



Education

Community

Support



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# 2015 Annual Report

Research

Resources



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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.



# Dear friends and supporters of the International OCD Foundation,

The IOCDF is committed to fostering greater awareness about obsessive compulsive disorder (OCD) and related disorders and eliminating the stigma that is so often associated with the disorder. By letting people know what it is like to live with OCD, we can promote greater understanding. In fact, putting a “face” on OCD and related disorders, was a theme that was woven throughout our work in 2015.

Each of us knows what it is like to be impacted by OCD or a related disorder, and the ever present struggle along the journey toward recovery. As a community, by telling these stories we believe that we can work together to change public perceptions of mental illness. In 2015 we attempted to do this in many ways.

The IOCDF’s biggest event is the Annual OCD Conference. This year, the conference returned home to Boston, the location of the office of the IOCDF. We were proud to host this annual gathering with unprecedented access to the world’s leading experts in OCD and related disorders. And, the 22nd Annual OCD Conference was the largest Conference ever — breaking attendance records with 1,715 attendees!

This was also an opportunity to launch the OCDvocate Program. What is an OCDvocate? At the IOCDF, we get many requests from members of the OCD community who want to know what they can do to help so we created a program that allows them to enter into advocacy at their own pace and level of interest. (Read more about becoming an OCDvocate on page 4.)

One of the many highlights of the Conference was our keynote speakers, Clint and Joanie Malarchuk. Clint is a

retired National Hockey League goalie who is best known for a life-threatening accident that happened on the ice in 1989. What many people did not realize is that he had also been fighting OCD since childhood. At the Conference, Clint and Joanie talked frankly about their journey together with Clint’s OCD, substance abuse, and mental health issues. They described their struggles, confronting shame, isolation, and the many obstacles to getting the help and support they both needed. Mental illness takes a toll on one’s life and relationships. While there are many challenges in any marriage, when OCD and substance abuse enter the picture, the difficulties can seem insurmountable. Their inspirational and candid talk had a significant impact on the audience.

The Annual OCD Conference also allows the IOCDF to acknowledge the work of others in the OCD and related disorder community whose work or personal commitment has made a significant and positive impact on the community. This year, at the popular Saturday Night Social, the 2nd Annual Illumination Award was presented to author and journalist David Adam. David Adam is a writer and editor at *Nature*, the world’s leading scientific journal. Before that he was a special correspondent for *The Guardian* writing on science, medicine, and the environment. David is the author of *The Man Who Couldn’t Stop*, a unique account of OCD. As both a science writer and a sufferer, David expertly weaves together his own personal journey along with an up-to-date review of the current knowledge about OCD and treatment.

Another opportunity to raise awareness was our 3rd Annual 1 Million Steps 4 OCD Walk. Our flagship event was once again held in Boston on June 6. The IOCDF continued with our commitment to the goal of expanding the Walk to a new city each year by partnering with our affiliates around the country! This year, in addition to the Walks in Boston and Sacramento, we brought the 1 Million Steps 4 OCD Walk to Atlanta, Georgia. In 2015 we had 700 walkers walking to raise awareness about OCD and related disorders at our 3 Walks and we had many others walking to raise awareness in their own community as virtual walkers. We have learned from those who participate in the 1 Million Steps 4 OCD Walks that the event is a great way for someone living with OCD, family member or friend, to begin their journey as an OCD advocate — one step at a time.

While the Annual OCD Conference, our OCDvocate program, and the 1 Million Steps 4 OCD Walk are all ways to become involved in the IOCDF community, others have chosen philanthropy. We were excited to be the recipient of a matching grant for our Research Fund. Since 1994, the IOCDF has sought to fund important research into finding the cause and effective treatments for OCD and related disorders through our IOCDF Research Grant Program. Generous individuals within the IOCDF community have donated funds, enabling the IOCDF to provide more than 3 million dollars to support important research projects. This year, the IOCDF raised \$149,243 that was awarded to three different projects. We are grateful to Dr. Sabine Wilhelm, the chair of the Grant Review Committee and her staff.

It is gratifying to look back at the accomplishments we have made during 2015. We could not have made the achievements without you and I am grateful for your continued participation. Your commitment to the Foundation is the reason that we are able to help so many struggling with OCD and related disorders. I want to thank you, our Board of Directors, Scientific and Clinical Advisory Board, members, affiliates and volunteers for their dedication, time and energy, helping the IOCDF fulfill its mission.

Sincerely,



Jeff Szymanski, PhD  
Executive Director





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## #OCDvocate Program

An “advocate” is someone who publicly supports a cause, or fights for something they believe in. In mental health, this often means fighting stigma by being willing to talk frankly about your experience with mental illness. Advocacy is not always an easy road, but it is an important one. It is only by sharing our own stories, that we will help others to talk about their own struggles, and encourage others to get the help they need.

This year at the 22nd Annual OCD Conference in Boston, the IOCDF announced a new IOCDF Advocacy Program, led by our four IOCDF spokespeople: Jeff Bell; Elizabeth McIngvale, PhD, MSW; Ethan Smith; & Romina Vitale.

**What’s an OCDvocate?** An OCDvocate is an advocate for the OCD and related disorders community. At the IOCDF, we get many requests from members of the OCD community who want to know what they can do to help. Whether it means joining the #1Million4OCD Walk each year, speaking at a local affiliate event, or even blogging about their experiences — being an advocate means joining a community all fighting for the same thing. Our voices joined together can have an impact.

IOCDF members who sign up to be an OCDvocate are encouraged to take a moment to think about what advocacy means to them. OCDvocates receive an #OCDvocate wristband in the mail, and they are added to the IOCDF Advocate email list to receive “calls to action” - ways in which they can help to raise awareness of OCD and related disorders, and tips for being an effective advocate. The IOCDF encourages all

OCDvocates to use the **#OCDvocate** hashtag on their social media to let the world know that they are a proud advocate for OCD, related disorders, and the IOCDF.

Through the year, IOCDF spokespeople began reaching out to advocates via the IOCDF blog, social media, and emails with challenges, projects, and ways that they could join them to work together and make a big impact.

The first challenge for the new OCDvocates was the “Message of Hope Holiday Challenge”. IOCDF spokespeople asked their fellow OCDvocates to help make the holiday season a bit brighter for those battling OCD through this challenge.

OCDvocates were asked to pick out a fun, festive holiday card and to write a message of hope or share words of encouragement. All cards were sent to the IOCDF and then distributed to individuals currently receiving treatment.

The challenge was a great success with over 300 cards being collected and sent to people of all ages who received messages of hope!

Our OCD and related disorder community welcomes everyone, and the IOCDF understands that advocacy is a personal choice — and it’s not always an easy one.

### The OCDvocate Pledge

I pledge to become an advocate for obsessive compulsive disorder (OCD) and related disorders on behalf of the International OCD Foundation (IOCDF).

As an advocate, I pledge to fulfill the IOCDF’s mission to help all individuals with OCD and related disorders to live full and productive lives.

I pledge to work together with the IOCDF and fellow advocates to increase awareness about OCD and effective treatment, fight the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.

I pledge to represent the IOCDF with integrity and work to make a difference in the lives of those living with OCD and related disorders. Together we can make a difference and I pledge to do my part.

