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Welcome to the 25TH Annual OCD Conference

Hello Conference Attendees!!!

We are excited to welcome you to Washington DC for the 25th 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 10 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 life-long 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. They also train a special group of Conference Ambassadors each year to be at the IOCDF Booth (#13). 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 Dr. Drew Pinsky, a doctor in the media, who helps educate consumers and reduce stigma. His specialty of addiction and its relationship to mental health issues is especially relevant in 2018. Many people that I love are struggling today to overcome both OCD and substance abuse issues. I'm grateful for Dr. Drew's efforts to raise awareness.

- The theme of Substance Use Disorder recognition and treatment will run throughout the Conference — from a training for professionals on Thursday night to panels for all participants run by those who have lived through addiction.
- Near to my heart, check out the 2nd 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.
- As already mentioned, come check out the Ambassador's booth in the Exhibit Hall (Booth #13). Stop by and ask how you can learn more about the IOCDF, become a volunteer or OCDvocate, help the IOCDF to train more therapists — or just come by and introduce yourself!

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. Alec is also the recipient of our 2018 Service Award — come say thanks to him after the Keynote!

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 Saturday Night Event which is celebrating our 25th OCD Conference Anniversary, 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, 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





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Have questions about the Annual OCD Conference?

Look for Attendees with a "Conference Ambassador" Button

These Annual OCD Conference veterans have been hand-picked by Conference staff to assist you as you navigate the Conference weekend. From welcoming you in the registration line to sitting down with you to plan out your own personal Conference itinerary, our Conference Ambassadors are looking forward to helping you make the most out of your Conference experience. Ambassadors include parents, individuals with OCD and related disorders of all ages, professionals, and members of our Board of Directors. No question is too big or too small for these Conference experts.





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.

Donating to the IOCDF

As a nonprofit, the IOCDF relies on the generosity of individual donors to fulfill our mission. Below are some different 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 to the IOCDF, please go to www.iocdf.org/donate or call us at (617) 973-5801, Monday–Friday, 9:00am–5:00pm EST.

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 www.iocdf.org/membership or call us at (617) 973-5801, Monday–Friday, 9:00am–5:00pm EST.

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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 and 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 26 local affiliate walks as well as to 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 [ocd2018.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 7–13, 2018. Visit [iocdf.org/awarenessweek](#) to learn more.

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 of all ages, parents, and family members. All of this information is available for FREE by clicking "Find Help" on 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 local community level. We have affiliates in 27 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](#)

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.

Improving Education and Treatment

IOCDF Training Institute

On average, it can take an individual with OCD between 14–17 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 and case consultation groups, that address a variety of specialties and issues pertaining to the OCD and related disorders community. Visit [iocdf.org/professionals/training-institute](#) to learn more.

Pediatric Outreach Programs

The Pediatric Outreach Program aims 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 pediatric mental health professionals. 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. This year we launched the first phase of our Anxiety in the Classroom program with information and resources for school personnel. 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 3.5 million dollars in research grants to investigators whose research focuses on the nature, causes, and treatment of OCD and related disorders. Visit [iocdf.org/research-grants](#) 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 parents/families and 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

When possible, **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 three difficulty levels to help better describe the material being presented: Introductory, Intermediate, 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.

Intermediate — A presentation that assumes some basic understanding of the topic presented. Attendees should already be familiar with commonly used terms, diagnostic criteria, and the fundamentals of first line treatments (in other words, an intermediate talk should not include a review of these topics). This allows the presenter(s) to go into more depth and complexity on 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 discuss 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 particular needs of some of our Conference-goers. Some highlights for 2018 include:

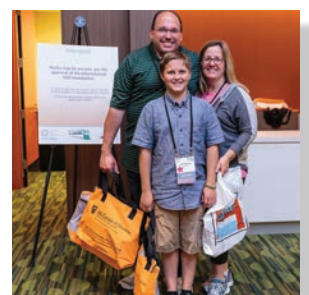
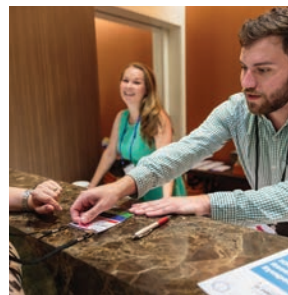
BDD Series: This series began in 2014, and is geared towards all individuals affected by or working with Body Dysmorphic Disorder (BDD).

OCD and Substance Use Series: In response to the increased focus within the OCD community on understanding the co-occurrence of OCD and substance use, this series seeks to shed light on the current state of the field, areas of need, and possible future directions.

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 38-42 for more information.

6th Annual Hoarding Meeting: This is the sixth 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.).



25TH Annual OCD Conference Planning Committee

Denis Asselin

Vice President, Board of Directors, International OCD Foundation

Thröstur Björgvinsson, PhD

Director, Houston OCD Program; Director, Behavioral Health Partial Hospital Program, McLean Hospital/Harvard Medical School; Scientific and Clinical Advisory Board, International OCD Foundation

Susan Boaz

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Dede Booth, LMHC, REAT

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Richmond VA Medical Center

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Founder/Director, Atlantic Center for Behavioral Health; Secretary, Board of Directors, International OCD Foundation;

Epifania Gallina

Graduate Student, Teachers College of Columbia University

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Director, the OCD and Anxiety Center of Greater Baltimore

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Peer Support Specialist and Consultant, Treatment for OCD

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Michelle Massi, LMFT

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Carol Mathews, MD

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Morgan Rondinelli

University of Michigan; Founder, Not Alone Notes

Katherine Rossi, MA

Therapeutic Specialist and Expressive Arts Therapist, Somerville Public Schools; Mental Health Clinician and Vocational Specialist, Eliot Community Human Services

Susan Schuster

President, OCD Connecticut, IOCDF Affiliate

Ethan S. Smith

National Ambassador, International OCD Foundation

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Sugarland, TX

Chris Trondsen

MFT Trainee, the Gateway Institute; Vice President, OCD SoCal, IOCDF Affiliate

Nathaniel Van Kirk, PhD

McLean Hospital OCD Institute

Adira Weixlmann

San Francisco, CA

Elna Yadin, PhD

Clinical Faculty, University of Pennsylvania; Clinical Faculty & Research Affiliate, Child Study Institute, Bryn Mawr College

Jenny Yip, PsyD

Founder and Executive Director, Renewed Freedom Center; Clinical Assistant Professor of Psychiatry, Keck School of Medicine, University of Southern California; Steering Committee, Diversity Council, International OCD Foundation

Robin Zasio, PsyD, LCSW

Owner and Director, Anxiety Treatment Center, Compulsive Hoarding Center, Cognitive Behavior Therapy Center; Scientific and Clinical Advisory Board, International OCD Foundation; President, OCD Sacramento, IOCDF Affiliate

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

Co-Chair Carolyn Rodriguez, MD, PhD

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

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S. Evelyn Stewart, MD

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Monnica Williams, PhD

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, International OCD Foundation; Co-Chair, Diversity Council, 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

Scientific and Clinical Advisory Board, International OCD Foundation

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 credits. Continuing education credits are offered for approved sessions only, which are denoted as CE talks in the online schedule and Program Guide. You must attend these approved sessions to receive credit.

Psychologists: This program is co-sponsored by McLean Hospital and the International OCD Foundation. 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. This offering meets the criteria for up to 24 CE hours for psychologists. For more information, please call (617) 973-5801 or email conference@iocdf.org.

- Pre-Conference Training Session: Exploring Clinical and Community Interventions for Hoarding and Cluttering - 6 credits.
- Pre-Conference Training Session: Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD) - 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
- Full (3-Day) Registration for the Annual OCD Conference - 18 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™.
- Pre-Conference Training Session: Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD) - 4.5 AMA PRA Category 1 Credit™
- Friday (1-Day) Registration for the Annual OCD Conference – 7.5 AMA PRA Category 1 Credit™
- Saturday (1-Day) Registration for the Annual OCD Conference – 6 AMA PRA Category 1 Credit™
- Full (3-Day) Registration for the Annual OCD Conference - 18 AMA PRA Category 1 Credit™

Nurses: This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for up to 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 towards 50% of the nursing requirement for ANCC accreditation.

- Pre-Conference Training Session: Exploring Clinical and Community Interventions for Hoarding and Cluttering - 6 contact hours of nursing continuing education credit.
- Pre-Conference Training Session: Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD) - 4.5 contact hours of nursing continuing education credit.
- Friday (1-Day) Registration for the Annual OCD Conference – 7.5 contact hours of nursing continuing education credit.
- Saturday (1-Day) Registration for the Annual OCD Conference – 6 contact hours of nursing continuing education credit.
- Full (3-Day) Registration for the Annual OCD Conference - 18 contact hours of nursing continuing education credit.

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: Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD) - 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
- Full (3-Day) Registration for the Annual OCD Conference - 18 credits

Social Workers: This activity is pending approval from 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: Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD) - 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
- Full (3-Day) Registration for the Annual OCD Conference - 18 credits

Continuing Education

Evening Activities

General Conference

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 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

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

Pre-Conference Training Session: Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD)

11. Participants will be able to identify and apply effective treatment for co-occurring SUD and OCD
12. Participants will be able to recognize and address difficulties in the treatment of co-occurring OCD and SUD
13. Participants will identify resources to enhance the concurrent treatment of OCD and SUD

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



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Online Courses for IOCDF Members

Courses run several times per year. Led by faculty such as Sabine Wilhelm, PhD and Nancy Keuthen, PhD.

▪ CBT for Obsessive Compulsive Disorder: An Introductory Online Course

Understand and identify clinical features of OCD and apply skills to treat the different OCD symptom subtypes. **Faculty:** Sabine Wilhelm, PhD, and Noah Berman, PhD.

▪ CBT for OCD in Children and Adolescents

How to use CBT for children and adolescents with OCD, including evidence-based interventions such as psychoeducation, cognitive strategies, and more.

Faculty: Aude Henin, PhD, and Dina Hirshfeld-Becker, PhD.

▪ CBT for Body Dysmorphic Disorder

Identify clinical features of BDD, enhance patient motivation, manage treatment pitfalls, apply specific strategies for unique presentations, and much more.

Faculty: Sabine Wilhelm, PhD, and Jennifer Greenberg, PsyD.

▪ CBT and Medication Treatment for Body Focused Repetitive Behaviors

How to use the latest assessment tools and treatment interventions (both CBT and medication) to help patients who suffer from BFRBs such as trichotillomania and excoriation disorder. **Faculty:** Nancy Keuthen, PhD and Erica Greenberg, PhD.

PRESENTED IN COLLABORATION WITH:



International
OCD
Foundation

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 www.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.

Name	Company	Relationship
Gregory Brown	Research Foundation for Mental Hygiene	CSSRS
Darin Dougherty	Medtronic	Speaker for Training
Randy Frost	Oxford University Press	Author
Wayne Goodman	Biohaven	Consultant
	Medtronic	Researcher
Jennifer Greenberg	Telefonica Alpha	Investigator
Jon Hershfield	New Harbinger Publications	Author
Nancy Keuthen	New Harbinger Publications	Author
	TLC Foundation for BFRBs	Investigator
Joseph McGuire	Tourette Association of America & American Academy of Neurology	Principal Investigator
	Elsevier	Book Editor
	Bracket	Consultant
Jordana Muroff	Oxford University press	Author
Melanie Nelson	PCITT International Inc.	Board Member and Manager
Chris Pittenger	Biohaven Pharmaceuticals	Scientific Consultant
	Blackthorn Therapeutics	Contracted Researcher
Katherine Phillips	Oxford University Press	Author
	International Creative Management Inc.	Author
	UpToDate	Author
	Guilford Press	Author
	Merck Manual	Author

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
Carolyn Rodriguez	Allergan	Consultant
	Rugin	Consultant
	Blackthorn	Consultant
Morgan Rondinelli	nOCD	Blogger
Sanjaya Saxena	Biohaven Pharmaceuticals	Co-Investigator
Phillip Seibell	BMJ Group	Writer
	Slack Inc.	Editor
Eric Storch	Wiley	Editor
	American Psychological Association	Editor
	Elsevier	Editor
	Kingsley	Editor
	Springer	Editor
Michael Twohig	New Harbinger	Author
	Oxford University Press	Author
Sabine Wilhelm	Oxford University Press	Author
	Guilford Publications	Author
	New Harbinger Publications	Author
	Telefonica Alpha	Principal Investigator
Monnica Williams	Behavioral Wellness Clinic	Director
	TZK Seminars	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 both work 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	Park Tower 8216
Peer Support	Chrissie Hodges, PSS	Friday 2:15pm–3:45pm	Park Tower 8216
Young Professionals	Elizabeth McIngvale, PhD, LMSW	Saturday 9:45am–11:15am	Park Tower 8216
Therapists with OCD	Shala Nicely, LPC Nathaniel Van Kirk, PhD	Saturday 12:30pm–2:00pm	Delaware
Autism Spectrum Disorders (ASD)/OCD	Robert Hudak, MD Jon Hoffman, PhD	Saturday 2:15pm–3:45pm	Park Tower 8209
Pediatric	Eric Storch, PhD Sue Swedo, MD Evelyn Stewart, MD	Saturday 2:15pm–3:45pm	Park Tower 8216

Regional Meetings

Canadian Attendee Meeting & Greet

Friday, July 27 | 11:15am–12:30pm | [Park Tower 8216](#)

Come by the Park Tower 8216 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 27 | 11:15am–12:30pm | [Balcony A](#)

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 in their local Affiliate.

OCD Louisiana | Affiliate General Interest Meeting

Friday, July 27 | 12:30pm–2:00pm | [Park Tower 8222](#)

A brand new affiliate has recently formed serving the state of Louisiana! 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.

OCD Mid-Atlantic | Affiliate General Interest Meeting

Saturday, July 28 | 2:15pm–3:45pm | [Delaware](#)

Local Conference attendees are welcome to stop by and learn more about resources and programming from IOCDF Affiliate, OCD Mid-Atlantic, which serves Washington, D.C., Maryland, and Virginia. Stop by to meet leadership and learn how to get more involved!

OCD Midwest | Affiliate General Interest Meeting

Saturday, July 28 | 11:15am–12:30pm | [Delaware](#)

Stop by to learn about programming and future direction of the OCD Midwest affiliate, which serves the states of Illinois, Indiana, and Ohio. Meet OCD Midwest leadership, fellow attendees from the Midwest US, and learn how to get more involved in your community!

Conference Map

LEGEND

MEZZANINE LEVEL
BREAK OUT ROOM

LOBBY LEVEL
BREAK OUT ROOM

EXHIBIT LEVEL
BREAK OUT ROOM

KIDS ROOM

MIDDLE SCHOOLERS

TEENS

BREAKFAST & CONVERSATION CAFE

BOOK STORE

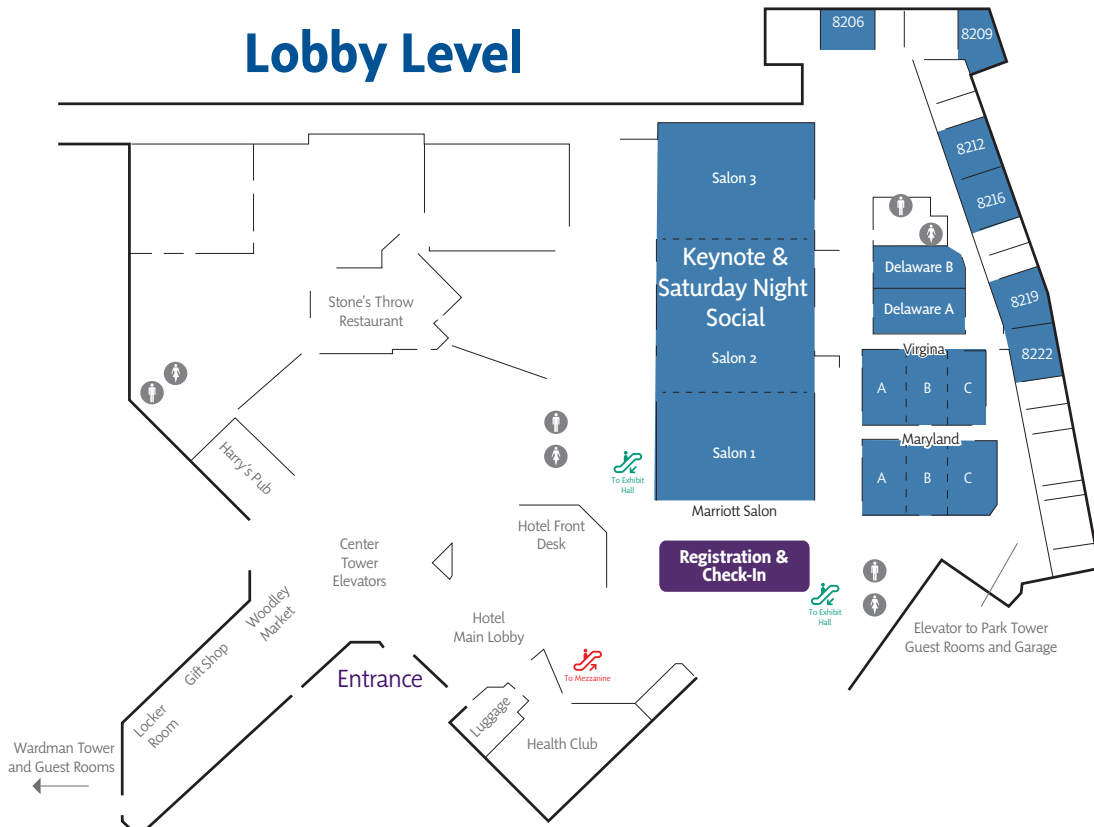
ESCALATOR

BATHROOMS

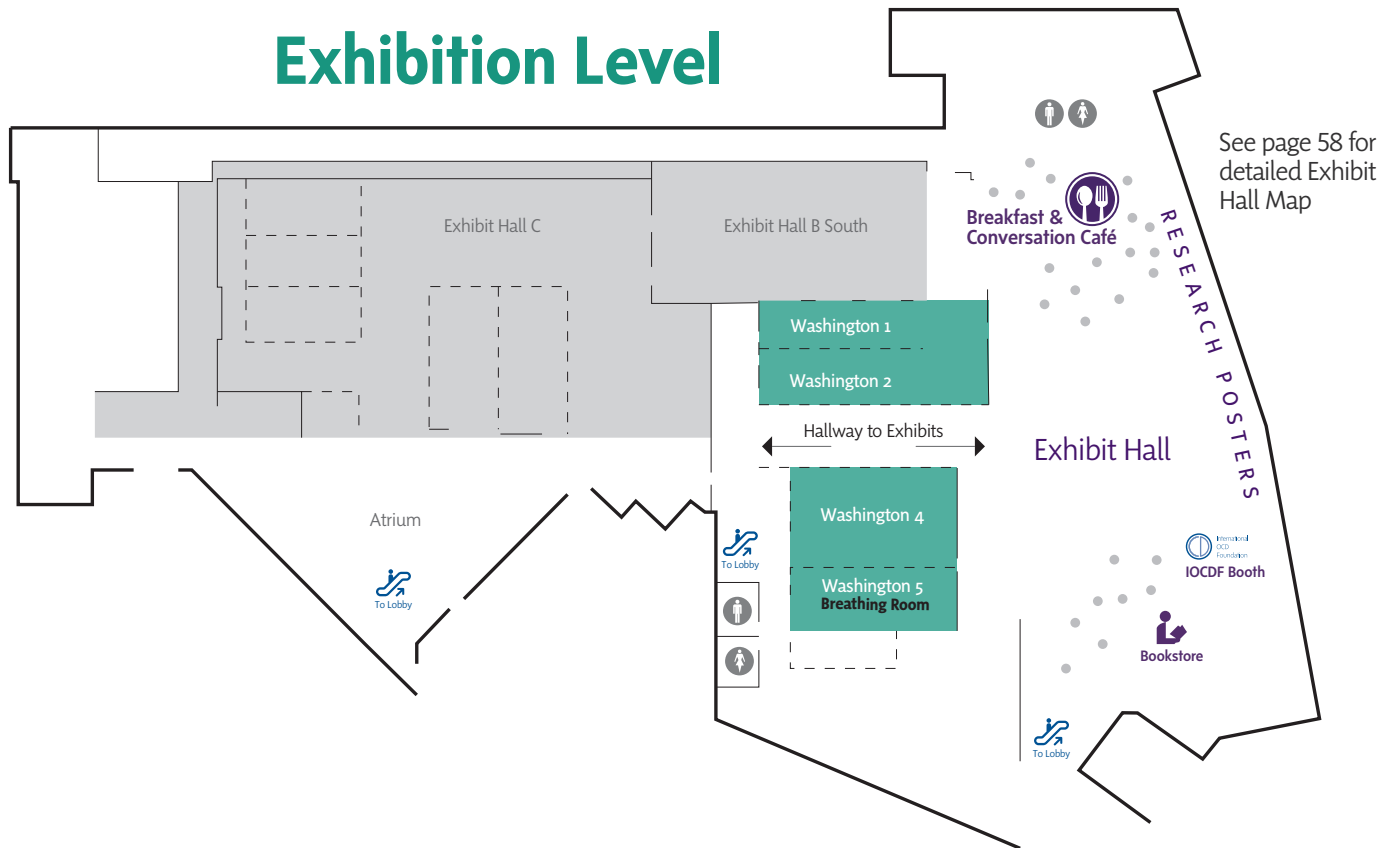
Mezzanine Level



Lobby Level



Conference Map



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 in 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.*

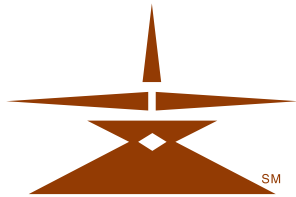
Conference Sponsors

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 58 to learn more).

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IOCDF Information & Conference Ambassador Booth

What is the Conference Ambassador Booth?

A place to make deeper connections with IOCDF staff and leadership. An opportunity for to learn how to navigate the conference to maximize your experience. An opportunity to learn more about the IOCDF in general as well as how you can get more involved!



Who are Conference Ambassadors?

Conference Ambassadors are members of the Board of Directors, Staff, Scientific and Clinical Advisory Board and Ambassador program. 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 newsletter and blog contributions
- How to make a video for us to post on one of our websites
- How to get more involved in our affiliates
- How to get involved in fundraising for the IOCDF including the 1 Million Steps 4 OCD Walk
- Membership
- Our Research Grant program

Here are some of the people you can meet at our Booth during the Conference:

Susan Boaz	President, Board of Directors
Denis Asselin	Vice President, Board of Directors
Ron Prevost	Treasurer, Board of Directors
Denise Egan Stack, LMHC	Secretary, Board of Directors Member, Scientific & Clinical Advisory Board
Michael Jenike, MD	Chair, Scientific & Clinical Advisory Board Member, Board of Directors
David Calusdian	Member, Board of Directors
Diane Davey, RN, MBA	Member, Board of Directors
Elizabeth McIngvale, PhD	Member, Board of Directors Past IOCDF Spokesperson
Paul Mueller	Member, Board of Directors
Michael Stack, CFA	Member, Board of Directors
Jo-Ann Winston	Member, Board of Directors
Joy Kant	Member, Board of Directors, emeritus
Jeff Szymanski, PhD	Executive Director, IOCDF
Stephanie Cogan, MSW, MPH	Training and Education Manager, IOCDF
Meghan Buco	Communications Manager, IOCDF

Alex Bahrawy	Community Support Specialist, IOCDF
Ethan Smith	IOCDF National Ambassador
Jennifer Coward	IOCDF Lead International Ambassador
Sabine Wilhelm, PhD	Vice Chair, Scientific & Clinical Advisory Board Chair, Research Grant Review Committee
Alec Pollard, PhD	Member, Scientific & Clinical Advisory Board Chair, Behavior Therapy Training Institute (BTI)
Eric Storch, PhD	Member, Scientific & Clinical Advisory Board Chair, Pediatric Behavior Therapy Training Institute (BTI)
Brad Riemann, PhD	Member, Scientific & Clinical Advisory Board Chair, Clinical Advisory Committee
Evelyn Stewart, MD	Member, Scientific & Clinical Advisory Board Chair, Pediatric Committee

OCD Conference Bookstore

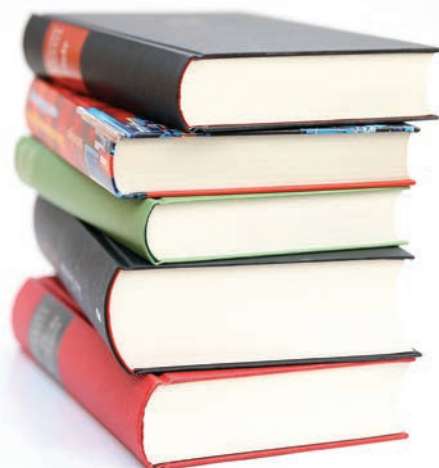
Bookstore Hours:

Thursday, July 26	12:00pm–8:00pm
Friday, July 27	7:00am–5:30pm
Saturday, July 28	7:00am–7:00pm
Sunday, July 29	7:00am–1:00pm

Located on the Exhibition Level in the Exhibit Hall

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Meet the Authors

Book Signing Schedule

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

Friday, July 27

11:15am–12:30pm

Jon Abramowitz, PhD

Getting Over OCD: A 10-Step Workbook for Taking Back Your Life

Ryan Bernstein

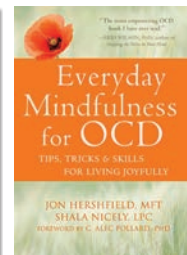
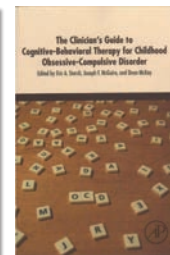
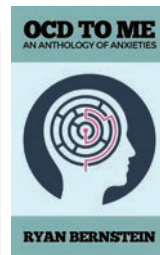
OCD to Me, An Anthology of Anxieties

Eric Storch, PhD, Joseph McGuire, PhD, Dean McKay, PhD

The Clinician's Guide to Cognitive-Behavioral Therapy for Childhood Obsessive-Compulsive Disorder

Shala Nicely, LPC and Jon Hershfield, MFT

Everyday Mindfulness for OCD



Saturday, July 28

11:15am–12:30pm

Katharine Phillips, PhD

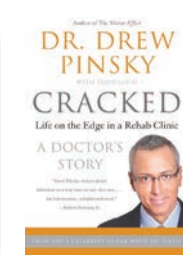
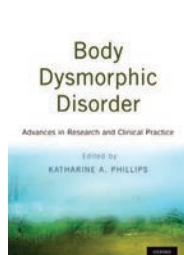
Body Dysmorphic Disorder: Advances in Research and Clinical Practice

Dr. Drew Pinsky

Cracked: Life on the Edge in a Rehab Clinic

Judy Rapoport, MD

The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder



Programming for Kids, Middle Schoolers, and 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, field trips, scavenger hunts, artistic expression opportunities, 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 page 17 for workshops and individual daily schedules for support groups and evening activities.



Breathing Room

New in 2018, 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.



Friday (see pages 26-31 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	Mindfulness: The Window to Self-Compassion
3:45pm–6:00pm	OPEN ACCESS
6:00pm–7:00pm	Yoga and Mindfulness for Adults

Saturday (see pages 38-43 for details)

7:00am–8:00am	Compassion Collective Daily Support Group
8:00am–9:30am	Morning Stretch Group
9:30am–5:45pm	OPEN ACCESS

Sunday (see pages 50-53 for details)

7:00am–8:00am	Compassion Collective Daily Support Group
8:00am–1:00pm	OPEN ACCESS

Pediatric Program



KIDS
Hoover

MIDDLE SCHOOLERS
Coolidge

TEENS
Harding

FRIDAY (See pages 26-30 for detailed descriptions of each presentation.)

8:00AM–9:30AM	KIDS & PARENTS ORIENTATION Susan Boaz & Madeline Conover, LMHC, REAT	MIDDLE SCHOOLERS & PARENTS ORIENTATION Denise Egan Stack, LMHC & Katherine Rossi, MA	TEENS & PARENTS ORIENTATION Dede Booth, LMHC, REAT & Meg Dailey
9:45AM–11:15AM	ADVENTURES IN OCD MONSTER HUNTING Amy Jenks, PsyD; Jennifer Park, PhD & Hannah Ellerkamp	BRING DOWN YOUR FEELING TEMPERATURE! Aureen Wagner, PhD & Felicity Sapp, PhD	ARE YOU STUCK IN THE OCD WEB? GET UNTANGLED BY ACTING! Annabella Hagen, LCSW, RPT-S & Nancy Larsen, LCSW
12:30PM–2:00PM	DISNEY & OCD: THE GAME SHOW! Lisa Mueller & Olivia Cyr	OCD IS AN ANNOYING BULLY! (FOR MIDDLE SCHOOLERS ONLY) Jonathan Hoffman, PhD	CHEMISTRY AND PHYSICS - HOW ARE THEY INVOLVED WITH ERP? Kathleen Norris, LPC & Mary Norris, MEd
2:15PM–3:45PM	EVERYONE POOPS! Jennifer Wells, LISW-S; Nicole Bosse, PsyD & Jennifer Wilcox, PsyD	BIG BROTHER/BIG SISTER: YOUNG PEOPLE LIVING WITH OCD Jacquelyn Gola, PsyD & Jennifer Gola, PsyD	
4:00PM–5:30PM	ERP SCAVENGER HUNT FOR KIDS Kathleen Rupertus, PsyD; Betsy Leins, PsyD & Chris Leins, LPCMH	ERP TAKES DC! David Yood, PsyD; Claire Sinclair, PsyD; Kimberly Mathewson, PsyD & David Shanley, PsyD	UNITING IN FIGHTING: ELEVATING YOUR EXPOSURE EXPERTISE Hannah Ellerkamp; Jennifer Park, PhD & Robert Selles, PhD

SATURDAY (See pages 38-42 for detailed descriptions of each presentation.)

8:00AM–9:30AM	ANXIETY NINJAS: TEAM TRAINING TO BEAT ANXIETY Jennifer Kessler, PhD; Gloria Mathis, PhD; David Yood, PsyD & Sheeva Mostoufi, PhD	OCD STORY TIME Noah Weintraub, PsyD & Lisa Levine, PsyD	YOGA AND MINDFULNESS FOR TEENS Laura Harper, LCSW
9:45AM–11:15AM	ENCOURAGEMENT WORKSHOP Kathryn Strang	HOW TO MANAGE YOUR FAMILY WHEN YOU HAVE OCD Fred Penzel, PhD; Jess Kotnour; Neil Hemmer & Emma Sullivan	HOW TO RAISE YOUR PARENTS WHEN YOU HAVE OCD Allen Weg, EdD; Rachel Gross, PsyD & Zachary Infantolino, PhD
12:30PM–2:00PM	YOGA AND STORY ACTIVITY FOR CHILDREN Laura Harper, LCSW	STUDY AND ORGANIZATIONAL SKILLS FOR MIDDLE AND HIGH SCHOOLERS Kathleen Norris, LPC	
2:15PM–3:45PM	PRACTICE MAKES IMPERFECT: THE DOUBLE DARE GAME SHOW TO BEAT PERFECTIONISM Sony Khemlani-Patel, PhD; Jerry Bubrick, PhD; Spencer Summa & Tania Borda, PhD	EVERYBODY TALKS, EVERYBODY LISTENS Fred Penzel, PhD; Jess Kotnour; Neil Hemmer; & Emma Sullivan	TEEN/PARENT SUMMIT: HOW DO WE TALK TO EACH OTHER ABOUT OCD? Allen Weg, EdD; Rachel Gross, PsyD & Zachary Infantolino, PhD
4:15PM–5:45PM	KEYNOTE ALTERNATIVE: IOCDF'S GOT TALENT! Renae Reinardy, PsyD		

SUNDAY (See pages 50-53 for detailed descriptions of each presentation.)

