

PROGRAM GUIDE



International
OCD
Foundation




Presented
by:



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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



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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 important,) 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





- Residential Support Program
- Intensive Outpatient Program
- Specialty Outpatient Program
- Diagnostic & Treatment Consultations

New Program in Los Angeles!



We are excited to announce the opening of a new program in Los Angeles. The OCD & Anxiety Program of Los Angeles 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.

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 • Saharah Shrout, 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 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 or call us at (617) 973-5801, Monday–Friday, 9:00am–5:00pm EST.

IOCDF Board of Directors

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What We Do

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 **#1Million4OCD**

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 support groups 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**

Packed 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 (BTI) program (established in 1995), the IOCDF Training Institute has since grown to offer a number of professional training opportunities, such as online trainings and case consultation groups, that address a variety of specialties and issues pertaining to the OCD and related disorders community. Visit 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 BTI to provide a training program for pediatric mental health professionals. Our Pediatrician Partnership Program was launched in 2015 to ensure that pediatricians are up-to-date in their knowledge of how to properly diagnose pediatric OCD and PANDAS/PANS, and connect families with effective treatment. 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 Physician 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

Terence Ching, M.Soc.Sci.

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

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Scientific and Clinical Advisory Board, International OCD Foundation

Susan Schuster

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Eric Storch, PhD

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Clinical Director, Rogers Behavioral Health - Tampa Bay

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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 Chadd'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, LICSW

Dean and Professor, Boston University School of Social Work; Scientific and Clinical Advisory Board, International OCD Foundation

Christiana Bratiotis, PhD, LICSW

Assistant Professor, Portland State University School of Social Work

Jordana Muroff, PhD, LICSW

Associate Professor, Boston University School of Social Work

Continuing Education

Continuing education credits are offered at the Annual OCD Conference for professional registrants only; those paying for non-professional registration fees will not receive credits. Continuing education credits are offered for approved sessions only, which are denoted as CE talks in the online schedule and Program Guide. You must attend these approved sessions to receive credit.

Psychologists:

This program is co-sponsored by McLean Hospital and the International OCD Foundation. McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. This offering meets the criteria for up to 24 CE hours for psychologists. For more information, please call (617) 973-5801 or email conference@iocdf.org.

- Pre-Conference Training Session: 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)™

- Saturday 1-Day Registration for the Annual OCD Conference – 6.0 AMA PRA Category 1 Credit(s)™
- Full (3-Day) Registrations for the Annual OCD Conference – 18.0 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 617- 973-5801.

- 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
MGHCME.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 13.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

REGISTER NOW

at mghcme.org/cbt

USE CODE IOCDF TO **SAVE \$25**

PRESENTED IN COLLABORATION WITH:



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Continuing Education

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

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

Relevant financial relationships

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

Conflict of Interest

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

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

Continuing Education

Faculty Financial Disclosures

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

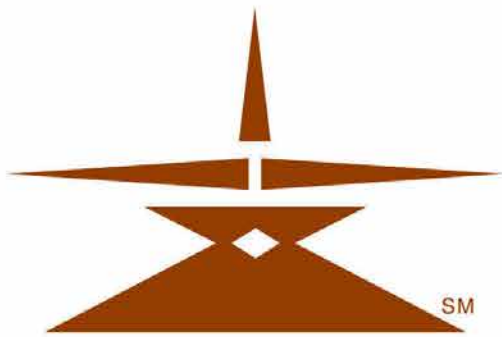
All other individuals including course directors, planners, reviewers, faculty, staff, etc., who are in a position to control the content of this educational activity have, on behalf of themselves and their spouse or partner, reported no financial relationships related to the content of this activity.

Conference Sponsors

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).

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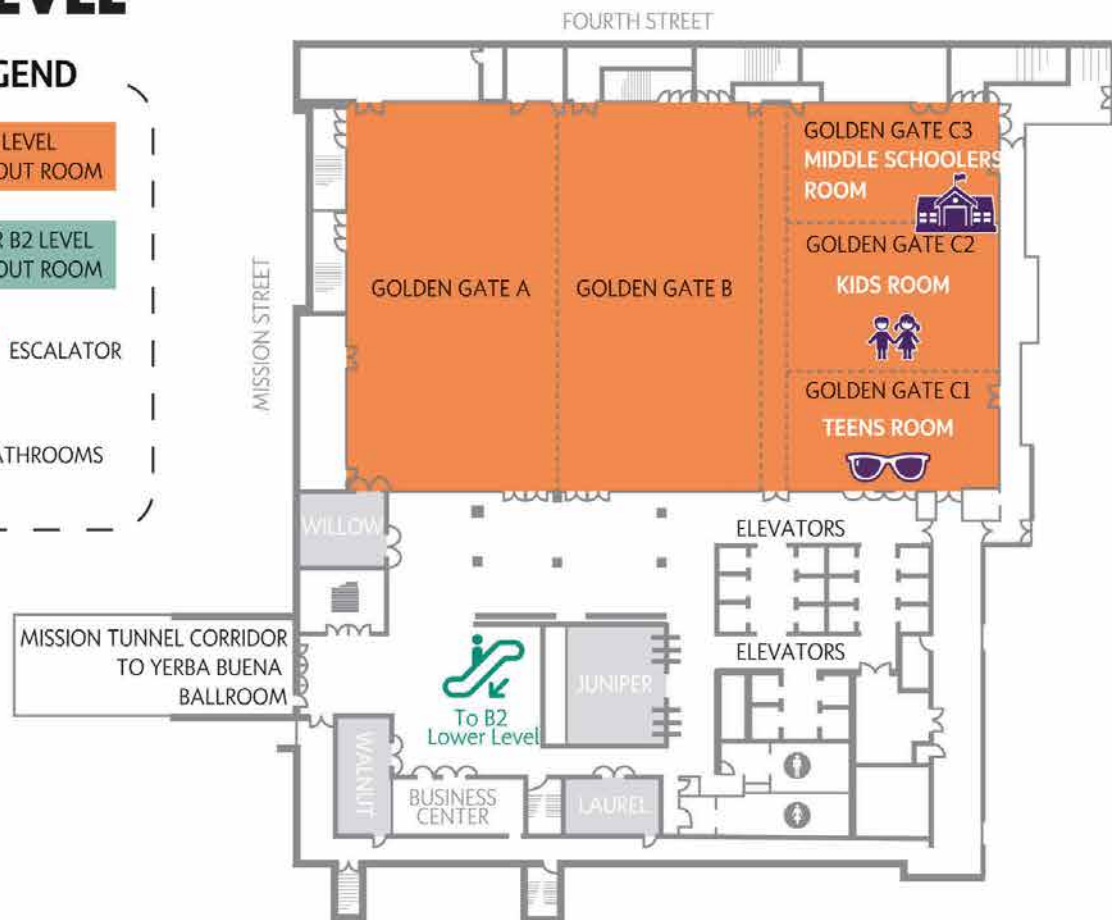
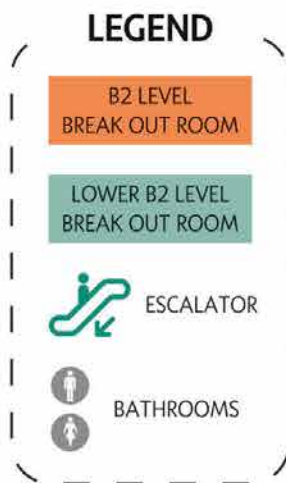
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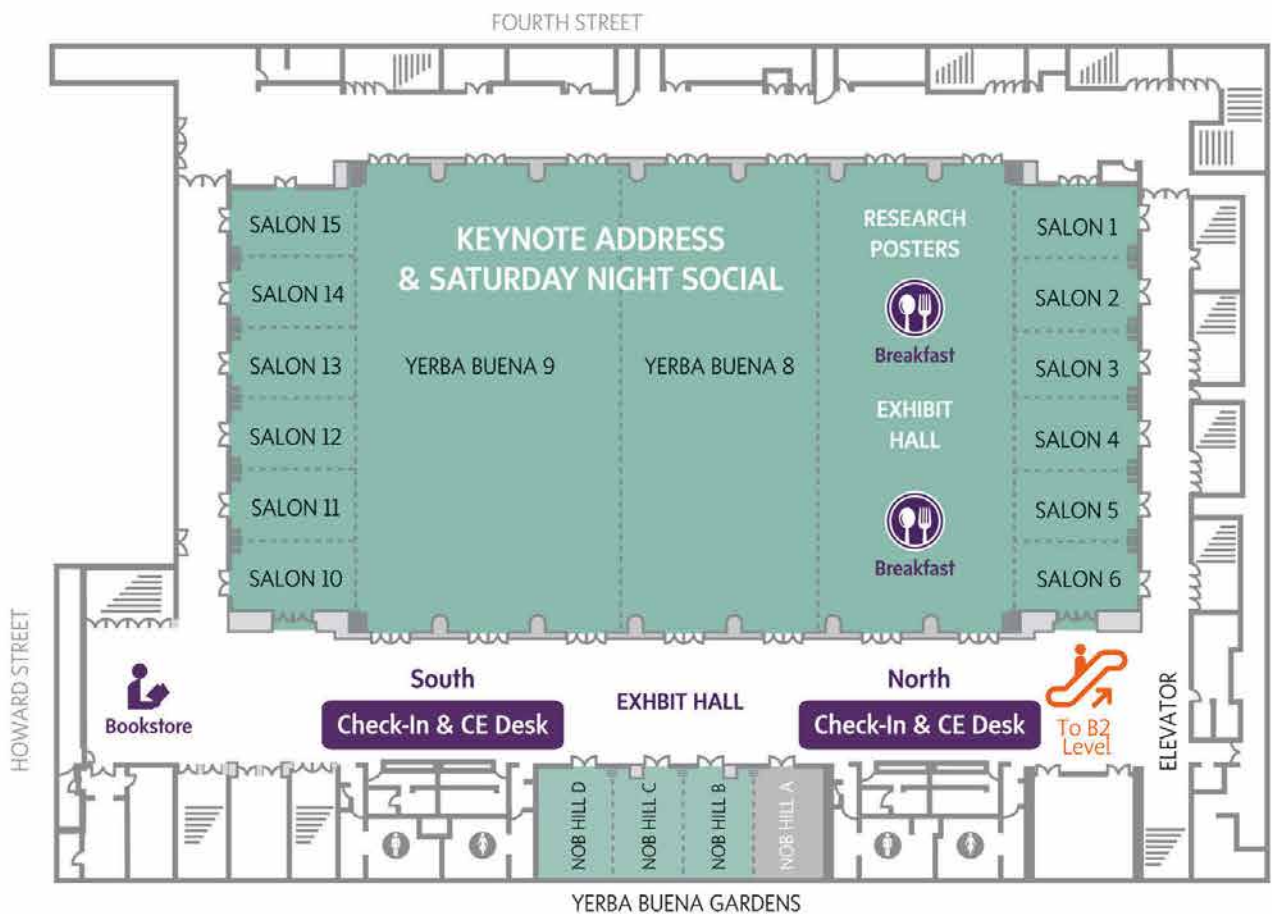
Reid Wilson, PhD
Anxiety Treatment Center

Conference Site Map

B2 LEVEL



LOWER B2 LEVEL



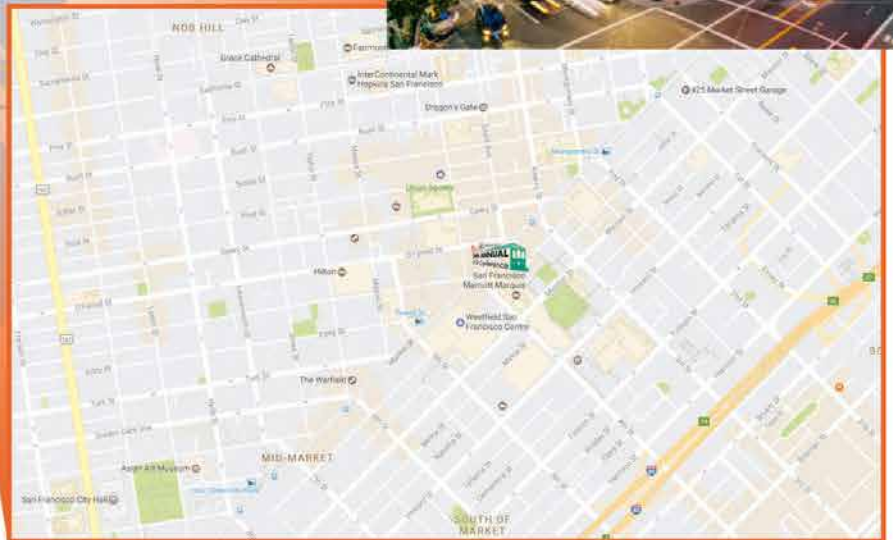
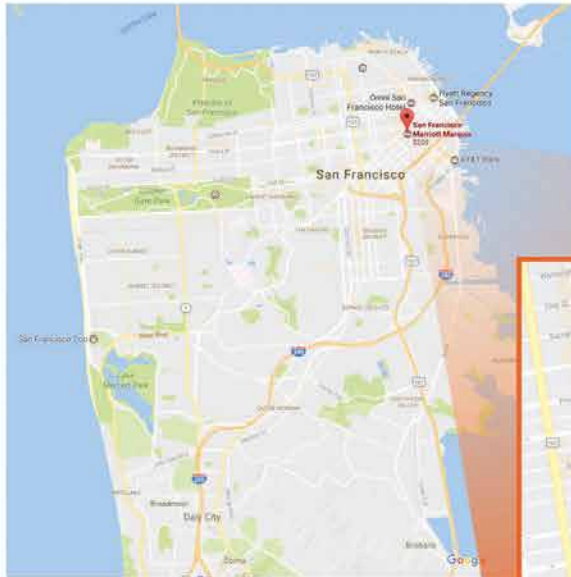
Conference Hotel

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.