*I Take the Pledge*



# #OCDvocates on Social Media!



**Morgan R**  
@MorgansVoice\_

Follow

Time to take all of this buzzing energy and put some ideas in motion. #OCDcon #ocdvocate  
4:26 PM - 2 Aug 2015

9



@heartfullyhanna



@IOCDF

**Ro Vitale**  
@rovitale

Follow

Are you ready to be an #OCDvocate? Learn more about the new advocacy program we recently launched (and how to get...  
[fb.me/35nsIP5N5](https://fb.me/35nsIP5N5)  
5:45 PM - 12 Aug 2015



**Introducing the OCDvocate Advocacy Program**  
Shata Nicely, our 2013 keynote speaker, recently published a two-part blog about her experience at this year's Conference. In these  
[iocdf.org](http://iocdf.org)

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## 2015 Annual OCD Conference in Boston

Nothing beats summer in New England — clear blue skies, hot beaches, refreshing water, and lots of lobster, oysters, and ice cream. In the summer of 2015, the 22nd Annual OCD Conference returned to the IOCDF's home in the heart of New England, Boston! More than 1,600 people attended the Conference at the Westin Waterfront Hotel in Boston, making this the largest Conference to date.

Our Annual OCD Conference is one of the few mental health conferences that encourage all members of the community to participate, including individuals with OCD and related disorders, family members and supporters, as well as mental health professionals and researchers. This makes for a very unique and rewarding experience. The Conference is to both educate patients and families about OCD and related disorders and effective treatment options, and to train mental health professionals about how to accurately diagnose and treat OCD and related disorders. But even more importantly, the Conference is about creating a supportive community for everyone affected by OCD and related disorders, from parents, siblings, spouses to the professionals and researchers who work with OCD.

In 2015, our goal was to continue expanding our outreach and include an even broader net of audiences. As such, we expanded our Pre-Conference Training Series (PCTS) to include a new workshop for the various professionals who work with Hoarding Disorder (HD), as part of the 3rd Annual Hoarding Meeting. Unlike other OC-related disorders, research has increasingly shown that treating HD often needs more than a therapist.

In many communities, task forces comprising first responders, fire marshals, public health officials, housing authorities, peer counselors, and therapists work together to help treat the

underlying causes of HD, and navigate the various obstacles that HD can create in the home and community. Our new PCTS workshop, "It Takes a Village: A Community Response to Hoarding," provided training to all of the professional fields involved in working with HD in the community. This theme carried out through the rest of the 3-day Hoarding Meeting, in workshops catering to individuals with the disorder, their family members, therapists, and the various community-based professionals working with HD.

The 2015 Conference also featured our second year of a full-day of presentations given entirely in Spanish, La Conferencia del TOC. Individuals of all races and ethnicities are affected equally by OCD and related disorders; however, many individuals from diverse backgrounds face additional obstacles to accessing treatment and resources. In the U.S., over 60 million people speak a language other than English at home — and the majority of those families speak Spanish. The goal of this program is to bring more accessible information about OCD to the Hispanic community by removing the language barrier. La Conferencia took place on Saturday during the Conference and included a Spanish Keynote address, four presentations, and a support group, all conducted entirely in Spanish.

Another focus of the 2015 Conference was the recognition of the significant impact that OCD can have, not just on the individual with the disorder, but also on their partner. Therefore, we had our first husband and wife keynote address: Clint and Joanie Malarchuk. Clint is a retired National Hockey League goalie who is best known for a life-threatening accident that happened on the ice. But what many people did not realize is that Clint had also been fighting OCD since childhood. Clint and Joanie shared openly their journey together with Clint's OCD, substance abuse, and mental health issues. They described their struggles confronting shame, isolation, and the many obstacles to getting the help and support they both needed. Mental illness takes a toll on one's life and relationships. While there are many challenges in any marriage, when OCD and substance abuse enter the picture, the difficulties can seem insurmountable. Their inspirational and candid talk had a significant impact on the audience. You can view this talk on our website here: [iocdf.org/2015keynote](http://iocdf.org/2015keynote).

For many who attend the Annual OCD Conference, it is a life-changing experience. The presentations and workshops are quite important, but the sense of community that is formed is even more valuable — a community where others can gain an understanding of what life with OCD is really like.





Clint & Joanie Malarchuk on the Red Carpet after their Keynote.

Joanie and I are trying to make a difference — we think we are — just as you are by being here. Like I said, that's support and being of service. I want to thank the professionals for being here. You are saving lives.



Clint Malarchuk during his Keynote Address at the 2015 Annual OCD Conference.

# 22nd Annual OCD Conference Recognition & Awards



The Annual OCD Conference also allows the IOCDF to acknowledge the work of those in the OCD and related disorder community whose efforts have made a significant and positive impact on the community.

## The Patricia Perkins IOCDF Service Award

James Claiborn, PhD



James Claiborn, PhD, has attended and presented at thirteen Annual OCD Conferences over the years. He has also been a regular contributor to the *OCD Newsletter*, and was for many years a moderator on the IOCDF's Ask the Expert's Forum. For

many members of the OCD community, Dr. Claiborn is known for his dedicated contributions to the online OCD-Support Group on Yahoo, where he has been offering daily support and providing thoughtful, research-informed answers to questions posted about OCD and related disorders for over twenty years!

Dr. Claiborn is currently in private practice in South Portland, ME, where he treats individuals with OCD and related disorders. He is a Diplomate of the American Board of Professional Psychology in Counseling Psychology and a Founding Fellow and Diplomate of the Academy of Cognitive Therapy. He also serves on the faculty of ALETEIA, International School of Cognitive Therapy in Italy. Dr. Claiborn has been on the IOCDF Scientific and Clinical Advisory Board since 1999. Finally, he is the co-author of *The Habit Change Workbook* and *The BDD Workbook*.

## IOCDF Outstanding Career Achievement Award

John H. Greist, MD



John H. Greist, MD, is a Distinguished Senior Scientist at the Madison Institute of Medicine, and Clinical Adjunct Professor of Psychiatry at the University of Wisconsin School of Medicine and Public Health in Madison. He is the co-founder of the Lithium

Disorders Treatment Information Center, and the Obsessive Compulsive Information Center, at the Madison Institute of Medicine.

Dr. Greist's major clinical and research interests are anxiety and mood disorders, psychopharmacology, behavior therapy, and clinical applications of computing. He has been the primary or co-investigator on over 30 OCD-related grants, with most of these centered on his groundbreaking work in clinical trials related to the investigation of medications such as SRIs and SSRIs in their use for OCD. Dr. Greist has also published over 300 peer-reviewed articles and book chapters — nearly a third of which pertain to OCD. Of note, he has contributed equally in terms of publications related to medication for OCD as well as behavior therapy for OCD (e.g., group ERP for OCD). A significant portion of what we know today related to medication treatment has come from Dr. Greist's work. He has also been a champion for the use and integration of CBT for the treatment of OCD in the medical field. In addition to these important areas, he has also produced a digital version of the Y-BOCS and a computer-based ERP program (CBT-Steps). The former has assisted clinicians in the assessment of OCD, while the latter was an important first step in recognizing the use of technology in aiding in the dissemination of behavioral therapy for OCD.

Dr. Greist has served on the Scientific and Clinical Advisory Board of the IOCDF since 1988. He has also served many times as a faculty member of the IOCDF's Behavior Therapy Training Institute (BTI).