8:00AM–9:30AM	OCD: THE GAME SHOW FOR KIDS Noah Weintraub, PsyD; David Yood, PsyD & Michael Lent, PhD	YOGA AND MINDFULNESS FOR MIDDLE SCHOOLERS Laura Harper, LCSW	CALMING THE MIND: THE USE OF MINDFULNESS FOR THE MANAGEMENT OF OCD William Oakley, PsyD; Amy Jenks, PsyD & Amy Mariaskin, PhD
9:45AM–11:15AM	SPONGEBOB SQUAREPANTS TEACHES US SOMETHING IMPORTANT ABOUT FEAR! Kathleen Norris, LPC & Mary Norris, MEd	UNLOCKING YOUR COURAGEOUS SELF 2.0 Danielle Cooke, MS; Joseph McNamara, PhD; Lacie Lazaro, MS; Andrea Guastello, MS & Melissa Munson, PhD	I'M MORE SCARED OF YOU THAN YOU ARE OF ME! WHAT TEENS SHOULD KNOW TO FORM A STRONG OCD-FIGHTING ALLIANCE Alex Rosenberg & Jon Hershfield, MFT
11:30AM–1:00PM	CREATE YOUR OWN CARTOON CHARACTER Madeline Conover, LMHC, REAT	STAYING VIGILANT: THE HOW TO OF OVERCOMING OCD SLIP-UPS AND STRESSORS Christen Sistrunk, LPC & Ivy Ruths, PhD	STAYING IN THE GAME: STRENGTHENING RELAPSE PREVENTION Amy Jacobsen, PhD & Ethan Kagin

Thursday Schedule

Overview

Thursday, July 26

8:00am–8:30am	Onsite Registration and Check-In for the IOCDF Research Symposium <i>Conference Registration Desk, Lobby Level</i>
8:00am–9:00am	Onsite Registration and Check-In for “Exploring Clinical and Community Interventions for Hoarding and Cluttering” <i>Conference Registration Desk, Lobby Level</i>
8:30am–5:00pm	OCD Treatment Group and Professional Training* <i>McKinley, Mezzanine Level</i> Please note: This is the second day of a 2-day event (first day on Wednesday 7/25). Once again this year, individuals with OCD who might otherwise not be able to visit a specialty OCD clinic will get a chance to experience an intensive treatment program both prior to and after the Annual OCD Conference. On July 25–26 and again on July 29–30, Dr. Reid Wilson, co-author of Stop Obsessing! and author of Don’t Panic! will be running 2-day treatment groups for people with OCD. Dr. Wilson is generously donating 100% of the funds back to the IOCDF. *This is a closed event to pre-registered attendees only.
8:30am–5:30pm	IOCDF Research Symposium <i>Washington 1, Exhibition Level</i>
9:00am–5:00pm	Pre-Conference Training Session: “Exploring Clinical and Community Interventions for Hoarding and Cluttering” <i>Washington 4, Exhibition Level</i>
12:00pm–1:00pm	Onsite Registration and Check-In for “Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD)” <i>Conference Registration Desk, Lobby Level</i>
12:00pm–8:00pm	Onsite Registration and Check-In for Annual OCD Conference <i>Conference Registration Desk, Lobby Level</i>
12:00pm–8:00pm	Conference Bookstore Open <i>Exhibit Hall</i>
1:00pm–6:00pm	Pre-Conference Training Session: “Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD)” <i>Washington 2, Exhibition Level</i>
6:30pm–9:00pm	Thursday Evening Activities & Support Groups <i>Turn to pages 19-21 for descriptions and a detailed schedule</i>



Bookstore



8:30am–5:30pm

Research Symposium *Washington 1*

Christopher Pittenger, MD, PhD, Yale OCD Research Clinic; **Carolyn Rodriguez, MD, PhD**, Stanford University

This Symposium provides 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 has grown 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. For the third year, the Symposium will provide an opportunity for researchers to discuss their findings with other researchers, fostering increased collaboration and networking across research groups.

9:00am–5:00pm

Exploring Clinical and Community Interventions for Hoarding and Cluttering*

Washington 4

Gail Steketee, PhD, LICSW, Boston University School of Social Work; **Randy Frost, PhD**, Smith College; **Elspeth Bell, PhD**, Bell Center for Anxiety and Depression;

Jesse Edsell-Vetter, MetroHousing/Boston's Center for Hoarding Intervention; **Jordana Muroff, PhD, LICSW**, Boston University School of Social Work; **Christiana Bratiotis, PhD, LICSW**, University of British Columbia, Vancouver; **Bec Belofsky Shuer**, Mutual Support Consulting; **Lee Shuer, CPS**, Mutual Support Consulting; **Erin Winsor**, Boston University

This full-day program is 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. Participants will then receive training in skills necessary for intervention, including sorting and discarding, room mapping, organizing, and resisting acquisition. There will be a presentation on the role of peers and family supports in hoarding disorder. A one-hour panel with all faculty will respond to audience questions. The day will end with a presentation by one of the leaders of the local hoarding task force with participation from several members of the group.



1:00pm–6:00pm

Effective Treatment for Concurrent OCD and Substance Use Disorder (SUD)* *Washington 2*

Stacey Conroy, LCSW, MPH, Richmond VA Medical Center; **Patrick McGrath, PhD**, AMITA - Alexian Brothers

This training will focus on how to effectively provide concurrent treatment to those who have co-occurring OCD and Substance Use Disorders (SUD). The research on co-occurring OCD/SUD is limited, though lifetime prevalence for co-occurring OCD/SUD has been reported as high as 25%. Participants will learn specific options for engaging patients in concurrent treatment utilizing evidence-based therapies, including Exposure Response Prevention (ERP), CBT, Motivational Interviewing, and 12 Step Facilitation. Insights gained through working with individuals with OCD/SUD will be shared by who with treat OCD/SUD.

6:30pm–7:30pm

Sibling Support Group for Middle Schoolers (MIDDLE SCHOOLERS)

Hoover

Michelle Witkin, PhD, Private Practice; **Jenny Yip, PsyD, ABPP**, 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 kids 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.

Connect, Collaborate, Create! Support Group for Middle Schoolers

(MIDDLE SCHOOLERS) *Coolidge*

Ryan Bernstein; Kat Rossi, MA

Battling OCD can be difficult, which is why it's important to collaborate with peers who share similar struggles without having to be structured in a formal therapeutic goal-setting program. After an introduction-icebreaker, I'll share how I overcame OCD and found advocacy critical to moving forward, then open the floor for others to share what's on their minds in a safe, supportive, environment. Through group interaction, we'll learn from one another, and collaborate about how to help each other. We'll end the session making Reminder Rings – putting what matters to us and our recovery on 2"x2" colored paper that we'll laminate and lock onto individual key-rings. Our connection will carry beyond the conference via group chat to build community.

Support Group for Teens (TEENS) *Harding*

Josh Steinberg; Chase Dorsett

This support group for high school-age teens will discuss how to cope with setbacks after overcoming one's OCD symptoms. The meeting will place an emphasis on remaining positive and optimistic in the face of unsettling relapses of OCD symptoms. Group leaders will facilitate the discussion and incorporate anecdotes as well as recent scientific findings in this GOAL (Giving Obsessive-Compulsives Another Lifestyle)-format support group. Per the GOAL format, each member will be expected to create their own goals relating to OCD to help motivate themselves.

Support Group for Parents of Kids with OCD *Wilson A*

Jennie Kuckertz, MS, Center for Understanding and Treating Anxiety, San Diego State University; **Melissa Mose, LMFT**

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.

Parents of Teens Support Group *Wilson B*

Diane Prost, MEd, LPC, Prost Counseling Services, LLC

You are not alone! This group will offer a safe place to meet other parents of adolescents struggling with OCD. Parents will find support, strength and resources to take home with them. Parents will have the opportunity to share their story and their struggles; hear from other parents about what is working and what is not working; and how other parents are coping. Parents will leave with connections to help them through their journey.

Thursday Evening

Support Group for Parents of Adult Children with OCD *Wilson C*

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 to impact their children into adulthood. This group will provide parents a safe and supportive space to discuss their family's 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.

Creepy, Ugly, Nasty Thoughts: A Support Group For Youths With Intrusive Thoughts *(YOUTH - ANY AGE) Virginia C*

Fred Penzel, PhD, *Western Suffolk Psychological Services*

Morbid thoughts can be extremely stigmatizing and frightening, and are rarely shared openly with others. The aim will be to break the isolation and stigma, and to normalize the experience of what is actually a very common occurrence in OCD. Various types of morbid obsessions will first be outlined, as well as treatment strategies, and attendees will then be given the opportunity to share their experiences, both difficulties and successes in attempting to cope with these symptoms.

Support Group for Family and Friends of People Who Have Too Much Stuff *Delaware B*

Bec Belofsky Shuer, *Mutual Support Consulting*; **Everitt Clark**

Bec Belofsky Shuer and Ev Clark will facilitate a support group for people whose loved ones have too much stuff. For all the attention "hoarders" get — TV shows, books, and research studies — their family and friends are overlooked. There is no version of Al-Anon for excessive acquiring keeping. Bec and Ev will provide a safe space to share feelings, ask questions or just listen. The facilitators both have personal experience with a family member who had too much stuff. Bec's husband Lee is a recovering finder/keeper, and Ev's mom suffered with hoarding disorder throughout his youth. They know the frustration, resentment, and confusion that results from living and loving in a cluttered home. This group will foster positivity and wellness.

Peer Support Group for People Who Have Too Much Stuff *Delaware A*

Lee Shuer, CPS, *Mutual Support Consulting*

Are you buried in treasures? Are you trapped under plunder? Do you want to reduce your excessive finding and keeping, but find yourself overwhelmed and unable to follow through? You're not alone! Join us in a positive, safe, supportive environment to share wisdom, vent frustrations, and restore hope for a life less cluttered! This support group is led by and for people who have too much stuff.

8:00pm–9:00pm

LGBTQ Support Group *Wilson A*

Lindsay Miller, LPCC-S, *Kenyon College*; **Jess Kotnour**

This peer-facilitated support group is for those who identify as LGBTQ. We will create a safe, and accepting environment for those who attend to share their struggles with OCD, sexuality, and gender identity. We hope to create space that is free of judgment, yet open to those who are still questioning their sexuality and/or gender identity. This group is intended to provide a space for LGBTQ identities within the OCD community, understanding that sexuality and gender differences are not mutually exclusive from OCD and is different from OCD regarding homosexuality obsessions. This group will be facilitated by individuals from within the LGBTQ community, including a clinical counselor.

Together We Stand!: An All Inclusive Support Group for Women *Wilson B*

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

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 movement towards women's rights is affecting their mental wellness. This group is a support group for all women, with OCD, Depression, eating disorders, BFRBs and any other mental struggles.

Sibling Support Group for Teens (TEENS) *Wilson C*

Michelle Witkin, PhD; **Jenny Yip, 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 teens 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.

Young Adults Orientation and OCD Support Group *Maryland*

Chris Trondsen

Young adulthood is a complicated time, filled with transitions and major life changes. This experience is made even more difficult with the addition of having OCD. Young adults attending the Conference will be able to communicate these challenges in a safe space to gain Peer Support. Topics discussed in the group include ways to navigate dating, academics, working, friendships, and more, all while dealing with OCD. Free flowing discussion and interactive participation will be encouraged to create a sense of community. The group will offer an opportunity for attendees to share contact information with others, allowing them to spend time together throughout the Conference. Lastly, group members will be encouraged to continue these supportive friendships after the Conference is over!

Support Group for Adults with OCD *Virginia A*

Kate Brett; **Elizabeth Ellis Ohr, PsyD**

An opportunity to spend time in the company of others who truly understand. This group will be facilitated by a doctor with years of experience treating OCD, along with an OCD sufferer who completed treatment at the University of Pennsylvania Center for the Treatment and Study of Anxiety, and has for the past 4 years partnered with doctors there to run a successful monthly peer-led, doctor-facilitated group. The structure is open—after an ice breaker question and brief introduction, attendees can feel free to listen or participate as they desire.

Support Group for Mental Health Professionals and Trainees with OCD *Virginia B*

Shala Nicely, LPC, *Beyond the Doubt*; **Rachel Davis, MD**, *University of Colorado Anschutz Medical Campus*

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 fifth annual meeting of this support group for mental health professionals with OCD. We will interactively discuss how to hurdle these obstacles so you can enjoy your extremely important role helping others!

First-Timers OCD Conference Group *Virginia C*

Nancy Larsen, LCSW, *Mindset Family Therapy*; **Annabella Hagen, LCSW, RPT-S**, *Mindset Family Therapy*

Is this your first experience at the Annual OCD Conference? While you are enjoying the conference, you may also be feeling overwhelmed, anxious, or fire-hosed by the volume of information you're trying to process. And don't be surprised if being here is triggering your OCD. Well, then this is the group for you. Come join us as you and other newcomers share thoughts and feelings about attending their first conference. This conference can become a memorable experience that you will remember for years to come.

Thursday Evening

Man Up: Real Men Talk About Their Feelings (an interactive support group for men with OCD) *Delaware A*

Jacques Esses; Collin Schuster

Are you a male suffering with OCD and haven't found a safe place to discuss your issues? Two men with OCD will facilitate this group. Participants will have the opportunity to share their experience navigating the unique challenges they faced, including being encouraged to "man up."

Evening Activities

6:30pm–7:30pm

The Secret Illness: Building Strength and Community through Storytelling *Virginia A*

Jacques Esses, *OCD New Jersey*; Abby Rotstein, *The Secret Illness*

Storytelling is a powerful form of personal healing and a great way to build community and raise awareness about OCD. Through The Secret Illness Project's The Wall and Podcast series attendees will discover creative ways to tell their stories, through both creative writing and digital media outlets. Participants will have the hands-on opportunity to write a personal narrative or tell their story through a sample podcast. The Secret Illness group facilitators will guide attendees throughout the process. Following the workshop, attendees will be able to submit a post to The Wall and provide ideas for future podcasts.

Be Brave with the OCD Hunters! (KIDS) *Virginia B*

Noah Weintraub, *PsyD*; Michael Lent, *PhD*, *Behavior Therapy Center of Greater Washington*;

Hey kids! Are you tired of OCD messing with you and telling you what to do? We're licensed OCD hunters. The OCD monster is afraid of us, and with good reason! We've helped hundreds of kids face their fears and shrink down the OCD monster until he's a tiny crying baby. Let's chase and scare the OCD monster for once! We will go on a scavenger hunt, looking for fears that OCD uses to mess with you and take away his power by doing the OPPOSITE of what he wants. Who's with us?

8:00pm–9:00pm

Decorate the Room (KIDS) *Hoover*

Madeline Conover, *LMHC*, *REAT*

Kids, welcome to the Conference! Let's get to know one another and work on decorating our room to make it fun and exciting. We will talk about cartoon characters and use them as inspiration for how we decorate the room, thinking about the characters' specific strengths and habitats.

Getting to Know Your OCD Through Group Drawing

(MIDDLE SCHOOLERS) *Coolidge*

Katherine Rossi, *MA*

As a group, participants will reflect on their experiences with OCD, while creating a large drawing together. Participants will be invited to add to this drawing throughout the course of the weekend with any reflections, thoughts, concerns, questions, or remarks! Participants will be encouraged to take a piece of the drawing as a memory of their experiences.

Buried Treasure: Mapping Our Values to Find Our True Selves

(TEENS) *Harding*

Dede Booth, *LMHC*, *REAT*, *OCD Institute at McLean Hospital*

Treasure maps create a curiosity for exploration and discovery. In this activity, teens will create their own treasure maps that focus on specific goals that will help bring them closer in line to their values. Each person's map will be given the opportunity to be part of a "treasure quilt" in which each map is connected to create a poster that will serve as the backdrop to the teen conference room for the entire weekend. This patch work of values will give each teen the opportunity to share and connect with their peers, not only strengthening their values, but also their support to one another.



7:00pm–9:00pm

ERP Boot Camp *Washington 4*

Jonathan Grayson, *PhD*, *The Grayson LA Treatment Center for Anxiety and OCD*; Cameron Halberstadt

In this activity, 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 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.

8:00pm–9:00pm

Laugh WITH Me, Not At Me: Comedy About Hoarding Disorder *Washington 2*

Susan C.

HD can be an extremely frustrating condition. Stigma associated with the condition keeps us in hiding and isolated.

Ever wish your house would just burn to the ground because you feel completely overwhelmed and hopeless with all the clutter?? I have. And I've got a joke about it, too. A good dose of laughter is just what the doctor ordered!



Conference Hotel

Washington Marriott Wardman Park

2660 Woodley Rd NW
Washington, DC 20008
(202) 328-2000

Nearest Metro Stop

Woodley Park-Zoo



Friday Schedule

Overview

Friday, July 27

7:00am–8:00am	Compassion Collective Daily Support Group <i>Breathing Room, Washington 5, Exhibition Level</i> View details on page 26
7:00am–8:00am	Light Breakfast <i>Buffet Breakfast throughout Exhibit Hall</i> A light breakfast is provided for all attendees. Tables will be scattered throughout the Exhibit Hall, and dining seating can be found in the Conversation Café (sponsored by Bradley Hospital) in the rear of the Exhibit Hall (see Conference Site Maps on Pages 10-11 for exact location). You may also take items with you into the breakout rooms.  Breakfast
7:00am–6:00pm	Onsite Registration and Check-In for Annual OCD Conference <i>Conference Registration Desk, Lobby Level</i>
7:00am–6:00pm	Continuing Education Desk Open (to sign in and out for CE Credits) <i>Conference Registration Desk</i>
7:00am–5:30pm	Exhibit Hall Open OCD Conference Bookstore Open <i>Exhibition Level</i> See page 58 for a list of Exhibitors  Bookstore
8:00am–9:00am	Morning Stretch Group <i>Breathing Room, Washington 5, Exhibition Level</i> See page 26 for details
8:00am–5:30pm	Conference Presentations See pages 26-31 for full schedule of presentations
8:00am–5:30pm	Youth Programming Kids: <i>Hoover, Mezzanine Level</i> Middle Schoolers: <i>Coolidge, Mezzanine Level</i> Teens: <i>Harding, Mezzanine Level</i> See page 17 for full schedule of activities and pages 26-30 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
2:00pm–2:15pm	Afternoon Coffee and Snack Break <i>Exhibit Hall</i> Sponsored by Rogers Behavioral Health
6:00pm–10:30pm	Friday Evening Activities & Support Groups Turn to pages 32-33 for descriptions and a detailed schedule

	8:00AM–9:30AM	9:45AM–11:15AM	12:30PM–2:00PM
EVERYONE	EVERYONE ORIENTATION Ethan Smith; Chrissie Hodges, PSS & Alison Dotson <i>Salon 2</i>	"UGH! I'M JUST SO ANGRY!" ANGER AND OCD Lisa Mueller; Chris Trondsen; Elizabeth McIngvale, PhD, LMSW & Amy Jatczak <i>Salon 2</i>	FROM HOME BASED CARE TO RESIDENTIAL TREATMENT: WHAT LEVEL IS RIGHT FOR YOU? Patrick McGrath, PhD; Tim DiGiacomo, PsyD; Alec Pollard, PhD; Thröstur Björgvinsson, PhD & Jon Hershfield, MFT <i>Salon 2</i>
EVERYONE	OCD 101: UNDERSTANDING WHY YOU HAVE IT AND WHAT YOU CAN DO ABOUT IT Jonathan Grayson, PhD <i>Salon 3</i>	ACCEPTANCE AND COMMITMENT THERAPY FOR OBSESSIVE AND INTRUSIVE THOUGHTS Jesse Crosby, PhD <i>Salon 3</i>	TACKLING SUBSTANCE ABUSE AND OCD TOGETHER: A PANEL OF LIVED EXPERIENCE Genevieve Kales; Neil Hemmer; Chrissie Hodges, PSS & Sarah Sisson <i>Salon 3</i>
LIVING WITH OCD	OCD IN THE DIGITAL AGE: HOW ONLINE RESOURCES AND SOCIAL MEDIA CAN HELP WITH OCD Solome Tibebe; Megan Morris, RN; Kelsey Rood & Amy Jatczak <i>Salon 1</i>	NORMALIZING SEXUAL, VIOLENT & BLASPHEMOUS INTRUSIVE THOUGHTS Chrissie Hodges, PSS; Corey Hirsch; Alison Dotson & Sean Shinnock <i>Salon 1</i>	INTERPERSONAL EFFECTIVENESS SKILLS: PROMOTING ONGOING RECOVERY FROM OCD Alex Solodyna, PsyD & Nathaniel Van Kirk, PhD <i>Salon 1</i>
YOUNG ADULTS	AN INTERACTIVE WORKSHOP TO HELP REMAIN MOTIVATED IN OCD TREATMENT! Thomas Smalley; Matthew J. Codde, LCSW; Genevieve Kales; Chris Trondsen & Collin Schuster <i>Maryland</i>	I'M MORE THAN MY OCD: PUTTING THINGS IN PERSPECTIVE Andrea Batton, LCPC & Stephanie Woodrow, LGPC <i>Maryland</i>	MANAGING COLLEGE WITH OCD: HOW TO SURVIVE AND THRIVE Rachel Davis, MD; Sarah Chorley, MA; Courtney de Blicke, PsyD & Noah Symmes-Dezso <i>Maryland</i>
PARENTS AND FAMILIES	HOW TO ARTICULATE EMOTIONS TO GET NEEDS MET Mary Plisco, PhD & Courtney Lewis, PhD <i>Wilson</i>	WHAT IS PANDAS/PANS AND HOW DO WE TREAT IT? Sue Swedo, MD; Molly Colvin, PhD; Kyle Williams, MD, PhD & Margo Thienemann, MD <i>Wilson</i>	TRAINING FAMILY MEMBERS TO BECOME ERP COACHES: AN EXPERIENTIAL WORKSHOP Gerald Tarlow, PhD; Christopher Mulligan, LCSW; Adriana Westby-Trent, PhD & Sanam Abrishami, PhD <i>Wilson</i>
HOARDING	NEW RESEARCH ON HOARDING DISORDER: TRANSLATIONAL FINDINGS WITH POTENTIAL TREATMENT IMPLICATIONS Kiara Timpano, PhD; David Tolin, PhD; Jordana Muroff, PhD & Jed Siev, PhD <i>Virginia</i>	COMMUNITY RESPONSE TO HOARDING DISORDER Jesse Edsell-Vetter; Christiana Bratotiis, PhD, LICSW; Tina Mayes, PhD; Catherine Ayers, PhD & Patty Underwood, LICSW <i>Virginia</i>	ASK THE EXPERTS PANEL ON HOARDING DISORDER Robin Zaslo, PsyD, LCSW; Lee Shuer, CPS; Bec Belofsky Shuer; Randy Frost, PhD & Sanjaya Saxena, MD <i>Virginia</i>
THERAPISTS INTRODUCTORY	INTRODUCTION TO EXPOSURE AND RESPONSE PREVENTION: WAYS TO IMPLEMENT EFFECTIVE ERP FOR CHILDREN, ADOLESCENTS, AND ADULTS Thröstur Björgvinsson, PhD; Eric Storch, PhD & Felicity Sapp, PhD <i>Washington 2</i>	TREATING COMMON AND COMPLICATING SYMPTOMS IN OCD Joseph McGuire, PhD; Dean McKay, PhD; Eric Storch, PhD; Monica Wu, PhD & Fugen Neziroglu, PhD <i>Washington 2</i>	"I HATE MY THERAPIST!" GOING BEYOND THE MANUALS FOR EFFECTIVE TREATMENT OF CHILDREN WITH OCD Charles Mansueto, PhD; Aureen Wagner, PhD; Barbara Van Noppen, PhD, LCSW & Allen Weg, EdD <i>Washington 2</i>
THERAPISTS ADVANCED	CHALLENGING AND COMPLEX OCD CASES: EXPERT PERSPECTIVES ON ADAPTING EXPOSURE AND RESPONSE PREVENTION TREATMENT Thea Gallagher, PsyD; Steve Tsao, PhD; Marty Franklin, PhD & Jeremy Tyler, PsyD <i>Washington 4</i>	MAXIMIZING THE EFFECTIVENESS OF EXPOSURE THERAPY FOR OCD BY OPTIMIZING INHIBITORY LEARNING: AN ADVANCED WORKSHOP Jonathan Abramowitz, PhD & Jennifer Buchholz, MA <i>Washington 4</i>	ELEVATE YOUR SKILLS IN ACCEPTANCE AND COMMITMENT THERAPY Michael Twohig, PhD <i>Washington 4</i>
RESEARCH TO CLINICAL PRACTICE	"YOU SAY COMPLETE, I SAY INCOMPLETE!": A CROSS-CUTTING CONCEPT IN OCD AND OCRDS, DIAGNOSTIC AND TREATMENT IMPLICATIONS Barbara Van Noppen, PhD, LICSW; Dean McKay, PhD; Jamie Feusner, MD & Charles Mansueto, PhD <i>Washington 1</i>	USING DEVICES TO TREAT OCD AND RELATED DISORDERS Wayne Goodman, MD; Darin Dougherty, MD & Ryan Vidrine, MD <i>Washington 1</i>	A REVIEW OF FACTORS AFFECTING DROPOUT IN EXPOSURE AND RESPONSE PREVENTION FOR OCD Kathryn Michael, PhD; & Kerri Alexander, PsyD <i>Washington 1</i>

2:15PM–3:45PM

FAMILIES UNITE! INTEGRATING BEHAVIORAL CONTRACTING AND MOTIVATIONAL STRATEGIES TO OVERCOME OCD

Barbara Van Noppen, PhD, LCSW;
Sean Sassano-Higgins, MD & Felicity Sapp, PhD
Salon 2

4:00PM–5:30PM

THE FINANCIAL BURDEN OF ACCESSING CARE: NAVIGATING INSURANCE DENIALS AND COVERAGE LIMITATIONS

Adam Brown, MS
Salon 2

See pages
26-33 for
detailed
descriptions
of each
presentation.

THE ART AND SCIENCE OF TREATING PEDIATRIC OCD

Jonathan Hoffman, PhD
Salon 3

TWO TERRIBLE PEOPLE TEACH YOU HOW TO BE GOOD WITHOUT BEING CERTAIN: A MORAL SCRUPULOSITY WORKSHOP

Patrick McGrath, PhD & Jon Hershfield, MFT
Salon 3

DO I LAUGH WITH THE SINNERS OR CRY WITH THE SAINTS? A DISCUSSION ABOUT SCRUPULOSITY

Jed Siev, PhD; Jonathan Grayson, PhD;
Charles Mansueto, PhD & Ted Witzig Jr., PhD
Salon 1

BOTH SIDES OF THE COUCH: CLIENT AND THERAPIST PERSPECTIVES ON REGAINING CONTROL FROM OCD

Felicity Sapp, PhD; Stephen Johns & Jacques Esses
Salon 1

OCD, SUBSTANCE USE, SUICIDE & ISOLATION

Collin Schuster; Neil C. Hemmer; Chris Trondsen; Jess
Kotnour & Thomas Smalley
Maryland

LET'S TALK ABOUT SEX, BABY

Ethan Smith; Michelle Massi, LMFT;
Kimberley Quinlan, LMFT & Sonia Greaven, PhD
Maryland

WHEN THE GOING GETS TOUGH: MANAGING DIFFICULT REACTIONS FROM YOUR CHILD WHEN SAYING "NO" TO OCD

Emily Berner, LMFT; Amy Jenks, PsyD &
Stephanie Uhl, PsyD
Wilson

HELPING YOUR LOVED ONE WITH OCD: A STEP BY STEP PLAN

Noah Weintraub, PsyD & Lisa Levine, PsyD
Wilson

HANDS-ON DECLUTTERING EXPERIENCE

Elspeth Bell, PhD & Renae Reinardy, PsyD
Virginia

HOARDING AND THE FAMILY: HOW TO ADDRESS THE CLUTTER WHILE LIMITING ACCOMMODATIONS BY LOVED ONES

Elspeth Bell, PhD
Virginia

MEDICATION QUESTION AND ANSWER FOR THERAPISTS

Phillip Seibell, MD & Stephanie Eken, MD
Washington 2

SHOP, STOP, AND DROP!: A NON-ACQUIRING SHOPPING EXCURSION

Cookie Kipp, AMFT; Robin Zasio, PsyD, LCSW; Lee Shuer,
CPS & Bec Belofsky Shuer
Virginia

ESSENTIAL COMPONENTS IN THE TREATMENT OF BODY DYSMORPHIC DISORDER

Fugen Neziroglu, PhD; Sabine Wilhelm, PhD &
Katharine Phillips, MD
Washington 4

PROFESSIONAL PLENARY

CLINICAL MANAGEMENT OF SUICIDE RISK IN INDIVIDUALS WITH OCD: AN EVIDENCE-BASED APPROACH

Martin Franklin, PhD & Gregory Brown, PhD
Salon 3

ERP OR ACT/ERP: WHAT WORKS FOR WHOM?

Michael Twohig, PhD; Alec Pollard, PhD;
Jennifer Cullen, PhD & Patricia Zurita Ona, PsyD
Washington 1

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**
- OCD & SUBSTANCE USE**
- * 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

Compassion Collective Daily Support Group

Breathing Room, Washington 5

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

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 and demonstrating a helpful mindfulness and/or self-care tool for participants to practice throughout the day. Group 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 change to share their conference experience with other participants and seek guidance and support.

8:00am–9:30am

Morning Stretch Group Breathing Room, Washington 5

Morgan Rondinelli

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!

Kids & Parents Orientation (INTRODUCTORY) Hoover

Susan Boaz, IOCDF; **Madeline Conover, LMHC, REAT**

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 & Parents Orientation (INTRODUCTORY) Coolidge

Denise Egan Stack, LMHC, IOCDF; **Katherine Rossi, MA**

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

Teens & Parents Orientation (INTRODUCTORY) Harding

Dede Booth, LMHC, REAT; **Megan Dailey**

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.

How to Articulate Emotions to Get Needs Met (INTRODUCTORY) Wilson

Mary Plisco, PhD, Richmond Graduate University; **Courtney Lewis, PhD**

As a parent, it can be challenging to determine whether aspects of your child's behavioral, cognitive, and emotional experience are driven by OCD or other triggers/concerns. Research has highlighted that youth with OCD have lower levels of emotion regulation and use less effective coping strategies for dealing with distressing emotions. Building a richer and more differentiated emotional vocabulary between you and your child can promote better communication and facilitate a more adaptive and tailored response. This presentation will (1) teach skills related to identifying, describing, and expressing all feelings (OCD-related and otherwise), (2) delineate how to attend to emotional needs without accommodating, and (3) engage the audience in an interactive "think-aloud" exercise aimed at portraying the emotion differentiation process.

OCD in the Digital Age: How Online Resources and Social Media Can Help with OCD (INTRODUCTORY) Salon 1

Solome Tibebe, Anxiety In Teens; **Megan Morris, RN**, University of Pittsburgh Medical Center; **Kelsey Rood**, Towson University; **Amy Jatzczak**

The world of social media is ever-changing, sometimes for better or worse. Join this panel discussion to learn how individuals struggling with OCD have made the most of online tools and social media communities to manage their OCD! Panelists will discuss how specific sites and platforms have helped them on and offline, including the role of peers, family and friends, and professions on the sites.

Everyone Orientation (INTRODUCTORY) Salon 2

Ethan Smith, National Ambassador, IOCDF; **Chrissie Hodges, PSS**, Treatment for OCD Consulting; **Alison Dotson**, OCD Twin Cities

Led by Conference veterans, this orientation is for adults with OCD, family members, social supports, and treatment providers. 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.

OCD 101: Understanding Why You Have It and What You Can Do About It (INTRODUCTORY) Salon 3

Jonathan Grayson, PhD, Grayson LA Treatment Center for Anxiety and OCD

The target audience for this population is for first time attendees, (newly diagnosed with OCD and/or unfamiliar with Exposure/Response Prevention). This not only includes 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.

An Interactive Workshop To Help Remain Motivated in OCD Treatment! (INTERMEDIATE) Maryland

Thomas Smalley, OCD Connecticut; **Genevieve Kales**, Orlando Regional Medical Center; **Chris Trondsen**, OCD Southern California; **Collin Schuster**, OCD Connecticut

Remaining motivated to do exposures or remain in therapy can be difficult. This interactive workshop will assist in finding the motivation to complete treatment successfully. The workshop involves three parts-- the first helping to identify why OCD treatment was originally sought out plus exploring what was lost to the disorder and how the treatment will help gain it back. The second part identifies tools that are used to stay motivated in treatment including short-term goal setting, value identification, and recognizing treatment-interfering behaviors (TIBS). This motivational workshop concludes with identifying larger life goals and how treatment will help in achieving them. Attendees will also locate an "OCD buddy" in the audience or at home who can keep them motivated in treatment!

