



PROGRAM GUIDE

JULY 7–9



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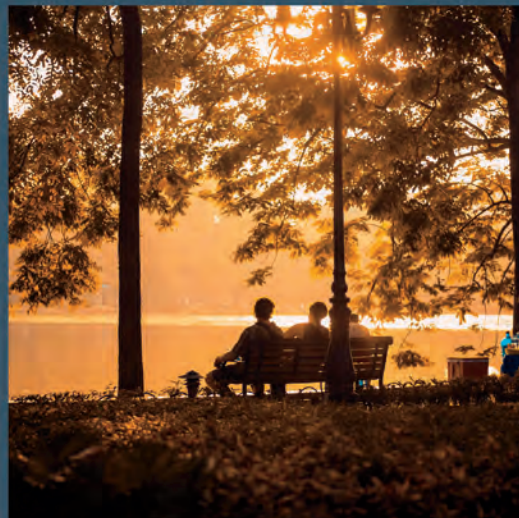
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Welcome to the 28TH Annual OCD Conference

Hello Conference Attendees!

We are thrilled to welcome you to San Francisco for the 28th Annual OCD Conference. This is the largest gathering dedicated to OCD and related disorders in the world, and we are honored to have you be a part of it.

One of the things that stands out most to me about our Annual OCD Conference is the fellowship that is created every year. Everywhere you turn people are making connections and friendships at all ages. We encourage you to get out there and network with your OCD family. Trust me: If you introduce yourself to a neighboring seatmate, you'll be pleasantly surprised by the warmth and welcome with which you'll be greeted.

More than any other gathering in the world, this Conference offers invaluable opportunities to forge connections with others who truly understand your OCD experience. Whether you are someone with lived experience, a loved one supporting someone impacted by OCD, or a professional who works in the field, there are endless connections to be made. Together, as a community, we provide help, healing and hope to each and every one of us.

Our amazing staff is at the IOCDF booth in the Exhibit Hall this week to provide you with assistance and we encourage you to get to know them. They are mission-driven, compassionate individuals who are committed to helping you make the most out of your Conference experience. And they are friendly — go meet them!

The staff and board worked tirelessly this year to evaluate the Conference proposals and bring you the strongest possible programming. In fact, this year's programming is the result of our most robust application period ever with over 600 submissions!

There's so much to do at this year's Annual OCD Conference; some sessions I'm personally excited to include:

- **My Teen Has OCD: A Support Group for Parents**

One of the many support groups that will be running throughout the week, this one has special focus on parents of teens with OCD. Led by Laura Yocum, LMFT and Elena Fasan, LCSW, this support group provides a space in which parents may offer one another empathy, shared understanding, advice, and wisdom gained from experience.

- **Pre-Conference Preparation: Motivating Yourself to Take the "Risk" of ERP**

In this interactive workshop, attendees will learn about the nuts and bolts of exposure and response prevention, the first-line treatment for OCD. There will be plenty of opportunities to practice exposures throughout the conference, for those who might be interested!

- **The Courage Zone: A fun approach for kids and families to practice embracing uncertainty**

The programming for kids and their families holds a special place in my heart. The Courage Zone is all about helping kids and families get out of their comfort zone, to welcome uncertainty and to learn to tolerate the uncomfortable. And it is fun!

I wish I could highlight each individual piece of programming we have scheduled for you. There really is no shortage of outstanding content at this year's Conference. We hope that you enjoy every moment of it.

Thank you for being a part of this historic event. By showing up and participating, your courage demonstrates to those suffering from OCD and related disorders that they are not alone. We are grateful to you for carrying that important message!

I personally hope to have the opportunity to meet you at the Conference this week as together we continue to build this vital community.

All the best,



Susan Boaz
President, Board of Directors, and
mom of a Young Adult
International OCD Foundation



World-Class Treatment for a Worldwide Need

Our programs deliver evidence-based treatment for adults and children with obsessive compulsive disorder, OCD-related disorders, and anxiety.

Partial Hospital Program/ Day Program (PHP)*

Work with your individualized treatment team in our day program that operates 5 days per week.

Residential Program*

Receive a tailored treatment plan in our independent living environment

**For adults ages 18+*

You don't have to live alone with anxiety or OCD-related disorders.
We're here to help.



OCDITexas.com

Images: OCD Institute | Texas headquarters, veranda, gourmet kitchen, and bedroom suite.



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We are a passionate group of dedicated individuals who come to work each day with a commitment to making a difference in the lives of individuals with OCD.

We are a proud sponsor of
the IOCDF Conference.

Visit our booth in the exhibit hall.



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Conference Mobile App



Download the FREE mobile app for the 28th Annual OCD Conference to have all Conference information in the palm of your hand. The app allows you to create a personal schedule of sessions you're planning to attend and sends push notifications to ensure you don't miss a thing!!





Mission Statement

The mission of the IOCDF is to ensure that no one affected by OCD and related disorders suffers alone. Our community provides help, healing, and hope.

Our vision is that everyone impacted by OCD and related disorders has immediate access to effective treatment and support.

The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research.

Supporting the IOCDF

As a 501(c)(3) public charity, the IOCDF relies on the generosity of individual donors to fulfill our mission. Below are some ways you can support our work to help people with OCD and related disorders:

- **Annual Fund | iocdf.org/donate**
Supports programs that educate, raise awareness, and improve access to resources.
- **Research Grant Fund | iocdf.org/donate-research**
Supports researchers who study OCD and related disorders to better understand causes and improve treatment outcomes.
- **Conference Scholarship Fund | iocdf.org/conference-scholarship-fund**
Provides financial support to people who would otherwise be unable to attend the Annual OCD Conference.
- **Behavior Therapy Training Institute (BTI) Scholarship Fund | iocdf.org/btti-scholarship-fund**
Provides scholarships for therapists to attend in-depth, three-day intensive training courses on effective OCD treatment.

Make your donation online, over the phone by calling (617) 973-5801 (Monday–Friday, 9am–5pm ET), or send a check to: IOCDF, P.O. Box 961029, Boston, MA 02196.

IOCDF Board of Directors

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Specialist
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Operations Specialist
Molly Nylen
Development Coordinator

How We Help

Thanks to the patronage and generosity of our donors, the IOCDF is able to provide support, education, and resources for those affected by OCD and related disorders, as well as for the professionals who treat them.

Promoting Awareness & Advocacy

One Million Steps for OCD Walk | iocdf.org/walk

An annual grassroots event that brings together the OCD and related disorders community to challenge stigma, raise funds, and create awareness about what it really means to have obsessive compulsive disorder. The OCD Walk was first held in Boston in 2013 and presently takes place in more than 30 communities across America, thanks to our nationwide IOCDF Affiliates.

Annual OCD Conference | iocdf.org/ocdcon

The largest international in-person event focused on OCD and related disorders. #OCDCon brings together individuals with lived experience, their loved ones, mental health professionals, and researchers to nurture community, empower those impacted by OCD, and provide education about the latest treatments and findings.

Online Conference Series | iocdf.org/conferences

The IOCDF hosts several virtual conferences throughout the year, including an Online OCD Camp for youth and families, Conferencia de TOC Online for Spanish-speaking community members, and events for faith and hoarding disorder communities.

OCD Awareness Week | iocdf.org/ocdweek

This special week exists to spread knowledge about #RealOCD and reduce stigma associated with obsessive compulsive and related disorders. Each year during the 2nd full week in October, the IOCDF and our Advocates provide a number of ways to get involved — from special events and community activities, to livestreams and more.

Public Policy Advocacy Program | iocdf.org/public-policy

Connects our community to policy makers in Washington and beyond, with the goal of making our voices heard when important decisions are made. We offer the IOCDF Action Center where members of our community can contact their elected representation directly about legislation of key interest to the OCD and related disorders community.

IOCDF Advocate Program | iocdf.org/advocates

The IOCDF Advocate Program is a volunteer grassroots effort designed to empower those in the community to raise awareness and educate the public about OCD and related disorders. Led by National Advocates Ethan Smith and Dr. Liz McIngvale, the IOCDF Advocates lead the community in various advocacy projects, such as our OCD Awareness Week initiatives, awareness-raising PSAs, inspirational social media content, and much more.

Providing Resources & Support

IOCDF Resource Directory | iocdf.org/find-help

A free international, comprehensive database of treatment providers, clinics, and programs specializing in OCD and related disorders, searchable by location for in-person therapy as well as by state for teletherapy options. The directory also includes OCD support groups for individuals and family members.

Peace of Mind Virtual Community | iocdf.org/peaceofmind

Weekly virtual livestream programming covering a variety of OCD and related disorders topics, hosted by our very own IOCDF Advocates. Connect with community members the world over; learn more about OCD subtypes, treatment, and research; and ask questions of expert providers.

IOCDF Affiliates | iocdf.org/affiliates

Our 30 nationwide Affiliates carry out the mission of the IOCDF at the state level. IOCDF Affiliates hold conferences, participate in the OCD Walk, organize community meetups, and more! Visit the IOCDF website to find your local Affiliate or learn how to start an Affiliate in your area.

OCD Newsletter | iocdf.org/newsletter

A quarterly newsletter that includes personal stories from the community as well as articles about the latest OCD therapy, research, and resources.

IOCDF Websites | iocdf.org

Receiving more than 2 million visits each year, the IOCDF main website is packed with expanded and updated information about OCD and related disorders. The IOCDF also maintains a suite of specialty websites:

- **OCDinKids.org** – For parents and children, and the mental health and medical professionals who treat pediatric OCD.
- **HelpForHoarding.org** – For individuals and families impacted by hoarding disorder (HD), the mental health professionals who treat HD, and first responders.
- **HelpForBDD.org** – For teens, young adults, adults, and family members impacted by body dysmorphic disorder (BDD), and mental health professionals who treat BDD.
- **AnxietyintheClassroom.org** – For school personnel, students, and families dealing with anxiety and/or OCD in an education setting.
- **AnxietyinAthletes.org** – For team staff, athletes, and families dealing with anxiety and/or OCD in sports and athletics.

Improving Education & Treatment

IOCDF Training Institute | iocdf.org/training

On average, it can take 14 to 17 years from the onset of symptoms for an individual to be diagnosed with OCD. We are committed to training more clinicians to effectively diagnose and treat OCD to close this gap. Our Training Institute includes professional training opportunities, including our flagship Behavior Therapy Training Institute (BTI), Pediatric BTI, case consultation groups, and destination CE/CME opportunities.

IOCDF Research Grant Program |

iocdf.org/research-grant-program

Thanks to the generosity of donors, we have awarded more than \$10.6 million in grant funding to scientists investigating the causes and treatment of OCD and related disorders.

IOCDF Pediatrician Partnership Program |

iocdf.org/pediatric-outreach-program

Provides pediatricians with up-to-date knowledge to diagnose pediatric OCD and PANDAS/PANS, and to connect families with effective treatment. This is a companion outreach program to our Pediatric Behavior Therapy Training Institute (BTI) for mental health professionals.

About the Annual OCD Conference



The IOCDF's Annual OCD Conference is a unique event that gives experts, professionals, and the general community the chance to connect, learn, and empower each other. Attendees range from adults with OCD, children and teens with OCD, and their families and friends, to professionals who treat and researchers who investigate OCD. This inclusive attendee population makes for a uniquely supportive and dynamic experience, while making it challenging to develop one program or workshop that will address all of these groups at the same time. As a result, presentations are organized by track and difficulty level.

Tracks

We have asked our presenters to target each of their presentations to a particular audience, though all talks remain open to all attendees. It is our hope that the information presented in these "targeted" talks will be more helpful and better tailored to the audience. These targeted audiences include:

- Individuals with OCD
- Parents and family members
- Elementary, Middle, & High Schoolers
- Young adults (ages 18–30)
- Therapists (including pre-licensed trainees and students)
- Researchers (including student/trainee researchers)

There is also an "Everyone" track for presentations that may not fit into the above categories.

Difficulty Level

While all presentations are open to all attendees, the presentations are sorted into two difficulty levels to help better describe the material being presented: Introductory and Advanced. Speakers used the following guidelines to design their presentations:

- **Introductory:** A presentation intended for those who are new to the diagnosis and treatment of OCD and related disorders. Appropriate topics include defining commonly used terms, reviewing diagnostic criteria, and a general introduction and overview of the topic.
- **Advanced:** A presentation intended for attendees who are very experienced and knowledgeable about OCD and related disorders, their treatment, and relevant research. These talks usually include new treatment strategies, a clinical roundtable for treatment challenges, and/or strategies for working with comorbid diagnoses (in other words, an advanced talk should not include a review of diagnostic criteria or a description of first-line treatments).

Updated Tracks

Over the past few years, we have also introduced other specialized programming and presentation series. Again, the hope is that we are able to address the particular needs of some of our Conference attendees. Some highlights for 2023 include:

- **A day for each related disorder:** We are excited to offer a day of programming for each of the OCD-related disorders - Body Dysmorphic Disorder (BDD) on Friday, Hoarding Disorder (HD) on Saturday, and the Body-Focused Repetitive Behaviors (BFRBs) on Sunday.
- **A facelift for translational science:** This year, you'll notice a "new" track called "Emerging Trends: New Directions." This track is the 2023 version of what we used to call "Research to Clinical Practice," and will highlight cutting-edge knowledge and up-and-coming interventions for the OCD and related disorders community.

28TH Annual OCD Conference Planning Committee

The Annual OCD Conference program is created as a partnership between IOCDF staff and a Conference Planning Committee (CPC) that is made up of diverse stakeholders within the OCD community (individuals, family members, therapists, researchers, etc.). Together, the IOCDF and the CPC

review every submission and work together to set the final Conference programming. The CPC is organized into several subcommittees that map on to the Conference tracks and special topic series, with each subcommittee composed of the leaders and experts in the OCD community.

Body Dysmorphic Disorder

Denis Asselin
Scott Granet, LCSW
Kathy Phillips, MD
Robyn Stern, LCSW
Chris Trondsen, LMFT

Katy Marciniak
Krista Reed, LCSW
Darcy Howell
Elizabeth McIngvale, PhD
Jenna Overbaugh, LPC
Marni Jacob, PhD

Rachel Tombaugh, LPC
Ben Tucker, LPCC, BCBA
Belinda Seiger, PhD
Kelli Smith, LPC
Michael Heady, LCPC

Body-Focused Repetitive Behaviors

Fred Penzel, PhD
Suzanne Mouton-Odum, PhD
Stacy Shaw Welch, PhD
Charley Mansueto, PhD

Parents & Families

Micah Howe
Lori Shah
Jason Niosi
Carrie Smalley
Kim Vincenty

Young Adults

Kyle King
Ezra Homonoff
Sam Faden
Meg Dailey
Victoria Lane

Hoarding Disorder

Carolyn Rodriguez, MD, PhD
Christiana Bratiotis, PhD, MSW
Jordana Muroff, PhD, LICSW
Kiara Timpano, PhD
Karen Rowa, PhD
Anne Pegano, LCSW
Lee Shuer
Bec Belofsky

Emerging Trends: New Directions

Uma Chatterjee, MS, MHPS
Michael Wheaton, PhD
Eric Storch, PhD
Kim Rockwell-Evans, PhD

Youth Programming

Denise Egan Stack, LMHC
Susan Boaz
Lisa Coyne, PhD
Madeline Conover, LMHC, REAT
Meghan Cleary
Kyle King
Darcy Howell
Caroline Kalen
Chris Baier
Amanda Petrik-Gardner
Natasha Daniels, LCSW
Kat Rossi, MA

Living with OCD & Everyone

Adira Weixlmann
Maya Tadross
Valerie Andrews
Caitlin Claggett Woods, PhD

Therapists

Leslie Arturi, LMSW
Shmuel Fischler, LCSW-C
Michelle Matzke, PsyD
Rindee Ashcraft, PhD
Alnardo Martinez, LMHC
Kevin Caridad, PhD, LCSW
Marla Deibler, PsyD

IOCDF Research Symposium Planning Committee

Co-Chair: Christopher Pittenger, MD, PhD

*Associate Professor of Psychiatry, Yale University;
Director, Yale OCD Research Clinic; Scientific and Clinical
Advisory Board Member, International OCD Foundation*

Co-Chair: Emily Stern, PhD

*Associate Professor of Psychiatry, New York University
Grossman School of Medicine*

Bunmi Olatunji, PhD

*Professor of Psychology, Associate Professor of Psychiatry,
Director of Clinical Training, Vanderbilt University;
Scientific and Clinical Advisory Board Member,
International OCD Foundation*

Brad Riemann, PhD

*Scientific and Clinical Advisory Board Member,
International OCD Foundation
Sanjaya Saxena MD, DFAPA, FACNP
Psychiatrist, Rogers Behavioral Health-San Diego;
Clinical Professor, University of California, San Diego
Department of Psychiatry; Scientific and Clinical
Advisory Board Member, International OCD Foundation*

H. Blair Simpson, MD, PhD

*Director of the Anxiety Disorders Clinic, New York
Psychiatric Institute; Director of the Center for Obsessive
Compulsive and Related Disorders, and Professor of
Psychiatry, Columbia University; Scientific and Clinical
Advisory Board, International OCD Foundation*

Eric A. Storch, PhD

*Professor and Vice Chair of Psychiatry and Behavioral
Sciences, Vice Chair and Head of Psychology, Baylor
College of Medicine; Scientific and Clinical Advisory
Board Member, International OCD Foundation*

Kiara Timpano, PhD

*Professor and Director of Adult Division, Department
of Psychology, Director of the Program for Anxiety,
Stress, and OCD (PASO), University of Miami;
Scientific and Clinical Advisory Board Member,
International OCD Foundation*

Continuing Education

Professionals who register for and attend the Conference at the **Clinician/Therapist Level** will be eligible to receive 19.75 CE credits. Continuing education credits are offered for approved sessions denoted as "CE Eligible Sessions". Each session is worth 1.5 Continuing Education Credits. Registrants must attend each session in full to receive credit and must sign in and out at the continuing education desk each day. Psychologists must check in and out of each session.

Learning objectives can also be viewed at iocdf.org/SFCE

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 19.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

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 **19.75** GENERAL continuing education credits.



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

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 up to **19.75 CE** credits for psychologists.

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

Counselors/LMFTS (NBCC) Credit Designation



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.

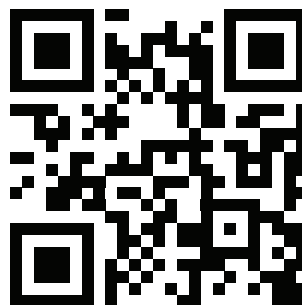
This program is approved for up to 19.75 Clock Hours.

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 (CE) credit for psychologists, physicians, nurses, counselors, and social workers, please email conference@iocdf.org.



Scan for all CE details

Thank you to everyone who participated in an OCD Walk this June!

The fundraising period is still open so make sure to support your local IOCDF Affiliate to help them reach their goal.

More OCD Walks are taking place in October and registration is OPEN NOW! Find an OCD Walk near you and register today. Together we're embracing uncertainty, one step at a time!

Thank You to Our Sponsors!

Marquee Sponsor

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iocdf.org/walk

Conference Sponsors

Sponsors help underwrite the cost of the Annual OCD Conference, enabling us to provide the best programming and events at an affordable price. Make sure to stop by our sponsor's exhibit booths in Yerba Buena Salon 7 on the Lower B2 Level of the Conference Center (see page 13 for booth numbers).

Title Sponsor



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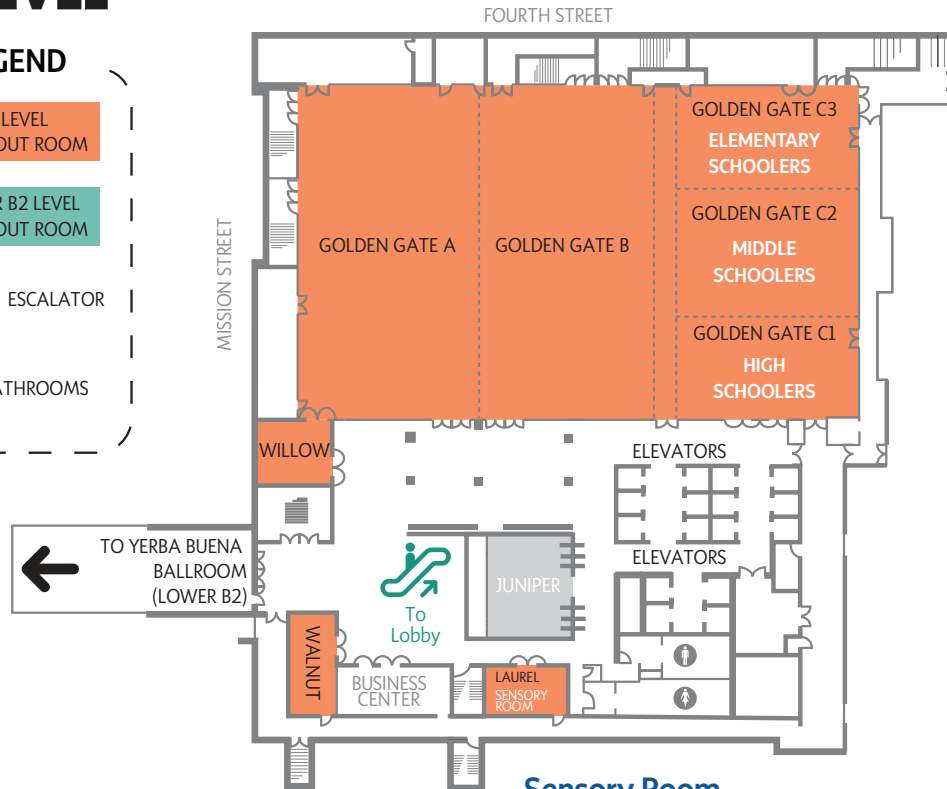
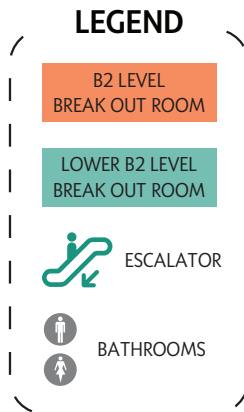


Bronze



Conference Hotel Map

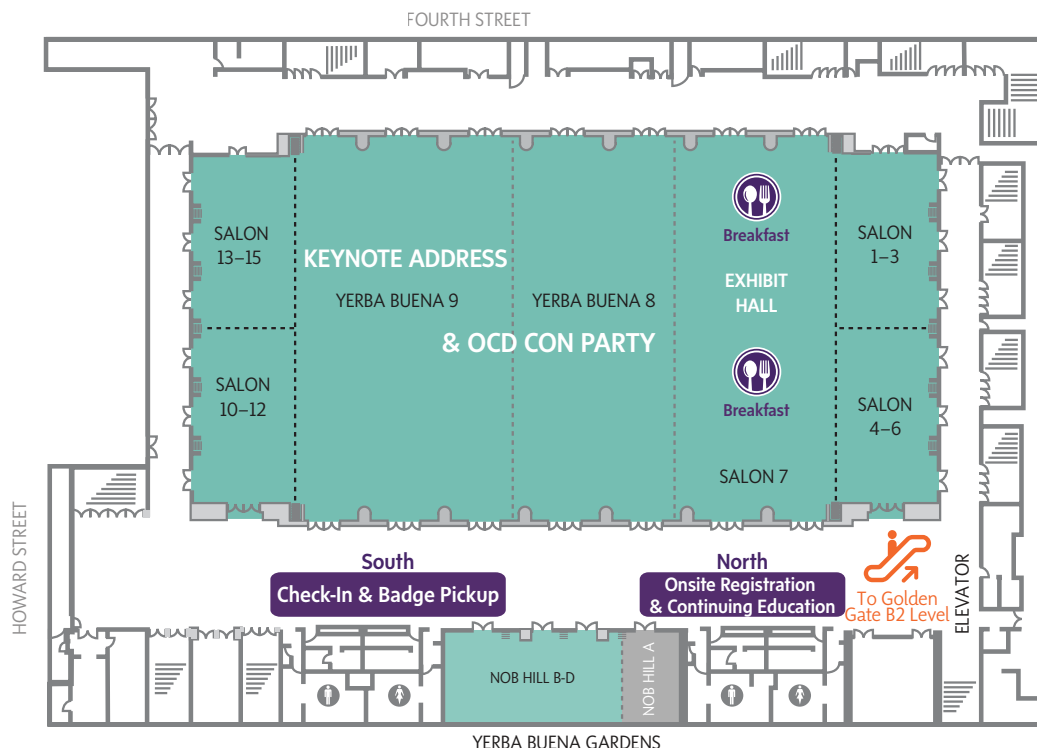
B2 LEVEL



Sensory Room

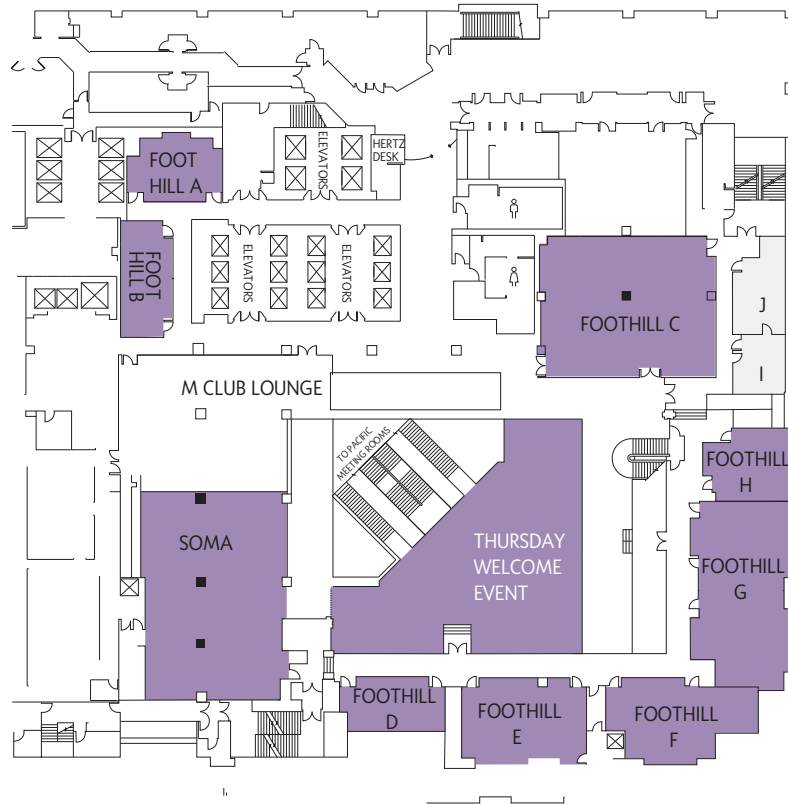
NEW IN 2023! Based on feedback from our neurodivergent attendees and in partnership with our OCD & Autism SIG, we are excited to offer a Sensory Room. This resource is available for attendees to access throughout the weekend to find calm and relax in a sensory-friendly environment.

LOWER B2 LEVEL

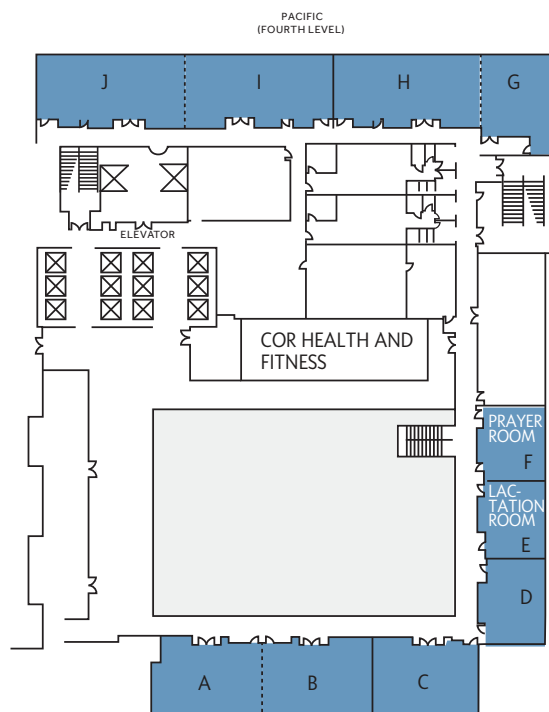


Conference Hotel Map

FOOTHILL MEETING ROOMS



PACIFIC CONFERENCE SUITES



Prayer Room and Lactation Room

The IOCDF has a prayer room and breastfeeding room set aside for the privacy of our attendees. Please see an IOCDF staff member at the registration desk Yerba Buena Grand Assembly during registration hours in order to gain access.

IOCDF Information & Welcome Booth

Stuck in your Room? Let the Annual OCD Conference Room Brigade Help

You've made it to the Conference. It may have been really hard for you to get here, but you made it. What happens if you get triggered and your OCD symptoms rear their ugly head, making it difficult for you to leave your room?

If you find yourself stuck in your hotel room, or if you are the friend or family member of someone stuck, contact the Room Brigade at **(617) 910-0623** and leave a voicemail with your name, contact

number, and hotel room number. The Room Brigade will respond to all voicemails within 2 hours of receipt. These volunteers will talk on the phone, stand outside a hotel room door, or come into your room (all volunteers will be in pairs with a male and female) — whatever works best for you in your goal to get out of your room and into the Conference. You've already made it here, now let us help you get the most out of your Conference experience.

PLEASE NOTE: The Room Brigade is not a crisis hotline or an emergency service. The assistance provided by the Room Brigade is intended to be supportive only, and is not considered to be therapeutic. **If you are in crisis or are worried you might hurt yourself or someone else, please call the National Suicide Prevention Lifeline at 988.**

IOCDF Information Booth

Exhibit Hall, Salon 7, Lower B2

This is the place for new and returning attendees to find out how to deepen engagement with the IOCDF, get more information on our programs, and pick up swag! Swing by to say "hello" to IOCDF Staff and grab info about:

- How to best navigate the Conference
- How to get more involved in future Conferences (e.g., become a volunteer, submit a proposal to be a speaker next year!)
- Becoming an a Grassroots Advocate
- How to get involved in fundraising for the IOCDF, including the One Million Steps for OCD Walk
- Training Institute opportunities for therapists/clinicians
- Anxiety in the Classroom
- How to submit OCD Newsletter and/or blog contributions
- How to make a video for us to post on one of our websites
- Our Research Grant program



Virtual Conference Bookstore

We've gone green! To decrease our carbon footprint, the Annual OCD Conference Bookstore can now be found online at **iocdf.org/conferencebookstore** or by scanning the QR code to the right. The new Virtual Conference

Bookstore allows you to purchase books written by our amazing presenters and workshop facilitators — all while giving back to the IOCDF! A portion of your purchase will be returned to the IOCDF through the Amazon Associates Program.



Exhibit Hall

Our exhibitors help to make the Annual OCD Conference possible year over year. They range from treatment facilities, to research institutions, to fellow independent charity organizations — and they are all looking to help connect the Conference population to the various services and resources they have to offer the OCD and related disorders community.

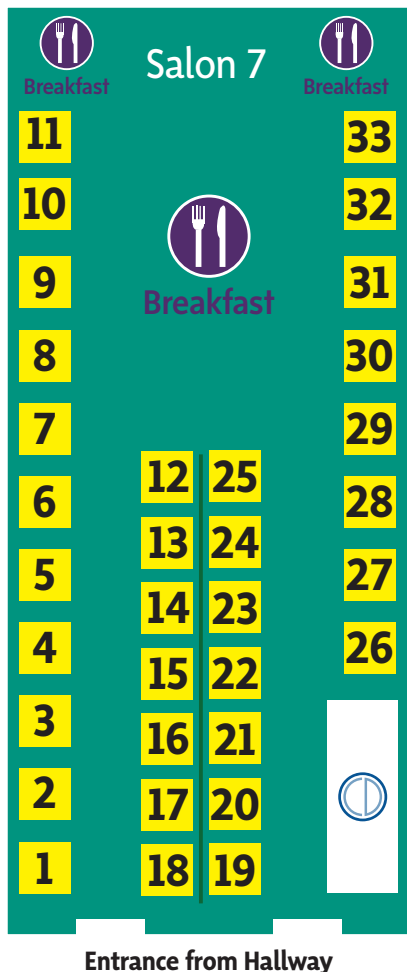


Exhibit Hall Hours

Friday, July 7

7:00am–5:30pm

Saturday, July 8

7:00am–7:00pm

Sunday, July 9

7:00am–11:30am

The Exhibit Hall is where **breakfast** will take place all three days of the Conference!

The Exhibit Hall is also the venue for the **Researcher and Exhibitor Meet & Greet** taking place immediately following the Awards Presentation & Keynote Address on Saturday, July 8 from 5:30pm–7:00pm. This event will not only allow for networking with all our exhibiting organizations, but is an opportunity for attendees to meet the leaders in OCD and related disorders research and learn about the most recent findings presented by their displayed research posters. See page 54 for more information.



Exhibitors & Booth Numbers (see descriptions on pages 14-17)

1	Anxiety Institute	17	Hopewell
2	Sheppard Pratt	18	NOCD
3	Monte Nido and Affiliates	19	Neurobehavioral Institute (NBI)
4	CBTeam	20	OCD Institute Texas
5	JACK Mental Health Advocacy	21	NW Anxiety Institute
6	Child Mind Institute	22	University of California, San Francisco
7	Kairos Wellness Collective	23	Sweetbay Travel Concierge
8	The OCD and Anxiety Treatment Center	24	University of Florida Department of Psychiatry
9	Cascade Academy	25	Biohaven
10	Anxiety Experts	26	Special Interest Groups (SIGs) (next to IOCDF)
11	Lindner Center of HOPE	27	Not Alone Notes
12	McLean OCD Institute	28	OC Anxiety Center
13	Tourette Association of America	29	PANDAS Physicians Network
14	Renewed Freedom Center	30	the OCDopus
15	Defeat Bully Brain	31	Rogers Behavioral Health
16	Better Living Center for Behavioral Health	32&33	Forge Study - Baylor College of Medicine

Exhibitors

Title Sponsor

NEUROBEHAVIORAL INSTITUTE
(NBI) (BOOTH 19)

2233 N Commerce Pkwy
Ste 3

Weston, FL 33326

(954) 217-1757

info@nbweston.com

nbweston.com

Neurobehavioral Institute (NBI) specializes in intensive programs for complex OCD and anxiety-related disorders, across all age groups. While in treatment, those 18+ who need extra structure and support to make progress may elect to reside at NBI Ranch, our supportive living setting in Southwest Ranches, FL. NBI's comprehensive services include a step-down program, parent training, neuropsychological testing, executive function training, psychiatric liaison and nutritional guidance. Most treatment is directly provided by doctoral level clinicians. NBI is also a postdoctoral training center, accredited by APPIC. Evidence-supported treatment is conducted in English, Spanish or Portuguese. In South Florida, NBI has offices in Weston and Coral Gables. Services are also available in New York City and Rio de Janeiro, Brazil.



Platinum Sponsors

MCLEAN OCD INSTITUTE
(BOOTH 12)

115 Mill St

Belmont, MA 2478

(877) 203-3232

ocdiadmissions@partners.org

mcleanhospital.org/ocdi

McLean Hospital offers exceptional care for children and adults who are living with OCD and anxiety-related disorders. A top rated hospital by U.S. News and World Report, care at McLean OCD Institute is provided using compassionate, evidence-based treatment methods through residential, day treatment and intensive outpatient levels of care.



ROGERS BEHAVIORAL HEALTH
(BOOTH 31)

34700 Valley Rd

Oconomowoc, WI 53066

(800) 767-4411

info@rogersbh.org

rogersbh.org

Rogers Behavioral Health is a nationally recognized, not-for-profit provider of evidence-based treatment for children, teens, and adults with OCD and anxiety, addiction, depression, other mood disorders, eating disorders, trauma, and PTSD. Backed by 115 years of experience, Rogers is leading the way on measurement-based care and use of clinical outcomes.



Diamond Sponsors

BIOHAVEN PHARMACEUTICALS
(BOOTH 25)

215 Church St

New Haven, CT 6510

(203) 848-9497

deborah.price@biohavenpharma.com

ocdtrials.org

Biohaven is a clinical-stage pharmaceutical company based in New Haven, Connecticut. We are led by Dr. Vlad Coric, who was an OCD researcher and OCD treating physician at Yale University before joining the pharma industry and ultimately CEO of Biohaven. We are also a passionate group of dedicated individuals who come to work each day with a commitment to making a difference in the lives of patients.