Programming for Kids, Middle Schoolers, and Teens

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

Kids - Golden Gate C2	Middle Schoolers - Golden Gate C3	Teens - Golden Gate C1
Thursday		
6:30PM - 7:30PM Superhero Academy for Kids Renaë Reinardy, PsyD	OCD Support Group for Middle Schoolers Rachael Hatton, LMFT	Support Group for Teens with OCD Michelle Massi, LMFT & Jessica Serber, MFTi
8:00PM - 9:00PM Create your Memory Book Madeline Conover, MA, REAT	OCD Poetry and Image-Making - What Does OCD Look/Feel/Sound Like? Katherine Rossi, MA	Group Comic Strip - Developing Support Dede Booth, MA, REAT
Friday		
8:00AM - 9:30AM Kids and Parents Orientation Susan Boaz & Madeline Conover, MA, REAT	Middle Schooler and Parents Orientation Denise Egan Stack, LMHC & Katherine Rossi, MA	Teens and Parents Orientation Lisa Coyne, PhD & Dede Booth, MA, REAT
9:45AM - 11:15AM Draw your Superhero/Supervillain Madeline Conover, MA, REAT	The OCD Monster and Me: The Creation and Destruction of your OCD Monster Jenny Yip, PsyD; Noah Laracy, MA; & Jake Knapik, PhD	Living a Life that Matters: Clarifying your Values Lisa Coyne, PhD; Caroline; & Darcy
12:30PM - 2:00PM Party with a Purpose: Building Body Awareness through Dance & Movement Ashley Bramhall & Jennifer Bulger, MA	Tapping Into your Courageous Self: A Workshop for Middle Schoolers Lacie Lazaroe & Ashley Ordway, MEd, EdS	Tapping Into your Courageous Self: A Workshop for Teens Cary Jordan, PhD; Andrea Guastello, MS; & Danielle Cooke, MS
2:15PM - 3:45PM Courage Clinic for Kids Eliza Cummings, MFTi & Robin O'Heeron, PhD	Exposing with Harry Potter! Morgan Rondinelli, Epifania Gallina, & Katlyn Hashway	Making Exposure Hierarchies More Fun and Effective for Teens Jessica Pinto, MFT & Lisa Sondin, MFT
4:00PM - 5:30PM Scavenger Hunt for Kids! Patricia Zurita Ona, PsyD	Fantastic Beasts and How to Use Them for ERP Nicole Bosse, PsyD; Charles Brady, PhD; Jennifer Wells, MSW; & Jennifer Wilcox, PsyD	Teens-Only Field Trip to Union Square* Jason Spielman, PsyD <i>*Requires permission slip</i>
Saturday		
8:00AM - 9:30AM Kicking OCD Monsters Off the Bus Jenny Yip, PsyD; Noah Laracy, MA; & Jake Knapik, PhD	Defusing the OCD Bomb Sam Lample, MA, LPC & Megan Schwallie, MA, LCSW	ACTing your Way Through the OCD Storm Annabella Hagen, MSW & Nancy Larsen, MSW
9:45AM - 11:15AM Turning OCD Inside Out Nicole Bosse, PsyD; Charles Brady, PhD; Jennifer Wells, MSW; & Jennifer Wilcox, PsyD	The Parent Trap: How to Navigate OCD and your Parents Jessica Kotnour, Neil Hemmer, & Emma Sullivan	How to Raise your Parents When you Have OCD Allen Weg, EdD
12:30PM - 2:00PM Fun and Games! Madeline Conover, MA, REAT	Over-Achievers with OCD: How to Excel in School Without Letting your OCD Win Josh Steinberg & Emily Steinberg	Teens with OCD: The Journey from Diagnosis to Recovery David Jacobi, PhD; Emma; Darcy; Raphael, & Conlan
2:15PM - 3:45PM Study and Organizational Skills for Kids Kathleen Norris, LPC	Parent/Middle Schooler Summit: Everyone Talks, Everyone Listens Jessica Kotnour, Neil Hemmer, & Emma Sullivan	Parent/Teen Summit: Everyone Talks, Everyone Listens Allen Weg, EdD & Dede Booth, MA, REAT
Sunday		
8:00AM - 9:30AM You Can See the Magic! Create a Visual Imagery Story Jennie Gault, MFT	Yoga and Mindfulness for Middle Schoolers Laura Harper, MSW	Are you "Shoulding" Me?!: A Workshop for Teens with Perfectionism Jonathan Barkin, PsyD; Amy Jenks, PsyD; Amy Mariaskin, PhD; William Oakley, PsyD; & Ben Tucker, MS
9:45AM - 11:15AM Practice Makes Imperfect: The Double Dare Game Show to Beat Perfectionism Jerry Bubrick, PhD; Alexandra Hamlet, PsyD; Sony Khemlani-Patel, PhD; & Katia Moritz, PhD	Study and Organizational Skills for Middle Schoolers Kathleen Norris, LPC	Team OCD (Teens Engaging Anxiety of the Mind): A GOAL Setting Group Josh Steinberg
11:30AM - 1:00PM Memory Books and Goodbyes Madeline Conover, MA, REAT	Group Drawing and Compassion Cards Katherine Rossi, MA	Artistic Impressions: Using your Values to Move Through Discomfort Dede Booth, MA, REAT

OCD Conference Bookstore

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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.

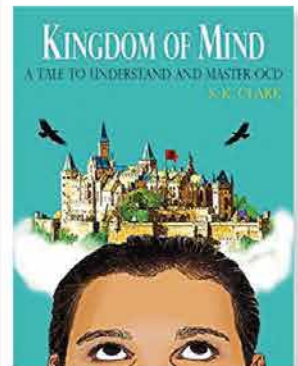
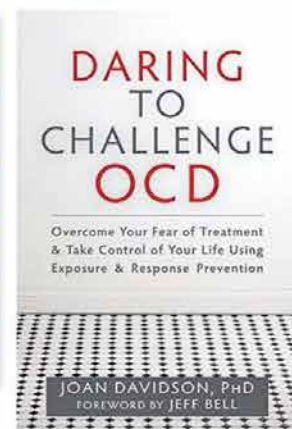
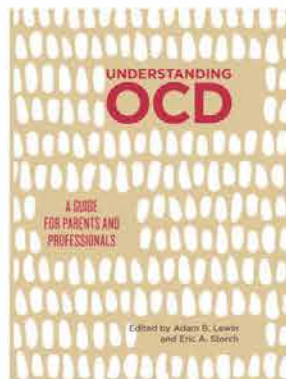
Friday, July 7th

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



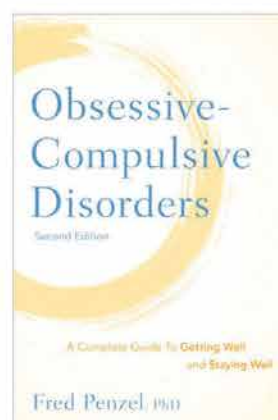
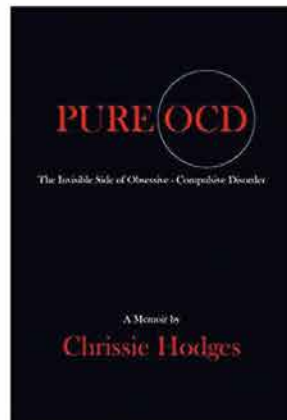
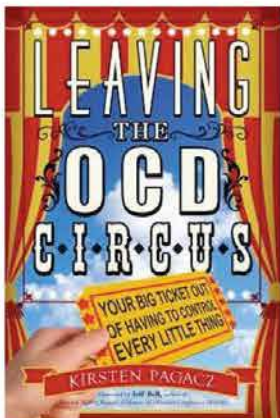
Saturday, July 8th

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



Ethan Smith



Elizabeth McIngvale, PhD, LMSW



IOCDF Board of Directors — Back Row (left to right): Michael Stack; Diane Davey, RN; Susan Boaz; Ron Prevost; Denise Egan Stack, LMHC; Micahel Jenike, MD; Paul A. Mueller; **Front row:** Christina Vertullo; Jo-Ann Winston; Shannon Shy; Denis Asselin

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:

Shannon Shy	<i>President, Board of Directors; 2010 Keynote Speaker</i>
Susan Boaz	<i>Vice-President, Board of Directors</i>
Michael Stack	<i>Treasurer, Board of Directors</i>
Denis Asselin	<i>Secretary, Board of Directors</i>
Michael Jenike	<i>Chair, Scientific and Clinical Advisory Board; member, Board of Directors</i>
Denise Egan Stack	<i>Member, Board of Directors (immediate past President)</i>
Elizabeth McIngvale	<i>Member, Board of Directors; 2007 Keynote Speaker, past IOCDF Spokesperson</i>
Diane Davey	<i>Member, Board of Directors</i>
Ron Prevost	<i>Member, Board of Directors</i>
Paul Mueller	<i>Member, Board of Directors</i>
Jo-Ann Winston	<i>Member, Board of Directors</i>
Chris Vertullo	<i>Member, Board of Directors</i>
David Calusdian	<i>Member, Board of Directors</i>
Ethan Smith	<i>National Ambassador, 2014 Keynote Speaker,</i>
Thröstur Björgvinsson	<i>Member, Scientific and Clinical Advisory Board</i>

Brad Riemann	<i>Member, Scientific and Clinical Advisory Board</i>
Eric Storch	<i>Member, Scientific and Clinical Advisory Board; Chair of the Pediatric BTTI</i>
Alec Pollard	<i>Member, Scientific and Clinical Advisory Board; Chair of the BTTI</i>
Alison Dotson	<i>Affiliate President, 2016 Hero Award Winner, IOCDF Ambassador</i>
Margaret Sisson	<i>2014 Hero Award winner, Conference veteran</i>
Chrissie Hodges	<i>2017 Hero Award winner, Conference veteran</i>
Shala Nicely	<i>2013 Keynote Speaker, Conference veteran</i>
Adira Weixlmann	<i>IOCDF Ambassador, Conference veteran</i>
Jon Hershfield	<i>Conference veteran</i>
Nathaniel Van Kirk	<i>Conference veteran</i>
Judy Asselin	<i>Conference veteran</i>
Carrie Asselin	<i>Conference veteran</i>
Chris Baier	<i>2017 Keynote Speaker</i>
Kelly Anderson	<i>2017 Keynote Speaker</i>
Kids from UNSTUCK documentary	<i>2017 Keynote Speaker</i>

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.

PRE-CONFERENCE

9:00 AM – 5:00 PM

Managing Clutter and Hoarding in the Community* Golden Gate C2

Gail Steketee, PhD, LICSW, Boston University; Randy Frost, PhD, Smith College; Christiana Bratton, PhD, LICSW, Portland State University; Jordana Muroff, 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(s) 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; Fugen Neziroglu, PhD, Bio-Behavioral Institute; Alec Pollard, 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 Compulsive Disorder, Misophonia, and Olfactory 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 session 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 obsessional concerns about sound (Misophonia), smell (Olfactory Reference Syndrome) and relationships (Obsessive Compulsive Disorder). 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 Salons 10-12

Sam Foster

Tonight's performance will be by Sam Foster, a 17 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 onstage with artists such as The Roots, Sheryl Crow, and Myke Woldman. He released an EP of original music at age 14, and he is currently recording an album of new music inspired by his battle with OCD.

