



ANNOUNCING THE LAUNCH OF ANXIETY IN THE CLASSROOM!



As fall approaches, families across the nation are preparing to go back to school — and we here at the IOCDF have been doing the same thing! We are pleased to announce the launch of Anxiety in the Classroom, our brand new online resource focusing on anxiety and OCD in the school setting. Whether you work within the school system, have a student in your family, or are a student yourself and getting ready for your new year, read more to learn about how this exciting new content can serve as a valuable tool for you.

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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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Photos from the

6TH ANNUAL 1 MILLION STEPS 4 OCD

View more photos and an infographic about this year's 1 Million Steps 4 OCD Walks on page 15!



1 Million Steps 4 OCD Walks took place all over the country — and the globe! (Left to right, top to bottom) San Diego, CA; Tokyo, Japan; Boston, MA (Walking with Nathaniel Team, the inspiration of the OCD Walk); Oakland, CA at Lake Merritt; Long Island, NY; Boston's top fundraiser poses in front of Jamaica Pond



President's Letter

by Susan Boaz

Each year, the Annual OCD Conference seems to fly by way too fast. Even after 10 years of attending, Sunday still comes too soon, and I wish it lasted longer. When I first attended the Conference, I was especially struck by how I didn't need to

explain my experiences. Everyone already understood my story, even before I told it. Every year, one of my favorite things about the Conference is listening and learning from everyone's stories. There is always a moment when I hear something that gives me new hope, or learn about something that gives me pause. I still don't have enough time to attend every session that I'm interested in, but I always learn something new. This year, I learned more about scrupulosity and the concerns of sufferers who are struggling to embrace religion while still fighting OCD. I also listened to college students and young adults share their specific challenges as they navigate school, dating, marriage, and young parenthood. I was touched by the myriad of struggles and challenges that the twin diseases of addiction and OCD can present to those who are impacted by both. And I continued to learn more about the specific challenges that families face as they try to help their loved ones.

Listening to these stories also reminded me of the IOCDF's mission to "help everyone affected by obsessive compulsive disorder (OCD) and related disorders live full and productive lives." That sounds pretty simple, right? But when I listen to stories of how long it took for so many people to get treatment, I am reminded that it still takes, on average, 7 years for a person with OCD to be correctly diagnosed. Seven years! When I think about this, the stories come alive in my mind. Seven years is over half of a child's life. Seven years can steal a young mom's time with her baby.

Seven years is far too long. That's why it's our dream at the IOCDF to get everyone with OCD diagnosed in their first year of suffering. Early treatment is the key to preventing so much suffering, for both the person with OCD and their families. There is much work to be done, but we are working towards this goal in a time of rich opportunity. Whether it's OCD Awareness Week in October, or the new IOCDF Ambassador Program, there are numerous opportunities to raise awareness about OCD's impact and provide hope and resources to those seeking treatment. The power is entirely yours!

When we talk about how we can collectively accomplish this goal of decreasing the time that someone suffers undiagnosed with OCD, we think about you. If you are reading this article, you are already part of the solution. We live in a powerful time of individual and collective advocacy. We are connected through social media in ways that give us such power to advocate for ourselves and for others.

What I learned this year at the Conference is that our community overflows with the desire to get involved and help others who are struggling. There are hundreds of wonderful organizations that are advocating for treatment, awareness, research, and understanding of this illness. In a recent blog, IOCDF National Ambassador Ethan Smith talked about his Conference experience, stating that "This year we not only shared the common bond of our mental illness, but we overwhelmingly shared the desire to give back."

Our community is energized and ready to change the way this devastating disorder impacts others. These beautiful people, who have often suffered so much themselves, now have turned their eyes toward helping others. **There are so many organizations and people that are changing the face of OCD, but I'd like to say thank you to just a few:**

- **Vanessa and Charlotte Baier** – for all your advocacy, from helping us to understand sibling challenges, to showing us courage and determination in fighting OCD at a young age.
- **Chris Trondsen** – for tirelessly advocating for the specific challenges of young adults.
- **Madeline, Kat and DeDe** – for running our kids, middle school and teen rooms with non-stop energy, creativity, and tenacity.
- **Alec Pollard** – and all our Training Institute faculty – for constantly finding new ways to train therapists to provide effective treatment.
- **All of the amazing Conference exhibitors** who engaged so passionately with those attending. The energy in the room was inspiring.
- Everyone who is donating time towards developing the "Anxiety in the Classroom" programming, especially **Stephanie Cogen** and **Denise Egan Stack**.

As we turn our eyes towards the next steps in expanding awareness, finding new treatments, and increasing opportunities for advocacy, I'd also like to thank our donors, who make all of this possible. Whether it be a donation of time or money, the IOCDF would simply not exist without you. If you want to get more involved, ask us about how you can help us raise awareness with teachers and counselors about our "Anxiety in the Classroom" program. Or, tell us what's important to you and we will match you up with a program.

To each and every one of you, thank you. Thank you for being here, and for showing such courage and resilience in the face of adversity.

With much care,

Susan Boaz
IOCDF Board President

FROM THE FOUNDATION

Announcing the Launch of Anxiety in the Classroom! *(continued from front page)*



OVERVIEW

OCD and anxiety are very common in children and can take a tremendous toll on the child's school performance and social functioning.

- Approximately 1 in every 200 children in the United States suffers from OCD or a related disorder.
- Over half of adults with OCD report that their symptoms began before age 18.
- The National Institute of Mental Health estimates that around 30% of youth have experienced an anxiety disorder.
- A recently funded IOCDF study has shown that OCD significantly impairs an individual's ability to take advantage of educational opportunities.
- A recent study showed that OCD has a pervasive and profound impact on education across all educational levels, particularly when it has an early age of onset.¹

Unfortunately, the professionals who interact with youth the most (such as school personnel and pediatricians) are not trained to recognize anxiety/OCD in children. This means that the average child with a mental health condition will wait years after displaying symptoms to receive an accurate diagnosis and treatment.

The goal of Anxiety in the Classroom is to reduce the negative impact of anxiety/OCD on youth. Anxiety in the Classroom is an online resource center for school personnel, students, and their families. The website provides general information, resources, and materials about anxiety and

“If we can educate school professionals about the signs and symptoms of anxiety disorders and OCD, along with specific suggestions and steps they could take to address the needs of their students, then we may be able to help intervene at an early stage where the disorder might be more easily treated.”

OCD as they relate to the school setting, as well as more specific tools for teachers, administrators, and other school personnel who work with students with anxiety or OCD. Parents and students will also find

tools and information to help them advocate for school accommodations, and educate their teachers and classmates about OCD and anxiety.

BUILDING ANXIETY IN THE CLASSROOM

In order to build an effective resource, we first assessed the needs of the community, beginning with school personnel. To gather this information, we developed and distributed a comprehensive “needs assessment” regarding anxiety and OCD as it presents school settings. Based on over 1,000 responses from school personnel across the United States, Anxiety in the Classroom's content has been tailored to the various disciplines within the school setting, including teachers, administrators, nurses, and behavioral health staff. The program will provide accessible and actionable tools

Announcing the Launch of Anxiety in the Classroom! *(continued)*

for school personnel, and can be used for self-education purposes or to educate ones' colleagues.

We will repeat this process of surveying the community as we develop future sections of Anxiety in the Classroom, including those focused on parents and students. We are actively seeking feedback from parents and families right now, and plan on surveying students in 2019.

THE IMPACT OF ANXIETY IN THE CLASSROOM

The first phase of Anxiety in the Classroom has been completed, and information and resources are now available to school personnel of all types and at all grade levels. The goals of these resources are:

- Ensure that school personnel are able to understand and recognize OCD and anxiety, and
- Teach school personnel to facilitate connection to proper treatment, develop 504 plans or IEPs for students, and feel comfortable providing support to students with anxiety and/or OCD.

Currently, it takes the average person with OCD 14-17 years after symptom onset to receive an appropriate diagnosis and begin an effective treatment regimen. If we can educate school professionals about the signs and symptoms of anxiety disorders and OCD, along with specific suggestions and steps they could take to address the needs of their students, then we may be able to help intervene at an early stage where the disorder might be more easily treated. This could have a tremendous benefit on a student's school performance and quality of life by reducing the duration and severity of OCD symptoms.

HELP US CONTINUE TO DEVELOP ANXIETY IN THE CLASSROOM

Our plan is to have a fully populated Anxiety in the Classroom website by the end of 2019. To do this, we need your help! We are currently seeking feedback from parents and families about their experiences with their child's anxiety/OCD in the school setting. What we learn from you will translate directly into what we include in the "For Families" section of Anxiety in the Classroom, so please consider taking a couple minutes to take the survey at www.iocdf.org/parentsurvey. ○

KEY FINDINGS FROM SCHOOL PERSONNEL SURVEY

- **2 out of 3 school personnel do not feel they have the knowledge and support they need in order to work with students who have OCD.**
- **Almost 50% of the respondents do not feel confident in their ability to work with students with chronic anxiety/anxiety disorders.**

REFERENCES

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FROM THE FOUNDATION

OCD Awareness Week: October 7–13, 2018



Are you feeling a need to get more engaged and give back? Become a part of this year's OCD Awareness Week!

This October 7–13, 2018, the International OCD Foundation (IOCDF) invites members of the OCD and related disorders community to celebrate International OCD Awareness Week. OCD Awareness Week was started by the IOCDF in 2009 in an effort to raise awareness about obsessive compulsive disorder (OCD) and related disorders. Each year during the 2nd full week of October, community groups, service organizations, and clinics across the US and around the world celebrate OCD Awareness Week with events such as educational lecture series, OCD-inspired art exhibits, grassroots fundraisers, and more. This year, more #OCDweek programs are taking place than ever before — read on to learn more and find an event near you!

#OCDWEEK EVENTS & PROGRAMS

This year, the IOCDF will host a number of programs and special events to celebrate #OCDweek. **Here are just some of the things that we have planned for 2018 OCD Awareness Week, but make sure to visit iocdf.org/OCDweek for updates!**

JOIN THE 2018 MENTAL HEALTH ADVOCACY CAPITAL WALK!

On Saturday, October 6th, the IOCDF will once again partner with our local affiliate OCD Mid-Atlantic to co-host the Mental Health Advocacy Capital Walk at the National Mall in Washington D.C. Building upon last year's event, this awareness and advocacy walk will be open to not only the OCD and related disorders community, but all members of the mental health community, and will serve as a new opportunity to unite and grow our voice.

The event aims to:

1. Increase public awareness about mental health conditions (with a specific focus on OCD and related disorders), their impact on all those affected, and the resources available.
2. Build an open and supportive community that includes people living with a variety of mental health conditions, as well as those who support them.
3. Provide tools to help individuals advocate for themselves and others in the mental health community as they seek out treatment and additional support.