OCD INSTITUTE OF TEXAS (BOOTH 20)

708 E 19th St

Houston, TX 77008

(713) 526-5055

info@houstonocd.org

ocditexas.com

The OCD Institute of Texas (OCDI TX) is a Residential, Partial Hospitalization (PHP) and outpatient program for Anxiety, OCD and OC related disorders. At the OCDI TX compassionate individualized evidence-based treatment is offered to each of our patients from a diverse team of dedicated specialists.



Gold Sponsors

ANXIETY INSTITUTE (BOOTH 1)

Greenwich, CT, Madison, NJ,

Palm Beach County, FL

Coming Soon to McLean, VA

(844) 881-1846

kbravo@anxietyinstitute.com

anxietyinstitute.com

Anxiety Institute's Intensive Day Program is designed for clients ages 13 through 25 who struggle with moderate to severe OCD, anxiety, and related disorders. Our integrative program includes two hours of evidence-based individual cognitive and behavioral work daily, complemented by two hours of group work - for expedited and enduring recovery.



NW ANXIETY INSTITUTE (BOOTH 21)

32 NE 11th Ave

Portland, OR 97232

(503) 542-7635

info@nwanxiety.com

nwanxiety.com

NW Anxiety Institute and NW Anxiety Pediatrics are specialty outpatient clinics located in the heart of Portland, Oregon. We specialize in bringing evidence-based treatments to life, creatively engaging with individuals of all ages to face and overcome their fears. We offer outpatient individual therapy, therapeutic groups, and intensive outpatient (IOP) treatment for children, teens and adults with OCD or anxiety.



Exhibitors

Silver Sponsors

NOCD (BOOTH 18)

225 N Michigan Ave, Ste 1430
Chicago, IL 60601
(312) 766-6780
care@nocdhelp.com
treatmyocd.com



NOCD's mission is to create a world where anyone can access effective OCD treatment. Through the NOCD platform, members can do live video sessions with a licensed therapist specialized in Exposure and Response Prevention (ERP), the gold standard treatment, and receive support between sessions through self-help tools and peer communities.

SHEPPARD PRATT (BOOTH 2)

6501 N. Charles St
Baltimore, MD 21204
(410) 938-5000
Kelli.Lillard@sheppardpratt.org
sheppardpratt.org



Sheppard Pratt offers robust programming for mental health, special education, co-occurring disorders, developmental disabilities and social services. We offer the full continuum of care including, but not limited to, inpatient hospitals, day programs, residential care, outpatient and in-home services, as well as several specialty services specifically for OCD and anxiety needs.

Bronze Sponsors

ANXIETY EXPERTS (BOOTH 10)

1482 EAST VALLEY ROAD, SUITE 17
MONTECITO, CA 93108
(805) 705-0614
info@andreakulberg.com
andreakulberg.com



Anxiety Experts has offices in Goleta, Montecito and Ventura, as well as virtual outpatient and Virtual Intensive Outpatient (VIOP) Treatment. Our team specializes in treating anxiety, OCD, and disordered eating. We proudly introduce the newest addition to our intensive treatment programs for disordered eating—our Athlete VIOP for California residents.

CBTEAM (BOOTH 4)

81 Hartwell Ave, Ste 310
Lexington, MA 02421
(617) 797-9387
info@cbteam.org
cbteam.org



CBTeam is a behavioral health clinic specializing in the treatment of OCD and anxiety disorders across the lifespan. We are a team of clinicians who unite around our shared passion for evidence-based treatment, compassionate care, and values-based living. Ask about our expanding services and hiring opportunities!

HOPEWELL (BOOTH 17)

9637 State Route 534
Middlefield, OH 44062
(440) 426-2000
admissions@hopewell.cc
hopewellcommunity.org



Hopewell is a clinically-based therapeutic community set on a working 325-acre farm treating adults diagnosed with OCD, and other mental illnesses. Evidence-based treatment practices and the holistic power of nature combine within a community atmosphere to heal residents and teach skills to manage the symptoms of their mental illness.

EXHIBITING PARTNERS

BETTER LIVING CENTER FOR BEHAVIORAL HEALTH (BOOTH 16)

333 W. McDermott Ste 150
Allen, TX 75013
(972) 332-8733
info@betterlivingbh.org
betterlivingbh.org



Better Living Center for Behavioral Health warmly welcomes Dean McKay, PhD, ABPP, as our Chief Clinical Science Officer. Known for evidence-based practices, we offer exposure and response prevention-centered intensive outpatient and day treatment, along with various high-level treatment modalities nationwide. Dr. McKay's expertise will enhance our commitment to innovation and growth in delivering effective behavioral health care.

CASCADE ACADEMY (BOOTH 9)

430 W. 200 N.
Midway, UT 84049
(801) 895-0323
info@cascadeacademy.com
cascadeacademy.com



Cascade Academy is a 26-bed Residential Treatment Facility serving 13-18 years old girls who struggle with OCD disorders and severe anxiety. Individual, family, group, and recreational therapy with sequential exposures (ERP) are a key component of treatment. Daily exercise, mindfulness, nutrition, and service are implemented along with evidence-based treatment modalities.

CHILD MIND INSTITUTE (BOOTH 6)

2000 Alameda de las Pulgas #242
San Mateo, CA 94403
(212) 257-9604
info@childmind.org
childmind.org



The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive. We've become the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments. Together, we truly can transform children's lives.

Exhibitors

DEFEAT BULLY BRAIN (BOOTH 15)

**178 E 80th St Apt 3A
New York, NY 10075
(917) 391-7972**

**ekim@defeatbullybrain.com
defeatbullybrain.com**

How to Defeat Bully Brain is a book for kids ages five to eight to learn about OCD. Stop by for a FREE copy!



FORGE STUDY - BAYLOR COLLEGE OF MEDICINE (BOOTH 32 & 33)

**1977 Butler Blvd
Houston, TX 77030
(713) 798-3075 (ext. 83075)
FORGESTudy@bcm.edu
bcm.edu/FORGE-OCD**

Baylor College of Medicine is seeking individuals who are interested in learning more and potentially being involved in the Furthering OCD Research through GENetics Study, or FORGE. This monumental project seeks to collect the world's largest ancestrally diverse sample of OCD cases in an effort to better understand the presentation and genetic risk factors involved in OCD and other mental illnesses. If interested in learning more, please stop by Booth 32 or email FORGESTudy@bcm.edu.



JACK MENTAL HEALTH ADVOCACY (BOOTH 5)

**P.O. Box 3039
Ponte Vedra Beach, FL 32004
(904) 233-6515
info@jackmha.org
jackmha.org**

JACK Mental Health Advocacy provides access to clinician training, education scholarships, and programming for sufferers and their families.



KAIROS WELLNESS COLLECTIVE (BOOTH 7)

**2449 Pine Street
Boulder, CO 80302
As well as a Denver location TBD
(720) 310-0570
help@kairoswellnesscollective.com
kairoswellnesscollective.com**

The Kairos Wellness Collective is committed to delivering quality holistic care for clients experiencing, but not limited to, OCD & Anxiety. Kairos Wellness Collective believes in treating the whole person — mind, body, and spirit. Our practitioners are passionate about OCD, having dealt with OCD in our personal journeys.



LINDNER CENTER OF HOPE (BOOTH 11)

**4075 Old Western Row Rd.
Mason, OH 45040
(513) 536-0537**

**lindnercenterofhope.org/contact-us/premier-assessment-residential-contact/
lindnercenterofhope.org**

For adult individuals struggling with obsessive compulsive disorder and anxiety, Lindner Center of HOPE, near Cincinnati, Ohio, offers comprehensive evaluation and tailored, intensive treatment, empowering patients and families and helping manage symptoms.

Lindner Center of HOPE. |  Health.

MONTE NIDO AND AFFILIATES (BOOTH 3)

**Multiple Locations Throughout the United States
(415) 535-8804**

**ptran@montenidoaffiliates.com
montenidoaffiliates.com**

Monte Nido & Affiliates specializes in the treatment of eating disorders for all genders and includes five distinct clinical programs: Monte Nido, Walden Behavioral Care, Clementine, Oliver-Pyatt Centers and Rosewood. For over two decades, our tenured and expert staff— which includes recovered professionals—has delivered treatment that leads to full recovery.



NOT ALONE NOTES (BOOTH 27)

**PO Box 162
Normal, IL 61761
notalonenotes@gmail.com
notalonenotes.org**

Not Alone Notes is a nonprofit that mails free, handwritten notes to others with OCD and related disorders. Our mission is to remind others with OCD they aren't alone, encourage hope, and dispense resources.



THE OCDOPUS (BOOTH 30)

**Brick Township, NJ 08723
theoedopus@gmail.com
theoedopus.com**

the ocdopus, LLC is an e-commerce store that sells merchandise that motivates OCD recovery and educates the world on what OCD really is. We sell stickers, jewelry, apparel, and more!



Exhibitors

OC ANXIETY CENTER (BOOTH 28)

**26691 Plaza Ste 221
Mission Viejo, CA 92691
(949) 689-5892
info@ocanxietycenter.com
ocanxietycenter.com**

The OC Anxiety Center delivers concierge psychological services in Southern California. We specialize in OCD and Anxiety Disorders, providing doctoral-level care online, in office, at home, and public spaces. Offering outpatient and intensive formats, we work concurrently with residential programs. OCAC treats children and adults via CBT/ERP and SPACE training.



THE OCD AND ANXIETY TREATMENT CENTER (BOOTH 8)

**11260 River Heights Dr
South Jordan, UT 84095
(801) 244-8497
admissions@liveuncertain.com
theocdandanxietytreatmentcenter.com**

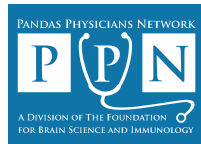
At The OCD and Anxiety Treatment Center, we provide exposure-based treatment to youth (ages 5+) and adults suffering from obsessive-compulsive spectrum, anxiety-related, and trauma disorders. We can also work with BFRB's. We have Outpatient and Intensive Outpatient Programs in both Utah and Arizona. We can provide telehealth treatment for adults and will evaluate youth on a case-by-case basis. We are in-network with most major insurances in both Utah and Arizona!



PANDAS PHYSICIANS NETWORK (BOOTH 29)

**117 Eastbend Court
 Mooresville, NC 28117
(855) 347-4921
support@pandasppn.org
pandasppn.org**

PANDAS Physicians Network (PPN) is a non-profit organization that provides physicians and medical professionals the resources they need to diagnose and treat PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) and PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections). PPN fosters education and communication within the medical community and sponsors research for developing diagnostic tests, treatment protocols, and a cure for PANS/PANDAS.



RENEWED FREEDOM CENTER (BOOTH 14)

**1849 Sawtelle Blvd Ste 710
Los Angeles, CA 90025
(310) 268-1888
info@RenewedFreedomCenter.com
renewedfreedomcenter.com**

The Renewed Freedom Center was established to help those suffering from OCD and anxiety disorders by providing the most advanced treatment by a multidisciplinary team of experts dedicated to helping patients and their families improve their lives by overcoming OCD and anxiety.



SWEETBAY TRAVEL CONCIERGE (BOOTH 23)

**1011 Plaza Terrace
Kirkwood, MS 63122
(314) 623-1123
elizabeth@sweetbaytravelconcierge.com
linktr.ee/elizabethsweetbay**

Since becoming a travel advisor in 2019, Elizabeth has helped hundreds of families plan unforgettable vacations. She specializes in the Disney and Universal resorts, and is also a Certified Autism Travel Professional. She is looking forward to helping IOCDF families maximize their fun in Orlando for next summer's conference!



TOURETTE ASSOCIATION OF AMERICA (BOOTH 13)

**4240 Bell Blvd
Bayside, NY 11361
(888) 4-TOURET
support@tourette.org
tourette.org**

The Tourette Association of America is dedicated to making life better for all affected by Tourette and TD. As the only nationwide organization, we raise awareness, fund research and provide ongoing support. TAA directs a network of Chapters, support groups and Centers of Excellence. Contact us at: 1-888-4-TOURET or tourette.org.



UNIVERSITY OF CALIFORNIA, SAN FRANCISCO (BOOTH 22)

**675 18th St
San Francisco, CA 94107
(415) 885-7707
ocdprogram@ucsf.edu
ocdprogram.ucsf.edu**

The UCSF OCD Program provides cognitive behavioral therapy, medication management, and therapeutic neuromodulation for patients with OCD and related conditions. We also have an intensive outpatient program specialized in treating OCD for those in need of a higher level of care. We conduct research to better understand and treat OCD as well.



UNIVERSITY OF FLORIDA DEPARTMENT OF PSYCHIATRY (BOOTH 24)

**4197 NW 86th Terrace
Gainesville, FL 32606
(352) 265-4357
OCD@ad.ufl.edu
psychiatry.ufl.edu/patient-care-services/ocd-program**

The University of Florida Obsessive-Compulsive Disorder (UFOCD) Program is a leader in clinical interventions and postgraduate training for evaluation and treatment of OCD and related disorders. We specialize in treating severe or treatment-resistant OCD; offering expert consultations, novel biological treatments, CBT/E-RP (intensive and weekly), and opportunities for research participation.



Research Posters

This year's research poster presentation is hybrid! All posters below are available online and accessible via the QR code below. Those indicated as in-person posters will also be on display throughout the Conference in the Yerba Buena Grand Assembly and during the Researcher and Exhibitor Meet & Greet on Saturday night from 5:30pm–7:00pm in the Exhibit Hall, Yerba Buena Salon 7. Posters marked as in-person will have authors present to answer questions and discuss their work!

We would like to thank our Poster Award Committee members, Eric A. Storch, PhD, Anthony Pinto, PhD, Kiara Timpano, PhD, and Robert Hudak, MD.



**CONFERENCE
SCHOLARSHIP POSTER
AWARD**



**OUTSTANDING POSTER
AWARD**



This poster can be viewed throughout the in-person Conference in the Mineral Foyer and at the Researcher and Exhibitor Meet & Greet in the Exhibit Hall on Saturday from 5:30–7:00 PM.

* = Only available at Research Symposium



This poster and its accompanying presentation can only be viewed online by scanning the QR code to the right.



Scan me to watch virtual poster presentations!

GENERAL OCD

1. Cross section of perceived stigma and attitudes toward OCD genomics in Latin American individuals with OCD

Hannah N. Sansone (1), Gabrielle M. Armstrong (1), Jacey L. Anderberg (1), Carolina Cappi (2,3), Paola Giusti-Rodriguez (4), Matthew W. Halvorsen (5), Gabriel Lázaro-Muñoz (6,7), Karen G. Martinez-Gonzalez (8), Manuel Mattheisen (9,10), Pablo R. Moya (11,12), Humberto Nicolini (13,14), Marcos E. Ochoa-Panaifo (15), Michele T. Pato (16), Members of the Latin American Trans-ancestry Initiative for OCD genomics (LATINO), Andrew D. Wiese (1), James J. Crowley (5,17), Mariel Paz y Miño Maya (18,19), Stacey Pereira (20), & Eric A. Storch (1)

(1) Baylor College of Medicine, Menninger Department of Psychiatry and Behavioral Sciences, Houston, Texas, United States of America

(2) Icahn School of Medicine at Mount Sinai, Department of Psychiatry, New York City, New York, United States of America

(3) Universidade de São Paulo, Departamento de Psiquiatria, São Paulo, São Paulo, Brasil

(4) University of Florida College of Medicine, Department of Psychiatry, Gainesville, Florida, United States of America

(5) University of North Carolina at Chapel Hill, Department of Genetics, Chapel Hill, North Carolina, United States of America

(6) Harvard University School of Medicine, Center for Bioethics, Boston, Massachusetts, United States of America

(7) Massachusetts General Hospital, Department of Psychiatry, Boston, Massachusetts, United States of America

(8) Universidad de Puerto Rico, Departamento de Psiquiatria, San Juan, Puerto Rico, Los Estados Unidos

(9) Dalhousie University, Department of Community Health and Epidemiology & Faculty of Computer Science, Halifax, Nova Scotia, Canada

(10) LMU Munich, Institute of Psychiatric Phenomics and Genomics (IPPG), Munich, Germany (11) Universidad de Valparaíso, Instituto de Fisiología, Valparaíso, Valparaíso, Chile

(12) Centro Interdisciplinario de Neurociencia de Valparaíso (CINV), Valparaíso, Valparaíso, Chile

(13) Grupo Médico Carracci, Departamento de Psiquiatria, Ciudad de México, Ciudad de México, México

(14) Instituto Nacional de Medicina Genómica, Laboratorio de Genómica de Enfermedades Psiquiátricas y Neurodegenerativas, Ciudad de México, Ciudad de México, México

(15) Universidad Privada del Norte, Lima, Lima, Perú

(16) Rutgers University- Robert Wood Johnson Medical School, Department of Psychiatry, Piscataway, New Jersey, United States of America

(17) University of North Carolina at Chapel Hill, Department of Psychiatry, Chapel Hill, North Carolina, United States of America

(18) Universidad San Francisco de Quito, Clínica de Salud Mental USFQ, Quito, Pichincha, Ecuador

(19) Universidad San Francisco de Quito, Quito, Pichincha, Ecuador

(20) Baylor College of Medicine, Center for Medical Ethics and Health Policy, Houston, Texas, United States of America

2. Age of onset in adults with obsessive-compulsive disorder: Associated demographic and clinical characteristics.

Sophia Barden (1), Valerie Swisher, BS (1), Emily J. Ricketts, PhD (1)

(1) Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles

3. Whether preference for smaller-but-immediate reward predicts OCD compulsion severity across two delay discounting scenarios

Ebelechukwu C. Obi, MPA (1), Elise Turkovich, BA (1), Carolyn I. Rodriguez, MD, PhD (2), Hannah Raila, PhD (1)

(1) UC Santa Cruz

(2) Stanford University

4. Economic evaluation and budget impact of comprehensive treatments offered by Institute of Mental Health, Singapore, in patients with treatment-resistant obsessive-compulsive disorder

Jackki H.E. Yim, D.Clin.Psych (1), Bhanu Gupta, MBBS, MRC Psych (1), Jia Hui Chai, MA (2), Yee Ming Mok, MBBS, MRC Psych (1), Yot Teerawattananon, PhD (3), Mythily Subramaniam, PhD (1)

(1) Institute of Mental Health, Singapore

(2) Saw Swee Hock School of Public Health, National University of Singapore (NUS)

(3) Health Intervention and Technology Assessment Program (HITAP), Ministry of Public Health, Thailand

5. "OCD defines who I am": Examining the role of one's connection to OCD symptoms in an intensive residential treatment setting

Junjia (Judy) Xu (1), Jennie M. Kuckertz (1,2), Martha J. Falkenstein (1,2), Nathaniel P. Van Kirk (1,2)

(1) McLean Hospital

(2) Harvard Medical School

Research Posters



6. **Comparing obsessional cognitive styles in scrupulosity and contamination OCD**

Alyssa Berman (1), Jessica Rasmussen, PhD (2), Sabine Wilhelm, PhD (2), Jedidiah Siev, PhD (1)
(1) Swarthmore College
(2) Massachusetts General Hospital/Harvard Medical School

7. **"I am responsible for preventing harm AND I believe I can do it": Overestimation of responsibility moderates the relationship between self-efficacy and OCD symptom severity**

Junjia (Judy) Xu (1), Martha J. Falkenstein (1,2), Jennie M. Kuckertz (1,2)
(1) McLean Hospital
(2) Harvard Medical School

8. **Beyond symptom severity: The influence of OCD stigma on quality of life behaviors**

Jacey L. Anderberg (1), Olivia J. Morris (2), Renee M. Frederick (1), Carolina Cappi (3,4), Paola Giusti-Rodriguez (5), Matthew W. Halvorsen (6), Gabriel Lázaro-Muñoz (7,8), Karen G. Martinez-Gonzalez (9), Manuel Mattheisen (10,11), Pablo R. Moya (12,13), Humberto Nicolini (14,15), Marcos E. Ochoa-Panaifo (16), Michele T. Pato (17), Members of the Latin American Trans-ancestry INitiative for OCD genomics (LATINO), Andrew D. Wiese (1), James J. Crowley (6,18), & Eric A. Storch (1)

(1) Baylor College of Medicine, Menninger Department of Psychiatry and Behavioral Sciences, Houston, Texas, United States of America

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(3) Icahn School of Medicine at Mount Sinai, Department of Psychiatry, New York City, New York, United States of America

(4) Universidade de São Paulo, Departamento de Psiquiatria, São Paulo, São Paulo, Brasil

(5) University of Florida College of Medicine, Department of Psychiatry, Gainesville, Florida, United States of America

(6) University of North Carolina at Chapel Hill, Department of Genetics, Chapel Hill, North Carolina, United States of America

(7) Harvard University School of Medicine, Center for Bioethics, Boston, Massachusetts, United States of America

(8) Massachusetts General Hospital, Department of Psychiatry, Boston, Massachusetts, United States of America

(9) Universidad de Puerto Rico, Departamento de Psiquiatria, San Juan, Puerto Rico, Los Estados Unidos

(10) Dalhousie University, Department of Community Health and Epidemiology & Faculty of Computer Science, Halifax, Nova Scotia, Canada

(11) LMU Munich, Institute of Psychiatric Phenomics and Genomics (IPPG), Munich, Germany

(12) Universidad de Valparaíso, Instituto de Fisiología, Valparaíso, Valparaíso, Chile

(13) Centro Interdisciplinario de Neurociencia de Valparaíso (CINV), Valparaíso, Valparaíso, Chile

(14) Grupo Médico Carracci, Departamento de Psiquiatria, Ciudad de México, Ciudad de México, México

(15) Instituto Nacional de Medicina Genómica, Laboratorio de Genómica de Enfermedades Psiquiátricas y Neurodegenerativas, Ciudad de México, Ciudad de México, México

(16) Universidad Privada del Norte, Lima, Lima, Perú

(17) Rutgers University- Robert Wood Johnson Medical School, Department of Psychiatry, Piscataway, New Jersey, United States of America

(18) University of North Carolina at Chapel Hill, Department of Psychiatry, Chapel Hill, North Carolina, United States of America



Increase in sexual minority identification among adults in treatment for OCD and related disorders: Implications for providing identity-affirming care

Andreas Bezaehler, BS (1), Martha J. Falkenstein, PhD (2,3), Brian A. Feinstein, PhD (4), Jennie M. Kuckertz, PhD (2, 3)
(1) Fordham University
(2) Obsessive Compulsive Disorder Institute, McLean Hospital
(3) Department of Psychiatry, Harvard Medical School
(4) Department of Psychology, Rosalind Franklin University of Medicine and Science



A network of obsessive-compulsive symptom dimensions and transdiagnostic risk factors

Lauren Milgram, B.A. (1) and Kiara R. Timpano, PhD (1)
(1) University of Miami



Suicidal ideation in individuals with obsessive-compulsive and related disorders

Heather S. Martin, BA (1), Martha J. Falkenstein, PhD (1, 2), Jennie M. Kuckertz, PhD (1, 2), Olivia A. Woodson (1), Junjia (Judy) Xu (1), Courtney Beard, PhD (1, 2), Christian A. Webb, PhD (1, 2)
(1) McLean Hospital
(2) Harvard Medical School

*** Obsessive-compulsive disorder in youth and young adults with depression: Clinical characteristics of comorbid presentations**

Gabrielle M. Armstrong (1), Whitney S. Shepherd (1), Hannah N. Sansone (1), David B. Riddle, PhD (1), Andrew Guzik, PhD (1), Eric A. Storch, PhD (1)
(1) Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine



*** Interoceptive dimensions in patients with obsessive-compulsive disorder with and without comorbid depression**

Nicolette L. Recchia (1,2), Pearl Kravets (1,2), Goi Khia Eng, PhD (1,2), Laura B. Bragdon, PhD (1,2), Katherine A. Collins, PhD (2), Emily R. Stern, PhD (1,2)
(1) Department of Psychiatry, New York University School of Medicine, New York, NY, USA
(2) Nathan S. Kline Institute for Psychiatric Research, Orangeburg, NY, USA



Developmental pathways to OCD: Intolerance of uncertainty mediates the link between childhood trauma and OCD symptoms in adolescents

Stephanie N. DeCross, MA (1), Katie A. McLaughlin, PhD (1)
(1) Department of Psychology, Harvard University



Ritualized compulsions as proxies

Joshua Rubinstein, BA (1), Reuven Dar, PhD (2), Jedidiah Siev, PhD (1)
(1) Swarthmore College
(2) Tel Aviv University



OCD and depression change: A replication and extension incorporating quality of life

Morgan E. Browning, MA (1), Jacob A. Nota, PhD (2,3), Nathaniel P. Van Kirk (2,3)
(1) University of Massachusetts Dartmouth
(2) OCD Institute, McLean Hospital
(3) Harvard Medical School

Research Posters

Prospective relationships between experiences of racial microaggressions and psychological flexibility with OCD symptoms

Morgan E. Browning, MA (1), Elizabeth E. Lloyd-Richardson, PhD (1), Sidney Satterfield, BS (1), Akshay V. Trisal, BAS (1)

(1) University of Massachusetts Dartmouth

An investigation into the motivations to acquire and save in hoarding

Jonathan David, MRes (1), Miriam K. Forbes, PhD (1), Melissa M. Norberg, PhD (1)

(1) Macquarie University

* Motivation for change in hoarding disorder participants

Laura Alvarez Rios, BS (1), Caitlyn A. Nix, BA (1), Mary E. Dozier, PhD (1)

(1) Mississippi State University

HOARDING DISORDER

9. Family relationships of hoarders: A qualitative study of perspectives from Taiwanese social workers

Yih-Tsu Hahn, PhD (1)

(1) Shih Chien University

10. Suicidal thoughts and behaviors in individuals with hoarding disorder

Dariana Gil-Hernandez (1,2), Elizabeth McCarthy (1), Tatevik Avanesyan (1), Peter van Roessel (1,3), Carolyn Rodriguez (1,4)

(1) Department of Psychiatry and Behavioral Sciences, Stanford University, Stanford, California, USA

(2) Office of Graduate Education in the School of Medicine, Stanford University, Stanford, California, USA

(3) Sierra Pacific Mental Illness Research, Education, and Clinical Center (MIRECC), VA Palo Alto Health Care System, Palo Alto, California, USA

(4) Veterans Affairs Palo Alto Health Care System, Palo Alto, California, USA

11. A systematic review of the impacts of parental hoarding

Seth Downing, MS (1), Ryan McCarty, MS (1), Andrea Guastello, PhD (1), Tannaz Mirhosseini, MS (1), Joseph McNamara, PhD (1)

(1) University of Florida

12. Interventions for hoarding disorder: A systematic review and quality assessment

Kerry-Ann Liles, PhD Candidate (1), Philip Tyson, PhD (1), Mary Clare O'Connell, MSc (2), Harriet Hughes, PhD Candidate (1), Kelly McCarthy, MA (1)

(1) University of South Wales

(2) Cardiff University

13. Early life stress in adults with hoarding disorder: A mixed methods study

Paula Andrea Muñoz Rodríguez (1,5), Catherine Sanchez (1,2), Omer Linkovski (1,3), Peter van Roessel (1,4), Naomi Maayan Steinberg (3), Elizabeth McCarthy (1), Tatevik Avanesyan (1), Pavithra Mukunda (1), Randy O. Frost (6), Carolyn I. Rodriguez (1,7)

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(2) Department of Sociology, Stanford University, Stanford, CA, USA

(3) Department of Psychology & The Gonda Multidisciplinary Brain Research Center, Bar-Ilan University, Ramat-Gan, Israel

(4) Sierra Pacific Mental Illness Research, Education, and Clinical Center (MIRECC), Veterans Affairs Palo Alto Health Care System, Palo Alto, CA, USA

(5) Department of Neuroscience, Stanford University, Stanford, CA, USA

(6) Department of Psychology, Smith College, Northampton, MA, USA

(7) Veterans Affairs Palo Alto Health Care System, Palo Alto, CA, USA

NEUROPSYCHOLOGY

14. Graph theory analysis of structural cortical-subcortical networks in obsessive-compulsive disorder

Jia Li Teo (1), Goi Khia Eng (2,3), Bhanu Gupta (4), Hariram Jayaraman (4), Jackki Hoon Eng Yim (5), Roger Chun Man Ho (6), Melvyn Weibin Zhang (6), Rathi Mahendran (6), Kang Sim (7), Shen-Hsing Annabel Chen (1,8,9)

(1) Psychology, School of Social Science, Nanyang Technological University, Singapore

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(3) Clinical Research, Nathan Kline Institute, United States of America

(4) Community Psychiatry, Institute of Mental Health, Singapore

(5) Psychology, Institute of Mental Health, Singapore

(6) Psychological Medicine, National University Health Systems, Singapore

(7) General Psychiatry, Institute of Mental Health, Singapore

(8) Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore

(9) Centre for Research and Development in Learning, Nanyang Technological University, Singapore

15. Identifying urge suppression subtypes in obsessive-compulsive disorder using latent profile analysis

Goi Khia Eng (1,2), Alessandro S. De Nadai (3), Katherine Collins (1), Nicolette Recchia (1,2), Kravets, Pearl (1,2), Russell H. Tobe (1), Dan V. Iosifescu (1,2), Laura B. Bragdon (1,2), Emily R. Stern (1,2)

(1) Nathan Kline Institute for Psychiatric Research

(2) New York University School of Medicine

(3) McLean Hospital, Harvard Medical School

OTHER OCD-RELATED DISORDERS

16. Measuring body image distortions and body dissatisfaction in body dysmorphic disorder using a 3D digital avatar: Somatomap 3D

Jamie D. Feusner (1,2,3,4), Sameena Karsan (2), Ronald Ly (4), Christina Ralph-Nearman (5), Sahib S. Khalsa (6), Armen C. Arevian (7)

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(2) Centre for Addiction and Mental Health, Toronto, ON, Canada

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(5) Department of Psychological & Brain Sciences, University of Louisville, KY, USA

(6) Laureate Institute for Brain Research, Tulsa, OK, USA

(7) Chorus Innovations, Inc., Los Angeles, CA, USA

Hoarding disorder and grief

Natalie Freeman, MS (1), Carolyn Rodriguez, MD, PhD (1)

(1) Stanford University School of Medicine

Research Posters

17. Item-level analysis of anxiety and depression in obsessive-compulsive disorder, Tourette's disorder, and trichotillomania

Maya Tooker, BS (1), Valerie Swisher, BS (1), Michelle Rozenman, PhD (2), Patricia Z. Tan, PhD (1), Tara Peris, PhD (1), Emily J. Ricketts, PhD (1)

(1) Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles

(2) Department of Psychology, University of Denver

18. Differential association between hair-pulling disorder/skin-picking disorder and perfectionism in a nonclinical sample.

Shawn Lam (1), Heather Hoffmann, PhD (1)

(1) Knox College

19. Sleep disturbance, contextual factors, and self-soothing behaviors in infants and young children with and without body-focused repetitive behaviors

Charlotte Gemperle, BA (1), Valerie Swisher, BS (1), Kevin Pendo, BS (2), Ivar Snorrason, PhD (3), Emily J. Ricketts, PhD (1)

(1) Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles

(2) Herbert Wertheim College of Medicine, Florida International University

(3) Department of Psychiatry, Massachusetts General Hospital/Harvard Medical School

Communication profiles in text messages between coaches and participants in app-based CBT for BDD

Rachel E. Quist, BA (1), Emily E. Bernstein, PhD (1,2), Jennifer L. Greenberg, PsyD (1,2), Hilary Weingarden, PhD (1,2), Jasmine Williams, BA (1), Ivar Snorrason, PhD (1,2), Joshua Curtiss, PhD (1,2), Sabine Wilhelm, PhD (1,2)

(1) Massachusetts General Hospital

(2) Harvard Medical School

20. Assessing trichotillomania: Psychometric properties of severity measures

Kathryn E. Barber, MS (1), Douglas W. Woods, PhD (1), Christopher C. Bauer, MS (1,2), Michael P. Twohig, PhD (3), Stephen M. Saunders, PhD (1), Scott N. Compton, PhD (4), Martin E. Franklin, PhD (5)

(1) Marquette University

(2) University of Wisconsin-Milwaukee

(3) Utah State University

(4) Duke University School of Medicine

(5) Rogers Behavioral Health



* The relationship between anxiety and body focused repetitive behavior symptom severity: A meta-analysis

Sydney Biscarri Clark, MA (1), Christopher Flessner, PhD (1)

(1) Kent State University

* Sensory processing in skin picking disorder (SPD)

Madison Collins, BA (1), Eve Chesivoir, BA (1), Jon E. Grant, MD, JD, MPH (1)

(1) Department of Psychiatry and Behavioral Neuroscience, University of Chicago

* An analysis of drinking motives in the maintenance of co-occurring obsessive-compulsive symptoms and alcohol use

Michael P. Randazza, MS (1, 2), Dean McKay, PhD (2), Lindsay S. Ham, PhD (1)

(1) University of Arkansas

(2) Fordham University

TREATMENT

21. Efficacy of ketamine in unmedicated adults with OCD: A randomized controlled trial

Carolyn I. Rodriguez (1,2), Chi-Ming Chen (3), Gary Glover (1), Booil Jo (1), Daniel Spielman (1), Leanne Williams (1), Peter van Roessel (1), Charles DeBattista (1), Max Wintermark (1), Anthony Lombardi (1), Anthony Pinto (1), Keara Valentine (1), Maria Filippou-Frye (1), Jessica Hawkins (1), Elizabeth A. McCarthy (1), Pavithra Mukunda (1), Andrea Varias (1), Jordan Wilson (1), Brianna Wright (1)

(1) Department of Psychiatry and Behavioral Sciences, Stanford University

(2) Veterans Affairs Palo Alto Health Care System

(3) University of Connecticut

(4) Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

22. Internet-based cognitive behavioural therapy for the treatment of obsessive compulsive disorder in Singapore

Tammie R.R. Kwek, MA (1), Jackki H.E. Yim, D.Clin.Psych (1), Erik Andersson, PhD (2), Oliver Suendermann, PhD (3), Mythily Subramaniam, PhD (1), Elna, Yadin, PhD (4), Janhavi Vaingankara, Msc (1), Bhanu Gupta, MBBS, MRC Psych (1)

(1) Institute of Mental Health, Singapore

(2) Karolinska Institutet

(3) National University of Singapore

(4) University of Pennsylvania

23. Improving adherence to exposure and response prevention therapy through peer support intervention with machine learning-based patient selection

Christopher E. Murphy (1, 2), Andreas Rhode (2), Jeremy Kreyling (2), Kerry Osborn (2), Kyle Lucas (2), Jamie D. Feusner (2,3,4,5,6)

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(4) Centre for Addiction and Mental Health, Toronto, ON, Canada

(5) Department of Women's and Children's Health, Karolinska Institutet, Stockholm, Sweden

(6) Department of Psychiatry and Biobehavioral Sciences, UCLA, Los Angeles, CA, USA

24. Is the gold standard treatment for pediatric OCD still golden for trauma-exposed youth with OCD?

Laura Belschner, MSc (1,2), Robert J. McMahon, PhD (1,2), John R. Best, PhD (1,2,3), S. Evelyn Stewart, MD (2,3,4)

(1) Simon Fraser University

(2) BC Children's Hospital Research Institute

(3) University of British Columbia

(4) BC Mental Health and Substance Use Services Research Institute

Research Posters

25. **MDMA-AT, PTSD, & Comorbid OCD: A systematic review of the potential effects of 3,4-methylenedioxymethamphetamine-assisted therapy for PTSD on comorbid OCD**

Uma R. Chatterjee, MS, MHPS (1,2,3)

(1) The University of Texas at Dallas — Department of Neuroscience

(2) University of Wisconsin-Madison — Neuroscience Training Program, Department of Neuroscience, School of Medicine & Public Health

(3) The Intercollegiate Psychedelics Network

Acceptance Commitment Exposure Therapy (ACET): Development of clinical tools for integrating 6 ACT principles into exposures for OCD

Nina B. Paul, PhD (1)

(1) Stanford University

Access to OCD Treatment in Latino Populations: Characterization and Predictors

Olivia J. Morris (1), Jacey L. Anderberg (2), Renee M. Frederick (2), Carolina Cappi (3,4), Paola Giusti-Rodriguez (5), Matthew W. Halvorsen (6), Gabriel Lázaro-Muñoz (7,8), Karen G. Martinez-Gonzalez (9), Manuel Mattheisen (10,11), Pablo R. Moya (12,13), Humberto Nicolini (14,15), Marcos E. Ochoa-Panaifo (16), Michele T. Pato (17), Members of the Latin American Trans-ancestry INitiative for OCD genomics (LATINO), Andrew D. Wiese (2), James J. Crowley (6,18), & Eric A. Storch (2)

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(9) Universidad de Puerto Rico, Departamento de Psiquiatria, San Juan, Puerto Rico, Los Estados Unidos

(10) Dalhousie University, Department of Community Health and Epidemiology & Faculty of Computer Science, Halifax, Nova Scotia, Canada

(11) LMU Munich, Institute of Psychiatric Phenomics and Genomics (IPPG), Munich, Germany

(12) Universidad de Valparaíso, Instituto de Fisiología, Valparaíso, Valparaíso, Chile

(13) Centro Interdisciplinario de Neurociencia de Valparaíso (CINV), Valparaíso, Valparaíso, Chile

(14) Grupo Médico Carracci, Departamento de Psiquiatria, Ciudad de México, Ciudad de México, México

(15) Instituto Nacional de Medicina Genómica, Laboratorio de Genómica de Enfermedades Psiquiátricas y Neurodegenerativas, Ciudad de México, Ciudad de México, México

(16) Universidad Privada del Norte, Lima, Lima, Perú

(17) Rutgers University — Robert Wood Johnson Medical School, Department of Psychiatry, Piscataway, New Jersey, United States of America

(18) University of North Carolina at Chapel Hill, Department of Psychiatry, Chapel Hill, North Carolina, United States of America

* **Pharmacotherapy for comorbid antisocial personality and obsessive-compulsive disorder: A case report**

Anastasia Jankovsky, BA (1), Christopher Pittenger, PhD, MD (1), Brian Zaboski, PhD (1)

(1) Yale University

* **The effectiveness of a tertiary OCD service in improving quality of life for patients with treatment-resistant/complex OCD**

Thanita Pilunthanakul, MD (1), Bhanu Gupta, MBBS, MRC Psych (1)

(1) Institute of Mental Health, Singapore

* **Whose outcomes are most impacted by ritualizing during exposure and response prevention?**

Kate Sheehan, BS (1), Jennie M Kuckertz, PhD (2,3), Martha J Falkenstein, PhD (2,3), Clarissa Ong, PhD (1)

(1) University of Toledo

(2) Harvard Medical School

(3) McLean Hospital

* **Predicting change trajectories in in-person versus telehealth format intensive outpatient treatment for pediatric OCD**

Rachel S. Inabata (2), Ananya Kumar (1), Michaela R. Hagerty-Koller (1), Thane M. Erickson (2), Kalina N. Babeva (1), Lisa K. Barrois (1), Geoffrey A. Wiegand (1), Kaylene West (1)

(1) Seattle Children's Hospital

(2) Seattle Pacific University

Special Interest Group (SIG) & Task Force Meetings

Special Interest Groups (SIGs) are diverse groups of individuals and mental health professionals that share a common interest in OCD and related disorder discussions, networking, education, resource development, and/or research. Each SIG focuses on a specific topic within the OCD and related disorders community. SIGs help cultivate purposeful initiatives that support and advance IOCDF's mission to help those affected by OCD and related disorders. In this way, SIGs work semi-independently and vary in topic, content, structure, and activity level. The ultimate goal of SIGs is to encourage collaboration and communication in order to best support and serve the needs of those within their specific topic area.