Superhero Academy for Kids Golden Gate C2

Renae Reinardy, 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.

THURSDAY EVENING

(CONTINUED)

Support Groups

OCD Support Group for Middle Schoolers Golden Gate C3

Rachael Hatton, LMFT

This support group is intended for ages 11-14, which is meant to include those in middle school. The group will start off with a simple icebreaker to introduce group members. We will also 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 Massi, 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 B

Jennie Kuckertz, San Diego State University Center for Understanding and Treating Anxiety; Melissa Mose, 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 even 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 to learn from each other as well as the clinician co-facilitators, 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 Zurita Ona, PsyD, East Bay Behavior Therapy Center

Parenting is one of the most rewarding and amazing 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 with 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 Witkin, 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 that 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 1-3

Neil Hemmer, Southern Illinois University at Carbondale; **Collin Schuster**, OCD Connecticut; **Jacques Esses**, 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/colored pencils.

Group Comic Strip - Developing Support Golden Gate C1

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 1-3

Lisette 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, Dagtype 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, lean-in to 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 turn toward the life you truly want to live. Participants are encouraged to share their experiences, questions and ideas.

Siblings Support Group for Middle Schoolers Laurel

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 simple 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

Shala Nicely, LPC, Cornerstone Family Services; **Shereen 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 hurdle 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, managing dependent adults who are still in the home, and adjusting expectations for adult children with OCD.

Young Adults OCD Support Group Salon 8

Chris Trondsen, 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 also 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 team 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+.

Chamberlain
International School



Friday Schedule

Overview

Friday, July 7th

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.



Breakfast

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.



Bookstore

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.



Bookstore

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.

8:00AM – 9:30AM

9:45AM – 11:15AM

12:30PM – 2:00PM

EVERYONE

EVERYONE ORIENTATION
Ethan Smith; Jeff Bell & Alison Dotson
Yerba Buena - Salon 9

EXPOSURE THERAPY FOR BDD: AN INTERACTIVE WORKSHOP
Scott Granet, LCSW; Amanda Rosenberg;
Robyn Leigh Stern, MSW, MEd & Chris Trondsen
Yerba Buena - Salons 1-3

SCRIPTING FOR SUCCESS
Kathleen Rupertus, PsyD; Patricia Perrin Hull, PhD;
Renae Reinardy, PsyD & Felicity Sapp, PhD
Yerba Buena - Salons 4-6

EVERYONE

POSTPARTUM OCD: WHEN BLISS BECOMES TORMENT
Jenny Yip, PsyD; Renae Reinardy, PsyD;
Patricia Perrin Hull, PhD & Noah Laracy, MA
Yerba Buena - Salons 1-3

ASK THE EXPERTS GOES LIVE
James Claiborn, PhD & Michael Jenike, MD
Yerba Buena - Salon 9

DON'T TRY HARDER, TRY DIFFERENT: A (HUMOROUS) STRESS, MANAGEMENT APPROACH TO OCD
Patrick McGrath, PhD
Yerba Buena - Salon 9

INDIVIDUALS WITH OCD

DO I LAUGH WITH THE SINNERS OR CRY WITH THE SAINTS? A DISCUSSION ABOUT SCRUPULOSITY
Jedidiah Siev, PhD; Jonathan Grayson, PhD;
Charles Mansueto, PhD & Ted Witzig, Jr., PhD
Golden Gate A

ERP GAMES FOR LIVING JOYFULLY WITH OCD
Shala Nicely, LPC & Jon Hershfield, LMFT
Golden Gate A

INTERPERSONAL EFFECTIVENESS SKILLS: PROMOTING ONGOING RECOVERY FROM OCD
Alex Solodyna, PsyD & Nathaniel Van Kirk, PhD
Golden Gate A

YOUNG ADULTS

OUR CORE BELIEFS (OCB): PROMOTING HOPE AND HEALTH IN LIVING WITH OCD
Bryan Ballard; Adira Weixlmann;
& Julia St. Jean
Nob Hill B-D

NAVIGATING COLLEGE WITH OCD: HOW TO FIND SUCCESS
Rachel Davis, MD; Courtney de Blicke, PsyD;
Sarah Chorley; Harry Cui & Noah Symmes Dezzo
Nob Hill B-D

SEX, LOVE, INTIMACY AND OCD
Elizabeth McIngvale, PhD, LMSW; Jessica Kotnour;
Thomas Smalley & Genevieve Kales
Nob Hill B-D

PARENTS AND FAMILIES

PARENTS: HOW TO PROCEED WHEN YOUR CHILD WITH OCD REFUSES TREATMENT
Allen Weg, EdD
Golden Gate B

ALL IN THE FAMILY: TARGETING ACCOMMODATION & RELATIONSHIP STRESS IN OCD
Alex Solodyna, PsyD; Maria Fraire, PhD;
& Alec Pollard, PhD
Golden Gate B

ASK THE OTHER EXPERTS: Q&A SESSION ON LIVING WITH BDD
Denis Asselin; Carrie Asselin;
Jennifer Thorne; Chris Trondsen & Erik Duarte
Golden Gate B

HOARDING

ASK THE EXPERTS: PANEL ON HOARDING DISORDER
Robin Zasio, PsyD, LCSW; Lee Shuer, CPS;
Sanjaya Saxena, MD; Gregory Chasson, PhD;
& Elspeth Bell, PhD
Yerba Buena - Salons 10-12

COMMUNITY RESPONSE TO HOARDING DISORDER
Christiana Bratotiis, PhD, LCSW; Catherine Ayers, PhD;
Tina Mayes, PhD; Jesse Edsell-Vetter;
& Kiara Timpano, PhD
Yerba Buena - Salons 10-12

THREE ESSENTIAL DECLUTTERING SKILLS: ORGANIZING, SORTING, AND MAKING DECISIONS
Michael Tompkins, PhD
Yerba Buena - Salons 10-12

THERAPISTS

INTRODUCTION TO ERP IN CHILDREN, ADOLESCENTS, AND ADULTS
Thröstur Björgvinsson, PhD; Felicity Sapp, PhD;
& Aureen Wagner, PhD
Yerba Buena - Salon 8

TREATMENT OF OCD IN YOUNG CHILDREN
Amy Mariaskin, PhD & Stephanie Eken, MD
Yerba Buena - Salons 4-6

ENHANCING EXPOSURE-BASED TREATMENT FOR CHILDREN AND ADOLESCENTS WITH ACT
Lisa Coyne, PhD; Adam Reid, PhD & Maria Fraire, PhD
Yerba Buena - Salon 8

THERAPISTS

UNDERSTANDING AND TREATING BODY DYSMORPHIC DISORDER
Sabine Wilhelm, PhD
Yerba Buena - Salons 4-6

DIFFERENTIATING OBSESSIONS FROM DELUSIONS: STRATEGIES FOR ASSESSMENT AND TREATMENT
Lindsay Brauer, PhD; Jon Grant, MD, JD, MPH;
& Evan Leib, MD
Yerba Buena - Salon 8

MEDICATION QUESTION AND ANSWER FOR THERAPISTS
Phillip Seibell, MD & Stephanie Eken, MD
Yerba Buena - Salons 1-3

RESEARCH TO CLINICAL PRACTICE

OCD AND RELATED DISORDERS (OCRD)- UNDERSTANDING THE ROLE OF GENES AND ENVIRONMENT
Michele Pato, MD;
Peggy Richter, MD & Paul Arnold, MD, PhD
Yerba Buena - Salons 13-15

THE ART AND SCIENCE OF GROUP CBT TREATMENT FOR OCD/ OC SPECTRUM DISORDERS
Jordana Muroff, PhD, LICSW;
Barbara Van Noppen, PhD, LCSW; Eric Storch, PhD & Sabine Wilhelm, PhD
Yerba Buena - Salons 13-15

COGNITIVE PROCESSES IN OCD: HOW RESEARCH CAN INFORM CLINICAL PRACTICE
Laura de Putter, MSc; Jessica Grisham, PhD;
& Sharon Morein-Zamir, PhD
Yerba Buena - Salons 13-15

2:15PM – 3:45PM

4:00PM – 5:30PM

MY HEART IS STILL IN SAN FRANCISCO: MANAGING RELATIONSHIPS WHILE LIVING WITH BDD
Scott Granet, LCSW
Yerba Buena - Salons 1-3

IF IT SOUNDS TOO GOOD TO BE TRUE: SURVIVAL SKILLS FOR THE MENTAL HEALTH JUNGLE
Fred Penzel, PhD; Charles Mansueto, PhD;
Fugen Neziroglu, PhD; Evelyn Stewart, MD
& Allen Weg, EdD
Yerba Buena - Salon 8

PROVIDING HOPE AND MOTIVATION THROUGH PEER SUPPORT FOR OCD
Shannon Shy; Jennifer Roy & Chrissie Hodges
Yerba Buena - Salon 9

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

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

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

A DISCUSSION OF TABOO OCD TOPICS
Jessica Kotnour; Elizabeth McIngvale, PhD, LMSW;
Chris Trondsen & Adira Weixlmann
Nob Hill B-D

I'M MORE THAN MY OCD: PUT THINGS IN PERSPECTIVE
Andrea Batton, LCPC;
& Stephanie Woodrow, LGPC
Yerba Buena - Salons 13-15

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

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

ARE TWO HOARDING HEADS BETTER THAN ONE? TEAMING UP AGAINST HOARDING DISORDER
Susan C.; Marnie C.; Randy Frost, PhD
Yerba Buena - Salons 10-12

RESEARCH UPDATE ON THE CORE FEATURES AND RISK FACTORS FOR HOARDING DISORDER
Kiara Timpano, PhD; Jessica Grisham, PhD;
May Luu; Christiana Bratotiis, PhD, LICSW;
Donald Davidoff, PhD; & Kay Jewels
Yerba Buena - Salons 10-12

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

LEAVE IT THERE OR TAKE IT HOME: AN EXPERIENTIAL WORKSHOP FOR PEOPLE WHO HOARD
Michael Tompkins, PhD; Lee Shuer, CPS; Robin Zaslo,
PsyD, LCSW; & Renae Reinardy, PsyD
Yerba Buena - 1-3

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

PROFESSIONAL PLENARY

FUNCTIONAL ANALYTIC PSYCHOTHERAPY – A FRAMEWORK FOR IMPROVING INTERPERSONAL INTIMACY

Chad Wetterneck, PhD
Yerba Buena - Salon 9

CLINICAL CHARACTERISTICS COMPLICATING THE PHENOMENOLOGY AND TREATMENT OF CHILD OCD
Eric Storch, PhD; Robert Selles, PhD;
Adam Lewin, PhD & Monica Wu, MA
Yerba Buena - Salons 13-15

See pages 24–29 for detailed descriptions of each presentation.

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**
- PLENARY (FOR PROFESSIONALS)**
- * Workshops with black outline are eligible for CE/CME credits.

Seating at all presentations is on a first-come, first-served basis.

8:00 AM – 9:00 AM

Ask the Experts Panel on Hoarding Disorder* (INTRODUCTORY)

Yerba Buena - Salons 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*; **Elsbeth 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* (INTERMEDIATE) Golden Gate A

Jedidiah Siev, PhD, *Swarthmore College*; **Jonathan Grayson, PhD**, *Grayson LA Treatment Center for Anxiety and OCD*; **Charles Mansueto, PhD**, *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 when OCD is entangled with religion or morality. Sample issues include: What role does religion have vis a vis OCD? How can someone with OCD be religious but not scrupulous? Can one engage in exposures without violating religious law? How can scrupulous individuals interact with clergy in a way 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, where, 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

(INTRODUCTORY) Yerba Buena - Salon 8

Thróstur Björgvinsson, PhD, *Houston OCD Program & McLean Hospital*; **Felicity Sapp, PhD**, *Anxiety Psychological Services*; **Aureen Wagner, PhD**, *Anxiety Wellness Center*

Information will be presented about first ways 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 C2

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 = 10 and younger) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the conference.

Middle Schoolers and Parents Orientation (INTRODUCTORY)

Golden Gate C3

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 = 11-14yo) 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* (ADVANCED) Yerba Buena - Salons 13-15

Michele Pato, MD, *SUNY Downstate Medical Center*; **Peggy Richter, MD**, *Frederick W. Thompson Anxiety Disorders Centre*; **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 will updated findings from an NIMH 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; **Adira Weixlmann**; **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 insight into specific topics.