All members of the community are invited to join us for this event! To learn more and to register for the Capital Walk, visit iocdf.org/capitalwalk today.

IMPORTANT: PLEASE NOTE

As a reminder, this is an awareness event designed to promote advocacy by and for the mental health disorders community. No political campaign activity is allowed.

FIND OR HOST AN OCD AWARENESS WEEK ACTIVITY NEAR YOU

Check the OCD Awareness Week Events Calendar at iocdf.org/calendar for up-to-the-minute information on OCD awareness events and programming in communities across the globe.

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 part of this!

To have your event added to the calendar, go to the URL above and fill out the online event submission form.

FROM THE FOUNDATION

OCD Awareness Week: October 7–13, 2018 *(continued)*

EDUCATE OTHERS ABOUT #REALOCD

For 2018 OCD Awareness Week, our IOCDF Ambassadors will be inviting all members of our OCD and related disorders community to participate in a new awareness-raising campaign focused on sharing your personal experiences through short video clips on social media, using **#RealOCD**

The goal is to dispel myths about OCD and eliminate stigma by sharing our stories and educating the general public about what its really like to live with OCD.

All members of the community — whether you are personally affected, are a family member, friend, or treatment professional — are invited to participate.

View more details about how you can participate at iocdf.org/OCDweek.

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.

- Use the **#OCDweek** hashtag all week on Facebook, Twitter, and Instagram to help get OCD Awareness Week trending!
- Show your support for Awareness Week by sharing facts and images (available at iocdf.org/OCDweek), or retweeting IOCDF posts.
- Change your Facebook or Twitter profile picture to show your support for OCD Awareness by using our exclusive **#OCDweek** "Twibbon."
- And of course, follow the IOCDF on Facebook, Twitter, and Instagram.

GET #OCDWEEK INFORMATION AND UPDATES

Please visit our website today at iocdf.org/OCDweek for additional information about how you can get involved. Don't forget to sign up for our News & Interest email list to make sure that you get all of the **#OCDweek** news and updates! ○

Join Us for the Mental Health Advocacy Capital Walk

A walk to advocate and raise awareness for mental health disorders!

Saturday, October 6, 2018

At the National Mall in Washington D.C.

Hosted in partnership with our local affiliate, OCD Mid-Atlantic

Learn more at iocdf.org/capitalwalk



FROM THE FRONT LINES

My 20-Year Struggle with OCD

by Dan Furlong



My OCD took its grip on me as a person very early in my childhood — 10 years old. It snuck in during everyday tasks like getting my hair cut at the barber and ruminating over whether I was sitting correctly in the chair. Other times it would intrude on and take over activities I otherwise would have enjoyed, like learning karate.

New symptoms showed up in high school. After a bully began insinuating that I was gay, I found myself questioning my sexuality. The sensible part of my beliefs could acknowledge the fact that I was not gay and was indeed straight. However, the irrational side of my brain constantly questioned what if I am gay? What would my father say? What if I do like boys? I just couldn't understand what I had done to deserve this. I became increasingly overwhelmed. I acted out at school, and couldn't bring myself to do my homework. The only reprieve I remember during this time was getting involved in rugby. The sport and new group of friends would keep me going throughout my darkest days at school.

About a year after the onset of my OCD, I experienced my first thoughts of suicide and wanting to die. I distinctly remember Christmas and New Year's Eve being extremely difficult for me. I was surrounded by a beautiful, loving family that I adored, yet the unrelenting misery caused by the OCD left me feeling like I wanted to end my life. I couldn't imagine leaving my family to cope with my suicide, but I couldn't handle another year of being captive within my own head either. I started to get reckless. I remember deliberately not wearing a seat belt in the car in the hope that we would have an accident and, as a result, I would hit my head, thereby waking up with complete memory loss

and a brain that would be reset.

The torture continued throughout my teenage years. At just 15 years old, I was on a wonderful holiday in Greece with my family when I began to experience violent intrusive thoughts. This time, I vividly remember lying in bed at night unable to sleep (insomnia was a regular occurrence) and suddenly having the terrifying thought that I would go into the kitchen, grab a knife, and harm all my family. I also started to notice that the violent news on the television would constantly occupy my mind. I would obsess about serial killers, child murderers, pedophiles, and terrorists. I was terrified that I would somehow turn into one of these criminals, despite having no desire to cause harm to anyone.

Then I found alcohol, picking up my first drink at age 15. By the time I was 18, this no longer sufficed. I moved on to my first "class A" drug. I was a full-blown alcoholic/addict by the age of 19. I put my family through hell and hated myself for what I was doing to them. I wanted to tell them what was going on with me but I just couldn't.

It was my problems with alcohol and drugs that paved the way to me getting treatment for my OCD. My family had reached a point where they couldn't take my drinking anymore and gave me an ultimatum that led me to a 12 Step fellowship. It took me two years of attending Alcoholics Anonymous to become clean and sober. Now it was time to finally address my other demons.

I had my first session with a psychologist and for the first time in my life shared with her every little detail of what I was going through. I will never forget the day she told me that I was suffering from OCD and that I was not alone. She explained that there were a million people in the UK with the disorder and that she had successfully treated a wide variety of people who had OCD as severe as mine.

FROM THE FRONT LINES

My 20-Year Struggle with OCD *(continued)*

Over the following two years, I educated myself on OCD, cognitive behavioral therapy, and exposure and response prevention. In addition, I continued to stay sober and focused on my health by eating well and exercising. Through therapy and healthy living, I found myself equipped to turn the tables on my OCD, and to set myself free. By learning to not avoid anything, I have found that nothing has power over me anymore. Of course, my OCD thinking still arises, but I now have the tools to deal with it straight away. I live a high-functioning life where I want to help others, and I am busy building a future for my family and myself.

In a continued effort to live healthy, I have become passionate about ultrarunning and this past year I had another transformative experience. In January 2018, I ran 600km through the Himalayan mountains of Nepal

in 17 days and raised \$96,000 for a children's orphanage and school through the BlinkNow Foundation. For me, the challenges of ultrarunning in many ways parallel the challenges of having OCD. Like ultrarunning, recovery in OCD starts with taking a first step, and choosing to not give up, because when you get into your stride you will start to achieve things that you didn't think possible. I truly believe that if you can endure OCD you can tackle and take on anything in life. ○

Dan Furlong currently lives in the UK and has written a lifestyle intervention program called MAD which focuses on the positive benefits of good nutrition for mental health. He also runs an accompanying Instagram account @maleanxietydepression.

The OCD Haiku

by Zak P.

my mind a river
quicksand on its banks
Keep Off sign needed

the world so vast
my mind a speck
but what power!

finger through flame
I lean into my worst fears
unburnt

this broken tool
trying to fix itself
my mind
my life cracked open
became a man at thirteen
broken, then healing

constant companion
vicious thought intruder
I am fighting back

blanket of awful
at first light smothering me
I struggle but rise

my mind and I
we're not on speaking terms
it screams, I ignore

the thinking house
open doors, winds blow through
the breeze takes it all

Zak lives near Boston with his family and works in marketing. He blends ERP, ACT, and creativity to live his best possible life, regardless of what OCD throws his way.

THERAPY COMMUNITY

The Inhibitory Learning Approach to Exposure and Response Prevention

by Jonathan S. Abramowitz, PhD



Over the past several years, there have been some interesting developments in how we think about and use exposure and response prevention (ERP) treatment for OCD. These developments are based on research into how the brain learns and remembers information related to fear. These new developments have many of us in the OCD field excited about the potential to further improve the effects of ERP and open up new opportunities for people who have not been able to benefit from this treatment in the past. The term for this new approach to ERP treatment is the inhibitory learning model. Clinicians and people with OCD alike seem to get the most out of ERP when they really understand how it works. There's something about knowing why we use a particular technique in therapy that helps you work harder at it and use it most effectively. Therefore, my goal in this article is to explain what the "inhibitory learning model" means, describe its implications for how we think about and implement ERP, and why it's important.

WHAT IS THE INHIBITORY LEARNING MODEL?

To put it simply, the inhibitory learning model is a way to understand and optimize how ERP reduces (or extinguishes) obsessional fear. Traditionally, we have thought that ERP (which involves systematically confronting feared situations and resisting compulsive rituals) works by helping people "unlearn" or "erase" obsessional fears from memory. We

also believed this to happen because of habituation — the process by which anxiety naturally declines over time during and between exposure sessions. Lastly, we assumed habituation to be an indicator that exposure was "working." In other words, if anxiety declines during ERP, then we thought you were getting over your obsessional fear.

Unfortunately, none of these traditional views of ERP are consistently supported by research or clinical experience. For one thing, many people who do ERP experience habituation of anxiety during and between sessions, and yet do not improve; or they have a good response to ERP at first, but then relapse at some point later on. In addition, some people's OCD symptoms improve with ERP in the absence of habituation. All of this means that, although habituation is common during ERP (indeed, habituation is a natural process), it is not as straightforward as we once thought.

Another important development that research has shown is that ERP does not cause an obsessional fear to be "unlearned" or "erased." Instead, ERP teaches new information about safety so that following successful exposure, a feared stimulus has both its original fear-based meaning ("door knobs are dangerous") as well as the new safety meaning ("door knobs are generally safe"). **In order to be optimally effective, ERP needs to help people learn safety in such a way that it is strong enough to block out (or inhibit) the original fear — and this is where the term inhibitory learning gets its name.** Fear extinction is maximized when a person uses ERP to learn new safety information that inhibits existing obsessional fear. The goal of ERP is therefore to learn safety in a way that permanently inhibits obsessional fear.

Here is another way to think about this. Imagine obsessional fear as a path that running water could follow, like a brook or a stream. Over time, the running water has cut this path pretty deep (think about how obsessional fears become

The Inhibitory Learning Approach to Exposure and Response Prevention *(continued)*

stronger and stronger over the years). When you do ERP, you face your fears and learn that obsessional triggers and intrusive thoughts are safe, and this is like cutting a new path for the water to follow. But this new path needs to be cut even deeper than the older path so that it diverts the flowing water in a new direction. The inhibitory learning model provides us with ways to do ERP that help to cut this new path as deeply as possible — like the Grand Canyon!

DESIRABLE DIFFICULTIES: THE THEME OF INHIBITORY LEARNING

Research shows that the more effort we have to put into learning something, the better we remember what we've learned. The inhibitory learning model applies this science to ERP and provides strategies for making exposure practices more challenging in order to improve the chances of permanent inhibitory learning, lasting fear extinction, and long-term improvement in OCD symptoms. In our clinic, we refer to these strategies as "desirable difficulties" because they make doing ERP more effortful and challenging in the moment, but are likely to lead to more desirable outcomes in the long-term. In the next sections, I describe some of the subtle and not-so-subtle ways we import "desirable difficulties" into ERP to maximize inhibitory learning.

