



# IOCDF BEHAVIOR THERAPY TRAINING INSTITUTE

Friday – Sunday, September 14<sup>th</sup> – 16<sup>th</sup>, 2018

## FRIDAY:

### BASIC PRINCIPLES OF TREATMENT

- 7:30am–8:00am: **Registration and Pre-Training Survey**
- 8:00-8:30am: *Introduction & Overview of the Weekend*, Alec Pollard, PhD
- 8:30am-Noon: *Cognitive Behavioral Treatment of OCD*, Alec Pollard, PhD
- Noon-1:00pm: LUNCH (on your own)
- 1:00-5:00pm: *Cognitive Behavioral Treatment of OCD (continued)*, Alec Pollard, PhD

## SATURDAY:

### SPECIAL POPULATIONS AND ISSUES

- 8:00-8:15am: *Welcome, Overview of the Day*, Pollard
- 8:15-9:30am: *Update on the Pharmacotherapy of OCD*, Halldora Olafsdottir, MD
- 9:30-9:45am: BREAK
- 9:45-Noon: *Treating Children and Adolescents*, Eric Storch, PhD
- Noon-1:00pm: LUNCH (on your own)
- 1:00-2:20pm: *Treating Related Disorders-I: Body Dysmorphic Disorder*, Throstur Bjorgvinsson, PhD
- 2:20-2:40pm: BREAK
- 2:40-4:00pm: *Treating Related Disorders-II; Trichotillomania*, Fred Penzel, PhD
- 4:00-5:00pm: *Managing Treatment Ambivalence & Resistance*, Alec Pollard, PhD

## SUNDAY:

### CASE FORMULATION AND TREATMENT PLANNING

- 8:00-3:00pm\*: *Breakout Groups Meet*  
Group 1 (Pollard); Group 2 (Storch); Group 3 (Bjorgvinsson);  
Group 4 (Penzel); Group 5 (Szymanski); Group 6 (Sigurjónsdóttir)

\* Working Lunch - meal provided by IOCDF