Parents: How to Proceed When Your Child with OCD Refuses Treatment (INTERMEDIATE) Golden Gate B

Allen Weg, 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* (INTERMEDIATE)

Yerba Buena - Salons 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 Laracy, MA**, *Renewed Freedom Center*

Women are regularly screened for postpartum depression at postnatal visits. However 10-50% 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 C1

Lisa Coyne, PhD, *McLean/Harvard Medical School*; **Dede 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*

(INTERMEDIATE) Yerba Buena - Salons 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, mirror retraining, 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 Fraire, PhD**, *McLean Hospital/Harvard Medical School*; **Alec Pollard, PhD**, *Saint Louis Behavioral Medicine Institute*

OCD is an interpersonal 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 - Salon 9

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

This presentation will provide the opportunity to ask questions about OCD and get answers from Dr. James Claiborn, 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 Bratiotis, PhD, *LICSW, Portland State University*; **Catherine Ayers, PhD**, *VA San Diego Healthcare System*; **Tina Mayes, PhD**, *VA San Diego Healthcare System*; **Kiara 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, case management programs, and community mental health services often provide hoarding interventions and resources. Panelists from various disciplines, hoarding intervention models, and geographic regions will 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 - Salon 8

Lindsay Brauer, PhD, *University of Chicago*; **Jon Grant, MD, JD, MPH**, *University of Chicago*; **Evan Leibu, MD**, *Icahn 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, *Cornerstone 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 meaning 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 Judea - Therapist*; **Chris Trondsen**, *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 C1

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 lives – one step at a time.

Draw Your Superhero/Supervillain (INTRODUCTORY) Golden Gate C2

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

Do you ever 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 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 Bleeck, PsyD**, *California Polytechnic State University*; **Sarah Chorley**, *University of Colorado Boulder*; **Harry Cui**, *University of Colorado Anschutz Medical Campus*; **Noah Symmes-Dezso**, *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 discuss accessing 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 colleges/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 (GCBT) is efficacious in the treatment of OCD and OC spectrum disorders. This panel of experts will briefly describe GCBT for hoarding, body dysmorphic disorder, and OCD, including multifamily approaches and GCBT 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 C2

Jenny Yip, PsyD, *Renewed Freedom Center*; **Jake Knapik, PsyD**, *Renewed Freedom Center*; **Noah Laracy, 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.

12:30 PM – 2:00 PM

Ask the Other Experts: Q&A Session on Living with BDD

(INTRODUCTORY) Golden Gate B

Denis Asselin, IOCDF 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. IOCDF 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.

Cognitive Processes in OCD: How Research Can Inform Clinical Practice* (ADVANCED) Yerba Buena - Salons 13-15

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 about 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 seeking 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/Harvard Medical School; **Adam Reid**, PhD, McLean Hospital/Harvard Medical School; **Maria Fraire**, PhD, McLean Hospital/Harvard 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 A

Alex Solodyna, PsyD, 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 topics like self-disclosure & stigma.

Medication Question and Answer for Therapists* (INTERMEDIATE) Yerba Buena - Salons 1-3

Phillip Seibell, 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 Golden Gate C2

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 guests will first learn how to be aware of their body through guided, individual movements. They will 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 Rupertus, PsyD, The Anxiety and OCD Treatment Center; **Patricia Perrin Hull**, PhD, OCD and Anxiety Treatment Center of Houston; **Renae 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) Nob Hill B-D

Elizabeth McIngvale, PhD, LMSW, Baylor University; **Jessica Kotnour**; **Thomas Smalley**, OCD Connecticut; **Genevieve Kales**

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 C3

Ashley Ordway, MEd, EdS, University of Florida; **Lacie Lazaroe**, 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 C1

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 - Salons 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 and are to bring them to the workshop.

2:15 PM – 3:45 PM

A Discussion of Taboo OCD Topics (INTERMEDIATE) *Nob Hill B-D*

Jessica Kotnour; Elizabeth McIngvale, PhD, LMSW, Baylor University; Chris Trondsen, Gateway Institute; Adira Weixlmann

There are many taboo OCD topics that are not discussed among attendees at the annual conference due to embarrassment and shame. Young adults have thoughts 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 undervalued 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? - Teaming 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 attendee in the room, had been filming herself discarding possessions in her own efforts to curtail 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 realness/struggle/vulnerability/peer support in the moment.

Clinical Characteristics Complicating the Phenomenology and Treatment of Child OCD* (INTERMEDIATE) *Yerba Buena - Salons 13-15*

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/comorbidities that complicate the presentation of pediatric OCD. Dr. Lewin will focus on the therapeutic modifications used in treating preschool-aged youth. Dr. Selles will highlight the impact of comorbid coercive/disruptive behaviors 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'Heeron, PhD, PluckyWize Program; Eliza Cummings, MFTi, 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; Katlyn Hashway, ShalomAleichem Mental Health Vlogs

Welcome to the OCD community of the wizarding world! Though never 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 boggart, finding ways to see OCD as silly and ourselves as in control. We will brainstorm possible exposures for the fears, and those willing will do them together.

Family Functioning in OCD* (INTERMEDIATE) *Yerba Buena - Salon 8*

Kristin Holland, MA; Renae Reinardy, PsyD, Lakeside 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 Tischler, 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 CBT-IU 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, Equinicity 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 guide posts to combatting 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 1-3*

Scott Granet, 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(s) 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, IOCDF; Jennifer Roy; Chrissie Hodges

Peer Support is a powerful supplement in helping individuals engage in treatment and provide hope & motivation that recovery is possible. Chrissie 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, MSC, Mental Health Psychological Therapies, The OCD Stories; Alison Dotson; OCD Twin Cities

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

how to find the right audience (which could be an audience of 1!). We'll 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 B*
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 cure OCD. This year, let's take a step back in time to 1925 when Newt 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 will 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 13-15

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

When struggling with OCD, it can seem as if it's your only identity. It affects so many aspects of your life, it can be easy to forget who you truly are & what makes you unique. Attendees will examine their lives from a more 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 values, goals & 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 Mansueto, PhD,** *Director, Behavior Therapy Center of Greater Washington;* **Fugen Neziroglu, PhD,** *Bio-Behavioral Institute;* **Allen Weg, EdD,** *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 at 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 presentation covers the basis 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 plans 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.

* Presentation is eligible for CE/CME credits.

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 Zaslo, PsyD, LCSW,** *The Anxiety Treatment Center;* **Renae Reinardy, 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 at 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 10-12*

Kiara Timpano, PhD, *University of Miami;* **Jessica Grisham, PhD,** *University of New South Wales;* **May Luu,** *University of British Columbia;* **Christiana Bratiotis, PhD,** *LICSW, 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) are 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 squalor, processes during 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 its 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 C1*

Jason Spielman, PsyD, *NeuroBehavioral Institute*

Calling all teenagers - the IOCDF 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 three block walk from the hotel, choose to accept challenges from the team of therapists or challenge your friends to work on their OCD with exposures while shopping or eating at one of the hundreds of stores. Teenage participants will have the opportunity to learn evidence-based constructive strategies to deal with OCD-related obstacles that are naturally occurring in a real-world shopping setting. Please note that participation 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 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

Everitt Clark, Everitt Clark Photography; **Dan Fenstermacher, MFA**, SJSU; **Brooke Alius, 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 C3

Katherine Rossi, MA, McLean Hospital OCDI

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 C1

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 it. 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, IOCDF; 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 'oases' 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 1-3

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

OCD and Multicultural Stigma Laurel

Charlene Salvador; Ariz Rojas, PhD, Icahn 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, fighting about it, or being classified as 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 Groups; Carol Rettner, 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 injure 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 Claiborn, 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 this group is reserved for individuals over the age of 13.

Support Group for Parents and Others Caring for Children with PANDAS/PANS Golden Gate B

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 any 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; Jenifer 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 greater 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; Shala Nicely, LPC, Cornerstone Family Services; Jon Hershfield, LMFT, OCD and Anxiety Center of Greater Baltimore; Amy Jenks, 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 the exhilaration of conquering OCD fears in a group that goes beyond your imagination. Everyone will be encouraged to support and help one another, but participants will only do what they choose to do. The surprise will be in how much more you will choose!

Saturday Schedule

Overview

Saturday, July 8th

6:30am – 7:30am	Cultivating Awareness Through Meditation <i>Golden Gate A</i> View details on page 34.	
7:00am – 8:00am	Continental Breakfast <i>Buffet Breakfast throughout Exhibit Hall in Salon 7 and Yerba Buena Foyer</i> 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.	 Breakfast
7:00am – 6:00pm	Conference Check-In & Badge Pick-up Open (If you have already registered) <i>South Registration Counter</i> Onsite Registration Open (If you need to register) & VIP Check-In for Sponsors, Speakers, & Exhibitors <i>North Registration Counter</i> Continuing Education Desk Open <i>North Registration Counter</i>	
7:00am – 7:00pm	Exhibit Hall Open <i>Salon 7 and Yerba Buena Foyer</i> See pages 53–57 for a list of exhibitors.	
7:00am – 7:00pm	OCD Conference Bookstore Open <i>End of Yerba Buena Foyer</i> See page 16 for bookstore hours and information.	 Bookstore
8:00am – 5:30pm	Conference Presentation Sessions See pages 32–40 for full schedule of presentations.	
8:00am – 5:30pm	Youth Programming <i>Kids: Golden Gate C2</i> <i>Middle Schoolers: Golden Gate C3</i> <i>Teens: Golden Gate C1</i> See page 15 for full schedule of activities.	
9:45am – 11:15pm	Special Interest Group: Mental Health Awareness in Sports <i>Willow, B2 Level</i> Clint Malarchuck and Corey Hirsch invite those interested in talking about this topic.	 Bookstore
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 <i>Yerba Buena, Salons 8–9</i>	
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 <i>Salon 7 and Yerba Buena Foyer</i>	
7:00pm – 10:00pm	Saturday Night Social – "Coming Together: An International Celebration" <i>Yerba Buena, Salons 8–9</i>	

8:00AM – 9:30AM

9:45AM – 11:15AM

12:30PM – 2:00PM

EVERYONE

SENSORY OVER-RESPONSIVITY ACROSS THE OC-SPECTRUM

Martha Falkenstein, PhD; Adam Lewin, PhD;
Adam Reid, PhD; Eric Storch, PhD & Monica Wu, MA
Yerba Buena - Salons 4-6

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

EVERYONE

TURN YOUR SECRETS INTO SURVIVING

Ethan Smith; Michael Jenike, MD;
Elizabeth McIngvale, PhD, LMSW & Katia Moritz, PhD
Yerba Buena - Salon 9

HOW TO LIVE A FULL LIFE- ACT FOR EVERYONE

Amy Jenks, PsyD; Marisa Mazza, PsyD;
Sarah Carr, MA & Lisa Coyne, PhD
Yerba Buena - Salon 8

THE APPLICATION OF DIALECTICAL BEHAVIOR THERAPY TO ENHANCE OCD TREATMENT

Sony Khemlani-Patel, PhD; Fugen Neziroglu, PhD;
Tania Borda, PhD & Alec Pollard, PhD
Yerba Buena - Salon 8

INDIVIDUALS WITH OCD

IS IT TIME TO BREAK UP WITH YOUR THERAPIST?

Charity Wilkinson-Truong, PsyD; Allen Weg, EdD;
Robert Zambrano, PsyD;
& Maressa Nordstrom, LCSW
Golden Gate A

THE SOCIAL EXPERIMENT: LET'S BE SOCIALLY ANXIOUS TOGETHER

Jason Spielman, PsyD; Joyce Szentpaly, PsyD;
& Wilfredo Rivera, PsyD
Golden Gate A

UNDERSTANDING OCD AND SUBSTANCE USE: MY JOURNEY WITH OCD AND ADDICTION THEN SOBRIETY

Sarah Naff
Golden Gate A

BILINGUAL ENGLISH-SPANISH

HELP! EVIDENCED BASED TREATMENT FOR OCD / ¡AYUDA! TRATAMIENTO EFICAZ PARA EL TOC

Joyce Szentpaly, PsyD; Wilfredo Rivera, PsyD;
Lissette Cortes, PsyD
Nob Hill B-D

OCD IN THE FIRST PERSON: WHAT IS A DAY WITH OCD LIKE? / TOC EN PRIMERA PERSONA: ¿CÓMO ES UN DÍA CON TOC?

