

Austin

26TH ANNUAL
OCD
CONFERENCE
July 19–21



PROGRAM GUIDE

TAKE BACK YOUR LIFE FROM OCD, STEP BY STEP.

The OCD Challenge program guides sufferers through the strategies and skills needed to manage OCD symptoms by using the proven principles of exposure and response prevention. This program is fully funded by the Peace of Mind Foundation making this interactive program available at no cost.

See how we can provide you or a loved one hope and help at **OCDCHALLENGE.COM**.



WELCOME TO THE 26TH ANNUAL OCD CONFERENCE

Hello Conference Attendees!!!

We are excited to welcome you to Austin, TX for the 26th Annual OCD Conference. This great city holds so much history, and now you are a part of it. By attending this Conference, you are already involved in increasing awareness, empowering research, and reducing the stigma associated with OCD and related disorders. We thank you for coming and for caring.

You have the opportunity to spend time with the world's foremost research scientists, amazing clinicians who treat patients every day, and individuals with OCD and their families. What has inspired me to return to the Conference for 11 years now are the friends my daughter and I have made from all around the country.

One of the most unique things about this Conference is the experience of having so many diverse groups mingling, all of whom help each other find hope and support for OCD. Our researchers have the opportunity to share their latest discoveries about the causes and treatment of OCD and they value the opportunity to hear from the front lines about what is really occurring in the community of OCD sufferers. Parents meet each other and form lifelong friendships. Kids and adults with OCD learn that they are not alone. Everyone is willing to answer questions, provide information, make friends and share hope. Our wish is that you experience kindness and inspiration at our Annual OCD Conference.

Our dedicated staff in Boston started planning this year's Conference almost a year ago, supported by our amazing Scientific and Clinical Advisory Board and the Conference Planning Committee. They put their heart into making this event novel, unique, informative, and welcoming. You will be astonished at what our very small staff and our dedicated volunteers make happen every year. Stop by and meet them! Ask them what they do, and why they love doing it. You will find a warm-hearted group of powerfully motivated individuals. The staff, along with other members of the IOCDF Board of Directors and IOCDF Ambassadors will be at the IOCDF Information and Welcome Booth throughout the weekend. The IOCDF Booth is located at the back left of the Exhibit Hall on Level 2 of the Conference hotel. Come introduce yourself to one of us — we want to help! Ask us what seminar you may want to attend next, or what steps you could take to help yourself or a family member.

With so much going on at the Conference, we'd like to touch on a few "can't-miss" programs:

This year, the Keynote address will be given by writer and former child actress Mara Wilson. Mara was diagnosed

with OCD as a young child and has used her platform to advocate for mental health awareness and reducing stigma. We're so excited to have her here at this year's event.

The theme of "Life After Treatment" will run throughout the Conference. This series seeks to help attendees answer questions on re-finding your identity, navigating a post-treatment world, and maintaining recovery gains.

Near to my heart, check out the third year of our individualized tracks for kids, middle schoolers and teens on page 17, where you will find full day programs designed for kids and siblings with anxiety and OCD. Learn tools to take back your life and maybe even meet a friend who will understand you like no other.

And a special shout out to Dr. Alec Pollard, whose development of the IOCDF's Training Institute has created a platform for thousands of therapists to be trained to effectively treat OCD. Every year, he has worked with IOCDF staff to expand this program (which sells out in minutes) to new areas of need, like Pediatrics, BDD, and Hoarding.

In addition to all of this, there will be a record number of support groups on Thursday and Friday nights, a fun night of socializing at the OCD Conference Party on Saturday night, and so much more! I wish I could tell you about each and every seminar because there are so many amazing topics! Read through this Program Guide, use the Conference mobile app, ask us questions, and most importantly, have fun! Thanks for being such an important part of this community. By coming to the Annual OCD Conference you are now a part of changing the lives of those who suffer from OCD. Welcome to history and welcome to hope!

All the best,



Susan Boaz
President, Board of Directors
International OCD Foundation





Ranked #1
by U.S. News & World Report

"I am forever grateful for the support the OCDI gave me; I don't know where I would be if I had not gone to McLean."

—Former McLean patient

THE OCD INSTITUTE AT MCLEAN HOSPITAL

Compassionate care and skills training
for adults and adolescents.



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To learn more, visit mcleanhospital.org/ocdi
or call 877.393.2070



HARVARD MEDICAL SCHOOL
AFFILIATE

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The FREE 26th Annual OCD Conference mobile app is now available! Download the app in the App Store or the Google Play store and get all of the important Conference information and updates at your fingertips. The mobile app gives you real-time notifications from the IOCDF, the full schedule with the option to bookmark sessions, a full list of exhibitors and presenters, venue and DC-area maps, and more.





MISSION STATEMENT

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

SUPPORTING THE IOCDF

As a nonprofit, the IOCDF relies on the generosity of individual donors to fulfill our mission. Below are some ways you can support the IOCDF as we work to help people with OCD and related disorders live full and productive lives:

- **Annual Fund:** Supports the IOCDF's efforts to educate, raise awareness, and improve access to resources for people living with OCD and related disorders, their families, and treatment providers.
- **Research Grant Fund:** Helps award grants to investigators whose research focuses on the nature, causes, and treatment of OCD and related disorders.
- **Conference Scholarship Fund:** Provides a number of scholarships to people who may otherwise not be able to attend the Annual OCD Conference due to cost.

To make a donation and learn about more ways to give to the IOCDF, visit iocdf.org/donate or call us at (617) 973-5801, Monday–Friday, 9:00am–5:00pm EST. Donations can also be made via check sent to: IOCDF, PO Box 961029, Boston, MA 02196.

IOCDF MEMBERSHIP

By becoming a member of the IOCDF, you join a community of individuals affected by OCD, including those with OCD and related disorders, their family members and friends, and professionals dedicated to treatment and research. Your membership funds provide vital support for our efforts in education, assistance, and advocacy for the public and professional communities. IOCDF Members receive various benefits including subscription to the quarterly OCD Newsletter, discounted registration to the Annual OCD Conference, as well as referral, networking, and training opportunities (for Professional Members).

To become a member of the IOCDF or to renew an existing membership, please go to iocdf.org/membership, email us at membership@iocdf.org, or call us at (617) 973-5801, Monday–Friday, 9:00am–5:00pm EST.

IOCDF BOARD OF DIRECTORS

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WHAT WE DO

Thanks to the patronage of members and donors, the IOCDF is able to provide support, education, and resources for those affected by OCD and related disorders, as well as for the professionals who treat them.

PROMOTING AWARENESS & ADVOCACY

1 Million Steps 4 OCD Walk | #OCDwalk

The 1 Million Steps 4 OCD Walk is an annual grassroots, awareness-building and fundraising event that takes place each year in June and supports the work of the IOCDF as well as our local Affiliates. The OCD Walk aims to dispel stigma and foster a community of support for those affected by OCD and related disorders. The first Walk was held in Boston in 2013, and it has since expanded to include more than 20 Local Affiliate Walks each year, as well as Community Walks around the world! Visit iocdf.org/walk to learn more.

Annual OCD Conference | #OCDcon

The IOCDF's Annual OCD Conference brings together the most experienced clinicians and top researchers alongside individuals with OCD and their families. Three days of workshops, lectures, and support groups offer thousands access to the latest information about OCD and related disorders in a supportive and engaging environment. Visit ocd2019.org to learn more.

International OCD Awareness Week | #OCDweek

The IOCDF and its Affiliates and partners from around the world come together each second week in October to educate their communities and the general public about OCD and related disorders. This year, OCD Awareness Week will be held from October 13-19, 2019. Visit iocdf.org/ocdweek to learn more.

Public Policy Advocacy Program

The IOCDF's newly-formed public policy advocacy program connects our community to policy makers in Washington and beyond with the goal of making our voices heard when important decisions are made! We are a partner organization in the National Council for Behavioral Health's Hill Day which will take place Sept. 17-18 in Washington, DC. To learn more, email advocacy@iocdf.org.

PROVIDING RESOURCES AND SUPPORT

Resource Directory

The IOCDF Resource Directory connects those affected by OCD to the support they need. Our Resource Directory includes a national and international list of treatment providers, clinics, and organizations specializing in treating OCD and related disorders, searchable by location and specialty. This directory also offers a database of OCD support groups for individuals, parents, and family members. All of this information is available for FREE at the IOCDF website (iocdf.org/find-help) or by calling the IOCDF office at (617) 973-5801.

IOCDF Affiliates

Our regional Affiliates carry out the mission of the national organization at a community level. We have Affiliates in 29 states and territories in the US, and are adding more every year. Visit iocdf.org/affiliates to find an Affiliate near you or learn about starting one in your area.

OCD Newsletter

All current IOCDF members receive our quarterly newsletter, which includes personal stories from those affected by OCD and related disorders, as well as articles about the latest in research, resources, and recovery in OCD. Visit iocdf.org/newsletter to learn more.

IOCDF Websites | iocdf.org

Packed with expanded and updated information about OCD and related disorders, the IOCDF website (iocdf.org) receives more than 2 million visits each year. The IOCDF also maintains sites for related disorders:

OCDinKids.org – For parents and children affected by OCD, and the mental health and medical professionals who treat them.

HelpForHoarding.org – For individuals and families affected by hoarding disorder (HD), in addition to the many professionals who work with this community.

HelpForBDD.org – For teens, young adults, and adults affected by body dysmorphic disorder (BDD) and their family members, as well as professionals.

AnxietyintheClassroom.org – For school personnel, students, and their families, this website provides useful information, resources, and materials about anxiety and OCD as they relate to the school setting.

IMPROVING EDUCATION & TREATMENT

IOCDF Training Institute

On average, it can take an individual with OCD between 14 and 17 years from the onset of symptoms to receive a proper diagnosis and effective treatment. The IOCDF is committed to changing that statistic by training more clinicians to effectively treat OCD. Beginning with our flagship Behavior Therapy Training Institute (BTI) program (established in 1995), the IOCDF Training Institute has since grown to offer a number of professional training opportunities, such as online trainings, case consultation groups, and destination CE/CME opportunities, such as the BRAND NEW upcoming Education Vacation (see ad on page 7), that address a variety of specialties and issues pertaining to the OCD and related disorders community. Visit iocdf.org/training to learn more.

Pediatric Outreach Programs

Our Pediatric Outreach Programs aim to raise awareness and provide general education about OCD to students, families, school personnel, and the general public, as well as to training professionals to effectively diagnose and treat pediatric OCD and related disorders. In 2013, we launched the Pediatric BTI to provide a training program for mental health professionals who work with youth. Our Pediatrician Partnership Program was launched in 2015 to ensure that pediatricians are up-to-date in their knowledge of how to properly diagnose pediatric OCD and PANDAS/PANS, and connect families with effective treatment. In 2018 we launched the first phase of our Anxiety in the Classroom program with information and resources for school personnel, and we continue to add content and resources for parents and for students. Anxiety in the Classroom can be found online at AnxietyInTheClassroom.org. To learn more about all of these programs, please visit iocdf.org/programs and OCDinKids.org.

IOCDF Research Grant Program

Since 1994, the IOCDF has awarded over \$4.2 million in research grants to investigators whose research focuses on the nature, causes, and treatment of OCD and related disorders. Visit iocdf.org/research to learn more.

UPCOMING RESOURCES

The IOCDF continues to expand their resources to meet the needs of the community. We are in the process of establishing new community programs including a Transition Packet, which will provide information, education, and resources for individuals transitioning out of OCD intensive treatment programs, as well as further development of Anxiety in the Classroom to include resources for students.

ABOUT THE ANNUAL OCD CONFERENCE



The IOCDF's Annual OCD Conference is a very unique event. Attendees range from adults with OCD, children and teens with OCD, and their families and friends, to professionals who treat OCD and researchers who investigate OCD. This helps to make the Conference experience uniquely supportive and dynamic, but it also makes it challenging to develop one program or workshop that will address all of these groups at the same time. As a result, presentations are organized by track and difficulty level.

Tracks

We have asked our presenters to target each of their presentations to a particular audience, though all talks remain open to all attendees. It is our hope that the information presented in these "targeted" talks will be more helpful and better tailored to the audience. These targeted audiences include:

- Individuals with OCD
- Parents and Family Members
- Kids, Middle Schoolers, & Teens
- Young Adults (ages 18–30)
- Therapists (as well as therapy students/trainees)
- Researchers (as well as student/trainee researchers)

There is also an "Everyone" track for presentations that may not fit into the above categories.

Difficulty Level

While all presentations are open to all attendees, the presentations are sorted into two difficulty levels to help better describe the material being presented: Introductory and Advanced. Speakers used the following guidelines to design their presentations:

Introductory — A presentation intended for those who are new to the diagnosis and treatment of OCD and related disorders. Appropriate topics include defining commonly used terms, reviewing diagnostic criteria, and a general introduction and overview of the topic.

Advanced — A presentation intended for attendees who are very experienced and knowledgeable about OCD and related disorders, their treatment, and relevant research. These talks usually include new treatment strategies, a clinical roundtable for treatment challenges, and/or strategies for working with comorbid diagnoses (in other words, an advanced talk should not include a review of diagnostic criteria or a description of first line treatments).

Specialty Series

Over the past few years, we have also introduced other specialized programming and presentation series. Again, the hope is that we are able to address the particular needs of some of our Conference-goers. Some highlights for 2019 include:

BDD Series: This series began in 2014, and is geared towards all individuals affected by or working with Body Dysmorphic Disorder (BDD).

NEW in 2019! Life After Treatment Series: You've made it through treatment and are managing your OCD — now what? This series seeks to help attendees answer this question. It will focus on topics such as re-finding your identity, navigating a post-treatment world, and maintaining recovery gains.

In addition, the Annual OCD Conference includes two special programs:

Bilingual Program/Programa Bilingüe: Because OCD affects individuals regardless of race or ethnicity, in 2012 we launched our first Spanish-language programming. In 2016, we expanded the series into a full-day, fully bilingual program for Spanish-speaking, English-speaking, and bilingual attendees alike. The program takes place on Saturday and includes four fully bilingual (Spanish-English) presentations and an evening support group. See pages 40–46 for more information.

7th Annual Hoarding Meeting: This is the seventh year of the Annual Hoarding Meeting, which includes a day-long Pre-Conference Training Session and two full days of presentations. There is something for everyone: individuals with HD, their families and supporters, therapists, researchers, and other non-mental health professionals who interact with individuals with HD (e.g., first responders, fire marshals, public health officials, housing authorities, etc.).

26TH ANNUAL OCD CONFERENCE PLANNING COMMITTEE

The Annual OCD Conference program is created as a partnership between IOCDF staff and a Conference Planning Committee (CPC) that is made up of diverse stakeholders within the OCD community (individuals, family members, therapists, researchers, etc.). Together, the IOCDF and the CPC

review every submission and work together to set the final Conference programming. The CPC is organized into several subcommittees that map on to the Conference tracks and special topic series, with each subcommittee comprised of the leaders and experts in the OCD community.

Body Dysmorphic Disorder

Scott Granet, LCSW
Katherine Phillips, MD
Denis Asselin
Chris Trondsen

Living with OCD & Everyone

Ethan Smith
Alison Dotson
Nathaniel Van Kirk, PhD
Terence Ching, MSocSci
Michelle Massi, LMFT
Epifania Gallina
Chrissie Hodges, PSS
Saleha Hansbhai
Elizabeth McIngvale, PhD, LMSW
Charlene Salvador
Stacey Conroy, LCSW, MPH

Parents & Families

David Calusdian
Jon Hershfield, MFT
Jo-Ann Winston
Chris Baier

Research to Clinical Practice

Carol Mathews, MD
Robert Hudak, MD
Bunmi Olatunji, PhD
Amitai Abramovitch, PhD

Therapists

Thröstur Björgvinsson, PhD
Jenny Yip, PsyD
Nancy Keuthen, PhD
Elna Yadin, PhD
Ariz Rojas, PhD
Kimberly Quinlan, LMFT

Michelle Witkin, PhD
Kevin Chapman, PhD
Kate Reeves, LMFT
Patrick McGrath, PhD

Young Adults

Jess Kotnour
Neil Hemmer
Morgan Rondinelli
Chris Trondsen

Youth Programming

Denise Egan Stack, LMHC
Susan Boaz
Lisa Coyne, PhD
Madeline Conover, LMHC, REAT
Kat Rossi, LMHC
Dede Booth, LMHC, REAT

IOCDF RESEARCH SYMPOSIUM PLANNING COMMITTEE

Co-Chair: Christopher Pittenger, MD, PhD

Associate Professor of Psychiatry, Yale University; Director, Yale OCD Research Clinic; Scientific and Clinical Advisory Board Member, International OCD Foundation

Co-Chair Carolyn Rodriguez, MD, PhD

Associate Professor of Psychiatry and Behavioral Sciences, Stanford University; Director, Translational OCD Research Program, Stanford University; Scientific and Clinical Advisory Board Member, International OCD Foundation

Wayne Goodman, MD

Professor and Chair, Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine; Scientific and Clinical Advisory Board Member, International OCD Foundation

Jon Grant, JD, MD, MPH

Professor of Psychiatry & Behavioral Neuroscience, University of Chicago; Director, Addictive, Impulsive, and Compulsive Disorders Clinic, University of Chicago

H. Blair Simpson, MD, PhD

Director of the Anxiety Disorders Clinic, the Center for Obsessive Compulsive and Related Disorders, and Professor of Psychiatry, Columbia University; Scientific and Clinical Advisory Board, International OCD Foundation

S. Evelyn Stewart, MD

Founding Director, Pediatric Obsessive Compulsive Disorder Clinic and Research Program, BC Children's Hospital; Scientific and Clinical Advisory Board, International OCD Foundation

Monnica Williams, PhD

Associate Professor, Department of Psychological Sciences, University of Connecticut; Director, Laboratory for Culture and Mental Health Disparities, University of Connecticut; Clinical Director, Behavioral Wellness Clinic, Louisville, Kentucky and Chadd's Ford, Pennsylvania; Scientific and Clinical Advisory Board Member, International OCD Foundation

ANNUAL HOARDING MEETING PLANNING COMMITTEE

Co-Chair: Randy Frost, PhD

Professor of Psychiatry, Smith College; Scientific and Clinical Advisory Board, International OCD Foundation

Co-Chair: Gail Steketee, PhD, LICSW

Boston University

Christiana Bratiotis, PhD, LICSW

Assistant Professor, University of British Columbia School of Social Work

Jordana Muroff, PhD, LICSW

Associate Professor, Boston University School of Social Work

CONTINUING EDUCATION

Continuing education credits are offered at the Annual OCD Conference for professional registrants only; those paying for non-professional registration fees will not receive credit. Continuing education credits are offered for approved sessions only, which are denoted as CE talks in the online schedule and Program Guide. In order to receive credit, you will need to attend approved sessions, sign in and out each day, and complete online evaluations for all sessions attended.

Please note: Professionals receiving credits from the American Psychological Association (APA) are required to prove session attendance for each CE approved session.

Licensed Mental Health Counselors: The IOCDF has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6821. Programs that do not qualify for NBCC credit are clearly identified. The IOCDF is solely responsible for all aspects of the programs.

- Pre-Conference Training Session: Exploring Clinical and Community Interventions for Hoarding and Cluttering – 6 credits.
- Pre-Conference Training Session: Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder – 4.5 credits
- Friday (1-Day) Registration for the Annual OCD Conference – 7.5 credits
- Saturday (1-Day) Registration for the Annual OCD Conference – 6 credits
- Sunday (1-Day) Registration for the Annual OCD Conference – 4.5 credits
- Full (3-Day) Registration for the Annual OCD Conference – 18 credits

Social Workers: This activity has been approved by the National Association of Social Workers for 24 CE Credits.

- Pre-Conference Training Session: Exploring Clinical and Community Interventions for Hoarding and Cluttering – 6 credits.
- Pre-Conference Training Session: Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder – 4.5 credits
- Friday (1-Day) Registration for the Annual OCD Conference – 7.5 credits
- Saturday (1-Day) Registration for the Annual OCD Conference – 6 credits
- Sunday (1-Day) Registration for the Annual OCD Conference – 4.5 credits
- Full (3-Day) Registration for the Annual OCD Conference – 18 credits

Psychologists:

- **26th Annual OCD Conference:** McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive up to 18 CE credits. Credits will be issued on a session-by-session basis.
- **Pre-Conference Training Session: Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder** McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 4.5 CE credits.
- **Pre-Conference Training Session: Exploring Clinical and Community Interventions for Hoarding and Cluttering** McLean Hospital is approved by the American Psychological Association to sponsor

continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 6 CE credits.

Physicians: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of McLean Hospital and the International OCD Foundation. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

McLean Hospital designates this educational activity for a maximum of 24 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

- Pre-Conference Training Session: Exploring Clinical and Community Interventions for Hoarding and Cluttering – 6 AMA PRA Category 1 Credit(s)
- Pre-Conference Training Session: Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder – 4.5 AMA PRA Category 1 Credit(s)
- Friday (1-Day) Registration for the Annual OCD Conference – 7.5 AMA PRA Category 1 Credit(s)
- Saturday (1-Day) Registration for the Annual OCD Conference – 6 AMA PRA Category 1 Credit(s)
- Sunday (1-Day) Registration for the Annual OCD Conference – 4.5 AMA PRA Category 1 Credit(s)
- Full (3-Day) Registration for the Annual OCD Conference – 18 AMA PRA Category 1 Credit(s)

Nurses: This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 24 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

- Pre-Conference Training Session: Exploring Clinical and Community Interventions for Hoarding and Cluttering – 6 hours of nursing continuing education credit.
- Pre-Conference Training Session: Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder – 4.5 hours of nursing continuing education credit.
- Friday (1-Day) Registration for the Annual OCD Conference – 7.5 hours of nursing continuing education credit.
- Saturday (1-Day) Registration for the Annual OCD Conference – 6 hours of nursing continuing education credit.
- Sunday (1-Day) Registration for the Annual OCD Conference – 4.5 hours of nursing continuing education credit.
- Full (3-Day) Registration for the Annual OCD Conference – 18 hours of nursing continuing education credit.

