



COMING SOON



"Premiering" next month in Los Angeles! In this issue we highlight new programs, as well as perennial favorites, that you definitely don't want to miss at this year's conference. **SEE PAGE 4.**

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FROM THE FOUNDATION

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

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Where in the World is... #1Million4OCD?

Do you have a #1Million4OCD Walk T-shirt? Send us a photo of you in your shirt in your community! Share your photo on Facebook, tweet it at @IOCDF, or email to info@iocdf.org, and we'll share it in the next newsletter! Let's see how far and wide we can spread our message of hope and awareness for the OCD community!



OCD New Hampshire president, Dr. Szu-Hui Lee Dobie; IOCDF SCB Member, Dr. Throstur Bjorgvinsson; and their families on the Great Wall of China, in Spring 2014!



Dr. Jeff Szymanski (center) with attendees and faculty at a CBT/ACT training in Xiamen, China in March 2014.



In Sacramento at the 1st Annual 1 Million Steps 4 OCD Walk on the West Coast on May 10, 2014.



FROM THE FOUNDATION

Letter from the Executive Director



Dear Friends,

The Annual OCD Conference is upon us, and I hope to see many of you there. Have you had a chance to watch the conference trailer or look at the complete conference schedule online at www.ocd2014.org?

I am again impressed and excited by the program that we are able to offer this year. The challenge each year is for us to provide a community of support and education for the many different audiences that attend the conference. And this year, we have new programming available for every audience ranging from additional pre-conference trainings for professionals, to an expansion of the Spanish Language track, to additional options for kids and parents, as well as a mini-track for those affected by Body Dysmorphic Disorder, and much, much more. Marissa Keegan, our Program Director, details more of these highlights on page 4.

One aspect of this year's conference I wanted to highlight is the evolution of the Hoarding Track into the Annual Hoarding Meeting. This programming was done in collaboration with Drs. Randy Frost, Gail Steketee, and Christiana Bratiliotis. There will be multiple opportunities to learn about the complexities of this new diagnostic category for professionals, as well as individuals affected by Hoarding Disorder. There is also an additional emphasis this year on recruiting attendees from other professions (e.g., fire and safety officials, housing authorities, etc.) who regularly interact with this population. Our hope is that resources like this Meeting, which aims to build on the Hoarding Task Force movement, will help to counter efforts like the newly enacted Anti-Hoarding Ordinance in Houston (see page 11 to read our response).

Our recent outreach initiatives have helped to strengthen OCD resources in Japan, Mainland China, and Hong Kong, as well as in the US.

In every newsletter, you read about our many outreach efforts. In the first half of 2014 we have acted on two big initiatives. First: helping more nonprofit organizations dedicated to OCD to get off the ground in different parts of the world. Read more on page 10 about the new OCD Japan Foundation and their 1st conference. In addition to OCD Japan, there is also a new OCD China group based in Beijing. To learn more about these IOCDF Global Partners, visit www.iocdf.org/global_partners/.

Our second outreach initiative was to hire a new Membership Coordinator — Tiia Groden. Tiia received her Master's degree in Psychology and will bring amazing enthusiasm and dedication to her new role of helping more individuals to get connected and involved in the mission of the IOCDF. Please join us in welcoming

Tiia (make sure to stop by the membership counter at the conference to say hello)!

On other fronts, we have completed three Behavior Therapy Training Institutes (BTI) so far this year: 1) the second-ever Pediatric BTI in South Florida, 2) the second-ever international BTI in Vancouver, Canada, and 3) a BTI at Rogers Memorial Hospital. Special thanks to our hosts Drs. Eric Storch, S. Evelyn Stewart, and Bradley Riemann. Many of you know the challenge of finding therapists who know how to effectively treat OCD. Our BTI program creates those resources and I think serves a critical need.

As always, please reach out to us with your thoughts, questions and ideas. And, keep your eyes peeled for a launch of our newly upgraded websites soon...

Jeff Szymanski, PhD
Executive Director
International OCD Foundation

FROM THE FOUNDATION

Live from Hollywood... It's the 21st Annual OCD Conference!

by Marissa Keegan, IOCDF Program Director

Put on your sunglasses and get ready to walk the red carpet, because this year the Annual OCD Conference is taking place in sunny Los Angeles, CA! The IOCDF is very excited to be back on the West Coast for our 21st Annual OCD Conference from July 18-20, 2014, and we couldn't think of a better time to hold the conference in Los Angeles than this year.

The Annual OCD Conference has been the only national event geared towards OCD and related disorders for the last 21 years; additionally, this is one of the only mental health conferences that invites every member of the community to participate (individuals with OCD and related disorders, family members and supporters, and mental health professionals), making for a very unique and rewarding experience. We hope you will join us for what we hope to be our largest, best, and most Hollywood-worthy event yet!

SETTING THE SCENE: THE CENTURY PLAZA HOTEL

When I first visited the Hyatt Regency Century Plaza Hotel three years ago, I knew that it was the perfect location for our 21st Annual OCD Conference. Nestled in Century City, a neighborhood in the Los Angeles Westside, the Century Plaza Hotel was built on a former backlot of 20th Century Fox Studios, making it home to some fantastic history. Many presidents often stayed at the Century Plaza while visiting LA — Ronald Reagan ended up staying there so much during his presidency that the hotel was nicknamed “The Western White House!” Today, the Century Plaza serves as the backdrop for many awards shows, movie tapings, and is the hotel of choice for many celebrities — so, make sure to have your camera and autograph book ready!

NOTABLE WORKSHOPS

The conference program will feature 11 different workshop tracks and mini-tracks from Friday to Sunday, making it easier for attendees to find which workshops and talks are best suited for them. The General Track has been renamed the **Everyone Track**, to further emphasize that every session in this track is geared towards the entire conference

community. Last year's inaugural **Hoarding Track** is now part of the **2nd Annual Hoarding Meeting** and includes a Pre-Conference Professional Training Session on Thursday, 7/17, called **Hoarding Task Force 101** (there is an extra fee associated with this training); 2 full days of hoarding-related workshops on Friday, 7/18, and Saturday, 7/19; as well as 2 support groups on Saturday evening. We will also continue to feature the **Young Adults Track** and the **PANDAS/PANS Mini-Track**, both on Friday, 7/18, and are excited to announce a new **Body Dysmorphic Disorder (BDD) Mini-Track** on Saturday, 7/19. All three of these tracks will include workshops and evening support groups.

Additionally, the Spanish-Language Track will be breaking out into its own full-day program called the **Spanish-Language Program** on Saturday, 7/19. The program will feature a Keynote Address (with Argentinian music artist, Romina Vitale), a full day of workshops, and an evening support group, all conducted entirely in Spanish (¡Únase a nosotros en el Programa en Español!).

And, as always, we continue to run 3 simultaneous tracks for **Professionals** and **Researchers**, every day of the conference! View the full conference schedule online at www.ocd2014.org now!

EXCITING ICEBREAKER ACTIVITIES

For those of you who just can't wait until Friday for the conference excitement to begin, we will have lots of fun icebreaker activities waiting for you on Thursday evening! Try your hand at improv during **Improv for Anxiety**; we have once again collaborated with The Second City to bring you this interactive workshop (there is an extra fee associated with this event). Make friends and challenge other conference attendees during **OCD Pub Trivia**, returning for the second year in a row. Learn how to use storytelling to talk about OCD at Dr. Allen Weg's **Storytelling** events (this year, there will be an event for kids and parents, as well as one just for adults). There will also be several evening support groups taking place on Thursday this year for various members of the conference community. There will be so many opportunities to dive headfirst into the conference and meet other attendees like you. Make sure you plan to arrive to the conference on Thursday — you won't want to miss the excitement!

EVENINGS FULL OF LEARNING, LAUGHING, AND EVEN YOGA!

While workshops end at 5:30pm, each conference night holds many more opportunities for fun and learning.

FROM THE FOUNDATION

21st Annual OCD Conference *(continued)*

Attend one of our 21 **support groups** over Thursday, Friday, and Saturday nights and be a part of the largest number of support groups the conference has ever seen. Ping Pong 4 OCD will be returning for its third year — attendees will be able to practice their ping pong skills on Friday, and compete in the **Ping Pong 4 OCD** Tournament on Saturday. For yoga and outdoor lovers, **Yoga for Teens and Adults** (age 14+) will be held outside on the Century Plaza lawn on Friday evening. There's no better way to enjoy the lovely Los Angeles weather than by doing yoga under a California sky! For kids ages 8–13, join **An Evening of Kicking OCD's Butt!** on Friday night with the folks from the Child Mind Institute to learn fun ways to beat OCD — parents can learn how to help their children with OCD at the companion workshop **A Parent's Guide to Kicking OCD's Butt**. For those looking to put their ERP skills to the test, be sure not to miss **Virtual Camping: the 14th Annual Road to Recovery Tour**. Join Dr. Jonathan Grayson and his crew for a fun and inspirational night out on the town where attendees will conquer their OCD fears as a group.

On Saturday, our Hollywood theme continues — be dazzled by some of the top researchers in the field at the **Researcher Meet & Greet** and learn about the latest up-and-coming research in the field of OCD and related disorders. Kids and Teens will be able to dress up like a famous movie star and put their singing skills to the test at the **6th Annual Fashion Show & Karaoke Night**. And finally, don't forget to pack your dancing shoes for our **Saturday Evening Social**, where you can eat some delicious food, mingle with the crowd, and dance the night away in true Tinseltown style!

With the vast amount of fun and excitement happening at the OCD Conference this year, you will never want to leave!

NEW REGISTRATION FOR STUDENT/TRAINEE MEMBERS!

