



Welcome to the 28th Annual OCD Conference!

The International OCD Foundation's Annual OCD Conference is the largest international event focused solely on serving the OCD and related disorders community. This extraordinary event brings together individuals with OCD, their loved ones, and mental health professionals with the goal of educating attendees about the latest treatments, research, and practice in OCD and related disorders.

Attendees have access to over 225 presentations, workshops, support groups, and evening activities. Presenters include some of the most experienced and knowledgeable clinicians and researchers in addition to individuals with lived experience and families who graciously share their stories.

Early Bird Deadline: May 30, 2023

Register today before prices increase at:

iocdf.org/ocdcon23

Who Should Attend?

Access state-of-the-art programming for everyone impacted by OCD and related disorders

Individuals with lived experience

 Adults, young adults, high-, middle-, and elementary-schoolers

Family members and loved ones

- Parents/guardians
- Spouses/partners

• Friends & other relatives

- Siblings
- Children
- Cilitaren

Clinicians and therapists*

- Psychologists
- Social Workers
- Counselors
- Marriage & Family Therapists
- Physicians & Psychiatrists
- Psychiatric Nurses

Researchers, students and pre-licensed trainees

*See page 10 for continuing education (CE) information

San Francisco Marriott Marquis \$209/night

(plus taxes and fees)

NEW! Lowered room rate for attendees

All Conference sessions, workshops, support groups, and evening activites will take place at the hotel.

"Year after year, this Conference provides an all-inclusive environment where clinicians, researchers, those with OCD & related disorders, and their families can all learn from one another in a compassionate & collaborative manner. Hands down, this is consistently the best conference and resource out there."

 2022 attendee and supporter of a loved one with OCD



Pre-Conference Programs

IOCDF Research Symposium • HYBRID

For Researchers, By Researchers

Thursday, July 6, 2023 Presentations: 9:00am–4:30pm

Poster Session & Reception: 4:30pm-5:30pm

The IOCDF Research Symposium is a forum for researchers and students from around the world to share data and findings from the latest research in the OCD and related disorders fields. As a hybrid event held virtually and prior to #OCDcon in San Francisco, the Symposium brings together scientists to network, learn, and engage in high-level discussion.

Learn more and register at **iocdf.org/symposium23**. (Additional registration required)

Icebreaker Welcome Party

Thursday, July 6, 2023 • 8-9:30pm

All Conference attendees are invited to an inaugural Welcome Party hosted by OCD SF Bay Area and fellow IOCDF Affiliates. Enjoy snacks and a cash bar, get to know your Affiliate representatives, connect with other attendees, and check out the various evening activities taking place in breakout rooms around the Atrium space (see below for full line up!).

OCD & the 6-Moment Game: Tactics and Strategies

Self-Help Treatment Workshop with Reid Wilson, PhD

July 5–6, 2023 • 12:30–5:00pm each day For both individuals with OCD and clinicians

In this workshop, Dr. Wilson will persuade individuals with OCD to adopt a completely new and paradoxical model of self-help, based on metacognitive and strategic treatment within what specialists call a "serious game." Participants will study how to activate the strategies and tactics immediately, moment-by-moment, and use them whenever OCD intrudes throughout life. (No exposure practice will be required during this workshop.)

Clinicians will attend as participant-observers, learning the interventions of strategic treatment, supported by persuasive techniques and paradoxical tactics of a brief treatment model. This will be especially helpful in working with clients who remain symptomatic after previous treatment. You will learn how to offer them a fresh start, with renewed optimism and determination to push into the territory that is currently controlled by OCD.

Learn more and register at **iocdf.org/precon23**. (Additional registration required)

FOR EVERYONE: ACTIVITIES & SUPPORT GROUPS

6:00pm-7:30pm

- Pre-Conference Preparation:
 Motivating Yourself to Take the "Risk" of ERP
- Solo Attendee Meet-Up: Break the Ice!
- The Courage Zone: A Fun Approach for Kids and Families to Practice Embracing Uncertainty (Elementary Schoolers)
- Fun, Friends, Finding Ways to Kick OCD (Middle Schoolers)
- Opening Support Group for High Schoolers with OCD (High Schoolers)
- I See Color Support Group
- Man Up: Real men talk about their feelings (An interactive support group for men with OCD)
- Girl Interrupted: A Support Group for Female Identifying Individuals with OCD
- Support Group for Trans, Nonbinary, and Gender Variant People with OCD
- Am I the Only One Struggling This Much?: Support Group for Parents of Children with OCD
- My Teen Has OCD: A Support Group for Parents
- Religious Scrupulosity Support Group
- Emetophobia Support Group
- Support Group: Siblings!
- Support Group for Adults with Health Anxiety

8:00рм-9:30рм

- Get-to-Know-You Icebreakers
- Quirky Karaoke!
- Fighting OCD with Art! (Elementary Schoolers)
- All Emotions Are Welcome Here:
 Creating Your Own Emotion Hotel (Middle Schoolers)
- Support Group for Parents of Adult Children with OCD
- Young Adult Orientation and Support Group
- Living with a Romantic Partner with OCD
- The Mother of All Support Groups
- Support Group for Sexual and/or Violent Obsessions
- Social Anxiety Welcome and Support Group
- The Over The Hill Gang: Seniors Taking A Stance
- Support Group for Mental Health Professionals with OCD
- Contamination OCD: Support Group
- LGBTQ+ OCD Intersectional Support Group