Focusing on Anxiety Tolerance Instead of Habituation:

The aim of ERP is to provide the person with new knowledge that (a) obsessional fears are less probable or severe than predicted, (b) anxiety and obsessional thoughts themselves are safe and tolerable, and (c) compulsive rituals are not necessary for safety or to tolerate anxiety. Thus, rather than aiming for the decline of anxiety (habituation) during exposure, the inhibitory learning approach to ERP teaches people how to be open-minded toward experiencing anxiety and fear when these experiences inevitably show up. Indeed, fear and anxiety (and other emotions in OCD such as disgust or guilt) are universal and even adaptive experiences, not something that need to be "fixed" or gotten rid of. Most importantly, even if they can be unwanted, intense, and distressing, these emotions and thoughts are safe. From an inhibitory learning perspective, fear extinction (and long-term improvement in OCD) depends not only on learning that feared stimuli are safe, but that it is also safe to experience the emotional response that is triggered by these stimuli.

Disconfirming Expectations: People with OCD tend to over-predict negative outcomes, such as becoming sick, being responsible for harm, acting immorally, and not being able to tolerate anxiety or uncertainty. Within the inhibitory learning framework, ERP is designed to teach what "needs to be learned" to disconfirm these feared outcomes. For

example, someone with obsessions about harm may predict that if they are alone with a baby for 30 minutes, they will lose control and harm the child. Thus, an ERP exercise is designed to directly disconfirm this prediction, perhaps by handling an infant while alone for 45 minutes and keeping track of whether any harmful acts are committed. To facilitate extinction learning, each exposure practice is focused on determining whether or not the expected negative outcome occurred (rather than waiting for anxiety to habituate). In the case of feared outcomes that won't occur until the distant future (such as "I will go to hell if I have a bad thought"), ERP can be focused on determining whether the uncertainty about this future outcome was "manageable" or not. The end of an ERP session when conducted from an inhibitory learning perspective is determined by conditions that disconfirm expectations ("Look at that, I didn't kill the baby even after 2 hours alone," or "Wow, I guess I can manage uncertainty"), not when anxiety subsides (although it often does naturally).

Surprise: Research indicates that inhibitory learning and extinction are strongest when there is a large mismatch between feared expectations ("I will get sick from touching a toilet" or "Someone will break into the house unless I check again") and actual outcome (not becoming sick or no break-ins). In other words, when we are surprised by the outcome of an exposure session it tends to stick in our minds. To this end, we try to set up exposures so that people are "pleasantly surprised" by the non-occurrence of their feared outcome (or their ability to manage obsessional thoughts, anxiety, and uncertainty) by deliberately orchestrating opportunities for feared outcomes that are unlikely or impossible (e.g., causing "bad luck" by writing certain numbers), or at least tolerable (e.g., feeling uncertain). We capitalize on the element of surprise by encouraging people to conduct exposures to feared situations at a greater level of intensity, duration, or frequency than the person believes would be "safe" or "tolerable" This helps solidify learned safety in a way that best inhibits obsessional fear.

Combining Fear Cues: Another inhibitory learning strategy is to combine multiple fear cues during ERP. For example, this might involve helping someone who fears molesting a child to (a) conduct imaginal exposure to thoughts of sexually touching the child, then (b) in vivo exposure to giving the child a hug or having him sit on your lap, and finally (c) engage in combined exposure to hugging the child while imagining sexually touching her. When a feared outcome fails to occur despite the presence of multiple fear cues, it creates strong learned safety to inhibit existing obsessional fear.

THERAPY COMMUNITY

The Inhibitory Learning Approach to Exposure and Response Prevention *(continued)*

Variety: Optimal fear extinction also requires that safety learning occur in a variety of contexts. This is because if safety is learned in one situation, it may not necessarily be remembered in a different situation. Accordingly, we deliberately conduct exposure tasks with varied stimuli (the toilet, floor, sink), in different locations (e.g., the restroom at home versus a public restroom), in different interpersonal contexts (with the therapist versus alone), and under different emotional conditions (when calm versus when already anxious).

RESEARCH EVIDENCE FOR INHIBITORY LEARNING

The clinical strategies I've described here are based on a large body of experimental research on fear extinction in humans and in animals. It remains to be seen how well results from animal research translate to understanding humans. Moreover, we are just starting to conduct research on inhibitory learning in OCD specifically since most of the existing research is on other types of anxiety problems, such as panic attacks and phobias. Therefore, although the inhibitory learning recommendations for ERP are derived from a sound theoretical model and preliminary research, we need additional studies to demonstrate that this approach gives us better results than the traditional (habituation-based) approach to ERP.

CONCLUSIONS

For over 50 years, ERP has been the best and most cost-effective treatment available for OCD. Still, not everyone responds optimally to this intervention. When advances come along that can be applied to potentially make this treatment better, it is well worth considering them. Progress in how we understand the neuroscience of extinction learning provides exciting new directions for ERP. Yet at this point, we still have much to learn regarding the precise methods to optimize inhibitory learning and how much of an improvement this is relative to traditional ERP. I do not believe it is time for a complete paradigm shift toward the inhibitory learning model of ERP, but I do believe that it is worth trying out the strategies described in this article in instances where someone has not had sufficient improvement from traditional ERP. I also hope that the years to come will see further studies to help us learn more about this new way of thinking about OCD treatment.

Jonathan Abramowitz, PhD is a clinical psychologist and Professor at the University of North Carolina at Chapel Hill. His clinical expertise and research focus is OCD and other anxiety-related disorders. ○

ELEMENTS OF INHIBITORY LEARNING

- Focusing on Anxiety Tolerance Instead of Habituation
- Disconfirming Expectations
- The Element of Surprise
- Combining Fear Cues
- Variety

SUGGESTED READINGS:

Abramowitz, J. S. (2018). *Getting over OCD (2nd edition)*. New York: Guilford Press

Abramowitz, J. S., & Arch, J. J. (2014). Strategies for improving long-term outcomes in cognitive behavioral therapy for obsessive-compulsive disorder: insights from learning theory. *Cognitive and Behavioral Practice, 21*(1), 20-31.

Arch, J. J., & Abramowitz, J. S. (2015). Exposure therapy for obsessive-compulsive disorder: An optimizing inhibitory learning approach. *Journal of Obsessive-Compulsive and Related Disorders, 6*, 174-182.

Craske, M. G., Treanor, M., Conway, C. C., Zbozinek, T., & Vervliet, B. (2014). *Maximizing exposure therapy: an inhibitory learning approach. Behaviour research and therapy, 58*, 10-23.

Jacoby, R. J., & Abramowitz, J. S. (2016). Inhibitory learning approaches to exposure therapy: A critical review and translation to obsessive-compulsive disorder. *Clinical psychology review, 49*, 28-40.

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.

AMITA HEALTH

Alexian Brothers Behavioral Health Hospital
1650 Moon Lake Blvd
Hoffman Estates, IL 60169

Foglia Family Foundation Residential Treatment Center
801 Gloucester
Elk Grove Village, IL 60007

Phone: (847) 755-8566
Email: Patrick.McGrath@amitahealth.org
www.alexianbrothershealth.org/abbhh

The Foglia Family Foundation Residential Center appreciates everyone who came to visit our booth at the 25th Annual OCD Conference. We look forward to working with you to serve your treatment needs at the IOP, PHP, and Residential Treatment level. To assist us in that endeavor, Carol Hartmann has joined our team to lead our national marketing campaign. Carol will work nationally, while Shannon continues to focus on the Chicago area. As always, if you would like to do an assessment for any of our residential programs, please call (847) 981-5900, and for our PHP or IOP, please call (847) 755-8566.

Further, for therapists out in the OCD community, we are looking for licensed OCD therapists to join our team at all levels of treatment. Please contact Dr. McGrath at (847) 758-1625 if you would like to explore this opportunity.

THE ANXIETY TREATMENT CENTER (ATC) OF SACRAMENTO, ROSEVILLE, AND EL DORADO HILLS

9300 Tech Center Drive, Suite 250
Sacramento, CA 95827
Phone: (916) 366-0647, Ext. 4
Email: drrobin@atcsac.net
www.anxietytreatmentexperts.com

To meet the growing needs of those struggling with anxiety disorders in the Northern California region, we have secured our own building that will increase our space by over 9,000 sq. ft. This will allow for an expansion in the current services we provide, including yoga, mindfulness/meditation room, interceptive exposure room, expanded children's program, and many other services to augment our program. Our new site is centrally located just off the freeway, and offers access to bus transportation as well as a beautiful walking path.

The ATC is also pleased to announce that our expansion includes our new center for treatment resistant depression. Joining with TMS Health Solutions, our specialty program includes individual and group-based services, a strong CBT component, community based activities, as well as psychiatry and TMS as indicated. Recognizing that many people have depression that prevents them from being able to engage in treatment for a comorbid anxiety disorder, this program will offer them front-line treatment that will allow them to reduce their depressive symptoms to help them successfully transfer to The ATC and increase their success. This program is also offered for those who have a depressive condition only.

BEHAVIOR THERAPY CENTER OF GREATER WASHINGTON (BTC)

11227 Lockwood Drive
Silver Spring, MD 20901
Phone: (301) 593-4040
Email: info@behaviortherapycenter.com
www.behaviortherapycenter.com

Behavior Therapy Center of Greater Washington (BTC) enjoyed attending the 25th Annual OCD Conference in this past July Washington, D.C.! Our clinicians presented to professionals, families, and sufferers of all ages on topics ranging from sensorimotor obsessions, to mental compulsions ("mental ping pong"), to parental self-care. We had a blast meeting so many wonderful people!

We are pleased to announce our newest postdoctoral fellow, Julia Goolsby, PhD, coming from the Catholic University of America. While our current fellow, Michael Lent, PhD, just completed his fellowship year, this does not mean goodbye, as he has joined our staff as a fully-fledged clinician! In August, our past star student, Caitlin Condit, MA, returned to join BTC as a psychology associate, on her way toward licensure in early 2019. Additionally, we welcome our newest extern, Kevin Wilfong, a PhD candidate from Uniformed Services University.

BTC's sensory dysregulation expert, Ruth Golomb, LCPC recently provided training for McLean Hospital's Anxiety Mastery Program on "Sensory Deregulation and Anxiety Disorders: Diagnosis and Treatment" and was interviewed for the podcast *Your Anxious Child: 5 Minute Solutions* on the topic of psychological interventions for children with sensory dysregulation

Dr. Gloria Mathis continues to run her social anxiety exposure group that involves "field trips" for in vivo exposure activities. Our Disruptive Behavior Management Program, under the direction of Dr. Noah Weintraub is intended for children with OCD, Tourette's, or an anxiety disorder in combination with

THErapy COMMUNITY

Institutional Member Updates *(continued)*

externalizing behaviors (e.g., anger outbursts, defiance), and is appropriate for families in which PANS/PANDAS is suspected. This program involves a structured parenting group.