Servando Rodríguez Barajas
Nob Hill B-D

BEFORE REINFORCING OCD BEHAVIORS, LET'S PAUSE / ANTES DE QUE REFUERCE EL TOC, NOS DETENGAMOS

Patricia Zurita Ona, PsyD
Nob Hill B-D

PARENTS AND FAMILIES

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 Conroy, MSW, MPH; Michael Jenike, MD;
Jonathan Hoffman, PhD & Margaret Riley Sisson
Golden Gate B

ASK THE EXPERTS: FREQUENTLY ASKED QUESTIONS ABOUT OCD IN CHILDREN AND ADOLESCENTS

Charles Mansueto, PhD; Evelyn Stewart, MD &
Aureen Wagner, PhD
Golden Gate B

HOARDING

PSYCHOLOGICAL FEATURES AND COMMUNITY-BASED TREATMENT OF HOARDING DISORDER

Sanjaya Saxena, MD; Jessica Grisham, PhD;
Carolyn Rodriguez, MD, PhD & Carol Mathews, MD
Yerba Buena - Salons 10-12

MINDFULNESS, CREATIVITY, AND CLUTTER

Andrea Millen, PsyD; Sharon Belknap;
& Carolyn Rodriguez, MD, PhD
Yerba Buena - Salons 10-12

BUILDING PEER SUPPORTS ON A STAGES OF CHANGE CONTINUUM

Ana Gutierrez; David Bain, MS;
Elizabeth Barr & Varian Pierce
Yerba Buena - Salons 10-12

THERAPISTS

ARTICULATING DISCONFIRMABLE CORE FEARS: A KEY COMPONENT OF USEFUL CASE FORMULATIONS

Alec Pollard, 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

Jerry Halverson, MD; Eric Storch, PhD;
Bradley Riemann, PhD & Darin Dougherty, MD, MSc
Yerba Buena - Salons 1-3

THERAPISTS

TREATING OCD AND SUBSTANCE USE DISORDER 101

Stacey Conroy, MSW, MPH & Patrick McGrath, PhD
Yerba Buena - Salons 1-3

MAXIMIZING ERP WITH TABOO CONTENT IN ADULTS AND CHILDREN

Steven Tsao, PhD; Anthony Puliafico, PhD;
& Kate Brett
Yerba Buena - Salons 4-6

NOT JUST-RIGHT IS OH SO RIGHT – TREATMENT IS EASIER THAN YOU THINK!

Ariz Rojas, PhD & Lindsay Brauer, PhD
Yerba Buena - Salon 9

RESEARCH TO CLINICAL PRACTICE

RESEARCH PROGRESS AND CLINICAL UPDATES IN PANS & PANDAS

Susan Swedo MD; Kyle Williams, MD, PhD;
Jennifer Frankovich MD; Dritan Agalliu, PhD
Yerba Buena - Salons 13-15

TREATMENT OF EMOTIONAL REGULATION DIFFICULTIES IN OCD : DEPRESSION AND CO-MORBIDITIES

Scott Blair-West, MD;
& Christopher Mogan, PhD
Yerba Buena - Salons 13-15

THE USE OF TECHNOLOGY IN OCD TREATMENT

Elizabeth McIngvale, PhD, LMSW; Katrina Rufino, PhD;
Jon Hershfield, LMFT & Monnica Williams, PhD
Yerba Buena - Salons 13-15

2:15PM – 3:45PM

HOW DBT SKILLS ENHANCED MY OCD TREATMENT

Leah Jaramillo, LMFT; Kate Rogers, PhD;
Carol Thomas & Jessica Ann Bishop
Yerba Buena - Salons 4-6

**FACTS & MYTHS - OCD AND SUBSTANCE USE DISORDER -
TEST YOUR KNOWLEDGE**

Stacey Conroy, MSW, MPH; Sarah Sisson;
Patricia Hatcher; Margaret Riley Sisson
Yerba Buena - Salon 9

**MANAGING GUILT AND SHAME WITH SEXUAL, VIOLENT,
AND BLASPHEMOUS OCD INTRUSIVE THOUGHTS**

Chrissie Hodges; Corey Hirsch; Angie Alexander;
& Katlyn Hashway
Golden Gate A

**TRAPPED IN YOUR MIND? PRACTICE TECHNIQUES TO
HELP! / ¿ATRAPADO EN SU MENTE? ¡PRACTIQUEMOS
TÉCNICAS DE MANEJO DE ANSIEDAD!**

Marcia Rabinowits, PsyD & Laurah Shames
Nob Hill B-D

**HOW OCD CAN RUPTURE YOUR RELATIONSHIP: 3 VITAL
STRATEGIES FOR STAYING CLOSE**

Heidi Jaclin Hartston, PhD
Golden Gate B

**GROUP AND HOME-BASE INTERVENTIONS FOR CLUTTER
AND HOARDING**

Jordana Muroff, PhD, LICSW; Patty Underwood, MSW;
Karin Lehr, MSW; Susan Noyes; & 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 Krompinger, PhD;
Elizabeth McIngvale, PhD, LMSW & Thröstur
Björgvinsson, PhD
Yerba Buena - Salon 8

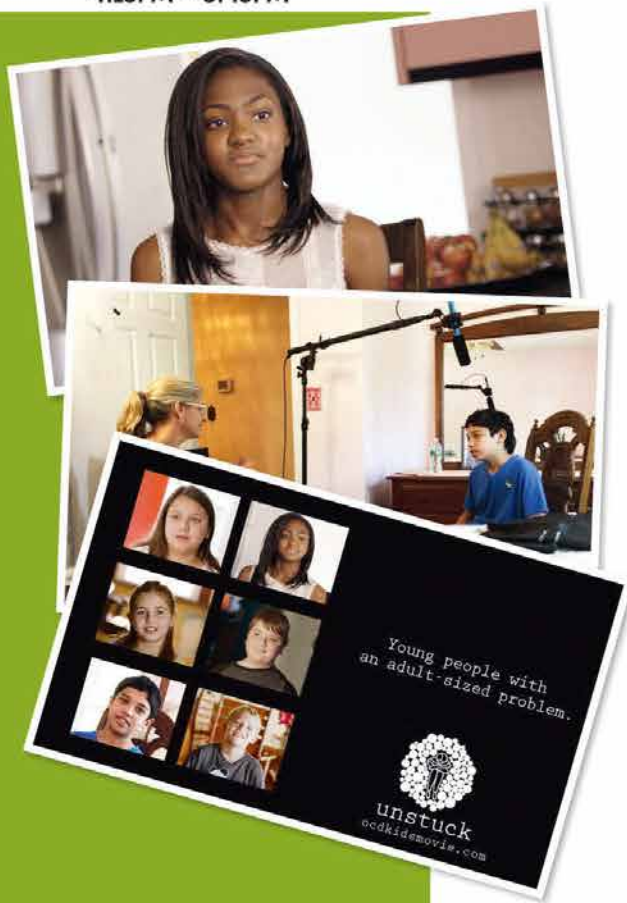
DIVERSITY: THE KEY TO A BETTER OCD PROGRAM

Katia Moritz, PhD; Monnica Williams, PhD;
Curtis Hsia, PhD & Fugen Neziroglu, PhD
Yerba Buena - Salons 1-3

**TRANSLATING SCIENCE TO OCD CLINICAL CARE:
MEDICATION AND BRAIN STIMULATION ADVANCES**

Carolyn Rodriguez, MD, PhD; Mahendra Bhati, MD;
Sharon Ben-Haim, MD; Hemmings Wu, PhD;
& Nolan Williams, MD
Yerba Buena - Salons 13-15

4:15PM – 5:45PM



KEYNOTE

UNSTUCK: AN OCD KIDS MOVIE

Chris Baier & Kelly Anderson

Yerba Buena Salons 8-9

See pages
34-39 for
detailed
descriptions
of each
presentation.

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.

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 C1

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

Life gets tricky when you are a teen, and may become even more topsy-turvy when OCD storms show up. This ACTing workshop will teach you how to listen with ACT ears, 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 Paddles', '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 indistinct from normal concerns. Another complication is the notion 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 C3*

Megan Schwallie, MA, LCSW, Doorways LLC; Sam Lample, MA, LPC, Thrive Therapy

Have you ever tried 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 gets 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 treatment, and they may still suffer from their symptoms and thus 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. *La búsqueda de ayuda en tratamiento para el trastorno obsesivo compulsivo se puede volver una meta un tanto confusa. Algunas personas ya han recibido tratamiento, sin embargo siguen sufriendo de sus síntomas, lo cual los lleva a la desesperanza. En esta presentación bilingüe hablaremos de los tratamientos para el TOC que tienen prueba de ser eficaz por medio de investigaciones científicas. También hablaremos de las expectativas para el tratamiento, complicaciones, y tratamientos complementarios.*

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; Maressa 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 receive is working. An interactive discussion about what does and doesn't help in OCD therapy will take place.

* Presentation is eligible for CE/CME credits.

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 cultural competency and liking one's therapist.

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 unwelcomed monsters off the bus.

Psychological Features and Community-Based Treatment of Hoarding Disorder* (ADVANCED) *Yerba Buena - Salons 10-12*

Sanjaya 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, PGNeS UFL

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 (HD), including group 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, NIMH; 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 PANDAS and PANS, including suggestions for medical and laboratory evaluation of acute-onset cases. Updated treatment options will be presented, including the latest guidelines for use of antibiotics, anti-obsessional medications, cognitive behavior therapy and anti-inflammatory or immunomodulatory therapies.

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 Storch, PhD, University of South Florida & Rogers 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 someone 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 101* (INTERMEDIATE)

Yerba Buena - Salons 1-3

Stacey Conroy, MSW, MPH, Richmond VA Medical Center; Patrick McGrath, PhD, AMITA Health

It is estimated up to 25% of those with OCD have had a Substance Use Disorder (SUD) in their lifetime. Come learn specific 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. Participant questions on the treatment of OCD-SUD are welcomed. Basic knowledge of OCD treatment to include ERP is assumed and will not be covered in detail.

Turn Your Secrets Into Surviving (INTERMEDIATE) *Yerba Buena - Salon 9*

Ethan Smith, IOCDF; Michael Jenike, MD, Harvard Medical School; Elizabeth McIngvale, PhD, LMSW, 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

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 secrets. Who to tell about OCD and how to tell them, all in an effort to make extraordinary positive changes in your life.

When Emotional Meltdowns Hijack OCD Treatment* (INTERMEDIATE) Golden Gate B

Kathleen Norris, LPC, DFW Center For OCD And Anxiety

Emotional meltdowns, tantrums, or breakdowns can act as speedbumps to derail treatment goals for OCD. Meltdowns can occur at any age and the loss of energy and time can be quite substantial. This interactive workshop will present a technique to effectively reduce meltdown frequency and severity. Case examples will be used to illustrate the techniques. Participants will be encouraged to provide examples for practice in both predicting meltdowns and handling them more effectively.

9:45 AM – 11:00 AM

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 making exposures fun 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.

How to Live Full Life - ACT for Everyone (INTRODUCTORY)

Yerba Buena - Salon 8

Amy Jenks, PsyD, Bay Area OCD and Anxiety Center; Marisa Mazza, PsyD, choicetherapy; Sarah Carr, choicetherapy; Lisa Coyne, PhD, McLean/Harvard Medical School

Everyone is welcome to join us as we explore and 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 exercises that will challenge ourselves in new and exciting ways. Exercises 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.

How to Raise Your Parents When You Have OCD (to Help You or Get Out of the Way) (INTRODUCTORY) Golden Gate C1

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, alternatively, 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.

Maximizing ERP with Taboo Content in Adults and Children*

(INTERMEDIATE) Yerba Buena - Salons 4-6

Steven Tsao, PhD, Center for Anxiety & Behavior Therapy; Anthony Puliafico, PhD, Columbia University Medical Center; Kate Brett

Effective ERP for 'taboo' OCD symptoms, including aggressive impulses, sexual thoughts, and bathroom behavior, requires therapist and patient to discuss these topics in detail and use this information to maximize treatment. 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 Belknap, Sharon Belknap 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, NeuroBehavioral 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 treatment the 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/or 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 Rodríguez 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 what 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 is like to have OCD. Se mostrará un video grabado desde la perspectiva de primera persona. El video está editado para completar en secuencia el resumen de un día de una persona con TOC. Además, el autor del video y presentador del mismo, explicará lo que ha sido su proceso terapéutico, las técnicas que le han ayudado y las 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, adquiera mayor empatía en cómo se siente y que representa para una persona padecerlo.

The Parent Trap: How to Navigate OCD and Your Parents

(INTERMEDIATE) Golden Gate C3

Jessica Kotnour; 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 to your parents 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 how their relationships with their parents changed as they grew older and took on more responsibility with their OCD treatment.