8:00AM-9:30AM 9:45AM-11:15AM 12:30PM-2:00PM EVERYONE (INTRO) SUPPORTING YOURSELF THROUGH ERP **EXPOSURE AND RESPONSE PREVENTION FOR OCD: AN CURRENT LANDSCAPES IN TREATING YOUTH WITH OCD** Lauren Rosen, LMFT **OVERVIEW AND RESEARCH UPDATE FOR CONSUMERS** Elizabeth Moroney, PhD Elena Fasan, LCSW **AND FAMILIES** Rebekah Mennies, PhD Kelley Franke, LMFT Jonathan Abramowitz, PhD Lara Rifkin, PhD Kevin Foss, LMFT EVERYONE (ADVACNED) YUCKY, OOEY, GROSS, AND GOOEY: THE ROLE OF "MY LAST THERAPIST TOLD ME TO 'JUST ACCEPT IT": AM I DOING THIS RIGHT?: PARENTING WITH OCD **DISGUST IN OCD BUILDING ACCEPTANCE SKILLS WITH ACT** Tracie Ibrahim, LMFT, CST Kim Rockwell-Evans, PhD, LPC, LMFT; Jeremy Rudd, LPC Brian Thompson, PhD Jenna Overbaugh, LPC Molly Martinez, PhD; Nathan Peterson, LCSW Brian Pilecki, PhD Alexandra Reynolds Regan Paulsen, LPC **COMPASSIONATE SEPARATION FROM** LIVING WITH OCD FAIRYTALE ENDINGS: WHERE THE HAPPY COUPLE CAN RECOGNIZING WHEN OCD IS THE MANAGER AT WORK MENTAL COMPULSIONS **EXIST AMIDST OCD** Thien-An Le, PhD Shannon Weise, LCSW Emily McCollister, LSW Cali Werner, LCSW Keri Brown, PhD Katie O'Dunne, MDiv Angela Smith, PhD Matthew Varmecky Ginny Fullerton, PhD YOUNG ADULTS A NEW SCHOOL BULLY FRIENDS WHO FIGHT TOGETHER STAY TOGETHER: THE BIRDS AND THE BEES AND OCD Jessie Birnbaum INSIGHT INTO HEALTHY FRIENDSHIPS WITHIN THE OCD Alegra Kastens, LMFT Ezra Homonoff, MEd COMMUNITY Samantha Faden Olivia Skaggs Kailey Kirkwood; Samantha Faden; Meg Grundy, LCSW Genevieve Kales, MSN, RN Jacques Esses, MSW Victoria Lane; Kyle King Kyle King Victoria Lane PARENTS AND FAMILIES WHAT DRIVES FAMILY ACCOMMODATION AND WHAT TO DO ABOUT IT: ACROSS THE LIFESPAN PARENT GUIDE: HOW TO SUPPORT YOUR CHILD IN OCD THE TWO OGRES: THE RELATIONSHIP BETWEEN THERAPIST, PARENT, AND CHILD TREATMENT Barbara Van Noppen, PhD, LCSW Michelle Dexter, PhD Shannon Weise, LCSW Mary Kathleen Norris, LPC Melissa Mose, LMFT Felicity Sapp, PhD FACT VS FICTION: SOME KEY THINGS **EVIDENCE-BASED TREATMENTS FOR** HOT TOPICS: RECENT RESEARCH FINDINGS ON BDD TO KNOW ABOUT BDD **BODY DYSMORPHIC DISORDER** BDD Natasha Conde-Janel, PhD; Fugen Neziroglu, PhD Katharine Phillips, MD; Barbara Van Noppen, PhD, LCSW Katharine Philips, MD; Chris Trondsen, LMFT Tania Borda, PhD; Jamie Feusner, MD Tania Borda, PhD Sabine Wilhelm, PhD Sony Khemlani-Patel, PhD Scott Granet, LCSW Fugen Neziroglu, PhD THERAPISTS INTRO GETTING CLEARED FOR TAKEOFF: OCD TREATMENT **FACILITATING EFFECTIVE RESPONSE PREVENTION** EVIDENCE BASED PSYCHOPHARMACOLOGICAL **ESSENTIALS 101** STRATEGIES IN OCD TREATMENT TREATMENT FOR OCD AND OCRDS Fred Penzel, PhD Tania Borda, PhD; Fugen Neziroglu, PhD Rashesh Dholakia, MD, MPH Charles Mansueto, PhD Sony Khemlani-Patel, PhD; Michael Upston, LCSW Rachel Davis, MD Barbara Van Noppen, PhD, LCSW Curtis Hsia, PhD THERAPISTS ADVANCED CASE PRESENTATIONS: OCD TREATMENT FOR DIVERSE "THE WHOLE CLIENT AND NOTHING BUT THE WHOLE POPULATIONS FROM A DIVERSITY, EQUITY & HOW TO IMPLEMENT ACT-BASED EXPOSURE THERAPY CLIENT!" NOT STOPING OCD TREATMENT PREMATURELY **INCLUSION LENS** Michael Twohig, PhD Elizabeth McIngvale, PhD, LCSW Chris Trondsen, LMFT; Jenny Yip, PsyD Michelle Massi, LMFT Jelani Daniel, LPC; Marcia Rabinowits, PsyD EMERGING TRENDS: NEW DIRECTIONS PROFESSIONAL ETHICS, RESPONSIBILITY, & HUMILITY BIOETHICAL CONSIDERATIONS OF EMERGING MEDICAL OCRD GENOMICS ACROSS DIVERSE ANCESTRIES IN EVIDENCE-BASED TREATMENT FOR OCD INTERVENTIONS FOR OCD Michelle Pato, MD Molly Martinez, PhD Molly Martinez, PhD; Robert Hudak, MD Eric Storch, PhD Eric Storch, PhD Eric Storch, PhD; Wayne Goodman, MD Peggy Richter, MD Jonathan Abramowitz, PhD Christopher Pittenger, MD, PhD Anthony Zoghbi, MD Michael Twohig, PhD **EVERYONE** YOUNG ADULTS **EMERGING TRENDS: NEW DIRECTIONS**

LIVING WITH OCD

PARENTS & FAMILIES

BDD

THERAPISTS

HOARDING DISORDER

eligible for CE/CME credits.

