

Obsessive Compulsive Disorder (OCD) and Autism Spectrum Disorder (ASD) present with similar behaviors and symptoms, complicating diagnosis and treatment. Research has found that up to 37% of autistic individuals display OCD behaviors and symptoms. However, when examining clinicians, research found low confidence rates in treating co-occurring psychiatric conditions in autistic clients. The present study aims to (1) better understand the relationship between OCD and autism in realms such as treatment barriers, symptom presentation, and treatment modifications and (2) determine the training needs for clinicians when working with autistic individuals exhibiting OCD behaviors. Eleven community clinicians were interviewed using a semi-structured, open-ended interview style. Questions related to OCD and autism discussed exposure therapy training, experience treating autistic youth with OCD symptoms, and challenges related to this treatment. Interview transcripts were analyzed using thematic analysis. Clinicians discussed topics that fell under three major concepts: treatment barriers, strategies for symptom differentiation, and treatment modifications. Results highlight varied clinician understanding of current research findings related to OCD-autism co-occurrence and many clinicians voiced their desire for more training. Findings indicate training should include information on identifying and treating OCD in autistic clients.