



## BE A PART OF OCD AWARENESS WEEK: OCTOBER 8–14, 2017



From October 8–14, 2017, the International OCD Foundation (IOCDF) will once again join with members of the obsessive compulsive disorder (OCD) and related disorders community from around the world to celebrate **International OCD Awareness Week**. The IOCDF started OCD Awareness Week in 2009 as an international effort, taking place on the 2nd week in October, to raise awareness about OCD and related disorders, with the goal of helping more people get timely access to effective treatment.

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The mission of the International OCD Foundation (IOCDF) is to help all individuals affected by obsessive compulsive disorder and related disorders to live full and productive lives. Our aim is to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.

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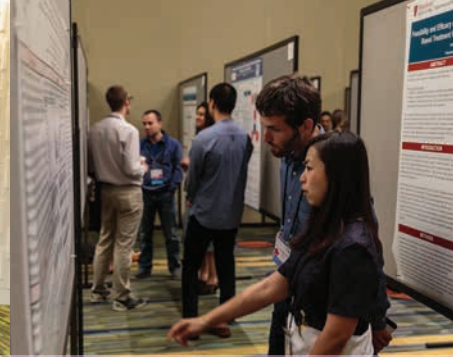
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**DISCLAIMER:** *The IOCDF does not endorse any of the medications, treatments, or products reported in this newsletter. This information is intended only to keep you informed. We strongly advise that you check any medications, products or treatments mentioned with a licensed treatment provider.*

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The IOCDF Diversity Council meeting at the Conference



Attendees learned more about research at the Researcher & Exhibitor Meet & Greet



IOCDF staff and attendees enjoying the Saturday Night Social



Family attending the Conference



IOCDF Board of Directors



Family attending the Conference



Alison Dotson, Jeff Bell, and Ethan Smith



Professional Conference attendees



Child attendees art therapy



Singer/songwriter, Sam Smith performing for Conference attendees



Conference attendees picking up badges and tote bags



Attendees interacting with exhibitors at the Conference Exhibit Hall



Conference attendees picking up badges and tote bags

## Letter from the Executive Director



Dear IOCDF Community,  
Serving as the Executive Director of the International OCD Foundation (IOCDF) over the past nine years, I have had the privilege of working with the IOCDF Board to guide the organization's mission. The core of our mission is to help everyone affected by obsessive compulsive

disorder (OCD) and related disorders. In 2009, the board of directors voted to change the name of our organization from the Obsessive Compulsive Foundation (OCF) to the International OCD Foundation (IOCDF), thus broadening our mission to include everyone around the world.

We know that OCD is a disorder that affects people from all over the world. In fact, the World Health Organization has ranked OCD as one of the top 10 causes of illness-related disability worldwide. Every one of these people around the world who is affected by OCD deserve to have access to effective treatment.

We are committed to continuing to raise awareness about OCD and to advocate for resources. More and more, we receive outreach from the community either expressing their desire to create awareness, or sharing what they themselves have done to educate others about OCD as a disorder. I truly feel that together we are helping to end the stigma of OCD and mental illness as a whole, and that our international outreach plays an integral role in this effort.

Though the IOCDF maintains its primary focus on the US today, it is our goal to continue to grow our resources to serve an even greater international audience. For example, when we relaunched our suite of websites in 2010, the ability of individuals from other countries to contact us increased exponentially. Today, of the over 2 million hits our websites receive a year, a third of them are from outside the US. In fact, someone from every country in the world has visited our website in the last year!

Similarly, since 2008, the number of international therapists that attend our Behavior Therapy Training Institute (BTTI) has grown to ten percent of our total attendees.

Finally, our Annual OCD Conference has increasingly helped to serve attendees from other countries. It is amazing to see that, compared to 2011 when the Conference had only eight international attendees, in the last few years our Conference has grown to serve over 100 international attendees annually, representing over 30 different countries, including:

Argentina	Guatemala	Russia
Australia	India	Singapore
Belgium	Ireland	Slovakia
Brazil	Israel	South Korea
Canada	Italy	Spain
China	Japan	Sweden
Denmark	Mexico	Switzerland
Ecuador	Nepal	Taiwan
Finland	Netherlands	Turkey
France	Norway	United Kingdom
Germany	Pakistan	
Ghana	Peru	

Today, more than ever, I am proud to help lead the IOCDF in our mission to help everyone, *around the world*, affected by OCD and related disorders, to live full and productive lives. While we acknowledge that there is still much to be done, we are optimistic about the growth that we have seen, both in terms of creating awareness about OCD, and in extending our global reach. We are committed to finding new ways to broaden our impact over the next few years in an effort to fulfill our mission. We hope that you will join us in this effort.

Sincerely,

Jeff Szymanski, PhD  
Executive Director  
International OCD Foundation

## FROM THE FOUNDATION

### OCD Awareness Week *(continued from cover)*

OCD Awareness Week is celebrated by a number of organizations across the US and around the world, with events such as educational lecture series, Ask the Expert panels, OCD inspired art exhibits, grassroots fundraisers, and more. Each year, the IOCDF hosts a number of programs and special events to celebrate this important and inspiring week.

Last year, in celebration of the Foundation's 30th Anniversary, we built upon our previous efforts and held the **#OCDweek Roadtrip to Recovery Tour**. Co-sponsored by the Peace of Mind Foundation, the tour involved then IOCDF Spokespeople Elizabeth McIngvale, PhD, Ethan S. Smith, and Jeff Bell, traveling across the U.S. to participate in various events organized by IOCDF affiliates. The aim was to raise awareness and fight stigma associated with, not only OCD, but mental health as a whole. The tour started in California and travelled to San Francisco, Irvine, Los Angeles, Houston, TX, Boston, MA, and Atlanta, GA. Each stop on the tour held programming focused on a particular theme, with programs focusing on stigma reduction, and others on topics like OCD in the media, and OCD in the family. The tour was a huge success! Many of the events were also streamed live on social media, making them accessible to the entire OCD community — a major goal of OCD Awareness Week.

In 2017, the IOCDF is building upon the momentum of last year's #OCDWeek even more, by placing a special focus on advocacy within, and for, the OCD and related disorders community.

**This year, we are especially excited to invite the entire OCD community to come together in one place, with the addition of a brand new event to close out the 2017 OCD Awareness Week — the OCD Capital Walk in Washington D.C.!**

#### INAUGURAL OCD CAPITAL WALK

On Saturday, October 14th, the IOCDF will partner with our affiliate, OCD Mid-Atlantic, to co-host the inaugural OCD Capital Walk. Taking place at the National Mall in Washington D.C., this awareness-building and advocacy-promoting walk will be open to all members of the OCD and related disorders community, and will serve as a new opportunity to unite and grow our voice during this critical week. The walk will align with our week-long efforts to increase the public's awareness about OCD and related disorders — including hoarding disorder (HD), body dysmorphic disorder (BDD) and body-focused repetitive disorders (BFRDs) — and the impact that they can have on people's lives.

**The goals of the walk will be to:**

1. Increase the public's awareness about OCD and its impact on all those affected;
2. Provide information on available resources for OCD and related disorders; and

3. Help individuals learn to advocate — not only for the OCD community in their local and larger governments, but also for themselves, as they seek out treatment and additional support in their communities.

All members of the OCD community are invited to join us for this event! To learn more and register to attend the inaugural OCD Capital Walk, visit [www.iocdf.org/ocdcapitalwalk](http://www.iocdf.org/ocdcapitalwalk) today!

#### IMPORTANT: PLEASE NOTE

*As a reminder, this is an awareness event supporting the members of and promoting advocacy for, the OCD and related disorders community. No political campaign activity is allowed.*

#### OTHER WAYS TO GET INVOLVED IN OCD AWARENESS WEEK

In addition to the OCD Capital Walk, through our recently launched IOCDF Ambassador Program, we hope to provide meaningful ways for all members of our OCD and related disorders community to be of service to others — and to themselves — by volunteering, fundraising, working with local affiliates, and participating in a variety of awareness-raising IOCDF programs and events.

#### #OCDWEEK YOUTUBE CHALLENGE

Each year, we host a creative contest as part of OCD Awareness Week, inviting members of the OCD community to help spread awareness and understanding through storytelling or art. In 2014, we began hosting a video contest with the same theme. It has been a great success, allowing for unique and expressive ways of describing and bringing awareness to individuals' experiences with OCD, and we are doing it yet again for 2017!

For more information on rules and how to submit a video, visit [www.iocdf.org/ocdweek](http://www.iocdf.org/ocdweek).

#### FIND AN OCD AWARENESS WEEK ACTIVITY NEAR YOU

Check the OCD Awareness Week Events Calendar at [www.iocdf.org/calendar](http://www.iocdf.org/calendar) for up-to-the-minute information on events and programming surround OCD awareness week that are taking place in communities across the globe.

**Hosting a public event of your own?** Make sure to go to the URL above and fill out the online form to get your awareness week event added to the calendar so local community members can join in!

**Don't see an event near you?** Start one! Host an open mic night, organize a pizza fundraiser, arrange to speak at a local school or university, or just make it your mission to be a social media advocate for the week. We want you to be a part of this!

## FROM THE FOUNDATION

OCD Awareness Week *(continued)***HELP US IMPROVE RESOURCES FOR THE OCD COMMUNITY**

The IOCDF relies on the financial support of the community in order to continue to provide resources, training, and education. Please consider helping to support our work:

- Become a member of the IOCDF at [www.iocdf.org/membership](http://www.iocdf.org/membership).
- Make a donation to the IOCDF's Annual or Research Fund at [www.iocdf.org/donate](http://www.iocdf.org/donate).
- Participate in grassroots fundraising benefiting the IOCDF in your local community — to learn more, visit [www.iocdf.org/fundraise](http://www.iocdf.org/fundraise).

**PROMOTE OCD AWARENESS WEEK ON SOCIAL MEDIA**

Facebook, Twitter, Instagram, and other social media networks are a great way to spread awareness about OCD and related disorders. By telling your story to your friends and family, you can help dispel myths about mental health disorders, eliminate stigma, and most importantly, raise awareness about OCD symptoms and available treatments.

- **Join the THUNDERCLAP!** Thunderclap is a website that allows members of a community to pledge to Tweet or Facebook a message all at the same time in order to achieve the maximum effect. Think of it as an online flash mob. We are using Thunderclap to flood Facebook and Twitter with our message of OCD Awareness to kick off #OCDweek. Sign up NOW and on Monday, October 8th we will all share this message of hope and awareness at the same time. You can sign up by visiting [www.iocdf.org/ocdweek](http://www.iocdf.org/ocdweek) and clicking the Thunderclap link, or by visiting [www.thunderclap.it](http://www.thunderclap.it) and searching "OCD Awareness Week."

- Show your support for OCD Awareness Week by tweeting or sharing a photo of yourself with the **2017 #OCDweek sign**. Go to [www.iocdf.org/ocdweek](http://www.iocdf.org/ocdweek) to download and print out the PDF at home, then snap a picture using your phone or digital camera and upload to social media to show your support.
- Change your Facebook or Twitter profile picture to show your support for OCD Awareness by using our exclusive #OCDweek "Twibbon" — learn how at [www.iocdf.org/ocdweek!](http://www.iocdf.org/ocdweek!)
- Donate your Facebook status October 8-14th, 2017. Feel free to copy and paste the following if you're not sure what to say:

*"For OCD Awareness Week, I donate my status in support of anyone who has ever battled this disorder. May they find treatment, comfort, and hope. Together we can end the stigma around mental illness. Please copy and paste this as your status to promote the International OCD Foundation's OCD Awareness Week efforts. Learn more at [www.iocdf.org](http://www.iocdf.org)."*

Make sure that any posts include the hashtag #OCDweek. Let's see if we can get #OCDweek trending! And, of course, become a fan of the IOCDF on Facebook, and follow us on Twitter, and Instagram. ○

*Please check our website today for additional information about how you can get involved. We hope you can join us this year for OCD Awareness Week and help all those affected by OCD and related disorders to live full and productive lives.*

**#OCDWEEK**  
  
**CHALLENGE**

To enter, simply upload an original video of your creation to Youtube and fill out the information at the url below. Please be sure to include the hashtag #OCDWeek as part of your video's title on Youtube.

Videos must be no longer than 10 minutes in length, and be appropriate for all audiences (PG-rated). Videos must be uploaded between Monday, August 1, 2017 and no later than Monday, October 2, 2017 at 5pm EST and must include the hashtag #OCDweek in their title to qualify.