Workshops with black outline are

2:15PM-3:45PM

ASK YOUR QUESTIONS ABOUT MEDICATIONS FOR OCD AND RELATED DISORDERS TO SOME OF U.S.'S LEADING **EXPERTS**

Steven Poskar, MD; Christopher Pittenger, MD, PhD Sanjaya Saxena, MD; Carolyn Rodriguez, MD, PhD Jamie Feusner, MD

4:00PM-5:30PM

LGBTQ+ REPRESENTATION IN OCD TREATMENT

Alexandra Reynolds Adrienne Marcellus-Altman, LCSW Alegra Kastens, LMFT

PERINATAL OCD AFFLICTS FATHERS TOO - RECOGNIZING THE SIGNS ACROSS THE BOARD TO REDUCE THE STIGMA

Jonathan Abramowitz, PhD Jenny Yip, PsyD Peggy Richter, MD

FROM ISOLATED TO EMPOWERED: THE REALITIES OF PHYSICAL AND EMOTIONAL CONTAMINATION OCD

Mackenzie Reed, RN Callie Carlyle Kerry Osborn Melissa Mose, LMFT

LIVING BEYOND SHAME: ACT AND COMPASSION-FOCUSED STRATEGIES TO ENHANCE ERP

Sarah Carr, LMFT Marisa Mazza, PsyD Mai Manchanda, PsyD Joanne Chan, PsyD

FINDING YOUR OWN AH HA MOMENT! HOW TO UNLOCK IT AND ACCELERATE YOUR ROAD TO RECOVERY FROM OCD

Ethan Smith Katia Moritz, PhD Jonathan Hoffman, PhD

BEYOND TREATMENT - FINDING YOURSELF DURING YOUR OCD RECOVERY JOURNEY

Elizabeth McIngvale, PhD, LCSW; Micah Howe Madeline White; Megan Dailey Darcy Howell

DEALING WITH THOSE PESKY FEELINGS OF SHAME

Jessica Serber, LMFT Cassie Marzke Alexandra Rosenberg Tom Smalley, MS, CSCS Michael Schramm

OCD: THE SIBLING SIDE OF THE STORY

Charlotte Baier Selena Stafford **Tatum Demeter** Dylan Haseman Laura Yocum, LMFT

PARENT ROADMAP: CHANGING YOUR DRIVE-TIME RESPONSE TO YOUR CHILD'S OCD WITH SUPPORTING **STATEMENTS**

Ivy Ruths, PhD; Ginny Fullerton, PhD Melissa Fasteau, PsyD; Christen Sistrunk, LPC-S Saharah Shrout, LPC-S

ADVANCED TREATMENT APPLICATION: BDD CASE PRESENTATIONS AND DISCUSSION

Katharine Phillips, MD Chris Trondsen, LMFT Fugen Neziroglu, PhD

"AN EVENING WITH THE EXPERTS" - PANEL BDD **DISCUSSION AND AUDIENCE Q&A**

Scott Granet, LCSW; Denis Asselin, MA Katharine Philips, MD; Fugen Neziroglu, PhD Eva Fisher, PhD

TABOO SYMPTOMS IN PEDIATRIC OCD

Marni Jacob, PhD Eric Storch, PhD Josh Spitalnick, PhD

PROFESSIONAL PLENARY

OCD AND RACISM

Monnica Williams, PhD

I AM ON YOUR SIDE! (NOT OCD'S): A MULTICULTURAL STRATEGY TO DECREASE PARENTAL ACCOMMODATION

Rindee Ashcraft, PhD Nayara Da Costa Silva Beall, MA Stacy Shaw Welch, PhD

HOARDING DISORDER: WHAT WE KNOW AND WHERE WE'LL GO

Chia-Ying Chou, PhD; Sanjaya Saxena, MD Marnie Cooper; Lindsay Bacala Randy Frost, PhD; Gail Steketee, PhD, LICSW

OCD IN OWLS AND LARKS: CIRCADIAN RHYTHMS, SLEEP, AND OCD SYMPTOMS DURING TREATMENT

Jacob Nota, PhD

SESSION AVAILABILITY

Seating at all workshops, seminars, and lectures is on a first-come, first-served basis.

These tracks indicate who the intended audience is. However, all of our presentations are open to everyone.

Friday Activities & Support **Groups**

ACTIVITIES

7:00am-8:00am

Morning Stretch

6:00рм-7:30рм

- Conference Planning for First-Time Attendees From Now to After!
- DIY Values Kevchain
- ERPoetry
- CBT Workshop for BDD

8:00рм-9:30рм

- Friday Night Game Night
- The 21st Annual Road to Recovery Tour!
- Discussion Group for Therapists on Treating OCD with Autistic Clients

YOUTH ACTIVITIES

6:00рм-7:30рм

- Let's Go On A Speck Hunt
- Who is driving your bus?: An InterACTive Passengers on a Bus Experience
- Hope Within the Chaos of My Mind: An Art Collage **Experience for Teens with OCD**

SUPPORT GROUPS

6:00рм-7:30рм

- BIPOC Community Support Group
- "Is It Really My Fault?": Support Group Shame and
- "In It for the Long-Haul": A Support Group for **Families Navigating OCD**
- Relationship OCD Support Group
- 12 Step Meeting
- Benching OCD Together: Athlete Support Group
- Support Group for Recognizing OCD as Neurodivergence
- Grieving the Losses Connected to OCD

8:00рм-9:30рм

- BDD Support Group
- · Living with BDD: Caring for sufferers while caring for yourself
- Support Group for Parents of Youth with PANS/ **PANDAS**
- Moral Scrupulosity Support Group
- Hoarding Disorder Support Group
- Living with Bipolar Disorder and OCD Support Group
- Tainted Love: A Support Group for Dating with OCD
- When You Have Too Much On Your Plate: The Cooccurrence of OCD and Feeding and Eating Disorders
- Group Session for Graduate Students Interested in Pursuing a Specialty in OCD