* New Research on Hoarding Disorder: Translational Findings with Potential Treatment Implications (ADVANCED) Virginia

Kiara Timpano, PhD, University of Miami; **David Tolin, PhD**, Anxiety Disorders Center, The Institute of Living; **Jordana Muroff, PhD, LICSW**, Boston University; **Jedidiah Siev, PhD**, Swarthmore College

This panel will highlight recent studies examining core vulnerabilities and markers of hoarding disorder (HD). Jordana Muroff will present data from a study examining hoarding behaviors among children and families presenting for treatment at an anxiety disorders clinic. Jed Siev will present a study that examined how hoarding symptoms relate to anticipated regret in a behavioral decision-making task. Kiara Timpano will present work examining indices of decision making as they relate to a spectrum of hoarding severity. David Tolin will present neuroimaging findings of brain activity during acquiring and discarding decisions for people with and without hoarding disorder. Findings will be discussed from a translational perspective, linking etiological and phenomenological research to potential treatment implications.

* "You Say Complete, I Say Incomplete!": A Cross-Cutting Concept in OCD and OCDs, Diagnostic and Treatment Implications (ADVANCED) Washington 1

Barbara Van Noppen, PhD, LICSW, University of Southern California; **Dean McKay, PhD**, Fordham University; **Jamie Feusner, MD**, University of California, Los Angeles; **Charles Mansueto, PhD**, Behavior Therapy Center of Greater Washington

The concept of incompleteness as an important motivator in OCD, first introduced by Janet (1908), is gaining attention in the literature. Most contemporary models of OCD focus on avoidance of harm and intolerance of uncertainty. This panel will explore incompleteness as a cross-cutting phenomenon: incompleteness OCD, Not Just Right Experiences, BDD, tics, trichotillomania, autism and in the general public as "completism" and "completionism." This corresponds with NIMH and DSM 5 movements to identify dimensions of psychopathology across diagnoses, ultimately assisting in development of effective psychiatric treatment approaches. Research findings and literature separating these disorders with incompleteness features from non-INC OCD will be presented. A lively question and answer session will be facilitated after a brief presentation by each panelist.

* Introduction to Exposure and Response Prevention: Ways to Implement Effective ERP for Children, Adolescents, and Adults (INTRODUCTORY) Washington 2

Thróstur Björgvinsson, PhD, *Houston OCD Program*; **Eric Storch, PhD**, *Baylor College of Medicine*; **Felicity Sapp, PhD**, *OCD and Anxiety Psychological Services*

Information will be presented about ways to implement effective Exposure with Response Prevention for OCD. Each presenter will present a case example to highlight ways to implement ERP for different age groups, namely children, adolescents and adults. The three presenters, each with over 20 years of clinical and research experience, will build upon this experience to focus the key issues to have in mind when implementing effective ERP for the three age groups and highlight both the similarities and differences when working with different age groups. The presentations will be focused with the aim to leave ample time for questions.

* Challenging and Complex OCD Cases: Expert Perspectives on Adapting Exposure and Response Prevention Treatment (ADVANCED) Washington 4

Thea Gallagher, PsyD, *University of Pennsylvania*; **Steve Tsao, PhD**, *Rogers Behavioral Health - Philadelphia*; **Marty Franklin, PhD**, *University of Pennsylvania*; **Jeremy Tyler, PsyD**, *University of Pennsylvania*

Exposure and Response Prevention (ERP) is the gold standard treatment for Obsessive Compulsive Disorder (OCD) in both children and adults, however complex cases present unique challenges for clinicians. The primary goal of this clinical roundtable is to discuss how to effectively adapt the delivery of Exposure and Response Prevention (ERP) for Obsessive Compulsive Disorder (OCD) with complex clinical presentations. Our panel of ERP experts will discuss case conceptualization, creative treatment adaptations, and cultural considerations for unique and challenging cases from their clinical practice. The panelists will pull from their experience in clinical trials and community settings as they discuss an evidence-supported approach for tailoring ERP for cases that fall outside of the typical clinical presentation.

9:45am–11:15am

Adventures in OCD Monster Hunting (INTRODUCTORY) Hoover

Amy Jenks, PsyD, *Bay Area OCD and Anxiety Center*; **Jennifer Park, PhD**, *Rogers Memorial Hospital*; **Hannah Ellerkamp**, *PGSP-Stanford PsyD Consortium*

Join us on an OCD Monster Hunt. Before we venture out kids will learn how to identify their own OCD Monsters in their many forms and shapes. Kids will then learn how to use their exposure super powers to seek out and slay their monsters. We will work as a team to find Monsters around the conference and practice exposure therapy together. At the end kids will get to celebrate their successful hunt and share their own successes.

Bringing Down Your Feeling Temperature! (INTRODUCTORY) Coolidge

Aureen Wagner, PhD, *The Anxiety Wellness Center*; **Felicity Sapp, PhD**, *OCD and Anxiety Psychological Services*

OCD brings stress and many tough feelings for all family members. You and your siblings will learn to use the Feeling Thermometer as a handy tool to figure out your stress level and feelings. Stress can be easier to handle when you understand how the Feeling Brain and Thinking Brain work, share your Feeling Temperature with parents and siblings, and catch the OCD false alarms that come from the Feeling Brain. In supportive group activities, you will brainstorm ways to bring down your Feeling Temperature, catch OCD's false alarms, bravely RIDE your Worry Hill, and use your Thinking Brain at its best. Take home your Feeling Thermometer, RIDE steps card and worksheet of strategies to use every day!

Are you Stuck in the OCD Web? Get Untangled by ACTing! (INTERMEDIATE) Harding

Annabella Hagen, LCSW, RPT-S, *Mindset Family Therapy*; **Nancy Larsen, LCSW**, *Mindset Family Therapy*

When you become entangled with obsessions, you can get stuck in the OCD web and resort to compulsions. Have you noticed that doing compulsions can actually make things worse? It doesn't have to be that way, as you can get untangled from it. In this workshop, you'll learn how to untangle yourself with ACT diffusion skills that include: Tangled Web Game, Devil's Snare, The Flashlight, Thought Watching with a Pen, and Look at You!

What is PANS/PANDAS and How Do We Treat it? (INTERMEDIATE) Wilson

Susan Swedo, MD, *National Institute of Mental Health*; **Molly Colvin, PhD**, *Massachusetts General Hospital*; **Kyle Williams, MD, PhD**, *Massachusetts General Hospital*; **Margo Thienemann, MD**, *Stanford University*

The presenters will provide information about the latest recommendations for the recognition, diagnosis and treatment of PANDAS and PANS, including suggestions for medical and laboratory evaluation of acute-onset cases. Updated treatment

options will be presented, including the latest guidelines for use of antibiotics, anti-obsessional medications, cognitive behavior therapy and anti-inflammatory or immunomodulatory therapies.

Normalizing Sexual, Violent, & Blasphemous Intrusive Thoughts (INTRODUCTORY) Salon 1

Chrissie Hodges, PSS; **Corey Hirsch**; **Alison Dotson**, *OCD Twin Cities*; **Sean Shinnock**

Intrusive thoughts of a sexual, violent, and blasphemous nature accompanied by non-observable ritualization is a common manifestation of OCD. Intrusive thoughts are terrifying, shameful, and confusing for the sufferer. While sufferers know the thoughts are not aligned with their wants or desires, they are powerless to stop the persistent intrusion. Sufferers of intrusive thoughts may feel isolated, fearful, and alone in their symptoms. Even after successful treatment, sufferers can be left with feelings of shame, guilt, and embarrassment and filled with questions about why the thoughts ever appeared. In this panel, we will use our lived experience to normalize the prevalence and commonalities sufferers experience worldwide with intrusive thoughts to provide hope and help sufferers know they are not alone.

"UGH! I'm Just So Angry!": Anger and OCD (INTERMEDIATE) Salon 2

Lisa Mueller; **Chris Trondsen**, *OCD Southern California*; **Elizabeth McIngvale, PhD, LMSW**, *Baylor College of Medicine*; **Amy Jatzak**, *OCD Central & South Florida*

Individuals with OCD often find themselves irritated and angry. Not only is there the stress of dealing with the disorder, but they feel misunderstood by everyone around them. They are also upset that they have this disorder, questioning why it was given to them. The anger leads to struggles between the sufferer and their loved ones, often pitting them against each other instead of unifying them as a team to fight the disorder. Through demonstrations, group work, and role-plays, this interactive workshop will allow for OCD sufferers to learn beneficial and effective ways to deal with anger caused by having OCD. Family members and loved ones will learn not to personalize this anger and more effective ways coping.

* Acceptance and Commitment Therapy for Obsessive and Intrusive Thoughts (INTRODUCTORY) Salon 3

Jesse Crosby, PhD, *McLean Hospital / Harvard Medical School*

Obsessive and intrusive thoughts can be challenging to manage because they occur in the abstract of cognitive experience and may not respond to traditional control or management strategies. Acceptance and Commitment Therapy (ACT) can provide useful insights for understanding, and skills for treating, obsessive and intrusive thoughts, complimenting the already effective use of exposure based approaches. This workshop presentation will provide an ACT perspective for understanding obsessive and intrusive thoughts, and provide skills for intervention and treatment using demonstration, discussion, and experiential exercises. Attendees with OCD will find insights and skills for managing obsessive and intrusive thoughts, while attendees involved in treatment or research with OCD will also find useful theory and skills to inform their practice.

I'm More Than My OCD: Putting Things in Perspective (INTRODUCTORY) Maryland

Andrea Batton, LCPC & Stephanie Woodrow, LGPC, *The Maryland Anxiety Center*

When struggling with OCD, it can seem as if it's your only identity. It affects so many aspects of your life, it can be easy to forget who you truly are what makes you unique. Attendees will examine their lives from a more flexible perspective, rather than through an OCD lens. This interactive workshop will utilize individual exercises designed to help attendees gain an alternative perspective, rather than OCD's rigid inflexible interpretations. This will include small group discussions regarding living according to personal life values, goals, morals, instead of OCD.

Community Responses to Hoarding Disorder (INTERMEDIATE) Virginia

Jesse Edsell-Vetter, *MetroHousing|Boston*; **Christiana Bratiotis, PhD, LICSW**, *University of British Columbia, Vancouver*; **Tina Mayes, PhD**, *San Diego VA Healthcare System*; **Catherine Ayers, PhD**, *VA San Diego Healthcare System*; **Patty Underwood, LICSW**, *Riverside Community Care*

Around the world, communities are working to address the complex issues presented by hoarding. Task forces, case management programs, and community mental health services often provide hoarding interventions and resources. Panelists from various disciplines, hoarding intervention models, and geographic regions will present information about their work in community based hoarding intervention efforts and then the floor will be opened for an ask the experts style question and answer session. Topics include establishing task forces and intervention services, key players to include in the community, successes, and challenges. Special attention will be focused on engaging non-voluntary clients and creative provision of services.

* Using Devices to Treat OCD and Related Disorders (ADVANCED)

Washington 1

Wayne Goodman, MD, Baylor College; **Darin Dougherty, MD**, Massachusetts General Hospital; **Ryan Vidrine, MD**, TMS Health Solutions

This presentation will discuss the role and status of neurosurgical and non-invasive neuromodulation for treating OCD and related disorders. It will address the use of ablative (lesioning) neurosurgical procedures for severe, treatment-refractory OCD - these procedures involve lesioning a small area of brain tissue, either via a craniotomy or with radiation that does not require surgery. Current and future directions in the use of Deep Brain Stimulation (DBS) for intractable cases of OCD will also be discussed, as will the role of Transcranial Magnetic Stimulation (TMS) for OCD and related disorders. Finally, we will conclude with future directions for research regarding these procedures.

* Treating Common and Complicating Symptoms in OCD

(INTRODUCTORY) Washington 2

Joseph McGuire, PhD, Johns Hopkins University School of Medicine; **Dean McKay, PhD**, Fordham University; **Eric Storch, PhD**, Baylor College of Medicine; **Monica Wu, PhD**, University of California Los Angeles; **Fugen Neziroglu, PhD**, Bio Behavioral Institute

Emetophobia, misophonia, orthorexia, body dysmorphia, and sensory over-responsivity are symptoms commonly experienced by children, adolescents, and adults with OCD. While these symptoms produce significant distress and impairment, limited evidence-based guidance exists on their treatment. This panel will briefly describe successful (and unsuccessful) treatment approaches based on clinical experience and the extant literature. The majority of the session will be dedicated to an interactive Q & A activity, in which attendees can ask the panelists questions regarding the treatment of these common and complicating symptoms. Panelists will share their insights based on their clinical experience and available research literature.

* Maximizing the Effectiveness of Exposure Therapy for OCD by Optimizing Inhibitory Learning: An Advanced Workshop (ADVANCED)

Washington 4

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

Research on learning and memory suggests new ways of implementing exposure and response prevention (ERP) for OCD that challenge traditional methods and might help with previous treatment failures. This "inhibitory learning approach" is geared towards maximizing longer-term outcomes and preventing relapse. Our advanced workshop covers strategies derived from this framework for the treatment of OCD, including: (a) how and why to promote fear tolerance as opposed to habituation during exposure; (b) optimal ways to combine cognitive therapy with exposure; (c) varying exposure stimuli and context; (d) pros and cons of using exposure hierarchies; and (e) tracking indices of change other than SUDS. We will include video demonstrations and adhere to the latest research and conceptual work on ERP for OCD.

12:30pm–2:00pm

Disney & OCD: The Game Show! (INTRODUCTORY) Hoover

Lisa Mueller & Olivia Cyr, OCD-Support for Teens

This is a fun interactive workshop for kids with OCD aimed at improving their ability to identify and address obsessions/compulsions through using Disney characters. It will be an entertaining activity for kids to learn about the various symptoms of OCD, how to pinpoint them, and how to overcome them. Kids will also discuss how the behaviors they identify in the characters - both the heroes and the villains - relate to their own experiences of OCD. The workshop will be lead by a young adult and a teen advocate, both with OCD themselves.

OCD Is an Annoying Bully! (For Middle Schoolers Only)

(INTRODUCTORY) Coolidge

Jonathan Hoffman, PhD, The NeuroBehavioral Institute

Even when they're not sure what to do, Middle Schoolers know an annoying bully when they see one. But what if the annoying bully is in their mind, or messing with a family member? Well, that's exactly what OCD is!

Chemistry and Physics - How are They Involved with ERP?

(INTRODUCTORY) Harding

Kathleen Norris, LPC, DFW Center for OCD & Anxiety; **Mary Norris, MEd**, 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.

Training Family Members to become ERP Coaches: An Experiential Workshop (INTRODUCTORY) Wilson

Gerald Tarlow, PhD, Psychological Care and Healing Center; **Christopher Mulligan, LCSW**, Psychological Care and Healing Center; **Adriana Westby-Trent, PhD**, Psychological Care and Healing Center; **Sanam Abrishami, PhD**, Psychological Care and Healing Center

Exposure and response prevention (ERP) is considered the most effective CBT treatment for OCD. Many adult and child patients are given assignments by their therapists that they then implement at home. It is often very useful to have someone act as a coach for these assignments. Many family members, or significant others, often do not know how to effectively help out with these assignments. This workshop will initially review the concept of ERP and provide the participants with some basic coaching guidelines. After this initial presentation the audience will be split up into small groups. Each group will have an experienced OCD therapist to observe and supervise the participants as they role play typical ERP assignments.

Interpersonal Effectiveness Skills: Promoting Ongoing Recovery from OCD (INTERMEDIATE) Salon 1

Alexander Solodyna, PsyD, The Motivation and Change Group; **Nathaniel Van Kirk, PhD**, McLean Hospital

OCD can limit an individual's access to the wide array of social interactions typically encountered throughout life. Social skills deficits may subsequently hinder social functioning and one's adaptive ability. When the person with OCD gains control of their OCD and improves their functioning more broadly, social skills deficits can reduce social connections, motivation, and sabotage continued recovery. In this workshop, we will discuss, learn, and practice interpersonal effectiveness skills across work, educational, and relationship settings and address topics like self-disclosure stigma.

From Home Based Care to Residential Treatment: What Level is Right for You? (INTRODUCTORY) Salon 2

Patrick McGrath, PhD, AMITA Alexian Brothers; **Tim DiGiacomo, PsyD**, Mountain Valley Treatment Center; **Alec Pollard, PhD**, St. Louis Behavioral Medicine Institute; **Thörstur Björgvinsson, PhD**, Houston OCD Program; **Jon Hershfield, MFT**, The OCD and Anxiety Center of Greater Baltimore

Individuals with OCD and their families or support people may struggle with the decision process around what level of treatment may be best when the person with OCD is ready to start their journey toward challenging their 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 panelist's 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.

Tackling Substance Abuse and OCD together: A Panel of Lived Experience (INTERMEDIATE) Salon 3

Genevieve Kales, Orlando Regional Medical Center; **Neil Hemmer**; **Chrissie Hodges, PSS**, Treatment for OCD Consulting; **Sarah Sisson**, Riley's Wish

Living with a substance use disorder accompanying obsessive compulsive disorder is challenging. Dual-diagnosis often foster low self-esteem, loss of hope, and decreased motivation to ask for help. Substance use disorder, as well as mental illness is attached to a pervasive stigma. Often the stigma overrides the confidence to ask for help when desperately needed which perpetuates a cycle of abusing substances. In this presentation we will discuss our challenges with substance use and how we combat it alongside OCD in an effort to recover. Panelists will share their lived experience in managing substance use disorder and OCD in hopes others will know they are not alone and it is possible to live successfully with a dual diagnosis.

Managing College with OCD: How to Survive and Thrive (INTERMEDIATE) Maryland

Rachel Davis, MD, University of Colorado; **Sarah Chorley, MA**, University of Colorado Boulder; **Courtney de Blicke, PsyD**, California Polytechnic State University; **Noah Symmes-Dezso**

A psychologist and a psychiatrist who work in student mental health, as well as an undergraduate student and a PhD candidate/researcher (both with OCD) explore issues and challenges related to finding success in college with OCD, such as the transition to college, stigma, study skills specific to students with OCD, helpful classroom accommodations (and negotiating those accommodations with university administration), using Disability Services advantageously, treatment access, and more. This panel not only features the in-depth, personal experiences of all four panelists, but also innovative, evidence-based research of successful school-navigation tools for

college students with OCD. This discussion will be useful to current/future students in a variety of settings, including undergraduate and graduate programs at community, regional, state, and private colleges/universities.

* Ask the Experts Panel on Hoarding Disorder (INTRODUCTORY) Virginia

Robin Zasio, PsyD, LCSW, *The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills*; **Lee Shuer, CPS**, *Mutual Support Consulting*; **Bec Belofsky Shuer**, *Mutual Support Consulting*; **Randy Frost, PhD**, *Smith College*; **Sanjaya Saxena, MD**, *UCSD Obsessive-Compulsive Disorders Program*

Hoarding Disorder is a widely misunderstood condition that often times raises more questions than answers. Experts working in the field will share on various aspects of this disorder including how CBT and ERP aids in the treatment of this condition, updated research in the use of medication; what to expect once treatment begins, and how family members can support their loved one struggling with this condition and how to involve the family in the most effective way. This panel also provides an opportunity for individuals to ask the experts questions related to hoarding disorder.

* A Review of Factors Affecting Dropout in Exposure and Response Prevention for OCD (INTERMEDIATE) Washington 1

Kathryn Michael, PhD, *Bay Pines VAHCS*; **Kerri Alexander, PsyD**, *Bay Pines VAHCS*
Cognitive-behavioral therapy with exposure and response (ritual) prevention (ERP) has been identified as the treatment of choice for addressing obsessive-compulsive disorder (OCD). Some studies suggest that dropout rates for ERP are greater than for other treatment modalities. This presentation will review the available evidence regarding the factors associated with dropout from ERP. For example, the literature suggests that poor quality of exposures, and weak therapeutic alliance play significant roles in treatment dropout. In addition to reviewing mediating and moderator factors of dropout in ERP, this presentation will also focus on concrete solutions and suggestions to reduce ERP attrition and improve patients' engagement in ERP and treatment outcome.

* "I Hate My Therapist!" Going Beyond the Manuals For Effective Treatment of Children with OCD (INTERMEDIATE) Washington 2

Charles Mansueto, PhD, *Behavior Therapy Center*; **Aureen Wagner, PhD**, *Anxiety Wellness Center*; **Barbara Van Noppen, PhD, LCSW**, *University of Southern California*; **Allen Weg, EdD**, *Stress and Anxiety Services of New Jersey*

Those are words that no parent of a child with OCD wants to hear. Yet current treatment guidelines state that ERP must be provided for effective treatment of OCD, a technique that requires the child to tolerate distress. Not unexpectedly, negative emotional displays, non-adherence to therapy, and treatment refusal are not un-common reactions to ERP. OCD treatment manuals traditionally focus on the mechanics of therapy, but not the subtleties of technique and style (i.e. "contextual factors") that underlie high-quality OCD treatment. In this presentation, seasoned child therapists describe methods that each uses in OCD treatment to maximize chances that their young patients will remain in therapy, adhere to therapy recommendations and extract full benefits from their therapy experience.

* Elevate Your Skills in Acceptance and Commitment Therapy (ADVANCED) Washington 4

Michael Twohig, PhD, *Utah State University*

This workshop 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 how one can start using it to more advanced topics. We will work on issues such as: 1. therapeutic context, 2. setting the course for therapy, 3. therapy style, 4. how the six ACT processes interact with each other, 5. common pitfalls, and 6. what to do when stuck. These issues, and others, will be covered didactically and in demonstration. Conversation and discussion are welcome.

2:15pm–3:45pm

Everyone Poops! (INTRODUCTORY) Hoover

Jennifer Wells, LISW-S, *Lindner Center of HOPE*; **Nicole Bosse, PsyD**, *Lindner Center of HOPE*; **Jennifer Wilcox, PsyD**, *Lindner Center of HOPE*

Contamination is one of the most common symptom clusters in OCD, and bathroom related targets, particularly poop, is a common trigger for contamination OCD. Although, "everyone poops," etiquette dictates that it is not commonly discussed, thus disgust is reinforced. Additionally, it can be difficult for many people, especially young children, to face the distress associated with ERP despite its evidence as the treatment of choice for OCD. This interactive seminar will be a fun way for kids to start the process of demystifying and desensitizing to all things related to the bathroom. We will use trivia, arts and crafts, and other formats to create fun, supportive and humorous opportunities for kids to engage in ERP with poop-related themes.

Big Brother/Big Sister: Young People Living with OCD (INTRODUCTORY) Coolidge

Jacquelyn Gola, PsyD, & **Jennifer Gola, PsyD**, *The Center for Emotional Health*

In this workshop, teens with OCD will have a chance to play a mentoring role to teens and tweens that are more newly acquainted with OCD. Middle and High Schoolers 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 high schoolers 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!

When the Going Gets Tough: Managing Difficult Reactions From Your Child When Saying "No" to OCD (INTERMEDIATE) Wilson

Emily Berner, LMFT, *San Francisco Bay Area Center for Cognitive Therapy*; **Amy Jenks, PsyD**, *Bay Area OCD and Anxiety Center*; **Stephanie Uhl, PsyD**, *Uhl and Luby Psychotherapy*

Most parents are aware that accommodating their child's OCD symptoms can lead to more problems in the long run, and while some pushback is normal, many parents become stuck when they are met with aggression, extreme distress, or other difficult challenges when withholding accommodations. In this workshop, participants will learn how to respond to hitting and other aggressive behaviors, temper tantrums, self injury, and treatment refusal. In addition, the presenters will give strategies for parents to manage their own distress in these tough moments, and will teach parents ways to support their child without giving in to OCD. Role plays and interactive exercises will help parents rehearse the skills they are learning to gain confidence in responding to their child.

Do I Laugh with the Sinners or Cry with the Saints? A Discussion about Scrupulosity (INTERMEDIATE) Salon 1

Jedidiah Siev, PhD, *Swarthmore College*; **Jonathan Grayson, PhD**, *Grayson LA Treatment Center for Anxiety and OCD*; **Charles Mansueto, PhD**, *Behavior Therapy Center of Greater Washington*; **Ted Witzig Jr., PhD**, *Apostolic Christian Counseling and Family Services*

This presentation is a therapist-audience dialogue about scrupulosity, structured as a QA about treatment obstacles, and an open conversation about unique challenges when OCD is entangled with religion or morality. Sample issues include: What role does religion have vis a vis OCD? How can someone with OCD be religious but not scrupulous? Can one engage in exposures without violating religious law? How can scrupulous individuals interact with clergy in a way consistent with their values and still healthy in terms of OCD? And what about secular, moral scrupulosity?

Families Unite! Integrating Behavioral contracting and Motivational Strategies to Overcome OCD (INTERMEDIATE) Salon 2

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

Attempting to cope with challenging situations, families often engage in behaviors that perpetuate OCD and interfere with treatment. Family responses to OCD can worsen symptoms, leaving family members and individuals with OCD feeling frustrated and angry with one another. This workshop will discuss these behaviors and introduce behavioral contracting, a family-based intervention that unites family members in the therapeutic process of exposure and response prevention. Adhering to a behavioral contract requires motivation, and strategies to increase success will be presented. After the presentation, the audience will rate their Family Accommodation and work in professionally facilitated small groups to develop family contracts. Techniques to increase successful adherence will be included. This is a highly interactive workshop and is ideal for families!

* The Art and Science of Treating Pediatric OCD (INTRODUCTORY) Salon 3

Jonathan Hoffman, PhD, *The NeuroBehavioral Institute*

The importance of utilizing Evidence-Supported Treatment (EST) for pediatric OCD is clear; doing it the right way for children and teens is the true art. Treatment must make sense and be practical to implement for parents too. Easier said than done! This presentation will focus on crafting comprehensive plans for pediatric OCD that address symptoms and co-occurring conditions, but deals with the real-life issues. Children and adolescents have similar symptoms of OCD as adults, but experience and communicate about them differently. Workshopping attendees' concerns so that they leave with a better idea of the "how-to's" of treating pediatric OCD is the goal. Pediatric OCD is daunting, but balancing between "art and science" in the treatment plan makes a huge difference.

OCD, Substance Use, Suicide, & Isolation (INTERMEDIATE) *Maryland*
Collin Schuster, *OCD Connecticut*; **Neil Hemmer**; **Chris Trondsen**, *OCD Southern California*; **Jess Kotnour**; **Thomas Smalley**, *OCD Connecticut*

As a young adult, dealing with OCD can leave you feeling lost and alone. Many sufferers see their peers accomplishing different goals and feel a sense of being behind. Many deal with this realization through isolation, abusing alcohol and drugs, attempting suicide, depression, avoiding life altogether, and other harmful ways. Stigma around substance abuse, suicide, self-harm, and other destructive behavior leads to feelings of shame and regret, creating a vicious cycle difficult to get out of. This open discussion allows for attendees to discuss the harmful ways they cope with having OCD. As a collective, audience members, along with a panel of advocates and experts, will create solutions for healthier ways to handle the difficulty of suffering from OCD.

Hands-On Decluttering Experience (INTERMEDIATE) *Virginia*

Elsbeth Bell, PhD, *Bell Center for Anxiety and Depression*; **Renae Reinardy, PsyD**, *Lakeside Center for Behavioral Change, PC*

This workshop focuses on specific skills and strategies for working with hoarding clients. We will incorporate these skills while addressing the cognitive and affective elements of HD, emphasizing behavioral interventions. An effective hoarding-focused treatment reduces overall clutter and addresses decision-making skills and management of emotional distress –helping increase the likelihood of treatment success. Attendees will participate in hands-on decluttering to practice these skills, adopting the role of “client” or “clinician” and working through actual clutter (provided by presenter). Participants are encouraged to discuss their hoarding experiences and concerns about engaging with clients over stuff. Whether going into the home or having clients bring their possessions to the office, this workshop is designed to educate the clinician about fundamentals of decluttering.

*** ERP or ACT/ERP: What Works and For Whom?** (INTERMEDIATE)
Washington 1

Michael Twohig, PhD, *University of Utah*; **Alec Pollard, PhD**, *Saint Louis Behavior Medicine Institute*; **Jennifer Cullen, PhD**, *McLean Hospital/OCD Institute*; **Patricia Zurita Ona, PsyD**, *East Bay Behavior Therapy Center*

A recent randomized clinical trial comparing ACT/ERP and ERP with adult clients struggling with OCD has demonstrated that both treatments are effective for symptom reduction, maintenance of treatment gains at post-treatment, 1 and 3-months follow up. Despite this data clinicians are faced with the challenge of figuring out which clients will benefit from a traditional behavioral exposure versus an ACT-based exposure. In order to facilitate a clinical conversation about this matter, a clinical case will be presented demonstrating how shifting approaches was necessary to maximize treatment outcomes. Next, specific questions will be addressed: (1) what's the clinical criteria to start with traditional ERP or ACT/ERP; (2) what's the mechanism of change within each approach?

*** Medication Question and Answer for Therapists** (INTERMEDIATE)
Washington 2

Phillip Seibel, MD, *OCD and Anxiety Psychiatry of Westchester, PC*; **Stephanie Eken, MD**, *Rogers Behavioral Health*

It is essential for therapists to have a basic understanding of OCD pharmacology when developing a CBT treatment plan. This panel will be led by psychiatrists who specialize in treatment of OCD, related conditions, and eating disorders. Panelists will first describe basic principles of best practice in medication management for OCD, related conditions, and eating disorders. This will be followed by lively, interactive question and answer discussion, where audience members will have an opportunity to ask questions regarding medication management in these conditions.

*** Essential Components in the Treatment of Body Dysmorphic Disorder** (INTERMEDIATE) *Washington 4*

Fugen Neziroglu, PhD, *Bio Behavioral Institute*; **Sabine Wilhelm, PhD**, *Harvard Medical School*; **Katherine Phillips, MD**, *Weill Cornell Medical College*

Despite advances BDD is still underdiagnosed, and treatment is unfamiliar to many although there are several standardized manuals. Evidence based treatment indicates at least three components: psychopharmacological, cognitive, and behavioral. Several models have been proposed that lend themselves to these treatments. Several factors such as overvalued ideation, comorbidity, suicidality and depression are obstacles to treatment may need to be targeted first. This presentation will review the evidence based treatments, obstacles, and how to overcome them. Katherine Phillips will discuss the specifics of assessment as well as psychopharmacological treatment, Fugen Neziroglu will discuss how to optimize Exposure and Response Prevention, and Sabine Wilhelm will discuss cognitive interventions and perceptual retraining. Specifics on the implementation of these techniques will be presented.

Mindfulness: The Window to Self-Compassion (INTRODUCTORY)
Breathing Room, Washington 5

Nancy Larsen, LCSW & Annabella Hagen, LCSW, RPT-S, *Mindset Family Therapy*

Staring out the window on a fall day...your attention is drawn to the leaves on the trees, wrestling to break free from the branch. They take their time as the wind cradles them, swaying back and forth, until they fall ever so gently to the ground. They are in no rush. You are not sure why, but you notice a warm feeling come over you. It's a feeling of peace...You take a deep breath; in slowly, hold, then out...This feeling is inviting, as if saying, "In this moment, there is nothing more important than right here, right now. Breathe in, hold, breathe out...No rush...You give a gentle sigh of relief. Join us as we engage in the practice of Mindfulness.

4:00pm–5:30pm

*** Shop, Stop, and Drop!: A Non-Acquiring Shopping Excursion**
(INTERMEDIATE) *Delaware*

Robin Zasio, PsyD, *LCSW, The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills*; **Lee Shuer**, *Mutual Support Consulting*; **Bec Belofsky Shuer**, *Mutual Support Counseling*; **Cookie Kipp, LMFT**, *The Anxiety Treatment Center of Sacramento*

Resisting the urge to acquire is one of the hallmark traits of those struggling with Hoarding Disorder. Being able to understand the thinking patterns that contribute to these difficulties are the first steps to managing these urges. Experts in the field will teach participants how Cognitive Behavioral Therapy can help to reframe erroneous thinking patterns to reduce acquisition. Participants will then experience the opportunity to practice the CBT techniques they have learned through an interactive and experiential excursion into the community. Participants will be able to openly identify items of temptation, the distortions leading to the desire to purchase, and utilize the CBT principles to resist the acquisition. Participants will also be able to observe others.