[iocdf.org/youtube2017](http://iocdf.org/youtube2017)

## FROM THE FRONT LINES

## Relighting the Spark

by Morgan Rondinelli

*Sitting in my room next to an empty suitcase on the day before I'm supposed to fly out, I debated whether I should go to this summer's 24th Annual OCD Conference in San Francisco. I was already registered, the flight was booked, and I was even scheduled to present in a session — but I didn't move forward. My thoughts were continuously going back and forth between if I should go or stay home. My low mood and hopelessness were holding me back. "Why bother? It will just be a stress-filled weekend and I don't want to feel even more miserable," said my mischievous brain.*

My thoughts turned to previous Conferences I've attended. I remembered how nice it was to be surrounded by so many other people with OCD. I thought about having attended Jonathan Grayson's "Road to Recovery" field trip and dancing at the Saturday Night Social. There were so many things I was looking forward to as well, including seeing UNSTUCK at the keynote address, catching up with friends I haven't seen in a year, and even presenting a talk. So, even though my body was weighed down by anxiety and a melancholy mood, I used these memories and thoughts of what I was looking forward to, to compel myself to move. I opened my suitcase and forced myself to start packing — an exposure in itself. I knew that the best way through was to keep moving, one foot in front of the other, to pack and get to the Annual OCD Conference.

And what happened once I was there? Did I wish I had stayed home, rather than push myself to feel the anxiety I dreaded coming up? Sometimes I did have these fleeting thoughts, especially when I was tired or hungry or stuck in a ritual. But most of the time, they passed quite quickly. Instead, I brought myself back into the moment, as so many lessons on mindfulness have taught me. I focused on the friends around me, old and new, as we went to sessions and ate together. We compared our weirdest obsessions and laughed at the jokes we made. I made myself pay attention to what the speakers were saying, learning from them instead of drifting off in rumination. You can't expect to be present in every moment at the Conference. When you have OCD, it's unrealistic to expect that you will never have obsessive thoughts. But for me, it was helpful to bring myself back into what I was presently experiencing in the real world.



Morgan Rondinelli (left) with friends at the 24th Annual OCD Conference

I've heard many people say about the Annual OCD Conference, that it always seems to come around when you need it the most. This was definitely true for me. These past few months had been loaded with depression, nerves, hopelessness, and a general lack of "spark" in life. But after a day of sessions and socializing — and especially after running around doing exposures at the "Road to Recovery" — I felt more energized than I had in months. A few weeks before attending the Conference, after I had again expressed feelings of hopelessness, my therapist said, "It's like a part of you has died." Today, after attending the Conference, I feel like the spark in me has been relit.

It would be naïve to think that spending a weekend at #OCDcon would cure me, and that I would go home symptom free. But I do think that, even after it has ended, the Conference has a lasting impact. Before the Conference, I had accepted the low level of OCD symptoms I'd achieved as good enough, but now I feel ready to expose on these remaining fears. I want to push myself and feel that sense of accomplishment that comes after successfully exposing again. I am motivated to really try in therapy and practice the DBT skills my therapist keeps saying will help.

When I was stuck at home, trying to decide if I should come to the Conference, my brain was so close to convincing me that it would be miserable and that I should just stay home. Now, I can't help but laugh at just how plain ridiculous that thought was. Between sitting at home alone doing nothing and being at the Conference, even if it means dealing with the anxiety and emotions that come up, the obvious choice is to go. If I had stayed home, I was guaranteed to

## Relighting the Spark *(continued)*

be miserable. If I came to the Conference, there was at least a chance to feel better, and fortunately that turned out to be true. This isn't to say that going to the Conference is the easier choice, but odds are it is the more effective choice when trying to recover.

I'm very glad I ended up going to the Conference in San Francisco. I've smiled a lot more since the Conference weekend, and I'm grateful to everyone who helped facilitate this great event. I hope this new energy and motivation will last for at least a few weeks (if not longer) and that everyone who attends the Conference can use it to fuel recovery, no matter at what stage they are in. The good news is that, even when this post-Conference energy inevitably does start to fade, we have ways to remind ourselves of how we felt

there. We have notes, pictures, and most importantly friends we can reach out to who understand what we're feeling. And then of course, next year's Conference will come around, right when we need it most. ○

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*For more photos from the 24th Annual OCD Conference in San Francisco, see pages 15-17. The 25th Annual OCD Conference will be taking place next summer from July 27-29, 2018 in Washington, D.C.*

## When the Light Goes Out

by Carlynn Hingston

Sad eyes filled with sorrow too weak to smile  
A hand reaches across the table to hold mine  
But the light had left my body, only darkness filling in  
How quickly life can turn from joy to despair  
This was a day forged into my soul, I was 29  
Just that morning life was routine, comfortable, happy  
Boys off to practice, birds at the feeder, a warming cup of coffee  
All the quiet little gems one takes for granted  
Suddenly crippling anxiety gripped me like a vise  
Fear beginning to crush the calm  
Unprepared for the myriad of ways my life was to change  
Gone was the mother, wife, friend, daughter of yesterday  
A battle was now waging in me and I was the enemy  
Fear the emotion around which my life would revolve  
Life spiraling out of control at an alarming rate  
Every moment filled with panic, fear of harm  
Not allowing my face to betray me, I set foot in this new world  
The thoughts came over and over and over, no relief/only doubt  
My job was to try and fix my mind with my mind, a major undertaking  
Treading lightly through life now with fear and doubt in control  
Along this mental journey the word carefree lost all meaning  
My world became smaller wrapping myself up inside of me

Internal dialog kept circling, I had no tool to override my thoughts  
I felt hopeless and saw no joy at the end of the rainbow, only more despair  
And then another life changing day arrived bringing with it the possibility of hope  
My illness had a name! I was suffering from Obsessive Compulsive Disorder  
The relief in hearing those three words released a flood of tears  
I was holding inside Once I had a foothold a way out seemed possible, a glimmer through the darkness  
Serotonin, synapses, genetic predisposition, cognitive behavioral therapy  
Wonderful, welcome new words filling my mental health vocabulary  
With time and help I was once again within reach of elusive peace of mind  
Such an oft used phrase that has been the saving grace of my life  
And the wonderful man who took my hand in his all those years ago  
Never let go through my illness and holds it to this day  
Now at 70, I never take his love or my peace of mind for granted  
I love and enjoy each day with gratitude to be out of the dark heading into the light

## FROM THE FRONT LINES

### Overcoming the Sinner Stigma: When Religion and OCD Collide

by Kari Ferguson



*Being a devout member of the Church of Jesus Christ of Latter-Saints (LDS) has always been a huge part of my identity. I was born to parents who decided to join the Church after getting married, despite their varied religious backgrounds (my mom was raised Lutheran while my dad went to a Catholic high school and studied Unitarianism in college).*

Like many with scrupulosity, my faith questioning began when I became increasingly concerned that I was not following my religious beliefs closely enough. I told myself that not only was I sinning, but more terrifying than that, that I was a sinner. I thought that maybe I was unable to use Christ's sacrifice in my own life. Maybe I didn't feel it enough. I began to question my motives, my sincerity, and my actions. I believed that the words I spoke and the thoughts I had would condemn rather than save me.

Members of the LDS community, or Mormons, believe in Jesus Christ and follow the commandments, believing that we are saved and exalted through the Atonement of

Jesus Christ. I believed and followed these teachings, but it wasn't until I began experiencing scrupulosity, as well as OCD related to copyright and strict adherence to laws, that I began to question my faith.

It wasn't that I wanted to abandon the religion in which my parents had raised me. Far from it, in fact. I was in my last semester of college, living alone in an unfamiliar city, and I wanted familiarity. I needed it. I craved safety. And so, not knowing that I was battling OCD, I threw myself into my religion even more.

I fasted, prayed, studied, and read my scriptures, but instead of finding peace, the OCD reminded me of all the things I had done wrong in the past. I felt like I could not find any relief, despite the people to whom I confessed, the actions I tried to take, and the repentance in which I engaged. I spoke with my local church leader who told me generally to "do all that I could do."

For someone struggling with scrupulosity and not realizing it, however, the advice of "doing all I could do" felt more like a nail in the coffin than a boon. I believed that I clearly wasn't doing all I could do if I still felt ill at ease. The OCD had me convinced that all I could do was *everything*.



## Overcoming the Sinner Stigma: When Religion and OCD Collide *(continued)*

When OCD and religion collide, it can feel like a battle between two parts of yourself. For those, like me, who are devoutly religious, we often trust our religious training and beliefs before anything else. If we are having issues with our thoughts, we might believe that we are not righteous enough to control those thoughts. Because OCD wreaks havoc with our mental state and our thought processes, it can be so easy for religious OCD sufferers to blame themselves personally and spiritually instead of assigning the responsibility to OCD, where it belongs. We begin to question ourselves rather than believing and accepting that we have a mental illness.

Because I did all of these things and felt extreme guilt over my actions, I quickly spiraled out of control and allowed the OCD to take over my life. Fearing for my safety and health, my mom flew out from Nevada to Washington to live with me until my college internship was finished and I could move back with family. I went on a medication called fluoxetine and was diagnosed with OCD, but I did not begin cognitive behavioral therapy (CBT) at that time. In fact, it took roughly ten more years for me to get the point of accepting that my mental illness required more help than just struggling through it and praying for relief. Maybe it was the OCD morphing into obsessions and compulsions regarding contamination (rather than scrupulosity) that allowed me to step back and realize that my spiritual health was, in fact, separate from my mental health. I had a mental illness, and that didn't mean I was spiritually worth less than anyone else.

I went back on fluoxetine, started seeing a psychologist, and began CBT. I was encouraged to read books on OCD to better understand my condition and CBT treatment. I made an exposure hierarchy, and with the help of my psychologist I determined which compulsions were the most detrimental to my daily life, and started my ERP there. I counted hand washes, wore clothes I considered "contaminated," and continued to meet with my psychologist regularly to report back and make new goals. As my contamination compulsions began to improve, we talked about other ways that OCD had intruded on my life, and then created exposure plans and goals to tackle those issues as well.

**“Because OCD wreaks havoc with our mental state and our thought processes, it can be so easy for religious OCD sufferers to blame themselves personally and spiritually instead of assigning the responsibility to OCD, where it belongs.”**

As I regained control of my life, I realized that I wanted to help others regain control of their lives too. I began a blog, [theocdmormon.com](http://theocdmormon.com), in an attempt to connect with and show other members of my Church that mental illness is not a sin, and that having OCD is more common than they might otherwise imagine. I believe that increasing awareness of OCD, including its various types and forms, and the fact that there is help available, is the key to fighting stigma and bringing hope to those who feel alone and betrayed by their own minds — whether they are members of my religion or not. I believe that we each have the responsibility to reach out and help others who struggle.

Over the last ten or so years, I have learned that mental illnesses are not, by and large, healed by prayers or miracles.

I strongly believe that God wants us to make the choice to get help and use the resources available to us in order to find healing and peace.

What I learned through treatment is that we can maintain our religious faith through our recovery and even become stronger spiritually as we do so. I believe that sharing our stories, and reaching out to others dealing with similar trials, increases our feelings of charity and love. We aren't meant to have challenges, like OCD, simply to muscle our way through and come out the other side, exhausted and silent. Our trials are painful, yes, but they allow us to find strength and support others that we meet along our way. They allow us to become the type of people God means for us to be. ○

*Kari Ferguson is the author of The OCD Mormon: Finding Healing and Hope in the Midst of Anxiety, coming September 12, 2017. She blogs at [theocdmormon.com](http://theocdmormon.com) and has written articles on OCD for The Mighty website.*

## THERAPY COMMUNITY

**Emetophobia: Fear of Vomiting as an Expression of OCD**

by Allen H. Weg, EdD

*I had never heard of the term “emetophobia” until about 15 years ago when a 12 year-old girl was referred to me with what sounded like a very typical OCD diagnosis — obsessive thoughts focusing on the fear of germs. She was reportedly anxious of anyone, anything, or any place that could potentially expose her to germs that could make her sick. She avoided all public places, refusing to use public restrooms, go to amusement parks, or attend any event where there might be a crowd of people. She would not eat at all when visiting restaurants or friends’ houses, and ate only foods that her mother would prepare at home. In addition to this, she washed her hands compulsively.*

**THE IMPORTANCE OF A PROPER ASSESSMENT**

Since most of the clients in my practice had some form of OCD, I was quite familiar with this particular group of symptoms. My initial expectation was that treatment would proceed with a straightforward application of exposure and response prevention (ERP) therapy aimed at increasing levels of contamination triggers. However, when I interviewed the girl and her parents, they revealed other symptoms that did not fit with the typical diagnosis of OCD “germaphobia.”

For example:

- The girl asked multiple questions, seeking reassurance that food items were properly refrigerated or cooked.
- She usually inspected the expiration and sell-by dates on food packages and labels.
- She was reportedly afraid of things that might have a “bad smell” and refused to let her parents stop at a gas station when she was riding in the car with them, complaining that the “gas smells” made her anxious.
- Movies and TV shows were difficult for her to watch because she reported fearing that scenes would come up that might be bloody or gory.

Upon further inquiry, it seemed that the girl was not afraid of germs that might make her sick with an illness such as a fever or cold. She was specifically afraid of germs, spoiled food, bloody scenes on TV, and gas fumes because they might make her nauseated, resulting in her vomiting. In other words, she was suffering from emetophobia, an intense fear of vomiting.

**When treating a client with anxiety, a therapist properly utilizing cognitive behavioral therapy (CBT) for OCD knows that you cannot treat someone effectively until you can precisely answer the question, “What exactly is it that the client is afraid of?”**

**SYMPTOMS OF EMETOPHOBIA**

As with OCD, emetophobia symptoms can be debilitating and affect the client’s quality of life in various ways.

