



# IOCDF BEHAVIOR THERAPY TRAINING INSTITUTE

Friday – Sunday, January 26<sup>th</sup> – 28<sup>th</sup>, 2018

Hosted by the Houston OCD Program

## **FRIDAY:**

### **BASIC PRINCIPLES OF TREATMENT**

8:00-8:30am:

*Introduction & Overview of the Weekend*, Alec Pollard, PhD

8:30am-Noon:

*Cognitive Behavioral Treatment of OCD*, Alec Pollard, PhD

Noon-1:00pm:

LUNCH (on your own)

1:00-5:00pm:

*Cognitive Behavioral Treatment of OCD (continued)*, Alec Pollard, PhD

## **SATURDAY:**

### **SPECIAL POPULATIONS AND ISSUES**

8:00-8:15am:

*Welcome, Overview of the Day*, Pollard

8:15-9:30am:

*Update on the Pharmacotherapy of OCD*, Joyce Davidson, MD, PhD

9:30-9:45am:

BREAK

9:45-Noon:

*Treating Children and Adolescents*, Aureen Wagner, PhD

Noon-1:00pm:

LUNCH (on your own)

1:00-2:20pm:

*Treating Related Disorders-I: Hypochondriasis*, Throstur Bjorgvinsson, PhD, ABPP

2:20-2:30pm:

BREAK

2:30-3:50pm

*Treating Related Disorders-II; Trichotillomania*, Suzanne Mouton-Odum, PhD

3:50-4:00pm

BREAK

4:00-5:00pm:

*Managing Treatment Ambivalence & Resistance*, Alec Pollard, PhD

## **SUNDAY:**

### **CASE FORMULATION AND TREATMENT PLANNING**

8:00-8:30am:

*Welcome, Group Assignments*, Alec Pollard, PhD

8:30-3:00pm\*:

*Breakout Groups Meet*

Group 1 (Pollard); Group 2 (Wagner); Group 3 (Bjorgvinsson);

Group 4 (Mouton-Odum); Group 5 (John Hart); Group 6 (Boudouvas)