In order to encourage more new professionals to enter the field of OCD research and treatment, the IOCDF recently launched a new **Student/Trainee Membership**, and we are excited to announce new opportunities for Student/Trainee Members at the OCD Conference, as well. Those registered as Student/Trainees are invited to attend a special networking event with seasoned and new professionals, in addition to now being allowed to attend any of our 3 Pre-Conference Professional Trainings at a reduced price of \$75 (Student/Trainee registrants must register over the phone for this opportunity). Student/Trainee Members also have access to new Research Poster Travel Awards and Scholarship opportunities.

In order to qualify for Student/Trainee Membership, you must be currently enrolled in a mental health training program, or be a recent graduate who is not yet licensed (this includes those studying psychology, psychiatry, counseling, or social work at the undergraduate or graduate level). To learn more about the Student/Trainee Membership, please visit www.iocdf.org/students. Our hope is to create a community for all the budding student/trainee stars in the OCD field. We know that students and trainees may not yet have a Movie-Star budget, which is why we want to make sure we make the conference as affordable as we can. Students and trainees are the rising stars in research and treatment for OCD and related disorders, so we are very pleased to be able to offer this opportunity this year.

COME JOIN US FOR SOME FUN IN THE SUN!

We are so excited to hold the OCD Conference in Los Angeles this year — between the informative and engaging workshops and support groups, fun and exciting events and activities, and opportunities for networking and connecting with the top experts in the field of OCD and related disorders, attendees will be kept busy throughout the entire conference weekend. When you do need a break from the conference activity, there is no shortage of things to do in and around the Century Plaza Hotel. Walk the red carpet and take pictures with your friends and/or favorite speaker (yes, we will actually have a red carpet!). Grab your sunglasses and take a nap outside in a hammock or cabana by the hotel pool. Head across the street to the Westfield Century City, an outdoor mall home to hundreds of stores and restaurants, and shop to your heart's content. Take a quick trip over to Beverly Hills (only a 15 minute walk away) to do some sightseeing and/or star searching.

We hope to see you in Los Angeles this July to take part in this historic event! Lights, camera, action! ☉

For more information about the 21st Annual OCD Conference and to register, please visit our conference website at www.ocd2014.org. For any questions, please contact us at conference@iocdf.org or at (617) 973-5801.

FROM THE FOUNDATION

5 Reasons Not to Miss this Year's OCD Conference: A Mother and Son's Perspective

by Elizabeth & Christopher Trondsen

Liz: My name is Liz Trondsen and I have a son who had severe OCD. Through the help of the IOCDF, their Annual OCD Conference, and effective treatment, his OCD is under control. My first conference was in Nashville, less than a year after my son's diagnosis. I showed up alone (I didn't know at the time that my son was also welcome), and felt overwhelmed, desperate for information, and so fearful for my son's future. I left that conference a little wiser, less alone, and with the name of a wonderful psychiatrist for my son. At that time, I never imagined that my son would be presenting a session on OCD and BDD at the OCD Conference just a few years later!

Chris: My name is Chris Trondsen and I had severe OCD. I couldn't leave the house, I lost all my connections with friends and family, and even attempted suicide. I attended my first conference in San Diego while I was in treatment. Although it was a struggle just to get there and even harder to function at the conference due to my OCD, it changed my life. I met others with OCD, heard stories of hope and left knowing that I could beat this disorder.

Both: We have now been to many conferences, and are thrilled to see how much the conference has grown — between the number of therapists who attend, the incredible variety of topics presented, the explosion of support groups and activities for kids and teens, and the number of success stories told every year, there is something for everyone.

There are so many reasons to attend the conference this year; these are our top five:

1. ACCESS TO THE MOST KNOWLEDGEABLE DOCTORS, THERAPISTS, PRACTITIONERS, AND AUTHORS

- ★ Almost every OCD expert in the country attends the Annual OCD Conference. Some are speakers, some are authors, others are presenting their research. No matter what their role may be, all are available to speak to conference attendees. They stay after presentations, answer your questions, and continue to make themselves available to everyone. This is your chance

to interact with OCD experts and ask them all of the questions you need answers to!

2. LEARN THE LATEST RESEARCH AND THERAPY OPTIONS

- ★ Is CBT still the best treatment? What is ACT, what is mindfulness, and will they help? Are there new medications to try? Find out what's new, what works, and where the research is taking us.
- ★ There are so many topics available—from OCD 101 for beginners, to the latest research for OCD experts, and everything in between. There are experienced people to talk to you about OCD and schools, employment issues, hoarding, BDD, family dynamics, and many other subjects. Sessions range from panel presentations to trivia games, small groups, formal lectures, an improv workshop, and other participant workshops. Evenings are full of social events, ping pong, and support groups — there are so many opportunities to meet others and develop relationships.
- ★ Visit the exhibit hall to learn about many OCD treatment centers all around the United States, meet your local IOCDF affiliate and find out how you can volunteer, and learn about the new online tools and OCD-related apps created. At the Conference Bookstore, hundreds of books written on OCD and related disorders are available for purchase and there will also be book signings where you can meet the authors and hear their stories.

3. STORIES OF HOPE AND SUCCESS

- ★ Whatever stage of treatment you are in, you will be inspired by the many stories you will hear during the conference. Hear from those who have been in your shoes—from the early period of uncertainty and confusion, to the diagnosis and treatment, to early setbacks and struggles, and finally to life after OCD and the future. Every year there are more success stories from those who have taken back their lives and want to share their experiences with others.

4. COMMUNITY AND SUPPORT GROUPS

- ★ More than twenty support groups will be held at this year's conference. You will have the chance to meet individuals and families with the same issues you face daily. How do they cope? What secrets can they share? How can you walk away stronger, smarter, and better able to handle your daily challenges? Find out at a support group!

(continued next page)

FROM THE FOUNDATION

5 Reasons... *(continued)*

- ★ For the last few years, the conference has developed separate tracks for Young Adults and Kids and Teens—not only providing sessions that speak directly to these age groups, but also fostering relationships among the groups that, thanks to social media, continue throughout the year and strengthen during each conference. If your child has never met another kid with OCD, this is his or her chance! Let him or her see that he or she is not alone. Let him or her make new friends while creating an OCD mural, or taking part in a cooking session in the hotel kitchen (the finished product will then be featured at the Saturday Night Social!). It brings joy to all attendees to see young kids running around playing with each other! Many children and teens come to their first conference reluctantly, and leave with a new group of friends—as well as hope for their future.

5. HELP FOR FAMILY MEMBERS

- ★ The OCD Conference is the place to bring family members who don't understand OCD or who don't know how they can help their loved ones get better. There is a lot of information on OCD, and family members who don't understand the disorder will be able to find speakers and literature explaining why their child or loved one can't just "snap out of it."
- ★ Are you a parent who feels alone because your friends and family aren't supporting you and your child with OCD? Find out what help and support groups are out there for you and how to build your own support system. Meet other parents at the conference who are going through the same struggles you are!
- ★ Also learn about ways in which you can help your child with OCD while still being able to parent your other children. OCD is a family affair—it affects family members and loved ones just as much as those who have OCD. The OCD Conference can give you the tools you need to tackle OCD as together as a family.

AND AS AN ADDED BONUS ...

- ★ Many families turn the annual conference into a family vacation. Come to Los Angeles and see California—drive up or down the coast to Monterey or San Diego; visit Disneyland, the Aquarium, drive through Yosemite or just spend time on some of the most beautiful beaches in the country. The weather will be beautiful—we certainly can guarantee sunshine! ○

TEN THINGS TO SEE AND DO IN LA

Los Angeles has many exciting attractions and destinations to enjoy before, during, and after the conference weekend. **Disneyland** is obviously one of the biggest tourist attractions, but there are also some really cool off-the-beaten-track destinations that we are looking forward to visiting.

You can read more about all of these destinations, and access discounts to other LA attractions, on our website at www.ocd2014.org/attractions

1. Ride the roller coasters at Knott's Berry Farm.

Conference attendees can get discounted passes when you use the code "ANAHOTEL14" on www.knotts.com.

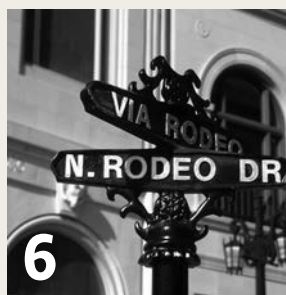
2. Find your favorite celebrity's star on the Hollywood Walk of Fame.



3. Get a hot dog from local favorite, Pink's of Hollywood.

4. Soak in some sun on Venice Beach.

5. Enjoy world famous art at the Getty Center.



6. Do some shopping (or window shopping) on Rodeo Drive in Beverly Hills.

7. Discover your new favorite band at Amoeba Music on the famous Sunset Strip.

8. Stargaze at the Griffith Observatory, or just enjoy

one of the best views in Los Angeles.

9. Stock up on "time traveling supplies" at the unique Echo Park Time Travel Mart.

10. Go behind the scenes at Universal Studios. ○



FROM THE FOUNDATION

Donor Profile: The SoHo Kid Faces His Fear

by Jeffrey Smith, Director of Development

"You gain strength, courage and confidence by every experience in which you really stop and look FEAR in the face. YOU must do the thing which you think you cannot do." – Eleanor Roosevelt

In each OCD Newsletter, I like to share with you a story about a donor or member who has made a difference and helped the IOCDF through their grassroots fundraising efforts. Today, I want to share Joey's story.