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22nd Annual OCD Conference



## IOCDF Illumination Award

David Adam



In an effort to counter powerful misconceptions about OCD, the International OCD Foundation introduced the Illumination Award in 2014 at the Annual OCD Conference to honor those in the media who portray OCD and related disorders in a respectful,

accurate, and enlightening way and who challenge stereotypes while fighting the stigma surrounding mental illness. The 2nd Annual Illumination Award was presented to author and journalist David Adam, who accepted the award in person at the Conference's Saturday Night Social. David Adam is a writer and editor at *Nature*, the world's leading scientific journal. Before that he was a special correspondent for *The Guardian* writing on science, medicine, and the environment. David is the author of *The Man Who Couldn't Stop*, a unique account of OCD. As both a science writer and a sufferer, David expertly weaves together his own personal journey along with an up-to-date review of the current knowledge about OCD and treatment.

## IOCDF Hero Award

Chris Trondsen & Kevin Putman



Chris Trondsen's story is an inspiration to anyone struggling with OCD. After years of misdiagnoses and being home-bound due to crippling obsessions and compulsions, he found the support and treatment he needed and has since graduated from

college, gone back to work, and put his life back on track. He is also active in helping others get information and treatment for OCD so they won't have to suffer as long as he did. Chris began his advocacy while in treatment where he joined a Yahoo online support group. He remained involved after treatment to encourage others, reaching out to individuals and families impacted by OCD. He also returned to clinics where he had been treated, speaking to therapy groups. Chris and his mother, Liz Trondsen were the keynote speakers at the 2011 Annual OCD Conference, sharing Chris's journey from the perspective of the son and the mother who was trying desperately to help her child.

Kevin Putman, founder of the non-profit organization called RUN OCD, has suffered from OCD since the age of 10 and he is now 32. In 2009 his OCD became so debilitating that he spent 2 months at the Houston OCD Program. It was there that Kevin learned how to manage his OCD and live a more healthy life. After completing the Houston OCD Program, Kevin wrote a rap song about OCD as his creative way of thanking the staff who he truly believed saved his life. Things are going really well for Kevin now, but he felt the need to do something to give back and make a difference. That desire to give back led to the creation of a Ping Pong Tournament, called Ping Pong for OCD, to raise awareness and funds for OCD in Kevin's community of Northern Michigan.



Allen Weg, EdD at a story telling event.



Perrie Merlin, LICSW presented on the use of therapy dogs in OCD treatment.



Kids helped prepare food for the Saturday Night Social

# What Makes the Annual OCD Conference Different?

by John Hershfield, MFT



Jon Hershfield, MFT is a psychotherapist in private practice licensed in Maryland and California, specializing in the treatment of OCD.

I sat down to write a recap of my experience at this year's IOCDF Conference, assuming I would talk about the humbling response to the mental rituals panel I put together with Jeff Bell, Monnica Williams, and Elspeth Bell; the joy of presenting with friends Shala Nicely and Amy Jenks on self-compassion; the hilarity of me being trusted to entertain kids during the keynote address; Running an ad-hoc family members only "GOAL" OCD support group; Or watching my dad get carded at a karaoke bar. But I would just go on and on about how it was cool, I was into it, and I'll be grateful to do it next year. Instead I'd like to share about why I think the IOCDF conference really is different from other professional conferences I attend.

In 2010 at the IOCDF conference in Washington DC, I volunteered for the first time to help Jonathan Grayson with his annual "virtual camping" event. The event is hard to describe, a circus of sorts in which anywhere from 100-200 conference attendees convene to practice exposures together around the hotel and the surrounding area. It's organized chaos to put it lightly, with some dumpster touching, tire kicking, superstition baiting, and of course, some knife-play for the Harm OCDers. That particular year, Dr. Grayson accidentally nicked his thumb on a knife, drawing a small amount of blood, and while many were laughing and some were gasping, one young woman wasn't really breathing at all.

There she was, holding her breath tightly, desperately trying to stave off a full-fledged panic attack. Her OCD told her she might have somehow made contact with the blood. Quite commonly, people who are afraid of contact with contaminants are not always so concerned with getting sick or disgusted. Sure, that's triggering enough, but what really causes panic to set in is the recognition that hours upon hours upon days upon weeks of ritualizing may lie ahead. How would she wash her clothes? What if her clothes touched items in the hotel room? What would she, what could she sleep on? What about her luggage, the plane, her home after the conference? How could she get certainty that there wasn't, well, Grayson plasma on everything?

I sat with her for some time that night, trying not to be her unsolicited therapist, trying to be empathic, trying to just be there. I introduced her to another conference attendee, an OCD sufferer I knew had a similar way of experiencing these things. I wouldn't know if I was helping or being an additional irritant for some time. But I saw her at this conference, Boston, 2015. She came right up to me after a presentation I was involved in, shook my hand, re-introduced herself. Thanked me. She now volunteers at a blood lab. This is not a story about me making a difference. Right place, wrong time for someone, and maybe not saying anything too stupid would do the trick. Really this is a story about a brave woman taking the reins back from OCD and turning her life around.



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22nd Annual OCD Conference



This year a friend of mine brought his adolescent son to the conference. It's an undeniably overwhelming experience, lots of moving parts, lots of strangers. Lots of expectation for being asked personal questions and being vulnerable in public. This kid was smart enough to know that inside the hotel room was safer than outside. When my friend emailed me with concern about his son not coming downstairs, I happened to be chatting with a nice couple I met in the lobby. The guy was a former hockey star who suffered a terrible injury and then spiraled out of control with OCD until he got help. Then he wrote a book to inspire others. And his wife, she stood by him through it all and never gave up on him, both superheroes in every sense of the word.

Turns out I was talking with Clint and Joanie Malarchuck who were the keynote speakers this year (note to self: actually read the whole conference brochure). My friend's email asked if there was anyone I might be able to send up to the hotel room, maybe help convince his son to take the leap and join the conference. Shortly thereafter I found myself in this family's hotel room, alongside the conference keynote speakers, chatting casually about sports (which I know nothing about) and OCD (which I have more than heard of). Again, I don't know if we made a difference exactly. Hard to tell. But I did see the kid walking around the lobby with purpose

not long thereafter. Then I heard through the grapevine that he found his way to a teen session and made some new friends. Then his dad lost track of him, and in a good way.

So what is it that makes the IOCDF conference different than other mental health conferences? A young woman getting triggered while for the first time being surrounded by people who understand triggers? An anxious kid talking man-to-man to the foundation's guests of honor without anyone knowing about it? A therapist being in the wrong place at the right time or the right place at the wrong time, connecting people and witnessing sparks of liberation from OCD without really doing much of anything? That's how it has seemed to me over the years; that just being a part of this conference system changes the larger system of suffering and growth. What will this young lady or this young man do next? Who will they share their experience with and what effect will it have? Who will those people go on to help? There are many excellent conferences where I can learn more about mental health treatment and further develop competence within my profession. This is the only one where simply being there seems to make some kind of difference in the lives of others.

Also, I now have enough pens to last me until Chicago, 2016.



Jon Hershfield, LMFT holding a workshop for kids



"Dumpster diving" as part of Jon Grayson, PhD's virtual camping event



Keynote speakers Clint & Joanie Malarchuck





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# 1 Million Steps 4 OCD Walk

The mission of the 1 Million Steps 4 OCD Walk is to create awareness for OCD and related disorders, foster community among those who are walking both in person and virtually, and to help raise funds to support the important work of the IOCDF and its local affiliates.

