



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Beth Brawley

Beth Brawley is a Licensed Professional Counselor in St. Louis, Missouri. In 2013, she began pursuing specialization in utilizing evidence-based treatments with individuals struggling with OCD, anxiety disorders, and body-focused repetitive behaviors. Beth has been running her private practice, Life Without Anxiety LLC, since 2015, as the goal of utilizing evidence-based practice is to live a life without anxiety making our decisions for us. She has presented yearly at the International OCD Foundation's annual conference since 2015 and completed the Behavior Therapy Training Institute through the IOCDF in 2016. Beth has also presented at the Trichotillomania Learning Center for Body-Focused Repetitive Behaviors' conferences in 2017 and 2019. She also presented at the Anxiety and Depression Association of America's conference in 2023. Beth is an adjunct professor at the Brown School at Washington University in St. Louis, where she teaches Exposure and Response Prevention skills labs and Cognitive Behavior Therapy. Beth is co-founder and co-president of OCD Missouri, the Missouri IOCDF affiliate.



Courses

Evidence-Based Treatment For OCD

Resources

International OCD Foundation

"Exposure Therapy for Anxiety: Principles and Practice" by Abramowitz, Deacon, & Whiteside

Jonathan Grayson's "Freedom from Obsessive-Compulsive Disorder"

Jonathan Abramowitz' "Getting Over OCD"

"When a Family Member has OCD" by Jon Hershfield

"Treating OCD in Children and Adolescents" by Martin Franklin et al.