Joey's OCD started at a young age. His grandparents were Holocaust and concentration camp survivors and their experience definitely made him aware that danger, as well as beauty, existed everywhere in the world. Joey's father would often travel for work, which made Joey very fearful that something would happen to him. Joey created rituals to prevent this, such as painstakingly making sure that each of his wrestling action figures were in a precise order — if even one were out of place, it would seem as if the world would come to a halt. Other precautions included having a goodnight mantra, which he never missed repeating, and turning a doorknob three times every time he passed it.

In high school, the thing Joey loved most was basketball. He would spend hours calculating his grade point average during class to see what the minimum requirements would be for him to be eligible to play on the team instead of paying attention in class. His anxiety also greatly affected his basketball playing, as he thought that he never seemed to reach his full ability. He ultimately quit the team. While traveling with friends during the summer after his first year of college, an event greatly exacerbated his OCD. His fear turned him into, in his words, "a vegetable, not showering, sleeping, or eating for days at a time." He would do extensive checking, and would remain in isolation for days, and even weeks, at a time.

"My OCD took away years of my life. I reached the brink and was sick and tired of being sick and tired. I realized that I had to seek some help."

Joey learned about cognitive behavioral therapy (CBT) at the University of Pennsylvania in Philadelphia, PA, and decided that it was his last hope. While in Philadelphia, Joey had an "epiphany." He was getting ready to return to his home in Florida and he knew that he had not really participated fully in his treatment. In the very city where the epic boxing movie **Rocky** was made, Joey began to picture his OCD as a heavyweight opponent who was winning the battle against him — it was an epic battle, like Rocky vs. Apollo, but Joey

suddenly knew he wanted to win it. He knew he couldn't do the CBT on his terms, but rather, that he had to do treatment on the treatment's terms.

With this new outlook, Joey successfully completed treatment and moved to New York City. In New York, Joey took his vision of **Rocky** fighting his

OCD and made it a reality. Always an athlete, Joey began to train as a boxer, and earlier this year, he stepped into a boxing ring in New York City as the "SoHo Kid" to train for the 2014 Golden Gloves competition. Joey dedicated his boxing challenge to the OCD community, created an online crowdfunding campaign (see sidebar on next page to learn more) to benefit the IOCDF, and then used social media to ask his family, friends, and colleagues to help support his boxing by donating to the campaign.

Joey fractured ribs in a practice fight the day before the competition and was not able to fight in the Golden Gloves, but his family and friends continued to donate to the IOCDF in support of his victory — not against his boxing opponent, but his victory against his fears and OCD.

The IOCDF is grateful for people like Joey, people who support the mission of the IOCDF by helping to increase awareness about OCD and related disorders right in their own backyard. We often hear from members around the country who, like Joey, want to share with us the amazing work they are doing to help raise funds to support our work at the grassroots level — from putting on a 5K walk, marathon, baseball, or kickball tournament, to hosting a house party or awareness reception, or by making a personal tribute. And we encourage all of you to get out there and do it yourselves! ☉



If you are participating in a grassroots activity to help the IOCDF, we want to know about it. Please contact IOCDF Development Director Jeffrey Smith at jsmith@iocdf.org. Let us share your story!

FROM THE FOUNDATION

Double, or Even Triple, Your Gift to the IOCDF through Workplace Giving

by Jeffrey Smith, Director of Development

Did you know that as many as one in ten gifts that we receive is eligible to be matched by the donor's employer? Each year, approximately \$4.8 billion is donated to America's charities through "Workplace Giving" campaigns. Your employer can set up workplace giving in a variety of ways, but matching gifts programs are one of the most common. Some companies will even match gifts made by retirees and spouses of employees. Ask your Human Resources representative or Charitable Giving/Grants Department if they match charitable contributions as an employee benefit. This could allow you to double, or even triple, your gift to the IOCDF!

Some employers offer their employees the option of giving a small percentage of each of their paychecks to a specific nonprofit through a workplace giving campaign. Please see if we're included in yours, or ask if write-ins are accepted. It's fast, easy, and a great way to keep track of the tax benefits of charitable giving.

ARE YOU A STATE OR FEDERAL EMPLOYEE?

If so, you can give to the IOCDF via one of the many state or federal campaigns. Please consider selecting the IOCDF as a recipient of your workplace giving. If you don't see us

listed on your state campaign, let us know. (We should be listed as International OCD Foundation or our previous name, Obsessive Compulsive Foundation.)

The Combined Federal Campaign (CFC) is a program allowing certain charitable organizations to solicit contributions from employees of the federal government of the United States. The mission of the CFC is to promote and support philanthropy through a program that is employee-focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

CFC is the world's largest and most successful annual workplace charity campaign, with more than 200 CFC campaigns throughout the country and internationally, helping to raise millions of dollars each year. Pledges made by Federal employees (civilian, postal, and military) during the campaign season (September 1st to December 15th) support eligible non-profit organizations that provide health and human service benefits throughout the world, including the IOCDF.

UNITED WAY

The United Way of America is a non-profit organization that works with more than 1,200 local United Way offices

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Have you heard of Crowdfunding?

Crowdfunding is a relatively new way of raising money by asking many people to contribute modest amounts to a specific cause, usually online (through websites such as Kickstarter, FirstGiving, and IndieGogo), or through text messages. Crowdfunding has been used to raise money for charities, disaster relief, and political campaigns, as well as for business startups, musicians, films, and other creative arts.

Many new crowdfunding websites have come out recently, which allow individual supporters like you to create and share your own fundraising campaigns for the cause of your choosing. These sites allow you to create an online profile explaining your fundraising goals and your personal reasons for wanting to get involved, and then instantly share your campaign with the public as well as your Facebook friends, family members, and other social networks.

One crowdfunding site that allows you to raise money directly for non-profits is **Indiegogo.com**. The IOCDF is a registered charity with Indiegogo, making registration with the site that much easier. Starting a campaign on Indiegogo is absolutely free, and by using Indiegogo you can create a

simple and fun campaign, easily tell your friends about it, and collect all of your donations securely online.

USING INDIEGOGO IS AS EASY AS 1-2-3:

1. Register as a user at **www.indiegogo.com**
2. Select an area that best describes your campaign.
3. Set your fundraising goal. (Note: You cannot change your goal once this is set.)

Now, the fun part begins. You get to name your campaign (Get creative! Joey named his, "The SOHO Kid goes for the Golden Gloves"), upload a photo, and share your story. Once you have saved your campaign, Indiegogo allows you to easily email your story to your family, friends, and colleagues. It also allows you to instantly post to social media, such as Facebook and Twitter.

If you are interested in starting a crowdfunding campaign to benefit the IOCDF, and have questions or would like help setting up your campaign, please email Jeffrey Smith, Director of Development, at: **jsmith@iocdf.org**.

FROM THE FOUNDATION

Launching OCD Japan

By Jeff Szymanski, PhD

Shortly after McLean Hospital opened the first residential facility for individuals with OCD in 1997, called the OCD Institute, Dr. Masaru Horikoshi came on staff as a training fellow. His goal was to become an OCD treatment expert and then bring this knowledge and expertise back to his native Japan. Dr. Horikoshi is now the director of clinical training of cognitive behavior therapy and research at the National Center of Neurology and Psychiatry in Tokyo, Japan. This Center was Japan's first training and research center specializing in cognitive behavior therapy (CBT). Over the past several years, I have been in contact with Dr. Horikoshi about expanding resources for individuals affected by OCD in Japan. After a lot of hard work, he was able to launch a new Foundation called OCD Japan at a conference in Tokyo this past spring. And, he invited me to give the Keynote address.

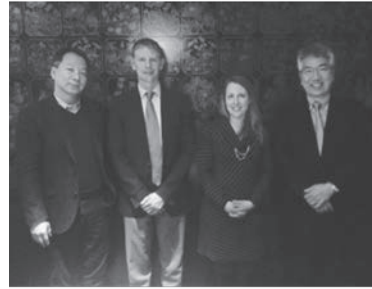


Dr. Jeff Szymanski giving the Keynote talk at the OCD Japan launch conference: "Disseminating CBT for OCD by Bringing Together Professionals and Those Affected: IOCDF as an Example."

My goal for this Keynote address was to encourage all of the attendees to get involved in this new organization and to, over the next few years, continue to expand the organization into a comprehensive resource for individuals in Japan affected by OCD and related disorders. A non-profit organization like OCD Japan is uniquely positioned to build a community of support, raise awareness, reduce stigma, raise funds for research, and encourage advocacy.

I also talked about how OCD Japan will be faced with similar challenges to what we see here at the IOCDF. First and foremost, there are not enough clinicians trained in first-line treatments for OCD (specifically exposure and response prevention, or ERP). OCD Japan is currently considering how they can address this issue on a large scale, maybe even developing a training program modeled after our own Behavior Therapy Training Institute (BTI). I also encouraged them to build interest in the cause via all relevant

stakeholders: researchers, therapists, and individuals affected by OCD and related disorders and their families.



From left to right: Dr. Masaru Horikoshi, Dr. Jeff Szymanski, Dr. Lisa Coyne, and Dr. Yutaka Ono.

After the conference, we met with various leaders in mental health in Japan from the National Center of Neurology and Psychiatry (NCNP), including Drs. Higuchi, Ono, Fukuda, and Hirabayashi. Our conversation centered around the challenges that Japan faces in

developing more CBT services for individuals struggling with mental illness in Japan.

OCD Japan currently has a website online at <https://sites.google.com/site/ocdjapan/home> and I am looking forward to seeing a newsletter, support groups, and maybe a national conference in the near future.

OCD Japan has already been a tremendous Global Partner with the IOCDF and I look forward to many future collaborations with them. Welcome to the mission of helping everyone around the world affected by OCD! ○

Workplace Giving *(continued from page 9)*

throughout the country in a coalition of charitable organizations to pool efforts in fundraising and support. The focus of United Way is identifying and resolving pressing community issues, as well as making measurable changes in the communities through partnerships with schools, government agencies, businesses, organized labor, financial institutions, community development corporations, voluntary and neighborhood associations, the faith community, and others.

