PROGRAM GUIDE

24th Annual OCD Conference
#OCDCon @IOCDF

International OCD Foundation

SAN FRANCISCO 2017
24th ANNUAL OCD Conference

Presented by: ROGERS BEHAVIORAL HEALTH
McLEAN HOSPITAL

McLean’s OCD Institute: Celebrating 20 years of compassionate care and innovative research

“...I am forever grateful for the support the OCDI gave me; I don’t know where I would be if I had not gone to McLean.”
– Robin, one of over 8,000 former OCDI patients

McLean Hospital
HARVARD MEDICAL SCHOOL AFFILIATE

844.425.8962 mcleanhospital.org/ocdi
Welcome to the 24th Annual OCD Conference

Hello Conference Attendees,

Welcome to the 24th Annual OCD Conference. As you all know, last year the International OCD Foundation (IOCDF) marked its 30th Anniversary! We had wonderful celebrations at both last year’s Conference in Chicago, and at our 30th Anniversary event in Boston in October. Many memories were shared and we honored all the spectacular members of our community, especially our founders and leaders, who have ensured the long-term success of the IOCDF. It’s significant that I say “the first 30 years” because we are just getting started. The board of directors, IOCDF full time staff, the Scientific and Clinical Advisory Board, and all the selfless volunteers who support the IOCDF are committed to making the next thirty years better than the first.

This is my 8th consecutive Annual OCD Conference, beginning when the IOCDF invited me to give the Keynote Address in 2010. Each Conference is amazing and serves as a homecoming to sufferers, their family and friends, and treatment providers from around the world. And what impresses me each year is that each Conference seems to top the last — way to go staff and volunteers! And, I expect that this year will be no different. Everyone has been working as hard as ever to make this one a Conference you will never forget.

In addition to a long list of outstanding breakout sessions and the ability to speak directly with some of the leading OCD and related disorders experts in the world, we have several other highlights this year. For families, please check out our completely revamped pediatric programming, which will better meet the needs of kids of all ages who attend the Conference. In an effort to include our growing international OCD community, we will be taking our Saturday Night Social to the global scale this year. The theme will be "Coming Together: An International Celebration," and the Social will include foods from many different cultures as well as music from around the world (so make sure you’re there!). I am personally looking forward to our novel Keynote presentation this year, the world premiere of the film, UNSTUCK, followed by a Q&A featuring the stars of the film.

If this is your first Conference, fasten your seat belt! There’s a lot to take in and opportunities to meet many people who know what you’re going through. Lifelong friendships are made here. I think the most telling comment I hear is everyone saying they don’t want to leave when Sunday rolls around. It’s that kind of experience. We do what we do because we care, we want to reduce stigma, and we want to help. We do what we do because there is hope. It IS possible to get better. And by the way, if this is your 24th Conference (the first was in 1993), you should fasten your seat belt too! Thank you to our sponsors, to the Conference Planning Committee, and to the IOCDF staff for all of your support and hard work.

Also, please join me in congratulating all of this year’s award recipients. I thank them all for their devotion to advancing the cause, helping those who suffer and their loved ones, raising awareness, and (maybe most importantly,) giving a sense of hope. You’ll see these presentations at the Keynote and at the Saturday Night Social.

Finally, as we look forward to the next 30 years, let us all recommit ourselves to helping others, advancing the discussion, reducing stigma, and letting those whose lives are being ripped apart by this debilitating disorder know that there is hope. For those of you who provide financial support to the Foundation, let me also say “thank you.” It would be impossible to do what the Foundation does without you. We are all stronger together.

Happy 31st birthday, IOCDF, and welcome to San Francisco everyone!

All the best,

Shannon Shy, Esq.
President, Board of Directors
International OCD Foundation
New Program in Los Angeles!

We are excited to announce the opening of a new program in Los Angeles. The OCD & Anxiety Program offers outpatient and intensive outpatient services. Like the OCD & Anxiety Program of Houston, the Los Angeles program will offer a residential program in early 2018.

socalocdprogram.org • 310.488.5850

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:

Thröstur Björgvinsson, PhD, ABPP • Sahara Shrou, MA, LPC • Naomi Zwecker, PhD
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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. 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 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. For more information, visit the IOCDF Information and Conference Ambassador Booth.
Mission Statement
The mission of the International OCD Foundation is to help everyone affected by obsessive compulsive disorder (OCD) and related disorders to live full and productive lives. Our aim is to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.

Donating to the IOCDF
As a nonprofit, the IOCDF depends heavily on the generosity of individual donors to fulfill our mission to help people with OCD and related disorders live full and productive lives. Below are the different areas where you can support the IOCDF:

- **Annual Fund**: Supports the work of the IOCDF and provides vital support in the efforts to educate, raise awareness, and improve access to desperately needed 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.

To make a donation to the IOCDF, please go to [www.iocdf.org/donate](http://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 those Professional Members).

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

IOCDF Board of Directors
- **President**
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IOCDF Staff
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  - Sam Bailey
  - Community Support Specialist
  - Alex Bahrawy
  - Office & Program Coordinator
  - Wilhelm Engelbrecht
  - Bookkeeper
  - Abigail Green
What We Do

Thank you to our members and donors. We are able to provide support, education, and resources for those affected by OCD and related disorders, as well as for the professionals who treat these conditions, because of your support.

Promoting Awareness and Advocacy

1 Million Steps 4 OCD Walk #1Million4OCDF

The 1 Million Steps 4 OCD Walk is an awareness-building and fundraising event that takes place each year in June and supports the work of the International OCD Foundation (IOCDF) as well as its local affiliates, while also increasing awareness for and reducing stigma surrounding OCD and related disorders. The first walk was held in Boston in 2013, and has since expanded exponentially thanks to partnerships with our local affiliates. We hope to continue to expand to new cities each year, while also encouraging people to join the Virtual Walk from any community around the world. Visit www.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 networking opportunities offer thousands access to the latest information about OCD and related disorders in a supportive and stimulating environment. Visit www.ocd2017.org to learn more.

International OCD Awareness Week #OCDweek

The IOCDF and its affiliates and partners from around the world come together each October to educate their communities and the general public about OCD and related disorders. This year, OCD Awareness Week will be held from October 8th – 14th, 2017. Visit www.iocdf.org/awarenessweek to learn more.

Providing Resources and Support

Resource Directory

The IOCDF maintains 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 includes 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 (www.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 25 states and territories in the US, and are adding more every year. Visit www.iocdf.org/affiliates to learn more.

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.

IOCDF Website www.iocdf.org

Packaged with expanded and updated information about OCD and related disorders, the IOCDF website (www.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. Beginning with our flagship Behavior Therapy Training Institute (BTTI) program established in 1999, 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 www.iocdf.org/professionals/training-institute to learn more.

Pediatric Outreach Programs

These programs aim to reach kids and teens affected by OCD, their families, friends, fellow students, teachers, mental health professionals, and pediatricians. 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 BTTI 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. To learn more about all of these programs, please visit www.iocdf.org/programs and www.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.
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, 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. 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 those 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).

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 2017 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.

- **Research to Clinical Practice Series**: This track will serve as a forum for researchers and clinicians to come together to create a bridge between their two worlds, ensuring that research findings are reflected in our clinical practice.

In addition, the 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 will take place on Saturday and will include four fully bilingual (Spanish-English) presentations and an evening support group.

- **5th Annual Hoarding Meeting**: This year will be the fifth year of the Annual Hoarding Meeting, which includes a day-long Pre-Conference Training Session and 2 full days of presentations. There will be 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.).
24th Annual OCD Conference Planning Committee

Susan Boaz
Board of Directors, Acting Executive Director, PANDAS Pediatric Network
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

Doctoral Student, University of Connecticut
Diversity Council, International OCD Foundation

Lisa Coyne, PhD
Program Director, Child & Adolescent OCD Institute, McLean Hospital
Faculty, McLean Hospital/Harvard Medical School

Diane Davey, RN, MBA
Program Director, McLean OCD Institute
Board of Directors, International OCD Foundation

Allison Dotson
President, OCD Twin Cities; IOCDF Affiliate

Denise Egan Stack, LMHC
Founder/Director, Atlantic Center for Behavioral Health
Board of Directors, International OCD Foundation
Board of Directors, OCD Massachusetts, Affiliate of the IOCDF

Adam Lewin, PhD
Program Director, OCD, Anxiety and Related Disorders Program, University of South Florida
Scientific and Clinical Advisory Board, International OCD Foundation

Michelle Massi, LMFT
Founder and Director, Anxiety Therapy LA

Patrick McGrath, PhD
Clinical Director, Center for Anxiety and OCD, AMITA HEALTH Behavioral Medicine Institute
Scientific and Clinical Advisory Board, International OCD Foundation
President, OCD Midwest, IOCDF Affiliate

Katharine Phillips, MD
Professor, Brown University
Director, Body Dysmorphic Disorder Program, Rhode Island Hospital
Scientific and Clinical Advisory Board, International OCD Foundation

Bradley Riemann, PhD
Clinical Director, OCD Center, Rogers Memorial Hospital
Scientific and Clinical Advisory Board, International OCD Foundation

Susan Schuster
President, OCD Connecticut, Affiliate of the IOCDF

Ethan S. Smith
National Ambassador, International OCD Foundation

Margaret Sisson
Executive Director, Riley’s Wish Foundation

Eric Storch, PhD
Director of Research for Developmental Pediatrics and Clinical Director, Pediatrics, University of South Florida
Clinical Director, Rogers Behavioral Health - Tampa Bay
Scientific and Clinical Advisory Board, International OCD Foundation

Nathaniel Van Kirk, PhD
McLean Hospital OCD Institute

Allen Weg, EdD
Stress and Anxiety Services of New Jersey
Scientific and Clinical Advisory Board, International OCD Foundation
President, OCD New Jersey, IOCDF Affiliate

Jo-Ann Winston
Board of Directors, International OCD Foundation

Elna Yadin, PhD
Clinical Faculty, University of Pennsylvania
Clinical Faculty & Research Affiliate, Child Study Institute, Bryn Mawr College

Robin Zasio, PsyD, LCSW
Owner/Director, Anxiety Treatment Center, Compulsive Hoarding Center, Cognitive Behavior Therapy Center
Scientific and Clinical Advisory Board, International OCD Foundation

IOCDF Research Symposium Planning Committee

Co-Chair: Christopher Pittenger, MD, PhD
Director, OCD Research Clinic and Associate Professor of Psychiatry, Yale University; Scientific and Clinical Advisory Board, International OCD Foundation

Co-Chair Sabine Wilhelm, PhD
Professor of Psychology, Harvard Medical School; Chief of Psychology and Director, Obsessive Compulsive and Related Disorders Program, Massachusetts General Hospital; Vice Chair, Scientific and Clinical Advisory Board, International OCD Foundation

Jon Grant, JD, MD, MPH
Professor of Psychiatry & Behavioral Neuroscience, University of Chicago

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

S. Evelyn Stewart, MD
Founding Director, Pediatric Obsessive Compulsive Disorder Clinic and Research Program, BC Children’s Hospital, Scientific and Clinical Advisory Board, International OCD Foundation

Monnica Williams, PhD
Director, Laboratory for Culture and Mental Health Disparities, University of Connecticut; Clinical Director, Behavioral Wellness Clinic, Louisville, Kentucky and Chad’s Ford, Pennsylvania; Scientific and Clinical Advisory Board, International OCD Foundation

Annual Hoarding Meeting Planning Committee

Co-Chair: Randy Frost, PhD
Professor of Psychology, Smith College; Scientific and Clinical Advisory Board, International OCD Foundation

Co-Chair: Gail Steketee, PhD, LCSW
Dean and Professor, Boston University School of Social Work; Scientific and Clinical Advisory Board, International OCD Foundation

Christiana Bratistiotis, PhD, LCSW
Assistant Professor, Portland State University School of Social Work
Jordana Muroff, PhD, LCSW
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 973-580-1 or email conference@ocdf.org.

- Pre-Conference Training Session: Managing Clutter and Hoarding in the Community – 6.0 CE hours
- Pre-Conference Training Session: Applying OCD Treatment Models to Lesser-Known Conditions: "Obsessions" of Sound, Smell, & Significant Others – 4.5 CE hours
- Friday 1-Day Registration for the Annual OCD Conference – 7.5 CE hours
- Saturday 1-Day Registration for the Annual OCD Conference – 6.0 CE hours
- Full (3-Day) Registrations for the Annual OCD Conference – 18.0 CE hours

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: Managing Clutter and Hoarding in the Community – 6.0 AMA PRA Category 1 Credit(s)*
- Pre-Conference Training Session: Applying OCD Treatment Models to Lesser-Known Conditions: "Obsessions" of Sound, Smell, & Significant Others – 4.5 AMA PRA Category 1 Credit(s)*
- Friday 1-Day Registration for the Annual OCD Conference – 7.5 AMA PRA Category 1 Credit(s)*

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: Managing Clutter and Hoarding in the Community – 6.0 contact hours of nursing continuing education credit
- Pre-Conference Training Session: Applying OCD Treatment Models to Lesser-Known Conditions: "Obsessions" of Sound, Smell, & Significant Others – 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 – 6.0 contact hours of nursing continuing education credit
- Full (3-Day) Registrations for the Annual OCD Conference – 18.0 contact hours of nursing continuing education credit

Licensed Mental Health Counselors:
Approval is pending from the National Board for Certified Counselors (NBCC). CE information will be updated as it becomes available.

Social Workers
An application has been made to the National Association of Social Workers for 24 CE Credits. For information about continuing education credit for social workers, please call 973-580-1.

- Pre-Conference Training Session: Managing Clutter and Hoarding in the Community – 6.0 credits
- Pre-Conference Training Session: Applying OCD Treatment Models to Lesser-Known Conditions: "Obsessions" of Sound, Smell, & Significant Others – 4.5 credits
- Friday 1-Day Registration for the Annual OCD Conference – 7.5 credits
- Saturday 1-Day Registration for the Annual OCD Conference – 6.0 credits
- Full (3-Day) Registrations for the Annual OCD Conference – 18.0 credits
Learning Objectives

Pre-Conference Training Sessions
Managing Clutter and Hoarding in the Community:
- Participants will learn about the latest evidence-based research in hoarding, including information about prevalence, etiology, course, manifestations, motivation/insight, and diagnostic criteria.
- Participants will practice intervention methods, such as sorting/discarding, non-acquiring, harm reduction, room mapping, and maintaining systems that can be used with clients.
- Participants will network with other providers and share best practice ideas for capacity building and clinical/community responses to hoarding.

Applying OCD Treatment Models to Lesser-Known Conditions: "Obsessions" of Sound, Smell, & Significant Others:
- Clinicians will learn how to identify and treat/modify treatment for their clients with misophonia.
- Clinicians will learn how to identify and treat/modify treatment for their clients with Olfactory Reference Syndrome.
- Clinicians will learn how to identify and treat/modify treatment for their clients with obsessional jealousy.

General Conference
- Participants who are new to the diagnosis and treatment of OCD will have a basic working knowledge, in addition to specialized knowledge, of the etiology and treatment of OCD and related disorders.
- Participants will have a greater understanding of the etiology of OCD as well as various related disorders and co-morbid disorders. Participants will also have an understanding of differential diagnosis and treatment options for each disorder or combination of disorders.
- Participants will have new ideas about how to treat treatment-resistant OCD and related disorders as well as how to engage unmotivated patients in the treatment process.
- Participants will understand 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.
- Participants will have a more thorough understanding of and respect for OCD and related disorder sufferers and their family members, as well as an increased competency in facilitating recovery.

Please note: Learning objectives for individual sessions (that have been approved for CE credit) will be listed on evaluations.

Advertisement

SEE ALL COURSE DATES AT MGHCMOE.ORG/OCD

Online OCD Courses

CBT for Obsessive Compulsive Disorder: An Introductory Online Course
Helps you understand and identify clinical features of OCD and apply cognitive-, behavioral-, and acceptance-based skills to treat the different OCD symptom subtypes.

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of McLean Hospital and Massachusetts General Hospital. McLean Hospital designates this enduring material for a maximum of 10.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CBT for OCD in Children and Adolescents
An overview of how to use CBT for children and adolescents with OCD, including evidence-based interventions such as psychoeducation, cognitive strategies, and exposure and response prevention (E/RP).

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of McLean Hospital and Massachusetts General Hospital. McLean Hospital designates this enduring material for a maximum of 10.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Presented in collaboration with:

International OCD Foundation | icodf.org

Register now at mghcmoe.org/cbt
Use code IOCDF to SAVE $25
Faculty Financial Disclosures

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

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## Faculty Financial Disclosures

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<tr>
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<th>Company</th>
<th>Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elias Aboujaoude, MD, MA</td>
<td>Equanimity</td>
<td>Cofounder</td>
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<td>Limbix</td>
<td>Advisory Role</td>
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<tr>
<td>Mahendra Bhati, MD</td>
<td>Focused Ultrasound Foundation</td>
<td>Steering Committee Member</td>
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<td>Medronic</td>
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<td>Darin D. Dougherty, MD</td>
<td>Medronic</td>
<td>Consultant</td>
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<tr>
<td>Randy O Frost, PhD</td>
<td>Oxford University Press</td>
<td>Author</td>
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<td>Houghton/Mifflin/Harcourt</td>
<td>Author</td>
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<tr>
<td>Adam B. Lewin, PhD</td>
<td>Bracket LLC</td>
<td>Consultant</td>
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<tr>
<td></td>
<td>Tourette Association of America</td>
<td>BTI Faculty</td>
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<td>IOCDF</td>
<td>BTI Faculty</td>
</tr>
<tr>
<td>Ruth Golomb, LCPC</td>
<td>Goldlum Publishing</td>
<td>Author</td>
</tr>
<tr>
<td>Jon Grant, MD, JD, MPH</td>
<td>Brainsway</td>
<td>Grant Recipient</td>
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<td>Takeda</td>
<td>Grant Recipient</td>
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<tr>
<td>Charles S. Mansueto, PhD</td>
<td>TLC Foundation</td>
<td>Training Director</td>
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<td>TLC Foundation/ American University</td>
<td>Research Consultant</td>
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<tr>
<td>Anthony Puliafico, PhD</td>
<td>Up to Date</td>
<td>Co-Author</td>
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<td>New Harbinger Publishing</td>
<td>Co-Author</td>
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<tr>
<td>Carolyn Rodriguez, MD, PhD</td>
<td>Allergan, Blackthorn, Rugen</td>
<td>Consultant</td>
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<td>Naurex</td>
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<tr>
<td>Ariz Rojas, PhD</td>
<td>NIMH</td>
<td>Clinical Consultant</td>
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<tr>
<td>Phillip J. Seibell, MD, FAPA</td>
<td>BMJ Group</td>
<td>Writer</td>
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<td>Slack, Inc.</td>
<td>Writer</td>
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<tr>
<td>Gail Steketee, PhD</td>
<td>Houghton/Mifflin/Harcourt</td>
<td>Author</td>
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<tr>
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<td>Goldlum Publishing</td>
<td>Author</td>
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<tr>
<td>Sabine Wilhelm, PhD</td>
<td>Oxford University Press</td>
<td>Author</td>
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<tr>
<td>Kyle Williams, MD, PhD</td>
<td>PANDAS Network</td>
<td>Grant Recipient</td>
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Thank You to Our Sponsors

Sponsors help to 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 53 to learn more).

Presenting Sponsor

ROGERS BEHAVIORAL HEALTH
Conference Hotel

All Conference workshops, programs, and evening events will take place at the:

SAN FRANCISCO MARRIOTT MARQUIS
780 Mission Street
San Francisco, CA 94103

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 (510) 761-9545 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.
Welcome to our brand new youth programming! The IOCDF is excited to debut big changes in the Conference experience for young people of all ages. Instead of offering a "Kids & Teens" track within the workshop schedule, we now offer 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 to the activities and workshops, attendees can create an ongoing project to take home after our weekend together ends – scrapbooks for kids, and yearbooks for middle schoolers and teens. These books 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 15 for workshops and individual daily schedules for support and evening activities.
# Pediatric Program

<table>
<thead>
<tr>
<th>Kids</th>
<th>Middle Schoolers</th>
<th>Teens</th>
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<tbody>
<tr>
<td></td>
<td>Golden Gate C2</td>
<td>Golden Gate C3</td>
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## Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30PM - 7:30PM</td>
<td>Superhero Academy for Kids</td>
<td>Renee Reinardy, PsyD</td>
</tr>
<tr>
<td>8:00PM - 9:00PM</td>
<td>Create your Memory Book</td>
<td>Madeline Conover, MA, REAT</td>
</tr>
<tr>
<td>6:30PM - 7:30PM</td>
<td>OCD Support Group for Middle Schoolers</td>
<td>Rachael Hatton, LMFT</td>
</tr>
<tr>
<td>8:00PM - 9:00PM</td>
<td>OCD Poetry and Image-Making - What Does OCD Look/Feel/Sound Like?</td>
<td>Katherine Rossi, MA</td>
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</table>

## Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00AM - 9:30AM</td>
<td>Kids and Parents Orientation</td>
<td>Susan Boaz &amp; Madeline Conover, MA, REAT</td>
</tr>
<tr>
<td>9:45AM - 11:15AM</td>
<td>Draw your Superhero/Supervillain</td>
<td>Madeline Conover, MA, REAT</td>
</tr>
<tr>
<td>12:30PM - 2:00PM</td>
<td>Party with a Purpose: Building Body Awareness through Dance &amp; Movement</td>
<td>Ashley Brainhall &amp; Jennifer Bulger, MA</td>
</tr>
<tr>
<td>2:15PM - 3:45PM</td>
<td>Courage Clinic for Kids</td>
<td>Eliza Cummings, MFT &amp; Robin O’Heeron, PhD</td>
</tr>
<tr>
<td>4:00PM - 5:30PM</td>
<td>Scavenger Hunt for Kids!</td>
<td>Patricia Zurita Ona, PsyD</td>
</tr>
<tr>
<td>8:00AM - 9:30AM</td>
<td>Middle Schooler and Parents Orientation</td>
<td>Denise Egan Steck, LMHC &amp; Katherine Rossi, MA</td>
</tr>
<tr>
<td>9:45AM - 11:15AM</td>
<td>The OCD Monster and Me: The Creation and Destruction of your OCD Monster</td>
<td>Jenny Yip, PsyD; Noah Laracy, MA; &amp; Jake Knapik, PhD</td>
</tr>
<tr>
<td>12:30PM - 2:00PM</td>
<td>Tapping into your Courageous Self: A Workshop for Middle Schoolers</td>
<td>Lacie Lazaroe &amp; Ashley Ordway, MEd, Eds</td>
</tr>
<tr>
<td>2:15PM - 3:45PM</td>
<td>Exposing with Harry Potter!</td>
<td>Megan Boninelli, Epiphania Gallina, &amp; Katlyn Hashway</td>
</tr>
<tr>
<td>4:00PM - 5:30PM</td>
<td>Fantastic Beasts and How to Use Them for ERP</td>
<td>Nicole Rosse, PsyD; Charles Brady, PhD; Jennifer Wells, MSW; &amp; Jennifer Wilcox, PsyD</td>
</tr>
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## Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>8:00AM - 9:30AM</td>
<td>Kicking OCD Monsters Off the Bus</td>
<td>Jenny Yip, PsyD; Noah Laracy, MA; &amp; Jake Knapik, PhD</td>
</tr>
<tr>
<td>9:45AM - 11:15AM</td>
<td>Turning OCD Inside Out</td>
<td>Nicole Bosco, PsyD; Charles Brady, PhD; Jennifer Wells, MSW; &amp; Jennifer Wilcox, PsyD</td>
</tr>
<tr>
<td>12:30PM - 2:00PM</td>
<td>Fun and Games!</td>
<td>Madeline Conover, MA, REAT</td>
</tr>
<tr>
<td>12:30PM - 2:00PM</td>
<td>Defusing the OCD Bomb</td>
<td>Sam Lample, MA, LPC &amp; Megan Schwannie, MA, LCSW</td>
</tr>
<tr>
<td>12:30PM - 2:00PM</td>
<td>The Parent Trap: How to Navigate OCD and your Parents</td>
<td>Jessica Kohnert, Neil Hemmer, &amp; Emma Sullivan</td>
</tr>
<tr>
<td>12:30PM - 2:00PM</td>
<td>Over-Achievers with OCD: How to Excel in School Without Letting your OCD Win</td>
<td>Josh Steinberg &amp; Emily Steinberg</td>
</tr>
<tr>
<td>2:15PM - 3:45PM</td>
<td>Study and Organizational Skills for Kids</td>
<td>Kathleen Norris, LPC</td>
</tr>
<tr>
<td>2:15PM - 3:45PM</td>
<td>Parent/Middle Schooler Summit: Everyone Talks, Everyone Listens</td>
<td>Jessica Kohnert, Neil Hemmer, &amp; Emma Sullivan</td>
</tr>
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</table>

## Sunday

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>8:00AM - 9:30AM</td>
<td>You Can See the Magic! Create a Visual Imagery Story</td>
<td>Jennie Gault, MFT</td>
</tr>
<tr>
<td>8:00AM - 9:30AM</td>
<td>Yoga and Mindfulness for Middle Schoolers</td>
<td>Laura Harper, MSW</td>
</tr>
<tr>
<td>9:45AM - 11:15AM</td>
<td>Practice Makes Imperfect: The Double Dare Game Show to Beat Perfectionism</td>
<td>Jenny Bullock, PhD; Amanda Harrell, PsyD; Sony Kherlani-Patel, PhD; &amp; Katia Moritz, PhD</td>
</tr>
<tr>
<td>9:45AM - 11:15AM</td>
<td>Study and Organizational Skills for Middle Schoolers</td>
<td>Kathleen Norris, LPC</td>
</tr>
<tr>
<td>11:30AM - 1:00PM</td>
<td>Memory Books and Goodbyes</td>
<td>Madeline Conover, MA, REAT</td>
</tr>
<tr>
<td>11:30AM - 1:00PM</td>
<td>Group Drawing and Compassion Cards</td>
<td>Katherine Rossi, MA</td>
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</tbody>
</table>

International OCD Foundation | icdf.org
OCD Conference Bookstore

Bookstore Hours:

THURSDAY 6:00pm – 8:00pm
FRIDAY 7:00am – 5:30pm
SATURDAY 7:00am – 7:00pm
SUNDAY 7:00am – 1:00pm

Located on the Lower B2 Level, at the end of the hallway, past the Check-In Desks.

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 7th

11:15am – 12:30pm

Adam Lewin, PhD & Eric Storch, PhD
Understanding OCD: A Guide for Parents and Professionals

Joan Davidson, PhD
Daring to Challenge OCD

S.K. Clark
Kingdom of Mind: A Tale to Understand and Master OCD

Saturday, July 8th

11:15am – 12:30pm

Kristen Pagacz
Leaving the OCD Circus: Your Big Ticket Out of Having to Control Every Little Thing

Chrissie Hodges
Pure OCD: The Invisible Side of Obsessive Compulsive Disorder

Fred Penzel, PhD
Obsessive Compulsive Disorders: Second Edition
A Complete Guide to Getting Well and Staying Well
 IOCDF Information and Conference Ambassador Booth

Have a question about the IOCDF? Visit the Information and Conference Ambassador booth and talk with IOCDF staff members, members of the Board of Directors, and members of the Scientific and Clinical Advisory Board. In addition, we have invited previous Keynote speakers, award winners, and other veteran conference attendees. Our new IOCDF National Ambassador, Ethan Smith, will also be available to talk about our recently launched IOCDF Ambassador Program and how you can get involved.

Please visit our Information and Conference Ambassador Booth in the exhibit hall Salon 7, Booths #30 & 31.