Saturday, July 8 9:45AM-11:15AM 12:30PM-2:00PM 8:00AM-9:30AM EVERYONE (INTRO) **SCRIPTING FOR SUCCESS** KNOWING WHEN TO MOVE ON IF THREE THERAPIST TALKING TABOO: PEDOPHILE OCD TREATMENT ISN'T WORKING Kathleen Rupertus, PsyD Lauren Rosen, LMFT Shannon Weise, LCSW Felicity Sapp, PhD Jenna Overbaugh, LPC Renee Reinardy, PsyD Emily McCollister, LSW Krista Reed, LSCSW Patricia Hull, PhD Matthew Varmecky IN MY SHOES: HIGHLIGHTING THE REALITIES OF THE EVERYONE (ADVANCED) THAT PISSES ME OFF! HOW TO NAVIGATE **BIPOC ROAD TO RECOVERY** A RHEUMATOLOGY PERSPECTIVE ON ABRUPT-ONSET MISINFORMATION IN THE MEDIA Alexandra Reynolds; Uma Chatterjee, MS, MHPS **NEUROBEHAVIORAL PRESENTATIONS** Elizabeth McIngvale, PhD, LCSW; Ethan Smith Rachel Ehrenberg; Valerie Andrews Patrick Whelan, MD Chris Trondsen, LMFT; Valerie Andrews Shaun Flores Katie O'Dunne, MDiv; Tom Smalley, MS, CSCS Darlene Davis Goodwine, PhD WHEN THERAPY ENDS: SUPPORT AND SELF-LIVING WITH OCD FINDING YOUR PEOPLE IN RECOVERY AND BEYOND: REDUCE ANXIETY THROUGH EXERCISE, SLEEP, DIET, MANAGEMENT OF ERP **NAVIGATING RELATIONSHIPS WITH OCD** MINDFULNESS, AND OTHER STRESS RELIEVING Alexandra Reynolds MEASURES! Lauren Rosen, LMFT Jonathan Grayson, PhD Tracie Ibrahim, LMFT, CST Amy Mariaskin, PhD Elizabeth Trondsen, RD; Thomas Smalley, MS, CSCS Anna Liljenwall; Chris Trondsen, LMFT Kelley Franke, LMFT Tia Wilson PARENTS AND FAMILIES THE GOOD, THE BAD, & THE UGLY - HEROIC MOMS HELPING YOUR FAMILY MEMBER WITH OCD MANAGE THE FAMILY TRAP: WHAT TO DO WHEN A LOVED ONE DOING THE HARD WORK TO MAINTAIN HEALTHY ANGER AND DISRUPTIVE BEHAVIOR **WON'T SEEK HELP BOUNDARIES** Alec Pollard, PhD Jenny Yip, PsyD; Stella Harpoothian Maly Kinberg, PhD; Lyndsey Gallagher, JD Karen Rivers Wright, MPA, MSW Shephanie Eken, MD Alison Menatti, PhD Melanie VanDyke, PhD Katie Kriegshauser, PhD Dakota McNamara, PsyD HOARDING DISORDER HOARDING DISORDER IN A WIDER CONTEXT: A HOARDING DISORDER RESEARCH UPDATES: EARLY LIFE THE HIDDEN STIGMA OF DISCUSSION ON THE DEFINITION, TREATMENT, AND STRESS, INSIGHT, AND NEURAL MECHANISMS **HOARDING** SOCIAL ASPECT OF HD Carolyn Rodriguez, MD, PhD; Cat Sanchez, MA Christiana Bratiotis, PhD, MSW Peter vanRoessel, MD, PhD Chia-Ying Chou, PhD; Leo Yoke; Carolyn Rodriguez, MD; Sheila Woody, PhD Keong Yap, PhD; Eileen Dacey, LICSW Persephone Larkin, MA Paula Andrea Munoz Rodriguez; Keong Yap, PhD HELPFUL TIPS FOR CLINICIANS IN NAVIGATING SHINING A LIGHT ON THE DARKEST OF THOUGHTS THERAPISTS INTRO COMPLEX OCD FROM DIFFERENTIAL DIAGNOSIS TO YOU, ME, AND RELATIONSHIP OCD: DIAGNOSIS, Kathleen Rupertus, PsyD TREATMENT, AND INTIMACY WITH ROCD **MAINTENANCE** Brian Ashenfelter, PsyD Curtis Hsia, PhD; Jonathan Hoffman, PhD Beth Brawley, LPC Amelia Serine, PsyD Sony Khemlani-Patel, PhD; Fugen Neziroglu, PhD Michelle Massi, LMFT Peer Mugnier, PsyD Katia Moritz, PhD Patricia Hull, PhD CLEARING THE AIR: EATING DISORDERS AND OCD THERAPISTS ADVANCED INTRODUCTION TO BEHAVIORAL INTERVENTIONS FOR PERINATAL OCD: EXPANDING YOUR CLINICAL PRACTICE Katie Jeffrey, RDN, CSSD, LDN **TIC DISORDERS** Megan Barthle-Herrera, PhD, PMH-C Cali Werner, LCSW Benjamin Tucker, LPCC, BCBA Melissa Munson, PhD Lissette Cortes, PsyD Flint Espil, PhD Lauren Schmidt, MD Grace Manier Elizabeth Grant, MS, BCBA Joseph McNamara, PhD James Claiborn, PhD JUSTICE-BASED ERP AND FIDELITY TO THE MODEL: TWO TO MI, OR NOT TO MI: WHEN TO COACH ERP-MIXING MODALITIES IN OCD CLINICAL SETTINGS: HOW THERAPISTS ADVANCED RESISTANT CLIENTS OUT OF TREATMENT ACT, DBT AND TRAUMA TREATMENT ARE CRITICAL SIDES OF THE SAME COIN? Stephanie Glover, MS Brian Ashenfelter, PsyD **MIXERS** Caitlyn Pinciotti, PhD Amelia Serine, PsyD Adam Reid, PhD Jennifer Park, PhD Lauren Wadsworth, PhD Peer Mugnier, PsyD Sarah Schall, PsyD Katie Manganello, PsyD Jason Krompinger, PhD EMERGING TRENDS: NEW DIRECTIONS OCRDS AND TECHNOLOGY: STATE OF THE RESEARCH TO MISOPHONIA: A PANEL COVERING SCIENTIFIC **IMAGINATION OR PERCEPTION: REAL EXPERIENCES** AND CLINICAL PERSPECTIVES ON DIAGNOSIS AND WITH INFERENCE BASED CBT CLINICAL PRACTICE Laila Capel, MS; Jennifer Krafft, PhD **TREATMENT** Amanda Petrik Gardner, LCPC Michael Twohig, PhD; Eric Storch, PhD Michael Heady, LCPC Heather Martin; Junjia Xu Rebecca Schneider, PhD; Nicholas Farrell, PhD Angela Henry, LCSW Patrick McGrath, PhD Megan Faye, PsyD; Mercedes Woolley **Emily Bowers** Catherine Goldhouse, LICSW, LCSW

EVERYONE

LIVING WITH OCD

PARENTS & FAMILIES

EMERGING TRENDS: NEW DIRECTIONS

HOARDING DISORDER

THERAPISTS

Workshops with black outline are

eligible for CE/CME credits.