Many companies and local businesses around the country hold annual United Way campaigns. Did you know that you may designate a charity to receive your United Way gift, even if they are not located in your local community? Speak with your Human Resource representative or contact your local united way to find out how you can help the IOCDF through your paycheck donation. ○

FROM THE FOUNDATION

Is the City of Houston Criminalizing Mental Illness?

*The following editorial was originally published in the **Houston Chronicle** on April 25, 2014, in response to the recently passed "Anti-Hoarding Ordinance" in Houston, TX.*

Houston city council leaders have recently passed a new Anti-Hoarding Ordinance. While it seems that the authors of this ordinance set out to be sensitive to the complex issues surrounding hoarding disorder, we believe that calling it the Anti-Hoarding Ordinance needlessly stigmatizes those suffering from a mental illness.

Along with the Houston City Council, we recognize that in some cases, the result of hoarding disorder symptoms can often affect neighbors, and that cities are left in a complicated position of determining how to help and protect everyone involved. But hoarding is not a choice, nor can it be easily solved with a fine. Twenty years of research on hoarding disorder has revealed this to be a complex problem made up of three inter-connected difficulties: collecting items to the point that it impacts the safety of the home and the people who live there, difficulty getting rid of collected items, and problems with organization. In fact, research has shown that for individuals who hoard, the areas of the brain used in making decisions about personal items are highly connected to areas of the brain that help determine the emotional value of objects and emotional responding. In other words, when it comes to their possessions, decision-making for people who hoard is much more difficult than for those who don't have hoarding disorder. Telling someone to "just throw that out" isn't going to help, just like telling someone with depression to "cheer up" won't work. Likewise, forcing a rapid clean out of a home mainly serves to traumatize the person (imagine if someone did this to your own home without your permission!) and does not help them learn new skills to change their hoarding behavior. As those of us who do research on this problem have seen over and over, rapid clean-outs change the condition of the property, but only temporarily. Unless the behavior that produces these conditions changes, the property will return to an unhealthy state in short order.

The naming of this new law as the "Anti-Hoarding Ordinance," regardless of the caveats and intentions, has effectively criminalized a mental illness. It is not only stigmatizing, but also potentially subjects people with hoarding disorder to harassment. City officials even recognize this possibility by including the question, "Are we penalizing persons with a mental illness?" in the FAQ

section of their website. Anyone can have a cluttered yard without having hoarding disorder. So, why not just focus on the resulting problematic conditions, rather than on hoarding disorder itself? For example, someone struggling with dementia may not be able to keep up their house as their neighbors would like due to their diminished mental faculties, but I doubt any city would consider an Anti-Dementia Ordinance.

This Anti-Hoarding Ordinance also gives police increased rights to enter homes showing signs of hoarding, and establishes fines (up to \$500 a day) for individuals who fail to comply with directives to change the condition of their homes. We have seen repeatedly that punitive approaches to hoarding disorder like this fail. The result of such fines will only be to impoverish those with little to begin with, while likely doing nothing to help alleviate the underlying problems. And in fact, this is one of the reasons for the rise in Hoarding Task Forces, as an attempt to find a proactive, rather than punitive, approach to dealing with hoarding cases before they reach conditions that threaten the safety of people in and around the affected home.

If local laws needed to be changed to address emerging public health issues, it makes perfect sense to update the laws — but why single out hoarding disorder? Instead of criminalizing a mental illness, cities need to be proactively thinking about how to mitigate the adverse consequences of hoarding behavior by addressing the underlying mental health issues, and helping to resolve these cases sensitively and with help from various agencies.

Our hope is that the this ordinance is implemented in a way that emphasizes humane and effective solutions to help treat hoarding disorder, rather than relying on stigmatizing and counterproductive measures such as punitive fines and forced cleanouts.

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Clinical Instructor of Psychology, Harvard Medical School

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FROM THE FRONT LINES

OCD is No Longer in Charge: One Kid's Story

By Benjamin Shapiro

This article was originally published on the Psychology Today website on May 6, 2014 in the Guest Room column.

The first time I heard the term "Obsessive Compulsive Disorder," or OCD, I was 8 years old.

I had been seeing a therapist because I felt the need to touch certain objects a specific number of times, in a specific way, in order to keep the world safe and keep my parents alive.

I'd created rituals that I thought would allow me to control events. If I touch my doorknob eight times, Mom and Dad will come home unharmed. If I read the same page six times in a row, I won't be orphaned. I was diagnosed with OCD.

Though I despised these repetitions, I needed them. They had an irrational logic which made me feel protected and allowed me to function. But when I turned 12, something cracked: The OCD became so controlling and incapacitating that I had to be out of school for four months. I spent my days with tutors and therapists, and had thoughts about dying.

My phobia began with a somewhat rational fear of kidnapping and progressed to a wholly unfounded dread that my parents would abandon me. Like the majority of others diagnosed with OCD, I tried to stop these obsessions with compulsions, which are like fingerprints, unique to each person. They can range from hand washing to hoarding or alphabetizing belongings.

Dr. Christopher Pittenger, director of Yale's OCD Research Clinic, puts the number of adolescent OCD cases at about 1 in 100 — a little less than the count for adults. That's largely because OCD is underreported in kids: children can't effectively describe what they're feeling and parents often don't recognize the symptoms.

"There's a psychological feedback loop," Dr. Pittenger explains, "where you have an intrusive thought, an obsession (for example: a thought that you are contaminated) and that leads to anxiety or discomfort, and then you do something — like wash your hands — that's the compulsion."

"And that, at least transiently (temporarily), alleviates the discomfort, which is good in the short term but it's actually counterproductive in the long term because it reinforces the thought that the behavior is necessary," he continues. "So you end up with a feedback loop from obsession to anxiety to compulsion to relief."

When one therapist asked me to list all of my habits, my parents were shocked to see it stretch for pages. I felt compelled to touch an object until I felt just right. This "Just-Right Feeling" is a term that the doctor who ultimately helped me, Dr. Jerry Bubrick — director of the Intensive Pediatric OCD Program at the Child Mind Institute in Manhattan, NY — uses to describe the calm that comes with compulsions.

It's like a drug for people with OCD; we will do whatever it takes to get that reassurance, no matter how embarrassing our rituals. When I asked Dr. Bubrick to recall my case for this article, he said, "You were thinking about your obsessions so frequently that they were impairing your life."

Dr. Bubrick states that OCD never truly goes away. "We don't have a cure," he acknowledges. "The science is always evolving and we're trying to find brain markers so we understand how it lives in the brain. But although we don't have a cure, we do have a treatment that can be very effective."

My OCD is managed through a combination of therapy and medication. The drug is Zoloft, categorized as a "selective serotonin reuptake inhibitor", or an SSRI — a fancy name for a drug that tells the OCD to settle down. The SSRI targets the cortico-basal ganglia loop, a complex part of the brain that's overly active in people with OCD.

"Some people with OCD always feel like they're making mistakes," says Dr. Pittenger. "We know that SSRIs can reduce the hyperactivity in that loop."

But it was cognitive behavioral therapy (CBT), more than the SSRI, which brought me down from the ledge, so to speak. If you ask any kid to describe the early stages of this particular treatment, he or she will likely tell you it's miserable, which is more or less the point. CBT means doing the opposite of what your OCD tells you to do. It is like being afraid of heights and then having your doctor plan a visit to the top of the Empire State Building.

Of course, you do not start treatment at the Observation Deck; the treatment plan involves a series of baby steps known as "exposures." Little by little, you expose yourself to each stage of your particular anxiety until you get used to the discomfort and even forget what you were originally so worried about.

"It's an evidence-based, systematic approach," says Dr. Bubrick, "that shows patients that it's okay to face your fears and not do your rituals. And although it's

(continued next page)

FROM THE FRONT LINES

OCD is No Longer in Charge*(Continued from page 11)*

uncomfortable, people learn they can tolerate the anxiety that comes with it and they can get better. It reminds me of my favorite Robert Frost quote: 'The only way around is through.' That's exactly what CBT does."

Dr. Bubrick helped me to get back to school and ordinary life after just a couple of months of exposures and his insistence that I mock my OCD. "If you're able to laugh at it," he explains to me now, "it gives you a little more distance from it and you're able to fight it even more. So I use humor to help people push the thoughts further away from the reality and to fight them better."

Only when my OCD reached an unbearable level did my family seek intensive treatment. I wish we hadn't waited that long. My parents hesitated to let me write this story, but I think candor about childhood anxiety is overdue. This month is "Speak Up for Kids" month at the Child Mind Institute, a special month of awareness meant to break the stigma that silences families. I decided to step forward and "speak up" on the chance that hearing my story might help even one other kid. OCD made me feel alone in a world I was sure only I understood. Had I realized how false that was, and that there are millions of us out there, I might have felt a little less alone.

Now, having just turned 17, I can look back at my 12-year-old self with distance and compassion. Today, I can be just a typical teenager, a luxury my family was not sure I'd ever have. The normalcy of friends, classes, sports, acting in a play, even traveling abroad on my own, feels like a battle won.

Last summer, the Child Mind Institute asked me to mentor other kids at its day camp. I was able to tell the young campers that I'd been where they are, and that I know what it feels like to be trapped in your own head. And that, while there may be no cure, there is always hope. True, the only way around is through. But someone like me made it to the other side. ○

Benjamin Shapiro is an 11th grader in New York City and enjoys acting, improv, tennis, his synagogue, and the New York Times crossword puzzle.