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

<table>
<thead>
<tr>
<th>Shannon Shy</th>
<th>Brad Riemann</th>
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</thead>
<tbody>
<tr>
<td>President, Board of Directors</td>
<td>Member, Scientific and Clinical Advisory Board</td>
</tr>
<tr>
<td>Susan Boaz</td>
<td>Eric Storch</td>
</tr>
<tr>
<td>Vice-President, Board of Directors</td>
<td>Member, Scientific and Clinical Advisory Board; Chair of the Pediatric BTI</td>
</tr>
<tr>
<td>Michael Stack</td>
<td>Alec Pollard</td>
</tr>
<tr>
<td>Treasurer, Board of Directors</td>
<td>Member, Scientific and Clinical Advisory Board; Chair of the BTI</td>
</tr>
<tr>
<td>Denis Asselin</td>
<td>Alison Dotson</td>
</tr>
<tr>
<td>Secretary, Board of Directors</td>
<td>Affiliate President, 2016 Hero Award winner, IOCDF Ambassador</td>
</tr>
<tr>
<td>Michael Jenike</td>
<td>Margaret Sisson</td>
</tr>
<tr>
<td>Chair, Scientific and Clinical Advisory Board; member, Board of Directors</td>
<td>2014 Hero Award winner, Conference veteran</td>
</tr>
<tr>
<td>Denise Egan Stack</td>
<td>Chrissie Hodges</td>
</tr>
<tr>
<td>Member, Board of Directors (immediate past President)</td>
<td>2017 Hero Award winner, Conference veteran</td>
</tr>
<tr>
<td>Elizabeth McIngvale</td>
<td>Shala Nicely</td>
</tr>
<tr>
<td>Member, Board of Directors; 2007 Keynote Speaker, past IOCDF Spokesperson</td>
<td>2013 Keynote Speaker, Conference veteran</td>
</tr>
<tr>
<td>Diane Davey</td>
<td>Adira Weixlmann</td>
</tr>
<tr>
<td>Member, Board of Directors</td>
<td>IOCDF Ambassador, Conference veteran</td>
</tr>
<tr>
<td>Ron Prevost</td>
<td>Jon Hershfield</td>
</tr>
<tr>
<td>Member, Board of Directors</td>
<td>Conference veteran</td>
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<tr>
<td>Paul Mueller</td>
<td>Nathaniel Van Kirk</td>
</tr>
<tr>
<td>Member, Board of Directors</td>
<td>Conference veteran</td>
</tr>
<tr>
<td>Jo-Ann Winston</td>
<td>Judy Asselin</td>
</tr>
<tr>
<td>Member, Board of Directors</td>
<td>Conference veteran</td>
</tr>
<tr>
<td>Chris Vertullo</td>
<td>Carrie Asselin</td>
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<tr>
<td>Member, Board of Directors</td>
<td>Conference veteran</td>
</tr>
<tr>
<td>David Calusdian</td>
<td>Chris Baier</td>
</tr>
<tr>
<td>Member, Board of Directors</td>
<td>2017 Keynote Speaker</td>
</tr>
<tr>
<td>Ethan Smith</td>
<td>Kelly Anderson</td>
</tr>
<tr>
<td>National Ambassador, 2014 Keynote Speaker,</td>
<td>2017 Keynote Speaker</td>
</tr>
<tr>
<td>Thórustur Björvinsson</td>
<td>Kids from UNSTUCK documentary</td>
</tr>
</tbody>
</table>
Thursday Schedule

Overview

Thursday, July 6th

8:30am – 5:00pm  OCD Treatment Group and Professional Training*
Foothill A, 2nd Floor

Please note: This is the second day of a 2-day event (first day on Wednesday 7/5).

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 2-day treatment program prior to the Conference. On July 5–6 and again on July 9–10, Dr. Reid Wilson, co-author of Stop Obsessing! and author of Don’t Panic! will be running a 2-day treatment group 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.

8:00am – 9:00am  Onsite Registration & Check-In for “Managing Clutter and Hoarding in the Community”
South Registration

9:00am – 5:00pm  Pre-Conference Training Session: “Managing Clutter and Hoarding in the Community”
Golden Gate C2

See page 19 for detailed description.

12:00pm – 1:00pm  Onsite Registration & Check-In for “Applying OCD Treatment Models to Lesser-Known Conditions: ‘Obsessions’ of Sound, Smell, & Significant Others”
South Registration

12:00pm – 8:00pm  Conference Check-In & Badge Pick-up Open (If you have already registered)
South Registration

Onsite Registration Open (If you still need to register)
North Registration

1:00pm – 6:00pm  Pre-Conference Training Session — “Applying OCD Treatment Models to Lesser-Known Conditions: ‘Obsessions’ of Sound, Smell, & Significant Others”
Golden Gate A

See page 19 for detailed description.

6:00pm – 8:00pm  Conference Bookstore Open
End of Yerba Buena Foyer

See page 16 for bookstore hours and information.

6:30pm – 10:00pm  Thursday Evening Activities & Support Groups

Turn to pages 19–20 for all Thursday evening activity & support group descriptions and a detailed schedule.
9:00 AM – 5:00 PM
Managing Clutter and Hoarding in the Community
Golden Gate City 2
Gayle Steketee, PhD, LICSW, Boston University; Randy Frost, PhD, Smith College; Christiana Bratciti, PhD, LICSW, Portland State University; Jordan McRuff, PhD, LICSW, Boston University; Lee Shuer, CPS, Mutual Support Consulting; Bec Belofsky Shuer, Mutual Support Consulting
This day-long workshop will offer a comprehensive overview of hoarding that will address the learning needs of the wide variety of professionals who work with the disorder, including therapists, home-based workers, coaches, first responders, social service agencies, housing agencies, professional organizers, and peer response teams. The workshop is broken into two sessions, with a lunch break and afternoon coffee break. The first session will cover the following topics: hoarding prevalence, causes, manifestations, motivation and insight in individuals with the disorder, diagnostic criteria, and current and emerging research on hoarding disorder. All attendees of this Pre-Conference Training Session will come together for this first session. Following the above, attendees will break out into one of three groups - clinicians/therapists, community responders, or peer responders - for hands-on training in hoarding interventions. Attendees in each group will learn key skills about how a community response to hoarding can help all individuals affected by hoarding disorder, with a special emphasis on the role their particular group can play.

1:00 PM – 6:00 PM
Applying OCD Treatment Models to Lesser-Known Conditions: "Obsessions" of Sound, Smell, & Significant Others
Golden Gate A
Jonathan Grayson, PhD, Grayson LA Treatment Center for Anxiety and OCD; Eric Storch, PhD, University of South Florida & Rogers Behavioral Health - Tampa; Eugen Nezrinoglu, PhD, Bio-Behavioral Institute; Alec Polard, PhD, Saint Louis Behavioral Medicine Institute
OCD-like phenomena can be found in a number of conditions that could be conceptualized as variants of OCD. Although the extent to which disorders like Obsessive Jealousy, Misophonia, and Obsessive-Reference Syndrome are related to OCD has yet to be determined, clinicians have successfully adapted OCD treatment models for use with each of the three disorders. The purpose of this advanced training is to educate therapists about 3 lesser-known conditions that may be treatable with therapeutic principles similar to those used with OCD. The session will focus on obsessive concerns about sound (Misophonia), smell (Obsessive-Reference Syndrome) and relationships (Obsessional Jealousy). For each disorder, presentations will include clinical information about the condition, a case report illustrating treatment, and discussion of the ways in which treatment is consistent with or deviates from that of OCD.

THURSDAY EVENING
6:30 PM – 7:30 PM
Evening Activities
Live Concert by Singer/Songwriter Sam Foster: Songs Inspired by OCD
Salon 10-12
Sam Foster
Tonight's performance will be by Sam Foster, a 27-year-old student from Issaquah, Washington. He will be performing original songs inspired by OCD, which he has dealt with his entire life. The struggle and strife of living with this disorder pushed him to search for an outlet for his anxiety; he found one in songwriting. He is a dedicated musician who has performed on stage with artists such as The Roots, Shella E., and Mycde Wastam. He released an EP of original music at age 14 and is currently recording an album of new music inspired by his battle with OCD.

Superhero Academy for Kids
Golden Gate C3
Renae Rainmard, PsyD, Lakeside Center for Behavioral Change
Did you know that you are a superhero? It's true! This workshop will help kids learn how to use their powers to defeat OCD. Many examples will be given on how OCD tries to boss kids around and what kids can do to stand up to the OCD bully. We will practice together in a fun atmosphere where kids will feel safe, empowered, and encouraged. They will leave this workshop with a plan on how to defeat OCD and feel good about their special superhero powers. Of course, toys will also be given away to all who participate.

Support Groups
OCD Support Group for Middle Schoolers
Golden Gate C9
Rachael Hatton, LMFT
This support group is intended for ages 13-19, which is meant to include those in middle school who may feel left out and want to talk to others who are dealing with similar situations. The group will discuss some specific topics such as: how to talk to friends about OCD and how OCD impacts school and relationships. The group will also provide general support by allowing open discussion about topics brought up by group members.

Support Group for Teens with OCD
Golden Gate C1
Michelle Assit, LMFT, Anxiety Therapy LA Jessica Serber, LMFT, OCD Specialists
This support group will provide a safe and supportive environment for the attendees to discuss the struggles and treatment successes. Participants will have an opportunity to share their journey and support others who are dealing with similar situations. Topics might include how to talk with family and friends about OCD, success and struggles with ERP and CBT, managing social situations with OCD, self-esteem, etc.

Support Group for Parents of Children with OCD
Golden Gate B8
Jennie Kuckertz, San Diego State University Center for Understanding and Treating OCD; Melissa Moss, LMFT
Parenting a child with OCD presents a variety of challenges. Parents often struggle to balance showing compassion for their child's experience while also refraining from accommodating their symptoms. This task becomes more challenging when conflicting needs arise between children with OCD and their siblings. In the midst of all this, it may feel difficult to make time for your own self-care. This support group will create a space for parents to discuss these challenges and learn from each other as well as the clinician-co-facilitator, one of whom is also a parent of a child with OCD.

Parents of Teens Support Group: Remember, You're Doing Your Best!
Golden Gate A
Patricia Zuniga Ona, PsyD, East Bay Behavior Therapy Center
Parenting is one of the most rewarding and challenging tasks; however, parenting a teen struggling with OCD and anxiety can be heartbreaking at times and not easy for anyone. It's hard for you, the parent, it's hard for your kid. You're both struggling. What if instead of blaming yourself for what your teen is going through or giving up or searching for the next medication to take, you pause, and check whether the more demanding you're on yourself is really helping you and your kid. What's the alternative? Learning specific strategies with a touch of kindness for yourself & your teen.

Sibling Support Group for Teens
Laurel
Michelle Wilkin, PhD; Jenny Yip, PsyD, Renewed Freedom Center
When your brother or sister has OCD, you may struggle with many different issues. You may feel like nobody else knows what it's like to have OCD in their family. You may wonder how to support your sibling without getting overly involved. You may have lots of mixed feelings, and sometimes you may just feel plain old lost in the shuffle. Come meet other teens who have siblings with OCD as we share thoughts and feelings, and work to constructively problem-solve the unique issues that arise when you have a sibling with OCD.

Peer Support Group for People Who Have Too Much Stuff
Willow Lee Shuer, CPS, Mutual Support Consulting; David Bain, MS, Mental Health Association, San Francisco
Are you feeling buried in treasures, or as our Aussie mates say, "trapped under plunder?" You're not alone! Join others like yourself in a positive, safe, supportive environment to share frustrations, wisdom, and hope for overcoming clutter! This support group is led by and for people who are working on their own recovery from excessive finding and keeping.

Support Group for Family & Friends of People with Hoarding Disorder
Walnut
Everitt Clark, Everitt Clark Photography; Bec Belofsky Shuer, Mutual Support Consulting
Bec Belofsky Shuer and Ev Clark will facilitate a support group for those whose loved ones, like Bec's and Ev's, have too much stuff. It will be a safe space to explore the conflicting emotions that trouble the families and friends of people with hoarding disorder. We'll gather to share feelings, thoughts, and questions. We'll also talk about resources that we can use to find support after the Conference.

* Presentation is eligible for CE/CME credits.
Thursday Evening

Support Group for Men Salons 2-3
Neil Himmel, Southern Illinois University at Carbondale; Collin Schuster, OCD Connecticut; Jacques Essex, New Jersey Affiliate of the IOCDF
Are you a male suffering with OCD and haven’t found a safe place to discuss your issues? Topics can include admitting to a significant other that you have a mental disorder, being encouraged to ‘man up’, keeping your anger in check, medication side effects, and asking for help.

Support Group for Women Salons 4-6
Kimberly Quinlan, LMFT; Beth Brawley, LPC, Life Without Anxiety LLC
This group will provide a safe and supportive environment for women to discuss “everything!” Participants will have the opportunity to share their struggles and successes with treatment, relationships, mental health advocacy and women’s issues. Participants will also have the opportunity to take part in empowering women to take back their lives from mental illness.

8:00 PM – 9:00 PM

Youth Programming

Create Your Memory Book Golden Gate C2
Madeline Conover, MA, REAT, Boston Children’s Hospital
Come join us in the Kids Room to start creating a memory book that you will be able to use all weekend at the conference! Each day during the conference you will have an opportunity to add to this book so that throughout the year you can look back at all of the fun you had with your friends.

OCD Poetry and Image-Making - What Does OCD Look/Feel/Sound Like? Golden Gate C3
Katherine Rossi, MA
Participants will be asked what OCD means for them and create a list of descriptive words. Using their list of words, participants will create a poem. In response to their OCD poem, participants will be asked to create an image using markers/crayons/pencils.

Group Comic Strip - Developing Support Golden Gate C3
Dede Booth, MA, REAT, McLean Hospital
Welcome, teens, to the Annual OCD Conference! In this activity, we will create a group comic strip to get to know each other and kick off our next few days together. Teens will have the chance to both create their own frame and add contributions to others’.

Support Groups

LGBTQ+ Support Group Salons 2-3
Lissette Cortes, PsyD, Neurobehavioral Institute; Wilfredo Rivera, PsyD, Neurobehavioral Institute
We welcome people of all sexualities and gender identities to this group. We will explore different situations where people experience distress related to OCD and how this can affect social interactions, school, work, and overall health. We invite you to participate in this interactive group where people can share stories and develop connections with other people in the LGBTQ+ community.

OCD Perfectionism Support Group Golden Gate B
Steven Tsao, PhD, Center for Anxiety & Behavior Therapy; Whitney Pickett
The OCD Perfectionism Support Group will be open to all OCD and OCD perfectionism sufferers and all other conference attendees also.

Oh Crappy Day: A Short Film Screening and Discussion Salons 10-12
Jon Bacon, Dogtype Films, LLC
Literary scholar and filmmaker Jon Lance Bacon will screen the award-winning ‘Oh Crappy Day.’ a short romantic comedy with a psychological twist. The 18-minute film depicts a college student struggling to keep his OCD on the down low while on a blind date. The film springs from Bacon’s own experience dealing with OCD, a condition that made him feel, for a long time, as if he were just too odd to find love and acceptance. Intended for a general audience, the screening will be followed by a discussion about film as a vehicle for positive depictions of people with OCD.

Overcoming Obstacles During Treatment and Beyond Support Group Salons 4-6
Joan Davidson, PhD, San Francisco Bay Area Center for Cognitive Therapy; Mary Samson, San Francisco OCD Support Group
Encountering obstacles during and after treatment for OCD is common. You work hard to face frightening obsessions, learn to live with the uncertainty they provoke, and change your responses to them. Yet, new and old obsessions can intrude at any time. You might feel discouraged and think, “It feels like it never ends!” An experienced OCD therapist/author and an OCD peer support group facilitator/speaker lead this support group to discuss how to face this challenging obstacle and to share toward the life you truly want to live. Participants are encouraged to share their experiences, questions and ideas.

Siblings Support Group for Middle Schoolers (ages 11-14) Lauren Rachael Hatton, LMFT
This siblings support group is intended for ages 11-14, which is meant to include those in middle school. The group will start off with a brief icebreaker to introduce group members. We will also discuss some specific topics such as basic education about what OCD is, what it is like to have a sibling who has OCD, and ways siblings can make sure their own needs get met. The group will also provide general support by allowing open discussion about topics brought up by group members.

Support Group for Mental Health Professionals and Trainees with OCD Golden Gate A
Shaia Nicely, LPC, Cornerstone Family Services; Sheree Morse, MD, MPH
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 this support group for mental health professionals with OCD. We will interactively discuss how to handle these obstacles so you can enjoy your extremely important role helping others!

Support Group for Parents of Adult Children with OCD Salons 13-15
Ben Eckstein, MSW, Bull City Anxiety, PLLC
This support group is intended for parents of adult children who suffer from OCD. There are many unique challenges that arise for parents when OCD continues to plague their children into adulthood. This group will allow 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, maintaining dependent adults who are still in the home, and adjusting expectations for adult children with OCD.

Young Adults OCD Support Group Salons 8
Chris Tonsdol, Gateway Institute
Young adulthood is already a complicated time made more difficult with having OCD. This group allows attendees to support other young adults with OCD. The group facilitator will present hot topics such as creating a social life, living on your own, applying for jobs, attending college, and other situations made more difficult with OCD. Free flowing discussion will allow participants to interact with each other, discuss difficulties, and offer solutions. Attendees will be invited to share contact information with others to encourage friendships and support after the conference is over.

9:00 PM – 11:00 PM

OCD Pub Trivia (for ages 21+)

Jillian’s
175 4th St,
San Francisco, CA 94103

Join this social activity to meet other adults affected by OCD, and get competitive with this trivia game. Sign up as a team (up to 6 people), or come as an individual and we will find a team for you. Open to all conference attendees, age 21+.
Friday Schedule

Overview

7:00am – 8:00am  Continental Breakfast

Buffet Breakfast throughout Exhibit Hall in Salon 7 and Yerba Buena Foyer
Free breakfast for all Conference attendees. All attendees are welcome to use the high-top tables throughout the breakfast area, or take items with you into the breakouts.

7:00am – 6:00pm  Conference Check-in & Badge Pick-up Open (If you have already registered)

South Registration Counter
Onsite Registration Open (If you need to register) & VIP Check-in for Sponsors, Speakers, & Exhibitors
North Registration Counter
Continuing Education Desk Open
North Registration Counter

7:00am – 5:30pm  Exhibit Hall Open
Salon 7 and Yerba Buena Foyer
See pages 53–57 for a list of exhibitors.

7:00am – 5:30pm  OCD Conference Bookstore Open
End of Yerba Buena Foyer
See page 16 for bookstore hours and information.

8:00am – 5:30pm  Conference Presentations
See pages 22–28 for full schedule of presentations

8:00am – 5:30pm  Youth Programming

Kids: Golden Gate C2
Middle Schoolers: Golden Gate C3
Teens: Golden Gate C1
See page 15 for full schedule of activities.

11:15am – 12:30pm  Book Signings at OCD Conference Bookstore
See page 16 for a list of authors.

11:15am – 12:30pm  Lunch on your Own

Check Program Guide insert for local restaurant list.

6:00pm – 10:30pm  Evening Activities & Support Groups

Turn to pages 29–30 for all Friday night support group and activity descriptions and a detailed schedule.
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<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speakers/Details</th>
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<tr>
<td>8:00AM – 9:30AM</td>
<td><strong>EVERYONE ORIENTATION</strong></td>
<td>Ethan Smith, Jeff Bell, &amp; Alison Dobson</td>
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<td></td>
<td><strong>EXPOSURE THERAPY FOR BDD: AN INTERACTIVE WORKSHOP</strong></td>
<td>Scott Granet, LCSW; Amanda Rosenberg; Robyn Leigh Stern, MSc, MSEd &amp; Chris Travers</td>
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<td><strong>SCRIPTING FOR SUCCESS</strong></td>
<td>Kathleen Ruperti, PsyD; Patricia Penn-Hull, PhD; Renee Reinardy, PsyD &amp; Felicity Sapp</td>
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<td>9:45AM – 11:15AM</td>
<td><strong>POSTPARTUM OCD: WHEN BLISS BECOMES TORMENT</strong></td>
<td>Jenny Yip, PsyD; Renee Reinardy, PsyD; Patricia Penn-Hull, PhD &amp; Noah LaRacy, MA</td>
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<td><strong>ASK THE EXPERTS GOES LIVE</strong></td>
<td>James Claborn, PhD &amp; Michael Jenike, MD</td>
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<td><strong>DON'T TRY HARDER, TRY DIFFERENT: A (HUMOROUS) STRESS, MANAGEMENT APPROACH TO OCD</strong></td>
<td>Patrick McGrath, PhD; Yerba Buena - Salon 9</td>
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<td>12:30PM – 2:00PM</td>
<td><strong>DO I LAUGH WITH THE SINNERS OR CRY WITH THE SAINTS? A DISCUSSION ABOUT SCRUPULOSITY</strong></td>
<td>Joshua Shieh, PhD; Jonathan Grogan, PhD; Charles Mansfield, PhD &amp; Ted Witzig, Jr., PhD</td>
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<td><strong>ERP GAMES FOR LIVING JOYFULLY WITH OCD</strong></td>
<td>Shaia Nicely, LPC &amp; Jon Hershfield, LMFT</td>
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<td><strong>INTERPERSONAL EFFECTIVENESS SKILLS: PROMOTING ONGOING RECOVERY FROM OCD</strong></td>
<td>Alex Solodkyna, PsyD &amp; Nathaniel Van Kirk, PhD; Golden Gate A</td>
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<td><strong>OUR CORE BELIEFS (OCD): PROMOTING HOPE AND HEALTH IN LIVING WITH OCD</strong></td>
<td>Bryan Ballard, Adria Weidemann; &amp; Julie St. Jean; Nob Hill B-D</td>
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<td><strong>NAVIGATING COLLEGE WITH OCD: HOW TO FIND SUCCESS</strong></td>
<td>Rachel Davis, MD; Courtney de Blecq, PsyD; Sarah Chorley; Henry Cui &amp; Noah Symmes Desco; Nob Hill B-D</td>
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<td><strong>PARENTS: HOW TO PROCEED WHEN YOUR CHILD WITH OCD REFUSES TREATMENT</strong></td>
<td>Allen Wieg, EdD; Golden Gate B</td>
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<td><strong>ALL IN THE FAMILY: TARGETING ACCOMMODATION &amp; RELATIONSHIP STRESS IN OCD</strong></td>
<td>Alex Solodkyna, PsyD; Maria Fraine, PhD; &amp; Alex Pollard, PhD; Golden Gate B</td>
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<td><strong>ASK THE OTHER EXPERTS: Q&amp;A SESSION ON LIVING WITH BDD</strong></td>
<td>Denis Assollant; Canie Assollant; Jennifer Thorne; Chris Travers &amp; Erik Duarte; Golden Gate B</td>
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<td><strong>COMMUNITY RESPONSE TO HOARDING DISORDER</strong></td>
<td>Christina Bratikos, PhD, LCSW; Catherine Ayers, PhD; Tina Myers, PhD; Jesse Edelson-Weber; &amp; Kiera Timpano, PhD</td>
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<td><strong>THREE ESSENTIAL DECLUTTERING SKILLS: ORGANIZING, SORTING, AND MAKING DECISIONS</strong></td>
<td>Michael Tompkins, PhD; Yerba Buena - Salon 10-12</td>
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<td><strong>INTRODUCTION TO ERP IN CHILDREN, ADOLESCENTS, AND ADULTS</strong></td>
<td>Thobart Börgvinsson, PhD; Felicity Sapp, PhD; &amp; Aureen Wagner, PhD; Yerba Buena - Salon 10-12</td>
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<td><strong>TREATMENT OF OCD IN YOUNG CHILDREN</strong></td>
<td>Amy Mariaskin, PhD &amp; Stephanie Eken, MD</td>
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<td><strong>ENHANCING EXPOSURE-BASED TREATMENT FOR CHILDREN AND ADOLESCENTS WITH ACT</strong></td>
<td>Lisa Coyne, PhD; Adam Redl, PhD &amp; Maria Fraine, PhD; Yerba Buena - Salon 8</td>
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<td><strong>UNDERSTANDING AND TREATING BODY DYSMORPHIC DISORDER</strong></td>
<td>Sabine Wilhelm, PhD; Yerba Buena - Salon 4-6</td>
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<td><strong>DIFFERENTIATING OBSESSIONS FROM DELUSIONS: STRATEGIES FOR ASSESSMENT AND TREATMENT</strong></td>
<td>Lindsay Brauer, PhD; Jon Gratt, MD, JD, MPH; &amp; Sabine Wilhelm, PhD; Yerba Buena - Salon 8</td>
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<td><strong>THE ART AND SCIENCE OF GROUP CBT TREATMENT FOR OCD/OC SPECTRUM DISORDERS</strong></td>
<td>Jordan Murray, PhD, LCSW; Barbara Van Noppen, PhD; Eric Storch, PhD &amp; Sabine Wilhelm, PhD; Yerba Buena - Salon 13-15</td>
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<td><strong>COGNITIVE PROCESSES IN OCD: HOW RESEARCH CAN INFORM CLINICAL PRACTICE</strong></td>
<td>Laura de Putti, MSc; Jessica Graham, PhD; &amp; Sharon Moore-Inamori, PhD; Yerba Buena - Salon 17-15</td>
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Friday, July 7th

2:15PM – 3:45PM
MY HEART IS STILL IN SAN FRANCISCO: MANAGING RELATIONSHIPS WHILE LIVING WITH BDD
Scott Grant, LCSW
Yerba Buena - Salons 1-3

PROVIDING HOPE AND MOTIVATION THROUGH PEER SUPPORT FOR OCD
Shannon Glyn, Jennifer Roy & Christine Hodges
Yerba Buena - Salon 9

THE HERO'S JOURNEY (AND YOU ARE THE HERO): THE HEALING POWER OF TELLING YOUR STORY
Shala Nicely, LPC; Jeff Bell; Stuart Raphel, M.A.; & Alison Dotson
Golden Gate A

A DISCUSSION OF TABOO OCD TOPICS
Jessica Kolmar; Elizabeth McIntyre, PhD, LMSW; Chris Kondoleon & Adria Weinmann
Nob Hill 8D

ACT FOR PARENTS: RAISING BRAVE, FLEXIBLE, CURIOUS KIDS
Lisa Coyne, PhD
Golden Gate A

ARE TWO HOARDING HEADS BETTER THAN ONE? TEAMING UP AGAINST HOARDING DISORDER
Susan Svedo, MD; Kyle Williams, MD, PhD; Dafni Agalliu, PhD & Jennifer Frankovich, MD
Yerba Buena - Salons 10-12

RESEARCH UPDATE ON THE CORE FEATURES AND RISK FACTORS FOR HOARDING DISORDER
Klera Timpiano, PhD; Jessica Gresham, PhD; Lyn Luu Christiansen Brotoos, PhD, LMSW; Donald Davidoff, MD, & Kay Jewels
Yerba Buena - Salons 10-12

FAMILY FUNCTIONING IN OCD
Kristin Holland, MA & Renee Reinardy, PsyD
Yerba Buena - Salon 8

INTOLERANCE OF UNCERTAINTY IN PATIENTS WITH OCD
Sara Tischler, LMSW
Yerba Buena - Salons 4-6

CLINICAL CHARACTERISTICS COMPLICATING THE PHENOMENOLOGY AND TREATMENT OF CHILD OCD
Eric Storch, PhD; Robert Sullivan, PhD; Adam Lewin, PhD & Monica Wu, MA
Yerba Buena - Salons 9-15

4:00PM – 5:30PM
IF IT SOUNDS TOO GOOD TO BE TRUE: SURVIVAL SKILLS FOR THE MENTAL HEALTH JUNGLE
Fred Prenzel, PhD; Charley Mansurato, PhD; Eugene Nezolinksi, PhD; Evelyn Stewart, MD; & Allen Weg, EdD
Yerba Buena - Salon 8

THE 'NOISE IN YOUR HEAD' VIDEOS
Reid Wilson, PhD
Yerba Buena - Salons 4-6

JOB SHARING WITH OCD: MANAGING OCD IN THE WORK ENVIRONMENT
Rachel Davis, MD; Shala Nicely, LPC; Nathaniel Van Kirk, PhD & James Snyder
Golden Gate A

I'M MORE THAN MY OCD: PUT THINGS IN PERSPECTIVE
Andrea Ruton, LCPC; & Stephanie Woodrow, LGPC
Yerba Buena - Salons 12-15

A PARENTAL PRIMER ON PANDAS & PANS
Susan Svedo, MD; Kyle Williams, MD, PhD; Dafni Agalliu, PhD & Jennifer Frankovich, MD
Golden Gate B

LEAVE IT THERE OR TAKE IT HOME: AN EXPERIENTIAL WORKSHOP FOR PEOPLE WHO HOARD
Michael Tompkins, PhD; Lee Shues, CPS; Robin Zeiss, PsyD, LMSW; & Renee Reinardy, PsyD
Yerba Buena - 13-15

PROFESSIONAL PLENARY
FUNCTIONAL ANALYTIC PSYCHOTHERAPY – A FRAMEWORK FOR IMPROVING INTERPERSONAL IMPACT
Chad Wetterneck, PhD
Yerba Buena - Salon 9

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.