This year, the 3rd Annual 1 Million Steps 4 OCD Walk was once again held at Jamaica Pond in Boston on June 6, 2015, the first Saturday of the month. People living with OCD, their family members and friends, as well as treatment providers research all came together as a community to walk and raise awareness about OCD and related disorders. Our 2015 Boston Walk grand marshals were Perrie Merlin, LICSW, a therapist at McLean Hospital's OCDI, along with two unique members of the OCDI team — her therapy dogs, Izzie and Henry. The three kicked off the Boston Walk by welcoming the 300+ walkers in attendance before cutting the ribbon and leading the two laps around Jamaica Pond.

In addition to the flagship Walk in Boston, we once again partnered with IOCDF local affiliate, OCD Sacramento to hold the 2nd Annual Sacramento 1 Million Steps 4 OCD Walk at Southside Park in downtown Sacramento, CA. The Sacramento Walk's grand marshal was Scott Granet, LCSW, president of neighboring Northern California affiliate, OCD SF Bay Area. In addition to being a highly regarded treatment provider, Scott is an outspoken advocate for body dysmorphic disorder (BDD) and shared his personal experience with BDD to over 150 registered walkers in attendance.

Continuing our goal to bring a 1 Million Steps 4 OCD Walk to a new city each year, the IOCDF co-hosted the inaugural Atlanta Walk with our local affiliate, OCD Georgia. More than 125 walkers braved the hot Atlanta summer heat to walk around beautiful and historic Chastain Park. The grand marshal for the Walk was Susan

Dailey, a parent who has been an outspoken advocate for pediatric OCD and PANDAS/PANS, and the current vice president of the IOCDF board of directors. She helped to kick off the Atlanta Walk by sharing the story of her daughter's personal struggle with OCD and how their journey has brought them to where they are today. (See more about all of our Walk grand marshals on the following page.)

In addition to holding the Boston, Sacramento, and Atlanta Walks, we also encouraged IOCDF members around the country to organize their own grassroots walks in their local communities. These "Virtual Walks" can have almost as large an impact as in-person events, and help to extend hope and awareness around the globe. Altogether, 74 virtual walkers from 37 walk teams around the country (and a few in Canada!) walked with us in spirit in their local community on June 6th!

In addition to raising awareness and visibility about OCD and related disorder, spreading a message of hope and inspiration, and fostering a strong sense of community, the 2015 1 Million Steps 4 OCD Walks also raised funds to support the important work of the IOCDF and our affiliates. Funds raised help to expand our existing programming while allowing us to implement new initiatives to ensure all those by OCD and related disorders have access to the resources they need to live full and productive lives.

## Fundraising Totals

<b>Boston</b>	\$43,001
<b>Sacramento</b>	\$9,017
<b>Atlanta</b>	\$10,087
<b>Virtual</b>	\$14,767
<b>TOTAL RAISED</b>	<b>\$76,872</b>





## Meet Our Walk Grand Marshals

### Perrie Merlin, LICSW, Henry & Izzie

Boston, MA



Perrie Merlin, LICSW, and her two Australian Shepherd companions, Henry and Izzie, were the grand marshals for our 2015 Boston Walk at Jamaica Pond! Perrie is the senior social worker at McLean Hospital's OCD Institute (OCDI) and she and her dogs have

attended the Boston 1 Million Steps 4 OCD Walk since its inception in 2013.

Perrie specializes in the treatment of OCD and related disorders and, in particular, the impact that these disorders have on family systems. Henry and Izzie work as therapy dogs with Perrie at the OCDI and are especially effective in helping to maintain a level of calm during therapy sessions involving multiple members of a family. Perrie was selected to be grand marshal of the Boston Walk as a result of her steadfast commitment to the OCD community — from her work at the OCDI with Henry and Izzie, to her role as a speaker at the Annual OCD Conference, and as a champion of the 1 Million Steps 4 OCD Walk. We wanted to include Henry and Izzie in having the title of grand marshal because of their vital role they play at the OCDI bringing comfort to people struggling with OCD and related disorders and the help they provide to so many in both the treatment and recovery process.

### Scott Granet

Sacramento, CA



Scott M. Granet, LCSW has been treating OCD and related disorders, particularly body dysmorphic disorder, for nearly 20 years. In June 2008, Scott opened the OCD-BDD Clinic of Northern California in Redwood City where he facilitates

treatment groups for both panic disorder, and OCD spectrum disorders, with an emphasis on CBT. He has taught extensively throughout the country and presented internationally on body dysmorphic disorder (BDD) and other anxiety disorders. Scott is also one of the co-founders of local affiliate, OCD SF Bay Area, and continues to serve as a member of their board of directors. Scott was recognized as grand marshal for his commitment to helping people living with OCD and BDD and for making it his personal mission to educate others on these disorders.

### Susan Boaz Dailey

Atlanta, GA



Susan Boaz Dailey's motivation for raising awareness began after her daughter developed acute-onset OCD, also known as Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections (PANDAS) at the very

young age of three. Susan is an outspoken advocate for pediatric OCD and PANDAS/PANS awareness and is actively involved in the PANDAS Physician Network and serves as the vice president on the IOCDF board of directors. Susan was chosen as grand marshal because of her pioneering work to call attention to all those facing the challenges of pediatric OCD and her role as an advocate for the children, parents, and family members affected.

# This is Morgan's story in his own words



Morgan helps the OCD community by fundraising and volunteering his time.

My primary motivation for volunteering at the IOCDF has been a desire to give back. OCD derailed my academic and social lives at college, and this past spring I took my second medical leave from school because of OCD. During my 3-month stay at the OCD Institute (OCDI) at McLean Hospital, my participation in treatment transformed me; and my perception of what it means to coexist with anxiety. I formed incredible bonds with other kids with different stories but similar interruptions from college, and together we embraced treatment as a sort of semester "abroad," where we took classes on mindfulness and perfectionism, and our focus was our own well-being. It was the first time any of us had really focused our energy on taking a hard look at ourselves.

Because this experience was so transformative, I thought volunteering at the IOCDF would be a great way to give back to the treatment community. Volunteering for the IOCDF has been really rewarding, and it's so cool to see how awareness-focused the work is. I was really excited by the projects on educational outreach to schools, teachers and administrators — especially because I think school is such a breeding ground for OCD. I've always been an anxious perfectionist, but I excelled through high school because of it. When college came, my tolerance for and the flavor of my anxiety began to change — probably a result of my new independence and complete academic freedom for the first time - and meeting this community has given me a real appreciation for how common it is for OCD to set in during college.

I'm convinced that the most important thing I've ever learned is that embracing the present moment is the key to my future. The Walk for me was a symbolic embrace of the present, and a chance to carry out into the real world what all of us had learned together at McLean. The walk was also meaningful to me because the team I put together was composed entirely of our OCDI "graduating class" and other OCDI alumni. I wanted to raise money with them because we had all gone through treatment together and knew on a very personal level how important the work of the IOCDF is. Several of us volunteer for the IOCDF, so we were proud to raise money for a cause we believe in!

Volunteering and raising money meant strengthening the bonds of friendship that I formed with similar people like me. One thing that I know really sets OCD apart is our eagerness to form community and help each other. We all have different symptoms and stories. We feel and sympathize with each other and it has been extraordinary to form bonds with these people who understand because they've gone through similar struggles. Successful OCD treatment rests on an awareness and acceptance of discomfort in the face of anxiety, and in a broader sense, societal progress with mental illness that depends on awareness, tolerance and acceptance more than sensationalism or the search for a single cure. The Foundation's emphasis on destigmatization and awareness, as well as on community building between OCD people and their friends and family is in line with the values that I have come to embrace myself.