- Typically, in emetophobia, only a few “safe” foods are eaten, and the patterns of avoidance may not make sense to the casual observer. For instance, an emetophobic may avoid bread products due to a fear of mold, yet may be perfectly fine eating fried, fatty foods, which most people would think of as more likely to lead to nausea or vomiting.
- Consumption of other things may also be avoided, such as alcohol or over the counter and prescription medications, the latter of which often have written right on the label that nausea may be a possible side effect.
- Emetophobics may avoid eating too quickly or eating later in the day, and food intake of any kind, including water, may be restricted to the home.
- Adults with emetophobia may avoid social venues, such as bars or parties, where they expect significant amounts of alcohol will be consumed.
- An individual with emetophobia’s work may suffer because they avoid travel, work related social activities, or the employee cafeteria.
- Women who yearn to be mothers may forgo pregnancy for fear of morning sickness.
- Children may avoid their school’s cafeteria, gym, or the bathroom, or may experience complete school refusal due to their fear of vomiting or exposure to someone who may vomit.
- The “phobic net” may be cast wide for both children and adults, and may include fear of flying, public transportation, hospitals, or any place where there may be crowds.
- There may be hyper-vigilance and hyper-reactivity in response to a person burping, coughing, looking pale, or even people placing their hand on their stomach.

## Emetophobia: Fear of Vomiting as an Expression of OCD *(continued)*

Struggles with all of these issues often result in depression, shame, secrecy, and lies.

### DIAGNOSIS (AND DIFFERENTIAL DIAGNOSIS) OF EMETOPHOBIA

Emetophobia is often diagnosed as a Specific Phobia. However, because the most prominent symptoms often meet the criteria for obsessive compulsive disorder, OCD may be the more appropriate diagnosis. This seems especially true in the following instances:

- The patient experiences irrational thoughts such as, "I wore a green shirt when I saw that girl vomit, so now I avoid wearing anything green."
- The patient experiences intrusive, ruminative thoughts revolving around the fear of being exposed to germs and then responds with excessive washing, checking, avoidance, and the use of safety items such as always carrying around a bottle of water.

In both cases, there is obsessional thinking, hyper-awareness and reactivity, avoidance, compulsive rituals, and safety behaviors.

Additionally, while the specific symptoms of emetophobia vary widely, they most often include severe restriction of food intake, resulting in what may look like a type of avoidant/restrictive food intake disorder (ARFID). Like ARFID, emetophobia involves restricted food intake that is not based on distortion of body image, nor an expressed desire to lose weight. Yet, significant weight loss can and does occur in individuals with emetophobia, as is always the case with ARFID. Additionally, both disorders often involve avoidance of foods based on their color or texture. The boundaries between these diagnoses are somewhat unclear, but the majority of ARFID cases do not specifically include a fear of vomiting, therefore those cases would clearly not be persons with emetophobia. The task of the clinician is to ultimately trace the client's symptoms to the fear of vomiting.

### TREATMENT OF EMETOPHOBIA

As with other forms of OCD, once identified as a case of emetophobia, exposure and response prevention (ERP) as well as cognitive therapy can be applied as the core treatment.

In emetophobia treatment, ERP is best applied to three different areas of the emetophobic symptoms:

1. The first area is the **physiological symptoms** associated with nausea and vomiting itself, which trigger anxiety.

To address the physiological symptoms, we would have the client engage in interoceptive cue exposure (sometimes called symptom cue exposure). In this treatment, the client purposely creates physical symptoms associated with nausea and vomiting by engaging in certain self-controlled exercises.

These exercises may vary, but can include things like spinning in place or hyperventilation, both of which can cause nausea, dizziness, and light-headedness (physician approval may be required if the person suffers from certain medical conditions, such as COPD). Exposures are done repeatedly, following a specific schedule, while anxiety levels are monitored (a numbered scale of Subjective Units of Distress, or SUDs, is usually used).

2. A second area is the **environmental triggers** of emetophobic anxiety. Targeting the environment triggers may include going places that have been avoided such as bars, lunchrooms, or public bathrooms. ERP is conducted exactly as one would do for OCD avoidance behaviors, where a hierarchy is established and followed, and the client moves up that hierarchy as anxiety is better managed. Another environmental exposure focus involves exposure to the avoided foods themselves, and is treated similarly through ERP therapy.

Once well tolerated, these above exposure experiences may be combined during treatment. For example, a person could hyperventilate creating feelings of nausea and then immediately eat a certain food that had previously been avoided, all while in an environment that had previously been avoided, such as in a restaurant.

3. A final area of treatment involves **exposure to the act of vomiting itself**. I do not require or recommend having the emetophobic vomit, because I do not think it necessary for recovery. Instead, therapy involves having the emetophobic engage in simulated vomiting. In this case, a concoction of some sort is created to represent the vomit (e.g., canned beans mixed with corn and peas). The person stands or kneels in front of the toilet with the seat up, takes a mouth full of the bean mixture in his mouth, and spits it into the toilet repeatedly, flushing afterwards each time. The amount of mixture used each time can also be varied, often starting with tiny amounts at the initial trials and adding more as

## THE THERAPY COMMUNITY

### **Emetophobia: Fear of Vomiting as an Expression of OCD** *(continued)*

exposure progresses.

In addition to the method above, exposure to vomiting itself can be done on the Internet. The best resource I have come across for this is the web site, [www.EmetophobiaResource.org](http://www.EmetophobiaResource.org). It is a wonderful at home, self-paced program for emetophobia exposure that arranges letters, words, sentences, stories, drawings, photos, videos, and sounds of vomiting into a self-administered, hierarchy exposure experience.

Cognitive therapy would be incorporated into all parts of the ERP interventions mentioned above. Cognitive work emphasizes challenging the patient's negative patterns of thought, as well as challenging one's misperceptions of what is thought of as "too scary" or "too difficult" given what amount of progress they have already made.

#### **SUMMARY**

Once a professional can understand and properly diagnose emetophobia, they can begin treating through ERP. Interventions are first demonstrated and practiced in the office when possible, and may then be assigned as homework practice.

Interoceptive exposure, environmental exposure, and

simulated vomiting exposure (including online exposure programs) can be combined with cognitive therapy to move the emetophobic forward in confronting fears, allowing for greater behavioral freedom, and/or lowered anxiety.

My experience has indicated that, when a motivated and disciplined client is engaged, this combination of interventions can result in substantial improvement and often a complete elimination of symptoms. ○

#### **REFERENCE**

1. Barlow D, Craske, M: *Mastery of Your Anxiety and Panic: Edition 4*. New York, Oxford University Press, 2006.

*Allen H. Weg, EdD, is Executive Director of Stress and Anxiety Services of New Jersey, Inc. He is on the Scientific and Clinical Advisory Board of the International OCD Foundation (IOCDF) and President of the IOCDF affiliate, OCD New Jersey.*



## **Donate today!**

**Help support the IOCDF's  
Pediatric Campaign 4 Hope.**

**With your help, this coming year the IOCDF  
will focus on providing increased education  
and resources to help to identify, diagnose,  
and treat OCD and related disorders sooner.**

**To donate today visit [IOCDF.ORG/C4H](http://IOCDF.ORG/C4H)**

## Institutional Member Updates

*Institutional Members of the International OCD Foundation are programs or clinics that specialize in the treatment of OCD and related disorders. For a full list of the IOCDF's Institutional Members, please visit [www.iocdf.org/clinics](http://www.iocdf.org/clinics).*

### AMITA HEALTH

**Alexian Brothers Behavioral Health Hospital**  
1650 Moon Lake Boulevard  
Hoffman Estates, IL 60169  
Phone: (847) 755-8566

**Foglia Family Foundation Residential Treatment Center**  
801 Gloucester  
Elk Grove Village, IL 60007  
Phone: (847) 981-5900

**Email:** [Patrick.McGrath@amitahealth.org](mailto:Patrick.McGrath@amitahealth.org)  
[www.alexianbrothershealth.org/abbhh/ocd-anxiety](http://www.alexianbrothershealth.org/abbhh/ocd-anxiety)

AMITA Health, Alexian Brothers is pleased to announce that Ms. Katie Torres, LCSW, is the new clinical director of the Center for Anxiety and OCD. Dr. McGrath will take on a new role of executive director of the program. Katie was a student trainee in the program seven years ago and she has continued to work at AMITA Alexian since completing her schooling as a therapist in the program working with children and adolescents with anxiety.

The Foglia Family Foundation Residential Treatment Center recently received a grant to treat veterans and their family members with anxiety and/or substance abuse from the Alexian Physicians Council. This grant will help us to continue to offer services to veterans and their spouses and children (up to age 26) for low to no cost at all. If you know a veteran who needs treatment for anxiety, PTSD, OCD, or substance abuse, please contact us.

### THE ANXIETY TREATMENT CENTER (ATC) OF SACRAMENTO

9300 Tech Center Drive, Suite 250  
Sacramento, CA 95827  
Phone: (916) 366-0647, Ext. 4

**Email:** [drrobin@atsac.net](mailto:drrobin@atsac.net)  
[www.AnxietyTreatmentExperts.com](http://www.AnxietyTreatmentExperts.com)

The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills was pleased to host its clinical treatment team at the 24th Annual OCD Conference in San Francisco, joining hundreds of specialists in promoting proper treatment and awareness for anxiety disorders. Our exhibit table informed those in Northern California and across the country of our facility as a resource, giving hope to those

struggling with anxiety, their family members, and the community at large.

On October 13, 2017, the ATC will co-sponsor with OCD Sacramento, Eating Recovery Center, and Arcadia Healthcare our annual therapist networking event. This yearly gathering serves to bring the mental health community together, raising awareness that anxiety disorders are treatable and to share local resources. Doors open at 6:30pm. Food, wine, and great company. Contact Dr. Robin Zasio, PsyD, LCSW at (916) 366-0647, Ext. 4 to reserve your space or email [drrobin@atsac.net](mailto:drrobin@atsac.net).

The ATC also welcomes Dmitri Primavera to our clinical treatment team. Bringing expertise in DBT and ACT based principles, his contributions add to the abundance of resources offered at our facility including our partial hospitalization and intensive outpatient treatment program.

### BEHAVIOR THERAPY CENTER OF GREATER WASHINGTON (BTC)

11227 Lockwood Drive  
Silver Springs, MD 20901  
Phone: (301) 593-4040  
**Email:** [info@behaviortherapycenter.com](mailto:info@behaviortherapycenter.com)  
[www.behaviortherapycenter.com](http://www.behaviortherapycenter.com)

The Behavior Therapy Center of Greater Washington is run by director Charles Mansueto, PhD. Sheeva Mostoufi, PhD is the newest addition to our treatment team, bringing with her specialized training in acceptance and commitment therapy (ACT) and other mindfulness-based interventions. Michael Lent, PhD, who recently received his doctorate from Hofstra University, joins us for his postdoctoral fellowship. Viktor Koltko, from Uniformed Services University of the Health Sciences, and Richard Raymond, from Catholic University, begin their externship year at BTC, under the direction of supervisors David Keuler, PhD and Ruth Golomb, LCPC.

**We are pleased to announce the following new programs and groups:** Our Disruptive Behavior Management (DBM) Program run by Noah Weintraub, PsyD is intended for children with OCD, Tourette's, or an anxiety disorder in combination with externalizing behaviors (e.g., anger outbursts, defiance), and is appropriate for families in which PANS/PANDAS is suspected. DBM includes the Child Management Training and Parent Support Group, where parents learn empirically supported skills to address problematic and anxious behaviors. Magda Rodriguez

## THERAPY COMMUNITY

### Institutional Member Updates *(continued)*

Gonzalez, PsyD heads our DBT skills and mindfulness-based groups, helpful in cases in which emotional dysregulation and difficulty tolerating distress can interfere with OCD treatment.

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#### BIO BEHAVIORAL INSTITUTE

935 Northern Boulevard Suite 102

Great Neck, New York 11021

Phone: (516) 487-7116

Email: [info@biobehavioralinstitute.com](mailto:info@biobehavioralinstitute.com)

[www.biobehavioralinstitute.com](http://www.biobehavioralinstitute.com)

**The Bio-Behavioral Institute has welcomed three new staff members:**

- Dr. Cathy Budman is an internationally recognized expert in the diagnosis and treatment of Tourette and related disorders, including OCD, and has joined our team as a consulting psychiatrist. Dr. Budman provides a full range of specialized clinical services for youth and adults including initial and second opinion neuropsychiatric consultations, comprehensive psychiatric treatment, as well as working closely with outside agencies and families.
- Dr. Yvette Fruchter is a licensed psychologist who completed training with the veterans' affairs department and provided evidence-based therapies for veteran trauma-related difficulties. She has extensive experience using exposure and acceptance-based therapies to treat anxiety and OCD related disorders, emotion regulation difficulties, and issues related to trauma and PTSD.
- Dr. Danielle Gardini is a post-doctoral fellow who brings her expertise in working with youth and families to facilitate services within school districts for OCD and anxiety disorders as well as her interests in adding DBT to existing OCD treatment.