Task Forces are formed on an "as needed" basis to accomplish a specific, time-sensitive project and remain in place until the completion of the project. Task Forces are small working groups of experts in a particular field of knowledge or practice compared to SIGs which are ongoing and bring together members with a common interest.

Who should attend a SIG or task force meeting?

Anyone interested in a special topic area is welcome to attend a SIG or Task force meeting. SIG membership ranges from professionals in the field (therapists, researchers, etc.), to students/trainees, to passionate individuals and supporters.

Special Interest Group/Taskforce	Facilitator(s)	Date/Time	Room
Hoarding Disorder SIG	Kiara Timpano, PhD, Christiana Bratiotis, PhD, and Carolyn Rodriguez MD, PhD	Friday, July 7 8:00-9:30am	Walnut
Trauma & PTSD in OCD SIG	Caitlin M. Pinciotti, PhD and Lauren Wadsworth, PhD	Friday, July 7 12:30–2:00pm	Willow
Therapists & Trainees with OCD SIG*	Hannah Breckenridge, LCSW-C	Friday, July 7 12:30–2:00pm	Walnut
Vintage Voices	Valerie Andrews, Lead Advocate	Friday, July 7 2:15–3:45pm	Willow
OCD/Autism SIG	Jonathan Hoffman, PhD, and Robert Hudak, MD	Friday, July 7 2:15–3:45pm	Walnut
OCD/SUD SIG	Stacey Conroy, LCSW, MPH and Patrick McGrath, PhD	Friday July 7 4:00–5:30pm	Walnut
Tic Disorders in OCD	Joshua Nadeau, PhD	Saturday July 8 9:45–11:15am	Willow
Eating Disorders & OCD	Lisette Cortes, PsyD, and Katie Jeffrey, MS, RDN, CSSD, MB-EAT-QI, LDN	Saturday, July 8 12:30–2:00pm	Willow
LGBTQIA+ SIG	Chris Trondsen, LMFT, Justine De Jaegher, and Alex Reynolds	Sunday, July 9 8:00–9:30am	Willow
Faith & OCD SIG	Rev. Katie O'Dunne	Saturday, July 8 2:15-3:45pm	Foothill C
ACT SIG	Kristin Fitch, PhD	Saturday, July 8 2:15-3:45pm	Walnut
Anxiety in Athletes Task force	Tom Smalley, Lead Advocate	Sunday, July 9 9:45-11:15am	Willow
Body Dysmorphic Disorder SIG	Katharine Phillips, MD	Sunday, July 9 9:45-11:15am	Foothill G
Helping Professionals SIG	Rev. Katie O'Dunne	Sunday, July 9 9:45-11:15am	Walnut
Pediatric SIG*	Becky Hamlin, PhD	Sunday, July 9 11:30am-1:00pm	Walnut

*Open ONLY to Trainees and Professionals

Other Meetings

OCD Southern California | IOCDF Affiliate General Interest Meeting

Walnut

Saturday, July 8 | 11:30am–12:30pm

Are you or a loved one from the Southern California area? If so, make sure to stop by to learn about upcoming programming and events led by OCD SoCal, including virtual events open to

anyone, from anywhere. In addition, come meet some of the board members from OCD SoCal, your local IOCDF Affiliate! You'll learn more about how to get involved with the Affiliate and meet fellow attendees local to SoCal. See you there!

OCD SoCal is focused on serving the Southern California region, including San Diego, Orange, Los Angeles, San Bernardino, Riverside, Imperial, Kern, San Luis Obispo, Santa Barbara, and Ventura counties.

Programming for Elementary, Middle, and High Schoolers



The IOCDF is excited to offer a unique and exciting Conference experience for young people of all ages. We have individual programming for three distinct age groups: elementary, middle, and high schoolers.

Each program spans all three days of the Conference and incorporates a full set of workshops and activities, including interactive educational sessions, creative workshops, support groups, and much more. The programs are designed to guide each age group through new skills, ways of thinking and behaving, and activities to help them manage their lives with OCD.



Please see pages 26-62 for workshops and individual daily schedules for support groups and evening activities.

#OCDweek
October 8–14, 2023
iocdf.org/ocdweek



Youth Programming

	ELEMENTARY SCHOOL <i>Golden Gate C3</i>	MIDDLE SCHOOL <i>Golden Gate C2</i>	HIGH SCHOOL <i>Golden Gate C1</i>
	FRIDAY		
8:00AM–9:30AM	ELEMENTARY SCHOOLERS AND FAMILIES ORIENTATION Lane Standidge, LCSW Susan Boaz	MIDDLE SCHOOLERS AND FAMILIES ORIENTATION Denise Egan Stack, LMHC Abigail Al-Asousi	HIGH SCHOOLERS AND FAMILIES ORIENTATION Natalie Henry, LCSW Amanda Petrik-Gardner, LCPC
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, LCSW; Amanda Petrik-Gardner, LCPC Blake Cranmer, LCSW; 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
	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.P-UP 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	MINDFUL ARTS & CRAFTS! Erika McCoy	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
4:00PM–5:30PM	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		HIGH SCHOOLERS HANGOUT TIME Natalie Henry, LCSW
	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 Lane Standidge, LCSW	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

Wednesday Schedule

Overview

Wednesday, July 5

11:30AM – 12:30PM	Check-In for the OCD and the 6-Moment Game: Tactics and Strategies with Reid Wilson, PhD* <i>Golden Gate Registration Desk</i>
12:30PM – 6:00PM	OCD and the 6-Moment Game: Tactics and Strategies with Reid Wilson, PhD <i>Golden Gate A</i> Lead by Reid Wilson, PhD

Thursday Schedule

Overview

Thursday, July 6

8:00AM–9:00AM	Check-In and Onsite Registration for the IOCDF Research Symposium <i>Yerba Buena Grand Assembly, Lower B2 Level</i>
9:00AM–5:30PM	IOCDF Research Symposium <i>Foothill C, Second Floor</i>
11:30AM – 12:30PM	Check-In for the OCD and the 6-Moment Game: Tactics and Strategies with Reid Wilson, PhD* <i>Golden Gate Registration Desk</i>
12:30M – 6:00PM	OCD and the 6 Moment Game <i>Golden Gate A</i> Lead by Reid Wilson, PhD
2:00PM–8:00PM	Check-in and Badge Pickup (for Annual OCD Conference) <i>South Registration Desk</i> <i>Yerba Buena Grand Assembly, Lower B2 Level</i> Onsite Registration (for Annual OCD Conference) <i>North Registration Desk</i> <i>Yerba Buena Grand Assembly, Lower B2</i>
6:00pm–9:30pm	Thursday Evening Activities & Support Groups Turn to pages 27-29 for descriptions and a detailed schedule.
8:00pm–9:30pm	Welcome Party Hosted by OCD SF Bay Area and fellow IOCDF Affiliates <i>Atrium, Second Floor</i> 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.

* Additional registration required

Pre-Conference Activities

Wednesday-Thursday

12:30PM–5:00PM Each Day

OCD and the 6-Moment Game: Tactics and Strategies *Golden Gate A* **Self-Help Treatment Workshop with Reid Wilson, PhD**

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.

* Additional registration required

Thursday

9:00AM–5:30PM

IOCDF Research Symposium *Foothill G* Supported by the Rodan Family Foundation

**Co-chaired by Christopher Pittenger, MD, PhD,
& Emily Stern, PhD**

The IOCDF Research Symposium provides a forum for high-level discussion of research topics among people who specialize in the study of OCD and related disorders.

Now in its 8th year, the Symposium is intended to complement the “Emerging Trends: New Directions” track formerly known as the “Research to Clinical Practice” track for researchers who attend the Annual OCD Conference. The Research Symposium brings researchers together from around the world to discuss their findings, fostering increased collaboration and networking across research groups. This is in contrast to the “Emerging Trends: New Directions” track, where research findings are presented to a mixed audience of researchers, therapists, and consumers who are interested in advanced-level topics. It is our hope that these complementary offerings will make the Annual OCD Conference a truly enriching experience for OCD and related disorders researchers.

supported by



Youth Programming

6:00PM–7:30PM

The Courage Zone: A Fun Approach for Kids and Families to Practice Embracing Uncertainty *Golden Gate C3*

Katherine Schoolland, LMFT & Cynthia Duxbury, LMFT

Childhood OCD can be tough to navigate. The first step is learning to welcome uncertainty and getting good at tolerating the uncomfortable. To do this, kids & families need to build their muscles in entering their courage zone and practice not getting stuck in their comfort zone. Through fun experiential activities, kids & families will learn a new way to think about the fears OCD gets loud about, and practice how to get in touch with their bravery. Delivered with warmth and humor, this experiential workshop is led by Kat Schoolland, LMFT, and Cynthia Duxbury, LMFT, both of whom specialize in Cognitive Behavioral Therapy (CBT) & Exposure Response Prevention (ERP) for Pediatric Anxiety & OCD.

Fun, Friends, Finding Ways to Kick OCD *Golden Gate C2*

Mary Kathleen Norris, LPC & Mary Lexie Low, PsyD

Come join us as we discuss ways to make the most out of your conference experience. Discover how to have more fun, make more friends, and learn a ton about conquering your OCD.

Opening Support Group for High Schoolers with OCD *Golden Gate C1*

Tejal Jakatdar, PhD & Emma Kelley-Bell, MSW

Being a teenager is hard. Adding a diagnosis of OCD on top of that can make living a valued life even harder. In this support group, we will explore values: what makes life worth living despite struggling with OCD? Teens will discuss their experiences and learn from each other to apply their identified values to different facets of teenagehood: school, relationships, gaining independence and a sense of identity, and planning for the future.

8:00PM–9:30PM

Fighting OCD with Art! *Golden Gate C3*

Max Wilson, Hayden Wilson, & Darcy Howell

Being a kid with OCD is tough! After a long day, come wind down with other kids who know exactly what you're going through. Attendees can expect to make art using a variety of materials and supplies. There will be a guided activity as well as space to create your own masterpiece. Whether you make a painting, collage, origami, drawing, or other projects, you can expect to have FUN! Don't forget to claim your goody bag at the end of the event! All supplies and materials are provided.

All Emotions Are Welcome Here: Creating Your Own Emotion Hotel *Golden Gate C2*

Jolie Pepperman, PsyD, Katherine Escobar, MA, Elyse Stewart, PhD, Regina Roberg, MS, & Mikala Grimaldi

Rumi once said, “This being human is a guest house.” We all experience the daily “checking in” of various emotions, which we can call our “guests.” During this After Hours Activity, participants will identify various emotions that check into their hotel, even the guests that require a lot of attention, like anxiety or fear associated with OCD. They will create visuals of their hotels, such as creating designated rooms for their guests and decorating them accordingly (e.g., maybe the happy's room is sparkly & yellow). By creating a physical representation of their personal hotel, participants will learn to engage in acceptance of their emotional experiences, interact with their emotions flexibly, and imagine a safe place for their emotions to come and go.

Evening Activities

6:00PM–7:30PM

Pre-Conference Preparation: Motivating Yourself to Take the “Risk” of ERP *Pacific G-H*

Jonathan Grayson, PhD & Alexandra Reynolds

In this presentation, learn about the nuts and bolts of exposure and response prevention (ERP), the first-line treatment for OCD, and how to motivate yourself to take the risk. In an interactive format, attendees will learn how to turn exposure from simply confronting their fears to affirming their values and becoming the person they want to be. There will be some opportunities for those who want to practice exposures. During the Conference, there will be multiple opportunities to delve into ERP, and use this workshop to help yourself learn that ERP can also be fun as you enable yourself to take full advantage of the Conference offerings.

Solo Attendee Meet-Up: Break the Ice! *Pacific I-J*

Angie Bello & Vinay Krishnan

Are you traveling to the Conference alone or looking for an easy and low-key way to meet new people? In the third year of this meet-up group, you can participate in a range of icebreaker activities in small groups to find common ground and kick off new “Conference Buddy” friendships. We will rotate and mix up the groups a few times, so by the end of the meet-up, you'll have many more familiar faces to see

Thursday Evening

throughout the Conference. We'll discuss likes, dislikes, OCD themes, and share fun facts! If you'd like, pick up a 'Say Hello!' button at the end of the event. Wearing this button lets others know that you're interested in meeting new people throughout the Conference and that they're welcome to walk up and start a conversation!

8:00PM–9:30PM

Welcome Party hosted by OCD SF Bay Area and fellow IOCDF Affiliates *Atrium*

All Conference attendees are invited to an inaugural Welcome Party on Thursday, July 6 from 8:00 to 9:30pm PT and 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.

Welcoming Ice Breakers Hosted by the Conference Title Sponsor Neurobehavioral Institute *Foothill G*

Michele Bechor, PhD, Dee Franklin, PsyD, Jonathan Hoffman, PhD, Katia Moritz, PhD, Michael Sheffield, PsyD, Ana Violante

Join our Title Sponsor, Neurobehavioral Institute and NBI Ranch, and get to know your fellow conference attendees with some fun icebreaker activities. Join for name games, team challenges, and other activities designed to help you build bonds that will last throughout the conference weekend and beyond! Let's start this conference weekend by stepping outside of our comfort zone and having fun!

Quirky Karaoke! *Foothill C*

Maia Fattahi & Alison Naimo

Have a song you love that your OCD doesn't? A recovery anthem you want to share with others? Interested in challenging your fears karaoke-style with support and encouragement from the community? Bring your fears and come sing with your peers! Join the Hard Quirk founders for a fun social evening of embracing our quirkiness through song.

Support Groups

6:00PM—7:30PM

Support Group for Adults with Health Anxiety *Willow*

Rachel Ehrenberg & Diana Antinoro Burke, PsyD

Those who suffer from health anxiety or illness anxiety disorder may feel alone, misunderstood, and isolated from everyone around them. This support group will give individuals with health anxiety the opportunity to discuss their experiences, highlighting their challenges and successes. The group will also aim to empower participants who share in these struggles. The presenters will use their personal experiences living with or treating health anxiety to discuss common presentations and treatment principles. We will also look at effective ERP techniques including examples of beneficial exposures, as well as factors that have exacerbated OCD symptoms.

Support Group for Trans, Nonbinary, and Gender Variant People with OCD *Foothill H*

Andrew Triska, LCSW & Bree Horrocks, MEd

This support group will provide an affirming environment for people with OCD and related disorders who are transgender, nonbinary, or otherwise gender variant. The group is open to adults with OCD who would like to discuss their symptoms and the intersections between OCD and gender identity. Additionally, the group will allow participants to process their experiences within the mental health system and the challenges of finding well-trained OCD treatment providers who are also trans-competent. The group facilitators are two transgender mental health professionals who will strive to provide helpful information about treatment access and symptom management while also centering the voices of transgender people with lived experiences with OCD.

My Teen Has OCD: A Support Group for Parents *Foothill E*

Elena Fasan, LCSW & Laura Yocum, LMFT

Parenting a teen diagnosed with OCD may not only feel overwhelming, but can also be exhausting. If you are such a parent, you know all too well how demanding OCD is of your teen's time, attention, and energy and, likely, of your own. When few understand the ways in which OCD has taken over your teen and perhaps your household, it can create a feeling of isolation. This support group provides a space in which parents may offer one another empathy, shared understanding, advice, and wisdom gained from experience. The group is led by facilitators who treat teens diagnosed with OCD, routinely work with parents, and are attuned to the power of warmth, humor, and compassion while supporting those parents.

Girl Interrupted: A Support Group for Female Identifying Individuals with OCD *Pacific D*

Katy Rothfelder, LPC & Bridget Henry, PhD

It's estimated that women are 1.6 times more likely to experience OCD than men. More broadly, women are more likely to experience mental health challenges than men. Some contributing factors to women's mental health challenges may be witnessing or experiencing domestic violence, childhood abuse, increased rates of trauma, inequality in income and power, sexism, challenges related to transgender or nonbinary individuals, and/or pregnancy. With the unique challenges female identifying people face living with and in recovery from OCD, safe, encouraging, and supportive spaces are crucial to vitality and wellbeing. This support group will offer a supportive space for female identifying and non-binary individuals to share their experience with OCD and related disorders and to foster courage and compassion.

Emetophobia Support Group *Foothill D*

James Claiborn, PhD & Kathryn Barber, MA

Emetophobia is a surprisingly common phobia and can also appear as a symptom of OCD or health anxiety. The symptoms of emetophobia can be life-disrupting and lead to problems with eating, socializing, traveling, and caring for friends and family. In this group, attendees will be able to share their personal experiences with emetophobia and get support from others. Attendees will also have the opportunity to ask questions and share both their successes and struggles with emetophobia. This group will be a nonjudgmental space of support and recovery, moderated by professionals with experience in treating emetophobia and OCD.

Am I the Only One Struggling This Much?: Support Group for Parents of Children with OCD *Foothill B*

Julie Lustig, PhD

Parents of children with OCD often feel alone in their struggles to understand and help their children. They can feel confused, frustrated, helpless, and isolated parenting a child with OCD. Parents may develop shame and guilt about their parenting and their children's behaviors. This support group provides a safe space for parents of elementary school-age children with OCD to share their experiences and feelings. Through sharing, the group is intended to normalize and validate one another's experiences, and to begin reducing feelings of isolation, guilt, and shame. An experienced clinician working with parents of children with OCD, the group facilitator will point out commonalities, correct OCD misconceptions, and provide hope and encouragement.

Man Up: Real Men Talk about Their Feelings (An Interactive Support Group for Men with OCD) *Foothill G*

Jacques Esses, MSW

Are you a male suffering from OCD and haven't found a safe place to discuss your issues? Participants will have the opportunity to share their experience navigating the unique challenges they face, including being encouraged to "man up," opening up to their girlfriends or partners about the mental disorder, keeping their anger in check, dealing with medication side effects, finding an OCD therapist, and admitting they need help. This support group will provide a safe space where men are able to ask questions and engage in discussion on topics they face being a male with OCD.

Thursday Evening

I See Color Support Group *Walnut*

Erin Nghe, LCSW, Bianca Simmons, LPC, & Ivy Ruths, PhD

Ethnic groups often hear, "I'm colorblind" and "I don't see color," which can, unfortunately, make persons of color, and their needs feel invisible. This can also prevent persons of color from being seen for their amazing and unique qualities! Unfortunately, these feelings, dynamics, and barriers can also arise in the therapeutic setting. This support group is for OCD sufferers of color to obtain support with issues that arise from having language, religion, and cultural differences while pursuing wellness for OCD. It also addresses the difficulty of not having peers and therapists of color to which to relate. It gives voice to those OCD sufferers of color whose experiences with OCD have been different — because of their diverse backgrounds.

Religious Scrupulosity Support Group *Pacific B*

Ted Witzig, Jr., PhD

This group is intended for those who suffer from scrupulosity (OCD entwined with religious and moral matters). While this group is most specifically geared toward dealing with religious scrupulosity, those with moral scrupulosity are welcome. Family members and close friends of someone with scrupulosity can also attend. Join others in a professionally-led psychoeducation and support group. This will be an interactive group so that participants can learn from the leader and one another about ways to overcome scrupulosity.

8:00PM–9:30PM

Living with a Romantic Partner with OCD *Walnut*

Annabella Hagen, LCSW & Erik Wells, LCSW

When you said, "Yes," you weren't counting on OCD to be an unwelcome guest that's causing havoc in your relationship and life. When your loved one is in treatment, your support, validation, and encouragement are essential. But who is supporting, validating, and cheering you on? Are you feeling like you are on an island suffering alone? During this support group, we will discuss empowering skills. You'll be heard, supported, and validated. You may not be able to kick that unwelcome guest out, but you can find new ways to feel confident, resilient, and joyful in your journey!

LGBTQ+ OCD Intersectional Support Group *Pacific A*

Angelique Howington, LPC-MHSP

This group will provide a safe and empowering space for those with the intersectional identities of OCD and LGBTQ+. Participants will have the unique opportunity to gain support from therapists from a Nashville, TN-based group practice focused on meeting the needs of clients with OCD as well as those with Queer and Gender Diverse identities. This session will be a space to explore the challenges that face marginalized populations in gathering a support system that is a balance of caring and clear boundaries — which are essential components to OCD recovery.

The Over The Hill Gang: Seniors Taking A Stance *Pacific D*

Kim Vincenty, Valerie Andrews, Patrick Dugan, Elizabeth Ritchie

"Every single one of us is resilient, and that resilience can be fostered, with the help of a community." But what happens, where do you turn, where do you go if that community you need doesn't exist? Being an older adult living with OCD can be very challenging. Too often we are overlooked, left feeling unheard, and just plain old! But what a misconception that is. This panel will discuss the pros and the cons, the needs and the wants, and what we as an unique and experienced community bring to the OCD community. Join us oldies but goodies, as we share our history and stories.

Support Group for Parents of Adult Children with OCD *Foothill J*

Ben Eckstein, LCSW

This group is intended for parents of adult children with OCD. There are many unique challenges that arise for parents when OCD continues into adulthood. This group will provide parents a safe and supportive place to discuss their experiences navigating this journey. Topics may include: Encouraging loved ones to seek treatment, building incentives and fostering motivation, setting boundaries, eliminating accommodation behaviors, and managing dependent adults who are still in the home.

The Mother of All Support Groups *Pacific C*

Sheva Rajae, LMFT & Elena Fasan, LCSW

Mothering can be overwhelming, especially if you have been diagnosed with an anxiety disorder or OCD. Whether you are contemplating becoming a parent, currently pregnant, in the postpartum stage, or beyond, each step presents challenges that symptoms of anxiety and OCD can make more difficult to manage. Feelings of guilt and shame may prevent open discussion about how anxiety and OCD affect mothering, leading to isolation. This group offers a safe, open forum for mothers or would-be mothers with anxiety or OCD to share their experiences with those who truly understand and empathize. Parenting is a mother... let's commiserate.

Support Group for Sexual and/or Violent Obsessions *Willow*

Nick Flower, PsyD, Chad Wetterneck, PhD, Angela Smith, PhD, & Monnica Williams, PhD

Join a few OCD experts in a discussion on obsessions that focus on sexual (e.g., sexual orientation, fears of pedophilia, bestiality, etc.) and/or violent (direct harm to others via physical or sexual means) content. Every year, we create a supportive environment to help you connect with others, share similar experiences, and learn that there is support and help available.

Support Group for Mental Health Professionals with OCD *Pacific G-H*

Dan Kalb, PhD & Kristina Orlova, LMFT

Being a mental health professional with OCD presents a unique set of opportunities and challenges. We have the personal experience that enables us to truly empathize with our clients who are struggling both with symptom management and the impact of the disorder on their lives. Our clients tell us that we "get it" in a way other therapists have not, and we feel privileged to be in a special position to help. At the same time, our own vulnerabilities may, at times, make the work especially challenging. We'll interactively discuss concerns common to us all and provide each other with support and encouragement. For those so inclined, there will be an opportunity to stay in touch with one another afterward.

Young Adult Orientation and Support Group *Pacific I-J*

Kyle King & Jacques Esses, MSW

The Conference is massive, and, especially if you've never been before, it can be very overwhelming. With all the things to do, information to learn, and people to meet, it can be hard to figure out just how to make the most of your three days here. Come to this session to get oriented to the Conference and to hear a little from experienced Conference-goers about what makes the OCD Conference so special to them. After hearing from these advocates, stick around for a young adult-only support group, a great chance to talk about OCD with people who not only understand the disorder but also understand the unique challenges it presents to young adults.

Contamination OCD: Support Group *Golden Gate B*

Ariella Schlossberg & Laura Yocum, LMFT

This support group will focus on answering questions and discussing the topic of contamination OCD. It will serve as a place of support for those who would like to discuss their personal journey of living with contamination OCD and/or having someone in their life who struggles with contamination OCD. This support group is open to everyone who is interested in the topic.

Social Anxiety Welcome and Support Group *Foothill E*

Jessica Serber, LMFT & Madeline Moersch, LCSW

We understand social anxiety can make attending a conference like this one daunting. We also know how incredibly beneficial and fun it can be to spend time learning from and getting to know like-minded individuals in a supportive environment. This welcome and support group will offer a safe space for individuals with social anxiety to get their feet wet before attending other talks and groups. You will receive support, a sense of community, and helpful tips for navigating this conference and getting the most you can out of it!

It's Back!



October 21-22, 2023

iocdf.org/onlineocdcon

Friday Schedule

Overview

Friday, July 7

7:00am–8:00am	Morning Stretch Group <i>Willow</i> Join Morgan Rondinelli to start your day with a morning stretch! This will involve seated, light stretches that individuals of all ability levels can participate in. It will be inspired by classical ballet training, but will be easier than yoga! The goal is to reduce muscle tension and start your day mindfully with self-care. We will play soothing music while stretching as well. Let's get moving!
7:00am–8:00am	Light Breakfast <i>Exhibit Hall, Yerba Buena Salon 7, Lower B2</i> 
7:00am–6:00pm	Check-in and Badge Pickup <i>South Registration Desk</i> <i>Yerba Buena Grand Assembly, Lower B2</i> Onsite Registration <i>North Registration Desk</i> <i>Yerba Buena Grand Assembly, Lower B2</i>
7:00am–6:00pm	Continuing Education Desk Open <i>Yerba Buena Grand Assembly, Lower B2</i> All professional attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. See page 6 for CE/CME information.
7:00am–5:30pm	Exhibit Hall Open IOCDF Information & Welcome Booth Open <i>Exhibit Hall, Yerba Buena Salon 7, Lower B2</i> See page 13 for a list of Exhibitors.
8:00am–5:30pm	Conference Presentations See pages 34-42 for a full schedule of presentations.
8:00am–5:30pm	Youth Programming <i>Elementary Schoolers: Golden Gate C3, B2 Level</i> <i>Middle Schoolers: Golden Gate C2, B2 Level</i> <i>High Schoolers: Golden Gate C1, B2 Level</i> See page 25 for a full schedule of activities and pages 34-42 for details.
11:15am–12:30pm	Lunch on Your Own Check the Program Guide Insert for local restaurant listings. Stop by the Exhibit Hall to check out our vendor
5:30pm–7:45pm	Professional and Student/Trainee Mentoring Session & Networking Mixer <i>Atrium, Second Level</i> Therapist/Clinician attendees of the Conference are welcome to a mentoring and networking event to connect with their fellow professionals. Sponsored by Rogers Behavioral Health 
6:00pm–10:00pm	Friday Evening Activities & Support Groups Turn to pages 40-42 for descriptions and a detailed schedule.

	8:00AM–9:30AM	9:45AM–11:15AM	12:30PM–2:00PM
EVERYONE (INTRO)	EXPOSURE AND RESPONSE PREVENTION FOR OCD: AN OVERVIEW AND RESEARCH UPDATE FOR CONSUMERS AND FAMILIES Jonathan Abramowitz, PhD <i>Golden Gate B</i>	CURRENT LANDSCAPES IN TREATING YOUTH WITH OCD Elizabeth Moroney, PhD Rebekah Mennies, PhD Lara Rifkin, PhD <i>Yerba Buena Salon 8</i>	SUPPORTING YOURSELF THROUGH ERP Lauren Rosen, LMFT Elena Fasan, LCSW Kelley Franke, LMFT Kevin Foss, LMFT <i>Yerba Buena Salon 9</i>
EVERYONE (ADVANCED)	"MY LAST THERAPIST TOLD ME TO 'JUST ACCEPT IT'": BUILDING ACCEPTANCE SKILLS WITH ACT Brian Thompson, PhD Brian Pilecki, PhD <i>Yerba Buena Salon 8</i>	AM I DOING THIS RIGHT?: PARENTING WITH OCD Tracie Ibrahim, LMFT, CST Jenna Overbaugh, LPC Alexandra Reynolds <i>Golden Gate B</i>	YUCKY, OOEY, GROSS, AND GOOEY: THE ROLE OF DISGUST IN OCD Kim Rockwell-Evans, PhD, LPC, LMFT; Jeremy Rudd, LPC Molly Martinez, PhD; Nathan Peterson, LCSW Regan Paulsen, LPC <i>Yerba Buena Salon 13-15</i>
LIVING WITH OCD	FAIRYTALE ENDINGS: WHERE THE HAPPY COUPLE CAN EXIST AMIDST OCD Cali Werner, LCSW Katie O'Dunne, MDiv <i>Nob Hill B-D</i>	COMPASSIONATE SEPARATION FROM MENTAL COMPULSIONS Thien-An Le, PhD, Keri Brown, PhD Angela Smith, PhD Ginny Fullerton, PhD <i>Nob Hill B-D</i>	RECOGNIZING WHEN OCD IS THE MANAGER AT WORK Shannon Weise, LCSW Emily McCollister, LSW Matthew Varnecky <i>Nob Hill B-D</i>
YOUNG ADULTS	FRIENDS WHO FIGHT TOGETHER STAY TOGETHER: INSIGHT INTO HEALTHY FRIENDSHIPS WITHIN THE OCD COMMUNITY Samantha Faden; Meg Grundy, LCSW Victoria Lane; Kyle King <i>Yerba Buena Salon 10-12</i>	THE BIRDS AND THE BEES AND OCD Alegra Kastens, LMFT Samantha Faden Genevieve Kales, MSN, RN Kyle King <i>Yerba Buena Salon 10-12</i>	A NEW SCHOOL BULLY Jessie Birnbaum Ezra Homonoff, MEd, Olivia Skaggs Jacques Esses, MSW Victoria Lane <i>Yerba Buena Salon 10-12</i>
PARENTS AND FAMILIES	PARENT GUIDE: HOW TO SUPPORT YOUR CHILD IN OCD TREATMENT Mary Lexie Low, PsyD Mary Kathleen Norris, LPC <i>Golden Gate A</i>	THE TWO OGRES: THE RELATIONSHIP BETWEEN THERAPIST, PARENT, AND CHILD Shannon Weise, LCSW Laura Simon <i>Golden Gate A</i>	WHAT DRIVES FAMILY ACCOMMODATION AND WHAT TO DO ABOUT IT: ACROSS THE LIFESPAN Barbara Van Noppen, PhD, LCSW Michelle Dexter, PhD Melissa Mose, LMFT, Felicity Sapp, PhD <i>Golden Gate A</i>
BDD	FACT VS FICTION: SOME KEY THINGS TO KNOW ABOUT BDD Katharine Phillips, MD; Chris Trondsen, LMFT Tania Borda, PhD; Jamie Feusner, MD Scott Granet, LCSW <i>Yerba Buena Salon 1-3</i>	EVIDENCE-BASED TREATMENTS FOR BODY DYSMORPHIC DISORDER Natasha Conde-Janel, PhD; Fugen Neziroglu, PhD Katharine Phillips, MD; Barbara Van Noppen, PhD, LCSW Sony Khemlani-Patel, PhD <i>Yerba Buena Salon 1-3</i>	HOT TOPICS: RECENT RESEARCH FINDINGS ON BDD Jamie Feusner, MD Tania Borda, PhD Sabine Wilhelm, PhD Fugen Neziroglu, PhD <i>Yerba Buena Salon 1-3</i>
THERAPISTS INTRO	GETTING CLEARED FOR TAKEOFF: OCD TREATMENT ESSENTIALS 101 Fred Penzel, PhD Charles Mansueto, PhD Barbara Van Noppen, PhD, LCSW <i>Yerba Buena Salon 13-15</i>	EVIDENCE BASED PSYCHOPHARMACOLOGICAL TREATMENT FOR OCD AND OCRDS Rashesh Dholakia, MD, MPH Rachel Davis, MD <i>Yerba Buena Salon 9</i>	FACILITATING EFFECTIVE RESPONSE PREVENTION STRATEGIES IN OCD TREATMENT Tania Borda, PhD; Fugen Neziroglu, PhD Sony Khemlani-Patel, PhD; Curtis Hsia, PhD <i>Yerba Buena Salon 8</i>
THERAPISTS ADVANCED	HOW TO IMPLEMENT ACT-BASED EXPOSURE THERAPY Michael Twohig, PhD <i>Yerba Buena Salon 9</i>	"THE WHOLE CLIENT AND NOTHING BUT THE WHOLE CLIENT!" NOT STOPPING OCD TREATMENT PREMATURELY Elizabeth McIngvale, PhD, LCSW Michelle Massi, LMFT <i>Yerba Buena Salon 13-15</i>	CASE PRESENTATIONS: OCD TREATMENT FOR DIVERSE POPULATIONS FROM A DIVERSITY, EQUITY & INCLUSION LENS Chris Trondsen, LMFT; Jenny Yip, PsyD Jelani Daniel, LPC; Marcia Rabinowits, PsyD <i>Golden Gate B</i>
EMERGING TRENDS: NEW DIRECTIONS	BIOETHICAL CONSIDERATIONS OF EMERGING MEDICAL INTERVENTIONS FOR OCD Molly Martinez, PhD; Robert Hudak, MD Eric Storch, PhD; Christopher Pittenger, MD, PhD <i>Yerba Buena Salon 4-6</i>	PROFESSIONAL ETHICS, RESPONSIBILITY, & HUMILITY IN EVIDENCE-BASED TREATMENT FOR OCD Molly Martinez, PhD, Eric Storch, PhD Jonathan Abramowitz, PhD Michael Twohig, PhD <i>Yerba Buena Salon 4-6</i>	OCRD GENOMICS ACROSS DIVERSE ANCESTRIES Michelle Pato, MD Eric Storch, PhD Peggy Richter, MD Anthony Zoghbi, MD <i>Yerba Buena Salon 4-6</i>

2:15PM–3:45PM

4:00PM–5:30PM

Q&A ABOUT MEDICATIONS FOR OCD & 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
Yerba Buena Salon 9

LGBTQ+ REPRESENTATION IN OCD TREATMENT

Alexandra Reynolds
Alegra Kastens, LMFT
Golden Gate B

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

Jonathan Abramowitz, PhD
Jenny Yip, PsyD, Peggy Richter, MD
Golden Gate B

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

Mackenzie Reed, RN
Callie Carlyle
Kerry Osborn; Melissa Mose, LMFT
Yerba Buena Salon 8

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

Sarah Carr, LMFT
Marisa Mazza, PsyD
Mai Manchanda, PsyD, Joanne Chan, PsyD
Nob Hill B-D

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
Nob Hill B-D

BEYOND TREATMENT - FINDING YOURSELF DURING YOUR OCD RECOVERY JOURNEY

Elizabeth McIngvale, PhD, LCSW; Micah Howe
Madeline White; Megan Dailey
Darcy Howell
Yerba Buena Salon 10-12

DEALING WITH THOSE PESKY FEELINGS OF SHAME

Jessica Serber, LMFT, Cassie Marzke
Alexandra Rosenberg
Tom Smalley, MS, CSCS
Michael Schramm
Yerba Buena Salon 10-12

OCD: THE SIBLING SIDE OF THE STORY

Charlotte Baier
Tatum Demeter
Dylan Haseman
Laura Yocum, LMFT
Golden Gate A

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
Golden Gate A

ADVANCED TREATMENT APPLICATION: BDD CASE PRESENTATIONS AND DISCUSSION

Scott Granet, LCSW
Katharine Phillips, MD
Chris Trondsen, LMFT, Fugen Neziroglu, PhD
Yerba Buena Salon 1-3

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

Scott Granet, LCSW; Denis Asselin, MA
Katharine Phillips, MD; Fugen Neziroglu, PhD
Eva Fisher, PhD
Yerba Buena Salon 1-3

TABOO SYMPTOMS IN PEDIATRIC OCD

Marni Jacob, PhD
Eric Storch, PhD
Josh Spitalnick, PhD
Yerba Buena Salon 8

PROFESSIONAL PLENARY

OCD AND RACISM

Monnica Williams, PhD
Yerba Buena Salon 9

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, Preeti Pental, MA
Yerba Buena Salon 13-15

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

Jacob Nota, PhD
Yerba Buena Salon 4-6

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

Chia-Ying Chou, PhD; Sanjaya Saxena, MD
Marnie Cooper; Lindsay Bacala, MSW
Randy Frost, PhD; Gail Steketee, PhD, LICSW
Yerba Buena Salon 4-6

See pages 34-42 for detailed descriptions of each presentation.