ERP Scavenger Hunt for Kids (INTRODUCTORY) *Hoover*

Kathleen Rupertus, PsyD, *The Anxiety & OCD Treatment Center, LLC*; **Betsy Leins, PsyD**, *The Anxiety & OCD Treatment Center, LLC*; **Chris Leins, LPCMH**, *The Anxiety & OCD Treatment Center, LLC*

Hey kids! Join us for this interactive workshop full of opportunities for bravely standing up to OCD. You will face challenges and have FUN while working in teams to complete a scavenger hunt, doing ERP along the way. You will also have the opportunity to set and accomplish personal ERP goals and to support others as they pursue theirs. Let's show OCD how it's done... together!

ERP takes DC! (INTERMEDIATE) *Coolidge*

David Yood, PsyD, *Behavior Therapy Center of Greater Washington*; **Claire Sinclair, PsyD**, *Anxiety Solutions of Denver*; **Kimberly Mathewson, PsyD**, *Anxiety Solutions of Denver*; **David Shanley, PsyD**

Are you ready to take your ERP knowledge out for a test run? Want to try out confronting your fears with your friends cheering you on? Here's your chance to venture within and outside the hotel to explore the surroundings for exposure opportunities, and earn fun prizes for challenging yourself! We'll break into teams. Each team will have a list of OCD challenges, and each attendee will be able to earn their team points for doing exposures. See how many of your fears you can face in this OCD takes DC challenge!

Uniting in Fighting: Elevating Your Exposure Expertise (INTERMEDIATE)
Harding

Hannah Ellerkamp, *PGSP-Stanford PsyD Consortium*; **Jennifer Park, PhD**, *Rogers Behavioral Health- San Francisco East Bay*; **Robert Selles, PhD**, *University of British Columbia, Vancouver*

Fighting OCD is less frightening when we do it together! Adolescents are invited to learn how to design exposures for themselves and their peers. This workshop will begin with a discussion of participants' obsessions, compulsions, and exposure experience. Using peer suggestions (and creativity), the group will brainstorm exposures targeting a variety of worries. Group leaders will discuss common pitfalls of designing exposures. This is an opportunity for adolescents to learn the how to generate exposures for ERP with different obsessions and compulsions, as well as gain ideas for future exposures! Participants will end the group by working through their designed exposures together, with support from each other and the guidance of the group leaders.

4:00pm–5:30pm

PROFESSIONAL PLENARY:

* Clinical Management of Suicide Risk in Individuals with OCD: An Evidence-Based Approach (INTERMEDIATE) Salon 3

Martin Franklin, PhD, University of Pennsylvania School of Medicine; **Gregory Brown, PhD**, Department of Psychiatry, University of Pennsylvania Medical School



Suicidal ideation and behavior are often encountered in the treatment of obsessive compulsive disorder (OCD). In this invited talk, Drs. Martin Franklin and Gregory Brown will

provide a framework for the clinical management of suicide risk when working with individuals with OCD. First, Dr. Franklin will provide information about the prevalence and phenomenology of

suicidality in OCD, and ways of distinguishing such presentations from urges to engage in non-suicidal self-injury and quintessential obsessions and compulsions pertaining to suicide. Next, Dr. Brown, an expert in the treatment of suicidal ideation and behavior, will present the Assess-Intervene-Monitor (AIM) approach to suicide prevention. The Assess component of the AIM model includes a general approach to working with and engaging suicidal patients, use of evidence-based screening and comprehensive suicide risk assessment and a narrative interview of individuals' experiences of a suicidal crisis. The Intervene component includes the use of evidence-based treatments, such as the Safety Planning Intervention, for individuals at risk for suicide. The Monitor component involves follow-up procedures to provide a continuity of care to lower risk over time. Indications and contra-indications to doing exposure-based work with OCD patients in managing suicide risk will also be discussed. Drs. Franklin and Brown will highlight some of these recommendations by engaging in a role-play demonstration of the techniques. Ample time will be allocated to addressing audience questions and perspectives. Difficult content will be presented, and it is important that those in attendance identify coping methods and sources of emotional support should the material itself prove triggering to attendees.

Helping Your Loved One with OCD: A Step by Step Plan (INTRODUCTORY) Wilson

Noah Weintraub, PsyD, Behavior Therapy Center of Greater Washington; **Lisa Levine, PsyD**, Behavior Therapy Center of Greater Washington

If you are a family member, friend or other loved one of someone with OCD, then you are likely wanting to know what you can do to help. In this workshop, you will be guided through: (1) Identifying your helpful versus inadvertently harmful behaviors (e.g., Family Accommodation); (2) Learning how to stick to a "de-accommodation plan" in a calm, loving, supportive way, even in the face of demanding, explosive behaviors; (3) How to motivate the sufferer and mobilize the whole family and support system against OCD, including involvement of siblings in this process; and (4) Ways to "apply your own oxygen mask first," and practice self-care in order to better help your loved one.

Both Sides of the Couch: Client and Therapist Perspectives On Regaining Control from OCD (INTERMEDIATE) Salon 1

Felicity Sapp, PhD, OCD and Anxiety Psychological Services; **Stephen Johns**, University of Toronto; **Jacques Esses**, OCD New Jersey

It takes approximately 14 to 17 years for people to obtain appropriate treatment for OCD. Exposure and Response Prevention (ERP) is an effective, yet demanding treatment for OCD. This panel consists of an OCD specialist therapist and two OCD sufferers who struggled and are now successfully living with OCD. First, the clinician will present the clinical applications of ERP and how to use it effectively, and then attendees will hear the personal reflections of ERP treatment from the two clients, including the unique perspective of an OCD sufferer who is studying to be a therapist. Their personal stories of ERP treatment as they journeyed from severe OCD to life beyond will be shared followed by Q and A

The Financial Burden of Accessing Care: Navigating Insurance Denials and Coverage Limitations (INTERMEDIATE) Salon 2

Adam Brown, MS, OCD Oregon

Finding a knowledgeable and skilled therapist is often the single most significant barrier facing those seeking treatment for OCD and related conditions, but navigating the complex world of paying for that treatment is a close second. From insurance coverage denials and limitations, to the lack of "in-network" specialists, families are often burdened by the significant cost of accessing care. This presentation offers tips for holding insurance companies accountable and being your own advocate. Using a "work both ends approach," the presenters will teach listeners how to work around "in-network" limitations, push back against denials through the appeals process, and negotiate reduced rates from providers.

Let's Talk About SEX, Baby (INTERMEDIATE) Maryland

Ethan Smith, National Ambassador, International OCD Foundation; **Michelle Massi, LMFT**, Anxiety Therapy LA; **Kimberley Quinlan, LMFT**, CBT School; **Sonia Greaven, PhD**

OCD plays a third wheel in romantic relationships. Nothing can change the mood of sexytime like an intrusive thought "Maybe I don't love my partner" or "What if I am straight?" These are often the difficult thoughts associated with OCD and relationships. We will discuss ways to best cope with OCD in order to prepare you for getting intimate. How OCD interferes in relationships, when to introduce a partner to OCD, and the tools used to overcome these difficulties. How to handle being triggered by one's partner, OCD and how it relates to sex, and stigmas related to OCD and being in a relationship. Presenters will engage attendees in a discussion designed to help participants address relationship challenges more effectively.

* Hoarding and the Family: How To Address the Clutter While Limiting Accommodations by Loved Ones (INTRODUCTORY) Virginia

Elsbeth Bell, PhD, Bell Center for Anxiety and Depression

This workshop addresses the needs of families of those with hoarding behaviors, from intervention options to addressing family dynamics. The presenter discusses challenges of addressing hoarding behaviors from the perspective of the family members and the identified patient. Attendees will learn about struggles faced by many family members in hoarding situations – identifying and accessing services, encouraging their loved one to engage in services, and determining the level of involvement to have. The presentation will review the roles that may be filled by family members, including accommodating or enabling the hoarding behaviors. There will be a discussion about behavioral contracts, strategies to engage families, recognizing the behavioral challenges, cost of interventions, expectations for treatment outcomes (realistic and distorted), and barriers.

Two Terrible People Teach You How to be Good Without Being Certain: A Moral Scrupulosity Workshop (INTRODUCTORY) Washington 4

Patrick McGrath, PhD, AMITA Health Alexian Brothers; **Jon Hershfield, MFT**, The OCD and Anxiety Center of Greater Boston

Does your OCD tell you that you are a bad person, that you might have done something wrong or offensive, even though you probably didn't? Then this is the workshop for you. Are you living a life afraid of being morally uncertain? This is the workshop for you. Do you wonder how others make choices so easily and without even thinking about right and wrong? Seriously, this is the workshop for you. If your days are spent focused on how you might be doomed, punished, or hated, then join us as we tackle moral scrupulosity. It'll be fun!

Support Groups

6:00pm–7:00pm

Young Adult Networking: Find Local OCD Support! *Maryland*
Chris Trondsen, *OCD Southern California*; **Jacques Esses**, *OCD New Jersey*; **Neil Hemmer**; **Genevieve Kales**, *OCD Central and South Florida*; **Emma Brown**

Individuals with OCD often have a challenge finding local support and resources in their areas. This support group will break up attendees into regional groups to address this issue. Participants 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 the Greater Toronto Area.

7:00pm–8:30pm

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

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

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.

Married Life and OCD Support Group *Wilson B*

Jon Shearer III; Bonnie Shearer

Is OCD a third wheel in your marriage? Let's talk, and share strategies for keeping your marriage strong through difficult OCD situations. This support group is hosted by a real life couple who come ready to share tips and hear from you.

PANDAS/PANS Support Group *Wilson C*

Susan Swedo, MD, *National Institute for Mental Health*; **Tanya Murphy, MD**, *University of South Florida*

Parents of children with PANDAS/PANS have higher stress levels than those caring for children suffering from cancer, diabetes, or any other life-threatening condition. The sudden onset of symptoms provides little time to prepare for a "new norm" that includes not only severe OCD symptoms, but also extreme separation anxiety, mood swings, sensory sensitivities, and other troublesome symptoms. This support group will explore strategies for surviving the acute crisis period in PANDAS and thriving during the months of convalescence. The facilitated discussion will seek pearls of PANDAS/PANS wisdom from experienced parents, as well as expert clinicians.

G.O.A.L. (Giving Obsessive-compulsives Another Lifestyle) Support Group *Maryland*

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

The GOAL group presented here was started in the spring of 1981 and is the oldest and longest running OCD support group in the country. A brief presentation describing the structure of the group and how each part of the meeting fulfills the needs of its members. This will be followed by OCD sufferers participating in the GOAL planning phase of a GOAL meeting. In doing so, they will begin to gain some control over their OCD. Participants, families and professionals will observe experienced group members guide attendees into choosing achievable goals.

OCD/SUD Support Group *Virginia A*

Lindsey Tierney; Stacey Conroy, LCSW, MPH, *Richmond VA Medical Center*

The goal of this support group is to create a community for those who live with OCD and substance use disorders (SUD). The opportunity to meet others who live with OCD-SUD, talk about things that work, things that don't work, talk about resources, and overcoming 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.

Relationship OCD Support Group *Virginia B*

Annabella Hagen, LCSW, RPT-S, *Mindset Family Therapy*; **Nancy Larsen, LCSW**, *Mindset Family Therapy*

Are your obsessions and compulsions getting in the way of experiencing satisfaction in your relationship? Do you obsess about whether your relationship is the right one? Do you obsess about your loved one's attributes and qualities? Everyone experiences some doubts about their loved one at one point or another. However, when OCD targets your relationship, uncertainty is magnified. If doubts about your relationship are haunting your every day life, this group is for you. You will have the opportunity to ask questions and obtain potential solutions using ACT skills and exposures.

Support Group for People with Violent and Sexual Obsessions in OCD *Virginia C*

Nicholas Flower, PsyD; Kavita Fischer, MD, *Via Behavioral Health*

Sexual and violent obsessions in OCD are common but frequently unrecognized or misunderstood. Sexual obsessions can include worries about sexual orientation, being a pedophile, or acting out sexually. Violent obsessions may include fears about harming someone through various means. People with sexual and violent obsessions in OCD may experience greater distress, have more difficulty locating effective treatment, and require more time in treatment in comparison to other forms of OCD. In this group, participants will have an opportunity to discuss their experiences of stigma, shame, and rejection surrounding their symptoms in a supportive environment. We hope that this group will fill the need for a safe venue for support among people with these obsessions.

Scrupulosity Support Group *Delaware*

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. 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 *Park Tower 8222*

Erin Nghe, LCSW, *OCD Set Free LLC*; **Alicia Hodge, PsyD**, *Center for Cognitive Therapy and Assessment*

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.

Friday Evening

Support Group for People Who Suffer From Health Anxiety

Park Tower 8219

Robyn Stern, LCSW, MEd, *The BDD and OCD Centre of Greater New York*

This is a support group for individuals and family members who suffer from either somatic symptom disorder or illness anxiety disorder. We will look at treatment options that have been effective, including CBT, Exposure Response Prevention, ACT and Mindfulness. Individuals will get an opportunity to discuss how it manifests for them in their day to day lives and what has helped them or has made their symptoms and/or anxiety worse. Examples of how to handle situations related to these thoughts and bodily sensations will be discussed in order to help people when they leave the conference.

OCD and Self Injury Support Group

Park Tower 8216

Jenn Coward; Carol Rettner

Self-injury can be a coping mechanism for people with OCD. The shame and secrecy surrounding self injury prevent many people from seeking treatment. This support group will be a safe, non judgemental environment for attendees to share their own experiences with self injury while also hearing from other attendees. The facilitators will share their own experiences, how therapy helped develop triggers for self injury and healthier coping strategies they learned in therapy so they could stop self injuring. As a group, attendees will work together to develop their own healthier coping strategies they can implement and learn what support is available to help them.

Evening Activities

6:00pm - 7:00pm

Yoga and Mindfulness for Adults

Breathing Room, Washington 5

Laura Harper

Yoga is ACT in motion! Experience an hour of mindfulness to physical experience as you move your body in strengthening and releasing poses, observing and defusing from thoughts as they float by, and recognizing and making space for emotions as they arise. Bring your curiosity and willingness to experience what is happening in the moment as you enjoy the simple pleasures of breathing, stretching, and being still.

7:00pm–8:30pm

Open Mic Night

Salon 3

Vinay Krishnan

This Open Mic Night will feature performances from people living with OCD and from people affected by the disorder in some way. Participants will have 3-5 minutes to perform a poem, rap, monologue, or story. People living with OCD often turn to creative storytelling mediums to express themselves, but stigma often keeps these works in the shadows. The IOCDF can provide a platform for people to explore this illness in a safe, supportive atmosphere amongst peers who understand what it means to see the world in this unique way. This should be a fun night of creative expression and social mingling.



7:00pm–8:30pm

LGBTQIA+ All Inclusive

Meet-Up

Walter Pierce Park

Mary Wilson; Collin Schuster

Join us for a night of food, friendship, and community! Participants will meet up at a local park (Walter Pierce Park) for a fun evening of pizza, ice breakers, and board games. This is an opportunity for members of the LGBTQIA+ 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.



8:30pm–10:30pm

18th Annual Road to Recovery Tour

Salon 1

Jonathan Grayson, PhD, *The Grayson LA Treatment Center for Anxiety & OCD*; **Rebecca Billerio; Brittani Bernhard; David Haerle; Suzy Nataskin**



A night you won't forget. Join us as our legendary recovery trip takes to the streets of Washington to fight OCD. For this workshop's 18th year, we'll begin with a brief presentation about our camping trips (as seen in People Magazine) and being inspired to risk getting better. Following this, participants, family, and professionals will go on a field trip throughout Washington 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 participants will only do what they choose to do. The surprise will be in how much more you will choose to do during this adventure.

2019

26TH Annual OCD Conference

AUSTIN





July 19-21, 2019



Saturday Schedule

Overview

Saturday, July 28

7:00am–8:00am	Compassion Collective Daily Support Group <i>Breathing Room, Washington 5, Exhibition Level</i> View details on page 38	
7:00am–8:00am	Light Breakfast <i>Buffet Breakfast throughout Exhibit Hall</i> A light breakfast is included with Conference Registration fee for all attendees. High top tables will be scattered throughout Exhibit Hall, and dining seating can be found in the Conversation Café in the rear of the Exhibit Hall (see Conference Site Maps on Pages 10-11 for exact location). You may also take items with you into the breakout rooms.	 Breakfast
7:00am–6:00pm	Onsite Registration and Check-In for Annual OCD Conference <i>Conference Registration Desk, Lobby Level</i>	
7:00am–6:00pm	Continuing Education Desk Open (to sign in and out for CE Credits) <i>Conference Registration Desk</i>	
7:00am–7:00pm	Exhibit Hall Open OCD Conference Bookstore Open <i>Exhibition Level</i> See page 58 for a list of Exhibitors	 Bookstore
8:00am–9:30am	Morning Stretch Group <i>Breathing Room, Washington 5, Exhibition Level</i> See page 38 for details	
8:00am–5:30pm	Conference Presentations See pages 38-45 for full schedule of presentations	
8:00am–5:30pm	Youth Programming Kids: <i>Hoover, Mezzanine Level</i> Middle Schoolers: <i>Coolidge, Mezzanine Level</i> Teens: <i>Harding, Mezzanine Level</i> See page 17 for full schedule of activities	
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	
2:00pm–2:15pm	Coffee Break <i>Exhibit Hall</i> Sponsored by Mountain Valley Treatment Center	
4:15pm–5:45pm	Keynote Address and Awards Presentations <i>Marriott Ballroom, Salons 1-2, Lobby Level</i>	
5:45pm–7:00pm	Researcher and Exhibitor Meet & Greet <i>Exhibit Hall</i> Cash bars throughout Exhibit Hall, light snacks provided	
5:45pm–9:30pm	Saturday Evening Activities & Support Groups Turn to pages 46-47 for descriptions and a detailed schedule	
7:00pm–10:00pm	Saturday Night Social Event <i>Marriott Ballroom, Salons 1-2, Lobby Level</i> Cash bar and light dinner	

	8:00AM–9:30AM	9:45AM–11:15AM	12:30PM–2:00PM
EVERYONE	ASK THE EXPERTS: OPTIMIZING OCD MEDICATION OUTCOMES ACROSS THE LIFESPAN Carolyn Rodriguez, MD, PhD; Christopher Pittenger, MD, PhD; Steven Poskar, MD; Jamie Feusner, MD & Evelyn Stewart, MD <i>Salon 2</i>	FINDING OUR WAY BACK FROM THE DARK SIDE Jenn Coward; Gabrielle Eyahpaise; Gwendolyn Wright & Magda Rodriguez, PsyD <i>Salon 2</i>	JUMPING THROUGH HOOPS: KNOW YOUR RIGHTS Elna Yadin, PhD & Susan Rushing, MD, JD <i>Salon 2</i>
EVERYONE	HOMETOWN ADVOCACY: HOW TO ADVOCATE AND TRANSLATE YOUR OCD KNOWLEDGE BACK INTO YOUR COMMUNITY Elizabeth McIngvale, PhD, LMSW; Ethan Smith; Katrina Rufino, PhD; Alex Bahrawy & Stephanie Cogen, MPH, MSW <i>Salon 3</i>	POWER UP YOUR OCD RECOVERY! Reid Wilson, PhD; Shala Nicely, LPC; Jon Hershfield, MFT & Jeff Bell <i>Salon 3</i>	AN UPDATE ON CURRENT RESEARCH & TREATMENT FOR PANDAS/PANS Mady Hornig, MD; Dritan Agalliu, PhD; Jenny Frankovich, MD & Sue Swedo, MD <i>Salon 3</i>
LIVING WITH OCD	FINDING THE RIGHT THERAPISTS: DO'S AND DON'T'S Jayme Jacobs, PsyD & Jennifer Gola, PsyD <i>Salon 1</i>	EXPOSURE THERAPY FOR BDD: AN INTERACTIVE WORKSHOP FOR THOSE LIVING WITH AND TREATING BODY DYSMORPHIC DISORDER Amanda Rosenberg; Scott Granet, LCSW; Robyn Stern, LCSW, MEd & Chris Trondsen <i>Salon 1</i>	HOW DO I STOP THINKING ABOUT THIS?? WHAT TO DO WHEN YOU'RE STUCK PLAYING "MENTAL PING PONG" Lisa Levine, PsyD; Noah Weintraub, PsyD & Michael Greenberg, PhD <i>Salon 1</i>
BILINGUAL – ENGLISH – SPANISH	OCD: BASIC CONCEPTS AND CBT / TRASTORNO OBSESIVO COMPULSIVO: CONCEPTOS BÁSICOS Y TCC Liz Basañez, PCC <i>Maryland</i>	THE WONDERS OF ANXIETY / LAS MARAVILLAS DE LA ANSIEDAD Tania Pérez Duarte, MS & Joyce Szentpaly, PsyD <i>Maryland</i>	SUPPORT FOR PARENTS: CHATTING DES-PA-CITO ABOUT OCD / APOYO PARA LOS PADRES: HABLANDO DES-PA-CITO DEL TOC Patricia Zurita Ona, PsyD <i>Maryland</i>
PARENTS AND FAMILIES	PARENTS: HOW TO PROCEED WHEN YOUR CHILD WITH OCD REFUSES TREATMENT. Allen Weg, EdD <i>Wilson</i>	ASK ANYTHING: UNDERSTANDING SUBSTANCE USE AND OCD. NO MORE FEAR, STIGMA, OR SHAME Chrissie Hodges, PSS; Lori Johnson, LAC, LPC; Margaret Sisson; Jayme Valdez, LMHC & Patrick McGrath, PhD <i>Wilson</i>	ASK THE EXPERTS: Q & A SESSION ON BODY DYSMORPHIC DISORDER Jennifer Greenberg, PsyD; Katharine Phillips, MD; Sabine Wilhelm, PhD; Jamie Feusner, MD & Fugen Neziroglu, PhD <i>Wilson</i>
HOARDING	NARRATIVE APPRAISAL: THE MAGIC AND MEANING OF STUFF Everitt Clark; Bec Belofsky Shuer & Lee Shuer, CPS <i>Virginia</i>	EFFECTIVE CASE MANAGEMENT APPROACH FOR HOARDING INTERVENTION Jesse Edsell-Vetter & Christiana Bratiosis, PhD, LICSW <i>Virginia</i>	NOVEL INTERVENTIONS FOR HOARDING DISORDER Carolyn Rodriguez, MD, PhD; Kelly Anderson; Omer Linkovski, PhD & Jennifer Park, PhD <i>Virginia</i>
THERAPISTS INTRODUCTORY	HOW FAR IS FAR ENOUGH: MAXIMIZING ERP WITH TABOO CONTENT IN ADULTS AND CHILDREN Steven Tsao, PhD; Anthony Puliafico, PhD & Kate Brett <i>Washington 2</i>	GETTING THE MOST OUT OF EXPOSURE WITH RESPONSE PREVENTION (ERP): A FRESH PERSPECTIVE Jonathan Hoffman, PhD; Steven Poskar, MD & Dean McKay, PhD <i>Washington 2</i>	DON'T GO DOWN THE RABBIT HOLE! A CLINICAL APPROACH TO UNANSWERABLE QUESTIONS AND THE QUEST FOR CERTAINTY Aureen Wagner, PhD <i>Washington 2</i>
THERAPISTS ADVANCED	CBT FOR OCD ACROSS THE DEVELOPMENTAL SPECTRUM: TREATMENT ELEMENTS AND DOSE CONSIDERATIONS Martin Franklin, PhD; Stephanie Eken, MD & Bradley Riemann, PhD <i>Washington 4</i>	FAMILY AFFAIR: INVOLVING A PARTNER OR SPOUSE IN EXPOSURE AND RESPONSE PREVENTION FOR OCD Jonathan Abramowitz, PhD <i>Washington 4</i>	OCD, OCPD & ASD: SYMPTOM OVERLAP AND TREATMENT DIFFERENTIATION Christen Sistrunk, LPC; Emily Anderson, PhD; Naomi Zwecker, PhD; Ivy Ruths, PhD & Alejandra Sequeira, PhD <i>Washington 4</i>
RESEARCH TO CLINICAL PRACTICE	ELUCIDATING PREDICTORS OF THE IMPLEMENTATION AND DISSEMINATION OF TREATMENTS FOR OCD AND BDD Eric Storch, PhD; Jennifer Greenberg, PsyD; Fanny Dietel & Ryan J. Jacoby, PhD <i>Washington 1</i>	25 YEARS OF CLINICAL RESEARCH ON FAMILY ACCOMMODATION AND IMPLICATIONS FOR TREATMENT Barbara Van Noppen, PhD, LCSW; Lisa Calvocoressi, PhD; Bradley Riemann, PhD; Alec Pollard, PhD & Thröstur Björgvinsson, PhD <i>Washington 1</i>	MARGINALIZED IDENTITIES IN OCRDS Monnica Williams, PhD; Lauren Wadsworth, PhD; Meghan Schreck, PhD; Sriramya Potluri & Alexandra Hernandez-Vallant <i>Washington 1</i>

2:15PM–3:45PM

HOW TO DO EXPOSURE AND RESPONSE PREVENTION FROM AN ACT MODEL

Michael Twohig, PhD & Jonathan Abramowitz, PhD
Salon 2

MIND AND FILL THE GAP(S): FLEXIBLE AND REFINED APPLICATION OF EXPOSURE THERAPY FOR REFRACTORY OCD.

Jason Kropf, PhD; Leslie Shapiro, LICSW;
Jenifer Cullen, PhD & Carol Hevia, PsyD
Salon 3

MY BRAIN MY BEHAVIOR MY BALANCE: OCD/SUD BASICS NEUROSCIENCE FOR EVERYONE

Stacey Conroy, LCSW, MPH
Salon 1

THE ROLE OF UNCERTAINTY: THE SECRET TO SUCCESSFUL TREATMENT / EL ROL DE LA INCERTIDUMBRE: EL SECRETO PARA TENER UN ENTRENAMIENTO EXITOSO

Tania Pérez Duarte, MS & Joyce Szentpály, PsyD
Maryland

"I LOVE YOU, BUT I HATE YOUR OCD": A PANEL ON OCD AND RELATIONSHIPS

Ashley Ordway, MED/EdS; Brian Olsen, PhD;
Melissa Munson, PhD; Danielle Cooke, MS &
Lacie Lazaroe, MS
Wilson

TREATING OLDER ADULTS WITH HOARDING BEHAVIORS

Catherine Ayers, PhD & Tina Mayes, PhD
Virginia

DO'S AND DON'TS WHEN TREATING OCD WITH MULTICULTURAL FAMILIES

Jenny Yip, PsyD; Sarah Haider, PsyD;
Cindi Gayle, PhD; Jamilah George, MDiv &
Jessica Parlor, MA
Washington 2

SEVERE OCD AND RELATED DISORDERS: THERAPEUTIC MODELS FOR RECOVERY

Katharine Phillips, MD; Debbie Sookman, PhD;
Sabine Wilhelm, PhD; Randy Frost, PhD &
Christopher Pittenger, MD, PhD
Washington 4

THE BERGEN 4-DAY FORMAT: A NOVEL, CONCENTRATED TREATMENT FOR LONG-TERM CHANGE

Gerd Kvale, PhD & Bjarne Hansen, PhD
Washington 1

4:15PM–5:45PM

KEYNOTE

Dr. Drew Pinsky



Seeing the Elephant of Stigma Reduction: A Move Towards Empowerment and Advocacy

Marriott Ballroom, Salons 1-2

See pages 38-45 for detailed descriptions of each presentation.

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**
- OCD & SUBSTANCE USE**
- * 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

Compassion Collective Daily Support Group *Breathing Room, Washington 5*

Michelle Massi, LMFT, Anxiety Therapy LA; Kimberley Quinlan, LMFT, CBT School

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 and demonstrating a helpful mindfulness and/or self-care tool for participants to practice throughout the day. Group 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 change to share their conference experience with other participants and seek guidance and support

8:00am–9:30am

Morning Stretch Group *Breathing Room, Washington 5*

Morgan Rondinelli

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. Lets get moving!

Anxiety Ninjas: Team Training to Beat Anxiety (INTRODUCTORY) *Hoover*

Jennifer Kessler, PhD; Gloria Mathis, PhD; David Yood, PsyD & Sheeva Mostoufi, PhD, Behavior Therapy Center of Greater Washington

Anxiety sufferers, siblings, and children of anxiety sufferers will complete a fun-filled educational training academy to become anxiety ninjas ready to challenge and beat anxiety. Through a variety of playful and active mediums, training levels will educate about concepts necessary for anxiety treatment, such as hierarchy, avoidance, reassurance, exposure, teamwork, perseverance, and bravery. Participants will form squads with their own names, artwork, and squad chants, and they will complete both individual and squad-based activities, utilizing games, music, crafts, and role plays. Rather than competition against other squads, emphasis will be on educating about the value of working with one's squad rather than alone to beat anxiety (much like a family). Participants will earn Anxiety Ninja Training Academy completion certificates.

OCD Story Time (INTRODUCTORY) *Coolidge*

Noah Weintraub, PsyD, & Lisa Levine, PsyD, Behavior Therapy Center of Greater Washington

Using fun and child-friendly metaphors and storytelling, Drs. Weintraub and Levine will help children and their family members gain a better understanding of OCD and how one recovers from it. Children will be given a chance to make up their own stories and metaphors to share with the group. Then, we will all break out the marshmallows and tell funny and spooky campfire stories!

Yoga and Mindfulness for Teens *Harding*

Laura Harper, LCSW, Mindset Family Therapy

Yoga is a centuries old practice that teaches us how to breathe and be in the present moment, no matter what that moment is! Join with Laura Harper as we explore our minds and bodies through the practice of yoga. We will learn pranayama (breathing exercises) to focus and clarify the mind, asana (poses) to strengthen and soothe the body, and develop the capacity to be curious and compassionate towards our selves and others. This will be a fun, exploratory and relaxing class for teens of all ages.

Parents: How to Proceed When Your Child with OCD Refuses Treatment (INTERMEDIATE) *Wilson*

Allen Weg, EdD, Stress and Anxiety Services of New Jersey

Your child, whether an adult or a minor, has OCD and is refusing or is resistant to treatment. You may find that the entire family has been caught in the "web" of OCD and may feel like prisoners in your own home. This presentation will provide very specific guidelines for parents to extricate themselves from their child's OCD control, delineate specific boundaries of responsibility in the family, and help their child while protecting their own mental health and personal integrity. We will discuss how to manage manipulation, threats, violence, and inappropriate behavior, with the goal of empowerment.

Finding the Right Therapists : Dos and Don'ts (INTRODUCTORY) *Salon 1*

Jayne Jacobs, PsyD & Jennifer Gola, PsyD, The Center for Emotional Health of Greater Philadelphia

Are you finding the process of therapist shopping overwhelming? Have you been unsuccessful in finding the right match for you? The road to finding a proper therapist for you or your loved one can be quite challenging. This talk will explore how to best navigate the process. We'll discuss: The use of online therapist directories and other nonprofit resources to find experts in the field; Key words to look and listen for in written communication or phone conversations with prospective providers; What empirically supported treatment is and why it is important; Questions to ask regarding cost and insurance coverage; Red flags that your therapist may not be the right fit; and more!

* Ask the Experts: Optimizing OCD Medication Outcomes Across the Lifespan (INTERMEDIATE) *Salon 2*

Carolyn Rodriguez, MD, PhD, Stanford University; Christopher Pittenger, MD, PhD, Yale University; Steven Poskar, MD, OCD NYC; Jamie Feusner, MD, Semel Institute for Neuroscience and Human Behavior David Geffen School of Medicine at UCLA; Evelyn Stewart, MD, University of British Columbia, BC Children's Hospital Research Institute

This expert panel discussion will review the latest research and treatment advances in OCD psychopharmacology in an audience participation (question and answer) format. Panelists will offer in-depth information that is important for ensuring patients get the standards of care and share innovative ways to optimize care. Important topics for discussion will include 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.

