



CE EVENT (1 CREDIT)

Overcritical OCD or Questioning Queer?

THURSDAY, JUNE 18TH, 2026

1:00 - 2:00 PM ET

zoom

SUMMARY

This virtual webinar examines the intersectionality and critical distinction between Sexual Orientation OCD (SO-OCD) and authentic queer identity exploration in young adults. Participants will build a foundational understanding of LGBTQIA+ identity development and examine how OCD may manifest through intrusive, unwanted thoughts about sexual orientation.

The session will explore how SO-OCD differs from gender dysphoria and genuine identity exploration, and highlight affirming, evidence-based assessment strategies — including the Y-BOCS and Sexual Orientation Obsessions & Reactions Test (SORT) — to support accurate diagnosis and affirming care in clinical practice.

PRESENTERS



Dawn Anderson, LPCC-S

Director of the Sexual Orientation
Gender Identity (SOGI) Treatment
Team

Lindner Center of Hope



Amanda Fialk, PhD, LCSW, LICSW

Partner & CCO

The DORM

LEARNING OBJECTIVES

Participants will be able to:

- Recognize how Sexual Orientation OCD (SO-OCD) affects the brain and body.
- Understand the foundational frameworks of LGBTQIA+ identity development and how it differs from OCD ruminations.
- Apply affirming, evidence-based assessment strategies to differentiate SO-OCD from identity exploration in clinical practice.