We currently have open enrollment for our new Young Adult Dialectical Behavior Therapy (DBT) Skills Group. The group is geared for individuals from ages 18-30 to learn DBT skills while addressing issues common in the early adulthood years.

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#### CENTER FOR OCD & ANXIETY-RELATED DISORDERS (COARD)

Saint Louis Behavioral Medicine Institute

1129 Macklind Avenue

St. Louis, MO 63110

Phone: (314) 534-0200, Ext. 407

Email: [sue.mertens@uhs.com](mailto:sue.mertens@uhs.com)

[www.slbmi.com](http://www.slbmi.com)

**New Class of Trainees:** September 1st marks the changing of the guard at COARD for future professionals being trained in the treatment of OCD. Our new postdoctoral residents include Drs. Kaylie Allen, Sam Kramer, and Ta'janette Sconyers. Dr. Alison Menatti will be returning for a second-year fellowship and will serve as the chief resident. We also have four new graduate practicum students. This year's students are Natasha Haradhvala and Katherine Lopez from Washington University and Toni Muzzarelli and Andrea Jumper from Southern Illinois University. Welcome to all our new trainees! We are delighted to have you with us.

**OCD Awareness Week:** Our Center will once again be co-sponsoring the annual St. Louis OCD Mini-Conference in cooperation with the St. Louis OCD Support Group and the St. Louis area Obsessive Compulsive Anonymous groups. Information on dates and program details will be available on the support group's website. The Center's staff will also be available during the week for media interviews to promote OCD awareness.

**Programs:** The Center has implemented new clinical services that address common complications that arise in the treatment of OCD. Mr. Gregory Peebles, MAC, LPC has developed a new group to teach emotion regulation, distress tolerance, and other DBT skills to patients with OCD. For those who need more in-depth DBT skills, an IOP level of care is available as well. In our standard IOP service for OCD patients, we have added a new track to help patients having difficulty adhering to exposure and response prevention. Dr. Alec Pollard will be overseeing that service.

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#### CENTER FOR OCD AND RELATED DISORDERS AT COLUMBIA UNIVERSITY MEDICAL CENTER

Columbia University/NYSPI

1051 Riverside Drive, Unit #69

New York, New York 10032

Phone: (646) 774-8062

Email: [chenste@nyspi.columbia.edu](mailto:chenste@nyspi.columbia.edu)

[www.columbiapsychiatry.org/ocd](http://www.columbiapsychiatry.org/ocd)

Our research program is dedicated to improving the lives of people with obsessive-compulsive disorder (OCD) by conducting cutting edge research to transform how we understand and treat these disorders. For the patients of today, we study how best to deliver novel and current treatments. For the patients of tomorrow, we partner with brain imagers and basic scientists to study what causes OCD.

FROM THE FOUNDATION

A Look Back at the 24th Annual OCD Conference



Photos from the 24th Annual OCD Conference in San Francisco!



IOCDF National Ambassador, Ethan Smith, and Neurobehavioral Institute (NBI) clinical director, E. Katia Moritz, PhD



Winning team of Pub Trivia on Thursday night at the Conference



Ask the Experts Panel on Hoarding Disorder



Young attendee enjoying the Conference Pediatric Programming



Sabine Wilhelm, PhD presenting on Understanding and Treating BDD



Conference Navigation Guide assisting an attendee



Attendees finding resources at the Exhibit Hall



IOCDF staff, Abigail Green, Stephanie Cogen, and Tiia Groden, at Registration



Attendees enjoying a group cheers at Pub Trivia on Thursday night



Conference speakers, Michael Jenike, Diane Davey, Margaret Sisson, and Elizabeth McIngvale



Young Conference attendees enjoying the Pediatric Programming



IOCDF Executive Director, Jeff Szymanski, PhD, with staff from the Shandong Mental Health Center



A Charity in Bloom bouquet from Winston Flowers



Annual OCD Conference Bookstore



Chad Wetterneck, PhD gave the plenary presentation entitled An Introduction to Functional Analytics Psychotherapy and its Application to OCD Treatment



Attendees networking with exhibit organizations at the Conference Exhibit Hall





Child stars of our keynote presentation film, UNSTUCK, answering questions from the audience



Randy Frost, PhD, presenting on Teaming up Against Hoarding Disorder



(left to right) Elizabeth McIngvale, PhD, Service Award Winner; Jeff Szymanski, PhD, IOCDF Executive Director; Susan Swedo, MD, Career Achievement Award Winner; Jeff Bell, Service Award Winner; Shannon Shy, IOCDF Board President



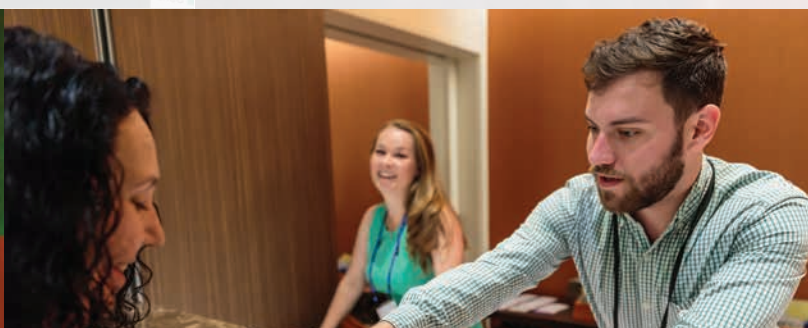
Neurobehavioral Institute (NBI) clinical director, E. Katia Moritz, PhD, speaking at the Saturday Night Social



Mental health advocate and public speaker, Christie Hodges accepting the 2017 Hero Award



Former NHL Goalie, Corey Hirsch accepting the 2017 Illumination Award



Attendees picking up badges at the Conference Registration Desk



UNSTUCK producer Chris Baier, and director, Kelly Anderson at the keynote address



Members of the special interest group focused on Mental Health Awareness in Sports

# FROM THE FOUNDATION

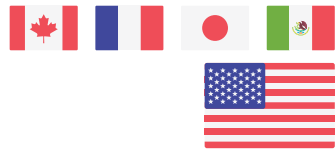
## 1 Million Steps 4 OCD Recap

In June 2017, OCD community members from across the US, and around the globe, joined together for the 1 Million Steps 4 OCD Walk to raise awareness, hope, and funds to the support the important programs of the International OCD Foundation and our partnering Local Affiliates.

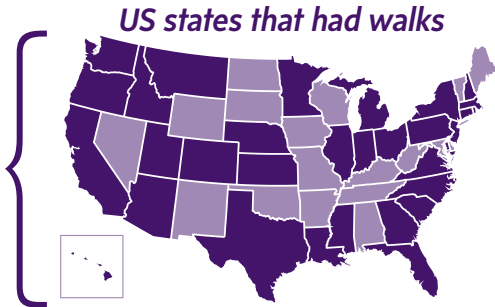
# 2017 1 Million Steps 4 OCD Walk



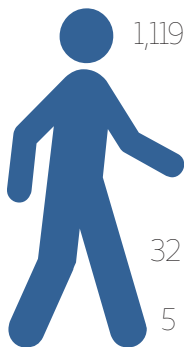
Average donation amount



Countries that had walks



US states that had walks



1,119

**TOTAL**



— 2,064

Representing



32

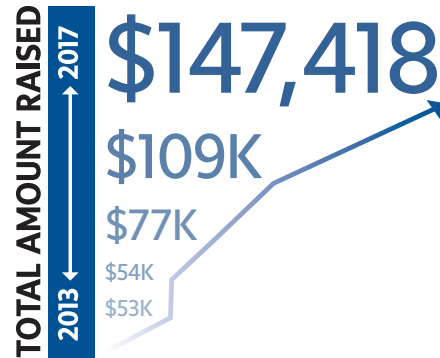
5

— 38

— 12

**WALKERS**

**DONORS**



Denis Asselin (left) with IOCDF executive director, Jeff Szymanski (middle), and Boston Walk grand marshal Jo-Ann Winston (right) with her family



Walkers circling Jamaica Pond at the Boston Walk



Participants at the OCD NorCal Walk in Sacramento



Participants at the OCD SoCal walk in San Diego



Participants from the OCD Tokyo Walk in Shandong



OCD Sacramento president, Robin Zaslo, with the Northern California Walk grand marshal, Clint Malarchuk

## Institutional Member Updates *(continued)*

**Current Studies:** We are continuing to examine the brain's endocannabinoid system, which has been hypothesized to play a role in OCD. Our study, "CANS" investigates how a synthetic cannabinoid, nabilone, may impact OCD symptoms when used alone and in combination with exposure and response prevention (ERP) therapy.

**New Staff:** We recently welcomed two new team members: Dr. Dianne Hezel, a post-doctoral research fellow, and Ms. Megan Renna, an extern from Teacher's College at Columbia University.

**Studies:** We continue to actively recruit patients to treatment studies. For more information on all our current studies, call Rachel at (646) 774-8138 or visit us at [columbiapsychiatry.org/ocd](http://columbiapsychiatry.org/ocd).

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### CENTER FOR PSYCHOLOGICAL AND BEHAVIORAL SCIENCE

**11380 Prosperity Farms Rd Suite 209A**

**Palm Beach Gardens, FL 33410**

**Phone: (561) 444-8040**

**Email: [treatment@psychologyandbehavior.com](mailto:treatment@psychologyandbehavior.com)**

**[www.psychologyandbehavior.com](http://www.psychologyandbehavior.com)**

This Fall, we're pleased to present the following...

**OCD Awareness Night:** As part of our OCD Awareness Week festivities, we will host a special evening to combat stigma and increase knowledge and awareness about OCD and related conditions. Local speakers will discuss their experiences with OCD and OCD treatment. If you're interested in sharing your story as part of this event, please contact our office. Date and time are currently TBD.

**Intensive Outpatient Therapy:** Our IOP consists of intensive, one-on-one ERP sessions held 5-7 days/week. Mindfulness skills are also emphasized.

**Back to School Boot Camp:** This unique program for kids and teens consists of one-on-one intensive therapy sessions that are supplemented with weekly group-based exposure sessions on nights or weekends.

**Adult OCD Boot Camp:** Our adult boot camp version also combines individual exposure with a supportive, collaborative group exposure experience.

As always, don't forget about our free monthly OCD support groups. The adult group will meet on 10/10, 11/14, and

12/12. Our child/teen groups don't stick to a specific day each month, but are always announced on our events calendar and via our mailing list ([recoverfromocd.com](http://recoverfromocd.com)).

### THE CENTER FOR THE TREATMENT AND STUDY OF ANXIETY (CTSA)

**Perelman School of Medicine, University of Pennsylvania**

**3535 Market Street, 6th Floor**

**Philadelphia, PA 19104**

**Phone: (215) 746-3327**

**Email: [theaga@mail.med.upenn.edu](mailto:theaga@mail.med.upenn.edu)**

**[www.med.upenn.edu/ctsa](http://www.med.upenn.edu/ctsa)**

Lead by Dr. Edna Foa, Dr. Thea Gallagher, and Dr. Elna Yadin, the faculty at the Center for the Treatment and Study of Anxiety (CTSA) successfully delivered two consecutive, 4-day professional workshops on exposure and response prevention (ERP) to 70 therapists from around the country and the world. We hope that these 4-day workshops improve access to evidence-based care for OCD as therapists/participants return to their communities. The CTSA is proud to offer ongoing consultation to ERP providers.

The CTSA is also excited to announce the addition of two faculty members this fall. Dr. Staci Berkowitz will return to the CTSA as a postdoctoral fellow after completing her internship at the Minneapolis VA Health Care System. Dr. Berkowitz was a former practicum student at the CTSA whom we are happy to welcome back in this new position. Dr. Jessica Bodie joins us as a postdoctoral fellow after completing her internship at the Children's Hospital of Philadelphia. Dr. Bodie has been treating individuals with ERP since 2012 and we are happy to have her on our faculty. Lastly, our OCD support group facilitator, Kate Brett, was honored to give a presentation at the Annual OCD Conference in San Francisco.

---

### CHILD MIND INSTITUTE INTENSIVE OCD PROGRAM

**445 Park Avenue**

**New York, NY 10022**

**Phone: (212) 308-3118**

**Email: [appointments@childmind.org](mailto:appointments@childmind.org)**

**[www.childmind.org/center/intensive-treatment-ocd](http://www.childmind.org/center/intensive-treatment-ocd)**

In July, we completed the first full year of our OCD intensive program. We provided one-on-one, intensive treatment to 30 patients between the ages of 9-24 from 6 states and 3 countries, from as far away as India and Panama. This group of children and adolescents represented a wide range

## THE THERAPY COMMUNITY

### Institutional Member Updates *(continued)*

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of backgrounds and needs with a variety of OCD symptoms. Our program offers one-week and four-week treatment options. Half of those treated concluded the program after one week, seeing significant improvement. Using the widely implemented and trusted measure, CY-BOCS, we saw marked improvements with scores dropping from the severe to moderate range.