Hometown Advocacy: How to Advocate and Translate Your OCD Knowledge Back Into Your Community at Home! (INTRODUCTORY) *Salon 3*

Alex Bahrawy, MBA, International OCD Foundation; Stephanie Cogen, MPH, MSW, International OCD Foundation; Katrina Rufino, PhD, University of Houston-Downtown; Elizabeth McIngvale, PhD, Baylor College of Medicine; Ethan Smith, IOCDF National Ambassador

Ever wondered how you can share your knowledge with those in need in your local community? Whether you are an individual, family member or friend this panel is for you! 3% of the population worldwide lives with OCD yet access to care and available resources remain extremely limited. This presentation will help guide you towards becoming an advocate and resource in your community to others living with OCD. This presentation will be lead by OCD advocates, a clinician/researcher, and IOCDF representatives to give you tools and thoughts for local engagement of the resources available. Let us help you with ways you can spread the word and knowledge of OCD treatment through outreach and advocacy in your hometown!

OCD: Basic Concepts and CBT / Trastorno Obsesivo Compulsivo: Conceptos Básicos y TCC (INTRODUCTORY) *Maryland*

Liz Basañez, PCC, Mexico sin Distress

OCD occurs in 2.3-2.5% of the population, which means that around 190 million people in the world suffer from OCD. Many of those who suffer from it do not realize it, and those who are actually diagnosed often wait 6-9 years to receive the appropriate treatment. This presentation will provide important information to those affected by OCD, including characteristics, subtypes of OCD, the relation between obsessions and compulsions, and the importance of taking an active role in treatment. Attendees will also learn about Exposure with Response Prevention, habituation, and why it is essential to proactively face anxiety-provoking situations.

El TOC se presenta del 2.3 al 2.5% de la población, lo cual implica que 190 millones de personas en el mundo padecen TOC. Muchas de quienes lo padecen no lo saben y muchas que fueron diagnosticadas tardan de 6 a 9 años en recibir el tratamiento adecuado. Esta presentación brindará información fundamental a quienes la padecen. Se revisarán los subtipos de TOC y se brindará a los pacientes un entendimiento claro de las características del TOC, la relación entre obsesiones y compulsiones y se enfatizará la importancia de tener un rol activo en su TCC. Le quedará claro qué es la Exposición y Prevención de Respuesta, Habitación y por qué es esencial que enfrente proactivamente las situaciones ansiogénicas.

Narrative Appraisal: The Magic and Meaning of Stuff

(INTRODUCTORY) Virginia

Everitt Clark; **Bec Belofsky Shuer**, *Mutual Support Counseling*; **Lee Shuer, CPS**, *Mutual Support Counseling*

Do people ever roll their eyes and ask, "Why do you keep this stuff?" Have you ever wondered that yourself? Narrative Appraisal is an exercise we've developed to help answer that complicated question. We'd like to share this technique with you, then run a session of "show and tell" so that you may practice it. If you've participated in the past, you already know how moving this activity is. New for 2018: If you'd like to preserve the story and image of your item for posterity, Everitt will photograph your item with his large-format camera and send you a unique handmade print. Bring something to share or come to support those who do: honor the story, honor the story teller!

* What Works for Whom? Elucidating Predictors of the Implementation and Dissemination of Treatments for OCD and BDD (INTERMEDIATE) Washington 1

Eric Storch, PhD, *Baylor College of Medicine*; **Jennifer Greenberg, PsyD**, *Massachusetts General Hospital*; **Fanny Dietel, Dipl.-Psych.**, *University of Münster*; **Ryan Jacoby, PhD**, *Massachusetts General Hospital*

Identifying predictors of OCD/BDD treatment outcome allows providers to understand which treatments work for whom (i.e., precision medicine) and identify malleable risk factors that can be directly targeted in treatment. Similarly, identifying therapist-level predictors of knowledge acquisition and skills utilization following CBT trainings for OCD/BDD will ensure future courses best serve all clinicians. Accordingly, this symposium aims to elucidate socio-demographic, diagnostic, and psychological predictors of treatment and dissemination effectiveness for OCD and BDD. Speakers will present clinical trials of CBT for pediatric OCD, CBT for BDD, and an online BDD-analogue reinterpretation training (CBM-I). Finally, predictors of outcome following the IOCDF Behavior Therapy Training Institute will be presented. Harnessing these predictors to improve future treatment and dissemination efforts will be discussed.

* How Far is Far Enough: Maximizing ERP with Taboo Content in Adults and Children (INTERMEDIATE) Washington 2

Steven Tsao, PhD, *Rogers Behavioral Health-Philadelphia*; **Anthony Puliafico, PhD**, *Columbia University Medical Center*; **Kate Brett**

Effective ERP for "taboo" OCD symptoms, including aggressive impulses, sexual thoughts, and bathroom behavior, requires therapist and patient to discuss these topics in detail and use this information to maximize treatment. Given the sensitive nature of these areas, such discussions can be uncomfortable for both parties, leading to misguided or incomplete treatment. This presentation will focus on (1) how to thoroughly assess the functional relationship between taboo obsessions and compulsions, (2) clinical decision-making to help generate exposures that are thorough but not gratuitous, and (3) addressing taboo symptoms in children. To help illustrate this topic, one presenter will provide a first-hand account of suffering from taboo OCD symptoms and completing ERP treatment.

* CBT for OCD Across the Developmental Spectrum: Treatment Elements and Dose Considerations (INTERMEDIATE) Washington 4

Martin Franklin, PhD, *University of Pennsylvania School of Medicine*; **Stephanie Eken, MD**, *Rogers Behavioral Health*; **Bradley Riemann, PhD**, *Rogers Behavioral Health*

Along with standard outpatient therapy and medication management, varying levels of care, such as intensive outpatient, partial hospitalization, and residential care, are available for individuals with OCD across the developmental spectrum. However, making a decision about level of care is challenging for clinicians and families alike. In this presentation, data on treatment response and moderators/predictors of outcome will be reviewed, and clinical factors that influence level of care recommendations (e.g., severity, comorbidity, family factors, treatment readiness) will be presented. Core program elements across levels of care will be described, and common concerns expressed by families will be discussed. Ample opportunity will be provided for discussion of audience questions; clinicians comprise our target audience.

9:45am–11:15am

EnCOURAGEment Workshop (INTRODUCTORY) Hoover

Kathryn Strang, *Riverside Community Care*

Fighting OCD and related disorders can be scary. It is important to get encouragement from oneself, friends, and family that helps kids with OCD feel powerful rather than feeding their fears with reassurance. In this workshop for kids with OCD and their siblings, we will work together to learn the do's and don'ts of giving encouragement that boosts confidence without slipping into the OCD cycle. We will talk about the difference between encouragement and reassurance, brainstorm ways to give high quality encouragement, and perform skits showcasing skills learned in the workshop. You will leave better able to motivate yourself, your siblings, and your friends through any difficult moments that they or you encounter over the weekend and back at home.

How To Manage Your Family When You Have OCD (ADVANCED)

Coolidge

Fred Penzel, PhD, *Western Suffolk Psychological Services*; **Jess Kotnour, Neil Hemmer, Emma Sullivan**

For young people, trying to explain OCD to parents and siblings and getting their support in or out of treatment can be difficult at times. This session aims to help middle schoolers identify and discuss the various problems they may have experienced at home and to share useful ways to prevent or cope with them. Helping them to see both sides will also be a part of the presentation. Attendees will be encouraged to share their experiences and successes with the group and to find commonality.

How to Raise Your Parents When You Have OCD (INTRODUCTORY)

Harding

Allen Weg, EdD; **Rachel Gross, PsyD**; & **Zachary Infantolino, PhD**, *Stress and Anxiety Services of New Jersey*

As a teen or young adult, you may find that your parents are not always helpful or understanding about your struggles with OCD. They may yell, threaten, or even punish, or, alternatively, may ask too many questions, get "in your face" too much, or try too hard to "fix" you. In this interactive presentation, we will review very specific ways that you can talk to and "actively listen" to your parents so that they will calm down a bit, be less judgmental, and be more patient with you. You will also learn ways to teach them how to be more helpful to you, or pull back from attempts to over-control you.

Ask Anything: Understanding Substance Use and OCD. No More Fear, Stigma, or Shame (INTRODUCTORY) Wilson

Chrissie Hodges, PSS, *Treatment for OCD Consulting*; **Lori Johnson, LAC, LPC**, *In Focus Counseling*; **Margaret Sisson**, *Riley's Wish Foundation*; **Jayne Valdez, LMHC**, *Private Practice*; **Patrick McGrath, PhD**, *AMITA Alexian Brothers*

This panel discussion will support those coping with OCD and Substance Use Disorders (SUDs). With OCD in the crux of misunderstanding to the general public, the addition of Substance Use Disorder diagnosis creates another barrier to both treatment and general understanding of the complexities. Broaching treatment leaves suffers and their families afraid to ask questions and/or share about SUD struggles because of judgement and rejection from admission to ERP treatment. This panel discussion will be especially geared towards participants who would like to seek to increase awareness of how clients in recovery from OCD and SUD can participate in discussions to end the shame and connect with a community of understanding providers and advocates.

Exposure Therapy for BDD: An Interactive Workshop for Those Living with and Treating Body Dysmorphic Disorder (INTERMEDIATE)

Salon 1

Amanda Rosenberg; **Scott Granet, LCSW**, *The OCD-BDD Clinic of Northern California*; **Robyn Stern, LCSW, MSEd**, *The BDD and OCD Centre of Greater New York*; **Chris Trondsen**, *OCD Southern California*

All four presenters know BDD quite well. They have lived with it, successfully been treated for it, and are committed to helping others overcome it. They also know that BDD is a complicated problem, and one that often requires "out of the box" thinking. No two people are alike, and so the treatment needs to be tailored to individual needs. In this interactive workshop, attendees will learn the rationale behind using exposure therapy for BDD, and be able to participate in live demonstrations of such. Attending and just observing is also fine, though the greater benefit is likely to come from active participation. Common pitfalls associated with the use of social media will also be addressed.

Finding Our Way Back From The Dark Side (INTERMEDIATE) Salon 2

Jenn Coward, OCD Ottawa Support Groups; **Gabrielle Eyahpaise**, OCD Ottawa Support Groups; **Gwendolyn Wright**, **Magda Rodriguez**, PsyD, CPE Clinic

This panel made up of four women who have seen the worst of OCD yet persevered will share their incredible stories of recovery. Topics will include self-harm, suicide, depression, and being home bound. They will share their personal journeys from onset of OCD through recovery, sharing strategies that helped them through the darkest times. Living with OCD isn't easy, but their inspiring journeys shows that you can conquer even the dark side of OCD.

Power Up Your OCD Recovery! (INTERMEDIATE) Salon 3

Reid Wilson, PhD, Anxiety Disorders Treatment Center; **Shala Nicely**, LPC, Beyond the Doubt; **Jon Hershfield**, MFT, The OCD and Anxiety Center of Greater Baltimore; **Jeff Bell**, Beyond the Doubt

In this interactive workshop, you'll learn how to power up your OCD recovery with four key skills designed to keep you, not your OCD, in the driver's seat. Foil your OCD's attempts to sabotage your recovery by adopting a game-changing, paradoxical attitude. Experience fully living in the now instead of the past or future with OCD-specific mindfulness exercises. Stop beating yourself up and discover how empowering self-kindness can be by crafting your own self-compassion statement. Motivate yourself to do your maintenance exposures with joy (yes, joy!) by applying the Greater Good Perspective Shift in the heat of the OCD moment. You'll gain practical tools you can immediately apply to strengthen your recovery and keep your life your own!

The Wonders of Anxiety / Las Maravillas de la Ansiedad

(INTRODUCTORY) Maryland

Tania Pérez Duarte, MS, TOCÉMICO; **Joyce Szentpaly**, PsyD, Neurobehavioral Institute

Perhaps saying "the wonders of anxiety" does not make sense, since anxiety is not a pleasant feeling. That said, the purpose of this talk is to explain why anxiety and negative emotions in general are important. By understanding this, people feel better able to participate in their exposures and achieve greater results from ERP. You may then begin to notice that your obsessions become fewer, and your compulsions die out more quickly. This talk will also talk about Acceptance and Commitment Therapy and mindfulness techniques.

Tal vez, decir "las maravillas de la ansiedad" haga corto circuito, ya que no es una sensación placentera. Sin embargo, la plática tiene como objetivo explicar porqué es importante la ansiedad y en general las emociones "negativas". Hemos visto que a través de la psico-educación sobre el tema, los pacientes logran exponerse con mayor facilidad, obtener mayores resultados de la E/PR, generar tolerancia y a la vez genera habituación. Como resultado las obsesiones reducen y las compulsiones se extinguen con mayor rapidez. Será un espacio en donde también se hablará de la terapia de aceptación y compromiso y las técnicas de Mindfulness (atención plena).

* Effective Case Management Approach for Hoarding Intervention

(INTERMEDIATE) Virginia

Jesse Edsell-Vetter, MetroHousing/Boston; **Christiana Bratiotis**, PhD, LICSW, University of British Columbia

As many communities and organizations throughout the world increasingly recognize hoarding as a priority social problem, efforts to mobilize resources, build capacity and institutionalize responses are taking stronghold. Two such efforts are MetroHousing Boston's Center for Hoarding Intervention and the Hoarding Action Response Team (HART) in Vancouver, British Columbia. For more than a decade, MetroHousing has used a case management approach to hoarding intervention to prevent the health/safety and housing instability caused by hoarding behaviors. The HART is a long-standing intervention program aimed at reducing fire and health risk often associated with hoarding behavior. Intervention models, findings from most recent intervention and outcome analysis will be presented along with suggestions for creating and sustaining such partnerships in other communities.

* 25 Years of Clinical Research on Family Accommodation and Implications for Treatment (ADVANCED) Washington 1

Barbara Van Noppen, PhD, LICSW, University of Southern California; **Lisa Calvocoressi**, PhD, Yale University; **Bradley Riemann**, PhD, Rogers Memorial Hospital; **Alec Pollard**, PhD, Saint Louis Behavioral Medicine Institute; **Thróstur Björgvinsson**, PhD, McLean Hospital

Family Accommodation (FA) in OCD was first identified over twenty-five 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: current information on measuring FA in OCD and OCRDs; a tour of a newly launched website where researchers, clinicians and consumers can obtain information and FA measures; evidence-based strategies for family interventions, including novel family approaches for intensive OCD treatment; family interventions for treatment refusers. An interactive Q&A will conclude the presentation.

* Getting the Most Out of Exposure with Response Prevention (ERP): A Fresh Perspective (INTERMEDIATE) Washington 2

Jonathan Hoffman, PhD, Neurobehavioral Institute; **Steven Poskar**, MD, OCD NYC; **Dean McKay**, PhD, Fordham University

It has long been established that Exposure with Response Prevention (ERP) works, but the fresh perspective offered by emergent neural network models has the potential to make this effective treatment even better. This still little-known but well developed theory is on the cutting edge of connecting neuroscience with clinical interventions yet has only recently been garnering due consideration from researchers and practitioners. The panelists will cover how integrating concepts from emergent neural networks can help in designing more impactful ERP exercises, and re-conceptualizing OCD therapy in general. Time will be allotted for what is anticipated to be a lively discussion about this intriguing topic with attendees.

* Family Affair: Involving a Partner or Spouse in Exposure and Response Prevention for OCD (ADVANCED) Washington 4

Jonathan Abramowitz, PhD, University of North Carolina at Chapel Hill

OCD often impacts intimate relationships, such as that with a romantic partner or spouse. In turn, problematic relationship patterns can exacerbate OCD symptoms leading to a vicious cycle. This hands-on clinical workshop will cover how to assess partner accommodation patterns and other patterns of OCD-related relationship conflict. The majority of time will be spent describing and illustrating strategies derived from cognitive-behavioral couples therapy for including a partner/spouse in exposure and response prevention (ERP) by (a) training this person to coach exposure practices, (b) helping the couple work together to improve communication about OCD- and non-OCD-related stressors, and (c) working with the couple to reduce accommodation. Case descriptions, therapist handouts, and videos will be used to illustrate these research-based techniques.

12:30pm–2:00pm

Yoga and Story Activity for Children (INTRODUCTORY) Hoover

Laura Harper, LCSW, Mindset Family Therapy

Join with Laura Harper on an adventure of body and mind! We will explore being in our bodies in fun and creative ways as we stretch, jump, balance, roll around, try out backbends and shoulder stands, all while playing out the heros and creatures of a story adventure. Yoga teaches skills of focus, strength, flexibility and relaxation, coupled with the therapeutic and transformative powers of storytelling. Kids of all ages will not want to miss this chance to have fun and relax.

Study and Organizational Skills for Middle and High Schoolers

(INTERMEDIATE) Coolidge

Kathleen Norris, LPC, DFW Center for OCD & Anxiety

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 elementary through college. We will describe new technologies such as online books, paperless homework and computer assisted study guides.

* Ask the Experts: Q & A Session on Body Dysmorphic Disorder

(INTERMEDIATE) Wilson

Jennifer Greenberg, PsyD, MGH/Harvard Medical School; **Katharine Phillips, MD**, New York-Presbyterian Hospital/Weill Cornell Medical College; **Sabine Wilhelm, PhD**, MGH/Harvard Medical School; **Jamie Feusner, MD**, University of California, Los Angeles; **Fugen Neziroglu, PhD**, Bio-Behavioral Institute

This presentation is a therapist-audience dialogue to address common FAQs such as updates on effective treatment for BDD, how CBT for BDD works, medication and brain chemistry in BDD, what to expect during treatment, how to help your loved one through treatment, and handling common treatment obstacles, including low motivation, comorbidity, and school refusal. Panel members include experts in cognitive-behavioral therapy, psychopharmacology, and neurobiological processes in BDD.

How Do I Stop Thinking About This?? What to Do When You're Stuck Playing "Mental Ping Pong" (INTERMEDIATE) Salon 1

Lisa Levine, PsyD, Behavior Therapy Center of Greater Washington; **Michael Greenberg, PhD**

Mental (covert) compulsions such as rationalization, self-reassurance, and attempts at thought suppression can be difficult targets for ERP and are sometimes overlooked. While the exposure piece is often straightforward, addressing the compulsive inner dialogue (sometimes mistaken for obsession rather than compulsion) can be more challenging. For many, compulsions are often mental, and stopping them can feel impossible. Presenters will teach participants to accurately separate obsessions from mental compulsions and to employ strategies that directly shut down OCD's ever recurrent threat: "but what if?" Through the use of active non-engagement responses that affirm uncertainty and acknowledge the possibility of threat, participants will learn how to take charge of "mental ping pong" and abandon the paddle, once and for all.

Jumping through Hoops: Know Your Rights (INTERMEDIATE) Salon 2

Elna Yadin, PhD & Susan Rushing, MD, JD, University of Pennsylvania

Our talk will consist of an informative presentation on the rights of persons with OCD and related disorders under the ADA and on the options that are appropriate for the degree of interference in functioning for the sufferer. We will then discuss the path to implementing those rights in the real setting of school, college, and the workplace. We have obtained consent from several sufferers who were eager to share their personal stories about the hoops they had to endure before these rights were granted, and will present those as well as the outcomes of the requests and some helpful tips from lessons learned. Audience members will also be encouraged to share their experiences and ask questions.

* An Update on Current Research and Treatment for PANS/PANDAS (ADVANCED) Salon 3

Mady Hornig, MD, Columbia University; **Dritan Agalliu, PhD**, Columbia University; **Jennifer Frankovich, MD**, Stanford Children's Hospital; **Susan Swedo, MD**, National Institute for Mental Health

The presenters will provide the latest research advances on PANDAS and PANS, including data supporting the unique clinical presentation of the acute-onset subtypes of childhood-onset OCD. Guidelines for the diagnosis of PANDAS/PANS have recently been drafted and will be presented, as will suggestions for medical and laboratory evaluation of acute-onset cases. Data from recent microbiological and immunologic investigations also will be presented for discussion. The session will conclude with a panel discussion of "hot topics" in PANDAS/PANS research, including areas of challenge, opportunity and recent advancements.

Apoyo para los Padres: Hablando Des-pa-cito del TOC / Support for Parents: Chatting Des-pa-cito about OCD (INTRODUCTORY)

Maryland

Patricia Zurita Ona, PsyD, East Bay Behavior Therapy Center

This presentation for parents or caregivers will focus on discussing the ups and downs of parenting children and teens struggling with OCD, and how to support them through different stages of treatment. Through a brief didactic presentation, experiential exercises, and open conversations parents will check the workability of their parenting behaviors when dealing with OCD episodes at home.

Esta presentación para padres y guardianes se enfocará en discutir lo bueno y lo malo cuando se educa a niños y adolescentes que tienen problemas con el TOC. A través de una presentación didáctica breve, ejercicios, y conversaciones honestas, los padres aprenderán a reconocer cuando sus comportamientos son efectivos o no en la casa cuando hay interferencia del TOC.

Novel Interventions for Hoarding Disorder (INTERMEDIATE) Virginia

Carolyn Rodriguez, MD, PhD, Stanford University; **Kelley Anderson, PhD**, Stanford University; **Omer Linkovski, PhD**, Stanford University; **Jennifer Park, PhD**, Rogers Behavioral Health - San Francisco East Bay

Hoarding disorder is characterized by difficulty parting with possessions and by clutter that impairs the functionality of living spaces. Cognitive behavioral therapy for hoarding symptoms has shown promise. For those who cannot afford or access cognitive behavioral therapy, one alternative is an evidence-based, highly structured, short-term, skills-based support group led by non-professional facilitators (the Buried in Treasures [BIT] Workshop). BIT has achieved improvement rates similar to those of psychologist-led CBT. Regardless of modality, however, clinically relevant symptoms remain after treatment, and new approaches to augment existing treatments are needed. This symposium will provide an illustrative case study, review current treatments for adults and children with hoarding disorder, and summarize recent work in novel interventions for hoarding disorder in adults.

* Marginalized Identities in OCRDs (ADVANCED) Washington 1

Monnica Williams, PhD, University of Connecticut; **Lauren Wadsworth, PhD**, McLean Hospital/Harvard Medical School; **Meghan Schreck, PhD**, McLean Hospital/Harvard Medical School; **Sriramya Potluri, PhD**, McLean Hospital/Harvard Medical School; **Alexandra Hernandez-Vallant, PhD**, McLean Hospital/Harvard Medical School

To address the lack of identity considerations in OCD research and treatment, panelists will present on ways to improve research and clinical work in OCD, related to marginalized identities (e.g., sex, gender, race, religion, etc.). Presentations include: 1) Importance of, and how to create culturally sensitive research/clinical demographic forms, and sample framing to broach identity discussions in therapy, 2) Diverse and clinically meaningful ways to analyze the multi-dimensional construct of marginalized identities, 3) A case study exploring the ways in which identity interacts with symptom presentation and current treatment/assessment models, 4) Preliminary results demonstrating differences in OCD symptom severity/treatment response across individuals holding marginalized identities, in an intensive/residential treatment setting. Lastly, the discussant will go over contributions, strengths and weaknesses of the talks.

* Don't Go Down the Rabbit Hole! A Clinical Approach to Unanswerable Questions and the Quest for Certainty (INTERMEDIATE) Washington 2

Aureen Wagner, PhD, The Anxiety Wellness Center

Confessing, apologizing and reassurance-seeking can be especially challenging to handle when OCD involves unanswerable questions. When not given direct reassurance, OCD sufferers may seek relief with subtle and indirect ritualizing, thereby leading family members, and even clinicians, down the rabbit hole of bafflement and frustration. Case examples and scripts illustrate how clinicians can help OCD sufferers and families distinguish between the content of the reassurance-seeking and the underlying process, and to use strategies that address the process, not the content. "Don't go down the rabbit hole" quickly prompts sufferers and families to pause, team-up to catch the OCD false alarms, recognize and break out of intuitive reactions, and utilize specific, feeling temperature-sensitive techniques that promote exposure and tolerance of uncertainty.

* OCD, OCPD, & ASD: Symptom Overlap and Treatment Differentiation (INTERMEDIATE) Washington 4

Christen Sistrunk, LPC, The Houston Center for Valued Living; **Emily Anderson, PhD**, Houston OCD Program; **Naomi Zwecker, PhD**, OCD & Anxiety Program of Southern California; **Ivy Ruths, PhD**, Private Practice; **Alejandra Sequeira, PhD**, OCD and Anxiety Program of Southern California

There are times when individuals who seem to meet criteria for OCD and have possibly been referred for treatment, do not meet criteria following a clinical evaluation. Often these individuals would better fit a diagnosis of ASD or OCPD or a combination of OCD and OCPD/ASD. This workshop will help clinicians enhance their understanding of differential diagnosis between OCD, in both children and adults. Supported and contraindicated treatment tools for each disorder will be discussed. Modifications to exposure and response prevention (ERP) that are beneficial and contraindicated for the other diagnoses. Case vignettes will be presented to examine application of treatment tools.

2:15pm–3:45pm

Practice Makes Imperfect: The Double Dare Game Show to Beat Perfectionism (INTRODUCTORY) Hoover

Sony Khemlani-Patel, PhD, Bio Behavioral Institute; **Jerry Bubrick, PhD**, Child Mind Institute; **Spencer Summa**, Child Mind Institute; **Tania Borda, PhD**, Bio Behavioral 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 the best? Or do the best? Do you spend too much time organizing your things? Then we double dare you to join our interactive workshop. Come meet other kids struggling with perfectionism and play "Double Dare," a Nickelodeon style game show. Tackle trivia questions and engage in fun team activities while learning how behavioral therapy can help you tackle a common symptom of OCD.

Everybody Talks, Everybody Listens (INTERMEDIATE) Coolidge

Jess Kotnour, Neil Hemmer, Emma Sullivan, Fred Penzel, PhD, Western Suffolk Psychological Services

The first half of this workshop will consist of separate groups for parents and middle schoolers. The goal of these breakouts is to have parents and middle schoolers figure out what they need to hear from each other and what they need to share. After the breakout groups, the entire group will come together. Parents and middle schoolers will have the opportunity to talk openly with one another about their experiences and insights. The goal of this workshop is to facilitate open, honest conversations surrounding OCD and other issues between parents and middle schoolers.

Teen/Parent Summit: How Do We Talk to Each Other About OCD? (INTRODUCTORY) Harding

Allen Weg, EdD; Rachel Gross, PsyD; & Zachary Infantolino, PhD, Stress and Anxiety Services of New Jersey

When teens struggle with OCD, they are often thrown into conflict with their parents. In this program, the teens and parents will each meet as a group separately for a while, and discuss with the respective group leaders what angers and frustrates them most about the other generation in their families. In addition, they will be encouraged to verbalize what they want and need from the other generation of family members, and will review some basic concepts of active listening. Next, we will bring the two groups together, and allow them, as two groups, to speak to each other openly and directly about OCD, applying what they have learned in the first part of the program.

"I love You, but I hate Your OCD": A Panel on OCD and Relationships (INTERMEDIATE) Wilson

Ashley Ordway, MEd/EdS; Brian Olsen, PhD; Melissa Munson, PhD; Danielle Cooke, MS; & Lacie Lazaroe, MS, University of Florida

Knowing how to appropriately support our adult loved ones with OCD can be a difficult road to navigate. This often leaves us feeling overwhelmed and alone, as the impact of OCD reaches far beyond the person who has been diagnosed. On this panel, expert clinicians will answer questions related to how to best help significant others and family members along their journey. Audience members are encouraged to bring questions concerning how to reduce accommodation in your relationship, being supportive from afar, increasing healthy communication, combining support and self-care, and navigating sex and dating with a sex-positive, LGBTQ+ inclusive approach. Our hope is that each person will leave with tangible tools they can incorporate and apply to their own relationships.

My Brain My Behavior My Balance OCD/SUD Basics Neuroscience for Everyone (INTRODUCTORY) Salon 1

Stacey Conroy, LCSW, MPH, Richmond VA Medical Center

There are both biological and behavioral aspects to OCD and Substance Use Disorder (SUD) and most therapist and patients have limited information on the role the brain (biological) has in their OCD and/or SUD. Individuals with co-occurring OCD/SUD may face a compounded biological impact on their efforts to change their behavior. Having a better understanding of the role the brain has in OCD/SUD may be helpful to the recovery process. This presentation is introductory and NOT for researchers or neuroscientist!! It is for the everyday individual, therapist and patient who would like to know more about how biology and behavior interact for those with OCD/SUD.

* How to Do Exposure and Response Prevention From an ACT Model (INTERMEDIATE) Salon 2

Michael Twohig, PhD, Utah State University; **Jonathan Abramowitz, PhD**, University of North Carolina at 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, and doing exposure therapy can be a challenge. Our research findings and clinical experience suggest that complimentary components of ACT and ERP can be combined to improve upon each separate modality. Thus, we have developed an "Acceptance-Based ERP" program, which we have now tested. The goal of this treatment is to infuse ERP with an ACT framework. The purpose of this workshop is to introduce the program, explain how it differs from ERP, and illustrate how to use ERP from an ACT framework. Treatment techniques will be illustrated using case examples, experiential exercises, and video demonstrations.

* Mind and Fill the Gap(s): Flexible and Refined Application of Exposure Therapy for Refractory OCD. (INTERMEDIATE) Salon 3

Jason Kropminger, PhD, McLean Hospital / Harvard Medical School; **Leslie Shapiro, LICSW**, OCD Institute/McLean Hospital; **Jenifer Cullen, PhD**, OCD Institute/McLean Hospital; **Carol Hevia, PsyD**, OCD Institute/McLean Hospital

How is it possible that a powerful treatment like ERP is only effective for about 65% of patients? A variety of factors can affect ERP outcome. For example, what happens when exposures turn into rituals? How do families inadvertently reinforce OCD? What happens when the costs of avoidance outweigh the gains of living a meaningful life? What about patients' reluctance to resisting rituals because it causes feelings of guilt or feels akin to losing a part of themselves? As clinicians at the OCD Institute's residential treatment program, panel members are well versed in addressing "refractory" OCD. This presentation will define unique treatment approaches used to identify and remove barriers, increase motivation, foster willingness, and create connections for a meaningful life.

Uncertainty: A Secret of Success/El Rol de la Incertidumbre: El Secreto de un Entrenamiento Exitoso (INTERMEDIATE) Maryland

Tania Pérez Duarte, MS, TOCMÉXICO; **Joyce Szentpaly, PsyD**, Neurobehavioral Institute

OCD can feel like a character on a constant mission to find safety and security, no matter what type of OCD it is. However, sometimes we jump right to exposure and response prevention treatment without first understanding the core of OCD – uncertainty. When people with OCD and their families better understand the role of uncertainty, the probability of treatment success increases. Come join us in exploring uncertainty!

El TOC es un personaje en una misión constante por buscar seguridad, cualquiera que sea el tipo de TOC. Sin embargo, en ocasiones saltamos a explicar lo que es la exposición y prevención de respuesta, sin antes comprender el núcleo del TOC; la incertidumbre. Hemos visto que cuando la persona con TOC y familiares comprenden dicho funcionamiento, la probabilidad de que el tratamiento sea exitoso aumenta.

* Treating Older Adults with Hoarding Behaviors (Intermediate)

Virginia

Catherine Ayers, PhD, VA San Diego Healthcare System and Department of Psychiatry; **Tina Mayes, PhD**, UC San Diego

Clinical characteristics of hoarding in older adulthood will be reviewed. Next, strategies for engaging and retaining older adults in treatment will be presented. Research findings on the treatment of hoarding in older adults will be given followed by a session by session presentation on Cognitive Rehabilitation and Exposure/Sorting Training for older adults.

* The Bergen 4-day Format: A Novel, Concentrated Treatment for Long-Term Change (INTERMEDIATE) Washington 1

Gerd Kvale, PhD & Bjarne Hansen, PhD, Haukeland University Hospital

"The Bergen 4-day treatment" is a novel and highly effective treatment for individuals with OCD. After only four consecutive days of treatment 83% were responders at one year follow up and at four years follow-up 68% classified as recovered. It is highly accepted by the patients, with basically no drop-out with more than 500 completers. Recently the 4-day format was employed to erase a waiting list of 100 patients at Oslo University Hospital. In only two 4-day slots 90 patients received treatment, with equally good results. Results are the same for children and adolescents. Currently more than 30 Norwegian teams are being trained, and a number of European teams are waiting to be trained.