EVERYONE

LIVING WITH OCD

PARENTS & FAMILIES

YOUNG ADULTS

BDD

THERAPISTS

EMERGING TRENDS: NEW DIRECTIONS

HOARDING DISORDER

Workshops with black outline are eligible for CE/CME credits.

These tracks indicate the intended audiences. However, all presentations are open to everyone.

SESSION AVAILABILITY

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

8:00AM–9:30AM

Elementary Schoolers and Families Orientation *Golden Gate C3*

Susan Boaz & Lane Standidge, LCSW

This orientation will discuss the logistics of the Conference and provide an overview of the Kids Room (suggested ages = 11 and younger) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the Conference.

Middle Schoolers and Families Orientation *Golden Gate C2*

Denise Egan Stack, LMHC & Abigail Al-Asousi

This orientation will discuss the logistics of the Conference and provide an overview of the Middle Schoolers Room (suggested age range = 12-14 years old) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the Conference.

High Schoolers and Families Orientation *Golden Gate C1*

Natalie Henry, LCSW & Amanda Petrik-Gardner, LCPC

This orientation will discuss the logistics of the Conference and provide an overview of the Teens Room (suggested ages = 14 and older) and all that it entails. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the Conference.

Fact vs. Fiction: Some Key Things to Know about BDD*

Yerba Buena Salon 1-3

Katharine Phillips, MD, Chris Trondsen, LMFT, Tania Borda, PhD, Jamie Feusner, MD, & Scott Granet, LCSW

With the explosion of new terminology, it can be challenging to identify what is and is not BDD. This presentation aims to clarify what constitutes an official BDD diagnosis by offering key facts and clarifying misconceptions about BDD. Topics discussed in this panel will include definition and clinical features, how to diagnose, similarities and differences to OCD and eating disorders, and specific ways BDD impacts an individual's functioning — including suicidality. In addition, the causes of BDD and its influences on its presentation will be discussed, including genetic contribution, teasing, bullying, and the possible role of social media. Finally, how BDD presents across the lifespan, including in children and adolescents, will be discussed, and the panel will conclude with a Q&A!

Bioethical Considerations of Emerging Medical Interventions for OCD* *Yerba Buena Salon 4-6*

Molly Martinez, PhD, Robert Hudak, MD, Eric Storch, PhD, & Christopher Pittenger, MD, PhD

As neuroscience expands our understanding of the brain and OCD, technological advances in treatment present new bioethical challenges. Invasive and/or experimental neurotechnologies (eg, deep brain stimulation, ablative neurosurgical procedures, transcranial magnetic stimulation), drug treatment (e.g, ketamine, psilocybin), and genetics research raise ethical questions that require careful consideration: What is the appropriate "order of operations" in escalating to invasive or experimental treatment? How are these guidelines communicated and followed within the medical community and the general public? What information and education are needed for informed consent? How do we respect patient autonomy while also managing expectations? What implications of genetics research should be considered? This panel will describe emerging biomedical interventions for OCD and grapple with the associated ethical questions.

"My Last Therapist Told Me to 'Just Accept It': Building Acceptance Skills with ACT *Yerba Buena Salon 8*

Brian Thompson, PhD & Brian Pilecki, PhD

Emotional acceptance is an important part of successful exposure in facilitating learning. In practice, however, people often struggle with acceptance during exposure. Acceptance and commitment therapy (ACT), an experiential, acceptance-based treatment that has been shown to be effective in treating OCD, offers metaphors and exercises to help train acceptance or what is often called "willingness" in ACT. This workshop provides an overview of willingness and demonstrates ACT exercises to train willingness. The presenters will describe how paying attention to willingness during exposure — such as through the use of willingness ratings — can help bring awareness to and resolve struggles with acceptance. Additionally, they will provide examples of how understanding willingness can illuminate common challenges in exposure work.

Exposure and Response Prevention for OCD: An Overview and Research Update for Consumers and Families *Golden Gate B*

Jonathan Abramowitz, PhD

We will review the basics of exposure and response prevention (ERP) treatment, including an update on the latest advances in this treatment. This will include a brief introduction to the cognitive-behavioral model of OCD and the rationale for ERP. We will discuss the process of ERP and how it works, and provide a brief review of research findings. The presentation will emphasize recent developments, including the application of ERP with couples and families, the use of ACT with ERP, technology-enhanced ERP, and the inhibitory learning perspective. We will also address strategies for identifying clinicians who are properly trained to offer ERP.

Fairytale Endings: Where the Happy Couple Can Exist Amidst OCD *Nob Hill B-D*

Cali Werner, LCSW & Katie O'Dunne, MDiv

Commonly referred to as the "doubting disorder", OCD may create challenges for dating and building relationships. When OCD butts in, common doubts include: "Will I ever be happy in my relationship?" "Will I always feel unworthy?" "What if OCD ruins my relationship?" These fears may hold individuals with OCD back from being their authentic selves around partners. We are here to let you know that happiness and freedom can both exist in relationships for individuals with OCD. In addition to hearing speakers' personal relationship stories while battling OCD, participants will understand that they do not need to be afraid to love or be loved because they have OCD. Instead, they can fully embrace dating, loving, and living life without fear.

Parent Guide: How to Support Your Child in OCD Treatment *Golden Gate A*

Mary Lexie Low, PsyD & Mary Kathleen Norris, LPC

ERP is the gold-standard treatment for OCD, but it can be challenging for parents. Seeing your child in distress, much less creating situations to increase anxiety may be counterintuitive to a caring, compassionate parent. This workshop will define the challenge and describe strategies to resolve the conflict for the parent. We will help parents reframe attitudes toward anxiety and provide support for parents involved in treatment. Through reframing and discussing tips, parents will have an increased "buy into" ERP treatment.

How to Implement ACT-Based Exposure Therapy* *Yerba Buena Salon 9*

Michael Twohig, PhD

The research in ACT for OCD is greatly expanding and the use of ACT-based exposures is gaining credibility. In this clinical training, the audience will be taught the model and support for ACT-based exposure therapy. They will be taught how to set up and implement these procedures. Guidance on how to track the effectiveness of these procedures will be offered. This will be taught through lectures and demonstrations. Expert tips on setting up and completing this work will be offered.

Getting Cleared for Takeoff: OCD Treatment Essentials 101* *Yerba Buena Salon 13-15*

Fred Penzel, PhD, Charles Mansueto, PhD, & Barbara Van Noppen, PhD, LCSW

Here's the chance to gain the solid foundation you need to enable you to get started treating OCD effectively. Three veteran OCD therapists will provide an overview of OCD, including clinical characteristics, epidemiology, and diagnosis. In addition, the basics of OCD treatment, including client preparation, assessment, Exposure and Response Prevention (ERP), and the importance of involving family members and significant others in your treatment plan will also be covered. Numerous valuable practice tips will be provided and an interactive panel discussion will follow.

Friends Who Fight Together Stay Together: Insight into Healthy Friendships within the OCD Community *Yerba Buena Salon 10-12*

Samantha Faden, Meg Grundy, LCSW, Victoria Lane, & Kyle King

Kailey and Samantha (Sam) first met through the Virtual IOCDF Conference in 2020; however, they are now best friends who love each other for much more than just their mutual struggle with OCD. Through trial and error, they have learned how to limit behaviors like reassurance seeking and even how to challenge things like competing number rituals. They have ultimately learned to love each other as unique individuals with their own interests, lives, and personalities outside of OCD. While their friendship might have started as an OCD friendship, it is now so much more. Meg Grundy, LCSW, offers clinical insight into how she would encourage clients to form healthy, growth-fostering, and recovery-oriented friendships within the OCD community.

9:45 AM–11:15 AM

Pokémon Trainers Unite: Developing Skills to Battle OCD

Golden Gate C3

Stephanie Davis, PhD, Jackie Shapin, LMFT, Jesse Spiegel, PsyD, & Karla Portillo, APCC

To become a Pokémon master, your Pokémon needs to evolve. They do this by learning new skills, engaging in battles, and building their energy. In this interactive presentation, we're going to talk about how to become the best trainer and evolve to fight back against OCD. We're going to talk about and practice different skills that can help you fight OCD (like misbehaving, mindfulness, talking back, and humor). Then everyone will have time to make their personalized, evolved Pokémon card that showcases the skills and moves you think will help you beat OCD in a battle.

Battling the Monster: A Creative Play about Mastering OCD

Golden Gate C2

Diana Antinoro Burke, PsyD & Gail Quick, PhD

Youth participants will engage in this interactive workshop to create a story of how to battle the "OCD Monster." The youth will discuss basic facts about OCD and will be encouraged to create a script to best represent the common battles that children and adolescents experience when living with OCD. The participants will also discuss ways that they have been able to succeed in these moments and practice how to engage in these strategies through the performance of the play.

What's Exposure Therapy All About? Is It For Me and How Would I Know?

Golden Gate C1

Kevin Ashworth, LPC, Allison Bonifay, LPC, & Jennifer Garcia, MA

Exposure Response Prevention (ERP) is championed as the "thing to do" to beat OCD. But what's it all about? This workshop offers a clear, practical, and simple understanding of ERP and how it can be utilized to build confidence toward navigating life with OCD. We will use real-life examples and engage the audience in a fun, interactive discussion while dispelling myths about ERP and the challenges of this type of therapy. We encourage you to bring your enthusiasm, skepticism, and toughest questions!

Evidence-Based Treatments for Body Dysmorphic Disorder*

Yerba Buena Salon 1-3

Natasha Conde-Janel, PhD, Fugen Neziroglu, PhD, Katharine Phillips, MD, Barbara Van Noppen, PhD, LCSW, & Sony Khemlani-Patel, PhD

With the explosion of new terminology, it can be challenging to identify what is and is not BDD. This presentation aims to clarify what constitutes an official BDD diagnosis by offering key facts and clarifying misconceptions about BDD. Topics discussed in this panel will include definition and clinical features, how to diagnose, similarities and differences to OCD and eating disorders, and specific ways BDD impacts an individual & functioning—including suicidality. In addition, the causes of BDD and its influences on its presentation will be discussed, including genetic contribution, teasing, bullying, and the possible role of social media. Finally, how BDD presents across the lifespan, including in children and adolescents, will be discussed, and the panel will conclude with a Q&A!

Professional Ethics, Responsibility, & Humility in Evidence-Based Treatment for OCD*

Yerba Buena Salon 4-6

Molly Martinez, PhD, Eric Storch, PhD, Jonathan Abramowitz, PhD, & Michael Twohig, PhD

While ERP has the most robust evidence for OCD treatment efficacy, not everyone reaches remission through ERP alone. To move treatment forward, clinicians often opt for augmentative or alternative approaches such as ACT and, more recently, Inference-Based CBT (I-CBT). As professionals, we are ethically obligated to consider a number of factors to guide treatment, such as: What factors inform treatment selection? How is progress measured? What happens when treatment goals are not achieved? Panelists will briefly review the evidence base for ERP, ACT, and I-CBT; discuss their merits and limitations; and in the spirit of mutual respect and humility, discuss the wisdom and ethics of maintaining fidelity to science while also remaining open to ongoing advances in the field.

Current Landscapes in Treating Youth with OCD*

Yerba Buena Salon 8

Elizabeth Moroney, PhD, Rebekah Mennies, PhD, & Lara Rifkin, PhD

The COVID-19 pandemic took a toll on mental health across developmental stages and diagnoses, including those already experiencing OCD and new-onset cases, with lasting impacts on the way we practice now. Research suggests that specific symptom dimensions were particularly exacerbated during the pandemic. While virtual treatment was necessary for the early stages, with restrictions lifting, providers and families are now considering the advantages and disadvantages of continuing with telehealth versus in-person or hybrid formats. This session will include a discussion among several providers working with youth with OCD who will share insights about the current landscape of working with this population, including symptom trends, working with patients virtually versus in person, balancing exposure principles in the context of evolving safety guidelines, and interfacing with schools and families around accommodations. Audience discussion will be encouraged.

Am I Doing This Right?: Parenting With OCD

Golden Gate B

Tracie Ibrahim, LMFT, CST, Jenna Overbaugh, LPC, & Alexandra Reynolds

Parenting is challenging enough, but throw OCD into the mix and it can quickly become a whirlwind of fears, uncertainty, shame, and questioning every parenting move you make. Join our panel of peers & clinicians with lived experience parenting through both unmanaged and well-managed OCD symptoms as they share insights, tips, and helpful strategies to assist parents who are living through these struggles. Audience participation provides content for building hierarchies and sharing strategies for managing through the toughest times. We will discuss the importance of self-compassion, role modeling, ERP, ACT, and ensuring that you make choices in your parenting rooted in your personal values, not your fears.

Compassionate Separation from Mental Compulsions

Nob Hill B-D

Thien-An Le, PhD, Keri Brown, PhD, Angela Smith, PhD, & Ginny Fullerton, PhD

The covert nature of mental compulsions can make them challenging to identify, resulting in isolation, shame, and increased barriers to effective care. They may be in the form of rationalizing, neutralizing, and self-reassurance, and, like other compulsions, are disguised as temporary relief, ultimately exacerbating the cycle of anxiety and discomfort. Considering that OCD symptoms generally attach to values, presenters will guide attendees toward values that underlie anxiety and shame and teach them to connect with an attitude of kindness, warmth, and compassion as they attempt to break free from mental compulsions. Attendees will have opportunities to reflect, share, and prepare to move forward with a sense of meaning.

The Two Ogres: The Relationship Between Therapist, Parent, and Child

Golden Gate A

Shannon Weise, LCSW & Laura Simon

In this presentation, Shannon Weise, as a therapist, and Laura Simon, as a parent, team up to discuss the value of working closely together in the treatment of OCD in children. Called "the ogre" and "the ogre's assistant" by Laura's daughter, Shannon and Laura discuss how they've worked together over the years to improve the chance of successful OCD treatment. Attendees will learn (1) the importance of remaining calm on the OCD roller coaster; (2) about family accommodation — what to do and what not to do; (3) when to push for treatment and when to step back; (4) about SPACE treatment for when a child is unmotivated for ERP; and (5) about the importance of parental self-care and support systems.

Evidence-based Psychopharmacological Treatment for OCD and OCRDs*

Yerba Buena Salon 9

Rashesh Dholakia, MD, MPH & Rachel Davis, MD

This presentation will review current evidence and emerging trends in the treatment of OCD and OCRDs mainly focused on medication management. Myths and facts on medication use in OCD and OCRDs will be discussed. We will review DSM-5 diagnostic criteria for OCRDs and discuss current evidence-based medication management for OCRDs including non-FDA approved medications. We will review BDD, Hoarding disorder, Trichotillomania, and Excoriation disorder treatments with medications and briefly discuss non-medication. Resources will also be provided on finding expert providers, support groups, salons, and services as well as webinars on OCRDs.

"The Whole Client and Nothing But The Whole Client!" Not Stopping OCD Treatment Prematurely*

Yerba Buena Salon 13-15
Elizabeth McIngvale, PhD, LCSW & Michelle Massi, LMFT

The solution-focused nature of ERP, along with other factors (insurance and long wait lists), can create a focus on short-term treatment that ends based on symptom reduction and low Y-BOCS scores. Although managing symptoms and reducing anxiety are essential, other factors can be missed in OCD treatment. The concept of treating "the whole person" is looking at the complex ways the disorder has impacted the person's life and aiding them in the healing process. Shame from leaving a job, the anger of time lost, damaged family relationships, and feeling behind their peers can be present even after a reduction in OCD symptoms. Successful treatment includes processing these concerns and helping the client to heal as they work towards a values-driven life.

The Birds and The Bees and OCD

Yerba Buena Salon 10-12
Alegra Kastens, LMFT, Samantha Faden, Genevieve Kales, MSN, RN, & Kyle King

We need to talk about sex. To be a bit more specific, we need to talk about how OCD makes the whole business a lot more complicated. And before you run away, don't worry — you only have to talk if you want to! Join this session to have a candid, safe, and open discussion about how OCD can complicate issues of sex and sexuality led by a panel of people with OCD willing to talk about it! Whether you want to share your story, ask a question, or just listen in to hear some funny stories from our panelists, we guarantee this talk will be one of the most memorable from the conference!

12:30 PM–2:00 PM

Facing Your Fears: Fun and Creative Ways for Children To Engage In ERP

Golden Gate C3

Julie Lustig, PhD, Meg Grundy, LCSW, & Katherine Schoolland, LMFT

Facing your fears, Exposure Response Prevention (ERP), is the gold standard for treating Obsessive Compulsive Disorder (OCD) in children. However, successful implementation of ERP with elementary school-aged children requires adapting ERP exercises to be developmentally appropriate and engaging. Further, it is essential for children to learn to effectively implement ERP outside of treatment sessions. This panel will teach children playful, fun, and creative approaches to doing ERP in their therapy sessions, and most importantly, on their own in their actual daily lives. In this interactive session, the panel will teach children about ERP, demonstrate examples of fun and creative ERP, provide participants opportunities to practice ERP, and offer children time to ask questions.

ERP 101 + Live Exposures

Golden Gate C2

Krista Reed, LCSW, Amanda Petrik-Gardner, LCPC, Blake Cranmer, LCSW, & Parker Reed

OCD is hard. ERP is hard. Believe it or not; you get a choice! Three Clinicians and one 12-year-old will share their knowledge of OCD, Treatment, and Recovery. Exposure and Response Prevention (ERP) is broken down, discussed, and modeled with live exposures. Participants will learn common components of treatment including building a hierarchy, rating their distress, taking part in productive exposures, and a plan of action to reduce compulsions.

Thinking, Feeling, and Doing: How to Be a Triple Threat Against OCD

Golden Gate C1

Hayley Dauterman, PhD, Jessica McKee, LPC, Ashley Wray, LCSW, Myles Rizvi, PsyD, & Michael Garcia, LCSW

OCD messes with our thoughts, feelings, and behaviors — and we're going to fight back! By learning about the relationship between thoughts, feelings, and behaviors, attendees will learn new tricks to stop OCD in its tracks. Facilitators will lead attendees through activity stations where we'll learn and practice skills to change our thoughts, feelings, and behaviors that support our work overcoming OCD. Attendees will leave with an understanding of this triple threat and some real-world practice with fighting back against OCD!

Hot Topics: Recent Research Findings on BDD*

Yerba Buena Salon 1-3
Jamie Feusner, MD, Tania Borda, PhD, Sabine Wilhelm, PhD, & Fugen Neziroglu, PhD

A solid understanding of evidence-based treatments for BDD is vital. As you begin to apply the treatment when working with clients, you soon realize treatment rarely follows a specific timeline. This intermediate-to-advanced level presentation focuses on discussing real BDD case examples presented by the panelists. This will include complex cases and the treatment approaches utilized to aid recovery. During the case presentations, the clinicians will discuss the client's presenting issue, the application of treatment strategies, navigating roadblocks and challenges, and relapse prevention. This panel will aid in conceptualizing how treatment works and how and when to utilize specific treatment interventions. After each case is presented, the panelists will then discuss each case. Audience Q&A and discussion are highly encouraged!

OCRD Genomics Across Diverse Ancestries*

Yerba Buena Salon 4-6
Michele Pato, MD, Eric Storch, PhD, Peggy Richter, MD, & Anthony Zoghbi, MD

Our understanding of the genomic basis of OCD has progressed substantially over the past 5 years. Yet, studies to date have been primarily focused on European populations with little attention paid to the role of OCD comorbidities. As leaders of the NIMH-funded LATINO OCD study of 5,000 individuals of Latinx descent, we are well-positioned to address these issues. Here, we will highlight the many benefits and logistical challenges of conducting a multi-site, international study in OCD. We will next present new data regarding the genetic basis of OCD symptoms and subtypes in a large multi-ethnic sample. Lastly, we will end with a focus on the clinical relevance of OCD genomics in helping predict drug response and tolerability to OCD treatment. Learning Objectives: Attendees will learn about the "how to" of designing and conducting a multi-site, multi-country study of genetics in OCD in Latin America. Attendees will be able to distinguish genetic variants associated with mixed-race OCD samples and the anticipated similarities and differences in an African-ancestry and Latino-ancestry sample. Attendees will be able to apply pharmacogenetic findings (the role of genetic factors in drug response) to assist in medication choice for OCD.

Supporting Yourself through ERP

Yerba Buena Salon 9

Lauren Rosen, LMFT, Elena Fasan, LCSW, Kelley Franke, LMFT, & Kevin Foss, LMFT

Exposure and Response Prevention (ERP) is considered the gold-standard treatment for Obsessive-Compulsive Disorder. Anyone who's tried this treatment knows it's not for the faint of heart. While this therapy is highly effective — boasting improvement for approximately 70% of those who complete treatment — some people tend to stall out when the going gets tough. This talk will cover how you can support yourself or your clients in doing the heavy lifting of ERP. The presenters will borrow from parenting principles, self-compassion, motivational interviewing, and ACT to support individuals in promoting accountability and consistency in the treatment process with kindness and nurturing.

Yucky, Ooey, Gross, and Gooley: The Role of Disgust in OCD*

Yerba Buena Salon 13-15

Kim Rochwell-Evans, PhD, LPC, LMFT, Jeremy Rudd, LPC, Molly Martinez, PhD, Nathan Peterson, LCSW, & Regan Paulsen, LPC

Exaggerated disgust reactions, rather than anxiety, can drive OCD symptoms. Strong disgust associations can lead to the incorrect identification of certain objects as harmful. In particular, an over-reactive disgust response may drive contamination obsessions via a fear of harmful consequences. This experiential workshop will help participants better understand the role disgust can play in OCD and how it can interfere with treatment. Important differences between anxiety-based and disgust-based ERP will be delineated. Participants will have the opportunity to apply skills (such as staying in contact with the disgust response during ERP) while participating in disgust-based ERP guided by professionals. Through these small group activities, we will practice the art of experiencing disgust while still doing what matters in daily life.

Recognizing When OCD is the Manager at Work

Nob Hill B-D

Shannon Weise, LCSW, Emily McCollister, LSW, & Matthew Varmecky

In this presentation, Shannon Weise and Emily McCollister share experiences personally and professionally on how OCD can get in the way and impact employment. We'll discuss the topics of disclosing your diagnosis, over-preparation, taking too long to complete tasks, avoiding social situations, and how this limits growth potential. We'll discuss FMLA, dealing with frustration from your employer, and how to help your employer understand you. Lastly, we'll discuss all the ways OCD tries to "manage" and inhibit your work/employment.

What Drives Family Accommodation and What to Do about It: Across the Lifespan* *Golden Gate A*

Barbara Van Noppen, PhD, LCSW, Michelle Dexter, PhD, Melissa Mose, LMFT, & Felicity Sapp, PhD

In an effort to cope with challenging situations, families often engage in behaviors that perpetuate OCD and interfere with treatment. Family responses to OCD, particularly family accommodation, worsen OCD symptoms, leaving family members and individuals with OCD feeling frustrated, angry, and at odds with one another. This panel of OCD experts will discuss what might drive accommodating behaviors, introduce behavioral contracting, and the addition of motivational strategies. This includes a family-based intervention that brings family members into the therapeutic process of exposure and response prevention for people with OCD at all ages. A hopeful alternative for children/adolescents who refuse treatment is The Supportive Parenting for Anxious Emotions program (SPACE) which will be described. This session is for providers and consumers.

Facilitating Effective Response Prevention Strategies in OCD Treatment* *Yerba Buena Salon 8*

Tania Borda, PhD, Fugen Neziroglu, PhD, Sony Khemlani-Patel, PhD, & Curtis Hsia, PhD

Effective behavioral therapy for OCD requires a combination of exposure and response prevention, with both components necessary for new learning to occur. Exposure therapy, without response prevention, results in partial treatment gains. Coordinating both mechanisms can be nuanced and complex. In session exposure exercises offer therapists the opportunity to model and support adherence, while response prevention has to be managed by the patient independently. Often the distress and urges last for long periods and compulsions can be subtle or habitual. These factors make them difficult to manage between sessions. This workshop will provide strategies for designing, assessing, and implementing effective response prevention techniques for different populations. Therapists will be given practical tips to engage patients and their family support systems.

Case Presentations: OCD Treatment For Diverse Populations From a Diversity, Equity & Inclusion Lens* *Golden Gate B*

Chris Trondsen, LMFT, Jenny Yip, PsyD, Jelani Daniel, LPC, & Marcia H Rabinowits, PsyD

OCD is found proportionally in individuals across different multicultural groups, yet disparities exist in accessing mental health care for diverse and minority populations. This is partly due to mental health professionals not having adequate training to address the specific needs of diverse populations. This panel focuses on educating clinicians on steps they can take to become a more inclusive treatment provider. Panelists will provide clinicians with education, materials, and strategies for conceptualizing cases from a DEI lens. Then, the bulk of this panel will involve client case presentations demonstrating the concepts discussed, including an interactive discussion with the audience. Additionally, these case conceptualizations will highlight practical strategies that can be used to interact with diverse populations through a DEI lens.

A New School Bully *Yerba Buena Salon 10-12*

Jessie Birnbaum, Ezra Homonoff, MEd, Olivia Skaggs, Jacques Esses, MSW, & Victoria Lane

Whether you are transitioning into it, taking a break from it, attending it, or transitioning out of it, school undoubtedly plays a big role in young adulthood. And just like with any important thing, OCD is there to get in the way. Join us for this talk to hear for OCD advocates as they share practical tips and personal stories about how OCD affected school, how they persevered, and what they wish they had known before going through it all. Stick around after the talk to break out into smaller, breakout groups to discuss the challenges of navigating school with OCD.

2:15 PM–3:45 PM

"You've Got Dragons" Interactive Play and Story Time to Get to Know Your Dragons and Tame Them *Golden Gate C3*

Amy Lambert, LCSW & Rachel Rose, LMFT

"You've Got Dragons" by Kathryn Cave inspires this interactive workshop for elementary aged kids. We will be incorporating play therapy with psychoeducation and ERP interventions by making puppets, creating interactive shows, and story time. Each kid will leave this workshop not just with their creations, but also increased confidence in themselves, validation of their own experiences, and better understanding of OCD.

Urge Surfing and Riding the Wave *Golden Gate C2*

Thien-An Le, PhD, Luke Collier, PsyD, & Cali Werner, LCSW

Imagine you are on a surfboard, waiting for the perfect wave. While waiting, you notice feeling the waves beneath you, swaying rhythmically...up... then down. You smell the salty air and hear the sound of the waves crashing on the distant shore. Mindfulness is the practice of slowing thoughts down, sitting with them, being aware of the different sensations around, and accepting them as they come. Incorporating mindfulness into OCD treatment emphasizes understanding how one experiences emotions and sensations, therefore supporting the technique of urge surfing and riding the wave of emotions. Considering that fighting urges can lead to a more intense response, presenters will begin the experience with a full-audience warm-up and then divide into smaller breakout groups for interactive exercises.

Mr. Potato Head and OCD?: Exploring the Many Disguises of OCD *Golden Gate C1*

Nancy Larsen, LCSW, Allyson Guilbert, LCSW, Danica Smith, ACMHC, & Lars Eggertsen, PhD, LCSW

Feeling anxiety all the time is hard. You just want it to go away. The tricky thing is, OCD tries to hide under many disguises. It changes things up just enough to keep you guessing if the same experience you had yesterday is new and unexplored. It's all a nasty game of hide and seek to OCD. But you can be smarter, quicker and clever-er. In this workshop, you will learn to be just as tricky as your OCD. You will learn to catch your OCD by naming your triggers, thoughts, emotions and body sensations. When you see the many disguises of your OCD, you will learn to master it. What disguise is your OCD wearing today? Check it out!

Advanced Treatment Application: BDD Case Presentations and Discussion* *Yerba Buena Salon 1-3*

Scott Granet, LCSW, Katharine Phillips, MD, Chris Trondsen, LMFT, & Fugen Neziroglu, PhD

A solid understanding of evidence-based treatments for BDD is vital. As you begin to apply the treatment when working with clients, you soon realize treatment rarely follows a specific timeline. This intermediate-to-advanced level presentation focuses on discussing real BDD case examples presented by the panelists. This will include complex cases and the treatment approaches utilized to aid recovery. During the case presentations, the clinicians will discuss the client's presenting issue, the application of treatment strategies, navigating roadblocks and challenges, and relapse prevention. This panel will aid in conceptualizing how treatment works and how and when to utilize specific treatment interventions. After each case is presented, the panelists will then discuss each case. Audience Q&A and discussion are highly encouraged!

OCD in Owls and Larks: Circadian Rhythms, Sleep, and OCD Symptoms During Treatment* *Yerba Buena Salon 4-6*

Jacob Nota, PhD

Differences in sleep behavior and circadian rhythms are associated with symptoms and response to existing treatments in individuals with OCD, but why? Dr. Jacob A. Nota leads a program of research examining this (supported by the IOCDF's Young Investigator Award program). Dr. Nota hypothesizes that misalignment between one's biological circadian rhythms and the environment maintains symptoms and interferes with treatment. Dr. Nota will review the literature addressing sleep and circadian rhythms during treatment for OCD and share the most recent findings from his team at McLean Hospital. Attendees will learn about the biological and behavioral systems underlying sleep and wakefulness; how these interact with cognition and attention; and how these interactions relate to cognitive-behavioral, psychopharmacological, and biological treatments for OCD.

Q&A About Medications for OCD and Related Disorders To Some of U.S.'s Leading Experts *Yerba Buena Salon 9*

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

For years the Chair of the IOCDFs Scientific and Clinical Advisory Board, Dr. Michael Jenike, gave a talk at the annual conference where people had the opportunity to ask him any questions they had about medications for OCD and Related Disorders. It was always standing room only. So we thought it would be a good idea to try to bring it back. This session will be an opportunity for conference attendees to ask questions about the use of medication for OCD, Body Dysmorphic Disorder, Hoarding Disorder, Skin Picking Disorder, Trichotillomania, and Illness Anxiety Disorder. The five of us will do our best to fill Dr. Jenike's very big shoes.

Perinatal OCD Afflicts Fathers Too — Recognizing the Signs Across the Board to Reduce the Stigma* Golden Gate B

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

While women are regularly screened for depression at prenatal/postnatal visits, 10-50% of new mothers actually suffer from perinatal OCD – often misdiagnosed as depression. Despite postpartum mental health being a more common topic recently, little is heard about fathers struggling with this. In fact, some studies report at least 1 in 10 new fathers experience perinatal anxiety/depression, and up to 50% of men with a history of OCD will have worse symptoms after childbirth. Sadly, many parents fear disclosing their symptoms due to their offensive nature, or the negative stigma of fathers being impacted by the previously theorized hormonal cause. This panel will shed light on this neglected topic in a highly interactive dialogue, bringing together sufferers, researchers, and clinicians.

Living Beyond Shame: ACT and Compassion-Focused Strategies to Enhance ERP Nob Hill B-D

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

Shame is a common feeling that most people experience. Do you find yourself feeling bad or embarrassed about having obsessions or compulsions? If so, this experiential workshop will help you move beyond shame and cultivate self-compassion in the face of OCD. Learn to support yourself in a loving way when you are triggered in life and during exposure and response prevention. Practicing self-compassion can help boost motivation, mood, and ability to connect with others. You are not alone in your struggle!

OCD: The Sibling Side of the Story Golden Gate A

Charlotte Baier, Tatum Demeter, Dylan Haseman, & Laura Yocum, LMFT

While families learn to cope with OCD, siblings are personally affected by experiencing the tumult and confusion the disorder can leave in its wake. In this presentation, a panel of young people confronts the tough issues they've faced growing up with a sibling who has OCD. How do you deal with the difficult emotions that come with watching your sibling fall apart in front of you, especially when the family's focus is on them at that moment? How do you cope when YOU are the trigger for your sibling's OCD? How can you be a kid and have your own life when the focus seems to be on OCD? Ample time will be allotted for audience Q&A and personal experiences.

I Am On Your Side! (Not OCD's): A Multicultural Strategy to Decrease Parental Accommodation* Yerba Buena Salon 13-15

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

As therapists, we often hear families say: "I want to help you help my child, what do I do?" We know that reducing accommodating behavior has a huge positive influence on a family member's likelihood of experiencing relief from OCD and anxiety symptoms, yet little research has been done exploring how to effectively engage parents and honor their cultural background. This talk will explore the current research and will combine this information with clinical practice to discuss how accommodating behavior can be addressed in ways that respect a family's culture and values, and also help support their family members with OCD and anxiety in their recovery.

Taboo Symptoms in Pediatric OCD* Yerba Buena Salon 8

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

Aggressive, sexual, and religious symptoms (i.e., "taboo" symptoms) are common in pediatric obsessive-compulsive disorder (OCD). However, clinicians may not accurately identify these symptoms as OCD, due to limited awareness of the ways in which OCD symptoms may present. Development of appropriate treatment strategies may also prove challenging, depending on a clinician's experience with these content domains, as there is a paucity of literature that guides clinicians on how to approach these symptoms in developmentally-appropriate ways, with pediatric populations. This presentation will provide recommendations to address these "taboo" symptoms effectively, based on current literature and clinical experience. Recommendations for assessment and treatment will be provided.

Beyond Treatment - Finding Yourself During Your OCD Recovery Journey Yerba Buena Salon 10-12

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

It can be really challenging to find balance as a young adult living with OCD. It may feel like walking a tightrope trying to navigate finding your own identity post treatment when OCD no longer defines you. Navigating your OCD recovery while struggling with difficult emotions and experiences (such as feeling behind your peers, not being where you thought you'd be in life, etc.) can elicit various emotional responses. Join our panel of young adults who will share specifics on how they navigated life beyond OCD. You will leave inspired by their experiences and with insights to apply to your own journey to finding balance.

4:00 PM–5:30 PM

Pass Go and Collect \$200! Golden Gate C3

Nicole D'Adamo, LCSW-C & Emily Hoppe, PMHNP-BC

Life can feel like a game of luck AND skill. To move forward, you have to be willing to take some risks. Get ready for interactive games where we practice taking chances, tolerating some risk, and having fun and supporting each other in the process. Participants will have opportunities throughout the session to reflect on lessons learned as they practice tolerating uncertainty and risk.