2:15PM-3:45PM

4:15PM-5:45PM

OCD/AUTISM SIG ROUNDTABLE: WHAT CLINICIANS SHOULD KNOW ABOUT AUTISTIC PEOPLE IN OCD TREATMENT

Jonathan Hoffman, PhD; Robert Hudak, MD Fred Penzel, PhD; Joshua Nadeau, PhD Max Wilson

REBRANDING EXPOSURE AND RESPONSE PREVENTION: THE POETIC BLEND OF EVIDENCE-BASED TREATMENT FOR OCD

Chris Trondsen, LMFT; Jon Hershfield, MFT Elizabeth McIngvale, PhD, LCSW

ACCOUNTABILITY: THE MISSING INGREDIENT TO NAVIGATING LIFE AND OCD

Jacques Esses, MSW Cali Werner, LCSW Tom Smalley, MS, CSCS Jeff Bell

UNINVITED GUEST- NAVIGATING COMMITTED RELATIONSHIPS WHEN OCD IS IN THE PICTURE

Jeremy Rudd, LPC; Regan Paulsen, LPC Kim Rockwell-Evans, PhD, LPC, LMFT Alexandra Lancianese Joseph Lancianese

USING GROUP PROGRAMMING FOR COMMUNITY HOARDING SUPPORT

Spenser Martin Lindsay Bacala, MSW, RSW

THERE'S AN EXPOSURE FOR THAT!: DEVELOPING CREATIVE AND EFFECTIVE EXPOSURES

Jenna Overbaugh, LPC Amy Mariaskin, PhD

ONE IS TOO MANY AND A THOUSAND IS NEVER ENOUGH: OBSESSIONS, COMPULSIONS, ALCOHOL AND DRUGS

Stacey Conroy, LICSW, MPH; Alexandra Reynolds Lauren Rosen, LMFT Patrick McGrath, PhD

DOUBLE TROUBLE: ADDRESSING OCD IN THE CONTEXT OF CO-OCCURRING POSTTRAUMATIC STRESS

Nicholas Farrell, PhD Mia Nuñez, PhD Caitlin Pinciotti, PhD Lauren Wadsworth, PhD

PSYCHEDELICS & OCD: DISCUSSING THE CURRENT STATE OF PSYCHEDELIC RESEARCH AS POTENTIAL OCD TREATMENTS

Uma Chatterjee, MS, MHPS; Christopher Pittenger, MD, PhD; Carolyn Rodriguez, MD, PhD; Terence Ching, PhD; Benjamin Kelmendi, MD

IOCDF AWARDS & KEYNOTE ADDRESS TBD

Be sure to follow us on social media to find out when our speaker is announced!

@iocdf | @in \f

SESSION AVAILABILITY

Seating at all workshops, seminars, and lectures is on a first-come, first-served basis.

These tracks indicate who the intended audience is. However, all of our presentations are open to everyone.

Saturday Activities & Support Groups

ACTIVITIES

7:00AM-8:00AM

• 28th Annual OCD Conference Group Run/Walk

6:00рм-7:30рм

- Start Spreading The News: Turn Your Passion Into Advocacy
- An Evening of LGBTQIA+ Community Fun!
- Sticking With Our Values: Collage Board Activity
- Resisting the Urge to Hunt, Gather, and Take It Home: Experiential Community Outing to Learn How to Resist the Acquisition of Stuff
- Workplace Self-Advocacy: Getting Reasonable
 Accommodation Without A Lawyer, Even From Bad
 Employers

7:00PM-10:00PM

OCD Conference Party!

8:00рм-9:30рм

- Saturday Night Trivia
- The OCD Healing Journey: Writing and Reflecting
- Sensory & OCD

YOUTH ACTIVITIES

6:00рм-7:30рм

- Fighting Your OCD Monster!
- The Chaos in My Mind: An Art Collage Experience for Adolescents with OCD
- Teen Game Night! OCD Quiplash, Drawful, and Family Feud

SUPPORT GROUPS

6:00рм-7:30рм

- Technology Rituals? You're Not Alone!
- Your Strength Matters: A Support Group for Parents of Young Adults with OCD
- Support Group for Hoarding Professionals
- Support Group for Autistics with OCD
- Supportive Space for OCD Community Members of Color
- Sensory/Sensorimotor Obsessions Support Group

8:00рм-9:30рм

- Expecting and New Parents, Don't Suffer in Silence with Your OCD
- Emotional Contamination Support Group
- Thriving with BFRBs Support Group
- Support Group for OCD in the Workplace
- Caring for Yourself When You're Caregiving for a Loved One with OCD
- Support Group for Those with OCD and ADHD
- Life After Treatment: Embracing an Exposure-Based Lifestyle
- Let's Talk About Relapse: How to Quickly Get Back on Your Feet When OCD Strikes!