* Do's and Don'ts When Treating OCD with Multicultural Families

(INTERMEDIATE) Washington 2

Jenny Yip, PsyD, Renewed Freedom Center for Rapid Anxiety Relief; **Sarah Haider, PsyD**, Renewed Freedom Center for Rapid Anxiety Relief; **Cindi Gayle, PhD**, Private Practice; **Jamilah George, MDiv**, Yale University, Department of Psychiatry; **Jessica Parlor, MA**, Renewed Freedom Center for Rapid Anxiety Relief

Treating OCD within the family is no easy feat, especially when resistance and accommodations are core challenges within the family system. One parent may have little regard for therapy and refuse to participate. While another parent may compensate by over-accommodating, and as a result, enable a child's compulsions. When multicultural issues are added to this mix, the therapist's competence and awareness of diversity is even more crucial. Cultural considerations, including beliefs, values, and attitudes of each parent are essential to the effectiveness of treatment. Given a case vignette of a multicultural family suffering from OCD, this panel comprising of seasoned clinicians of varying ethnic backgrounds will discuss their observations, concerns, and approach to working with multicultural families.

* Severe OCD and Related Disorders: Therapeutic Models for Recovery

(ADVANCED) Washington 4

Katharine Phillips, MD, Weill Cornell Medical College; **Debbie Sookman, PhD**, McGill University; **Sabine Wilhelm, PhD**, Massachusetts General Hospital/Harvard Medical School; **Randy Frost, PhD**, Smith College; **Christopher Pittenger, MD, PhD**, Yale University

The aim of specialized treatment for OCD and related disorders is multi-dimensional recovery of symptoms and related difficulties for as many persons as possible. The panelists will discuss and illustrate specialized strategies to optimize response and achieve recovery for body dysmorphic disorder, hoarding disorder, and complicated symptom subtypes of OCD. Specialty cognitive behavior therapy and pharmacotherapy interventions for OCD and related disorders will be critically discussed and illustrated. The panel will also discuss how to overcome commonly encountered treatment challenges, such as poor or absent insight, that impact therapeutic progress and the likelihood of full recovery. Multi-dimensional criteria for recovery and their important clinical and research implications will also be discussed.

4:15pm–5:45pm

General Session:

Awards Presentation & Keynote Address

Marriott Ballroom, Salons 1 and 2

Welcome

Susan Boaz, President, IOCDF

Emcee

Jeff Bell, Beyond the Doubt, LLC

Keynote Address

Seeing the Elephant of Stigma Reduction:
A Move Towards Empowerment and Advocacy

Dr. Drew Pinsky

We rarely stop to examine the elements that comprise stigma and the number of different ways it enters our discourse and care. As a result, we shuffle about like the blind men attempting to describe an elephant. I will discuss the varieties and manifestations of stigma that haunt our patients, and talk about what we can do as a community to empower and improve advocacy efforts.



4:15pm–5:45pm

KEYNOTE ALTERNATIVE FOR YOUTH:

IOCDF's Got Talent! Wilson

Renae Reinardy, PsyD,

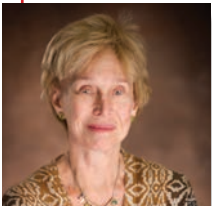
Lakeside Center for Behavioral Change

Are you ready to show off your special talents? Did you know that kids with OCD and their friends and family are extra cool? Well, now is your chance to shine! Come and share your talent with other kids or support your new friends as they share their unique talent with you! Got a guitar? Bring it. Can you juggle? Show us! Do you sing? We want to hear it! We don't have a million dollars to award to you, but there will be a special prize for one lucky winner!

IOCDF's
got Talent

Award Presentations

IOCDF Outstanding Career Achievement Award



Judith Rapoport, MD

Judith Rapoport, MD, recently retired as the chief of the Child Psychiatry Branch at the National Institute of Mental Health (NIMH), part of the National Institutes of Health (NIH) in Bethesda, MD. Her decades-long research program focused on diagnosis in child psychiatry, attention deficit hyperactivity disorder (ADHD), and obsessive compulsive disorder (OCD). Dr. Rapoport's research group at NIMH also studied clinical phenomenology, neurobiology, and treatment of childhood-onset schizophrenia. She is the author of the pioneering and bestselling book, *The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder*, which drew from her experiences with patients with obsessive compulsive disorder.

Patricia Perkins IOCDF Service Award



C. Alec Pollard, PhD

C. Alec Pollard, PhD, is Professor Emeritus of Family & Community Medicine at Saint Louis University and the Director of the Center for OCD & Anxiety-Related Disorders (COORD) at the Saint Louis Behavioral Medicine Institute. Dr. Pollard is also the Clinical Director of the IOCDF's Behavioral Therapy Training Institute (BTTI), and a member of the IOCDF Scientific and Clinical Advisory Board. He completed a postdoctoral fellowship in 1982 at the Temple University Behavior Therapy Unit, where he first developed a specialization in the treatment of OCD and related disorders. Alec has been a member of the IOCDF and its Scientific and Clinical Advisory Board for over 20 years. He has served on the Foundation's Speaker's Bureau and Conference Planning Committees and has given over 100 presentations at conferences and other IOCDF-sponsored events. In 1994, Alec was appointed chair of a Task Force to develop a model for training therapists in effective treatments for OCD. The proposed model, known now as the Behavior Therapy Training Institute (BTTI), became the IOCDF's signature training program. Under Alec's leadership as Clinical Director, the BTTI has trained over 1,500 clinicians in evidence-based treatments for OCD. As Chair of the Training Sub-Committee, Alec helped develop a BTTI specifically to address pediatric issues, expand the BTTI outside of the United States, and create additional training products. These include consultation groups, preconference workshops, and 3-day Advanced Forums on topics like treatment-resistance, BDD, hoarding disorder (HD), and autism-associated OCD.

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 54-56. Immediately adjacent to the research posters, you will find our 42 Conference exhibitors. Find a complete listing of exhibitors on pages 58. 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

Saturday Night Social: A Celebration of the Annual OCD Conference's 25th Anniversary

Marriott Ballroom, Salons 1 and 2

This year marks the Annual OCD Conference's 25th Anniversary. What better way to celebrate than having a Birthday Party! Please join us for food, music and fun,

complete with birthday cake for all attendees! Our emcee for this year's Saturday evening reception is IOCDF National Ambassador, Ethan Smith. Ethan will be acknowledging two of our 2018 award winners: Stuart Ralph, recipient of the Hero Award, and Marc Summers, recipient of the Illumination Award.

Light dinner will be served. Cash bar.



Award Presentations

Illumination Award



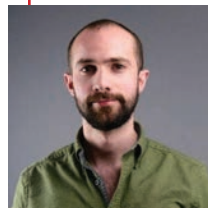
Marc Summers

Marc Summers is an American television personality, comedian, gameshow host, producer, and talk show host. He is best known for hosting *Double Dare* for Nickelodeon and *Unwrapped* for Food Network. Recently, he was the Executive

Producer for *Dinner Impossible* and *Restaurant Impossible* on Food Network.

In 1996, during an interview with Dr. Eric Hollander on Biggers & Summers, Summers revealed that he has obsessive compulsive disorder. He then went public about his condition on various television shows, including *The Oprah Winfrey Show* and *The Today Show*. In 2000, Summers published a book about his experience, called *Everything in Its Place: My Trials and Triumphs with Obsessive Compulsive Disorder*. Summers also participated in a series of VHS videos for Freedom from Fear, a non-profit organization with the goal of addressing anxiety disorders and other related behavioral disorders. He continues to use his platform to share his experience and educate others about OCD.

Hero Award



Stuart Ralph

Stuart is the founder of *The OCD Stories* podcast, a weekly show that offers hope and inspiration to those affected by OCD. He works passionately to inform fellow OCD sufferers and share stories to help others feel less alone. He has interviewed countless

professionals and experts in the field of OCD for his podcast, as well as other well-known OCD advocates to help spread the word about the disorder. Since beginning *The OCD Stories*, Stuart has produced over 120 episodes and published various personal stories on his website theocdstories.com. He recently published his first book, also entitled *The OCD Stories*, which contains 16 short stories by people who have or are dealing with OCD.

Support Groups

8:00pm–9:30pm

Postpartum OCD *Wilson A*

Kate Rogers, PhD & Leah Jaramillo, LMFT, *The OCD and Anxiety Treatment Center*

Postpartum OCD affects 3-5% of new mothers and is often misdiagnosed. The purpose of this presentation is to enhance attendees' understanding of postpartum OCD. Theorized causes of postpartum OCD and effective treatment will be discussed. Presenters will also provide several case examples of postpartum OCD, as well as opportunities for attendees to ask questions.

Emotional Contamination Support Group *Wilson B*

AJ Land, *McLean Hospital Child and Adolescent OCD Institute*

The sub-type of OCD known as "emotional contamination" involves aversion to a person, place or thing, often expressing as disgust, and a fear that contact with the trigger will in some way contaminate (possibly change) the individual who has this type of OCD. This fear frequently generalizes to items/places associated with the trigger, whether through actual physical contact, or simply abstract association (even thinking of the trigger). This group will give individuals the chance to share their stories, breaking down the isolation and embarrassment that can accompany EC. It will also support the idea that CBT and ERP are as effective for EC as for any other form of OCD -- and that treatment success is possible.

Support Group for Family Members and Caregivers of Those with BDD *Wilson C*

Denis & Judy Asselin

Living with and caring for those with BDD presents enormous daily challenges. Parents, siblings, and partners often find themselves "on duty" from sunup to sundown, sleeping 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 your support role be sustainable? We will share resources that have been helpful as we support our loved ones, and also share strategies that have helped us nurture our own needs.

Contamination OCD Support Group *Maryland A*

Gabrielle Eyahpaïse, *OCD Ottawa Support Group*; **Kailey Kirkwood**, *Colby College*

Contamination OCD can be anything from the fear of germs to bodily fluids to household chemicals and it can lead individuals to imagine the worst possible scenario. This type of OCD can be hard to manage on your own and can sometimes be misunderstood by others who do not share the same obsessions and compulsions. This support group will offer a safe space for individuals living with Contamination OCD to meet others who have faced the same or similar challenges. In this group, they will be encouraged to share their experiences, discuss the tools that help them manage their OCD, and learn new techniques.

Harm OCD Support Group *Maryland B*

Mary Torres, LMHC; **Christa Simons, LPC**

Harm obsessions can create difficulties for clients openly sharing in groups. The therapists have found immediate universality not seen in typical OCD group. While there are various harm categories, similarity in disturbance creates common respect and empathy. This group has a quicker attachment and a rapid cohesiveness the typical OCD group took much longer to acquire. Members feel free to share thoughts they've never told anyone knowing they are 100% accepted with no shock or raised eyebrows.

BDD Support Group *Maryland C*

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 stories truly

understood by only those who have it. 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. Family members and concerned others are also welcome to attend, though the primary focus of this group is to provide support for those who have BDD themselves.

Parents Closing Summation Support Group *Virginia*

Fred Penzel, PhD, *Western Suffolk Psychological Services*; **Charles Mansueto, PhD**, *Behavioral 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.

Grupo de Apoyo para Individuos con Trastorno Obsesivo Compulsivo *Park Tower 8222*

Joyce Szentpaly, PsyD & Wilfredo Rivera, PsyD, *Neurobehavioral Institute*

Grupo destinado a todos quienes padecen de el Trastorno Obsesivo Compulsivo. Facilitaremos la interacción entre afectados, para compartir vivencias, explorar similitudes y diferencias de desafíos diarios, e intercambiar estrategias y herramientas de ayuda. Daremos educación sobre la Terapia Cognitiva Conductual y la Terapia de Prevención de Respuesta. Se ofrecerá un ambiente de apoyo e información útil sobre diferentes recursos para el tratamiento del TOC.

OCD and Autism Spectrum Disorders Support Group *Park Tower 8219*

Rebecca Sachs, PhD, *Spectrum Services*

Receiving a diagnosis 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. This support group will provide an open forum to discuss these issues. During the support group, the facilitators will guide the discussion of: Impact of dual diagnosis over time, Different paths to diagnosis; accessing best resources/professionals, Educational/Occupational, Social/Romantic impact, Participating in treatment plan, Maintaining motivation/readiness to engage in treatment, Collaboration/coordination with educational/work setting.

Support Group for Individuals with Co-Morbid OCD and Eating Disorders *Park Tower 8216*

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

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.

Skin Picking Disorder Support Group *Park Tower 8212*

Lauren McKeaney, *Picking Me Foundation*

This support group will focus on listening to our experiences, sharing questions and concerns around living with skin picking, swapping fidget toy and skin care tips, and facilitating an empowering discussion for all ages. Open to individuals with trich (hair pulling) as well.

Saturday Evening

Pedophilia OCD Support Group Park Tower 8209

Nancy Larsen, LCSW, Mindset Family Therapy; **Annabella Hagen, LCSW, RPT-S**, Mindset Family Therapy

POCD is an extremely agonizing type of OCD that no one likes to talk about. If OCD is targeting the children in your life, the thoughts are excruciating. You know that the intrusive thoughts don't match your character. However, the OCD mind continues to create doubts. The emotions you experience may be so intense that you may become entangled with your thoughts and forget that you are NOT your thoughts! don't despair. This group will provide hope and support from others who understand your pain. We invite you to come join us as we look at pOCD with understanding and self-compassion. We'll process your questions, and identify essential ACT skills to help you move through your mental distress more effectively.

Sexual Orientation OCD Support Group Park Tower 8206

Michael Blumberg, LCPC, Glenview Counseling Group; **Taylor Newendorp, LCPC**, Chicago Counseling Center, PC

Each subtype of OCD has its own nuance and language. Persons who struggle with Sexual Orientation OCD, commonly known as Homosexual OCD or HOCD, deal with a set of shared experiences that are unique to their condition. This support group is designed with these experiences in mind. All persons who have HOCD are welcomed at our group to share and to bear witness to the struggles specific to this incarnation of OCD.

Evening Activities

8:00pm–9:00pm

Fighting OCD With Art! Hoover

Mary Wilson; Megan Abramyk

Have you ever wanted to fight back against OCD outside of traditional therapy? Do you love making art projects, science experiments and gaining motivation from your peers? If so, then this activity is for you! Elementary and middle school students will have fun making slime, painting, and turning t-shirts into tote bags. The only requirement is that you come ready to have fun and explore your creativity! Materials provided. Wear clothes you don't mind getting a little messy!

Coping Skills Cards & Boxes Coolidge

Katherine Rossi, MA

Middle schoolers, come join us for a fun night of taking care of ourselves! We will discuss coping skills and create a list of ideas as a group. We will then use this list to create fun cards that will remind us of these skills long after the Conference weekend ends. Middle schoolers can also choose to create their own box to store all these cards in.

Slam Poetry for Teens with OCD: Using OCD to Find Your Voice!

(INTERMEDIATE) **Harding**

Zoe Homonoff, *ThisIsOCD Blog*; **Julia Angell**

Slam poetry is just one of the many forms of art that can help people come to terms with their struggles, including dealing with OCD. In this interactive workshop, teens will learn about slam poetry, put together their own slam poems that address their experiences with OCD, and perform them for each other at the end of the workshop. We are all artists with a story to tell: poetry is a great way to help us learn from each other and from ourselves!



8:00pm–9:30pm

Inside OCD: I Am Not My Illness Salon 3




Jeffrey Pufahl, MFA, Center for Arts in Medicine, University of Florida; **Deborah Strange**, University of North Carolina at Chapel Hill; **Jasmine Gibbs, JD**, Santa Fe College; **Jaison Nainaparampil, MD**, University of Florida; **Mike Muhlhauser, MA**, University of Florida

A deep, candid, and personal look at living with OCD, this special performance brings together six individuals with OCD who share poignant, humorous, and revealing stories from their own lives. Created at the University of Florida in 2017, this show is the culmination of a ten-week storytelling program delivered by the Center for Arts in Medicine and the Center for OCD, Anxiety, and Related Disorders. This session creates the space for the OCD community to come together to laugh, cry, and support each other through the theatrical telling of our stories. Post show discussion with the company will include information on how to create storytelling workshops in your own community.

Sunday Schedule



Overview

Sunday, July 29th

7:00am–8:00am	Compassion Collective Daily Support Group <i>Breathing Room, Washington 5, Exhibition Level</i> View details on page 50
7:00am–8:00am	Breathing Room Open Access <i>Washington 5, Exhibition Level</i> View details on page 16
7:00am–8:00am	Light Breakfast <i>Buffet Breakfast throughout Exhibit Hall</i> A light breakfast is provided for all attendees. High top tables will be scattered throughout Exhibit Hall, and dining seating can be found in the Conversation Café in the rear of the Exhibit Hall (see Conference Site Maps on Pages 10-11 for exact location). You may also take items with you into the breakout rooms.  Breakfast
7:00am–12:30pm	Conference Info Desk Open Onsite Registration Open (If you need to register) & VIP Check-In for Sponsors, Speakers, & Exhibitors
7:00am–12:30pm	Continuing Education Desk Open (to sign in and out for CE Credits)
7:00am–12:30pm	Exhibit Hall Open <i>Exhibition Level</i> See page 58 for a list of Exhibitors
7:00am–12:30pm	OCD Conference Bookstore Open  Bookstore
8:00am–12:30pm	Conference Presentations See pages 50-53 for full schedule of presentations
8:00am–12:30pm	Youth Programming Kids: <i>Hoover, Mezzanine Level</i> Middle Schoolers: <i>Coolidge, Mezzanine Level</i> Teens: <i>Harding, Mezzanine Level</i> See page 17 for full schedule of activities and pages 50-53 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	TREATING SLEEP PROBLEMS ASSOCIATED WITH OCD James Claiborn, PhD <i>Salon 2</i>	NOW WHAT?! PERSPECTIVES ON LIFE AFTER ERP TREATMENT Kate Brett; Elizabeth Ellis Ohr, PsyD; Steven Tsao, PhD & Jeannie Clerkin <i>Salon 2</i>	CONFERENCE WRAP-UP AND NEXT STEPS Ethan Smith; Jenn Coward & Stephanie Cogen, MPH, MSW <i>Salon 2</i>
EVERYONE	WHAT'S SO FUNNY ABOUT OCD? Ethan Smith; Michael Jenike, MD & Jonathan Hoffman, PhD <i>Salon 3</i>	ASD-ASSOCIATED OBSESSIVE-COMPULSIVE DISORDER (OCD): WHAT'S NEW? Jonathan Hoffman, PhD; Robert Hudak, MD; Josh Nadeau, PhD; Fred Penzel, PhD & Allison Whitby <i>Salon 3</i>	THE INTERPLAY BETWEEN PTSD AND OCD: TREATMENT CONSIDERATIONS AND TACTICS Eda Gorbis, PhD, LMFT <i>Salon 3</i>
EVERYONE	THE PHENOMENOLOGICAL OVERLAP AND DIAGNOSTIC CO-MORBIDITY OF EATING DISORDERS AND OBSESSIVE-COMPULSIVE DISORDER Thea Gallagher, PsyD; Steven Tsao, PhD; Jenna DiLossi, PsyD & Melissa Harrison <i>Maryland</i>	THERE'S NO TURNING BACK NOW: LEARNING HOW TO OVERCOME YOUR LOSSES TO OCD Beth Brawley, LPC; Diane Prost, MEd, LPC; Brian Prost & Rachel Jaycox <i>Maryland</i>	YOU, ME, AND OCD Angie Alexander; Nathalie Maragoni, MS & Stuart Ralph, MSc <i>Maryland</i>
EVERYONE	TIC TALK: UNDERSTANDING TICS AND TOURETTE DISORDER Tanya Murphy, MD; Erica Greenberg, MD & Joseph McGuire, PhD <i>Virginia</i>	OCD ADVOCACY IN THE PUBLIC DOMAIN: MASS MEDIA, THE LAW, COMMUNITY AGENCIES, NATIONAL SECURITY, & PUBLIC POLICY Charles Mansueto, PhD; Elna Yadin, PhD; Christiana Bratiotis, PhD, LICSW; Jeff Szymanski, PhD & Stephanie Cogen, MPH, MSW <i>Virginia</i>	TECH TOOLS: REAL-LIFE USE OF TECHNOLOGY TO ENHANCE, INDIVIDUALIZE, AND MAINTAIN BEST PRACTICES IN ERP TREATMENT Jordan Cattie, PhD; Josh Spitalnick, PhD & Nathaniel Van Kirk, PhD <i>Virginia</i>
LIVING WITH OCD	WORKPLACE ISSUES AND LEGAL RIGHTS FOR INDIVIDUALS WITH OCD Michael Gigante, MA, JD <i>Salon 1</i>	IT'S NOT JUST HOCD: A DISCUSSION OF LGBTQ IDENTITIES AND OCD Jess Kotnour; Eli Kurs-Lasky; Jennifer Masek; Kailey Kirkwood & Kevin Miller <i>Salon 1</i>	MYTH BUSTING: THE FACTS ON LIFESTYLE FACTORS AND OCD Joseph McNamara, PhD; Danielle Cooke, MS; Melissa Munson, PhD & Andrea Guastello, MS <i>Salon 1</i>
PARENTS AND FAMILIES	504 AND IEP TEAMWORK: ESTABLISHING COLLABORATIVE RELATIONSHIPS AMONG STUDENTS, PARENTS, PROVIDERS, AND EDUCATORS Andrea Guastello, MS; Amanda Merkwae, JD, MEd; Brian Olsen, PhD; Melissa Munson, PhD & Danielle Cooke <i>Wilson</i>	APPLY YOUR OXYGEN MASK FIRST: PARENTAL SELF-CARE Noah Weintraub, PsyD & Sherrie Vavrichek, PsyD <i>Wilson</i>	A PARENTING PLAN THAT WORKS FOR OCD: KIDS, TEENS, AND YOUNG ADULTS Kathleen Norris, LPC & Katherine Moss, LISW <i>Wilson</i>
THERAPISTS INTRODUCTORY	THINKING ABOUT BLINKING: SENSORIMOTOR/ BODILY-FOCUSED OCD Robin Zasio, PsyD, LCSW; Jon Hershfield, LMFT & Ruth Golomb, LCPC <i>Washington 2</i>	"ASK THE EXPERTS" PANEL ON BFRBS Nancy Keuthen, PhD; Ruth Golomb, LCPC; Erica Greenberg, MD & Lisa Zakhary, MD <i>Washington 2</i>	"I'M BURNED OUT! IT'S TIME TO START TAKING CARE OF ME!" Robin Zasio, PsyD, LCSW; Brad Riemann, PhD & Patrick McGrath, PhD <i>Washington 2</i>
THERAPISTS ADVANCED	HOW TO USE DBT AND ERP TO TREAT OCD SUFFERERS THAT ARE CLASSIFIED AS NON-RESPONDERS Magda Rodriguez, PsyD; Morgan Rondinelli; Jessica Bishop; Sony Khemlani-Patel, PhD; Fugen Neziroglu, PhD <i>Washington 4</i>	WORKING WITH SCRUPULOUS INDIVIDUALS: A FORUM FOR CASE CONSULTATION AND CONVERSATION Jedidiah Siev, PhD; Ted Witzig Jr., PhD & Alec Pollard, PhD <i>Washington 2</i>	UNTANGLING OCD AND TICS: PHENOMENOLOGY AND TREATMENT OF COMPLEX CASES Cathy Budman, MD; Erica Greenberg, MD; Carol Mathews, MD & Sony Khemlani-Patel, PhD <i>Washington 2</i>
RESEARCH TO CLINICAL PRACTICE	WHY GENES AND ENVIRONMENT ARE BOTH IMPORTANT IN DIAGNOSIS AND TREATMENT OF OCD AND RELATED DISORDERS Michele Pato, MD; Paul Arnold, MD, PhD; Peggy Richter, MD & Manuel Mattheisen, MD <i>Washington 1</i>	ONLINE ASSESSMENT AND TREATMENT PLATFORMS FOR OCD Wayne Goodman, MD; Eric Storch, PhD; Elizabeth McIngvale, PhD & Katrina Rufino, PhD <i>Washington 1</i>	INTEGRATING PARENT CHILD INTERACTION THERAPY (PCIT) WITH ERP FOR YOUNG CHILDREN WITH COMORBID DISRUPTIVE BEHAVIOR DISORDERS Megan Barthle, PhD; Ashley Ordway, MEd/EdS; Brian Olsen, PhD & Melanie Nelson, PhD <i>Washington 1</i>

7:00am–8:00am

Compassion Collective Daily Support Group *Breathing Room, Washington 5*

Michelle Massi, LMFT, Anxiety Therapy LA; Kimberley Quinlan, LMFT, CBT School

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 and demonstrating a helpful mindfulness and/or self-care tool for participants to practice throughout the day. Group 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 change to share their conference experience with other participants and seek guidance and support

8:00am–9:30am

OCD: The Game Show for Kids *Hoover*

Noah Weintraub, PsyD; David Yood, PsyD; & Michael Lent, PhD, Behavior Therapy Center of Greater Washington

Kids, come join the fun at your very own game show. Contestants chosen from the audience will have the opportunity to win prizes by demonstrating their knowledge of OCD, and then competing in games of skill, chance, and courage, all reflecting the OCD theme. Challenge magical thinking with our superstition obstacle course! Be brave with our "fear factor" challenges! Join our game of contaminated hot potato! Do you have what it takes to fight OCD with knowledge, humor, skill and guts? Then prove it at the OCD Game Show for Kids!

Yoga and Mindfulness for Middle Schoolers *(Introductory) Coolidge*

Laura Harper, LCSW, Mindset Family Therapy

Yoga is a centuries old practice that teaches us how to breathe and be in the present moment, no matter what that moment is! Join with Laura Harper as we explore our minds and bodies through the practice of yoga. We will learn pranayama (breathing exercises) to focus and clarify the mind, asana (poses) to strengthen and soothe the body, and develop the capacity to be curious and compassionate towards our selves and others. This will be a fun, exploratory and relaxing class for middle schoolers.

Calming the Mind: The Use of Mindfulness for the Management of OCD *(INTRODUCTORY) Harding*

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

Do you ever find yourself stuck in the past or worrying about the future? These are the two places where OCD lives. We can't change the past and the future is not here yet, what we do have is this moment. Come join us for an interactive workshop where you will learn how to increase your ability to engage in the moment with mindfulness. We will review what mindfulness is and how to engage in it by practicing mindfulness exercises as a group. We will also discuss how mindfulness can be used to help manage anxiety and OCD symptoms.

504 and IEP Teamwork: Establishing Collaborative Relationships among Students, Parents, Providers, and Educators *(INTERMEDIATE) Wilson*

Andrea Guastello, MS, University of Michigan; Amanda Merkwae, JD, MEd, Legal Action of Wisconsin; Brian Olsen, PhD, University of Florida; Melissa Munson, PhD, University of Florida; Danielle Cooke, MS, University of Florida

The multidisciplinary team comprised of an education attorney, therapists, and educators will review the rights afforded to students with mental health difficulties under the American with Disabilities Act, Individuals with Disabilities Education Act, and Section 504 of the Rehabilitation Act. Common academic accommodations for students with OCD and anxiety will be discussed across the lifespan (i.e. grade school to college). Presenters will introduce concrete first steps students, parents, and advocates can take to create a collaborative relationship with educators to meet unique learning needs. Finally, the speakers will make recommendations for involving therapists as educational advocates and integrating academic accommodations into treatment planning with emphasis on advocating for students without accommodating symptoms in a way that would negatively impact treatment.

Workplace Issues and Legal Rights for Individuals with OCD

(INTRODUCTORY) Salon 1

Michael Gigante, MA, JD

This presentation will examine common workplace and job performance issues for individuals with OCD, including difficulty maintaining concentration, arriving to work on time, staying organized, and meeting deadlines. The presentation will also examine the legal rights afforded to individuals with OCD under the Americans with Disabilities Act (ADA), including the right of individuals with OCD not to be discriminated against in employment matters, and the duty of employers to accommodate individuals' OCD symptoms via "reasonable accommodations" and engaging in an interactive dialogue or "process" with such individuals. The presentation will include a discussion of several court cases about individuals with OCD who requested workplace accommodations, and what courts around the country have ruled are employees' rights and employers duties.

* Treating Sleep Problems Associated with OCD *(INTRODUCTORY) Salon 2*

James Claiborn, PhD

Sleep problems including insomnia, nightmares, and obsessions and compulsions impairing sleep routines are common complaints among people with OCD and related disorders. Many professionals are not aware of effective CBT based treatments for these complaints. This presentation will introduce CBT approaches to treatment of sleep problems, including CBT for insomnia, CBT for nightmares and applications of CBT to OCD symptoms impacting sleep. The presentation will also cover how therapists can add effective CBT approaches to CBT to their repertoire.

What's So Funny About OCD? *(INTERMEDIATE) Salon 3*

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.

The Phenomenological Overlap and Diagnostic Co-Morbidity of Eating Disorders and Obsessive-Compulsive Disorder *(ADVANCED)*

Maryland

Thea Gallagher, PsyD, University of Pennsylvania; Steven Tsao, PhD, Rogers Behavioral Health-Philadelphia; Jenna DiLossi, PsyD, The Center for Hope and Health; Melissa Harrison, MA, The Center for Hope and Health

The goals of this panel are to discuss diagnostic similarities and differences between eating disorders (EDs) and Obsessive-Compulsive Disorder (OCD) in addition to the corresponding empirically-supported treatment approaches. The four panelists will discuss diagnostic overlap as they relate to maintenance across pathologies. The panelists will also discuss ways to approach this overlap from a research-informed perspective, while also providing case examples from clinical practice. Regarding treatment, the panelists will discuss Cognitive-Behavioral Therapy (CBT) models, with an emphasis on exposure-based interventions. Discussion about exposure will highlight the importance of prioritizing behavior change in treatment as the mechanism to achieve symptom reduction in both disorders.

Tic Talk: Understanding Tics and Tourette Disorder *(INTRODUCTORY) Virginia*

Tanya Murphy, MD, University of South Florida; Erica Greenberg, MD, Massachusetts General Hospital & Harvard Medical School; Joseph McGuire, PhD, Johns Hopkins University School of Medicine

Tics and tic disorders such as Tourette Disorder are common among youth and adults with OCD. This panel will discuss the assessment of tics and review common tic symptoms among individuals with OCD. The management of tics will also be discussed using behavioral and pharmacological strategies. The panel will conclude with a brief Q & A session with audience members.

* Why Genes and Environment are Both Important in Diagnosis and Treatment of OCD and Related Disorders (ADVANCED) Washington 1

Michele Pato, MD, SUNY Downstate Medical Center; **Paul Arnold, MD, PhD**, University of Calgary; **Peggy Richter, MD**, Sunnybrook Research Institute; **Manuel Mattheisen, MD**, Aarhus University

We know that OCD and Related Disorders (OCRDs) are 'multifactorial', meaning that genes work in tandem with environmental factors in the development of the illness, and response to treatment. We will provide an update on OCD genomics research, and highlight similarities and differences in childhood, adolescence and adulthood. New findings will be presented from a genome-wide study of obsessive-compulsive behavior (OCB) in a large community-based sample of children and adolescents, from a large registry-based study of genetic and environmental influences on OCD from Denmark, and updated findings from an NIMH grant exploring the OCRDs. Last, the emerging role of pharmacogenetics (use of genetics to predict medication response) in OCD will be reviewed.

* Thinking About Blinking: Sensorimotor/Bodily-Focused OCD

(INTERMEDIATE) Washington 2

Robin Zasio, PsyD, LCSW, The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills; **Jon Hershfield, LMFT**, The OCD and Anxiety Center of Greater Baltimore; **Ruth Golomb, LCPC**, Behavior Therapy Center of Greater Washington

Among the many different types of obsessions, the less talked about are sensorimotor or bodily-focused obsessions involving a heightened awareness of involuntary bodily activities. These include the analyzing of breathing, heart rate, swallowing, blinking or even a specific body part or organ such as the digestive system or bladder, to name a few. Particularly distressing as they involve seemingly uncontrollable daily bodily processes, excessive focus fuels the obsession resulting in extreme anxiety and panic that they will never be able to stop thinking or focusing on the physical sensations. Avoidance, researching, and distraction serve as common compulsions. This presentation will present ERP as a treatment modality coupled with mindfulness-based techniques with time for Q&A.