The Child Mind Institute is excited to announce the addition of Emma Zoloth, PsyD, to our OCD team. She has been intensively trained in cognitive behavioral therapy, including exposure and response prevention for the treatment of OCD, and has extensive experience treating it across multiple settings. Dr. Zoloth received her doctorate in school-clinical psychology from Ferkauf Graduate School of Psychology at Yeshiva University.

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#### COGNITIVE BEHAVIOR THERAPY CENTER OF SILICON VALLEY AND SACRAMENTO VALLEY

12961 Village Drive  
Suite C  
Saratoga, CA 95030  
Phone: (408) 384-8404

1221 Pleasant Grove Blvd.  
Suite 150  
Roseville, CA 95678  
Phone: (916) 778-0771

Email: [info@cbsv.com](mailto:info@cbsv.com)  
[www.CognitiveBehaviorTherapyCenter.com](http://www.CognitiveBehaviorTherapyCenter.com)

Our center's director, Laura Johnson, recently completed the intensive and prestigious program to qualify as an Advanced Certified Schema Therapist with the Schema Therapy Society. With this new specialty, Laura will be expanding the Cognitive Behavior Therapy Center in San Jose and Roseville by training her staff therapists and interns to work with treatment resistant anxiety disorders as well as avoidant, dependent and borderline personality disorders. We will continue to use CBT and exposure and response prevention with our anxiety and OCD clients where that is the first line treatment.

In our Roseville office, we are seeking a licensed therapist with at least two years of CBT experience to see clients and supervise interns. In addition, we have office space available to sublease to psychiatrists and therapists in their own private practice who would like to work within a collegial, no drama group setting. To learn more about these opportunities, please contact us at our Roseville office at (916) 778-0771.

#### EAST BAY BEHAVIOR THERAPY CENTER

45 Quail Court Suite 204  
Walnut Creek, CA 94596  
Phone: (925) 956-4636  
Email: [ebbehaviortherapycenter@gmail.com](mailto:ebbehaviortherapycenter@gmail.com)  
[www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)

We're excited to announce our upcoming OCD Warrior support group for September 2017. The OCD Warrior support group has one single goal: to prepare participants to receive the most efficacious treatment for OCD, exposure response prevention (ERP). Participants will learn, in a very supportive meeting, how to be in charge of their life, instead of OCD running the show.

Starting date: September 5, 2017

Day/time: Tuesday, from 5:30–6:30 p.m.

More information by phone at (925) 956-4636 or e-mail at [ebbehaviortherapycenter@gmail.com](mailto:ebbehaviortherapycenter@gmail.com).

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#### THE GATEWAY INSTITUTE

950 South Coast Dr  
Suite 220  
Costa Mesa, CA 92626  
Phone: (714) 549-1030

9375 East Shea Boulevard  
Suite 100  
Scottsdale, AZ 85260  
Phone: (480) 214-9543

419 30th Street, Suite 3  
Oakland, CA 94609  
Phone: (510) 444-4810

Email: [info@gatewayocd.com](mailto:info@gatewayocd.com)  
[www.gatewayocd.com](http://www.gatewayocd.com)

The Gateway Institute in Costa Mesa, CA is pleased to announce that following our expansion into Arizona, we are now providing OCD and anxiety treatment at our new San Francisco Bay Area location. The treatment programs offered at this location include a 3-week intensive outpatient program (IOP) and weekly treatment programs. Our office is conveniently located in downtown Oakland.

The Gateway Institute is committed to providing accessible treatment for OCD and related conditions to as many people as possible and will continue to expand its locations. We will keep you updated as we continue to open new treatment facilities. For more information visit our website.

## Institutional Member Updates *(continued)*

### INTENSIVE TREATMENT PROGRAM FOR OCD AND ANXIETY AT WEILL CORNELL

315 E 62nd Street, 5th Floor  
New York, NY 10065

Phone: (646) 543-2079

Email: [avf2003@med.cornell.edu](mailto:avf2003@med.cornell.edu)

[weillcornellpsychiatrycenter.org/our-services/groups-and-classes/pocat-intensive-ocd-and-anxiety-treatment-program](http://weillcornellpsychiatrycenter.org/our-services/groups-and-classes/pocat-intensive-ocd-and-anxiety-treatment-program)

The Intensive Treatment Program (ITP) for OCD and Anxiety at Weill Cornell is celebrating its first anniversary. Over the past year, we have had the opportunity to serve over 40 children, adolescents and young adults, and have provided over 1,000 treatment hours. The program is an ongoing comprehensive intensive treatment experience consisting of 3-10 hours a week of active treatment, which include both group and individual treatment sessions.

The ITP addresses OCD as well as other anxiety disorders, such as separation anxiety disorder, social anxiety disorder, selective mutism, and generalized anxiety disorder, and specific phobias. Our groups are appropriate for a broad range of children and teens with moderately to severely impairing symptoms, and we have more individually tailored programming for young adults.

The goal of the program is to provide short-term intensive treatment to target symptoms using CBT and ERP treatment strategies. We provide evaluation, psychoeducation, group therapy, individual sessions and parent sessions. A child and adolescent psychiatrist with expertise in this area is available for consultations and medication changes as needed. We welcome new referrals, and are happy to collaborate with existing providers!

### LOUISVILLE OCD CLINIC

912 Lily Creek Road, Suite 201

Louisville, KY 40243

Phone: (502) 403-7818

Email: [bewellproviders@gmail.com](mailto:bewellproviders@gmail.com)

[www.louisvilleocdclinic.com](http://www.louisvilleocdclinic.com)

The Louisville OCD Clinic is happy to announce the addition of a few new therapists to our practice. We are very excited that clinical psychologist Dr. Mark Schirmer, PsyD is available to see new clients. In addition to his work with OCD, Dr.

Schirmer has extensive experience working with PTSD and substance abuse disorders. He also is trained to work with clients for our intensive outpatient program.

We would also like to welcome two advanced level Spalding University practicum students to our clinic. Nardin Michaels, MA, has experience with anxiety disorders, and particular interest in forensic psychology. Hillary Henize, MA, has experience doing cognitive behavioral therapy, and helping with clients in crisis.

### MCLEAN HOSPITAL

OCD Institute, 115 Mill Street

Belmont, MA 02478

Phone: (617) 855-2776

Email: [ocdiadmissions@partners.org](mailto:ocdiadmissions@partners.org)

[www.mcleanhospital.org/programs/obsessive-compulsive-disorder-institute](http://www.mcleanhospital.org/programs/obsessive-compulsive-disorder-institute)

The OCDI's Office of Clinical Assessment and Research (OCAR) has continued to evolve over the past year, developing an infrastructure for using ecological momentary assessment to enhance data collection and automate reporting of clinical data to treatment teams. Further, we have increased our focus on evaluating the impact of health domains (e.g. nutrition/exercise, spirituality, sleep) on treatment outcome. Two OCAR members were also awarded funding support for their projects: Adam Reid, PhD (cross-site evaluation of expectancy violation in exposure) and Jake Nota, PhD (impact of sleep/circadian disruption).

OCAR welcomed multiple new members this summer, including Ramya Potluri and Alexandra Hernandez-Vallant as research assistants, and Gabriella Ponzini as part of the summer student visitor program. We are excited to announce that Martha Falkenstein, PhD will be transitioning into a full-time research fellowship at OCAR and Jake Nota, PhD and Meghan Schreck, PhD have joined the OCDI for their post-doctoral fellowships. Finally, it is our pleasure to congratulate Lauryn Garner and Eric Tifft as they begin doctoral training in clinical psychology at Fordham University and University at Albany, SUNY. They made extraordinary contributions to the OCDI and OCAR; we wish them the best as they take the next steps in their careers.

## THErapy COMMUNITY

### Institutional Member Updates *(continued)*

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#### **MOUNTAIN VALLEY TREATMENT CENTER**

**2274 Mt. Moosilauke Highway**

**Pike, NH 03765**

**Phone: (603) 989-3500**

**Email: [lovejoy@mountainvalleytreatment.org](mailto:lovejoy@mountainvalleytreatment.org)**

**[www.mountainvalleytreatment.org](http://www.mountainvalleytreatment.org)**

Sarah E.G. Hazelton, LCSW, has joined Mountain Valley's clinical team. A licensed therapist, Sarah Hazelton began her career in mental health in the late 1990's, working as an activity therapist at Retreat Healthcare in Brattleboro, VT, where she coordinated and implemented activity therapy and recreation programming for adolescent populations. She then transitioned to Spurwink Services in Lewiston, ME, where she provided comprehensive clinical treatment to residential students with acute mental health needs. Prior to joining Mountain Valley's clinical team, Sarah served as the assistant clinical director and therapist at Logan River Academy in Logan, UT. Her responsibilities at LRA included providing residential clinical services to adolescents with mental health and autism spectrum diagnoses and supervising clinical interns and provisionally licensed clinicians.

A graduate of Springfield College, where she earned a BA in Therapeutic Recreation and Outdoor Environmental Recreation, and University of New England where she earned her MA in Social Work, Sarah greatly enjoys working at Mountain Valley. "There's something about the culture of Mountain Valley that sets it apart from other residential treatment centers. Everything is so positive — and calm — the perfect environment in which to work with anxious teenagers."

Sarah's areas of specialty and interest include dialectical behavior therapy (DBT), motivational interviewing (MI), cognitive behavioral therapy (CBT) and digital/technology addictions.

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#### **NEUROBEHAVIORAL INSTITUTE**

**2233 North Commerce Parkway, Suite 3**

**Weston, Florida 33326**

**Phone: (954) 217-1757**

**Email: [info@nbweston.com](mailto:info@nbweston.com)**

**[www.NBIWeston.com](http://www.NBIWeston.com)**

Neurobehavioral Institute (NBI) is known for decades of personalized and high-quality effective evidence based treatment of OCD and related disorders. NBI is pleased to

announce the opening of its supportive living experience, the NBI Ranch.

The Ranch is designed to provide a sustainable "home-like" environment on a gorgeous private property in Southwest Ranches, FL. Patients residing at NBI Ranch engage in daily group and individual therapy sessions, executive function training, and life planning, all led by doctoral level psychologists, at our intensive treatment program (ITP) at nearby NBI Headquarters. Residents of the Ranch not only have access to top quality amenities within the house along with support from around-the-clock well trained residential counselors, but participate in a wide variety of activities including equine therapy, nutritional counseling, yoga, chef led cooking lessons, maintaining the Ranch's organic fruit and vegetable gardens, as well as many of the amazing offsite adventures South Florida has to offer.

Overcome OCD and anxiety and learn to live again. For more information about NBI Ranch, or to submit an application for admission, please view our website at

[www.nbiweston.com](http://www.nbiweston.com) or contact Charles, our NBI Ranch Coordinator, at (954) 217-1757.

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#### **NORTHWELL HEALTH OCD CENTER**

**Zucker Hillside Hospital**

**75-59 263rd Street**

**Glen Oaks, New York 11004**

**Phone: (718) 470-8052**

**Email: [apinto1@northwell.edu](mailto:apinto1@northwell.edu)**

**[www.northwell.edu/ocdcenter](http://www.northwell.edu/ocdcenter)**

The Northwell Health OCD Center offers evidence-based, comprehensive treatment for OCD and related disorders, including body dysmorphic disorder and obsessive compulsive personality disorder (OCPD). It is one of the only specialized OCD facilities in the New York metropolitan area to accept most health insurance plans, including Medicare and Medicaid. Treatment options include individual and group therapy, as well as medication management. There are currently four active groups, all led by Dr. Anthony Pinto. In the two weekly exposure and response prevention (ERP) groups, members have the opportunity to engage in exposures with the support of other individuals with OCD. The twice-monthly Maintenance (Relapse Prevention) Group provides strategies to maintain wellness and prevent relapse for members who have completed individual EX/RP therapy and have attained partial remission of symptoms. The Center also offers a weekly cognitive-behavioral therapy group that

## Institutional Member Updates *(continued)*

targets clinical perfectionism/OCPD. Please call for more information and to schedule a confidential screening. Drs. Pinto and Christman enjoyed interacting with the IOCDF community at the Annual OCD Conference in San Francisco where Dr. Pinto presented on the treatment of OCPD.

### NW ANXIETY INSTITUTE

**32 NE 11th Ave**  
**Portland, Or 97232**  
**Phone: (503) 542-7635**  
**Email: [info@nwanxiety.com](mailto:info@nwanxiety.com)**  
**[www.nwanxiety.com](http://www.nwanxiety.com)**

NW Anxiety Institute is just about settled in our new office building. We have expanded our space and are hiring new clinicians to join our team. We have enjoyed a busy summer and with our new space have been able to accommodate more courageous individuals to participate in our intensive outpatient program (IOP). NW Anxiety Institute took the team to San Francisco to participate in the Annual OCD Conference. We had an amazing time meeting new folks, and catching up with old colleagues. The keynote movie was inspirational and we will be offering a screening to our clients and colleagues during OCD Awareness week. We have added a parent support group to run during the same time as our teen anxiety group on Tuesday evenings, allowing parents and caregivers to support one another while learning more about OCD.

