

Austin

26TH ANNUAL OCD CONFERENCE
July 19–21



PROGRAM GUIDE

8:00am–5:00pm

IOCDF Research Symposium Lone Star F/G

co-chaired by **Christopher Pittenger, MD, PhD, & Carolyn Rodriguez, MD, PhD**
keynote speaker is **Odile van den Heuvel, MD, PhD**

Sponsored by



The goal of this Symposium is to provide a forum for high-level discussion of research topics among people who specialize in the study of OCD and related disorders. The IOCDF Research Symposium grew out of the popular regional New England OCD Research Symposium (NERS), originally created by Dr. Christopher Pittenger and co-sponsored by Yale University and the International OCD Foundation. In an effort to expand the reach of this invaluable research forum, we began offering the symposium as a Pre-Conference event in 2016.

Now in its 4th year, the Symposium is intended as a complement to the "Research to Clinical Practice" track for researchers who attend the Annual OCD Conference. The Research Symposium brings researchers together from around the world to discuss their findings, fostering increased collaboration and networking across research groups. This is in contrast to the "Research to Clinical Practice" track, where research findings are presented to a mixed audience of researchers, therapists, and consumers who are interested in advanced level topics. It is our hope that these complementary offerings will make the Annual OCD Conference a truly enriching experience for OCD and related disorders researchers.

9:00am–5:00pm

Exploring Clinical and Community Interventions for Hoarding and Cluttering JW Grand 3/4

Randy Frost, PhD, Smith College; Gail Steketee, PhD, MSW, Boston University; Jordana Muroff, PhD, LICSW, Boston University; Christiana Bratiotis, PhD, MSW, University of British Columbia; Lee Shuer, CPS, Mutual Support Consulting; Bec Belofsky Shuer, Mutual Support Consulting; Jesse Edsell-Vetter, Metro Housing/Boston; Erin Winsor; Marnie Cooper

This full-day program will be aimed at a broad audience of professionals and peers with various roles and responsibilities related to hoarding disorder. The first section will cover basic information about the disorder and its treatment. Next on the agenda will be training in skills necessary for intervention, including sorting and discarding, organizing, and resisting acquisition. Just after lunch will be a presentation on the role of peers and family supports in hoarding disorder. After that will be a video-based presentation of experiments with discarding designed to examine attachments to possessions. The day will end with a one-hour panel including the pre-Conference faculty responding to audience questions.

1:00pm–6:00pm

Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder JW Grand 2

Robert Hudak, MD, University of Pittsburgh Department of Psychiatry; Fred Penzel, PhD, Western Suffolk Psychological Services; Rebecca Sachs, PhD ABPP, CBT Spectrum; Jonathan Hoffman, PhD, ABPP, Neurobehavioral Institute

OCD occurring in people with Autism Spectrum Disorder (ASD) entails many challenges and nuances, especially given the heterogeneity of these clinical presentations. Diagnostic issues are fraught with difficulty as many of the characteristics of ASD can look like OCD symptoms, with the reverse being true as well. Becoming familiar with ASD symptomology as well as how OCD presents differently in individuals with OCD is vital for designing effective clinical interventions. Individuals with ASD can indeed benefit from Cognitive-Behavioral Therapy (CBT), including E/RP, but standard methodologies must be modified appropriately. Failure to tailor OCD treatment for ASD increases the probability of treatment refusal or failure. To help clinicians achieve the best possible outcomes for their patients, this seminar aims to impart a comprehensive model for understanding and addressing OCD in those with ASD — which includes family therapy, as well as community education and outreach.

6:30pm–7:30pm

Support Group for Parents of Kids with OCD 301

Jennie Kuckertz, MS, McLean Hospital; Melissa Mose, PhD

Parenting a child with OCD presents a variety of challenges. Parents often struggle to resist accommodating OCD symptoms while remaining compassionate and attuned. This task becomes even more challenging when conflicting needs arise among siblings, other family members, or your own self-care. This support group will create a space for parents to reflect on their experience of parenting a child with OCD as well as practical issues such as how to respond when a child refuses treatment, strategies for managing siblings, and finding resources in the community. This discussion will be facilitated by two clinicians who work with children with OCD and their families, one of whom is also a parent of a child with OCD.

Support Group for Parents of Teens with OCD 306

Amy Jenks, PsyD, Bay Area OCD and Anxiety Center; Stacey Dobrinsky, PhD, Stress and Anxiety Services of New Jersey, LLC

The goal of this support group is to create community among parents of teens with OCD, help new parents at the Conference meet other people like themselves, and offer a safe place to discuss the challenges and learning that come from living with a teen with OCD. Parents who are new to the diagnosis will find support and helpful information from more experienced parents. Those who have been living with OCD for longer can share what has and hasn't worked, and the shifts they have seen as their teen has grown and developed.

Support Group for Parents of Adult Children with OCD 302

Ben Eckstein, LCSW, Bull City Anxiety

This support group is intended for parents of adult children with OCD. There are many unique challenges that arise for parents when OCD continues into adulthood. This group will provide parents a safe and supportive space to discuss their experiences navigating this journey. Topics may include: encouraging loved ones to seek treatment, fostering motivation, setting boundaries, eliminating accommodation behaviors, managing dependent adults who are still in the home, and adjusting expectations for adult children with OCD.

Peer Support Group For People Who Have Too Much Stuff 303

Lee Shuer, CPS, Mutual Support Consulting

Are you buried in treasures? Are you trapped under plunder? You're not alone! Millions of people around the world can relate to your experience and many of us are here in Austin! Lee will create a positive, safe, supportive environment where you may share your wisdom, vent frustrations, and renew or realize hope for a life less cluttered! This support group is led by and for people who have too much stuff.

Tonight's for Us - Peer Support for People Whose Loved Ones Have Too Much Stuff 304

Bec Belofsky Shuer, Mutual Support Consulting

It's rare to find a support group for people who feel crowded out by their loved one's stuff; let's celebrate this opportunity to be together! We happen to love people who are intensely attached to their possessions. Sometimes we wonder if our people love things more than they love us. Some days we think they do. This is a chance for us to feel safe as we share our concerns and frustrations. It's also a place to support one another's vision for better living. We will talk about the idea of seeing our selves rise as a priority in our households because that is something we don't often get to indulge in. Tonight it's encouraged. That's why Tonight's for Us.

Support Group for Aging People with OCD 305





Marshall Strax, EdD, LPC, College of Saint Elizabeth; Carol Strax, EdD, Dominican College

In this support group people with OCD will have an opportunity to share their thoughts and feelings about aging with OCD. Explore and share the grief and loss of social interactions, every day life activities, relationship intimacies, and education and career loss - opportunities lost in the myriad OCD issues - having lived so many years with OCD. Explore and share your feelings of sadness and regrets having had OCD before more recent comprehensive treatments were developed. Discuss navigating challenges of lost physical abilities and other chronic illnesses effecting your ability to cope with rituals and other activities of every day survival with OCD.

FRIDAY SCHEDULE

OVERVIEW

FRIDAY, JULY 19

7:00am–8:00am	Compassion Collective Daily Support Group <i>Breathing Room, Brazos, Level 2</i> View details on page 26.	
7:00am–8:00am	Light Breakfast <i>Buffet Breakfast throughout Exhibit Hall, Griffin Hall Level 2</i> A light breakfast is provided for all attendees. High top tables will be scattered throughout the rear of the Exhibit Hall (see Conference Site Maps on pages 10–11 for exact location). It is encouraged to take food items with you into the breakout rooms.	 Breakfast
7:00am–6:00pm	Check-in and Onsite Registration for Annual OCD Conference <i>Conference Registration Desk, Level 4</i>	
7:00am–6:00pm	Continuing Education Desk Open <i>Continuing Education Desk, Level 4</i> All Professional attendees seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. View details on page 8.	
7:00am–5:30pm	Exhibit Hall Open OCD Conference Bookstore Open Art Gallery Open IOCDF Information & Welcome Booth Open <i>Exhibit Hall, Griffin Hall Level 2</i> See page 60 for a list of Exhibitors.	 Bookstore
8:00am–9:00am	Morning Stretch Group! <i>Breathing Room, Brazos, Level 2</i>	
8:00am–5:30pm	Conference Presentations See pages 26–35 for full schedule of presentations.	
8:00am–5:30pm	Youth Programming <i>Kids: Lone Star A, Level 3</i> <i>Middle Schoolers: Lone Star B, Level 3</i> <i>Teens: Lone Star C, Level 3</i> See page 17 for full schedule of activities and pages 26–35 for details.	
11:15am–12:30pm	Book Signings at OCD Conference Bookstore See page 15 for a list of authors.	 Bookstore
11:15am–12:30pm	Lunch on your Own Check Program Guide Insert for local restaurant listings. Stop by the Exhibit Hall to join in on WRITE ON! with Not Alone Notes.	
2:15pm–3:45pm	A Taste of Mindfulness <i>Breathing Room — Brazos, Level 2</i> See page 30 for more details.	
6:00pm–10:00pm	Friday Evening Activities & Support Groups Turn to pages 33–35 for descriptions and a detailed schedule.	

8:00AM – 9:30AM

9:45AM – 11:15AM

12:30PM – 2:00PM

EVERYONE	HOW TO NAVIGATE THE ANNUAL OCD CONFERENCE Ethan Smith; Elizabeth McIngvale, PhD, LMSW; Lisa Mueller, LMSW <i>Lone Star E</i>	RESPECTING RELIGIOSITY: TREATING SCRUPULOSITY AND OTHER TABOO OBSESSIONS WITH A VALUES-ORIENTED APPROACH Jedidiah Siev, PhD; Jaclyn Weisman, PhD; Lindsay Brauer, PhD <i>203/204</i>	CBT FOR OCD: AN OVERVIEW AND UPDATE FOR CONSUMERS AND FAMILIES Jonathan Abramowitz, PhD; Jennifer Buchholz, MA <i>JW Grand 5</i>
EVERYONE	I HAVE OCD AND I'M AFRAID I'M REALLY GONNA DO IT!: RESPONDING TO THE FEAR OF LOSS OF IMPULSE CONTROL Allen Weg, EdD <i>203/204</i>	OCD 101: UNDERSTANDING WHY YOU HAVE IT AND WHAT YOU CAN DO ABOUT IT Jonathan Grayson, PhD <i>Lone Star E</i>	ATHLETES AND OCD Jenna DiLossi, PsyD; Evelyn Stewart, MD; Cali Roper; Lennie Waite, PhD <i>Lone Star E</i>
LIVING WITH OCD	THE POOP GROUP Jason Elias, PhD <i>JW Grand 5</i>	HOW INHIBITORY LEARNING CHANGED OUR THERAPY: A THERAPIST AND CLIENTS' EXPERIENCE Mary Torres, LMHC; Mike Stelten; Lacey Wisniewska; Rachel Carlson <i>JW Grand 5</i>	JUMPING SUCCESSFULLY THROUGH HOOPS: DISABILITY RIGHTS, ADVOCACY, AND BEST ROADS TO REINTEGRATION Elna Yadin, PhD; Susan Rushing, MD, JD; Marilyn Spencer, JD; Sarah Chorley, PhD, CCSP; Nancy Newman, Esq., CRS <i>203/204</i>
YOUNG ADULTS	SOCIAL MEDIA, OCD, AND DEPRESSION: WHEN ITS TIME TO CLOSE THE APP Christopher Trondsen, AMFT, APCC; Nathalie Maragoni, AMFT; Stephen Smith; Genevieve Kales; Alegra Kastens, AMFT <i>JW Grand 2</i>	COLLEGE CONFIDENTIAL OCD EDITION: DIVERSE PERSPECTIVES ON TRANSITIONING TO COLLEGE WITH OCD Tori Green; Cassie Marzke; Rachel Davis, MD; Ron Marzke <i>JW Grand 2</i>	TAKING CHARGE: MEDICAL DECISION MAKING AND EDUCATIONAL SELF-ADVOCACY Danielle Cooke, MS; Andrea Guastello, PhD; Ryan McCarty; Joseph McNamara, PhD; Jessica Zakrzewski, MRes <i>JW Grand 2</i>
PARENTS AND FAMILIES	IT'S ALL IN THE FAMILY: HOW TO SUPPORT YOURSELF AND YOUR LOVED ONE WHEN OCD MOVES IN Megan Morris, BSN; Jayme Valdez, LMHC; Nancy Kuehn; Kathryn; Deirdre Booth, PsyD, BCBA <i>Lone Star D</i>	MY CHILD ISN'T MOTIVATED FOR ERP, NOW WHAT? BEHAVIOR MODIFICATION AND ERP STRATEGIES TO STRENGTHEN MOTIVATION AND COMMITMENT William Oakley, PsyD; Amy Jacobsen, PhD; Katie Kriegshauser, PhD; Amy Mariaskin, PhD <i>Lone Star D</i>	"HMMM, IS THAT OCD?" HELPING CAREGIVERS ON HOW TO APPROACH THEIR LOVED ONE'S OCD SYMPTOMS Jelani Daniel, LMSW, LPC; Eric Storch, PhD; Elizabeth McIngvale, PhD, LMSW; Constantina Boudouvas, LMSW <i>Lone Star D</i>
HOARDING	VISUALIZING SPACE: A VALUES-BASED APPROACH TO LIVING WITH LESS CLUTTER Lee Shuer, CPS <i>JW Grand 3/4</i>	HOARDING: THE BASICS Gail Steketee, PhD, MSW; Christiana Bratotis, PhD, MSW <i>JW Grand 3/4</i>	"I'M TAKING CONTROL OF MY STUFF AND MY LIFE": USING CBT AND ERP TO COMBAT HOARDING BEHAVIORS Robin Zasio, PsyD, LCSW; Renae Reinardy, PsyD <i>JW Grand 3/4</i>
THERAPISTS INTRO	"OCD OR NOT OCD? THAT IS THE QUESTION." DISTINGUISHING OCD FROM COMMON MISDIAGNOSES AND DISCUSSING TREATMENT DIFFERENCES Jelani Daniel, LMSW, LPC; Eric Storch, PhD; John Hart, PhD; Rebecca Hamblin, PhD <i>JW Grand 7/8</i>	INTRUSIVE THOUGHTS, SCRUPULOSITY AND JUST RIGHT OCD: ENHANCING READINESS FOR ERP IN KIDS AND TEENS Aureen Wagner, PhD <i>201/202</i>	DANGEROUS COMPULSIONS: WHEN TREATMENT IS AN EXPOSURE FOR CLINICIANS Charles Brady, PhD; Patrick McGrath, PhD; Jon Hershfield, MFT; Amy Jacobsen, PhD <i>201/202</i>
THERAPISTS ADVANCED	WORKING WITH SCRUPULOUS INDIVIDUALS: A FORUM FOR CASE CONSULTATION AND CONVERSATION Jedidiah Siev, PhD; Ted Witzig Jr., PhD; Alec Pollard, PhD <i>201/202</i>	TAKING YOUR SKILLS IN ACT TO THE NEXT LEVEL Michael Twohig, PhD <i>JW Grand 7/8</i>	SEX AND INTIMACY IN OCD: IMPACT, ASSESSMENT, AND TREATMENT IN ADOLESCENTS AND ADULTS Joshua Nadeau, PhD; Martin Franklin, PhD; Betty Horng, PhD <i>JW Grand 7/8</i>
RESEARCH TO CLINICAL PRACTICE	WHERE TO BEGIN? TREATING PTSD AND OCD Katherine Dondanville, PsyD; Charity Wilkinson-Truong, PsyD; Zachary Infantolino, PhD <i>Lone Star F/G</i>	TREATMENT CONSIDERATIONS IN PEDIATRIC OCD: PERSONALIZING GOLD-STANDARD CARE Alessandro De Nadai, PhD; Eric Storch, PhD; Monica Wu, PhD; Joseph McGuire, PhD <i>Lone Star F/G</i>	"BACK TO THE FUTURE" AGAIN!: FAMILY ACCOMMODATION FROM RESEARCH TO PRACTICE, WHERE ARE WE AFTER 32 YEARS? Barbara Van Noppen, PhD, LCSW; Anthony Pinto, PhD; June Lijun Ding, MD, MPH; Bjarne Hansen, PhD; Alec Pollard, PhD <i>Lone Star F/G</i>

2:15PM – 3:45PM

4:00PM – 5:30PM

See pages
26–35 for
detailed
descriptions
of each
presentation.

ASK THE EXPERTS GOES LIVE

Michael Jenike, MD; James Claiborn, PhD
Lone Star E

FROM HOME BASED CARE TO RESIDENTIAL TREATMENT: WHAT LEVEL IS RIGHT FOR YOU OR YOUR FAMILY MEMBER

Patrick McGrath, PhD; Alec Pollard, PhD; Timothy DiGiacomo,
PsyD; Jason Krompinger, PhD; Ben Harris, LPC
JW Grand 5

OCD HAS MANY (MORE) FACES

Erin Nghe, LCSW; Terrence Ching, MS;
Charlene Salvador; Saleha Hansbai
203/204

EXPOSURE THERAPY FOR BDD: AN INTERACTIVE WORKSHOP FOR PATIENTS, FAMILIES, AND CLINICIANS

Scott Granet, LCSW; Chris Trondsen, AMFT, APCC
203/204

BDD SUCCESS PANEL: A DISCUSSION OF HOPE AND RECOVERY

Thomas Smalley; Scott Granet, LCSW; Jake;
Christopher Trondsen, AMFT, APCC
JW Grand 5

WHAT'S SO FUNNY ABOUT OCD?

Ethan Smith; Michael Jenike, MD;
Jonathan Hoffman, PhD
Lone Star E

SEX EDUCATION: THE OCD VERSION

Jess Kotnour; Genevieve Kales; Chrissie Hodges, PSS;
Jaques Esses, LMSW
JW Grand 2

THANK YOU, NEXT... DIAGNOSIS: A PANEL ABOUT FOUR INDIVIDUALS WITH A COMORBID DIAGNOSIS

Jonathan Abramowitz, PhD; Morgan Rondinelli; Linda Olmos;
Kylie Clore; Mary Wilson
JW Grand 2

OUR TURN: OCD THROUGH THE EYES OF SIBLINGS

Michelle Witkin, PhD; Naia A.; Charlotte Baier; Katie Rorex;
Matt Witkin
Lone Star D

FAMILIES ONLY

Linda McIngvale; Laura McIngvale-Brown;
Elizabeth McIngvale, PhD, LMSW
Lone Star D

INNOVATIVE PRACTICES FOR COMMUNITY-BASED HOARDING INTERVENTION

Christiana Bratiotis, PhD, MSW; Jordana Muroff, PhD, LICSW;
Jesse Edsell-Vetter; Kate Kysow, MA;
Lindsay Bacala, MSW
Grand 3/4

HOARDING KEYNOTE: REFLECTIONS ON THE SHORT HISTORY OF HOARDING DISORDER

Randy Frost, PhD
JW Grand 3/4

LOVING DETACHMENT AND NON-VIOLENT RESISTANCE: NEW FAMILY BASED APPROACHES FOR MANAGING OCD

Kathy Rupertus, PsyD; Barbara Van Noppen, PhD, LCSW;
Yaara Shimshoni; Patricia Perrin Hull, PhD
201/202

THERAPEUTIC ADJUSTMENTS FOR DIFFICULT TO TREAT OBSESSIVE COMPULSIVE DISORDER

Jerry Halverson, MD; Bradley Riemann, PhD;
Martijn Figee, MD, PhD; Evelyn Stewart, MD
JW Grand 7/8

SYNERGIZING EXPOSURE THERAPY WITH ACT: ACCEPTANCE-BASED ERP

Jennifer Buchholz, MA; Jonathan Abramowitz, PhD
Lone Star F/G

PLENARY DEMISTIFYING THE GUT- IMMUNE-BRAIN AXIS IN OCD AND RELATED DISORDERS

Mady Hornig, MA, MD
JW Grand 7/8

SESSION AVAILABILITY

Seating at all workshops, seminars, and lectures is
on a first-come, first-served basis.



EVERYONE



LIVING WITH OCD



PARENTS & FAMILIES



YOUNG ADULTS



HOARDING



THERAPISTS



RESEARCH TO CLINICAL PRACTICE



BDD



*Workshops with black outline are
eligible for CE/CME credits.