**BLUE PILL** by Mary Swanson

Acrylic paint and spray paint on canvas.

Ms. Swanson's paintings are available to view and purchase on her website at www.maryswansonart.com

A POEM

by Kersty Stahre



I dream of peace in a world
without OCD.

I see a bird in a blue sky.

Imagine if one day I was free.

THERAPY COMMUNITY

25 Tips For Succeeding In Your OCD Therapy

by Fred Penzel, PhD

Psychologist/Executive Director; Western Suffolk Psychological Services
IOCDF Scientific & Clinical Advisory Board Member

I originally wrote this list for my own patients, and then I realized it would be useful to others out there who are just starting or who are currently engaged in treatment.

1. Always expect the unexpected. You can have an obsessive thought at any time or any place. Don't be surprised when old or even new ones occur. Don't let it throw you. Be prepared to use your therapy tools at any time, and in any place. Also, if new thoughts appear, be sure to tell your therapist so you can keep them informed.

2. Be willing to accept risk. Risk is an integral part of life, and as such it cannot be completely gotten rid of. Remember that not recovering is the biggest risk of all.

3. Never seek reassurance from yourself or others. Instead, tell yourself the worst will happen, is happening, or has already happened. Reassurance will cancel out the effects of any therapy homework you use it on and prevent you from improving. Reassurance-seeking is a compulsion, no matter how you may try to justify it.

4. Always try hard to agree with all obsessive thoughts — never analyze, question, or argue with them. The questions they raise are not real questions, and there are no real answers to them. Try not to get too detailed when agreeing — simply say the thoughts are true and real.

5. Don't waste time trying to prevent or not think your thoughts. This will only have the opposite effect and lead to thinking more thoughts. Studies have shown that you cannot effectively stop or push down particular thoughts. Your motto should be, "If you want to think about them less, think about them more."

6. Try to not be a black-and-white, all-or-nothing thinker — don't tell yourself that one slip up means you are now a total failure. If you slip and do a compulsion, you can always turn it around and do something to cancel it. The good news is that you are in this for the long haul, and you always get another chance. It is normal to make mistakes when learning new skills, especially in therapy. It happens to everyone now and then. Accept it. Even if you have a big setback, don't let it throw you. Remember the saying, "A lapse is not a relapse." This means that you never really

go back to square one. To do that, you would have to forget everything you have learned up to that point, and that really isn't possible. Also remember the sayings, "Never confuse a single defeat with a final defeat," (F. Scott Fitzgerald) and as they say in AA, "You can always start your day over."

7. Remember that dealing with your symptoms is your responsibility alone. Don't involve others in your therapy homework (unless your therapist tells you to) or expect them to push you or motivate you. They won't always be there when you need them, but YOU are always there for YOU.

8. Don't get too impatient with your progress, or compare yourself to someone else. Everyone goes at their own pace. Instead, try to simply focus on carrying out each day's therapy homework, one day at a time.

9. When you have a choice, always go toward the anxiety, never away from it. The only way to overcome a fear is to face it. You can't run away from your own thoughts, so you really have no choice but to face them. If you want to recover, you will have to do this.

10. When faced with two possible choices of what to confront, choose the more difficult of the two whenever possible.

11. Review your therapy homework assignments daily, even if you think you know all of them. It is easy to overlook them — especially the ones you don't look forward to doing.

12. If your therapist gives you an assignment you don't feel ready to do, you can speak up and tell them so. As half of the therapist-patient team, you should be able to have a say in your own therapy. The goal is for the homework to produce some anxiety for you to get used to tolerating — not to overwhelm you with it and cause you a setback. On the other hand, don't be afraid to stretch yourself a bit whenever you can.

13. Don't wait for the "perfect moment" to start your therapy homework assignments. Procrastination is a feature of many people's OCD, so start your therapy homework assignments the day you get them. The perfect moment is whenever you begin doing them.

14. Don't be side-tracked by perfectionism. Perfectionism can be another feature of OCD. You may find

25 Tips For Succeeding In Your OCD Therapy *(continued)*

your OCD telling you that if you don't do your homework perfectly, you won't recover. If you do find yourself obsessing about having to do your homework perfectly, you risk turning it into another compulsion. Watch out for having to do your homework according to the same rigid rules each time you do it. Also, don't do your homework so excessively that it takes up your whole day. Remember that you still have a life to live.

15. Try to read over your homework assignments at the start of each day. Don't assume that you know them all and will not forget them.

16. When carrying out assignments, be careful to not provide yourself reassurance and undo your hard work. Telling yourself things like, "It's only homework, and the things I'm saying and doing don't count and aren't real," or "My therapist wouldn't ask me to do something that would cause harm to me or others," or "I'm only doing this because I was told to, so I'm not responsible for anything bad that happens," can undermine all the work your doing.

17. Give your homework your full attention, focus on what you are doing, and let yourself feel the anxiety. Try to not let yourself tune out when doing certain assignments, so that you don't have to feel the anxiety. People sometimes let the homework become routine and do it in a very automatic way as a kind of avoidance. Also, don't do homework while carrying out other distracting activities. You are building tolerance to what you fear, and for that to happen you have to be in the moment with it.

18. When faced with a challenging assignment or an unexpected challenging situation, try to look at it as a positive. View it as another opportunity to get better instead of saying, "Oh, no. Why do I have to do this?" Instead tell yourself, "This will be good for me — another chance to practice and get stronger."

19. Try to not rush through your therapy homework so that you don't have to feel as much anxiety. Take your time, and see if you can view it in terms of all the good it will do you. Getting it over with as quickly as possible is not the goal — raising a moderate level of anxiety and staying with it is the goal.

20. If your homework doesn't really give you any anxiety, tell your therapist about it. If your exposure homework doesn't cause at least some anxiety, it isn't going

to help you that much. On the other hand, try doing all new assignments for at least a week before deciding that they don't make you anxious. Some assignments can cause reactions later on, and it may take doing them a few times before the anxiety occurs.

21. It is sometimes possible for OCD to try to make you doubtful about your homework. It may tell you that you are not in the right treatment, that your assignments cannot possibly make you better, or that you really don't understand what you are doing and won't be able to make it work. Remember that OCD was known as the Doubting Disease, and it will try to cast doubt on anything that is important to you. To fight this, you may have to agree with it by saying, "Yes, that's right. I really won't get better."

22. Never forget that you have OCD. This means that you will not always be able to trust your own reactions or the things you think and feel, especially if they seem to be telling you very negative and extreme things. If you are unsure if something is really a symptom, treat it as a symptom. Better to do a bit more exposure than not enough.

23. Remember that in OCD, the problem is not the anxiety — the problem is the compulsions. If you think the anxiety is the problem, you will only do more compulsions to get rid of it (which will only create more anxiety). If you recognize that the compulsions are the problem, stop doing them, and stay with the fearful situation, then the anxiety will eventually go away as you build up tolerance.

24. Always take a moment to be proud of your own efforts and recognize your successes. It's a good way to help keep up your motivation. Look back at earlier assignments that are no longer challenging if you believe you aren't making progress.

25. Overall, never forget that OCD is very paradoxical and rarely makes much sense. The things that you thought would make you better only make you worse, and the things you thought would make you worse are the very things that will make you better. ○

THERAPY COMMUNITY

Institutional Member Updates

Institutional Members of the International OCD Foundation are programs or clinics that provide intensive treatment and/or specialty outpatient treatment options for OCD and related disorders. These institutions are committed to providing evidence-based treatment for OCD and related disorders, and have staff members who dedicate time to advancing OCD treatment and research. For a full list of these Institutional Members, click "Find Help" on the IOCDF website.

THE ANTIOCH GROUP

**6615 N. Big Hollow Road
Peoria, IL 61615
Phone: (309) 692-6622
Email: office@antiochgroup.com
www.antiochgroup.com**

The OCD Specialty Outpatient Clinic at The Antioch Group in Peoria, Illinois (located centrally between Chicago and Saint Louis) will offer a group focused on adults with OCD starting on Thursday, August 14, and lasting until October 30. The group will be held from 5:30pm-6:30pm and will be facilitated by Bill Blundell, LCPC, and Ellen Kiesewetter, LCPC. This 12-week group will focus on Cognitive-Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) for six sessions, prioritizing Exposure and Response Prevention (ERP) the last six sessions of the group.

The initial Adult OCD Group began in April 2014 and has five participants. The group offers opportunities for each person to identify triggers, beliefs, and core fears that are common with OCD. This current group is going well, and it is encouraging to see the strength and courage of each group member as they commit to the support of each other and plan to face their fears and reclaim their lives.

The Antioch Group is also excited to announce that Bill Blundell, LCPC, was chosen by the IOCDF to lead a support group at the 21st Annual OCD Conference in Los Angeles, California, this July. If you are planning to attend the OCD Conference, consider taking the opportunity to attend a support group or just introduce yourself to Bill.

THE ANXIETY TREATMENT CENTER OF SACRAMENTO

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

The Anxiety Treatment Center of Sacramento welcomes Kathy Ventry, Zenaida Lopez, and Heather Alemeida to our behavioral specialist team, and Sharon Hoakes as Administrative Assistant. We are also pleased to announce the following new groups to augment our Generalized Anxiety Group and Aftercare Group: a support group for family members and loved ones to offer guidance and direction while living with someone who is struggling with OCD and currently in treatment, or has graduated from either our Partial Hospitalization Program or Intensive Outpatient Program; a Social Anxiety Group for Adults that meets weekly utilizing CBT and ERP as treatment; a group offering Dialectical Behavioral Therapy (DBT) to help patients address issues with mood and emotional regulation, and distress tolerance; and a group on Mindfulness-Based Cognitive Therapy (MBCT) using traditional CBT methods and adding in newer psychological strategies, such as mindfulness and mindfulness meditation.