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1 Million Steps 4 OCD Walk





Walk Poster



Walk Shirt



OCD Georgia President, Kasey Brown, enjoying the walk with friends



Margaret Sisson introducing grand marshal Susan Boaz Dailey at the Atlanta Walk



Robin Zasio, psyD, LCSW and IOCDF staff emember Tiia Groden at the Sacramento Walk



Houston virtual walkers meeting at the Gallery Furniture Grand Parkway



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# IOCDF Training Institute

On average, it can take an individual with OCD up to 17 years from the onset of symptoms to receive a proper diagnosis and begin receiving effective treatment. The IOCDF is committed to changing that statistic. Beginning in 1995 with our flagship Behavior Therapy Training Institute (BTTI), the IOCDF Training Institute has since grown to offer a number of professional training opportunities that address a variety of specialties and issues pertaining to the OCD and related disorders community, while also providing continuing education credits to qualified professionals.

## BEHAVIOR THERAPY TRAINING INSTITUTE (BTTI)

At the core of our mission is helping people living with OCD to find qualified treatment providers trained in cognitive behavioral therapy (CBT), and, more specifically, exposure and response prevention (ERP). Since 1994, the International OCD Foundation has been conducting Behavior Therapy Training Institute (BTTI) courses in all regions of the country, bringing leading experts in OCD and related disorders together to train therapists.

Led by the chair of the BTTI faculty, C. Alec Pollard, PhD, the BTTI is a three-day intensive training on the diagnosis and treatment of OCD and related disorders for licensed mental health professionals. Since its inception, the BTTI has trained over 1,300 clinicians.

The IOCDF is committed to making the BTTI an affordable training option by working to keep registration costs low. As such, contributions from individual donors subsidize a

significant portion of the cost of training therapists in the treatment of OCD and related disorders through the BTTI. There are many training needs that still need to be addressed, and the IOCDF is committed to continuing to expand the BTTI program to make sure people living with OCD have access to clinicians who have received appropriate training on OCD and related disorders.

In November of this year, the IOCDF hosted its inaugural Advanced Training Forum – called the BTTI 2. The BTTI 2 was created in response to the multiple requests for more advanced training opportunities for those who have already completed the BTTI, and beyond those offered at the Annual OCD Conference. Faculty for the BTTI 2 included: C. Alec Pollard, PhD who led the training, and included Gail Steketee, PhD, LICSW, Lisa Coyne, PhD, Bradley C. Riemann, PhD, Charles Mansueto, PhD, Thröstur Björgvinsson, PhD, ABPP, Jason Elias, PhD, Jonathan Abramowitz, PhD, and Barbara Van Noppen, PhD, LCSW. The IOCDF trained 39 clinicians from 14 states all of whom had previously attended a general BTTI.



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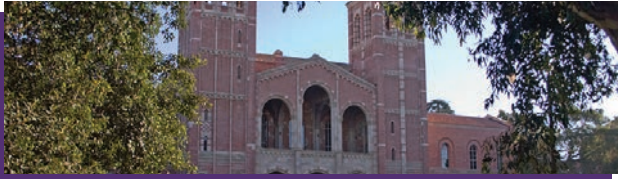
**TRAINING INSTITUTE**



# 2015 BTTI Course Offerings and Faculty

## General BTTI in Los Angeles, CA from January 30–February 1, 2015

Hosted by the University of California, Los Angeles



- Rodney P. Boone, PhD
- Susanna Chang, PhD
- Jamie Feusner, MD
- Jonathan Grayson, PhD
- John Piacentini, PhD, ABPP
- C. Alec Pollard, PhD
- Gerald Tarlow, PhD, ABPP
- Barbara Van Noppen, PhD, LCSW

## General BTTI in Houston, TX from April 24–26, 2015

Hosted by the Houston OCD Program



- Thröstur Björgvinsson, PhD, ABPP
- Constantina H. Boudouvas, LCSW
- Joyce Davidson, MD
- John Hart, PhD
- C. Alec Pollard, PhD
- Melinda Stanley, PhD
- Aureen Wagner, PhD

## Pediatric BTTI in Oconomowoc, WI from May 29–31, 2015

Hosted by Rogers Memorial Hospital



- Martin E. Franklin, PhD
- Stephanie Eken, MD, FAAP
- David M. Jacobi, PhD
- C. Alec Pollard, PhD
- Bradley C. Riemann, PhD
- Eric Storch, PhD
- Aureen Wagner, PhD

## General BTTI in Chicago, IL from September 25–27, 2015

Hosted by Alexian Brothers Behavioral Health Hospital



- Karen L. Cassidy, PhD, ACT
- Jon Grant, JD, MD, MPH
- David M. Jacobi, PhD
- Rachel Leonard, PhD
- Patrick B. McGrath, PhD
- C. Alec Pollard, PhD
- Bradley C. Riemann, PhD
- Monnica Williams, PhD

## Advanced Training Forum in Boston, MA from November 6–8, 2015

TOPIC: Treatment Engagement, Ambivalence, and Resistance



- Gail Steketee, PhD, LICSW
- Lisa Coyne, PhD
- Bradley C. Riemann, PhD
- Charles Mansueto, PhD
- C. Alec Pollard, PhD
- Thröstur Björgvinsson, PhD, ABPP
- Jason Elias, PhD
- Jonathan Abramowitz, PhD
- Barbara Van Noppen, PhD, LCSW



## Comments About the Advanced Forum

"Training through the IOCDF is consistently the best training I attend."

"Awesome, truly. Wonderful topics, as well as presenters. Best information yet out of all the BTTIs."

"This has been extremely helpful. I wish it were a week long. Very good information. Thank you."

"FABULOUS as usual. Nice to have something for seasoned professionals. Program was well done, great faculty."

"The best training program I have attended. It will shape the way I will practice in the future."

One participant reported "Although I have been treating OCD for 19 years, I got a lot out of this," while another stated "Best training program I have attended. It will shape the way I will practice in the future."





"Amazing! Thank you SO much for bringing these experts together!"

"The level of preparation was superb. The structure was superb. Each speaker was highly engaging and at a top level. I appreciated everyone's passion."

"Excellent training in quality of speakers and content of information. This training was well-organized and well worth the money."

"Excellent speakers!!! Greatly appreciated all the case examples, sharing of tools, and resources."



BTTI Attendees





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# OCD Awareness Week

OCD Awareness Week is an international effort to raise awareness and understanding about obsessive compulsive disorder (OCD) and related disorders with the goal of helping more people get timely access to appropriate and effective treatment. Launched by the IOCDF in 2009, OCD Awareness Week is now celebrated during the second full week of October by a number of organizations across the US and around the world with events such as OCD screening days, lectures, conferences, fundraisers, online Q&A's and more.