The Social Experiment: Let's Be Socially Anxious Together

(INTRODUCTORY) Golden Gate A

Jason Spielman, PsyD, *NeuroBehavioral Institute*; **Joyce Szentpaly, PsyD**, *Neurobehavioral Institute*; **Wilfredo Rivera, PsyD**, *Neurobehavioral 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 Mogan, 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 such as Cognitive Remediation Therapy 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

Nicole 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 like a committee that sometimes is very effective 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 audience members of the interactive game show 'Meet Your Mind.' At the end of the presentation, participants will be invited to draw how 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 FAQ's such as how ERP works, what to expect during treatment, how to help your child through treatment, handling meltdowns, treatment refusal, school issues, medication, and what to expect in the future. The remainder of the session is open to the attendees to ask questions of the experts.

Before Reinforcing OCD Behaviors, Let's Pause / Antes de que Refuerce el TOC, Nos Detengamos (INTERMEDIATE) Nob Hill B-D

Patricia Zurita Ona, 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 can 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 bilingüe empieza con una revisión de las acomodaciones familiares al TOC que los padres o cuidadores presentan, a pesar de saber que estas respuestas empeoran los síntomas del TOC. Después, los padres o cuidadores son invitados a identificar los bloques específicos que les impiden detener las acomodaciones al TOC, como por ejemplo el miedo de que los niños o adolescentes se enojen, frustración, cansancio, etc. Finalmente, respuestas específicas para manejar estos bloques serán presentadas a los padres o cuidadores.*

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 supports 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! (INTRODUCTORY) 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 Riemann, PhD**, *Rogers Memorial Hospital*; **Darin Dougherty, MD, MSc**, *Massachusetts General Hospital/Harvard Medical School*

OCD is one of the most common psychiatric disorders and it is also one of the most difficult to treat. This presentation will discuss the up-to-date, 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 - Salon 9

Ariz Rojas, PhD, *Icahn School of Medicine at Mount Sinai*; **Lindsay Brauer, PhD**, *University of Chicago*

A large evidence-base supports the use of CBT/ERP for the treatment of OCD. However, in both child and adult populations, just-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 just-right compulsions and tic-related OCD 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 C3

Josh Steinberg & Emily Steinberg

Diligence, meticulousness, attention to detail. For youth with OCD, these qualities can make functioning difficult. Yet for those without 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 schooler balancing classes, extracurriculars, and college admissions, while managing his symptoms. Emily will share research on achievement, perfectionism and OCD, and experiences with youth struggling to overcome OCD and do well in school.

Teens with OCD: The Journey from Diagnosis to Recovery

(INTERMEDIATE) Golden Gate C1

David Jacobi, 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 journey from diagnosis to recovery. Panelists will describe how OCD has impacted their lives, their struggles

* Presentation is eligible for CE/CME credits.

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 CBT. DBT's skills based approach to manage intense emotions and it's 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* (INTRODUCTORY)

Yerba Buena - Salons 13-15

Elizabeth McIngvale, PhD, LMSW, Baylor University; **Katrina Rufino, PhD**, University of Houston - Downtown; **Jon Hershfield, 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 (75%) 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 medium 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 struggling 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 surmounting addiction.

2:15 PM – 3:45 PM

Challenging Standard Definitions of Recovery: What Does it Really Mean to Get Better?* (INTERMEDIATE) Yerba Buena - Salon 8

Nathaniel Van Kirk, PhD, McLean Hospital OCD Institute; **Jason Kropf, PhD**, McLean Hospital / Harvard Medical School; **Elizabeth McIngvale, PhD, LMSW**, Baylor University; **Thörstur Björgvinsson, PhD**, Houson 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, panelists 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 1-3

Katia Moritz, PhD, NeuroBehavioral Institute; **Monnica Williams, PhD**, University of Connecticut; **Curtis Hsia, PhD**, OC Anxiety Center; **Fugen Neziroglu, PhD**, Bio-Behavioral Institute

We're working hard to increase access to OCD treatment in diverse, under-served 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 (INTRODUCTORY) Yerba Buena - Salon 9

Stacey Conroy, 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 information important to 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 a 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-Base Interventions for Clutter and Hoarding* (INTERMEDIATE) Yerba Buena - Salons 10-12

Jordana Muroff, PhD, LICSW, Boston University; **Patty Underwood, MSW**, Riverside Community Care; **Karin Lehr, MSW**, Riverside Community Care; **Susan Noyes, PhD, OTR/L**, University of Southern Maine; **Sarah van Houten**, 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. Interactive exercises and video will be used to engage attendees.

How DBT Skills Enhanced My OCD Treatment (ADVANCED)

Yerba Buena - Salons 4-6

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 B

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 even 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

Chrissie Hodges; **Corey Hirsch**, Ryerson Broadcasting Toronto; **Angie Alexander**; **Katlyn Hashway**, ShalomAleichem 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 Golden Gate C3

Jessica Kotnour; **Neil Hemmer**; **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 this workshop will bring both groups together to then share these new insights and collaborate on next steps.

Study and Organizational Skills for Kids (INTERMEDIATE) Golden Gate C2

Kathleen Norris, LPC, DFW Center For OCD And Anxiety

OCD can present problems for students when symptoms interface 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 NJ; 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 13-15

Carolyn Rodriguez, MD, PhD, Stanford University; Mahendra Bhati, MD, Stanford University; Sharon Ben-Haim, MD, University of California, San Diego; Hemmings 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.

Trapped in your Mind? Practice Techniques to Help! / ¿Atrapado en su Mente? ¡Practiquemos Técnicas de Manejo de Ansiedad!

(INTRODUCTORY) Nob Hill B-D

Marcia Rabinowits, PsyD, McLean Hospital; Laurah 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 la primera línea de tratamiento para el Trastorno Obsesivo Compulsivo (TOC) es la Terapia Cognitiva Conductual (TCC)/Exposición y Prevención de Respuesta (EPR). Conjuntamente, 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 lidiar con la ansiedad. Entre estas: destrezas de reflexión (Mindfulness) y técnicas de respiración y relajación. Vengan preparados para practicarlos!

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



Elizabeth McIngvale

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.



Jeff Bell

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, emceeding 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 & Tatum 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



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 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 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 superheroes, 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 5x7 coping skills cards, which have 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 C1

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 1-3

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 our mental wellbeing is at stake.

Emotional Contamination Support Group Yerba Buena Salons 4-6

A. Lann, 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 Szentpaly, PsyD**, Neurobehavioral Institute

Grupo destinado a todas las personas afectadas por el Trastorno Obsesivo Compulsivo. Facilitaremos la interacción entre afectados para que estos puedan compartir vivencias, explorar similitudes y diferencias de las dificultades que confrontan a diario, al igual que el intercambiar soluciones. Daremos educación sobre la Terapia Cognitiva Conductual y la Terapia de Exposición y Prevención de Respuesta. Se ofrecerá un ambiente de apoyo mutuo que facilite 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 B

Stacey Conroy, MSW, MPH, Richmond 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'll 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 10-12

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

Robyn Stern, LMSW, Jewish Board of Family and Children Services, Pride of Judea - 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 this manifests for them in their day to day lives and what has helped them or has made their symptoms and/or anxiety worse. Examples of how to handle situations related to these thoughts and bodily sensations will be discussed in order to help people when they leave the conference.

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.



Breakfast

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



Bookstore

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.



EVERYONE



*Presentations are eligible for CE/CME credits.



INDIVIDUALS WITH OCD



THERAPISTS



PARENTS & FAMILIES



RESEARCH TO CLINICAL PRACTICE

Sunday, July 9th

8:00AM – 9:30AM

9:45AM – 11:15AM

11:30AM – 1:00PM

EVERYONE

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

FEELING QUEER ABOUT BEING QUEER
Jessica Kotnour; Mary Wilson; Kevin Miller;
Katie Hickey & Eli Kurs-Lasky
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

EVERYONE

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

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

ACCESS TO PROPER TREATMENT: AN INTERNATIONAL PERSPECTIVE
Epifania Gallina; Manel Atserias Luque, JD
& Hollie Zegman
Nob Hill B-D

EVERYONE

PEDIATRIC OBSESSIVE-COMPULSIVE RELATED DISORDERS
Fugen Neziroglu, PhD; Jonathan Hoffman, PhD;
Sony Khemlani-Patel, PhD; Tania Borda, PhD;
& Charles Mansueto, PhD
Nob Hill B-D

TELEPSYCHIATRY AND OCD: POTENTIAL AND PITFALLS
Elias Aboujaoude, MD, MA
Yerba Buena - Salon 8

CONFERENCE WRAP-UP AND NEXT STEPS
Ethan Smith; Alison Dotson;
& Jenn Coward
Yerba Buena - Salon 9

EVERYONE

SOCIAL MEDIA AND INFOMANIA: IMPULSIVE VS COMPULSIVE BEHAVIOR
Scott Blair-West, MD
& Christopher Mogan, PhD
Yerba Buena - Salon 8

USING THE CREATIVE ARTS TO, MAKE OCD LESS OF A 'SECRET ILLNESS'
Liz Smith; Becca Laidler; & Stephanie Coen, MA
Nob Hill B-D

MY OCD SAYS I'M A BAD PERSON: TACKLING MORAL SCRUPULOSITY
Jon Hershfield, LMFT & Patrick McGrath, PhD
Yerba Buena - Salons 4-6

INDIVIDUALS WITH OCD

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

DON'T FIGHT OCD ALONE! ESTABLISHING A SOLID SUPPORT SYSTEM
Elizabeth Trondsen; Jurhee King;
Mary Sponaugle, MFT & Tiffany Lee
Golden Gate A

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

PARENTS AND FAMILIES

ADVOCATING FOR YOUR CHILD WITH OCD
Andrea Batton, LCPC &
Stephanie Woodrow, LGPC
Golden Gate B

BECOMING AN ERP CO-THERAPIST: A SKILL-BUILDING SESSION FOR PARENTS
Andrew Guzik; 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

THERAPISTS

COMORBIDITY OF OCD AND EATING DISORDERS AND ITS IMPLICATION TO TREATMENT
Eda Gorbis, PhD, LMFT
Yerba Buena - Salons 1-3

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

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, LCPC & Suzanne Mouton-Odum, PhD
Yerba Buena - Salons 1-3

YOU, ME AND RELATIONSHIP OCD: DIAGNOSIS, TREATMENT AND INTIMACY WITH ROCD
Beth Brawley, LPC, & Kimberley Quinlan, LMFT
Yerba Buena - Salon 8

RESEARCH TO CLINICAL PRACTICE

A MULTI-DISCIPLINARY APPROACH TOWARDS EVALUATING AND TREATING THOSE WITH ASD + OCDs
Cindi Gayle, PhD; Tana Carson, PhD;
Lisa Guerrero MEd; Julisa Duenas, PhD;
& Kelly Ulmer MEd, EdS
Yerba Buena - Salons 13-15

EATING DISORDERS AND OCD: FROM RESEARCH TO PRACTICE
Danielle Cooke, MS; Samantha Hynes MEd, EdS.;
Melissa Munson, PhD; Stephanie Eken, MD;
& Amy Mariaskin, PhD
Yerba Buena - Salons 13-15

SLEEP, NUTRITION, AND EXERCISE: INTEGRATION INTO CBT-ERP TREATMENT
Andrea Guastello, MS; Joseph McNamara, PhD;
Danielle Cooke, MS; Shanee Toledano, PhD;
& Samantha Hynes
Yerba Buena - Salons 13-15

8:00 AM – 9:30 AM

A Multi-Disciplinary Approach Towards Evaluating and Treating Those with ASD + OCRDs* (ADVANCED) Yerba Buena - Salons 13-15

Cindi Gayle, PhD, University of Florida; **Tana Carson, PhD**, University of Florida/ UF Health; **Lisa Guerrero, MEd**; **Julisa Duenas, PhD**, University of Florida; **Kelly Ulmer, MEd, EdS**, University of Florida

ASD co-morbid with OCRDs 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 for treatment, and when it's not completed, BTs can feel helpless to help you. Patient: Intellectually I know homework is critical, but it's hard. I may even fill out my homework in the car just before session. BT: We can tell when homework is completed in the parking lot. It's more productive to openly discuss homework difficulties.

Advocating for Your Child With OCD (INTRODUCTORY) Golden Gate B

Andrea Batton, LCPC, 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 struggling to navigate 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 - Salon 9

Solome Tibebe, Anxiety In Teens; **Stuart Ralph, MSc**, 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 1-3

Eda Gorbis, 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 Witzig, 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 empirically-supported treatments for OCD and also respects the clients values and faith tradition. An emphasis will be given to practical application.