* How To Use DBT And ERP To Treat OCD Sufferers That Are Classified As Non-Responders (INTERMEDIATE) Washington 4

Magda Rodriguez, PsyD, CPE Clinic; **Morgan Rondinelli, Jessica Bishop, Sony Khemlani-Patel, PhD**, Bio Behavioral Institute; **Fugen Neziroglu, PhD**, Bio Behavioral Institute

Despite ERP's efficacy for OCD, non-responders need additional therapeutic intervention. This presentation will explore the use of DBT enhancement of ERP to treat non-responders. Clinical experience has suggested that DBT+ERP has additional benefits, including increased willingness to engage in ERP, homework compliance, confidence in their ability to manage intense emotion, more stability interpersonally with less suicidal behaviors, and a decrease in reactivity to thoughts, emotions, and physiological experiences. A brief overview of DBT and how to determine when to start ERP will be presented. How to incorporate DBT skills into ERP will be also discussed. The most helpful and specific aspects of the DBT framework and principles will be shared along with case examples to bring the aforementioned to life.

9:45am–11:15am

SpongeBob Squarepants Teaches Us Something Important About Fear! (INTRODUCTORY) Hoover

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

Have some serious fun as we watch SpongeBob take on a force he is terrified of, The Ghost Host. We will learn how SpongeBob's fear of the Ghost Host is very similar in nature to our OCD. We then will see SpongeBob face his fear, discover his strength, and gain self-confidence. We will talk about how we can do the same once the Conference weekend ends, using our new knowledge and skills to face our fears - just like SpongeBob! Participants will complete a SpongeBob project to assist them in remembering how to use ERP to defeat fear in the future.

Unlocking Your Courageous Self 2.0 (INTRODUCTORY) Coolidge

Danielle Cooke, MS, University of Florida; **Joseph McNamara, PhD**, University of Florida; **Lacie Lazaroe, MS**, University of Florida; **Andrea Guastello, MS**, University of Michigan; **Melissa Munson, PhD**, University of Florida

As participants from last year will remember and new participants will be excited to learn, courage is not facing things that others find frightening or difficult, but recognizing your own personal fears and making an active, conscious decision to challenge yourself. This workshop expands on last year's message by allowing participants to anonymously share their fears and experiences. The results of these questions will be processed in small group discussions led by clinicians during which participants will be encouraged to discuss their reaction to these responses and share their fears and experiences regarding treatment, OCD, and communicating with peers and family. Clinicians will encourage reframing of negatively perceived experiences, facilitate peer-support, and promote recognition of bravery in all its forms.

I'm More Scared of You Than You Are of Me!: What Teens Should Know to Form a Strong OCD-Fighting Alliance (INTRODUCTORY)

Harding

Alex Rosenberg; Jon Hershfield, MFT, The OCD and Anxiety Center of Greater Baltimore

OCD therapy, particularly exposure response prevention (ERP), can be very scary for teens with OCD, and requires a strong alliance and trust level between therapist and client. This workshop addresses key factors teens could benefit from knowing about the therapy process and OCD therapists that can facilitate a safe enough bond to take the risk of getting treated. Strategies for improving communication about OCD and ERP with humor and honesty will be explored. The workshop will be lead by a therapist who specializes in OCD as well as a teen OCD sufferer and advocate.

Apply Your Oxygen Mask First: Parental Self-Care (INTRODUCTORY) Wilson

Noah Weintraub, PsyD & Sherrie Vavrichek, PsyD, Behavior Therapy Center of Greater Washington

Research supports that caregivers of an OCD sufferer experience a greater sense of stress, burden and burnout, and reduced quality of life. This impact may result from financial strain of treatment, demands from falling into a Family Accommodation trap and/or hopelessness from watching a loved one suffer day in and day out. If you are a parent or other caregiver who feels burned out, (1) you are definitely not alone, and (2) there is hope. In this interactive and supportive workshop, participants will take inventory of their own self-care behaviors and learn what they can do to take care of themselves, and in doing so, their loved one.

It's Not Just HOCD: A Discussion of LGBTQ Identities and OCD

(INTERMEDIATE) Salon 1

Jess Kotnour; Eli Kurs-Lasky; Jennifer Masek; Kailey Kirkwood; Kevin Miller

When we normally discuss sexuality and OCD, the conversation centers around the obsession or fear of becoming gay. This, however, is not everyone's narrative, and this panel seeks to share the stories of those within the LGBTQA+ community who live with OCD. After the panel shares their experiences, we will break into small groups, where participants will have the opportunity to discuss their own experiences and interact with other attendees. This session aims to highlight that while living with the doubt and uncertainty that OCD brings may make it difficult to navigate your sexuality and gender identity, with love and support, you can still live your life as you want to.

Now What?! Perspectives on Life after EXRP Treatment

(INTERMEDIATE) Salon 2

Kate Brett; Elizabeth Ellis Ohr, PsyD; Steven Tsao, PhD, Rogers Behavioral Health-Philadelphia; **Jeannie Clerkin**

For many OCD sufferers who complete treatment successfully, the maintenance phase can pose many frightening challenges—both immediately following and in years beyond. This presentation, featuring two OCD sufferers and two doctors, will offer insights into living with this new normal. Attendees will have the opportunity to hear both personal and clinical perspectives on 1) identifying risk factors for relapse and developing effective prevention mechanisms, 2) strategies to maintain the upper hand against symptoms, 3) evolving a personal maintenance approach in different phases of life after treatment, 4) coping with lapses and rebounding from relapses, and 5) tools to recognize and manage changing manifestations of OCD without the safety net of active treatment.

ASD-Associated Obsessive-Compulsive Disorder (OCD): What's New? (INTRODUCTORY) *Salon 3*

Jonathan Hoffman, PhD, *Neurobehavioral Institute*; **Robert Hudak, MD**, *University of Pittsburgh*; **Josh Nadeau, PhD**, *Rogers Behavioral Health*; **Fred Penzel, PhD**, *Western Suffolk Psychological Services*; **Allison Whitby**

Here's a chance to share your questions and experiences regarding Autism Spectrum Disorder (ASD)-Associated OCD. Our expert panelists will get the ball rolling with brief presentations regarding Cognitive Behavioral Therapy (CBT), medication, assessment, and obstacles to progress. This presentation is for everyone interested in ASD-Associated Obsessive-Compulsive Disorder, whether affected directly or wanting to help. Though each person and situation is unique, researchers and practitioners have come far in developing general 'best practices' for effectively addressing this challenging dual diagnosis. Your participation and interest in presentations like this helps guide our OCD/Autism Spectrum Disorder (ASD) Special Interest Group, which reports back to IOCDF's Scientific and Clinical Advisory Board. That's what this conference is all about, coming together and moving forward!

There's No Turning Back Now: Learning How to Overcome Your Losses to OCD (INTERMEDIATE) *Maryland*

Beth Brawley, LPC, *Life Without Anxiety LLC*; **Diane Prost, LPC**, *Prost Counseling Services, LLC*; **Brian Prost**; **Rachel Jaycox**

Have you ever lost someone or something to OCD? Your losses may include relationships, education, jobs, or numerous other things. You can try to ignore these losses, or challenge yourself to work through and embrace your experience of them. Acceptance of and healing from past losses are crucial steps in the recovery process. Hear from a panel of both individuals with OCD sharing how they have tackled their own losses, and therapists presenting techniques which have helped OCD sufferers work towards healing. See how you too can move forward towards a bright future, and leave your losses in the past!

OCD Advocacy In The Public Domain: Mass Media, The Law, Community Agencies, National Security, and Public Policy (INTRODUCTORY) *Virginia*

Charles Mansueto, PhD, *Behavior Therapy Center of Greater Washington*; **Elna Yadin, PhD**, *University of Pennsylvania*; **Christiana Bratiotis, PhD, LICSW**, *Portland State University*; **Jeff Szymanski, PhD**, *International OCD Foundation*; **Stephanie Cogen, MPH, MSW**, *International OCD Foundation*

While public awareness and acceptance of OCD has grown, further progress requires active advocacy. The presenters have connected with public agencies in efforts to ensure that OCD sufferers would not be mishandled based upon on misinformation, misunderstanding or prejudice. Presenters will describe their experiences as advocates for OCD sufferers in various public sectors including: the media; law enforcement and criminal justice, mental health disability departments, agencies facing hoarding problems in their communities and United States national security agencies. Finally, specific suggestions will be given to attendees about how they too can advocate for the OCD and related disorders community in the public domain.

* Online Assessment and Treatment Platforms for OCD (INTERMEDIATE) *Washington 1*

Wayne Goodman, MD, *Baylor College of Medicine*; **Eric Storch, PhD**, *Baylor College of Medicine*; **Elizabeth McIngvale, PhD, LMSW**, *Baylor College of Medicine*; **Katrina Rufino, PhD**, *University of Houston-Downtown*

OCD is a chronic, debilitating and prevalent psychiatric illnesses (2-3% of the population). Exposure with response prevention (ERP) is the most effective treatment with high success rates (75%) yet a treatment gap of nearly 60% exists. Access to care, costs of treatment and stigma often contribute to this gap. Presentation, discussion, case studies and interactive exercises will focus on ways technology has changed assessment and treatment for OCD. Development, application and treatment outcomes of the use of technology to treat OCD will be discussed and evaluated ranging from self-help interventions to the use of tele-therapy for individuals therapy sessions. Technology may help close the gap between those diagnosed with OCD and those receiving effective care via novel interventions.

* "Ask the Experts" Panel on BFRBs (INTERMEDIATE) *Washington 2*

Nancy Keuthen, PhD, *Massachusetts General Hospital*; **Ruth Golomb, LCPC**, *Behavior Therapy Center of Greater Washington*; **Erica Greenberg, MD**, *Massachusetts General Hospital*; **Lisa Zakhary, MD**, *Massachusetts General Hospital*

Our expert panel of pediatric and adult psychologists and psychiatrists will share their collective wisdom from years of treating BFRBs including trichotillomania and

excoriation disorder. Topics discussed will include how to augment traditional CBT to improve treatment outcomes, how to modify treatment along the developmental spectrum, how to make decisions related to treatment selection (CBT and/or medication) and treatment sequencing, how to navigate issues related to family involvement and how to maintain motivation and compliance. After brief presentations, the remainder of the session will be open for audience participation and questions.

* Working with Scrupulous Individuals: A Forum for Case Consultation and Conversation (ADVANCED) *Washington 4*

Jedidiah Siev, PhD, *Swarthmore College*; **Ted Witzig Jr., PhD**, *Apostolic Christian Counseling and Family Services*; **C. Alec Pollard, PhD**, *Saint Louis Behavioral Medicine Institute*

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 outcome for scrupulous patients.

11:30am–1:00pm

Create your Own Cartoon Character (INTERMEDIATE) *Hoover*

Madeline Conover, LMHC, REAT

After a weekend of learning about OCD through SpongeBob and other characters, we can now create our own! We will watch a few short films and discuss what they mean, and use them as inspiration to create our own characters with their special strengths. We will talk about how these characters can inspire us to keep up our hard work when we go back home.

Staying Vigilant: The How to of Overcoming OCD Slip-Ups and Stressors (INTRODUCTORY) *Coolidge*

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

After treatment - and after weekends like the Conference - OCD symptoms can resurface during stressful situations. It's best to be prepared and learn how to maintain treatment gains, even when life is unpredictable. During this interactive workshop, middle schoolers will learn to identify situations and emotions that may be triggers for anxiety, develop a list of daily wellness behaviors, and generate ideas for alternative behaviors to compulsions and avoidance. Working through relapse scenarios utilizing role-playing will give middle schoolers the opportunity to prepare for and practice overcoming slip-ups. Middle schoolers will also set post-Conference goals for themselves, drawing from all their new knowledge and experiences.

Staying in the Game: Strengthening Relapse Prevention (INTERMEDIATE) *Harding*

Amy Jacobsen, PhD, *InSight Counseling, LLC*; **Ethan Kagin**

Maintaining gains after a successful round of OCD treatment comes with its own set of challenges. This interactive workshop will focus on the natural experience of slippage following treatment, the choices in long-term OCD management, and real-life strategies to strengthen relapse prevention. Attendees will hear a teenager's personal journey with slippage and how he used this experience to strengthen his management of symptoms. The workshop also will incorporate humor, helpful analogies, and exercises designed to enhance relapse prevention planning for individuals and their loved ones. It also will serve as a "wrap up" session to reflect on the conference and shape goals for applying this learning post-conference.

A Parenting Plan That Works for OCD- Kids, Teens, and Young Adults (INTERMEDIATE) *Wilson*

Kathleen Norris, LPC, *DFW Center for OCD & Anxiety*; **Katherine Moss, LISW**

Thoughts (cognitions) and behaviors in OCD can be disruptive to the emotional balance of the sufferer as well as others in their lives. Positive parenting with a plan helps OCD sufferers find that balance and achieve optimal therapeutic outcomes. This interactive workshop will examine problems encountered by OCD children and teens with emotional self-regulation. Descriptions of disruptive behaviors and their

effects will be provided. Personal responsibility, increasing autonomy, and teaching distress tolerance will be examined. A step-by-step illustration will be given with props and samples to use post conference. Attendees will have what they need to design their own custom parenting program, complete with case examples for kids, teens, and young adults living at home.

Myth Busting: The Facts on Lifestyle Factors and OCD

(INTRODUCTORY) Salon 1

Andrea Guastello, MS, University of Michigan; **Joseph McNamara, PhD**, University of Florida; **Danielle Cooke, MS**, University of Florida; **Melissa Munson, PhD**, University of Florida

This panel will discuss current research findings on lifestyle factors and OCD: including nutrition, exercise, sleep and the current evidence on alternative therapies that may enhance existing evidence-based treatments. This introductory presentation is intended to challenge myths and assumptions regarding healthy lifestyle behaviors while presenting the current evidence on what factors may impact quality of life and treatment outcome in OCD and anxiety. This presentation will close with simple, concrete strategies for integrating healthy lifestyle behaviors into participant's own lives. Time at the end of the presentation will be reserved to allow panelists to answer audience questions.

Conference Wrap-Up and Next Steps (INTRODUCTORY) Salon 2

Ethan Smith, National Ambassador, IOCDF; **Jenn Coward**, OCD Ottawa Support Group; **Stephanie Cogen, MPH, MSW**, International OCD Foundation

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. We will talk about strategies for creating and nurturing your own network after the Conference, whether that network is online, in a support group, or via a local affiliate. Attendees will also learn how to become advocates in their own communities.

* The Interplay Between PTSD and OCD: Treatment Considerations and Tactics (ADVANCED) Salon 3

Eda Gorbis, PhD, LMFT, Westwood Institute for Anxiety Disorders

Recent research shows that obsessive-compulsive disorder (OCD) and posttraumatic stress disorder (PTSD) can co-occur, and symptoms of each disorder may affect the other. Treatment of OCD comorbid with PTSD is more complex than individuals diagnosed with only one of the disorders. This workshop will discuss how to address and treat comorbid issues of OCD and PTSD, with specialized attention to how symptoms of the disorders can become intertwined. Due to the lack of an integrated treatment approach for patients suffering from OCD and PTSD, a clear understanding of each disorder is necessary to treat the interplay between OCD and PTSD. This workshop will draw upon clinical case studies to illustrate an integrative approach for treating the disorders.

You, Me, and OCD (INTERMEDIATE) Maryland

Angie Alexander; **Nathalie Maragoni, MS**, California State University, Bakersfield; **Stuart Ralph, MSc**, The OCD Stories

Many individuals with OCD struggle with intimacy in their interpersonal relationships. These struggles can manifest in friendships, romantic relationships, and even in the parent/child relationship, and can be detrimental to interpersonal relationships if not properly addressed. In this presentation, the panelists will share their personal experiences with common OCD themes such as Sexual-orientation OCD, Post-partum OCD, and Relationship OCD, and discuss the effects they had on the intimacy in their various inter-personal relationships. Key concepts such as dating, marriage, and sex will be discussed. Further, the panelists will discuss the importance of ERP and demonstrate how ACT and the overall concept of accepting the uncertainty can be a valuable tool in recovery. The concept of HOPE will be highlighted.

Tech Tools: Real-Life Use Of Technology To Enhance, Individualize, And Maintain Best Practices In ERP Treatment (INTERMEDIATE) Virginia

Josh Spitalnick, PhD, Spitalnick & Associates; **Nathaniel Van Kirk, PhD**, McLean Hospital; **Jordan Cattie, PhD**, Emory University

We will summarize three types of technology (telemedicine, symptom tracking tools, and use of multimedia in ERP) that can be used to enhance/individualize treatment, as along with practical guidelines/considerations for integration. We will introduce videoconference-assisted ERP treatment following a 1-year pilot,

covering the state of the tools, willingness/examples of impacts on treatment, and advocating for insurance coverage. The utility of EMA platforms, mobile apps, and smartphone/wearable sensor-based tracking technologies for enhancing motivation and monitoring recovery will be discussed. We will demonstrate how digital and multimedia technologies can be used to increase engagement during assessment, education, and evidence-based treatment. Developing and maintaining a library of digital tools enhances the ability to create more customized, patient-centric treatment plans.

Parent Child Interaction Therapy and ERP for Children with Comorbid Disruptive Behavior Disorders (INTERMEDIATE) Washington 1

Megan Barthle, PhD, University of Florida; **Ashley Ordway, MEd/EdS**, University of Florida; **Brian Olsen, PhD**, University of Florida; **Andrea Guastello, MS**, University of Michigan; **Melanie Nelson, PhD**, University of Florida

This workshop is aimed at discussing research regarding PCIT for treatment of children ages 2-6 and the integration of PCIT techniques with Exposure Response Prevention Therapy for children with comorbid behavior and anxiety related disorders. The following concepts will be applied: creating a solid parent-child relationship in order to enhance limit setting and exposures, constructing a fear ladder, adapting the SUDS rating scale, giving choices when engaging in exposure challenges, using praises without providing accommodation or reassurance, and implementing a rewards system to maintain motivation during treatment. These evidenced based strategies will help maintain a positive parent- child relationship and support children as they begin to face their fears. Application of these treatment modalities will be presented using case studies.

"I'm Burned out! It's Time to Start Taking Care of Me!"

(INTERMEDIATE) Washington 2

Robin Zasio, PsyD, LCSW, The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills; **Brad Riemann, PhD**, Rogers Behavioral Health; **Patrick McGrath, PhD**, AMITA - Alexian Brothers

Working in the field of anxiety disorders brings many unique challenges for the therapist. Exposure therapy, is not just exhausting for the client, but the therapist also. Between holding the hope for the patient for a better life, constant encouragement to find the courage to face their fears, and dealing with treatment inhibiting behaviors, burn out and lack of self-care can ensue. This panel will discuss some of the personal challenges they have experienced working with this population, strategies to get creative in the therapy process, and for those working in hospital-based or intensive programs to consider inclusion of administrative components.

* Untangling OCD and Tics: Phenomenology and Treatment of Complex Cases (ADVANCED) Washington 4

Cathy Budman, MD, Long Island Center for Tourette and Associated Disorders, Inc.; **Erica Greenberg, MD**, Massachusetts General Hospital; **Carol Mathews, MD**, University of Florida; **Sony Khemlani-Patel, PhD**, Bio Behavioral Institute

Recent epidemiological studies suggest that tics occur in roughly 3% and Tourette Syndrome (TS) in approximately 0.8% of youth ages 6 - 18 years. Prevalence of tic disorders occur in approximately 25% of OCD cases. The majority of individuals with TS will experience OCD symptoms with at least 40% meeting diagnostic criteria for OCD. This workshop explores the complex interplay between tic and OCD symptoms from a bio-psycho-social standpoint. Advances in the understanding of tic and OCD phenomenology, natural history, neurobiology, and genetics is highlighted. Approaches to diagnosis and treatment for complex clinical presentations of combined tics and OCD is reviewed including current evidence-based pharmacological and behavioral strategies. Complex case examples are presented with panel and audience discussion.

Research Posters

Research Posters will be on display in the Exhibit Hall throughout the Annual OCD Conference for attendees to view. Researchers will be present to answer questions and discuss their work during the Researcher and Exhibitor Meet & Greet on Saturday night from 5:45pm– 7:00pm.

We would like to thank our Poster Award Committee members Adam Lewin, PhD, Carol Matthews, MD, and Wayne Goodman, MD for reviewing this year's submissions.



**2018 IOCDF
OUTSTANDING POSTER
TRAVEL AWARD**



**2018 IOCDF
OUTSTANDING POSTER
AWARD SCHOLARSHIP**



1. Effects of Rapastinel (formerly GLYX-13) on Serum Brain Derived Neurotrophic Factor in Obsessive-Compulsive Disorder

Omer Linkovski, PhD¹, Hanyang Shen, MPH, MS¹, Jordana Zwerling, MA¹, Maria Filippou-Frye, MD, MBs¹, Booil Jo, Ph.D¹, Elisabeth Cordell, MA¹, Thomas B. Cooper, MA², Helen Simpson, MD, PhD³, Ronald Burch, MD, PhD⁴, Joseph Moskal, PhD⁵, Francis Lee, MD, PhD⁶, Carolyn Rodriguez, MD, PhD¹

¹Stanford University, ²Nathan Kline Institute, Research Foundation for Mental Hygiene of New York State, ³Columbia University, ⁴Northwestern University & Aptinyx, Inc., ⁵Aptinyx, Inc., ⁶Weill Cornell Medical College



2. Exploring the Impacts of Depression, Comorbidity, and Symptom Domains on OCD-Related Functional Impairment

Morgan Browning¹, Andrew Guzick, MS¹, Lacie Lazaroe, MS¹, Shanee Toledano, PhD¹, Gary Geffken, PhD¹, Joseph McNamara, PhD¹

¹University of Florida



3. Alarming Low Rates of Utilization and Knowledge of Exposure and Response Prevention for Obsessive Compulsive Disorder Among Mental Health Providers

Alexandra Volpacchio, MA¹, Kimberly Glazier Leonte, PhD², Brian Ott, PhD³

¹William James College, ²Clearview Horizons, ³Massachusetts General Hospital and William James College

4. A Spontaneous and Predictable Mouse Model of OCD: A New Avenue for OCD Drug Discovery

Abel Bult-Ito, PhD¹

¹University of Alaska Fairbanks

5. Academic Interference and Social Functioning Among College Students with Obsessive-Compulsive Symptoms

Darlene Davis, MA¹, Monnica Williams, PhD², Richard Lewine, PhD¹

¹University of Louisville, ²University of Connecticut

6. Changing the Outcomes of ERP Treatment Through Language

Richard Gallagher, MA¹

¹LMFT (Private Practice)

7. Anxiety Sensitivity, Intolerance of Uncertainty, and Worry as Predictors of Scrupulosity in Individuals with Obsessive-Compulsive Disorder

Alex Martin¹, Jennifer Buchholz, MA¹, Jonathan Abramowitz, PhD¹

¹University of North Carolina at Chapel Hill

8. Metabolic and Cardiovascular Complications in Obsessive-Compulsive Disorder

Lorena Fernández de la Cruz¹, Kayoko Isomura², Gustaf Brander¹, Zheng Chang¹, Ralf Kuja-Halkola¹, Christian Rück², Clara Hellner², Paul Lichtenstein¹, Henrik Larsson³, and David Mataix-Cols²

¹Karolinska Institutet, ²Karolinska Institutet and Stockholm Health Care Services, ³Karolinska Institutet and Örebro University

9. Association Between Stressful Life Events Prior to Onset and Current OCD Symptom Severity

Stephanie Hudiburgh¹, Ygor Ferrão, MD, PhD, MS², André Kracker, MD², Maria Conceição do Rosário, MD², Euripedes Constantino Miguel, MD², Kiara Timpano, PhD¹

¹University of Miami, ²University of São Paulo

10. Differential Clinical Presentations of Obsessive-Compulsive Disorder as a Function of Co-Occurring Major Depression

David Choi¹, Jennifer Buchholz, MS¹, Baskin Cooper, MA¹, Shannon Blakey, MA¹, Lillian Reuman, MS¹, Jonathan Abramowitz, PhD¹

¹University of North Carolina at Chapel Hill

11. Clinical Profile of Patients with Obsessive-Compulsive Disorder Treated at Center for the Study and Treatment of Fear and Anxiety (CETMA) in Puerto Rico

Jahaira Lopez-Pastrana, MD¹, Nestor Flores², Veronica Gutierrez², Alejandra Baez³, John Sanchez¹, Karen Martinez, MD, MSc¹

¹University of Puerto Rico, Medical Science Campus, ²University of Puerto Rico, Rio Piedras Campus, ³University of Puerto Rico, Cayey Campus

12. Negotiating Organizational Identity with OCD

Sarah Chorley, PhD¹

¹University of Colorado

13. Neural Mechanisms of Sensory Phenomena and Other Dimensional Symptoms in Obsessive-Compulsive Disorder

Carina Brown¹, Rebbia Shahab, MA¹, Kate Collins, PhD, LCSW², Katherine Burdick, PhD³, Emily Stern, PhD¹

¹New York University School of Medicine/Nathan Kline Institute, ²Icahn School of Medicine at Mount Sinai, ³Brigham and Women's Hospital

14. Does Worse Insight Predict Poorer Response to CBT? Results from an International Mega-Analysis

Robert Selles, PhD¹, David Højgaard, PhD², Tord Ivarsson, PhD³, Per Hove Thomsen, PhD², Nicole McBride, MPH⁴, Eric Storch, PhD⁵

¹University of British Columbia and BC Children's Hospital, ²Aarhus University, ³University of Gothenburg, ⁴University of Arkansas, ⁵Baylor College of Medicine

Research Posters

15. NIMH Controlled Trial of Ventral Capsule/Ventral Striatum Deep Brain Stimulation for Intractable OCD: One Year Outcomes

Benjamin Greenberg, MD, PhD¹, Nicole McLaughlin, PhD², Brittney Blanchette², Richard Jones, PhD³, Darin Dougherty, MD⁴

¹Butler Hospital, Providence VA Medical Center, and Brown University, ²Butler Hospital, ³Brown University, ⁴Massachusetts General Hospital and Harvard University

16. Examination Of Treatment Process And Barriers For Intersecting Obsessive-Compulsive And Misophonic Symptomology

Gregory Muller¹, Andrew Guzik, MS¹, Ashley Ordway, MEd/EdS¹, Brian Olsen, PhD¹

¹University of Florida

17. Treatment Within An Intensive OCD Program: Preliminary Insights from the First Canadian Residential Treatment Program

Marlene Taube-Schiff, PhD¹, Neil Rector, PhD¹, Sandra Cushing, SW¹, Persephone Larkin¹, Adrienne Mehak¹, Peggy Richter, MD¹

¹Sunnybrook Health Sciences Centre

18. Development and Initial Examination of a Measure of Secular Moral Scrupulosity

MacKenzie Patterson¹, Isaku Shao¹, Jedidiah Siev, PhD¹

¹Swarthmore College

19. Inside OCD: The benefits of non-therapeutic group storytelling in populations with OCD

Erica Mesnard¹, Jeffrey Pufahl, MFA¹

¹University of Florida

20. Disgust and Contamination-Based Obsessive-Compulsive Symptoms Among African Americans

Jamilah George, MDiv¹, Jeffery Lohr, PhD², Thomas Adams, PhD¹

¹Yale University, ²University of Arkansas

21. Scrupulosity and Guilt in Intensive/Residential treatment (IRT) for Obsessive-Compulsive Disorder (OCD)

Molly Silverman¹, Kary Keniston¹, Remy Leutwyler¹, Sriramya Potluri¹, Nathaniel Van Kirk, PhD¹, Leslie Shapiro, MSW¹

¹McLean Hospital and Harvard Medical School

22. Ordering/Symmetry Symptoms Predict Suicidality Independent of Depression, Anxiety, Stress, and Other OCD Symptoms

Rachel Hechinger¹, Jedidiah Siev, PhD¹

¹Swarthmore College

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

Sarah-Nicole Bostan, MA¹, Nathaniel Van Kirk, PhD², Richard Gevirtz, PhD, BCB¹

¹California School of Professional Psychology-San Diego, ²McLean Hospital and Harvard Medical School

24. The Personality Inventory for the DSM-5 in an Intensive/Residential Treatment Sample of Adults With Obsessive-Compulsive and Related Disorders

Max Roberts¹, Alexandra Hernandez-Vallant², Sriramya Potluri², Jacob Nota, PhD², Martha Falkenstein, PhD², Jason Elias, PhD²

¹Lesley University, ²McLean Hospital and Harvard Medical School

25. The Role that Obsessional Beliefs Play in Treatment Outcome of Obsessive-Compulsive and Related Disorders (OCRDs)

Sriramya Potluri¹, Martha Falkenstein, PhD¹, Meghan Schreck, PhD¹, Courtney Beard, PhD¹, Jason Elias, PhD¹

¹McLean Hospital and Harvard Medical School

26. Trifluoromethylphenylalanine, a Glutamate Modulator in Treatment-Resistant Obsessive Compulsive Disorder: Overview and Study Design

Loren Aguiar, MD¹, Christopher Pittenger, MD, PhD², Carolyn Rodriguez, MD, PhD³, Alexander Bystritsky, MD, PhD⁴, Sanjaya Saxena, MD⁵, Melissa Wolfe Beiner, MD¹, Laura Ruggiero¹, Wayne Goodman, MD⁶

¹Biohaven Pharmaceuticals, ²Yale University, ³Stanford University, ⁴University of California, Los Angeles Medical Center, ⁵University of California, San Diego, ⁶Baylor College of Medicine

27. Validation of the Pedophilophobia Scale in English

Terence Ching, MS¹, Emma Turner¹, Alexis Collins¹, Monnica Williams, PhD¹

¹University of Connecticut

Pediatric

IOCDF Grant Winner

32. Evaluating The Impact Of Obsessive-Compulsive Disorder On Objective Indicators Of Educational Attainment: A Nationwide Register-Based Sibling Control Study

Ana Pérez-Vigil, MD^{1,2}, Lorena Fernández de la Cruz, PhD¹, Gustaf Brander, MS¹, Kayoko Isomura, MD, PhD^{1,3}, Andreas Jangmo, MS¹, Inna Feldman, PhD⁴, Eva Hesselmark¹, Eva Serlachius, MD, PhD¹, Luisa Lázaro, MD, PhD^{2,5}, Christian Rück, MD, PhD^{1,3}, Ralf Kuja-Halkola, PhD¹, Brian M. D'Onofrio, PhD^{1,6}, Henrik Larsson, PhD^{1,7}, and David Mataix-Cols, PhD^{1,3}

¹Karolinska Institutet, ²Hospital Clínic de Barcelona, ³Stockholm Health Care Services, ⁴Uppsala University, ⁵University of Barcelona, ⁶Indiana University, ⁷Örebro University

33. Do Youth with Obsessive-Compulsive Disorder (OCD) Receive Evidence-Based Care? Examining Reported Treatment to Improve Clinical Practice

Kelsey Hill¹, Paula Yanes-Lukin, PhD¹, Helen Blair Simpson, MD, PhD¹, Pablo Goldberg, MD¹, Anthony Puliafico, PhD², Moira Rynn, MD³

¹New York State Psychiatric Institute, ²Columbia University, ³Duke University

RESEARCH POSTERS CONTINUED ON NEXT PAGE →

Research Posters

34. Group Booster Sessions Following Cognitive Behavioral Therapy for Pediatric Obsessive-Compulsive Disorder: Development, Utilization, and Satisfaction

Juliana Negreiros, PhD¹, Robert Selles, PhD¹, Sarah Lin, MS¹, Laura Belschner, MS¹, S. Evelyn Stewart, MD¹

¹University of British Columbia

35. Facilitating Deliberative and Automatic Approach of Feared Situations in Treatment for Pediatric OCD

Jennie Kuckertz, MS¹, Nader Amir, PhD¹

¹San Diego State University/UC San Diego Joint Doctoral Program in Clinical Psychology

36. Integrative Literature Review on Family Focused Cognitive Behavioural Therapy (FFCBT) for Young Children with Obsessive Compulsive Disorder: Nursing Implications

Carrie Bullard, BScN, MN, CPMHN(c)¹, Susan Jack, RN, PhD², Ellen Lipman, MD², Noam Soreni, MD³, Denise Bryant-Lukosius, RN, PhD⁴

¹St. Joseph's Healthcare Hamilton, ²McMaster University and Offord Centre for Children's Studies, ³St. Joseph's Healthcare Hamilton and McMaster University, ⁴McMaster University and Canadian Centre for Advanced Practice Nursing Research

37. Lessons Learned from Behavioral Science: Developing a Parent Toolkit for OCD and Beyond

Ryan Hackett, MA¹, Jordan Cattie, PhD¹

¹Emory University

42. Do People with Hoarding Disorder Experience Intrusive Images?

Nick Stewart, MS¹, Chris Brewin, PhD², James Gregory, DClinPsy¹

¹University of Bath, ²University College London

43. Inhibitory Anxiety's Role in OCD, Hoarding Disorder, and Quality of Life

Alexandra Nelson¹, Jessica Zakrzewski, MRes¹, Carol Mathews, MD¹

¹University of Florida

44. Predictors of Outcome in the Buried in Treasures Workshop for Hoarding

Isabella Gabrielson¹, Eliza Going¹, Sierra Thorpe¹, Molly Eldevik¹, Mercedes Woolley¹, Randy Frost, PhD¹

¹Smith College

BDD

45. Transcranial Magnetic Stimulation (TMS) for the Treatment of Obsessive-Compulsive Disorder (OCD) and/or Body Dysmorphic Disorder (BDD) with Co-Occurring Depression - A Pilot Program.