The ATC is also pleased to announce our continued expansion by offering a second Partial Hospitalization and Intensive Outpatient Treatment Program track, in addition to our newest program focused on treating phobias that is offered 5 days per week. Our phobia track utilizes ERP and works with patients both in the clinic and the community.

The ATC has also extended the deadline for the 2014 Face Your Fears Scholarship to July 1, 2014. This opportunity allows for 4 weeks in our Partial Hospitalization Program. Interested candidates must have a diagnosis of OCD and no provisions for insurance. Anyone interested can send a letter of interest to: P.O. Box 279276, Sacramento, CA 95826.

CENTER FOR ANXIETY AND OBSESSIVE COMPULSIVE DISORDERS AT ALEXIAN BROTHERS BEHAVIORAL HEALTH HOSPITAL

**1650 Moon Lake Blvd.
Hoffman Estates, IL 60169
Phone: (847) 755-8566
Email: patrick.mcgrath@abbhh.net
www.abbhh.org**

Alexian Brother's Center for Anxiety and OCD welcomes three new staff to our program. Jennifer Leber will be

THERAPY COMMUNITY

Institutional Member Updates *(continued)*

working in our evening program. She comes to us from our intake department and has always had an interest in OCD. She even came to us for training prior to knowing we had a position opening up. We like her enthusiasm! Paulina Stephens will be joining our day treatment staff. She comes to us from a practice in the area and has always wanted to do ERP with patients, so she looks forward to that being a main focus of her work here at the Center. Finally, Mary Lee has joined us as a resource staff member. A former student of ours, she already has great training under her belt. We are very excited to have Jennifer, Paulina, and Mary on board!

THE MOUNT SINAI OCD AND RELATED DISORDERS PROGRAM

**1240 Park Avenue (on 96th Street & Madison Avenue)
New York, NY 10029
Phone: (212) 659-8823
Email: amira.hanna@mssm.edu
www.mountsinaiocd.org**

The Obsessive-Compulsive and Related Disorders Program at Mount Sinai is excited to announce a free group Cognitive-Behavioral Therapy (CBT) program for children (ages 8-12) with OCD. An individual evaluation and consultation will be completed by a child psychologist to determine eligibility. The program consists of 12 weekly sessions of CBT with exposure and response prevention (ERP), two sessions of which are dedicated to parent management of OCD. Please contact us for more information about enrollment at (212) 659-8823.

We continue to offer individualized and specialized outpatient treatment for children, adolescents, and adults with OCD and related disorders, including tic disorders, body dysmorphic disorder, hoarding, skin picking, and trichotillomania. We specialize in multidisciplinary, evidence-based treatment that is tailored to each patient's unique needs. For severe and treatment refractory cases of OCD, deep brain stimulation can be offered.

THE OCD INSTITUTE AT MCLEAN HOSPITAL

**115 Mill Street
Belmont, MA 02478
Phone: (617) 855-3279
Email: ddavey@ocd.mclean.org
www.mclean.harvard.edu/patient/adult/ocd.php**

The OCD Institute continues to experience high demand for its services, both residential and partial hospital treatment.

We are happy to announce the formal expansion of our partial hospital program in response to the heavy demand for these services. This will allow for the step down of our residential patients to partial hospital treatment, and also for the admission of additional patients directly from the community who do not require residential treatment.

We are also excited about the expansion of our services to include treatment for children and adolescents early this fall. Dr. Lisa Coyne will be the Program Director of our new child/adolescent center, and comes to us with a broad range of clinical and research experience in childhood anxiety disorders. Dr. Carl Fleisher has been hired as the program's Medical Director. We look forward to serving kids and teens, for whom services are often a challenge to find! The new program will be located just south of Boston on McLean's Southeast campus, in a serene wooded setting newly renovated for our use.

For questions about any OCD Institute admission, please call our Admissions office at (617) 855-3371.

THE OCD RESOURCE CENTER OF FLORIDA

**4901 NW 17th Way, Suite 101
Ft. Lauderdale, FL 33309
Phone: (954) 962-6662
Email: ocdhope@gmail.com
www.ocdhope.com**

We are pleased to announce that Douglas Jones, MEd has joined our practice as a Psychology Resident. Doug is completing his PhD at the University of Florida and has a strong interest and background in OCD and anxiety treatment with children. We are happy to have Doug on our treatment team!

ABC News 20/20 is doing a story on OCD and its treatment, and is presently in the process of filming the treatment process with Dr. Bruce Hyman as one of the lead therapists for the project. The broadcast is scheduled for the fall of 2014.

(continued next page)

THERAPY COMMUNITY

Institutional Member Updates *(continued)*

ROGERS MEMORIAL HOSPITAL

34700 Valley Road
Oconomowoc, WI 53066
Phone: (800) 767-4411 (ext. 1347 or 1050)
Email: bthomet@rogershospital.org or
kkaul@rogershospital.org
www.rogershospital.org

Building on the strong foundation of Rogers OCD and anxiety treatment programs and the CBT leadership of Brad Riemann, PhD, we are expanding our child and adolescent OCD programming with the addition of a new partial hospitalization program (ages 6 and up) in Oconomowoc, WI. The goal of the program is to reduce OCD and anxiety symptoms while offering the appropriate level of structure and support.

Rogers continues moving forward on our OCD treatment programming in Tampa, FL, with a target opening date of fall 2014. We are excited to announce that Stephanie Eken, MD, current medical director of the Child Center, will now be serving as a regional medical director for Rogers' partial hospitalization and intensive outpatient programs. She will partner in Tampa with Eric Storch, PhD, a University of South Florida psychologist who serves as clinical director.

Our extensive programming is also expanding with a new partial hospitalization program for post-traumatic stress

disorder. Specializing in single-incident trauma for adults, the goal of the program is to improve symptoms and daily functioning through a multidisciplinary approach. Evidence-based treatment will include cognitive behavioral therapy (CBT), as well as mindfulness and acceptance strategies. Chad Wetterneck, PhD serves as the clinical supervisor for this new program opening on May 12.

SAGE ANXIETY TREATMENT PROGRAM

601 University Avenue, Suite 225
Sacramento, CA 95825
Phone: (916) 614-9200
Email: Robin@SagePsychotherapy.org
www.SagePsychotherapy.org

Sage Anxiety Treatment Program will offer two new treatment groups:

Social Anxiety Group for High School-Age Youth: This ACT-based group will meet for 8 sessions with a new group beginning every 10 weeks. The group is facilitated by Ryan Cheperka, Ph.D.

Body-Focused Repetitive Behaviors Treatment Group: This group utilizes ACT as well as HRT in order to help treat BFRBs and also end the emotional struggle with the urges. This group is facilitated by Courtney Harrison, MFTI. ○

Introducing the New Mental Health Student/Trainee Membership!

The International OCD Foundation is excited to unveil a new membership option for undergraduate and graduate students currently studying a mental health field, as well as unlicensed recent mental health graduates.* This membership allows students and trainees access to many of the benefits we provide to professional members, but at a significant cost savings.

BENEFITS:

- Subscription the quarterly *OCD Newsletter*
- Access to members-only Newsletter Archive (coming in June 2014)
- Email updates from the IOCDF (with opt-out available)
- An IOCDF wristband
- Reduced registration fee for the Annual OCD Conference
- Invitation to Professional Networking Luncheon with leading OCD experts at the Annual OCD Conference
- Eligibility for Annual OCD Conference Research Poster Travel Awards and Scholarships
- Access to a members-only LinkedIn group for professional networking and access to a databank of OCD specific training opportunities (coming soon)

FEE: ~~\$50~~ **Introductory rate of \$45** if you join before July 2014! Go to www.iocdf.org/membership/ to join today!

*In order to qualify for the student/trainee membership, you must be a student currently enrolled in a mental health training program, or a recent graduate who is not yet licensed. This includes those studying psychology, psychiatry, counseling, or social work at the undergraduate or graduate level. To verify eligibility, after signing up as a member, we request a copy of your transcript or a letter from your advisor, confirming your course of study, to be emailed to IOCDF member coordinator, Tiia Groden, at tgroden@iocdf.org. Once we receive your documentation, your membership will be activated, granting you access to the benefits listed above.

Ketamine's Rapid Effects in Depression and OCD: Cause for Hope and Caution

by Carolyn Rodriguez, MD, PhD

Assistant Professor

Medical Director, Translational Therapeutics Program
Columbia University Department of Psychiatry

For the past six months, I've been asked a lot of questions about a drug called ketamine.

My patients ask: "Will ketamine help me?"

My colleagues ask: "Is ketamine safe for my patients?"

Ketamine is an FDA (Food and Drug Administration) approved drug for anesthesia during surgery and for pain relief — in both adults and children. Over the past 14 years, several research studies have shown that low doses of ketamine can have rapid, positive effects in depression.¹⁻⁵ In 2011, we published the first example of ketamine rapidly reducing OCD symptoms.⁶ Last year, we found the same results in a larger research study and showed that low doses of ketamine can have similar rapid, positive effects in OCD as they do in depression.⁷

Because ketamine has FDA approval, it can be prescribed legally by any physician. In fact, there are many clinics advertising ketamine infusions for depression, OCD, and other conditions. But, ketamine is still in the early stages of research for use in depression and OCD. I have my own concerns, and I believe we need more evidence before we say that it is safe to use in people with these mental illnesses.