These tracks are intended to help you decide
which presentations may be the most appropriate
for you, but all of our presentations are open to
everyone.

7:00am–8:00am

The Compassion Collective: A Self Compassion Based Support Group

Breathing Room — Brazos

Kimberley Quinlan, LMFT, CBTschool.com; Michelle Massi, LMFT, Anxiety Therapy LA

This therapist-led support group will meet daily during the breakfast hour to provide support and helpful tools to help participants improve motivation, self-compassion, and confidence. This group is aimed to provide support and motivation to Conference attendees who would benefit by being with a consistent and like-minded community each morning. The group leaders will begin the support group by introducing a helpful self-compassion tool for participants to practice throughout the day. Participants will then have an opportunity to practice the tool in the group session and then ask questions about its application. Group participants will also have to chance to share their experience with other participants and seek guidance and support.

8:00am–9:30am

Morning Stretch Group! (INTRODUCTORY)

Breathing Room — Brazos

Morgan Rondinelli, Not Alone Notes

Join us to start your day with a morning stretch group! This will involve seated, light stretches that individuals of all ability levels can participate in. It will be inspired by classical ballet training, but will be easier than yoga! The goal is to reduce muscle tension and start your day mindfully with self-care. We will play soothing music while stretching as well. Let's get moving!

How to Navigate the Annual OCD Conference (INTRODUCTORY)

Lone Star E

Ethan Smith, IOCDF National Ambassador; Elizabeth McIngvale, PhD, Peace of Mind Foundation; Lisa Mueller, Founder of OCD-Support for Teens

Led by IOCDF Ambassadors and Conference veterans, this session is for anyone who wants to learn to navigate this amazing (but occasionally overwhelming) event. The presenters will discuss the logistics of the Conference: the who, what, where, why, and how. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the Conference.

I have OCD and I'm Afraid I'm Really Gonna Do It!: Responding to the Fear of Loss of Impulse Control (INTRODUCTORY) *

203/204

Allen Weg, EdD, Stress and Anxiety Services of NJ, LLC

Fear of loss of impulse control (FLI) is a specific presentation of OCD, where the focus of the obsession is the idea that one will do something out of character, often violent, sexual, and/or illegal, or at the very least embarrassing. In these situations, there is absolutely no desire on the part of the person to do these things. This presentation will focus on the assessment of this OCD subset, and how therapists can design appropriate ERP interventions to treat this particular manifestation of the disorder. Multiple case examples will be specifically illustrated. Appropriate family responses to FLI OCD will be reviewed.

The Poop Group (INTRODUCTORY)

JW Grand 5

Jason Elias, PhD, CBTeam LLC

Back by popular demand! The Poop Group is an interactive presentation targeting obsessions and compulsions that occur while using the bathroom. The purpose of this talk is to destigmatize the process of pooping and other bathroom habits, while learning important information and strategies. Since the first Poop Group in 2011, I have heard from what seems like hundreds of people at subsequent Conferences that they wish they could have attended or want to see it again. This symposium is entertaining and inspirational, with a fair amount of Q&A. There will be something for everyone at this symposium but it is intended for individuals with OCD. Content and questions from attendees may veer into adult topics not appropriate for younger attendees.

Social Media, OCD, and Depression: When It's Time To Close the App (INTRODUCTORY)

JW Grand 2

Christopher Trondsen, AMFT, APCC, OCD Southern California; Nathalie Maragoni, AMFT, APCC, OCD Specialists of Los Angeles; Stephen Smith, nOCD, Inc; Genevieve Kales, OCD SF Bay Area; Alegra Kastens, AMFT, UCLA Adult OCD Intensive Outpatient Program

Social media can be fun, allowing us to like pictures of our celebrity crushes. However, for individuals with OCD, social media can bring on feelings of depression. Friends and acquaintances without OCD post showing off how great their lives are, leaving young adults with OCD feeling behind compared to their peers. Making matters worse, many come across "I'm SO OCD" posts that belittle their struggles. This workshop discusses the dangers of comparing one's self to others on social media and how to deal with people whining about having OCD merely because they use hand sanitizer. The panel concludes with ways to use social media for good; connecting to others with OCD, joining online support groups, and spreading factual OCD information!

It's All In The Family: How To Support Yourself And Your Loved One When OCD Moves In (INTRODUCTORY)

Lone Star D

Megan Morris, BSN, University of Pittsburgh Medical Center; Jayme Valdez, LMHC, Clearview OCD Counseling LLC; Nancy Kuehn; Kathryn; Deirdre Booth, PsyD, BCBA

Getting a diagnosis of OCD can be scary not only for the person suffering, but also for their loved ones. Many family members feel anxious themselves and wonder how best to support their loved one without further enabling them. Your loved one is going through a lot, and you are stumbling as to figure out how to help. If you'd like to hear some firsthand experiences from those who have OCD and from family members who have cared for their loved ones with it then come and chat with us! We'll have perspectives from teens, parents, a nurse, a school psychologist, and a therapist — all of whom live with OCD in one way or another.

Visualizing Space: A Values-Based Approach to Living with Less Clutter (INTRODUCTORY)

JW Grand 3/4

Lee Shuer, CPS, Mutual Support Consulting

How would your home look if the best possible you lived there? In this entertaining and informative presentation, Lee and Stephen will talk about how connecting with values can change the way you think about decluttering. Values can be reclaiming space, wanting to breathe; spending quality time with loved ones, etc. After a brief mindfulness exercise, we will ask participants to share what they really want from their homes and how to keep their "eyes on the prize." Participants will learn the difference between goals and values. The emotions behind clutter and decluttering are often intense and debilitating. We will explore how to nurture positive emotions to encourage and create positive change.

"OCD or not OCD? That is the question." Distinguishing OCD from Common Misdiagnoses and Discussing Treatment Differences (INTRODUCTORY)*

JW Grand 7/8

Jelani Daniel, LMSW, LPC, Baylor College of Medicine; Eric Storch, PhD, Baylor College of Medicine; John Hart, PhD, The Menninger Clinic; Rebecca Hamblin, PhD, University of Texas-Medical Branch

All too often people are misdiagnosed as having a particular mental disorder when the diagnosis that best fits them is OCD. Conversely, the reverse scenario also often occurs, where an individual is diagnosed as having OCD when a different disorder may be more appropriate. This can pose great difficulties if the treatment that is utilized does not best fit the proper diagnosis of the patient. This panel will discuss some of the more common misdiagnoses, including obsessive compulsive personality disorder, autism spectrum disorders, bipolar disorder, and schizophrenia. In this panel, we will identify their main distinctions for diagnosis and discuss treatment differences between OCD and these common misdiagnoses.

Working with Scrupulous Individuals: A Forum for Case Consultation and Conversation (ADVANCED)*

201/202

Jedidiah Siev, PhD, *Swarthmore College*; **Ted Witzig, Jr. PhD**, *Apostolic Christian Counseling and Family Services*; **Alec Pollard, PhD**, *St. Louis University*

Many experienced OCD therapists struggle to treat scrupulosity. The symptoms are entangled with religious or moral values that may be unfamiliar to, or not shared by, the therapist. Furthermore, scrupulosity is associated with poor insight and magical thinking, and many common scrupulous obsessional fears are inherently untestable. The purpose of this panel is to create a forum for therapists to discuss and receive feedback from the panelists and other colleagues about challenging scrupulosity cases. In addition to case consultation, we anticipate that the specific issues and challenges that participants raise will catalyze a conversation more broadly about approaches, techniques, and ideas to improve treatment outcomes for scrupulous patients.

Where to Begin? Treating PTSD and OCD (ADVANCED)*

Lone Star F/G

Katherine Dondanville, PsyD, *StrongStar PTSD Research Consortium*; **Charity Wilkinson-Truong, PsyD**, *Stress & Anxiety Services of NJ*; **Zachary Infantolino, PhD**, *Stress & Anxiety Services of NJ*

People diagnosed with PTSD and OCD may experience substantial impairment and finding an effective treatment can be difficult. Clinicians may struggle to identify one or both of these disorders, and once they do, they may question which to treat first. Understanding which developed first can be helpful though not sufficient. Avoidance associated with PTSD and OCD interacts with one another and maintains the disorders. Though exposure treatment is indicated for both diagnoses, PTSD treatment includes exposure to traumatic memories whereas OCD treatment includes exposure to obsessional fears. Psychologists will discuss their experience in working with clients who experienced a variety of trauma etiologies including combat, sexual assault, and childhood abuse. Special focus will also be paid to military culture.

Kids and Parents Orientation (ELEMENTARY KIDS)

Lone Star A

Susan Boaz, *International OCD Foundation*; **Madeline Conover, LMHC, REAT**, *The Motivation & Change Group*

This orientation will discuss the logistics of the Conference and provide an overview of the Kids Room (suggested ages = 10 and younger) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the Conference.

Middle Schoolers and Parents Orientation (MIDDLE SCHOOLERS)

Lone Star B

Denise Egan Stack, LMHC, *International OCD Foundation*; **Kat Rossi, LMHC**

This orientation will discuss the logistics of the Conference and provide an overview of the Teen Room (suggested age range = 11-14 years old) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the Conference.

Teens and Parents Orientation (HIGH SCHOOLERS)

Lone Star C

Dede Booth, LMHC, REAT, *McLean Hospital - OCD Institute*; **Meg Dailey, Lisa Coyne, PhD**, *Child and Adolescent OCD Institute at McLean Hospital*

This orientation will discuss the logistics of the Conference and provide an overview of the Teens Room (suggested ages = 14 and older) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the Conference.

9:45am–11:15am

Respecting Religiosity: Treating Scrupulosity and Other Taboo Obsessions with a Values-Oriented Approach (ADVANCED)*

203/204

Jedidiah Siev, PhD, *Swarthmore College*; **Jaclyn Weisman, PhD**, *University of Chicago*; **Lindsay Brauer, PhD**, *University of Chicago*

Providing effective, evidence-based treatment to individuals with scrupulosity and taboo obsessions can often present as a difficult feat for both clinician and client. Panelists provide case presentations highlighting strategies to translate evidence-

based treatments to scrupulosity and taboo obsessions in a manner demonstrated to be tolerable and effective to clients. Strategies include: use of family members to challenge obsessions and unreasonably rigid religious practices, differentiation of personal values from obsessions, and use of multimedia resources to enhance explanation of religious practices between client and clinician to reduce compulsion. Time will be allotted after the presentations for questions from the audience.

OCD 101: Understanding Why You Have It and What You Can Do About It (INTRODUCTORY)

Lone Star E

Jonathan Grayson, PhD, *The Grayson LA Treatment Center for Anxiety & OCD*

The target audience for this population is first time attendees (newly diagnosed with OCD and/or unfamiliar with Exposure/Response Prevention). This not only includes those adults and teens who have OCD, but also their families and professionals who want to learn how to present the concepts of ERP to their clients. The presentation will start by helping attendees to understand the interplay of learning and biology in creating their OCD and the crucial role intolerance of uncertainty plays in most forms of OCD. This will provide the basis for the second part of the presentation, which will explain the ins and outs of ERP and why after treatment they won't be normal, they will be better than normal.

How Inhibitory Learning Changed Our Therapy: A Therapist and Clients' Experience (ADVANCED)

JW Grand 5

Mary Torres, LMHC, *Cornerstone OCD & Anxiety Group*; **Mike Stelten; Lacey Wisniewska; Rachel Carlson**

The latest research in OCD and anxiety treatment shows Inhibitory Learning has been a beneficial adjunct to exposures and ERP. Dr. Michelle Craske and her teams at UCLA, as well as Dr. Jonathan Abramowitz's team at the UNC, have been pioneering the advances that Inhibitory Learning brings to exposure work for anxiety and ERP for OCD respectively. Just a basic understanding has given my work with clients a lift in treatment. The more I learn the strategies and incorporate them into my work the better our experience has been, especially with clients in remission! I'll share how I incorporated Inhibitory Learning, and clients will share how they experienced it in our work together. We will provide Q&A, and examples of exposures.

College Confidential OCD Edition: Diverse Perspectives on Transitioning to College with OCD (ADVANCED)

JW Grand 2

Tori Green, Cassie Marzke, *A Penny for Your Intrusive Thoughts*; **Rachel Davis, MD**, *University of Colorado*; **Ron Marzke**

Transitioning to college can be difficult for anybody, but it can be especially difficult for those with OCD. In this presentation, we will discuss ways to manage this transition from multiple perspectives. Panelists include a professional OCD psychiatrist with experience working in the college environment, two college students with OCD and a parent of one of the students who is also a college professor. We will explore topics such as leaving home, living alone and with a roommate, navigating disability accommodations, the process of taking a medical withdrawal, switching therapists, and talking to professors about mental health concerns. We will end with a question and answer session between the audience and the panel.

My Child Isn't Motivated for ERP, Now What? Behavior Modification and ERP Strategies to Strengthen Motivation and Commitment (INTRODUCTORY)

Lone Star D

William Oakley, PsyD, *Kansas City Center for Anxiety Treatment, P.A.*; **Amy Jacobsen, PhD**, *InSight Counseling, LLC*; **Katie Kriegshauser, PhD**, *Kansas City Center for Anxiety Treatment, P.A.*; **Amy Mariaskin, PhD**, *Nashville OCD & Anxiety Treatment Center*

Many parents encounter challenges with getting their child or teen to comply with exposure and response prevention (ERP) treatment. Several factors naturally affect this, such as the youth's fear of confronting triggers, the intensity of obsessional fears and associated urges to avoid/ritualize, and lower motivation for change. Many parents notice that their own motivation for treatment is stronger than their child's, often resulting in frustration, conflict, continued family accommodation, and discontinuation of treatment. This workshop will discuss these challenges and provide concrete behavior modification strategies and ERP approaches to increase a youth's motivation for treatment and a family's empowerment to take on OCD.

Hoarding: The Basics (INTRODUCTORY)*

JW Grand 3/4

Gail Steketee, PhD, MSW, Boston University; Christiana Bratiotis, PhD, MSW, University of British Columbia

This workshop will highlight basic findings from research and practice on hoarding, including excessive acquisition, difficulty organizing, sorting and letting go of possessions, and reducing clutter. Basic features of hoarding disorder, multi-method assessment strategies, and intervention components will be described, including strategies for practitioners from multiple disciplines — mental health, public health, housing, protective services, first responders and animal protection. The presenters will illustrate basic practice methods that they and their colleagues have developed to help improve client motivation and help clients gain understanding and skills to resolve hoarding and related problems. Descriptions of CBT interventions will range from individual to group treatments delivered by mental health professionals, other practitioners, and peers. Models for community interventions will be noted.

Intrusive Thoughts, Scrupulosity and Just Right OCD: Enhancing Readiness for ERP in Kids and Teens (INTRODUCTORY)*

201/202

Aureen Wagner, PhD, The Anxiety Wellness Center

Kids and teens with intrusive thoughts, scrupulosity or just-right OCD may find exposure techniques especially counterintuitive; misconceptions and ensuing anticipatory anxiety can be challenging to overcome. This workshop offers a systematic and proactive clinical approach to optimize engagement in treatment for young clients. Case vignettes will illustrate specific steps to cultivate treatment readiness prior to exposure, address the right versus the wrong goal of treatment, and reduce reluctance and drop-out. The creative application of cognitive and behavioral strategies will be presented, with case examples. Attendees will participate in developing exposure hierarchies for each manifestation of OCD and discussion.

Taking Your Skills in ACT to the Next Level (ADVANCED)*

JW Grand 7/8

Michael Twohig, PhD, Utah State University

This workshop is a middle to advanced training and is oriented towards therapists who have some familiarity with acceptance and commitment therapy (ACT). We will move beyond basic descriptions of what ACT is, and focus using this approach in a more theoretically accurate way. We will work on issues such as; therapeutic context, setting the course for therapy, therapy style, how the six ACT processes interact with each other, common pitfalls, and what to do when stuck. These issues, and others, will be covered didactically and in demonstration. We will also discuss ACT as it is applied to OCD and other OC-related disorders. Conversation and discussion are welcome.

Treatment Considerations in Pediatric OCD: Personalizing Gold-Standard Care (ADVANCED)*

Lone Star F/G

Alessandro De Nadai, PhD, Texas State University; Eric Storch, PhD, Baylor College of Medicine; Monica Wu, PhD, University of California, Los Angeles; Joseph McGuire, PhD, Johns Hopkins University

While exposure and response prevention (ERP) and pharmacotherapy are gold standard interventions for pediatric OCD, less research has focused on how to customize these approaches to individual OCD symptom presentations. To address this gap, we will review how new research on different OCD subtypes and treatment approaches can be used to personalize treatment. Through a series of expert presentations, we will address several clinical factors, including the presence of specific OCD symptom dimensions (e.g., washing, checking, religious) and the presence of co-occurring autism spectrum disorder. We will also consider pragmatic factors, including cost effectiveness of different treatment options. We will discuss how this information can guide treatment selection for multiple stakeholders (individual patients, clinicians, clinics) and address audience questions.

When Pesky Obsessions Show Up: Stop, Choose, and Shake it Off! (ELEMENTARY KIDS)

Lone Star A

Patricia Zurita Ona, PsyD, East Bay Behavior Therapy Center

Anxiety happens, obsessions happen, and our body feels it. What about learning some body movements to handle those pesky obsessions? This activity will teach kids how to handle those moments, find their choice point when feeling anxious, and relate to their breathing, body posture, and body as their friends. Let's do this!

Warrior Launch: In the Beginning (Part 1): Mission Assignment: Beginning Your Conference (or OCD) Journey (MIDDLE SCHOOLERS)

Lone Star B

Christen Sistrunk, LPC, Houston Center for Valued Living; Ivy Ruths, PhD

The OCD Conference is a great way to learn about OCD, but with so much information available it can be difficult to sift through. Emerging 5th through 8th grade school warriors will receive their own "OCD Journey Journal" where important topics such as triggers, obsessions, compulsions, and building a support team are introduced. These are just a few of the key elements to successfully navigating the OCD journey. Warriors will be encouraged to continue looking for additional information throughout the Conference and to add to their OCD Journey Journal. Warriors will then be asked to return on the closing day of the Conference for a final mission assignment, review of critical information learned, and collect their victory reward.

Discovering Your Why: Valued Action and OCD for Adolescents (HIGHSCHOOLERS)

Lone Star C

Lisa Coyne, PhD, McLean OCDI Jr.

When it is loud, OCD can keep you in captivity - in a little room made from really scary thoughts, doubts, and feelings - and prevent you from building and finding joy in other parts of your life. In this acceptance and commitment therapy (ACT) workshop for teens, we'll discuss the cost of being "stuck" in OCD, getting out of thought traps, and winning back your freedom by discovering your values. We'll do some talking and listening, do some activities and exercises to get you in touch with the things that truly matter, and commit to small actions that will help you build a life you could love.

12:30pm–2:00pm

CBT for OCD: An Overview and Update for Consumers and Families (INTRODUCTORY)

JW Grand 5

Jonathan Abramowitz, PhD, University of North Carolina at Chapel Hill; Jennifer Buchholz, MA, University of North Carolina at Chapel Hill

We will provide an overview of cognitive behavioral therapy (CBT) for OCD, including an update on the latest advances in the field. This will include a brief introduction to exposure response prevention, ACT, and cognitive therapy; how these treatments work; and a brief review of research findings on their effectiveness. The presentation will emphasize recent developments, such as the application of exposure therapy with couples, the use of ACT along with exposure therapy, the use of technology in CBT, and the inhibitory learning perspective on exposure therapy. Treatments will be described using case illustrations, and attendees will be encouraged to ask questions. The presentation will be geared to consumers with OCD and their families who may be less knowledgeable about CBT.