- EVERYONE
- INDIVIDUALS WITH OCD
- PARENTS & FAMILIES
- YOUNG ADULTS
- HOARDING
- BDD
- THERAPISTS
- RESEARCH TO CLINICAL PRACTICE

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

Seating at all presentations is on a first-come, first-served basis.
Friday, July 7th

8:00 AM – 9:00 AM
Ask the Experts Panel on Hoarding Disorder (INTRODUCTORY)
Yerba Buena - Salon 10-12
Robin Zasio, PsyD, LCSW, The Anxiety Treatment Center; Lee Shuer, CPS, Mutual Support Consulting; Sanjaya Saxena, MD, UC San Diego Department of Psychiatry; Gregory Chasson, PhD, Department of Psychology, Illinois Institute of Technology; Elspeth Bell, PhD, Bell Center for Anxiety and Depression
This panel will discuss some of the different therapeutic strategies that can help to increase success in working with individuals struggling with hoarding behaviors. Topics will include how to reduce resistance and engage the individual in the decluttering process; how to involve the family in the most effective way; motivational challenges that people with these issues face and why it's so difficult to commit to the process; and a discussion on medication and brain chemistry.

Do I Laugh With the Sinners or Cry With the Saints? A Discussion About Scrupulosity (INTRODUCTORY) Golden Gate A
Jedidiah Sief, PhD, Swarthmore College; Jonathan Grayson, PhD, Grayson LA Treatment Center for Anxiety and OCD; Charles Mansuratto, MD, Director, 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 Q&A about treatment obstacles, and an open conversation about unique challenges which OCD is entangled with religion or morality. Sample issues include: What role does religion have in a vs. OCD? How can someone with OCD be religious but not scrupulous? Can one engage in exposure without violating religious law? How can scrupulous individuals interact with clergy in a way that is consistent with their values and still healthy in terms of OCD? What about secular, moral scrupulosity?

Everyone Orientation (INTRODUCTORY) Yerba Buena - Salon 9
Ethan Smith, IOCDF; Jeff Bell, Beyond the Doubt, LLC; 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, when, why, and how. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the conference.

Introduction to ERP in Children, Adolescents, and Adults (INTRODUCTORY) Yerba Buena - Salon 8
Therizzé Björkvinsson, PhD, House OCD Program & McLean Hospital; Felicity Sapp, PhD, Anxiety Psychological Services; Aureen Wagner, PhD, Anxiety Wellness Center
Information will be presented about first steps to implement 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. Presenters focus the key issues to have in mind when implementing ERP 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.

Kids and Parents Orientation (INTRODUCTORY) Golden Gate C
Susan Boaz, IOCDF & PANDAS Physician Network; Madeline Conover, MA, REAT, Boston Children's Hospital
This orientation will discuss the logistics of the conference and provide an overview of the Kids Room (suggested ages = 0 and younger) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the conference.

Middle Schoolers and Parents Orientation (INTRODUCTORY) Golden Gate C
Denise Egan Stack, LMHC, IOCDF, Atlantic Center for Behavioral Health; Katherine Rossi, MA
This orientation will discuss the logistics of the conference and provide an overview of the Middle Schoolers Room (suggested age range = 12-15) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the conference.

OCD and Related Disorders (OCRD) - Understanding the Role of Genes and Environment (INTRODUCTORY) Yerba Buena - Salon 13-15
Michele Pato, MD, SUNY Downstate Medical Center; Peggy Richter, MD, Frederick W. Thompson Anxiety Disorders Center; Paul Arnold, MD, PhD, University of Calgary, Cumming School of Medicine
OCD and Related Disorders (OCRDs) are likely 'multifactorial', meaning that genes work in tandem with environmental factors to lead to causation, and both should be explored in terms of treatment as well. New genetic data will be presented from a genome-wide study of obsessive-compulsive behavior in a large community-based sample of children and adolescents, as well as updated findings from an NIH grant exploring the OCRDs. Last, the role of pharmacogenetics (use of genetics to predict medication response) in OCD will be reviewed.

Our Core Beliefs (OCB): Promoting Hope and Health in Living with OCD (INTRODUCTORY) Nob Hill B-D
Bryan Ballard; Adria Weichmann; Julia St. Jean
We offer this presentation with intention of creating Hope for those struggling to understand OCD. Presenters have dealt with OCD for most of their lives and have learned to manage their anxiety, obsessions and compulsions by developing healthy coping skills and beliefs. The resulting relationship to OCD is positive and manageable. The first half of this presentation will focus on these acquired proficiencies to reframe audience member’s connection to their obsessive-compulsive disorder, and the latter portion will be Q&A for insights into specific topics.

Parents: How to Proceed When Your Child with OCD Refuses Treatment (INTRODUCTORY) Golden Gate 8
Allen Wey, EdD, Stress and Anxiety Services of NJ
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, and inappropriate behavior, with the goal of empowerment.

Postpartum OCD: When Bliss Becomes Torment (INTRODUCTORY) Yerba Buena - Salon 1-3
Jenny Yip, PsyD, Renewed Freedom Center; Renae Reinardy, PsyD, Lakeside Center for Behavioral Change; Patricia Perrin Hull, PhD, OCD and Anxiety Treatment Center of Houston; Noah Lanary, MA, Renewed Freedom Center
Women are regularly screened for postpartum depression at postnatal visits. However, 10-20% of new mothers actually suffer from postpartum OCD which is often misdiagnosed as depression. Many mothers fear disclosing their symptoms due to their offensive nature. Although certain symptoms (i.e. cleanliness & safety) are appropriate during this period, many parents have trouble drawing the line to when it becomes maladaptive. Based on personal and professional experience, this panel will shed light on this neglected topic in a highly interactive dialogue, bringing together sufferers and clinicians.

Teens and Parents Orientation (INTRODUCTORY) Golden Gate C
Lisa Coyne, PhD, McLean/Harvard Medical School; Dedra Booth, MA, REAT, McLean Hospital
This orientation will discuss the logistics of the conference and provide an overview of the Teens Room (suggested ages = 14 and older) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the conference.

Understanding and Treating Body Dysmorphic Disorder (INTRODUCTORY) Yerba Buena - Salon 4-6
Sabine Wilhelm, PhD, Massachusetts General Hospital/Harvard Medical School
Body dysmorphic disorder (BDD) is a severe body image disorder characterized by a preoccupation with an imagined or slight flaw in appearance. BDD is a relatively common and often disabling illness with high suicide rates. This presentation will describe how to correctly recognize, diagnose, and conceptualize individuals with BDD. Participants will learn many therapeutic techniques, including: cognitive strategies for delusional and non-delusional BDD, metaphors and mindfulness exercises, strategies to address low self esteem and over-importance of appearance, novel strategies to reduce common BDD behaviors, minor retaining, and strategies for involving families. Motivational strategies for helping patients overcome resistance to treatment will also be presented.

* Presentation is eligible for CE/CME credits.
9:45 AM – 11:15 AM

All in the Family: Targeting Accommodation and Relationship Stress in OCD* (INTERMEDIATE) Golden Gate B
Alex Solodyna, PsyD, The Motivation and Change Group; Maria Faivre, PhD, McLean Hospital/Harvard Medical School; Alec Pollard, PhD, Saint Louis Behavioral Medicine Institute.

OCD is an interpersonnal phenomenon that impacts more than the one who ‘has’ OCD. Relationships themselves can impact OCD through two avenues: symptom accommodation and relational distress/conflict. Both symptom accommodation and relational conflict are associated with poorer treatment outcomes, such as premature discontinuation of ERP and symptom relapse. Attendees in this workshop will gain a better understanding of their role in the maladaptive behavioral cycle of OCD and develop skills to lessen the impact of this pattern on the client’s treatment and their own relationship satisfaction.

Ask the Experts Goes Live* (INTRODUCTORY) Yerba Buena – Salons 9-10
James Claborn, PhD, Michael Jenike, MD, ICOPE, Harvard Medical School
This presentation will provide the opportunity to ask questions about OCD and get answers from Dr. James Claborn, and Dr. Michael Jenike. They will attempt to answer any questions about OCD and related topics in a live exchange.

Community Response to Hoarding Disorder* (ADVANCED) Yerba Buena – Salons 10-12
Christiana Brailoiu, PhD, LICSW, Portland State University; Catherine Ayers, PhD, VA San Diego Healthcare System; Tina Mayes, PhD, VA San Diego Healthcare System; Klara Timpano, PhD, University of Miami; Jesse Edsell-Vetter, Metropolitan Boston Housing Partnership
Communities are working to address the complex issues presented by hoarding. Task forces, coalition building programs, and community mental health services often provide hoarding interventions and resources. Panelists from various disciplines, hoarding intervention models, and geographic regions will share their experiences as members of community based hoarding intervention efforts. Topics include challenges, successes, and strategies to engage an array of services. Special attention will be focused on engaging non-voluntary clients and creative provision of services.

Differentiating Obsessions from Delusions: Strategies for Assessment and Treatment* (ADVANCED) Yerba Buena – Salons 10-12
Lindsay Brauer, PhD, University of Chicago; Jon Grant, MD, JD, MPH, University of Chicago; Eruv Leibu, MD, Jaffe School of Medicine at Mount Sinai
Is an odd, intrusive thought an obsession or a delusion? How can this be assessed? What does this mean for treatment? These are frequently asked questions among clinicians providing treatment to individuals with severe obsessive-compulsive disorder. This presentation will review current empirical findings related to the assessment and treatment of obsessions and delusions within obsessive-compulsive disorder.

ERP Games for Living Joyfully with OCD (INTERMEDIATE) Golden Gate A
Shala Nicely, LPC, Comerence Family Services; Jon Hershfield, LMFT, OCD and Anxiety Center of Greater Baltimore
You can live Joyfully with OCD! Absolutely, if you have the right tools! In this workshop you’ll learn the meanings of the acronym JOY: Jump into Discomfort (engage with anxiety playfully), O: Opt for the Greater Good (make values-oriented choices), and Y: Yield to Uncertainty (develop openness to a not-knowing stance). We’ll discuss why mindfulness and self-compassion form the foundation of ERP games and share a few interactive exercises for each. Finally, you’ll learn fun (yes, fun!) ERP games that you can use at any stage of recovery, several of which we will play during the workshop.

Exposure Therapy for BDD: An Interactive Workshop* (INTERMEDIATE) Yerba Buena – Salons 1-3
Scott Granet, LCSW, The OCD-BDD Clinic of Northern California; Amanda Rosenberg, Robyn Stern, LMSW, Jewish Board of Family and Children Services, Pride of Korea Therapist; Chris Trudsen, Gateway Institute
As with OCD, exposure and response prevention therapy is widely recognized as a vital part of the treatment for BDD. This workshop will be presented by four people who know this process intimately, as all have lived with BDD and have faced the many challenges that exposure therapy can offer. Attendees will become familiar with how ERP works with BDD, and also have the opportunity to practice it during the workshop, if they are interested in doing so. Effective techniques and potential pitfalls will be reviewed in depth, as will the hazards and benefits associated with the use of social media.

Living a Life That Matters: Clarifying Your Values (INTRODUCTORY) Golden Gate C
Lisa Coyne, PhD, McLean Hospital/Harvard Medical School; Caroline Darcy
The focus of this workshop is to help you get clearer about your values, and to challenge the belief that you must get rid of OCD before you can build a life that matters. The goal of this workshop is to help you build a life you love, even while you are struggling. We will provide opportunities throughout the workshop to make meaningful changes in your life – one step at a time.

Draw Your Superhero/Supervillain (INTRODUCTORY) Golden Gate C
Madeline Conover, MA, REAT, Boston Children’s Hospital
Do you feel like you have to fight against a supervillain in your life? It could be your OCD, or it could be something with your friends or class at school. No matter what or who your supervillain might be, there is a superhero who can help you! Come draw your own superhero and supervillain with us in this fun activity for kids.

Navigating College with OCD: How to Find Success (INTERMEDIATE) Nob Hill B-D
Rachel Davis, MD, University of Colorado Anschutz Medical Campus; Courtney de Blicke, PsyD, California Polytechnic State University; Sarah Chorley, University of Colorado Boulder; Harry Cui, University of Colorado Anschutz Medical Campus; Noah Symmes-Ocejo, Regis University
Three college students with OCD and a psychiatrist and psychologist who work in student mental health will examine challenges faced by students with OCD including transitioning to college, perfectionism, study skills, and stigma; discuss strategies for managing these issues, including collaborating with school administrators and Disability Resources; and discussing treatment in a college setting. This panel will be useful to students in various settings, including undergraduate/graduate programs and community, regional, state, and private college/universities.

The Art and Science of Group CBT Treatment for OCD/OC Spectrum Disorders* (INTERMEDIATE) Yerba Buena – Salons 13-15
Jordana Muroff, PhD, LICSW, Boston University; Barbara Van Noppen, PhD, LCSW, University of Southern California; Eric Storch, PhD, University of South Florida & Rogers Behavioral Health - Tampa; Sabine Wilhelm, PhD, Massachusetts General Hospital/Harvard Medical School
Research has shown that group cognitive-behavioral therapy (CBT) is efficacious in the treatment of OCD and OC spectrum disorders. This panel of experts will briefly describe CBT for hoarding, body dysmorphic disorder, and OCD, including multifamily approaches and CBT for children. Additionally, panelists will discuss the efficacy of these treatments, practical tips for implementation, and distinct and cross-cutting issues across OC Spectrum disorders. Time will be allocated for Q&A.

The OCD Monster and Me: The Creation and Destruction of your OCD Monster (INTRODUCTORY) Golden Gate C
Jenny Yip, PsyD, Renewed Freedom Center; Jake Knapik, PsyD, Renewed Freedom Center; Noah Laroxy, MA, Renewed Freedom Center
One way to think about OCD is by viewing it as a monster. This monster’s sole purpose is to trick you into thinking it is right, and it gains power when you obey its rigid rules. Middle schoolers will have the opportunity to create and define their OCD Monster, which is the first step to defeating it and getting closer to the lives they want.

Treatment of OCD in Young Children* (INTERMEDIATE) Yerba Buena – Salons 4-6
Amy Mariaskin, PhD, Rogers Behavioral Health; Stephanie Eken, MD, Rogers Behavioral Health
Research shows that young children with OCD respond well to ERP treatment. However, protocols must be adapted to meet their developmental needs and address interconnectedness to the family. We will review common symptom presentations at this age and discuss how to assess and treat the disorder. Attention will be given to adaptation of therapy materials, management of oppositional behavior, use of motivational techniques, family involvement in treatment, pharmacological treatments, and PANDAS/PANS. Examples will be included to show how to implement high fidelity, child-friendly interventions.
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12:30 PM – 2:00 PM
Ask the Other Experts: Q&A Session on Living with BDD (INTRODUCTORY) Golden Gate C8
Denis Asselin, IOCD Board Member; Carrie Asselin; Jennifer Thorne; Erik Duarte; Chris Trondsen, Gateway Institute

Is recovery from BDD possible? Can I lead a normal life? Will family and friends ever understand? Yes, yes, and yes. Erik Duarte, Jennifer Thorne, and Chris Trondsen, who have forged ahead in their own lives despite BDD, will recount successful (and not-so-successful) treatments, coping skills, the most important moment in their recovery, and how they manage setbacks. IOCD Board member Denis Asselin and Carrie Asselin, who lost a son/brother to BDD, will moderate, leaving ample time for questions and an opportunity for participants to develop strategies to communicate with family and friends.

Laura de Putter, MSc, Ghent University; Jessica Grisham, PhD, University of New South Wales; Sharon Morein-Zamir, PhD, Anglia Ruskin University

From the time that the initial CBT model of OCD was established, it has been assumed that cognitive processes play a role in OCD. In this symposium we will elaborate on and extend this model. We will start with a presentation on biased attention in OCD. The second presentation will continue this talk by investigating contributors to the development of seeking certainty in OCD. The third presentation will examine visual perspective in obsessional imagery. Finally, we will explore the utility of adding a training designed to modify negative interpretative biases as an adjunct to CBT treatment.

Don’t Try Harder, Try Different: A (Humorous) Stress Management Approach to OCD (INTRODUCTORY) Yerba Buena - Salon 9
Patrick McGrath, PhD, AMITA Health

Don’t Try Harder, Try Different is your yearly fun talk to attend. OCD robs you of fun, of smiling, and of living the life you want. If you want to learn how to identify and manage stressors so that OCD will not flare up, this talk is for you. If you are a friend or family member of a person with OCD, then this talk will teach you about how they think and how you can best support them. If you are new to treating OCD, then this talk will give you tips to use with your patients to help them (and you) identify safety behaviors and cognitive distortions that can maintain OCD.

Enhancing Exposure-Based Treatment for Children and Adolescents with ACT* (INTERMEDIATE) Yerba Buena - Salon 8
Lisa Coyne, PhD, McLean/Howard Medical School; Adam Reid, PhD, McLean Hospital/Howard Medical School; Maria Frazer, PhD, McLean Hospital/Howard Medical School

Acceptance and Commitment Therapy (ACT) is an evidence-based approach that can be used to support inhibitory learning, especially if used with ERP. Thus, this workshop will show how clinicians may incorporate ACT components into ERP. Specifically, three expert clinicians will teach and model how to conduct ACT-based exposure-based treatment with children and adolescents to strengthen inhibitory learning processes. Participants will have opportunities for role plays, practice, and consultation. Special attention will be given to treatment refractory youth.

Interpersonal Effectiveness Skills: Promoting Ongoing Recovery from OCD (INTERMEDIATE) Golden Gate C A
Alex Siodola, PhD, The Motivation and Change Group; Nathaniel Van Kirk, PhD, McLean Hospital OCD Institute

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 topic like self-disclosure & stigma.

Medication Question and Answer for Therapists* (INTERMEDIATE) Yerba Buena - Salons 2-3
Philip Selbst, MD, OCD and Anxiety Psychiatry of Westchester; 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.

Party With A Purpose: Building Body Awareness through Dance and Movement (INTERMEDIATE) Golden Gate C 2
Ashley Bramhall; Jennifer Bulger, MA, Renewed Freedom Center
This party will use dance and movement to increase body awareness. Kids will learn how to recognize early signs of anxiety in the body allowing for earlier intervention and healthier alternatives to OCD behaviors. After a brief mind and body warm-up, party goers will first learn how to be aware of their body through guided, individual movements. They will then move on to combine their movements with others to increase spatial body awareness, self-confidence, and collaboration. Come ready to shake your tail feather!

Scripting for Success* (INTERMEDIATE) Yerba Buena - Salons 4-6
Kathleen Rupetus, PsyD, The Anxiety and OCD Treatment Center; Patricia Perrin Hull, PhD, OCD and Anxiety Treatment Center; Renea Reinardy, PsyD, Lakeside Center for Behavioral Change; Felicity Sapp, PhD, Anxiety Psychological Services
Developing effective scripts can be a powerful tool in the fight against OCD. They can be used to increase motivation for treatment, facilitate the acceptance of uncertainty, and as a form of imaginal exposure. This workshop will present the theoretical rationale for using scripts, identify the various treatment goals which scripting can facilitate, and describe the essential elements of an effective script. Participants will then be broken into smaller groups and have the opportunity to write a script with the guidance of panel members.

Sex, Love, Intimacy and OCD* (INTERMEDIATE) Yerba Buena - Salon 8
Elizabeth McEvilly, PhD, LMSW, Bay Area University, Jessica Kohn; Thomas Smalley, OCD Connecticut; Genevieve Koles
Sex is a difficult act made more complex when trying to engage while struggling with OCD. Making love and intimacy goes from an enjoyable experience to an event filled with triggers. You obsess over what your partner is thinking, have intrusive thoughts about sexually harming your mate, contamination fears over bodily fluids, not being able to perform because of sexual side effects from OCD medication, as well as obsessing over getting STD’s or becoming pregnant. This panel and engaging audience discussion will address these concerns and more. So come in and join the discussion on sex and OCD!

Tapping into your Courageous Self: A Workshop for Middle Schoolers (INTRODUCTORY) Golden Gate C 1
Ashley Ordway, MD, Eds, University of Florida; Lacie Lazoee, University of Florida

This workshop recognizes that 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. The focus of this activity is to create a mindset that helps improve your ERP results. Developing self-confidence and tapping into your courageous self are the key pieces of this mindset.

Tapping into your Courageous Self: A Workshop for Teens (INTRODUCTORY) Golden Gate C 2
Cary Jordan, PhD, St. Elizabeth Boardman Hospital; Danielle Cooke, University of Florida; Andrea Guastello, PhD, University of Florida

This workshop recognizes that 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. The focus of this activity is to create a mindset that helps improve your ERP results. Developing self-confidence and tapping into your courageous self are the key pieces of this mindset.

Three Essential Decluttering Skills: Organizing, Sorting, and Making Decisions (INTRODUCTORY) Yerba Buena - Salones 10-12
Michael Tompkins, PhD, San Francisco Bay Area Center for Cognitive Therapy
People with hoarding disorder lack several skills that are necessary to declutter their living environments effectively: organizing their possessions, sorting their possessions relative to categories, and making decisions quickly regarding what to save, store, or discard. This is an experiential workshop in which participants practice these three important skills. The workshop leader does NOT expect participants to discard items but to learn and practice effective decluttering skills. Participants will practice with their purses, wallets, and backpacks or are to bring them to the workshop.
2:15 PM – 3:45 PM

**A Discussion of Taboo OCD Topics** (INTERMEDIATE) Nob Hill E-D
Jessica Kotnour; Elizabeth Mincberg, PhD, LMSW, Baylor University; Chris Trondsen, Gateway Institute; Adria Weinmann

There are many taboo OCD topics that are not discussed among attendees at the annual conference due to embarrassment and shame. Young adults have thought about suicide, depression, self-harm, sexual obsessions, sexual orientation, harming loved ones, and other embarrassing subject matter they believe they alone experience. This talk allows attendees to ask or anonymously submit these difficult questions in a safe environment, free of judgment. The talk will be in town hall format, and moderators are young adults familiar with these topics; audience participation will be encouraged.

**ACT for Parents: Raising Brave, Flexible, Curious Kids** (INTRODUCTORY) Golden Gate A
Lisa Coyne, PhD, McLean/Harvard Medical School

We are really good at raising children to be safe; we encourage them to be careful, to think before they act, to avoid risk. What we are not good at, and what has been lost in our contemporary culture, is how to raise kids to be curious and take effective and adaptive risks. It is an unmediated trait, and one that, in fact, runs counter to our admonitions for safety. This workshop will use ACT to engage parents in discussion about parenting children and teens with OCD, and through exercises, role-plays, and demonstrations, support them in parenting flexible, curious, and brave youngsters.

**Are Two Hoarding Heads Better Than One? - Team Up Against Hoarding Disorder** (INTERMEDIATE) Yerba Buena - Salons 10-12
Susan C.; Marnie C.; Randy Frost, PhD, Smith College

At last year’s Conference, Susan shared her experience of “coming out of the hoarding closet.” Marnie, an audience member at the event, had been suffering from her own hoarding issues. Together they worked to curb her hoarding issues. Turned out they lived 11 miles apart! Since Fall 2016, they’ve been collaborating using Marnie’s video technique. It has been beneficial & transformative for both of them. They will show some video of their sessions & do a live demonstration. We’ll be doing an exercise involving making decisions about discarding. Please bring something with you that you could live without, but might be hard to let go (the more special the item, the better). You have the option to keep what you bring in, totally your call! The point of the exercise is the process and to experience the need/urge to control your environment.

**Clinical Characteristics Complicating the Phenomenology and Treatment of Child OCD** (INTERMEDIATE) Yerba Buena - Salons 12-13
Eric Storch, PhD, University of South Florida & Rogers Behavioral Health - Tampa; Robert Selles, PhD, BC Children’s Hospital, University of British Columbia; Adam Lewin, PhD, University of South Florida; Monica Wu, MA, University of California, Los Angeles

This talk focuses on identifying and clinically addressing myriad variables/characteristics that complicate the presentation of pediatric OCD. Dr. Lewin will focus on therapeutic modifications used in treating preschool aged youth. Dr. Selles will highlight the impact of comorbid comorbid reactive/developmental delays and parental contributions to the symptoms. Dr. Storch will focus on OCD-related impairment and factors that moderate agreement about its impact in parent-child dyads. Ms. Wu will discuss family accommodation as a multidimensional construct and how it relates to child/family variables.

**Courage Clinic for Kids** (INTRODUCTORY) Golden Gate C2
Robin O’Heenon, PhD, PluckyWize Program; Eliza Cummings, MFT, PluckyWize

This is a Skill Building Workshop for kids to team up against OCD using the PluckyWize program’s innovative and fun approach to facing fears. PluckyWize is a program that demonstrates how CBT strategies integrated with play therapy can help children shift from anxiety-based thinking to courage-based thinking. We will introduce participants to the playful, creative world of PluckyWize and kids will create individualized Courage Ladders to assist with Exposure and Response Prevention. PluckyWize Imaginal Mastery Maps and art materials will be provided.

**Exposing with Harry Potter** (INTERMEDIATE) Golden Gate C3
Morgan Rondinelli, University of Michigan; Epifania Gallina; Katelyn Hashaway, Shalom Aleichem Mental Health Vlogs

The growth to the OCD community of the wizarding world! Though not mentioned in the books, at least a few students at Hogwarts had OCD. We invite you to join us, to build community and face our fears together! First, we will make wands because wizards use wands to harness the power already within themselves. Then, volunteers will share fears they have dealt with in the past or are still fighting. As a group, we will think of OCD as a bagpiper, finding ways to see OCD as silly and ourselves as in control. We will brainstorm possible exposures for the others, and those willing will do them together.

**Family Functioning in OCD** (INTERMEDIATE) Yerba Buena - Salon 8
Kristin Holland, MA; Renae Reinardy, PsyD, Lakeland Center for Behavioral Change

Family participation in OCD symptoms and modification of personal and family routines in response to OCD symptoms are important behaviors to identify and assess in the treatment of OCD. We realize that living with OCD can be difficult, and comprehensive cognitive-behavioral care involves working closely with family members of the OCD patient. This presentation will identify and discuss guidelines for family members affected by OCD. How family members can preserve their own mental health, guard against family accommodation, and still maintain a supportive environment will be discussed.

**Intolerance of Uncertainty in Patients with OCD** (INTERMEDIATE) Yerba Buena - Salons 4-6
Sara Tsichler, LMSW, Michigan Medicine

Intolerance of uncertainty (IU) is often associated with obsessive-compulsive disorder (OCD). This presentation outlines the benefits of treating intolerance of uncertainty in patients with OCD and offers strategies for putting CBTIU into practice with this population. Examples include how to implement behavioral experiments into psychotherapy, how to teach patients about positive beliefs about worry, how to help patients reduce safety-seeking behaviors, and how to teach patients to monitor worries.

**Making Exposure Hierarchies More Fun and Effective for Teens** (INTERMEDIATE) Golden Gate C1
Lisa Sondin, MFT; Jessica Pinto, MFT, Equinuity Marin

Creating a workable hierarchy or ladder can be a daunting task. We will use our special blend of humor and knowledge to facilitate our group learning more about this. Come spend time with a group of your peers learning how to make this challenge fun and interesting, and most of all helpful to you. In a supportive environment, we will work together to create these ladders that serve as very effective tools for combating OCD. Share what works for you, hear what works for peers. We will be making "game boards" with your goals that you will be able to take home and use right away!

**My Heart is Still in San Francisco: Managing Relationships While Living with BDD** (INTERMEDIATE) Yerba Buena - Salons 2-3
Scott Grannet, LCSW, The OCD-BDD Clinic of Northern California

Living with body dysmorphic disorder is challenging for many reasons. Focusing on work, school and managing a personal life all can become extraordinarily hard. Intimate relationships are no exception. Can you really be with another person if at the same time you’re having a relationship with a part of your body? The answer is a complicated yes. In this workshop, the presenter will highlight some of his own personal experiences in discussing how to maintain satisfying relationships while living with such a tormenting disorder. Additionally, tips for partners will also be explored.