As a researcher, my goal is to find new treatments that are fast-acting, effective, and safe. Serotonin reuptake inhibitors (SRIs) are the only medications currently approved by the FDA to treat OCD. SRIs take a long time (2 to 3 months) for symptom relief, and even then about half of patients taking them will experience only a small amount of reduction in their OCD symptoms.⁸ Imagine taking your brother to the doctor after he has broken his wrist and being told he will need to take pills for eight to 12 weeks, and if he is lucky the pain will get a little bit better. This is not acceptable for any illness — especially one that significantly impairs functioning, causes great emotional pain, and costs the U.S. economy more than \$2 billion annually.⁹ Yet, this is

what I have to tell my OCD patients. We need better and faster acting medications for OCD and other severe mental illnesses.

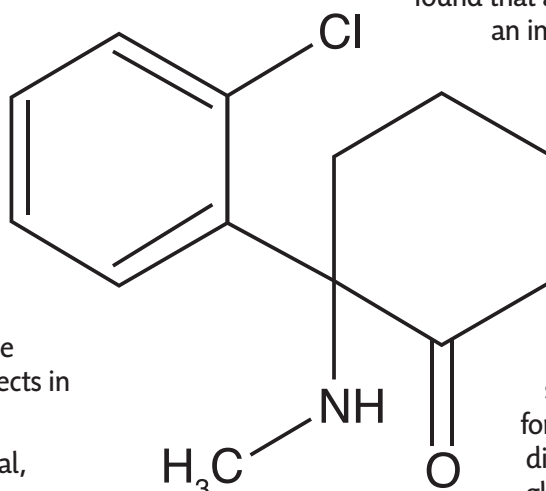
My research involves a chemical in the brain called glutamate, which is the main chemical involved in the communication between brain cells. There is more and more evidence that glutamate plays a significant role in OCD symptoms.¹⁰ And, ketamine has the ability to change levels of glutamate in the brain.

In our randomized clinical research trial of ketamine compared to saline (a non-active treatment used as a control for comparison) in adults with OCD, we found that a single low dose of ketamine caused an immediate decrease in OCD symptoms in all participants.⁷ In some, this rapid benefit lasted up to one week. One participant, with this positive response to the infused ketamine, told me "I feel as if the weight of OCD has been lifted... I want to feel this way forever."⁷

This is very exciting for patients, families, researchers, and clinicians, since there have been no new treatments for OCD since the 1980s. Ketamine's different way of working in the brain (using glutamate, instead of serotonin as SRIs do) also opens up new ways of research for OCD treatments.

Seeing first-hand the suffering of individuals with OCD and the promise of ketamine, I understand why patients might rush to these clinics for ketamine. At the same time, I believe that ketamine is not yet ready for safe general use.

Ketamine can be misused or abused, as is seen by its use as a recreational drug called "Special K." Ketamine also has negative side effects during use, including feeling dissociated (e.g., feeling as if you are not connected with reality or your own body), which we and others have reported in studies.^{7,11} Others have described that people with co-occurring psychiatric disorders, including post-traumatic stress disorder (PTSD) and self-harm, may feel worsening mood and anxiety as OCD symptoms return.¹² Little is known about the lasting benefits and long-term side effects of ketamine.¹³ The study of ketamine has so far taken place only in highly monitored research settings, and other settings may not carefully screen patients for whether



(continued next page)

RESEARCH NEWS

Ketamine's Rapid Effects in Depression and OCD *(continued from page 19)*

or not they may abuse the drug. Other settings also may not have the ability to respond in case of a medical emergency. These are serious concerns that require more study before we begin to routinely use ketamine for the treatment of depression and OCD.

We need to know more about how ketamine works in the brain. Ketamine could be a tool to help us learn more about the links between the brain and our behavior— this may open doors to other drugs that act in the same way, and maybe with fewer side effects. In addition, there are many questions that need to be answered about ketamine, such as: Are there ways to make ketamine's effects in depression and OCD last longer? Are there better ways of taking ketamine? We are studying these questions in our clinic right now.

If you or a loved one want to participate and partner with researchers looking to answer these and other questions, you can find research studies online at www.clinicaltrials.gov. There is a lot of need for this kind of research, and I have high hopes that we will find new treatments for OCD and depression. It is an exciting time for the field of psychiatry, and by working together we can find safe, rapid, and effective treatments that provide relief to individuals suffering with mental illnesses. ○

Note: A shorter version of this article was originally published in the Huffington Post on March 25th, 2014; copyright Dr. Carolyn Rodriguez.

RESOURCES

Research into treatment options for OCD and related disorders is critical to finding new and improved treatments. The success of these studies also depends on having volunteers to participate. In many cases, these studies offer low-cost or free treatment, in addition to the knowledge that you are helping to advance research in the field. In addition to the Research Listing on page 21 of this newsletter, the following websites are good places to search for reputable research institutions that may currently be recruiting research participants:

For information on current research studies by IOCDF Institutional and Professional Members, and other research institutions currently seeking participants for OCD research:

International OCD Foundation Research Listings

<http://www.iocdf.org/Participants.aspx>

To find an OCD study in the New York City or Tri-State Area: **Columbia University Center for OCD and Related Disorders**

<http://www.columbia-ocd.org/>

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RESEARCH NEWS

Research Participants Sought

The IOCDF is not affiliated with any of the following studies, but we provide this information as a service to our members. The studies are listed by alphabetically by state, with online studies and those open to multiple areas at the end.

If you are a researcher who would like to include your research listing in the OCD Newsletter, please contact Stephanie Cogen, Assistant Program Director, at scogen@iocdf.org.

CALIFORNIA

UCLA Research Study: Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder (OCD)

This study is investigating what, if any, changes in brain chemistry take place in adults with OCD as a result of cognitive behavioral therapy (CBT). We will measure amounts and distribution of glutamate in the brain using MRSI (Magnetic Resonance Spectroscopic Imaging) scans before and after 4 weeks of CBT.

The study offers:

- Diagnostic evaluation
- 4 weeks of FREE intensive CBT (exposure and response prevention): 90 minutes/day, 5 days per week
- MRI/MRSI brain scans
- Neurocognitive testing

General inclusion/exclusion criteria for our study:

- Have no history of bipolar disorder, a psychotic disorder, or substance dependence
- Are in good physical health
- Have not already had more than 30 hrs of CBT for OCD
- Are right-handed
- Between the ages of 18 and 65
- Either not taking psychiatric medications or on a stable dose of a serotonin reuptake inhibitor (only) for at least 12 weeks

Study conducted by Jamie Feusner, MD, and Joseph O'Neill, PhD.

For more information about the MRI/CBT study, call: (310) 206-0468

Are You Concerned About Your Appearance?

- Are you between the ages of 18 and 30?
- Are you concerned about specific features of your appearance that you believe are ugly or unattractive?
- Are you spending much of your day thinking about your appearance?
- Are you avoiding mirrors or spending a lot of time looking in the mirror?
- Is your concern causing a lot of distress and/or interfering with your functioning?

If so, you may have a psychiatric condition called Body Dysmorphic Disorder, and may be eligible to take part in a study that is providing free:

- Diagnostic Evaluation
- Brain scans: functional Magnetic Resonance Imaging (fMRI)
- EEG

In addition, you will be paid for your participation.

Study conducted by Jamie Feusner, MD, and Michael Strober, PhD.

For more information: call (310) 206-0468 or email csheen@mednet.ucla.edu

<http://www.semel.ucla.edu/bdd/research>

MASSACHUSETTS

Parents with OCD Needed to Participate in Research Study

If you are a parent with OCD and have a child or children between the ages of 8-18, you may be eligible to take part in a research study at the Massachusetts General Hospital. We are studying the thinking styles of parents with OCD and those of their children.

Your participation will include 1 phone visit (45-90 minutes) and 1 clinic visit (approximately 60-90 minutes). The research study visits involve assessments of you and your child(ren). Assessments are comprised of three components, including: 1) diagnostic interviews with the parent with OCD about him/herself and his/her eligible children, 2) questionnaires completed by parents and children about various psychological experiences, and 3) cognitive assessments of parents and children in the clinic on the MGH campus. The parent will receive a \$50 gift card for completing the diagnostic interviews and each family member that attends the clinic visit will receive an additional \$25 gift card. If the family drives, parking will also be reimbursed.

In-person study visits will take place at our clinic at MGH in Boston. For more information, or if you're interested in taking part in the study, please contact Natalie at 617-724-4354 or nmatheny@partners.org. *(continued on next page)*

Research Participants Sought *(continued from page 21)*

Suffer from OCD?

Do you or does someone you know suffer from obsessive-compulsive disorder?

Adams Clinical Trials is conducting a study of an investigational medicine in adults with OCD.

Participants may be compensated up to \$100 per completed visit in the 14 visit study.

Please call (617) 387-1706 or visit adamsclinical.com to learn more or sign up.

ONLINE STUDIES

Tell us what type of treatments and services you find most acceptable for your difficulties with clutter.

A Web-Based Study from Columbia Psychiatry

Do you have difficulty discarding or parting with possessions, excessive collecting, or clutter in your home? If so, you may be eligible to participate in an anonymous online survey (IRB #6677) to help us better understand what kinds of treatments and services are acceptable to you. The entire study will take you approximately 30 minutes to complete. After completing the survey, you can enter for a chance to win a \$100 Amazon.com gift card. Take the survey here:

<https://www.surveymonkey.com/s/3PVQKT6>.