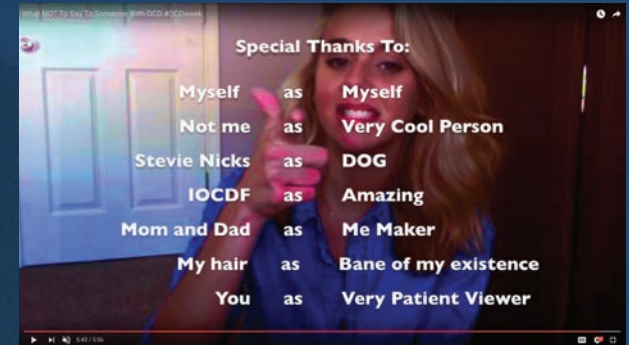
The IOCDF's 2015 OCD Awareness Week activities included:  
**#OCDweek YouTube Challenge:** Each year, the IOCDF hosts a creative contest as part of OCD Awareness Week, inviting members of the OCD Community to help spread awareness and understanding through storytelling or art. Last year, we hosted the first-ever video contest with the same theme. It was a great success, and so we did it again for 2015! Our winner was Hannah Zidanse whose video focused on "What Not to Say to Someone With OCD".

**#OCDchat:** OCD Awareness Week is also an ideal time to share information with others This daily chat series #OCDweek featuring different topics and guest experts every day. #OCDchat has become one of the most popular programs during OCD Awareness Week.

**The Mighty:** We also collaborated with the popular website, The Mighty, to bring OCD Awareness to their network of over 125 million readers. We asked our social media fans and followers to contribute quotes about OCD which were compiled into an article that has been shared over 10,000 times on social media.



Stills from the #OCDweek YouTube Challenge winning video





## #OCDchat Quotes:

In the Hispanic community many people are afraid or ashamed of their problems. And for those who do seek help, it may be hard to find another Hispanic person in the mental health community who is trained to provide the most effective treatments for OCD.



Monnica Williams, PhD

OCD advocacy can mean so many things; it can be educating others on OCD and treatment, it can mean telling your story or simply working with or supporting those who live with the illness. Whatever way you serve as an advocate is an important and vital role and is helping us make a difference for those with the disorder.



Elizabeth McIngvale, PhD, MSW

## 2015 #OCDweek Affiliate Grant Program

Recipients for 2015 were OCD Georgia, OCD Midwest, and OCD Jacksonville

### OCD Georgia

#### *From Sufferer to Advocate: The Power of Helping*

OCD Georgia welcomed Elizabeth McIngvale, PhD, MSW, and Jon Hershfield, LMFT, along with local therapist Adam Funderburk, LPC to a 2015 OCD Awareness Week Event! Elizabeth and Jon brought stories of hope and encouragement to OCD Georgia. Both struggled with severe OCD for many years before receiving life-changing treatment and are now passionate about giving back to the OCD community and helping others. Their heart-warming stories were an inspiration and encouragement to all those who attended!

### OCD Midwest (Ohio)

#### *OCD Basics and Beyond: Effective Treatment of Obsessive Compulsive Disorder*

OCD Midwest hosted a training on: OCD Basics and Beyond: Effective Treatment of Obsessive Compulsive Disorder. This important workshop was devoted to the fundamentals of diagnosing and treating individuals with OCD, including making appropriate diagnosis, reviewing common co-morbidities, and understanding the biological and psychological models of OCD.

### OCD Jacksonville

#### *OCD & Anxiety Disorders: What Professionals, Educators and Parents Need to Know*

OCD Jacksonville hosted a conference that was especially suited for mental health professionals, school psychologists, educators, guidance counselors, nursing professionals, college students, and parents of children with OCD and anxiety disorders.

Local mental health professionals addressed the unique needs of children with anxiety disorders and OCD. Topics included anxiety disorder prevention, best-evidence treatment for anxiety disorders and OCD, and school based accommodations for children.

## 2015 IOCDF Affiliates



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AFFILIATE

*Our affiliates carry out the mission of the International OCD Foundation through programs at the local community level. Each of our affiliates serves as a non-profit organization run entirely by dedicated volunteers. Many activities that are initiated by the IOCDF are implemented by our affiliates.*

## 2015 IOCDF Affiliates

### West Coast

- OCD SF Bay Area
- OCD Sacramento
- OCD Southern California

### East Coast

- OCD Connecticut
- OCD Massachusetts
- OCD Mid-Atlantic
- OCD New Hampshire
- OCD New Jersey
- OCD New York
- OCD North Carolina
- OCD Western Pennsylvania