BEND ANXIETY CLINIC

777 NW Wall Street, Suite 302

Bend, OR 97701

Phone: (541) 668-6015

Email: DrAmberValenkamph@BendAnxietyClinic.com

www.BendAnxietyClinic.com

The Bend Anxiety Clinic is pleased to announce that the scope of its services has expanded to include the treatment of children and adolescents in the Central Oregon area. The location is a sister to the well-known and highly regarded Portland Anxiety Clinic, which opened its doors in 2009. Dr. Amber Valenkamph joins the practice as a clinical psychologist and expert in the treatment of anxiety and related disorders in children, teens, and adults.

Her professional experience includes the evidence-based treatment modalities of CBT and E/RP through a person-centered approach. While her background includes provision of individual, group, and family therapies, she also has extensive experience providing psychological evaluation for a variety of presenting concerns.

Dr. Valenkamph's expertise also includes treatment and assessment of generalized anxiety disorder (GAD), obsessive compulsive disorder (OCD), posttraumatic stress disorder (PTSD), attention-deficit/hyperactivity disorder (ADHD), and learning disorders. Additionally, Dr. Valenkamph has served as an expert witness in juvenile and family court on matters related to the effects of attachment disruptions, childhood trauma/abuse, and neglect, as well as conducted violence and recidivism risk assessments.

CENTER FOR PSYCHOLOGICAL AND BEHAVIORAL SCIENCE

11380 Prosperity Farms Road, Suite 209A

Palm Beach Gardens, FL 33410

Phone: (561) 444-8040

Email: treatment@psychologyandbehavior.com

www.stevesey.com

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

OCD Awareness Week: As part of our OCD Awareness Week festivities, we will be hosting a meeting of our OCD Support Group for Adults. Please join us in our office on October 9th at 7pm.

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 10/9, 11/13, and 12/11. 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).

Hope to see you this Fall!

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

www.slbmi.com

We are delighted to welcome new staff and trainees who've joined our team this fall. Alison Menatti, PhD, just completed her 2nd year postdoctoral fellowship and is now the program manager for our intensive outpatient program. Sam Kramer, PhD, also a former postdoctoral fellow, is now an outpatient clinician in our West County office. Kaylie Allen, PhD, elected to remain with us for a 2nd year fellowship and will be a key member of our initiative to serve the St. Louis LGBTQ community.

Fall is also the time we welcome new trainees for the academic year. Drs. Emily Gorzalski and Brain Richter are first-year postdoctoral fellows. Our graduate practicum students include Daphne Liu and Grace Monterubio from Washington University, Meghan McDarby from Southern Illinois University-Edwardsville, and Noelle Chandler from the University of Missouri-St. Louis.

OCD Awareness Week: COARD is pleased to participate in this important effort to educate the public about OCD and related disorders. The event will be featured on our Facebook page and clinicians will be available for interviews with the media. In addition, COARD will be a co-sponsor of the 4th annual St. Louis OCD Mini-Conference on October 13th. The COARD Director, Dr. Alec Pollard, will speak at the conference.

In July, the Institute purchased a building on the south side of our Macklind Ave site. The purchase of this building represents a significant commitment to the future of COARD and all specialized programs at the Institute, ensuring adequate space to grow our clinical services for many years to come.

2018 1 Million Steps 4 OCD Walk



6TH Annual 1 Million Steps 4 OCD Walk



Average donation amount

US states that had walks



WALKERS



1,208 — **TOTAL** — 2,874

37 — **STATES** — 44

Representing

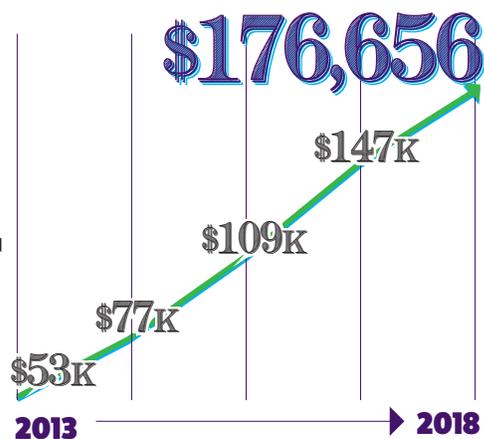


DONATIONS



Affiliates that hosted Walks: Georgia, Jacksonville, Kansas, Louisiana, Mid-Atlantic, Midwest, New Hampshire, New York, North Carolina, Oregon, Pennsylvania, Sacramento, San Francisco Bay Area, SoCal, Texas, Twin Cities, Utah, Washington

Money Raised



(Left to right, top to bottom): Boston Walk attendees share who they walk for; The Walking with Nathaniel Team at the Oakland OCD Walk; Chicago OCD Walk attendees pose for a picture; IOCDF Executive Director, Jeff Szymanski, PhD, poses with Boston Walk attendees; The 2018 Boston Walk grand marshals: The Bradley Hospital Walk Team; Young Boston walkers prepare to take the 2 laps around Jamaica Pond; Brady Case, MD and a grateful family from Bradley's OCD treatment program; Boston Walkers showing their biggest smiles



Photos from the

25TH ANNUAL OCD CONFERENCE





First Page (Left to right, top to bottom): Young researchers discussing their study results with Conference attendees at the Research and Exhibitor Meet & Greet on Saturday; Ethan Smith and Chrissie Hodges speaking on panel; Ryan Vidrine, MD presenting on the use of devices to treat OCD; Career Achievement Award Winner, Judy Rapoport with IOCDF Board President, Susan Boaz; Gregory Brown, PhD delivering the Professional Plenary; IOCDF Board Member, Jo-Ann Winston with Jessie Paris Smith, the Boston Walk's Top Fundraiser, at the Saturday Night Social; Attendees at the IOCDF Info Booth; Researcher presenting their research poster in the Exhibit Hall; Katharine Phillips, MD interacting with attendee at her book signing; Kids participating in a scavenger hunt with Fred Penzel, PhD; Attendees picking up their Conference Tote Bags; Speakers Reception at the Smithsonian Zoo Small Mammal House; IOCDF Community Support Specialist, Alex Bahrawy; Attendees checking in to the Conference; Chris Trondsen presenting on a Young Adults panel



Second Page (Left to right, top to bottom): Kids enjoying the ERP Scavenger Hunt; A family checking in and getting ready for the Conference weekend; Saturday Night Social Emcee, Jeff Bell; Terence Ching, Monnica Williams, PhD and Jamilah George, MDiv at the Research Reception; Heidi Pollard, Alec Pollard, PhD (IOCDF Service Award Winner), IOCDF Events Manager, Melissa Smith, and IOCDF Executive Director, Jeff Szymanski, PhD; Attendees enjoying the photobooth at the Saturday Night Social 25th Anniversary Birthday Celebration



Photos from the 25th ANNUAL OCD CONFERENCE Continued



(Left to right, top to bottom): Attendees in front of the "OCD is not an Adjective" mural in the Exhibit Hall; IOCDF staff checking-in attendees at the Registration Desk; Conference speaker Ivy Ruths, PhD; Keynote Speaker, Dr. Drew Pinsky; Hero Award Winner, Stuart Ralph and National Ambassador, Ethan Smith; IOCDF Event Manager, Melissa Smith and Illumination Award Winner, Marc Summers; Board Member, Denis Asselin, with Judy Asselin and Diane Davey at Speakers Reception; Jamie Feusner, MD presenting at the Research Reception; Patricia Zurita Ona, PsyD speaking at a session; Young Conference attendee enjoying the Saturday Night Social dancing; Exhibitors networking with Conference attendees

Institutional Member Updates *(continued)*

CENTER FOR OCD AND RELATED DISORDERS AT COLUMBIA UNIVERSITY MEDICAL CENTER

Columbia University/NYSPI

1051 Riverside Drive, Unit #69

New York, NY 10032

Phone: (646) 774-8062

Email: Rachel.Middleton@nyspi.columbia.edu

www.columbiapsychiatry.org/ocd

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

Our current studies offer treatment for individuals who are on medication, and those who are not. For those currently taking an antidepressant and still experiencing OCD symptoms, we are exploring the efficacy of a novel medication. For individuals interested in psychotherapy, we are collaborating with nOCD on a mobile application designed to increase accessibility to Exposure and Response/Ritual Prevention therapy.

We have also expanded our mission to the global stage. With collaborators from India, South Africa, the Netherlands, and Brazil, we seek to identify potential brain signatures of OCD that are consistent across cultures.

In other news, we welcome several new team members: Stephanie Grimaldi, MA, psychology extern from Hofstra University, Rachel Fremont, MD, PhD, and Meredith Senter, MD, psychiatry residents at CUMC/NYSPI, and Talia Korn and Jenna Patterson, undergraduate interns. We look forward to having them on the team.

CHILD MIND INSTITUTE

101 East 56th Street

New York, NY 10022

Phone: (212) 308-3118

Email: appointments@childmind.org

www.childmind.org/center/ocd-service

The Child Mind Institute's OCD Service is excited to announce that our program continues to grow. We have recently welcomed Sarper Taskiran, MD, a child and adolescent psychiatrist to the team. Dr. Taskiran completed his internship and residency in psychiatry at Yale University and his fellowship in child and adolescent psychiatry at the NYU Child Study Center. Dr. Taskiran has specific training

in medication augmentation for children with OCD and in exposure and response prevention. We are delighted to have him on the team!

We have also recently developed "What to Know About OCD" flashcards. These are 13 laminated cards on a key ring with simple explanations of OCD and treatment, stats and facts, parenting dos and don'ts, tips for responding to requests for reassurance, and much more. They can be very helpful if you're trying to describe your child's illness to a friend or relative or help them respond appropriately in difficult moments. Please email at jerry.bubrick@childmind.org if you'd like copies of these cards.

COMMUNITY WEST OCD PROGRAM

1990 S. Bundy, Suite 320

Los Angeles, CA 90025

Phone: (310) 990-0988

Email: Fmarenco@cwttreatment.com

www.Communitywesttreatment.com

Earlier this year, Community West Treatment in Los Angeles launched a new OCD program for adolescents and young adults designed to treat OCD and related disorders with exposure and response prevention (ERP) and other empirically-supported CBT approaches. The program offers a partial hospitalization level of care (9:00am-3:00pm) and an intensive outpatient schedule (12:00-3:00 pm) for young adults ages 18 to 29, as well as an after-school intensive outpatient program for adolescents ages 13 to 17. Both adolescent and young adult tracks offer a five-day per week schedule and a less intensive three-day per week program. Most clients start in the five-day program and later step down to three days per week. In addition to ERP and exposure-based CBT for OCD and related disorders, our program includes evidence-based treatment for co-occurring disorders commonly experienced by persons with OCD. At Community West, we believe that high quality personalized care and a strong sense of community can elevate a young person's self-esteem and renew their desire for life. Our emphasis on individual attention is balanced by community involvement through group experiences, family therapy and experiential activities.