### THE OCD & ANXIETY TREATMENT CENTER

**1459 North Main Street**  
**Bountiful, UT 84010**  
**Phone: (801) 298-2000**  
**Email: [paul@itherapycenter.com](mailto:paul@itherapycenter.com)**  
**[www.theocdandanxietytreatmentcenter.com](http://www.theocdandanxietytreatmentcenter.com)**

The OCD & Anxiety Treatment Center is proud to announce they have hired Aaron Stout as a primary therapist in the Youth IOP program. He has been eager to learn the golden standard treatment for OCD and has already been a great contribution to the organization. In addition, Paula Thompson, LCSW has joined as a primary therapist in the Adult IOP and with her brings great knowledge and experience to the program. Lastly, Sophie Archibald, LCSW has started working in our Adult IOP and is currently working towards her PhD. She brings a level of sophistication and class to our programs and we are excited to have her working with our team.

The OCD & Anxiety Treatment Center is ever growing to meet the demands of those suffering. We cannot believe the journey we have taken — starting with a one-office building and growing first to seven offices and now 24 offices and 3 group rooms. We currently have 24 IOP Adult clients as well as 7 youth running through our daily programs located 15 minutes north of downtown Salt Lake City. The best part of what we do is we help save lives. There is not a greater work on this planet.

### PALO ALTO THERAPY

<b>407 Sherman Avenue</b>	<b>940 Saratoga Avenue</b>
<b>Suite C</b>	<b>Suite 104</b>
<b>Palo Alto, CA 94306</b>	<b>San Jose, CA 95129</b>
<b>Phone: (650) 461-9026</b>	
<b>Email: <a href="mailto:info@paloaltotherapy.com">info@paloaltotherapy.com</a></b>	
<b><a href="http://www.paloaltotherapy.com/ocd">www.paloaltotherapy.com/ocd</a></b>	

With summer coming to a close, most of us are getting back in full swing with our busy lives. In addition to offering individual and family therapy, Palo Alto Therapy also offers classes and support groups. The breakdown of the programs is as follows:

**Anxiety to Wellness Classes:** Our Anxiety to Wellness classes will begin in September. It is an 8-week cognitive behavioral therapy (CBT) class that will help with anxiety. The classes are offered to teens at our San Jose location and to adults, at our Palo Alto location. The classes consist of teaching, practicing of anxiety-reducing techniques, and group support. It's a great way to experience some of the rewards of CBT.

**Teen to Teen Support Group:** The Teen to Teen Support Group focuses on skill building and reviewing CBT techniques to help with depression, anxiety, and other emotional struggle. The group will also provide peer support, encouragement, stress management and healthy living practices. The support group will commence in September and will be offered throughout the school year.

For more information about our classes, groups, or individual therapy offered at Palo Alto Therapy, please visit our website.

## THERAPY COMMUNITY

### Institutional Member Updates *(continued)*

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#### PORTLAND ANXIETY CLINIC | BEND ANXIETY CLINIC

**1130 SW Morrison St  
Suite 619  
Portland, OR 97205  
Phone: (503) 894-9630**

**777 NW Wall Street  
Suite 302  
Bend, OR 97703  
Phone: (503) 260-1158**

**Email: [dr.jilldavidson@gmail.com](mailto:dr.jilldavidson@gmail.com)  
[www.PortlandAnxietyClinic.com](http://www.PortlandAnxietyClinic.com)**

Recognizing the need for access to evidence-based treatment, the Portland Anxiety Clinic has opened a second location in Bend, OR. This Central Oregon sister clinic improves delivery of evidence-based treatment for anxiety and depression for the people of the area (Bend, Redmond, Madras, Sisters, etc.) as well as the historically underserved outlying areas of Eastern and Southern Oregon.

Our Central Oregon location offers the same expert level of CBT and ERP treatment that the Portland Anxiety Clinic is renowned for. Unique to our practice, and continuing in Bend, ERP is delivered where most effective — in the community. Services provided include individual and group therapy, psychological testing, as well as consultation and training. Disorders treated include the full spectrum of anxiety and depressive disorders including BDD, hoarding disorder (HD), OCD, and trichotillomania.

We have forged relationships with the physicians and nurse practitioners in the Bend area. Our new clinic is working in close collaboration with these medical professionals to ensure that patients who would benefit from psychotropic medications get access to prescribers who understand the principles of our treatment method. Dr. Jason Richards is the clinical director of the Bend Anxiety Clinic.

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#### RENEWED FREEDOM CENTER FOR RAPID ANXIETY RELIEF

**Division of Strategic Cognitive Behavioral Institute, Inc.  
1849 Sawtelle Boulevard, Suite 543  
Los Angeles, CA 90025  
Phone: (310) 268-1888  
Email: [ashleybramhall@renewedfreedomcenter.com](mailto:ashleybramhall@renewedfreedomcenter.com)  
[www.RenewedFreedomCenter.com](http://www.RenewedFreedomCenter.com)**

Renewed Freedom Center is proud to announce the return of Noah Lacey, PsyD, who is rejoining our team as OCD Coach. Noah specializes in ACT, CBT, and ERP for the treatment of anxiety and OCD, addiction, and personality disorders. Noah is also the producer and co-host of The Stress-less Life with Dr. Yip, a podcast about conquering fears and overcoming anxiety.

Renewed Freedom Center welcomes this year's practicum interns Rachel Berton-Snideman and Jenny Tran from Alliant International University of Professional Psychology. Rachel has experience in providing CBT intervention to underserved high school students at a Boys and Girls Club. She has also worked with families of domestic violence and adolescents diagnosed with developmental disabilities including autism spectrum disorder.

While receiving her bachelors at the University of California, San Diego, Jenny Tran assisted in research regarding emotions and motivation. In addition, she participated in philanthropy work for victims of domestic violence. She has worked as a behavioral interventionist for kids with autism spectrum disorder, down syndrome, and other developmental disabilities and has implemented behavior plans for parents to help guide them in maintaining the adaptive skills acquired during in-home sessions.

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#### ROGERS BEHAVIORAL HEALTH

**34700 Valley Road  
Oconomowoc, WI 53066  
Phone: (800) 767-4411, or in Philadelphia (844) 843-3992  
Email: [Leslie.Keebler@rogersbh.org](mailto:Leslie.Keebler@rogersbh.org)  
[www.rogersbh.org](http://www.rogersbh.org)**

It's not uncommon for youth with autism spectrum disorder to struggle with anxiety, mood disorders or OCD. Rogers new location in Philadelphia opened in June, and in addition to partial hospital and intensive outpatient programs for children, teens and adults with OCD and anxiety offered at launch, beginning in August, Rogers—Philadelphia will provide OCD and anxiety treatment for children and teens with ASD. First introduced in our Tampa location, the anxiety and mood disorders in ASD program provides individualized, evidence-based treatment and includes cognitive behavioral therapy (CBT), exposure therapy, behavioral activation and elements of dialectical behavior therapy. Family involvement is an essential part of the program as well.

This specialized partial hospital program is led by Martin Franklin, PhD, clinical psychologist and clinical director; Adriene Clark, MD, child and adolescent psychiatrist; and Steven Tsao, PhD, clinical psychologist and clinical director.

Located at 1 Winding Drive, our Philadelphia location is just an hour's drive from many locations in the Mid-Atlantic, including Maryland, Delaware and New Jersey, and just two hours from New York.



## Institutional Member Updates *(continued)*

### STANFORD TRANSLATIONAL OCD PROGRAM

#### Rodriguez Lab

401 Quarry Road

Stanford, CA 94305

Phone: 650-723-4095

Email: [ocdresearch@stanford.edu](mailto:ocdresearch@stanford.edu)

<http://rodriguezlab.stanford.edu>

The Stanford Translational OCD Program utilizes an interdisciplinary approach to find new treatments for patients suffering from OCD and hoarding disorder. We are actively recruiting patients with OCD for clinical study entitled "Understanding How Ketamine Brings About Rapid Improvement in OCD" (NCT02624596). We invite you to find out more about this study on page 27 or by calling (650-723-4095) or emailing us ([ocdresearch@stanford.edu](mailto:ocdresearch@stanford.edu) or [clutterhelp@stanford.edu](mailto:clutterhelp@stanford.edu)).

We would like to thank all of the lab members and our collaborators for their active participation in the Annual OCD Conference in San Francisco. We would also like to congratulate Dr. Omer Linkovski for receiving a Research Poster Travel Award (Title: Can Priming Inhibitory Control Affect Resolution of Uncertainty?). A highlight of the Conference was connecting individuals who came by our booth to local providers and research studies. Thank you, IOCDF, for the work you do on behalf of our community.

### STRESS & ANXIETY SERVICES OF NEW JERSEY, LLC

A-2 Brier Hill Court  
East Brunswick, NJ 08816

195 Columbia Turnpike  
Florham Park, NJ 07932

Phone: (732) 390-6694

Email: [sas@stressandanxiety.com](mailto:sas@stressandanxiety.com)

[www.StressAndAnxiety.com](http://www.StressAndAnxiety.com)

Stress & Anxiety Services of NJ is excited to announce our new office suite for our northern location. Our home base in East Brunswick will remain as is and our northern services will move to a 4-office suite in Florham Park, about an hour north of our EB office. We are also pleased to announce the addition of our latest staff member, a post-doc fellow, Zachary Infantolino, PhD. Amongst Zach's many clinical experiences, he was a practicum student at the Center for the Treatment and Study of Anxiety, and underwent specific training modules in PE for PTSD and ERP for OCD under Drs. Edna Foa, Elna Yadin, and David Yusko. In addition, our clinical staff members, Maressa Nordstrom, LCSW, and post-doc Rachel Pess, PsyD have been certified by the

TLC Foundation for the treatment of BFRBs. This brings to seven the number of clinicians on staff with this training experience.

Clinical staff members Allen H. Weg, EdD, Charity Truong, PsyD, and Maressa Nordstrom, LCSW all presented at Annual OCD Conference this past July. SAS of NJ is looking forward to continuing our tradition of providing excellent evidence based services for OCD and OCD spectrum disorders, as well as PTSD and other anxiety disorders, even as we expand our staff and our reach to different parts of the state.

### WESTWOOD INSTITUTE FOR ANXIETY DISORDERS (WIAD)

921 Westwood Boulevard, Suite 223

Los Angeles, CA 90024

Phone: (310) 443-0031

Email: [thewestwoodinstitute@gmail.com](mailto:thewestwoodinstitute@gmail.com)

[www.hope4OCD.com](http://www.hope4OCD.com)

The WIAD offers a multidisciplinary approach to the treatment of OCD and other related disorders, such as GADrder, major depressive disorder, social anxiety, specific phobias, ED, and BDD. Using evidence-based treatment, such as the internationally renowned Edna Foa's exposure and response prevention therapy and mindfulness-based CBT, we integrate science with our own specially designed intensive writing exercises, in addition to educational and personalized lectures from Dr. Eda Gorbis, founder and director of WIAD.

We are known as the last resort program as the vast majority of our patients unsuccessfully finished intensive outpatient therapy elsewhere and have come to us for our niche 1:1 therapy for multiple hours a day with a highly trained staff. Our program is custom-tailored to meet the needs of each patient, and as such, we lean upon a multidisciplinary team of experts, including a licensed psychologist, psychiatrist, occupational therapist, registered dietitian, acupuncturist, physical trainer, and a yoga instructor, to create an optimal treatment plan for our patients. Our team of experts include Carolyn Kim, LMFT and Dr. Tabasom Holakouee. Both specialize in treating OCD and anxiety related disorders. Dr. Tabasom Holakouee is also involved in the genetic study at USC on OCD and related disorders and Ms. Carolyn Kim has a particular expertise in treating comorbidity of OCD and eating disorders.

## RESEARCH NEWS

**How Pediatric OCD Impacts Family Functioning**

by S. Evelyn Stewart, MD and colleagues (see below)

*It should go without saying that when a child is suffering from mental illnesses, the child's family members are also deeply affected. This is most certainly the case when the child has been diagnosed with obsessive compulsive disorder (OCD). In a recent study, researchers examined in what ways, and to what degree, families of OCD children are affected by the disorder.*

**STUDY DETAILS**

Over a period of eight years (2008–2016), researchers gathered data on 354 children with OCD and their parents, in order to look at the ways in which OCD impacts the family, both as individuals and as a whole. The data was gathered using a tool called the OCD Family Functioning (OFF) Scale. Developed by Dr. Evelyn Stewart and colleagues, OFF measures things that have not typically been addressed in research to date, including:

- How OCD impacts the parents' emotional well-being,
- How OCD influences the perspectives of individual family members,
- In which way specific OCD symptoms may impact the family, and
- How OCD impacts the family at different times.

Using the OFF Scale and other measures, this study is the first of its kind to highlight and detail the significant way in which OCD impairs the lives of both the affected youth and their parents. The study was notable in that it focused on complete groups (i.e. youth as well as mother and father perspectives are captured for each participating family) and studied a large number of families from various locations.