CONTINUING EDUCATION

26th Annual OCD Conference Learning Objectives

1. Participants new to the diagnosis and treatment of OCD will be able to summarize and discuss the etiology and treatment of OCD and related disorders.
2. Participants will be able to explain the etiology of OCD as well as various related disorders and co-morbid disorders.
3. Participants will be able to describe the differential diagnosis and treatment options for each disorder or combination of disorders.
4. Participants will be able to recognize the impact of OCD and related disorders on sufferers and family members, and will demonstrate increased competency in facilitating recovery.
5. Participants will be able to employ new strategies for treating treatment-resistant OCD and related disorders, as well as how to engage unmotivated patients in the treatment process.
6. Participants will be able to explain the role of genetics, neurobiology, neuro-imaging, novel and traditional psychopharmacology, neurosurgery and deep brain stimulation in the diagnosis and/or treatment of OCD and related disorders as reported in current research literature.

Pre-Conference Training Session: Exploring Clinical and Community Interventions for Hoarding and Cluttering

1. Participants will be able to recognize and describe hoarding disorder.
2. Participants will develop skills to treat hoarding problems, specifically, controlling acquisition, organizing, room mapping and sorting/discarding.
3. Participants will be able to identify peer and family support options for clutter problems.
4. Participants will be able to describe a community task force approach to hoarding and clutter.

Pre-Conference Training Session: Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder

1. Participants will be able to identify the clinical complexities inherent in diagnosing and conceptualizing OCD occurring in those with ASD, especially in regard to how these complexities impact case conceptualization and both pharmacological and CBT interventions.
2. Attendees will demonstrate how to modify assessments and CBT for OCD presenting in youth with ASD, and explain how this differs from adult presentations.
3. Participants will apply a comprehensive model for understanding and addressing OCD symptomatology occurring in those with ASD, and the "how-to's" of designing and implementing effective treatment protocols.

Please note: Learning objectives for individual days will be listed on evaluations.



January 23–26, 2020

San Juan Marriott Resort & Stellaris Casino
San Juan, Puerto Rico



The Education Vacation is a destination training opportunity for clinicians in all fields who interact with OCD and related disorders - psychiatrists, physicians, nurses, nurse practitioners, therapists, social workers, and students/trainees in any relevant field are welcome to attend. The Education Vacation will bring together premier leaders in OCD and related disorders for 4 days of learning, training, networking, and fun in the sun.

iocdf.org/educationvacation

CONTINUING EDUCATION

In accord with the disclosure policy of McLean Hospital as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, all people in control of educational content, including speakers, course directors, planners, and reviewers, have been asked to disclose all relevant financial relationships with commercial interests of both themselves and their spouses/partners over the past 12 months, as defined below:

Commercial Interest

The ACCME defines a “commercial interest” as any entity producing, marketing, re-selling, or distributing healthcare goods or services, used on, or consumed by, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests. For more information, visit accme.org.

Financial Relationships

Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

Relevant Financial Relationships

ACCME focuses on financial relationships with commercial interests in the 12-month period preceding the time that the individual is being asked to assume a role controlling content of the CME activity. ACCME has not set a minimal dollar amount for relationships to be significant. Inherent in any amount is the incentive to maintain or increase the value of the relationship. The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest.

Conflict of Interest

Circumstances create a conflict of interest when an individual has an opportunity to affect CME content about products or services of a commercial interest with which he/she has a financial relationship.

The following planners, speakers, and content reviewers, on behalf of themselves and their spouse or partner, have reported financial relationships with an entity producing, marketing, re-selling, or distributing healthcare goods or services (relevant to the content of this activity) consumed by, or used on, patients.

Name	Company	Relationship
Bacala, Lindsay	OCD Center Of Manitoba	Speaker
	Deer Lodge Center	Employee
Granet, Scott	Callisto Media	Author
Grant, Jon	Takeda	Grant Recipient
Greenberg, Erica	MGH Psych Academy	Speaker
Keuthen, Nancy	New Harbinger Publishers	Author
	Pfizer	Stockholder
	Merck &Co.	Stockholder
	Johnson & Johnson	Stockholder
McGuire, Joseph	Bracket	Consultant
	Syneos Health	Consultant
	Lumiopia	Consultant
Klinger, Peter	Optapharma	Consultant
Muroff, Jordana	Oxford University Press	Author

Name	Company	Relationship
Stekete, Gail	Oxford University Press	Author
	New Harbinger Publishers	Author
	Dykstra	Author
Storch, Eric	Levo Therapeutics	Consultant
Pittenger, Christopher	Blathorn Therapeutics	Consultant
	Blathorn Therapeutics	Speaker
Rodriguez, Carolyn	Allergan and Rugen	Consultant
	Blathorn Therapeutics	Consultant
	Epiodyne	Consultant
Smith, Stephen	NOCD	CEO
Twohig, Michael	New Harbinger Publishers	Author
	Oxford University Press	Author
Witzig Jr., Ted	Christian Association for Psychological Studies	Speaker

All other individuals including course directors, planners, reviewers, faculty, staff, etc., who are in a position to control the content of this educational activity have, on behalf of themselves and their spouse or partner, reported no financial relationships related to the content of this activity.

IOCDF SPECIAL INTEREST GROUPS (SIGS)

Special Interest Groups (SIGs) are groups of people interested in a specific topic within the OCD and related disorders community. SIGs help the IOCDF by providing guidance, recommendations, and support on areas that might not be well represented by existing programming, resources, and events. In this way, SIGs work both with and independently of the IOCDF. The ultimate goal of SIGs is to encourage collaboration, communication, education, research, mentoring, and networking around their specific topic area.

Who should attend a SIG meeting?

Anyone interested in the special topic area is welcome to attend a SIG meeting. SIG membership ranges from professionals in the field (therapists, researchers, etc.), to students/trainees, to passionate individuals and supporters.

Special Interest Group	Facilitator(s)	Date/Time	Location
OCD/Substance Use Disorder (SUD)	Stacey Conroy, LCSW, MPH Patrick McGrath, PhD	Friday 9:45am–11:15am	301/302
Peer Support	Chrissie Hodges, PSS	Friday 12:30pm–2:00pm	303/304
Therapists with OCD	Shala Nicely, LPC Nathaniel Van Kirk, PhD	Saturday 2:15pm–3:45pm	JW Grand 1
Autism Spectrum Disorders (ASD)/OCD	Robert Hudak, MD, Fred Penzel, PhD Jon Hoffman, PhD, Rebecca Sachs, PhD	Saturday 2:15pm–3:45pm	303/304
Pediatric	Eric Storch, PhD Evelyn Stewart, MD	Saturday 2:15pm–3:45pm	301/302

REGIONAL MEETINGS

Canadian Attendee Meeting & Greet

Friday, July 19 | 11:15am–12:30pm | JW Grand 1, Level 4

Come by the JW Grand Ballroom 1 on Level 4 to meet and network with fellow Canadian Conference attendees to share resources and discuss ways to increase awareness for OCD and related disorders across the country of Canada.

OCD Southern California | Affiliate General Interest Meeting

Friday, July 19 | 11:30am–12:30pm | 301/302, Level 3

Conference attendees from the Southern California area are welcome to stop by to learn more about upcoming programming of the IOCDF Affiliate, OCD Southern California, meet both Affiliate leadership and fellow Conference attendees from SoCal, and learn how to get more involved with their local Affiliate.

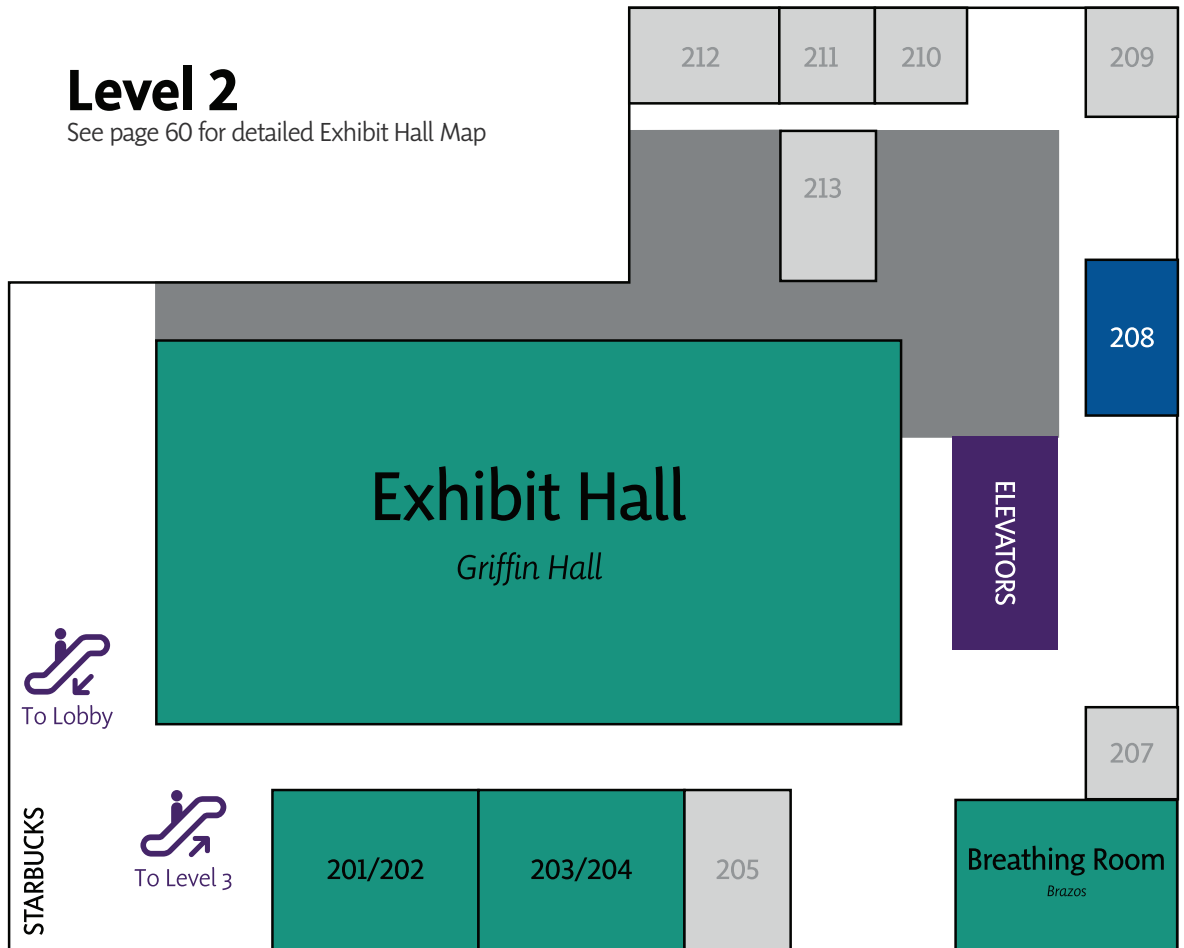
OCD Louisiana | Affiliate General Interest Meeting

Saturday, July 20 | 11:15am–12:30pm | 301/302, Level 3

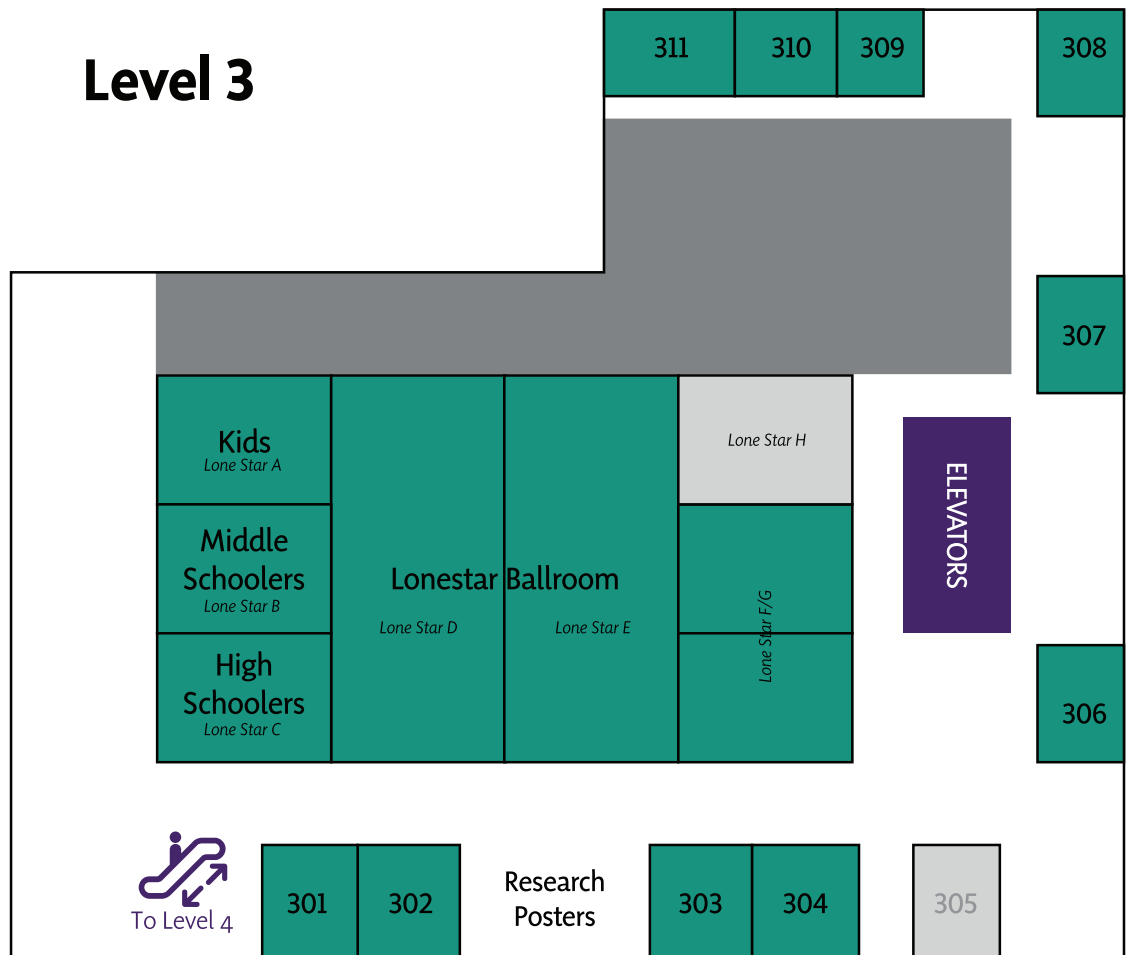
OCD Louisiana is one of the IOCDF's newest local Affiliates! Local attendees are welcome to stop by and meet local affiliate leadership, share their ideas on what resources the affiliate can offer the area, and find out how they can become more involved.

Level 2

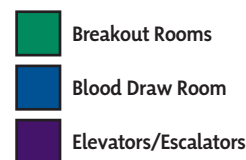
See page 60 for detailed Exhibit Hall Map



Level 3



Level 4



Stuck in your Room?

Let the Annual OCD Conference Room Brigade Help

You've made it to the Conference. It may have been really hard for you to get here, but you made it. What happens if you get triggered and your OCD symptoms rear their ugly head, making it difficult for you to leave your room?

If you find yourself stuck in your hotel room, or if you are the friend or family member of someone stuck in their room, contact the Room Brigade at **(617) 910-0623** and leave a voicemail with your name, contact number, and hotel room number. The Room Brigade will respond to all voicemails within 2 hours of receipt. These volunteers will talk on the phone, stand outside a hotel room door, or come into your room (all volunteers will be in pairs with a male and female) — whatever works best for you in your goal to get out of your room and into the Conference. You've already made it here, now let us help you get the most out of your Conference experience.

PLEASE NOTE: The Room Brigade is not a crisis hotline or an emergency service. The assistance provided by the Room Brigade is intended to be supportive only, and is not considered to be therapeutic. **If you are in crisis or are worried you might hurt yourself or someone else, please call the National Suicide Prevention Lifeline at 1-800-273-8255.**

CONFERENCE SPONSORS

Sponsors help underwrite the cost of the Annual OCD Conference, enabling us to provide the best programming and events for all Conference attendees. Please visit our sponsors' booths in the Exhibit Hall (see page 60 to learn more).

TITLE SPONSOR



PLATINUM SPONSORS



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 **NW ANXIETY**
INSTITUTE

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& Healing Center

 **biohaven**
pharmaceuticals

BRONZE

AMITA HEALTH[®]
BEHAVIORAL MEDICINE INSTITUTE

IOCDF INFORMATION & WELCOME BOOTH

The IOCDF Information & Welcome Booth is located at the back left corner of the Exhibit Hall on Level 2 of the Conference hotel (opposite the Conference bookstore). It's a place to make deeper connections with IOCDF staff and leadership, find out how to get more involved with the IOCDF, and is an opportunity for new and returning attendees to learn how to navigate the Conference to maximize their experience.



At the IOCDF Booth expect to see members of the IOCDF Board of Directors and the Scientific and Clinical Advisory Board, staff members, and IOCDF Ambassadors. Come to the booth and find out more about:

- How to best navigate the Conference
- Becoming an OCDvocate
- Training Institute opportunities
- Anxiety in the Classroom
- How to get more involved in future Conferences (e.g., become a volunteer, submit a proposal to be a speaker next year!)
- How to submit OCD Newsletter and/or blog contributions
- How to make a video for us to post on one of our websites
- How to get more involved with our Affiliates
- How to get involved in fundraising for the IOCDF including the 1 Million Steps 4 OCD Walk
- Membership
- Our Research Grant program
- WRITE ON! with Not Alone Notes during the Friday 7/19 lunch break

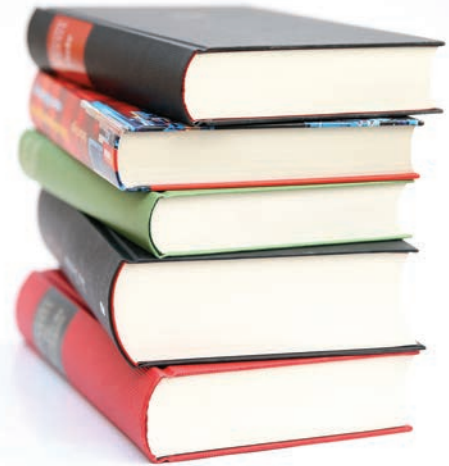


OCD CONFERENCE BOOKSTORE

BOOKSTORE HOURS:

Friday, July 19	7:00am–5:30pm
Saturday, July 20	7:00am–7:00pm
Sunday, July 21	7:00am–11:30am

*Located on the Griffin Hall on Level 2
in the Exhibit Hall*



Sponsored by

MEET THE AUTHORS

Book Signing Schedule

 newharbingerpublications

The following authors will be available to sign their book and briefly answer questions at the OCD Conference Bookstore:

FRIDAY, JULY 19

11:15am–12:30pm

Mara Wilson

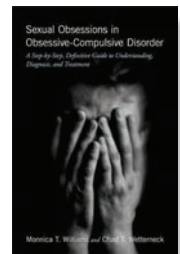
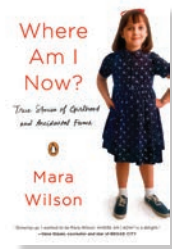
Where Am I Now?: True Stories of Girlhood and Accidental Fame

Shala Nicely, LPC

Is Fred in the Refrigerator? Taming OCD and Reclaiming My Life

Monnica Williams & Chad Wetterneck

Sexual Obsessions in Obsessive compulsive disorder: A Step-by-Step, Definitive Guide to Understanding, Diagnosis, and Treatment



SATURDAY, JULY 20

11:15am–12:30pm

Lily Bailey

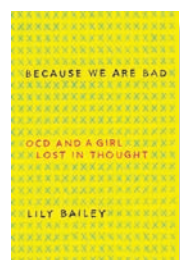
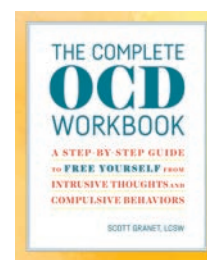
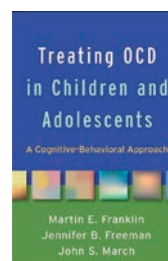
Because We Are Bad: OCD and a Girl Lost in Thought

Martin Franklin, Jennifer Freeman, & John March

Treating OCD in Children & Adolescents: A Cognitive-Behavioral Approach

Scott Granet

The Complete OCD Workbook: A Step-By-Step Guide To Free Yourself From Intrusive Thoughts and Compulsive Behaviors



PROGRAMMING FOR KIDS, MIDDLE SCHOOLERS & TEENS

The IOCDF is excited to offer a unique and exciting Conference experience for young people of all ages. We have individual programming for three distinct age groups: elementary-aged kids, middle schoolers, and high school-aged teens.

Each program spans all three days of the Conference and incorporates a full set of workshops and activities, including interactive educational sessions, creative workshops, support groups, and much more. The programs are designed to guide each age group through new skills, ways of thinking and behaving, and activities to help them manage their lives with OCD.

In addition, attendees can create a binder to take home after our weekend together ends. These binders will provide a great place for everyone to write, draw, and reflect about what they have learned during the Conference, and will serve as keepsakes of their fond memories and new friends.

Please see pages 19–55 for workshops and individual daily schedules for support groups and evening activities.