THErapy COMMUNITY

Institutional Member Updates *(continued)*

EAST BAY BEHAVIOR THERAPY CENTER

45 Quail Court, Suite 204

Walnut Creek, CA 94596

Phone: (925) 956-4636

Email: intake@eastbaybehaviortherapycenter.com

www.eastbaybehaviortherapycenter.com

We were excited to be at the Annual OCD Conference and be part of a top-notch event for researchers, clinicians, and clients struggling with OCD and related conditions. We appreciated putting together a clinical symposium to discuss a case of Acceptance and Commitment Therapy and ERP and work together with Jennifer Cullen, PhD, Alec Pollard, PhD, and Michael Twohig, PhD. Our sincere appreciation to the IOCDF for putting together a well-planned, well-organized, and overall, an extraordinary Conference!

We are ready to start a new round of our support group for adults struggling with OCD: uncertainty experts!

HOUSTON OCD PROGRAM

708 E. 19th Street

Houston, TX 77008

Phone: (713) 526-5055

Email: info@HoustonOCD.org

www.HoustonOCDProgram.org

Houston OCD Program is looking forward to upcoming OCD Awareness Week events hosted by OCD Texas, the local IOCDF affiliate. We will be sponsoring their annual conference in October, "OCD is Not an Adjective: Breaking Free from Stigma". Emily Anderson, PhD will join an expert panel at the conference entitled "Ask the Experts" and Angela Smith, PhD will present on, "E/RP and ACT Treatment." Houston OCD will also team up with OCD and Anxiety Program of SoCal (see page X) to host OCD Awareness Week events. Stay tuned to Facebook, Instagram, and our websites for more details.

KANSAS CITY CENTER FOR ANXIETY TREATMENT, P.A. (KCCAT)

10555 Marty Street, Suite 100

Overland Park, KS 66212

Phone: (913) 649-8820

Email: info@kcanxiety.com

www.kcanxiety.com

KCCAT was represented at this year's Annual OCD Conference in Washington, D.C. by our director, Dr. Katie Kriegshauser, and associate staff psychologist, Dr. Bill Oakley. Dr. Oakley gave a presentation for teens on mindfulness skills and we enjoyed being a part of IOCDF's Conference 25th birthday celebration! In the meantime, KCCAT's research team has been busy with the study trial of our CBT skills app for children; we hope to

share the results at next year's conference! We also continue to work on our mission of helping families make informed decisions about their healthcare. In upcoming months, we will begin publishing the center's treatment outcome data on our website, in efforts to improve community access to evidence-based information. Finally, we are excited to announce a new service! This December we will be launching a program over the winter school break for teens and young adults who are looking for a CBT "crash course" to help them succeed in the spring semester. Keep an eye on our website and Facebook page to stay in touch and learn more!

MCLEAN HOSPITAL

OCD Institute, 115 Mill Street

Belmont, MA 02478

Phone: (617) 855-2776

Email: ocdiadmissions@partners.org

www.mcleanhospital.org/programs/obsessive-compulsive-disorder-institute

The OCDI is sorry to say good-bye to our Director of Psychological Services and Clinical Research, Jason Elias. For the past 12 years, Jason has been a fixture at the OCDI, starting as a post-doc and eventually transitioning into a position where he guided the growth and direction of our Office of Clinical Assessment and Research. In addition to formalizing our assessment data collection for all incoming patients, Jason also oversaw the development of standardized daily and weekly assessment data which informs our clinical work, as well as our outcome and follow-up data. Jason has also served as the director of our training program, which has grown to include 12-15 practicum students, interns, post-docs, residents and international students. Many of the people Jason has supervised have become OCD providers themselves and see their training with him as invaluable. Jason's contribution to the OCDI and the field of OCD treatment itself cannot be overstated. While we wish him the best in his transition to his new practice, we will certainly miss him! We also congratulate Dr. Jason Krompinger who has been named as his successor. Also, a long-time OCDI clinician and researcher, we know Jason is up to this next challenge.

Institutional Member Updates *(continued)*

MOUNT SINAI TICS, OCD, AND RELATED DISORDERS PROGRAM

1425 Madison Avenue
Department of Psychiatry, 4th floor
New York, NY 10029
Phone: (212) 659-8823
Email: ticsOCD@mssm.edu
www.mountsinaiocd.org

The Tics, OCD, and Related Disorders Program at Mount Sinai continues to provide clinical assessments and individualized treatment to individuals affected by OCD, tic disorders, and related conditions.

Our program offers comprehensive evaluations and empirically supported treatments to children, teens, and adults. We have psychiatrists and psychologists who specialize in treating OCD and related disorders across the lifespan. Our program faculty are experienced in providing excellent multidisciplinary care. Our team of psychiatry residents, child psychiatry fellows, and psychology doctoral students can provide lower cost treatment to those who qualify. Our residents, clinical fellows and psychology externs allow us to offer affordable evaluations and treatment under the supervision of our OCD program faculty.

The International Collaborative OCD Network (iCON), lead by Dr. Dorothy Grice, works collaboratively with other OCD research groups to enhance large-scale sample collection for genetic and biological studies of OCD. Our local Study of Psychiatric Disorders to Explore Relationships (SPyDER) continues to recruit individuals who have been affected by OCD and related disorders. SPyDER focuses on understanding genetic risks that may be shared across different psychiatric diagnoses.

MOUNTAIN VALLEY TREATMENT CENTER

2274 Mt. Moosilauke Highway 703 River Road
Pike, NH 03780 Plainfield, NH 03781
Phone: (603) 989-3500
Email: jfullerton@mountainvalleytreatment.org
www.mountainvalleytreatment.org

MVTC is pleased to welcome Rebekah Kilman, PsyD and Phoebe Manchester, MS, to our clinical team. Dr. Kilman came to MVTC from Massachusetts Institute of Technology where she was a Staff Psychologist in Mental Health and Counseling Services at MIT Medical. Dr. Kilman graduated Cum Laude from Boston University with a BA in Psychology, then earned both an MA (Psychology) and a PsyD (Clinical Psychology) from Fuller School of Psychology in Pasadena, CA. Her clinical training was conducted at Boston University where she

did a Clinical Psychology postdoctoral fellowship under Dr. Craig Burns and Dr. Johanna Malaga. Rebekah was a Clinical Psychology Predoctoral Intern at the University of Pittsburgh's University Counseling Center prior to her fellowship.

Phoebe Manchester's experience teaching, guiding, and empowering adolescents and young adults is extensive. A 1996 graduate of Dartmouth College, she earned her Master of Science in Clinical Mental Health Counseling from Plymouth State University in 2017. Her experience as a mental health counselor includes time at the Clara Martin Center in Bradford, VT and as a counselor at Proctor Academy in Andover, NH. She is a member of the American Counseling Association and is a Nationally Certified Counselor (NCC) with the National Board for Certified Counselors. Her areas of expertise include perfectionism and self-esteem, depressive disorders, and performance anxiety and sports psychology.

NW ANXIETY INSTITUTE

32 NE 11th Ave
Portland, Oregon 97232
Phone: (503) 573-4439
Email: info@nwanxiety.com
www.nwanxiety.com

NW Anxiety Institute has enjoyed a busy summer. NWA continued to add to their team of clinicians and welcomed Cory Anton, MA, LPC as an associate clinician to the pediatric clinic. With Cory's help, NW Anxiety Pediatrics now offers a pre-teen process group and corresponding parent group. With the addition of these groups, NWA now offers six weekly evening groups, with one specific to OCD. NW Anxiety Institute continues to seek rad clinicians to add to their team.

This summer was exceptionally busy for NWA's child and adult Intensive Outpatient Programs. The IOP is highly individualized and offers 10 individual therapy sessions each week and 6 group sessions. This structure helped prepare several children to return to school through conquering their OCD and anxiety!

As Portland heated up this summer, Kevin Ashworth and Allison Bonifay, the clinic founders, headed to DC for the IOCDF Conference. NW Anxiety Institute joined others exhibitors at the conference. As always, the conference was a wealth of knowledge. Kevin and Allison's favorite part each year is meeting the courageous attendees who live with OCD.

THErapy COMMUNITY

Institutional Member Updates *(continued)*

OCD AND ANXIETY CENTER OF SOUTHERN CALIFORNIA

2656 29th Street, Suite 208
Santa Monica, CA 90405
Phone: (310) 488-5850
Email: info@socalocd.org
www.socalocdprogram.org

Dr. Naomi Zwecker, PhD, and Dr. Alejandra Sequeira, PhD, of the OCD & Anxiety Program of Southern California had a wonderful time attending the 25th Annual OCD Conference in Washington, D.C. We partnered with our sister program, the Houston OCD Program (see page 20), to give a talk entitled "Distinguishing Between OCD, OCPD, and ASD: An Interactive Skills Acquisition Workshop." Additionally, we are delighted to announce that Dr. Alejandra Sequeira, PhD, completed her 2017-2018 postdoctoral fellowship and will be staying on as a licensed clinician at the OCD & Anxiety Program of Southern California.

OCD AND RELATED DISORDERS PROGRAM AT MASSACHUSETTS GENERAL HOSPITAL

185 Cambridge Street, Suite 2000
Boston, MA 02114
Phone: (617) 726-6766
Email: cfazio@partners.org
www.mghocd.org

The Obsessive Compulsive Disorder (OCD) and Related Disorders Program at the Massachusetts General Hospital/Harvard Medical School is located in Boston, Massachusetts. We specialize in the research and treatment of obsessive compulsive disorder (OCD), body dysmorphic disorder (BDD), body dysmorphic disorder by proxy (BDD by Proxy), tourette syndrome (TS) and chronic tic disorder (CTD), hoarding disorder, hair pulling and skin picking, olfactory reference syndrome (ORS). Patients will undergo a detailed intake assessment. Based on this assessment, an individualized treatment plan will be developed. This fall we welcome our new clinical research coordinator: Anna Schwartzberg. For more information on our clinical or research program, please call/email us or visit our website.

PALO ALTO THERAPY

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Palo Alto, CA 94306
Phone: (650) 461-9026
Email: info@paloaltotherapy.com
www.paloaltotherapy.com/ocd

940 Saratoga Avenue
Suite 240
San Jose, CA 95129

At Palo Alto Therapy, we specialize in cognitive behavioral therapy and have many years of experience helping children and adults overcome anxiety, depression, OCD, panic, social anxiety, and other stress-related problems. We want to congratulate our clinicians and their recent achievements! Our therapist, Jacqui Lewis, LMFT, ATR-BC, is now a Certified Clinical Trauma Professional by IATP. She and our therapist, Jennifer Estes, LCSW, both recently completed the TEAM-CBT Intensive with David Burns, MD.