### North

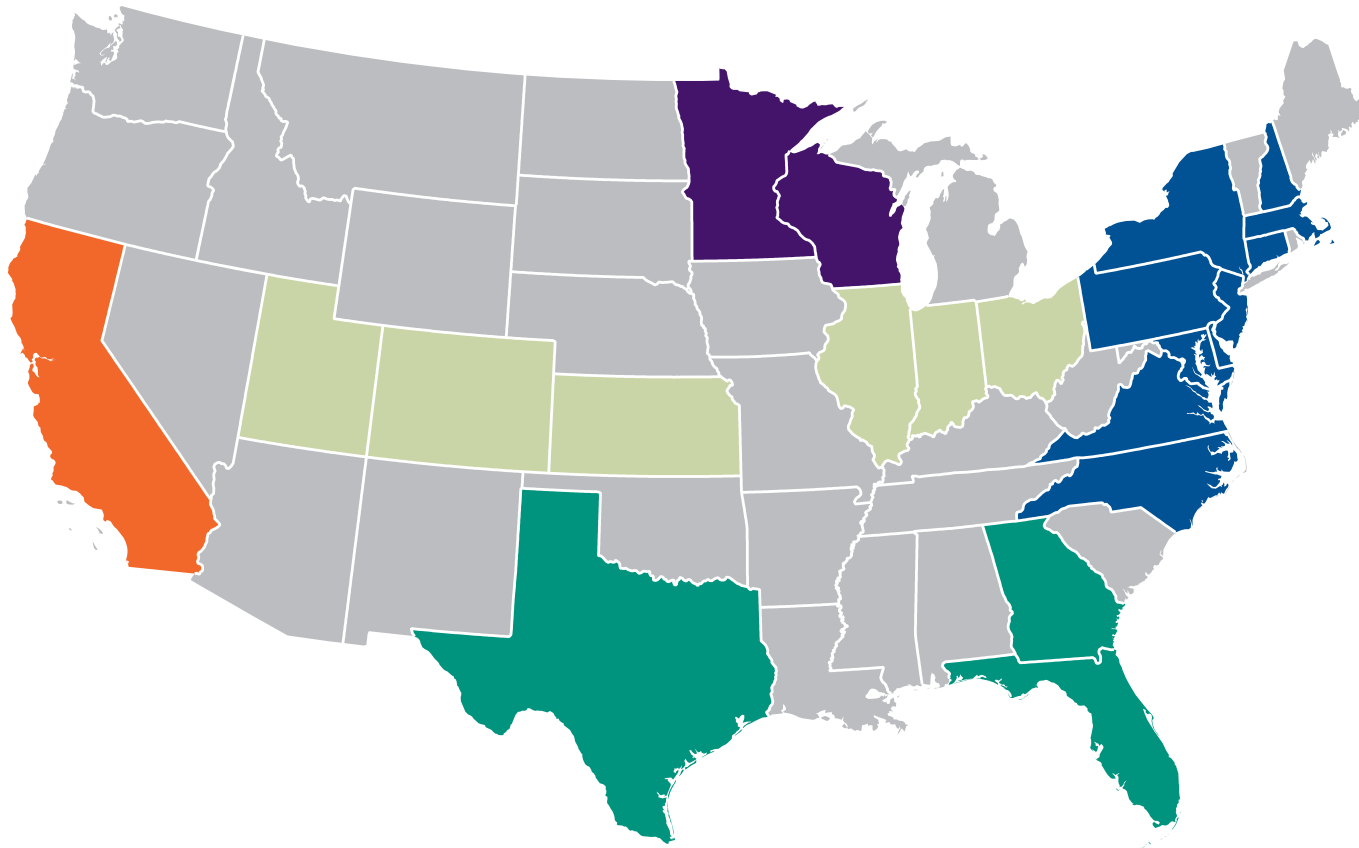
- OCD Twin Cities
- OCD Wisconsin

### South

- OCD Texas
- OCD Jacksonville
- OCD Georgia

### Midwest & Rockies

- OCD Greater Denver
- OCD Utah
- OCD Midwest
- OCD Kansas



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## 2015 Global Partners



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GLOBAL PARTNER

### Global Partners — Spreading Awareness Worldwide

The IOCDF maintains a strong commitment to increasing access to effective OCD treatment in the U.S. and around the world. To further our reach, we created the Global Partnership Program to connect with similar organizations around the world whose work is in line with our mission. We have partnered with these groups to help train professionals around the globe and to host events for OCD Awareness Week.

#### OCD China

Contact: Jian-Ping Wang, PhD, MD  
Email: wjphh@bnu.edu.cn  
Website: www.ocdchina.cn

#### OCD & Anxiety Support Hong Kong

Contact: Minal Mahtani  
Email: omshanti\_hk@yahoo.com  
Website: www.ocdanxietyhk.org

#### OCD Ireland

Contact: Brian Davis  
Email: information@ocdireland.org  
Website: www.ocdireland.org

#### OCD Japan

Contact: Masaru Horikoshi, PhD  
Email: mhorikoshi@ncnp.go.jp  
Website: sites.google.com/site/ocdjapan

#### OCD Ohanashikai

Contact: Masatoshi Arizono, PSW  
Email: hareotoko\_ari@yahoo.co.jp  
Website: kyou89.fc2web.co

#### Dwang.eu (Netherlands)

Contact: Menno Oosterhoff  
Email: info@dwang.eu  
Website: www.dwang.eu

#### Anxiety Support (New Zealand)

Contact: Mental Health Advocacy and Peer Support Trust  
Email: info@anxietysupport.org.nz  
Website: www.anxietysupport.org.nz

#### South African Depression and Anxiety Group

Contact: Zane Wilson and Shai Friedland  
Email: Zane1@hargray.com or  
shai.friedland@gmail.com  
Website: www.sadag.org and  
www.ownocd.ning.com

#### Svenska OCD-forbundet Ananke (Sweden)

Contact: Lars Ekvall  
Email: mailbox@ananke.org  
Website: www.ocdforbundet.se

#### OCD-UK

Contact: Ashley Fulwood  
Email: support@ocduk.org or  
office@ocduk.org  
Website: www.ocduk.org

### Global Partner Raising Awareness in Hong Kong



Minal Mahtani is the founder of OCD & Anxiety Support Hong Kong. Her personal experience with anxiety and passion for psychology were the driving force behind her work with adults who struggle with mental health issues such as obsessive compulsive disorder and anxiety disorders. Minal is committed to creating change in the perception of mental health issues viewed by others, breaking stigma and sharing the tools that she learned.

This past October during International OCD Awareness Week (#OCDweek), Minal hosted and participated in many public OCD awareness raising activities including speaking on a popular radio show in Hong Kong on the topic: "Understanding and Treating OCD." She also hosted a workshop: "Living with Anxiety: From Surviving to Thriving", and support groups for people with OCD and anxiety disorders.

Minal is a tireless advocate, and helps us understand the context of living with OCD. "No one wants to acknowledge the elephant in the room, that mental health issues are a major concern in Hong Kong." She further states that according to a government study in 2012, by the Equal Opportunities Commission of Hong

Kong, they found that 1 in 3 people failed to reach the median score in mental health indicators on the exam. This data tells us that 64 percent of sufferers feel they must keep their disorder a secret to protect against stigma and rejection. Something she is determined to change through her work promoting awareness of OCD and related disorders. Minal Mahtani, explained. "We support individuals and their families with OCD and anxiety disorders as best we can utilizing monthly support groups, raise awareness of mental health conditions through public education and by being a resource for those seeking professional treatment in Hong Kong or overseas."



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## Research Funding

In addition to making sure that people living with OCD and related disorders have the help they need through our programs and services, the International OCD Foundation is strongly committed to funding research into the cause and treatment of OCD and related disorders. In 1994, we launched the IOCDF Research Grant Award Program which funds three to five research projects each year, with grant awards ranging from \$25,000 to \$50,000. The Foundation has distributed over \$3 million dollars in research grant funding since the beginning of the program.

Funding for these yearly research awards would not be possible without the generosity of donors who designate a gift to the IOCDF Research Fund. One hundred percent of contributions to the Research Fund are used to fund winning Research Grant Award applicants. The IOCDF knows that many of our donors may have a particular area of research that most interests them, which is why we have made it possible for donors to direct their gift in support of a specific area of OCD or related disorders research, including:

- General Research Fund
- Causes of OCD
- Treatment of OCD
- Pediatric OCD
- Hoarding Disorder
- PANDAS/PANS
- Body Dysmorphic Disorder (BDD)



The IOCDF also received a matching grant this year aimed at re-engaging lapsed donors and encouraging existing donors to increase their gift. It is due to this combined generosity of IOCDF research donors that we were able to fund the following 2015 research grant awards, taking another step forward in identifying the causes of OCD and related disorders and in developing new and more effective treatments.



## 2015 IOCDF Research Grant Fund Winners

### MRS Glutamate-Stratified Treatment of Pediatric OCD

Erika Nurmi, MD, PhD

Assistant Professor-in-Residence, UCLA School of Medicine

— Award Amount: \$49,989

### In Vivo Identification of Antibody Targets in PANDAS/PANS

Luciana Frick, PhD

Postdoctoral Associate, Yale University

— Award Amount: \$49,277

### Targeted Real-time NIRS-driven Neurofeedback:

#### A Novel Treatment for OCD

Benjamin Kelmendi, MD

Resident, PGY-4, Yale University School of Medicine,  
Department of Psychiatry

— Award Amount: \$47,890

We want to thank Dr. Sabine Wilhelm, vice chair of the IOCDF Scientific & Clinical Advisory Board and chair of the Grant Review Committee, and all Grant Review Committee members for their dedication to the IOCDF Research Grant process:

Jonathan Abramowitz, PhD

Susanne Ahmari, MD, PhD

Paul Arnold, MD

Thilo Deckersbach, PhD

Darin Dougherty, PhD

Jamie Feusner, MD

Martin Franklin, PhD

Jennifer Freeman, PhD

Randy Frost, PhD

Dan Geller, MD

Wayne Goodman, MD

Marco Grados, MD, MPH

John Greist, MD

Jessica Grisham, PhD

Marcel Hoexter, MD, PhD

Norbert Kathmann, PhD

James Knowles, MD, PhD

Lorin Koran, MD

MaryKay Lobo, PhD

Dara Manoach, PhD

Carol Mathews, MD

Dean McKay, PhD

Jamie Micco, PhD

Moh Milad, PhD

Tanya Murphy, MD

Gerry Nestadt, MD, MPH

John Piacentini, PhD

Christopher Pittenger, MD, PhD

Katharine Phillips, MD

Steven Rasmussen, MD

Peggy Richter, MD

Bradley Riemann, PhD

Jeremiah Scharf, MD, PhD

Edward Pace-Schott, PhD

Jasper Smits, PhD

Gail Steketee, PhD

S. Evelyn Stewart, MD

Eric Storch, PhD

Kiara Timpano, PhD

Improving care and treatment for people with mental health issues requires the same rigorous research demanded for tackling physical illness such as cancer and diabetes.