Truth or Dare: OCD Edition Golden Gate C2

Ashley Bramhall, AMFT, Jennifer Lynch, PsyD, & Karolina Jaremkiewicz, MA

In this life-size board game, players will act as their own game pieces as they race through twists and turns to reach the Truth or Dare Champion's Circle. Players will roll the dice to see where their fate lies. Will they have to tell the truth by answering OCD trivia questions? Or do they dare to face a scare? Surprise twists will give players the opportunity to support those in need along the way. Are you ready to play?

Living a Life Worth Living: Identifying Values and Values—Oriented Goals in the Context of OCD Golden Gate C1

Seth Downing, MS, Andrea Guastello, PhD, Ashley Ordway, LMHC & Tannaz Mirhosseini, MS

Leading a values-based life is part of living a life worth living. In this interactive workshop, mental health professionals will work with adolescents to help them determine their values, ways that OCD gets in the way of living those values, and how we can challenge OCD so that our actions are more in line with them. We hope that you will enjoy the challenges of identifying the values you want to live by and that it will provide a new sense of purpose and direction in your fight against OCD.

"An Evening with the Experts" - Panel BDD Discussion and Audience Q&A Yerba Buena Salon 1-3

Scott Granet, LCSW, Denis Asselin, MA, Katharine Phillips, MD, Fugen Neziroglu, PhD, & Eva Fisher, PhD

After a full day of informative BDD presentations, there may be topics you wanted to see discussed, and you may have questions you would like answered. The first half of this presentation will feature a conversation among panelists consisting of a broad range of experts in the field, including treating professionals, psychiatrists, researchers, and individuals with lived experience. This moderated panel will create an open discussion on topics not addressed during the day's BDD curriculum, including finding a BDD therapist, navigating life while having BDD, supporting a loved one with BDD, addressing essential diversity issues, and more. The second half will open the discussion to attendees, allowing you to ask questions you did not have answered throughout the day's curriculum.

From Isolated to Empowered: The Realities of Physical and Emotional Contamination OCD Yerba Buena Salon 8

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

Please join OCD Advocates Melissa Mose, LMFT, Mackenzie Reed, RN, Callie Carlyle, and author of "The Obsessive Outsider", Kerry Osborn, as they discuss their all too familiar experiences living with and treating Physical and Emotional Contamination OCD. Having once faced debilitating symptoms themselves, each panelist shares their story with a message that details the hope and recovery that treatment provides. From participating in extensive hand washing rituals, spending years confined to their bedroom, and living through regional based contamination that left one sufferer fearful of the very state that they lived in, it is the hope of each panelist that you will leave with a sense of community and understanding, as well as the reminder that you are never alone.

LGBTQ+ Representation in OCD Treatment *Golden Gate B*

Alexandra Reynolds & Alegra Kastens, LMFT

Sexual Orientation and Gender Identity (SO/GI) are common themes for OCD sufferers; however, discussions and education around these themes are often presented through a cisgendered heteronormative lens. Questioning and exploring SO/GI is a complex issue at its core and adding OCD to the mix can make this journey excruciating for some. This panel will examine the intersectionality of being queer with OCD through discussions and participant activities. Topics will include, but are not limited to, discussing what these OCD themes can look like for LGBTQ+ people, addressing people and clinicians that question the validity of LGBTQ+ exploration because of OCD, and exploring the challenges of coming out while experiencing SO/GI OCD.

Hoarding Disorder: What We Know and Where We'll Go

Yerba Buena Salon 4-6

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

This session will introduce basic findings from research and practice on hoarding. Descriptions of key features will be provided, including excessive acquisition, difficulty organizing, sorting and letting go of possessions, along with clutter in the home. Cross-disciplinary assessment procedures and current intervention strategies will be introduced. Following the initial introductory material, the moderators will engage in an interdisciplinary discussion of what we have learned about best practices for treatment, where continued challenges lie, and where the field hopes to go moving forward.

Finding Your Own Ah Ha Moment! How To Unlock it and Accelerate Your Road to Recovery From OCD *Nob Hill B-D*

Ethan Smith, Katia Moritz, PhD, & Jonathan Hoffman, PhD

You don't need an Ah Ha moment to bring about recovery from OCD, but it couldn't hurt. Ah Ha moments can help individuals face their fear of ignoring OCD and accelerate their treatment progress. This presentation will explore what Ah Ha Moments are, how often they occur in those with OCD, and if they can be summoned into existence. Join IOCDF National Advocate Ethan Smith, along with two members of his original treatment team, as they explore Ethan's personal Ah Ha Moment after decades of suffering. Learn strategies for translating what Ethan has learned along the way to your own OCD treatment journey. Will you or another attendee have an Ah Ha moment during this presentation? Let's find out together!

Parent Roadmap: Changing Your Drive-Time Response to Your Child's OCD with Supporting Statements *Golden Gate A*

Ivy Ruths, PhD, Ginny Fullerton, PhD, Melissa Fasteau, PsyD & Christen Sistrunk, LPC-S

Research consistently shows that accommodating OCD contributes to worse outcomes, yet many parents still struggle with responding in the moment. Fortunately, there is a roadmap for navigating this bumpy road within the model of Supportive Parenting for Anxious Childhood Emotions (SPACE). SPACE is an established parent-based treatment for childhood anxiety and OCD that involves supportive and systematic changes in parents' responses to their child's symptoms. In this interactive workshop, SPACE-trained presenters will introduce turn-by-turn directions for providing support and discuss common barriers that caregivers experience when learning to respond with supportive statements. Attendees will then be guided through live exercises to construct and practice supportive responses to their child's struggles.

Professional Plenary: OCD & Racism* *Yerba Buena Salon 9*

Monnica Williams, PhD

Obsessive-Compulsive Disorder (OCD) is found in roughly the same proportion among all demographics. However, in North America, people of color are more likely to be misdiagnosed and undertreated for this disorder. There are many barriers people of color face when it comes to getting help for OCD, and some of these are anchored in racism. People of color may be hesitant to disclose symptoms that might validate false racial stereotypes. Struggles around racial identity can also play into symptom expression. Additionally, OCD content might also revolve around fears of being victimized due to race. Research published in the last few years is starting to show the importance of cultural considerations in understanding OCD, but the grave impact of racism is far from being solved. Racism limits what we know about OCD, makes existing OCD symptoms worse, influences symptom presentation, and limits access to mental health care. This presentation will discuss what we can do to make care for OCD more accessible and equitable for everyone.

Dealing With Those Pesky Feelings of Shame *Yerba Buena Salon 10-12*

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

No matter how many times you may hear that OCD is a biological disorder, that it's not your fault, or that it's OK to have a different trajectory in life because of OCD, it's hard to really accept these things. No matter how many cliché's you hear, it's hard not to feel some shame or a sense of weakness about your diagnosis. This session will start with three advocates sharing their own experiences with shame followed up with a presentation about self-compassion by Jessica Serber. The floor is then yours - the last hour of the session is your chance to discuss shame in OCD with other young adults.

Friday Evening

6:00pm–7:30pm

Conference Planning for First-Time Attendees - From Now to After! Nob Hill B-D

Erin Nghe, LCSW

Navigating the OCD conference and knowing how to make the most of it can seem daunting. You may also be wondering "What next?", and how you'll implement everything you've learned after returning home to settings where people may not understand the diagnosis. Whether you're a loved one of someone with OCD, an OCD treatment provider, a provider hoping to learn ERP, or an individual with lived OCD experience, this safe space is for you! This illuminating talk will demystify the conference, provide pointers for consuming a multitude of discussions on OCD, lend insight into getting and staying strong post conference and provide resources on staying connected to the amazing OCD community on the provider and consumer side. Don't miss out!

DIY Values Keychain Pacific I-J

Molly Fishback, Erika McCoy & Morgan Rondinelli

After a long day of listening to panels, join members of the IOCDF Creatives SIG (special interest group) for a keychain making activity. During this After Hours Activity, relax and chat with conference attendees while creating your own values keychain. Using letter beads, creators can include a fun mantra, a value, or even an exposure word on their keychain. In the end, you will have a values-based souvenir to take with you!

ERPoeetry Yerba Buena Salon 13-15

Krista Reed, LCSW & Melanie Piirainen, MEd

Do you like writing? Are you an adult with OCD? Then let's do some creative exposures using poetry. You don't have to join us as a poet or writer. You just have to be willing to step outside of your comfort zone while playing with words and, dare we say fun, exposures. There will be different ERPoeetry stations that cover multiple OCD subtypes. The stations will include, and are not limited to: Poems with "Bad" Words, Poems with Mistakes, and Poems about Harm. We'll also write a collective poem to build community and remind ourselves of the common humanity associated with OCD.

CBT Workshop for BDD* Yerba Buena Salon 1-3

Scott Granet, LCSW

This evening activity is a workshop designed for clinicians wanting to learn more about the treatment for BDD and how to apply it to specific cases to overcome treatment roadblocks. This interactive activity allows clinicians to learn how to assess for BDD properly, rule out differential diagnoses, and navigate comorbidities in treatment from a therapist specializing in treating BDD for over two decades. Additionally, this workshop aims to help sharpen your utilization of BDD treatment interventions, including perceptual retraining, cognitive restructuring, CBT-based tools, exposure and response prevention designed explicitly for BDD, motivational interviewing, and identifying core beliefs and cognitive distortions. The role of addressing bullying and trauma, common experiences of people with BDD, will also be addressed.

Relationship OCD Support Group Yerba Buena Salon 8

Sheva Rajae, LMFT

Join a group of fellow ROCD'ers for a conversation about healthy love, realistic expectations, and managing cognitive dissonance when everything around you says "you'll know it when you feel it!" Topics for discussion include seeking support vs. reassurance from your partner, managing the fear of being in denial, and how ROCD affects your sex life.

"In It for the Long-Haul": A Support Group for Families Navigating OCD Yerba Buena Salon 9

Kim Vincenty, Carolyn Smalley, & Elizabeth Trondsen, RD

A support group for those who seek to support their loved ones effectively. Over time, OCD presents changes, sometimes nuanced, but often with radically changed triggers and compulsions that cause caregivers new challenges. Additionally, caregiver support needs to adapt as children with OCD grow into adults with OCD. We seek to create an open discussion on the ways OCD affects the entire family and practical tools that can be implemented to make family life more productive and supportive of recovery. Facilitators will share evidence-based tools they have learned from clinicians that supported their families during the road to recovery.

12 Step Meeting Walnut

Stacey Conroy, LICSW, MPH

12 Step Meetings support the recovery process for individuals with various substance use disorders. This After Hours Activity is open to all conference attendees in recovery, those who are seeking to be in recovery, and those who attend to support someone in recovery. The 12 Step Meeting will follow the basic structure of a Speaker/Discussion meeting, and will be a safe place to discuss OCD and SUD and the unique recovery path individuals living with these co-occurring disorders often have to navigate. This 12 Step Meeting is supported by the OCD/SUD Special Interest Group (SIG) who will also have an informational meeting during the conference.

6:00pm–7:30pm

Let's Go On A Speck Hunt Golden Gate C3

Shannon Weise, LCSW, & Emily McCollister, LSW

In this activity group, Shannon Weise and Emily McCollister, both therapists with OCD, use ERP to challenge contamination OCD and seek out what we fear! During this fun, yet challenging activity, we will go on a SPECK hunt around the hotel and into the city looking for spots/stains/marks/germs or other things that may trigger our OCD. Attendees and therapists meet as a group and then create a plan for your personal challenges. You will then be assigned a support person/coach to accompany you on the speck hunt.

Who is Driving Your Bus?: An InterACTIVE Passengers on a Bus Experience Golden Gate C2

Jolie Pepperman, PsyD, Carlos Rivera Villegas, PhD, Emily Baer, LCSW, Elyse Stewart, PhD, & Katherine Escobar, MA

Sometimes OCD tries to take control of your bus and steer you in its desired direction, which keeps you from heading toward your valued destination. Together, we will identify our own passengers (OCD and others), how we interact with them, our values, and more. During this After Hours Activity, participants will engage in a LIVE demonstration of the Passengers on a Bus metaphor (Hayes, Strosahl, et al., 1999). One member of the group will volunteer to allow other group members to ACT out their passengers as they "drive" in their valued direction. In doing so, we will illustrate diffusion, present-moment awareness, acceptance, self-as-context, and values-committed action in the face of chattering passengers.

Hope Within the Chaos of My Mind: An Art Collage Experience for Teens with OCD Golden Gate C1

Audrey Hart, MS

OCD can often feel like a tidal wave crashing over your mind! Holding space for hope is an important part of learning how to ride the waves of uncertainty that come crashing down. In this workshop, you will create an art collage based on the theme of "hope within the chaos of my mind" and have the opportunity to share your collage with the group. Come hang out with other teens and a mental health professional who understands the chaos, both professionally and personally.

Friday Evening

Benching OCD Together: Athlete Support Group Willow

Cali Werner, LCSW, Tom Smalley, MS, CSCS, & Danielle King, MAT, CSCS

We know all too well that OCD loves to compete with us for the things we value, which is why a once-loved sport may become a dreaded nightmare. With appropriate exposure strategies, one can develop a habit of benching OCD to perform at full potential. When OCD latches onto performance, it may be difficult to engage in an exposure. Join a group of like minded individuals with similar experiences as we come together to talk about strategies for coping with OCD while competing as an athlete.

"Is It Really My Fault?": Support Group Shame and Guilt

Yerba Buena Salon 10-12

Stephanie Glover, MS & Cassie Marzke

People with OCD often experience shame and guilt, whether it be around specific taboo thoughts or around having OCD at all. In this support group, we will create a space for people to connect over the common, yet isolating, emotional experience. Participants will have an opportunity to share their experiences with shame and guilt as well as be able to explore and discuss where shame and guilt originate. Drawing on the concepts of self-compassion and acceptance, we will discuss strategies for moving through the shame and guilt that keeps us from moving forward in our recovery.

Support Group for Recognizing OCD as Neurodivergence

Golden Gate B

Jeremy Shuman, PsyD & Nicole Morris, LMFT

This is an open discussion of what the neurodiversity movement offers individuals with OCD. Participants will have the opportunity to share their own self-description of their "neuro-profile" and discuss what it feels like to be neurodivergent in comparison to medical descriptions. This is open to folks with an OCD diagnosis as a standalone who are seeking validation and community about the subjective experiences that define OCD, and also open to multiple neurodivergent folks.

Support Group: Grieving the Losses Connected to OCD

Golden Gate A

Jessica Serber, LMFT & Alegra Kastens, LMFT

OCD is incredibly difficult to live with, not just because of the symptoms of the disorder itself, but also because of the impact it has on one's life. While anxiety is often the emotional experience that is most talked about with OCD, grief, sadness, and anger are common and important to address. Living with OCD often comes with great change and loss around one's experiences and expectations, relationships, and sense of self and identity. In this support group, we will discuss the five stages of grief, how OCD presents in each stage, and helpful, and applicable coping skills to use to process your grief.

BIPOC Community Support Group Yerba Buena Salon 4-6

Erjing Cui, LMHC & Uma Chatterjee, MS, MHPS

Ethnic and racial groups often experience individual, cultural, and systematic barriers when coping, seeking treatment, and navigating life with OCD. This support group aims to be a healing space for people of color to understand and connect on the common challenges faced in navigating spaces within and outside of the OCD community, their cultural communities, and therapeutic settings. Interactive topics include, but are not limited to: the unique stigma of OCD and mental health, isolation, acculturation, racial trauma, language barriers, cultural competence, and/or microaggressions faced on a daily basis. BIPOC individuals with OCD, families, loved ones, and clinicians are all welcome.

8:00–9:30pm

Discussion Group for Therapists on Treating OCD with Autistic Clients Foothill B

April Kilduff, LCPC, LPCC, LMHC, Tia Wilson, & Sarah Stanton

It's a sad fact that most therapists either get no training on autism or are taught about it from Neurotypical researchers, psychiatrists, and therapists. In the autism community there's a very deeply held notion of "nothing about us without us." All of us are neurodivergent—autistic, ADHD, sensory processing disorder, and two of us also have OCD. We wanted to welcome therapists to talk about & learn more about treating OCD specifically with autistic clients. There are no stupid questions you can

8:00pm–9:30pm

Friday Night Game Night Pacific C

Kyle King

There are many great things about the Annual OCD Conference but nothing is more valuable than the community of people from all around the world who truly get it. That said, the Conference is a jam-packed weekend and, often, it can be hard to find time to just meet and have fun with people around you. Well, here's your chance! Come to the Friday Night Game Night to meet and hang out with other young adults at the Annual OCD Conference, forming connections that will last the weekend and beyond!



ask here! We want to answer questions and share experiences to help therapists be better informed and less anxious about working with autistic clients with OCD. Tips on how to adapt ERP for autistics will be included!

The 21st Annual Road to Recovery Tour Yerba Buena Salon 9

Jonathan Grayson, PhD & Lisa Abbrecht, PsyD

A night you won't forget! Join our legendary recovery trip as it takes to the streets of SF to fight OCD. In its 21st year, the workshop begins with a brief presentation about our camping trips (as seen in People Magazine) to help inspire you to take the risks of getting better. Following this, participants – including individuals with, family, and professionals – will go on a field trip throughout SF in which participants will experience the exhilaration of conquering OCD fears in a group that goes beyond your imagination. Everyone will be encouraged to support and help one another, but participants will only do what they choose to do. Your surprise will be in how much more you will choose during the adventure.

Tonight's for Us - Peer Support for People Whose Loved Ones Have Too Much Stuff Foothill J

Rebecca Belofsky, COAPS

It's rare to find a support group for people who feel crowded out by their loved one's stuff – let's celebrate this opportunity to be together! We happen to love people who are intensely attached to their possessions. Sometimes we wonder if our people love things more than they love us. Some days we think they do. This is a chance for us to feel safe as we share our concerns and frustrations. It's also a place to support one another's vision for better living. We will talk about the idea of seeing ourselves rise as a priority in our households because that is something we don't often get to indulge in. Tonight it's encouraged. That's why Tonight's for Us.

BDD Support Group Yerba Buena 1-3

Scott Granet, LCSW

Most people living with BDD never meet someone else who also has it. That only further contributes to feelings of isolation, shame and despair, all hallmarks of living with this often misunderstood disorder. The BDD support group offers a rare opportunity to meet others who truly understand what it is like to live with such a tormenting psychiatric illness: fellow BDD sufferers. This is a safe, confidential environment where people are free to share their concerns and to give and receive support, all without judgment. The group is led by a therapist who also has lived with BDD himself. Please join us!

Support Group for Parents of Youth with PANS/PANDAS *Walnut* **Stephanie Glover, MS & Sana Ahmed, LCSW**

This support group is intended for parents of individuals who have been diagnosed with PANS or PANDAS. Rather than an information session about the syndromes, or a format for discussing whether an individual has PANS or PANDAS, the group will focus on the impact having a child diagnosed with PANS/PANDAS can have on parents, parenting, and the family. Participants will have the opportunity to connect with other caregivers of children with PANS/PANDAS and learn coping strategies based in Acceptance and Commitment Therapy skills, which they can utilize in moments of distress.

Group Session for Graduate Students Interested in Pursuing a Specialty in OCD *Foothill G*

Christine D'Urso, PhD & Marianna Graziosi, MA

This is a discussion group for graduate students and postdoctoral fellows (masters and doctoral level) interested in pursuing a specialty in OCD. Graduate students often experience unique stressors such as time management demands, perfectionistic expectations, and decisions regarding their professional path post-graduation (e.g., hospital vs. private practice employment). This session will be a space for students to process their experiences, ask questions, and receive support. One co-facilitator is a clinical psychologist experienced in supervising and mentoring graduate students in hospital and private practice settings. The other co-facilitator is a hospital-based pre-doctoral extern at the Northwell Health OCD Center (2022-2023) who will discuss her interest in specializing in OCD.

Hoarding Disorder Support Group *Foothill H* **Marnie Cooper**

Whether you are actively working on your difficulties with hoarding, or are just thinking about starting your journey, it is often challenging and can feel overwhelming. This group is a community conversation for peers living with hoarding who would like to support each other by sharing different ideas to help us along that journey in a safe space with others who get it. The facilitator will help guide discussion.

Tainted Love: A Support Group for Dating with OCD *Pacific G-H* **Stacey Dobrinsky, PhD & Caroline K.**

Join this support group led by licensed OCD psychologist and IOCDF Advocate that will highlight the struggles that come with trying to enter the dating scene when you have OCD. This time will be filled with peer led support and cross-talk from other young adults who struggle with dating due to symptoms of OCD. If you have struggled with dating, or have not dated at all due to your OCD, this group will provide a safe space to discuss your experience. Attendees will have the chance to connect, relate, and learn during this specific support group for young adults with OCD.

Living with Bipolar Disorder and OCD Support Group *Yerba Buena Salon 4-6*

Nathan Siegel, Kyra Merryman, & Molly Schiffer, LCPC

We are excited to have this group returning for its second year! Those of us who have both Bipolar Disorder and OCD know that experiencing both of them at once can present unique challenges. In this support group, participants will have a chance to share about their experiences navigating living with these two often misunderstood and stigmatized diagnoses. This might include sharing about how being in manic, hypomanic, mixed, or depressed states has impacted their experience of OCD, and inversely how OCD has impacted their Bipolar Disorder. We will consider what successful treatment for this dual diagnosis feels and looks like. This group is open to people with these disorders, family and supporters, and mental health practitioners.

Moral Scrupulosity Support Group *Pacific I-J* **Cassie Marzke & Jon Hershfield, MFT**

Scrupulosity OCD conversations often focus on fears relating to religion, but scrupulosity can also attach to general morality without a religious component. People with moral scrupulosity have a variety of intrusive thoughts that stem from the fear of being a "bad" person. This group will serve as a space for people with moral scrupulosity (including those who do not experience religious scrupulosity) to connect and share personal stories as well as to discuss group leaders' experiences with moral scrupulosity. A therapist will provide insights about treatment for moral scrupulosity, and participants will have the option to take part in fun activities and brainstorm creative ways to challenge moral scrupulosity.

Support Group: Siblings! *Nob Hill B-D* **Charlotte Baier, Dylan Haseman, & Melissa Mose, LMFT**

Do you have a sibling with OCD? Do you feel like OCD impacts you, too, but nobody else seems to understand? Or maybe you just wish you had others to talk to who "get" what it's like to have a sibling with OCD. Come join other siblings, get to know each other, connect, share, and learn ways to take care of you while OCD is around.

Living with BDD: Caring for sufferers while caring for yourself *Willow*

Denis Asselin, MA & Natasha Conde-Jahnel, PhD

Given the intensity of BDD, it takes plenty of compassion, resilience, creativity, and love for partners, parents, and siblings to live at home with a BDD sufferer. What can caregivers do daily to navigate these troubled waters and be supportive while still maintaining composure and inner peace? It's too easy to push personal needs aside and focus entirely on the challenge. In this forum, we will share stories of our successes and shortcomings, focusing primarily on how we take care of ourselves so that we can become more effective caregivers. Compassionate self-care is key to a sustainable approach to this demanding disorder.

When You Have Too Much On Your Plate: The Co-occurrence of OCD and Feeding and Eating Disorders *Foothill D*



Katie Jeffrey, RDN, CSSD, LDN, Cali Werner, LCSW, Lisette Cortes, PsyD, & Grace Manier


According to research, Individuals world-wide with an eating disorder (ED) had an 18% lifetime prevalence and 15% current comorbidity with OCD respectively. Living with OCD and an ED can feel overwhelming and isolating. Individuals and family members/caretakers benefit from receiving support from both professionals and peers to learn the best way to manage and treat these two disorders concurrently. Support group leaders will provide education, support and compassion to help individuals navigate the challenges of living with and finding the best care when OCD and EDs collide.

Saturday Schedule

Overview

Saturday, July 8

7:00AM–8:00AM	28th Annual OCD Conference Group Run/Walk <i>Yerba Buena Grand Assembly</i> Join other conference attendees for a fun 3 mile group jog or walk. Participants can run or walk additional miles if interested. Maps of the 3-mile route will be available. This is an opportunity for individuals with OCD and mental health professionals to congregate for a casual jog, share how this activity impacts mental illness and wellness, and facilitate community among fellow joggers living with or loving those with OCD.
7:00AM–8:00AM	Light Breakfast <i>Buffet Breakfast throughout Exhibit Hall, Yerba Buena Salon 7, Lower B2</i> High-top tables will be scattered throughout the rear of the Exhibit Hall. Sponsored by OCD Institute of Texas  
7:00AM–6:00PM	Check-in and Badge Pickup <i>South Registration Desk Yerba Buena Grand Assembly, Lower B2</i> Onsite Registration <i>North Registration Desk Yerba Buena Grand Assembly, Lower B2</i>
7:00AM–6:00PM	Continuing Education Desk Open <i>Yerba Buena Grand Assembly, Lower B2</i> All professional attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. See page 6 for CE/CME information.
7:00AM–7:00PM	Exhibit Hall Open IOCDF Information & Welcome Booth Open <i>Exhibit Hall, Yerba Buena Grand Assembly, Lower B2</i> See page 13 for a list of Exhibitors.

8:00AM–5:30PM	Conference Presentations See pages 46-51 for a full schedule of presentations.
8:00AM–5:30PM	Youth Programming <i>Elementary Schoolers: Golden Gate C3, B2 Level</i> <i>Middle Schoolers: Golden Gate C2, B2 Level</i> <i>High Schoolers: Golden Gate C1, B2 Level</i> See page 25 for a full schedule of activities and pages 46-51 for details.
11:15AM–12:30PM	Lunch on your Own Check the Program Guide Insert for local restaurant listings.
2:00PM–2:15PM	Afternoon Coffee Break <i>Exhibit Hall, Yerba Buena Salon 7, Lower B2</i>  Sponsored by Anxiety Institute
4:00PM–5:30PM	Awards Presentations and Keynote Address <i>Yerba Buena Salon 9, Lower B2</i> Keynote Speaker Sponsored by OCD Institute of Texas 
5:30PM–7:00PM	Researcher and Exhibitor Meet & Greet <i>Exhibit Hall, Yerba Buena Salon 7, Lower B2</i> Cash bars throughout Exhibit Hall, light snacks provided.
6:00PM–9:30PM	Saturday Evening Activities & Support Groups Turn to pages 54-56 for descriptions and a detailed schedule.
7:00PM–10:00PM	OCD Conference Party <i>Yerba Buena Salon 8-9, Lower B2</i> Cash bar and light dinner.  Sponsored by Biohaven

	8:00AM–9:30AM	9:45AM–11:15AM	12:30PM–2:00PM
EVERYONE (INTRO)	SCRIPTING FOR SUCCESS Kathleen Rupertus, PsyD Felicity Sapp, PhD Renee Reinardy, PsyD Patricia Hull, PhD <i>Golden Gate B</i>	KNOWING WHEN TO MOVE ON IF TREATMENT ISN'T WORKING Shannon Weise, LCSW Emily McCollister, LSW Matthew Varnecky <i>Yerba Buena Salon 8</i>	THREE THERAPIST TALKING TABOO: PEDOPHILE OCD Lauren Rosen, LMFT Jenna Overbaugh, LPC Krista Reed, LCSW <i>Yerba Buena Salon 13-15</i>
EVERYONE (ADVANCED)	A RHEUMATOLOGY PERSPECTIVE ON ABRUPT-ONSET NEUROBEHAVIORAL PRESENTATIONS Patrick Whelan, MD <i>Yerba Buena Salon 13-15</i>	IN MY SHOES: HIGHLIGHTING THE REALITIES OF THE BIPOC AND CULTURAL ROAD TO RECOVERY Alexandra Reynolds; Uma Chatterjee, MS, MHPS Rachel Ehrenberg; Valerie Andrews Darlene Davis Goodwine, PhD <i>Yerba Buena Salon 10-12</i>	THAT PISSES ME OFF! HOW TO NAVIGATE MISINFORMATION IN THE MEDIA Elizabeth McIngvale, PhD, LCSW; Ethan Smith Chris Trondsen, LMFT; Valerie Andrews Katie O'Dunne, MDiv; Tom Smalley, MS, CSCS <i>Yerba Buena Salon 9</i>
LIVING WITH OCD	FINDING YOUR PEOPLE IN RECOVERY AND BEYOND: NAVIGATING RELATIONSHIPS WITH OCD Lauren Rosen, LMFT Amy Mariaskin, PhD Kelley Franke, LMFT <i>Nob Hill B-D</i>	REDUCE ANXIETY THROUGH EXERCISE, SLEEP, DIET, MINDFULNESS, AND OTHER STRESS RELIEVING MEASURES! Elizabeth Trondsen, RD; Thomas Smalley, MS, CSCS Krista Reed, LCSW; Chris Trondsen, LMFT <i>Nob Hill B-D</i>	WHEN THERAPY ENDS: SUPPORT AND SELF-MANAGEMENT OF ERP Alexandra Reynolds Jonathan Grayson, PhD Tracie Ibrahim, LMFT, CST, Tia Wilson <i>Nob Hill B-D</i>
PARENTS AND FAMILIES	THE GOOD, THE BAD, & THE UGLY - HEROIC MOMS DOING THE HARD WORK TO MAINTAIN HEALTHY BOUNDARIES Jenny Yip, PsyD; Stella Harpothian, Mali Kinberg, PhD; Lyndsey Gallagher, JD, Karen Rivers Wright, MPA, MSW <i>Golden Gate A</i>	THE FAMILY TRAP: WHAT TO DO WHEN A LOVED ONE WON'T SEEK HELP Alec Pollard, PhD Alison Menatti, PhD Melanie VanDyke, PhD <i>Golden Gate A</i>	HELPING YOUR FAMILY MEMBER WITH OCD MANAGE ANGER AND DISRUPTIVE BEHAVIOR Amy Mariaskin, PhD; Charles Gaylon, PhD Stephanie Eken, MD; Katie Kriegshauser, PhD Dakota McNamara, PsyD <i>Golden Gate A</i>
HOARDING DISORDER	HOARDING DISORDER IN A WIDER CONTEXT: A DISCUSSION ON THE DEFINITION, TREATMENT, AND SOCIAL ASPECT OF HD Chia-Ying Chou, PhD; Leo Yoke; Carolyn Rodriguez, MD; Keong Yap, PhD; Eileen Dacey, LICSW <i>Yerba Buena Salon 1-3</i>	HOARDING DISORDER RESEARCH UPDATES: EARLY LIFE STRESS, INSIGHT, AND NEURAL MECHANISMS Carolyn Rodriguez, MD, PhD; Cat Sanchez, MA Peter vanRoessel, MD, PhD Paula Andrea Munoz Rodriguez; Keong Yap, PhD <i>Yerba Buena Salon 1-3</i>	THE HIDDEN STIGMA OF HOARDING Christiana Bratiotis, PhD, MSW Sheila Woody, PhD Persephone Larkin, MA <i>Yerba Buena Salon 1-3</i>
THERAPISTS INTRO	HELPFUL TIPS FOR CLINICIANS IN NAVIGATING COMPLEX OCD FROM DIFFERENTIAL DIAGNOSIS TO MAINTENANCE Curtis Hsia, PhD; Jonathan Hoffman, PhD; Sony Khemlani-Patel, PhD; Fugen Neziroglu, PhD, Katia Moritz, PhD <i>Yerba Buena Salon 9</i>	YOU, ME, AND RELATIONSHIP OCD: DIAGNOSIS, TREATMENT, AND INTIMACY WITH ROCD Beth Brawley, LPC Michelle Massi, LMFT <i>Yerba Buena Salon 9</i>	SHINING A LIGHT ON THE DARKEST OF THOUGHTS Kathleen Rupertus, PsyD Brian Ashenfelter, PsyD Amelia Serine, PsyD, Peer Mugnier, PsyD Patricia Hull, PhD <i>Golden Gate B</i>
THERAPISTS ADVANCED	INTRODUCTION TO BEHAVIORAL INTERVENTIONS FOR TIC DISORDERS Benjamin Tucker, LPCC, BCBA Elizabeth Grant, MS, BCBA <i>Yerba Buena Salon 8</i>	CLEARING THE AIR: EATING DISORDERS AND OCD Katie Jeffrey, RDN, CSSD, LDN Cali Werner, LCSW Lissette Cortes, PsyD, Grace Manier James Claiborn, PhD <i>Yerba Buena Salon 13-15</i>	PERINATAL OCD: EXPANDING YOUR CLINICAL PRACTICE Megan Barthle-Herrera, PhD, PMH-C Melissa Munson, PhD Lauren Schmidt, MD Joseph McNamara, PhD <i>Yerba Buena Salon 10-12</i>
THERAPISTS ADVANCED	JUSTICE-BASED ERP AND FIDELITY TO THE MODEL: TWO SIDES OF THE SAME COIN? Stephanie Glover, MS Caitlyn Pinciotti, PhD Jennifer Park, PhD, Sarah Schall, PsyD <i>Yerba Buena Salon 10-12</i>	TO MI, OR NOT TO MI: WHEN TO COACH ERP-RESISTANT CLIENTS OUT OF TREATMENT Brian Ashenfelter, PsyD Amelia Serine, PsyD, Peer Mugnier, PsyD Katie Manganello, PsyD <i>Golden Gate B</i>	MIXING MODALITIES IN OCD CLINICAL SETTINGS: HOW ACT, DBT AND TRAUMA TREATMENT ARE CRITICAL MIXERS Adam Reid, PhD; Lauren Wadsworth, PhD Jason Krompinger, PhD <i>Yerba Buena Salon 8</i>
EMERGING TRENDS: NEW DIRECTIONS	OCRDs AND TECHNOLOGY: STATE OF THE RESEARCH TO CLINICAL PRACTICE Laila Capel, MS; Jennifer Krafft, PhD Heather Martin; Junjia Xu Patrick McGrath, PhD; Emily Bowers <i>Yerba Buena Salon 4-6</i>	MISOPHONIA: A PANEL COVERING SCIENTIFIC AND CLINICAL PERSPECTIVES ON DIAGNOSIS & TREATMENT Michael Twohig, PhD; Eric Storch, PhD, Rebecca Schneider, PhD; Nicholas Farrell, PhD, Megan Faye, PsyD; Mercedes Woolley <i>Yerba Buena Salon 4-6</i>	IMAGINATION OR PERCEPTION: REAL EXPERIENCES WITH INFERENCE BASED CBT Amanda Petrik Gardner, LCPC Michael Heady, LCPC, Angela Henry, LCSW Catherine Goldhouse, LICSW, LCSW <i>Yerba Buena Salon 4-6</i>

2:15PM–3:45PM

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
Yerba Buena Salon 13-15

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

Chris Trondsen, LMFT; Jon Hershfield, MFT
Elizabeth McIngvale, PhD, LCSW
Yerba Buena Salon 9

ACCOUNTABILITY: THE MISSING INGREDIENT TO NAVIGATING LIFE AND OCD

Jacques Esses, MSW
Cali Werner, LCSW
Tom Smalley, MS, CSCS, Jeff Bell
Nob Hill B-D

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
Golden Gate A

USING GROUP PROGRAMMING FOR COMMUNITY HOARDING SUPPORT

Spenser Martin
Lindsay Bacala, MSW, RSW
Yerba Buena Salon 1-3

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

Jenna Overbaugh, LPC
Amy Mariaskin, PhD
Golden Gate B

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
Yerba Buena Salon 10-12

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

Nicholas Farrell, PhD
Mia Nuñez, PhD; Caitlin Pinciotti, PhD
Lauren Wadsworth, PhD
Yerba Buena Salon 8

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
Yerba Buena Salon 4-6

4:00PM–5:30PM

**IOCDF AWARDS
&
KEYNOTE ADDRESS**

sponsored by
OCD Institute of
Texas



*Yerba Buena Salon 9,
Lower B2 Level*

KEYNOTE ADDRESS

Maria Bamford Presents:
"Not For Everyone"



PLEASE NOTE: This keynote program contains adult content and tackles sensitive topics, including death, religion, graphic intrusive thoughts, and sex. This irreverent comedy show aims to discuss relevant mental health experiences and provoke thought through humor. The content presented is intended for mature (18+) audiences who are open-minded and able to engage in lighthearted discussions about taboo subjects. Viewer discretion is strongly advised. The opinions expressed in this program are solely those of the performer, and do not necessarily reflect the views of the IOCDF.

See pages 46-51 for detailed descriptions of each presentation.