Athletes and OCD (INTRODUCTORY)

Lone Star E

Jenna DiLossi, PsyD, Center for Hope & Health; Evelyn Stewart, MD, B.C. Children's Hospital; Cali Roper, LMSW; Lennie Waite, PhD, University of Saint Thomas Psychology Professor

Athletics requires mental focus, determination, skill, and will power. Athletes face many challenges of having to balance everyday life with their training routines, avoiding injury or burnout, and staying physically and mentally healthy. In addition to the everyday stressors of athletes, some may also face mental challenges including OCD or unhealthy controlled eating habits. This panel will focus on the differentiating factors of OCD versus determination and drive and when OCD becomes detrimental to one's performance. We will also discuss the cross over between OCD, eating disorders, over-exercise, and orthorexia in order to help individuals find ways to be mentally healthy and engage in their desired athletics.

Jumping Successfully through Hoops: Disability Rights, Advocacy, and Best Roads to Reintegration (INTRODUCTORY)

203/204

Elna Yadin, PhD, University of Pennsylvania; Susan Rushing, MD, JD, University of Pennsylvania; Marilyn Spencer, JD, Spencer, Johnson, McCommon, LLP; Sarah Chorley, PhD, CCSP, Middle Tennessee State University; Nancy Newman, Esq., CRS, The Bridge Foundation

This informational panel will discuss the rights of persons with OCD and related disorders under the Americans with Disabilities Act and Family and Medical Leave

Act and the options that are appropriate and helpful for the degree of interference in functioning and for the eventual reintegration into work or school. Topics will address how clinicians can help by preparing truthful and accurate supporting documentation; how clients can demonstrate confidence and competence at work, finding ways to demystify and destigmatize OCD; how to access local and state resources and collaborators including trained professionals, lawyers, mediators, and national and local advocacy organizations; and the Federal Parity Act and insurance coverage advocacy, along with treatment and health care access. Audience participation will be welcome.

Taking Charge: Medical Decision Making and Educational Self-Advocacy (ADVANCED)

JW Grand 2

Danielle Cooke, MS, *University of Florida*; **Andrea Guastello, PhD**, *University of Florida*; **Ryan McCarty**, *University of Florida*; **Joseph McNamara, PhD**, *University of Florida*; **Jessica Zakrzewski, MRes**, *University of Florida*

Self-advocacy in school and medical care is an overwhelming, but crucial, part of entering adulthood. This interactive workshop aims to help prepare teens for life after high school by empowering adolescents and young adults to become active and engaged self-advocates. This multidisciplinary team will take a two-fold approach, covering both academics and medical decision making. In addition providing concrete steps to learn how to make medical decisions, navigate insurance, locate reliable medical information, personal health advocacy, and locating providers independently, the presenters will also discuss collaborative approaches to working with educators to meet unique medical needs. The last hour will be reserved for small group breakouts to role play, practice, problem solve, and apply skills learned during the presentation.

"Hmmm, Is That OCD?" Helping Caregivers on How to Approach Their Loved One's OCD Symptoms (Panel Discussion)

Lone Star D

Jelani Daniel, MSW, LPC, *Baylor College of Medicine*; **Eric Storch, PhD**, *Baylor College of Medicine*; **Elizabeth McIngvale, PhD**, *Peace of Mind Foundation*; **Constantina Boudouvas, LCSW**

Family and/or caregiver support is a critical element of OCD symptom management. However, it can be immensely difficult for caregivers to know how to approach their loved ones' when OCD symptoms are present. Additionally, caregivers are not always sure what is the OCD versus normal behavior. OCD sufferers often become irritated or frustrated if they feel badgered by a caregiver often asking about their behavior. Though caregiver intentions are good, their inquiry can lead to added stress, putting a strain on the relationship and may even exacerbate OCD symptoms. This panel intends to discuss strategies to help caregivers have a better understanding of how to approach their loved ones and to help both groups communicate with each other more effectively.

"I'm Taking Control of My Stuff and My Life": Using CBT and ERP to Combat Hoarding Behaviors (INTRODUCTORY)

JW Grand 3/4

Robin Zasio, PsyD, LCSW, *The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills*; **Renae Reinardy, PsyD**, *Lakeside Center*

Many people are misguided into thinking that a massive clean up is how to get their homes in order from clutter and hoarding. Unfortunately, this only makes the problem worse as it doesn't address the underlying factors which contribute to the problem. This presentation will outline how cognitive behavioral therapy (identifying the negative thinking patterns that contribute to the acquisition of items and difficulty letting go) and exposure and response prevention (beginning the process of letting go and testing the feared consequences) can effectively help one to gain control of their stuff. Participants will have an experiential opportunity to put these principles to practice.

Dangerous Compulsions: When Treatment is an Exposure for Clinicians (INTRODUCTORY)*

201/202

Charles Brady, PhD, *Lindner Center of HOPE*; **Patrick McGrath, PhD**, *Amita Health/Alexian Brothers Behavioral Health Hospital*; **Jon Hershfield, MFT**, *The OCD and Anxiety Center of Greater Baltimore*; **Amy Jacobsen, PhD**, *InSight Counseling, LLC*

Four seasoned OCD clinicians from across the nation whose practices include standard outpatient, partial hospitalization, and intensive residential treatment settings will use case vignettes to demonstrate how to treat patients whose symptoms require adjustments in treatment planning in order to provide effective

help while reducing the risk for harm. Highlighted topics include suicide obsessions, sexual obsessions, harmful compulsions, and harm to other obsessions. The presentation will focus on the development of strategies that allow for efficient and rapid targeting to reduce the risk of dangerous compulsions, deciding when best to implement exposure to potentially harm triggering stimuli, and integration ACT components into the treatment.

Sex and Intimacy in OCD: Impact, Assessment, and Treatment in Adolescents and Adults (ADVANCED)*

JW Grand 7/8

Joshua Nadeau, PhD, *Rogers Behavioral Health*; **Martin Franklin, PhD**, *Rogers Behavioral Health*; **Betty Horng, PhD**, *University of South Florida*

OCD affects intimate relationships in a number of ways. Beyond the direct impact of various OCD symptom clusters (i.e., contamination, aggression, religiosity, scrupulosity) upon intimate and/or sexual behaviors, these relationships are also indirectly affected by the treatment itself, including medication side effects, exposures related to intimate contact, and changes in sexual beliefs or behaviors. Unfortunately, this is considered an uncomfortable topic in general discussions of OCD — particularly regarding adolescents — and therefore goes unaddressed and unaddressed. This presentation will provide: (1) information regarding OCD-related functional impairment within intimate or sexual relationships; (2) tips for assessment of OCD-related sexual/intimacy issues; and (3) techniques for supportively yet authentically addressing sexual/intimacy impairment — among adolescents and adults — while treating OCD.

"Back to the Future" Again!: Family Accommodation from Research to Practice, Where Are We After 32 Years? (ADVANCED)*

Lone Star F/G

Barbara Van Noppen, PhD, LCSW, *University of Southern California*; **Anthony Pinto, PhD**, *Northwell*; **June Lijun Ding, MD, MPH**, *Xiamen Mental Health Center/Xiamen Xianyue Hospital, China*; **Bjarne Hansen, PhD**, *University of Bergen, Norway*; **Alec Pollard, PhD**, *St. Louis University*

Family accommodation (FA) in OCD was first identified over 25 years ago and efforts to measure FA soon followed. Today, FA is known to adversely impact the course of OCD, treatment outcome, quality of life and family/patient functioning. This is a panel of leading clinical researchers in OCD and begins with an overview of FA pediatric /adult outcome studies. Brief presentations by each expert follow: using the FAS-SR in clinical practice; FAS Mandarin translations and FA in Chinese culture; the Bergen approach and FA outcomes; family interventions for treatment refusers. An interactive Q&A will conclude the presentation.

Want to Beat OCD? Learn Tools and Start Fighting Back!

(ELEMENTARY KIDS)

Lone Star A

Felicity Sapp, PhD, *OCD and Anxiety Psychological Services*; **Emily Anderson, PhD**, *Houston OCD Program*

Fighting back OCD and winning the battle is not easy; however, evidence based ERP is an effective treatment for children. In this experiential workshop, children will receive an overview of OCD and in a child-friendly manner, they will be introduced to ERP and learn how to fight back OCD. Children will be introduced to the metaphor of a toolbox that they fill with a number of different ERP tools, including naming OCD, fear thermometers, and fear ladders. Children will learn how to apply each tool when fighting back OCD. Children will have an opportunity to create their own fear ladders (hierarchy of triggers) and use these new tools to take the first steps at applying ERP to fight OCD.

#BeASuperheroIRL (MIDDLE SCHOOLERS)

Lone Star B

Alejandra Sequeira, PhD, *OCD and Anxiety Program of Southern California*; **Melissa Fasteau, PsyD**, *Houston OCD Program*; **Yoni Sobin, PsyD**, *Sobin Psychology*

Do you find it hard to talk about OCD? Are conversations either boring, difficult, annoying, or overwhelming? Would you rather be watching a #EPIC superhero movie or finding a way to become a part of the Justice League? We thought so. Join us in becoming a member of the OCD Justice League! In this interactive workshop, we will follow in your favorite superheroes' footsteps — how Batman faced his fear of bats and Wonder Woman used her values (and lasso of truth) to overcome challenges (with film clips, of course). You will discover how you can #BecomeASuperheroIRL, fully equipped to fight against your OCD with specific exposure and ACT strategies rooted in superhero culture.

Chemistry and Physics: How Are They a Part of ERP?

(HIGHSCHOOLERS)

Lone Star C

Mary Kathleen Norris, LPC, DFW Center for OCD & Anxiety; **Mary Norris, MA**, Regent University

Explaining the technical aspects of how ERP actually works can be a bit challenging, especially for the sufferer. This workshop will present an enlightening way to think about what actually happens from a neurological perspective and will describe the complex process of change of appraisal and threat. Using props, we will demonstrate the principals of ERP, ACT and Inhibitory Learning Theory in a way that is easily understood. This understanding can reduce fear of the mystery of the process and greatly increase the willingness and motivation to engage in ERP. Participants will fabricate a creation using our three components and compete on creativity and complexity.

2:15pm–3:45pm

A Taste of Mindfulness

Breathing Room — Brazos

Clara Irwin, LCSW, LCAS

A taste of mindfulness is a time to experience several mindfulness practices, to hear the benefits of mindfulness, and to reflect on your experience. We will engage in a breathing meditation and body scan, mindful eating, and mindful walking. There will be time for participants to share and ask questions. We will close with a loving-kindness meditation.

Ask the Experts Goes Live (INTRODUCTORY)

Lone Star E

Michael Jenike, MD, Harvard Medical School; **James Claiborn, PhD**

For years an Ask the Experts page was part of the International OCD Foundation website. It was popular and thousands of questions were answered by professional members of the foundation. That part of the web page is only a memory, but this presentation will recreate it as a live experience. Two of the people who answered the most questions will answer questions about OCD. They are Dr. James Claiborn and Dr. Michael Jenike. Attendees will get the chance to ask any question they have about OCD and get answers reflecting current understanding of OCD and the best options for treatment.

OCD Has Many (More) Faces (INTRODUCTORY)

203/204

Erin Nghe, LCSW, OCD Set Free, LLC; **Terrence Ching, MS**, University of Connecticut; **Charlene Salvador**; **Saleha Hansbai**

OCD doesn't discriminate. It affects individuals from various religious, cultural and ethnic backgrounds, as well as those with differing gender identities and sexual orientations. In some cases those differences can add another layer to obtaining treatment and social support. From the unique perspective of a clinician, a researcher and two individuals in recovery from OCD, attendees will gain a deeper understanding of symptom presentation and its effects. Panelists will discuss stigma, OCD's impact on family life, professional life, spirituality and how identity differences can lead to increased feelings of isolation. Attendees will develop more awareness of how OCD connects all individuals living with OCD, in spite of dissimilarities in identity.

BDD Success Panel: A Discussion of Hope and Recovery

(INTRODUCTORY)

JW Grand 5

Thomas Smalley, OCD Connecticut; **Scott Granet, LCSW**, The OCD-BDD Clinic of Northern California; **Jake**; **Christopher Trondsen, AMFT, APCC**, OCD Southern California

Struggling with body dysmorphic disorder (BDD) can be isolating and leave a person who is suffering with little hope. This panel gives Conference attendees an opportunity to hear personal stories from a group of individuals with BDD, who have all been successful in treatment and now live fulfilled lives. The panel will also encourage an open discussion involving audience participation, choosing relevant topics of conversation including muscle dysmorphia, the dangers of comparing yourself to others, and when grooming becomes too much and turns into preoccupations and behaviors. The panel will also encourage sharing from the audience, including stories from attendees on their personal struggles and successes. Lastly, audience members will have a chance to ask questions to the panel members!

Sex Education: The OCD Version (INTRODUCTORY)

JW Grand 2

Jess Kotnour; **Genevieve Kales**, OCD SF Bay Area; **Chrissie Hodges, PSS**; **Jaques Esses, LMSW**, OCD New Jersey; *The Secret Illness*

SEX. The dreaded word in our OCD society. The thoughts and emotions that can come along with trying to be ourselves and enjoy the experience can end the mood. This talk will be brought to you by a panel of lived experiences in the dating and sex scene and will incorporate all walks of life and sexual experiences. Panelists will discuss their OCD triggers involving dating and marriage, and experiences they've had regarding sex, love, and intimacy. We will discuss contamination fears, pregnancy obsessions, sexual orientation, anxiety, and medication reducing sex drive in hopes giving everyone that happy ending. The presentation will be followed by a Q&A, allowing attendees the opportunity to ask their own questions in a safe space.

Our Turn: OCD Through the Eyes of Siblings (INTRODUCTORY)

Lone Star D

Michelle Witkin, PhD; **Matt Witkin**; **Katie Rorex**; **Naia A.**; **Charlotte Baier**

OCD affects more than just the sufferer; siblings experience the disorder from their own unique perspective. They may feel many emotions regarding their brother's or sister's struggles, they may be a target of the OCD itself, and they can be great supporters in the battle against the disorder. In this presentation, several siblings (from school age to young adult) share their experiences living and growing up with a sibling who has OCD. We will hear their challenges, how they have coped, and what they have learned about supporting their sibling and themselves, while not accommodating OCD's demands. The presentation will seek audience input on their thoughts, experiences, and questions related to being a sibling of an OCD sufferer.

Innovative Practices for Community-based Hoarding Intervention (ADVANCED)*

JW Grand 3/4

Christiana Bratiotis, PhD, MSW, The University of British Columbia; **Jordana Muroff, PhD, LICSW**, Boston University; **Jesse Edsell-Vetter**, Metro Housing/Boston; **Kate Kysow, MA**, The University of British Columbia; **Lindsay Bacala, MSW**, OCD Centre of Manitoba

Access to appropriate hoarding intervention is a challenge in many communities. In this symposium, four emerging models of community-based hoarding intervention are presented—two from the United States and two from Canada. Jordana Muroff will present data from a community study examining an entirely online webcam-based CBT group for hoarding. Jesse Edsell-Vetter will discuss lessons learned from replication sites using a housing-based case management program. Kate Kysow will present data that identifies client group typologies helpful to community-based teams as they undertake assessment and intervention. Lindsay Bacala will discuss partnering with people with lived experience of hoarding to create a skill-building toolkit aimed at enhancing motivation. The four promising practice models will be discussed by Christiana Bratiotis.

Loving Detachment and Non-violent Resistance: New Family Based Approaches for Managing OCD (INTRODUCTORY)*

201/202

Kathy Rupertus, PsyD, The Anxiety & OCD Treatment Center, LLC; **Barbara Van Noppen, PhD, LCSW**, University of Southern California; **Yaara Shimshoni**, Anxiety and Mood Disorders Program/Yale Child Study Center; **Patricia Perrin Hull, PhD**, OCD and Anxiety Treatment Center of Houston

One of the greatest challenges for a family member is when and how to therapeutically respond to a loved one's OCD in a manner that is most supportive of his/her treatment and growth. Approaches which aim to reduce conflict and accommodating behaviors address this challenge while improving treatment outcomes and family functioning. This workshop will present loving detachment and non-violent resistance as two complementary approaches which offer empowering frameworks for helping family members develop these skills. In addition, an overview of The SPACE (Supportive Parenting for Anxious Childhood Emotions) Program, an empirically supported parent-based intervention for reducing anxiety in children will be provided. This workshop will include role plays and demonstrations to illustrate the concepts and skills discussed.

Therapeutic Adjustments for Difficult to Treat Obsessive Compulsive Disorder (ADVANCED)*

JW Grand 7/8

Jerry Halverson, MD, *Rogers Behavioral Health*; **Bradley Riemann, PhD**, *Rogers Behavioral Health*; **Martijn Figeer, MD, PhD**, *Mount Sinai*; **Evelyn Stewart, MD**, *BC Children's Hospital*

Obsessive compulsive disorder is a leading psychiatric cause of disability worldwide. It is commonly misunderstood and undertreated in clinical settings which leads to a comparatively low rate of remission in patients. This presentation will convene for experts in the treatment of OCD and discuss adjustments to treatment plans that can be made by clinicians to help their patients achieve remission. We will begin with an overview and definition of refractory obsessive compulsive disorder. We will then discuss adjustments made in treatment for difficult to treat OCD in pediatric and adult populations, including psychotherapy/ERP, medications, and other interventions such as deep brain stimulation and transcranial magnetic stimulation. The presentations will be followed by case-based discussion and audience participation.

Synergizing Exposure Therapy with ACT: Acceptance-Based ERP (ADVANCED)*

Lone Star F/G

Jennifer Buchholz, MA, *UNC Chapel Hill*; **Jonathan Abramowitz, PhD**, *UNC Chapel Hill*

Acceptance and commitment therapy (ACT) and exposure and response prevention (ERP) are both effective treatments for OCD. However, not everyone achieves complete symptom reduction. This has led to passionate debates (including at this Conference) about which treatment is more effective and acceptable. Our own research (funded by the IOCDF), along with clinical experience, suggests that elements of ACT and ERP can be combined to improve upon each modality. Thus, we developed an "Acceptance-Based ERP" program to enhance compliance and outcome in comparison with traditional ERP. This workshop will teach clinicians about the similarities and differences between ACT and ERP, and illustrate techniques for integrating these treatment approaches. We will include participant interaction, case examples, and video demonstrations of acceptance-based ERP.

Using Your Super Sensory Powers to Change Your Behavior and Mood (ELEMENTARY KIDS)

Lone Star A

Tamar Podoly

For many kids, OCD can be triggered by various sensory stimuli. Most kids don't know that they can actually influence their sensory system and change their emotional and mental state. In this fun workshop, we will explore our sensory system and understand how our mood can be changed through sensory activities only. We will engage in multi-sensory experiences which will help us better understand what makes us relaxed, what triggers our stress and anxiety, what inspires and excites us and what helps us concentrate. Each child will create a sensory box for himself, with ideas and activities to change the level of arousal and mood.

Big Brother/Big Sister: Young People Living with OCD

Lone Star B (MIDDLE AND HIGH SCHOOLERS)

Jacquelyn Gola, PsyD, *The Center for Emotional Health, LLC*; **Stephanie Sherr, PhD**, *The Center for Emotional Health, LLC*

In this workshop, teens (highschoolers) with OCD will have a chance to play a mentoring role to teens and tweens (middle schoolers) that are more newly acquainted with OCD and/or of a younger age. Middle and highschoolers will be paired up and have the opportunity to discuss their unique experience living with OCD (or with a family member with OCD), share advice, and gain support. We will lead group discussions based on common difficulties middle and highschoolers face, such as when OCD interferes with school, friends, activities, and family. This will be followed by an "Ask the OCD Therapists" portion. We hope to foster friendships and mentorships that continue beyond the workshop!

4:00pm–5:30pm

From Home-Based Care to Residential Treatment: What Level is Right for You or Your Family Member (INTRODUCTORY)

JW Grand 5

Patrick McGrath, PhD, *AMITA Health*; **Alec Pollard, PhD**, *St. Louis Behavioral Medicine Institute*; **Timothy DiGiacomo, PsyD**, *Mountain Valley Treatment Center*; **Jason Krompinger, PhD**, *McLean Hospital OCD Institute*; **Ben Harris, LPC**, *The OCD and Anxiety Center*

Individuals with OCD and their families or support people may struggle with the decisions around levels of treatment for people with OCD. This panel will help you to make some of those difficult decisions — we bring all of us to you in one place to

ask questions and get the answers that you seek. Our panelists' experiences range from coaching families who have someone with OCD in their home who is not a willing participant in treatment all the way through providing therapy in individual sessions, Intensive Outpatient, Partial Hospitalization, or even Residential Treatment settings. We will break out into small groups to discuss your questions with a representative of the different treatment types.