Jeff Szymanski, PhD  
Executive Director

In addition to research grant funding program, we also recognize up-and-coming student and trainee researchers through our Outstanding Research Poster awards:

### Travel Award Winners (\$1,000 Conference travel stipend)

#### Sophie Schneider, BA

Macquarie University, Australia

Title: Symptoms of Body

Dysmorphic Disorder in a

Community Sample of Adolescents

#### Andrew G. Guzick, BA

University of Florida

Title: In Vivo Exposure Therapy

Use Among Providers Who Treat

Youth With Obsessive-Compulsive

Disorder

### Registration Scholarship Winners (free Conference registration)

#### Brianna Wellen, BA

Rhode Island Hospital/Brown Medical School

Title: Reliability and Validity of the

Pediatric Quality of Life Enjoyment and

Satisfaction Questionnaire in Young

Children with OCD

#### Johanna Schulte, MS

Westfälische Wilhelms-Universität

Münster, Germany

Title: Treatment situation and treatment

barriers among individuals with Body

Dysmorphic Disorder in Germany -

Results of an internet-based self-test

# Who We Are

## 2015 Board of Directors

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Susan B. Dailey  
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Christina Vertullo  
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*Emeritus*  
Joy Kant  
Patti Perkins, JD

## 2015 IOCDF Staff

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*Membership Coordinator*

Fran Harrington  
*Web Developer & Graphic Designer*

Alex Bahrawy  
*Administrative Assistant*

Abigail Green  
*Bookkeeper*





## 2015 Scientific and Clinical Advisory Board

Members of the IOCDF Scientific and Clinical Advisory Board (SCB) are among the best clinicians and investigators in the United States who treat and/or conduct research in the field of OCD and related disorders. SCB members are involved in the IOCDF in multiple ways, including participation on the IOCDF Grant Review Committee to review research grant proposals submitted for possible funding, speaking at the Annual OCD Conference, serving as faculty for the Behavior Therapy Training Institute, and/or contributing articles to the quarterly OCD Newsletter and our websites.

Below is a list of our 2015 SCB members:

Michael Jenike, MD, Chair  
*Massachusetts General Hospital, Boston, MA*  
*OCD Institute, McLean Hospital, Belmont, MA*

Sabine Wilhelm, PhD, Vice Chair  
*Massachusetts General Hospital, Boston, MA*  
*Harvard Medical School, Boston, MA*

### Members:

Jonathan S. Abramowitz, PhD  
*University of North Carolina at Chapel Hill, NC*

Thröstur Björgvinsson, PhD  
*The Houston OCD Program, Houston, TX*  
*McLean Hospital, Belmont, MA*

James Claiborn, PhD  
*South Portland, ME*

Darin Dougherty, MD  
*Massachusetts General Hospital, Boston, MA*  
*OCD Institute, McLean Hospital, Belmont, MA*

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*University of California at Los Angeles, CA*

Edna B. Foa, PhD  
*University of Pennsylvania, Philadelphia, PA*

Martin E. Franklin, PhD  
*University of Pennsylvania, Philadelphia, PA*

Randy Frost, PhD  
*Smith College, Northampton, MA*

Wayne K. Goodman, MD  
*Mount Sinai Medical Center, New York, NY*

Jonathan Grayson, PhD  
*Grayson LA Treatment Center for Anxiety and OCD,*  
*Pasadena, CA*

Benjamin D. Greenberg, MD, PhD  
*Butler Hospital, Providence, RI*

Jonathan Hoffman, PhD  
*NeuroBehavioral Institute, Weston, FL*

Nancy Keuthen, PhD  
*Massachusetts General Hospital, Boston, MA*

Lorrin M. Koran, MD  
*Stanford University Medical Center,*  
*Palo Alto, CA*

Adam Lewin, PhD  
*University of South Florida OCD,*  
*Anxiety and Related Disorders Behavioral*  
*Treatment Program*

Charles S. Mansueto, PhD  
*Behavior Therapy Center of Greater Washington,*  
*Silver Spring, MD*

Patrick McGrath, PhD  
*Alexian Brothers Behavioral Health Hospital,*  
*Hoffman Estates, IL*

Dean McKay, PhD  
*Fordham University, Bronx, NY*

E. Katia Moritz, PhD  
*NeuroBehavioral Institute, Weston, FL*

Tanya K. Murphy, MD  
*University of South Florida, St. Petersburg, FL*

Gerald Nestadt, MD, PhD  
*Johns Hopkins Hospital, Baltimore, MD*

Fugen Neziroglu, PhD  
*Bio-Behavioral Institute, Great Neck, NY*

Michele Pato, MD  
*University of Southern California,*  
*Los Angeles, CA*

Fred Penzel, PhD  
*Western Suffolk Psychological Services,*  
*Huntington, NY*

Katharine Phillips, MD  
*Rhode Island Hospital, Providence, RI*

John Piacentini, PhD  
*UCLA, Los Angeles, CA*

Christopher Pittenger, MD, PhD  
*Yale University, New Haven, CT*

C. Alec Pollard, PhD  
*St Louis Behavioral Medicine Institute,*  
*St Louis, MO*

Steven Poskar, MD  
*Spectrum Neuroscience & Treatment Institute,*  
*New York, NY*

Judith Rapoport, MD  
*National Institutes of Mental Health, Bethesda, MD*

Steven Rasmussen, MD  
*Butler Hospital, Providence, RI*

Bradley Riemann, PhD  
*Rogers Memorial Hospital, Oconomowoc, WI*

Sanjaya Saxena, MD  
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*La Jolla, CA*

H. Blair Simpson, MD  
*Anxiety Disorders Clinic,*  
*Columbia University, NY*

Gail Steketee, PhD, LCSW  
*School of Social Work, Boston University,*  
*Boston, MA*

S. Evelyn Stewart, MD  
*University of British Columbia, Vancouver, CAN*

Eric Storch, PhD  
*University of South Florida, St Petersburg, FL*

Susan Swedo, MD  
*National Institutes of Mental Health, Bethesda, MD*

Kiara Timpano, PhD  
*University of Miami, FL*  
*Barbara Van Noppen, PhD, LCSW*  
*University of Southern California, Los Angeles, CA*

Aureen Pinto Wagner, PhD  
*The Anxiety Wellness Center, Cary, NC*

Allen Weg, EdD  
*Stress & Anxiety Services of New Jersey, East*  
*Brunswick, NJ*

Monnica Williams, PhD  
*University of Louisville, Louisville, KY*

Robin Zasio, PsyD, LCSW  
*The Anxiety Treatment Center, Sacramento, CA*

John H. Greist, MD, emeritus  
*Madison Institute of Medicine, Madison, WI*

David Pauls, PhD, emeritus  
*Massachusetts General Hospital, Boston, MA*

Scott Rauch, MD, emeritus  
*McLean Hospital, Belmont, MA*



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