BREATHING ROOM — BRAZOS

Returning for its second year, the Breathing Room, sponsored by PCH Treatment Center, will be a relaxing retreat throughout the duration of the Conference. It will host daily morning support and stretch groups, in addition to intermittent mindfulness and yoga activities. During open access, attendees are welcome to stop by to take a moment to collect their thoughts, relax, and enjoy the atmosphere of the room. This year's Breathing Room is located in the Brazos Room on Level 2 of the Conference hotel and will be open on Friday and Saturday.

Sponsored by



Friday (see pages 26–35 for details)	
7:00am–8:00am	Compassion Collective Daily Support Group
8:00am–9:30am	Morning Stretch Group
9:30am–2:15pm	OPEN ACCESS
2:15pm–3:45pm	A Taste of Mindfulness
3:45pm–5:45pm	OPEN ACCESS
5:45pm–6:15pm	Becoming More Mindful in an Ever Changing World: How to Utilize Yoga to Tolerate Uncertainty

Saturday (see pages 40–49 for details)	
7:00am–8:00am	The Compassion Collective: A Self Compassion Based Support Group
8:00am–9:30am	Morning Stretch Group
9:30am–2:15pm	OPEN ACCESS
2:15pm–3:45pm	Introduction to Mindfulness: What It Is and How to Begin Your Practice
3:45pm–6:00pm	OPEN ACCESS
6:00pm–7:00pm	A Breath of Fresh Air: A Support Group that Inspires Mindful Living

PEDIATRIC PROGRAM



KIDS <i>Lone Star A</i>	MIDDLE SCHOOLERS <i>Lone Star B</i>	TEENS <i>Lone Star C</i>
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FRIDAY *see pages 26–32 for descriptions*

8:00AM–9:30AM	KIDS AND PARENTS ORIENTATION Susan Boaz; Madeline Conover, LMHC, REAT	MIDDLE SCHOOLERS AND PARENTS ORIENTATION Denise Egan Stack, LMHC; Kat Rossi, MA	TEENS AND PARENTS ORIENTATION Dede Booth, LMHC, REAT; Meg Dailey; Lisa Coyne, PhD
9:45AM–11:15AM	WHEN PESKY OBSESSIONS SHOW UP: STOP, CHOOSE, AND SHAKE IT OFF! Patricia Zurita Ona, PsyD	WARRIOR LAUNCH: BEGINNING YOUR CONFERENCE (OR OCD) JOURNEY Christen Sistrunk, LPC; Ivy Ruths, PhD	DISCOVERING YOUR WHY: VALUED ACTION AND OCD FOR ADOLESCENTS Lisa Coyne, PhD
12:30PM–2:00PM	WANT TO BEAT OCD? LEARN TOOLS AND START FIGHTING BACK! Felicity Sapp, PhD; Emily Anderson, PhD	#BeASuperheroIRL Alejandra Sequeira, PhD; Melissa Fasteau, PsyD; Yoni Sobin, PsyD	CHEMISTRY AND PHYSICS: HOW ARE THEY A PART OF ERP? Mary Kathleen Norris, LPC; Mary Norris, MA
2:15PM–3:45PM	USING YOUR SUPER SENSORY POWERS TO CHANGE YOUR BEHAVIOR AND MOOD Tamar Podoly	BIG BROTHER/BIG SISTER: YOUNG PEOPLE LIVING WITH OCD Jacquelyn Gola, PsyD; Stephanie Sherr, PhD (LONE STAR B)	
4:00PM–5:30PM	MISSION FREEDOM Misti Nicholson, PsyD; Samantha Myhre, PhD; Rebecca Suffness, PhD	TRY NOT TO DO A COMPULSION CHALLENGE Renae Reinardy, PsyD	MAYBE THEY DO THINK YOU'RE RUDE, DISHONEST, OR MEAN: STILL BE "YOU" ANYWAY Brad Hufford, LCSW-C; Kathleen Rupertus, PsyD; Patricia Perrin Hull, PhD

SATURDAY *see pages 40–46 for descriptions*

8:00AM–9:30AM	KEEPIN' IT WEIRD Erin Underbrink, PhD; Ginny Fullerton, PhD; Nicholas Taylor, PhD	CARDS AGAINST OCD: A FUN & INTERACTIVE WORKSHOP FOR PARENTS AND KIDS Allison Solomon, PsyD; Michelle Massi, LMFT; Sonia Greaven, PhD	WRITING & JOURNALING WORKSHOP FOR TEENS WITH OCD Jennifer Shenouda
9:45AM–11:15AM	LEARNING HOW TO BOSS BACK YOUR OCD WITH SHARING, DRAWING, AND ACTING! Allen Weg, EdD; Stacey Dobrinsky, PhD	"BUT LIKE, WHY?" CONNECTING WITH WHAT REALLY MATTERS IN ORDER TO LIVE YOUR BEST LIFE Jonathan Barkin, PsyD; Emily Berner, MFT; Stephanie Uhl, PsyD	STUFF THAT'S LOUD: UNSPIRALLING FROM OCD Lisa Coyne, PhD; Shira Folberg
12:30PM–2:00PM	PRACTICE MAKES IMPERFECT: THE DOUBLE DARE GAME SHOW TO BEAT PERFECTIONISM Jerry Bubrick, PhD; Sony Khemlani-Patel, PhD; Alnardo Martinez, MS	TRANSFORM YOUR SELFIE Dina Scolan, LCPC; Stacy Gronek, LCPC, CADC	STUDY AND ORGANIZATIONAL SKILLS FOR STUDENTS WITH OCD Mary Kathleen Norris, LPC; Mary Norris, MA
2:15PM–3:45PM	BEFRIENDING YOUR OCD THROUGH ARTS AND CRAFTS Epifania Gallina, MA; Cassie Marzke; Gabriella Holliman Lopez; Darcy Howell; Mary Wilson	PARENTS OF MIDDLE SCHOOLERS SUMMIT Allen Weg, EdD; Stacey Dobrinsky, PhD	FIGHTING THE COMMON ENEMY: HOW PARENTS & TEENS CAN FORM A STRONG ALLIANCE TO SUCCESSFULLY CONQUER OCD Andrea Batton, LCPC; Carolyn Muscar, LGPC
4:15PM–5:45PM	KEYNOTE ALTERNATIVE! FIGARO PHO AND THE SCARY THING — KIDS ARE THE THERAPISTS Kathryn Strang; Amy Jenks, PsyD; Mary Wilson (LONE STAR A)		KEYNOTE Mara Wilson (JW GRAND 5-8)

SUNDAY *see pages 52–55 for descriptions*

8:00AM–9:30AM	DEFENDING YOURSELF WITH OCD Jade Flores-Henderson	"WHAT IF": A WORKSHOP ABOUT WORRIES Katie Strang; Alan Esses	LIFE OUTSIDE OCD: MAXIMIZING YOUR ENJOYABLE MOMENTS Hannah Ellerkamp, MS; Robert Selles, PhD; Juliana Negreiros, PhD
9:45AM–11:15AM	LEARNING HOW TO PLAY THE OCD GAME A CREATIVE KIDS APPROACH TO CRUSHING OCD Natasha Daniels, LCSW; Allison Solomon, PsyD	TEEN TABOO TALK: AN INTERACTIVE WORKSHOP ABOUT DISCLOSURE OF INTRUSIVE THOUGHTS Jon Hershfield, MFT; Molly Schiffer, LCPC; Alex; Cassie Marzke	DODGING THE SECOND ARROW: SELF-COMPASSION FOR TEENS Amy Mariaskin, PhD; William Oakley, PsyD; Amy Jenks, PsyD
11:30AM–1:00PM	KIDS' CONFERENCE WRAP-UP AND KEEPING IT GOING Ben Harris, LPC	WARRIOR WRAP UP: RETURNING HOME WITH VIGILANCE & VICTORIES Christen Sistrunk, LPC; Ivy Ruths, PhD	#REALOCD: LET'S TALK ABOUT SOCIAL MEDIA Katie Strang

THURSDAY SCHEDULE

OVERVIEW

THURSDAY, JULY 18

7:30am–8:00am	Check-In and Onsite Registration for the IOCDF Research Symposium <i>Conference Registration Desk, Level 4</i>
8:00am–5:00pm	IOCDF Research Symposium <i>Lone Star F/G, Level 3</i>
8:00am–9:00am	Check-In and Onsite Registration for “Exploring Clinical and Community Interventions for Hoarding and Cluttering” <i>Conference Registration Desk, Level 4</i>
8:00am–8:00pm	Continuing Education Desk Open <i>Conference Registration 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.
8:30am–5:00pm	OCD Treatment Group and Professional Training* <i>Room 406, Level 4</i> Please note: This is the second day of a 2-day event (first day on Wednesday 7/17). <i>*This is a closed event to pre-registered attendees only.</i>
9:00am–5:00pm	Pre-Conference Training Session: “Exploring Clinical and Community Interventions for Hoarding and Cluttering” <i>JW Grand 3/4, Level 4</i>
12:00pm–1:00pm	Check-In and Onsite Registration for “Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder” <i>Conference Registration Desk, Level 4</i>
1:00pm–6:00pm	Pre-Conference Training Session: “Conceptualizing and Treating OCD in Those with Autism Spectrum Disorder” <i>JW Grand 2, Level 4</i>
2:00pm–8:00pm	Check-In and Onsite Registration for Annual OCD Conference <i>Conference Registration Desk, Level 4</i>
6:30pm–9:00pm	Thursday Evening Activities & Support Groups <i>Turn to pages 19–21 for descriptions and a detailed schedule.</i>
8:00pm–11:00pm	Karaoke Icebreaker! <i>Antone’s Nightclub (off-site) — 305 E 5th St, Austin, TX 78701</i> All Conference attendees (21+) are welcome to the Karaoke Icebreaker event taking place just down the street from the Conference hotel at the famous music venue, Antone’s Nightclub, Austin’s Home of the Blues, hosted by Houston OCD Program! Turn to page 21 for more details and directions.

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.

THURSDAY EVENING

8:00pm–9:00pm

First Timers Support Group 301/302

Nancy Larsen, LCSW, *Mindset Family Therapy*;
Allyson Guilbert, LCSW, *Mindset Family Therapy*

First timers, welcome to the IOCDF Conference! We are glad you are here with us and hope you find this experience a support to you. We recognize that it's not uncommon to be overwhelmed with all the information you are receiving. No worries. This is the support group for you. You will be able to openly express your concerns and questions regarding the information you have received over the past two days. This group will also provide quick tips and skills to help you work through the emotions that you may be experiencing from possible OCD triggers along the way. Please join us as you and other first timers share their thoughts and feelings about attending their first IOCDF Conference.



All-Inclusive Women's Support Group 307

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

This group will provide a safe and supportive environment for women to discuss ways we can Stand Together, as we march through our mental health challenges. Participants will have the opportunity to share their own personal struggles AND successes and take part in empowering each other to live a full life despite managing mental illness. Participants will also have a chance to discuss how the women's rights movement is affecting their mental wellness. This group is a support group for anyone identifying as a woman, with OCD, depression, eating disorders, BFRB's, and any other mental struggles. We are in this together!

Support Group for Adults with OCD 303

Robert McLellarn, PhD, *Anxiety and Panic Treatment Center*

Many people with OCD have trouble locating an appropriately trained therapist where they live or have been reluctant to start therapy even if they are lucky enough to find a therapist they could work with. This group provides a place to start therapy on your OCD, or, if you're already in therapy, a place to continue the work you've already started. OCD comes in four general types: contamination fears, checking, "just right" OCD and Intrusive Thoughts. This group will address all of these types of OCD as needed and will use a cognitive behavioral therapy/exposure with response prevention framework. An advantage of working on OCD in a group format is that you get to meet others with similar challenges.

Support Group for Mental Health Professionals and Trainees with OCD 304

Shala Nicely, LPC, *Nicely Done, LLC*; **Michele Carroll, PsyD**, *New Orleans VA*

Being a mental health professional with OCD comes with a unique set of opportunities and challenges. We have the personal experience that enables us to truly empathize with our clients who are struggling. However, taking the courageous path of treating mental disorders when you have one (and quite often, more than one) also presents some challenges. Join us for the sixth annual meeting of this support group for mental health professionals and trainees with OCD. We will interactively discuss how to hurdle these obstacles so you can enjoy your extremely important role helping others! (We hope you will also attend the Therapists with OCD Special Interest Group (SIG) meeting during the Conference; check the program for time and location.)

Man Up: Real Men Talk About Their Feelings (An Interactive Support Group for Men with OCD) 305

Jacques Esses, LMSW, *OCD New Jersey*; **Neil Hemmer, MSW**, *QMHP*

Are you a male suffering with OCD and haven't found a safe place to discuss your issues? Participants will have the opportunity to share their experience navigating the unique challenges they face, including being encouraged to "man up," opening up to their girlfriends or spouses about the mental disorder, keeping their anger in check, dealing with medication side effects, trying to find a therapist who treats OCD, and admitting they need help. This support group will provide a safe space where men are able to ask questions and engage in discussion on topics they face being a male with OCD.

Coping with Success Lone Star A (MIDDLE SCHOOLERS)

Michelle Massi, LMFT, *Anxiety Therapy LA*; **Sonia Greaven, PhD**, *Innovate Psychology, Inc*

You made it to the Conference! There is so much useful information but navigating it all can be overwhelming especially when struggling with OCD. Join us and meet other middle schoolers as we create "coping cards for success". This group will give middle schoolers the opportunity to share and connect with their peers while we discuss how to get the most out of the Conference and handle OCD triggers. Every group member will walk away with their own coping card to help support them throughout the weekend.

Sibling Support Group for Youth Lone Star B

Michelle Witkin, PhD; **Jennifer Lynch, PsyD**, *Renewed Freedom Center for Rapid Anxiety Relief*

When your brother or sister has OCD you may grapple with many different issues. You may feel like nobody else knows what you're going through. You may wonder how to support your sibling without getting overly involved. You may struggle with mixed feelings, and sometimes you may just feel plain old lost in the shuffle. Join other youth who have siblings with OCD for this semi-structured support group as we share thoughts and feelings, support each other, and work to constructively problem-solve the unique issues that arise when you have a sibling with OCD.

Welcome Support Group for Teens Lone Star C (HIGH SCHOOLERS)

Nathalie Maragoni, MS, *OCD Specialists*; **Stacey Wochner, LCSW, LPCC**, *OCD Specialists*

This support group will provide a safe space for middle school and high school kids to talk about what they are experiencing, learn from others, support each other and join with peers to feel less alone. The support group will: 1. Welcome a diverse group of adolescents to the Conference in a supportive environment, where participants of all genders, races and sexual orientations may share successes and struggles with OCD and related disorders. 2. Facilitate a structured support group format to ensure each participant has a chance to share and contribute to the conversation. 3. Provide helpful resources for participants to access during the Conference and after the Conference has concluded (Conference activities, online support groups, books, etc).

Young Adults Orientation and Support Group JW Grand 2

Christopher Trondsen, AMFT, APCC, *OCD Southern California*; **Thomas Smalley, OCD Connecticut**

Young adults—welcome to the Conference! You are in a challenging, yet exciting period of your life that is filled with transitions and significant life changes. However, having OCD adds difficulty to this experience. This support group offers young adults attending the Conference a safe space to communicate these challenges and to gain peer support. The group will begin with pertinent information and an overview of how to get the most out of the Conference. Next, free-flowing discussion and interactive participation involving young adult related topics will be encouraged to create a sense of community. Lastly, the group will offer an opportunity for attendees to share contact information with others, allowing them to spend time together throughout the Conference!

LGBTQ Support Group 306

Jess Kotnour; **Collin Schuster**

This group will provide a space for those who identify as LGBTQ and those who may be questioning their sexuality and gender to discuss these things as they intersect with OCD. This group will be lead by two members of the LGBTQ community who also live with OCD. We hope this space will allow attendees to open up how their OCD has impacted their experience regarding their sexuality and/or gender identity.



THURSDAY EVENING

ACTIVITIES

6:00pm–8:00pm

Preparing & Motivating Yourself for ERP: Getting the Most Out of the Annual OCD Conference JW Grand 5

Jonathan Grayson, PhD, *The Grayson LA Treatment Center for Anxiety & OCD*; **Cameron Halberstadt**, *University of Indianapolis*

In this presentation, learn about the nuts and bolts of exposure and response prevention, the first line treatment for OCD, and how to motivate yourself to take the risk. In an interactive format attendees will learn how to turn exposure from simply confronting your fears to affirming your values and becoming the person you want to be. There will be some opportunity for those who choose to do some practice exposures. During the Conference, there will be multiple opportunities to delve into exposure and response prevention, use this workshop to help yourself take full advantage.

6:30pm–7:30pm

Teen Meet and Greet Decorating Party Lone Star C

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

Are you an adolescent who wants to meet other folks, get some support, and lend a hand at the same time? Consider coming to our Teen Meet and Greet party where we'll make posters and decorations for younger kids with OCD who will be attending the Conference. Come hang with us, see old friends and make some new ones. Help us make a difference for the younger kids!

6:30pm–8:00pm

Solo Attendee Meet-Up: Break The Ice JW Grand 2

Vinay Krishnan; **Angie Bello**; **Tessa Strelow**; **Jordan Cattie, PhD**, *Emory University*

Are you traveling to the Conference on your own, or looking for an easy and low-key way to meet new people? In this meet-up group, choose from a range of icebreaker activities (games, activities, conversation starter prompts) in small groups to find common ground and kick off new 'Conference buddy' friendships. We'll rotate and mix up the groups a few times, so by the end of the meet-up, you'll have many more familiar faces. If you'd like, pick up a 'Community Connect' button at the end of the event. Wearing this button lets others know that you're interested in meeting new people, and that they're welcome to walk up and say hello!

8:00pm–9:00pm

OCD Jeopardy!

Jacques Esses, LMSW, *OCD New Jersey*; **Jeff Bell**, *Adversity 2 Advocacy Alliance*; **Alan Esses**, *OCD SF Bay Area*

Everyone's favorite game show meets everyone's favorite Conference! Join us in this unique, OCD-inspired game show of Jeopardy! hosted by Jeff Bell. Come test your OCD knowledge, learn more about OCD, and have a great time! Bring your own team or join a team of individuals. All attendees will have the chance to participate. There will even be great prizes for the winners. Don't miss this opportunity to become the champion of OCD Jeopardy!



8:00pm–11:00pm

Karaoke Icebreaker Off Site: Antone's Nightclub

305 E 5th St, Austin, TX 78701

Fran Harrington, IOCDF

Head to the famous blues venue Antone's Nightclub after dinner Thursday night to show off your pipes and meet other Conference goers! Open to attendees 21+, this event is just three blocks from the Conference hotel. All attendees will be treated to two free drink tickets and light snacks thanks to our sponsor, Houston OCD Program. Bring your Conference friends, as group karaoke is highly encouraged! Antone's is just 5 minutes from the Conference hotel — take a left out of the JW Marriott Austin and another left onto San Jacinto Blvd and then a right onto E 5th Street. See you there!



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HOUSTON OCD PROGRAM

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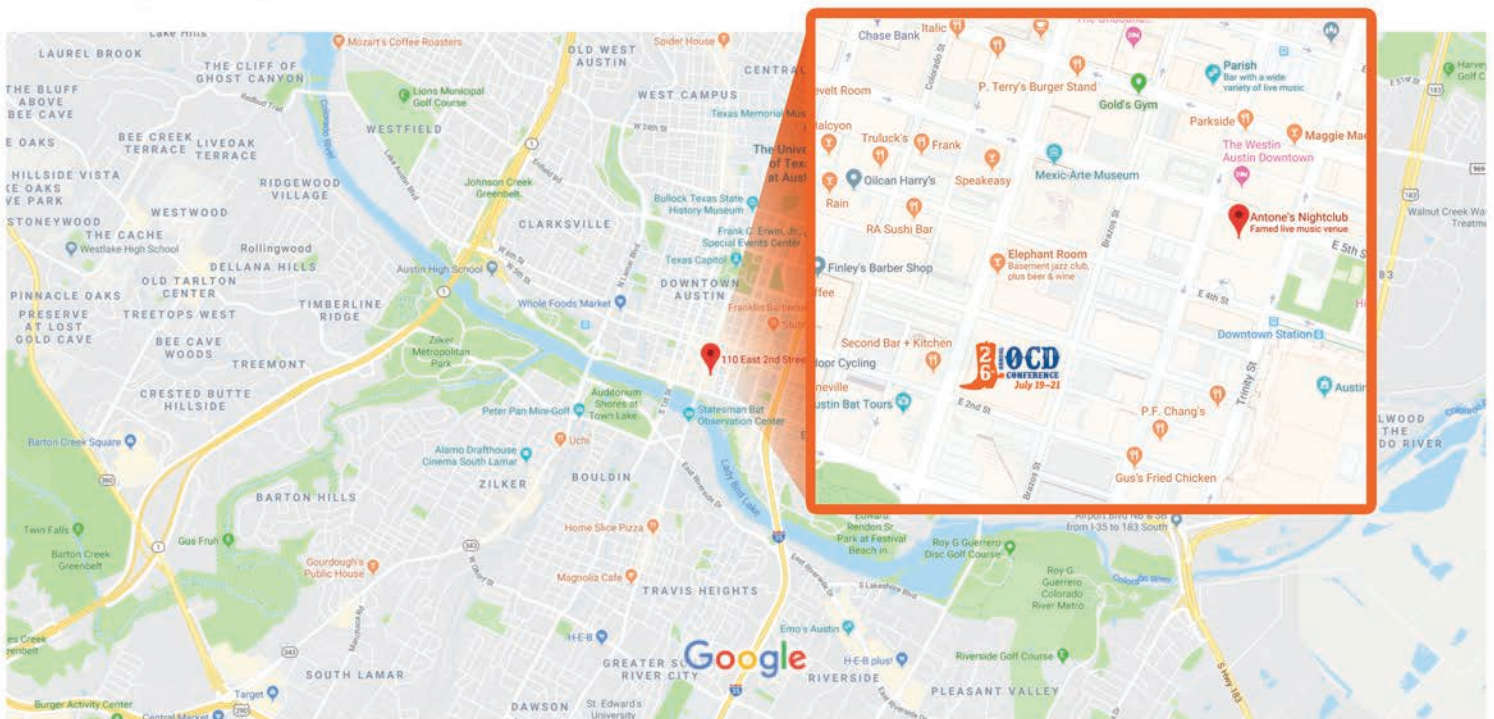
JW MARRIOTT AUSTIN

110 East 2nd Street
Austin, TX 78701



Austin is an extremely walkable city and the JW Marriott Austin is centrally located right downtown. Check out the **Texas State Capitol** building just 10 blocks north of the hotel and the **Congress Street Bridge** only 2 blocks south. Visit austintexas.org for more information on things to do in the different Austin neighborhoods near the hotel.