**Providing Hope and Motivation through Peer Support for OCD** (INTERMEDIATE) Yerba Buena - Salon 9
Shannon Shy, IOCD; Jennifer Ray; Chrisie Hodges

Peer Support is a powerful supplement in helping individuals engage in treatment and provide hope & motivation that recovery is possible. Chrisie Hodges and Shannon Shy are certified Peer Support Specialists and provide peer support to individuals who suffer from OCD. Our presentation will explain what peer support is, what peer support is not, the five stages of peer support for OCD, and how peer support provides hope and motivation for recovery. It will also provide a lived experience testimonial on the power of peer support.

**The Hero’s Journey (and YOU are the Hero): The Healing Power of Telling Your Story** (INTERMEDIATE) Golden Gate A
Shala Nicely, LPC, Cornerstone Family Services; Jeff Bell, Beyond the Doubt, LLC; Stuart Ralph, MSW, Mental Health Psychological Therapist, The OCD Stories; Alison Dotson; OCD Town Clara

Everyone loves a good story, and storytelling can be a powerfully transformative experience for both listener and teller. Join 4 storytellers who have OCD for this engaging workshop about the healing power for you and others of owning your story. You’ll learn criteria for determining if you’d like to share your OCD story and...
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how to find the right audience (which could be an audience of 1). We delve into the concept of the hero’s journey, and you’ll use it to craft the outline of your own story. And if you’d like, you’ll have the opportunity to share your story with fellow participants.

4:00 PM – 5:30 PM

A Parental Primer on PANDAS & PANS (INTRODUCTORY) Golden Gate C
Susan Swedo, MD, NIMH; Kyle Williams, MD, PhD, Massachusetts General Hospital; Dritan Agalliu, PhD, Columbia University Medical Center; Jennifer Frankovich, MD, Stanford University

Many parents have questions about PANDAS and PANS, and if their children’s symptoms are consistent with these diagnoses. In this panel we will try to address such questions as: Should I have my child evaluated for PANDAS/PANS? How would I do this? What does it mean if they have PANDAS/PANS? The panel will discuss the evidence base for answering these questions, and a guide to making these decisions for times when the current medical literature doesn’t address these topics.

Fantastic Beasts and How to Use Them for ERP (INTRODUCTORY) Golden Gate C3
Jennifer Wells, MSW, Lindner Center of HOPE; Charles Brady, PhD, Lindner Center of HOPE; Nicole Bosse, PsyD, Lindner Center of HOPE; Jennifer Wilcox, PsyD, Lindner Center of HOPE

At past conferences, Harry Potter has helped cue OCD. This year, we’ll take a step back in time to 1999 when Nevil Scamander, a wizard with social anxiety, uses his passion for fantastic beasts as motivation to face social anxiety and contamination triggers. In this experiential workshop, participants will watch clips from the movie before being divided into groups and sent on an ERP scavenger hunt in which they engage in a variety of activities with themes from the movie. We will utilize the positive encouragement from other participants, but all exposures will be voluntary.

I’m More Than My OCD: Put Things in Perspective (INTRODUCTORY) Yerba Buena - Salons 12-13
Andrea Batton, LPC, The Maryland Anxiety Center; Stephanie Woodrow, LPCC, The Maryland Anxiety Center

When struggling with OCD, it can seem as if it’s only your 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 rational 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 goals, values & morals, instead of OCD.

If It Sounds Too Good To Be True...: Survival Skills For the Mental Health Jungle (INTRODUCTORY) Yerba Buena - Salon 8
Fred Penzel, PhD, Western Suffolk Psychological Services; Charles Mandino, PhD, Director, Behavior Therapy Center of Greater Washington; Eugen Nezrinogle, PhD, Bio-Behavioral Institute; Allen Wieg, ED; Stress and Anxiety Services of NJ; Evelyn Stewart, MD, University of British Columbia

In a world overflowing with information about treatments for OCD, it can be difficult to distinguish between legitimate proven forms of help, and those which are merely empty promises without any basis in real scientific evidence. This panel discussion seeks to help attendees gain knowledge and skills to help them evaluate potential treatments.

Job Sharing with OCD: Managing OCD in the Work Environment (INTERMEDIATE) Golden Gate A
Rachel Davis, MD, University of Colorado Anschutz Medical Campus; Shala Nicely, LPC, Cornerstone Family Services; Nathaniel Van Kirk, PhD, McLean Hospital OCD Institute; James Snyder, Marsh & McLennan, Mercer Consulting

Did you know health insurance is required to cover mental health parity with other benefits? Do you know how workplace disability works from Family and Medical Leave Act to Short Term and Long Term Disability? What are the protections and/or ramifications of disclosing OCD at work? This interactive panel discussion covers the basics of OCD in the workplace from people who have both navigated OCD at work, and consulted with companies on health and disability income insurance. The workshop will include activities to help the participants develop skills to better manage OCD at work as well as to consider the pros and cons of self-disclosure. Overall, this workshop will guide participants in effectively navigating their careers while anticipating and adapting to challenges they may encounter.

Leave It There or Take It Home: An Experiential Workshop for People who Hoard (INTRODUCTORY) Yerba Buena - Salons 1-3
Michael Tompkins, PhD, San Francisco Bay Area Center for Cognitive Therapy; Robin Zaslow, PsyD, LCSW, The Anxiety Treatment Center; Renée Reinfurt, PsyD, Lakeside Center for Behavioral Change; Lee Shuer, CPS, Mutual Support Consulting; Bec Belofsky Shuer, Mutual Support Consulting

People struggling with hoarding disorder typically have tremendous trouble resisting urges to purchase or acquire items. Learning to resist the impulse to acquire is an important part of helping individuals recover from hoarding disorder. In this experiential workshop, expert therapists will accompany individuals with hoarding disorder on a non-shopping excursion. Through the process of direct exposure to urges to visit local shops near the conference, and with the support of both participants and therapists, participants in the workshop will learn to manage their intense acquiring urges.

Research Update on the Core Features and Risk Factors for Hoarding Disorder* (ADVANCED) Yerba Buena - Salons 20-22
Kiara Tippino, PhD, University of Miami; Jessica Grisham, PhD, University of North South Wales; May Luu, University of British Columbia; Christiana Bastlor, PhD, LCSW, Portland State University; Kay Jewels, Argosy University; Donald Davidoff, PhD, McLean Hospital/Harvard Medical School

Identifying and examining core vulnerabilities and markers of hoarding disorder (HD) is critical to enhance understanding of this psychiatric condition and inform treatment and prevention efforts. This research panel will highlight four studies focused on the psychopathology and treatment of hoarding. Investigations of unique processes and strategies of acquiring and discarding, as well as decision-making and emotional tolerance deficits will be presented. Findings will be discussed from a translational perspective, linking etiological and phenomenological research to potential treatment implications.

Scavenger Hunt for Kids! (INTERMEDIATE) Golden Gate C2
Patricia Zurita Ona, PsyD, East Bay Behavior Therapy Center

For many kids, OCD can stop you from doing fun things in life and can even make you a prisoner. This scavenger hunt is about discovering, exploring skills to overcome OCD, and laughing aloud while getting out and about in the hotel. We’ll show you how YOU can choose what to do and have fun, instead of allowing OCD to choose for you.

Teens-Only Field Trip to Union Square (ADVANCED) Golden Gate C3
Jason Spielman, PsyD, NeuroBehavioral Institute

Calling all teenagers - the ICODF is going on a field trip! Come join Dr. Jason Spielman and his team as they embark on a trip to Union Square, ‘San Francisco’s Crown Jewel of shopping districts.’ After a short walk, the group will enjoy shopping and dining at some of the world’s most famous stores. All participants will have the opportunity to learn evidence-based activities to deal with OCD-related obstacles that are naturally occurring in a real-world shopping setting. Please note that this activity requires a permission slip from a parent or guardian.

The ‘Noise in Your Head’ Videos (INTRODUCTORY) Yerba Buena - Salons 4-6
Reid Wilson, PhD, Anxiety Disorders Treatment Center

The ‘Noise in Your Head’ video series delivers 6 comedic 5-minute installments (professionally produced, acted & directed), that captures the essence of how to manage anxiety. The series follows Susan, a young woman struggling with worries, as she applies the principles to everyday occurrences and engages Anxiety in a competition to win her life back. Dr. Wilson will present & comment on each episode, then introduce the new, free app, ‘Anxiety Challenger,’ designed with Northwestern University Medical School and based on the book, ‘Stopping The Noise in Your Head.’
4:00 PM – 5:30 PM
PROFESSIONAL PLENARY:
Functional Analytic Psychotherapy - A Framework for Improving Interpersonal Intimacy (ADVANCED)  Yerba Buena - Salon 9
Chad Wetterneck, PhD, Rogers Behavioral Health.

This talk will introduce and review the research for Functional Analytic Psychotherapy or FAP. FAP is a behaviorally-based therapy that employs a variety of techniques to differentially reinforce effective behaviors and reduce ineffective behavior, particularly in interpersonal situations. Participants will learn the behavioral principles of supporting interpersonal change with FAP’s five therapy rules in the framework of promoting Awareness, Courage, and Love. Case examples will demonstrate how these processes look in session, and suggestions will be given on how to integrate FAP with other evidence-based therapies to work with individuals with OCD and related disorders.

Friday Evening

6:00 PM – 7:00 PM
Empowering Yoga Flow  Pacific H, 4th Floor
Melissa Hagedorn, Northwest Yoga Conference
Feeling the need to add a little movement to your day after sitting in sessions? Join us for a fun, all level yoga class set to uplifting and inspiring tunes, that will leave you feeling energized and empowered. Please note, attendees should bring their own yoga mats.

Using Art to Humanize OCD and Hoarding Disorder (INTRODUCTORY)
Juniper

Everett Clark, Everett Clark Photography; Dan Fenstermacher, MFA, SJSU; Brooke Aluis, BFA, BYU
Join us for a display of both interactive media and images from photographic projects on OCD and Hoarding Disorder. This gallery show aims to create awareness and cultivate a community of empathy in regards to mental illness, specifically focusing on OCD and Hoarding Disorder, and give hope to those who are affected.

7:00 PM – 8:00 PM
Youth Programming
Create Your Turtle - What Will You Carry with You? (INTERMEDIATE)
Golden Gate C2
Katherine Rossi, MA, McLean Hospital OCD
Middle schoolers will be asked to identify things/people/places/ideas that they value and would like to carry with them wherever they go. They will then create a turtle, incorporating these values into their shell represented through drawings, pictures, words, and designs with various art materials. Attendees will be encouraged to think about how much they can carry with them in their shell, if certain things can be left behind, whether or not these values will change with time, and what they discovered about themselves through this process.

Superhero Comic Strip Hour  Golden Gate C2
Madeline Conover, MA, REAT, Boston Children's Hospital
Come imagine and explore a comic strip using a superhero and/or supervillain (and many more) that you created. You will have full creative control over how your hero and/or villain behaves and how much space they take up in your new story. You will be able to give your superhero any super power imaginable.

Yoga and Mindfulness for Teens  Golden Gate C2
Laura Harper, MSW, Mindset Family Therapy
Explore the benefits of yoga - improved awareness, balance, flexibility, and relaxation - in a spirit of curiosity and self-discovery. In this class, teens will be guided through basic pranayama (breathing) practices to connect mind and body, and be introduced to a variety of asanas (poses) ranging from simple standing to more challenging balancing postures. As participants mindfully breathe, move, and stretch in new and exciting ways, they will develop confidence in and a deeper appreciation for the gift of the body.

Support Groups

BDD Support Group  Golden Gate A
Scott Granet, LCSW, The OCD- BDD Clinic of Northern California
Most people living with BDD never meet someone else who also has this. That only further contributes to feelings of isolation, which tends to be a hallmark of those living with the disorder. The BDD Support group offers a rare opportunity to meet others who truly understand what it is like to live with such a tormenting psychiatric illness: fellow BDD sufferers. This is a safe, confidential environment where people are free to share their concerns without judgement. Please join us!

Combating the OCD Critic with Compassion  Walnut
Christine Izquierdo, PsyD, Renewed Freedom Center; Jenny Yip, PsyD, Renewed Freedom Center
This support group will review the core concepts and goals of self-compassion training tailored for individuals suffering from OCD. Research identifying significant correlations between high levels of shame, perfectionism, self-criticism, self-judgement and increased OCD symptom severity will be reviewed. In addition to disseminating research supporting the utility of self-compassion training techniques in reducing these specific dimensions of OCD. By participating in experiential self-compassion exercises, attendees will acquire these unique skills and supplement their coping repertoire.
**Friday Evening**

**Compassionate Self-Care for Family Members of Those With BDD**

*Willow*

Denis Asselin, IOCD; Judy Asselin

A day of caring for sufferers of BDD/OCD and related illness can feel like an eternity. Caregivers often find themselves 'on duty' from sunup to sundown, sleeping at night with one eye open. In this supportive, candid forum, we will share stories of how we care for ourselves even when the going gets rough. What are the physical, psychological, and spiritual 'cures' that refresh us, renew our commitment, and help us be more effective? We will explore compassionate self-care as the sustainable approach to caring for loved ones with a chronic illness.

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

Salons 3-4

Jonathan Grayson, PhD, Grayson LA Treatment Center for Anxiety and OCD; Lisa Solursh, PsyD, Tulane University School of Medicine

The GOAL group presented here was started in the spring of 2011 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 an open forum for those who would like to share their stories and know that they are not alone.

**OCD and Multicultural Stigma**

*Laurie*

Charlene Salvador; Ariz Rojas, PhD, Indian School of Medicine at Mount Sinai

This is a support group for those who do not receive the support or help from family or friends due to multicultural differences or cultural stigma. They can come from any culture. Examples of lack of support may range from not being able to talk about the disorder to cultural issues just 'crazy.' This may be due to lack of knowledge and awareness, shame, cultural morals and upbringing, or restrictions. This group would be an open forum for those who would like to share their stories and know that they are not alone.

**OCD and Self Injury Support Group**

Salon 9

Jenn Coward, OCD Ottawa Support Group; Carol Rettiner, Twin Cities OCD

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 identify triggers for self-injury and the strategies they learned in therapy to stop. As a group, we will strategize on how to educate and break down the personal stigma that many who self-injury deal with.

**Relationship OCD Support and Psychoeducational Group**

Salons 4-6

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

We know that OCD morphs, and as you go through life it will target what you care about the most. Many individuals are surprised to hear that OCD actually can target their relationship and quite often don’t understand how it happens. They often believe that their current feelings and situations may not be OCD. Uncertainty about your loved one doesn’t need to torment your everyday life. This support group will also provide essential information to help you recognize rOCD, such as recognizing cognitive distortions, red flags, and we will share ACT skills for you to start managing rOCD.

**Social Anxiety Support Group**

Salons 10-12

Danielle Norona-Blocker, PsyD, Neurobehavioral Institute; Wilfredo Rivera, PsyD, Neurobehavioral Institute

This group will provide a space for individuals of all ages to share their encounters with Social Anxiety and meet others who experience similar difficulties in social settings. As individuals present with varying levels of anxiety, participants will be encouraged to participate at their own pace and comfort level. We will explore situations in which people experience anxiety, provide psychoeducation about evidenced-based techniques utilizing Cognitive Behavioral Therapy (CBT) and Exposure Therapy, and provide opportunities for individuals to engage in social activities.

**Support Group for BFRBs**

Salon 8

James Claborn, PhD

We hope this support group may help break the isolation and shame so many people with BFRBs (such as skin picking and hair pulling) experience, and give participants an opportunity to share those habit reversal techniques most likely to help with this problem. As this is a sensitive issue, the group is reserved for individuals over the age of 13.

**Support Group for Parents and Others Caring for Children with PANDAS/PANS**

Golden Gate 8

Susan Swedo, MD, NIMH; Kyle Williams, MD, PhD, Massachusetts General Hospital

Parents of children with PANDAS/PANS have higher stress levels than those caring for children suffering from cancer, diabetes, or other life-threatening condition. The sudden onset of symptoms provides little time to prepare for a new 'norm' that includes not only severe obsessive-compulsive 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.

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

Salons 13-15

Nicholas Flower, PsyD; Jennifer Viscusi, MA, Spalding University

Sexual and violent obsessions are common but often 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. People with these obsessions may experience great distress, have difficulty finding effective treatment, and require a longer treatment course. This group will provide a brief overview of these obsessions and then break into smaller support groups where members can share their experiences of stigma, shame, and rejection in a supportive setting.

**8:30 PM – 10:30 PM**

The 17th Annual Road to Recovery Tour

Salon 9

Jonathan Grayson, PhD, Grayson LA Treatment Center for Anxiety and OCD; Shal Nicole, LPC, Cornerstone Family Services; Jon Hershfield, LMFT, OCD and Anxiety Center of Greater Baltimore; Amy Jenkins, PsyD, Bay Area OCD and Anxiety Center; Lisa Solursh, PsyD, Tulane University School of Medicine

Repeating this experiential workshop for the 17th year, a brief presentation about tonight's tour/virtual camping will focus on inspiring you to risk getting better. Following this, participants-patients, family members, and professionals will go on a field trip throughout SF in which participants will experience the experience 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 do what they choose to do. The surprise will be in how much more you will choose!
### Saturday Schedule

**Saturday, July 8th**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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| 6:30am – 7:30am | Cultivating Awareness Through Meditation  
  *Golden Gate A*  
  View details on page 34. |
| 7:00am – 8:00am | Continental Breakfast  
  *Buffet Breakfast throughout Exhibit Hall in Salon 7 and Yerba Buena Foyer*  
  Free breakfast for all Conference attendees. All attendees are welcome to use the high-top tables throughout the breakfast area, or take items with you into the breakouts. |
| 7:00am – 6:00pm | Conference Check-In & Badge Pick-up Open (If you have already registered)  
  *South Registration Counter*  
  *Onsite Registration Open (If you need to register) & VIP Check-In for Sponsors, Speakers, & Exhibitors*  
  *North Registration Counter*  
  *Continuing Education Desk Open*  
  *North Registration Counter* |
| 7:00am – 7:00pm | Exhibit Hall Open  
  *Salon 7 and Yerba Buena Foyer*  
  See pages 53–57 for a list of exhibitors. |
| 7:00am – 7:00pm | OCD Conference Bookstore Open  
  *End of Yerba Buena Foyer*  
  See page 16 for bookstore hours and information. |
| 8:00am – 5:30pm | Conference Presentation Sessions  
  See pages 32–40 for full schedule of presentations. |
| 8:00am – 5:30pm | Youth Programming  
  *Kids: Golden Gate C2*  
  *Middle Schoolers: Golden Gate C3*  
  *Teens: Golden Gate C1*  
  See page 15 for full schedule of activities. |
| 9:45am – 11:15pm | Special Interest Group: Mental Health Awareness in Sports  
  *Willow, B2 Level*  
  Clint Malarchuck and Corey Hirsch invite those interested in talking about this topic. |
| 11:15am – 12:30pm | Book Author Signings at OCD Conference Bookstore  
  See page 16 for a list of authors. |
| 11:15am – 12:30pm | Lunch on your Own  
  Check Program Guide insert for local restaurant list. |
| 4:15pm – 5:45pm | Keynote Address and Awards Presentation  
  *Yerba Buena, Salons 8–9* |
| 5:45pm – 11:00pm | Evening Activities & Support Groups  
  Turn to pages 40–41 for all Saturday night support group and activity descriptions and a detailed schedule. |
| 5:45pm – 7:00pm | Researcher and Exhibitor Meet & Greet  
  *Salon 7 and Yerba Buena Foyer* |
| 7:00pm – 10:00pm | Saturday Night Social – "Coming Together: An International Celebration"  
  *Yerba Buena, Salons 8–9* |
### Saturday, July 8th

#### 8:00AM – 9:30AM

**Sensory Over-Responsivity Across the Ocspectrum**
Martha Fallerstein, PhD; Adam Lowen, PhD; Adam Reit, PhD; Eric Storch, PhD & Monica Wu, MA
Yerba Buena - Salons 4-6

#### 9:45AM – 11:15AM

**Families Unite: Learn Skills to Join Together to Fight OCD**
Barbara Van Noppen, PhD, LCSW, Sean Sassano, MD; & Felicity Sapp, PhD
Yerba Buena - Salon 9

**Living with OCD & Living with a Loved One with OCD**
Clint & Joanie Malarchuk
Yerba Buena - Salons 4-6

#### 12:30PM – 2:00PM

**The Application of Dialectical Behavior Therapy to Enhance OCD Treatment**
Sony Khemani-Patel, PhD; Yaman Neogheggi, PhD; Tara Doorn, PhD & Alec Milbrand, PhD
Yerba Buena - Salon B

## Everyone

#### Turn Your Secrets Into Surviving
Ethan Smith; Michael Jenike, MD; Elizabeth Michigane, PhD, LMSW & Katja Moritz, PhD
Yerba Buena - Salon 9

#### How to Live a Full Life Act for Everyone
Amy Jeniks, PsyD; Marina Mazza, PsyD; Sarah Carr, MA & Lisa Coyne, PhD
Yerba Buena - Salon B

#### The Social Experiment: Let’s Be Socially Anxious Together
Jason Spelman, PsyD; Joyce Sentamalo, PsyD; & Wilfrido Rivera, PsyD
Golden Gate A

#### Is It Time to Break Up with Your Therapist?
Charity Wilkinson-Truong, PsyD; Allen Weg, EdD; Robert Zambrano, PsyD; & Maresa Nordinstrom, LCSW
Golden Gate A

#### OCD in the First Person: What Is a Day with OCD Like? / OC En Primera Persona: ¿Cómo Es un Dia con TOC?
Serdana Rodrigues Tarajete
Nob Hill B-D

#### Before Reinforcing OCD Behaviors, Let's Pause / ANTES DE QUE REPELAMOS NUESTROS ACTOS: CON MALDOSIEMOS
Patricia Zuniga-Chan, PsyD
Nob Hill B-D

#### When Emotional Meltdowns Hijack OCD Treatment
Kathleen Norris, LPC
Golden Gate B

#### OCD and Substance Use Disorders (SUD) Town Hall - Reducing Stigma by Breaking Silence
Stacey Connors, MSW, MPH; Michael Jenike, MD; Jonathan Hoffman, PhD & Margaret Wiley Stain
Golden Gate B

#### Ask the Experts: Frequently Asked Questions About OCD in Children and Adolescents
Charles Mantzoukis, PhD, Evelyn Stewart, MD & Adrienne Wagner, PhD
Golden Gate B

#### Building Peer Supports on a Stages of Change Continuum
Angela Colleen, MS; Elizabeth Burt & Yarina Pierce
Yerba Buena - Salons 6-12

#### Articulating Disconfirmable Core Fears: A Key Component of Useful Case Formulations
Alicia Rolland, PhD
Yerba Buena - Salon 8

#### Enhancing Motivation and Engagement in Exposure-Based Treatments
Eric Storch, PhD; Joshua Nadeau, PhD & Alexandra Marie Gilbert
Yerba Buena - Salons 1-3

#### Multimodal Approaches to Treatment Refractory Obsessive Compulsive Disorder
Jen Halverson, MD; Eric Storch, PhD; Bradley Remann, PhD & Danie Dryden, MD, MSc
Yerba Buena - Salons 1-3

#### Treating OCD and Substance Use Disorder 101
Stacey Connors, MSW, MPH & Patrick McGrath, PhD
Yerba Buena - Salons 1-3

#### Maximizing ERP with Taboo Content in Adults and Children
Steven Tiao, PhD; Anthony Puliafito, PhD; & Kate Burt
Yerba Buena - Salons 4-6

#### Not Just Right Is Oh So Right - Treatment Is Easier Than You Think!
Art Roca, PhD & Lindsay Brauer, PhD
Yerba Buena - Salon 9

#### Research and Clinical Practice

**Research Progress and Clinical Updates in PANS & PANDAS**
Susan Swedo MD; Kyle Williams, MD; Jennifer Frankovich MD; Dritan Agullli, PhD
Yerba Buena - Salons 12-15

**Treatment of Emotion Regulation Difficulties in OCD: Depression and Co-Morbidities**
Scott Blasi-West, MD; & Christopher Morgan, PhD
Yerba Buena - Salons 12-15

**The Use of Technology in OCD Treatment**
Elizabeth McKeen, PhD, LMSW; Katrina Ruffin, PhD; Jon Henshield, LIMFT & Monica Williams, PhD
Yerba Buena - Salons 12-15
Saturday, July 8th

2:15PM – 3:45PM

HOW DBT SKILLS ENHANCE MY OCD TREATMENT
Leah Karamillo, LNAFT; Kate Rogers, PhD;
Carol Thomas & Jessica Ann Bishop
Yerba Buena - Salons 4-6

FACTS & MYTHS - OCD AND SUBSTANCE USE DISORDER - TEST YOUR KNOWLEDGE
Stacey Connors, MSW, MPH; Sarah Siskin;
Patricia Hether; Margaret Riley Siskin
Yerba Buena - Salon 9

MANAGING GUILT AND SHAME WITH SEXUAL, VIOLENT, AND BLASPHEMOUS OCD INTRUSIVE THOUGHTS
Christie Hedges, Corey Hinch, Ange Alexander; & Katlynnd Hinchway
Golden Gate A

TRAPPED IN YOUR MIND? PRACTICE TECHNIQUES TO HELP!
/ / ATRAPADO EN SU MENTE? PRACTICUÉMOS TÉCNICAS DE MANEJO ANSIEDADE!
Marcia Robinson, PsyD & Lauren Shames
Neb villa B-D

HOW OCD CAN RUPTURE YOUR RELATIONSHIP: 3 VITAL STRATEGIES FOR STAYING CLOSE
Heidi Jaclin Hartson, PhD
Golden Gate B

GROUP AND HOME-BASE INTERVENTIONS FOR CLUTTER AND HOARDING
Jordana Munro, PhD, LCSW; Patty Underwood, MSW;
Karen Lehr, MSW; Susan Royer; & Sarah van Houten
Yerba Buena - Salons 10-12

CHALLENGING STANDARD DEFINITIONS OF RECOVERY: WHAT DOES IT REALLY MEAN TO GET BETTER?
Nathaniel Van Kirk, PhD; Jason Knoppinger, PhD;
Elizabeth Mahogany, PhD; & Todd K. Thost;
Svorgvansson, PhD
Yerba Buena - Salon 8

DIVERSITY: THE KEY TO A BETTER OCD PROGRAM
Katie Moritz, PhD; Monica Williams, PhD;
Curtis Hsu, PhD & Eugen Neziroglu, PhD
Yerba Buena - Salons 13

TRANSLATING SCIENCE TO OCD CLINICAL CARE: MEDICATION AND BRAIN STIMULATION ADVANCES
Carolyn Rodriguez, MD, PhD; Mahendra Bhola, MD;
Sharonne Bas-Haim, MD; Hemmings Wu, PhD;
& Nabil Williams, MD
Yerba Buena - Salons 23-25

4:15PM – 5:45PM

KEYNOTE
UNSTUCK: AN OCD KIDS MOVIE
Chris Baier & Kelly Anderson
Yerba Buena Salons 8–9

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.

- **EVERYONE**
- **INDIVIDUALS WITH OCD**
- **PARENTS & FAMILIES**
- **BILINGUAL**
- **HOARDING**
- **PANDAS/PANS**
- **THERAPISTS**
- **RESEARCHERS**
- **OCD & SUBSTANCE USE**

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

Seating at all presentations is on a first-come, first-served basis.
Saturday, July 8th

6:30 AM – 7:30 AM
Cultivating Awareness Through Meditation
Golden Gate A
Melissa Hagedorn, Northwest Yoga Conference

Good morning - did you know that you can cultivate awareness? The practice of meditation helps to cultivate awareness of thinking and awareness of the value we place on those thoughts. Using this awareness, we can better leverage the space that response prevention creates to make the choices that we want to make and that serve our best interests. Beginners and seasoned meditators welcomed.

8:00 AM – 9:30 AM
ACTing your Way Through the OCD Storms (INTERMEDIATE)
Golden Gate C2
Annabell Hagen, MSW, Mindset Family Therapy; Nancy Larsen, MSW, Mindset Family Therapy

Life gets tricky when you are anxious and may become even more topsy-turvy when OCD storm shows up. This ACT workshop will teach you how to listen to ACT cues, do what it takes to get through the OCD storms, and focus on what matters most in your life. ACT principles will be taught and reviewed through experiential exercises that include: 'DOTS with Raddles,' 'The Arm Timeline,' 'Dancing in the Rain,' 'The Wrinkled Sock,' and 'Demons on the Boat.'

