosis, Treatment, and Intimacy with rOCD”*  
*Support group on co-morbid diagnoses of OCD and eating disorders*  
*Support group for women with OCD and related disorders*

**July 2016**

**Chicago, IL**

Speaker  
*“Treatment and Diagnosis of OCD and Co-Existing Eating Disorders”*  
*Support group for individuals with co-morbid diagnoses of OCD and eating disorders*

**July 2015**

**Boston, MA**

Speaker  
*Support group for individuals with co-morbid diagnoses of OCD and eating disorders*

## Anxiety and Depression Association of America

**April 2023**                      **Washington D.C.**  
Speaker  
*“Out of the Box Uses of Exposure”*

## Trichotillomania Learning Center for Body-Focused Repetitive Behaviors

**May 2019**                      **Chantilly, VA**  
Speaker  
*“Supercharge your recovery (and happiness) with these 5 Mindfulness Tools”*  
*“Evidence-Based Treatment for Co-Morbid BFRB’s and OCD”*

**April 2017**                      **St. Louis, MO**  
Speaker  
*“Mindfulness in the Treatment of BFRB’s”*  
*“Treating Co-Morbid OCD and BFRB’s”*

## Community Speaking Engagements

**October 2022**                      **St. Louis OCD Mini Conference**  
Expert Panel on OCD & Co-Morbid Diagnosis

**January 2022**                      **The George Warren Brown School of Social Work at Washington University in St. Louis**  
Speaker  
*“Addressing Agoraphobia and Contamination Fears: Evidence-Based Practice Approaches”*

**November 2021**                      **The George Warren Brown School of Social Work at Washington University in St. Louis**  
Guest Lecturer in Differential Diagnosis  
*“Obsessive-Compulsive Disorder: Assessment, Diagnosis, and Treatment”*

**September 2021**                      **Catholic Charities of St. Louis**  
Speaker  
*“Scared to Return: Helping Clients Emerge from Quarantine”*

**Spring 2021**                      **The George Warren Brown School of Social Work at Washington University in St. Louis: Open Classroom**  
Speaker

*“Tolerating Uncertainty: Cultivating Compassion for Ourselves and Others in Changeable Times”*

- Spring 2021**      **The George Warren Brown School of Social Work at Washington University in St. Louis: Professional Development Series**  
Speaker  
*“Scared to Return: Helping Clients Emerge from Quarantine”*
- Fall 2020**      **The George Warren Brown School of Social Work at Washington University in St. Louis**  
Guest Lecturer in Differential Diagnosis  
*“Obsessive-Compulsive Disorder: Assessment, Diagnosis, and Treatment”*
- Fall 2019**      **The George Warren Brown School of Social Work at Washington University in St. Louis**  
Guest Lecturer in Differential Diagnosis  
*“Obsessive-Compulsive Disorder: Assessment, Diagnosis, and Treatment”*
- October 2019**      **OCD Awareness Mini Conference by St. Louis OCD Support Group**  
Guest Speaker  
*Panel presentation “Ask the OCD Experts”*
- August 2019**      **St. Louis OCD Support Group**  
*“OCD in Children and Adolescents”*
- April 2019**      **Evidence-Based Treatment: Exposure and Response Prevention for OCD**  
Creator & Speaker  
*Sponsored by St. Louis Center for Family Development*
- March 2019**      **The George Warren Brown School of Social Work at Washington University in St. Louis**  
Guest Lecturer in Differential Diagnosis  
*“Obsessive-Compulsive Disorder: Assessment, Diagnosis, and Treatment”*
- October 2018**      **OCD Awareness Mini Conference by St. Louis OCD Support Group**  
Guest Speaker  
*Panel presentation “Overcoming Losses Occurred to OCD”*
- August 2018**      **Saint Louis Counseling**  
Guest Speaker  
*“Treating OCD with ERP: Evidenced Based Practice”*
- January 2018**      **St. Louis OCD Support Group**  
Guest Speaker