Make sure to check out the many amenities and outlets the JW Marriott Austin offers, including the **rooftop pool** and **hotel restaurants**: Corner Restaurant, Burger Bar, and OP Italian. For those interested, the hotel also has a **state-of-the-art spa**. Please inquire with the hotel concierge.







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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
Lone Star E

RESPECTING RELIGIOSITY: TREATING SCRUPULOSITY AND OTHER TABOO OBSESSIONS WITH A VALUES-ORIENTED APPROACH
Jedidiah Siev, PhD; Jaclyn Weisman, PhD; Lindsay Brauer, PhD
203/204

CBT FOR OCD: AN OVERVIEW AND UPDATE FOR CONSUMERS AND FAMILIES
Jonathan Abramowitz, PhD; Jennifer Buchholz, MA
JW Grand 5

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
203/204

OCD 101: UNDERSTANDING WHY YOU HAVE IT AND WHAT YOU CAN DO ABOUT IT
Jonathan Grayson, PhD
Lone Star E

ATHLETES AND OCD
Jenna DiLossi, PsyD; Evelyn Stewart, MD; Cali Roper; Lennie Waite, PhD
Lone Star E

LIVING WITH OCD

THE POOP GROUP
Jason Elias, PhD
JW Grand 5

HOW INHIBITORY LEARNING CHANGED OUR THERAPY: A THERAPIST AND CLIENTS' EXPERIENCE
Mary Torres, LMHC; Mike Stelten; Lacey Wisniewska; Rachel Carlson
JW Grand 5

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
203/204

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
JW Grand 2

COLLEGE CONFIDENTIAL OCD EDITION: DIVERSE PERSPECTIVES ON TRANSITIONING TO COLLEGE WITH OCD
Tori Green; Cassie Marzke; Rachel Davis, MD; Ron Marzke
JW Grand 2

TAKING CHARGE: MEDICAL DECISION MAKING AND EDUCATIONAL SELF-ADVOCACY
Danielle Cooke, MS; Andrea Guastello, PhD; Ryan McCarty; Joseph McNamara, PhD; Jessica Zakrzewski, MRes
JW Grand 2

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
Lone Star D

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
Lone Star D

"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
Lone Star D

HOARDING

VISUALIZING SPACE: A VALUES-BASED APPROACH TO LIVING WITH LESS CLUTTER
Lee Shuer, CPS
JW Grand 3/4

HOARDING: THE BASICS
Gail Steketee, PhD, MSW; Christiana Bratotis, PhD, MSW
JW Grand 3/4

"I'M TAKING CONTROL OF MY STUFF AND MY LIFE": USING CBT AND ERP TO COMBAT HOARDING BEHAVIORS
Robin Zaslo, PsyD, LCSW; Renae Reinardy, PsyD
JW Grand 3/4

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
JW Grand 7/8

INTRUSIVE THOUGHTS, SCRUPULOSITY AND JUST RIGHT OCD: ENHANCING READINESS FOR ERP IN KIDS AND TEENS
Aureen Wagner, PhD
201/202

DANGEROUS COMPULSIONS: WHEN TREATMENT IS AN EXPOSURE FOR CLINICIANS
Charles Brady, PhD; Patrick McGrath, PhD; Jon Hershfield, MFT; Amy Jacobsen, PhD
201/202

THERAPISTS ADVANCED

WORKING WITH SCRUPULOUS INDIVIDUALS: A FORUM FOR CASE CONSULTATION AND CONVERSATION
Jedidiah Siev, PhD; Ted Witzig Jr., PhD; Alec Pollard, PhD
201/202

TAKING YOUR SKILLS IN ACT TO THE NEXT LEVEL
Michael Twohig, PhD
JW Grand 7/8

SEX AND INTIMACY IN OCD: IMPACT, ASSESSMENT, AND TREATMENT IN ADOLESCENTS AND ADULTS
Joshua Nadeau, PhD; Martin Franklin, PhD; Betty Horng, PhD
JW Grand 7/8

RESEARCH TO CLINICAL PRACTICE

WHERE TO BEGIN? TREATING PTSD AND OCD
Katherine Dondanville, PsyD; Charity Wilkinson-Truong, PsyD; Zachary Infantolino, PhD
Lone Star F/G

TREATMENT CONSIDERATIONS IN PEDIATRIC OCD: PERSONALIZING GOLD-STANDARD CARE
Alessandro De Nadai, PhD; Eric Storch, PhD; Monica Wu, PhD; Joseph McGuire, PhD
Lone Star F/G

"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
Lone Star F/G

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 compulsivity. 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 Xianyu 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.

Try Not to Do a Compulsion Challenge (MIDDLE SCHOOLERS)

Lone Star B

Renae Reinardy, PsyD, Lakeside Center for Behavioral Change, PC

Can you do it? Can you stand up to one of your OCD fears without fixing it? If you are ready to stand up to fears in a fun and supportive environment, this is the workshop for you! We will get to know each other and discuss common OCD themes. Then, we will challenge ourselves and/or support our new friends as they participate in the challenge. Anyone who wants to participate will be coached on how to break down their fears so that the challenge feels like something they can do! This will be a fun and empowering workshop to help kids feel supported, courageous, and empowered.

Maybe They DO Think You're Rude, Dishonest, or Mean: Still Be "You" Anyway (HIGHSCHOOLERS)

Lone Star C

Brad Hufford, LCSW-C, Behavior Therapy Center of Greater Washington; **Kathleen Rupertus, PsyD**, The Anxiety & OCD Treatment Center, LLC; **Patricia Perrin Hull, PhD**, OCD and Anxiety Treatment Center of Houston

Normal development tasks teenagers with identifying who they are, how they fit in, and what their moral compass is. OCD crashes into this stage and causes teens to doubt their responses. Fears that they might be offensive, sexually inappropriate, or untruthful may lead them to perform compulsions or to avoid social interactions. As a result, their fears strengthen, their sense of self weakens, and their relationships with friends suffer. After discussing how OCD attempts to hijack this critical life stage and how they can regain control, participants can share their experiences and offer helpful suggestions to others. Then, teams will confront "social" fears with ERP and compete for points and the coveted title of "IOCDF's Meanest Teen."

4:00pm–5:30pm

HOARDING KEYNOTE: Reflections on the Short History of Hoarding Disorder (INTRODUCTORY)*

JW Grand 3/4

Randy Frost, PhD, Smith College



It was only 25 years ago that the first systematic study of hoarding behavior was published. Since then, interest and intense work on hoarding has exploded. That work has been done by scientists, clinicians, housing specialists,

elder service professionals, professional organizers, and people with lived experience, among others. There have been considerable successes including the inclusion of hoarding disorder in the Diagnostic and Statistical Manual of Mental Disorders (5th ed), the development of effective therapies for hoarding, the extension of cognitive behavior therapy principles to peer-facilitated intervention groups, and an ever-increasing scientific understanding of the intricacies of hoarding behavior. At the same time, it is clear that we have a long way to go to fully understand hoarding problems and to resolve the suffering of people with hoarding disorder. Each of these topics will be discussed in this inaugural hoarding keynote.

4:00pm–5:30pm

PROFESSIONAL PLENARY:

Demystifying the Gut-Immune-Brain Axis in OCD and Related Disorders (INTERMEDIATE)



JW Grand 7/8

Mady Hornig, MA, MD, Columbia University

Mady Hornig, MA, MD, is Associate Professor of Epidemiology at the Mailman School of Public Health at Columbia University. A physician-scientist, she is

internationally recognized for her animal model work and clinical research in human cohorts on the role of microbial, metabolic, immune, and toxicologic factors in brain disorders, including autism, schizophrenia, attention-deficit/hyperactivity disorder, obsessive-compulsive disorder, mood disorders, and myalgic encephalomyelitis/chronic fatigue syndrome. During her plenary, Dr. Hornig will discuss the gut-immune-brain axis in OCD and related disorders, including how dysfunction may contribute to adverse brain outcomes, the impact of altered gut microbiome on the immune system and mental health, and the current state of understanding in interventions.

FRIDAY EVENING

ACTIVITIES

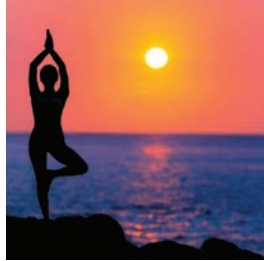
5:45pm–6:45pm

Becoming More Mindful in an Ever Changing World: How to Utilize Yoga to Tolerate Uncertainty

Brazos — Breathing Room

Logan Hamel, LPC; Rachel Krakauer

IN A WORLD ... that is ever-changing a person's natural reaction is to grasp for any type of certainty. This tight grasp on control through, perfectionism, numbing behaviors, or over-working, disallows individuals to notice the "in-between times," the transitions of life. Tolerating uncertainty is a challenge for most people, and letting go of control!? That's terrifying! For a person with anxiety, this is a main focus of therapy. This presentation will cover components of mindfulness, utilizing yoga as a tool, for learning how to tolerate discomfort and accept uncertainty. Attendees will leave feeling grounded after a guided mindfulness activity and will be provided with a take-home practice from our certified yoga-informed psychotherapist.



IOCDF's Got Talent: Season Two

Lone Star B

Renae Reinardy, PsyD, Lakeside Center for Behavioral Change, PC

We were amazed by the wonderful talent of our young people at the Conference last year! Do you have a special talent you would like to share? Do you play an instrument, sing, dance or know Kung Fu? Well, we want to see it! There is no need to preregister, just bring yourself, sibling, pet or anything you need in order to show us your special skills. Group acts are also welcomed. Not only will we have a great time, but there will also be prizes! **The first annual IOCDF Youth Hero Award: Presented by Unstuck will also be awarded at this event!**

7:00pm–8:30pm

LGBTQIA+ All Inclusive Meetup

JW Marriott Lobby

Mary Wilson; Collin Schuster, OCD Connecticut

Join us for a night of food, friendship, and community! Participants will meet up at a local park (Sir Swante Palm Neighborhood Park) for a fun evening of pizza, ice breakers, and board games. This is an opportunity for members of the LGBTQIA+ OCD community to connect with one another and share their personal experiences. While this event has LGBTQIA+ in the title, participants of all identities are encouraged to attend! Suggested donation of \$5 to cover pizza and dessert costs.

6:00pm–7:00pm

Young Adult Networking: Find Local Support!

JW Grand 2

Jacques Esses, LMSW, OCD New Jersey; Neil Hemmer, MSW QMHP; Genevieve Kales, OCD SF Bay Area; Rebecca Billerio

Individuals with OCD often have a challenge finding local support and resources in their areas. This young adult networking event will break up participants into regional groups to address this issue. Attendees will have the opportunity to meet fellow sufferers in their local area to establish a supportive community. As well, participants will connect with regional facilitators, who will provide local resources, including information on IOCDF affiliates and local support services. Those in attendance will be encouraged to maintain the support they formed with fellow attendees following the Conference. Regions represented will include the Northeast, Southeast, Midwest, West Coast, and international. There will also be a designated group for participants from the Austin, TX area!

Evening 5-miler with my BFF, The Anxiety

JW Marriott Lobby

Anna Morgan, LCSW, Kaiser Permanente

Do you like to run? Does meeting with a group of strangers make you feel uncomfortable? Is running through a new city causing you anxiety? Are you wondering if your OCD will let you get a run in? Bring your anxiety with you for a run along the Lady Bird Lake Trail! You'll fit right in.

6:00pm–7:30pm

Improv for Anxiety

JW Grand 5

Alan Landay; Roy Janik, The Hideout Theatre

The Hideout Theatre of Austin, TX, leads an interactive Improv Session for sufferers of OCD and related disorders. The session involves various games that encourage fun and impromptu activity. To quote Hideout's artistic director, "Our workshops are interactive and engaging, and participants spend most of the time up on their feet, having exciting, enjoyable experiences with improv games and exercises." Improv requires being "in the moment" without the opportunity to plan or perform rituals, even mental ones, thus providing exposure and fun simultaneously. The presenter will introduce the session, and Hideout Theatre will take it from there, leading participants through Improv exercises.

7:00pm–9:00pm

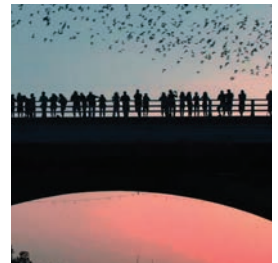
Austin Bat Bridge Brigade

JW Marriott Lobby

Molly Martinez, PhD, Specialists in OCD & Anxiety Recovery (SOAR); Michael Soderstrom, LPC-S, Houston OCD Counseling; Justin Hughes, LPC, Dallas Counseling, PLLC

The South Congress Bridge in Austin, TX is home to one of the largest free-tailed bat colonies in the world. Every evening, up to 100,000 bats emerge together from their

daytime resting place under the bridge in search of food. Come help us Keep Austin Weird! We will convene at our designated spot and take the 0.2-mile walk to the bridge together to witness this awesome natural phenomenon. When we arrive at our destination, we will provide some education about the local bat wildlife. Your guides will be OCD therapists from Texas (dressed in "super" bat attire) if this is an exposure for you, we are here for support. Don't be late! We will depart by 7:15pm for an anticipated 8pm emergence. In case of rain, the event will be rescheduled for Saturday night. (Please note: No visitor has ever been attacked or contracted a disease from these bats.)



8:00pm–9:30pm

Film Fights Back: An OCD Short Film Festival

JW Grand 5

Chris Baier, UNSTUCK: an OCD kids movie; Jon Bacon, Oh Crappy Day Film; Steven Neilson, Oh Crappy Day Film

Films featuring OCD as a subject can create a better understanding and enhance our shared experience. Here are four award-winning films that tackle stigma and show inventive ways to overcome obsessions, compulsions and intrusive thoughts. Come enjoy four short films: two documentaries "UNSTUCK: an OCD Kids" and "OCD is not Me," a dating comedy "Oh Crappy Day," and "Misdirection," a narrative story about love and magic tricks. Each film was created by a family member or filmmaker with OCD. A Q&A with some of the filmmakers will follow the screenings.

FRIDAY EVENING

8:30pm–10:00pm

The 20th Annual Road to Recovery Tour

JW Grand 2

Jonathan Grayson Grayson, PhD, *The Grayson LA Treatment Center for Anxiety*; **Jonathan Hershfield, MFT**, *The OCD & Anxiety Center of Greater Baltimore*; **Shala Nicely, LPC**, *Nicely Done, LLC*; **Rebecca Billerio**, *University of Central Florida*; **Lisa Abbrecht, PsyD**, *Tulane University School of Medicine Department of Psychiatry & Behavioral Sciences*

A night you won't forget. Join us as our legendary recovery trip takes to the streets of Austin to fight OCD. For this workshop's 20th year, we'll begin with a brief presentation about our camping trips (as seen in People Magazine) to help inspire you to take the risks of getting better. Following this, participants – consumers, family, and professionals — will go on a field trip throughout Austin in which participants will experience the exhilaration of conquering OCD fears in a group that goes beyond your imagination. Everyone will be encouraged to support and help one another, but you will only do what you choose to do. You will be surprised how much more you will choose!

SUPPORT GROUPS

7:00pm–8:30pm

Married/Significant Others and OCD Support Group

301

Melissa Ploettner, LCSW; **Richard Boyce**

When someone with OCD is in a relationship, both partners have OCD. It can offer a very unique set of stressors to watch your loved one living with OCD. You may not understand what their experience is like or may feel that OCD is stealing time and attention from your relationship. This group is intended to provide the opportunity to ask and answer questions, and offer encouragement and hope to both the person with OCD and their partner.

Support Group For Those With Body-Focused Repetitive Behaviors (BFRBs) and OCD

302

Fred Penzel, PhD, *Western Suffolk Psychological Services*; **Nancy Keuthen, PhD**

OCD and BFRBs (Hair-Pulling Disorder, Skin-Picking Disorder, Severe Nail Biting, etc.) are frequently seen to occur together. Many people brush them off as simply bad habits, but their consequences can be serious both physically and emotionally. BFRBs are often characterized by stigma and isolation. This will be an opportunity to break through both of these problems and discuss experiences non-judgmentally, as well as finding out what resources and types of effective help are available.

Support Group for Parenting with OCD

303

Bethany Bemis

This support group is for parents who have OCD themselves. Join us for an evening of sharing and connection with other parents who know what it's like to have OCD and have children! It will be a safe place for parents to share their stories of balancing parental duties with taking care of themselves and their OCD. Special focus will be placed on parents whose OCD may actually focus on their children, including intrusive thoughts about harming them.

Scrupulosity Support Group

304

Ted Witzig Jr, PhD, *Apostolic Christian Counseling and Family Services*

This group is intended for those who suffer from scrupulosity (OCD entwined with religious and moral matters). Family members and close friends of someone with scrupulosity are also welcome to attend. While this group tends to focus more heavily on coping with religious scrupulosity, those dealing with morality scrupulosity without religious scrupulosity are welcome to attend. Join others in a professionally led psycho-education and support group. This will be an interactive group so that participants can learn from the leader and one another about ways to overcome scrupulosity.

"I See Color" Support Group

305

Darlene Davis, PhD; **Alicia Hodge, PsyD**

Ethnic groups often hear, "I'm colorblind, I don't see color, therefore people shouldn't focus so much on talking about color." In reality, this can make persons of color feel invisible. This can also prevent persons of color from being seen for their amazing and unique qualities! These feelings, dynamics, and barriers can also arise in the therapeutic setting. This support group is for OCD sufferers of color to obtain support with issues that arise from language, religion, and cultural differences, micro-aggressions felt from therapists and the difficulty of not having peers and therapists of color to relate to. It gives voice to those OCD sufferers of color whose experiences with OCD have been different – because of their diverse backgrounds.

OCD Substance Use Disorder (SUD) Support Group

306

Stacey Conroy, LCSW, MPH

The goal of this support group is to create a community for those who live with OCD and substance use disorders (SUD). This is an opportunity to meet others who live with OCD-SUD, talk about things that work, things that don't work, talk about resources, and overcome stigma. The aim is to create an environment of full acceptance in which there is no blame for choices people have made, and no recommendation of a one-size-fits-all approach that everyone "should" adopt. Recovery is possible; let's discuss how to get there together.

Hoarding Recovery Support Group

307

Lee Alvord, *Co-Facilitator of H.O.P.E. Support Group*; **Judi Lynn Kelly**, *Founder and Co-Facilitator of H.O.P.E. Support Group*

This is a hoarding support group for individuals with hoarding disorder, loved ones, professionals, and researchers. Our approach is H.O.P.E; Hoarding Overcome through Perseverance and Earnestness, which started in 2010. Many who participate have found marked relief from the isolation of this disorder. Our mission is to help each other make progress in reducing hoarding behaviors, increasing healthy behaviors and in so doing improve the quality of our lives. We read from a hoarding-related book, check in one at a time, commenting on the reading, sharing success with our goals, and setting new goals.

24/7: A Support Group for Family Member and Caregivers of BDD Sufferers

308

Denis Asselin, *International OCD Foundation*; **Judy Asselin**, *International OCD Foundation*

Living with and caring for those with BDD presents enormous daily challenges. Parents, siblings, and partners often find themselves "on duty" 24/7. You sleep at night with one eye open. What do you do? What do you say to help? When is it best to be silent? How do you unintentionally enable? How can you support yourself while supporting your family member? We will share strategies that have been helpful as we provide care for our loved one, nurture our own needs, and strengthen our families.

BDD Support Group

309

Scott Granet, LCSW, *The OCD-BDD Clinic of Northern California*

In addition to living with tormenting obsessions and time consuming compulsive behaviors pertaining to their physical appearance, many people with BDD also tend to experience considerable shame and isolation. This annual support group is a rare opportunity to meet others living with the disorder and to share experiences truly understood by only those who have BDD. This confidential meeting is an opportunity to share our successes, as well as the struggles that continue to challenge many of us on a daily basis.

FRIDAY EVENING

Support Group for Family Members of Those with OCD/SUD

310

Patrick McGrath, PhD, *Amrita Health/Alexian Brothers Behavioral Health Hospital*; **Margaret Sisson**, *Riley's Wish Foundation*

This support group will be co-facilitated by a professional who is considered an expert in treating co-occurring OCD/SUD and the family member of someone who had co-occurring OCD/SUD. We will discuss strategies to help family members better recognize OCD/SUD symptoms and support those they care for who are struggling.

Support Group for Sexual and Violent Obsessions

311

Chad Wetterneck, PhD, *Rogers Memorial Hospital*; **Angela Smith, PhD**, *Houston OCD Program*

Sexual and violent obsessions in OCD are common but frequently unrecognized or misunderstood. Seventeen percent of treatment-seeking patients with OCD have sexual obsessions, which may include worries about sexual orientation, being a pedophile, or acting out sexually. Violent obsessions can be about directly harming oneself or others. Research indicates these obsessions lead to greater distress, more difficulty locating effective treatment and getting properly diagnosed, and more time required to obtain effective results. This support group is focused on helping people understand their symptoms, distinguish between obsessions and mental compulsions, and identify effective exposures to combat symptoms. Participants may also discuss their experiences of stigma, shame, and rejection surrounding their symptoms in a supportive environment.