Our Newest Addition: We are pleased to welcome JoAnn Kukulius, LMFT to our Palo Alto location. JoAnn brings therapy techniques such as CBT, DBT, and mindfulness to our practice.

Anxiety to Wellness Class: Our 8-week class will be offered for teens and adults in September and we are open for enrollment. This CBT class consists of teaching and practicing anxiety-reducing techniques and group support.

We Are Hiring! We are actively hiring for new therapists so that we can create a quality team that will match the success of the incredible therapists that we already employ. If you happen to be, or know of any good candidates for us, please send them our way!

For more information on our individual, couples, family, and group therapy, please feel free to email or call us.

RENEWED FREEDOM CENTER FOR RAPID ANXIETY RELIEF

Division of Strategic Cognitive Behavioral Institute, Inc.
1849 Sawtelle Blvd, Suite 710
Los Angeles, CA 90025
Phone: (310) 268-1888
Email: ashleybramhall@renewedfreedomcenter.com
www.RenewedFreedomCenter.com

Renewed Freedom Center welcomes this year's practicum interns, Tanya Abughazaleh and Chelsey Whiteside from The Chicago School of Professional Psychology. Both of our new interns have great experience working in hands-on pediatrics fields and exploring areas of research. Tanya has worked in pediatric oncology conducting assessments and full intellectual batteries to better understand the intellectual functioning of her diverse patient population. Chelsey spent the past year providing neuro-developmental assessments to the pediatric oncology population as well. Her current research

Institutional Member Updates *(continued)*

explores the effects of neurotoxin exposure on childhood development, and possible resiliency that follows.

RFC would also like to welcome aboard Jordan Cannon, our clinical coordinator. Jordan was recently involved with ZogSports LA, a non-profit recreational company, where he developed an understanding of the importance of using mindfulness techniques as a valuable tool in achieving individual balance and progress.

We are always looking for talented licensed clinicians to be a part of our clinical team. For more information regarding employment opportunities, please contact Ashley Bramhall, the Program Director.

ROGERS BEHAVIORAL HEALTH

**34700 Valley Road
Oconomowoc, WI 53066
Phone: (800) 767-4411, Ext 1846 or (413) 822-8013
Email: r Ramsay@rogersbh.org
www.rogersbh.org**

Rogers' six-part podcast series "Anxiety in Schools" explores how anxiety, OCD, depression, and other mental health concerns affect learning. Episode one features Rogers Regional Medical Director Dr. Stephanie Eken, discussing the impact of anxiety disorders and OCD. Podcasts and resource materials can be found at rogersbh.org/student-anxiety.

Several of Rogers' top OCD clinicians presented at the 25th Annual OCD Conference, including Dr. Brad Riemann, Chief Clinical Officer, and Dr. Eken. Rogers sponsored and hosted the research reception including awarding of grants for OCD treatment research. Dr. Riemann and Dr. Martin Franklin, Clinical Director Rogers-Philadelphia, gave opening and closing remarks. Clinicians were also available at the Rogers booth, serving as resources for families and referring providers.

Rogers now offers a quiz to help identify OCD tendencies. Those who complete the eight-question quiz get immediate results and the opportunity to request a free screening for further assessment.

In late 2018 and early 2019, Rogers is opening new clinics in Hinsdale, Illinois and Miami offering specialized, outpatient OCD treatment for children, teens, and adults. Miami is Rogers' first fully bilingual location. Rogers-Philadelphia is adding new intensive outpatient OCD adult and child and adolescent programs in September.

STANFORD TRANSLATIONAL OCD PROGRAM

**Rodriguez Lab
401 Quarry Road
Stanford, CA 94305
Phone: 650-723-4095
Email: 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 invite you to find out more about these studies by calling (650-723-4095) or emailing us (ocdresearch@stanford.edu or clutterhelp@stanford.edu).

We would like to thank all our lab members and collaborators for participating in the Annual OCD Conference in Washington D.C. We would also like to congratulate Dr. Omer Linkovski for receiving an IOCDF Research Poster Travel Award entitled "Effects of Rapastinel (formerly GLYX-13) on Serum Brain Derived Neurotrophic Factor in Obsessive-Compulsive Disorder." Thank you, IOCDF, for the work you do to foster a community for those affected by OCD and clinicians and researchers committed to increasing access to effective treatments.

In collaboration with the Department of Psychiatry and Behavioral Sciences of Stanford University and the OCD SF Bay Area chapter of IOCDF, the Rodriguez Lab is organizing a free OCD Awareness event on October 6, 2018 at Stanford University. For more information you can go to our website <https://rodriguezlab.stanford.edu> and you can follow us on twitter @RodriguezLabSU.

WESTWOOD INSTITUTE FOR ANXIETY DISORDERS

**921 Westwood Boulevard, Suite 223
Los Angeles, CA 90024
Phone: (310) 443-0031
Email: thewestwoodinstitute@gmail.com
www.hope4ocd.com**

Postpartum OCD is now being treated with great success at our Institute in collaboration with an endocrinologist, gynecologist, psychiatrist, psychologist, and other professionals as part of our multi-disciplinary team. Since it is evident that postpartum OCD occurs in around 2% of all women giving birth (around 80,000 American women), this matter must be addressed as it impairs bonding with children, interferes with maternal functioning, and can cause lifelong damage. ○

RESEARCH NEWS

Spotlight on IOCDF Young Investigator Grant Winners



In 2007, the first Apple iPhone was released. In the decade that followed, the smartphone revolution fundamentally transformed the way we interact with technology, the internet, and each other. Think about the difference between research in consumer electronics and research in mental health. Resources are a critical factor. With continued investment in OCD and related disorders research, a transformative moment may be just around the corner -- one that will accelerate advances in treatment and care, and help more people to live full and productive lives.

For Dr. Jamie Feusner at the University of California, Los Angeles, 2007 was an important and exciting time. Then a young researcher at UCLA, he was awarded a \$47,000 Young Investigator grant from the International OCD Foundation.

With the funding he received from the IOCDF, Dr. Feusner completed an innovative brain imaging study that gave us new insights into how people with body dysmorphic disorder (BDD) process visual information. While many people are unhappy with parts of their appearance, those suffering from BDD strongly fixate on perceived imperfections of the face or body, causing them to experience significant distress resulting in impairments across many aspects of their lives.

The results of Dr. Feusner's research are important in understanding why people with BDD may be so focused on their flaws. His brain imaging study revealed that when people with BDD view images of faces, the areas of their brains associated with processing visual details are activated in ways that are not seen in healthy individuals. In subsequent research, Dr. Feusner found that these abnormalities were also present when people with BDD viewed images of houses - a neutral object seemingly unassociated with the body-focused symptoms of BDD. In

other words, individuals with BDD aren't seeing the world the way others do.

This discovery not only improved our understanding of how BDD works, but it also opened the door for the development of new treatment techniques. Perceptual mirror retraining, which teaches patients through practice to see themselves in the mirror in more holistic and accurate ways, draws directly from what we now know about visual processing in BDD.

At this year's Annual OCD Conference, Dr. Feusner shared how his research grant not only allowed him to pursue this groundbreaking BDD research, but also played a long-term role in his career. Dr. Feusner went on to obtain highly-competitive grants from the National Institutes of Health, and has established himself as a leading researcher of BDD and anorexia nervosa.

Dr. Feusner has also been increasingly involved in the work of the IOCDF: he regularly presents at our Annual OCD Conference, he is a member of the IOCDF Scientific and Clinical Advisory Board, and he now serves as a grant reviewer for our Young Investigator awards! He has also participated in a Special Interest Group for BDD who helped develop educational resources for our www.HelpforBDD.org website. He describes this work as his way of giving back, and he has undoubtedly helped improve the lives of many individuals affected by BDD.

Our Young Investigator grants have provided similar opportunities to over 100 researchers over the 24-year history of our program, and have helped us build a stronger research community in the field of OCD, BDD, and hoarding disorder. With that in mind, we are excited to announce that another outstanding group of researchers have been selected to receive Young Investigator awards in 2018.

2018 IOCDF YOUNG INVESTIGATOR AWARD WINNERS



Martha Falkenstein, PhD

McLean Hospital/Harvard Medical School

Neural Mechanisms of Avoidance in Exposure and Response Prevention for OCD

Award: \$39,766

Co-mentors: Courtney Beard, PhD and Christian Webb, PhD

Many patients with OCD who successfully complete exposure and response prevention (ERP) treatment experience life-changing improvements in their OCD symptoms. However, as many as 40-50% of patients do not experience a significant recovery. Dr. Falkenstein's research will concentrate on enhancing treatment outcomes for this group, with a specific focus on addressing the avoidance behaviors that are common among people with OCD. This study will involve approximately 70 participants receiving ERP for OCD at McLean Hospital's OCD Institute. A subset of these participants will receive "approach-avoidance training" in addition to ERP. In this training, participants will use a joystick to "pull" images associated with their OCD triggers toward them, and "push" neutral images away from them, with the goal of teaching them to automatically approach -- rather than avoid -- feared situations and experiences. In previous research, a similar training was shown to have an effect after just one 15-minute session. Dr. Falkenstein's research will investigate whether ERP treatment outcomes can be improved with the addition of this training.



Berta Summers, MA

Massachusetts General Hospital/Harvard Medical School

A Virtual Reality Study of Cognitive Biases in Body Dysmorphic Disorder

Award: \$44,856

Mentor: Sabine Wilhelm, PhD

Everyone has experienced a distressing social interaction at some point in their lives. This could take the form of judgement or criticism from coworkers or classmates, anger from another driver on the road, or discomfort when dealing with a pushy salesperson. For most people, it's fairly easy to distinguish these interactions from the many benevolent or neutral social situations that we find ourselves in on a daily basis. However, research has found that people with BDD often assign negative interpretations to neutral or benign social interactions, and may believe that others are judging them or making fun of them when they are in fact not. Berta Summers, a researcher at Massachusetts General Hospital, will further investigate this phenomenon by presenting simulated social interactions to patients with BDD using virtual reality technology. Her research will investigate the role these negative interpretations play in BDD, and how virtual reality could be employed in the future to enhance BDD treatment.

RESEARCH NEWS

2018 IOCDF YOUNG INVESTIGATOR AWARD WINNERS *(continued)*



Michael Wheaton, PhD
Barnard College

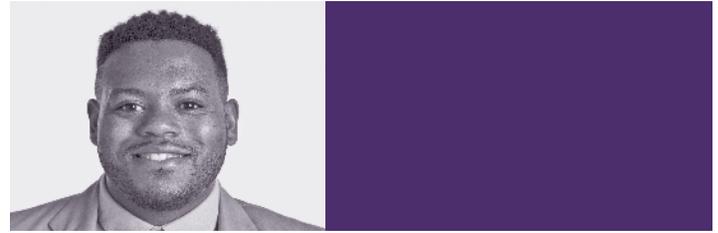
Active avoidance of threat cues and fear extinction in obsessive compulsive disorder

Award: \$50,000

Mentor: Blair Simpson, MD, PhD

Past research has shown that we can learn to be afraid of things that we encounter, and that we can also modify our fears through exposure. New research has shown that when healthy people are able to perform some type of action in order to avoid a threat, they may become less fearful when confronted with different, future threats. This type of avoidance is called "active avoidance." Many compulsive behaviors in OCD could be considered forms of "active avoidance." However, we know that when OCD patients engage in compulsions, these behaviors reinforce, rather than diminish, their fears. Additionally, when they perform compulsions in the context of ERP treatment, the treatment becomes less effective overall.