Exposure Therapy for BDD: An Interactive Workshop for Patients, Families, and Clinicians (INTRODUCTORY)*

203/204

Scott Granet, LCSW, *The OCD-BDD Clinic of Northern California*; **Chris Trondsen, AMFT, APCC**, *OCD Southern California*

As with OCD, exposure and response prevention therapy is widely recognized as a vital part of the treatment for BDD. The presenters know BDD well as they have lived with it themselves for many years and know on a very personal level what it feels like to both suffer from it and to recover. Attendees of this workshop will learn how to construct exposure therapy hierarchies and the tools needed to successfully utilize the ERP process. Audience members will also have the opportunity to practice ERP during the workshop in a setting that will be safe, supportive, and even a little fun.

What's So Funny About OCD? (INTRODUCTORY)

Living with OCD

Ethan Smith, *IOCDF National Ambassador*; **Michael Jenike, MD**, *Harvard Medical School*; **Jonathan Hoffman, PhD**, *Neurobehavioral Institute*

Obsessive compulsive disorder (OCD) is no laughing matter, yet having a sense of humor can really help. Seriously. No doubt (OK pun, great band), finding what's humorous in even the darkest OCD moments isn't easy, but it can be done. A healthy sense of humor is one of the best ways we have to keep things in perspective. We'll explore the restorative power of different kinds of humor in dealing with OCD through anecdotes, personal experiences, even actual evidence from the fields of medicine and psychology. Of course, we're talking about having some fun at the expense of OCD, not the people who have it. We invite you to join us on a journey to the lighter side of OCD.

Thank You, Next... Diagnosis: A Panel About Four Individuals with a Comorbid Diagnosis (ADVANCED)

JW Grand 2

Jonathan Abramowitz, PhD, *University of North Carolina at Chapel Hill*; **Morgan Rondinelli**, *Not Alone Notes*; **Linda Olmos**; **Kylie Clore**; **Mary Wilson**

Fighting OCD on its own can be an uphill battle. But what about when other diagnoses, or comorbidities, tag along? How does this affect treatment, hope, and identity? This panel will explore these questions through four personal stories of comorbid diagnoses with OCD including depression, social anxiety, borderline-personality disorder, alcoholism, and attention-deficit/hyperactivity disorder. We will also hear from a professional's perspective about approaching treatment and multiple labels.

Families Only! (INTRODUCTORY)

Lone Star D

Linda McIngvale, *The Peace of Mind Foundation*; **Laura McIngvale-Brown**, *Peace of Mind Foundation*; **Elizabeth McIngvale, PhD, LMSW**, *Peace of Mind Foundation*

Do you get frustrated, angry, and upset with your loved one's OCD? Do you wonder if you are doing the right thing, how to help them and/or often feel lost and confused? This panel will be focused on providing family members and caregivers/loved ones of an individual with OCD support, education and direction on how to best deal with their diagnosis. From searching for effective care to keeping up with treatment at home, we will discuss tools to promote successful outcomes. Self-care and the importance of taking care of yourself will be addressed as it directly relates to success. Finally, an open discussion with small groups and large groups will provide an opportunity for support and questions.

Mission Freedom (ELEMENTARY KIDS)

Lone Star A



Misti Nicholson, PsyD, *Austin Anxiety and OCD Specialists*; **Samantha Myhre, PhD**, *Austin Anxiety and OCD Specialists*; **Rebecca Suffness, PhD**, *Austin Anxiety and OCD Specialists*

Calling all superheroes! Join us on a special mission where you will learn how to bravely approach anxiety-provoking situations with confidence. Our interactive workshop will begin with a mission briefing where superheroes will learn how to recognize OCD and spot OCD's weaknesses. We will then join forces and take the power away from OCD by completing personalized ERP quests. We will provide the capes; you will provide the superpower! All superheroes will be given take-home materials, so they can continue their quest for freedom after the Conference ends.

SATURDAY SCHEDULE

OVERVIEW

SATURDAY, JULY 20

7:00am–8:00am	Compassion Collective Daily Support Group <i>Breathing Room, Brazos, Level 2</i> See page 40 for details
7:00am–8:00am	Light Breakfast <i>Buffet Breakfast throughout Exhibit Hall, Level 2, Griffin Hall</i> A light breakfast is provided for all attendees. High top tables will be scattered throughout the rear of the Exhibit Hall (see Conference Site Maps on pages 10–11 for exact location). It is encouraged to take food items with you into the breakout rooms.  Breakfast
7:00am–6:00pm	Check-in and Onsite Registration for Annual OCD Conference <i>Conference Registration Desk, Level 4</i>
7:00am–6:00pm	Continuing Education Desk Open <i>Continuing Education Desk, Level 4</i> All Professional attendees seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. View details on page 8.
7:00am–7:00pm	Exhibit Hall Open OCD Conference Bookstore Open Art Gallery Open IOCDF Information & Welcome Booth Open <i>Exhibit Hall, Griffin Hall Level 2</i> See page 60 for a list of Exhibitors.  Bookstore
8:00am–9:30am	Morning Stretch Group! <i>Breathing Room, Brazos Room, Level 2</i> See page 40 for details.
8:00am–5:30pm	Conference Presentations See pages 40–46 for full schedule of presentations.

8:00am–5:30pm	Youth Programming <i>Kids: Lone Star A, Level 3</i> <i>Middle Schoolers: Lone Star B, Level 3</i> <i>Teens: Lone Star C, Level 3</i> See page 17 for full schedule of activities. 
11:15am–12:30pm	Book Signings at OCD Conference Bookstore <i>Exhibit Hall, Griffin Hall Level 2</i> See page 15 for a list of authors.  Bookstore
11:15am–12:30pm	Lunch on your Own Check Program Guide Insert for local restaurant listings.
2:00pm–2:15pm	Afternoon Coffee Break <i>Exhibit Hall, Level 2</i> Sponsored by Biohaven Pharmaceuticals.
2:15pm–3:45pm	Introduction to Mindfulness <i>Breathing Room - Brazos, Level 2</i> See page 44 for details.
4:15pm–5:45pm	Keynote Address and Awards Presentations <i>JW Grand 5-8, Level 4</i> Sponsored by Peace of Mind Foundation
5:45pm–7:00pm	Researcher and Exhibitor Meet & Greet <i>Exhibit Hall, Level 2</i> Cash bars throughout Exhibit Hall, light snacks provided. Sponsored by Texas State University.
5:45pm–10:00pm	Saturday Evening Activities & Support Groups Turn to pages 47–49 for descriptions and a detailed schedule.
7:00pm–10:00pm	OCD Conference Party: Honky Tonk Night <i>JW Grand 5-8, Level 4</i> Cash bar and light dinner.

8:00AM – 9:30AM

9:45AM – 11:15AM

12:30PM – 2:00PM

EVERYONE

ASK THE EXPERTS: ENHANCING TREATMENTS FOR OCD AND OCPD
Carolyn Rodriguez, MD, PhD; Christopher Pittenger, MD, PhD;
Anthony Pinto, PhD; Michael Wheaton, PhD;
Steven Poskar, MD
Lone Star E

OCD AND THE CHANGING FACE OF MEDIA: AN INSIDE LOOK AT OCD IN THE NEWS AND ON SOCIAL MEDIA
Mara Wilson; Jeff Bell; Elizabeth McIngvale, PhD, LMSW;
Stuart Ralph
JW Grand 5

HOW TO MAKE FRIENDS AND INFLUENCE PEOPLE: YOUR ROADMAP TO BECOMING AN ADVOCACY SUPERSTAR
Michael Petruzzelli
203/204

EVERYONE

BAD COMPANY: OCD AND SUBSTANCE USE DISORDER – CONCURRENT TREATMENT NEEDED
Stacey Conroy, LCSW, MPH; Lindsey Taylor
203-204

PANS/PANDAS: UNDERSTANDING THE CURRENT DIAGNOSTIC AND CLINICAL MANAGEMENT RECOMMENDATIONS
Margo Thienemann, MD; Theresa Willett, MD, PhD;
Eric Storch, PhD
203/204

LIFE AFTER TREATMENT: NAVIGATING HIDDEN TRAPS THAT CAN SABOTAGE YOUR RECOVERY
Shala Nicely, LPC; Jonathan Grayson, PhD
Lone Star E

LIVING WITH OCD

WHEN OCD “CONTAMINATES” OCD TREATMENT
Katia Moritz, PhD
JW Grand 5

OK, I TREATED MY OCD, NOW WHAT? COPING WITH LIFE’S CHALLENGES WHEN OCD ISN’T TO BLAME
Michelle Massi, LMFT; Ethan Smith; Nancy Smith;
Allison Solomon, PsyD; Katia Moritz, PhD
Lone Star E

THE PARADOX OF OCD: HAVING AN OBSESSIVE FEAR OF HAVING OCD
Jenny Yip, PsyD; Salve Villarosa; Harold Shepard
JW Grand 5

BILINGUAL
ENGLISH–SPANISH

EL COMBO IDEAL PARA VENCER AL TOC / THE IDEAL COMBO TO DEFEAT OCD
Tania Pérez Duarte, MS; Cynthia Barrera, MS
JW Grand 2

NECESIDAD DE CONTROL Y PREDECIR EVENTOS EN EL TOC / THE NEED TO CONTROL AND PREDICT EVENTS IN OCD
Liz Basañez, PCC
JW Grand 2

AYUDANDO A FAMILIAS LATINAS A QUERER Y APOYAR SIN ACOMODAR LOS SINTOMAS DEL TOC / HELPING FAMILIES TO LOVE AND SUPPORT WITHOUT ACCOMMODATING OCD SYMPTOMS
Marcia Rabinowits, PsyD
JW Grand 2

PARENTS AND
FAMILIES

A PRESCRIPTION FOR SUCCESS: HELPING CHILDREN WITH OCD AND THEIR FAMILIES NAVIGATE MEDICATION AND PSYCHOTHERAPY TOGETHER
Jon Hershfield, MFT; Stephanie Eken, MD; Erika Nurmi, MD, PhD; Deborah Topol, MD; Alex
Lone Star D

WHEN YOUR LOVED ONE HAS BODY DYSMORPHIC DISORDER
Anthony Pinto, PhD; Christine D’Urso, PhD; Denis Asselin;
Caroline Asselin; Phyllis Duarte
Lone Star D

IT’S ALL IN THE FAMILY: USING FAMILY-BASED MOTIVATIONAL STRATEGIES AND BEHAVIORAL CONTRACTING TO TREAT OCD
Sean Sassano-Higgins, MD; Barbara Van Noppen, PhD;
Felicity Sapp, PhD
Lone Star D

HOARDING

EXPERT PANEL ON HOARDING DISORDER
Robin Zasio, PsyD, LCSW; Gail Steketee, PhD, LICSW;
Sanjaya Saxena, MD; Lee Shuer, CPS; Elspeth Bell, PhD
JW Grand 3/4

FROM GLASS HALF EMPTY TO GLASS HALF FULL: HOW SELF-COMPASSION CHANGED MY OUTLOOK AND THE WAY I RELATE TO OBJECTS
Susan C.
JW Grand 3/4

ASSESSING & CARE PLANNING FOR HOARDING BEHAVIORS IN CARE SETTINGS: A HARM REDUCTION APPROACH
Lindsay Bacala, MSW; Christiana Bratiotis, PhD, MSW
JW Grand 3/4

RESISTING THE URGE TO HUNT, GATHER, AND TAKE IT HOME: EXPERIENTIAL COMMUNITY OUTING TO LEARN HOW TO RESIST THE ACQUISITION OF STUFF
Robin Zasio, PsyD, LCSW; Renae Reinardy, PsyD; Lee Shuer;
Beca Belofsky-Shuer; Mallory Eastman, LMFT
JW Grand 1

THERAPISTS
INTRO

CREATING A FRAMEWORK FOR TREATMENT OF OBSESSIVE THOUGHTS
Kathleen Rupertus, PsyD; Felicity Sapp, PhD; Patricia Perin-Hull, PhD; Renae Reinardy, PsyD
201/202

OPIOIDS, MARIJUANA, ALCOHOL AND OCD
Patrick McGrath, PhD; Stacey Conroy, LCSW, MPH
201/202

BDD, EATING DISORDERS, AND MUSCLE DYSMORPHIA
Roberto Olivardia, PhD; Eda Gorbis, PhD, LMFT
201/202

THERAPISTS
ADVANCED

NEW DEVELOPMENTS IN EXPOSURE THERAPY FOR OCD: UNDERSTANDING AND IMPLEMENTING AN INHIBITORY LEARNING APPROACH
Jonathan Abramowitz, PhD; Jennifer Buchholz, MA
JW Grand 7/8

DISSEMINATION OF THE BERGEN 4 DAY TREATMENT (B4DT): BRINGING IT TO THE US
Thröstur Björgvinsson, PhD; Gerd Kvale, PhD;
Bjarne Hansen, PhD
JW Grand 7/8

BETTER TOGETHER: TREATING TEEN OCD USING TECHNIQUES FROM ACT AND ERP
Julie Petersen; Steve Tsao, PhD; Patricia Zurita Ona, PsyD;
Martin Franklin, PhD; Lisa Coyne, PhD
JW Grand 7/8

RESEARCH
TO CLINICAL
PRACTICE

MAKING SENSE OF SENSORY SYMPTOMS IN OCD: AN INTERDISCIPLINARY EVIDENCE-BASED APPROACH
Tamar Podoly; Emily Stern, PhD;
Eric Storch, PhD; Dean McKay, PhD
Lone Star F/G

UNDERSTANDING SUICIDALITY IN OCD: IMPROVING ASSESSMENT AND TREATMENT
Sophie Schneider, PhD; Jelani Daniel, LMSW, LPC;
Katrina Rufino, PhD; Martin Franklin, PhD
Lone Star F/G

UNDERSTANDING NEUROMODULATION FOR OCD: A PRIMER FOR AFFECTED INDIVIDUALS AND PRACTITIONERS
Gabe Lazaro-Munoz, PhD, JD; Wayne Goodman, MD; Alexander Bystritsky, MD, PhD; Aron Tendler, MD; Eric Storch, PhD
Lone Star F/G

2:15PM – 3:45PM

4:15PM – 5:45PM

See pages
40–49 for
detailed
descriptions
of each
presentation.

OCD AROUND THE WORLD: COMMONALITIES AND UNIQUE INTERNATIONAL PERSPECTIVES

Elna Yadin, PhD; Vicente Avalos; Angelica Mkorongo; Sultana
Algin, FCPS; Jackki Yim, DClInPsych
203/204

LIVING BOLDLY: AN ACT WORKSHOP

Marisa Mazza, PsyD; Michael Twohig, PhD
Lone Star E

BECOMING A HERO! WE ARE NOT VICTIMS OF OUR OCD

Christopher Trondsen, AMFT, APCC; Neil Hemmer, MSW,
QMHP; Spenser Gabin; Chrissie Hodges, PSS;
Morgan Rondinelli
JW Grand 5

VIVE PARA TI VS PARA EL TOC / LIVE FOR YOU VS. FOR OCD

Cynthia Barrera, MS; Tania Pérez Duarte, MS
JW Grand 2

OCD IN RELATIONSHIPS: PERSONAL STORIES AND ADVICE FROM REAL COUPLES AND INDIVIDUALS

Heidi Hartston, PhD; Alyssa Gledhill; David Gledhill; Nicholas
Ponticello, MSED; Erin Ramachandran, MHA
Lone Star D

SORTING THROUGH HOARDING: A PROFESSIONAL ORGANIZER AND A MENTAL HEALTH THERAPIST SHARE THEIR COLLABORATION EXPERIENCE

Terri Bailey, MA; Stacy Walker, CPO
JW Grand 3/4

EXPOSURE AND RESPONSE PREVENTION TREATMENT FOR OCD: HOW TO BE EFFECTIVE, CREATIVE AND CULTURALLY SENSITIVE WHEN TARGETING SYMPTOMS

Marcia Rabinowits, PsyD; Jenny Yip, PsyD, ABPP
201/202

CHANGING THE OCD MINDSET – RAPIDLY

Reid Wilson, PhD
JW Grand 7/8

MULTIDISCIPLINARY CARE FOR CHILDREN WITH ACUTE- ONSET OCD AND NEUROPSYCHIATRIC FEATURES

Peter Klinger, MD; Michael Daines, MD
Lone Star F/G

KEYNOTE ADDRESS

Mara Wilson



Known from her roles in *Matilda* and
Mrs. Doubtfire

JW Grand 5-8

SESSION AVAILABILITY

Seating at all workshops, seminars, and lectures is
on a first-come, first-served basis.

- EVERYONE**
- LIVING WITH OCD**
- PARENTS & FAMILIES**
- YOUNG ADULTS**
- HOARDING**
- THERAPISTS**
- RESEARCH TO CLINICAL PRACTICE**
- BDD**
- LIFE AFTER TREATMENT**

* Workshops with black outline
are eligible for CE/CME credits.

These tracks are intended to help you decide
which presentations may be the most appropriate
for you, but all of our presentations are open to
everyone.

7:00am–8:00am

The Compassion Collective: A Self Compassion Based Support Group

Breathing Room — Brazos

Kimberley Quinlan, LMFT, *CBTschool.com*; Michelle Massi, LMFT, *Anxiety Therapy LA*

This therapist-led support group will meet daily during the breakfast hour to provide support and helpful tools to help participants improve motivation, self-compassion, and confidence. This group is aimed to provide support and motivation to Conference attendees who would benefit by being with a consistent and like-minded community each morning. The group leaders will begin the support group by introducing a helpful self-compassion tool for participants to practice throughout the day. Participants will then have an opportunity to practice the tool in the group session and then ask questions about its application. Group participants will also have to chance to share their experience with other participants and seek guidance and support.

8:00am–9:30am

Morning Stretch Group! (INTRODUCTORY)

Breathing Room — Brazos

Morgan Rondinelli, *Not Alone Notes*

Join us to start your day with morning stretch group! This will involve seated, light stretches that individuals of all ability levels can participate in. It will be inspired by classical ballet training, but will be easier than yoga! The goal is to reduce muscle tension and start your day mindfully with self-care. We will play soothing music while stretching as well. Let's get moving!

Ask the Experts: Enhancing Treatments for OCD and OCPD

(INTRODUCTORY)

Lone Star E

Carolyn Rodriguez, MD, PhD, *Stanford University*; Christopher Pittenger, MD, PhD, *Yale University*; Anthony Pinto, PhD, *Donald and Barbara Zucker School of Medicine at Hofstra/Northwell*; Michael Wheaton, PhD, *Barnard College*; Steven Poskar, MD, *OCD NYC*

This expert panel discussion will review the latest research and treatment advances in OCD (obsessive compulsive disorder) and OCPD (obsessive compulsive personality disorder) treatments in an audience participation (question and answer) format. Panelists will offer in-depth information that is important for ensuring that patients get the standards of care and share innovative ways to optimize care. Important topics for discussion will include the differences between OCD and OCPD symptoms and treatment, managing side effects, drug interactions, experimental medications, and combining pharmacologic and psychological treatments. Panelists will also aim to translate research insights into clinical care, empowering patients and clinicians alike. Thus, this panel is for everyone: patients, family members, and professionals in psychiatry, primary care, and psychology.

Bad Company: OCD and Substance Use Disorder – Concurrent Treatment Needed (INTRODUCTORY)

203-204

Stacey Conroy, LCSW. MPH, *Lindsey Taylor*

In this presentation we will discuss what the research says about OCD/SUD, and how stigma and misperception have led to barriers for those seeking treatment. What, if any, role does harm reduction have in treating OCD/SUD; are there benefits and/or potential harm to this type of approach? There are many individuals living with anxiety, obsessions, cravings for substances, and compulsive behavior, all while dodging stigma, fear, and doubt. This presentation provides professional insights on the treatment of OCD/SUD as well as a personal perspective from an individual who lived through the barriers, stigma, and who now seeks to advocate for those who struggle with OCD/SUD. This presentation will benefit professionals, those with OCD/SUD, and the people who care about them.