"When OCD and Self-Compassion Meet in the Middle" Support Group

Lone Star A

Nancy Larsen, LCSW, *Mindset Family Therapy*; **Allyson Guilbert, LCSW**, *Mindset Family Therapy*

Do you ever wonder why it's difficult to be kind to yourself when intrusive thoughts are running through your head? After all, shouldn't you be able to stop these unwanted thoughts? Everyone else seems to be able to. The unfortunate reality is the nature of OCD is intrusive and distressing. Self-compassion can help you come to terms with your pain and lead you down the path towards personal healing. You will learn how to "fight" OCD differently, more effectively. Chances are, in doing so, you will be able to enjoy your life more openly and honestly because you are being kind and gentle towards your OCD struggle. Join us as we explore how OCD and self-compassion meet in the middle.

Staying Motivated to Overcome Obstacles During Treatment and Beyond Support Group

Lone Star C

Joan Davidson, PhD, *San Francisco Bay Area Center for Cognitive Therapy*

Encountering obstacles during and after treatment is common. New obsessions emerge or old ones return. That's the nature of OCD. Obsessions can take many forms and pop up at any time. Your work doesn't end when treatment ends. Your goal is to live life fully while continuing to challenge OCD whenever obsessions intrude, no matter what form they take. It's a life-long goal and well worth the effort! Still, it can feel challenging and disheartening when you think about how your work never truly ends. An experienced OCD therapist leads this support group, sharing strategies to stay motivated to challenge OCD and overcome obstacles along the way. Participants are encouraged to share their ideas and experiences with each other.

Perfectionism Support Group

Lone Star E

Taylor Newendorp LCPC, *Chicago Counseling Center, P.C.*; **Whitney Pickett**

This group is designed for individuals who experience perfectionistic tendencies, either in conjunction with or separate from OCD. While the primary purpose of the group is for people to discuss their shared experiences struggling with Perfectionism, the facilitator will also provide education on common factors that perpetuate perfectionistic beliefs. We will review cognitive distortions and self-criticisms that exacerbate Perfectionism and create reframes individuals can begin to use. We will touch on behavioral patterns such as people-pleasing, procrastination, "over-achieving," and compulsions that are part and parcel of Perfectionism, as well as the overlap between Perfectionism and types of OCD such as "Just Right" OCD, Scrupulosity, and ROCD. We will talk about how ERP and Mindfulness techniques can reduce Perfectionism distress.

Support Group for Caregiving and Accommodation

Lone Star D

Mary Torres, LMHC, *Cornerstone OCD & Anxiety Group*; **Lacey Wisniewska**

Friends, family, and home coaches have a difficult task with their loved ones' OCD. Young children, siblings, spouses, parents ... What are we supposed to do when the person we love is having a meltdown, a tantrum, a panic attack, or just insists they must be accommodated? How do we say "NO!" to the ones we love when they are struggling? How do we start saying "NO!" when we have been giving in for so long? We're here for you. You need someone to listen to you and Mary's experience is with helping loved ones learn boundaries and stay strong. Lacey's experience is being told "NO!" and empowering her loved ones to have good boundaries.

When OCD Postpones Adult Milestones/Major Decisions: Support Group

Lone Star F/G

Shanda Curiel, PsyD, *Allay OCD, LLC*; **Justin Nichols**

Many times individuals with OCD will defer engaging in major adult milestones, making major life decisions, and/or taking action towards life goals. Examples of significant experiences are dating and sex, commitment/marriage, having children, choosing a career path, travel, or hobbies. Reasons for not engaging could be shame from having OCD or ugly intrusive thoughts, fears one might act on unwanted thoughts, persistent doubt about making a decision and risking regret, and avoidance that has generalized despite an individual's values. The aim of this group would be for participants to consider an important experience they have not had (or wish to resume) and to consider how to begin living their lives according to their values instead of OCD.

SEATTLE 2020

July 31 - August 2

27TH Annual OCD Conference



Hyatt Regency Seattle – Seattle, WA



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 Bratotiis, 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."

Sponsored by



Kids Keynote Alternative

4:15pm–5:45pm

Figaro Pho and the Scary Thing- Kids Are The Therapists

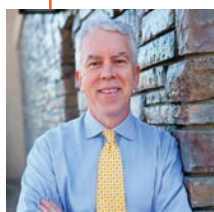
Lone Star A

Kathryn Strang, Mandel School of Applied Social Sciences; **Amy Jenks, PsyD**, Bay Area OCD and Anxiety Center; **Mary Wilson**

In this interactive presentation, kids get to be the therapists. After watching a brief animated video about a child who is scared of an unknown object, we will have a discussion about what strategies are not working for Figaro, and what he could do instead to reduce his fear. Finally, groups of kids will create an exposure hierarchy for Figaro with the help of a clinician to guide them.



AWARD PRESENTATIONS



PATRICIA PERKINS IOCDF SERVICE AWARD

Reid Wilson, PhD

Reid Wilson, PhD has devoted his entire career to advocating and innovating within the field of self-help. At 19, while a sophomore in college, Dr. Wilson created a free peer counseling service for those in need, the first ever on a college campus. By age 20, he had published his first book on how to help those who are suffering and with limited resources. The first peer-review journal article on his work was published when he was 21. In the 1980s he helped construct what is now the Anxiety and Depression Association of America and then chaired three national Conferences on anxiety disorders and OCD. By 1990 he had built American Airlines' national program for the fearful flier, and by 2003 he had launched the internet's largest free self-help

site for anxiety disorders and OCD, a site that now serves 110,000 people per month. The six self-help books he's authored in the last 30 years have been published in nine languages, and his free self-help videos have been viewed by tens of thousands.

Dr. Wilson has been a fixture at the Annual OCD Conference for years, running some of the highest-attended workshops. Of note, this will be the 10th year that he has conducted intensive treatment and training groups at the Conference. Prior to and following each Conference, Dr. Wilson provides a two-day intensive treatment opportunity for individuals who may not otherwise have a chance to access expert and intensive treatment. In addition, he provides the opportunity for mental health professionals to observe these treatment groups, thereby improving their own skills as clinicians. These groups have sold out year after year, and Dr. Wilson has always donated 100% of the registration proceeds – now over \$70,000 – back to the IOCDF. The IOCDF community is grateful for the many ways that Reid has chosen to give back and go above and beyond.

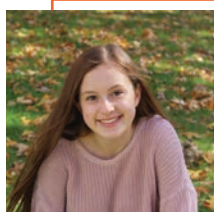


IOCDF OUTSTANDING CAREER ACHIEVEMENT AWARD

Isaac Marks, MD

Isaac Marks, MD, is considered a pioneer in the field of exposure therapy. Originally trained as a psychiatrist at London University (Institute of Psychiatry & Bethlem-Maudsley Hospital) in the early 1960s, Dr. Marks was a founding member of the Royal College of Psychiatrists, becoming a fellow in 1976. He also did clinical research at the Institute of Psychiatry & the Bethlem-Maudsley Hospital from 1964 to 2000, focusing on the treatment of anxiety, phobic, obsessive compulsive and sexual disorders; drug-behavioral psychotherapy interactions; and community care of serious mental illness and its cost-effectiveness. More recently, he's been involved in computer-aided psychotherapy (FearFighter and OCFighter). Dr. Marks is the author of 13 professional books and 450 scientific papers.

In his over 50 years in the field, Dr. Marks has taken on an impressive array of leadership roles around the globe. He was a fellow at the Center for Advanced Study in the Behavioral Sciences in Stanford, California; Salmon lecturer and medalist at the New York Academy of Sciences; and Sackler Scholar at the Advanced Studies Institute, Tel Aviv University. He has consulted to the World Health Organization (WHO), National Institutes of Mental Health (NIMH), and the United Kingdom Department of Health. Additionally, he has served as Chairman of the British Association for Behavioral Psychotherapy, President of the European Association of Behavior Therapy, and member of many editorial boards and professional journals and committees. He won the Starkey Medal and Prize of the Royal Society of Health, and has been a visiting professor at many institutions including the Imperial College London and the Vrije University of Amsterdam. Finally, he leads an international Task Force preparing an A-Z on a common language of psychotherapy procedures.



IOCDF YOUTH HERO AWARD, PRESENTED BY UNSTUCK: AN OCD KIDS MOVIE

Alyssa Weninger

For the first time, this year the IOCDF honored a youth advocate in the OCD and related disorders community with the IOCDF Youth Hero Award, presented by UNSTUCK: an OCD kids movie.

We're very happy to announce that Alyssa Weninger is the winner of the inaugural award. Alyssa is a high school junior who developed OCD after a strep infection at age eight. After undergoing treatment, Alyssa decided to become an advocate for those affected by OCD, engaging others in conversation about OCD and OCD treatment. In the fall of 2018, Alyssa was appointed as the Director of Community Outreach for the Boston-based Mending Minds Foundation and generates social media coverage around PANDAS research. She is also working to rally support for an insurance bill in the Massachusetts legislature, and will also spend a summer in a neurobiology lab at MIT to help research infectious triggers of OCD after convincing a prominent professor at the McGovern Institute for Brain Research at MIT to expand his research into that area.

5:45pm–7:00pm

Researcher and Exhibitor Meet & Greet

Exhibit Hall

The Researcher and Exhibitor Meet & Greet is a unique opportunity to meet the leaders in the field of OCD and Related Disorders. Scientists will be on hand to present and discuss cutting



edge research in a poster session format, allowing attendees to engage one-on-one with over 40 veteran researchers, students, and trainees. A complete, numbered guide to their posters can be found on pages 56-58. Immediately adjacent to the research posters, you will find our Conference exhibitors. Find a complete listing of exhibitors on pages 60. This event is a special opportunity to meet and network with many of the people who make the Annual OCD Conference possible – don't miss it!

Light snacks will be served. Cash bar



7:00pm–10:00pm

OCD Conference Party! Austin Honky Tonk Night

JW Grand Ballroom 5-8, Level 4

We're in TEXAS, y'all! What better way to celebrate coming together for the Conference weekend than with a boot-scootin' Honky Tonk night? This year we are changing it up, and will have a full live band, line-dancing and two-stepping instructors, and lots of other Austin themed fun. Come see the IOCDF Community in action

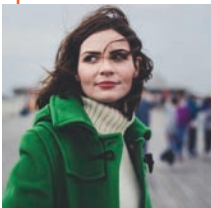
and be a part of this exciting night! Denim, boots, cowboy hats - all Texas-themed attire is encouraged! Our emcee for this year's OCD Conference Party is IOCDF National Ambassador, Ethan Smith. Ethan will be acknowledging two of our 2019 award winners: Thomas Smalley, recipient of the Hero Award, and Lily Bailey, recipient of the Illumination Award.

Light dinner will be served. Cash bar.



AWARD PRESENTATIONS

ILLUMINATION AWARD

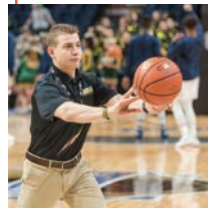


Lily Bailey

"We need to end the misconceptions; we need to end the shame. People are literally losing years of their lives to this thing."

Lily Bailey is a journalist and model from the United Kingdom. Bailey struggled with severe OCD as a child before finally being diagnosed at 16. She kept her condition private until 2014, when she became a passionate spokesperson for the OCD community. Because We Are Bad: OCD and a Girl Lost in Thought, a funny and original memoir of Bailey's experiences with OCD, was published in the U.S. in April 2018. She also hosts #OCDTalkHour on Twitter every Tuesday at 7pm GMT. Bailey lives in London with her dog, Rocky.

HERO AWARD



Thomas Smalley

Thomas Smalley is a psychology major and men's basketball manager at Siena College. Smalley was diagnosed with OCD at 15 and has since become an advocate for raising awareness and reducing stigma, becoming heavily involved with OCD Connecticut, serving as a leader for the young adults at several Annual OCD Conferences, and speaking at schools in Connecticut and New York. He also created two documentaries of his experiences with OCD on his YouTube channel Struggle Into Strength. In February 2018, Smalley gained media attention when he filed a complaint that the head basketball coach at Siena was verbally abusing him for having OCD; the coach later resigned. Smalley took the opportunity to raise awareness about OCD and related disorders. As one nominator wrote, "He has turned this past adversity into triumph, turning 'Struggle Into Strength' from a film into a movement."

SATURDAY EVENING

ACTIVITIES

8:00pm–9:00pm

ROCK Your Best Life

Lone Star B
Michael Zyburt

Spreading happy thoughts by way of painted rocks. Bring your creative inspiration and enjoy painting with "new" friends. Create an inspirational message, favorite animal, nature scene, or any design that inspires you. We will share our "Rock Art" with each other and how we may use it to make someone smile and brighten their day. All materials are provided, but bring clothes you can get messy.

Common Ground: Creating Community and Connection for Siblings

Lone Star C
Matt Witkin; Charlotte Baier; Ken Goodman, MD; Michelle Witkin, PhD

Calling on siblings! Those of us who love a sibling who has OCD share a common bond. We know what it's like to live with that unwanted guest named OCD in our homes. We've seen the struggles and the triumphs, felt the frustrations and the joys, and we may have felt very different or alone. Join us for an interactive program of game play, connecting, and prizes. Facilitated by two siblings of OCD sufferers (with experienced therapists on hand for support), together we will learn what we have in common, share our feelings and experiences, and have some fun together as we build a productive community for us! To encourage honest sharing, siblings only, please.

8:30pm–10:00pm

Young Adult Game Night!

JW Grand 2
Lisa Mueller, Founder of OCD-Support for Teens; Collin Schuster, OCD Connecticut; Neil Hemmer, MSW, QMHP, Southern Illinois University; Genevieve Kales, OCD SF Bay Area

This is not your typical game night! Young adults are invited to play free digital games together using their smartphones as the controller. These games are part of a party pack that includes trivia, puzzle, comedy, and interactive games that are fun and appropriate for all. The event is intended to be a community building, evening mingle activity. Once the Conference begins to quiet down for the night, instead of going to your room alone, come hang out with fellow young adults with OCD! You will get to know and meet some of your future friends! Young adults that are "veterans" of the Conference will moderate and make sure everyone is having a good time! Join for lots of laughs!

SUPPORT GROUPS

4:15pm–5:45pm

Grupo de apoyo para personas con TOC y familiares

JW Grand 2
Cynthia Barrera Rodriguez, MS, TocMéxico; Tania Pérez Duarte, MS TocMéxico
Sabemos lo importante que es para los participantes de habla hispana encontrar un espacio en donde puedan ser escuchados y atendidos, por lo cual en este grupo encontrarán respuestas a dudas específicas sobre la naturaleza del TOC y el tratamiento adecuado e inclusive dudas sobre los temas que hayan llamado su atención durante la conferencia. A su vez, guiarlos en el proceso de búsqueda y/o adherencia al tratamiento y tips prácticos a implementar desde ese instante para ellos y su familia.

6:00pm–7:00pm

A Breath of Fresh Air: A Support Group that Inspires Mindful Living

Breathing Room — Brazos
Nancy Larsen, LCSW, Mindset Family Therapy; Annabella Hagen, MSW, LCSW, Mindset Family Therapy

Are you feeling tired and overwhelmed with life? With OCD? Maybe you just want to stop life and start over. Mindful moments create lasting memories that enlighten the mind and rejuvenate the soul. Did you know that Mindfulness can help you feel more alive, build your confidence, help you manage your mood, and increase your insight and agency? Mindfulness is literally "a breath of fresh air" amidst the rigorous schedule of daily living. Come join us as we take a moment to pause...and take in all that is being experienced throughout this Conference weekend...one breath at a time. You won't want to miss it!

8:00pm–9:30pm

PANS/PANDAS Support Group for Parents and Loved Ones

Lone Star A
Margo Thienemann, MD, Stanford University

Parents and loved ones of PANDAS/PANS children experience a unique stress and burden as their lives are suddenly turned upside down by severe OCD, anxiety, school disruption, and behavior changes. This support group will provide strategies for navigating the labyrinth of PANDAS/PANS while allowing parents and loved ones to meet others who understand the complexities of living with these illnesses.

Emetophobia Support Group

Lone Star F/G
James Claiborn, PhD

Emetophobia or fear of vomiting is a common concern and may present as part of OCD, health anxiety, or a specific phobia. This support group will help people with this fear understand the problem, identify possible treatment, and support others with these concerns.

Support Group for Individuals with Emotional Contamination OCD

301
AJ Land, McLean Hospital Child and Adolescent OCD Institute

This group is for individuals with the "emotional contamination" sub-type of OCD. This involves aversion to a person, place or thing, often felt as disgust, and concern about contamination from the trigger. The fear of contamination frequently generalizes to objects or places associated with the trigger, through physical contact, or even abstract association (e.g., thinking of the trigger, or seeing a word related to him/her/they/it). Individuals will be able to share their experiences with others who have this form of OCD, and help one another with some of the challenges specific to it. This group supports the idea that CBT/ACT and ERP are as effective for EC as for other forms of OCD — and that treatment success is possible.

Increasing Understanding of Race, Culture, Religion, Spirituality, Sexuality and Other Areas of your Identity in Therapy

302
Chad Wetterneck, PhD, Rogers Memorial Hospital; Terence Ching, MS, University of Connecticut

Connecting the needs of people with OCD to therapists in evidence-based practices is a strong part of the recipe for success in therapy. How do you make sure someone understands not only your OCD, but identity as a person of color, of a specific cultural group, understanding religious and spiritual preferences, sexuality, and many more important areas that make you who you are? This group will support searching for the right therapist AND how to help you express needs in these areas that are seen and heard in therapy. Let us work together to bring awareness and helpfulness beyond to how these parts of your identity interact with your OCD and what is needed beyond the symptoms of OCD.

SATURDAY EVENING

Alphabet City...Dealing with OCD and ADD/ADHD

303

Belinda Seiger, PhD, LCSW, *OCD and Anxiety Treatment Center of Princeton*

Many people have both OCD and ADD/ADHD; this support group will provide participants with a chance to create some engaging self exposure activities that account for both OCD and ADD/ADHD in the same brain! Participants will also have an opportunity to discuss the positives (yes, really!) of having both OCD and ADD/ADHD; as well as discuss strategies for managing life with both. Parents and children over the age of 10 with both ADHD/ADD and OCD are welcome to join with a highly motivated child who is able to participate.

Relationship OCD Support Group

304

Allison Solomon, PsyD, *Virtual Center for Anxiety and OCD*

Relationship OCD can be difficult to address because of embarrassment about the topic, lack of awareness it is OCD, and because it involves another person's emotions, commitment, or interest. The facilitator has encountered clients' fears of "being a stalker," fears of getting into a relationship, jealousy or fears of their cheating or their partner cheating, or suspicion of their friendships. Some things to discuss are cognitive distortions, typical feelings in a relationship/friendship, healthy boundaries, and uncertainty in all relationships. Also, ROCD isn't just about romantic connections. It can show up in a variety of ways when two people are in any kind of relationship and one is obsessing and ritualizing about the connection.

Skin Picking Disorder Support Group

305

Lauren McKeaney, *Picking Me Foundation NFP*

Lauren McKeaney is a Skin Picking Disorder specialist with over 27 years of real life experience with dermatillomania (skin picking disorder) who believes in the power of support groups. Running the only BFRB support group in Chicago, Lauren creates an inviting, authentic, round-table-discussion atmosphere that focuses her group on listening to each other, supporting lived experiences, and offering new strategies and resources to take home. Her group will facilitate intimate conversation, mini-goal setting, art-therapy and fidgets show n' tell for all ages. Open to individuals with hair pulling as well.

Harm OCD Support Group

306

Mary Torres, LMHC, *Cornerstone OCD & Anxiety Group*

Harm obsessions create difficulties for clients' openness in groups. Mary has had support groups for harm OCD since June 2017. She found they have immediate universality not felt in typical OCD groups. While there are various harm categories, similarity in reaction creates common respect and compassion. Her harm group also attained a rapid cohesiveness that her typical OCD group took much longer to acquire. All members feel free to share thoughts they've never told anyone knowing they are 100% accepted with no shock or raised eyebrows.

Pedophilia OCD Support Group

307

Nancy Larsen, MSW, LCSW, *Mindset Family Therapy*; **Annabella Hagen, MSW, LCSW**, *Mindset Family Therapy*

Calling all courageous survivors of Pedophilia OCD! WE WANT YOU! Those of you who struggle with intrusive, disturbing, sexual thoughts regarding children; we honor you for your bravery in your struggle with Pedophilia OCD. It is distressing and often debilitating, and we recognize that this Conference weekend may be the only place where you can openly and honestly share your experience with other survivors who are also challenged with this type of OCD. There is no need to hide or be ashamed of your thoughts. We understand your pain. Pedophilia OCD is real. Please join us as we have an honest and open conversation about Pedophilia OCD.

Support for Families of Lower Functioning/Non-Verbal Individuals with OCD and Autism Spectrum Disorder

308

Karen Swanay, LPC-MHSP, *OCD & Anxiety Center of Knoxville*

As the name indicates, autism presents as a spectrum of issues and various levels of effective functioning. Much of the research and help available address individuals who are classified as "higher functioning" and require the ability to participate in the exchange of ideas through a verbal platform. Often the families of more challenging individuals find themselves unable to access appropriate services and support. Join us for discussion and support for caretakers and families of these individuals.