9:45AM-11:15AM 11:30AM-1:00PM 8:00AM-9:30AM NOTHING TO FEAR BUT FEAR ITSELF: THE IMPORTANT EVERYONE MORE THAN A FEELING: HOW TO THINK ABOUT AND RULES FOR ME BUT NOT FOR THEE: COMBATTING RIGID **ROLE OF INTEROCEPTIVE EXPOSURE IN TREATMENT OF** TREAT SENSORY/SENSORIMOTOR OCD PERFECTIONISM IN AN IMPERFECT WAY OCD Anna Edwards, PhD Beth Brawley, LPC Nicholas Farrell, PhD Michael Stier, LCPC Allison David, LCSW Jennifer Park, PhD GETTING RUBBED THE WRONG WAY: THE COMPLICATED **NAVIGATING TREATMENT WITH OCD AND AN ANXIETY** DOING ERP WHEN GETTING OUT OF BED IS DAUNTING: EVERYONE **RELATIONSHIP BETWEEN OCD & SENSORY DISORDER** COMBINING ERP WITH BA FOR COMORBID OCD AND DYSREGULATION **DEPRESSION** Lauren Rosen, LMFT Robert Hudak, MD; Jonathan Hoffman, PhD; Kelley Franke, LMFT Mia Nuñez, PhD Fred Penzel, PhD Kevin Foss, LMFT Shauna Pichette, LPC Stephanie Eken, MD Ben Eckstein, LCSW Micah Howe LEGAL CHALLENGES FACED BY PEOPLE WITH OCD AND **CANCEL CULTURE AND OCD** EVERYONE DISABILITY, OCD, AND ME **HOW TO OVERCOME THEM** Amanda Petrik-Gardner, LCPC Jessie Birnbaum Lawrence Rosenberg, JD Nathan Peterson, LCSW Mary Waters, MA, NCC Deborah Topol, MD Jenna Overbaugh, LPC Sandy Robinson Alexander Rosenberg Justin Hughes, LPC LIVING WITH OCD LICKING TOILETS? MAYBE NOT: INCORPORATING LIVING BEYOND REGRET, MISTAKES, AND POOR CHOICES TO OVERCOME REAL-EVENT OCD MAKING IT WORK AS A FAMILY **VALUES INTO EXPOSURES** WHEN A PARENT HAS OCD Annabella Hagen, LCSW Carrie Wendt, CSW Felicity Sapp, PhD Jeff Bell Kevin Foss, LMFT Laura Yocum, LMFT Jon Case, LCSW Jason Adams, MEd Anthony Bishop, LMFT Erik Wells, LCSW PARENTS AND FAMILIES **EFFECTIVE COLLABORATION STRATEGIES TO IMPROVE** SECURING YOUR OXYGEN MASK: CARING FOR YOURSELF **ERP OUTCOMES: TIPS TO ENGAGE PARENTS AND** WHILE PARENTING A CHILD WITH OCD & RELATED PARENTS WRAP-UP SESSION **SCHOOLS** DISORDERS Fred Penzel, PhD Scott Cypers, PhD Emily Hoppe, PMHNP-BC Kim Vincenty Marni Jacobs, PhD Nicole D'Adamo, LCSW-C Brian Zaboski II, PhD BFRBS: TREATMENT ISSUES, OUTCOMES, AND FAMILY IMPACTS LET'S CUT TO THE CHASE: WHAT I NEED TO KNOW ELEGANT SIMPLICITY WITH THE COMPLEXITIES OF ABOUT MY BFRB, AND WHAT I CAN DO ABOUT IT. A **BFRBS: CURRENT RESEARCH AND TREATMENT Q&A SESSION** Ruth Golomb, LCPC Suzanne Mouton-Odum, PhD Andrew Wiese, PhD Brian Thomspon, PhD; Ruth Golomb, LCPC Charles Mansueto, PhD Fred Penzel, PhD PAYING MORE ATTENTION TO ADHD IN OCD THERAPISTS INTRO DO I REALLY WANT TO HURT MYSELF? EXPLORING WE'RE ONLY HUMAN: THERAPIST MISSTEPS IN **TREATMENT** SUICIDAL OCD VS. TRUE SUICIDALITY EXPOSURE AND RESPONSE PREVENTION AND HOW TO Steven Poskar, MD **CORRECT THEM** Blake Cranmer, LSCSW Jonathan Hoffman, PhD Krista Reed, LSCSW Jennifer Buchholz, PhD Katia Moritz, PhD Amanda Petrik-Gardner, LCPC Jonathan Abramowitz, PhD Shane Gettis WORKING WITH SCRUPULOUS INDIVIDUALS: A FORUM **HUMAN FIRST, THERAPIST SECOND: AUTHENTICITY AS** FROM SONG LYRICS TO SCAVENGER HUNTS: GROUP-THERAPISTS ADVANCED AN OCD THERAPIST FOR CASE CONSULTATION AND CONVERSATION **BASED EXPOSURE THERAPY FOR CHILDREN AND** Jedidiah Siev, PhD; Ted Witzig, Jr., PhD **ADOLESCENTS** Amy Mariaskin, PhD Alec Pollard, PhD Jon Hershfield, MFT Rebecca Schneider, PhD; Alyssa Faro, PhD Benjamin Mullin, PhD Patrick McGrath, PhD Tejal Jakatdar, PhD Justin Hughes, LPC Katie Boyer, LMSW, MT-BC Allison Bonifay, LPC RESEARCH TO CLINICAL PRACTICE WHEN OCD AND TRAUMA INTERSECT: PRELIMINARY **AUTOIMMUNE OCD: CAN INFECTIONS TRIGGER** A MODEL OF SELF-HELP TREATMENT WITHIN STEPPED FINDINGS FROM A NATIONAL STUDY AUTOIMMUNE OCD AND HOW CAN THIS BE **CARE: A PILOT STUDY** DIAGNOSED AND TREATED? Caitlin Pinciotti, PhD Reid Wilson, PhD Lauren Wadsworth, PhD Craig Shimasaki, PhD Workshops with black outline are **EVERYONE EMERGING TRENDS: NEW DIRECTIONS** eligible for CE/CME credits. LIVING WITH OCD **THERAPISTS**