Dr. Wheaton's research will test active avoidance and fear responses in people with OCD -- the first study of its kind. In order to test this, research participants, some of whom have OCD, will be shown images, and receive mild electric shocks in order to evoke a fear response which can then be measured. Some participants will have the opportunity to learn how to avoid the shocks (active avoidance), while other participants will continue to receive the shocks until the participants in the active avoidance group learn how to avoid them. Dr. Wheaton and his team will compare the fear responses in these two groups with those of healthy control subjects and people with OCD. They expect to find that active avoidance is less effective in reducing fear response in people with OCD when compared to healthy individuals. This study is an important step toward future brain imaging research that will investigate the underlying brain circuitry in OCD, as well as the development of fear response tests that may predict treatment outcomes and allow clinicians to create more effective, individualized treatment plans for OCD patients.



Henry Willis, MA
University of North Carolina at Chapel Hill

Obsessive-Compulsive Symptoms in African American Young Adults: The Roles of Racial Discrimination and Racial Identity

Award: \$25,826

Co-mentors: Enrique Neblett, PhD and Jonathan Abramowitz, PhD

Past research has shown that people with OCD experience worsened symptoms when under stress. Many forms of stress exist and are common in daily life, but some stressors are unique to our identities and our status in a larger society. For African Americans in the United States, racial discrimination is one of these unique stressors. In this research project, Henry Willis will investigate the role of racial discrimination in the intrusive thoughts experienced by African Americans with OCD. He will also examine whether African Americans who hold a sense of belonging and commitment to a larger group defined by their race -- a racial identity -- may be less likely to develop certain OCD symptoms. This project will contribute to what has so far been a limited body of research, and may inform future treatment for this population of OCD patients.

Spotlight on IOCDF Young Investigator Grant Winners *(continued)*



We are also incredibly excited to announce that **Dr. Susanne Ahmari** of the University of Pittsburgh is the winner of a \$500,000 Breakthrough Award grant from the IOCDF. Dr. Ahmari will be pursuing research involving rare post-mortem brain tissue

from individuals with OCD. Look for more information about Dr. Ahmari's research in the Winter edition of the *IOCDF Newsletter*.

THE IMPACT OF IOCDF RESEARCH GRANTS

This year's IOCDF research grants cover a range of topics in OCD and BDD. All of these projects are ready to be put into motion this fall, and we expect that the Young Investigator awardees will wrap up their projects within the next couple of years. This means that their work will be making an impact and informing future research within a relatively short period of time. When we are able to share their findings with the OCD community, our research donors see the impact of their generosity in action.

For example, just last year, the IOCDF awarded a Young Investigator grant to Dr. Lorena Fernández de la Cruz of the Karolinska Institutet in Sweden. Using data from millions of records in the Swedish National Patient Register, Dr. Fernandez de la Cruz and her co-investigator Dr. Ana Perez Vigil found compelling evidence that OCD severely impacts educational attainment over the lifetime of affected individuals. This is important data for us at the IOCDF, because while many in our community understand the toll that OCD can take on a person's ability to fully participate in their education, people outside of our community may not be aware of the impact of OCD without this type of evidence.

As we continue to develop our programming and grow our advocacy efforts for people with OCD and related disorders, the results of studies like the one completed by Drs. Fernández de la Cruz and Pérez Vigil are invaluable to our efforts. However, they are only made possible because of the generosity of our donors.

SUPPORT THE IOCDF RESEARCH GRANT FUND

If you see the value of studies like the ones described above, and you are excited by the possibilities held in the research we are funding in 2018, we ask that you consider making a donation to the IOCDF for our research grant program. Your donation will fund another round of research grants to be awarded in Summer 2019. To donate, please visit iocdf.org/donate and select the Research Grant Fund or the Jose A. Yaryura-Tobias Memorial Research Fund.

APPLY FOR AN IOCDF RESEARCH GRANT FUND

If you are a researcher in the OCD and related disorders field, please consider applying for a research grant next year. In 2019, we will be awarding two \$300,000 Innovator Awards, a \$500,000 Breakthrough Award, and three to four Young Investigator Awards of up to \$50,000. To be eligible for an Innovator or Breakthrough Award, you must be pursuing OCD research and have at least 5 years of experience following the completion of your terminal degree. Young Investigator applicants may be in graduate school, or have up to five-years experience following the completion of their terminal degree, and can be pursuing research in OCD, BDD, PANS/PANDAS, Hoarding Disorder, Tics, and other OC related disorders. Applications open in January of 2019. To view guidelines and apply, please visit ocdresearchgrants.org. ○

Apply for an IOCDF Research Grant!

Beginning in January, the IOCDF will be accepting submissions for our 2019 Research Grant Awards, including:

- Young Investigator/Fellow Award:** Three to five grants for up to \$50,000 will be awarded to Investigators in graduate school up through five years after finishing their terminal degree.
- Breakthrough Award:** One grants for \$500,000 will be awarded to Investigators with 5+ years of experience following completion of their terminal degree.
- Innovator Award:** Two grants for \$300,000 will also be awarded to Investigators with 5+ years of experience following completion of their terminal degree.

To learn more, visit iocdf.org/grants.

RESEARCH NEWS

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 or visit www.iocdf.org/research.

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, 18-55 years old, with OCD, to take part in a study providing these possible benefits:

Free Diagnostic Evaluation

Free Picture of Your Brain

Free Test of Your Memory and Attention

Compensation of up to \$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

Contact

(650) 723-4095

ocdresearch@stanford.edu

Enhancing Treatment of Hoarding Disorder with Personalized In-home Sorting and Decluttering Practice

Purpose: To understand if personalized in home sorting and decluttering practice can help enhance treatment of hoarding symptoms

Do you have difficulty with clutter?

Feeling overwhelmed and needing help?

Are you 18-65 years old?

Not taking medications or willing to work with your primary doctor for a trial off your medications?

You may be eligible to receive evidenced-based treatment. There is no cost to participate.

Physician Investigator: Carolyn Rodriguez, MD, PhD, Stanford

Medical Center

<https://med.stanford.edu/profiles/carolyn-rodriguez?tab=bio>

Funding: National Institutes of Mental Health (NIMH)

Stanford IRB# 34622

NCT02843308

For more information contact:

clutterhelp@stanford.edu

650-723-4095

<https://rodriguezlab.stanford.edu>

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

A randomized, double-blind, placebo-controlled trial of adjunctive BHV-4157 in Obsessive Compulsive Disorder

NCT03299166, Central IRB SSU00043779 – Stanford IRB-43360

PI: Carolyn Rodriguez, MD, PhD

Sponsor: Biohaven Pharmaceuticals, Inc

The Rodriguez Lab at Stanford is looking for individuals with OCD not satisfied taking standard medication treatment (SSRI).

You may be eligible to participate in a study with an investigational medication that would be added onto your current treatment.

If you would like to learn more information contact us at:

ocdresearch@stanford.edu

650-723-4095

For Participant's rights questions please contact 1-866-680-2906

ILLINOIS

MRI study for adults with OCD

We are looking for volunteers with OCD, aged 18-49 years, to take part in a research study at the University of Chicago Medical Center. The study is exploring the role of different

Research Participants Sought *(continued)*

brain regions and chemicals in cognitive abilities such as memory, attention, and being mentally flexible.

Participation would involve two 5 hour visits. Each visit, you would receive a single dose of an active drug or placebo and do some computer puzzles while lying in a brain scanner. We would also ask you to complete several questionnaires. Eligible individuals will receive \$75 per visit for participating in addition to costs for parking or public transportation.

If you are potentially interested, please visit the study website to complete an online questionnaire and view further information:

<https://www.surveymonkey.com/r/UChicagoOCD>

You can also call 773-702-9066 to receive more information.

This study is being conducted by Dr. Jon Grant at the University of Chicago.

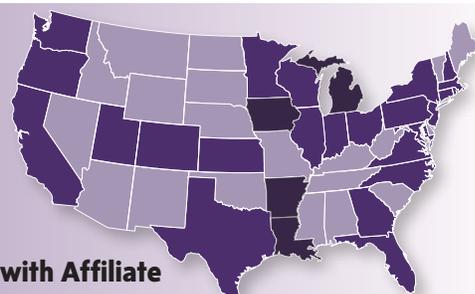
FROM THE AFFILIATES

Affiliate Updates

Affiliate Updates

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

www.iocdf.org/affiliates



■ State with Affiliate
■ Affiliate Forming

OCD ARKANSAS

An affiliate is forming in Arkansas! To learn more about getting involved in the affiliates formation, please contact Adam Tinsley at ocdarkansas@gmail.com.

OCD CONNECTICUT

www.ocdct.org

OCD Connecticut continues to provide support and outreach throughout the State of Connecticut. Planning is underway for our OCD Awareness Week Event in October. Please check our website for details. Volunteers are welcome to assist with planning for the future of OCD CT. Please check out our website at www.ocdct.org and like us on Facebook and follow us on twitter.

OCD IOWA

Initial steps are being taken to form an IOCDF Affiliate in the state of Iowa! If you are interested in getting more involved and helping in the establishment of an Iowa affiliate, please contact Meghan Mrla at (712) 624-4369 or Meghan40694@gmail.com.

OCD KANSAS

www.ocdkansas.org

OCD Kansas hosted its 2nd Annual 1 Million Steps 4 OCD Walk in June at Roe Park. We are thankful to everyone who joined and were excited to see the number of attendees doubled in size since last year! It was a fun and empowering time to connect community



members and walk together for OCD awareness. Thank you also for the tremendous support of our donors. OCD Kansas also is pleased to announce a new board member, Dr. Joi McNeley-Phelps. She received her PhD in Clinical Psychology, completed the BTTI, and has a private practice in Lenexa, KS.

In July, several board members attended the IOCDF's Annual OCD Conference in Washington, D.C. Another amazing Conference! This fall, we look forward to several events, including a pub trivia fundraiser scheduled for September 11th, and several events during OCD Awareness Week in October. Please visit our website, www.ocdkansas.org, for more information and join us on social media, Facebook.com/OCDKansas!