Support Group for Individuals with OCD and ASD, and their Family Members

309

Rebecca Sachs, PhD ABPP, *CBT Spectrum*

Receiving a diagnosis and managing symptoms of OCD can be challenging. A dual diagnosis of OCD and an autism spectrum disorder (ASD) can at times feel overwhelming. For individuals with OCD/ASD and their family, the process of acceptance can bring various thoughts and feelings. Some family members may also be coping with the realization of their own symptoms of OCD /ASD. While the facilitator will guide discussion on topics below, this support group will include ample time to be an open forum for any topic (based on past years feedback)

- Impact of dual diagnosis over time
- Different paths to diagnosis
- Educational/occupational, social/romantic impact
- Treatment planning
- Maintaining motivation/readiness in treatment
- Collaboration/coordination with educational/work settings

Support Group for Individuals with Co-Morbid OCD and Eating Disorders

310

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

When OCD and an eating disorder present hand in hand, the difficulty of treatment is compounded. In this group, individuals with co-morbid OCD and eating disorders, as well as family members and loved ones of those suffering from these disorders, will come together in a safe and supportive environment. Common stuck points will be discussed and insight into addressing these roadblocks will be shared. Individuals will be able to ask questions of facilitators and each other as to how best to support themselves and their loved ones through this journey to recovery.

Friends of Bill W. Meeting

311

Open meeting facilitated by the OCD/Substance Use Disorder Special Interest Group. BYOC (bring your own coffee!)

Parents Closing Support Group

JW Grand 3/4




Fred Penzel, PhD, *Western Suffolk Psychological Services*; **Charles Mansueto, PhD**, *Behavior Therapy Center of Greater Washington*

Coming at the end of the Conference, this support group session will aim to help you make sense of what you have experienced at this Conference. It will be professionally moderated, but will rely heavily on parent/participant input. It will try to clarify the strategies and information that you have learned and are taking home with you, discuss how to use what you have learned when you return and are now facing things on your own, and allow you to learn from and share your own knowledge and experience with other parents.

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, FRCP**, Hotchkiss Brain Institute, Cumming School of Medicine, University of Calgary; **Peggy Richter, MD, FRCP(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 take 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 suggest 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-Odum, 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.

RESEARCH POSTERS

Research Posters will be on display during the Researcher and Exhibitor Meet & Greet on Saturday night from 5:45pm–7:00pm in the Exhibit Hall on Level 2. Researchers will be present to answer questions and discuss their work!

We would like to thank our Poster Award Committee members Amitai Abramovitch, PhD, Robert Hudak, MD, and Carol Matthews, MD for reviewing this year's posters.



**2019 IOCDF
OUTSTANDING POSTER
TRAVEL AWARD**



**2019 IOCDF
OUTSTANDING POSTER
AWARD SCHOLARSHIP**

General OCD

1. Physiological Markers of Obsessive Compulsive Disorder: Examining Heart Rate Variability as an Indicator

Sarah-Nicole Bostan, MA (1), Richard Gevirtz, PhD (1), Rachael Hatton, MA (2), and Nathaniel Van Kirk, PhD (3)

(1) Alliant International University; (2) Private Practice; (3) McLean Hospital/Massachusetts General Hospital/Harvard Medical School

2. Unacceptable Thoughts OC Symptoms, Depression, and Functioning

Morgan E. Browning (1), Andrew G. Guzik, MS (1), Ryan J. McCarty (1), Danielle L. Cooke, MS (1), Cassidy A. Schaeffer (1), Lacie M. Lazaroe, MS (1), Brittany A. Bailey, MS (1), and Joseph P. H. McNamara, PhD (1)

(1) University of Florida

3. DSM-5 Obsessive Compulsive Disorder in College Students

Matthew Buckley (1), Anthony Robinson, MA (1), and Amitai Abramovitch, PhD (1)

(1) Texas State University

4. OCD Challenge – An Online Self-Help ERP Website for OCD

Catherine Christian (1), Cali Roper (1), Katrina Rufino, PhD (1), and Elizabeth McIngvale, PhD, MSW (1)

(1) Baylor College of Medicine

5. Linguistic Construction of Ego-Dystonic Stance in Sexual Orientation OCD

Elvis Coimbra-Gomes, MA (1)

(1) Queen Mary University of London

6. The suicide risk in Harm OCD patients: a proposal for a multicentric study

Alberto Collazzoni, PhD (1), Caroline Kalai, PsyD (1), Jennifer Lynch, PsyD (1), Ashley Bramhall, MA (1), Andrew Cohen (1), Chelsey Whiteside, PsyD (1), Tanya Abughazaleh, PsyD (1), and Jenny C. Yip, PsyD (1)

(1) Renewed Freedom Center for Rapid Anxiety Relief, Division of Strategic Cognitive Behavioral Institute, Inc.

7. Factors Related to Obsessive Compulsive Symptoms: Understanding the Contribution of Disgust, Contamination Fear and Emotion Regulation

Alexandra Gilbert (1) and Danielle Maack, PhD (1)

(1) University of Mississippi

8. Politically-focused intrusive thoughts and ritualistic behaviors: A follow-up study

Lynn M. Hana (1), Sandra L. Cepeda (1), Sophie C. Schneider, PhD (1), Dean McKay, PhD (2), and Eric A. Storch, PhD (1)

(1) Baylor College of Medicine, (2) Fordham University

9. The Association Between OCD Symptoms, Response Inhibition, and Impulsivity

Ashleigh M. Harvey, MS (1) and Hanjoo Lee, PhD (1)

(1) University of Wisconsin - Milwaukee

10. Understanding the link between insomnia and obsessive compulsive symptoms: Cognitive fusion, anxiety sensitivity, and distress tolerance as potential mediators

Samantha Hellberg (1), Jennifer Buchholz, MA (1), and Jonathan S. Abramowitz, PhD (1)

(1) UNC Chapel Hill

11. Guilt and cognitive fusion as potential pathways linking obsessive compulsive symptoms to depression

Samantha Hellberg (1), Sarah Wieman (2), Sydney Ehinger (1), Emma DeMartino (1), Olivia Griffith (1), Jennifer Buchholz, MA (1), and Jonathan Abramowitz, PhD (1)

(1) UNC Chapel Hill, (2) Suffolk University

12. Repetitive Negative Thinking During Exposure: Assessment and Relationship to OCD Symptom Severity

Kara Kelley (1), Jacob Nota, PhD (1), Martha Falkenstein, PhD (1), Sriramya Potluri (1), and Jason Kropf, PhD (1)

(1) McLean Hospital/Harvard Medical School

13. Network Analysis of OCD Symptoms and Clinical Correlates

Lewis Leone (1), Brandon Frank, MS, MA (1), Cassandra Cooney (1), Lauren Mancusi, MA (1), and Dean McKay, PhD (1)

(1) Fordham University

14. Translation, cross-cultural adaption and preliminary psychometric properties of the Chinese version of the Family Accommodation Scale for Obsessive compulsive disorder

Zhenhua Liao, MMed (1), Ying Chen, MPH (1), Ciping You (1), Lingbo Yan, MA, MLIS (2), Jinli Zhang, MD, MMed (3), Fangyong Li, MPH (4), Lisa Calvocoressi, PhD (4), and Lijun Ding, MD, MPH (1)

(1) Xiamen Xianyu Hospital, (2) Interpreter, Education Medical Aids and Services (EMAS), Canada, (3) Xuzhou Central Hospital, (4) Yale University

15. Mechanisms of change in exposure and response prevention for contamination-based OCD

Brittany M. Mathes, MS (1), Taylor N. Day, MS (1), Natalie L.

Wilver, MS (1), Sarah A. Redden (1), and Jesse R. Cogle, PhD (1)

(1) Florida State University



RESEARCH POSTERS

16. Changing OCD Education

Richelle Overton (1), Cherie Hoepfl (1,2), Katrina Rufino, PhD (1,3), and Elizabeth McIngvale, PhD (1)
(1) Baylor College of Medicine Department of Psychiatry, (2) University of Houston, Graduate College of Social Work, (3) University of Houston – Downtown, Department of Social Sciences

17. An Initial Investigation of Online Reassurance-Seeking

Carly A. Parsons, MA (1) and Lynn E. Alden, PhD (1)
(1) The University of British Columbia

18. Investigating the Role of Responsibility Attitudes and Perceived Stress in Obsessive compulsive Symptoms in the Perinatal Period

Rachel Silver (1), Samantha Hellberg (1), Jonathan Abramowitz, PhD (1), Kiara Timpano, PhD (2)
(1) UNC Chapel Hill, (2) University of Miami

19. Co-Morbid Schizophrenia & OCD in Subjects of African Ancestry (AA) and European Caucasian Ancestry (EA)

Martha Solomon, MS (1), Penelope Georgakopoulos, PhD (1), and Michele T. Pato, MD (1)
(1) State University of New York Downstate Medical Center

20. The Impact of Multiple Stigma on Obsessive compulsive Symptom Dimensions: The Compounding Effects of Minority Racial/Ethnic and Sexual/Gender Status

Emma Turner (1), Terence H. W. Ching, MS (1), and Monnica T. Williams, PhD (1)
(1) Department of Psychological Sciences, University of Connecticut, Storrs

21. Examining Canada's First Intensive OCD Treatment Program: Impact on Symptoms, Functionality and Quality of Life

Rebecca Young, PhD (1), Marlene Taube-Schiff, PhD (1), Neil Rector, PhD (1), Persephone Larkin (1) and Margaret A. Richter, MD (1)
(1) Sunnybrook Health Sciences Centre

Pediatric

22. Temporal Precedence of the Change in Obsessive compulsive Symptoms and Change in Depressive Symptoms during Exposure and Response Prevention for Pediatric Obsessive compulsive disorders

Jafar Bakhshaie, MD (1), Daniel A. Geller, MD (2,3), Sabine Wilhelm, PhD (2,3), Brent J. Small, PhD (4), Joseph F. McGuire, PhD (5), Sandra L. Cepeda (1), Sophie C. Schneider, PhD (1), Tanya K. Murphy, MD (6,7,8), Rachel Porth (1), and Eric A. Storch, PhD (1)
(1) Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine, (2) Massachusetts General Hospital, (3) Harvard University Medical School, (4) School of Aging Studies, University of South Florida, (5) Division of Child and Adolescent Psychiatry, Johns Hopkins University School of Medicine, (6) Department of Pediatrics, University of South Florida, (7) Department of Psychiatry & Behavioral Neurosciences, University of South Florida

23. Effectiveness of a Group Intensive Outpatient Program for Youth with Obsessive Compulsive Disorder

Jennifer S. Cataldi, MA, MS (1, 3), Alyssa Nevell, EdS (1, 2), Lisa Barrois, PhD (1), Anna Villavicencio, PhD (1, 2), Kendra L. Read, PhD (1, 2), and Geoffrey A. Wiegand, PhD (1, 2)
(1) Seattle Children's Hospital, (2) University of Washington, (3) Seattle Pacific University

24. An investigation into the effectiveness of a CBT-E/RP based summer camp for youth with OCD and anxiety disorders

Ryan J. McCarty (1), Lacie Lazaroe, MS (1), Ashley Ordway, MEd/EdS (1), Danielle Cooke, MS (1), Andrew Guzik, MS (1), Seth Downing (1), Joseph McNamara, PhD(1) and Carol Mathews, MD (1)
(1) University of Florida

25. Comorbid Psychiatric Diagnoses and Self Harm Behavior in Nine and Ten-Year-Olds with Different Lifetime Experiences of Early Onset OCD

Michelle Miller, MRes (1) and Nicole McLaughlin, PhD (2)
(1) University of Miami Miller School of Medicine, (2) Butler Hospital

26. Patients with Early-Onset OCD due to PANS Tolerate Lower Doses of Antidepressants and Antipsychotics

Michelle Park (1), Avis Chan, MD (2), Jennifer Frankovich, MD, MS (2), Margo Thienemann, MD (2)
(1) Stanford University, (2) Stanford Children's Health

27. Adverse Perinatal Events as Risk Factors for OCD in Children and Adolescents

Hannah Smilansky (1), Suraj Sarvode Mothi, MPH (1), S. Evelyn Stewart, MD (2), David Pauls, PhD (1), and Daniel Geller, MD (1)
(1) Massachusetts General Hospital, (2) University of British Columbia and BC Children's Hospital

28. Influence of Caucasian versus Asian ethnicity in a Canadian tertiary pediatric OCD population

Joanne Wang (1), Sarah Lin, MA (2), John Best, PhD (1,2), and S. Evelyn Stewart, MD (1,2)
(1) University of British Columbia, (2) British Columbia Children's Hospital

BDD

29. Self-views in individuals with body dysmorphic disorder and social anxiety disorder

Clare Beatty (1), Sabine Wilhelm, PhD (1), Dara S. Manoach, PhD (2), and Angela Fang, PhD (1)
(1) OCD and Related Disorders Program, Dept. of Psychiatry, Massachusetts General Hospital, Harvard Medical School; (2) Dept. of Psychiatry, Massachusetts General Hospital, Harvard Medical School, Athinoula A. Martinos Center for Biomedical Imaging

30. Do Social Anxiety and BDD Symptoms Predict How People Make Judgments About What Others Think and Feel?

Madeleine Carens (1), Jedidiah Siev, PhD (1), and Dianne M. Hezel, PhD (2,3)
(1) Swarthmore College, (2) New York State Psychiatric Institute, (3) Columbia University

RESEARCH POSTERS CONTINUED ON NEXT PAGE →

RESEARCH POSTERS

31. Making Gains: A Newly Developed Group Intervention for Male Bodybuilders with Muscle Dysmorphia

D. Luis Ordaz, MA (1), Eric A. Storch, PhD (2), Jack Darkes, PhD (1), and J. Kevin Thompson, PhD (1)
(1) University of South Florida, (2) Baylor College of Medicine

32. The Impacts of Positive Appearance-Related Memories on Body Image Views and Distress

Bridget Silveira (1), Jedidiah Siev, PhD (1), and Hilary Weingarden, PhD (2)
(1) Swarthmore College, (2) Massachusetts General Hospital/Harvard Medical School

33. Greater history of traumatic event exposure and PTSD in a large OCD cohort with BDD

Jorge Valderrama, PhD (1), Stella Kim Hansen, LMHC (1), and Michele T. Pato, MD (1)
(1) SUNY Downstate Medical Center

41. Appearance-related safety behaviors as a transdiagnostic phenomenon and indicator of maladaptive cognitions

Anna C. Schwartzberg (1), Berta J. Summers, PhD (1), Jesse R. Cogle, PhD (2)
(1) Massachusetts General Hospital/Harvard Medical School, (2) Florida State University

Hoarding

34. A Preliminary Evaluation of Clinician Perspectives on Hoarding Disorder

Danielle Cooke, MS (1,2), Rebecca Henderson, MA (2,3), Khloe Segovia (3), Brittany Tessensohn (3), Isabella Schultz (3), Valeria Barreto (3), Joseph P.H. McNamara (1), Peter Collings (3), and Carol Mathews (1)
(1) University of Florida, Department of Psychiatry, (2) University of Florida, Clinical and Translational Science Institute, (3) University of Florida, Department of Anthropology

35. Predictors of Symptom Improvement and Attrition in Treatment for Late Life Hoarding Disorder

Eliza J. Davidson (3,4), Mary E. Dozier, MA (3,4,5), Erin Almklov, PhD (1), Tina Mayes, PhD (4,2), James Pittman, PhD (1,2,6), and Catherine R. Ayers, PhD (1,2,3)
(1) Mental Healthcare Line, VA San Diego Healthcare System (2) Department of Psychiatry, University of California, San Diego School of Medicine (3) San Diego State University/University of California, San Diego Joint Doctoral Program in Clinical Psychology (4) Research Service, VA San Diego Healthcare System (5) Psychology Service, South Texas Veterans Health Care System (6) Center of Excellence for Stress and Mental Health, VA San Diego Healthcare System

36. Effects of Cognitive Rehabilitation and Exposure/Sorting Therapy (CREST) on Neuropsychological Functioning in Late Life Hoarding Disorder

Eliza J. Davidson (3, 4), Mary E. Dozier, MA (3, 4, 5), Elizabeth W. Twamley, PhD (6, 4, 2), and Catherine R. Ayers, PhD (1, 2, 3)
(1) Mental Healthcare Line, VA San Diego Healthcare System, (2) Department of Psychiatry, University of California, San Diego School of Medicine, (3) San Diego State University/University of California, San Diego Joint Doctoral Program in Clinical Psychology, (4) Research Service, VA San Diego Healthcare System, (5) Psychology Service, South Texas Veterans Health Care System, (6) Center of Excellence for Stress and Mental Health, VA San Diego Healthcare System

37. The Proust Phenomenon and Hoarding: The Relationship Between Autobiographical Memory and Possessions

Randy O. Frost, PhD (1), Maryjane Wraga, PhD (1), Molly M. Eldevik (1), Mercedes G. Woolley (1), and Eliza Going (1)
(1) Smith College

38. Developing a new model for the treatment of Hoarding Disorder in a community setting: A Treatment Study at Educational Alliance

Sam Hipschmann, LCSW (1) and Sujenie Badia-Espinal, LMSW (1)
(1) Education Alliance

Other OCD-related Disorders

39. Misophonia: psychiatric comorbidities and coping in a community-based sample

Gregory Muller, MEd (1), Ryan McCarty (1), Erica Mesnard, MEd (1), Joseph McNamara, PhD (1), and Brian Olsen, PhD (1)
(1) University of Florida

40. The role of patients' perceptions of the therapeutic relationship on treatment response in Tourette Syndrome and Chronic Tic Disorders

Anna Schwartzberg (1), Hilary Weingarden, PhD (1), Alan Peterson, PhD (2), Lawrence Scahill, PhD (3), John Walkup, MD (4), Douglas Woods, PhD (5), John Piacentini, PhD (6), and Sabine Wilhelm, PhD (1)
(1) Massachusetts General Hospital/Harvard Medical School, (2) University of Texas at San Antonio, (3) Emory University School of Medicine, (4) Northwestern Feinberg School of Medicine, (5) Marquette University, (6) University of California at Los Angeles



Addition of OCD to the GPC

Institute for Genomic Health
at SUNY Downstate Medical Center



SUNY
DOWNSTATE
Medical Center



You can find us
at Booth 14

Research has shown that genes can make some people more likely than others to develop **Obsessive Compulsive Disorder** and other Related Disorders (BDD, Hair Pulling/Trich, Skin Picking, and HD). Enroll in an NIMH-funded study to identify the

genetic contributions behind OCD

and contribute to development of new and improved treatments!



You may be eligible if you have symptoms or a diagnosis of
OCD or an OCD related disorder (BDD, Trich, Skin Picking,
and HD).

Bring your family too!
Ages 7+ welcome.

Participation involves questionnaires and a donation of a small sample of
blood. You will be compensated for your participation.

Institute for Genomic Health at SUNY Downstate Medical Center, 450 Clarkson Avenue Brooklyn NY 11203.
Tel: (718) 270-8254 Email: instituteforgenomichealth@downstate.edu

 Institutional Review Board DMC/NTC/HHH/Kings County	Approved at:	06/22/2019
	Expires at:	07/06/2019
Study number:	759134-06	

EXHIBIT HALL

Located on Level 2 in Griffin Hall

Our exhibitors help to make the Annual OCD Conference possible year over year. They range from treatment facilities, to research institutions, to fellow independent charity organizations — and they are all looking to help connect the Conference population to the various services and resources they have to offer the OCD and related disorders community. Please stop by the Exhibit Hall to visit them during the following hours:

Friday, July 19

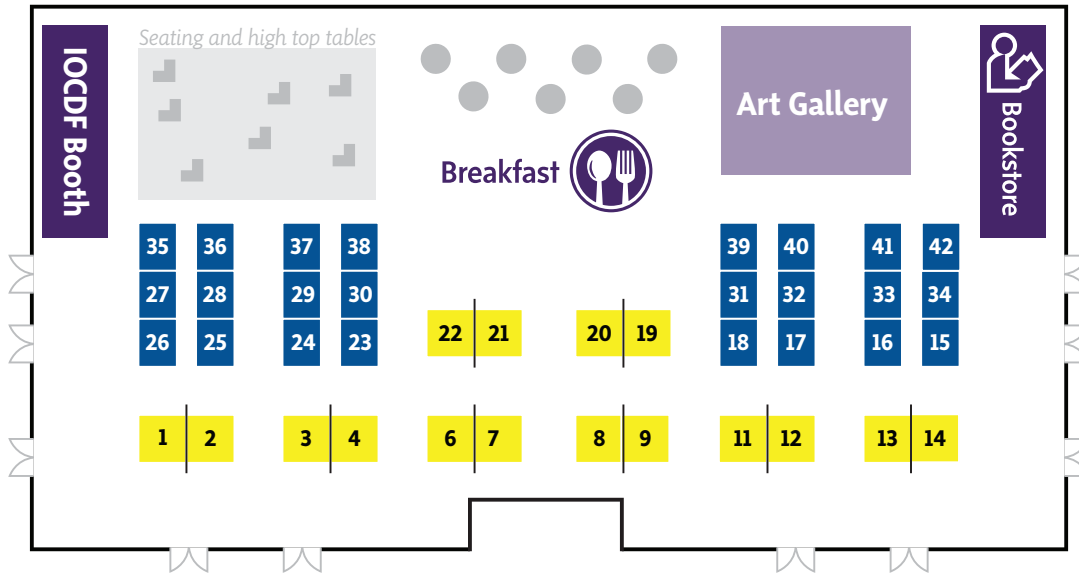
7:00am–5:30pm

Saturday, July 20

7:00am–7:00pm

Sunday, July 21

7:00am–11:30am



The Exhibit Hall will also be the venue for the **Researcher and Exhibitor Meet & Greet** taking place immediately following the Awards Presentation & Keynote Address on Saturday, July 21 from 5:45pm–7:00pm. This event will not only allow for networking with all our exhibiting organizations, but is an opportunity for attendees to meet the leaders in OCD and related disorders research and learn about the most recent findings

presented by their displayed research posters, see page 47 for more information.