PARENTS & FAMILIES

BRFBs

Youth Programming at the Annual OCD Conference

	See page 3 for Thursday Night Activities				
	ELEMENTARY SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL		
	FRIDAY				
8:00AM-9:30AM	ELEMENTARY SCHOOLERS AND FAMILIES ORIENTATION TBD	MIDDLE SCHOOLERS AND FAMILIES ORIENTATION Lane Standidge, LCSW	HIGH SCHOOLERS AND FAMILIES ORIENTATION TBD		
9:45AM-11:15AM	POKÉMON TRAINERS UNITE: DEVELOPING SKILLS TO BATTLE OCD Stephanie Davis, PhD; Jackie Shapin, LMFT Jesse Spiegel, PsyD; Karla Portillo, APCC	BATTLING THE MONSTER: A CREATIVE PLAY ABOUT MASTERING OCD Diana Antinoro Burke, PsyD Gail Quick, PhD	WHAT'S EXPOSURE THERAPY ALL ABOUT? IS IT FOR ME AND HOW WOULD I KNOW? Kevin Ashworth, LPC Allison Bonifay, LPC; Jennifer Garcia, MA		
12:30PM-2:00PM	FACING YOUR FEARS: FUN AND CREATIVE WAYS FOR CHILDREN TO ENGAGE IN ERP Julie Lustig, PhD; Meg Grundy, LCSW Katherine Schoolland, LMFT	ERP 101+LIVE EXPOSURES Krista Reed, LSCSW; Amanda Petrik-Gardner, LCPC Blake Cranmer, LSCSW; Parker Reed	THINKING, FEELING, AND DOING: HOW TO BE A TRIPLE THREAT AGAINST OCD Hayley Dauterman, PhD; Jessica McKee, LPC Ashley Wray, LCSW; Myles Rizvi, PsyD Michael Garcia, LCSW		
2:15PM-3:45PM	"YOU'VE GOT DRAGONS" INTERACTIVE PLAY AND STORY TIME TO GET TO KNOW YOUR DRAGONS AND TAME THEM Amy Lambert, LCSW; Rachel Rose, LMFT	URGE SURFING AND RIDING THE WAVE Thien-An Le, PhD; Luke Collier, PsyD Cali Werner, LCSW	MR. POTATO HEAD AND OCD?: EXPLORING THE MANY DISGUISES OF OCD Nancy Larsen, LCSW; Allyson Guilbert, LCSW Danica Smith, ACMHC Lars Eggertsen, PhD, LCSW		
4:00PM-5:30PM	PASS GO AND COLLECT \$200! Nicole D'Adamo, LCSW-C Emily Hoppe, PMHNP-BC	TRUTH OR DARE: OCD EDITION Ashley Bramhall, AMFT; Jennifer Lynch, PsyD Karolina Jaremkiewicz, MA	LIVING A LIFE WORTH LIVING: IDENTIFYING VALUES AND VALUES-ORIENTED GOALS IN THE CONTEXT OF OCD Seth Downing, MA; Andrea Guastello, PhD Ashley Ordway, LMHC; Tannaz Mirhosseini, MS Ryan McCarty, MS		
	SATURDAY				
8:00AM-9:30AM	STORY TIME: TRAVELING ROSE Brian Wray	WELCOME TO MY WORLD Nicole D'Adamo, LCSW-C Emily Hoppe, PMHNP-BC	SPINNING THE WHEEL ON OCD: AN INTERACTIVE ERP GROUP FOR TEENS Devika Basu, PhD; Gilly Kahn, PhD Megan Faye, PsyD		
9:45AM-11:15AM	HOW TO S.T.E.PUP WHEN ACCOMMODATIONS GO DOWN Catherine Worthington, PsyD Josh Spitalnick, PhD	OPENING UP: STRATEGIES FOR MIDDLE SCHOOLERS WITH OCD TO COMMUNICATE EFFECTIVELY WITH THEIR FAMILIES Diane Prost, LPC Brian Prost	BUILDING AND BONDING WITH YOUR FAMILY WHEN OCD IS PRESENT Toby Kinberg; Simon Kinberg Jenny Yip, PsyD		
12:30PM-2:00PM	OCD AND ME: MONSTER MASH Katrina Scarimbolo, MA	HOW TO MAKE A PB&J SANDWICH AND OTHER FLEXIBILITY TOOLS FOR GETTING UNSTUCK FOR MIDDLE SCHOOLERS! Emily Hemendinger, LCSW, MPH Stephanie Lehto, PsyD; Anna Korbel, LCSW, MEd	DEALING WITH THE HATERS (AND THE PEOPLE WHO DO WANT TO HELP): WHAT I WISH PEOPLE KNEW ABOUT OCD Nathan Siegel		
2:15PM-3:45PM	FINDING POWER IN YOUR STORY Zachary Snyder, LMHC	BREAKING THE SILENCE: A FAMILY AND YOUTH FORUM FOR EFFECTIVE COMMUNICATION IN OCD Diane Prost, LPC; Brian Prost	LETTING GO AND BECOMING INDEPENDENT: PARALLEL TRANSITIONS FOR PARENTS AND HIGH SCHOOLERS Melissa Fasteau, PsyD; Ginny Fullerton, PhD Ivy Ruths, PhD; Wes Clayton, LCSW Christen Sistrunk, LPC-S		
4:15PM-5:45PM	SUPERHERO THERAPY: SUPERHEROS, COMICBOOK CHARACTERS, AND OTHER FICTIONAL FRIENDS CAN HELP WITH OCD Adam Reid, PhD; Lauren Richman, LICSW, CCC-SLP; Angela Bello; Christina Gugino , LMHC TBD				
SUNDAY					
8:00AM-9:30AM	DISGUSTING! LET'S LEARN ABOUT FEELING DISGUST IN OCD Jason David; Amanda Jones; Blair Sass Megan Neelly; Emma Kelley-Bell, MSW	DRAWING OCD TO A CLOSE - USING ART TO HELP YOU ON YOUR OCD JOURNEY Skye Hutchins Melissa Garzón, MD, MPH	WHEN WORDS AREN'T ENOUGH: EXPLORING YOUR OCD EXPERIENCE THROUGH ART Danica Smith, ACMHC; Nancy Larsen, LCSW Lars Eggersten, PhD, LCSW		
9:45AM-11:15AM	LIFE IN THE DRIVER'S SEAT Nicole D'Adamo, LCSW-C Emily Hoppe, PMHNP-BC	DUNGEONS AND DRAGONS CHARACTER CREATION WORKSHOP Natalia Aniela, LPC; Lacey Pacheco, LPCC Matthew Williams, PhD	SCRIPTING WORKSHOP FOR TEENS: USING SCRIPTS FOR MOTIVATION AND EXPOSURE Allison Solomon, PsyD Nathan Peterson, LCSW		
11:30AM-1:00PM	GOAL SETTING/WRAP UP TBD	TAKING THE CONFERENCE HOME AND CHANGING YOUR FUTURE Mary Kathleen Norris, LPC Mary Lexie Low, PsyD	WE ARE IN THIS TOGETHER: CLOSING SUPPORT GROUP FOR HIGH SCHOOLERS WITH OCD Tejal Jakatdar, PhD Emma Kelley-Bell, MSW		