Pediatric Obsessive-Compulsive Related Disorders* (INTERMEDIATE)

Nob Hill B-D

Fugen Neziroglu, 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 include: Pediatric OCD by Fugen Neziroglu, 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 - Salon 8

Scott Blair-West, MD, University of Melbourne; **Christopher Mogan, 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 firstly 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, LCPC, Glenview Counseling Group; **Taylor Newendorp, LCPC**, Chicago Counseling Center

Within the landscape of OCD there is an 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 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.

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

(INTERMEDIATE) Golden Gate B

Andrew Guzik, University of Florida; **Adam Reid, PhD**, McLean Hospital/Harvard Medical School; **Andrea Guastello, MS**, University of Florida; **Ashley Ordway, MEd, EdS**, 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

(INTERMEDIATE) Golden Gate A

Liz Trondsen; Jurhee King, Gateway Institute; **Mary Sponaugle, 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 IOCDF 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 aide 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) Yerba Buena - Salons 13-15

Danielle Cooke, MS, University of Florida; **Samantha Hynes, MEd, EdS.**, University of Florida; **Melissa Munson, PhD**, University of Florida; **Stephanie Eken, MD**, Rogers Behavioral Health; **Amy Mariaskin, 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 food anxiety, the impact of gender and sexual identity 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

(INTERMEDIATE) Yerba Buena - Salons 10-12

Jessica Kotnour; Mary Wilson; Kevin Miller; Katie Hickey; Eli Kurs-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 want to.

Finding My Way Back From the Dark Side

(INTERMEDIATE) Yerba Buena - Salon 9

Jenn Coward, OCD Ottawa Support Groups; **Gabrielle Eyahpaise; Gwendolyn Wright; Lindsey Taylor Tierney**

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!*

(INTERMEDIATE) Yerba Buena - Salons 4-6

Joshua Nadeau, PhD, Rogers Behavioral Health - Tampa; **Jonathan Hoffman, PhD**, NeuroBehavioral Institute; **Robert Hudak, MD**, University of Pittsburgh; **Fred Penzel, 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.

* Presentation is eligible for CE/CME credits.

Practice Makes Imperfect: The Double Dare Game Show to Beat Perfectionism

(INTRODUCTORY) Golden Gate C2

Sony Khemlani-Patel, PhD, Bio-Behavioral Institute; **Katia Moritz, PhD**, NeuroBehavioral Institute; **Jerry Bubrick, PhD**, Child Mind Institute; **Alexandra Hamlet, PsyD**, Child Mind Institute

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

State of the Art Treatment for Body Focused Repetitive Behaviors (BFRBs)*

(INTRODUCTORY) Yerba Buena - Salons 1-3

Ruth Golomb, LCPC, Behavior Therapy Center of Greater Washington; **Suzanne Mouton-Odum, PhD**, Psychology Houston PC

Trichotillomania (TTM) and Body Focused Repetitive Behaviors (BFRB) affect millions of people. As many as 1 in 50 people engage in non-cosmetic 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 BFRBs. The current state of the art treatment for these disorders will be presented.

Study and Organizational Skills for Middle Schoolers

(INTERMEDIATE) Golden Gate C3

Kathleen Norris, LPC, DFW Center For OCD And Anxiety

OCD can present problems for students when symptoms interface 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

Golden Gate C1

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) Yerba 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 status 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 clinician-patient rapport.

Using the Creative Arts to Make OCD Less of a 'Secret Illness'

(INTRODUCTORY) Nob Hill B-D

Liz Smith, The Secret Illness; **Becca Laidler**, The Secret Illness; **Stephanie Coen**, The Secret Illness

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.

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 common barriers and pitfalls such as cost, 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 this image can be made 'out of focus'. Using markers or paint, create an image over the pastels 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

Ethan Smith, IOCDF; Alison Dotson; OCD Twin Cities; Jenn Coward, 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 'compassion 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 say '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 all afternoon 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 4-6*

Jon Hershfield, LMFT, *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 combatting moral scrupulosity.

Relationship OCD - What To Do When OCD Becomes A 'Third Wheel' (INTRODUCTORY) *Golden Gate A*

Matthew Codde, 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 13-15*

Andrea Guastello, MS, *University of Florida*; **Joseph McNamara, PhD**, *University of Florida*; **Danielle Cooke, MS**, *University of Florida*; **Shanee Toledano, PhD**, *Emory University*; **Samantha Hynes, 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 Brauer, 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/impairment. Dr. Pinto will review the core features of OCPD and how the condition impacts functioning. Then Drs. Pinto, Grant, and Brauer 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 1-3*

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 picky 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 with 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*; **Kimberley 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 knowing 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.



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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.™

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AMITAhealth.org/behavioral

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

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Southern California



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DOWNSTATE
Medical 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
instituteforgenichealth@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.



**2017 IOCDF
OUTSTANDING POSTER
TRAVEL AWARD**



**2017 IOCDF
OUTSTANDING POSTER
REGISTRATION AWARD**

OCD RESEARCH



1. OCD with and without ASD: Do Differential Brain Alterations Predict CBT Outcomes?

Aki Tsuchiyagaito, MA¹, Yoshiyuki Hirano, PhD², Eiji Shimizu, MD, PhD², Akiko Nakagawa, MD, PhD²
¹Fukushima Medical University, Fukushima, Japan, ²Chiba University, Chiba, Japan



2. Can Priming Inhibitory Control Affect Resolution of Uncertainty?

Omer Linkovski, PhD¹, Gideon Anholt, PhD², Avishai Henik, PhD², Carolyn Rodriguez, MD, PhD¹
¹Stanford University, Palo Alto, CA, ²Ben-Gurion University, Be'er-Sheva, Israel

3. Challenges in Testing Intranasal Ketamine in OCD

Amanda Mahnke, MS, EdM¹, Carolyn Rodriguez, MD, PhD¹, Kyle Lapidus, MD, PhD², Jordana Zwerling, MA³, Amanda Levinson³, Shari Steinman, PhD⁴, Eyal Kalanthroff, PhD⁵, Blair Simpson, MD, PhD⁵
¹Stanford University, Stanford, CA, ²Northwell Health, New York, NY, ³Stony Brook University, New York, NY, ⁴West Virginia University, Morgantown, WV, ⁵Columbia 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 Ahmari, 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 Henriksen¹, Nathaniel Van Kirk², Lauryn Garner², Jason Krompinger², Jason Elias²
¹Winnipeg Regional Health Authority/University of Manitoba, Winnipeg, Manitoba, ²McLean Hospital OCD Institute, Belmont, MA

11. Obsessive-Compulsive Symptoms and Prodromal Psychosis in Young Adults

Carla De Simone Itrace, MA¹, Nicole Caporino, PhD¹, Lauren Ellman, PhD²
¹American University, Washington, DC, ²Temple University, Philadelphia, PA

12. Social Anxiety and Perceived Criticism in Individuals with Trichotillomania

Frances Rekrut
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. Ching¹, Monnica Williams, PhD¹, Jedidiah Siev, PhD², Ghazel Tellawi, MS³, Jessica Dowell³, Victoria Schauldt, MS⁴, Joseph Slimowicz, PsyD⁵, Darlene Davis, MS³, Chad Wetterneck, PhD⁶
¹University of Connecticut, Storrs, CT, ²Swarthmore College, Swarthmore, PA, ³University of Louisville, Louisville, KY, ⁴Nova Southeastern University, Fort Lauderdale, FL, ⁵San Diego VA Health Care System, San Diego, CA, ⁶Rogers Behavioral Health, Oconomowoc, WI

Research Posters

17. Interrelations of Sexual Trauma, Interpretations, Harm Content, & Sexual Obsessions

Terence H. Ching¹, Monnica Williams, PhD¹, Chad Wetterneck, PhD², Broderick Sawyer³, Olga Mier-Chairez³, Tannah Chase⁴, Angela Smith⁵

¹University of Connecticut, Storrs, CT, ²Rogers Behavioral Health, Oconomowoc, WI, ³University of Louisville, Louisville, KY, ⁴Houston VA, Houston, TX, ⁵Houston OCD Program, Houston, TX

18. CBT-plus: A Meta-Analysis of CBT Enhancers for People with OCD

Andrew Guzik, 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

Mirela Aldea, PhD
Bay Pines VA, St. Petersburg, FL

21. Exploring the Relationship Between Emotion-Based Impulsivity and OCD

Stephanie Hudiburgh, Demet Cek, Kiara Timpano, PhD
University of Miami, Miami, FL

22. Considering Cognition: Implications for Assessment and Treatment in OCD

Jordan Cattie, PhD¹, Nathaniel Van Kirk, PhD², Lauryn Garner², Brittany Mathes³, Jason Krompinger, PhD², Jason Elias, PhD²
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, PhD¹, Nathaniel Van Kirk, PhD², Jason Elias, PhD²
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 Piacentini, 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

Zohaib 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, PhD²
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

Cindi 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 Prithbi 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 →

Research Posters CONTINUED

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, PhD¹, Joanne Chan, PsyD¹, Carol A. Mathews, MD²

¹*University of California, San Francisco, San Francisco, CA,*

²*Department of Psychiatry, University of Florida, Gainesville, FL*

39. Contributions of Self-Criticism and Shame to Hoarding

Chia-Ying Chou, PhD¹, Carol Mathews, MD²

¹*University of California, San Francisco, San Francisco, CA,*

²*Department 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, PhD¹, Carol A Mathews, MD²

¹*University of California, San Francisco, San Francisco, CA,*

²*Department of Psychiatry, University of Florida, Gainesville, FL*

41. Feasibility of Adding In-Home Decluttering Sessions to Buried in Treasures Workshop

Elisabeth R Cordell¹, Omer Linkovski, PhD¹, Jordana Zwerling, MA¹, Carolyn Rodriguez, MD, PhD¹, Danae Sonnenfeld, Lee Shuer, CPS², Randy O. Frost, PhD³

¹*Stanford University, Stanford, CA,*

²*Mutual Support Consulting, Easthampton, MA,*

³*Smith College, Northampton, MA*

42. Feasibility of a Workshop Engaging the Community in Hoarding Disorder Treatment

Jordan Wilson, Erik Wilkerson, 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

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

Exhibitors

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.

 **Exhibit Tables**



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

Premium Booths

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

Exhibitors

Presenting Sponsor

ROGERS BEHAVIORAL HEALTH
(BOOTH #4)

34700 Valley Road
Oconomowoc, WI 53066
(413) 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)

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02478
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McLean *OCDInstitute*

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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) 217-1757
info@nbiweston.com
nbiweston.com



neurobehavioral
institute

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

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(BOOTH #6)

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

amitahealth.org/behavioralmedicine



801 Gloucester Dr.
Elk Grove Village, IL 60007

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.

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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, ASD, 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
Erda, 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 normalized 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

drrobin@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) 798-4729

gsvogt@bcm.edu

[bcm.edu/healthcare/care-centers/psychiatry/
services/obsessive-compulsive-disorder](http://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.

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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 DISCOVERY
Transforming Lives

CENTER FOR HOPE OF THE SIERRAS (BOOTH #16)

601 Sierra Rose Drive, Suite 202

Reno, NV 89511

(775) 204-0680

erin.snell@centerforhopeofthesierras.com

centerforhopeofthesierras.com



center for hope
OF THE SIERRAS

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

r.nelson@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.

CHOICETHERAPY (BOOTH #21)

1801 Van Ness, Suite 200

San Francisco, CA 94109

(415) 202-3031

info@choicetherapy.net

choicetherapy.net

choicetherapy

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.

Exhibitors CONTINUED

EAST BAY BEHAVIOR THERAPY CENTER (BOOTH #8)

45 Quail Court, Suite 204
Walnut Creek, CA 94596
(925) 956-4636
ebbbehaviorthrapycenter@gmail.com
eastbaybehaviorthrapycenter.com



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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



The
Gateway
Institute

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.

HABITAWARE, 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



OCD • ANXIETY PROGRAM | Houston

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) 973-5801
info@iocdf.org
iocdf.org



International
OCD
Foundation

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 1:00pm – 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) 536-0318
lindnercenterofhope.org

Lindner Center
of HOPE



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 Sibcy 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
nwanxiety.com



Located in Portland, Oregon, NW Anxiety Institute provides evidenced-based treatments for adults, children and adolescents with OCD and anxiety disorders. NWAI is a specialty outpatient clinic that delivers individual therapy, an anxiety support group series, and an Intensive Outpatient Program (IOP). NWAI'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
theocdandanxietytreatmentcenter.com



THE OCD & ANXIETY
TREATMENT CENTER

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 (BOOTHS #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
keck.usc.edu/ocd



USC University of
Southern California

Enroll in the NIMH-funded research study to identify genetic contributions to OCD! Participation involves questionnaires and a donation of a small blood sample at our 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-10-00299.