Articulating Disconfirmable Core Fears: A Key Component of Useful Case Formulations* (INTERMEDIATE)
Yerba Buena - Salon 8
Alec Pollard, PhD, Saint Louis Behavioral Medicine Institute

Core fears are catastrophic outcomes individuals anticipate will happen if they fail to avoid or neutralize an obsession trigger. Some patients are unable to articulate their fear or report fears inconsistent from normal concerns. Another complication is the fact that some forms of OCD do not involve fear. As a result, many case formulations omit fear concepts or include core fears that cannot be disconfirmed. Treatment plans that incorporate clearly articulated core fears have many advantages. This workshop will present a model to guide therapists in identifying useful core fears.

Defusing the OCD Bomb: Simple (and Sometimes Silly) Tricks from ACT (INTERMEDIATE)
Golden Gate C2
Megan Schwallie, MA, LCSW, Dooways LLC; Sam Lample, MA, LPC, Thrive Therapy

Have you ever said try saying your most intrusive OCD thoughts in the voice of Donald Duck? Have you ever taken your mind for a walk? Wondering where this is going? Then this interactive workshop is for you. We will introduce attendees to the ACT concepts of cognitive fusion and defusion as they relate to OCD. Participants will examine how fusion operates in their own lives and get in the way of living according to their values. We will have fun experimenting with various defusion techniques and participants will walk away with a new set of tools to help them challenge their OCD.

Help! Evidenced Based Treatment for OCD / ¡Ayuda! Tratamiento Eficaz para el TOC (INTRODUCTORY)
Nob Hill B-D
Joyce Szentpaly, PsyD, Neurobehavioral Institute; Wilfredo Rivera, PsyD, Neurobehavioral Institute; Lissette Cortes, PsyD, Neurobehavioral Institute

Trying to get the right treatment for OCD can be confusing. Though some may have already received treatments, they may still suffer from their symptoms and feel frustrated. This bilingual presentation will discuss treatments for OCD that have proven to be effective through scientific research. We will also discuss expectations for treatment, common complications, and alternative treatment options. The objective of the presentation is for participants to understand that a comprehensive treatment approach is necessary in order to improve outcomes. The presentation will also emphasize the importance of continued care and support through OCD-focused therapy groups and peer support networks.

Is it Time to Break Up With Your Therapist? (Introductory)
Golden Gate A
Charity Wilkinson-Truong, PsyD, Allen Weg, EdD, Stress and Anxiety Services of NJ; Robert Zambrano, PsyD, Stress and Anxiety Services of NJ; Naretra Nordstrom, LCSW, Stress and Anxiety Services of NJ

Choosing a therapist and determining if treatment is really working can be a daunting process. This panel will offer some practical steps for people with OCD to find, evaluate, and decide if the therapy they are receiving is working. An interactive discussion about what does and doesn’t help in OCD therapy will take place.

Recommendations about how to measure improvement and what elements should be included in ERP therapy sessions will be provided. Participants will be encouraged to discuss both helpful and unhelpful experiences and the importance of creating a collaborative and vibrant therapeutic relationship.

Kicking OCD Monsters Off the Bus (INTRODUCTORY)
Golden Gate C2
Jenny Yip, PsyD, Renewed Freedom Center; Jake Knapik, PsyD, Renewed Freedom Center; Noah Laracy, MA, Renewed Freedom Center

Driving a bus full of OCD monsters is a tough job, especially when they play pranks along the way to keep you from reaching your destination. Fortunately, with a road map in hand, you’ll identify the obstacles to expect on this journey. Despite feeling nervous, you’ll learn to take the driver’s seat and kick these unwelcome monsters off the bus.

Psychological Features and Community-Based Treatment of Hoarding Disorder* (ADVANCED)
Yerba Buena - Salons 10-12
Sanjay Saxena, MD, UC San Diego Department of Psychiatry; Jessica Grisham, PhD, University of New South Wales; Carolyn Rodriguez, MD, PhD, Stanford University; Carol Mathews, MD, PGFMPS US

This symposium will present several recent research studies of psychological vulnerability factors (such as distress intolerance) and their relationship with hoarding severity; associated features (procrastination, disorganization, indecisiveness, perfectionism) in people with Hoarding Disorder vs. OCD; and community-based treatments for hoarding disorder (HDS), including a parallel cognitive-behavioral therapy and peer-led Buried in Treasures groups conducted in a real-world setting, and a workshop designed to engage communities to provide evidence-based treatment for HD.

Research Progress and Clinical Updates in PANS & PANDAS* (ADVANCED)
Yerba Buena - Salons 13-15
Susan Swedo, MD, NIH; Kyle Williams, MD, PhD, Massachusetts General Hospital/Harvard Medical School; Jennifer Frankovich, MD, Stanford University; Dritan Agalliu, PhD, Columbia University Medical Center

The presenters will provide information about the latest recommendations for the recognition, diagnosis and treatment of PANS and PANDAS, 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-inflammatory medications, cognitive behavior therapy and anti-inflammatory or immunomodulatory therapies.

Sensory Over-Responsivity Across the OC-Spectrum* (INTERMEDIATE)
Yerba Buena - Salons 4-6
Martha Falkenstein, PhD, McLean Hospital/Harvard Medical School; Adam Lewin, PhD, University of South Florida; Adam Reid, PhD, McLean Hospital/Harvard Medical School; Eric Storm, PhD, University of South Florida; Gregor Behavioral Health-Tampa; Monica Wu, MA, University of California, Los Angeles

This panel will discuss some of the recent research on sensory over-responsivity (SOR; disproportionate reaction to ordinary sensory stimuli). Panelists will provide a brief overview of recent findings about SOR in OCD, trichotillomania, and misophonia. A Q&A session will then be held between the panelists themselves and audience as well. Sample issues include: What role does SOR play in OCD and related disorders? How can some incorporate these issues into their treatment? The conversation will be primarily focused on the clinical application of these researchers’ findings.

Treating OCD and Substance Use Disorder* (INTERMEDIATE)
Yerba Buena - Salons 1-3
Stacey Conroy, MSW, MPH, Richmond VA Medical Center; Patrick McGrath, MD, AMITA Health

It is estimated up to 25% of those with OCD have a Substance Use Disorder (SUD) in their lifetime. Common treatment strategies, treatment protocols & resources for treating OCD and co-occurring Substance Use Disorders (SUD) based on case examples & Evidence Based Treatments which can be combined for effective concurrent treatment for those living with OCD-SUD. Resources for additional support & learning will be provided. Participants will have an opportunity to talk about their OCD-SUD experience and whether or not they have received treatment. The panel will include an overview of current research & treatment options for OCD-SUD.

Turn Your Secrets Into Surviving (INTERMEDIATE)
Yerba Buena - Salon 9
Ethan Smith, OCD; Michael Jenike, MD, Harvard Medical School; Elizabeth McKenzi, PhD, LMSSW, Baylor University; Katia Moritz, PhD, Neurobehavioral Institute

Battling OCD is hard enough, why must we keep it a secret? What’s the fear? Why must we hide our struggle from others, carrying the burden of truth alone? People...
Saturday, July 8th

Maximizing ERP with Taboo Content in Adults and Children* (INTERMEDIATE) Yerba Buena - Salons 4-6
Steven Tsao, PhD, Center for Anxiety & Behavior Therapy; Anthony Puliafito, 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. This presentation will focus on (1) assessing the functional relationship between taboo obsessions and compulsions, (2) conducting 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.

Mindfulness, Creativity, and Clutter (INTRODUCTORY) Yerba Buena - Salons 10-12
Andrea Millen, PsyD, Stanford University; Sharon Bellnap, Sharen Bellnap Design; Carolyn Rodriguez, MD, PhD, Stanford University
In this interactive workshop, participants will learn a simple step-by-step mindfulness practice tapping into creative solutions for dealing with too much stuff. After presenting a model of mindfulness and cognitive-behavioral interventions for clutter, presenters will focus on practical strategies. Through an experiential exercise participants will put new skills to practice and explore a unique way of conversing with attachment to clutter. By introducing this tender approach of mindfulness with a touch of creativity, we hope to inspire a fresh take on sorting through and simplifying clutter.

OCD and Substance Use Disorders (SUD) Town Hall - Reducing Stigma by Breaking Silence (INTRODUCTORY) Golden Gate B
Stacey Conroy, MSW, MPH, Richmond VA Medical Center; Michael Jenike, MD, Harvard Medical School; Jonathan Hoffman, PhD, Neuropsychiatric Institute; Margaret Sisson, Riley’s Wish Foundation
This year’s Town Hall will continue to focus on reducing the stigma of Substance Use Disorder (SUD) within the OCD community by encouraging open discussion of the treatment needs of those with OCD-SUD, providing updates in treatment options and advocacy resources. A brief opening presentation on OCD-SUD followed by personal stories and professional experiences will start the session. Extended time for questions will be provided. All are welcome, family members, those with OCD-SUD, clinicians, and anyone who is concerned for someone living with OCD-SUD.

OCD in the First Person: What is a Day with OCD Like? / ¿TOC en Primera Persona: Como es un Día con TOC? (INTERMEDIATE) Nob Hill B-D
Servando Rodriguez Barajas, Centro TOC México
In this presentation, we will begin by showing a video from the perspective of a person with OCD, showing an example of a day with OCD can be like. The creator of the video will then give a short testimony of his own experience, including his therapy journey and the tools that have been useful for him along the way. The goal of this presentation is for participants to gain a better and deeper understanding about what it is like to have OCD. Se mostrará un video grabado desde la perspectiva de una persona con TOC. Además, el creador del video presentará su propia historia, explicando qué le ha ayudado y lo que no, así como su opinión como paciente acerca de esto. El objetivo es que los participantes adquieran una comprensión más profunda acerca de lo que es tener TOC y sobre todo, adquieran mayor empatía en cómo se siente y que representa para una persona paciente.

The Parent Trap: How to Navigate OCD and Your Parents (INTERMEDIATE) Golden Gate Cj
Jessica Kolosnur; Neil Hemmer; Emma Sullivan
One of the most difficult parts of having OCD as a middle schooler can be navigating the relationship with your parents. It is hard to explain what is going on in your head, but your parents can be vital team members in your fight against OCD. Three young adults will discuss how they navigated tough conversations with their parents, while still maintaining loving, respectful relationships. The panelists will share their strategies for managing the relationship changes as they grew older and took on more responsibility with their OCD treatment.

How to Raise Your Parents When You Have OCD (to Help You or Get Out of the Way) (INTRODUCTORY) Golden Gate Cj
Allen Weg, EdD, Stress and Anxiety Services of NJ
As a teen, 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, alternately, may ask too many questions, get ‘in your face’ too much, or try too hard to ‘fix’ you. In this 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.

How to Live Full Life - ACT for Everyone (INTRODUCTORY) Yerba Buena - Salon 8
Amy Jenkins, PsyD, Roy Ante OCD and Anxiety Center; Marisa Mazzio, PsyD, Blue Cross/Blue Shield; Sarah Garr, cityplurality; Lisa Goyne, PhD, Midwest Harvard Medical School
Everyone is welcome to join us as we explore practice Acceptance and Commitment Therapy (ACT). On this journey we will learn how to shift our focus from our struggles to living a full and meaningful life. We will identify our values and practice concrete strategies that will challenge ourselves in new and exciting ways. Exercise will include practicing mindfulness and acceptance and getting distance from unhelpful thoughts and feelings. Everyone will leave with a more compassionate approach to challenging themselves during the conference and throughout their lives.

Enhancing Motivation and Engagement in Exposure-Based Treatments* (INTERMEDIATE) Yerba Buena - Salons 1-3
Eric Storch, PhD, University of South Florida & Rogers Behavioral Health - Tampa; Joshua Nadeau, PhD, Rogers Behavioral Health - Tampa; Alexandra Gilbert, Rogers Behavioral Health
Therapists of patients with OCD and/or anxiety disorders often struggle with barriers to motivation or engagement in Exposure and Response Prevention (ERP) despite having a general desire for symptom reduction and improved quality of life. The purpose of this workshop is to identify and address several of the most common barriers to treatment engagement among adults and children including depression, hopelessness, intolerance of distress, oppositional behavior, ADHD, and others. Particular emphasis will be given to exposing common barriers and working with OCD in the midst of hopelessness.

Families Unite: Learn Skills to Join Together to Fight OCD (INTERMEDIATE) Yerba Buena - Salon 9
Barbara Van Noppen, PhD, LCSW, University of Southern California; Sean Sassano, MD, University of Southern California; Felicity Sapp, PhD, Anxiety Psychological Services
This workshop will begin with a brief presentation reviewing family responses to OCD in adults and children and the impact these responses have on OCD. We will introduce the concept of behavioral contracting, a family-based intervention, to unite families to work together to reduce OCD symptoms and their impact on the quality of life for everyone. This is a highly interactive and experiential workshop, ideal for families. Even if your family/person with OCD is not present, you can still participate to learn what you can do. Everyone will come away with a plan.

suffering from cancer to MS can comfortably and openly seek support and treatment for their illness. Why can’t we? Well, we should... and can. This interactive panel explores the reasons why sufferers and families fear disclosing. You’ll learn how to work through your debilitating feelings and free yourself from secrecy. Who to tell about OCD and how to tell them, all in an effort to make extraordinary positive changes in your life.
Saturday, July 8th

The Social Experiment: Let's Be Socially Anxious Together
(INTRODUCTORY) Golden Gate A
Jason Spielman, PsyD, Neuropsychological Institute; Joyce Szentpaly, PsyD, Neuropsychological Institute; Wilfredo Rivera, PsyD, Neuropsychological Institute
It can almost seem as if OCD doesn’t want you to have a social life. Come join Dr. Jason Spielman and his team as they take you on a guided ‘social experiment’ in which participants will have the opportunity to learn constructive strategies to deal with OCD-related social obstacles that are naturally (and perhaps not-so-naturally) occurring in and around the hotel conference setting. Your fellow attendees and highly-embarrassing guides will have a good time making social mistakes together that you can practice when you get home from the conference. Remember: no social risk, no social reward.

Treatment of Emotional Regulation Difficulties in OCD: Depression and Co-Morbidities* (INTERMEDIATE) Yerba Buena - Salons 13-15
Scott Blair-West, MD, University of Melbourne; Christopher Moglan, PhD, The Anxiety and OCD Clinic
Difficulties in Emotional Regulation (ER) have been implicated in psychological disorders but not extensively studied in OCD. Recent findings show ER problems are positively correlated with OCD severity in community and clinical samples. In practice co-morbidities affect motivation, treatment planning and progress and treatments incorporating mindfulness, ACT, DBT, tailored CBT strategies and novel approaches for specific ER problems. This session can improve mood, cognitive flexibility and eventually ERP effectiveness. We will review research, treatments and describe relevant case studies.

Turning OCD Inside Out* (INTRODUCTORY) Golden Gate C2
Nicolle Bosse, PsyD, Lindner Center of HOPE; Charles Brady, PhD, Lindner Center of HOPE; Jennifer Wells, MSW, Lindner Center of HOPE; Jennifer Wilcox, PsyD, Lindner Center of HOPE
Is your OCD a bully inside your head? Maybe or maybe not. As illustrated in the movie ‘Inside Out’, participants will learn how the mind works as a committee that sometimes is fixated and sometimes not, especially when OCD is taking the lead. In this lively and interactive multi-media workshop, scenes from the movie ‘Inside Out’ introduce this concept and attendees are invited to be live members of the interactive game show ‘Meet Your Mind.’ At the end of the presentation, participants will be invited to draw what their OCD part of their mind appears to them.

12:30 PM – 2:00 PM
Ask the Experts: Frequently Asked Questions about OCD in Children and Adolescents (INTERMEDIATE) Golden Gate B
Aureen Wagner, PhD, Anxiety Wellness Center; Charles Mansueto, PhD, Behavior Therapy Center of Greater Washington; Evelyn Stewart, MD, University of British Columbia
Bring your questions about OCD in children and teens to a pediatric OCD expert panel of two psychologists and a psychiatrist. Drs. Wagner, Mansueto, and Stewart will briefly share insights from their years of working with OCD, to address common FAQs such as: How does OCD develop? What are the risk factors for OCD? How is OCD treated? And what can parents do to help? In this lively and interactive multi-media workshop, scenes from the movie ‘Inside Out’ introduce this concept and attendees are invited to be live members of the interactive game show ‘Meet Your Mind.’ At the end of the presentation, participants will be invited to draw what their OCD part of their mind appears to them.

Before Reinforcing OCD Behaviors, Let’s Pause / Antes de que Refuercen el TOC, Nos Detengamos (INTERMEDIATE) Nob Hill B-D
Patricia Zuniga Ons, PsyD, East Bay Behavior Therapy Center
This bilingual workshop begins with reviewing the most common family accommodations to OCD that parents or caregivers engage in, despite knowing that those responses worsen OCD symptoms. Then, parents or caregivers are invited to identify specific blocks that hinder them from stopping those accommodations, such as fear about their child getting upset, frustrated, tired, etc. Finally, specific behavioral responses to effectively handle these blocks will be presented to parents or caregivers. Este taller brinda a los padres una herramienta para evitar hacer los mismos errores que su hija está haciendo.

Building Peer Supports on a Stages of Change Continuum* (INTERMEDIATE) Yerba Buena - Salons 10-12
Ana B. Gutierrez, Mental Health Association of San Francisco; David Bain, MS, Mental Health Association San Francisco; Elizabeth Barr, Mental Health Association of San Francisco; Varian Pierce, Mental Health Association of San Francisco
Meet the individuals with lived experience of collecting challenges who have created a national model of peer support at the Mental Health Association of San Francisco's Center for Understanding Collecting Behaviors (CUCB). We will describe in detail the range of supports and how it was designed to support individuals along the Stages of Change continuum. We will also solicit audience members to speak of their own experiences with peer support programs.

Fun & Games! (INTERMEDIATE) Golden Gate C2
Madeline Conover, MA, REAT, Boston Children's Hospital
Come hang out in the Kids Room and play! We will have all kinds of games available to play, along with a relaxed and inviting environment with music.

Living with OCD & Living with a Loved one with OCD (INTERMEDIATE) Yerba Buena - Salons 4-6
Clint Malarchuk & Joanie Malarchuk
As a former Professional Athlete that has lived with OCD, I talk about my struggles and challenges. I share my strength, experience and hope and how I keep my balance today. My wife presents with me. She shares her experiences of living with a loved one with OCD and all of its struggles and challenges.

Multimodal Approaches to Treatment Refractory Obsessive Compulsive Disorder* (ADVANCED) Yerba Buena - Salons 1-3
Jerry Halverson, MD, Rogers Memorial Hospital; Eric Storch, PhD, University of South Florida & Rogers Behavioral Health - Tampa; Bradley Rieman, PhD, Rogers Memorial Hospital; Darin Dougherty, MD, MSc, Massachusetts General Hospital/Harvard Medical School
OCD is one of the most common psychiatric disorders and is also one of the most difficult to treat. This presentation will discuss the latest, evidence-based treatment of OCD across the lifespan. We will start with the definition of treatment refractory OCD. Then we will discuss treatment approaches to difficult to treat OCD in children and adolescents followed by a discussion of psychotherapeutic adjustments to ERP therapy for adults. Finally, we will then discuss evidence based pharmacotherapy and use of other somatic treatments such as DBS. Case based discussion will follow.

Not Just Right is Oh So Right - Treatment is Easier than You Think! (INTERMEDIATE) Yerba Buena - Salons 9
Arez Rojas, PhD, Icahn School of Medicine at Mount Sinai; Lindsay Brauer, PhD, University of Chicago
A large evidence-based supports the use of CBT/ERP for the treatment of OCD. However, in both child and adult populations, right compulsions and tic-related OCD can present issues for delivering traditional ERP-based protocols, especially for novice clinicians, and are commonly comorbid with other psychiatric disorders. In this lecture, we will review the assessment and treatment of right-compulsions and tics by illustrating the course of treatment with child and adult cases. We will also discuss how to adapt treatment for individuals with comorbid psychiatric disorders.

Over-Achievers With OCD: How to Excel in School Without Letting Your OCD Win (ADVANCED) Golden Gate C5
Josh Steinberg & Emily Steinberg
Diligence, meticulousness, attention to detail. For youth with OCD, those qualities can make functioning difficult. Yet, without such OCD, these qualities propel achievement. Presenters will help students to balance OCD’s adaptive elements and their desire to achieve against OCD’s ability to impair functioning. Josh will discuss his experience as a high school student and college graduate, while Emily shares her research on achievement, perfectionism, and OCD, and experiences with youth struggling to overcome OCD and be well in school.

Teens with OCD: The Journey from Diagnosis to Recovery (INTERMEDIATE) Golden Gate C3
David Jacoby, PhD, Rogers Memorial Hospital; Emma, Darcy, Raphael, & Conlan
Teens with OCD face many challenges, including managing their symptoms, coping with the stresses of school, social life, and family, and working hard to get well. In this panel, several teens with OCD will share their journeys from diagnosis to recovery. Panelists will describe how OCD has impacted their lives, their struggles
and victories before, during, and after treatment, and the challenges of returning to their family, school, and social life. Teens at any stage of recovery are welcome to join us - we hope that the experiences of these teens will help motivate those who are just beginning their journey of recovery, encourage those in treatment, and help sustain the efforts of those continuing to manage their symptoms in recovery.

The Application of Dialectical Behavior Therapy to Enhance OCD Treatment* (INTERMEDIATE) Yerba Buena - Salon 8
Sony Khemlani-Patel, PhD, Bio-Behavioral Institute; Fugen Neziroglu, PhD, Bio-Behavioral Institute; Tania Borda, PhD, Bio-Behavioral Institute; Alec Pollard, PhD, Saint Louis Behavioral Medicine Institute
DBT is a scientifically supported treatment incorporating cognitive behavioral theory and Eastern meditation. DBT has been successfully applied to a variety of psychological conditions. Most notably, mindfulness has become a common addition to standard DBT. DBT's skills based approach to manage intense emotions and its focus on increasing motivation and therapy engagement makes it a potentially valuable addition to treatment. This presentation will introduce attendees to the principles and techniques of DBT and discuss its specific application to OCD Related Disorders to enhance gains.

The Use of Technology in OCD Treatment* (INTERMEDIATE) Yerba Buena - Salons 13-15
Elizabeth McIngvale, PhD, LMSW, Baylor University; Katrina Rufino, PhD, University of Houston - Downtown; Jon Henschfield, LMFT, The OCD and Anxiety Center of Greater Baltimore; Monnica Williams, PhD, University of Connecticut
OCD is a chronic, debilitating and prevalent psychiatric illnesses (2-3% of the population). Exposure with response prevention is the most effective treatment with high success rates (50%) yet a treatment gap of nearly 60% exists. Barriers to treatment often include access to care, costs of treatment and stigma with minorities especially susceptible to this gap. Presentation, discussion, case studies and interactive exercises will focus on ways technology is changing the treatment landscape for OCD both as a self-help modality and with a live real-time therapist (tele-therapy).

Understanding OCD and Substance Use: My Journey with OCD and Addiction then Sobriety (INTERMEDIATE) Golden Gate A
Sarah Naff, Palo Alto University
I want to share my personal story of living with OCD and addiction and how I have worked hard to rise above and conquer it. I will illustrate the type of OCD I have, the various treatment I have received, my comorbid struggle with substance use/addiction, and how my life is today. I want to show that there is hope in living with OCD and surrounding addiction.

2:15 PM – 3:45 PM
Nathaniel Van Kirk, PhD, McLean Hospital OCD Institute; Jason Krompinger, PhD, McLean Hospital; Harvard Medical School; Elizabeth McIngvale, PhD, LMSW, Baylor University; Thelma Börjessonsson, PhD, Houston OCD Program & McLean Hospital
How we define treatment response can vary across research, clinical, and program evaluation perspectives. This variation can provide conflicting messages to our clients about what recovery should look like impacting motivation, goal selection, and relapse prevention efforts. In addition to the clinician perspective, panels will share their personal perspectives on how they conceptualize their own recovery from OCD. Clinical implications of these conceptualizations will be discussed, including recommendations for integrating recovery-oriented practice principles into OCD treatment.

Diversity: The Key to a Better OCD Program* (INTERMEDIATE) Yerba Buena - Salons 1-9
Katia Moritz, PhD, Neuropsychological Institute; Monnica Williams, PhD, University of Connecticut; Curtis Hisa, PhD, OC Anxiety Center; Fugen Neziroglu, PhD, Bio-Behavioral Institute
We're working hard to increase access to OCD treatment in diverse, underserved populations. It's self-evident that we need to attract and train more researchers and practitioners who specialize in OCD; however, diversity may be a key factor in creating successful OCD treatments. Accomplishing this can only enrich clinical teams and their effectiveness. This presentation aims to discuss how to utilize staff diversity in the context of providing evidence-supported OCD treatment and enhancing cultural competencies for the entire team.

Facts & Myths - OCD and Substance Use Disorder - Test Your Knowledge (INTERMEDIATE) Yerba Buena - Salon 9
Stacey Genov, MSW, MPH, Richmond VA Medical Center; Sarah Sisson, Riley's Wish Foundation; Patricia Hatcher, MSW; Margaret Sisson, Riley's Wish Foundation
Test your knowledge; come win prizes, learn something new, and when its over you just might have important information about you, a friend, or family member. Myths about substance use come from TV, social media, and other sources, but what do you really know? do you have the Facts? How does substance use impact OCD? This is an interactive workshop designed as a Trivia Game, which again means prizes. So come enjoy the challenge, bring your friends, and have some fun while you learn. Participants will be asked to answer trivia questions, but no personal information will be asked of anyone.

Group and Home-Based Interventions for Clutter and Hoarding* (INTERMEDIATE) Yerba Buena - Salons 10-12
Jordans Murroun, PhD, LICSW, Briston University; Patty Underwood, MSW, Riverside Community Care; Katlin Lehr, MSW, Riverside Community Care; Shawn Noyes, PhD, OTP/R, University of Southern Maine; Sarah Van Houton, University of Southern Maine
This workshop will discuss various types of group and home-based interventions for hoarding that are linked to improved outcomes. Presenters will discuss opportunities and challenges associated with running groups and conducting home-based visits. Intensive exercises and video will be used to engage attendees.

How DBT Skills Enhanced My OCD Treatment (ADVANCED) Yerba Buena - Salons 3-6
Leah Jaramillo, LMFT, The OCD and Anxiety Treatment Center; Kate Rogers, PhD, OCD and Anxiety Treatment Center; Carol Thomas; Jessica Bishop
Dialectical Behavior Therapy (DBT) involves using coping skills to find a balance between acceptance and change. This talk will highlight the experience of two individuals using DBT skills in the context of their OCD treatment, along with the insights of therapists who run DBT skills groups.

How OCD Can Rupture Your Relationship and 3 Vital Strategies for Staying Close (INTERMEDIATE) Golden Gate A
Heidi Hartston, PhD
The benefits of a secure adult attachment are numerous. Keeping your relationship on good terms even in difficult times is a huge advantage for your mental and physical wellbeing. This presentation describes how the high anxiety of an OCD moment can make you feel isolated and misunderstood, teaches specific steps to repair a bad interaction, and provides tips on how to stay close when OCD strikes hard. Specific tools from evidence based Emotion Focused Therapy for couples are described. Worksheets and participant discussion will personalize this valuable tool box.

Managing Guilt and Shame with Sexual, Violent, and Blasphemous OCD Intrusive Thoughts (INTERMEDIATE) Golden Gate A
Chrisie Hodges; Corey Hirsch, Ryerson Broadcasting Toronto; Angie Alexander; Kaitlyn Hasaway; ShalanaAshen Mental Health Vlogs
Shame & guilt are emotional, debilitating responses to sexual, violent, & blasphemous intrusive thoughts. These emotions cause individuals to question their character & morality, perpetuating self-stigma and creating barriers in treatment & recovery. Our panel will explore strategies to navigate shame & guilt based on our lived experience.

Middle Schooler/Parent Summit: Everyone Talks, Everyone Listens (INTERMEDIATE) Golden Gate C
Jessica Kolnour; Neil Hamner; Emma Sullivan
The first half of this workshop will involve parents meeting in one group and middle schoolers meeting in another group. The goal is to have middle schoolers discuss what they have learned so far and figure out what they really need their parents to hear and understand. The goal of the parent group will be the same. The second half of the workshop will bring both groups together to share these new insights and collaborate on next steps.