**WHAT WAS DISCOVERED?**

The study results revealed that when a child has OCD, all members of the family typically experience elevated stress and anxiety. While the children experienced more feelings of anger and frustration, their parents were more likely to have feelings of sadness. In addition, daily life was affected both in significant and mundane ways. Some detailed findings included that:

- Nearly one half of mothers and one third of fathers reported that the OCD affected their daily work performance. This captures indirect societal costs of OCD that are rarely discussed and likely underestimated.
- When studying the family as a whole, anxiety was the most commonly reported emotion, followed by sadness in parents and frustration or anger in youth.
- When OCD symptoms were most severe, mothers reported feeling more severely impacted than fathers.

- Compared to the feelings of fathers, more youth reported significant guilt and more mothers reported notable sadness related to OCD.
- When comparing OCD symptoms, families reported that their lives were most often impacted as a result of intrusive-thoughts that the child was experiencing.
- Most commonly disrupted family activities included bedtime routines, morning routines, and mealtimes.

**WHAT DOES THIS MEAN FOR CHILDREN WITH OCD?**

While the severity of OCD symptoms significantly impacted the degree to which the family was affected, the study results found that it was in fact how the parents reacted to these symptoms that best indicated how greatly the family would be impacted.

By identifying the unique ways in which a child with OCD and their family are impacted, we can begin to develop a better treatment plan to help manage the stress. For example, by learning that morning and bedtime routines are most greatly affected by OCD symptoms, clinicians can actively focus on helping families to manage these routines. In doing so, they can help to avoid the added stress which may be caused by the impacted routines, and may result in a child being late to school, or a parent being late to work.

**HOW WILL THIS IMPROVE CARE?**

Based on the study findings, clinicians can improve therapy by incorporating the perspectives of all family members when developing treatment goals and priorities. In addition, therapy should focus on educating families about the ways that OCD may impact their daily lives in order to help them anticipate and better manage stressful situations.

**STUDY FUNDING**

This study was supported by funding from the Michael Smith Foundation for Health Research, the Canadian Institutes of Health Research and the National Institute of Mental Health.

**KEY COLLABORATORS:**

- **Yu Pei Hu**, Director of Electronconvulsive Therapy Service, Tufts Medical Center
- **Aldrich Leung**, Department of Psychiatry, University of British Columbia
- **Elaine Chan**, University of Alberta
- **Dianne M. Hezel**, Department of Psychology, Harvard University
- **Sarah Yao Lin**, Research Assistant, BC Children's Hospital Research Institute

## Obsessions and Compulsions in Her and His Brain: How Do Hormones Affect OCD Symptoms? *(continued)*

- **Laura Belschner**, Research Assistant, BC Children's Hospital Research Institute
- **Casey Walsh**, Doctoral Fellow, Institute for Collaborative Health Research and Practice, University of Texas
- **Daniel A. Geller**, Director, Pediatric OCD and Tic Disorder Program at Massachusetts General Hospital
- **David L. Pauls**, Psychiatric and Neurodevelopmental Genetics Unit, Massachusetts General Hospital

### Research Participants Sought

The IOCDF is not affiliated with any of the following studies, although we ensure that all research studies listed on this page have been reviewed and approved by an Internal Review Board (IRB). The studies are listed alphabetically by state, with online studies and those open to multiple areas at the beginning.

If you are a researcher who would like to include your research listing in the *OCD Newsletter*, please email Alex Bahrawy at [abahrawy@iocdf.org](mailto:abahrawy@iocdf.org) or visit [www.iocdf.org/research](http://www.iocdf.org/research).

#### ONLINE STUDIES

##### Investigating Morphing Fears in OCD

Participants Needed! Help us discover more on OCD by answering a simple survey

- Your responses will remain anonymous
- Doesn't matter if you do or don't have OCD — ALL are welcome
- Quick 20 min online survey
- Help investigate morphing fears

Help us help you... contact [rosie.daly2013@my.ntu.ac.uk](mailto:rosie.daly2013@my.ntu.ac.uk) for any questions

Please visit the link for more info and to take part: <https://ntupsychology.onlinesurveys.ac.uk/investigating-morphing-fears-within-ocd>

##### Perinatal OCD Guideline Development Study

Principal Investigators: Clare Rees, MPsych, PhD, Rebecca Anderson, MPsych, PhD, Megan Galbally, MBBS, MPM, & Melissa Mulcahy, BPsych, MSuicidology

Have you had obsessive compulsive disorder (OCD) in pregnancy or the postnatal period ('perinatal OCD') or cared for someone (e.g. partner, adult child) who has? Are you a mental health professional or research with expertise in the area of perinatal OCD?

Researchers from Curtin University are seeking individuals with personal or professional experience of OCD in the perinatal period to participate in an important research study to help us learn more about this condition. The study will involve completing a series of online surveys and reviewing the results as part of an online expert panel.

The views we collect in this study will be used to create clinical guidelines to inform health professionals about how to best care for people with perinatal OCD and their families.

For more information about the study, or to express your interest in participating, please visit <http://tinyurl.com/y7g2elle> or email [melissa.mulcahy@postgrad.curtin.edu.au](mailto:melissa.mulcahy@postgrad.curtin.edu.au).

#### CALIFORNIA

##### Understanding How Ketamine Brings About Rapid Improvement in OCD

NCT02624596, IRB-34622

PI: Carolyn Rodriguez, MD, PhD

The Stanford Translational OCD Research Program is looking for adults, 18-65 years old, with OCD, to take part in a study providing these possible benefits:

- Free Diagnostic Evaluation
- Free Scan of Your Brain and Picture
- Free Test of Your Memory and Attention
- Compensation of \$400 after study completion
- Your choice of free OCD psychotherapy or pharmacology after study completion

Purpose

To understand how a new drug brings about rapid improvement in OCD symptoms

For more information contact:

[ocdresearch@stanford.edu](mailto:ocdresearch@stanford.edu)

650-723-4095

<https://rodriguezlab.stanford.edu>

Participant's rights questions, contact 1-866-680-2906.

#### MASSACHUSETTS

##### Brain Correlates of Self-Focused Processing as Biomarker of Treatment Response

Do you feel self-conscious about the way you look?

Do you feel self-conscious in social situations?

Does this bother you and get in the way of your daily activities?

If so and you are 22-45 years old, live within driving distance of

## RESEARCH NEWS

### Research Participants Sought *(continued)*

Boston, and meet further study qualifications, you may be eligible to participate in our treatment research study and receive the following at no cost to you:

- Diagnostic evaluation
- Study treatment (with cognitive-behavioral therapy)
- 2 MRI scans

You may be compensated \$200 for your participation.

Institution – Massachusetts General Hospital

Principal Investigator – Angela Fang, PhD

Enrollment Information

For further information about enrolling in this trial, please contact us at:

Email – [bdd@partners.org](mailto:bdd@partners.org); Phone – 1-877-4MGH-BDD

#### Development of a Cognitive Behavioral Mobile App for Body Dysmorphic Disorder

PI: Sabine Wilhelm, PhD

The purpose of this study is to pilot test cognitive behavioral therapy (CBT) for body dysmorphic disorder (BDD) delivered through a Smartphone application (“app”). We hope this new technology-delivered treatment will help increase access to CBT for BDD. Study participants complete the app-based CBT on their Smartphone, as part of a pilot trial.

We are seeking individuals age 18 or older with body image concerns.

Participation includes: clinical interviews and assessments, questionnaires, and use of the treatment app on your Smartphone. Compensation is provided.

Inquiries:

Ilana Ladis | 617-643-4081 | [iladis@mgh.harvard.edu](mailto:iladis@mgh.harvard.edu)

For more information on this research study, please see our BDD App website: [bddapp.org](http://bddapp.org).

#### Fear Extinction and Mechanisms of Change in Obsessive Compulsive Disorder

(PIs: Sabine Wilhelm, PhD & Mohammed R. Milad, PhD)

Valerie Braddick | (617) 724-4354 | [OCDclinic@partners.org](mailto:OCDclinic@partners.org)

The purpose of this study is to find out more about how the brain forms and stores emotional learning in obsessive-compulsive disorder (OCD). In particular, we would like to understand how human beings learn not to fear. We are also interested in learning about how behavioral therapy (BT) for OCD affects emotional learning in the brain. We hope this study will help us understand why people with OCD cannot control unwanted fear and to develop better treatments for adults with OCD. Patients will be randomly assigned (like the flip of a coin) to receive 12 weeks of BT or 12 weeks of waitlist, followed by 12 weeks of BT.

We are seeking individuals 18-60 with OCD and individuals with no psychiatric history. Participation includes a diagnostic evaluation, 12 weeks of BT or 12 weeks of waitlist followed by BT, questionnaires,

and up to six (6) MRI scans. You may receive up to \$500 for your participation and reimbursement for parking.

#### NEW YORK

##### Clinical Trial of Ondansetron in OCD at Mount Sinai

Do you have Obsessive-Compulsive Disorder or Tourette’s Disorder? Are you interested in receiving possible treatment at no cost? If so, you might be eligible for a study at Mount Sinai!

You must be between the ages of 18 and 60 and in good physical health. We will ask you to take an FDA-approved drug commonly used for the treatment of nausea, or placebo, for 4 weeks. The study requires 4 in-person visits at our lab in New York, including 2 functional magnetic resonance imaging (fMRI) scans approximately 4 weeks apart. The total time commitment is approximately 16 to 18 hours. You will be reimbursed for your participation at a rate of 25 dollars per hour.

If you want us to contact you to tell you more about the study, please fill out our study interest form: [surveymonkey.com/s/PNCLab](http://surveymonkey.com/s/PNCLab)

For more information, call the Mount Sinai Psychiatric NeuroCognition Laboratory at (212) 824-8995, email us at [sinaibrainlab@gmail.com](mailto:sinaibrainlab@gmail.com) or visit us at [icahn.mssm.edu/pnclab](http://icahn.mssm.edu/pnclab). Please do not disclose any personal or sensitive information via email.

[GCO #14-1794]

##### Neuroimaging Studies of Obsessive-Compulsive Disorder at Mount Sinai

Do you have Obsessive Compulsive Disorder? If so, you might be eligible for a research study at Mount Sinai looking at the neurobiology of the disorder. You must be between the ages of 18 and 60 and in good physical health. If eligible, we will ask you to come in for 1-3 separate appointments at our lab in New York for a total time commitment of approximately 4 to 10 hours. You will be reimbursed for your participation at a rate of 25 dollars per hour.

During this experiment, you will be asked to complete some computer tasks while having your brain activity measured using functional magnetic resonance imaging (fMRI). We will also ask you about your health and to fill out some questionnaires about your emotions.

If you want us to contact you to tell you more about the study, please fill out our study interest form: [surveymonkey.com/s/PNCLab](http://surveymonkey.com/s/PNCLab)

For more information, call the Mount Sinai Psychiatric NeuroCognition Laboratory at (212) 824-8994, email us at [sinaibrainlab@gmail.com](mailto:sinaibrainlab@gmail.com) or visit us at [icahn.mssm.edu/pnclab](http://icahn.mssm.edu/pnclab). Please do not disclose any personal or sensitive information via email.

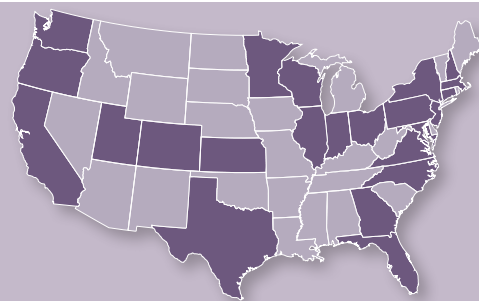
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## Affiliate Updates

### Affiliate Updates

Our affiliates carry out the mission of the IOCDF at the local, community level. Each of our affiliates are non-profit organizations run entirely by dedicated volunteers. For more info, visit:

[www.iocdf.org/affiliates](http://www.iocdf.org/affiliates)



#### OCD CENTRAL & SOUTH FLORIDA (OCDCSFL)

[www.ocdcsfl.org](http://www.ocdcsfl.org)

OCDCSFL was formed in 2016 and its board of directors have been very busy trying to launch the new affiliate's programming in order to increase awareness of OCD and related disorders across our catchment area! In March 2017, OCDCSFL collaborated with Nova Southeastern University in Ft. Lauderdale, FL for a workshop entitled *OCD: The Basics and Beyond*, in which Marni L. Jacob, PhD, Judith Migoya, PsyD, and Elizabeth Penela, PhD presented on the assessment and treatment of OCD using CBT with ERP, as well as implementing ERP with more challenging presentations.

We are looking forward to our next event, which will take place during 2017 OCD Awareness Week and be a collaboration between OCDCSFL and Rogers Behavioral Health. Eric A. Storch, PhD will be presenting a workshop entitled *Diagnosis, Assessment, and Treatment of OCD: A Primer for Professionals* on Saturday, October 14th, 2017 from 8:00am–4:00pm in St. Petersburg, FL. Please consult our website for registration information.

We are eager to continue to promote the mission of the IOCDF in Central and South Florida! Please email us at [info@ocdcsfl.org](mailto:info@ocdcsfl.org) with any questions, or if you are interested in getting involved in our affiliate.