PEACE OF MIND FOUNDATION (BOOTH #20)

708B East 19th Street
Houston, TX 77008
(346) 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 McIngvale 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)

1360 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 dermatillomania (aka Skin Picking Disorder), for sufferers, supporters, and educational communities by promoting finger energy off the body with Fiddle Packs, 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@bcchr.ca
bcchr.ca/our-research/researchers/results/Details/s-evelyn-stewart

The Provincial OCD Program provides clinical diagnoses and treatment to youth (5-18 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



Psychological Care
& Healing Center

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) 286-1191

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@resiliencetreatment.com

resiliencetreatment.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

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Translational Therapeutics



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) 494-1975

info@therachat.io

therachat.io



Therachat is a smart, HIPAA-complaint guided journaling tool that aims to improve therapy outcomes and provide anxiety management techniques. It's 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 her/his rituals, etc.). Although usually well-intended, accommodation actually makes OCD symptoms worse. Family members can be helped by a therapist to learn different ways of being supportive without helping an individual to do their rituals.

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 (licensed 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 worrier believes that it is possible to "catch" unwanted aspects of a person's personality, much like how one may catch an illness when exposed to germs.

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

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

Habit Reversal Treatment (HRT) — This is the behavioral treatment of choice for Trichotillomania and skin picking. In this treatment, the client becomes more aware of patterns of picking or pulling, identifies the behaviors that bring on the picking or pulling, and then works on developing competing or alternative behaviors to block the destructive habit. For instance, when feeling high levels of anxiety, a hair puller can knit, which keeps both hands occupied and keeps the individual engaged in a relaxing activity when s/he is at a high risk to pull.

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

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

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

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

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

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

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

Mindfulness Skills — Purposefully directing one's attention and focus on the present moment (instead of thinking about the past or future).
Neutralizing Rituals — When an individual with OCD "undoes" a behavior or thought that is believed to be "dangerous" by neutralizing it (or making it safer/less dangerous) with another behavior or thought.

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

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

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

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

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

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

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

Reassurance Seeking — When a person with OCD asks others questions repetitively to reduce his/her anxiety (for example, "Do you think this food is spoiled?" or "Do you think I will get sick?"). Sometimes a person with OCD can get reassurance merely from watching another's facial expression and/or body posture. All reassurance seeking is considered a ritual.

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

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

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

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

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

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

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

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

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

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

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

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

Tic Disorder — A neurodevelopmental disorder that becomes evident in early childhood or adolescence, consisting of either motor or vocal tics (but not both).

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

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

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

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

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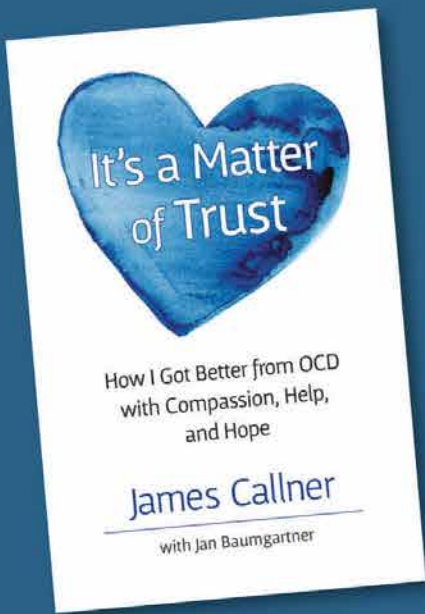
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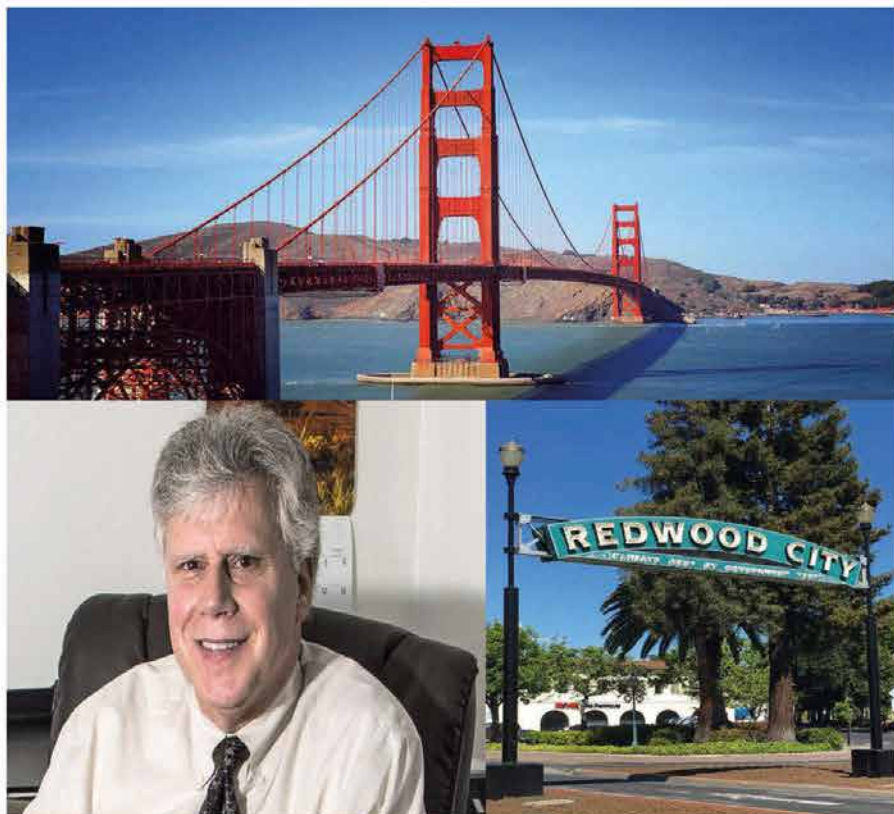
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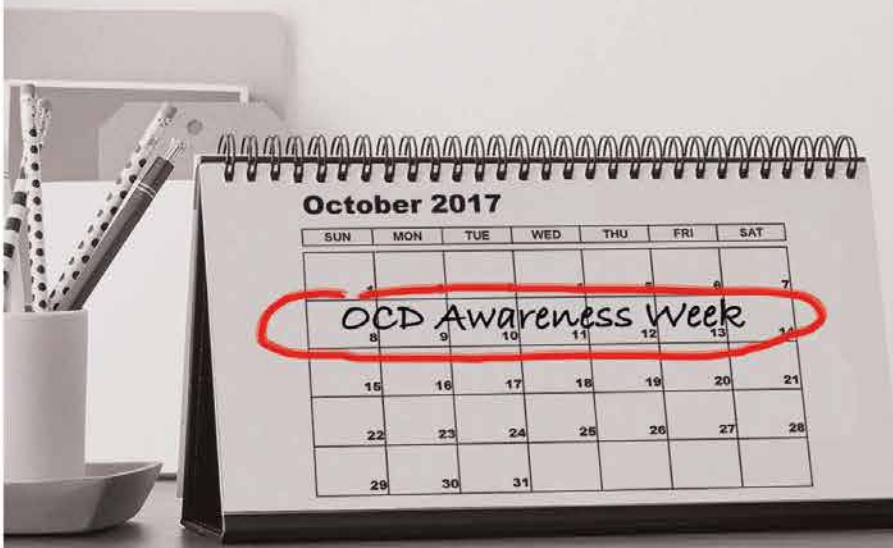
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We conduct research on the neurobiology of OCD with the goal of discovering the causes of these disorders and identifying the pathways to developing more effective therapies. Our research includes the use of brain imaging, genetic testing and NIH Funded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

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Our clinical team of psychiatrists, psychologists and social workers works closely with cognitive neuroscientists, brain imagers, geneticists and engineers to deliver evidence-based treatments and to elucidate the causes of OCD. Wayne Goodman, MD, with 30 years of experience treating OCD, leads the program. He is co-founder of the IOCDF and principal developer of the Y-BOCS. Elizabeth McIngvale, PhD, a nationally known expert in ERP, recently joined our team.



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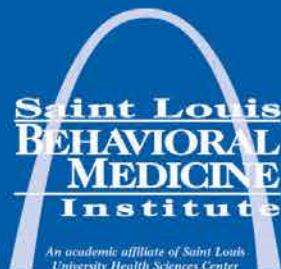
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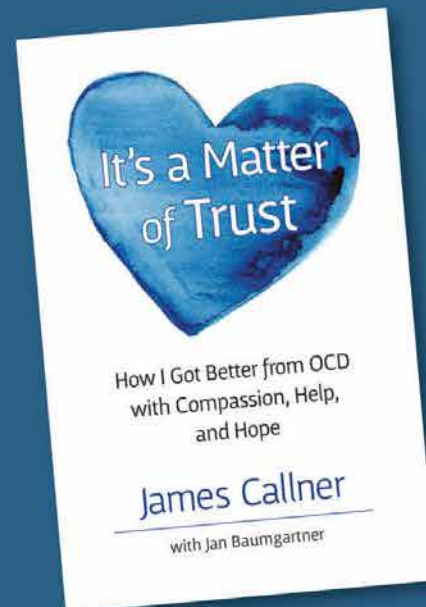
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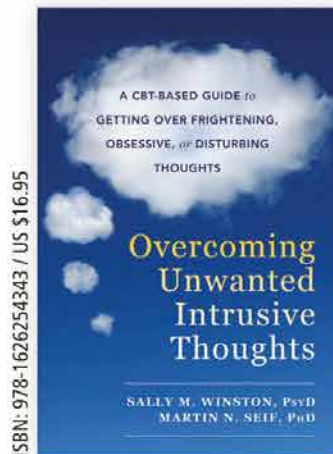
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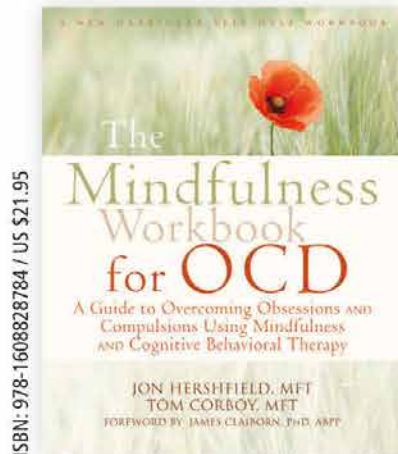
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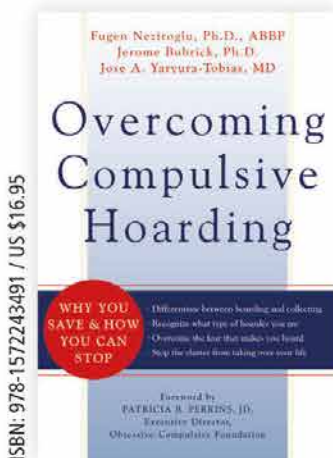
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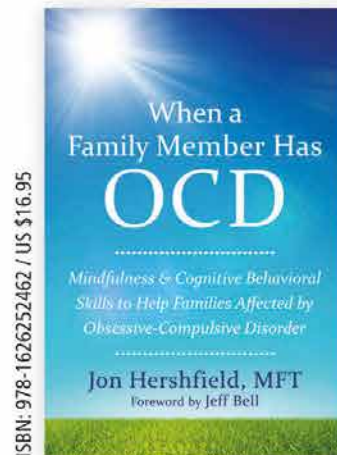
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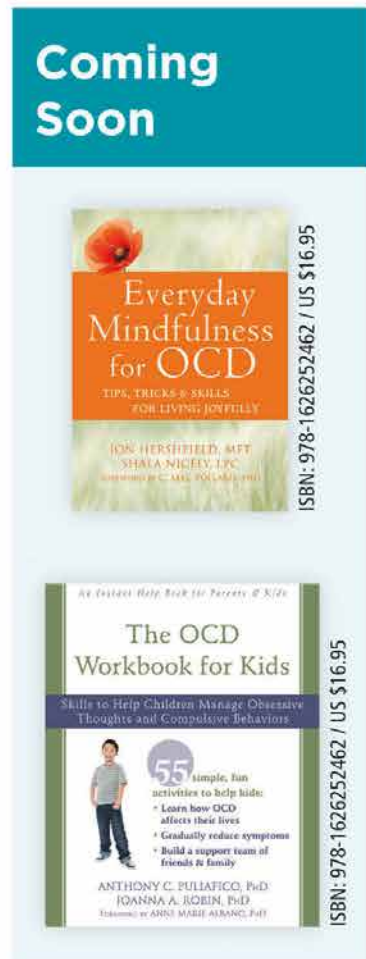
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