When OCD "Contaminates" OCD Treatment (ADVANCED)

JW Grand 5

Katia Moritz, PhD, *Neurobehavioral Institute*

People with OCD often get "stuck" trying to find the perfect treatment or "best" time to start. They also may obsess that ERP or medications will change them so that they will no longer be the same person, or that they will magically "catch" other OCD patients' symptoms. This may needlessly delay or even prevent them from getting help, or create "doubts" and repetitive questioning that interferes with truly engaging in one's treatment plan, or leads them into bouncing from one treatment to another. Through

interactive exercises and case examples, this presentation will help you understand if treatment is being "contaminated" by OCD symptoms such as perfectionism, intolerance of uncertainty, or magical thinking and what to do about it.

El Combo Ideal para Vencer al TOC / The Ideal Combo to Defeat OCD (ADVANCED)

JW Grand 2

Tania Pérez Duarte, MS, *TocMéxico*; Cynthia Barrera, MS, *TocMéxico*

Muchas veces tanto personas con TOC como familiares, tienen poco claro cuál es su rol en la fase de tratamiento, por lo tanto, muchas veces se encuentran frustrados y perdidos en qué hacer. Esta plática tiene como objetivo definir los roles que tanto familiares, paciente con TOC y terapeuta necesitan asumir para tener un buen pronóstico durante el proceso del tratamiento. A su vez, qué estrategias evitar, ya que son poco útiles y exacerban los síntomas. A través de casos prácticos, tomando en cuenta algunos tipos de TOC, se darán ejemplos concretos de estos roles.

A lot of the time, both people with OCD and their family members are not clear on what their role in treatment might be. Because of this, a lot of times they find themselves frustrated and unsure what to do. This talk aims to define the roles that the person with OCD, their family members, and their therapist should have to achieve the best outcomes during the treatment process. We will also discuss what approaches to avoid, as they are not useful and/or might make symptoms worse. Practical cases involving different types of OCD will be used to provide concrete examples.

A Prescription for Success: Helping Children with OCD and Their Families Navigate Medication and Psychotherapy Together

(INTRODUCTORY)

Lone Star D

Jon Hershfield, MFT, *The OCD and Anxiety Center of Greater Baltimore*; Stephanie Eken, MD, *Rogers Behavioral Health*; Erika Nurmi, MD, PhD, *UCLA*; Deborah Topol, MD, *Alex*

When a child or teen is diagnosed with OCD, the entire family system can feel suddenly thrown into a complex world of psychiatry and psychotherapy. It's a lot for everyone to take in. This panel discussion will feature psychiatrists who work with young patients and their families, a psychotherapist who treats OCD with CBT, an adolescent with OCD, and his mother. The talk will include an overview of medication interventions for young patients, a discussion of how psychiatrists and psychotherapists educate families and address medication-related concerns, and a personal perspective from a family that combined medication and CBT treatment effectively. Improving communication strategies between each part of this system will also be explored, followed by a Q&A.

Expert Panel on Hoarding Disorder (INTRODUCTORY)

JW Grand 3/4

Robin Zasio, PsyD, LCSW, *The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills*; Gail Steketee, PhD, LICSW, *Boston University*; Sanjaya Saxena, MD, UC *San Diego*; Lee Shuer, CPS, *Mutual Support Counseling*; Elspeth Bell, PhD, *Bell Center for Anxiety and Depression*

Hoarding Disorder is a far misunderstood condition that can have a devastating impact not only for the individual struggling with these behaviors but also family members, friends, and the community at large. This panel will help to dispell the myths of this condition, and provide updates in research and medication. This panel will also emphasize the value of including individuals with lived experience in the development and implementation of interventions for HD, insights gained from a panel member who is in recovery, how using positive language leads to more positive relationships, the dynamics of setting goals and building motivation, and the value of encouraging rather than forcing change.

Creating a Framework for Treatment of Obsessive Thoughts

(INTRODUCTORY)

201/202

Kathleen Rupertus, PsyD, *The Anxiety & OCD Treatment Center, LLC*; Felicity Sapp, PhD, *OCD and Anxiety Psychological Services*; Patricia Perin-Hull, PhD, *OCD and Anxiety Treatment Center of Houston*; Renae Reinardy, PsyD, *Lakeside Center for Behavioral Change, PC*

Developing effective exposures for obsessive thoughts is an essential tool in the fight against OCD. This workshop will present a variety of exposure techniques including script writing, the use of trigger words and phrases, the incorporation of visual cues, and how to combine these approaches to achieve favorable treatment outcomes. Case examples will illustrate how to apply these techniques to specific obsessive compulsive themes such as contamination fears, harm thoughts, sexual obsessions, religious

concerns, and perfectionism. Participants will then break into smaller groups where presenters will answer questions and facilitate personalized discussions tailored to the smaller groups' interests and case examples.

New Developments in Exposure Therapy for OCD: Understanding and Implementing an Inhibitory Learning Approach (ADVANCED)

JW Grand 7/8

Jonathan Abramowitz, PhD, UNC-Chapel Hill; Jennifer Buchholz, MA, UNC-Chapel Hill

Although ERP is effective for OCD, many individuals fail to benefit or experience return of fear after treatment. New directions in ERP focus on an inhibitory learning model, which points to specific techniques to optimize short- and long-term gains by emphasizing fear tolerance, as opposed to habituation. This advanced workshop aims to help clinicians understand and apply inhibitory learning to optimize ERP. We will describe the inhibitory learning model and distinguish it from traditional ERP. We will then illustrate strategies to optimize inhibitory learning, including framing exposure to disconfirm threat-based expectations, introducing variability to decontextualize extinction, affect labeling, deepened extinction, and how to use cognitive therapy selectively. The workshop will be interactive and include case examples, videos, and experiential exercises.

Making Sense of Sensory Symptoms in OCD: An Interdisciplinary Evidence-Based Approach (ADVANCED)

Lone Star F/G

Tamar Podoly, University of Haifa; Emily Stern, PhD, NYU School of Medicine; Eric Storch, PhD, Baylor College of Medicine; Dean McKay, PhD, Fordham University

Atypical sensory experiences are common in OCD, and contribute significantly to distress and impairment. There is limited research regarding the nature and role of sensory phenomena in OCD. This interdisciplinary panel will discuss the topic from different research paradigms by leading experts. Dr. Stern will present the relationship between sensory phenomena and core symptoms of OCD (e.g., harm avoidance, perfectionism) and its neural mechanisms using fMRI. Dr. Storch will discuss research regarding the nature and treatment of childhood misophonia, emphasizing new assessment and intervention approaches. Dr. McKay will highlight findings related to misophonia in adults, and its association with OCD. Mrs. Podoly will present research and clinical stories supporting a slow sensory habituation mechanism in OCD.

Keepin' it Weird (ELEMENTARY KIDS)

Lone Star A

Erin Underbrink, PhD, Capital OCD & Anxiety Practice; Ginny Fullerton, PhD, Capital OCD & Anxiety Practice; Nicholas Taylor, PhD, Capital OCD & Anxiety Practice

OCD can get kids stuck seeking the "right," "perfect," or "complete" feeling, which can get in the way of school, play, and everyday activities. Trying too hard to get it right can even lead to more trouble! We are going to practice doing some things weirdly and test those urges to have the right sound, feeling, look, and way through creative, playful challenges. Kids and their families are welcome to join us for a variety of experiences that are weird, wrong, imperfect, incomplete, backwards, sideways, upside down, or just "off." Kids can create their own craft as a souvenir of our adventure.

Cards Against OCD: A Fun & Interactive Workshop for Parents and Kids (MIDDLE SCHOOLERS)

Lone Star B

Allison Solomon, PsyD, The Virtual Center for OCD and Anxiety; Michelle Massi, LMFT, Anxiety Therapy LA; Sonia Greaven, PhD, Innovate Psychology + Wellness

Keeping up motivation when fighting OCD is a hard job. Our interests, values, sense of humor, and creativity are powerful tools that can help parents, kids, and family members gain the upper hand in this battle. The Wizarding World of Harry Potter is inspiration for this therapist-guided activity in which participants make and develop their own card game to play at home and practice when fighting OCD. With help from OCD experts, Allison Solomon, PsyD, and Michelle Massi, LMFT, each child/family team develops their unique take on the following card categories: Coping Spells and Anxiety Busters, Wizard Wisdom OCD Trivia, ERP Battle Challenges, Common Room Convoos, and Family Challenges. Join us to develop essential building blocks to defeating OCD's wrath.

Writing & Journaling Workshop for Teens with OCD (HIGHSCHOOLERS)

Lone Star C

Jennifer Shenouda, Obsessive Compulsive Anonymous-Toronto First

Have you ever felt like writing your OCD story and didn't know where to start? Whether you're scribbling in a journal or simply writing down one motivational sentence a day, writing can have a positive impact on your life and OCD recovery.

Jenn Shenouda-Levine is a freelance journalist who writes articles about her journey with OCD and mental health for magazines and newspapers. In this workshop you'll get interactive tips for making the most of your journaling and writing experience, and some ideas for how to get started.

9:45am–11:15am

OCD and the Changing Face of Media: An Inside Look at OCD in the News and on Social Media (INTRODUCTORY)

JW Grand 5

Jeff Bell, Adversity 2 Advocacy Alliance; Elizabeth McIngvale, PhD, LMSW, Peace of Mind Foundation; Stuart Ralph, The OCD Stories; Mara Wilson

For decades, OCD has been a subject of traditional media coverage — in news stories, television, and film. But in recent years, online platforms have greatly changed the landscape of mass communication. With Facebook, Twitter, Instagram, livestreams, and webinars all offering instant access to vast audiences, the OCD community and those who comment on it now have numerous new ways to share their viewpoints, often without any filters. Is all this additional exposure helping raise OCD awareness? Is it propagating bad information and/or stereotypes? This panel aims to explore these questions and offer diverse perspectives.

PANS/PANDAS: Understanding the Current Diagnostic and Clinical Management Recommendations (INTRODUCTORY)

203/204

Margo Thienemann, MD, Stanford University; Theresa Willett, MD, PhD, Stanford University; Eric Storch, PhD, Baylor College of Medicine

The presenters will provide insight into the PANS Research Consortium's diagnostic and clinical management recommendations for PANS/PANDAS patients. In addition to learning how to evaluate PANS/PANDAS, presenters will review treatment options, including antibiotic therapy, anti-inflammatory and immunomodulatory therapies, and symptom management.

OK, I Treated My OCD, Now What? Coping With Life's Challenges When OCD Isn't to Blame (ADVANCED)

Lone Star E

Michelle Massi, LMFT, Anxiety Therapy LA; Ethan Smith, National Ambassador, IOCDF; Nancy Smith; Allison Solomon, PsyD, The Virtual Center for Anxiety and OCD; Katia Moritz, PhD, Neuro Behavioral Institute

OCD gets in the way of life a lot! Experiencing success with work, relationships, and many other facets of life often eludes OCD sufferers. If only "pesky" OCD weren't in the picture. Life would be so much easier ... Fast-forward post-evidence-based treatment, turns out life is really hard. You feel SO FAR BEHIND everyone else. Without OCD to blame for life's struggles, guilt, shame, and anger overwhelm you. You don't feel like you're enough. This panel will focus on life after OCD. The void that suffering from OCD can leave, and how to face and successfully navigate life's normal obstacles and hardships with real world strategies and most importantly self-compassion.

Necesidad de Control y Predecir Eventos en el TOC / The Need to Control and Predict Events in OCD (INTRODUCTORY)

JW Grand 2

Liz Basanez, PCC, Mexico sin Estres

Para las personas con TOC, casi todas las situaciones son un riesgo y todas las decisiones son un inductor de peligro, simplemente porque las posibilidades son casi infinitas. Son "alérgicos" a la incertidumbre. Las compulsiones se mantienen no solo para reducir la incomodidad, sino también para abordar la necesidad de seguridad y control del TOC. Si la incertidumbre es demasiada, así experimentan la vida, usarán una de dos estrategias: eliminarla o evitarla. Para eliminarla, intentan controlar las situaciones mediante la búsqueda excesiva de información, la búsqueda de garantías excesivas, la comparación con los demás, la doble verificación. Para evitarla, su necesidad de control les obliga a evitar situaciones o personas, tener poco compromiso con los demás o procrastinar.

For people with OCD, a lot of situations are risky and a lot of decisions can cause danger, simply because the possibilities are infinite. They are "allergic" to uncertainty. Compulsions are maintained not only to reduce discomfort, but also to address the need for safety and control over OCD. If uncertainty gets to be too much, as it can in life, people with OCD will do one of two things – eliminate the uncertainty, or avoid it. To eliminate it, they try to control situations through excessively searching for information, seeking out guarantees, comparison to others, or checking. To avoid it, their need for control forces them to avoid situations or people, have little engagement with others, or procrastinate.

When Your Loved One Has Body Dysmorphic Disorder

(INTRODUCTORY)

Lone Star D

Anthony Pinto, PhD, Northwell Health OCD Center; **Christine D'Urso, PhD**, Northwell Health OCD Center; **Denis Asselin, IOCDF**; **Caroline Asselin, IOCDF**; **Phyllis Duarte**

Body dysmorphic disorder (BDD) not only adversely affects the lives of the patient but is also a problem for family, friends, and partners. In an effort to cope with challenging situations, families often engage in behaviors that perpetuate BDD and interfere with treatment (providing reassurance, participating in the patient's avoidance or safety behaviors). Drs. Pinto and D'Urso will discuss these behaviors and emphasize healthier strategies for loved ones, including avoiding the blame game, setting consistent boundaries with the patient, not participating in BDD, and taking better care of yourself. They will be joined on the panel by two families affected by BDD who will share their personal stories of being pulled into this condition and how they coped.

From Glass Half Empty to Glass Half Full: How Self-Compassion Changed My Outlook and the Way I Relate to Objects

(INTRODUCTORY)

JW Grand 3/4

Susan C

If you wear blue glasses and look at a lemon ... what color is the lemon? Blue glasses make the lemon appear green. But the lemon is YELLOW. Our "glasses" — our perceptions — color what we see. Through my hoarding glasses I see worst-case scenario, compelling me to keep things "just in case." I fear lack of opportunity. I focus on what is LOST by parting with a possession instead of what I could GAIN. Negative emotions thwart my attempts to think my way out of hoarding. I'll share how self-compassion has helped fade the tint of my "glasses" and change how I relate to objects. If you have a notebook or journal you've been saving — please bring it!

Opioids, Marijuana, Alcohol and OCD (INTRODUCTORY)

201/202

Patrick McGrath, PhD, AMITA Health; **Stacey Conroy, LCSW, MPH**, VA Medical Center

In Fall 2015 and Spring 2016 the IOCDF newsletter ran two articles on OCD and Substance Use Disorder (SUD). Research indicates that 25% of those with OCD have at some point met criteria for a Substance Use Disorders. What impact do substances have on OCD; do symptoms get worse, or better? What are the options for treatment, and why is it such a challenge to treat OCD and Substance Use Disorders at the SAME time? What resources are there for those with OCD/SUD? Have more questions? Ask them. Two leading specialists in the field of OCD and SUD will provide information on OCD/SUD recourses, treatment options, and answer your questions.

Dissemination of the Bergen 4 Day Treatment (B4DT): Bringing it to the US (ADVANCED)

JW Grand 7/8

Þröstur Björgvinsson, PhD, Houston OCD Program; **Gerd Kvale, PhD**, University of Bergen; **Bjarne Hansen, PhD**, University of Bergen

The Bergen 4 Day Treatment is practical, focused, and evidence-based. Currently, 1200 patients have completed the B4DT in Norway and Iceland; 90% of the patients have reliably improved. Dissemination of effective treatment is a major challenge in mental health care; will this approach really work in the US? This presentation focuses on answering that question by describing the development of the B4DT, results so far, the US dissemination (translation, cultural adaptation), findings from first three US pilot groups, and present the initial findings of the first US study that will well under way during this presentation. The potential for this approach to be truly transformative and disruptive to how health care is delivered in the US is discussed.

Understanding Suicidality in OCD: Improving Assessment and Treatment (ADVANCED)

Lone Star F/G

Sophie Schneider, PhD, Baylor College of Medicine; **Jelani Daniel, LMSW, LPC**, Baylor College of Medicine; **Katrina Rufino, PhD**, University of Houston — Downtown; **Martin Franklin, PhD**, University of Pennsylvania

A significant number of Individuals with OCD experience suicidal ideation or attempt suicide. It is important to identify suicidality so that appropriate support can be provided. Conversely, misidentifying harm-related OCD symptoms as indicators of suicidality can lead to unnecessary safeguarding and negatively impact the treatment process. This panel will focus on what therapists can do to improve assessment and treatment of suicidality in their clients with OCD. We will review key topics including risk factors for suicidality in OCD, how to differentiate suicidality from harm-related OCD symptoms, and what clinicians should do when someone with OCD discloses suicidality during treatment. The presentation will involve discussion of clinical case studies, and include time for attendees to ask questions.

Learning How to Boss Back Your OCD with Sharing, Drawing, and Acting! (ELEMENTARY KIDS)

Lone Star A

Allen Weg, EdD, Stress and Anxiety Services of New Jersey, LLC; **Stacey Dobrinsky, PhD**, Stress and Anxiety Services of New Jersey, LLC

It can sometimes be hard to know what is you and what is your OCD. This workshop will help you figure it out, and give you tools to help beat your OCD. You will have the chance to give your OCD a name, draw a picture of it, and talk back to it. Kids will also learn how to tell when OCD might be getting in their way, and how to fight back when it does. Come one, come all — no special artistic or acting skills required!

"But like why?" Connecting With What Really Matters in Order to Live Your Best Life (MIDDLE SCHOOLERS)

Lone Star B

Jonathan Barkin, PsyD, San Francisco Bay Area Center for Cognitive Therapy; **Emily Berner, MFT**, San Francisco Bay Area Center for Cognitive Therapy; **Stephanie Uhl, PsyD**, FTD Psychotherapy

Exposures are hard. Finding the time and energy to stand against OCD every day is even harder. This workshop will help you figure out what you want your life to stand for. Through fun, interactive and experiential exercises, you will learn what values are and how they can bring meaning to your life. Your values and reasons for challenging OCD may be different than your parents' reasons, or even your therapist's reasons. Through clarifying what's really important to you, you can then translate your values into specific actions that will help you build your best life in spite of OCD.

Stuff That's Loud: Unspiralling from OCD (HIGHSCHOOLERS)

Lone Star C

Lisa Coyne, PhD, McLean OCDI Jr.; **Shira Folberg**

LISTEN TO ME OR SOMETHING TERRIBLE WILL HAPPEN. Does your mind say stuff like that? Does it say it really loudly? Do your thoughts and worries spiral and then suck you in? Do the worries make you feel alone? Welcome to the stuff that's loud...In this workshop, you will learn that you are not alone. Many young people with OCD get stuck in its spirals — we'll show you how you can dive into the spin with the tools of curiosity, willingness, and flexibility...and begin to unspiral.

12:30pm–2:00pm

How to Make Friends and Influence People: Your Roadmap to Becoming an Advocacy Superstar (ADVANCED)

203/204

Michael Petruzzelli, National Council for Behavioral Health

Ensuring access to timely and effective treatment services is a critical piece of recovery. In this interactive training, you'll gain the skills you need to supercharge your advocacy efforts to exert influence through strategic communication with key decision makers including state officials, U.S. lawmakers, and more. Attendees will explore what influences legislators and other policy makers, identify practical strategies for crafting compelling messages, and learn how to communicate with diverse stakeholders for maximum influence and impact. Participants will be empowered to recruit and mobilize other advocates and trained to build coalitions with like-minded external groups. By the end of the workshop, you'll have all the building blocks to build and implement a successful advocacy campaign in your state or community!