FROM THE AFFILIATES

Affiliate Updates *(continued)*

OCD MASSACHUSETTS

www.ocdmassachusetts.org

OCD Massachusetts has partnered with Mental Health Mugs for fundraising! Please check out

www.mentalhealthmugs.com

and use promo code OCDMASS to get 10% off your order.

When you make a purchase, another 10% goes to OCDMA

to help support our programming. These mugs are a great way to raise awareness and start conversations about mental health. They are high-quality products and their messages are empowering. Be sure to check them out. They have an OCD Collection too!

On July 12, we hosted a volunteer gathering where interested volunteers shared ideas about expanding programming, awareness events, new and updated website content, and much more. We are appreciative to those who came and we plan to have another meeting later this year.

OCDMA participated in the Annual OCD Conference in D.C. in July. We had a booth and talked about who we are and what we offer. One of the things we offer is a lecture series that is free to the public. Our successful lecture series in Belmont, Worcester and Northampton kicks off in September and runs until June of 2019. You can view the lecture schedules on our website.

OCD Awareness Week is Oct 7-13, 2018! We have some fun things planned so be sure to follow OCD Massachusetts on Facebook, Instagram, and Twitter for the latest news, events, updates and announcements.

OCD MID-ATLANTIC

www.ocdmidatlantic.org

OCD Mid-Atlantic had a great summer with the IOCDF's Annual OCD Conference held locally in Washington, DC this past July! Several board members presented during the Conference and we enjoyed meeting members of our community at the Researcher and Exhibitor Meet & Greet and at the IOCDF Affiliate booth. We have had some recent changes to our board and would like to express deep appreciation to Theresa Shank, Jon Hershfield, and Gerald Nestadt for their contributions during their time on the board. We would also like to thank Charley Mansueto, our outgoing President, for his time and attention to the Affiliate over the past decade. Our new officers, whose terms will begin in September, are President Elspeth Bell, Vice-



President Gloria Mathis, Secretary Magda Rodriguez, and Treasurer Carter Waddell.

On September 12, we're hosting an evening session about OCD and E/RP. In October, we have a number of events planned for OCD Awareness Week, including screenings of UNSTUCK at various locations throughout the Maryland-DC-Virginia area and the Capital Walk on the National Mall in Washington, D.C. on October, 6th. Please check our website periodically for updated information on these events. We look forward to seeing members at all of these events!

OCD NEW HAMPSHIRE

www.ocdhampshire.org

OCD NH Board members, Dr. Elizabeth Ohr and Don Vardell attended the recent Annual OCD Conference in Washington, D.C. Dr. Ohr gave a presentation entitled "Now What? Perspectives on Life After EXRP Treatment." The Hanover area support group continues to grow with Drs. Spofford and Salstrom are leading the effort to building the group. The Third Annual Seacoast Anxiety Symposium will occur during OCD Awareness Week on Tuesday, October 9 at the Portsmouth Harbor Events Center in Portsmouth, NH. CEUs will be offered through New Hampshire Psychological Association. The role of Board President has been transitioned from Dr. Ohr to Don Vardell as of July 2018. The primary focus for OCD NH will continue to build capacity for OCD treatment in New Hampshire, with specific focus on the seacoast area where there are few clinicians who do ERP.

OCD NEW YORK

www.ocdny.org

OCD New York is excited to partner with Tory Burch for a charity fundraiser at their Manhasset, New York store on October 16th. Take advantage of special sale prices while supporting our organization. We are also planning a conference during OCD Awareness Week at a local university. Please check our website for details on these and other upcoming events.

OCD OREGON

www.ocdoregon.org

Several of our OCD Oregon board members were able to make the journey out to Washington D.C. to participate in the IOCDF's Annual OCD Conference, where they enjoyed connecting with other affiliate board members and attending the diverse variety of presentations. OCD Oregon was represented at the Conference by our treasurer, Adam Brown, who presented on the much-needed topic of navigating

Affiliate Updates *(continued)*

insurance denials and coverage limitations. We are currently in the process of planning our OCD Awareness Week events. Please see our website or follow us on Instagram or Facebook for additional information, as details become finalized.

OCD RHODE ISLAND

www.ocdri.org

OCD Rhode Island is pleased to announce the return of the OCD and Related Disorders Lecture Series at Butler Hospital. Please join us the first Wednesday of each month from 6:00PM-7:00PM starting September 5th, 2018. For a full list of lectures visit us on our website at ocdri.org/lecture-series.

OCD Rhode Island is also looking to expand its Board of Directors to include individuals and family members of individuals with OCD. Please contact us at info@ocdri.org if you or someone you know would like to join our mission!

OCD SACRAMENTO

www.ocdsacramento.org

OCD Sacramento's monthly line up continues to bring individuals from the community who are interested in learning more about proper treatment for all anxiety disorder conditions. On August 14, 2018, Kathy Ventry, LMFT presented "The Power of Mindfulness and How to Hardwire Your Brain for Happiness." She taught attendees how to be mindful and stay in the present moment as a helpful skill when dealing with anxiety. On September 11, 2018, Brian McPeak shared "Finding My Way Back: An Inspirational Story About OCD." Brian's story is that of success and he is now a spokesperson and advocate of successful OCD treatment.

We are also a proud supporter of OCD Awareness Week taking place October 7 -13, 2018. On October 9, 2018, Susan Armstrong, LMFT will present "Helping Your Child, Adolescent, Teen or Young Adult Deal with Trichotillomania and Excoriation Disorder." This presentation will provide psychoeducation on these conditions, offer tools that are consistent with Habit Reversal Training, and successful techniques and support. On October 12, 2018, Dr. Robin Zasio, PsyD, LCSW will host the Spotlight Sacramento Monthly Presentation Series to promote OCD Awareness Week and discuss "Treatment of OCD and Anxiety Disorders: Common Factors that Interfere with Treatment Success." Therapists throughout the community are welcome to attend this free event with lunch included.

OCD SF BAY AREA

www.ocdsfbayarea.org

OCD SF Bay Area will co-sponsor several programs for OCD Awareness Week, full details for which can be found on our website. Stanford's Rodriguez Lab is presenting about the levels of treatment programs available on October 6th. Rogers Behavioral Health and the San Francisco Bay Area for Center for Cognitive Therapy (SFBACCT) is teaming up to present a series of brief educational talks and discussions program for adults with OCD and their loved ones and for families with children or teens with OCD at the new Rogers location in Walnut Creek on October 13th. There will be hourly showings of UNSTUCK and children's activities. On October 18th there will be a program on OCD Treatment Enhancing Options co-sponsored by ChoiceTherapy and the San Francisco Bay Area Association for Contextual Behavioral Science.

A most successful 1 Million Steps 4 OCD Walk around Lake Merritt in Oakland was held June 9th, with presentations by Cassie (APenny4YourIntrusiveThoughts Facebook page) and Pat Nicholson (Aunt of Nathaniel Asselin). It was awesome to see the large crowd of purple shirts coming around the bend of the lake, all talking and laughing together!

OCD SOUTHERN CALIFORNIA

www.ocdsocal.org

OCD SoCal was well represented at the IOCDF's Annual OCD Conference in D.C. this past July! We held a meeting where local clinicians, those with OCD, their family members, and the OCD So Cal board brainstormed ideas for OCD Awareness Week events and ways to get local politicians involved at upcoming activities. OCD SoCal also manned the affiliate booth during the Researcher and Exhibitor Meet & Greet. We met people with OCD in the Southern California area, giving them information on the affiliate, as well as ways in which they can become involved!



OCD Southern California is busy planning events to be held on Sunday, October 7th, 2018, which is OCD Awareness Week! There will be three events happening simultaneously—one in Los Angeles, Orange County, and San Diego from 1-5pm! This year, OCD SoCal is planning to have a family-friendly, outdoor event at each location suitable for attendees of all ages. Since the activities will be similar to outdoor carnivals, we are encouraging those attending to bring family members, acquaintances, and friends who would not only enjoy the

FROM THE AFFILIATES

Affiliate Updates *(continued)*

event but would also learn something new about OCD. OCD Southern California's mission this year at these events is to educate attendees about OCD and help stamp out the stigma around mental illness. OCD SoCal hopes to see you at one of our three events!

To continue the mission of educating the community on OCD, OCD SoCal was represented at the National Alliance on Mental Illness (NAMI)'s walk in San Diego, CA. OCD SoCal had a booth, educating the attendees about OCD and related disorders. The affiliate will also be participating in NAMI's walk in September in Orange County.

We are sad to say the affiliate is losing our Communications Specialist, Jennie Kuckertz — but for good reason. Jennie will be heading off to Harvard/McLean Hospital in Massachusetts for her psychology internship to focus on the research of OCD. Jennie has been an intricate part of OCD Southern California's success and we are going to miss having her bright personality and hard work ethic. We welcome Rex Laxamana to step in to this role, who brings his experience working in the IT field, as well as having OCD himself.

One of OCD Southern California's flagship events is our annual conference that is held in Irvine, CA each year. Each year, over 250 people attend and are able to experience a keynote speaker, different breakout sessions led by local clinicians, and visit booths manned by representatives from local treatment centers and mental health agencies. We have begun planning our 4th annual conference, which will be held on Saturday, March 16th, 2019. The conference will once again be held in Irvine, CA at 5001 Newport Coast Dr, Irvine, CA 92603 starting at 10:30AM. Please save the date and we look forward to seeing you there!

For information on anything mentioned in this newsletter, or to learn more about OCD Southern California, please visit our website: www.OCDSoCal.org for more information and contact information. Join us on social media: [Facebook.com/OCDSoCal](https://www.facebook.com/OCDSoCal) and [Instagram.com/OCDSoCal](https://www.instagram.com/OCDSoCal)!

OCD TEXAS

www.ocdtexas.org

OCD Texas was excited to be represented at this year's 25th Annual OCD Conference in Washington, D.C. Board members Melissa Fasteau, PsyD, Ginny Fullerton, PhD, Robert Norris, Ivy Ruths, PhD and Christen Sistrunk, LPC had the opportunity to attend informative talks, connect with other affiliates, participate by giving a few presentations of their own, and overall enjoyed the many sites in DC.

Annual OCD Texas Conference: We are also looking forward to our upcoming annual OCD Awareness Week Conference, which will be held on Saturday, October 13th in Houston, TX at the Hilton Post Oak Galleria, 8am-5pm. This year's theme is OCD is Not an Adjective: Breaking Free from Stigma.

Peer Mentorship Program: We launched our peer mentorship program early this year with a mission to provide meaningful opportunities for giving back, sharing hope, and informing beginners. We are enrolling mentors and mentees for the program in an effort to provide support to individuals and families who are new, or in a place of transition, to the OCD therapy journey. Those interested in participating or learning more should contact mentor@ocdtexas.org.

Check out our website and connect with us on Facebook and Instagram for up to date information on our events.



2019

26th Annual OCD Conference

AUSTIN

July 19-21, 2019