Study and Organizational Skills for Kids (INTERMEDIATE) Golden Gate C
Kathleen Norris, LPC, CFEE Center For OCD And Anxiety
OCD can present problems for students when symptoms interfere with the academic demands of organization, homework, studying for tests, or completing projects. Hands-on tools will be provided for students. Attendees will be given ideas on instrumentation, accountability, and trouble-shooting. Students will learn how to make school easier, faster, and more fun.
Teen/Parent Summit: Everyone Talks, Everyone Listens (ADVANCED)
Golden Gate C1
Allen Weg, EdD, Stress and Anxiety Services of NI; Dede Booth, MA, REAT, McLean Hospital
The first half of this workshop will involve parents meeting in one group and teens meeting in another group. The goal is to have teens discuss what they have learned so far and figure out what they really need their parents to hear and understand. The goal of the parent group will be the same. The second half of this workshop will bring both groups together to then share these new insights and collaborate on next steps.

Translating Science to OCD Clinical Care: Medication and Brain Stimulation Advances (ADVANCED) Yerba Buena - Salons 12-13
Carolyn Rodriguez, MD, PhD, Stanford University; Mahendra Bhati, MD, Stanford University; Sharon P. Ben-Haim, MD, University of California, San Diego; Hemming Wu, PhD, Stanford University; Nolan Williams, MD, Stanford University
Standard first-line treatments for OCD often do not provide sufficient relief of OCD symptoms for those seeking care. There is an urgent need for novel alternative treatments. This symposium will summarize recent work in novel medication and brain stimulation interventions as potential future treatment options. Specific studies will be presented on: 1) drugs like rapastinel and ketamine; 2) transcranial magnetic stimulation; 3) how animal models of OCD can help optimize deep brain stimulation localization in patients; 4) brain stimulation advances and challenges in patients.

Marcia Rabowits, PsyD, McLean Hospital; Laura Shames, McLean Hospital
It is well known that the best treatment for OCD is Cognitive Behavioral Therapy (CBT)/Exposure with Response Prevention (ERP). At the same time, it’s important to learn and practice strategies to regulate your emotions and manage your symptoms outside of your ERP sessions. The goal of this workshop is to learn different techniques to confront anxiety, including mindfulness, breathing techniques, and relaxation techniques. Come prepared to practice with us! Es bien conocido que el tratamiento para el Trastorno Obsesivo Compulsivo (TOC) es la Terapia Conductual cognitivo-conductual (TCC)/Exposición y Prevención de Respuesta (EPR). Con el mismo, es importante aprender y practicar estrategias para regular las emociones y manejar los síntomas fuera del tiempo de EPR. El objetivo de esta presentación es educar a la comunidad de habla hispana sobre distintas técnicas para luchar con la ansiedad. Entre estas: técnicas de reflexión (Mindfulness) y técnicas de respiración y relajación. Vengan preparados para practicarlas!

4:15 PM – 5:30 PM
Keynote Alternative for Kids
OCD Paint! (INTRODUCTORY) Golden Gate C2
Bryan Ballard
There’s nothing better than a laid back atmosphere whilst creating a little art. It can be fun, it can be social, and it can be therapeutic. Come join instructor Bryan Ballard for an OCD Conference ‘Paint Night.’ For about ten years Bryan has worked with families bringing Camp themed activities into hospital settings. Through the spirit of play, families forget about the obstacles they’re facing, laugh, and reconnect with each other. Bryan hopes to bring this spirit and experience to the conference.

4:15 PM – 5:45 PM
General Session:
Awards Presentation & Keynote Address
Yerba Buena, Salon 9
Welcome
Shannon Shy, President, IOCDF
Emcee
Jeff Bell, Beyond the Doubt, LLC

* Presentation is eligible for CE/CME credits.
Award Presentations

**IOCDF Outstanding Career Achievement Award**

**Susan Swedo, MD**

Dr. Susan Swedo has made significant contributions to research on pediatric OCD, and has contributed greatly towards identifying factors that influence the onset of OCD and related disorders. In 1994, she was the lead author of the first paper that proposed a link between Group A streptococcus and rapid-onset OCD, now known as PANDAS. As the Chief of the Pediatrics and Developmental Neuropsychiatry Branch at the National Institutes of Mental Health (NIMH), Dr. Swedo leads a multi-disciplinary research team. She is a past recipient of the NIMH Outstanding Mentor Award for her leadership and dedication to the students in her laboratory. Furthermore, as chairperson of the Neurodevelopmental Work Group for the DSM-V task force, Dr. Swedo recommended changes to the DSM-V criteria for Autism Spectrum Disorder that would help improve diagnosis.

Dr. Swedo is a member of IOCDF's Scientific and Clinical Advisory Board. She has authored over 100 research publications during her time at the NIMH, and continues to contribute to our understanding of pediatric neuropsychiatric disorders through her current research, particularly on autism spectrum disorders and childhood-onset OCD. In addition, Dr. Swedo has made contributions in women's health through her book “It's Not All In Your Head: The real causes and newest solutions to women's most common health problems,” which discusses common health issues for women (such as depression, PMS, and eating disorders), and helps them seek the proper treatment.

**Patricia Perkins IOCDF Service Award**

**Elizabeth McIngvale, PhD, LMSW & Jeff Bell**

In 2004, back when OCD awareness and advocacy was still extremely limited, Elizabeth McIngvale became the first “face of OCD.” As the Foundation’s inaugural Spokesperson, Liz courageously shared her story about her own struggle with OCD with the entire nation. Over Liz’s 12-year tenure with IOCDF, she evolved into much more than just a Spokesperson - she became an advocate and an ambassador. In fact, the Peace of Mind Foundation, which Liz and her family started, sponsored last year’s IOCDF Spokesperson Tour. Through this tour our Spokespeople traveled to five cities, in four states, in just one week, with the goal of increasing awareness for OCD and related disorders.

While Liz has transitioned out of her role as Spokesperson, she has recently accepted a chair at the IOCDF Board of Directors table, where we feel confident she will continue to make an impact on the OCD and related disorders community.

If Liz can be considered the “face” of OCD, Jeff Bell is the “voice” of OCD. Jeff is an author, health advocate, and radio news anchor. Jeff joined the IOCDF Board of Directors in 2008, as well as becoming the Foundation’s second Spokesperson. Jeff has been a welcoming presence for the last decade at the Annual OCD Conference, emceeing events, participating as a Keynote Speaker, giving workshops, and generously being available to anyone and everyone who reaches out to him. He too participated in last year’s Spokesperson Tour and headed up the IOCDF Speakers and Media Bureau for several years. Jeff also helped spearhead the launch of our very successful OCD Awareness Week in 2010, as well as our newly formed Ambassador program. The OCD and related disorders community has much to be grateful for in terms of Jeff’s efforts to help raise awareness and decrease stigma.

Keynote Address: **UNSTUCK: An OCD Kids Movie**

**Chris Baier, Kelly Anderson, Charlotte Baier, Vanessa Baier, Ariel Ross, Jakob Hitchcock, Holden Schmidt, Sarah Jackson & Taturn Demeter**

UNSTUCK is the story of children and teens who have learned to fight back against their OCD fears and rituals. This short documentary features six brave kids who have, through their own profound experiences, become OCD experts. They speak about their OCD story, how it affected family, and the valuable tools they use to get better. Come watch the finished film and talk with some of the brave children featured in it. The wisdom of these young people may just teach you a thing or two.
Saturday Evening

5:45 PM – 7:00 PM
Researcher and Exhibitor Meet & Greet
Salon 7, B2 Lower Level

Directly following the Awards Presentation & Keynote Address, the Researcher and Exhibitor Meet & Greet is an opportunity for all conference 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 pages 48-50 for a full list of research posters.

All posters will be displayed in the Salon 7 Exhibit Hall, allowing attendees the added benefit of being able to network and ask questions of our 40 Conference exhibitors! Our exhibitors range from residential treatment programs, to smaller private practices, to fellow independent charity organizations, all looking to help connect the Conference population to their various services and resources. Our exhibitors help make Annual OCD Conference possible year over year — see pages 53-57 for a full list exhibitors with their booth numbers and descriptions.

7:00 PM – 10:00 PM “Coming Together: An International Celebration”
Yerba Buena, Salons 8-9
Sponsored by neurobehavioral institute

Our emcee for this year’s Saturday evening reception, “Coming Together: An International Celebration,” is IOCDF National Ambassador, Ethan Smith. The reception theme was chosen in recognition of our growing international outreach and initiatives. Join us for some international food, music, and fun! In addition to emceeing, Ethan will also be acknowledging two of our 2017 award winners: Chrissie Hodges, the recipient of the 2017 Hero Award, and Corey Hirsch, the recipient of the 2017 Illumination Award.

Light dinner will be served. Cash bar

AWARDS PRESENTATIONS:

Corey Hirsch
Corey Hirsch
Illumination Award

Corey is a former Vancouver Canucks goalie. He played for four NHL teams in a pro career that included a silver medal for the Canadian team at the 1994 Olympic Winter Games. However, panic attacks and obsessive thoughts plagued much of his NHL career until he finally confided in a team trainer. He eventually saw a psychiatrist and was diagnosed with OCD. In the past year Corey has spoken publicly about his struggles with OCD, and has teamed up with past IOCDF Conference Keynote speaker, Clint Malarchuk, to help raise awareness about mental health issues in the sports community. The hope is that by bringing mental health struggles out in the open, and reducing stigma, those that have been suffering silently can access the help they desperately need – and deserve.

“I have obsessive-compulsive disorder. I am not insane. I am not a bad person. I am not weak. I have an illness, and there is a treatment.” – Corey Hirsch

Chrissie Hodges
Chrissie Hodges
Hero Award

Chrissie is an OCD sufferer and an inspiring OCD advocate. In 2014 she left her job to dedicate her full-time to mental health, and she hosted her own podcast on mental health and stigma. She was one of the first individuals to officially work with psychologists in office in order to integrate peer support on a professional level with OCD treatment. In 2015 she became a certified peer support specialist in the state of Colorado, and married that with her vast knowledge of, and experience with, OCD. Shortly after, she became a Peer Support Specialist Training Facilitator. She quickly inserted herself as a regular in the Denver Police and Sheriff Department Crisis Intervention Team and Training Presenter of Lived Experience With Mental Illness.

Chrissie is a regular presenter for the Colorado National Alliance On Mental Illness. She currently sits on the Colorado Advisory Board for Mental Health Standards and Regulations, as well as the Colorado Suicide Prevention Commission. Chrissie is a professional video and blog contributor for Mental Health On The Mighty, as well as a presenter for ‘This Is My Brave’ Denver, and ‘Ignite’ Denver. She recently published her book, “Pure OCD: The Invisible Side of Obsessive-Compulsive Disorder,” speaking directly to those that suffer from mental rituals and compulsions.
Saturday Evening

8:00 PM – 9:00 PM

Youth Programming

Arts, Crafts, and Memory Books (INTRODUCTORY) Golden Gate C2
Madeline Conover, MA, REAT, Boston Children’s Hospital
Come hang out in the Kids Room and create! We will have art supplies, games, a relaxed and inviting environment, and music available for creating. Take this time to share your superheros, write and draw in your memory book, and maybe even make some new memories!

Building Strength Through Power Poses and Coping Skills Collage (INTERMEDIATE) Golden Gate C3
Katherine Rossi, MA
Participants will be asked to think of a time in their life when they felt a sense of strength and empowerment. Participants will then be asked to embody what it had felt like and create a ‘pose’ to share with the group. Participants will engage in a discussion around coping skills and create a list from ideas shared. Participants will then use this list to create a coping skills card, which will include a coping skill written on one side and images related to that skill on the opposite side.

Game Night: Learning to Cope With and Respond to Emotions (INTRODUCTORY) Golden Gate C4
Dede booth, MA, REAT, McLean Hospital
Join us for a night of fun and games, where each game will help you along your OCD journey in addition to being tons of fun. From charades, to Pictionary, to Apples to Apples, and much more, this game night is sure to be one you will always remember.

Support Groups

Accepting the Way Your Significant Other Does or Doesn’t Support Your OCD Yerba Buena Salons 2-3
Krista Chandler
Significant others can be a wonderful form of support during and after your OCD treatment. Sometimes, however, OCD can make it difficult to be upfront about what you need from someone in terms of support. Other times, even when you are upfront, the people we care about are unable to empathize and support us in a way that is beneficial to our OCD. This support group will feature role play scenarios to better enable OCD sufferers to express our needs to our partners in order to have a fulfilling relationship, and when to accept that it is okay to let go if mental wellbeing is at stake.

Emotional Contamination Support Group Yerba Buena Salons 4-6
A. Lamm, Child & Adolescent OCD Institute, McLean Hospital
Emotional contamination (EC) is a subtype of OCD involving aversion to a person, place or thing, and a fear that contact with the trigger will in some way contaminate (and even change) the sufferer. This fear often generalizes to places and items that are associated with the trigger, whether through actual physical contact, or simply abstract association. This support group, for sufferers and their supporters, is intended to break down isolation, and give individuals with EC the chance to share their stories with each other, while supporting the idea that successful treatment for EC is possible.

Grupo de Apoyo para el Trastorno Obsesivo Compulsivo Salons 13-15
Wilfredo Rivera, PsyD, Neurobehavioral Institute; Joyce Szepansky, PsyD, Neurobehavioral Institute
Grupo destinado a todas las personas afectadas por el Trastorno Obsesivo Compulsivo. Facilitaremos la interacción entre afectados para que este puedan compartir vivencias, explorar similitudes y diferencias de las dificultades que enfrentan a diario, al igual que el intercambio de estrategias. Maestros de la Terapia Conductual y la Terapia de Exposición y Prevención de Respuesta. Se ofrecerá un ambiente de apoyo mutuo que facilita la adquisición de información de servicios de ayuda disponibles, no solo a la comunidad Hispanoparlante, pero también a la comunidad en general.

OCD - Substance Use Disorder Support Group Golden Gate 8
Stacey Conroy, MSW, MPH, Richard VA Medical Center
OCD and Substance Use Disorders (SUD) each in their own way can be isolating. The goal of this support group involves breaking the silence around substance use in those who also have OCD, exploring resources, finding ways to connect at, and after conference. One of the most important aspects is to know you are not alone. We strive to create an environment of full acceptance in which there is no blame for choices people have made, and to move towards an understanding and belief that recovery is possible.

Pedophilia OCD Psychoeducation and Support Group Willow
Nancy Larsen, MSW, Mindset Family Therapy; Annabella Hagen, MSW, Mindset Family Therapy
Pedophilia OCD, also known as pOCD, is a disturbing illness due to intrusive sexual thoughts about children. Those who suffer from this form of OCD find themselves tormented with endless shame and guilt. 'Did I look at that child inappropriately? Was I aroused when I held my nephew/niece?' Does that police siren I hear mean that they are coming after me?' We invite you to come and join us as we look at pOCD with understanding and self-compassion. We will process your concerns and questions and identify essential ACT skills to help you move through distress caused by OCD more effectively.

Scrupulosity Support Group Golden Gate A
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 psychoeducation 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.

Support Group for Individuals with Both ASD and OCD and Their Family Yerba Buena Salons 30-12
Arianna Brandolini d’Adda, PsyD
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, as well as other such as: impact of dual diagnosis over time; maintaining motivation/readiness to engage in treatment; different paths to diagnosis & care.

Support Group for Individuals with Co-Morbid OCD and Eating Disorders Walnut
Beth Brawley, LPC, Life Without Anxiety LLC; Kimberley Quinlan, LMFT
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.

Support Group for People Who Suffer From Health Anxiety Laurel
Rohya Stern, LMFT, Jewish Board of Family and Children Services, Pride of Rutgers Therapist
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 they manifest 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.
Sunday Schedule

Overview

Sunday, July 9th

7:00am – 8:00am  Continental Breakfast
Buffet Breakfast throughout Exhibit Hall on Salon 7 and Yerba Buena Foyer
Free breakfast for all Conference attendees. All attendees are welcome to use the high-top tables throughout breakfast area, or take them with you into the breakout sessions.

7:00am – 1:00pm  Exhibit Hall Open
Salon 7 and Yerba Buena Foyer
See pages 53–57 for a list of exhibitors.

7:00am – 1:00pm  Continuing Education Desk Open: Daily Sign-In, Sign-Out, and Information
North Registration Counter

8:00am – 1:00pm  OCD Conference Bookstore Open
End of Yerba Buena Foyer

8:00am – 1:00pm  Conference Presentations
See pages 43–46 for full schedule of presentations.

8:00am – 1:00pm  Youth Programming
Kids: Golden Gate C2
Middle Schoolers: Golden Gate C3
Teens: Golden Gate C1
See page 15 for full schedule of activities.

8:00am – 4:00pm  OCD Treatment Group and Professional Training
Foothill A, Second Level
Please note: This is the first day of 2-day event (second day on Monday, 7/10).
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 2-day treatment program prior to the Conference. On July 5–6 and again on July 9–10, Dr. Reid Wilson, co-author of Stop Obsessing! and author of Don’t Panic! will be running a two-day treatment group 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.

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.

- GREEN: EVERYONE
- BLUE: INDIVIDUALS WITH OCD
- ORANGE: PARENTS & FAMILIES
- YELLOW: THERAPISTS
- TEAL: RESEARCH TO CLINICAL PRACTICE

*Presentations are eligible for CE/CME credits.
Sunday, July 9th

8:00AM – 9:30AM

ACHIEVING OPTIMUM OCD THERAPY EFFECTS: SHARED WORDS OF WISDOM
Kristen Anne-Page & Gregory Chasson, PhD
Yerba Buena - Salons 10-12

FEELING QUEER ABOUT BEING QUEER
Jessica Kolhorn, Mary Wilson, Kevin Miller, Katie Kirkey & El Keis Lusky
Yerba Buena - Salons 10-12

PICKING, PULLING, AND BITING: THE BASICS OF BODY-FOCUSED BEHAVIORS (BFRBS)
Fred Penzel, PhD & Charles Mansueto, PhD
Yerba Buena - Salons 10-12

ALL ROADS LEAD TO ROME: HOW I GOT TO WHERE I AM TODAY
Solome Tibebehu, Stuart Ralph, MSC; Christopher Weston, MPH; & Relyse Lauren Rood
Yerba Buena - Salon 9

FINDING MY WAY BACK FROM THE DARK SIDE
Jenn Coward, Gabrielle Cyphers, Gwendolyn Mikayla Wright & Lindsey Taylor Tierney
Yerba Buena - Salon 9

ACCESS TO PROPER TREATMENT: AN INTERNATIONAL PERSPECTIVE
Epifania Gallina, Manel Albera-Llusca, JD & Helene Zegman
Nob Hill B-D

EVERYONE

PEDIATRIC OBSESSIVE-COMPULSIVE RELATED DISORDERS
Fugen Nezolda, PhD, Jonathan Hoffman, PhD; Sony Khemlani-Patel, PhD; Tanja Borda, PhD; & Charles Maris Cascade, PhD
Nob Hill B-D

TELEPSYCHIATRY AND OCD: POTENTIAL AND PITFALLS
Eliza Abu-Jaoude, MD, MA
Yerba Buena - Salon B

EVERYONE

SOCIAL MEDIA AND INFOMANIA: IMPULSIVE VS COMPULSIVE BEHAVIOR
Scott Blau-West, MD & Christopher Morgan, PhD
Yerba Buena - Salon B

CONFESSION WRAP-UP AND NEXT STEPS
Ethan Smith, Alison Dotson; & Jerri Coward
Yerba Buena - Salon 9

EVERYONE

UNDERSTANDING HOMOSEXUAL OCD IN THE AGE OF GAY RIGHTS
Michael Blumberg, LCP; & Taylor Newendorp, LCP
Golden Gate A

DON'T FIGHT OCD ALONE! ESTABLISHING A SOLID SUPPORT SYSTEM
Elizabeth Trondi; Judith King; Mary Spinnagel, MFT & Tiffany Lee
Golden Gate A

RELATIONSHIP OCD - WHAT TO DO WHEN OCD BECOMES A THIRD WHEEL
Matthew Cochrane, MSW; Chris Thordson; Amanda Rosenberg; & Anastasia Sanchez
Golden Gate A

EVERYONE

INDIVIDUALS WITH OCD

ADVOCATING FOR YOUR CHILD WITH OCD
Andrea Batton, LCP; & Stephanie Woodrow, LCP
Golden Gate B

BECOMING AN ERP CO- THERAPIST: A SKILL-BUILDING SESSION FOR PARENTS
Andrew Guzick, Adam Reid, PhD; & Andrea Guastello, MS, Ashley Ordway, MEd, Eds & Brian Olsen, PhD
Golden Gate B

WHEN OCD GETS STUCK ON FOOD AND BODY IMAGE... AND HOW TO FIX IT: A FAMILY WORKSHOP
Andrea Kulberg, PhD & Shira Evans, RD
Yerba Buena - Salons 1-3

EVERYONE

PARENTS AND FAMILIES

COMORBIDITY OF OCD AND EATING DISORDERS AND ITS IMPLICATION TO TREATMENT
Eda Garbis, PhD, LMFT
Yerba Buena - Salons 3-3

OCD AND COMORBID AUTISM SPECTRUM DISORDER: ASK THE OCD AND ASD MYTHBUSTERS!
Joshua Nadeau, PhD; Jonathan Hoffman, PhD; Robert Hudak, MD & Fred Penzel, PhD
Yerba Buena - Salons 4-6

TREATMENT OF OBSESSIVE COMPULSIVE PERSONALITY DISORDER
Anthony Pinto, PhD; Jon Grant MD, JD, MPH; & Lindsay Brauer, PhD & Samuel Greenblatt
Golden Gate B

EVERYONE

THERAPISTS

DEVELOPING EFFECTIVE TREATMENT PLANS FOR RELIGIOUS SCRUPULOSITY ACROSS THE LIFESPAN
Ted Witzig, Jr, PhD & Kathleen Norris, LPC
Yerba Buena - Salons 4-6

STATE OF THE ART TREATMENT FOR BODY FOCUSED REPETITIVE BEHAVIORS (BFRBS)
Ruth Golomb, LCP & Suzanne Mouton-Edum, PhD
Yerba Buena - Salons 1-3

YOU, ME AND RELATIONSHIP OCD: DIAGNOSIS, TREATMENT AND INTIMACY WITH OCD
Beth Brawley, LPC, & Kimberly Quinlan, LMFT
Yerba Buena - Salon B

EVERYONE

RESEARCH & CLINICAL PRACTICE

EATING DISORDERS AND OCD: FROM RESEARCH TO PRACTICE
Danielle Cooke, MS, Samantha Hynes MEd, EdS; Melissa Manson, PhD; Stephanie Eken, MD; & Amy Manahan, PhD
Yerba Buena - Salons 3-3

SLEEP, NUTRITION, AND EXERCISE: INTEGRATION INTO CBT-ERP TREATMENT
Andrea Guastello, MS, Joseph McNamara, PhD; Danielle Cooke, MS, Shaneen Tolerado, PhD; & Samantha Hynes
Yerba Buena - Salons 17-15

EVERYONE

A MULTI-DISCIPLINARY APPROACH TOWARDS EVALUATING AND TREATING THOSE WITH ASD & OCDs
Cindi Gaye, PhD, Tania Cano, PhD; Lisa Guerrero MEd, Jilissa Duarte, PhD; & Kelly Ulmer MEd, EdS
Yerba Buena - Salons 17-15

EATING DISORDERS AND OCD: FROM RESEARCH TO PRACTICE
Danielle Cooke, MS, Samantha Hynes MEd, EdS; Melissa Manson, PhD, Stephanie Eken, MD; & Amy Manahan, PhD
Yerba Buena - Salons 17-15

SLEEP, NUTRITION, AND EXERCISE: INTEGRATION INTO CBT-ERP TREATMENT
Andrea Guastello, MS, Joseph McNamara, PhD; Danielle Cooke, MS, Shaneen Tolerado, PhD; & Samantha Hynes
Yerba Buena - Salons 17-15
Sunday, July 9th

8:00 AM – 9:30 AM
A Multi-Disciplinary Approach Towards Evaluating and Treating Those with ASD & OCDs* (ADVANCED) Yerba Buena - Salons 1-15
Cindi Gayle, PhD, University of Florida; Tana Carson, PhD, University of Florida/UF Health; Lisa Grega, MED; Julissa Duenas, PhD, University of Florida; Kelly Ulmer, MED, EdD, University of Florida

ASD co-morbid with OCDs presents unique challenges for treatment due to limited research in the area of empirically supported interventions for this population. This presentation will include the current state of the literature and recommendations for future directions. The presentation will highlight specific information regarding considerations + approaches when dealing with sensory hyper-reactivity. Furthermore, the cross-training and multi-disciplinary approaches at UF Health between psychiatry, medical psychology, and occupational therapy will be discussed in the context of a case study.

Achieving Optimum OCD Therapy Effects: Shared Words of Wisdom (INTRODUCTORY) Yerba Buena - Salons 10-12
Kirsten Pagacz & Gregory Chasson, PhD, Department of Psychology, Illinois Institute of Technology

We will share insights from the perspectives of the Patient and Behavior Therapist (BT) to enhance OCD therapy. The format will include a dialogue between presenters, plus audience participation. Here is a possible dialogue topic: BT: Homework is critical, and when it's not completed, BT can feel helpless to help you. Patient: I intellectually know homework is critical, but I just can't do it. BT: I can't believe that... I'm really struggling to help you. Patient: It's not that I don't care or I'm not trying. BT: Can you help me understand what is going on?

Advocating for Your Child With OCD (INTRODUCTORY) Golden Gate B
Andrea Baton, LGPC, Maryland Anxiety Center; Stephanie Woodrow, LGPC, The Maryland Anxiety Center

Learning your child has OCD can be a relief, but also overwhelming. Your child’s symptoms finally have a name, but what does it mean and what are the next steps? Being a parent of a child with OCD involves ensuring your child receives the best treatment, doesn’t fall behind in school, and experiences minimal impact socially. This can be daunting, especially when navigating the health care systems and educational institutions. Presenters will discuss how to find OCD experts for treatment; advocating for your child with teachers and school counselors; and becoming an OCD advocate.

All Roads Lead to Rome: How I Got to Where I Am Today (INTRODUCTORY) Yerba Buena - Salons 15
Solome Tibebe, Anxiety In Teens; Stuart Ralph, ASC; The OCD Stories; Christopher Weston, MPH, Kelsey Rood

Join us for a panel discussion about the various journeys individuals with OCD can take. Topics will range from relationship OCD, PANDAS, identity issues, to advocacy.

Are You "Shoulding" Me??: A Workshop for Teens with Perfectionism (INTRODUCTORY) Golden Gate C1
Ben Tucker, MS, Bay Area OCD and Anxiety Center; Amy Mariaskin, PhD, Rogers Behavioral Health; Amy Jenks, PsyD, Bay Area OCD and Anxiety Center; William Oakley, PsyD, Kansas City Center for Anxiety Treatment; Jonathan Barkin, PsyD, San Francisco Bay Area Center for Cognitive Therapy

In this workshop teens will learn to face their perfectionism and fight their inner "shoulds!" Explore how OCD's high standards affect relationships, school, family, body image, and more. The workshop will offer solutions to perfectionism through instruction, group discussions and practical exercises. Teens will have the opportunity to ask questions, learn from a team of therapists, meet other teens who deal with perfectionism, and come away with practical advice for applying solutions to their unique challenges. Come join us and learn to turn your "shoulds" into "good enoughs"

Comorbidity of OCD and Eating Disorders and its Implication to Treatment* (ADVANCED) Yerba Buena - Salons 3-5
Eda Gorish, PhD, LMFT, Westwood Institute for Anxiety Disorders, Inc.

When an eating disorder co-occurs with anxiety disorders, the way in which treatment may be implemented can be very different. Individuals suffering from eating disorders clearly present with preoccupations about weight and food, and show ritualistic behavior to control the weight and appearance. Psychiatric disorders such as mood disorders, anxiety disorders, and especially OCD have been found to coexist with eating disorders. Thus, it is necessary to examine how OCD and anxiety disorders in general have been found to interact with Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

Developing Effective Treatment Plans for Religious Scrupulosity Across the Lifespan* (INTERMEDIATE) Yerba Buena - Salons 4-6
Ted Wittig, Jr., PhD, Apostolic Christian Counseling and Family Services; Kathleen Norris, LPC, DFW Center for OCD and Anxiety

Approaching treatment for scrupulosity (OCD with a religious or moral focus) can feel threatening to the client's value system and, without care, premature termination and poor treatment outcomes can result. Scrupulosity can be effectively treated in a way that is sensitive to the client's spiritual and religious values. This presentation will help therapists and individuals with scrupulosity to navigate treatment in a manner that leverages empathically-supported treatments for OCD and also respects the client's values and faith tradition. An emphasis will be given to practical application.