EVERYONE

LIVING WITH OCD

PARENTS & FAMILIES

THERAPISTS

EMERGING TRENDS: NEW DIRECTIONS

HOARDING DISORDER

Workshops with black outline are eligible for CE/CME credits.

These tracks indicate the intended audiences. However, all presentations are open to everyone.

SESSION AVAILABILITY

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

7:00am–8:00am

28th Annual OCD Conference Group Run/Walk

Yerba Buena Grand Assembly

Mary Beth Spang, MEd & Anna Morgan, LCSW

Join other conference attendees for a fun 3 mile group jog or walk. Participants can run or walk additional miles if interested. Maps of the 3-mile route will be available. This is an opportunity for individuals with OCD and mental health professionals to congregate for a casual jog, share how this activity impacts mental illness and wellness, and facilitate community among fellow joggers living with or loving those with OCD.

8:00am–9:30am

Story Time: Traveling Rose Golden Gate C3

Brian Wray

Children's Book Author Brian Wray will read from his latest book, *Traveling Rose*, the story of a stuffed bunny managing obsessive thoughts as she prepares to go on her first big trip from home. Following the reading, Rose will join the discussion to help Brian lead attendees through activity sheets (available in advance), and a fun craft where they can learn to draw characters from the book using very simple shapes. Rose and Brian will also be available to answer any questions about the book, and techniques that Rose uses to help manage her anxiety and OCD.

Welcome to My World Golden Gate C2

Nicole D'Adamo, LCSW-C & Emily Hoppe, PMHNP-BC

Sometimes it can feel like our world is defined by OCD, and keeps getting smaller. How can we learn to take matters into our own hands, live on our terms, and open up our world? In this group, participants will engage in fun, interactive activities to clarify their values and dreams, and work together as a group to show what's bigger than OCD, ending with a big group mural project. Don't settle for a small world, come together and learn to live big!

Spinning the Wheel on OCD: An Interactive ERP Group for Teens Golden Gate C1

Devika Basu, PhD, Gilly Kahn, PhD, & Megan Faye, PsyD

OCD has a way of sending us spinning, especially when faced with the unpredictability of life. But who said you had to face ERP alone, or that you couldn't have fun in the process? Join us for an interactive group activity in which you'll have the chance to flex your creativity and spontaneity while bossing back OCD, regardless of your OCD theme(s)! In this group, we will create empowering "Wheels of Fortune" and collectively engage in exposures across OCD themes. We will lean into uncertainty while working together to make living with OCD feel less isolating and stressful. We hope you'll learn how to challenge yourself in fun ways and become a cheerleader for yourself and others!

OCRDs and Technology: State of the Research to Clinical Practice*

Yerba Buena Salon 4-6

Leila Capel, MS, Jennifer Krafft, PhD, Heather Martin, Junjia Xu, Patrick McGrath, PhD, & Emily Bowers

Since the onset of the COVID-19 pandemic, there has been an increased call for online-based interventions. There has been an increase in research exploring web, telehealth, and application-based interventions across diagnoses. This presentation will focus on recent developments related to OCRDs and technology. We will focus on research of the website and application-based treatment options for various OCRDs including OCD, trichotillomania, and hoarding disorder. Additionally, we will discuss the nuances of telehealth-based treatment delivery for these populations. The clinical implications, limitations, and future directions of each of these technology-based interventions will be discussed.

A Rheumatology Perspective on Abrupt-Onset Neurobehavioral Presentations Yerba Buena Salon 13-15

Patrick Whelan, MD, PhD

Since antiquity, an association has been known between pharyngitis and onset of OCD and tic disorders, and the link between rheumatic fever and group-A Strep infection was established 100 years ago. In 1998 the term PANDAS was coined to describe a group of 50 children at the National Institute of Mental Health who resembled rheumatic fever patients, without the heart problems and systemic

inflammatory changes. At UCLA we are now following 400 families who have suffered the acute onset of behavioral changes and involuntary movements following a variety of infections, typically before age 6. Most demonstrate evidence of subtle immunodeficiency, with a history of frequent infections. Other important factors include underlying anxiety, disrupted sleep, sensory processing issues, disordered eating, and sometimes coincident autism. Most are doing exceedingly well with a variety of management strategies. The absence of characteristic imaging or blood abnormalities has made this a controversial diagnosis. But close collaboration with our psychiatry and neurology colleagues has led to considerably improved care for these often severely-impacted families.

Scripting for Success* Golden Gate B

Kathleen Rupertus, PsyD, Felicity Sapp, PhD, Renae Reinardy, PsyD, & Patricia Hull, PhD

Developing effective scripts can be a powerful tool in the fight against OCD. They can be used to increase motivation for treatment, facilitate the acceptance of uncertainty, and as a form of imaginal exposure. This workshop will present the theoretical rationale for using scripts, identify the various treatment goals which scripting can facilitate, and describe the essential elements of an effective script. Participants will then be broken into smaller groups and have the opportunity to write a script with the guidance of panel members.

Hoarding Disorder in a Wider Context* Yerba Buena Salon 1-3

Chia-Ying Chou, PhD, Leo Yoke, Carolyn Rodriguez, MD, PhD, Keong Yap, PhD, & Eileen Dacey, LICSW

Hoarding Disorder (HD) was given its own diagnostic classification with the publication of the DSM-5 in 2013. Like most of the diagnoses in the DSM system, the current definition of HD may continue to evolve as our understanding of the condition continues to grow. To support such development, this panel will facilitate conversation between researchers, clinicians, and people with lived experiences of hoarding. The topics of discussion will include the current diagnostic criteria and treatment targets for hoarding – what is helpful and what could be more helpful. We also aim to explore social issues related to hoarding, including stigma, how hoarding affects family and friends, and interpersonal challenges individuals with HD experience.

Finding Your People in Recovery and Beyond: Navigating Relationships with OCD Nob Hill B-D

Lauren Rosen, LMFT, Amy Mariaskin, PhD, & Kelley Franke, LMFT

Living with OCD can be an incredibly isolating experience. With all the stigma, shame, and misunderstandings about the disorder, people with OCD tend not to share their experiences with others. But the reality is that none of us can do life or recovery alone. Drawing on the community can have a tremendous benefit to those who are facing OCD head-on. This discussion will cover how relationships can support and enrich the recovery process as well as life beyond treatment. It will also consider some important elements in maintaining the health of these relationships and the individuals in them. The presenters will likewise explore how to set rules for engagement to keep OCD from weaseling its way into your relationships.

The Good, The Bad, & The Ugly - Heroic Moms Doing the Hard Work to Maintain Healthy Boundaries Golden Gate A

Jenny Yip, PsyD, Stella Harpothian, Mali Kinberg, PhD, Lyndsey Gallagher, JD, & Karen Rivers Wright, MPA, MSW

A mother's natural instinct is to protect her children from harm and keep them from distress. However, when a child is distressed by OCD, the healthiest response is counter-intuitive. Unfortunately, OCD doesn't exist in a vacuum and typically involves the entire family. Yet to defeat OCD, family members must maintain firm boundaries and ignore the repetitive, senseless demands for accommodations and reassurances. For parents, especially mothers, the conflict between wanting to dive in to rescue your child and standing by helplessly while your child battles OCD is often confusing and emotionally complex. This panel of heroic mothers will share their lived experiences of hard work enduring the good, bad, and ugly while nurturing a child through OCD treatment.

Helpful Tips for Clinicians in Navigating Complex OCD from Differential Diagnosis to Maintenance* Yerba Buena Salon 9

Curtis Hsia, PhD, Jonathan Hoffman, PhD, Sony Khemlani-Patel, PhD, Fugen Neziroglu, PhD, & Katia Moritz, PhD

With a rise in the increasing quantity of providers and the proliferation of short intensive training courses for OCD, newer and less experienced clinicians may find themselves feeling challenged by more complex OCD cases. This panel discussion is focused on training clinicians to address more difficult issues that often occur in

complex cases. Topics will include differential diagnosis for overlapping symptoms (such as emetophobia versus OCD, social anxiety versus OCD, ASD's versus OCD), targeting appropriate cognitions, managing interference from other mood and personality disorders, designing effective ERP, and maintenance of improvement. Each panelist will cover an area, address specific concerns, provide a case study, and answer questions from audience members regarding complex cases in their own practice.

Justice-Based ERP and Fidelity to the Model: Two Sides of the Same Coin?* Yerba Buena Salon 10-12

Stephanie Glover, MS, Caitlin Pinciotti, PhD, Jennifer Park, PhD, & Sarah Schall, PsyD

As our field of OCD clients and providers grows increasingly diverse, so does the necessity for cultural responsiveness. ERP for OCD themes centered on marginalized identities (e.g., sexual and gender identity, race, body shape, socioeconomic status, etc.) has historically emphasized symptom reduction and overlooked nuances that unintentionally perpetuated societal stigma against these communities. Utilizing a justice-based approach can shift treatment practices that both prevent further marginalization and benefit clients. For this shift to occur, critical discussion examining the impact of traditional practices and how a justice-based approach aligns with and can improve current treatment practice is necessary. This interactive presentation will explore how traditional treatment practices can be transformed to ensure continued effectiveness while simultaneously empowering persons with minoritized identities.

Introduction to Behavioral Interventions for Tic Disorders* Yerba Buena Salon 8

Benjamin Tucker, LPCC, BCBA, Flint Espil, PhD, & Elizabeth Grant, MS, BCBA

Tic Disorders are common conditions often coming with significant distress and interference. Behavior therapy is an effective tool, but few providers have the competence to deliver it. The purpose of this presentation will be to introduce interested clinicians to treating tics as an area of practice. Presenters will review basic research on tics and clinical trial research on the efficacy and effectiveness of behavior therapy followed by an overview of assessment, treatment planning, and implementing behavioral interventions for tics. Emphasis will be on Comprehensive Behavioral Interventions for Tics (CBIT) and compatible empirically supported interventions such as Exposure and Response Prevention (ERP). Presenters will share resources for further training for those who want to add this to their clinical repertoire.

9:45 AM–11:15 AM

How to S.T.E.P.-Up When Accommodations Go Down Golden Gate C3

Catherine Thompson Worthington, PsyD & Josh Spitalnick, PhD

This presentation will provide children with the knowledge and space to discuss why parents reduce accommodations, as well as develop confidence in their own ability to independently manage big and difficult emotions in the aftermath. In three steps, this talk will foster a mentality of understanding and forgiveness towards "hard things that mom and/or dad no longer do to help me," the development of "I" mantra statements similar to those heard from parents in an effort to provide self-support, and the identification of values-based actions to help kids feel better on their own. Interactive activities will help children complete these steps in an enjoyable, memorable, and replicable manner; using learned materials to boost bravery and create healthy independence from parents.

Opening Up: Strategies for Middle Schoolers with OCD to Communicate Effectively with Their Families Golden Gate C2

Diane Prost, LPC & Brian Prost

This presentation, presented by a mother and son, is designed to provide information, guidance, and practical strategies for middle school students who struggle to communicate with their families about their OCD. It will include practical tips for establishing and continuing effective communication. We will cover active listening skills, expressing feelings and needs assertively, and setting boundaries. We will also discuss common barriers to communication that middle school students with OCD may face and offer strategies for overcoming them.

Building and Bonding with your Family when OCD is Present Golden Gate C1

Toby Kinberg, Simon Kinberg, & Jenny Yip, PsyD

This presentation will enlighten teens and parents to rebuild their relationship through the shared experience of OCD. Led by a father/son duo who will use their story to illustrate the ups and downs of family life when OCD is present, and facilitated by a therapist who will set the guidelines for healthy boundaries. Strategies will be explored to navigate through communication challenges, compulsive reassurances, and other

OCD disruptions. Teens and families will walk away with creative outlets that build compassion, strengthen the parent-child relationship, and solidify the family bond through the collective healing process from OCD.

Misophonia: A Panel Covering Scientific and Clinical Perspectives on Diagnosis and Treatment* Yerba Buena Salon 4-6

Michael Twohig, PhD, Eric Storch, PhD, Rebecca Schneider, PhD, Nicholas Farrell, PhD, Megan Faye, PsyD, & Mercedes Wooley

Misophonia is a recently identified condition characterized by negative responses to specific auditory stimuli that can lead to significant distress and impairment. A link between misophonia and obsessive-compulsive disorder has been suggested given the conditions share similar clinical features. However, with research still in its infancy, the correct diagnostic classification of misophonia is unclear, and there are currently no scientifically supported treatments. While research on the topic is emerging, there is much to be learned. This panel will begin by covering the state of the knowledge on misophonia regarding assessment, diagnosis, symptoms, and the differentiating factors of misophonia, OCD, and other diagnoses. Leading researchers and expert providers will then highlight their professional perspectives on emerging avenues for behavioral treatments.

In my Shoes: Highlighting the Realities of the BIPOC and Cultural Road to Recovery Yerba Buena Salon 10-12

Alexandra Reynolds, Uma Chatterjee, MS, MHPS, Rachel Ehrenberg, Valerie Andrews, & Darlene Davis Goodwine, PhD

Join a diverse group of BIPOC advocates for an intimate discussion about the unique challenges they have faced on their roads to OCD recovery, and how they've overcome these unique challenges. This conversation will address topics including but not limited to: culture, race, faith, intersecting identities, and how these factors shape treatment, recovery, and community support. This interactive presentation will be a wonderful opportunity to facilitate not only a conversation between fellow BIPOC-impacted individuals, but to also raise awareness, break the stigma, discuss opportunities for further action, and bridge the gap of inequality. This collaborative space will promote inclusivity and visibility for historically underrepresented groups, and all are welcome.

Knowing When to Move On if Treatment Isn't Working Yerba Buena Salon 8

Shannon Weise, LCSW, Emily McCollister, LSW, & Matthew Varnecky

In this presentation, we discuss the relationship between the client and therapist. Shannon Weise and Emily McCollister discuss their experience as clinicians and as clients, sharing their thoughts on the value of the therapeutic relationship. Matthew Varnecky shares his experience navigating through several treatment providers until he found the right fit. We invite partners and families to join us. Attendees will learn what to look for in an OCD therapist and how long to wait to figure out if the relationship is the right fit. We will provide questions to ask yourself and potential therapists to help you on the treatment path.

Hoarding Disorder Research Updates: Early Life Stress, Insight, and Neural Mechanisms* Yerba Buena Salon 1-3

Carolyn Rodriguez, MD, PhD, Peter van Roessel, MD, PhD, Paula Andrea Munoz Rodriguez, & Keong Yap, PhD

Hoarding disorder (HD) is characterized by a persistent difficulty discarding items, regardless of their actual value, resulting in an accumulation of possessions which can render living spaces unusable. Building on the cognitive behavioral model of HD, we will present mixed methods data emphasizing early experiences of prolonged stress or scarcity of emotional support as potential contributing vulnerability factors for developing hoarding symptoms. In another study, we explored insight impairment in individuals with hoarding disorder. Specifically, we found neurocognitive predictors of underreporting home clutter levels (a proxy for insight). An additional study will present data examining loneliness and interpersonal processes in relation to hoarding, along with the development of an online intervention. We will also present findings from another study examining neural mechanisms of the "Buried in Treasures Workshop," a group evidence-based treatment for hoarding disorder.

Reduce Anxiety Through Exercise, Sleep, Diet, Mindfulness, and other Stress Relieving Measures! Nob Hill B-D

Elizabeth Trondsen, RD, Tom Smalley, MS, CSCS, Chris Trondsen, LMFT & Krista Reed, LCSW

Most individuals with OCD experience stress and anxiety, with 76% having a diagnosable, comorbid anxiety disorder. Although exposure and response prevention (ERP) is the first-line treatment for OCD, research shows that an overall wellness

plan can aid as an adjunct to OCD treatment. When experiencing stress reduction, individuals with OCD can tolerate greater anxiety levels when engaging in exposures. This panel consists of a registered dietician, a certified strength and conditioning specialist, a yoga and mindfulness teacher, and a licensed mental health clinician lending their combined expertise on overall well-being for stress reduction. The panel will offer science-based, tangible, and take-home information on nutrition, exercise, mindfulness, yoga, sleep hygiene, and other stress-reduction techniques to aid in an overall reduction in anxiety.

The Family Trap: What to Do When a Loved One Won't Seek Help *Golden Gate A*

Alec Pollard, PhD, Alison Menatti, PhD, & Melanie VanDyke, PhD

A substantial portion of individuals with OCD do not seek help. Family and friends struggle to understand why, especially when the OCD negatively impacts their lives. They may wrongfully conclude the OCD sufferer is willfully choosing to be impaired, which can lead them to react in ways that are counterproductive. In this workshop, we will introduce a concept called "recovery avoidance." We will explain why the natural family response to recovery avoidance doesn't work and often makes things worse, landing everyone involved into what we call the family trap. We will describe how family members dealing with recovery avoidance can enhance their emotional well-being and, at the same, improve the quality of their interactions with the recovery avoider.

Clearing the Air: Eating Disorders and OCD*

Yerba Buena Salon 13-15

Katie Jeffrey, RDN, CSSD, LDN, Cali Werner, LCSW, Lissette Cortes, PsyD, Grace Manier, & James Claiborn, PhD

An individual with OCD may be underweight due to the feared contamination of food, whereas an individual with an eating disorder may be underweight due to purposeful restrictive eating to change body weight, shape, and/or size. Externally, both individuals' struggles may appear similar. However, their treatment plans will differ. These similarities may create confusion within the mental health world, often contributing to inappropriate diagnosis and treatment as well as unintentional reinforcement of the disorder. Presenters will compare and contrast the characteristics of eating disorders and OCD. Additionally, case examples of cognitive-behavioral and exposure strategies will be discussed to provide an understanding of the treatment similarities, differences, and higher level of care referral needs that may be necessary for symptom reduction. Learning Objectives: Participants will be able to identify exposure therapy differences for OCD and ED-Participants will understand the ego-dystonic and ego-syntonic behavioral differences in OCD and ED that make the treatment look different between the two diagnoses-Participants will understand when they may need to refer to a specialist or higher level of care.

You, Me, and Relationship OCD: Diagnosis, Treatment, and Intimacy with rOCD* *Yerba Buena Salon 9*

Beth Brawley, LPC & Michelle Massi, LMFT

Much of life is uncertain and relationships are no exception to this fact. When a partner has rOCD, this intolerance of uncertainty can greatly impact the relationship. Individuals with rOCD may struggle from misdiagnosis, counterproductive treatment methods, and knowing how to mindfully engage in both the large moments and daily minutia of relationships. Physical and emotional intimacy may also be affected when rOCD is present in a relationship. This session will teach clinicians to recognize common manifestations of rOCD, how to avoid common pitfalls in the treatment of rOCD, and examine the application of ERP principals. Hierarchy examples will be discussed. Case studies will be examined alongside ways to increase and strengthen mindful intimacy.

To MI, or not to MI: When to Coach ERP-resistant Clients Out of Treatment* *Golden Gate B*

Brian Ashenfelter, PsyD, Amelia Serine, PsyD, Peer Mugnier, PsyD, & Katie Manganello, PsyD

Exposure and response prevention (ERP) is most effective when the individual is willfully engaged in treatment- accepting and embracing the uncertainty involved with the perceived risks of ERP. The clinical reality is not all individuals are sufficiently ready to actively participate when they enter treatment. This workshop will present a variety techniques and strategies of Motivational Interviewing (MI), an evidence-based approach for increasing the individual's "willfulness" and readiness for treatment- within the context of ERP for OCD. Although MI can be an effective approach, on-going treatment costs and extensive waiting lists may impose time constraints; therefore, a clinician's ability to shift towards coaching clients "out" of treatment can be paramount. MI tactics for doing so will also be presented.

12:30 PM–2:00 PM

Mindful Arts and Crafts! Golden Gate C3

Erika McCoy

Come join us for a fun time exploring the calming world of arts and crafts. Bring your imagination, and "dare to try" frame of mind to this hands-on creative event! We can't wait to see you

How to Make a PB&J Sandwich and Other Flexibility Tools for Getting Unstuck for Middle Schoolers! *Golden Gate C2*

Emily Hemendinger, LCSW, MPH, Stephanie Lehto, PsyD, & Anna Korbel, LCSW, MEd

Has anyone ever told you that you give too much detail, or you are getting lost in the details? Do you get stuck in a thought or feel as though you can't move on from one activity to another? These questions all relate to an important brain function called cognitive flexibility. People with OCD often struggle with rigid thinking which happens to be the opposite of cognitive flexibility. This interactive presentation involves different fun-tivities, plenty of corny jokes, and the opportunity to reflect on your thinking style and challenge any rigid thinking associated with the OCD. If you've ever felt like you were "stuck" in a thought, emotion, or compulsion, this is the presentation for you.

Dealing With The Haters (and the people who do want to help): What I Wish People Knew About OCD *Golden Gate C1*

Nathan Siegel

This is an interactive session for High Schoolers to discuss misconceptions they've heard about OCD and how these impact their lives. From characters on TV saying "I'm so OCD," to people saying that anyone who keeps their house clean has OCD, there are many stereotypes out there. And there are also misunderstandings from people closer to us, like when a friend just can't understand why it's so hard to stop doing compulsions, a parent gives well-meaning but unhelpful advice about exposures, or a teacher won't let you explain how OCD is getting in the way of your schoolwork. In this group, participants will discuss experiences like this and share about what they've done to help others understand.

Imagination or Perception: Real Experiences with Inference Based CBT* *Yerba Buena Salon 4-6*

Amanda Petrik- Gardner, LCPC, Michael Heady, LCPC, Angela Henry, LCSW, & Catherine Goldhouse, LCSW, LCSW

As more research indicates the effectiveness of Inference Based CBT (I-CBT) for Obsessive Compulsive Disorder, more clinicians are receiving training to expand their skill set. Whether incorporating I-CBT alone, with Exposure & Response Prevention or with Acceptance & Commitment Therapy, this panel will share their experiences learning and providing I-CBT to improve their client's OCD symptoms or even their own. This workshop is for all individuals with OCD, loved ones, and clinicians, to learn more about I-CBT and this additional treatment option.

Three Therapist Talking Taboo: Pedophile OCD*

Yerba Buena Salon 13-15

Lauren Rosen, LMFT, Jenna Overbaugh, LPC, & Krista Reed, LSCSW

When it comes to OCD Subtypes, there is perhaps none more taboo than Pedophilia OCD. Called POCD for short, this theme involves unwanted thoughts about harming children sexually. While OCD is OCD, individuals with POCD experience some theme-specific challenges. This presentation aims to address these challenges. The talk will begin with a review of the basics of POCD diagnosis and evidenced-based treatments. The presenters will then do a deep dive into applying specific techniques from Exposure and Response Prevention and Acceptance and Commitment Therapy to common POCD experiences. Ultimately, this session will explore the similarities and differences between POCD and other subtypes with a nod toward navigating the shame and stigma particular to this content.

That Pisses Me Off! How To Navigate Misinformation in the Media* *Yerba Buena Salon 9*

Elizabeth McIngvale, PhD, LCSW, Ethan Smith, Chris Trondsen, LMFT, Valerie Andrews, Katie O'Dunne, MDiv, & Tom Smalley, MS, CSCS

Are you frustrated with how society perceives OCD? This year the OCD community witnessed an explosion of misinformation about the disorder. As if people's claims of being "so OCD" weren't enough, major corporations utilized the OCD acronym in advertising, from Obsessive Christmas Disorder and beyond. News articles described having OCD as a "superpower," intrusive thoughts were seen as a quirky social

media trend, and best-selling authors promised compulsion relief by drinking celery juice. Mainstream news sources even blamed a murderer's criminal behavior on his OCD. Join the panelists comprised of IOCDF Lead and National Advocates as they use examples of misinformation from media clips, articles, and images as part of a collaborative discussion on navigating and responding to the public's biggest OCD myths and harmful messaging. Panelists will advise on how, together, we can set the record straight on what OCD really is through education and stigma reduction!

The Hidden Stigma of Hoarding *Yerba Buena Salon 1-3*

Christiana Bratiotis, PhD, MSW, Sheila Woody, PhD, & Persephone Larkin, MA

Stigma has become a buzzword in mental health, and its relevance to hoarding is a recognized fact despite limited research on this connection. This session will explore how stigma can impact endorsement of strategies like clean-outs or eviction, as well as topics such as blaming the person with hoarding, judgments of controllability of symptoms, stigma by association, self-stigma and shame, and keeping distance from those with hoarding behavior. The goal of this panel is to examine common assumptions and have a frank discussion about how stigma can influence our attitudes and behaviors. Stigma about hoarding is receiving more attention from researchers and clinicians to improve care and services provided to this population. Objectives: Reflect on our own blind spots when it comes to hoarding stigma. Examine the current literature on stigma and its importance to professional practice. Present accounts from professional experiences with both clients and other providers about how stigma appears in practice.

When Therapy Ends: Support and Self-Management of ERP *Nob Hill B-D*

Alexandra Reynolds, Jonathan Grayson, PhD, Tracie Ibrahim, LMFT, CST, & Tia Wilson

Join our panel of experienced clinicians and advocates in an interactive discussion designed to help you navigate life after ERP. During this lively presentation, we will examine the essentials of practicing ERP after therapy, how to find community support, navigating comorbidities, and using ERP as a jumping point to discovering your authentic self. There will be opportunity, for those who choose, to participate in exploring their values & how to use them to fuel the motivation to keep up self-directed ERP for living an OCD recovery and maintenance lifestyle. There will also be ample opportunity for audience questions & participation throughout.

Helping Your Family Member With OCD Manage Anger and Disruptive Behavior *Golden Gate A*

Amy Mariaskin, PhD, Charles Galyon, PhD, Stephanie Eken, MD, Katie Kriegshauser, PhD, & Dakota McNamara, PsyD

In addition to anxiety, many people of all ages with OCD also experience increased levels of anger and disruptive behaviors. This presentation will provide tools for parents and other loved ones to respond to these outbursts and promote effective coping, self-efficacy, and confidence in their family member. Drawing on diverse clinical research from Parent Training, Dialectical Behavior Therapy, and Acceptance and Commitment Therapy, speakers will discuss concrete strategies to 1) encourage healthy emotional expression, 2) reduce disruptive behavior, 3) promote tolerance of unwanted affect, and 4) help people with OCD advocate for their needs. A psychiatrist will also provide information on medications with clinical efficacy to help manage anger.

Perinatal OCD: Expanding Your Clinical Practice* *Yerba Buena Salon 10-12*

Megan Barthle-Herrera, PhD, PMH-C, Melissa Munson, PhD, Lauren Schmidt, MD, & Joseph McNamara, PhD

Obsessive compulsive symptoms can begin or worsen during the perinatal period. This presentation will review etiology, assessment measures, related concerns, and future directions in this population. The main focus of this presentation will be on interventions for individuals with perinatal OCD and their loved ones, focusing on medication recommendations and specific exposure ideas as well as how to implement them successfully to optimize treatment outcomes and daily functioning.

Mixing Modalities in OCD Clinical Settings: How ACT, DBT and Trauma Treatment are Critical Mixers* *Yerba Buena Salon 8*

Adam Reid, PhD, Lauren Wadsworth, PhD, & Jason Krompinger, PhD

Treatment refractory cases are typically referred to the various specialty clinics the speakers of this presentation oversee. We have found that strategically mixing other modalities into Exposure and Response Prevention (ERP) largely enhances outcomes and some emerging research backs this idea. For example, Dialectical Behavioral Therapy can target over-reactivity to distress in OCD, trauma-focused interventions can "make it safe" to reduce rituals, and many have argued about the benefit of

adding concepts of Acceptance and Commitment Therapy to ERP, such as the benefit of cognitive defusion for high frequency intrusive thoughts. Speakers will review how to effectively mix these three modalities with ERP and allow time for question and answers with the audience.

Shining a Light on the Darkest of Thoughts* *Golden Gate B*

Kathleen Rupertus, PsyD, Brian Ashenfelter, PsyD, Amelia Serine, PsyD, Peer Mugnier, PsyD, & Patricia Hull, PhD

"Taboo obsessions" - obsessions involving aggression/violence, sexually deviant thoughts/behavior, and scrupulosity- are an especially cruel manifestation of OCD. Their shame-inducing content presents a variety of additional treatment challenges and considerations for both the client and therapist. In addition to presenting a variety of in vivo and imaginal exposure methods for treating taboo thoughts, this workshop will offer practical strategies for addressing relevant treatment considerations, including client reluctance disclosing the experience of taboo obsessions; diminishing client shame and self-loathing; clinically assessing/differentiating obsessions from true clinical safety concerns; overcoming therapist discomfort openly discussing the content of taboo obsessions; and addressing therapist anxiety associated with designing and implementing ERP exercises for this category of obsessions.

2:15 PM–3:45 PM

Finding Power in Your Story *Golden Gate C3*

Zachary Snyder, LMHC

A passion of mine is storytelling- it is extraordinary how a good story can enthrall you, inspire new understandings, even create meaning. Using stories around children's OCD bravery as inspiration, this session aims to build participants' own OCD stories to lean on for personal inspiration in their own future journey. This session will utilize guided prompts and gentle outlines to assist creation. An example prompt may be- 'Brainstorm 1 or more times you felt successful around OCD', 'Please write 2-3 feelings you might have felt then', 'In the future I want to'. Hopefully given time we will be able to share the stories developed in small groups.

Breaking the Silence: A Family and Youth Forum for Effective Communication in OCD *Golden Gate C2*

Diane Prost, LPC & Brian Prost

****PLEASE NOTE:** We invite families to attend this session together with their middle schoolers! ** This presentation by a mother/therapist and son is designed to help middle school students with OCD and their families develop effective communication skills. The session will focus on strategies for listening, expressing emotions, and problem-solving, as well as actively practicing these skills together during the session. The goal is to strengthen relationships and reduce stress for both the middle-school aged children and their families.

Letting Go and Becoming Independent: Parallel Transitions for Parents and High Schoolers *Golden Gate C1*

Melissa Fasteau, PsyD, Ginny Fullerton, PhD, Ivy Ruths, PhD, Wes Clayton, LCSW & Christen Sistrunk, LPC-S

****PLEASE NOTE:** We invite families to attend this session together with their high schoolers! ** Each year families are faced with the exciting yet daunting challenge of transitioning teenagers from home to college or independent living. This transition includes increased self-reliance, independently managing classes or work schedules, and building social communities. Teenagers with OCD experience these expected challenges and simultaneously must learn to maintain mental health by continuing to practice skills to effectively manage OCD. This talk will describe ways to help teenagers navigate their transition to independence, including navigating OCD and peer relationships, becoming a self-advocate, communication with family, and strategies to incorporate exposures into their routine. Presenters will discuss challenges families and high schoolers face during this transition as well as ways to mitigate risks and tips to maintain treatment gains.

Psychedelics & OCD: Discussing the Current State of Psychedelic Research as Potential OCD Treatments* Yerba Buena Salon 4-6

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

Up to 1 in 3 OCD patients do not show meaningful improvement to existing treatments; new treatments are urgently needed. Following anecdotal reports suggesting that psychedelics can reduce OCD symptoms, numerous research programs have embarked upon basic, translational, and clinical studies assessing the effects of various psychedelics on OCD symptomatology. This panel will address the current state of psychedelic research as potential treatments for OCD, discussing various different psychedelics and hallucinogens including psilocybin, MDMA, ketamine, and cannabis. The topics of this discussion include: clinical trial updates, accessible information about how psychedelics may work, distinguishing between psychedelics versus psychedelic-assisted therapy, the safety of psychedelics, considerations around clinical trial participation, treatment accessibility, and comorbidities. This accessible discussion is intended for all audiences.

Rebranding Exposure and Response Prevention: The Poetic Blend of Evidence-Based Treatment for OCD* Yerba Buena Salon 9

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

ERP is currently the most researched and effective treatment for OCD. Yet, some clients and providers avoid this therapy based on fear and misconceptions. Clients worry they will be forced to 'lick a toilet' or 'write profanities in a Bible.' Some clinicians struggle with the concept of putting clients in distress, turning to alternative modalities despite limited evidence of treatment outcomes. This panel will discuss the evolution of ERP, including a current, flexible model that integrates concepts from other evidence-based modalities—including ACT, CBT, mindfulness, inhibitory learning model, and motivational interviewing. This version's impact on lower dropout rates and higher engagement will be discussed. So come help us re-market ERP, showing that it evolved and no longer feels like Fear Factor!

OCD/Autism SIG Roundtable: What Clinicians Should Know About Autistic People in OCD Treatment* Yerba Buena Salon 13-15

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

Studies show autistic people, and their families benefit from OCD treatment. However, clinicians who are not as knowledgeable about autism as in OCD may have trouble translating research into practice. We aim to increase clinicians' "theory of mind" about autistic people and their families regarding OCD treatment, including lived experience perspective. Topics include how autistic people, and their families may perceive OCD treatment (and clinicians offering it!); tailoring psychoeducation about OCD treatment to this population; dealing with thorny issues such as symptom accommodation, medication, and what OCD treatment can and cannot do for autistic individuals; and why providing OCD treatment in a vacuum is not recommended. We will also discuss the launch of the OCD/Autism Resource center on IOCDF's website!

Using Group Programming for Community Hoarding Support* Yerba Buena Salon 1-3

Spenser Martin & Lindsay Bacala, MSW, RSW

This workshop will explore how to develop group programming for people experiencing hoarding disorder through community organizations or as a supplement to private practice. We will cover liability and ethical considerations, group dynamics and motivation, and virtual versus in-person groups. Attendees will be able to customize groups for their communities, cultivate peer relationships, and create comprehensive services for hoarding clients whether or not ongoing individual treatment is an option.

Accountability: The Missing Ingredient to Navigating Life and OCD Nob Hill B-D

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

Accountability is a crucial and overlooked piece to the treatment puzzle. When individuals with OCD decide to engage and become autonomous in treatment, they are more likely to make progress. In this interactive, moderated discussion, OCD advocates and clinicians will discuss how taking responsibility helps them navigate OCD, reach goals, and support a life of recovery. Panelists will provide practical examples to illustrate ways they used accountability to guide them through treatment, including joining support groups, tracking successes, setting goals, and trusting themselves. They will also discuss integrating therapy tools as a lifestyle, encouraging a life of purpose. Attendees will gain insight into their treatment journey and discover ways to rely on themselves, inspiring a life of hope.

Uninvited Guest- Navigating Committed Relationships When OCD is in the Picture Golden Gate A

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

OCD can be an unwelcome guest in committed relationships that can be challenging to navigate. Pesky intrusive thoughts and mental compulsions can be especially sneaky, and can impact intimacy. This workshop will take a deep-dive into the ways OCD interferes with connection in romantic partnerships and how to deal with it together. The presenters will facilitate interaction about key problems that affect couples and will include experiential exercises to practice defusion from thoughts and moving in a valued direction in relationships. Discussion, illustrations and experiential exercises will be utilized.

Double Trouble: Addressing OCD in the Context of Co-Occurring Posttraumatic Stress* Yerba Buena Salon 8

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

Many individuals experience OCD concurrently with PTSD. The presence of both conditions is associated with increased symptom severity as well as diminished effectiveness of ERP. In many cases, PTSD symptoms need to be directly addressed in order to maximize the effectiveness of ERP. Fortunately, emerging research indicates OCD and PTSD can be effectively treated together. This "case conference" style presentation will review the significant comorbidity and conceptual overlap between features of OCD and PTSD. The presenters, all well-experienced in treating OCD and PTSD concurrently, will use multiple case presentations to illustrate how these two conditions have been effectively treated when ERP is supplemented by the use of empirically-supported psychotherapies for PTSD, including prolonged exposure (PE) and cognitive processing therapy (CPT).

There's an Exposure For That!: Developing Creative and Effective Exposures* Golden Gate B

Caitlin Claggett Woods, PhD, Jenna Overbaugh, LPC & Amy Mariaskin, PhD

As new therapists, exposure development and hierarchy creation can feel daunting. We might feel pulled to seek exposure ideas from other professionals or sources, but the best and most powerful source of exposures is actually our client. This talk will focus on how to effectively and creatively develop exposures that are helpful, values-driven, and personalized to your unique client's needs and goals. No two people are the same, therefore, it is important to develop each set of exposures to be uniquely tailored to the individual to ensure the best path to recovery. We will discuss additional concerns including taboo content, maximizing creativity, barriers to effective exposure development, cultural humility, and more.