Life After Treatment: Navigating Hidden Traps That Can Sabotage Your Recovery (ADVANCED)

Lone Star E

Shala Nicely, LPC, Nicely Done, LLC; **Jonathan Grayson, PhD**, The Grayson LA Treatment Center for Anxiety & OCD

Harnessing ERP to clear away obsessions and compulsions can uncover subtle patterns of thinking and behavior that, left unaddressed, can sabotage your OCD recovery. Join us as we unveil how to navigate eight hidden and often paradoxical saboteurs to recovery success. Discover the truth about people pleasing and the trap of being overly nice. Drop the "20-ton shield" of perfectionism and truly connect with others. Change your expectations and see the world (and yourself) in a better light. Accept your recovery instead of micro-monitoring for signs of relapse. You'll leave the workshop with new tools you can combine to do the biggest exposure of all: dropping your guard and allowing yourself to be happy, enjoying your recovery and your life.

The Paradox of OCD: Having an Obsessive Fear of Having OCD (ADVANCED)

JW Grand 5

Jenny Yip, PsyD, Renewed Freedom Center for Rapid Anxiety Relief; Salve Villarosa, Harold Shepard

For many OCD sufferers, battling through the rigorous treatment of ERP may be one of the most difficult tasks endured. Facing fears that have been avoided at all cost is often an intense experience. For those in recovery who have finally reached the light at the end of the tunnel, the thought of relapsing back to a place of dark despair may be dreaded into its own obsessive fear. This panel comprised of a clinician and two OCD sufferers in recovery share their journey of defeating OCD, then being faced with a new obsession of relapsing along with compulsive behaviors to prevent it. The treatment process that helped to overcome the fear of having OCD again will also be highlighted.

Ayudando a Familias Latinas a Querer y Apoyar sin Acomodar los Sintomas del TOC / Helping Families to Love and Support without Accommodating OCD Symptoms (INTRODUCTORY)

JW Grand 2

Marcia Rabinowits, PsyD, Rogers Behavioral Health

¿Tiene un ser querido con TOC? ¿Ha estado luchando con cómo lidiar y apoyar a su ser querido? Si es así, entonces esta presentación es para usted. Entender los efectos de la acomodación y cómo refuerza el ciclo del TOC es crucial para mejorar las relaciones y el progreso en el tratamiento. Durante esta presentación usted aprenderá maneras en las cuales las familias acomodan los síntomas, a veces ni siquiera sabiendo que son complacientes. Los ejemplos serán sensibles a las familias latinas.

Do you have a loved one with OCD? Have you been struggling with how to cope, and with how to support your loved one? If so, this presentation is for you. Understanding the effects of accommodation and how it reinforces the OCD cycle is crucial to improving relationships and fostering treatment progress. During this presentation, you will learn ways in which families accommodate the OCD symptoms, sometimes without even knowing it. The examples given will be sensitive and relevant to Latino families.

It's All in the Family: Using Family-Based Motivational Strategies and Behavioral Contracting to Treat OCD (INTRODUCTORY)

Lone Star 2

Sean Sassano-Higgins, MD, University of Southern California; Barbara Van Noppen, PhD, University of Southern California; Felicity Sapp, PhD, OCD and Anxiety Psychological Services

Families often engage in behaviors that perpetuate OCD and interfere with treatment. This workshop will discuss treatment-interfering behaviors and introduce behavioral contracting, a family-based intervention that unites family members in the therapeutic process of exposure and response prevention. Changing family member and patient responses to OCD can be difficult. Motivational strategies to increase the desire to modify behavior and encourage adherence to behavioral contracts will be discussed. After the presentation, the audience will rate their family accommodation and will work in a professionally facilitated small group to develop their own motivational strategies and family contracts. This is a highly interactive workshop. Even if your family/person with OCD is not present, you can still participate to learn what you can do!

Assessing and Care Planning for Hoarding Behaviors in Care Settings: A Harm Reduction Approach (ADVANCED)

JW Grand 3/4

Lindsay Bacala, MSW, Deer Lodge Centre; Christiana Bratiotis, PhD, MSW, University of British Columbia

Current hoarding disorder strategies for assessment and treatment were developed for individuals living independently in the community. Little is known about how to address hoarding behaviors in care settings. Current standardized assessments and intervention tools need to be adapted to the long term care environment where living spaces and control over possessions are significantly different. Session attendees will learn about assessment and intervention in care homes using an innovative setting-specific care planning method. Participants will learn how to make use of an interdisciplinary team approach with a focus on advanced harm reduction as a mechanism to combat negative health effects that result from hoarding behavior and threaten the physical and emotional well-being of care setting clients.

Resisting the Urge to Hunt, Gather, and Take It Home :Experiential Community Outing to Learn How to Resist the Acquisition of Stuff (INTRODUCTORY)

JW Grand 1

Robin Zasio, PsyD, LCSW, The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills; Renae Reinardy, PsyD, Lakeside Center; Lee Shuer, CPS, Mutual Support Consulting; Beca Belofsky-Shuer, Mutual Support Counseling; Mallory Eastman, LMFT, The Anxiety Treatment Center of Sacramento

Being able to resist the temptation to walk past a valued item is a lot easier said than done. Whether it's at a garage or yard sale, clearance center, specialty store or internet, the draw to get that great deal, handy device, or unique article can present challenges for those struggling with hoarding behaviors. During this session, experts will take participants into the community and lead them through a process of being able to talk about what is contributing to the desire to acquire and steps to make good decisions about how to resist and walk away.

BDD, Eating Disorders, and Muscle Dysmorphia (INTRODUCTORY) 201/202

Roberto Olivardia, PhD, McLean Hospital/Harvard Medical School; Eda Gorbis, PhD, LMFT, Westwood Institute for Anxiety Disorders

BDD and Eating Disorders (ED) commonly co-occur. Studies find 25-40% of ED patients also have BDD and 30% of people with BDD have a lifetime comorbid ED. Having both BDD and ED carries higher risk for hospitalization and suicide. BDD is often underdiagnosed in ED patients. A sub-type of BDD, muscle dysmorphia (MD), is characterized by a preoccupation of one's muscularity. Individuals (mostly males) with MD worry about looking weak and not looking masculine. About 30% of those with MD have an ED history. This presentation will review the features of BDD, MD and ED and how it presents clinically when someone has BDD and/or MD and an ED. Proper diagnosis and treatment interventions, using case examples, will be presented.

Better Together: Treating Teen OCD Using Techniques From ACT and ERP (ADVANCED)

JW Grand 7/8

Julie Petersen, Utah State University; Steve Tsao, PhD, Center for Anxiety and Behavior Therapy; Patricia Zurita Ona, PsyD, East Bay Behavior Therapy Center; Martin Franklin, PhD, Rogers Behavioral Health; Lisa Coyne, PhD, Child and Adolescent OCD Institute at McLean Hospital

Treating adolescents with obsessive compulsive disorder (OCD) can be complicated and require creativity for treatment planning, engagement, and motivation. Both acceptance and commitment therapy (ACT) and exposure and response prevention (ERP) have been found effective for treating OCD in adolescents; however, implementing these treatments individually or in combination can be challenging. The primary goal of this clinical roundtable is to bring together experts from these different theoretical perspectives on adolescent OCD treatment in order to discuss how to best adapt OCD treatment for each adolescent. Our diverse panel of ACT and ERP experts will discuss utilizing ACT and/or ERP, setting up exposures, motivation, familial involvement in treatment, and difficult types of obsessions (e.g., sexual, harm, etc.) in adolescent OCD.

Understanding Neuromodulation for OCD: A Primer for Affected Individuals and Practitioners (INTRODUCTORY)

Lone Star F/G

Gabe Lazaro-Munoz, PhD, JD, Baylor College of Medicine; Wayne Goodman, MD, Baylor College of Medicine; Alexander Bystritsky, MD, PhD, UCLA; Aron Tendler, MD, Brainsway; Eric Storch, PhD, Baylor College of Medicine

While first line treatments for adult OCD have excellent support (reviewed by Dr. Storch), some individuals do not respond. Recently there has been increasing examination of neuromodulation approaches for refractory OCD. This panel brings together world experts to discuss - in a practical manner for individuals and applied practitioners - the data and nuances of various forms of neuromodulation including deep brain stimulation (Dr. Goodman), focused ultrasound (Dr. Bystritsky), and deep transcranial magnetic stimulation (Dr. Tendler). Dr. Lazaro-Munoz will complete the talk by discussing ethical matters relating to neuromodulation and how to support individuals considering these interventions.

Befriending Your OCD Through Arts and Crafts (ELEMENTARY KIDS)

Lone Star A

Epifania Gallina, MA, *Living on Edge*; **Cassie Marzke**, *A Penny for Your Intrusive Thoughts*; **Gabriella Holliman Lopez**; **Darcy Howell**, *A Penny for Your Intrusive Thoughts*; **Mary Wilson**

This workshop will introduce kids to the concept of acceptance and mindfulness through the use of expressive and other creative outlets. Befriending your OCD will be a journey towards embracing thoughts and feelings in the present. Children will be asked to think about their OCD as something they can make fun of and to create crafts demonstrating their ability to overcome obstacles or to draw a picture of themselves defeating OCD as they would if they lived in an imaginary world. Through the use of mindfulness and the arts, children will learn that they are stronger than their OCD.

Transform Your Selfie (MIDDLE SCHOOLERS)

Lone Star B

Dina Scolan, LCPC, *The OCD & Anxiety Center*; **Stacy Gronek, LCPC, CADC**, *The OCD & Anxiety Center*

Youth participants will have the opportunity to identify and label negative thoughts, beliefs and call out the Anxiety Bully that is keeping them from their best "selfie". Using mindfulness and the ACT strategy of defusion, they will mindfully let go of the obstacles keeping them stuck with a burn bowl ceremony. With a clean slate, participants will use technology to take and print selfies that reflect a strong, confident self, using empowering props like a photo booth. Channeling their creativity, they will design a collage with the empowered selfies, that identify positive characteristics, affirmations, motivators and reflect inner strength and self love.

Study and Organizational Skills for Students with OCD

(HIGHSCHOOLERS)

Lone Star C

Mary Kathleen Norris, LPC, *DFW Center for OCD & Anxiety*; **Mary Norris, ME Clinical Mental Health Counseling**

OCD can present problems for students when symptoms interface with academic demands of organization, homework, studying for tests, or completing projects. We will demonstrate how OCD students may be taught to compensate for deficits with cognitive re-training in organizational and study strategies. Hands-on tools will be provided for middle & high school. We will describe new technologies such as online books, paperless homework and computer assisted study guides. We will examine how computer-based learning may be an improvement to efficiency or cause even more challenges. Parents and students will be given ideas on instrumentation, accountability, and trouble shooting. Students will learn how to make school easier, faster, and more fun.

2:15pm–3:45pm

Introduction to Mindfulness: What It Is and How to Begin Your Practice (INTRODUCTORY)

Breathing Room — Brazos

Amy Black

Mindfulness is a buzzword in today's society. But what is it and how can it be helpful to an OCD sufferer or any human for that matter? In this introduction to the practice of mindfulness, participants will learn what mindfulness is (and isn't), the benefits of practicing, and how to begin to incorporate the attitudes of mindfulness into their daily lives. Areas covered will include sitting meditation, mindful movement and mindful self compassion as well as helpful tools. Attendees will be given the opportunity to practice several mindful exercises and to ask questions and/or share their experiences.

OCD Around the World: Commonalities and Unique International Perspectives (INTRODUCTORY)

203/204

Elna Yadin, PhD, *University of Pennsylvania*; **Vicente Avalos**, *Peru*; **Angelica Mkorongo**, *Zimbabwe OCD Foundation*; **Sultana Algin, FCPS**, *Bangabandhu Sheikh Mujib Medical University*; **Jackki Yim, DclinPsych**, *Singapore/Institute of Mental Health*

OCD is "an equal opportunity" disorder, affecting people of all ethnic and cultural groups, across genders, and socioeconomic status. We have assembled a panel of international consumers and treatment providers and supervisors from Zimbabwe, Peru, Bangladesh, Singapore, and the USA to discuss the common features of OCD, the struggles experienced by sufferers and their families, the difficulties accessing treatment and support, and the unique challenges, needs and some solutions identified by the consumers and the therapeutic teams assembled at some of these locations. The aim is to learn from each other's experiences, to help break the myths and stigma of OCD and to disseminate practices that have been shown to be effective to areas where they are needed.

Living Boldly: An ACT Workshop (INTRODUCTORY)

Lone Star E

Marisa Mazza, PsyD, *Choicotherapy Psychological Services, Inc.*; **Michael Twohig, PhD**, *Utah State University*

In this workshop, you will learn how to practice acceptance and commitment therapy in order to live a meaningful and courageous life. The ACT Matrix will be demonstrated and used to identify challenging thoughts and feelings as well as values-based goals. Through the use of mindfulness and experiential exercises, you will learn ways to overcome barriers and get closer to what is meaningful to you! You will leave this workshop with a concrete plan and some practical tools to use in your day to day life.

Becoming A Hero! We Are Not Victims Of Our OCD (INTRODUCTORY)

JW Grand 5

Christopher Trondsen, AMFT, APCC, *OCD Southern California*; **Neil Hemmer, MSW, QMHP**, *Southern Illinois University*; **Spenser Gabin**, *OCD Southern California*; **Chrissie Hodges, PSS**, *Treatment for OCD Consulting*; **Morgan Rondinelli**, *Not Alone Notes*

When dealing with a debilitating disorder constantly, it is easy to feel down and pity our situation. Although self-compassion is essential, it is also powerful to see ourselves as the incredible people we are! This fun and interactive workshop focuses on switching our mindsets from believing we are "sick" with a chronic disorder, to seeing ourselves as regular people who just happen to have OCD. The panelists, who all have OCD, will show attendees how to stop feeling like a victim and become someone who rises to challenges OCD brings! Attendees will work on separating themselves from the disorder, changing self-defeating language, finding motivation to recover, and creating superhero alter-egos to begin fighting OCD as the real-life superheroes they are!

Vive Para Ti vs. Para el TOC / Live for You vs. For OCD

(INTRODUCTORY)

JW Grand 2

Cynthia Barrera, MS, *TocMéxico*; **Tania Pérez Duarte, MS**, *TocMéxico*

Esta platica tiene como objetivo conocer el concepto de la incertidumbre (el núcleo del TOC), cómo se manifiesta según el tipo de TOC y qué papel juega en el tratamiento para poder tener resultados exitosos (E/PR). A lo largo de la charla, la persona aprenderá a identificar oportunidades para exponerse a la incertidumbre, re-descubrir cuáles son sus valores y utilizarlos como guía para dar los pasos acercándose a recuperar su salud mental. Un modelo basado en la terapia de aceptación y compromiso.

This talk aims to get to know the concept of uncertainty (the core of OCD), what it looks like according to OCD subtype, and what role it plays in treatment (ERP) in order to have the best results. Throughout the talk, attendees will learn to identify opportunities to expose themselves to uncertainty, rediscover their values, and use them as a guide to take steps towards recovery. The presented model will be based on acceptance and commitment therapy (ACT).

OCD in Relationships: Personal Stories and Advice from Real Couples and Individuals (INTRODUCTORY)

Lone Star D

Heidi Hartston, PhD; **Alyssa Gledhill**; **David Gledhill**; **Nicholas Ponticello, MEd**; **Erin Ramachandran, MHA**

If you or your partner/spouse suffers from OCD, then you know that OCD can be a third wheel in the relationship. This interactive panel will provide insights and strategies to encourage and inspire those couples who are grappling with OCD together. Whether you are the one suffering from OCD or the spouse/partner walking alongside, this panel will provide you with tools and resources to help you navigate the journey together. You will hear real-life stories and learn new techniques to tackle OCD from both sides of the relationship. You will walk away with ideas of how to implement new strategies and learn to recognize the healthy ways that you already use to better fight OCD in the relationship.

Sorting Through Hoarding: A Professional Organizer and a Mental Health Therapist Share Their Collaboration Experience (INTRODUCTORY)

JW Grand 3/4

Terri Bailey, MA; **Stacy Walker, CPO**

Stacy Walker, a Certified Professional Organizer and Terri Bailey, a mental health therapist will share with session participants the creative strategies they use during their group work and in-home de-cluttering with people who hoard. With over 10 years of partnership and collaboration, Stacy and Terri have gained great insights into how to work with a multi-disciplinary, client driven approach, drawing from a variety of modalities. Video and audio recordings of clients sharing their lived experience of hoarding feature prominently in this presentation.

Exposure and Response Prevention Treatment for OCD: How to Be Effective, Creative and Culturally Sensitive When Targeting Symptoms (INTRODUCTORY)

201/202

Marcia Rabinowits, PsyD, *Rogers Behavioral Health*; **Jenny Yip, PsyD**, *Renewed Freedom Center for Rapid Anxiety Relief*

Obsessive compulsive disorder (OCD) is a chronic illness and one of the most significant impairing and disabling mental disorders across different cultures. There has been disagreement about the prevalence and clinical presentation of OCD among different cultures. More clinical research is needed in order to better understand this relationship and identify ways to provide culturally sensitive treatment. The aim of this presentation is to engage the audience in thinking about ways to be effective and creative while culturally sensitive when targeting OCD symptoms in a variety of diverse populations. This presentation will provide case examples and invite the audience to design exposures and response prevention treatment.

Changing the OCD Mindset – Rapidly (ADVANCED)

JW Grand 7/8

Reid Wilson, PhD, *Anxiety Disorders Treatment Center*

You will learn the core strategies of a cognitive therapy intervention that radically and swiftly shifts the client's point of view regarding both their relationship with OCD and the tactics of change. The principles will be illustrated by brief video clips of a 45-minute initial treatment session from the author's live demonstration at the 2018 Brief Therapy Conference. These will include establishing rapport, developing placebo, generating an outcome picture, dismantling their dysfunctional logical system, and persuading them to adopt the paradoxical frame of reference. The therapist "sets the hook" by ensuring that the client can collaborate on designing paradoxical behavioral experiments as their first homework assignments.

Multidisciplinary Care for Children with Acute-Onset OCD and Neuropsychiatric Features (ADVANCED)

Lone Star F/G

Peter Klinger, MD, *University of Arizona College of Medicine*; **Michael Daines, MD**, *University of Arizona College of Medicine*

At the University of Arizona Children's Post-Infectious Autoimmune Encephalopathy Center of Excellence, our clinical and research focus is designed for children who present with acute onset within 48-72 hours, with severe OCD, movement symptoms, and acute behavioral change. We will present on our ongoing refinement of our understanding of appropriate work-up and interventions. We will discuss stratification of cases with regard to likelihood of having an inflammatory or autoimmune etiology, as well as determining who is most likely to benefit from treatment, and to which treatments. We will discuss the current research on interventions for PANS/PANDAS, and the tiered treatment protocol we implement. In addition, we provide a functional behavioral assessment and recommendations to specific functions and family accommodation.

Practice Makes Imperfect: The Double Dare Game Show to Beat Perfectionism (ELEMENTARY KIDS)

Lone Star A

Jerry Bubrick, PhD, *Child Mind Institute*; **Alnardo Martinez, MS**, *Child Mind Institute*

Does OCD make you believe you have to do things perfectly? Do you worry about making mistakes? Or set very high standards for yourself? Do you feel you have to be or do the best? Do you spend too much time organizing your things? Then we double dare you to join our workshop. Come join other kids struggling with perfectionism and play Double Dare, a Nickelodeon style game show. Learn how behavioral therapy can help you tackle a common symptom of OCD.

Parents/Middle Schoolers Summit (MIDDLE SCHOOLERS)

Lone Star B

Allen Weg, EdD, *Stress and Anxiety Services of New Jersey, LLC*; **Stacey Dobrinsky, PhD**, *Stress and Anxiety Services of New Jersey, LLC*

After a brief introduction to the workshop, parents and their teens will be separated, and each group will brainstorm with a facilitator (presenter) questions that they want to ask of the other group, and things that they want tell the other group regarding their experience having (or living with) OCD. Facilitators will also coach each group as to how to present information to, or ask questions of the other group, in a way that is clear, respectful, and aimed at creating a safe space. The groups then come back together, and the facilitators monitor and help to direct a dialogue between the two groups which is hopefully positive and constructive, leading to better communication about OCD after the Conference.