Take a stroll through the Exhibit Hall and get to know some of our community's artists! The **Annual OCD Conference Art Gallery** will feature artwork submitted by members of the OCD community, from prints, to paintings, to mixed media, and more.

EXHIBITORS & BOOTH NUMBERS (see descriptions on pages 61-66)

1	Peace of Mind Foundation	22	McLean Hospital OCD Institute
2	TOCMéxico	23	Biohaven Pharmaceuticals
3	The OCD and Anxiety Treatment Center	24	Tourette Association of America
4	Baylor College of Medicine	25	Capital OCD & Anxiety Practice
6	The Gateway Institute	26	NW Anxiety Institute
7	AMITA Health	27	Child Mind Institute
8	Lindner Center of HOPE	28	Resilience Treatment Center
9	Brainsway	29	American Foundation for Suicide Prevention - Central Texas Chapter
11	ASPIRE Alliance to Solve PANS and Immune-Related Encephalopathies	30	HabitAware
12	Visions Adolescent Treatment Centers	31	Austin Anxiety & OCD Specialists
13	Sheppard Pratt Health Systems	32	Adel B. Korkor, MD Foundation
14	SUNY Downstate Genetics Study	33	Virtually Better, Inc
15	UNSTUCK: an OCD kids movie	34	Anxiety Treatment Center of Austin
16	Renewed Freedom Center for Rapid Anxiety Relief	35, 36	Affiliate Booths
17	Anxiety Sisters	37	Visit Seattle
18	Mountain Valley Treatment Center	38	PANDAS Physicians Network
19	Houston OCD Program	39	Skyland Trail
20	Neurobehavioral Institute (NBI)	40	Picking Me Foundation NFP
21	Rogers Behavioral Health	41	Discovery Mood and Anxiety Program

EXHIBITORS

Title Sponsor

NEUROBEHAVIORAL
INSTITUTE (NBI) (BOOTH 20)
2233 North Commerce
Pkwy, Stes 1 & 3
Weston, FL 33326
954-217-1757
info@nbiweston.com
nbiweston.com



neurobehavioral
institute

NeuroBehavioral Institute (NBI) offers evidence-supported highly intensive treatment for OCD, anxiety, and related conditions. Intensive treatment for those ages 18 and over may be enhanced at NBI Ranch, our residential support option in Southwest Ranches, FL. NBI provides comprehensive psychological services for children, teens and adults, including parent training, psychological assessments, and therapeutic groups in Weston and Coral Gables, Florida and in Rio de Janeiro, Brazil. Treatment is conducted in English, Spanish, and Portuguese.

Platinum Sponsors

PEACE OF MIND
FOUNDATION (BOOTH 1)
708E 19th St, Unit B
Houston, TX 77008
832-474-1327
info@peaceofmind.com
peaceofmind.com



peace of mind

The Peace of Mind Foundation is a 501(c)(3) non-profit organization whose mission is to help improve the quality of life of OCD sufferers and caregivers through education, research, support, and advocacy. The Foundation created and fully subsidizes the OCD Challenge, a free online self-help website for individuals suffering from OCD.

ROGERS BEHAVIORAL
HEALTH (BOOTH 21)
34700 Valley Rd
Oconomowoc, WI 53066
413-528-1784
rick.ramsay@rogersbh.org
rogersbh.org

ROGERS
Behavioral Health

Rogers Behavioral Health offers one of the most comprehensive programs for OCD and anxiety treatment for children, teens and adults. This includes a foundation of evidence-based cognitive behavioral therapy and exposure and response prevention in residential care in Wisconsin and a growing network of specialized outpatient care across the country.

MCLEAN HOSPITAL'S OCD
INSTITUTE (BOOTH 22)

115 Mill St
Belmont, MA 02478
617-855-2776 (adults)
774-419-1182 (child and adolescents)
OCDadmissions@partners.org
ocdi@partners.org
mcleanhospital.org/ocd



McLean
HARVARD MEDICAL SCHOOL AFFILIATE

McLean Hospital offers exceptional care for children and adults who are living with OCD, depression and anxiety. Ranked #1 in Psychiatry by U.S. News and World Report, compassionate care at McLean is provided using evidence-based treatment methods through short-term inpatient, diagnostically-specific residential, day treatment and intensive outpatient programs.

Sapphire Sponsors

HOUSTON OCD PROGRAM
(BOOTH 19)



HOUSTON OCD PROGRAM
Quality care. Compassionate atmosphere.

708 East 19th St
Houston, TX 77008
713-526-5055
info@houstonocd.org
houstonocdprogram.org

The Houston OCD Program is dedicated to providing high-quality, evidence-based treatment for individuals with OCD and other anxiety disorders. Our continuum of services includes residential support program, intensive outpatient program, and individual cognitive behavioral therapy. We are very excited about introducing the Bergen 4 Day Treatment to the USA through our program in 2019.

Silver Sponsors

NW ANXIETY INSTITUTE (BOOTH 26)

32 NE 11th Ave
Portland, OR 97232
503-542-7635
info@nwanxiety.com
nwanxiety.com



NW ANXIETY
INSTITUTE

NW Anxiety Institute and NW Anxiety Pediatrics are specialty outpatient clinics located in the heart of Portland, Oregon. We specialize in bringing evidence-based treatments to life, creatively engaging with individuals of all ages to face and overcome their fears. We offer outpatient individual therapy, therapeutic groups, and intensive outpatient (IOP) treatment for children, teens and adults with OCD or anxiety.

EXHIBITORS

BIOHAVEN PHARMACEUTICALS (BOOTH 23)

215 Church St
New Haven, CT 06510
203-404-0410

timothy.mccormack@biohavenpharma.com
biohavenpharma.com



Biohaven is a clinical-stage biopharmaceutical company with a portfolio of innovative, late-stage product candidates targeting neurological diseases, including Obsessive compulsive disorder (OCD). Our product candidates are small molecules based on three distinct mechanistic platforms—glutamate modulators, myeloperoxidase (MPO) inhibitors, and calcitonin gene-related peptide (CGRP) receptor antagonists—which we believe have the potential to significantly alter existing treatment approaches across a diverse set of neurologic indications with high unmet need in both large markets and orphan indications.

Bronze Sponsors

AMITA HEALTH (BOOTH 7)

1650 Moon Lake Blvd
Hoffman Estates, IL 60169
(855) 383-2224

Patrick.mcgrath@amitahealth.org
amitahealth.org/services/behavioral-medicine



Tried treatments for anxiety, OCD, PTSD, or addiction - yet still struggle to make a change? AMITA Health's comprehensive treatment programs offer state of the art innovative care and resources where you can finally break through problems that hold you back. We work with you and your family to create a tailored plan right for you.

Additional Exhibitors (Alphabetically)

ADEL B KORKOR, MD FOUNDATION (BOOTH 32)

2301 Sun Valley Dr. Suite 200
Delafield, WI 53018
262-646-2059

chris@adelbkorkorfoundation.org
adelbkorkorfoundation.org
fiftyfifty.com



Adel B. Korkor, MD Foundation's mission is to help make the world a better place for those suffering with mental illness and to raise awareness the Foundation sponsored the Five Fifty Fifty run/walk series across America. For more information, please visit adelbkorkorfoundation.com.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION (BOOTH 29)

120 Wall St. Floor 29
New York, NY 10005
512-529-9622

jpalmmer@afsp.org
afsp.org/chapter/afsp-central-texas



**American
Foundation
for Suicide
Prevention**

Central Texas

American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health by funding research, educating the public, advocating for public policies, and supporting survivors of suicide loss and those affected by suicide.

ANXIETY SISTERS (BOOTH 17)

24 Republic Dr.
Monroe, NJ 08831
561-523-3428

absandmags@anxietysisters.com
anxietysisters.com



We are an educational organization dedicated to demystifying and de-stigmatizing the experience of anxiety and other mental disorders. We provide free information and resources to our community of more than 80,000 people worldwide through social media, our website, a podcast and a newsletter. We also conduct seminars and workshops throughout the country.

ANXIETY TREATMENT CENTER OF AUSTIN (BOOTH 34)

8701 Shoal Creek Blvd Suite
404

Austin, TX 78757
512-879-1836

diana@anxietyaustin.com
anxietyaustin.com



The Anxiety Treatment Center of Austin is a Specialty Clinic and Institutional Member of IOCDF. We work with the full spectrum of OCD and anxiety problems. Each of our clinicians is a doctoral-level anxiety specialist. Our treatment model is focused on using the most up-to-date and effective methods of intervention.

ASPIRE ALLIANCE TO SOLVE PANS AND IMMUNE-RELATED ENCEPHALOPATHIES (BOOTH 11)

PO Box 100
Cottleville, MO 63338
630-479-7143

info@aspire.care
aspire.care



ASPIRE is a 501(c)(3) organization whose mission is to improve quality of life for those affected by PANS, PANDAS, and immune-related encephalopathies. We strive to empower and connect our community with tools and resources for advocacy, education, support, and awareness.

AUSTIN ANXIETY & OCD SPECIALISTS (BOOTH 31)

EXHIBITORS

205 Wild Basin Rd Suite 3-202

Austin, TX 78746

512-246-7225

hello@austinanxiety.com

austinanxiety.com

Austin Anxiety and OCD Specialists provides evidence-based treatment for children, teens, and adults with anxiety and OCD. Our services include: individual therapy, group therapy, and intensive outpatient treatment. We also host Camp Courage - an overnight adventure camp for children and teens located in the beautiful Texas Hill Country.



BAYLOR COLLEGE OF MEDICINE (BOOTH 4)

Jamail Specialty Care Center 1977 Butler Blvd, Ste E4.400

Houston, TX 77030

713-798-3080

ocdprogram@bcm.edu

bcm.edu/departments/psychiatry-and-behavioral-sciences

The OCD Program at Baylor College of Medicine (BCM) is dedicated to effectively treating OCD and related disorders through evidence-based CBT and pharmacotherapy interventions. BCM actively engages in clinical research and we specialize in treatment resistant OCD (non-responders to first line therapeutic approaches) through device-based interventions including deep brain stimulation (DBS).



BRAINSWAY (BOOTH 9)

3 University Plaza Suite 503

Hackensack, NJ 07601

844-386-7001

contact@brainsway-usa.com

brainsway.com



BrainsWay is a leader in non-invasive treatments for brain disorders utilizing Deep Transcranial Magnetic Stimulation. Our patented technology is FDA-cleared to treat depression patients who are not currently responding to medication, as well as patients suffering from OCD. BrainsWay treatment is covered by most insurers and well-accepted by the medical community.

CAPITAL OCD & ANXIETY PRACTICE (BOOTH 25)

8500 Shoal Creek Blvd, Suite 4-201

Austin, TX 78757

512-253-8500

info@capitalocd.org

capitalocd.org



Capital OCD & Anxiety Practice is committed to supporting the lives of Austin area children, families, and emerging adults with the highest standard of evidence-based treatment. Our team specializes in cognitive behavioral therapy (CBT) with exposure and response prevention (ERP) and creatively tailors each treatment plan to encourage lasting change.

CHILD MIND INSTITUTE (BOOTH 27)

101 East 56th Street

New York, NY 10022

212-308-3118

info@childmind.org

childmind.org/center/intensive-treatment-ocd



The Child Mind Institute's Intensive OCD Program, led by Jerry Bubrick, PhD, offers children and their families an immersive, holistic experience that can make an extraordinary difference in a short period of time. While typical or traditional treatment demonstrates that patients make significant progress during weekly sessions spread out over three to four months, the intensive treatment program condenses those sessions into four weeks, making evidence-based treatment of OCD available three hours a day, five days a week.

DISCOVERY MOOD AND ANXIETY PROGRAM (BOOTH 41)

4281 Katella Ave Suite 111

Los Alamitos, CA 90720

737-224-1411

Daniel.Smith-Magoon@CenterForDiscovery.com

CenterForDiscovery.com

discoverymood.com



Discovery Mood and Anxiety Programs offer comprehensive, compassionate, evidence-based treatment for adults and adolescents struggling with a mental health diagnosis. Our nationwide programming is age specific, gender inclusive, and offers a complete continuum of care from residential treatment to intensive outpatient. Using Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and other experiential therapy, treatment teams guide clients and families toward recovery.

HABITAWARE (BOOTH 30)

7204 West 27th St Suite 107

Saint Louis Park, MN 55426

hello@habitaware.com

habitaware.com



HabitAware makes Keen, a smart bracelet that uses custom gesture detection and gentle vibration to help develop awareness of where your hands are. Awareness is the first step in taking control of compulsive/unwanted behaviors like hair pulling (trichotillomania), skin picking (dermatillomania), and nail biting. NIMH Grant research is underway.

EXHIBITORS

IOCDF AFFILIATES (BOOTHS 35 & 36)

iocdf.org/affiliates

IOCDF Local Affiliates carry out the mission of the International OCD Foundation to support all those affected by OCD and related disorders on the local community level. Each affiliate is an independent non-profit organization and run entirely groups of dedicated volunteers. If you'd like to find help in your local community or would like to volunteer in grassroots efforts to raise awareness and funds to support the OCD community in your local area, please stop by! Representatives from some of our affiliates will be at the IOCDF Affiliate Booths during the following hours:

- OCD Central & South Florida Saturday 7:00am-8:00am
- OCD Connecticut Friday 8:00am-9:00am
- OCD Jacksonville Friday 7:00am-8:00am
- OCD Kansas Saturday 2:00am-3:00pm
- OCD Louisiana Saturday 9:00am-10:00am
- OCD Mid-Atlantic Friday 11:15am-12:30pm
- OCD Midwest Saturday 2:00pm-3:00pm
- OCD New Hampshire Saturday 11:15am-12:30pm
- OCD New Jersey Friday 11:15am-12:30pm
- OCD North Carolina Saturday 7:00am-8:00am
- OCD Sacramento Friday 7:00am-8:00am
- OCD SF Bay Area Friday 9:00am-10:00am
- OCD Southern California Saturday 5:45pm-7:00pm
- OCD Texas Saturday 9:00am-10:00am
- OCD Washington (state) Saturday 5:45pm-7:00pm
- OCD Wisconsin Saturday 11:15am-12:30pm



International
OCD
Foundation

OCD GENETICS STUDY OF SUNY DOWNSTATE MEDICAL CENTER (BOOTH 14)

**450 Clarkson Ave MSC 1291
Brooklyn, NY 11203
718-270-8254**

instituteorgenomichealth@downstate.edu
downstate.edu/psychiatry/research/index.html



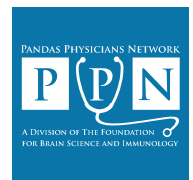
SUNY
DOWNSTATE
Medical Center

Enroll in the NIMH-funded research study to identify genetic contributions to OCD! Participation involves questionnaires and a donation of a small blood sample at our SUNY Downstate Medical Center booth. Compensation will be provided. Ages 7+ welcome. See you at our SUNY Downstate Medical Center booth! IRB #759153.

PANDAS PHYSICIANS NETWORK (BOOTH 38)

**117 Eastbend Ct
Mooresville, NC 28117
855-347-4921**

support@pandasppn.org
pandasppn.org



PANDAS Physicians Network (PPN) is a 501c3 nonprofit organization dedicated to helping medical professionals understand, diagnose, and treat PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) and PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections).

LINDNER CENTER OF HOPE (BOOTH 8)

**4075 Old Western Row Rd
Mason, OH 45040
513-536-4673**

residentialadmissions@lindnercenter.org
lindnercenterofhope.org

For individuals struggling with Obsessive Compulsive Disorder and anxiety, Lindner Center of HOPE, near Cincinnati, Ohio, offers a spectrum of diagnostic and treatment services that work to empower patients and families to manage symptoms. The treatment provided works to arm patients with the tools to overcome, often debilitating symptoms.

Lindner Center
of HOPE | Health.

MOUNTAIN VALLEY TREATMENT CENTER (BOOTH 18)

**703 River Road
Plainfield, NH 03781
603-989-3800**

cwlovejoy@mountainvalleytreatment.org
mountainvalleytreatment.org



MOUNTAIN VALLEY
WWW.MOUNTAINVALLEYTREATMENT.ORG

Mountain Valley Treatment Center is a short-term residential treatment center specializing in treating adolescents with Anxiety Disorders and OCD. Mountain Valley serves teens and young adults ages 13-20 on our beautiful 25-acre campus in Plainfield, New Hampshire. Residents at Mountain Valley receive a comprehensive approach to care in a specialized setting, using evidence-based practices, including CBT based Exposure and Response Prevention Therapy with an emphasis on Acceptance and Commitment Therapy.

PICKING ME FOUNDATION NFP (BOOTH 40)

**770 North LaSalle Dr #410
Chicago, IL 60654
312-964-5388**

lauren@pickingme.org
pickingme.org



Picking Me Foundation NFP is the only donor-supported nonprofit dedicated to advocating Dermatillomania aka Excoriation (Skin Picking) Disorder for sufferers, supporters, and educational communities alike, encouraging individuals to choose themselves over the mental illness that chose them by #PickingMe over Skin Picking.

RENEWED FREEDOM CENTER FOR RAPID ANXIETY RELIEF (BOOTH 16)

**1849 Sawtelle Blvd Suite 710
Los Angeles, CA 90025
310-268-1888**

info@RenewedFreedomCenter.com
renewedfreedomcenter.com



Renewed Freedom Center is an outpatient therapy center specializing in the treatment of OCD and Anxiety Disorders in children and adults. Our multi-disciplinary team of experts are dedicated to helping patients and their families improve their lives by giving them the tools they need to defeat anxiety.

EXHIBITORS

RESILIENCE TREATMENT CENTER (BOOTH 28)

**10780 Santa Monica Blvd Suite 400
Los Angeles, CA 90025
800-693-9100**

admin@resiliencetreatment.com
resiliencetreatment.com



Resilience Treatment Center is a primary mental health program that utilizes a comprehensive, multidisciplinary and integrative approach to treatment. Our team of specialty providers includes psychiatrists, psychiatric nurses, individual and group therapists, case managers, family therapists and art instructors.

SHEPPARD PRATT HEALTH SERVICES (BOOTH 13)

**6501 North Charles St
Baltimore, MD 21204
410-938-3000**

info@sheppardpratt.org
sheppardpratt.org



Sheppard Pratt Health System is the largest private, nonprofit provider of mental health, substance use, developmental disability, special education, and social services in the country. Sheppard Pratt provides services across a comprehensive continuum of care, spanning both hospital- and community-based resources. Sheppard Pratt has been innovating the field through research, best practice implementation, and a focus on improving the quality of mental health care on a global level.

SKYLAND TRAIL (BOOTH 39)

**1961 North Druid Hills Rd NE
Atlanta, GA 30329
866-528-9593**

jdudkowski@skylandtrail.org
skylandtrail.org



Located in Atlanta, Skyland Trail offers primary psychiatric residential and day treatment for adults 18 and older. Specialized treatment teams include first episode psychosis, CBT, and DBT. A residential program for adolescents ages 14 to 17 with mood and anxiety disorders as well as OCD will open fall 2019.

THE GATEWAY INSTITUTE (BOOTH 6)

**950 South Coast Dr Suite 220
Costa Mesa, CA 92626
714-549-1030**

info@gatewayocd.com
gatewayocd.com



The Gateway Institute's programs are tailored to each individual client and we set ourselves apart by providing a one-on-one treatment setting over the entire course. Our 3-week, 45-hour intensive treatment program also includes 24-hour support, family education, and home visits when applicable. Visit gatewayocd.com for more information.

THE OCD AND ANXIETY TREATMENT CENTER (BOOTH 3)

**1459 North Main St
Bountiful, UT 84010
801-298-2000**

paul@liveuncertain.com
theocdandanxietytreatmentcenter.com



The OCD & Anxiety Treatment Center has a hands-on intensive outpatient program that tailors to each client's unique worries. We care and, especially, we understand. Clients succeed where traditional therapy fails. Our specialized therapists can help you start living your life again.

TOCMÉXICO (BOOTH 2)

**Av. Baja California Sur 261 piso 7
colonia Condesa
Mexico City, 06100
15559560**

tania@tocmexico.com.mx
tocmexico.com.mx/



tocmexico

At TocMéxico we understand that each patient's mental health condition and path to recovery are unique, especially for OCD and related disorders, which is why we are the first specialized center in Mexico. Our CBT clinical team are dedicated to facilitate the recovery and the improvement of the quality of life of the people and family members who suffer from OCD in Mexico and related disorders. Founded in 2011 by Tania Pérez Duarte, TocMéxico is a leader in psychological care for the diagnosis and specialized treatment of OCD with a CBT approach, E/RP, ACT, and mindfulness, as well as adequate techniques to carry out the treatment of the OCD spectrum. Our team is characterized by being in constant preparation and updating, providing compassionate clinical care, training therapists, and educating about these disorders. We are here to support you.

TOURETTE ASSOCIATION OF AMERICA (BOOTH 24)

**40-42 Bell Blvd
Bayside, NY 11361
888-4TOURET**

programs@tourette.org
tourette.org



Founded in 1972, the Tourette Association of America is dedicated to making life better for all individuals affected by Tourette and Tic Disorders. The only nationwide organization serving this community, the Association works to raise awareness, fund research and provide on-going support.

EXHIBITORS

UNSTUCK: AN OCD KIDS MOVIE (BOOTH 15)

646-734-8059

unstuckfilm@gmail.com

ocdkidsmovie.com

UNSTUCK is an award-winning short film that features kids and teens with OCD sharing how they learned to face their fears, stop their rituals and regain control of their lives. It's educational, inspirational and offers hope to everyone. The film was created by parents of kids with OCD.



