



# IOCDF BEHAVIOR THERAPY TRAINING INSTITUTE

## Friday – Sunday, November 30th – December 2<sup>nd</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*, Wayne Goodman, 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: Illness Anxiety*, Thröstur Björgvinsson, PhD, ABPP
- 2:20-2:40pm: BREAK
- 2:40-4:00pm: *Treating Related Disorders-II; Trichotillomania*, Suzanne Mouton-Odum, 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 (Björgvinsson);  
Group 4 (Mouton-Odum); Group 5 (John Hart, PhD);  
Group 6 (Constantina Boudouvas, PhD)