#### OCD JACKSONVILLE

[www.ocdjacksonville.com](http://www.ocdjacksonville.com)

OCD Jacksonville is working in cooperation with Baptist Health of Jacksonville to train their mental health professionals. Dr. Eric Storch of Rogers Behavioral - Tampa recently presented a 10.5 hour closed workshop on September 21st and 22nd entitled the Cognitive Behavioral Treatment of Pediatric OCD. OCD Jacksonville was there representing the IOCDF and providing continuing education credits for the participants.

We are excited to launch our new partnership with Natural Life, a company located in Jacksonville with a mission to promote health and wellbeing. Ten percent of all proceeds generated by their Fearless line of products will be donated to OCD Jacksonville to support our ongoing projects in the community. The roll out of the Fearless line is expected in late August or early September.

OCD Jacksonville is excited to announce the start of our book of the month club, *Till I Get It Right*, this fall. The group will meet on the last Tuesday of each month from 6:30–8:00pm starting September 26, 2017. Our venue is Books-A-Million in Jacksonville Beach. The first book up for discussion is *The Man Who Couldn't Stop* by David Adam. Please check out our Facebook page for all the details:

[www.facebook.com/OCDJAX](http://www.facebook.com/OCDJAX).

#### OCD MASSACHUSETTS

[www.ocdmassachusetts.org](http://www.ocdmassachusetts.org)

OCD Massachusetts would like to thank everyone who made our fundraiser at Flatbread Company a huge success! Our 2017-2018 OCD and Related Disorders Lecture Series is under way with free, monthly talks in Belmont, Worcester, and Northampton. Upcoming topics include exposure and response prevention, body dysmorphic disorder, Tourette disorder and body focused repetitive behaviors. Please visit our website for more information and a complete list of lectures. We look forward to seeing you there!

#### OCD MID-ATLANTIC

[www.ocdmidatlantic.org](http://www.ocdmidatlantic.org)

In support of OCD Awareness Week, OCD Mid-Atlantic is excited to partner with the IOCDF in co-hosting the first annual OCD Capital Walk on the National Mall on Saturday October 14th. The OCD Capital Walk grand marshal, Shannon Shy, president of the IOCDF board of directors, will offer opening remarks and cut the ribbon kick-starting our journey along the walk route.

The walk route is just over 3 miles and will take us counterclockwise around the National Mall beginning west down Madison Drive, past the Washington Monument, along and around the National Mall reflecting Pool, and back east along Jefferson Drive.

Beyond gathering in our nation's capital to come together in advocacy for the OCD and related disorders community, the OCD Capital Walk is a fundraising opportunity for the important programs of both the IOCDF and OCD Mid-Atlantic. Please register at [www.iocdf.org/ocdcapitalwalk](http://www.iocdf.org/ocdcapitalwalk) and share your fundraising page with family members, friends, and coworkers to have them support the cause with a tax-deductible donation.

## FROM THE AFFILIATES

### Affiliate Updates *(continued)*

Leading up to OCD Awareness Week, on Sunday September 24th, OCD Mid-Atlantic will have another OCD awareness breakout session event, this time at Community College of Baltimore County Hunt Valley. This event is free to the community and will feature multiple treatment providers from the Mid-Atlantic region sharing their expertise. Topics to be covered include types of obsessions, OCD in children, generalized anxiety, medication for OCD, mindfulness and OCD, and more! OCD Mid-Atlantic hopes this event will be as well-received as our June event, *OCD Success Stories: Journeys to Recovery* which was held at the Northern Virginia Community College in Alexandria. The powerful evening shared psychotherapeutic successes with treating OCD, the personal experiences from sufferers and family members, and the ever-popular OCD Quiz Show.

The Programming Committee and the rest of the OCD Mid-Atlantic board members are always working on exciting events. If you're interested in volunteering or getting involved, please reach out to us at [midatlanticocd@gmail.com](mailto:midatlanticocd@gmail.com). Visit our website, our Facebook page, or our Twitter feed (@midatlanticocd) to keep current with all our goings-on!

#### **OCD NEW JERSEY** [www.ocdnj.org](http://www.ocdnj.org)

OCD New Jersey hosted our quarterly presentation in June, featuring Steven Poskar, MD, member of the IOCDF Scientific and Clinical Advisory Board and head of the psychiatric practice, OCD NYC. He gave a presentation entitled *Medication Treatment of OCD: Separating Fact from Fiction* to a well-attended group in our Central New Jersey meeting location in East Brunswick. In September, our quarterly presenter was Seth Gillihan, PhD, clinical assistant professor of psychology at the University of Pennsylvania, who gave a presentation entitled *Overcoming Barriers to OCD Treatment* in Cherry Hill.

OCD New Jersey demonstrated a presence at the Annual OCD Conference in San Francisco this past July. We held a spot at the Affiliate table that was set up in the Exhibit Hall, and also held an open affiliate meeting geared towards New Jersey residents attending the Conference.

We would also like to announce that Dr. Marty Franklin, now not only head of COTTAGE, but also director of the new Rogers Behavioral Health IOP in Philadelphia, will be our keynote speaker for our next annual conference on Sunday, March 4, 2018!

OCD New Jersey has also continued to exhibit at local health and community fairs throughout New Jersey, where passers-byes are engaged in a game to test their knowledge of OCD. While we disseminate information about IOCDF and OCDNJ, our exhibits at these fairs are geared to not only let New Jersey residents know about the organizations available to help and support them, but to educate them about how there is much

misinformation about the disorder, and to clarify what OCD truly is. Photo title: Volunteers Anne Weber and Jack Esses at one of the 10 fairs for which OCD New Jersey is scheduled to attend.



*OCD New Jersey volunteers exhibiting at a local health fair*

#### **OCD OREGON** [www.ocdoregon.org](http://www.ocdoregon.org)

OCD Oregon has had a busy summer! In June, we hosted our first official event with a 1 Million Steps 4 OCD Walk in Portland that was an enormous success! We raised nearly \$5,600 during the event and had over 90 attendees participate in the Walk. This summer it was also brought to our attention that a large Portland-based healthcare organization recently decided to eliminate OCD coverage from its health plan. Our board is currently assessing the legality and ethical implications of this very concerning decision. Many of our board members were able to attend the IOCDF's Annual OCD Conference in San Francisco. They enjoyed meeting with other affiliate representatives and returned to Oregon full of ideas and enthusiasm. Currently we are planning OCD week activities, focusing on outreach, building community, and working to increase access to services. We continue to develop our website and social media presence through our Instagram page — check them out!



*OCD Oregon board members at the Annual OCD Conference*

#### **OCD RHODE ISLAND** [www.ocdri.org](http://www.ocdri.org)

As a newly formed affiliate of the IOCDF, we are looking to collaborate and develop a partnership with local programs, agencies and treatment providers to develop a monthly lecture series that will be free of charge and open to the public.

We are pleased to announce the appointment of Abbe Garcia, PhD and Brady Case, MD to our Scientific Advisory Board. Dr. Garcia is the clinical director and Dr. Case is the medical director of the Intensive Program for OCD located at Bradley Hospital in East Providence, RI.

## Affiliate Updates *(continued)*

### OCD SACRAMENTO

[www.ocdsacramento.org](http://www.ocdsacramento.org)

On August 15, 2017, OCD Sacramento hosted Sabrina Lopez who presented *I am NOT My Disorder: Testimony from a 15-year-old Girl*. Sabrina was diagnosed at age 10 with panic disorder and generalized anxiety disorder, and discussed the impact of early intervention and the value in creating a social culture that promotes the power of treatment.

On September 12, 2017, Kathy Ventry, LMFT presented OCD in Children and Adolescents, discussing the prevalence and common symptoms to recognize, and outlined ERP treatment principles. She helped participants to learn to improve and modify family expectations, and offered time for Q & A.

To support OCD Awareness Week, OCD Sacramento will co-host its annual therapist networking event. Together with the Anxiety Treatment Center of Sacramento, Eating Recovery Center, and Arcadia Healthcare, mental health professionals will gather to learn more about proper treatment for OCD and anxiety disorders, and collaborate on local resources. The event will be held on October 13, 2017 with doors opening at 6:30pm. Join us for food, wine, and celebration at 9300 Tech Center Drive, Suite 250, Sacramento, CA.

On October 10, 2017, Cookie Kipp, MFTI will present *Conquering Your Clutter: An Introduction to Hoarding Disorder*. This presentation will cover CBT and ERP principles and help those attending to learn ways to curb the acquisition and begin the purging process.

### OCD SOUTHERN CALIFORNIA

[www.ocdsocal.org](http://www.ocdsocal.org)

OCD Southern California had a strong showing at this year's 1 Million Steps 4 OCD Walk! Supporters attended and walked for OCD awareness in three major southern California cities

— Los Angeles, Orange County, and San Diego. The walks successfully raise three times as much as last year and had three times the number of walkers. The funds raised will support programming of both the IOCDF and OCD SoCal, which educate our local community. At the Annual OCD Conference in San Francisco, OCD SoCal held an affiliate member meeting attended by over thirty volunteers, board members, professionals, and members eager to brainstorm how to support the OCD community in the Southern California region.



OCD SoCal Board

OCD So Cal would also like to announce the addition of Rodney Boone, PhD to our board of directors. Dr. Rodney Boone is founder and director of the Cognitive Behavior Therapy Center of Southern California, which is in the Greater Los Angeles area. Dr. Boone has been working with individuals with OCD for over 35 years. We look forward to the support and guidance of Dr. Boone as OCD SoCal continues to grow.

At the end of September, OCD SoCal is holding a virtual book club featuring the book, *Face to Face with Body Dysmorphic Disorder: Psychotherapy and Clinical Insights* by Ari Winograd. OCD SoCal is planning multiple OCD related events for OCD Awareness week that will be open to the public to build out the community, educate, and inform.

To support the rapid growth of OCD Southern California, we have developed new sub-committees to further our mission. These sub-committees include a those focusing on 1) the outreach to pediatricians and OB/GYNs to raise awareness about OCD, 2) conference planning, 3) OCD awareness-week planning, and 4) to head-up our volunteers. For exact dates, times, and details of the above-mentioned events or if you are interested in being a part of OCD Southern California in any capacity, please email us at [info@OCDSoCal.org](mailto:info@OCDSoCal.org) or visit our website!

### OCD TEXAS

[www.ocdtexas.org](http://www.ocdtexas.org)

OCD Texas is growing! We have experienced quite a few changes over the past couple of years. After our president stepped down from his post in early 2016, Christen Sistrunk (our then board secretary) was joined by a returning board member, Saharah Shrout, to take on the role of co-presidents. Robert Norris has remained a familiar face as board treasurer over the years, and we are excited to announce the newest members of the OCD Texas team — Dr. Ginny Fullerton, director of Capital OCD & Anxiety Practice, is our newly appointed vice president! Dr. Melissa Fasteau, behavior therapist at Houston OCD Program, has taken on the role of secretary and Dr. Ivy Ruths, clinical psychologist in private practice, is chairing our Outreach Committee. If you are interested in volunteering and getting involved with OCD Texas, you can reach out to Ivy at [volunteer@ocdtexas.org](mailto:volunteer@ocdtexas.org).

This year, we hosted our 2nd Annual 1 Million Steps 4 OCD Walk in Houston and were joined by Austin and Dallas for local grassroots virtual walks, all of which helped raise over \$6,500 to help both IOCDF and OCD Texas continue to offer programming and services for those affected by OCD and related disorders.

As we look forward to the fall, OCD Texas will host our annual OCD Awareness Week Conference on Saturday, October 7th to be held in Austin, TX. We are happy to return to our roots and offer stellar education and support programming for the community by leading professionals in the field. Stay tuned to our website for more details.

## FROM THE AFFILIATES

### Affiliate Updates *(continued)*

#### OCD TWIN CITIES

[www.ocdtc.org](http://www.ocdtc.org)

OCD Twin Cities will host Chrissie Hodges, author of *Pure OCD: The Invisible Side of Obsessive-Compulsive Disorder*, and 2017 recipient of the IOCDF's Hero Award presented at the 24th Annual OCD Conference this past July. Chrissie will speak about her personal experience with OCD and sign copies of her book on October 12 at the Wilder Center in St. Paul, Minnesota. Follow OCD Twin Cities on Facebook for developing details!

#### OCD WASHINGTON

[www.ocdWASHINGTON.org](http://www.ocdWASHINGTON.org)

This quarter was fun, fun, fun! We enjoyed two fundraising events co-sponsored by OCD Washington and two performance groups in Seattle, *Out of the Box* and *Only Human*. Proceeds from performances were donated to OCD Washington.

Three OCD Washington board members attended the Annual OCD Conference in San Francisco. We made more contacts and learned more about OCD and related disorders. Now on to planning OCD Awareness Week! For more information about upcoming events please visit us at [www.ocdWASHINGTON.org](http://www.ocdWASHINGTON.org). We are also on Facebook!



Fundraiser featuring cast members from *Out of the Box*



# SAVE THE DATE! Washington D.C.

## 25th Annual OCD Conference

### July 27-29, 2018