*“You, Me, and Relationship OCD: Diagnosis, Treatment, and Intimacy with rOCD”*

- October 2017**      **Creve Coeur Counseling Associates**  
Guest Speaker  
*Presentation “Diagnosis and Treatment of Anxiety Disorders, BFRB’s, and OCD”*
- May 2017**      **St. Louis OCD Support Group**  
Guest Speaker  
*"Obsessive Compulsive Personality Disorder (OCPD) & How It Differs From Obsessive Compulsive Disorder (OCD)"*
- January 2017**      **Sperreng Middle School**  
Guest Speaker  
*Presented for “Ability Awareness Day” on diagnosis, symptom presentation, and treatment options for OCD*
- September 2016**      **McCallum Place First Friday Lecture**  
Guest Speaker  
*“Treatment of co-morbid OCD and eating disorders”*
- June 2016**      **St. Louis OCD Support Group**  
Guest Speaker  
*“Treatment of co-morbid OCD and eating disorders”*
- April 2016**      **Lutheran Family Services**  
Guest Speaker  
*“Diagnosis and treatment of anxiety disorders, OCD, and body-focused repetitive behaviors”*
- June 2015**      **St. Louis OCD Support Group**  
Guest Speaker  
*“Treatment of co-morbid OCD and eating disorders”*

### **Professional Experience**

- August 2019-current**      **The George Warren Brown School of Social Work at Washington University in St. Louis**  
**Adjunct Professor**  
St. Louis, Missouri  
*Taught classes including Applied Behavioral Therapy, Cognitive Behavior Therapy, and Exposure Response Prevention Skills Lab to social work graduate students.*

**August 2015-  
current**

**Life Without Anxiety LLC  
Therapist/Owner of Private Practice**

St. Louis, Missouri

*Runs private practice providing therapy for all OCD, body-focused repetitive behaviors (BFRB's), anxiety disorders, and co-morbid eating disorders. Extensively trained in exposure and response prevention (ERP). Utilizes cognitive behavioral therapy (CBT) and exposure and response prevention (ERP). Regularly lectures on the local and national levels on topics including ERP, OCD, mindfulness, and BFRB's.*

**August 2015-  
May 2016**

**Lutheran Family and Children's Services of Missouri  
Professional School Therapist**

St. Louis, Missouri

*Provides consultation, case management, referrals, and family counseling when deemed necessary. Appropriately utilizes modalities fitting each client's needs and situation. Frequently utilizes cognitive behavioral therapy, solution focused brief therapy, directive and non-directive art and play therapy approaches, and exposure and response prevention. Provides psychoeducation to administration, teachers, students, and families.*

**July 2013-  
July 2015**

**Castlewood Treatment Center for Eating Disorders  
Anxiety Therapist**

Ballwin, Missouri

*Provided consultation, case management, cognitive behavioral therapy, and exposure and response prevention on complex cases to individuals who have and are affected by severe eating disorders and comorbid anxiety/obsessive compulsive disorder(s). Assessed clients, determined adjunctive needs, and provided individual therapy, family, and group education. Formulated and implemented treatment plans and provided comprehensive case consultation and follow-up support on treatment decisions in collaboration with members of the interdisciplinary team. Participated in a variety of team activities and delivers adjunctive services. Participated in the development and evaluation of anxiety disorder services.*

**April 2012-  
July 2013**

**Castlewood Treatment Center for Eating Disorders  
Direct Care Counselor**

Ballwin, Missouri

*Provide for the emotional, mental, and physical well being of the clients. The most important goal at Castlewood is to support each client on their own journey towards recovery. Duties include supporting clients through meals, processing daily events with clients, effectively and safely managing chaotic situations, and maintaining the safety and well being of each client. Provide input to treatment team via progress notes. Completed psychosocial assessment of each client upon admission.*