VIRTUALLY BETTER, INC. (BOOTH 33)

2400 Lawrenceville Hwy, Suite 200

Decatur, GA 30033

470-823-3063

research@virtuallybetter.com

virtuallybetter.com

Virtually Better, Inc., founded in 1996, was the first to apply virtual reality in clinical treatments for anxiety. Since then, VBI has grown into a team of psychologists, technologists, and business minds impacting behavioral healthcare through collaborations of art, science, and technology, including the blending of VR, AI, and telehealth.



VISIONS ADOLESCENT TREATMENT CENTERS (BOOTH 12)

33335 Mulholland Highway

Malibu, CA 90265

866-889-3665

info@visionsteen.com

visionsteen.com



Visions Adolescent Treatment Centers offers a comprehensive clinically- based treatment option for teens and their families. Visions' multi-modal approach to treating complex issues relies on a team approach including family, previous treatment professionals, teachers, community experts and Visions' team of unparalleled clinicians. In 2002, Visions' Founders Chris and Amanda Shumow began their mission of creating an adolescent program that provided cutting edge mental health, substance abuse, and family treatment. Since inception, they have advocated for the family in its entirety. Visions Adolescent Treatment Centers is committed to the family, and the future.

VISIT SEATTLE (BOOTH 37)

701 Pike St Suite 800

Seattle, WA 98101

206-461-5800

visitseattle.org

VISIT
seattle

The 27th Annual OCD Conference will take place in Seattle, WA in 2020! Stop by the Visit Seattle booth to learn more about the city that will be hosting next year's #OCDcon.

Acceptance and commitment therapy (ACT) — Acceptance and commitment therapy (ACT) is a form of treatment that seeks to help clients experience obsessions and anxiety, but still continue to move in directions of life that are meaningful. The focus of ACT is learning to behave with flexibility rather than resort to compulsive behavior.

Accommodation — When others (family, coworkers, friends, etc.) help a person with OCD to do their rituals (for example, by purchasing paper towels to help with cleaning, by completing rituals, or by waiting while s/he does her/his rituals, etc.). Although usually well-intended, accommodation actually makes OCD symptoms worse. Family members can be helped by a therapist to learn different ways of being supportive without helping an individual to do their rituals.

Autism Spectrum Disorder (ASD) — A developmental disorder that affects communication and behavior, with a spectrum (range or continuum) of symptom types and severities.

Avoidance Behavior — Any behavior that is done with the intention of avoiding a trigger in order to not feel anxiety. Avoidance behaviors are treated as a ritual.

Behavior Therapy — A type of therapy that applies learning theory principles to current problem behaviors that one wishes to change. As the name implies, the point of intervention is at the behavioral level, with the goal of helping the person to learn to change their problem behavior(s).

Body Dysmorphic Disorder (BDD) — Obsessions about a body part being defective in some way, resulting in repeated rituals involving checking, mirror checking, excessive grooming, and avoidance behaviors. Sometimes individuals with BDD have plastic surgeries relating to their perceived defects, but the relief (if there is any) is short-lived, and soon the individual begins worrying again, or the focus of his/her BDD can change to a different body part.

Body-Focused Repetitive Behaviors (BFRBs) — BFRB is a general term for a group of disorders that cause people to repeatedly touch their hair and body in ways that result in physical damage. Examples include excoriation (skin picking), trichotillomania (hair pulling), and nail biting.

Checking Compulsions — Repetitive checking behaviors in an attempt to reduce the probability that someone will be harmed, or to reduce the probability that one might make a mistake. The checking can be behavioral (i.e. physically returning to a room to check if an appliance is turned off) or it can take the form of a mental ritual (i.e. a mental review in which a person imagines in detail each step he/she took to complete a task).

Comorbid (“Co-occurring”) Disorder(s) — A comorbid (or “co-occurring”) disorder is when a person has more than one condition or is diagnosed with more than one disease/disorder. It means that both conditions exist within the same person at the same time.

Competing (Alternative) Behaviors — Used as part of Habit Reversal Treatment for skin picking and Trichotillomania. A competing or alternative behavior is an activity that gets in the way of the “habit” (skin picking or hair pulling) that an individual is trying to break. For example, if one is knitting, one is unable to simultaneously pull one’s hair.

Compulsions — also known as rituals, compulsions are repetitive behaviors or thoughts that follow rigid rules in an attempt to reduce anxiety brought on by obsessions.

Contamination Compulsions — These are washing and cleaning behaviors in a particular order or frequency in an attempt to reduce chronic worry about being exposed to germs or becoming ill.

Contamination Obsessions — Excessive worries about germs, bodily functions, and illness, and coming into contact with any of them. The risk of contamination is far overestimated, compared to the likelihood of actually getting sick from the feared contamination source.

Counselor — This mental health professional has a Master’s degree in counseling psychology. Counselors may be LPCs (licensed professional counselors), LMHCs (licensed mental health counselors), or other designation depending on the state in which they are licensed.

Dialectical Behavior Therapy (DBT) — A type of therapy that combines certain techniques from Cognitive Behavioral Therapy (CBT) with the concepts of distress tolerance, acceptance, and mindful awareness.

Distraction Skills — A strategy used primarily outside of ERP treatment to enhance one’s ability to resist rituals. One does another activity (for example, playing a board game, watching TV, taking a walk, etc.) while triggered in order to cope with anxiety without ritualizing.

DSM-5 — The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, abbreviated as DSM-5, is the latest version of the American Psychiatric Association’s (APA) classification and diagnostic tool. Mental health professionals use the DSM-5 to help diagnose their clients.

Emotional Contamination Obsessions — Worry that one will be contaminated by the characteristics of another person. The worrier believes that it is possible to “catch” unwanted aspects of a person’s personality, much like how one may catch an illness when exposed to germs.

Exposure and Response Prevention (ERP) — The first line treatment for OCD. ERP involves having a person with OCD purposefully trigger an obsession through an “exposure” activity, and then resist the urge to engage in rituals (“response prevention”). This causes an initial burst of anxiety, but gradually, there is a natural decrease in that anxiety, called habituation. ERP is initially done with a behavioral coach/therapist, who assists the person with OCD to resist rituals. Eventually the coaching is phased out, as the person with OCD becomes more able to resist rituals without help.

Generalization — The transfer of learning from one environment to another. For example, generalization occurs when a person takes a skill they learn in a therapy session and begins to use it in their every day life outside of therapy.

Habit Reversal Treatment (HRT) — This is the behavioral treatment Trichotillomania and skin picking. In this treatment, the client becomes more aware of patterns of picking or pulling, identifies the behaviors that bring on the picking or pulling, and then works on developing competing or alternative behaviors to block the destructive habit. For instance, when feeling high levels

of anxiety, a hair puller can knit, which keeps both hands occupied and keeps the individual engaged in a relaxing activity when s/he is at a high risk to pull.

Habituation — The decrease in anxiety experienced over time after individuals intentionally trigger their obsessions and anxiety (for example, doing an exposure during ERP treatment) without engaging in a compulsive behavior to reduce the anxiety.

Harm Obsessions — Worries that one will be harmed, or that others will be harmed, due to intentional or accidental behavior on the part of the person with OCD.

Hierarchy — A list of situations or triggers that are ranked in order from easier tasks to more difficult tasks which can be used to organize ERP treatment.

Hoarding Disorder (HD) — An OCD-related disorder, HD is a complex problem made up of three inter-connected difficulties: collecting items to the point that it impacts the safety of the home and the people who live there, having difficulty getting rid of collected items, and having problems with organization.

Inhibitory Learning — Learning which inhibits (or "competes with") previous learning. For example, when you learn something new that contradicts or goes against something you knew before, the new learning stops the old learning from being expressed. This is an alternative theory to habituation.

Insight — For someone with OCD, this is the understanding (when not triggered by an obsession) that one's worry is not realistic. Usually when one is triggered or experiencing high anxiety about an obsession, the level of insight decreases dramatically.

"Just Right" Obsessions — The fear that something bad might happen if a behavior is stopped before it "feels just right." Some people with these obsessions do not worry that something bad will happen; rather, they report that something **MUST** feel right before ending a particular behavior.

Mental Ritual — A mental act, done in response to an unwanted obsession, that is completed in order to reduce anxiety. Often a mental ritual must be repeated multiple times. It can be a prayer, a repeated phrase, a review of steps taken, a self-reassurance, etc. Mental rituals can be so automatic that the individual barely has any awareness of thinking the thought.

Mindfulness Skills — Purposefully directing one's attention and focus on the present moment (instead of thinking about the past or future).

Neuromodulation — The changing of brain activity via a targeted therapeutic treatment, such as a magnetic field or an electrical current, to a specific area of the brain. Examples of neuromodulation include Transcranial Magnetic Stimulation (TMS), which uses magnetic fields, and Deep Brain Stimulation (DBS), which uses electrical currents.

Neutralizing Rituals — When an individual with OCD "undoes" a behavior or thought that is believed to be "dangerous" by neutralizing it (or making it safer/less dangerous) with another behavior or thought.

Obsessions — Obsessions are repetitive intrusive thoughts or images that dramatically increase anxiety. Because the obsessions are so unpleasant, the person with OCD tries to control or suppress the fear through the use of compulsions or avoidance. The more the person attempts to suppress the fear, the stronger and more ever-present it becomes.

Obsessive compulsive disorder (OCD) — OCD is a disorder of the brain and behavior, causing severe anxiety in those affected. OCD involves both obsessions and compulsions that take a lot of time and get in the way of important activities the person values. People diagnosed with OCD spend over one hour per day struggling with repetitive intrusive thoughts, impulses, and/or behavioral urges that increase their anxiety. They try to control their obsessions with compulsive behaviors (rituals) in an attempt to reduce the anxiety.

Obsessive Compulsive Personality Disorder (OCPD) — OCPD is a personality disorder characterized by extreme concern with orderliness, perfectionism, and control.

Overvalued Ideation — When the person with OCD puts too much weight on the believability/accuracy of their worry, and thus has great difficulty understanding that the worry is out of proportion to the perceived threat.

PANDAS/PANS — Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus (PANDAS) and Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) are subtypes of OCD in children, in which OCD symptoms appear very suddenly, seemingly overnight. These symptoms are caused by an infection — in PANDAS, it is a Streptococcus pyogenes infection (the virus that causes Strep throat), in PANS, it can be any number of infectious agents.

Perfectionism — Unrealistically high expectations about one's performance on any given task. Anything less than 100% perfection is considered a failure. Failure is catastrophic and unbearable. Consequently, perfectionists are paralyzed and sometimes unable to begin a task until the last minute, or are sometimes unable to complete a task.

Post-Traumatic Stress Disorder (PTSD) — PTSD is a mental health condition that may occur after a person has been through and/or witnessed a traumatizing event(s). PTSD symptoms can include intrusive memories about the event(s), avoidance of things that remind the person of the event(s), negative thoughts and feelings, and increased negative reactions to everyday things.

Psychiatrist — This mental health professional has completed medical school and has specialized in psychiatry and mental illness. S/he can do therapy and prescribe medicine. If the medical professional **ONLY** prescribes psychiatric medication and does not do therapy, they may be known as a psychopharmacologist.

Psychologist — This mental health professional holds a doctoral degree in clinical or counseling psychology. A psychologist will have a PhD (training in both research and therapy), PsyD (training mostly in therapy), or EdD (training in therapy through a school of education). Psychologists with any of these degrees can provide therapy.

Reassurance Seeking — When a person with OCD asks others questions repetitively to reduce his/her anxiety (for example, "Do you think this food is spoiled?" or "Do you think I will get sick?").

Sometimes a person with OCD can get reassurance merely from watching another's facial expression and/or body posture. All reassurance seeking is considered a ritual.

Relapse Prevention — A set of skills, both cognitive (involving a person's thoughts) and behavioral (involving a person's actions), aimed at keeping individual from slipping back (i.e., relapsing) into the use of compulsive behaviors.

Retrigger — A thought or behavior completed by the individual with OCD in order to undo the negative effects of the rituals. The person may feel relieved by a reassuring thought like, "I will be okay," but then he must say to himself, "Well, maybe I won't be okay. Anything is possible."

Ritual — Another word for compulsive behavior, which can be a behavior that others can see, or a hidden or unseen mental behavior. Many mental health professionals will identify anything done on the part of the individual with the intention of reducing one's anxiety as a ritual. For example, although avoidance behavior is done to avoid the trigger altogether, it still is the same as an outright ritual, in that it is an attempt to reduce anxiety.

Scrupulous (Religious/Moral) Obsessions — Excessive worry about being moral, or worry about blasphemy (i.e., offending God). The term "scrupulosity" may be used to refer to a type of OCD involving scrupulous/religious obsessions.

Self-Reassurance — A thought or phrase said out loud or silently in order to lower one's anxiety (for example, "I'm not going to get sick," or "I would never hurt a child"). This is considered a ritualistic behavior.

Sexual Obsessions — Unwanted, taboo sexual thoughts that are repulsive to the person affected. Often, thoughts are sexually aggressive towards a vulnerable population (children, the elderly, family, or strangers).

Skin Picking Disorder (or Excoriation) — When a person is unable to stop picking at his/her skin. The skin picking is often pleasurable and soothing. People report doing this behavior when stressed or bored, or in conjunction with BDD symptoms.

Social Worker — This individual has a Master's degree in social work and can provide therapy.

Subjective Units of Distress (SUDs) — SUDs is a system that individuals with OCD may be asked to use to rate their anxiety from low to high (for example, having 1 SUD could equal low anxiety, and 10 SUDs is high anxiety). Questions about SUDs are used during ERP exercises to help individuals in treatment become more aware of how and when their anxiety increases and decreases.

Substance Use Disorder (SUD) — Substance Use Disorder (SUD) is a mental health disorder in which the chronic use of one or more substances, such as alcohol or drugs (including prescription drugs), causes significant impairment in an individual's daily life, physical health, and mental health.

Symmetry and Exactness (or "Just Right") Compulsions — Involves fussing with the position of an object for an extended period of time. The person doesn't stop the behavior until it "feels right."

Telehealth — The delivery or facilitation of health care services through telecommunication or digital communication, such as via phone or internet. In the mental health field, this is sometimes called "telepsychiatry" or "telepsychology."

Tic — A sudden, rapid, recurrent non-rhythmic motor movement or vocalization.

Tic Disorder — A neurodevelopmental disorder that becomes evident in early childhood or adolescence, consisting of motor or vocal tics.

Tourette Syndrome (or Tourette's Disorder) — Tourette Syndrome is a neurodevelopmental disorder that becomes evident in early childhood or adolescence. It is part of the spectrum of Tic Disorders and is characterized by multiple motor and vocal tics.

Trichotillomania (Hair Pulling Disorder) — When a person feels as though he or she is unable to stop impulsively pulling his/her hair from his/her head, eyebrows, eyelashes, arms, legs or pubic area. The hair pulling is often pleasurable and soothing. People often report doing this behavior when stressed or bored.

Trigger — This can be an external event or object or an internal thought that sets off an obsession.

Yale-Brown Obsessive Compulsive Scale (Y-BOCS) — A diagnostic tool that includes a symptom checklist of OCD obsessions and compulsions and a rating scale to measure severity. Usually, people who score over 16 also meet the DSM-5 criteria for OCD. There is a version of this scale made for children called the Children's Yale-Brown Obsessive Compulsive Scale, or the CY-BOCS.

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Our clinical team of psychiatrists, psychologists and social workers works closely with cognitive neuroscientists, brain imagers, geneticists and engineers to deliver evidence-based treatments and to elucidate the causes of OCD. Wayne Goodman, MD, with 30 years of experience treating OCD, leads the program. He is co-founder of the IOCDF and principal developer of the Y-BOCS. Xuefeng Zhang, M.D., together with Dr. Goodman, provides medication management. Dr. Eric Storch leads our outstanding team of ERP clinicians including, Yasmine Omar, Ph.D., Jessica Rohr, Ph.D., and Jelani Daniel, LPC. Both Drs. Goodman and Storch lead our team of researchers, including Sophie Schneider, Ph.D. and Gregory Vogt.

CONTACT US FOR MORE INFORMATION

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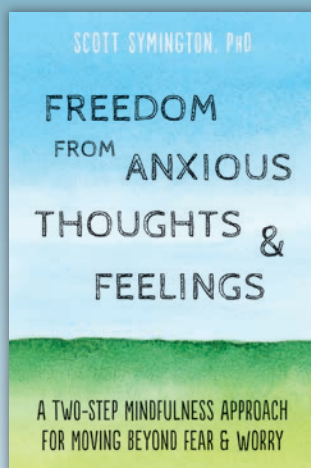
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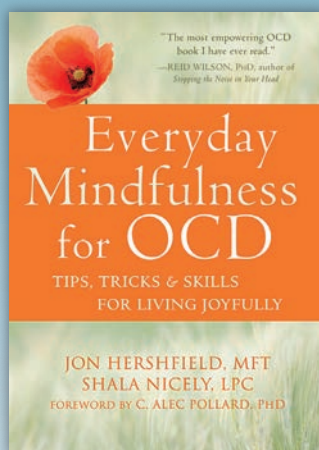
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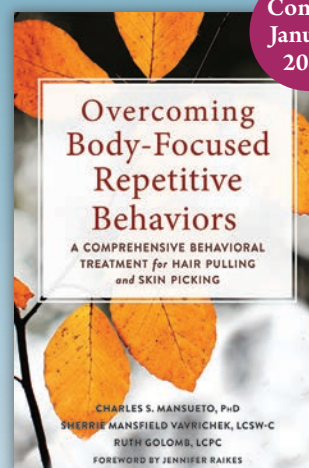
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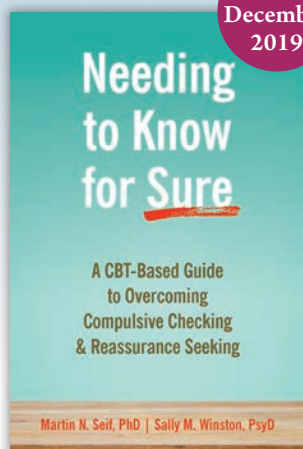


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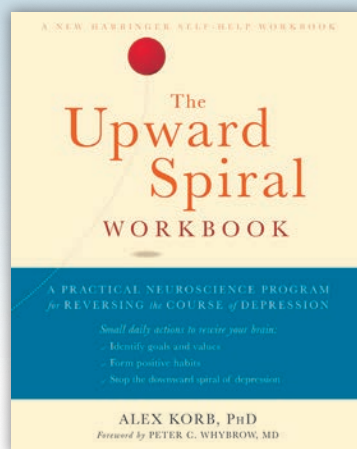
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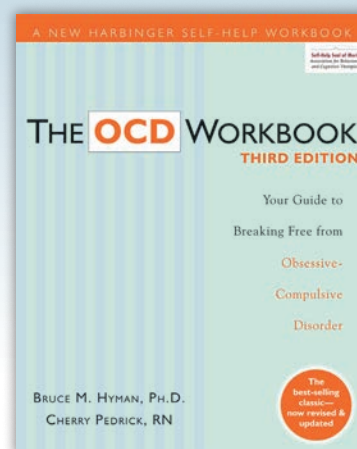


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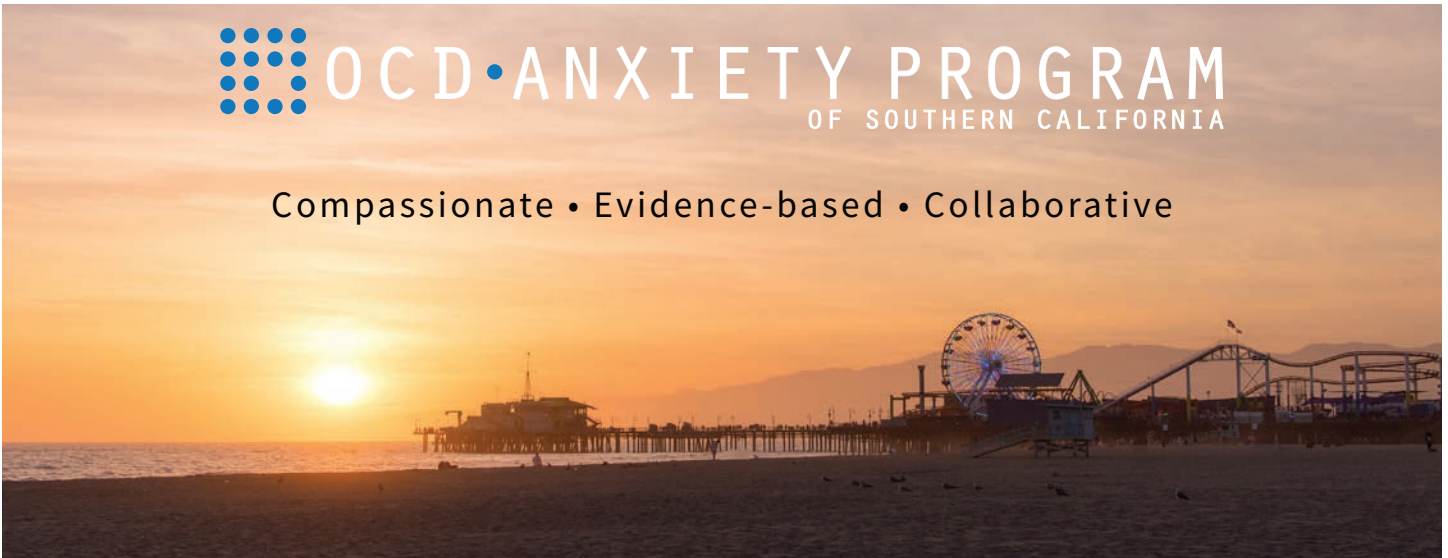
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