Fighting the Common Enemy: How Parents & Teens Can Form a Strong Alliance to Successfully Conquer OCD (HIGHSCHOOLERS)

Lone Star C

Andrea Batton, LCPC, *The Maryland Anxiety Center*; **Carolyn Muscar, LGPC**, *The Maryland Anxiety Center*

Parenting an adolescent with OCD can feel like a war zone. You want to help your child but you don't want to see them suffer. Unfortunately you are suffering just as much as your child. It often becomes a battle between adolescent and parent rather than against the common enemy, OCD. Parents feel conflicted between empathy and anger. Kids often feel not only the torment OCD but as though they're under a microscope with every behavior being labeled as OCD. This can create unnecessary family conflict but can sabotage treatment as well. This workshop will help parents and teens resolve such conflict through interactive dialogue and experiential role plays.



4:15pm–5:45pm

KEYNOTE

Mara Wilson

JW Grand 5-8

Mara Wilson is a writer and former child actress known for her roles in *Matilda* and *Mrs. Doubtfire*. Her keynote address will cover her experience with OCD as well as her recent move into advocacy. She will take us through her journey from being an anxious child; to her compulsions

becoming a larger issue at age eight, when her mother became ill; to her discovering a diagnosis and experiencing the ups and downs of recovery. She'll also discuss her decision to be open with her diagnosis and to use her platform to advocate for others struggling with a mental illness. Mara looks forward to speaking at the Conference, calling it "an honor and a privilege."




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SUNDAY SCHEDULE

OVERVIEW

SUNDAY, JULY 21

7:00am–8:00am	Light Breakfast <i>Buffet Breakfast throughout Exhibit Hall, Level 2</i> A light breakfast is provided for all attendees. High top tables will be scattered throughout the rear of the Exhibit Hall (see Conference Site Maps on pages 10–11 for exact location). It is encouraged to take items with you into the breakout rooms.	 Breakfast
7:00am–1:00pm	Conference Info Desk Open <i>Conference Registration Desk, Level 4</i> Onsite Registration Open	
7:00am–1:00pm	Continuing Education Desk Open <i>Continuing Education Desk, Level 4</i> All Professional attendees seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. View details on page 8.	
7:00am–11:30pm	Exhibit Hall Open OCD Conference Bookstore Open Art Gallery Open IOCDF Information & Welcome Booth Open <i>Exhibit Hall, Griffin Hall Level 2</i> See page 60 for a list of Exhibitors.	 Bookstore
8:00am–1:00pm	Conference Presentations See pages 52–55 for full schedule of presentations.	
8:00am–1:00pm	Youth Programming <i>Kids: Lone Star A, Level 3</i> <i>Middle Schoolers: Long Star B, Level 3</i> <i>Teens: Lone Star C, Level 3</i> See page 17 for full schedule of activities and pages 52–55 for details.	

PRESENTATION TRACKS

These tracks are intended to help you decide which presentations may be the most appropriate for you, but all of our presentations are open to all attendees. Seating at all presentations is on a first-come, first-served basis.



EVERYONE



*Presentations are eligible for CE/CME credits.



LIVING WITH OCD



THERAPISTS



PARENTS & FAMILIES



RESEARCH TO CLINICAL PRACTICE

8:00AM – 9:30AM

9:45AM – 11:15AM

11:30AM – 1:00PM

EVERYONE

ARE YOU A SUPER-FEELER WITH SUPER-DOUBTS?
Patricia Zurita Ona, PsyD; Morgan Rondinelli
Lone Star E

THE USE OF TRANSCRANIAL MAGNETIC STIMULATION (TMS) IN TREATMENT RESISTANT OCD
Ryan Vidrine, MD; Antonella Pontello; Kathryn
203/204

VIRTUAL ERP: THE NUTS & BOLTS OF TELEHEALTH PRACTICES FOR OCD
Molly Martinez, PhD; Elizabeth McIngvale, PhD, LMSW;
Stephen Smith; Allison Solomon, PsyD
203/204

EVERYONE

AUTISM SPECTRUM/OCD WORKSHOP
Jonathan Hoffman, PhD, ABPP; Rebecca Sachs, PhD;
Robert Hudak, MD; Fred Penzel, PhD; Josh Nadeau, PhD
JW Grand 3/4

THE PERFECT PROBLEM: THE OVERLAP BETWEEN PERFECTIONISTIC TENDENCIES AND OCD—AND WHAT TO DO ABOUT IT
Taylor Newendorp, LCPC; Michael Blumberg, LCPC
Lone Star E

PUTTING PERSEVERATION TO BED: HOW TO UNDERSTAND THE VISCIOUS CYCLE OF SLEEP DISTURBANCE
Jacob Nota, PhD
JW Grand 2

EVERYONE

HELP! I CAN'T STOP PICKING OR PULLING! BFRBS FROM 3 DIFFERENT PERSPECTIVES – THE PATIENT, THE THERAPIST, THE PARENT
Ellen Crupi; Marla Deibler, PsyD; Stephanie Scherr, PhD;
Natasha Daniels, LCSW; Lauren McKeaney
203/204

TBD
JW Grand 2

CONFERENCE WRAP UP
Ethan Smith; Stephanie Cogen, MPH, MSW; Margaret Sisson;
Patrick McGrath, PhD
Lone Star E

EVERYONE

FROM BUMP TO BABY, PREGNANCY AND POSTPARTUM OBSESSIVE COMPULSIVE DISORDER (POCD)
Megan Barthle, PhD; Kay Roussos-Ross, MD; Danielle Cooke, MS; Ashley Ordway, MEd/EdS; Joseph McNamara, PhD
JW Grand 2

WHERE OCD MEETS PTSD: PATIENT & PROFESSIONAL PERSPECTIVES
Delena Spears; Isabella Cox; Cambria Spears, MS;
Nathaniel van Kirk, PhD
JW Grand 3/4

SENSORY FOCUSED OBSESSIONS (SF-OCD): DESIGNING AND IMPLEMENTING TREATMENT FOR INTOLERABLE SYMPTOMS/SENSATIONS
Jonathan Grayson, PhD; Tabasom Vahidi, PhD
JW Grand 3/4

LIVING WITH OCD

NO ONE TREATMENT IS “JUST RIGHT”: A GLIMPSE INTO FOUR UNIQUE TREATMENT EXPERIENCES
Jennifer Park, PhD; Linda Olmos; Cassandra Marzke; Darcy Howell; Julia Angell
JW Grand 5

OCD: KILLING IT WITH KINDNESS
Marisa Mazza, PsyD; Joan Davidson, PhD;
Lynne Henderson, PhD
JW Grand 5

BEYOND OCD TREATMENT: FRIENDSHIP & ACCOUNTABILITY
Epifania Gallina, MA; Molly Fishback; Darcy Howell;
Mary Wilson
JW Grand 5

PARENTS AND FAMILIES

A PARENT'S GUIDE TO NAVIGATING OCD
Courtney Murphy, MD
Lone Star D

THE EXPOSED FAMILY: TAKING A TEAM APPROACH TO DEFEATING OCD
Ashley Ordway, MEd/EdS; Erika Nurmi, MD, PhD;
Andrea Guastello, PhD; Megan Barthle, PhD;
Melissa Munson, PhD
Lone Star D

BEEEN THERE, TRIED THAT: SURVIVING YOUR CHILD'S TOUGHEST OCD MOMENTS
Emily Berner, MFT; Stephanie Uhl, PsyD;
Jonathan Barkin, PsyD
Lone Star D

THERAPISTS INTRO

YOU, ME AND RELATIONSHIP OCD: DIAGNOSIS, TREATMENT AND INTIMACY WITH ROCD
Beth Brawley, LPC; Kimberley Quinlan, LMFT
JW Grand 7/8

TEN THINGS EVERY OCD THERAPIST SHOULD KNOW ABOUT TIC DISORDERS
Charles Mansueto, PhD
201/202

OVERCOMING BARRIERS TO EFFECTIVE EXPOSURES
Joseph McGuire, PhD; Monica Wu, PhD; Jennifer Park, PhD;
Juliana Negreiros, PhD; Robert Selles, PhD
JW Grand 7/8

THERAPISTS ADVANCED

OBSESSIVE COMPULSIVE PERSONALITY DISORDER: HOW DOES IT DIFFER FROM OCD AND HOW CAN IT AFFECT OCD TREATMENT?
Anthony Pinto, PhD; Steven Tsao, PhD;
Michael Wheaton, PhD
201/202

TEACHING ABOUT OCD AND ERP: APPLYING EVIDENCE-BASED COGNITIVE-BEHAVIORAL METHODS
Katherine Cullum, MA; Jason Elias, PhD; Jordan Cattie, PhD;
Alec Pollard, PhD
JW Grand 7/8

WHY DON'T MY BFRB PATIENTS IMPROVE WITH TREATMENT?
Nancy Keuthen, PhD; Erica Greenberg, MD;
Suzanne Mouton-Odom, PhD; Jon Grant, MD;
Charles Mansueto, PhD
201/202

RESEARCH TO CLINICAL PRACTICE

WHAT DO OCDR'S SHARE AT THE GENOTYPE AND PHENOTYPE LEVEL WITH OTHER PSYCHIATRIC ILLNESSES?
Michele Pato, MD; Paul Arnold, MD, PhD, FRCP; Peggy Richter, MD, FRCP(C); Manuel Mattheisen, MD
Lone Star F/G

ON SEEKING AND EXPERIENCING PLEASURE: MULTIDISCIPLINARY RESEARCH AND CLINICAL PERSPECTIVES OF ANHEDONIA IN OCD
Amitai Abramovitch, PhD; Dean McKay, PhD;
Hellen Pushkarskaya, PhD
Lone Star F/G

EXPOSURE AND RESPONSE PREVENTION BASED TREATMENT OF CO-MORBID OCD AND EATING DISORDERS
Norman Kim, PhD
Lone Star F/G

8:00am–9:30am

Obsessive Compulsive Personality Disorder: How Does it Differ from OCD and How Can it Affect OCD Treatment? (ADVANCED) 201/202

Anthony Pinto, PhD, Northwell Health OCD Center; **Steven Tsao, PhD**, Center for Anxiety & Behavior Therapy; **Michael Wheaton, PhD**, Barnard College

Obsessive compulsive personality disorder (OCPD) is a chronic maladaptive pattern of excessive perfectionism, preoccupation with orderliness/detail, and need for control over one's environment that frequently co-occurs with OCD and can complicate its treatment. Dr. Pinto will review the core features of OCPD, how the condition impacts functioning, and explain how it can be differentiated from OCD. Then Drs. Pinto, Tsao, and Wheaton will each present a case of OCD with comorbid OCPD that he has treated with cognitive-behavioral therapy and elaborate on case conceptualization, rationale for interventions chosen, and course/outcome of treatment. Finally, the panel will engage in a discussion of treatment recommendations for individuals with OCD and OCPD and other suggestions for clinicians working with these patients.

Help! I Can't Stop Picking or Pulling! BFRBs from 3 Different Perspectives – The Patient, The Therapist, The Parent (INTRODUCTORY) 203/204

Ellen Crupi, HabitAware; **Marla Deibler, PsyD**, Center for Emotional Health; **Stephanie Scherr, PhD**, Center for Emotional Health; **Natasha Daniels, LCSW**, AT Parenting Survival; **Lauren McKeaney**, Picking Me

This panel will discuss BFRBs through three lenses: the person who is living with the disorder (compulsive skin picking and hair pulling), therapists who treat these disorders, and a parent supporting a child with these disorders. You'll hear intimate stories of what it's like to live with BFRBs and explore other topics such as treatment approaches from experts, the role of the person in treatment vs. the role of a loved one, how to navigate issues related to family involvement, and how to maintain motivation. After brief presentations, attendees will be encouraged to ask questions of the panelists. Attendees will gain a deeper understanding of these disorders and learn insights and tips regarding how to help those who are struggling.

Defending Yourself with OCD (ELEMENTARY KIDS)

Lone Star A
Jade Flores-Henderson

While OCD is a frustrating and upsetting disorder to say the least, some of the most troublesome aspects of those with the disorder can actually be our greatest weapon! Self-defense is an important skill for anyone, and for those with OCD, it can be a fantastic way of utilizing the special qualities we possess! Children and teens benefit immensely from martial arts and self-defense training and this workshop will teach the fundamentals, while learning how to channel OCD into positive coping mechanisms. Some of the most useful qualities we can use include hyper-awareness, focus and determination, over-developed fear response, and more! This fun and empowering workshop will teach how to fight not against OCD, but fight WITH it!

"What If" — A Workshop about Worries (MIDDLE SCHOOLERS)

Lone Star B
Kathryn Strang, BA, Mandel School of Applied Social Sciences; **Alan Esses**

This interactive session will start with reading a Shel Silverstein poem about worries. Next, we will talk about the "what-ifs" that participants worry about and how searching for an answer makes the worries grow. We will learn the skills of saying "maybe" to worries and changing the context of the worry to make it less scary. Finally, there will be games and creative activities to practice those skills while having fun. Each participant will have a piece of artwork to take home at the end of the session.

Life Outside OCD: Maximizing Your Enjoyable Moments (HIGHSCHOOLERS)

Lone Star C
Hannah Ellerkamp, MS, PGSP-Stanford PsyD Consortium; **Robert Selles, PhD**, University of British Columbia, Vancouver; **Juliana Negreiros, PhD**, B.C. Children's Hospital Provincial OCD Program

How do you define yourself? What is important in your life? In this session, attendees will work on developing their lives beyond OCD by rotating through three activity stations. At one, participants will assess and identify their values, using the

information to identify meaningful and enjoyable activities that they can work to incorporate in their lives. At another, participants will be taught about mindfulness and engaging in the present moment, have the opportunity to participate in mindfulness activities, and identify how and where they can incorporate mindfulness into their lives. At the third station, attendees will engage in writing and/or art activities that focus on encouraging themselves to engage in valued living and/or exploring their identity beyond OCD.

A Parent's Guide to Navigating OCD (INTRODUCTORY)

Lone Star D
Courtney Murphy, MD

As a physician and parent, I felt totally overwhelmed, uneducated, and lost when my daughter at age four began displaying symptoms of OCD. This presentation will give a brief overview of our family struggles. I will present tips that can help you navigate through the medical community, school community, and your own feelings. Watch video clips from a pediatrician, psychologist, teacher, and principal that give their insight on advocating for your child. Leave with handouts that include sample letters to teachers and principals and helpful questions to ask your health care providers. Information on how to recognize your own feelings and struggles as a parent and places where you can seek help will be provided.

Are You a Super-Feeler With Super-Doubts? (INTRODUCTORY)

Lone Star E
Patricia Zurita Ona, PsyD, East Bay Behavior Therapy Center; **Morgan Rondinelli**, Not Alone Notes

Have you been told you are too sensitive? Do you experience your emotions so intensely that you cannot think clearly in the moment? If you answered yes to any of these questions, chances are you are a Super-feeler. Super-feelers feel too much, too quickly, and act too soon. Sometimes, Super-feelers struggle with super-doubts. Did I get contaminated? Am I really heterosexual? Did I curse at someone? Dealing with super-doubts requires a specialized set of skills to manage the turmoil of emotions that come with OCD and life. This workshop will show you the nuts and bolts of how to handle emotional noise that comes your way. You will learn to have an emotion before the emotion has you!

What do OCRD's Share at the Genotype and Phenotype Level with Other Psychiatric Illnesses? (ADVANCED)

Lone Star F/G
Michele Pato, MD, SUNY Downstate Medical Center; **Paul Arnold, MD, PhD, FRCPC**, Hotchkiss Brain Institute, Cumming School of Medicine, University of Calgary; **Peggy Richter, MD, FRCPC(C)**, Frederick W. Thompson Anxiety Disorders Centre, Sunnybrook Health Sciences Centre; **Manuel Mattheisen, MD**, University of Wuerzburg

To move forward in genomic analyses and treatment of OCRD we have to look beyond the OCRD diagnosis to comorbid conditions. Presentations will present updates on genotype and phenotype in childhood, adolescence and adulthood. Recent work demonstrating shared heritability between psychiatric disorders and not between neurologic disorders will be reviewed. A genome-wide study of obsessive compulsive behavior (OCB) in children/adolescents will reveal genetic risk factors, some specific to OCB and some of which are shared with other childhood mental health traits. Similarities and differences in traits from a large registry-based study will report genomic correlations between OCRD and co-morbid illness like: MDD, ADHD, and ASD. And in pharmacogenetics (use of genetics to predict medication response) will be updated.

From Bump to Baby, Pregnancy and Postpartum Obsessive Compulsive Disorder (pOCD) (INTRODUCTORY)

JW Grand 2
Megan Barthle, PhD, University of Florida; **Kay Roussos-Ross, MD**, University of Florida; **Danielle Cooke, MS**, University of Florida; **Ashley Ordway, MEd/EdS**, University of Florida; **Joseph McNamara, PhD**, University of Florida

Pregnancy and the postpartum period are critical time periods for the onset or increase in severity of OCD symptoms. On this interdisciplinary panel, expert clinicians will answer questions on how to identify and manage pOCD concerns, as well as how family members or friends can support their loved ones. A brief presentation will review differential diagnosis between pOCD and other disorders, proper implementation of CBT-E/RP with pregnant mothers and children, reducing family accommodation, how to talk to your OBGYN about symptoms, navigating medical and psychopharmacological concerns, and exploring relationship concerns that may arise due to stress from managing pOCD symptoms while pregnant or caring for a newborn. Attendees are encouraged to bring questions related to these topics.

Autism Spectrum/OCD Workshop (Family Accommodation)

JW Grand 3/4

Jonathan Hoffman, PhD, *Neurobehavioral Institute*; **Robert Hudak, MD**, *University of Pittsburgh Department of Psychiatry*; **Fred Penzel, PhD**, *Western Suffolk Psychological Services*; **Joshua Nadeau, PhD**, *Rogers Behavioral Health*; **Rebecca Sachs, PhD**, *CBT Spectrum*

Come join us for an exciting, interactive workshop presented by the Autism Spectrum/OCD Special Interest Group. The presenters are highly experienced in diagnosing and treating this challenging clinical combination and will provide the latest news in research, treatment, and advocacy. Attendees will have the opportunity to share personal experiences, “role-play,” increase their knowledge of “best practices,” and learn about what treatment modifications are needed for Autism Spectrum/OCD symptomatology. By collaborating in workshops like this, we foster greater awareness of Autism Spectrum/OCD and the need for more impactful treatment and resources to address this dual challenge. This promises to be an engaging, dynamic, and informative experience for anyone who is personally affected by or wants to learn more about Autism Spectrum/OCD.

No One Treatment is “Just Right”: A Glimpse into Four Unique Treatment Experiences (ADVANCED)

JW Grand 5

Jennifer Park, PhD, *Rogers Behavioral Health - San Francisco East Bay*; **Linda Olmos; Cassandra Marzke**, *A Penny for Your Intrusive Thoughts*; **Darcy Howell**, *A Penny for Your Intrusive Thoughts*; **Julia Angell**

Families and individuals with OCD are often faced with a daunting and anxiety-provoking task when searching for and seeking to understand available treatment options. Even when a viable treatment program is found, there is uncertainty as to whether the program may be a good fit. Our panel includes four individuals with OCD who experienced a variety of levels of care and learned the benefits of ERP, ACT and DBT. This panel aims to provide attendees a window to personal experiences with treatment, including why the panel members chose their specific treatment path and what barriers to care, including those related to cultural stigma and differences, were experienced. An OCD specialist will moderate a formal question and answer session.

You, Me and Relationship OCD: Diagnosis, Treatment and Intimacy with rOCD (INTRODUCTORY)

JW Grand 7/8

Beth Brawley, LPC, *Life Without Anxiety LLC*; **Kimberley Quinlan, LMFT**, *CBTschool.com*

Much of life is uncertain and relationships are no exception to this fact. When a partner has rOCD, this intolerance of uncertainty can greatly impact the relationship. Individuals with rOCD may struggle from misdiagnosis, counterproductive treatment methods, and knowing how to mindfully engage in both the large moments and daily minutia of relationships. Physical and emotional intimacy may also be affected when rOCD is present in a relationship. This session will teach clinicians to recognize manifestations of rOCD, how to avoid common pitfalls in the treatment of rOCD, and examine the application of ERP principals. Hierarchy examples will be discussed. Case studies will be examined alongside ways to increase and strengthen mindful intimacy.