Pediatric Obsessive-Compulsive Related Disorders* (INTERMEDIATE) Nob Hill E-D
Fugen Neziroglou, PhD, Bio-Behavioral Institute; Jonathan Hoffman, PhD, Neurobehavioral Institute; Sony Khemlani-Patel, PhD, Bio-Behavioral Institute; Tania Borda, PhD, Bio-Behavioral Institute; Charles Mansueto, PhD, Behavior Therapy Center of Greater Washington

Pediatric obsessive-compulsive disorder (OCD) affects up to 2% of youth. Many more are affected when we consider related disorders, which require similar and at the same time dissimilar treatment approaches. Children with higher levels of comorbidity, anxiety and depression symptoms, and higher baseline OCD symptoms are likely to result in poor treatment outcomes. Discussions will include: Pediatric OCD by Fugen Neziroglou, Pediatric OCD with Autism Spectrum by Jonathan Hoffman, Pediatric BDD by Sony Khemlani-Patel, Pediatric hoarding by Tania Borda, and Pediatric trichotillomania by Charles Mansueto.

Social Media and Infomania: Impulsive vs Compulsive Behavior (INTERMEDIATE) Yerba Buena - Salons 8
Scott Blair-West, MD, University of Melbourne; Christopher Morgan, PhD, Anxiety and OCD Clinic

Impulsivity is a pattern of acting without thinking, driven by pleasure-seeking behaviors and avoidance of pain that often results in negative consequences or undesirable outcomes. Compulsive behavior is driven by the need to rid oneself of doubt, anxiety or uncertainty. We will show the similarities and differences between the two by giving examples of how people use and misuse social media. We will also examine the grey zone between normal and abnormal, look at the potential for disagreement and conflict between the generations and offer some specific and differing treatment ideas.

Understanding Homosexual OCD in the Age of Gay Rights* (INTERMEDIATE) Golden Gate A
Michael Blumberg, LPC, Glenview Counseling Group; Taylor Newendorp, LPC, Chicago Counseling Center

Within the landscape of OCD there is often misunderstood subset known as Homosexual OCD or HOCD. This presentation will help patients and family members better recognize and understand the nuances of this form of OCD, from diagnosis to recovery and all points in between. We will highlight common obsessions and compulsions in HOCD, as well as assist participants in differentiating between HOCD and actual feelings of homosexuality. By using real case examples we will outline treatment, recovery and maintenance for this insidious incarnation of Obsessive-Compulsive Disorder.

Yoga and Mindfulness for Middle Schoolers (INTERMEDIATE) Golden Gate C3
Laura Harper, MSW, Mindset Family Therapy

Explore the benefits of yoga, improved awareness, balance, flexibility, and relaxation, in a spirit of curiosity and self-discovery. In this class, middle schoolers will be guided through basic pranayama (breathing) practices to connect mind and body, and be introduced to a variety of asanas (poses) ranging from simple standing to more challenging standing postures. As participants mindfully breathe, move, and stretch in new and exciting ways, they will develop confidence in and a deeper appreciation for the gift of the body.

You Can See the Magic! Create a Visual Imagery Story (Golden Gate C2)
Jennie Gault, MFT

The stress from OCD can be a lot! This activity is designed for kids to create a personalized visual imagery story that uses magical themes. This relaxation technique encourages both creativity and playfulness. Participants will work in teams and then share their imagery story with the group. Stories will include attending to the 5 senses: sight, sound, touch, smell, taste. A sound machine will be available to use so they can maximize the experience. Relaxation ratings will be taken before and after listening to the stories.
9:45 AM – 11:15 AM
Becoming an ERP Co-Therapist: A Skill-Building Session for Parents
(INCOMPLETE) Golden Gate B
Andrew Guzik, University of Florida; Adam Reid, PhD, McLean Hospital/Harvard Medical School; Andrea Guzells, MS, University of Florida; Ashley Ordway, MD, EdD, University of Florida; Brian Olsen, PhD, University of Florida.
This workshop is aimed at helping parents support their children participating in exposure and response prevention therapy and will cover the following concepts: how to build a fear ladder (or exposure hierarchy), how to implement exposure and response prevention at home, and how to use evidence-based parenting strategies that will maintain a positive relationship and support children as they face their fears. The workshop will provide guidelines towards accomplishing these goals, and will give parents an opportunity to practice these skills in smaller groups with feedback from the panel.

Don’t Fight OCD Alone! Establishing a Solid Support System
(INCOMPLETE) Golden Gate A
Liz Tronsden, juiceMe King, Gateway Institute; Mary Sporzaugile, MFT, Gateway Institute; Tiffany Lee, Gateway Institute
Many with OCD struggle to find a support system to lean on. This workshop will assist those who feel alone in the fight against OCD in finding support, including from other attendees! The workshop will begin with strategies to build allies through OCD support group affiliates, local and online support groups, the support of family and loved ones, and educational materials. Then the facilitators will help attendees locate support services in their area to aid in their recovery. Lastly, attendees will be encouraged to exchange contact information with other attendees to support each other moving forward!

Eating Disorders and OCD: From Research to Practice* (ADVANCED)
Yorba Buena – Salons 3-5
Danielle Cooke, MS, University of Florida; Samantha Hynes, MS, PhD, University of Florida; Melissa Munson, PhD, University of Florida; Stephanie Eken, MD, Rogers Behavioral Health; Amy Marasik, PhD, Rogers Behavioral Health.
This panel will present the preliminary results of research studies examining the overlap between eating disorders and OCD. Topics discussed will include the effectiveness of using exposure and response prevention therapy to treat people with eating disorders and OCD, the impact of gender and sexual orientation on treatment, interdisciplinary coordination of care, and case studies discussing the treatment of comorbid OCD and disordered eating. Eating disorders discussed will include anorexia nervosa, bulimia nervosa, and avoidant-restrictive food intake disorder.

Feeling Queer About Being Queer (INCOMPLETE)
Yorba Buena – Salons 10-12
Jessica Kuo; Mary Wilson; Kevin Miller; Katie Hickey, Eli Kuntz-Lasky
When we normally discuss sexuality and OCD, the conversation centers around the obsession of becoming gay. While this is a valid obsession, there is more to sexuality, gender identity, and OCD than this one narrative. In this panel, five young adults share their experiences with sexuality and gender identity, and how their OCD complicates these things. Living with the doubt and uncertainty that OCD brings can make it difficult to navigate your sexuality and gender identity, but with love and support, you can live your life as you wish.

Finding My Way Back From the Dark Side (INCOMPLETE)
Yorba Buena – Salon 9
Jenn Coward, OCD Ottawa Support Group; Gabrielle Elyahpse, Gwendolyn Wright; Lindsey Taylor Ternary
Setbacks are a difficult reality of living with OCD. This is a panel of four women who have seen the worst of OCD, and yet persevered. Topics include depression, self-harm, suicide, and being home bound.

OCD and Comorbid Autism Spectrum Disorder: Ask the OCD and ASD Mythbusters! (INCOMPLETE) Yorba Buena – Salons 4-6
Joshua Nadreau, PhD, Rogers Behavioral Health - Tampa; Jonathan Hoffman, PhD, Neurobehavioral Institute; Robert Hudak, MD, University of Pittsburgh; Fred Penczel, PhD, Western Suffolk Psychological Services.
Features of Autism Spectrum Disorder (ASD), impaired social and communication skills, and unusual, repetitive or stereotyped interests, movements, or behaviors, are associated with significant functional impairment. More than 1/3 of youth with ASD carry comorbid obsessive compulsive disorder (OCD), which increases impairment beyond that of a diagnosis of ASD alone. Although the research base is growing, the area of OCD and ASD remains subject to a number of misconceptions, which can affect proper diagnosis and treatment. This panel will be a thought-provoking and entertaining experience.

Practice Makes Imperfect: The Double Dare Game Show to Beat Perfectionism (INCOMPLETE) Golden Gate C2
Sony Khameni-Patel, PhD, Bio-Behavioral Institute; Kaitlin Moritz, PhD, Neurobehavioral Institute; Jerry Bubrick, PhD, Child Mind Institute; Alexandra Hamlet, PhD, Child Mind Institute
Does OCD make you believe you have to do things perfectly? Do you worry about making mistakes? Or set very high standards for yourself? Do you feel you have to or do the best? Do you spend too much time organizing your things? Then we double dare you to join our workshop. Come join other kids struggling with perfectionism and play Double Dare, a Nickelodeon style game show. Learn how behavioral therapy can help you tackle a common symptom of OCD.

State of the Art Treatment for Body Focused Repetitive Behaviors (BFBRBs)* (ADVANCED) Yorba Buena – Salons 3-3
Ruth Golomb, LCPC, Behavior Therapy Center of Greater Washington; Suzanne Mouton-Ohum, PhD, Psychology Houston PC
Trichotillomania (TTM) and Body Focused Repetitive Behaviors (BFBRB) affect millions of people. As many as 1 in 20 people engage in non-comedogenic hair pulling that results in significant hair loss. Other body focused behaviors such skin picking and nail biting affect a greater percentage of the population resulting in scarring, infections and sometimes plastic surgery. This workshop will provide an overview of Trichotillomania and other BFBRBs. The current state of the art treatment for these disorders will be presented.

Study and Organizational Skills for Middle Schoolers (INCOMPLETE)
Golden Gate C3
Kathleen Norris, LPC, DFW Center for OCD And Anxiety
OCD can present problems for students when symptoms interfere with the academic demands of organization, homework, studying for tests, or completing projects. Hands-on tools will be provided for students. Attendees will be given ideas on instrumentation, accountability, and trouble-shooting. Students will learn how to make school easier, faster, and more fun.

Team OCD (Teens Engaging Anxiety of the Mind): A GOAL Setting Group (INCOMPLETE) Golden Gate C4
Josh Steinberg
We will break into small groups and each member is encouraged to choose a specific goal for the future. The purpose is to help formulate constructive behaviors that will ultimately reduce symptoms. Though everyone is urged to choose a goal, the choice is voluntary. Attendees will have a chance to socialize and speak individually about issues that were not addressed during the session.

Telepsychiatry and OCD: Potential and Pitfalls* (ADVANCED)
Yorba Buena – Salon 8
Elias Aboujaoude, MD, MA, Stanford University
A revolution aiming to put technology at the service of healthcare delivery is underway. Among medical disciplines, psychiatry and psychology are considered particularly well suited for technology interventions. This presentation reviews the state of tele-mental health, with a focus on OCD applications. Interventions covered include computerized cognitive behavioral therapy, online psychotherapy, online psychopharmacology, mobile therapy, and virtual reality exposure therapy. Potential technology pitfalls are also reviewed, including possible negative effects on clinicians' rapport.

Using the Creative Arts to Make OCD Less of a Secret Illness (INCOMPLETE) Nob Hill B D
The Secret Illness explores the realities of living with OCD through the creative arts. By linking people living with OCD and creative professionals, it expands the expressive toolkit of the OCD community. Our ultimate goal is to make OCD less of a secret illness. In this talk, members of the Secret Illness team provide a project overview, share a selection of creative works, and report early indicators of impact based on community feedback. We discuss lessons learned in creating a community-based OCD arts project and reflect on how our involvement has personally affected us.
Sunday, July 9th

11:30 AM – 1:00 PM

**Picking, Pulling, and Biting: The Basics of Body-focused Behaviors (BFRBs)**

*INTRODUCTORY* Yerba Buena - Salons 10-12
Fred Penzel, PhD, Western Suffolk Psychological Services & Charles Mansueto, PhD, Behavior Therapy Center of Greater Washington

Body-focused Repetitive Behaviors include such problems as Hair-Pulling Disorder (Trichotillomania), Excoriation Disorder (compulsive skin-picking), and severe nail-biting. They can be found to be comorbid with OCD to a high degree, and were previously thought by many to be forms of OCD. These are much misunderstood problems, and accurate information and good treatment can still be hard to find. This presentation will seek to explain the differences between these disorders and OCD, how they may best be treated, and how to seek effective help as an informed consumer.

**Access to Proper Treatment: An International Perspective**

*INTERMEDIATE* Nob Hill B-D
Epifania Gallina; Manel Atserias Luque, JD, TOC 2.0 Barcelona; Hollie Zegman

Four OCD advocates from around the world discuss common struggles regarding access to proper care including barriers and pitfalls such as: unrealistic misconceptions of OCD, lack of training and knowledge, and stigma. Personal struggles and advocacy work will be shared as well. In addition, we will open up the floor to the audience to share their own treatment journeys as well as pose the questions. What would an ideal mental healthcare system look like for people with OCD, and how can we as an international community promote and support that?

**Artistic Impressions: Using your Values to Move Through Discomfort**

*INTERMEDIATE* Golden Gate C1
Dede Booth, MA, REAT, McLean Hospital

Utilizing pastels, create an image that represents something that gets in your way. The use of pastels acts as an agent in which the image can be made ‘out of focus.’ Use markers or paint, create an image over the pastel that represent something that is important to you, and you would prefer to focus your attention on.

**Conference Wrap-Up and Next Steps**

*INTRODUCTORY* Yerba Buena - Salon 9

**Ethnic Smith, IOCDF; Alison Dotson, OCD Twin Cities; Jenn Goward, OCD Ottawa Support Groups**

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.

**Group Drawing and Compassion Cards**

*INTERMEDIATE* Golden Gate C3
Katherine Rossi, MA

As a group, participants will reflect on their experiences over the past few days while creating a large drawing together. Participants will find a partner to work with, with whom they will share something that they are struggling with. After sharing, partners will make each other a 'compas card' in regards to the struggles shared.

**Memory Books and Goodbyes**

*INTERMEDIATE* Golden Gate C2

Madeline Conover, MA, REAT, Boston Children's Hospital

This is not goodbye; it's see you later! Come see 'see you later' to all of your Conference friends and sign each other's memory books. We will have the art supplies ready and waiting for everyone so that you can write in each other's memory books.

**My OCD Says I'm a Bad Person: Tackling Moral Scrupulosity**

*INTRODUCTORY* Yerba Buena - Salons 6-6

Joan Harrison, LMTF, The OCD and Anxiety Center of Greater Baltimore; Patrick McGrath, PhD, AMITA Health

How do I know if I am a good person, with good intentions, likely to choose good behaviors? Coping with uncertainty about moral issues can be painful with OCD.

Common obsessions include excessive concern with right and wrong, honesty, justice, generosity, and compassion for others. Common compulsions may include excessive reassurance-seeking, confessing, avoidance of morally ambiguous situations, mental rituals, and other efforts to get certainty of one’s morality. This workshop focuses on identifying effective cognitive and behavioral tools for combating moral scrupulosity.

**Relationship OCD - What To Do When OCD Becomes A 'Third Wheel'**

*INTRODUCTORY* Golden Gate A
Matthew Codd, MSW, Chris Trondsen, Gateway Institute; Amanda Rosenberg, Anastasia Sanchez, Gateway Institute

When a person is struggling with Relationship OCD they often become fixated on things that are outside of their control within their relationship. This discussion will include three young adults who have OCD and have experienced relationship-related obsessions. This session will be focused on intrusive thoughts around relationships and different strategies one can use to develop and maintain healthy relationships. Following the discussion, the panel will engage in an interactive role-playing activity related to ROCD. Lastly, the panel will open up to a Q&A portion for the audience.

**Sleep, Nutrition, and Exercise: Integration into CBT-ERP Treatment**

*INTERMEDIATE* Yerba Buena - Salons 12-15

Andrea Guastello, MS, University of Florida; Joseph McNamara, PhD, University of Florida; Danielle Cooke, MS, University of Florida; Shinee Toledano, PhD, Emory University; Samantha Hyson, MEd, EdS, University of Florida

Healthy lifestyle behaviors such as adequate sleep, nutrition, and exercise are essential for mental and physical health, but OCD sufferers often have difficulty engaging in these behaviors. This presentation will utilize recent literature and case examples to review the evidence for the importance of sleep, nutrition, and exercise in OCD and anxiety treatment, explore evidence-based therapeutic strategies for increasing engagement in healthy lifestyle behaviors in these domains, and discuss how to effectively integrate these strategies into CBT-ERP treatment.

**Treatment of Obsessive Compulsive Personality Disorder**

*INTERMEDIATE* Golden Gate B

Anthony Pinto, PhD, Northwell Health-OCD Center; Jon Grant, MD, JD, MPH, University of Chicago; Lindsay Baer, PhD, University of Chicago; Samuel Greenblatt, Long Island University CW Post

Obsessive compulsive personality disorder (OCPD) is a chronic maladaptive pattern of excessive perfectionism and rigidity that leads to significant distress or impairment. Dr. Pinto will review the core features of OCPD and how the condition impacts functioning. Then Dr. Pinto, Grant, and Bae will each present a case with OCPD that he/she has treated and elaborate on case conceptualization and course of treatment. Samuel Greenblatt will report on treating OCPD in group therapy. Finally, the panel will engage in a discussion of treatment recommendations for individuals with OCPD.

**When OCD Gets Stuck on Food and Body Image...and How to Fix It: a Family Workshop**

*INTRODUCTORY* Yerba Buena - Salons 3-3

Andrea Kulberg, PhD, Eating Recovery Center, Denver, Child & Adolescent Program; Shira Evans, RD, Dartmouth College

When OCD gets stuck on food and body image, kids can get very stuck about what they eat, and may even end up in hospitals due to food avoidance; exercise compulsions, and dropping weight. Let the experts on OCD-related problems and food and exercise show you how to prevent OCD from getting stuck on food and health. Apply your new knowledge during three interactive case studies of kids who spend their days trying to get certainty that they are ‘healthy’ enough. See how they stand up to the OCD bully!

**You, Me and Relationship OCD: Diagnosis, Treatment and Intimacy with rOCD**

*ADVANCED* Yerba Buena - Salon 8

Beth Brawley, LPC, Life Without Anxiety LLC; Kimberly Quinlan, LMFT

Much of life is uncertain. Relationships are no exception to this truth. Individuals who suffer from relationship OCD may struggle from misdiagnosis, counterproductive treatment methods, and know how to healthily engage in both the large moments and daily minutia of relationships. This advanced session will teach both clinicians and sufferers to identify common pitfalls of diagnosing rOCD as well as disseminate tools of ERP to appropriately treat this manifestation in order to foster recovery.
Caring for you like family.

Recognized as one of the most comprehensive programs in Illinois and one of the largest in the nation, the AMITA Health Behavioral Medicine Institute offers a full range of behavioral health outpatient, inpatient and residential services throughout the Chicagoland suburbs. We see patients of every age and treat all forms of mental health, substance abuse and psychiatric disorders with compassion and care. "We're here to help you or your loved one feel whole again. In sickness and in health."

AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates
- Inpatient Program
- Partial Hospitalization Program
- Intensive Outpatient Program
- Outpatient Services

For appointments, please call 844.366.0618
To find a doctor or to take an online risk assessment, please visit: AMITAhealth.org/behavioral

AMITA Health Foglia Family Foundation Residential Treatment Center Elk Grove Village
Live-in Treatment Program in a therapeutic environment

Patrick B. McGrath, PhD
Assistant Vice President, Residential Treatment Center

OCD GENETICS STUDY OF UNIVERSITY OF SOUTHERN CALIFORNIA & SUNY DOWNSTATE MEDICAL CENTER

Institute for Genomic Health at SUNY Downstate Medical Center
MSC 1291, Room BSB 2–95, Brooklyn New York 11203 tel: (718) 270-2249
instituteforgenomichealth@downstate.edu

Enroll in an NIMH-funded research study to identify the genetic contributions behind OCD and contribute to development of new and improved treatments!

Research has shown that genes can make some people more likely than others to develop Obsessive Compulsive Disorder and other Related Disorders.

You can find us at Booths 24, 25, 27, & 28

Participation involves questionnaires and a donation of a small blood sample.
You will be compensated for your contribution.
You may be eligible if you have symptoms or a diagnosis of OCD.
Bring your family too! Ages 7+ welcome.
We encourage pre-enrollment at http://keck.usc.edu/ocd to begin the questionnaires.
Research Posters

Research Posters will be on display in the Salon 7 of 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 Bradley Reimann, PhD and Adam Lewin, PhD for reviewing this year’s submissions.

OCD RESEARCH

1. OCD with and without ASD: Do Differential Brain Alterations Predict CBT Outcomes?
   Aki Tsuichiyagato, MA; Yoshiyuki Hirano, PhD; Eiji Shimizu, MD, PhD; Akiko Nakagawa, MD, PhD
   *Fukushima Medical University, Fukushima, Japan; Chiba University, Chiba, Japan

2. Can Priming Inhibitory Control Affect Resolution of Uncertainty?
   Omer Linkowski, PhD; Gideon Ahnolt, PhD; Avishai Henik, PhD; Carolyn Rodriguez, MD, PhD
   *Stanford University, Palo Alto, CA; †Ben-Gurion University, Be’er-Sheva, Israel

3. Challenges in Testing Infranasal Ketamine in OCD
   Amanda Mahinke, MS, EdM; Carolyn Rodriguez, MD, PhD; Kyle Lapidus, MD, PhD; Jordana Zwerling, MA; Amanda Levinson, Shari Steinman, PhD; Eyal Kalanthroff, PhD; Blair Simpson, MD, PhD
   ‡Stanford University, Stanford, CA; †Northwell Health, New York, NY; ‡Stony Brook University, New York, NY; ‡West Virginia University, Morgantown, WV; ‡Columbia University, New York, NY

4. Effect of a Novel NMDA Receptor Modulator, Rapastinel (formerly GLYX-13) in OCD
   Carolyn Rodriguez, MD, PhD
   Stanford University, Stanford, CA

5. Critical Issues to be Considered When Using Social Media in Study Recruitment
   Catherine Sanchez, Calvin Soriano, Maria Filippou-Frye, MD, MBS; Carolyn Rodriguez, MD, PhD
   Stanford University, Stanford, CA

6. Using Post-Mortem Brain Tissue to Identify Molecular Dysfunction in OCD
   Sean Piantadosi, Susanne Ahmadi, MD, PhD
   University of Pittsburgh, Pittsburgh, PA

7. Group CBT Outcomes for OCD in Clinically Diagnosed Depression vs. Depression Symptoms
   Peggy M. Richter, MD
   Frederick W. Thompson Anxiety Disorders Centre, Toronto, Ontario, Canada

8. A Novel Intensive Training Course for OCD for Physicians: Preliminary Outcomes
   Peggy M. Richter, MD
   Frederick W. Thompson Anxiety Disorders Centre, Toronto, Ontario, Canada

9. Intensive Treatment Programs for OCD: What Are They and How Do They Work?
   Marlene Taube-Schiff, PhD; Peggy M. Richter, MD
   Frederick W. Thompson Anxiety Disorders Centre, Sunnybrook Health Sciences Centre, Toronto, Ontario, Canada

10. Effect of Probable Eating Disorders on Intensive Residential OCD Treatment
    Christine A Henriksen, †Nathaniel Van Kirk, †Laurny Garner, †Jason Krompinger, Jason Elia
    †Winnipeg Regional Health Authority/University of Manitoba, Winnipeg, Manitoba; ‡McLean Hospital OCD Institute, Belmont, MA

11. Obsessive-Compulsive Symptoms and Prodromal Psychosis in Young Adults
    Carla De Simone Irace, MA; Nicole Caporino, PhD; Lauren Elman, PhD
    †American University, Washington, DC; ‡Temple University, Philadelphia, PA

12. Social Anxiety and Perceived Criticism in Individuals with Trichotillomania
    Frances Rekurt
    American University, Washington, DC

13. Manualized Group CBT for OCD: Delivery to an Uninsured Community Population
    Robert Peterson, DO
    University of Southern California, South Pasadena, CA

14. HRT for OCD: Breaking Compulsive Habits in Obsessive-Compulsive Disorder
    Marieke Toffolo, PhD, Sanjaya Saxena, MD
    UC San Diego - OCD Research Program, La Jolla, CA

15. Does Ethnic Group Identification Influence Differences in OCD Symptoms?
    Terence H. Ching, Monnica Williams, PhD
    University of Connecticut, Storrs, CT

16. Development and Validation of the Sexual Orientation Worries and Cognitions Scale
    Terence H. Ching; Monnica Williams, PhD; Jedidiah Siev, PhD; Ghazal Tellawi, MS; Jessica Dowell, Victoria Schuldlt, MS; Joseph Slomowicz, PsyD; Darlene Davis, MS; Chad Wettemeek, PhD
    †University of Connecticut, Storrs, CT; ‡Swarthmore College, Swarthmore, PA; †University of Louisville, Louisville, KY; ‡Nova Southeastern University, Fort Lauderdale, FL; ‡San Diego VA Health Care System, San Diego, CA; ‡Rogers Behavioral Health, Oconomowoc, WI
Research Posters

17. Interrelations of Sexual Trauma, Interpretations, Harm Content, & Sexual Obsessions
   Terence H. Ching1, Monnica Williams, PhD,1 Chad Wetternack, PhD,1 Broderick Sawyer1, Olga Mier-Chávez3, Tannah Chase3, Angela Smith2
   1University of Connecticut, Storrs, CT, 2Rogers Behavioral Health, Oconomowoc, WI, 3University of Louisville, Louisville, KY, 4Houston VA, Houston, TX, 5Houston OCD Program, Houston, Texas, FL

18. CBT-plus: A Meta-Analysis of CBT Enhancers for People with OCD
   Andrew Guzick, MS, Danielle Cooke, MS, Joseph McNamara, PhD, Nicholas Gage, PhD
   University of Florida, Gainesville, FL

19. Mental Checking in Intractable OCD: A Case Study in Treatment
   Erica Mesnard, Ryan McCarty, Ashley Ordway, MEd, EdS, Brian Zaboski, MEd, Joseph McNamara, PhD
   University of Florida, Gainesville, FL

20. An Examination of Comorbid OCD in Veterans Seeking PTSD Treatment
   Milea Aldea, PhD
   Bay Pines VA, St. Petersburg, FL

21. Exploring the Relationship Between Emotion-Based Impulsivity and OCD
   Stephanie Hudibburgh, Demet Cek, Kiara Timpano, PhD
   University of Miami, Miami, FL

22. Considering Cognition: Implications for Assessment and Treatment in OCD
   Jordan Cattie, PhD, Nathaniel Van Kirk, PhD, Lauryn Gardner, Brittany Mathes, Jason Krompinger, PhD, Jason Elias, PhD
   1Emory University Department of Psychiatry and Behavioral Sciences, Atlanta, GA, 2McLean Hospital OCD Institute, Belmont, MA, 3Florida State University, Tallahassee, FL

23. Integrating Cognitive Data: Making an Individualized Education Program (IEP) for OCD
   Jordan Cattie, PhD, Nathaniel Van Kirk, PhD, Jason Elias, PhD
   1Emory University Department of Psychiatry and Behavioral Sciences, Atlanta, GA, 2McLean Hospital OCD Institute, Belmont, MA

PEDIATRIC RESEARCH

24. Exposures in CBT for Childhood OCD: Addressing Common Clinician Concerns
   Caitlin Choy, Monica Wu, MA, Joseph McGuire, PhD, John Placerni, PhD
   UCLA Child OCD, Anxiety and Tic Disorders Program, Los Angeles, CA

25. Reductions in Family Accommodation Subtypes Following Parent-Based Intervention
   Wendy den Dunnen, MEd, Anna Campbell, PhD, Bonnie McNeill, PhD, Alexa Bagnell, MD
   IWK Health Centre, Halifax, Ontario, Canada

26. Differences in Executive Functioning in Pediatric OCD Based on Symptom Dimensions
   Zohab Jessani, Nicole McLaughlin, PhD, Christopher Georgiadis, Joshua Kemp, PhD, Meghan Schreck, Amrita Ramanathan, Jennifer Freeman, PhD, Abbe Garcia, PhD, Brady Case, MD
   Bradley Hospital/The Warren Alpert Medical School of Brown University, Providence, RI

27. Subjective Well-Being in Children and Adolescents with Obsessive-Compulsive Disorder
   Alexandra M Gilbert1, Rebecca Hamblin, PhD1
   1Rogers Behavioral Health, Tampa, FL, 2University of South Florida, St Petersburg, FL

28. Intervention for Hoarding Disorder in Early Childhood: A Case Study Using PCIT
   Cindy Gayle, PhD, Lisa Guerrero, MEd, Julisa Duenas, PhD, Brian Zaboski, MEd
   University of Florida, Gainesville, FL

29. Pediatric Obsessive-Compulsive Patients in a General Pediatric Psychiatry Unit
   Shir Kaplan
   University of Maryland, Potomac, MD

30. Correlates and Treatment Impact of Parent Self-Reported Tolerance of Child Distress
   Robert Selles, PhD, Laura Belschner, MS, Sarah Lin, MS, Katherine McKenney, PhD, Annie Simpson, PhD, Evelyn Stewart, MD
   University of British Columbia, Vancouver, BC

31. Case Series of a Manualized CBT Protocol in Children with OCD in Singapore
   Haanusia Prithibi Raj
   Institute of Mental Health (IMH) Singapore, Punggol, Singapore

32. Sensitivity and Specificity of the Cunningham Panel for diagnosing PANS and PANDAS
   Eva Hesselmark1, Susanne Bejerot2
   1Karolinska Institutet, Stockholm, Sweden, 2Orebro University, Orebro, Sweden

HOARDING RESEARCH

2016 IOCDF GRANT AWARD RECIPIENT

33. Explicating the Influence of Object Attachment in Hoarding Disorder
   Melissa M Norberg, PhD
   Macquarie University, Macquarie University, NSW, Australia

34. Comorbidity in Hoarding Disorder: Results From a Treatment Study
   Kyara Moran
   University of Florida, Gainesville, FL

RESEARCH POSTERS CONTINUED ON NEXT PAGE ➔
35. Social and Functional Impairment in Hoarding Disorder
Karen Garza
University of Florida, Gainesville, FL

36. Recruitment Method Effectiveness for a Treatment Outcome Study in Hoarding Disorder
Anna M. Martin
University of Florida, Gainesville, FL

37. Effects of a Brief Intervention Targeting Interpersonal Factors on Hoarding Symptoms
Brittany Mathes, Norman Schmidt, PhD
Florida State University, Tallahassee, FL

38. Adaptations made to Group Cognitive Behavioral Therapy for Hoarding
Chia-Ying Chou, PhD, Joanne Chan, PsyD, Carol A. Mathews, MD
1University of California, San Francisco, San Francisco, CA,
2Department of Psychiatry, University of Florida, Gainesville, FL

39. Contributions of Self-Criticism and Shame to Hoarding
Chia-Ying Chou, PhD, Carol Mathews, MD
1University of California, San Francisco, San Francisco, CA,
2Department of Psychiatry, University of Florida, Gainesville, FL

40. A Closer Look at How Hoarding is Related to Trauma and Early Life Adversity
Chia-Ying Chou, PhD, Carol A Mathews, MD
1University of California, San Francisco, San Francisco, CA,
2Department of Psychiatry, University of Florida, Gainesville, FL

41. Feasibility of Adding In-Home Decluttering Sessions to Buried in Treasures Workshop
Elisabeth R Cordell, Omer Linkovski, PhD, Jordana Zwerling, MA, Carolyn Rodriguez, MD, PhD, Danae Sonnenfeld, Lee Shuer, CPS, Randy O. Frost, PhD
1Stanford University, Stanford, CA, 2Mutual Support Consulting, Easthampton, MA, 3Mark College, Northampton, MA

42. Feasibility of a Workshop Engaging the Community in Hoarding Disorder Treatment
Jordan Wilson, Erik Willkerson, MS, Maria Filippou-Frye, MD, MBS, Carolyn Rodriguez, MD, PhD
Stanford University, Stanford, CA

BDD RESEARCH

43. Brain Activation and Connectivity in BDD and Anorexia Nervosa when Viewing Bodies
Gigi Cheng, Francesca Morfini, MS, Teena Moody, PhD, Jamie Feusner, MD
UCLA, Los Angeles, CA
CHARITY IN BLOOM

Starting July 1st, simply go to www.winstonflowers.com and click on "Charity in Bloom" to place your order. With this lovely Winston's arrangement, you will be supporting the important work of the IOCDF while giving the gift of beautiful flowers.