One Is Too Many and a Thousand is Never Enough: Obsessions, Compulsions, Alcohol and Drugs* Yerba Buena Salon 10-12

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

According to research, OCD and Substance Use Disorder (SUD) have a co-occurrence between 25% and 40%. Too often SUD is not incorporated into the OCD assessment, or treatment plan, though it clearly is a barrier to desired treatment outcomes, and the recovery of many. Join us for an interactive session to explore the similarities and differences of OCD and SUD. Learn about concurrent treatment options from providers, and hear from individuals with lived experience of OCD/SUD and their recovery process. Audience participation via real time interactive polls will allow for an open dialogue related to statistics, treatment options, myths and facts related to OCD/SUD.

4:00pm–5:30pm

IOCDF Awards & Keynote Address Maria Bamford Presents: "Not for Everyone"

Yerba Buena Salon 9,
Lower B2 Level

sponsored by
OCD Institute of Texas



Maria Bamford

We're so excited to have comedian and OCD advocate Maria Bamford join us as our Keynote Speaker!

You may already know Maria, who has intrusive thoughts OCD, from her experimental comedy about mental illness. She starred in the surreal, semi-autobiographical Netflix comedy series *Lady Dynamite*, about a comedian who suffers a nervous breakdown. She also created and starred in the cult hit web series *The Maria Bamford Show*, does voiceover work for shows like *BoJack Horseman* and *Bob's Burgers*, guest starred on *Arrested Development* and *Fresh Off the Boat*, and is the star of several stand-up specials. Her interview series *What's Your Ailment?!* dealt with the various mental struggles of celebrities. Her memoir *Sure, I'll Join Your Cult* will be published by Simon & Schuster in September 2023.

In recognition of her advocacy work, Maria was presented the IOCDF Illumination Award in 2014. She also delivered the keynote address at the 2020 Online OCD Conference.

Be sure to join us on Saturday for this special — and hilarious — event!

PLEASE NOTE: This keynote program contains adult content and tackles sensitive topics, including death, religion, graphic intrusive thoughts, and sex. This irreverent comedy show aims to discuss relevant mental health experiences and provoke thought through humor. The content presented is intended for mature (18+) audiences who are open-minded and able to engage in lighthearted discussions about taboo subjects. Viewer discretion is strongly advised. The opinions expressed in this program are solely those of the performer, and do not necessarily reflect the views of the IOCDF.

4:00pm–5:30pm

Youth Keynote Alternative: Superhero Therapy: Superheros, Comicbook Characters, and Other Fictional Friends Can Help with OCD

Elementary Schoolers and Middle Schoolers
Golden Gate C2

Adam Reid, PhD; Lauren Richman, LICSW, CCC-SLP;
Angela Bello; Christina Gugino, LMHC



Have you ever wanted to be a superhero? We can teach you how! Superhero Therapy (Scarlet, 2021) incorporates characters from popular culture, including Superheroes and other characters from books, movies, TV shows and video games to help us learn how to become our own superhero as we overcome the challenges of OCD. Led by our team of expert OCD clinicians from CBTeam in Boston, we look forward to the chance to discuss different characters that you may or may not know and think about how we can be just like them as we cope with OCD and engage in exposure therapy. Come have fun with us as we TRANSFORM into superheroes and practice fighting OCD together.

4:00pm–5:30pm

High Schoolers Hangout Time

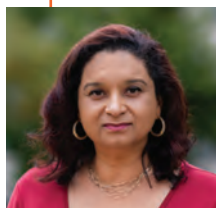
Golden Gate C1

Natalie Henry, LCSW

It's been a wild two days at the Annual OCD Conference so far — you deserve a little break! Come hang out with your new friends and relax for a while to end your Saturday. There will be art supplies available for if you're feeling crafty.



IOCDF Award Presentations



Patricia Perkins Service Award

This award is intended to honor any professional or IOCDF member who has stood out as a long-time and active contributor to the IOCDF.

Monnica Williams, PhD

Dr. Monnica T. Williams is a board-certified licensed clinical psychologist and Associate Professor at the University of Ottawa, in the School of Psychology, where she is the Canada Research Chair in Mental Health Disparities. She is also the Clinical Director of the Behavioral Wellness Clinic in Connecticut, where she provides supervision and training to clinicians for empirically-supported treatments. Dr. Williams' research focuses on BIPOC mental health, culture, and psychopathology, and she has published over 150 scientific articles on these topics. Current projects include the assessment of race-based trauma, barriers to treatment in OCD, improving cultural competence in the delivery

of mental health care services, and interventions to reduce racism. This includes her work as a PI in a multisite study of MDMA-assisted psychotherapy for PTSD for people of color. She also gives diversity trainings nationally for clinical psychology programs, scientific conferences, and community organizations. She has served as the African American SIG leader for Association of Behavioral and Cognitive Therapies (ABCT), and currently is Chair of their Academic Training & Education Standards (ATES). She serves as an Associate Editor of Behavior Therapy. She also serves on the editorial board of Cognitive Behaviour Therapy, Canadian Psychology, International Journal of Mental Health, Journal of Psychedelic Studies, the Journal of Obsessive Compulsive and Related Disorders and the Cognitive Behavioural Therapist. She is a member of the Scientific Advisory Board of the International OCD Foundation, and co-founded their Diversity Council. Her work has been featured in several major media outlets, including NPR, CBS, Huffington Post, and the New York Times.



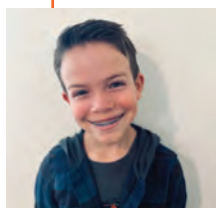
Outstanding Career Achievement Award

This award is intended to highlight the significant and notable contributions of a professional in the field of OCD and related disorders..

Katharine Phillips, MD

Katharine A. Phillips, MD, is a Professor of Psychiatry and DeWitt Wallace Senior Scholar at Weill Cornell Medical College and

Attending Psychiatrist at New York-Presbyterian Hospital. Dr. Phillips has been investigating BDD and treating patients with BDD for more than 30 years. She has published most of the medication studies of BDD, and she has co-developed, tested, and manualized CBT treatment for BDD. Dr. Phillips has more than 350 publications and has authored or edited 11 books, including "The Broken Mirror" and "Understanding BDD: An Essential Guide." She has given more than 600 presentations around the world



Youth Hero Award, Presented by UNSTUCK: an OCD kids movie

UNSTUCK is an award-winning short film that explains OCD through the eyes of a group of resilient kids and teens. The Youth Hero Award recognizes a young person who exemplifies the

spirit of those who created and participated in the film by providing education, honesty and hope to other young people.

Jayden Helberg

Jayden just finished 5th grade. He loves soccer, basketball, swimming, chips and salsa, and making stop motion movies! He was diagnosed with OCD in 2020 when he was in 2nd grade. When Jayden first found out about his OCD, which he later named Big O, he was determined to fight it head on. As soon as he learned what ERP was, he wanted to put it into action! He had a lot of courage for a 7 year old. Jayden started small, but before he knew it, he was eating next to bowls of "throw up", sleeping next to them, and even sticking his hand in it to get hot wheels cars out. That day was when he knew he had shrunk his Big O

and that he wasn't going to be afraid of throwing up anymore! When he found out that the school reflections theme was "Show Your Voice" this year he decided that he wanted to share his voice about his OCD recovery. He made a movie that was shared with his class, his school, and eventually the entire school district. He wanted to help others understand what OCD was and show that you can get better. It was also important to him to show that he is so much more than his OCD. Jayden was recently interviewed by the IOCDF and was excited to know that his story might help people all over the world.

After being featured on the IOCDF Blog, Jayden's video reached thousands, garnering over 700 likes and 13,800 views on Instagram alone, and prompting outreach from community members across the country. He has truly made a difference through his film, advocating at the young age of ten.

Jayden's fearless advocacy and talents as a young filmmaker have earned him this year's Youth Hero Award. We are proud to recognize him for his efforts in standing up to his OCD, in his own life, and beyond. Congratulations, Jayden!

IOCDF Award Presentations



Hero Award

What makes a hero? The IOCDF defines a hero as someone who puts concern for others in need above one's self.

Kim Vincenty

Kim Vincenty is a mother first who would do anything for her kids. When her son, Jack, began his battle with OCD nearly twenty years ago, she was desperate to find answers. In the pursuit to continue to help others like her son and family, Kim created a charitable foundation, JACK Mental Health Advocacy in 2022. Kim's personal advocacy and enduring

passion has resulted in a prolific and direct impact on those with lived experience of OCD and related disorders, their loved ones, and the professionals who treat them. With clarity of her vision to serve others, Kim participates at the highest level in IOCDF Advocate initiatives. In addition, she sponsors the Spanish-language Behavior Therapy Training Institute (BTI), multiple training and conference scholarship funds, and leads the Access to Care Program that provides evidenced-based care with trained clinicians throughout the country. She supports LGBTQ+ mental health programming, and Art Therapy programming in her home state. Kim is also a support group facilitator and former president of IOCDF Affiliate, OCD Jacksonville.



Illumination Award

Honors an individual in the media or music industry who has used their platform to represent OCD or a related disorder in a respectful, accurate, and appropriate manner, and who has challenged stereotypes to help fight the stigma around OCD and mental health issues in general.

Ari Staprans Leff (Known professionally as Lauv)

Lauv is a multi-Platinum chart-topping singer, songwriter, producer, and multi-instrumentalist. His chart-topping hit "I Like Me Better" has over 2 billion streams on Spotify and went quintuple-Platinum in North America. In 2019, Ari opened up to his fans on Twitter about his struggles with feeling like he was "constantly pushing a rock uphill, anxious, guilty, and empty" and how after leaning on family and friends he was able to open up to

therapy and get his dual diagnosis of OCD and depression. Since then, he's written articles telling his story, facilitated \$3 million in sponsorships from BetterHelp to offer free therapy to those who need it, and started the Blue Boy Foundation, which provides a space for those struggling to share their stories and connect and raises money to fund projects aimed at breaking stigma around OCD. In partnership with Microsoft, Lauv's foundation launched My Blue Thoughts to help others manage the negative mental health effects during the COVID-19 pandemic. The online toolkit allows fans to anonymously share messages of hope throughout the world. With nearly 2 million followers on Instagram and 1.2 million followers on Twitter (@lauvsongs), he is consistently using his platform to speak openly and honestly about his mental health and encouraging others to do the same. We're excited to see his advocacy grow and are honored to present this year's Illumination Award to Ari Staprans Leff.



NEW! Advocate Spirit Award

Each year, the IOCDF recognizes an individual within the IOCDF Advocacy Program who has gone above and beyond helping others through volunteering and mentoring resulting in positive and measurable change in the OCD and related disorders community.

This individual is self-driven, passionate, energetic, and a positive contributor to fulfilling the IOCDF mission in various ways. Most importantly, they are focused on empowering and equipping other individuals to pursue their advocacy through their unique experiences, reaching diverse populations and breaking down the stigma and barriers faced by those within the OCD and related disorder community.

Katie O'Dunne, Mdiv

Rev. Katie O'Dunne has earned this inaugural award for her wide ranging contributions and dedication leading the IOCDF Faith & OCD initiatives. Through her leadership, she has had a profound impact on the OCD and related disorders community by reaching

out to underrepresented populations, faith leaders, and those suffering in silence with positivity and hope. Rev. O'Dunne spearheaded the launch of the Faith & OCD Conference, new special interest groups (SIGs), and tirelessly volunteers to mentor new leaders.

She is the founder of Faith & Mental Health Integrative Services, an organization helping individuals with OCD and related disorders live into their faith traditions as they navigate evidence-based treatment. Prior to this, she spent seven years serving as the Academy Chaplain and the Pauline and R.L. Brand Jr. '35 Chair of Religious Studies at Woodward Academy in Atlanta, GA. While serving in this role, she also served as a consultant on interfaith programming for schools around the country. Katie is proud to be an IOCDF Lead Advocate, an ordained minister in the United Church of Christ, and an endurance athlete tackling 50 ultra-marathons for OCD. She is currently pursuing her doctorate at Vanderbilt University to continue with her focus on faith and mental health. She graduated from Candler School of Theology at Emory with her Master of Divinity and Certificate of Religion & Health in May 2015.

Saturday Evening

5:30pm–7:00pm

Researcher and Exhibitor Meet & Greet

Exhibit Hall, Yerba Buena Salon 7, Lower B2

The Researcher and Exhibitor Meet & Greet is a unique opportunity to meet the leaders in the field of OCD and Related Disorders. Scientists will be on hand to present and discuss cutting-edge research in a poster session format, allowing attendees to engage one-on-one with nearly 40 veteran researchers, students, and trainees. A complete, numbered guide to their posters can be found on pages 18-22. Immediately adjacent to the research posters, you

will find our Conference exhibitors. Find a complete listing of exhibitors on pages 13.

This event is a special opportunity to meet and network with many of the people who make the Annual OCD Conference possible, including our Keynote Speaker, Maria Bamford who will be answering questions and taking photos with attendees immediately following her presentation. Cash bar and light snacks will be available — don't miss it!

Light snacks will be served.



7:00pm–10:00pm

OCD Conference Party!

Yerba Buena Salon 8-9, Lower B2

Sponsored by

biohaven

Let's celebrate coming together for the Conference weekend with an official OCD Conference party! Come see the IOCDF Community in

action and be a part of this exciting night! Our emcee for this year's OCD Conference Party is IOCDF National Advocate, Ethan Smith. Ethan will be presenting the 2023 Hero Award to Kim Vincenty, our Youth Hero Award Presented by UNSTUCK: an OCD kids movie to Jayden Helberg, and the 2023 Illumination Award to Ari Staprans Leff, known professionally as Lauv. Light dinner will be served. Cash bar



6:00 PM–7:30 PM

Fighting Your OCD Monster! *Golden Gate C3*

Danielle McDowell, LCSW

Ready to fight your OCD monster and win? Come practice talking back to your OCD monster, while we draw our monsters, put on some superhero capes and fight back against the evil monster, OCD. This support group will allow children ages 5-12 to talk about their OCD journey, draw their OCD monster and learn some tricks and tips to fight back.

The Chaos in My Mind: an Art Collage Experience for Adolescents with OCD *Golden Gate C2*

Audrey Hart, MS

OCD can feel like a tidal wave crashing over your mind! Come join us for relaxing time to create art, hangout with peers, and interact with a mental health professional who understands the struggle, both professionally and personally. Participants will create a collage with the theme "the chaos in my mind" that depicts what their experience with OCD is like and will have the opportunity to share with their peers about their experience.

Teen Game Night! OCD Quiplash, Drawful, and Family Feud *Golden Gate C1*

Danica Smith, ACMHC, Nancy Larsen, LCSW, & Lars Eggertsen, PhD, LCSW

Are you ready for an OCD game night like no other? Join in the fun with our specially curated selection of interactive games. We've got Quiplash, Drawful, and

Family Feud – all with an OCD twist. These hilarious and informative games are sure to be a hit with everyone playing an important role in the games. Bring your phone fully charged, so you are ready to participate. Don't miss out on this unique opportunity to learn more about OCD in an enjoyable and interactive way. We look forward to having you at our OCD game night! Come join us for a night of gaming, laughter, and maybe even a few surprises!

An Evening of LGBTQIA+ Community Fun! *SoMa*

Max Wilson & Cassie Marzke

At the end of a long day, come meet other LGBTQIA+ conference attendees! Attendees will have several activities to choose from, including but not limited to, an informal discussion group; access to basic art supplies; and board and/or card games! Since this year's conference is in San Francisco, we hope to include some business owners in the Castro—the site of many LGBTQIA+ historical events. ALL people on the LGBTQIA+ spectrum are welcome!

Sticking With Our Values: Collage Board Activity *Foothill G*

Caroline K. & Molly Fishback

Acceptance and Commitment Therapy (ACT) tells us that values can help motivate us toward more effective OCD treatment. When our exposures have a values motivated foundation, we can be more willing to engage. In this After Hours Activity, enjoy a night of community and conversation while making a collage, "Values Board." When attendees are done, they will have a take-away to hang at home as a reminder of their values that are motivating them to engage in difficult exposures everyday. We hope you will join us for a time filled with camaraderie, crafting, and most importantly, values! Supplies will be provided.

Saturday Evening

Start Spreading The News: Turn Your Passion Into Advocacy

Golden Gate A

Ethan Smith, Katie O'Dunne, MDiv, Valerie Andrews, Elizabeth McIngvale, PhD, LCSW, & Thomas Smalley, MS, CSCS

Have a story to tell but not sure where to start? Join us for this interactive advocacy workshop, led by IOCDF National and Lead Advocates. Together, we'll help you turn your uniquely beautiful passions into a tangible advocacy plan authentic to you. You will leave this workshop with personal tools to help you begin your adventure in advocacy. We are so excited to be on this journey with you, as you turn your pain into purpose and make a difference in the world!

Workplace Self-Advocacy: Getting Reasonable Accommodation Without A Lawyer, Even From Bad Employers

Golden Gate B

Marilynn Mika Spencer, JD & Wendy Musell, JD

Employees face an uphill battle when seeking reasonable accommodation. They may be unsure of their rights and intimidated by the process. Employers may be resistant. Things can get sticky! It's time consuming and frustrating to learn about your rights and how to enforce them. Well, help is on the way! Attendees will access a full set of reasonable accommodation information including what people with OCD are entitled to by law, how to request and get an accommodation, necessary documentation, and how to get them. Attendees will learn how to protect their rights...because some employers don't make it easy. The workshop has three sections: law under the federal ADA and California's FEHA; hypotheticals, to practice applying the law to workplace scenarios; and Q&A.

Resisting the Urge to Hunt, Gather, and Take It Home

Walnut

Robin Zaslo, PsyD, LCSW & Renae Reinardy, PsyD

Being able to resist the temptation to walk past a valued item is a lot easier said than done. Whether it's at a garage or yard sale, clearance center, specialty store or internet, the draw to get that great deal, handy device, or unique article can present challenges for those struggling with hoarding behaviors. During this session, experts will take participants into the community and lead them through a process of being able to talk about what is contributing to the desire to acquire and steps to make good decisions about how to resist and walk away.

Sensory/Sensorimotor Obsessions Support Group

Pacific C

Lara Rifkin, PhD & Anna Edwards, PhD

In addition to intrusive thoughts, OCD sufferers may experience intrusive sensations. Sensorimotor obsessions include preoccupation with automatic bodily processes and physical sensations (e.g., heart rate, dizziness, stomach sensations, and/or the sound of their voice, among others). Associated fears typically include that this preoccupation will last forever and that they will "go crazy." Sufferers with this presentation may sometimes feel that their theme is different from other OCD presentations. This support group is designed to provide a community for individuals suffering with sensory/sensorimotor obsessions, therapists, and family members. We will facilitate a discussion surrounding the experience of living with sensorimotor obsessions and lead participants in an experiential exposure exercise we have found helpful in working with this population.

Technology Rituals? You're Not Alone!

Foothill D

Amanda Meredith, LCSW

This support group is focused specifically on rituals around technology--needing to post just the right thing, following the urge to clear every open app off your phone, avoiding it altogether, etc. We live in a digital age, and OCD can often quickly and easily develop rules for how we do this. This support group is focused on helping you realize that you're not alone, and will hopefully include a few members willing to share success stories about how they've challenged their own OCD around technology!

Support Group for Hoarding Professionals

Pacific D

Lindsay Bacala, MSW, RSW & Spencer Martin

This group is for professionals experiencing challenging situations regarding clients with hoarding disorder who are interested in sharing and receiving insights, coping strategies, information, and resources. Facilitators will guide discussion on topics such as moral distress, depersonalization towards clients, and reduced feelings of accomplishment.

To Disclose or Not to Disclose: Should I Let Others Know About my OCD?

Pacific G-H

Christopher Weston, MPH, LMFT

I have been diagnosed with OCD. Should I tell anyone? What should I say? What might be the consequences? These are just a few of the many questions we may ask ourselves when considering whether to reveal such a personal and important part of ourselves. This internal debate may also become a major contributor to anxiety. While the answer is different for everyone, there are several factors to consider when making this decision. During this presentation, attendees will have the opportunity to share their own experiences as well as provide input to others that may be looking for answers. Disclosure should not be taken lightly and honest and open conversation, without judgment, is a crucial step in the process.

Supportive Space for OCD Community Members of Color

Foothill A

Rebecca Roberts, LCPC

This space, facilitated by a clinician that serves clients with lived OCD experience, will be used to identify and process the many challenges that BIPOC individuals face when learning to manage their OCD symptoms. The facilitator will review the historical barriers to mental healthcare that have impacted people of color and led to the disparity in appropriate care. Attendees will have a chance to share their own experiences with OCD and connect with others. Effective coping skills and interventions will be explored as well.

Your Strength Matters: A Support Group for Parents of Young Adults with OCD

Pacific I-J

Tannaz Mirhosseini, MS & Ashley Ordway, LMHC

It is sometimes difficult for parents to adjust to changes that come when kids are growing into adults; sometimes kids remain living at home, and others may move far away, but still require substantial parental support. When kids have OCD, it becomes even more complicated. Parents struggle to understand how to set and adhere to healthy boundaries for their and their children's well-being, especially if OCD factors into relationship dynamics. Often, parents do not have others to turn to to discuss ways of coping or handling OCD, especially through this transition to adulthood. Therefore, it is valuable to create a space for parents to come together, share stories, and provide support to one another on supporting their adult children.

Support Group For Autistics with OCD

Foothill B

April Kilduff, LCPC, LPCC, LHMC, Tia Wilson, & Sarah Stanton

We have been part of the OCD/ASD support group at NOCD & wanted to create a similar space at the IOCDF that can be in-person. We can explore how being autistic can impact your OCD & ERP. ERP can feel extra scary when you're autistic and/or ADHD *and* have OCD, since there are so many more unknowns. Will my therapist understand my neurodivergency? What if my autistic/ADHD support needs get in the way of my therapy? Will ERP even work with my brain? In this group, we will discuss how to navigate OCD & ERP while multiply neurodivergent: things like finding a ND-affirming therapist, how to self-advocate around your neurodivergency, how to manage things like executive dysfunction and sensory issues in ERP, and how you and your therapist can adapt your ERP to make it work with your neurotype, not against it. All three of us are neurodivergent - representing autism, ADHD & sensory processing disorder. Join us!

8:00 PM–9:30 PM

Saturday Night Trivia

SoMa

Kyle King

Saturdays at the conference are long. After a full day of learning and exploring a new city, it can be nice to have some time to just hang out. Come to the Young Adult Trivia Night to do just that, unwind and spend some time with the other young adults at the conference without having to talk about OCD or listen to any presentations. We hope to see you there!

Saturday Evening

The OCD Healing Journey: Writing and Reflecting *Foothill C*

Sandra Wartski, PsyD

Recovery and healing can be a complex, difficult journey, and we know that writing can be a positive coping tool in many ways. Writing is not only a release but can also be a way to explore new strategies, experiment with novel ideas, and solidify plans for change. Following some discussion about the beneficial use of writing, several exercises and prompts will be provided for some personal exploration about your journey and intentions moving forward. Discussion and sharing opportunities will be provided but are not required. No writing expertise needed, just an interest in individual exploration. Grab a pen and come on in; paper will be available but you are welcome to bring your own notebook or journal if preferred.

Support Group for Those with OCD and ADHD *Foothill J*

Megan English, LCPC & Michael Heady, LCPC

Come join this safe and supportive space for those who live with both OCD and ADHD to share your experiences and get support from others! Attendees will have opportunities to ask questions of each other and of facilitators and share any successes they've found in navigating life with OCD and ADHD. Special focus will be placed on strategies for combating shame in living with both conditions.

Expecting and New Parents, Don't Suffer in Silence with Your OCD *Foothill A*

Danica Smith, ACMHC, Nancy Larsen, LCSW, & Lars Eggertsen, PhD, LCSW

Whether you are pregnant, just had a baby, or have young kids, OCD can make parenthood extremely difficult. Parenthood can lead to the onset of OCD or a heightening of OCD symptoms. Intrusive thoughts typically surround distressing themes of your child being harmed. You might obsess about your child getting sick from a contaminant, fear accidentally touching them in a sexual way, or worry that you might harm them. You are not alone. Expecting parents and parents with children under five years of age are invited to attend this support group. This will be a safe, compassionate space to support and be supported in the unique struggles that come with having OCD and young children.

Life After Treatment: Embracing an Exposure-Based Lifestyle *Pacific G-H*

Katherine Escobar, MA, Mikala Grimaldi, Jolie Pepperman, PsyD, & Ismenia Ginebra

A common worry upon terminating treatment might be, "what if my OCD returns?" Whether we like it or not, experiencing uncertainty and uncomfortable emotions (e.g. anxiety) are a normal part of life. Learning to embrace an exposure-based lifestyle is key to maintaining your freedom from OCD, even if a sticky OCD thought pops up again. Join us for an interactive session in which participants will have the opportunity to share their post-treatment experiences, including getting to know yourself after treatment and embracing a life with uncertainty. We will also provide attendees with several optional, in-session bravery exercises to practice leaning into uncertainty, including creating personalized exposure plans to keep living the life you want

Caring for Yourself When You're Caregiving for a Loved One with OCD *Pacific C*

Josh Spitalnick, PhD, Marni Jacob, PhD, & Catherine Worthington, PsyD

When you love someone with OCD, it can feel like the disorder dominates your own life. You likely experience exhaustion, frustration, fear, or sadness in this relationship, and this is when self-care is critical. This support group will focus on taking care of yourself when you care deeply about someone with OCD. Facilitated by two psychologists who are pediatric OCD specialists, who regularly work with families and caregivers in treatment, this support group will process the impact OCD has on your life and help identify ways to keep you physically and emotionally healthy. As a group, we will share ways to build and access resources year-round. This group is for caregivers (parents, guardians, grandparents) and professionals who work with families.

Support Group for OCD in the Workplace *Pacific A-B*

Susan Chudy, LCSW & Rachel Ehrenberg

This group is intended for those who are navigating OCD in the workplace. This will be an interactive support group where folks can find support from each other and have a safe space to talk about work challenges. The group will be facilitated by a professional. OCD in the workplace can create issues between coworkers, employees, and supervisors. Symptoms of OCD may also slow a person down, giving the impression that they are incompetent, not wanting to do their job, or unmotivated. Many people with OCD struggle at work in silence because they fear negative opinions from coworkers and their supervisors.

Emotional Contamination Support Group *Foothill J*

AJ Land

This group is for individuals with "emotional contamination" (EC) OCD. This involves aversion to a person, place, or thing (often felt as disgust) and concern about getting contaminated by it. The feared contamination may spread to things/people/places associated with the trigger, either through a chain of physical contact with the trigger, or abstract association, such as thinking of, seeing, or hearing anything associated with the trigger (such as a word). Attendees will be able to share their experiences with others who have this type of OCD, and help one another with its challenges. This group supports the idea that CBT/ACT and ERP are as effective for EC as for other forms of OCD -- and that treatment success is possible.

Let's Talk About Relapse: How to Quickly Get Back on Your Feet When OCD Strikes! *Pacific I-J*

Christopher Weston, MPH, LMFT

You feel like you've been able to put OCD behind you. You may occasionally have some small setbacks, but for the most part life is good, and OCD seems to be a distant memory. Then, seemingly out of nowhere, you have been transported back to OCD hell. You have questions: What happened? Why? What did you do? More importantly, how do you get back? This support group discussion will be a safe place for anyone who has OCD and/or supportive family members who have experienced setbacks in OCD recovery. We will share and discuss what works and how to quickly get back on your feet and on with your life!

Thriving with BFRBs Support Group *Foothill B*


Chris Noble, PhD, LPC, CPCS, Devika Basu, PhD, & Jacqueline Fortunko

This group will provide a supportive and collegial space for individuals dealing with Body Focused Repetitive Behaviors (BFRBs). In this support group, participants will be encouraged to ask questions, seek support and advice, share hacks and accomplishments, and connect with peers around the day-to-day experiences of living and learning to thrive with BFRBs. This group is the first in-person meeting of our practice's ongoing, online BFRB support group (at Anxiety Specialists of Atlanta), and will be co-facilitated by the two founding clinicians and a founding participant of the group. Participants are additionally invited to attend our monthly Zoom BFRB support group meetings following the conference for continued support and community.

Sunday Schedule

Overview

Sunday, July 9

7:00AM–8:00AM	Light Breakfast <i>Exhibit Hall, Yerba Buena Salon 7, Lower B2</i>	
7:00AM–1:00PM	Conference Info Desk Open <i>North Registration Yerba Buena Grand Assembly, Lower B2</i>	Breakfast
7:00AM–1:00PM	Continuing Education Desk Open <i>Yerba Buena Grand Assembly, Lower B2</i> All professional attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. See page 6 for CE/CME information.	
7:00AM–11:30PM	Exhibit Hall Open IOCDF Information & Welcome Booth Open <i>Exhibit Hall, Yerba Buena Salon 7, Lower B2</i> See page 13 for a list of Exhibitors	
8:00AM–1:00PM	Conference Presentations <i>See pages 59-62 for a full schedule of presentations.</i>	
8:00AM–1:00PM	Youth Programming Youth Programming <i>Elementary Schoolers: Golden Gate C3, B2 Level Middle Schoolers: Golden Gate C2, B2 Level High Schoolers: Golden Gate C1, B2 Level</i> See page 25 for a full schedule of activities and pages 59-62 for details.	

	8:00AM–9:30AM	9:45AM–11:15AM	11:30AM–1:00PM
EVERYONE	RULES FOR ME BUT NOT FOR THEE: COMBATting RIGID PERFECTIONISM IN AN IMPERFECT WAY Beth Brawley, LPC Michael Stier, LCPC <i>Yerba Buena Salon 8</i>	MORE THAN A FEELING: HOW TO THINK ABOUT AND TREAT SENSORY/SENSORIMOTOR OCD Anna Edwards, PhD Allison David, LCSW <i>Yerba Buena Salon 13-15</i>	NOTHING TO FEAR BUT FEAR ITSELF: THE IMPORTANT ROLE OF INTEROCEPTIVE EXPOSURE IN TREATMENT OF OCD Nicholas Farrell, PhD; Jennifer Park, PhD <i>Yerba Buena Salon 8</i>
EVERYONE	GETTING RUBBED THE WRONG WAY: THE COMPLICATED RELATIONSHIP BETWEEN OCD & SENSORY DYSREGULATION Robert Hudak, MD; Jonathan Hoffman, PhD; Fred Penzel, PhD; Stephanie Eken, MD <i>Yerba Buena Salon 13-15</i>	NAVIGATING TREATMENT WITH OCD AND AN ANXIETY DISORDER Lauren Rosen, LMFT; Kelley Franke, LMFT Kevin Foss, LMFT; Ben Eckstein, LCSW <i>Yerba Buena Salon 9</i>	DOING ERP WHEN GETTING OUT OF BED IS DAUNTING: COMBINING ERP WITH BA FOR COMORBID OCD AND DEPRESSION Mia Nuñez, PhD; Shauna Pichette, LPC; Micah Howe <i>Yerba Buena Salon 9</i>
EVERYONE	DISABILITY, OCD, AND ME Jessie Birnbaum Mary Waters, MA, NCC Sandy Robinson <i>Yerba Buena Salon 10-12</i>	LEGAL CHALLENGES FACED BY PEOPLE WITH OCD AND HOW TO OVERCOME THEM Lawrence Rosenberg, JD Deborah Topol, MD; Alexander Rosenberg <i>Yerba Buena Salon 10-12</i>	CANCEL CULTURE AND OCD Amanda Petrik-Gardner, LCPC Nathan Peterson, LCSW Jenna Overbaugh, LPC; Justin Hughes, LPC <i>Golden Gate B</i>
LIVING WITH OCD	LICKING TOILETS? MAYBE NOT: INCORPORATING VALUES INTO EXPOSURES Annabella Hagen, LCSW Jon Case, LCSW; Erik Wells, LCSW <i>Nob Hill B-D</i>	MAKING IT WORK AS A FAMILY WHEN A PARENT HAS OCD Felicity Sapp, PhD Jeff Bell Jason Adams, MEd <i>Nob Hill B-D</i>	LIVING BEYOND REGRET, MISTAKES, AND POOR CHOICES TO OVERCOME REAL-EVENT OCD Kevin Foss, LMFT Laura Yocum, LMFT Anthony Bishop, LMFT <i>Nob Hill B-D</i>
PARENTS AND FAMILIES	SECURING YOUR OXYGEN MASK: CARING FOR YOURSELF WHILE PARENTING A CHILD WITH OCD & RELATED DISORDERS Emily Hoppe, PMHNP-BC Nicole D'Adamo, LCSW-C <i>Golden Gate A</i>	EFFECTIVE COLLABORATION STRATEGIES TO IMPROVE ERP OUTCOMES: TIPS TO ENGAGE PARENTS AND SCHOOLS Scott Cypers, PhD Marni Jacobs, PhD; Brian Zaboski II, PhD <i>Golden Gate A</i>	PARENTS WRAP-UP SESSION Fred Penzel, PhD Kim Vincenty <i>Golden Gate A</i>
BFRBs	ELEGANT SIMPLICITY WITH THE COMPLEXITIES OF BFRBs: CURRENT RESEARCH AND TREATMENT Ruth Golomb, LCPC Suzanne Mouton-Odum, PhD <i>Yerba Buena Salon 1-3</i>	LET'S CUT TO THE CHASE: WHAT I NEED TO KNOW ABOUT MY BFRB, AND WHAT I CAN DO ABOUT IT. A Q&A SESSION Charles Mansueto, PhD Fred Penzel, PhD <i>Yerba Buena Salon 1-3</i>	BFRBs: TREATMENT ISSUES, OUTCOMES, & FAMILY IMPACTS Leila Capel, MS; Olivia Woodson; Andrew Wiese, PhD Brian Thomsson, PhD; Ruth Golomb, LCPC; Mercedes Woolley <i>Yerba Buena Salon 1-3</i>
THERAPISTS INTRO	DO I REALLY WANT TO HURT MYSELF? EXPLORING SUICIDAL OCD VS. TRUE SUICIDALITY Blake Cranmer, LSCSW; Krista Reed, LSCSW Amanda Petrik-Gardner, LCPC <i>Golden Gate B</i>	PAYING MORE ATTENTION TO ADHD IN OCD TREATMENT Steven Poskar, MD; Jonathan Hoffman, PhD Katia Moritz, PhD; Shane Gettis <i>Yerba Buena Salon 8</i>	WE'RE ONLY HUMAN: THERAPIST MISSTEPS IN EXPOSURE AND RESPONSE PREVENTION AND HOW TO CORRECT THEM Jennifer Buchholz, PhD; Jonathan Abramowitz, PhD <i>Yerba Buena Salon 10-12</i>
THERAPISTS ADVANCED	WORKING WITH SCRUPULOUS INDIVIDUALS: A FORUM FOR CASE CONSULTATION AND CONVERSATION Jedidiah Siev, PhD; Ted Witzig, Jr., PhD; Alec Pollard, PhD; Patrick McGrath, PhD; Justin Hughes, LPC <i>Yerba Buena Salon 9</i>	HUMAN FIRST, THERAPIST SECOND: AUTHENTICITY AS AN OCD THERAPIST Amy Mariaskin, PhD; Jon Hershfield, MFT; Tejal Jakatdar, PhD; Katie Boyer, LMSW, MT-BC <i>Golden Gate B</i>	FROM SONG LYRICS TO SCAVENGER HUNTS: GROUP-BASED EXPOSURE THERAPY FOR CHILDREN & ADOLESCENTS Rebecca Schneider, PhD; Alyssa Faro, PhD Benjamin Mullin, PhD; Allison Bonifay, LPC <i>Yerba Buena Salon 13-15</i>
EMERGING TRENDS: NEW DIRECTIONS	A MODEL OF SELF-HELP TREATMENT WITHIN STEPPED CARE: A PILOT STUDY Reid Wilson, PhD <i>Yerba Buena Salon 4-6</i>	WHEN OCD AND TRAUMA INTERSECT: PRELIMINARY FINDINGS FROM A NATIONAL STUDY Caitlin Pinciotti, PhD Lauren Wadsworth, PhD <i>Yerba Buena Salon 4-6</i>	AUTOIMMUNE OCD: CAN INFECTIONS TRIGGER AUTOIMMUNE OCD AND HOW CAN THIS BE DIAGNOSED AND TREATED? Craig Shimasaki, PhD <i>Yerba Buena Salon 4-6</i>

EVERYONE

EMERGING TRENDS: NEW DIRECTIONS

BFRBs

LIVING WITH OCD

THERAPISTS

PARENTS & FAMILIES

Workshops with black outline are eligible for CE/CME credits.