9:45am–11:15am

Ten Things Every OCD Therapist Should Know About Tic Disorders (ADVANCED)

201/202

Charles Mansueto, PhD, *Behavior Therapy Center of Greater Washington*

Tic disorders (including Tourette disorder) and OCD are significant problems in their own right and these two types of disorders are commonly present in the same individual. Tics can be critically interactive with OCD, influencing both clinical characteristics and response to standard OCD treatment approaches. Therapists who treat OCD are wise to be prepared to recognize and provide effective treatment for clients whose problems are of this hybrid sort. This presentation aims to provide OCD therapists with guidance for identifying such individuals, and with recommendations for providing them with effective treatment. The presenter will describe his published, conceptual model of “Tourettic OCD” as a coherent and valuable framework that guides effective treatment for these clients.

The Use of Transcranial Magnetic Stimulation (TMS) in Treatment Resistant OCD: Clinician & Patient Perspectives (ADVANCED)

203/204

Ryan Vidrine, MD, *TMS Health Solutions*; **Kathryn; Antonella Pontello**

Transcranial Magnetic Stimulation (TMS) has been FDA approved for the treatment of major depressive disorder since 2008. In August 2018, the FDA cleared the BrainsWay TMS device for the treatment of OCD. Data from the FDA trial, as well as our own clinical experience and results supports the use of TMS in this population, though many patients and clinicians are not well informed of the treatment efficacy or when to consider TMS in the OCD treatment algorithm. We would like to review the efficacy data and discuss the clinical logistics and experience of TMS, as well as have two patients who have completed successful courses of TMS share their stories and experience with this novel treatment.

Learning How to Play the OCD Game | A Creative Kids Approach to Crushing OCD (ELEMENTARY KIDS)

Lone Star A

Natasha Daniels, LCSW, *Hill Child Counseling*; **Allison Solomon, PsyD**, *The Virtual Center for Anxiety and OCD*

Allison Solomon and Natasha Daniels will take kids on a journey to incorporate ERP into everyday life. They will teach kids about the “OCD Game” where you pick which level you use to beat OCD. Kids will pick a theme to create their own OCD Game. They will learn that they can use different levels to defeat OCD. Level 1 identify OCD, Level 2 delay, Level 3 ignore, Level 4 do the opposite and Level 5 set up an exposure. When faced with an OCD thought will they use a Level 1 wooden sword from Minecraft or will they attack OCD with a Level 4 Diamond sword? Kids will choose their own theme and craft cards for their OCD game.

Teen Taboo Talk: An Interactive Workshop About Disclosure of Intrusive Thoughts (MIDDLE SCHOOLERS)

Lone Star B

Jon Hershfield, MFT, *The OCD and Anxiety Center of Greater Baltimore*; **Molly Schiffer, LPC**, *The OCD and Anxiety Center of Greater Baltimore*; **Alex; Cassie Marzke**, *A Penny for Your Intrusive Thoughts*

Opening up about your intrusive thoughts can be really scary, especially when you’re telling them to some “mental health professional” (a.k.a. some rando you just met who may or may not think you’re gross!). In this interactive workshop, two young OCD advocates and two therapists who specialize in OCD will share what it’s like disclosing and hearing about all kinds of unwanted OCD thoughts. Ever want to know what the therapist is thinking? Now’s your chance. Teens in attendance will have the opportunity to share helpful and unhelpful responses to disclosure of unwanted thoughts and participate in an improv game where the teens play the therapist, the therapists play the teens, and the audience picks how they play it.

Dodging the Second Arrow: Self-Compassion for Teens

(HIGHSCHOOLERS)

Lone Star C

Amy Mariaskin, PhD, *Nashville OCD & Anxiety Treatment Center*; **William Oakley, PsyD**, *Kansas City Center for Anxiety Treatment*; **Amy Jenks, PsyD**, *Bay Area OCD and Anxiety Center*

Do you sometimes put yourself down when you’re feeling sad or anxious? Do you pile other emotions on top, such as guilt, shame, and self-criticism? In this workshop, you will learn how to counteract this pattern using self-compassion. Self-compassion means treating yourself with kindness when confronted with feelings of inadequacy, incompetence, or suffering. We will explore ways to apply the concept of self-compassion across different areas of our lives, addressing feelings of failure, poor body image, and living with painful symptoms. We will do exercises such as meditations and role plays with other participants to help you cultivate your self-compassion skills. This workshop is appropriate for any teen who experiences self-criticism, regardless of their symptoms.

The Exposed Family : Taking a Team Approach to Defeating OCD (INTRODUCTORY)

Lone Star D

Ashley Ordway, MEd/EdS, *University of Florida*; **Erika Nurmi, MD, PhD**, *UCLA*; **Andrea Guastello, PhD**, *University of Florida*; **Megan Barthle, PhD**, *University of Florida*; **Melissa Munson, PhD**, *University of Florida*

OCD reaches far beyond the child who has been diagnosed, leaving families feeling overwhelmed and alone. For this reason, we will hold a Q&A session that welcomes questions from every family, including, but not limited to: adoptive, foster, first

generation/immigrant, LGBTQ+, multigenerational, and single-parent families. The goal of this panel is to help parents learn to support their children along this journey as it takes tremendous courage and hard work on both the parents and their children. This panel of expert clinicians welcomes families at every stage of life to bring questions concerning how to reduce accommodation, implementing exposure and response prevention at home, and how to use parenting strategies to support children as they begin to face their fears.

The Perfect Problem: The Overlap Between Perfectionistic Tendencies and OCD—and What To Do About It (INTRODUCTORY)

Lone Star E

Taylor Newendorp, LCPC, *Chicago Counseling Center, P.C.*; **Michael Blumberg, LCPC**, *Glenview Counseling Group*

Perfectionism can be a disruptive personality trait for individuals with and without OCD. This presentation will review common problematic perfectionistic tendencies people struggle with, from people-pleasing to procrastination to excessive self-criticism. We will highlight the overlap of thought processes and behaviors among:

- “Just Right” OCD and Emotional Perfectionism
- Perfectionism OCD and Organizational Perfectionism
- Relationship OCD (ROCD) and Romantic Perfectionism
- Scrupulosity and Moral Perfectionism

We will review common physical and mental compulsions people engage in an effort to “feel perfect” and use clinical cases to teach attendees evidence-based treatment methods from CBT, ERP, and ACT to increase their tolerance of the anxiety associated with making mistakes, the uncertainty of potentially “falling short” of internal and external expectations, and feeling “off.”

On Seeking and Experiencing Pleasure: Multidisciplinary Research and Clinical Perspectives of Anhedonia in OCD (ADVANCED)

Lone Star F/G

Amitai Abramovitch, PhD, *Texas State University*; **Dean McKay, PhD**, *Fordham University*; **Hellen Pushkarskaya, PhD**, *Yale School of Medicine*

Anhedonia, the reduced or absent ability to experience pleasure, is a common symptom primarily associated with depression. However, converging evidence from recent years suggests that OCD is associated with disorder-specific anhedonia beyond depression and has been associated with poorer outcome. Notably, anhedonia can be treated effectively using Behavioral Activation (BA) and thus this body of recent research is of significant translational therapeutic value. Presenters will review a contemporary model of disorder-specific anhedonia in OCD, as well as the psychological and neurobiological research findings supporting it. In addition, a case study of a client with OCD and Anhedonia will be presented, where both exposure and BA were successfully employed. An interactive panel discussion will follow.

Where OCD meets PTSD: Patient & Professional Perspectives

(INTRODUCTORY)

JW Grand 3/4

Delena Spears; **Isabella Cox**; **Cambria Spears, MS**; **Nathaniel van Kirk, PhD**, *OCD Institute, McLean Hospital/Harvard Medical School*

For those with OCD, research has shown that there is a high prevalence of comorbid OCD & PTSD. Despite the commonality of this, there is little information about treating OCD complicated by PTSD. We will address the complexities in treating OCD and PTSD from the perspective of a licensed professional and a patient, as well as how it can affect loved ones who want to be supportive. We will be hosting a forum where we can share our experiences of battling OCD and PTSD symptoms, accessing treatment and how to advocate for yourself or a loved one. This talk is designed for people who have OCD and PTSD symptoms, family and friends of those who do, or professionals.

OCD: Killing it with Kindness (ADVANCED)

JW Grand 5

Marisa Mazza, PsyD, *Choicetherapy Psychological Services, Inc.*; **Joan Davidson, PhD**, *San Francisco Bay Area Center for Cognitive Therapy*; **Lynne Henderson, PhD**, *Shyness Institute*

If you find yourself avoiding exposures this experiential workshop is for you! Together we will learn how to kill (well, at least strongly challenge!) OCD with kindness and create motivation to do exposures. Participants will learn how to use self-compassion skills as a weapon against OCD in order to live a present and meaningful life. Your facilitators will teach you how and when to use self-compassion tools before, during and after OCD treatment. Please join us for this introduction to self-compassion and learn how to use it with exposure and response prevention.

Teaching about OCD and ERP: Applying Evidence-Based Cognitive-Behavioral Methods (ADVANCED)

JW Grand 7/8

Alec Pollard, PhD, *Saint Louis Behavioral Medicine Institute*; **Jordan Cattie, PhD**, *Emory University*; **Katherine Cullum, MA**, *Emory University*; **Jason Elias, PhD**, *Harvard Medical School and CBTeam*

Do you work with students, trainees, junior clinicians, or other new providers of exposure therapy with response prevention (ERP)? Are you involved in teaching about OCD and ERP, or supervising clinical activities in this area? During this workshop, we will introduce concepts from the science of learning and apply proven CBT techniques (e.g., vignette-based learning, role plays, experiential small group activities) to the instruction about and preparation to provide ERP. Sample curricula and materials will be provided. In addition, two senior teachers, supervisors, and trainers in ERP (Dr. Alec Pollard, Clinical Director of the BTI, and Dr. Jason Elias, longtime previous clinical director of the OCD Institute) will share their perspectives and best practices in education and training.

11:30am–1:00pm

Why Don't My BFRB Patients Improve with Treatment? (ADVANCED)

201/202

Nancy Keuthen, PhD, *Harvard Medical School*; **Erica Greenberg, MD**, *Harvard Medical School*; **Susanne Mouton-Odom, PhD**, *Psychology Houston PC*; **Jon Grant, MD**, *University of Chicago*; **Charles Mansueto**, *Behavior Therapy Center of Greater Washington*

Many clinicians report limited success treating patients with trichotillomania, excoriation disorder and other BFRBs. This panel of pediatric and adult cognitive-behavioral therapists and psychopharmacologists will discuss commonly encountered challenges treating these patients across the lifespan. Panelists will offer different perspectives on how to enhance acute treatment outcomes and long-term maintenance of gains. Topics covered will include challenges due to heterogeneity of BFRB presentations, high comorbidity rates, unrealistic provider and patient treatment expectations, difficulty maintaining long-term treatment motivation, accompanying shame and isolation and the frequent need for cross-disciplinary treatment coordination.

Virtual ERP: The Nuts & Bolts of Telehealth Practices for OCD

(ADVANCED)

203/204

Molly Martinez, PhD, *Specialists in OCD & Anxiety Recovery*; **Elizabeth McIngvale, PhD**, *Peace of Mind Foundation*; **Stephen Smith, nOCD**; **Allison Solomon, PsyD**, *The Virtual Center for Anxiety and OCD*

Telemedicine offers patients and providers the opportunity to break down barriers to care; however, venturing into online therapy can be daunting for both patients and providers. This panel will walk participants through the benefits, limitations, advantages and risks of providing and receiving ERP treatment for OCD in the virtual world. We will provide an overview of the pros and cons, and relevant ethical as well as legal considerations specific to this practice. This experiential workshop will include live demonstrations of multiple telehealth platforms as well as an overview of resources for patients, families, and providers who are interested in expanding their care through technology.

Kids' Conference Wrap-Up and Keeping It Going

Lone Star A

Ben Harris, LPC, *The OCD and Anxiety Center*

Participants will be provided time to talk about their experiences during the Conference, and to contribute what they have learned about challenging and beating their OCD, as well as difficulties they have encountered in doing so. This is an interactive group experience, and we will focus on providing support and guidance to each other in shared struggles with OCD. The presenter will facilitate communication about the learning process during the Conference, and how to continue practicing and learning throughout the year until the next Conference. Specific strategies (e.g., goal-setting, coping strategies, communication, connecting with others) will be discussed, and participants will be provided materials that will help them create a plan for their post-Conference OCD-crushing work!

Warrior Wrap Up: Vigilance and Victories (Part 2): Mission Assignment: Returning Home With Vigilance

Lone Star B

Christen Sistrunk, PLC, *Houston Center for Valued Living*; **Ivy Ruths, PhD**

After an amazing weekend, you may feel like OCD is under control. However, OCD is sneaky and can resurface during stressful situations. We will review information collected by the warriors throughout the Conference and fill in any missing information in their "OCD Journey Journal" through role-playing relapse scenarios, practicing how to tell others about OCD, a fiery game of Jeopardy, identifying situations and emotions that may be triggers, developing a list of wellness behaviors, and generating ideas for alternative behaviors to compulsions and avoidance. Warriors will leave the Conference more confident in their ability to navigate OCD, more aware of personal triggers, with information about how to overcome slip-ups and relapses, and with skills for long-term victory!

#realOCD: Let's Talk About Social Media

Lone Star C

Katie Strang, *Mandel School of Applied Social Sciences*

Lots of social media references to OCD and related disorders are inaccurate or misleading. Following an open discussion about how teens would like to see OCD and related disorders portrayed on social media, we will create our own memes based on the experience of living with OCD. Then, we will rejoin in small groups to talk about the memes participants created. We will finish up with an opportunity to share online/social media resources that participants find helpful. Note — no phones are required for the workshop. We will have printed meme templates to use during the session.

Been There, Tried That: Surviving Your Child's Toughest OCD Moments (ADVANCED)

Lone Star D

Emily Berner, MFT, *San Francisco Bay Area Center for Cognitive Therapy*; **Stephanie Uhl, PsyD**, *FTD Psychotherapy*; **Jonathan Barkin, PsyD**, *San Francisco Bay Area Center for Cognitive Therapy*

Many parents report that their child's extreme distress, aggression, and temper tantrums can be emotionally taxing and make it difficult to stick with a plan around reducing family accommodations. In addition, parents' own distress in these moments can inadvertently escalate an already-charged situation. Participants will learn to identify and manage their own emotions in these tough moments in order to be aligned with their parenting values, even when it seems that nothing is working. The presentation will include role plays and interactive exercises using principles of values clarification, self-compassion, and de-escalation. Participants will leave with a plan for how to approach these situations, how to manage their own emotions, and how to feel confident in the face of difficult behaviors.

Conference Wrap Up (INTRODUCTORY)

Lone Star E

Ethan Smith, *IOCDF National Ambassador*; **Stephanie Cogen, MPH, MSW**, *International OCD Foundation*; **Margaret Sisson**, *Riley's Wish Foundation*; **Patrick McGrath, PhD**, *Amita Health/Alexian Brothers Behavioral Health Hospital*

Before the Conference excitement wears off, let's celebrate the highlights of this year's Conference program while also discussing ways to stay connected to each other throughout the year. This presentation will give attendees the chance to contribute their own highlights from the Conference and discuss ways to keep in touch. This is a multi-perspective talk with panelists consisting of IOCDF Ambassadors and staff, parents, and therapists.

Exposure and Response Prevention Based Treatment of Co-Morbid OCD and Eating Disorders (INTRODUCTORY)

Lone Star F/G

Norman Kim, PhD, *Reasons Eating Disorder Center, BHC Alhambra Hospital*

OCD is among the most common co-morbid conditions in people struggling with eating disorders. Both are enigmatic and particularly challenging to treat due to the very nature of obsessive thoughts and compulsive behaviors. This degree of comorbidity appears to reflect a significant underlying diathesis in their core clinical features. Advances in our understanding of the neurobiology and genetics of eating disorders and OCD further support taking a more transdiagnostic approach to conceptualization and treatment. We will present the rationale for using exposure and response prevention as part of a transdiagnostic approach, present techniques for developing exposures to confront fear, and review how to apply our understanding of neuropsychological functioning in service of providing healing in the midst of fear.

Putting Perseveration to Bed: How to Understand the Vicious Cycle of Sleep Disturbance (ADVANCED)

JW Grand 2

Jacob Nota, PhD, *McLean Hospital's OCD Institute/Harvard Medical School*

Disruptions in the amount and timing of sleep are common among individuals with OCD and related disorders. This educational workshop will outline the two-way street between repetitive negative thinking (i.e., worrying, ruminating, obsessing) and sleep disturbances. Attendees will learn about the biological and behavioral systems that control when we feel awake or sleepy, the ways these interact with cognitive and physiological systems associated with OCD and related disorders, and behavioral sleep interventions that have proven to be effective and can be integrated with ongoing cognitive-behavioral therapy. Opportunities to share experiences of sleep in relation to OCD and related disorders and collaborative problem-solving to develop individualized plans for behavioral sleep interventions will be a main objective of the workshop.

Sensory Focused Obsessions (SF-OCD): Designing and Implementing Treatment for Intolerable Symptoms/Sensations (ADVANCED)

JW Grand 3/4

Jonathan Grayson, PhD, *The Grayson LA Treatment Center for Anxiety & OCD*; **Tabasom Vahidi, PhD**

Sensory focused obsessive compulsive disorder (SF-OCD) is a sub-group of neutral obsessions in which sufferers focus upon sensory sensations. These can be internal (e.g. tinnitus, heart rate, breathing) or external (gum chewing sounds). Unlike other OCD manifestations, the SF-OCDs (and all neutral obsessions) are unique in that the sufferers' feared consequences come true: life is/will be horrible as long as their attention is upon the sensations. In this workshop, the presenters will discuss the various forms SF-OCD can take. Exposure and response prevention is the treatment of choice, but without proper preparation the client and therapist will have unrealistic expectations of how treatment helps or will be poorly motivated because treatment sound like: just put up with it.

Beyond OCD Treatment: Friendship & Accountability (INTRODUCTORY)

JW Grand 5

Epifania Gallina, MA, *Living on Edge: Taking Back your life through ERP*; **Molly Fishback**, *Not Alone Notes*; **Darcy Howell**, *A Penny for Your Intrusive Thoughts*; **Mary Wilson**

Join us for a discussion on the power of friendship and its important role in recovering from mental illness. We all will briefly discuss our experience with OCD and if we knew others with OCD before finding each other. We discuss how we met and how we were able to form a friendship support group. We will speak about the pros and cons of having this group and how it has helped us. There are rules that we have in our friendship support group: trigger warnings, not reassuring, etc. We will speak about resources on how to find support groups and/or how to create your own! It is important to mention that we celebrate achievements with each other as well!

Overcoming Barriers to Effective Exposures (ADVANCED)

JW Grand 7/8

Joseph McGuire, PhD, *Johns Hopkins University School of Medicine*; **Monica Wu, PhD**, *UCLA Semel Institute for Neuroscience and Human Behavior*; **Jennifer Park, PhD**, *Rogers Behavioral Health - San Francisco East Bay*; **Juliana Negreiros, PhD**, *B.C. Children's Hospital Provincial OCD Program*; **Robert Selles, PhD**, *B.C. Children's Hospital Provincial OCD Program*

Professional organizations and experts recommend exposure-based cognitive-behavioral therapy (CBT) for children and adolescents with OCD. However, exposures can be challenging to implement in clinical practice. Indeed, some clinicians are hesitant to use exposures due to concerns of negative reactions from patients and parents. This panel presents common challenges with exposure therapy through case presentations (e.g., family accommodation, distraction, avoidance, poor compliance, and comorbidity). In these cases, panelists will describe common clinical missteps and offers practical solutions to overcoming therapeutic barriers. The session will include an interactive Q&A activity in which attendees can ask panelist questions.