For further information, please call Amanda Levinson at (212) 543-5081 or visit our website:

Columbia Psychiatry Hoarding Research Program
<http://www.columbiapsychiatry.org/hoarding/>

Individuals with either Obsessive-Compulsive Disorder or Hoarding Disorder Needed for Research Study

PI: Jedidiah Siev, PhD

The OCD and Related Disorders Clinic affiliated with Nova Southeastern University (Fort Lauderdale, FL) is seeking volunteers to participate in a brief and simple online survey pertaining to decision-making styles. Participants will have the opportunity to enter their name in a drawing for a chance of winning one of two \$25 gift cards to P.F. Chang's, one of two free meal gift cards (approximately a \$13 value) to Sweet Tomatoes, or one for four \$25 gift cards to Whole Foods supermarkets.

To participate in this study, you must:

- Have a diagnosis of Obsessive Compulsive Disorder or Hoarding Disorder
- Be at least 18 years of age
- Be fluent in English

If you meet these criteria and would like to participate, please access the survey at:

<http://j.mp/148vUKc>

If you would like more information, please contact us at:

Nova Southeastern University
Center for Psychological Studies

Contact:

Lori Merling - lm1675@nova.edu
Jedidiah Siev, PhD – js3088@nova.edu

Call: 954-262-5809. ○

FROM THE AFFILIATES

Affiliate Updates

Our affiliates carry out the mission of the International OCD Foundation through programs at the local, community level. Each of our affiliates are non-profit organizations that are run entirely by dedicated volunteers. If you would like to find help in your community or would like to volunteer in grassroots efforts to raise awareness and funds locally, please contact one of our affiliates. For more information, visit: www.iocdf.org/affiliates

OCD CONNECTICUT

www.ocdct.org

OCD Connecticut is a new affiliate and we are looking forward to supporting the mission of the IOCDF in the state of CT. We have had an exciting start! OCD CT was on the planning and development team for The Connecticut Forum's March 7th session "An Honest Look at Mental Illness," which was a conversation about perceptions, realities, and what it's like to work and live with the stigma of mental illness.

In May, we were present at the 3rd Annual Course on the Treatment of OCD and Related Disorders, sponsored by Yale School of Medicine and directed by OCD CT's Clinical & Scientific Advisory Board member, Dr. Christopher Pittenger, MD, PhD.

Team Connecticut is excited to be walking in Boston on June 7th at the 1 Million Steps 4 OCD Walk, and we are planning educational activities for OCD Awareness Week in October. Volunteers are welcome to assist with planning for the future of OCD CT. Please check out our website for more information and like us on Facebook at: [Facebook.com/OCDConnecticut](https://www.facebook.com/OCDConnecticut)

OCD GEORGIA

www.ocdgeorgia.org

OCD Georgia held its first annual 5K run/fun run/walk in Athens, Georgia on May 17, 2014. We had lots of excited runners and many faithful sponsors. Quite a few of our runners were out for their very first 5K run and many of them won awards.



We want to thank the Anxiety and Stress Management Institute and

Georgia Center for OCD and Anxiety for their Gold level sponsorship; and A. Shayne Abelkop, Alice M. Deal, Imagine Design Athens, The Clinic at Virtually Better, Josh Spitalnick, Christina M. Hall, and Kathleen McKinney Clark for their Bronze sponsorship.



OCD JACKSONVILLE

www.ocfjax.org

OCD Jacksonville is moving ahead with its plans for the 2014 OCD Symposium! The event will be held at the University of North Florida (UNF) on Friday, October 24 from 8:00am to 4:30pm. Registration and continental breakfast begin at 8:00am. Tickets can be purchased through the UNF Box Office. This year's theme is OCD Related Disorders. OCD Jax is proud to announce that Drs. Sabine Wilhelm and Bruce Hyman will be our special guest lecturers.

Dr. Wilhelm will be speaking on Body Dysmorphic Disorder, and Dr. Hyman will address the audience on Health Anxiety Disorder. Each expert will entertain questions from the audience. The 2014 OCD Symposium promises to be an exciting and informative event. Mark your calendars now!

Please stay tuned for more information concerning dates for registration and other details. As always, mental health professionals, the college and university community, allied health professionals, the public, and those affected by OCD and their families are invited. We hope to see you there!

OCD MASSACHUSETTS

www.ocdmassachusetts.org

This September, OCD Massachusetts is starting new lecture series and support group programs at Smith College in Northampton and at North Shore Hospital in Salem. These programs are in addition to our existing programs at McLean Hospital and UMass Medical School. Please visit our website for more details at www.ocdmassachusetts.org

OCD MIDWEST

www.ocd-midwest.org

OCD Midwest is looking for volunteers for our second Ping Pong for OCD event this fall. Please email Patrick McGrath at patrick.mcgrath@alexian.net if you would like to help us out this year.

OCD NEW JERSEY

www.ocdnj.org

On June 9th, Dr. David Siegman will present at our quarterly meeting in New Brunswick, NJ. The topic will be the application of ACT for OCD in treatment. This event is open and free to both professionals and the general public.

OCD New Jersey will participate in the 2nd annual NBC 4 New York and New York Giants Health & Fitness Expo. The Expo will take place at MetLife Stadium on Saturday, July 19 and Sunday, July 20, 2014 from 9:00 am – 3:00 pm both days, and we shall be manning a table with information about OCD NJ and the IOCDF.

OCD SACRAMENTO

www.ocdsacramento.org

On behalf of the IOCDF, OCD Sacramento was pleased to lead the First Annual 2014 1 Million Steps 4 OCD Walk. Our success could not have been achieved without the generous support of the staff at the IOCDF, our committee members, and volunteers. This fundraiser helped to

(continued on next page)

FROM THE AFFILIATES

Affiliate Updates *(continued from page 23)*

OCD SACRAMENTO *(continued)*



increase awareness on proper treatment for OCD, offer hope and inspiration, work toward ending stigma, and raise funds for continued research.

OCD Sacramento also announces its 2014 Annual Wine and Cheese Event. This is an opportunity for therapists to come together and share the work they are doing in the community, network, and collaborate towards developing a comprehensive resource base. This event will be held on August 21 at 6:30pm at 9300 Tech Center Drive, Suite 250, Sacramento, CA 95826. Last year, we enjoyed each other's company until almost midnight, so come prepared for a fun night! For more information, contact Dr. Robin Zasio, PsyD, LCSW at (916) 366-0647. Please also visit our website for our monthly presentation line up including topics on OCD, Hoarding Disorder, Body-Focused Repetitive Disorders, Mindfulness, and Medication Management.



OCD SOUTHERN CALIFORNIA

www.ocdsocal.org

The Southern California IOCDF affiliate is undergoing a change in leadership: Jim Sterner of The Gateway Institute has accepted the position of affiliate president. Our mission is to increase awareness and understanding of OCD throughout Southern California by sponsoring educational programs, connecting families with local resources, and developing a community that supports those with OCD, their families, and supporters. The Southern California affiliate will be serving Los Angeles, Orange, San Diego, Riverside, and Imperial counties. Please visit our website for more information.

Our first event will be an Open House mixer on June 14, and it will be held at the Gateway Institute in Costa Mesa from 1:00pm to 4:00pm. We will have the opportunity to meet and discuss affiliate plans, and the upcoming 21st Annual OCD Conference in Los Angeles. Please visit us at our Southern California affiliate booth during the conference, and join us for an informal mixer so we can introduce ourselves!

OCD TWIN CITIES

www.ocdtc.org

OCD Twin Cities is still in the early stages of development, but we are happy to announce that Alison Dotson is the new President and Jackie Lea Sommers is the new Communications Director. We are working on updating our website. We have had a new logo designed and hope to have that incorporated throughout soon. We are also slowly but surely ramping up for some local events. Please contact us at info@ocdtc.org for more information or if you are interested in volunteering.

OCD WESTERN PA

www.ocfwpa.org

A limited number of travel awards are available for Western Pennsylvania members hoping to travel to Los Angeles for the IOCDF Conference. OCD Western PA will provide a \$300 reimbursement towards airfare or hotel expenses for individuals who could not otherwise attend. Please contact Elaine Davis, PhD, at edavis@ocfwpa.org for more information.

We hope everyone can join us for our Pool Party this summer. All members, family, and friends are welcome to join us. Bring your own dinner supplies (grills will be available) or feel free to order from any of the local restaurants providing delivery. Swim, dance, play basketball or tennis from 7:00pm-9:00pm. This will be a great summertime social event for everyone. Information on the location and the date will be sent to all members as soon as the pool schedule is set for the year.

Thank you to everyone who came out to walk with us on June 7 for the 1 Million Steps 4 OCD fundraising campaign to raise money and awareness for OCD and receive your OCD Awareness bracelet! It was an informal walk; hopefully we can organize a full one next year. We also appreciate all the virtual walkers who couldn't make it to Schenley Park that day. Great job everyone!

OCD WISCONSIN

www.ocdwisconsin.org

OCD Wisconsin has been working on our strategic plan. One of our new committees is our Programs Committee. We have programs planned for May, September, and October for OCD Awareness week this year. On May 6th, Bradley C. Riemann, PhD, presented a public event titled "Treatment of OCD: Keys to Success and New Directions".

Bradley C. Riemann, PhD, is clinical director of Rogers' Obsessive-Compulsive Disorder Center and Cognitive-Behavioral Therapy Services. He supervises the training of graduate and post-graduate students from around the country for CBT in anxiety disorders and collaborates with colleges and universities on research projects investigating OCD and other anxiety disorders. Dr. Riemann serves on the IOCDF's Scientific & Clinical Advisory Board, and is Chair for the Clinical Advisory Committee. He also serves on the Clinical Advisory Board for ADAA. He has authored numerous scientific papers on OCD and anxiety and has spoken at national and international conventions, including the IOCDF's Annual OCD Conference, the Association for Behavioral and Cognitive Therapies, the Anxiety Disorders Association of America. ○