For Professionals

Sponsors

CONTINUING EDUCATION INFORMATION

Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and The International OCD Foundation. Amedco LLC is jointly accredited by the Accreditation Council



for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Amedco Joint Accreditation #4008163.

Physicians (ACCME) Credit Designation

Amedco LLC designates this live activity for a maximum of **18.25** AMA PRA Category 1 CreditsTM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers (ASWB) Credit Designation



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social Workers completing this course receive **18.25** GENERAL continuing education credits.

The following state boards accept courses offering ASWB ACE credit for Social Workers: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV*, WY

*OK: Accepts ASWB ACE for live, in-person

activities but not for ethics and/or online courses.

*WV: Accepts ASWB ACE unless activity is held live

in West Virginia.

The following state boards accept courses offering ASWB ACE credit for Counselors: AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK*, OR, PA, TN, TX, UT. VA. WI. WY

AL: Activities without NBCC approval may be approved upon receipt of documentation prior

to the activity BEFORE the event. No approvals afterward by the board.

MI: No CE requirement

The following state boards accept courses offering ASWB ACE credit for MFTs: AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK*, OR, PA, RI, TN, TX, UT, VA, WI, WY

AL MFTs: Credits authorized by NBCC or any other state licensing agency will be accepted.

MA MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

MI: No CE requirement.

The following state boards accept ASWB ACE credit for Addictions Professionals: AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

AMERICAN

Psychologists (APA) Credit Designation

The IOCDF is approved by the American
Psychological Association to sponsor continuing education for psychologists. IOCDF maintains responsibility for this program and its content. The course meets the qualifications for **18.25** CE credits for psychologists.

Certified Counselors (NBCC)

International OCD Foundation has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6821. Programs that do not qualify for NBCC credit are clearly identified.

This program is approved for **18.25** Clock Hours.

International OCD Foundation is solely responsible for all aspects of the programs.

Check whether your state qualifies for CE credit at **iocdf.org/SFCE**

Visit **iocdf.org/SFCE** for more information. For questions about continuing education credit for psychologists, physicians, nurses, counselors, and social workers, please call (617) 973-5801 or email **conference@iocdf.org**.

The Annual OCD Conference is made possible by the generous support of our sponsors:

Title



NEUROBEHAVIORAL INSTITUTE





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Registration Info

We offer competitive registration rates for adults, youth, and mental health professionals. Discounts are available for those who register before the Early Bird Deadline on May 30, 2023 as well as for families of four or more living in the same household!

Visit **iocdf.org/ocdcon23** to register today!

Early Bird Rates (Until 5/30/23)	Full Conference	1-Day Conference
Adult Individual/Supporter	\$270	\$170
Therapist/Clinician (CE)	\$620	\$378
Researcher/Professional (Non-CE)	\$270	\$170
Pre-licensed Trainee	\$270	\$170
Child Individual/Supporter	\$185	\$115

Standard Rates (Starting 5/31/23)	Full Conference	1-Day Conference
Adult Individual/Supporter	\$295	\$195
Therapist/Clinician (CE)	\$670	\$430
Researcher/Professional (Non-CE)	\$295	\$195
Pre-licensed Trainee	\$295	\$195
Child Individual/Supporter	\$210	\$130

Registration Types

Full Conference

Includes all educational sessions, support groups, and evening activities Friday–Sunday, and pre-Conference events on Thursday evening.

1-Day Friday

Includes sessions all day Friday and pre-Conference events on Thursday.

1-Day Saturday

Includes sessions all day Saturday and Sunday morning.

Family of Four+ Discount

Families of four or more who live in the same household are eligible for a 15% family discount. To access the 15% discount code, call the IOCDF at (617) 973-5801 or email **conference@iocdf.org**.

Early Bird Rate

A special Early Bird Registration rate is available to those who register for the Conference by Tuesday, May 30 at 11:59pm PT. After this, rates will increase to the "Standard Rate."

Registration Policies

Registration for Children, Spouses, & Families: Each family member who plans to attend the Conference must register for the event, including spouses and all children ages 6–17. All registered youth under the age of 18 must be accompanied by a registered parent or guardian over the age of 18. Children 5 and under may attend for free. Parent/guardian chaperones must provide contact information for youth registrants upon check-in.

Continuing Education (CE/CME): All professionals who wish to receive continuing education (CE/CME) credits must register at the Clinician/ Therapist level (with or without the IOCDF Professional Member discount) and submit license information at the time of registration.

Please note: Only IOCDF Professional Members are eligible to register at the Clinician/Therapist rate with the 15% off discount code (no exceptions). Family members of IOCDF Professional Members who are also professionals and wish to receive CE/CMEs must have their own IOCDF Professional Membership and register at the Clinician/Therapist rate with the discount code.

Cancellations/Refund Policy: All cancellations prior to May 15, 2023 will receive a full refund. Refunds requested after May 15, 2023, but before June 15, 2023, will be charged a \$50.00 USD Cancelation Fee. Cancellations after June 15, 2023 will not be refunded. All registration cancellations must be made in writing by emailing **conference@iocdf.org**. Should the conference be cancelled by the IOCDF due to public health concerns, full refunds will be provided to all registrants.

IOCDF PO Box 961029 Boston, MA 02196

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