Ryan Vidrine, MD¹, Mohamed Esuf¹, Richard Bermudes, MD¹

¹TMS Health Solutions, San Francisco, CA

Trichotillomania

46. ACT-enhanced Group Behavior Therapy for Trichotillomania and Dermatillomania: A Pilot Study

Mia Asplund¹, Volen Ivanov, PhD², Christian Rück, MD, PhD², Tove Gunnarsson, PhD³, Hanna Delby³

¹Karolinska Institutet and Psykiatri Nordväst, Stockholm,

²Karolinska Institutet, ³Psykiatri Nordväst, Stockholm

Hoarding

38. Clutter across cultures: An examination of measurement invariance across English and Spanish versions of the Hoarding Rating Scale

Caitlin Brown, MS¹, Jordana Muroff, PhD², Kiara Timpano, PhD¹

¹University of Miami, ²Boston University

39. Functional Impairment and Perceptions of Memory in Hoarding Disorder

Christian Archer¹, Jessica Zakrzewski, MRes¹, Soo Uhm, PhD³, Janice Tsoh, PhD³, Scott Mackin, PhD³, Carol Mathews, MD¹

¹University of Florida, ²University of California, San Francisco

40. A First Examination of Cortisol Awakening Response in Relation to Hoarding in a Chronic Fatigue Syndrome Sample

Jamie Port¹, Daniel Hall, PhD², Sara Milrad, MS¹, Michael Antoni, PhD¹, Kiara Timpano, PhD¹

¹University of Miami, ²Massachusetts General Hospital

IOCDF Grant Winner

41. Object Attachment and Excessive Acquisition in Hoarding Disorder

Melissa Norberg, PhD¹

¹Macquarie University



Parents just want one thing: a healthy, happy child.

Keeping a child or teen healthy can mean more than keeping just their body healthy. At Bradley Hospital, the national leader in child and adolescent psychiatry, our experts coordinate the best treatment plan for each child's mental health and well-being. But keeping a child healthy - in both mind and body - can be complicated. That's why Bradley Hospital, in partnership with Hasbro Children's Hospital, brings integrated teams of pediatric specialists prepared to heal the whole child. Together, we help keep your child healthy so you can keep your child happy.

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Exhibitors

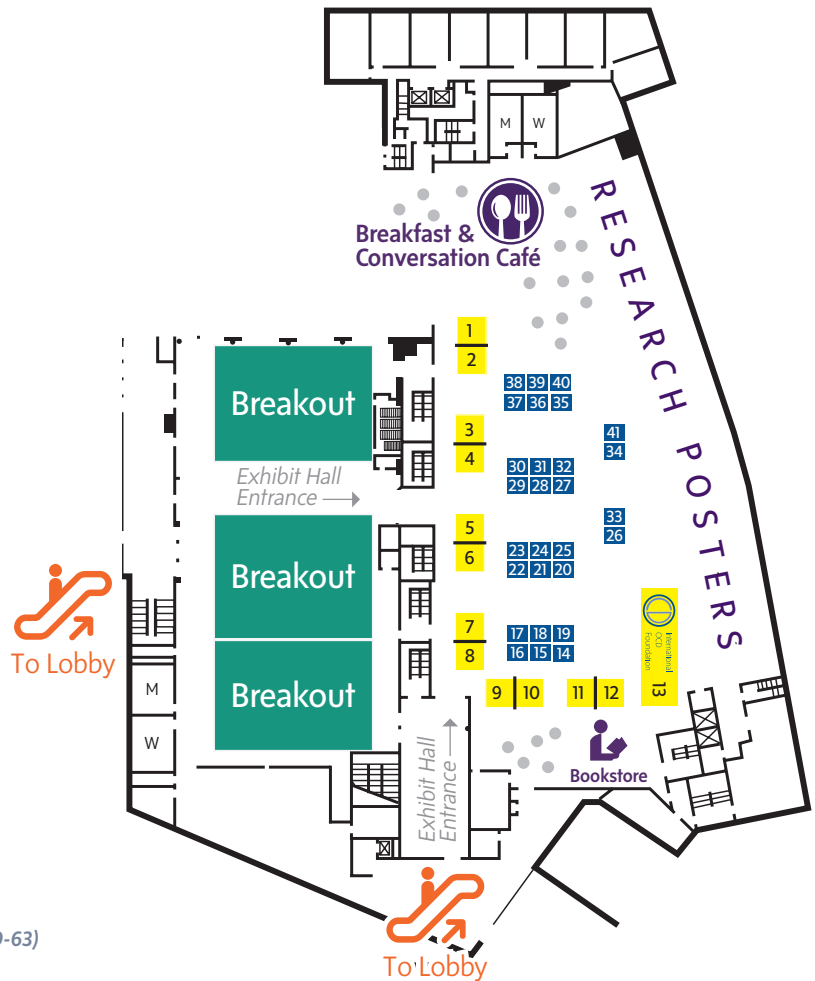
Exhibit Hall

Exhibit Level, accessible by escalator by Registration Desk

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 27 **7:00am–5:30pm**
Saturday, July 28 **7:00am–7:00pm**
Sunday, July 9th **7:00am–12:30pm**

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 28 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 45 for more information.



Exhibitors & Booth Numbers *(see descriptions on pages 59-63)*

Premium Booths

- | | |
|--|---|
| 1 Lindner Center of HOPE | 22 The TLC Foundation for BFRBs |
| 2 Biohaven Pharmaceuticals | 23 Potomac Behavioral Solutions |
| 3 Houston OCD Program | 24 American Foundation for Suicide Prevention (National Capital Area Chapter) |
| 4 AMITA Health | 25 Tourette Association of America |
| 5 Rogers Behavioral Health | 26 UNSTUCK: an OCD kids movie |
| 6 The OCD and Anxiety Treatment Center | 27 Therapy West NYC |
| 7 NW Anxiety Institute | 28 PANDAS Network |
| 8 Brainsway | 29 Resilience Treatment Center |
| 9 McLean Hospital OCD Institute | 30 Bradley Hospital |
| 10 Behavior Therapy Center (BTC) of Greater Washington | 31 PANDAS Physicians Network (PPN) |
| 11 Renewed Freedom Center From Rapid Anxiety Relief | 32 Picking Me Foundation NFP |
| 12 Neurobehavioral Institute (NBI) | 33 Adel B. Korkor, MD Foundation |
| | 35 Mountain Valley Treatment Center |
| 13 International OCD Foundation (IOCDF) | 36 Baylor College of Medicine |
| 14, 15 OCD Genetics Study of SUNY Downstate Medical Center | 37 Peace of Mind Foundation |
| 16 Center for Hope of the Sierras | 38 HabitAware |
| 17 PCH Treatment Center | 39 Robin Roblee-Strauss (Non-Fiction Filmmaker) |
| 18 Child Mind Institute | 40 OCD Jacksonville |
| 19, 20 IOCDF Affiliate Booths | 41 Boss It Back Productions |
| 21 WayPoint Academy | |

Exhibitors

Title Sponsor

**MCLEAN HOSPITAL OCD
INSTITUTE (BOOTH #9)**

**115 Mill St
Belmont, MA 02478
(617) 855-2776
OCDIadmissions@partners.org
www.mcleanhospital.org/ocdi**



McLean
HARVARD MEDICAL SCHOOL AFFILIATE

The McLean OCD Institute is a national center dedicated to the advancement of clinical care, teaching and research of obsessive-compulsive disorders. The Harvard Medical School affiliated programs provide residential and partial hospital treatment for adults, adolescents and children who suffer from severe/treatment resistant OCD and related disorders.

Platinum Sponsors

**ROGERS BEHAVIORAL HEALTH
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(413) 528-1784
(413) 822-8013
rramsay@rogersbh.org
www.rogersbh.org**



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.

AMITA HEALTH (BOOTH #4)

**Alexian Brothers
Behavioral Health Hospital
1650 Moon Lake Blvd
Hoffman Estates, IL 60169
(855) 383-2224**

**Patrick.mcgrath@amitahealth.org
www.amitahealth.org/behavioralmedicine**



**Foglia Family Foundation Residential Treatment Center
801 Gloucester Dr
Elk Grove Village, IL 60007
(877) 262-5041**

**Shannon.stowasser@amitahealth.org
www.amitahealth.org/foglia**

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.

**PEACE OF MIND FOUNDATION
(BOOTH #37)**

**708E 19th St, Unit B
Houston, TX 77008
(832) 474-1327
info@peaceofmind.com
www.peaceofmind.com**



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.

Bronze Sponsors

BRADLEY HOSPITAL (BOOTH #30)

**1011 Veterans Memorial Pkwy
East Providence, RI 02915
(401) 432-1516
jmartini@lifespan.org
www.lifespan.org/centers-services/intensive-program-obsessive-compulsive-disorder**



Our mission at Bradley Hospital is to provide a range of family-focused, high quality mental health care to infants, children, adolescents and young adults with emotional disorders and/or developmental disabilities.

**MOUNTAIN VALLEY TREATMENT CENTER
(BOOTH #35)**

**703 River Rd
Plainfield, NH 03781
(603) 989-3500
Cwlovejoy@mountainvalleytreatment.org
www.mountainvalleytreatment.org**



Located on two campuses in New Hampshire's Upper Valley, Mountain Valley Treatment Center provides empirically supported residential treatment for OCD, OC Spectrum and anxiety disorders to adolescent males and females through a comprehensive and collaborative therapeutic milieu within a structured environment.

PCH TREATMENT CENTER (BOOTH #17)

**11965 Venice Blvd, Ste 202
Los Angeles, CA 90066
(310) 384-2631
svirdee@pchreatment.com
www.pchreatment.com**



PCH Treatment Center provides integrative comprehensive primary mental health care and specializes in mood and thought disorders. We offer intensive outpatient and in-residence treatment for bipolar disorder, depression, trauma and PTSD, dissociative conditions, personality issues, anxiety, OCD with co-occurring symptoms, schizophrenia and other psychotic disorders.

Exhibitors

Additional Exhibitors (Alphabetically)

ADEL B. KORKOR, MD FOUNDATION
(BOOTH #33)

2301 Sun Valley Drive, Ste 200
Delafield, WI 53018
(262) 646-2059

chris@adelbkorkorfoundation.org
www.adelbkorkorfoundation.org

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 www.adelbkorkorfoundation.org

Adel B. Korkor M.D.
Foundation



AMERICAN FOUNDATION FOR SUICIDE PREVENTION (NATIONAL CAPITAL AREA CHAPTER) (BOOTH #24)

PO Box 3467
Fairfax, VA 22038
(646) 632-5189

afsp.ncac.education@gmail.com
afsp.org/ncac

The American Foundation for Suicide Prevention, National Capital Area Chapter, works on advocacy at the national, state, and local level; brings suicide prevention educational programming to community groups, schools, organizations, and businesses; and supports those touched by the tragedy of suicide through loss and healing services.



American Foundation for Suicide Prevention
National Capital Area

BAYLOR COLLEGE OF MEDICINE (BOOTH #36)

One Baylor Plaza, MS: BCM 350
Houston, TX 77030
(713) 798-4945

ocdprogram@bcm.edu
www.bcm.edu/ocdprogram

The BCM OCD and Related Disorders program provides comprehensive psychiatric and psychological assessment and treatment of OCD and related disorders (e.g., Tourette, excoriation, hoarding, anxiety, body dysmorphic disorder, and trichotillomania).



MENNINGER
DEPARTMENT OF
PSYCHIATRY &
BEHAVIORAL SCIENCES

BEHAVIOR THERAPY CENTER OF GREATER WASHINGTON (BOOTH #10)

11227 Lockwood Dr
Silver Spring, MD 20901
(301) 593-4040

info@behaviortherapycenter.com
www.behaviortherapycenter.com

The Behavior Therapy Center (BTC) of Greater Washington offers behavioral and cognitive behavioral treatment for children, adolescents, adults, couples and families. Established over 30 years ago by the director, BTC provides evidence-based care for OCD and a full range of other psychological disorders.



BIOHAVEN PHARMACEUTICALS (BOOTH #2)

234 Church St
New Haven, CT 06510

(203) 404-0410

laura.ruggiero@biohavenpharma.com
www.biohavenpharma.com



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

BOSS IT BACK PRODUCTIONS (BOOTH #41)

200 Trillium Ln
Albany, NY 12203
(518) 207-5458

tammy@bossitback.com
www.bossitback.com



Boss it Back® Productions offers a "done for you" customized ERP solution. Putting all the components together for ERP can be daunting and time-consuming. With "ERP in a Box" and other innovative products you can have ERP working for you in just a few minutes. Whether you are a therapist or individual with OCD, visit our booth for a free sample.

BRAINSWAY (BOOTH #8)

3 University Plaza, Ste 503
Hackensack, NJ 07601
(844) 386-7001

helpdesk@brainsway-usa.com
www.brainsway.com



Brainsway is a leader in non-invasive brain disorder treatment. Its patented Deep TMS technology is FDA-cleared for treatment resistant major depression disorder (MDD) patients, and its FDA De Novo application for OCD clearance is pending. Brainsway is involved in over 60 clinical trials worldwide. Please visit www.brainsway.com to learn more.

CENTER FOR HOPE OF THE SIERRAS (BOOTH #16)

601 Sierra Rose, Ste 202
Reno, NV 89511
(775) 828-4949

natalie.davidson@centerforhopeofthesierras.com
www.centerforhopeofthesierras.com



Center for Hope has earned a national reputation as a premier provider of treatment for men and women who are struggling with eating disorders and co-occurring conditions; one co-morbidity we treat using ERP therapy is obsessive compulsive disorder.

Exhibitors

CHILD MIND INSTITUTE (BOOTH #18)

**101 East 56th St
New York, NY 10022
(212) 308-3118
amie.clancy@childmind.org
www.childmind.org**



The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work to deliver the highest standards of care, advance the science of the developing brain and empower parents to support children when and where they need it.

HABITAWARE (BOOTH #38)

**7204 W 27 St, Ste 107
St. Louis Park, MN 55426
ellen@habitaware.com
www.habitaware.com**



HabitAware makes Keen, a smart bracelet that helps people become aware of and take control of compulsive/unwanted behaviors like hair pulling (trichotillomania), skin picking (dermatillomania), and nail biting.

HOUSTON OCD PROGRAM (BOOTH #3)

**708 E. 19th St
Houston, TX 77008
(713) 526-5055
info@houstonocd.org
www.houstonocdprogram.org**



The Houston OCD Program is dedicated to providing high-quality, evidence-based treatment for individuals with OCD and other anxiety related disorders. The treatment team specializes in delivering cognitive behavioral therapy (CBT), particularly exposure and response prevention (ERP).

IOCDF INFORMATION AND CONFERENCE AMBASSADOR BOOTH (BOOTH #13)

**PO Box 961029
Boston, MA 02196
(617) 973-5801
info@iocdf.org
www.iocdf.org**



Stop by to chat with IOCDF staff members, members of the IOCDF board of directors, and members of the Scientific and Clinical Advisory Board (SCB) to learn more about the IOCDF programs, membership, and how you can get involved. See page 15 for more information on who our Conference Ambassadors are as well as a detailed schedule for when they will be at the IOCDF Booth!

IOCDF AFFILIATES (BOOTH #19 & #20)

www.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 by a group of

dedicated volunteers. If you'd like to find help in your 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 booth during the following times:

- **OCD Georgia** Saturday 3:30pm–4:15pm
- **OCD Louisiana** Friday 11:15am–12:15pm
- **OCD Massachusetts** Saturday 2:00pm–4:15pm
- **OCD Mid-Atlantic** Saturday 5:45pm–7:00pm
- **OCD Midwest** Saturday 2:00pm–3:00pm
- **OCD New Jersey** Saturday 11:15am–12:15pm
- **OCD North Carolina** Saturday 7:00am–8:00am
- **OCD Sacramento** Saturday 7:00am–8:00am
- **OCD Southern California** Saturday 5:45pm–7:00pm
- **OCD Texas** Friday 7:00am–8:00am
- **OCD Texas** Friday 11:15am–12:15pm
- **OCD Washington (State)** Saturday 11:15am–12:15pm
- **OCD Wisconsin** Friday 7:00am–8:00am

LINDNER CENTER OF HOPE (BOOTH #1)

**4075 Old Western Row Rd
Mason, OH 45040
(513) 536-HOPE (4673)
tom.parker@lindnercenter.org
www.lindnercenterofhope.org**



For individuals struggling with obsessive compulsive disorder (OCD) and anxiety, Lindner Center of HOPE offers adults and adolescents (11 and up) diagnosis and individualized treatment in a residential setting. Each offers tailored cognitive behavioral therapy (CBT) and exposure and response prevention (ERP).

NEUROBEHAVIORAL INSTITUTE (BOOTH #12)

**2233 North Commerce Pkwy, Stes 1 & 3
Weston, FL 33326
(954) 217-1757
jennifer@nbiweston.com
www.nbiweston.com**



Neurobehavioral Institute (NBI) in Weston, FL provides evidence-supported treatment for OCD and related disorders. Our intensive treatment program, also available in Spanish and Portuguese, offers group activities and family training. Nearby accommodations are available.

NW ANXIETY INSTITUTE (BOOTH #7)

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



NW Anxiety Institute is a specialty outpatient clinic located in the heart of Portland, OR specializing in bringing evidence-based treatments to life when working creatively with individuals of all

Exhibitors

ages to face and overcome their fears. We offer outpatient therapy and intensive outpatient (IOP) treatment for teens and adults with OCD or anxiety. NEW! NW Anxiety Pediatrics is conveniently located within a block of NW Anxiety Institute and designed specifically for the treatment of children and teens with OCD and anxiety disorders. Individual, family, and group therapy is offered in addition to an intensive outpatient program.

THE OCD AND ANXIETY TREATMENT CENTER (BOOTH #6)

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

info@itherapycenter.com

www.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 therapist can help you start living your life again. Call today for a free consultation at 801-298-2000!



OCD GENETICS STUDY OF SUNY DOWNSTATE MEDICAL CENTER (BOOTHS #14 & #15)

**450 Clarkson Ave
Brooklyn, NY 11203
(718) 270-4351**

jorge.valderrama@downstate.edu

www.downstate.edu/psychiatry/research/genomic-psychiatry-cohort.html

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 booths. Compensation will be provided. Ages 7+ are welcome. See you at our SUNY Downstate Medical Center booths! IRB #759153.



OCD JACKSONVILLE (BOOTH #40)

**8495 Bluestem Ct
Jacksonville, FL 32224
(888) 311-0619**

jaxocd@gmail.com

www.ocdjacksonville.com

OCD Jacksonville is an affiliate of the IOCDF and a not-for-profit charitable organization. We will be displaying the Fearless line of products by Natural Life promoting health and well being. Natural Life promises a 10% royalty to OCD Jacksonville as part of our fundraising effort. Conference attendees may purchase product on their own time.



PANDAS NETWORK (BOOTH #28)

**655 Oak Grove Ave #1373
Menlo Park, CA 94025**

pandasnetwork@gmail.com

www.pandasnetwork.org

PANDAS Network is the leading national advocacy organization raising awareness for children afflicted with infectious triggered OCD and behavioral issues. Research is underway in National Centers of Excellence identifying markers, diagnosis and treatment methodologies. Average age of onset is 4-7. Children are healed! Lives are changed!



PANDAS PHYSICIANS NETWORK (PPN) (BOOTH #31)

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

support@pandasppn.org

www.pandasppn.org

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



PICKING ME FOUNDATION NFP (BOOTH #32)

**770 N LaSalle Dr #410
Chicago, IL 60654
(312) 282-6610**

lauren@pickingme.org

www.pickingme.org

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



POTOMAC BEHAVIORAL SOLUTIONS (BOOTH #23)

**2001 Jefferson Davis Hwy, Ste 800
Arlington, VA 22202
(571) 257-3378**

info@pbshealthcare.com

www.pbshealthcare.com

Potomac Behavioral Solutions offers evidence-based treatment for eating disorders, anxiety disorders, and personality concerns to children, adolescents, and adults in the Washington, DC metropolitan area. Our team integrates clinical expertise and research across disciplines to provide interventions tailored to meet the unique needs of each client.



Exhibitors

RENEWED FREEDOM CENTER FOR RAPID ANXIETY RELIEF (BOOTH #11)

**1849 Sawtelle Blvd, Ste 710
Los Angeles, CA 90025
(310) 268-1888**

info@RenewedFreedomCenter.com
www.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. Currently, we are looking to expand our team and are accepting curriculum vita and cover letter.



RESILIENCE TREATMENT CENTER (BOOTH #29)

**10780 Santa Monica Blvd, Ste 400
Los Angeles, CA 90025
(800) 693-9100**

kayal@resiliencetreatment.com
www.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.



ROBIN ROBLEE-STARUSS (NON-FICTION FILMMAKER) (BOOTH #39)

**Hampshire College
Amherst, MA 01002
(413) 687-1562**

reri4@hampshire.edu

I am undergraduate student making a collaborative non-fiction film exploring the experiences of living with obsessive-compulsive disorder and uncertainty for my senior thesis. I am looking for people to collaborate with and get feedback on my project!

THERAPY WEST NYC (BOOTH #27)

**37 West 65th St, 5th Fl
New York, NY 10023
(212) 580-0080**

drk@therapywest.com
www.therapywest.com

Therapy West is a premier treatment center focusing on reducing anxiety and disruptive behaviors in children and adolescents. Our expert clinical team use cognitive behavior therapy and evidenced-based interventions. The Anxiety Axis and Disruptive Behavior programs are often intensive but can be flexible to adapt to the needs of the client.



THE TLC FOUNDATION FOR BFRBS (BOOTH #22)

**716 Soquel Ave, Ste A
Santa Cruz, CA 95062
(831) 457-1004**

leslie@bfrb.org
www.bfrb.org

The TLC Foundation for Body-Focused Repetitive Behaviors is a nonprofit organization devoted to ending the suffering caused by hair pulling disorder, skin picking disorder, and related body-focused repetitive behaviors by creating community, training clinicians in effective treatment, and funding research for a cure.



TOURETTE ASSOCIATION OF AMERICA (BOOTH #25)

**42-40 Bell Blvd
Bayside, NY 11361
(718) 224-2999**

support@tourette.org
www.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. Visit tourette.org for more information.



UNSTUCK: AN OCD KIDS MOVIE (BOOTH #26)

**(917) 548-5629
unstuckfilm@gmail.com
www.ocdkidsmovie.com**

UNSTUCK: An OCD Kid's Movie is a short film featuring six kids with OCD who share how they learned to face their fears, stop their rituals and regain control of their lives. The film is produced by Realistic Pictures, Inc. in partnership with Women Make Movies.



WAYPOINT ACADEMY (BOOTH #21)

**PO Box 488
9091 E 100 S
Huntsville, UT 84317
(801) 690-7000
bwilde@waypointacademy.com
www.waypointacademy.com**

WayPoint Academy utilizes a highly specialized, therapeutic approach in treating young men whose lives have been overtaken by anxiety. We provide individualized care that transcends the generalist approach, for we recognize the devastating impact anxiety causes teens and their families



Glossary of Key Terms

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).

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 of choice for 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).

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 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.

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.

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 (also known as 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."

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 either motor or vocal tics (but not both).

Tourette Syndrome (also known as 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.

Has the Annual OCD Conference made a difference in your life?

Are you interested in helping the IOCDF improve the lives of others living with OCD and related disorders?

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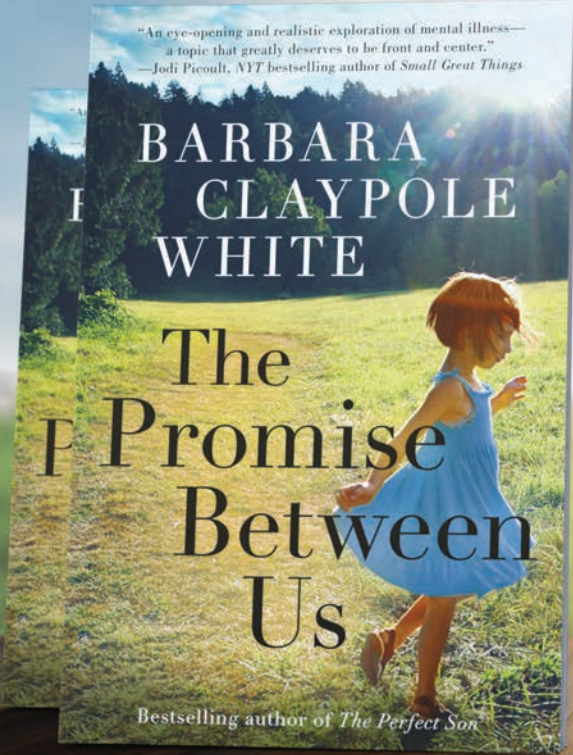


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THE MULTIDISCIPLINARY TEAM

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. Drs. Eric Storch and Elizabeth McIngvale lead our outstanding team of ERP clinicians.

Calling all Parents

WE NEED YOUR HELP!

The IOCDF is creating a comprehensive online resource center for school personnel, parents, and students. Our "Anxiety in the Classroom" website will provide resources for managing anxiety and related disorders (with an emphasis on OCD) in the school setting. We have previously surveyed school personnel, and now we are looking for feedback from parents and families to better understand what your experiences have been and what your needs might be with regards to schools.

Please take our survey and share it with other families in your community so that we can get this important feedback!

The survey can be found online at the following link:
iocdf.org/parentsurvey

To receive updates about Anxiety in the Classroom, signup for IOCDF News & Updates emails.



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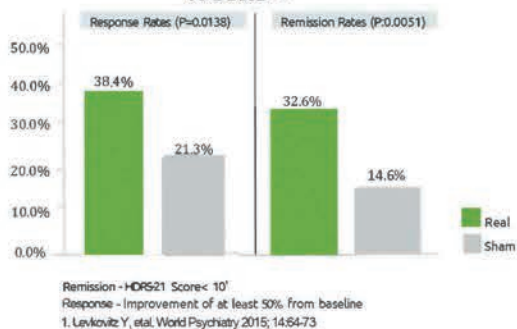


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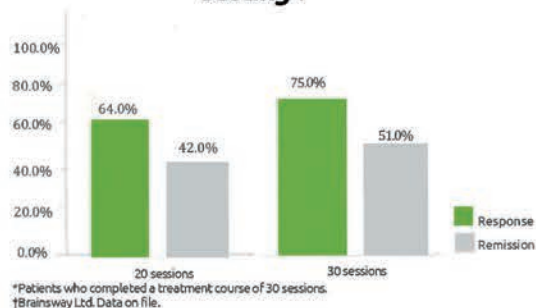
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- Professional consultation and community education programs
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- Cognitive Behavioral Therapy (CBT)
- Exposure and Response Prevention (ERP)
- Dialectical Behavior Therapy (DBT)
- Illness management, recovery and education groups
- Individualized therapy
- Self-directed work.

PANDAS/PANS Identification and Treatment

With Williams House's diagnostic expertise and specialized track for adolescents suffering with OCD, the treatment team has encountered a number of Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus (PANDAS)/Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) cases in the diagnostic process.

PANDAS is the sudden, rapid-onset of obsessive compulsive behavior, as well as possible movement and behavioral abnormalities, following a *Streptococcus pyogenes* (Group A Strep) infection.

The Williams House team is experienced in the identification and treatment of PANDAS/PANS and has had successful outcomes with patients.

Outpatient Services

Lindner Center of HOPE offers an outpatient accelerated OCD and anxiety service. The 2-week program is designed to give patients brief intensified ERP and would be appropriate for patients in standard outpatient care who need more frequent sessions or for patients stepping down from a higher level of treatment like residential. Patients meet with an OCD therapist four times per week for 75 minute ERP sessions. Children, adolescent and adult patients are eligible for this service. Additional weeks may be negotiable. Standard outpatient care is also available.



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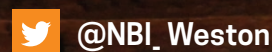


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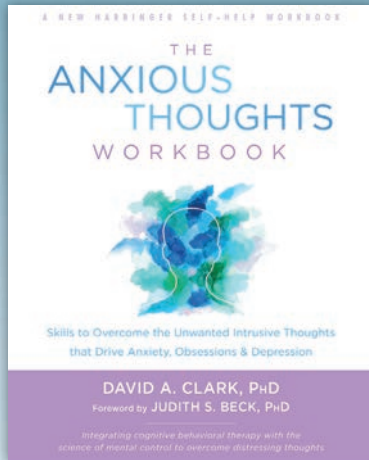


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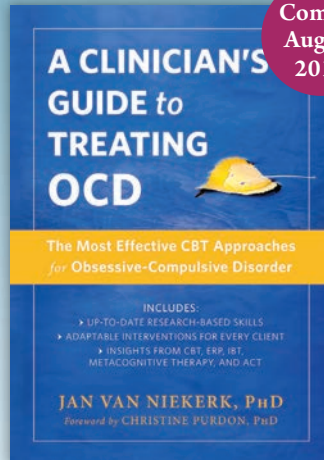
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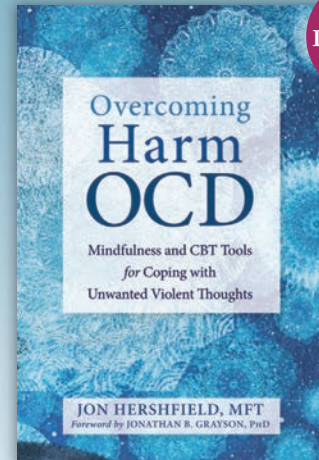
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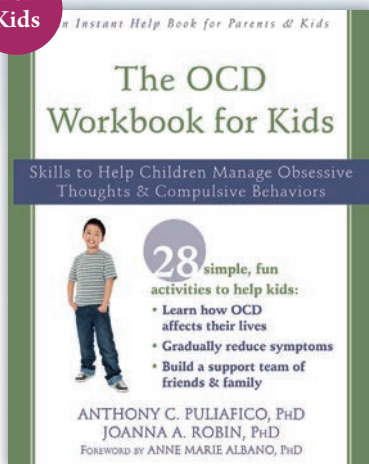


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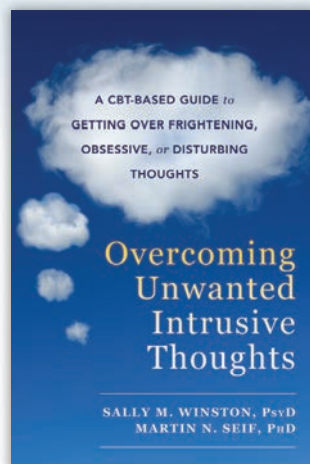


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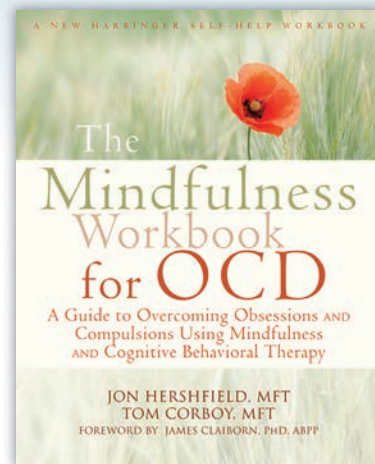
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We look forward to meeting you at the conference and you can visit the following team members either at our exhibit booth or at their presentation at this year's IOCDF Conference:

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