



# 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 Medical Treatment of OCD*, Magnús Haraldsson, 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: Health Anxiety*, Thröstur Björgvinsson, PhD, ABPP

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