Join us in Washington D.C. for the 25th Annual OCD Conference
Exhibit Hall

Yerba Buena Foyer & Salon 7

Our exhibitors help to make the Annual OCD Conference possible year over year. They range from residential treatment facilities, to therapeutic boarding schools, 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 7th 7:00am – 5:30pm
Saturday, July 8th 7:00am – 7:00pm
Sunday, July 9th 7:00am – 1:00pm

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 8th 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.

Exhibitors & Booth Numbers (see descriptions on pages 53–57)

1. Gateway Institute
2. Rodriguez Translational Therapeutics Lab - Stanford University
3. Houston OCD Program
4. Rogers Behavioral Health
5. NeuroBehavioral Institute (NBI)
6. AMITA HEALTH Behavioral Medicine Institute
7. McLean Hospital
8. East Bay Behavior Therapy Center
9. Child Mind Institute
10. The OCD and Anxiety Treatment Center
11. The TLC Foundation for Body-Focused Repetitive Behaviors
12. Lindner Center of HOPE
13. Picking Me Foundation
14. NW Anxiety Institute
15. Therachat
16. Center for Hope of The Sierras
17. American Foundation for Suicide Prevention - San Francisco Chapter
18. Center For Discovery
19. Baylor College of Medicine
20. Peace of Mind Foundation
21. choicetherapy
24, 25, 27, 28. OCD Genetics Study of University of Southern California & SUNY Downstate Medical Center
26. Alpine Academy
29. Chamberlain International School
30, 31.IOCDF Information & Ambassador Booth
32. IOCDF Affiliate Booth
33. Anxiety Treatment Center of Sacramento
34. Center for OCD, Anxiety, and Related Disorders at University of Florida
35. Renewed Freedom Center
36. Mountain Valley Treatment Center
37. Resilience Treatment Center
38. HabitAware, Inc.
39. PCH Treatment Center
40. Reasons Eating Disorder Center
41. Provincial OCD Program at British Columbia Children's Hospital (Canada)
42. Rothman Center for Pediatric Neuropsychiatry at University of South Florida
Exhibitors

Presenting Sponsor

ROGERS BEHAVIORAL HEALTH
(BOOTH #4)
34700 Valley Road
Oconomowoc, WI 53066
(414) 528-1784
rramsay@rogersbh.org
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.

Diamond Sponsors

MCLEAN HOSPITAL
(BOOTH #7)
115 Mill Street
Belmont, MA
02478
(617) 855-2776
OCDeladmissions@partners.org
mcleanhospital.org/ocdi

The McLean OCD Institute is a national center dedicated to the advancement of clinical care, teaching, and research of obsessive-compulsive disorders. Harvard Medical School affiliate programs provide residential & partial hospital treatment for adults and children/adolescents with OCD and related disorder.

NEUROBEHAVIORAL INSTITUTE (BOOTH #5)
2233 N Commerce Parkway, Suite 3
Weston, FL 33326
(954) 237-1757
info@nbiweston.com
nbiweston.com

Neurobehavioral Institute (NBI) in Weston, Florida 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. Information about our residential program option, NBI Ranch, and OCD Treatment Adventures is available at nbiweston.com.

Platinum Sponsor

AMITA HEALTH BEHAVIORAL MEDICINE INSTITUTE
(BOOTH #6)
1650 Moon Lake Boulevard
Hoffman Estates, IL 60199
(855) 383-2224
amitahealth.org/behavioralmedicine

AMITA Health Center for Anxiety & OCD assists those experiencing anxiety in learning how to face their fears. Our therapists are trained in CBT and ERP and work with each individual to develop a hierarchy of fears. Levels of care include inpatient, PHP, outpatient and Residential. The program works with additional treatment teams to provide a truly individualized approach to the complex patient.

Gold Sponsor

CHAMBERLAIN INTERNATIONAL SCHOOL
(BOOTH #29)
1 Pleasant Street
Middleboro, MA 02346
(508) 946-9148
admissions@flcis.com
chamberlainschool.org

Chamberlain International School is a co-educational, Therapeutic Boarding and Day School near Boston, MA. Students: 11-22 grades 6-12 and postgraduation/transition. Diagnosis include: OCD, anxiety, ADHD, NLD, NLD, attachment disorder, bipolar depression, and learning disabilities. Masters level clinicians, Psychiatrist and nursing on-grounds.

Additional Exhibitors (Alphabetically)

ALPINE ACADEMY (BOOTH #26)
1280 Whispering Horse Drive
Erd, UT 84074
(435) 228-0100
jstout@alpineacademy.org
alpineacademy.org

Alpine Academy is an RTC for girls ages 12-18 with emotional disturbances. We use the Teaching-Family Model (recognized by APA and NREPP as evidence-based) which focuses on skill-based development from trained and certified specialists who live with students in homes on our campus. We maintain academic accreditation through AdvancED. Our dual-endorsed teachers lead every class in a formalized school environment. Master's level clinicians conduct individual, family, and group therapy weekly.
Exhibitors CONTINUED

AMERICAN FOUNDATION FOR SUICIDE PREVENTION - SAN FRANCISCO CHAPTER (BOOTH #17)
2471 Solano Ave, Suite 114
Napa, CA 94558
(707) 968-7563
rayers@afsp.org
afsp.org/chapter/afsp-greater-san-francisco

The Greater San Francisco Bay Area Chapter of AFSP seeks to save lives and bring hope to those affected by suicide. To achieve this, we: fund research, offer professional education, educate the public about mood disorders and suicide prevention, promote legislation that impacts mental health, and provide resources for survivors and people at risk.

ANXIETY TREATMENT CENTER (ATC) OF SACRAMENTO (BOOTH #33)
9300 Tech Center Drive, Suite 250
Sacramento, CA 95826
(916) 366-0647
drobin@atcSac.net
AnxietyTreatmentExperts.com

The Anxiety Treatment Center of Sacramento, Roseville, and El Dorado Hills provide the most comprehensive treatment services for individuals struggling with OCD and Anxiety Disorders in the Northern California region. This includes Partial Hospitalization, Intensive Outpatient Treatment, and Individual, Group, and Family Therapy Services. Housing and Individualized tailored treatment plans offered.

BAYLOR COLLEGE OF MEDICINE (BOOTH #19)
1977 Butler Boulevard, Suite E4, 400
Houston, TX 77030
(713) 798-4739
gsvogt@bcm.edu
bcm.edu/healthcare/care-centers/psychiatry/services/obsessive-compulsive-disorder

Baylor College of Medicine in Houston is recognized as a premier academic health sciences center and is known for excellence in education, research and patient care. It is the only private medical school in the greater southwest and is ranked 20th among medical schools for research and 9th for primary care.

CENTER FOR DISCOVERY (BOOTH #18)
4281 Katella Avenue, Suite 111
Los Alamitos, CA 90720
(866) 480-3475
info@centerfordiscovery.com
centerfordiscovery.com

Center For Discovery offers intensive outpatient, partial hospitalization, and residential treatment for eating disorders, mental health, and substance abuse and co-occurring diagnoses. Center For Discovery is in-network with all major insurance companies and provides complimentary insurance verification and free, confidential assessments. To learn more about our programs contact us at (866) 480-3475.

CENTER FOR HOPE OF THE SIERRAS (BOOTH #16)
601 Sierra Rose Drive, Suite 202
Reno, NV 89511
(775) 204-0660
erin.snell@centerforhopeofthesierras.com
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. We are one of the only programs in the nation that provides specialized, comprehensive care for individuals who are struggling with diabulimia, and we are one of the few programs that welcome clients who follow vegetarian or vegan diets.

CENTER FOR OCD, ANXIETY, AND RELATED DISORDERS AT UNIVERSITY OF FLORIDA (BOOTH #34)
PO Box 100157
Gainesville, FL 32610
(352) 294-5563
rnelson@ufl.edu
pgenes.net

COARD's mission is to produce knowledge that improves the lives of people with OCD and anxiety disorders through research.

CHILD MIND INSTITUTE (BOOTH #9)
445 Park Avenue, 2nd Floor
New York, NY 10022
(212) 308-3118
info@childmind.org
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 every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policy makers to support children when and where they need it most.

CHOICE THERAPY (BOOTH #21)
1801 Van Ness, Suite 200
San Francisco, CA 94109
(415) 202-3031
info@choicetherapy.net
choicetherapy.net

Our team is focused on providing evidence-based treatments including CBT, ACT, and ERP, for adults and teens struggling with OCD and other related anxiety disorders. Our goal is to help you learn how to change your relationship with anxiety and engage in the life you would like to be living. Our services include individual therapy, groups and a one on one intensive outpatient program.
EAST BAY BEHAVIOR THERAPY CENTER (BOOTH #8)
45 Quail Court, Suite 204
Walnut Creek, CA 94596
(925) 956-4636
ebbbehaviortherapycenter@gmail.com
eastbaybehaviortherapycenter.com

We are a boutique practice specialized in exposure response prevention (ERP) for children, teens, and adults struggling with OCD and other related conditions. We offer an intensive outpatient program only for YOU: we work around your schedule, at your pace, and with your input we help you to face what you’ve been running away from.

GATEWAY INSTITUTE (BOOTH #1)
950 South Coast Drive,
Suite 220
Costa Mesa, CA 92626
(714) 549-1030
info@gatewayocd.com
gatewayocd.com

Gateway Institute specializes in the treatment of obsessive compulsive disorder (OCD) and anxiety disorders such as social anxiety, panic disorder, post-traumatic stress disorder (PTSD), body dysmorphic disorder (BDD), and trichotillomania. Gateway Institute offers multiple treatment options including a 3-week OCD intensive treatment program.

HABITWARE, INC (BOOTH #38)
hello@habitaware.com
habitaware.com

HabitAware’s smart bracelet, Keen uses advanced gesture recognition to learn and help you become aware of your subconscious behavior (whether it be hair pulling, trichotillomania, skin picking, dermatillomania, nail biting or another). With awareness, you can gain control, retrain your brain and replace the behavior with a healthier one.

HOUSTON OCD PROGRAM (BOOTH #3)
708 East 19th Street
Houston, TX 77008
(713) 526-5055
info@houstonocd.org
HoustonOCDProgram.org

The Houston OCD Program is dedicated to providing high-quality, evidence-based treatment for individuals with OCD and other anxiety related disorders. The treatment team specializes in delivering cognitive behavioral therapy (CBT), particularly exposure and response prevention (ERP). Our continuum of services includes a residential support program, intensive outpatient program, and individual cognitive behavioral therapy.

IOCDF INFORMATION AND CONFERENCE AMBASSADOR BOOTH (BOOTH #30 & #31)
PO Box 961029
Boston, MA 02196
(617) 973-3801
info@iocdf.org
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 17 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 #32)
iocdf.org/affiliates

IOCDF 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 Connecticut  
  Saturday 12:15pm – 1:15pm
- OCD Georgia  
  Friday 10:00am – 2:00pm
- OCD Massachusetts  
  Saturday 11:15am – 12:15pm
- OCD Mid-Atlantic  
  Saturday 1:30pm – 2:30pm
- OCD Midwest  
  Saturday 2:30pm – 4:00pm
- OCD New Jersey  
  Friday 11:00am – 1:00pm
- OCD SF Bay Area & OCD Sacramento  
  Friday 7:00am – 8:00am
- OCD Southern California  
  Saturday 5:30pm – 7:00pm
- OCD Texas  
  Friday 9:00am – 11:00am
- OCD Washington  
  Saturday 7:00am – 8:00am

LINDNER CENTER OF HOPE (BOOTH #12)
4075 Old Western Row Road
Mason, OH 45040
(513) 356-0318
lindnercenterofhope.org

Lindner Center of HOPE, Mason, Ohio, is a regionally based, nationally acclaimed center for the treatment and research of mental illness. Located on 36 wooded acres, offers a comprehensive diagnostic assessment in its Sibby House and Williams House units (11 and older) with OCD/ anxiety and co-occurring illness.
Exhibitors CONTINUED

MOUNTAIN VALLEY TREATMENT CENTER (BOOTH #36)
2274 Mount Moosilauke Hwy
Pike, NH 03780
(603) 989-3500
jfullerton@mountainvalleytreatment.org
mountainvalleytreatment.org

Mountain Valley Treatment Center provides clinically intensive residential treatment to teenagers and young adults struggling with severe anxiety, obsessive compulsive disorder, and related disorders. Mountain Valley is committed to providing empirically supported treatment with a specific focus on exposure-based cognitive behavioral therapy (CBT).

NW ANXIETY INSTITUTE (BOOTH #14)
32 NE 11th Avenue
Portland, OR 97232
(503) 542-7635
info@nwanxiety.com

Located in Portland, Oregon, NW Anxiety Institute provides evidenced-based treatments for adults, children and adolescents with OCD and anxiety disorders. NWA is a specialty outpatient clinic that delivers individual therapy, an anxiety support group series, and an Intensive Outpatient Program (IOP). NWA’s Fight Fear Summer Camp for children and adolescents is anticipated to launch Summer of 2018.

THE OCD AND ANXIETY TREATMENT CENTER (BOOTH #10)
1459 North Main Street
Bountiful, UT 84010
(801) 298-2000
theocdanxietytreatmentcenter.com

The OCD and Anxiety Treatment Center (TOATC) located in Bountiful, Utah was established in 2007. We have sharpened our passion and skills to become specialized in the treatment of Anxiety and OCD providing an intensive outpatient treatment program. We offer half and full day programs.

OCD GENETICS STUDY OF UNIVERSITY OF SOUTHERN CALIFORNIA & SUNY DOWNSTATE
(BOOTH #24, #25, #27, AND #28)

SUNY Downstate Medical Center
450 Clarkson Avenue
MSC 1291, Room BSB 2-95
Brooklyn, NY 11203
(718) 270-2249
scarlett.adewale@downstate.edu

Enroll in the NIH-funded research study to identify genetic contributions to OCD! Participation involves questionnaires and a donation of a small blood sample at our University of Southern California (USC) booths. Compensation will be provided. Ages 7+ are welcome. We encourage pre-enrollment at keck.usc.edu/ocd to begin the questionnaires. See you at our USC booths! IRB USC HS 10-00399.

PEACE OF MIND FOUNDATION (BOOTH #20)
7088 East 19th Street
Houston, TX 77008
(281) 701-8115
info@peaceofmind.com
peaceofmind.com

Peace of Mind Foundation is a nonprofit with the mission to help improve the quality of life of OCD sufferers and caregivers through education, research, support, and advocacy. Founded by the McIngvy Family at the request of their daughter Elizabeth, the Foundation created and subsidizes the OCD Challenge, a self-help website.

PICKING ME FOUNDATION (BOOTH #13)
1260 North Dearborn Parkway
Chicago, IL 60610
(312) 282-6610
lauren@pickingme.org
pickingme.org

Picking Me Foundation is dedicated to spreading mental health awareness and inspiring acceptance about body-focused repetitive behaviors, in particular dermatillomanius (aka Skin Picking Disorder), for sufferers, supporters, and educational communities by promoting finger energy off the body with PickedMePacks, and encouraging sufferers to share why they are #PickingMe over their BFRB.

PROVINCIAL OCD PROGRAM AT BRITISH COLUMBIA CHILDREN’S HOSPITAL (CANADA) (BOOTH #41)
938 West 28th Avenue
Room A3-122, 3rd Floor
Vancouver, BC V5Z 4H4
Canada
(604) 875-2010
stewart.admin@bccchr.ca
bccchr.ca/about-research/search/researchers/results/details/s-evelyn-stewart

The Provincial OCD Program provides clinical diagnoses and treatment to youth (15 to 18 years old) with complex OCD. We also conduct research to better understand OCD and improve the lives of kids and their families. Currently, Dr. Stewart, the clinical director, is interested in how OCD affects kids at school. Come to our booth to learn more and perhaps to complete a 10-min-survey on school functioning.

PCH TREATMENT CENTER (BOOTH #39)
11965 Venice Boulevard, Suite 202
Los Angeles, CA 90066
(310) 384-2631
svirdee@pchtreatment.com
pchtreatment.com

PCH Treatment Center is one of a handful of programs in the country that offers an evidence-based approach to treating obsessive compulsive disorder (OCD). PCH has constructed a stand alone OCD Residential Treatment featuring Cognitive Therapy, Exposure and Response Prevention and medication management.
Exhibitors CONTINUED

REASONS EATING DISORDER CENTER (BOOTH #40)
4619 North Rosemead Boulevard
Rosemead, CA 91770
(626) 286-1181
reasonsedc@uhsinc.com
reasonsedc.com

Reasons Eating Disorder Center provides comprehensive, individualized and integrative, gender-inclusive treatment for ages 12 and older. We offer specialized eating disorder inpatient, residential, partial hospitalization and intensive outpatient programs with a multidisciplinary treatment team. Our programs are structured and intensive to promote emotional regulation, behavioral stability and deeper understanding.

RENEWED FREEDOM CENTER (BOOTH #35)
1849 Sawtelle Boulevard, Suite 543
Los Angeles, CA 90025
(310) 268-1888
Info@RenewedFreedomCenter.com
RenewedFreedomCenter.com

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

RESILIENCE TREATMENT CENTER (BOOTH #37)
1940 Century Park E
Los Angeles, CA 90067
(800) 693-9100
information@resilienttreatment.com
resilienttreatment.com

Resilience Treatment Center is a primary mental health program that utilizes a multidisciplinary approach to treatment. We have a comprehensive team of treatment providers and are DBT focused with programs treating OCD/Anxiety and Psychosis/Mood Disorders. Located in West Los Angeles, we accept insurance and offer PHP, IOP and supported housing.

RODRIGUEZ TRANSLATIONAL THERAPEUTICS LAB - STANFORD UNIVERSITY (BOOTH #2)
401 Quarry Road
Stanford, CA 94305
(650) 723-4095
ocdresearch@stanford.edu
rodriguezlab.stanford.edu

The Translational Therapeutics Lab seeks to translate our understanding of the brain bases of emotion and behavior to develop rapid-acting treatments for mental illness. We partner with collaborators at multiple points along the drug discovery and development pathway, and we seek to discover new treatments across the lifespan. Our interdisciplinary approach involves identifying promising compounds and designing clinical trials that simultaneously provide information about mechanism and efficacy.

ROTHMAN CENTER FOR PEDIATRIC NEUROPSYCHIATRY AT UNIVERSITY OF SOUTH FLORIDA (BOOTH #42)
880 6th Street South, Suite 460
St. Petersburg, FL 33701
(727) 767-8230
rothmanctr@health.usf.edu
health.usf.edu/medicine/pediatrics/rothman

The Rothman Center offers an integrated practice of clinical care for individuals with obsessive-compulsive disorder (OCD), autism spectrum disorders, tic disorders, PANDAS, trichotillomania, learning disorders, and body dysmorphic disorder that is all-encompassing and multi-disciplinary, from diagnosis and evidence-based treatment to education, research and outreach.

THERACHAT (BOOTH #15)
1275 Mission Street
San Francisco, CA 94103
(415) 457-1975
info@therachat.io
therachat.io

THERACHAT is a smart, HIPAA-compliant guided journaling tool that aims to improve therapy outcomes and provide anxiety management techniques. It is used by therapists and their clients as well as individual users, who want to improve their mental health. Headquartered in San Francisco, California, Therachat is available nationwide through its web and mobile applications. For additional information, visit therachat.io.

THE TLC FOUNDATION FOR BODY-FOCUSED REPETITIVE BEHAVIORS (BOOTH #11)
716 Soquel Ave, Suite A
Santa Cruz, CA 95062
(831) 457-1004
info@bfrb.org
bfrb.org

The TLC Foundation for Body-Focused Repetitive Behaviors is a donor-supported, nonprofit organization devoted to ending the suffering caused by hair pulling disorder, skin picking disorder, and related body-focused repetitive behaviors. Guided by a Scientific Advisory Board, we build community, provide clinician referrals, and design ground-breaking research programs.
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 his/her rituals, etc.). Although usually well-intentioned, 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.

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.

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 (license mental health counselors), or other designation depending on the state in which they are licensed.

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 worry 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 everyday 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.

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 omnipresent 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” is often 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 a 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 fusing 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.
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Jenny C. Yip, Psy.D., ABPP, Executive Director, PSY200584
As an Institutional Member, KCCAT is proud of our longstanding ties to the International OCD Foundation and in helping support its 24th annual conference! Our facility offers a team approach exclusively utilizing evidence-based care, with particular expertise in cognitive and exposure-based protocols, dialectical behavior therapy, and mindfulness/acceptance approaches.

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RESEARCH PROGRAM
We conduct research on the neurobiology of OCD with the goal of discovering the causes of these disorders and identifying the pathways to developing more effective therapies. Our research includes the use of brain imaging, genetic testing and NIH Funded studies of DBS.

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 OCD Foundation and principal developer of the Y-BOCS. Elizabeth Mcingvale, PhD, a nationally known expert in ERP, recently joined our team.

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Since 1982, specializing in difficult-to-treat obsessive compulsive disorder and related conditions

Integrated, multidisciplinary care featuring state-of-the-art cognitive behavior therapy

Phone consultation to OCD sufferers, family members, & professionals

Special programs for individuals who are not ready for active treatment

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The Anxiety Treatment Center

OCD and Anxiety Disorders are treatable conditions

Services offered:
- Partial Hospitalization
- Intensive Outpatient Treatment
- Hoarding Disorder Track
- Phobia Track
- Equine Assisted Activity Program
- Individual, Group, Family Therapy, Aftercare

Sacramento’s premier treatment facility specializing in OCD and Anxiety Disorders
Specialists in Cognitive Behavioral Therapy and Exposure and Response Prevention

- Evaluation and Assessment
- Mindfulness-based Approaches
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- Relapse Prevention
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Conditions treated include: OCD, Panic Disorder, Social Anxiety Disorder, Phobias, Generalized Anxiety Disorder, Posttraumatic Stress Disorder, Separation Anxiety Disorder, Hoarding Disorder, Excoriation Disorder, Trichotillomania, Body Dysmorphic Disorder, Selective Mutism, Distincted Social Engagement Disorder (DSED), and Hypochondriasis.

Call for your consultation today! 916.366.0647

Director, Dr. Robin Zasio, Psy.D., LCSW  Drrobin@atsac.net.
AN EXPERIENCED STAFF
In 1976, we established the first intensive outpatient program in the world for OCD and related disorders.

A COMPREHENSIVE TREATMENT PLAN
Individualized treatment plans utilizing empirically supported CBT, ERP, DBT, and ACT. Also offering groups, marital, and family therapy. Serving children, adolescents, and adults.

MEDICATION MANAGEMENT
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How I Got Better from OCD with Compassion, Help, and Hope

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Serving the Silicon Valley

Cognitive Behavior Therapy Center
Commit. Practice. Succeed.
We partner with you to reach your goals and change your life.

Our motto is “Commit. Practice. Succeed.” Our clients who put in the time and effort to get better have success in meeting their goals and changing their lives.

The Cognitive Behavior Therapy Center in Silicon Valley (Saratoga) and Sacramento Valley (Roseville) offers practical, goal-oriented therapy to help you and your loved ones make positive changes in your lives. We specialize in evidence-based cognitive behavior therapy and schema therapy for adults, children and teenagers with OCD and related problems. We can help you increase positive emotions, optimism and resilience while letting go of unhelpful thoughts, emotions and behaviors.

Problems We Treat:
• Obsessive Compulsive Disorder
• Hair Pulling and Skin Picking
• Body Dysmorphic Disorder
• Tic Disorders
• Social Anxiety
• Generalized Anxiety
• Panic Disorder & Agoraphobia
• Post Traumatic Stress Disorder
• Selective Mutism

Laura L.C. Johnson, Center Director
MA, MBA, LMFT, LPCC

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Alina Ghitea, MFT Intern

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- The Mindfulness Workbook for OCD
  - Practical mindfulness skills for managing unwanted thoughts and compulsive urges
  - Jon Hershfield, MFT

- Overcoming Compulsive Hoarding
  - Skill-building exercises to help readers address the issues that underlie hoarding

- When a Family Member Has OCD
  - An essential guide to help family members cope with their loved one's OCD
  - Jon Hershfield, MFT

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Proud to be the presenting sponsor of the 24th Annual OCD Conference.