8:00am–9:30am

Disgusting! Let's Learn about Feeling Disgust in OCD *Golden Gate C3* **Jason David, Amanda Jones, Blair Sass, Megan Neelly, & Emma Kelley-Bell, MSW**

This is a fun interactive workshop where youth can explore the emotion of disgust in OCD. There will be two hands-on activities focused on learning to tolerate feelings of disgust. The first activity will be a series of 5 disgusting sensations: sticky, slimy, dirty, hairy, and wet where you can interact with each and vote on which is the most disgusting! The second activity includes drawing what disgusts you to take with you, the supplies provided. This is a fun way to practice tolerating feelings of disgust!

Drawing OCD To a Close - Using Art To Help You On Your OCD Journey *Golden Gate C2*

Skye Hutchins & Melissa Garzón, MD, MPH

This fun and informative workshop for teens and tweens, presented by a middle schooler with OCD and an OCD therapist, will demonstrate the various ways in which art can help you on your OCD journey. In the workshop, we will explain how art can help to communicate intrusive thoughts when it would otherwise be too difficult to communicate with words. We will also discuss how art can be used for exposures, externalizing your OCD, identifying your values, and as a coping mechanism. In the second half of the workshop, participants will be able to make a mental health art piece themselves. Everyone can participate in this art project, even if they don't struggle with OCD.

When Words Aren't Enough: Exploring Your OCD Experience Through Art *Golden Gate C1*

Danica Smith, ACMHC, Nancy Larsen, LCSW, & Lars Eggertsen, PhD, LCSW

As a teenager, you may find that words are not enough to express the struggles, thoughts, and emotions that come with OCD. Expression through art can be an incredibly powerful way to express yourself and explore your unique OCD experience. Art allows for an alternate form of communication that can provide a sense of relief and understanding that words sometimes cannot. Through art, you can create a visual representation of your OCD experience in a safe, creative environment. In this session, we will experience how art can help us express our innermost thoughts and feelings associated with OCD, and how it can be used as a creative outlet for self-discovery and healing.

Elegant Simplicity with the Complexities of BFRBs: Current Research and Treatment* *Yerba Buena Salon 1-3*

Ruth Golomb, LCPC & Suzanne Mouton-Odum, PhD

Body Focused Repetitive Behaviors (BFRBs), including hair pulling, skin picking, and nail biting, affect millions of people worldwide. This workshop will provide an overview of BFRBs including a description of the phenomenology, diagnosis, and etiology of BFRBs. In addition, the presenters will give an overview of the most up to date research on co-morbidity, underlying biological/neurological processes, as well as a new understanding of discreet profiles of people with different BFRBs. Finally, the presenters will explain how these findings inform treatment. The current conceptual and treatment models for BFRBs are function-based and identify key internal and external triggers, as well as reinforcing factors for hair pulling and skin picking behaviors.

A Model of Self-Help Treatment within Stepped Care: A Pilot Study* *Yerba Buena Salon 4-6*

Reid Wilson, PhD

Given the long wait lists and limited therapists who are specially trained, there is huge potential for remotely-accessed self-help within an OCD Stepped Care paradigm. Such a design can reduce therapist time and the associated costs of face-to-face treatments and improve patient outcomes, allow a larger number of people to receive treatment more readily, and may even reduce the need for any professional treatment for those with lower severity. The author will justify the benefits of remotely accessed self-help through a summary of the literature. He then presents a new model of intervention, including the outcome of a just-completed pilot study of 12 subjects with moderate to moderate-severe OCD.

Rules for Me but Not for Thee: Combatting Rigid Perfectionism in an Imperfect Way *Yerba Buena Salon 8*

Beth Brawley, LPC & Michael Stier, LCPC

"Would you tell a friend what you are saying to yourself?" Have you ever been asked this question and immediately felt horrified at the thought? There's no way you would! It would be cruel. It's not uncommon for individuals suffering from anxiety and OCD to hold rigid and perfectionistic standards for themselves while also offering less compassion for themselves than they give to others. In this presentation, we will discuss ways to dismantle the hold that perfectionism has on us and strengthen this newfound ability to be imperfect through the lens of self-compassion. Participants will walk away with concrete strategies to utilize when faced with the opportunity to treat themselves the way they treat others.

Getting Rubbed the Wrong Way: The Complicated Relationship between OCD & Sensory Dysregulation* *Yerba Buena Salon 13-15*

Robert Hudak, MD, Jonathan Hoffman, PhD, Fred Penzel, PhD, & Stephanie Eken, MD

Sensory dysregulation has a complicated relationship with OCD which needs to be well understood by parents and clinicians. Sensory dysregulation can be a part of OCD, overlap with OCD comorbidities, e.g., autism or ADHD, or not be OCD treatment relevant. While research on best practices for addressing sensory dysregulation in those with OCD is still emerging, how this issue is approached by parents or clinicians can make or break treatment in our opinion. Topics that will be discussed include defining sensory dysregulation in general, how to identify sensory dysregulation issues that are clinically significant to OCD treatment, how to conceptualize OCD treatment with consideration to sensory dysregulation, and parenting children with OCD for whom sensory dysregulation is an additional challenge.

Disability, OCD, & Me: Intersections between Chronic Illness, Research Gaps, & Help Seeking Behavior *Yerba Buena Salon 10-12*

Jessie Birnbaum, Mary Walters, MA, NCC, & Sandy Robinson

Having OCD is hard and so is having a chronic illness/disability. Despite the relative commonality of disability and OCD, there has been little research about disability/chronic illness and OCD when they occur together. On this panel, we get it! Come hear the leaders of the IOCDF Chronic Illness/Disability SIG discuss these intersections and their lived experiences. Clinician Mary Walters and advocates Sandy Robinson and Jessie Birnbaum will share their lived experience of managing OCD recovery despite dual diagnoses. This panel will also cover best practices to make ERP accessible to clients with chronic illness/disability and discuss the next steps for research when these conditions overlap with OCD.

Licking Toilets? Maybe Not: Incorporating Values into Exposures *Nob Hill B-D*

Annabella Hagen, LCSW, Jon Case, LCSW, & Erik Wells, LCSW

Before we get ahead of ourselves, let's be clear: sometimes 'hardcore' measures are necessary within OCD treatment. Facing your deepest fears is really rough, but experience and research show us just how life changing in-vivo exposures can be. In this presentation, however, we're all about values. We will walk you through how to build values into your exposures as much as possible so you can focus on moving toward a rich and connected life. We will look at examples of values-based exposures across a variety of OCD subtypes, including Harm, Contamination, Relationship, Perfectionistic, Pedophile, Scrupulosity, and others. Come prepared to share your own experience or just listen to the thoughts of others!

Securing Your Oxygen Mask: Caring for Yourself while Parenting a Child with OCD & Related Disorders *Golden Gate A*

Emily Hoppe, PMHNP-BC & Nicole D'Adamo, LCSW-C

Parents play an enormous role in children's OCD treatment journeys, but the process can be daunting, frustrating, exhausting...we hear you. Showing up for yourself as a parent is an important but challenging aspect of parenting a child with OCD and related disorders. This session will examine what the science says about caregiver stress and burnout and how to alleviate it. Practical, evidence-based concepts from Acceptance and Commitment Therapy (ACT) and stress-reduction strategies will be discussed. The session will conclude with Q&A, participatory discussion, and sharing of ideas and resources among parents.

Working With Scrupulous Individuals: A Forum for Case Consultation and Conversation* Yerba Buena Salon 9

Jedidiah Siev, PhD, Ted Witzig, Jr., PhD, Alec Pollard, PhD, Patrick McGrath, PhD, & Justin Hughes, LPC

Many experienced OCD therapists struggle to treat scrupulosity. The symptoms are entangled with religious or moral values that may be unfamiliar to, or not shared by, the therapist. Furthermore, scrupulosity is associated with poor insight and magical thinking, and many common scrupulous obsessional fears are inherently untestable. The purpose of this panel is to create a forum for therapists to discuss and receive feedback from the panelists and other colleagues about challenging scrupulosity cases. In addition to case consultation, panelists will talk about their approaches to treating scrupulosity. We also anticipate that the specific issues and challenges that participants raise will catalyze a conversation more broadly about approaches, techniques, and ideas to improve treatment outcomes for scrupulous patients.

Do I Really Want to Hurt Myself? Exploring Suicidal OCD vs. True Suicidality* Golden Gate B

Blake Cranmer, LCSW, Krista Reed, LCSW, & Amanda Petrik-Gardner, LCPC

Suicidal OCD and true suicidality are both taboo topics - let's talk about them! This workshop will focus on the differences in symptom presentation and treatment options between suicidal OCD and true suicidality, as well as treatment recommendations when both are present together. Common obsessions and compulsions present with Suicidal OCD will be discussed, as well as potential exposure ideas for Suicidal OCD. Additionally, assessment of true suicidality and strategies for safety planning implementation will be discussed. We welcome clinicians, those with OCD, and their supporters to join this workshop to gain knowledge on how to spot these differences and respond to symptoms appropriately; through exposure work, safety planning implementation, or both.

9:45 AM–11:15 AM

Life in the Driver's Seat Golden Gate C3

Nicole D'Adamo, LCSW-C & Emily Hoppe, PMHNP-BC

Bring OCD along for the ride, but keep it in the back seat. Participants will have fun planning a journey and thinking about how OCD comes along for the ride. Using ACT-based concepts and interactive activities, we will practice staying in the driver's seat. Each child will develop their own roadmap according to what is meaningful to them, and walk away with a 'backpack' full of all that life's journey has to offer.

Dungeons and Dragons Character Creation Workshop

Golden Gate C2

Natalia Aniela, LPC, Lacey Pacheco, LPCC, & Matthew Williams, PhD

In this Dungeons and Dragons Character Creation workshop, we will explore the intersection of fantasy, hobby, and OCD. Utilizing the techniques of ACT, the therapists will help each participant create - and interact as - a D&D character in alignment with their true values and personality. The characters created will be representative of each participant's potential, if ego-dystonic OCD were to no longer hold them back. Participants will also help the Dungeon Master (Dr. Matthew Williams) create monsters for the game that embody their OCD. This creative process of imagining Dungeon and Dragon characters and monsters, both as an embodiment of their OCD and as a rebellion from their OCD, will simultaneously empower and motivate participants in their OCD treatment.

Scripting Workshop for Teens: Using Scripts for Motivation and Exposure Golden Gate C1

Allison Solomon, PsyD & Nathan Peterson, LCSW

Getting stuck finding motivation to fight your OCD? Struggling with ways to tackle your biggest fears and triggers? This workshop is for you! Writing scripts can be an important and helpful ingredient in the treatment of OCD. A group of OCD therapists will help you develop your own scripts that you can use as a handy tool for your OCD recovery. You will learn about different ways scripts can be used to increase motivation and foster acceptance, as well as their use as imaginal exposures. Join us for this workshop today and leave with tools that you can use tomorrow and the rest of your life.

Let's Cut to the Chase: What I Need to Know About My BFRB, and What I Can Do About It. A Q&A Session Yerba Buena Salon 1-3

Charles Mansueto, PhD & Fred Penzel, PhD

OCD and BFRBs (Hair-Pulling Disorder, Skin-Picking Disorder, Severe Nail Biting, etc.) may sometimes occur together, but the relationship between them is often unclear. In addition, BFRBs are often brushed off as simply bad habits, but their presence can result in serious physical, emotional and interpersonal problems for the individual. It isn't always easy to get accurate information about BFRBs or to get answers about the unique experiences that make up each individual's BFRB pattern. This will be an opportunity for those who struggle with BFRBs to get accurate information about these problems in general terms, and about their unique experiences from two recognized authorities in the field.

When OCD and Trauma Intersect: Preliminary Findings from a National Study* Yerba Buena Salon 4-6

Caitlin Pinciotti, PhD & Lauren Wadsworth, PhD

Up to 82% of individuals with OCD have experienced trauma, and up to 25% of individuals with OCD have current or lifetime PTSD. These experiences are associated with more severe long-term trajectories of OCD symptoms and reduced treatment effectiveness. Several theories exist as to why trauma/PTSD may complicate treatment of OCD. However, despite recent advances in our understanding of OCD and trauma/PTSD, relatively little research on the intersections of OCD and trauma/PTSD exists. This symposium will present novel, preliminary data from the largest national study on OCD and trauma to date, including sharing several newly created assessments that aim to understand the etiological and functional overlap between trauma/PTSD and OCD and assist with complicated differential diagnosis.

Navigating Treatment with OCD and an Anxiety Disorder*

Yerba Buena Salon 9

Lauren Rosen, LMFT, Kelley Franke, LMFT, Kevin Foss, LMFT, & Ben Eckstein, LCSW

Many individuals with OCD also struggle with other anxiety disorders. In fact, of those with OCD, 12% experience panic disorder, 18% are diagnosed with social anxiety, 22% meet criteria for specific phobias and fully 30% also develop Generalized Anxiety Disorder. Translation: people with OCD are more likely to experience an anxiety disorder than those in the general population. This talk will discuss the functional similarities between these disorders as well as how to generalize treatment for one disorder to navigating them all. By helping attendees to develop an appreciation of the underlying mechanisms between these disorders, this talk aims to streamline treatment and help individuals to deal with subsequent anxiety symptoms after an initial OCD diagnosis.

Legal Challenges Faced by People with OCD and How to Overcome Them Yerba Buena Salon 10-12

Lawrence Rosenberg, JD, Deborah Topol, MD, & Alexander Rosenberg

This presentation will identify major legal challenges in education, employment and other contexts faced by people with OCD and how best to overcome them. It will discuss the significance of federal laws such as the Americans with Disabilities Act and the Rehabilitation Act and state laws that provide rights to people with disabilities, and how those laws can affect and help people with OCD and their families. The session will include real-world examples of challenges faced in education, medical treatment, employment as well as real world examples of remedies, strategies and tactics to confront and overcome those challenges. It will include substantial time for audience questions and discussion of their personal experiences in navigating and overcoming legal challenges.

More Than a Feeling: How to Think About and Treat Sensory/Sensorimotor OCD* Yerba Buena Salon 13-15

Anna Edwards, PhD & Allison David, LCSW

Being human means having the full range of thoughts and the full range of sensations - from breathing to feeling one's heart rate, to feeling dizzy, to having stomach discomfort. Much like intrusive thoughts, OCD sufferers may find a sensation intrusive and uncomfortable and may thus fixate on the sensation in an attempt to get rid of it or figure their way out of it. The physical sensation is often accompanied by a narrative about the sensation's intensity and duration and catastrophic thoughts about the implications of living with the sensation. During this session, we will present how we conceptualize sensory/sensorimotor OCD, showcase case examples and discuss ways to treat patients whose OCD centers around physical sensations.

Making It Work As a Family When a Parent Has OCD *Nob Hill B-D*

Felicity Sapp, PhD, Jeff Bell, & Jason Adams, MEd

How do you make daily life work as a family when a parent or caregiver has OCD? How does OCD in a parent affect spouses and kids, and what steps can each person take to live a happier, more functional family life? How do the experiences of parents with OCD differ from their partners and dependents, and what insights can we gain from studying and comparing these perspectives? This presentation provides functional strategies to help families of all ages and demographics navigate the impacts and treatments of parental OCD. Attendees will hear stories and strategies from a certified clinician's perspective, and from the unique voices of two Dads who successfully manage OCD in their family lives.

Effective Collaboration Strategies To Improve ERP Outcomes: Tips To Engage Parents and Schools *Golden Gate A*

Scott Cypers, PhD, Marni Jacob, PhD, & Brian Zaboski II, PhD

Getting parents and schools to effectively support youth who suffer from OCD can at times be a challenge. The range of issues impacting effective support can include and are not limited to the level of understanding of OCD & ERP, school/parent contextual factors, child/teen factors, as well as everyone's willingness to have each other involved. All of these issues can have varying effects on whether successful collaboration may happen, and ultimately change outcomes around successful OCD help. This panel of experts will discuss what effective help can look like across different school ages and the challenges/successes in creating successful collaborations. Each expert will also share their own proven tips and tricks.

Paying More Attention to ADHD in OCD Treatment* *Yerba Buena Salon 8*

Steven Poskar, MD, Jonathan Hoffman, PhD, Katia Moritz, PhD, & Shane Gettis

Attention Deficit Hyperactivity Disorder (ADHD) is frequently found in the OCD population. However, in those with OCD, ADHD is often missed, minimized, mistaken for anxiety or as obsession-related, and not properly addressed either medicinally or as a consideration for implementing effective cognitive-behavioral therapy (CBT)/exposure and response prevention (ERP). ADHD is a common reason for individuals with OCD to not make progress in treatment or dropout of treatment. This presentation will cover these topics and provide specific knowledge about identifying ADHD in individuals with OCD and reducing its impact on OCD treatment by utilizing a comprehensive approach. The panel includes professionals who are well-versed in diagnosing, understanding, and treating ADHD in children and adults with OCD, and an individual with lived experience.

Human First, Therapist Second: Authenticity as an OCD Therapist* *Golden Gate B*

Amy Mariaskin, PhD, Jon Hershfield, MFT, Tejal Jakatdar, PhD, & Katie Boyer, LMSW, MT-BC

There are few relationships like the therapeutic one, which combines intimacy and trust with strong unilateral boundaries. Research demonstrates that clients respond most favorably to therapists who maintain professional clarity but convey authenticity in their approach (Levitt, Pomerville, & Surace, 2016). While most CBT-based training programs focus on the theoretical underpinnings and skills of therapy, fewer discuss how best to express these tools through one's unique personal style. The providers on this panel will discuss how they have approached providing evidence-based care with respect to factors such as flexibility vs structure, humor, self-disclosure, integration of techniques, and creativity. These will be woven into a discussion about how we can show up for our clients as authentic humans.

11:30 AM–1:00 PM

Goal Setting/ Wrap-Up *Golden Gate C3*

Lane Sandidge, LICSW

It's time to take stock of everything you have learned and experienced!

Taking the Conference Home and Changing Your Future *Golden Gate C2*

Mary Kathleen Norris, LPC & Mary Lexie Low, PsyD

Learn how to take your new experiences and knowledge home and make it pay off in your OCD recovery.

We are in this Together: Closing Support Group for High Schoolers with OCD *Golden Gate C1*

Tejal Jakatdar, PhD & Emma Kelley-Bell, MSW

In this closing support group, teens will get a chance to practice setting SMART (specific, measurable, attainable, relevant, and time-based) goals to help them live rich and meaningful lives beyond the IOCDF conference. This support group serves to guide teens in realistic goal-setting while allowing them the chance to connect with others through sharing their experiences.

BFRBs: Treatment Issues, Outcomes, and Family Impacts* *Yerba Buena Salon 1-3*

Leila Capel, MS, Olivia Woodson, Andrew Wiese, PhD, Brian Thompson, PhD, Ruth Golomb, LCPC, & Mercedes Woolley

In the last two decades, there has been an increase in research on etiology, epidemiology, and treatment of BFRBs but the translation to clinical practice is still occurring. This presentation aims to highlight barriers to treatment access for individuals with BFRBs and possible remedies as well as factors that impact treatment outcomes. Additionally, the presenters aim to highlight viable treatment options and how they may function. Finally, the presenters aim to highlight factors that may impact the families of those with BFRBs, including family accommodation, and how these factors affect both the families themselves and the treatment of BFRBs differently than other OCDs.

Autoimmune OCD: Can Infections Trigger Autoimmune OCD and How can this be Diagnosed and Treated?* *Yerba Buena Salon 4-6*

Craig Shimasaki, PhD

Research and clinical evidence support the notion that a portion of obsessive-compulsive disorders have an autoimmune etiology. Autoimmune responses can occur when common infections such as streptococcus cause autoantibodies to be generated and attack the heart, in the case of Rheumatic Fever. Streptococcal infections have also been shown to trigger autoantibodies that attack portions of the brain such as the basal ganglia in the case of Pediatric Acute-onset Neuropsychiatric Syndrome (PANS). In this presentation, we will describe the interconnection between infections, our immune system, and the brain, and how a dysfunctional immune response can result in OCD symptoms. We will review the biology of infection-mediated immune dysfunction and the correlation between brain reactive autoantibodies and OCD symptoms and resolution with immunological treatment.

Doing ERP When Getting Out of Bed is Daunting: Combining ERP with BA for Comorbid OCD and Depression* *Yerba Buena Salon 9*

Mia Nuñez, PhD, Shauna Pichette, LPC, & Micah Howe

OCD often co-occurs with depressive disorders. Research suggests that OCD tends to be present before any depressive symptoms and that it may even cause depressive symptoms. Not being able to participate fully in one's life and activities due to OCD likely contributes to depressive symptoms and people may experience relief from depression as OCD improves. However, people with more severe depressive symptoms have been demonstrated to benefit less from ERP, experience a reduced habituation response, and are at higher risk of dying by suicide. Furthermore, depression can present a formidable treatment barrier – for example, how likely is one to complete ERP homework when they have trouble brushing their teeth? Attendees will learn to incorporate Behavioral Activation with ERP to actively treat depression, reduce treatment interfering behaviors, and increase motivation for ERP, in addition to hearing from a person with lived experience.

Nothing to Fear but Fear Itself: The Important Role of Interoceptive Exposure in Treatment of OCD* *Yerba Buena Salon 8*

Nicholas Farrell, PhD & Jennifer Park, PhD

Many individuals with OCD fear their own experience of anxiety, a phenomenon known as anxiety sensitivity. For example, individuals may fear that experiencing anxiety will result in a medical catastrophe (e.g., cardiac arrest) or a significant cognitive consequence (e.g., permanent psychosis). Other individuals may worry their experience of anxiety is indicative of their fear being "real" (e.g., "if I'm this panicked, I must be a danger to my family"). Given that anxiety sensitivity is common in OCD, it is an important target for treatment. Fortunately, interoceptive exposure can be effectively integrated into OCD treatment. This presentation will use multiple case examples and several live demonstrations involving audience members to impart an ability to integrate interoceptive exposure into treatment for OCD.

Cancel Culture and OCD *Golden Gate B*

Amanda Petrik- Gardner, LCPC, Nathan Peterson, LCSW, Jenna Overbaugh, LPC, & Justin Hughes, LPC

The concept of cancel culture has created a wave of anxiety, especially among the OCD world. The fear that you may be “canceled” or have your job, family, or reputation tarnished because of one small mistake makes for an easy target for OCD to latch onto. This workshop discusses the concept of cancel culture and how it presents itself in OCD, including common obsessions and compulsions. Treatment options including Exposure & Response Prevention and Acceptance & Commitment Therapy are provided to help manage this doubt.

Living Beyond Regret, Mistakes, and Poor Choices To Overcome Real-Event OCD *Nob Hill B-D*

Kevin Foss, LMFT, Laura Yocum, LMFT, & Anthony Bishop, MFT

Despite our best efforts, we are all prone to mistakes and lapses in judgment. Nevertheless, Real-Event OCD works hard to anchor someone to their past and stop them from building an engaged, free, and fulfilling life. But it doesn't have to be that way. This presentation will discuss the factors that make Real-Event OCD so sticky and why some people are more susceptible to these obsessions than others. We will discuss the importance of letting yourself off the hook, taking responsibility, and combating the voice of shame and guilt. Lastly, attendees will learn that they are more than their past and how they can harness their values to begin re-engaging a full and meaningful life.

Parents Wrap-Up Session *Golden Gate A*

Fred Penzel, PhD & Kim Vincenty

Coming at the end of the conference, this group session will aim to help you make sense of what you have experienced at this conference. It will be professionally moderated but will rely heavily on parent/participant input. It will try to clarify and condense the diverse strategies and information that you have learned and are taking home with you, discuss how to use what you have learned when you return and are now facing things on your own, and allow you to learn from and share your own knowledge and experience with other parents.

We're Only Human: Therapist Missteps in Exposure and Response Prevention and How to Correct Them* *Yerba Buena Salon 10-12*

Jennifer Buchholz, PhD & Jonathan Abramowitz, PhD

In supervising and training many therapists to use exposure and response prevention (ERP) for OCD, we have observed a number of common missteps. In this workshop, we will use case examples and videos to discuss and illustrate such oversights, including: (a) inadvertently offering reassurance, (b) missing mental rituals, (c) using cognitive therapy to prove the senselessness of obsessions, (d) relying too much on habituation rather than emphasizing fear tolerance, and (e) backing off when anxiety become intense during exposure. We will also offer suggestions for clinicians regarding how to monitor for these missteps, and how to course-correct to optimize treatment. Audience participation and discussion of their own solutions will be encouraged.

From Song Lyrics to Scavenger Hunts: Group-based Exposure Therapy for Children and Adolescents* *Yerba Buena Salon 13-15*

Rebecca Schneider, PhD, Alyssa Faro, PhD, Benjamin Mullin, PhD, & Allison Bonifay, LPC

Exposures delivered in a group format can enhance motivation through peer support, increase access to effective care, and maximize inhibitory learning through the unique combination of therapeutic concepts and experiential exercises. This workshop introduces clinicians to several models for how to implement group exposure across all levels of care, both in person and via telehealth. We provide numerous examples of group exposures and exposure games, highlight how groups can facilitate clinical skills, troubleshoot common challenges, and discuss the specific steps needed to begin offering group-based treatment.

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Glossary of Key Terms

Acceptance and Commitment Therapy (ACT) — A form of treatment that seeks to help clients experience obsessions and anxiety, but still continue to move in directions of life that are meaningful. The focus of ACT is learning to behave with flexibility rather than resort to compulsive behavior.

Accommodation — When others (family, coworkers, friends, etc.) help a person with OCD to do their rituals (i.e. purchasing paper towels to help with cleaning, aiding in completing rituals, waiting while s/he does her/his rituals, etc.). Although usually well-intended, accommodation actually makes OCD symptoms worse. Family members can be helped by a therapist to learn different ways of being supportive without helping an individual to do their rituals.

Autism Spectrum Disorders (ASD) — A broad range of conditions characterized by differences in social skills, communication, thinking, sensory processing, and/or movement, with a spectrum (range or continuum) of symptom types and severities.

Avoidance Behavior — Any behavior that is done with the intention of avoiding a trigger in order to not feel anxiety. Avoidance behaviors are treated as a ritual.

Behavior Therapy — A type of therapy that applies learning theory principles to current problem behaviors that one wishes to change. As the name implies, the point of intervention is at the behavioral level, with the goal of helping the person to learn to change their problem behavior(s).

Body Dysmorphic Disorder (BDD) — Obsessions about a body part being defective in some way, resulting in repeated rituals involving checking, mirror-checking, excessive grooming, and avoidance behaviors. Sometimes individuals with BDD have plastic surgeries relating to their perceived defects, but the relief (if there is any) is short-lived; soon the individual begins worrying again, or the focus of his/her BDD can change to a different body part.

Body-Focused Repetitive Behaviors (BFRBs) — BFRB is a general term for a group of disorders that cause people to repeatedly touch their hair and body in ways that result in physical damage. Examples include excoriation (skin picking), trichotillomania (hair pulling), and nail biting.

Checking Compulsions — Repetitive checking behaviors in an attempt to reduce the probability that someone will be harmed, or to reduce the probability that one might make a mistake. The checking can be behavioral (i.e. physically returning to a room to check if an appliance is turned off) or it can take the form of a mental ritual (i.e. a mental review in which a person imagines in detail each step s/he took to complete a task).

Cognitive Behavioral Therapy (CBT) — A form of therapy that focuses on addressing the ways we think and behave. Exposure with response prevention (ERP), the gold standard treatment for OCD, is a type of CBT.

Comorbid (“Co-occurring”) Disorder(s) — Having more than one condition or being diagnosed with more than one disease/disorder. It means that both conditions exist and may interact within the same person at the same time.

Competing (Alternative) Behaviors — Used as part of Habit Reversal Treatment for skin picking (excoriation) and hair pulling (trichotillomania), this is an activity that gets in the way of the “habit” (skin picking or hair pulling) that an individual is trying to break. For example, if one is knitting, one is unable to simultaneously pull one’s hair.

Comprehensive Model for Behavioral Treatment (ComB) — An evidence-based treatment model for Body-Focused Repetitive Behaviors (BFRBs) that focuses on understanding why, where, and how a person engages in their BFRB so that individualized interventions can be selected to help the person achieve what they want to achieve without engaging in the BFRB.

Compulsions — Also known as “rituals,” these are repetitive behaviors or thoughts that follow rigid rules in an attempt to reduce anxiety brought on by obsessions.

Contamination Compulsions — These are washing and cleaning behaviors in a particular order or frequency in an attempt to reduce chronic worry about being exposed to germs, becoming ill, and/or infecting other people.

Contamination Obsessions — Excessive worries about germs, bodily functions, and illness, and coming into contact with any of them. The risk of contamination is far overestimated, compared to the likelihood of actually getting sick from the feared contamination source.

Counselor — This mental health professional has a Master’s degree in counseling psychology. Counselors may be LPCs (licensed professional counselors), LMHCs (licensed mental health counselors), or another designation depending on the state in which they are licensed.

Dialectical Behavior Therapy (DBT) — A type of therapy that combines certain techniques from Cognitive Behavioral Therapy (CBT) with the concepts of distress tolerance, acceptance, and mindful awareness.

DSM-5 — The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (abbreviated as DSM-5) is the latest version of the American Psychiatric Association’s (APA) classification and diagnostic tool. Mental health professionals use the DSM-5 to help diagnose their clients.

Emotional Contamination Obsessions — Worry that one will be contaminated by the characteristics of another person. The person believes that it is possible to “catch” unwanted aspects of a person’s personality, much like how one may catch an illness when exposed to germs.

Exposure and Response Prevention (ERP) — The first line treatment for OCD. ERP involves having a person with OCD purposefully trigger an obsession through an “exposure” activity, and then resist the urge to engage in rituals (“response prevention”). This causes an initial burst of anxiety, but gradually, there is a natural decrease in that anxiety, called habituation. ERP is initially done with a behavioral coach/therapist, who assists the person with OCD to resist rituals. Eventually the coaching is phased out, as the person with OCD becomes more able to resist rituals without help.

Generalization — The transfer of learning from one environment to another. For example, generalization occurs when a person takes a skill they learn in a therapy session and begins to use it in their everyday life outside of therapy.

Habit Reversal Treatment (HRT) — This is the behavioral treatment for Body-Focused Repetitive Behaviors, such as trichotillomania and skin picking. In this treatment, the client becomes more aware of patterns of picking or pulling, identifies the behaviors that bring on the picking or pulling, and then works on developing competing or alternative behaviors to block the destructive habit. For instance, when feeling high levels of anxiety,

a hair puller can knit, which keeps both hands occupied and keeps the individual engaged in a relaxing activity when s/he is at a high risk to pull.

Habituation — The decrease in anxiety experienced over time after individuals intentionally trigger their obsessions and anxiety (for example, doing an exposure during ERP treatment) without engaging in a compulsive behavior to reduce the anxiety.

Harm Obsessions — Worries that one will be harmed, or that others will be harmed, due to intentional or accidental behavior on the part of the person with OCD.

Hierarchy — A list of situations or triggers that are ranked in order from easier tasks to more difficult tasks which can be used to organize ERP treatment.

Hoarding Disorder (HD) — An OCD-related disorder, HD is a complex problem made up of three interconnected difficulties: collecting items to the point that it impacts the safety of the home and the people who live there, having difficulty getting rid of collected items, and having problems with organization.

Identity-related Obsessions — Excessive worries about and/or questioning of aspects of one's identity, such as their gender identity or sexual orientation.

Illness Anxiety (or Health Anxiety, formerly called "Hypochondriasis") — A mental health condition where a person experiences excessive worries that they are sick or might become sick, whether or not they are experiencing any symptoms. Illness anxiety also includes worrying that normal body sensations or minor symptoms are signs of serious illness.

Inhibitory Learning — Learning which inhibits (or "competes with") previous learning. For example, when you learn something new that contradicts or goes against something you knew before, the new learning stops the old learning from being expressed ("replaces" it). This is an alternative theory to habituation.

Insight — For someone with OCD, this is the understanding (when not triggered by an obsession) that one's worry is not realistic. Usually when one is triggered or experiencing high anxiety about an obsession, the level of insight decreases dramatically.

Intolerance of Uncertainty — Often thought to be the core of most OCD presentations, it is the anxiety resulting from wanting to be absolutely certain in your areas of concern (e.g. that uncomfortable feeling that drives you to ritualize even when your fear seems unreasonable, because what if this is the rare time it is true).

"Just Right" Obsessions — The fear that something bad might happen if a behavior is stopped before it "feels just right." Some people with these obsessions do not worry that something bad will happen; rather, they report that something MUST feel right before ending a particular behavior.

Mental Ritual/Compulsion — A mental act, done in response to an unwanted obsession, that is completed in order to reduce anxiety. Often a mental ritual/compulsion must be repeated multiple times. It can be a prayer, a repeated phrase, a review of steps taken, a self-reassurance, etc. Mental rituals/compulsions can be so automatic that the individual barely has any awareness of thinking the thought.

Mindfulness Skills — Purposefully directing one's attention and focus on the present moment (instead of thinking about the past or future).

Misophonia — A condition characterized by selective sensitivity to specific sounds (such as the sound of others' chewing, breathing, or swallowing) accompanied by emotional distress, and even anger, as well as behavioral responses like avoidance.

Motivational Interviewing (MI) — A technique that seeks to increase a person's motivation to make positive change(s) in their behavior. MI increases motivation by helping the individual connect their values and goals with their behaviors, and brainstorming ways to change behaviors that are not in line with their values and goals.

Neuromodulation — The changing of brain activity via a targeted therapeutic treatment, such as a magnetic field or an electrical current, to a specific area of the brain. Examples of neuromodulation include Transcranial Magnetic Stimulation (TMS), which uses magnetic fields, and Deep Brain Stimulation (DBS), which uses electrical currents.

Neutralizing Rituals — When an individual with OCD "undoes" a behavior or thought that is believed to be "dangerous" by neutralizing it (or making it safer/less dangerous) with another behavior or thought.

Obsessions — Repetitive intrusive thoughts or images that dramatically increase anxiety. Because the obsessions are so unpleasant, the person with OCD tries to control or suppress the fear through the use of compulsions or avoidance. The more the person attempts to suppress the fear, the stronger and more ever-present it becomes.

Obsessive compulsive disorder (OCD) — A disorder of the brain and behavior, causing severe anxiety in those affected. OCD involves both obsessions and compulsions that take a lot of time and get in the way of important activities the person values. People diagnosed with OCD spend over one hour per day struggling with repetitive intrusive thoughts, impulses, and/or behavioral urges that increase their anxiety. They try to control their obsessions with compulsive behaviors (rituals) in an attempt to reduce the anxiety.

Obsessive Compulsive Personality Disorder (OCPD) — A personality disorder characterized by extreme concern with orderliness, perfectionism, and control.

Obsessive Compulsive Related Disorders (OCDs) - A variety of mental health disorders that are related to OCD, as outlined by the DSM-5. These include body dysmorphic disorder (BDD), hoarding disorder (HD), and the body-focused repetitive behaviors (BFRBs) of skin picking (excoriation) and hair pulling (trichotillomania).

Overvalued Ideation — When the person with OCD puts too much weight on the believability/accuracy of their worry, and thus has great difficulty understanding that the worry is out of proportion to the perceived threat.

PANDAS/PANS — Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus (PANDAS) and Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) are subtypes of OCD in children, in which OCD symptoms appear very suddenly, seemingly overnight. These symptoms are caused by an infection: in PANDAS, it is a Streptococcus pyogenes infection (the virus that causes Strep throat), and in PANS, it can be any number of infectious agents.

Perfectionism — Unrealistically high expectations about one's performance on any given task. Anything less than 100% perfection is considered a failure. Failure is catastrophic and unbearable. Consequently, perfectionists are paralyzed and sometimes unable to begin a task until the last minute, or are sometimes unable to complete a task entirely.

Post-Traumatic Stress Disorder (PTSD) — A mental health condition that may occur after a person has been through and/or witnessed a traumatizing event(s). PTSD symptoms can include intrusive memories about the event(s), avoidance of things that remind the person of the event(s), negative thoughts and feelings, and increased negative reactions to everyday things.

Psychiatrist — This mental health professional has completed medical school and has specialized in psychiatry and mental illness. S/he can do therapy and prescribe medicine. If the medical professional ONLY prescribed psychiatric medication and does not do therapy, they may be known as a psychopharmacologist.

Psychologist — This mental health professional holds a doctoral degree in clinical or counseling psychology. A psychologist will have a PhD (training in both research and therapy), PsyD (training mostly in therapy), or EdD (training in therapy through a school of education). Psychologists with any of these degrees can provide therapy.

Real Event (or False Memory) Obsessions — Excessive worries about things that actually happened in a person's life, including trying to gain certainty about past events and/or concerns that they might have done something wrong, harmful, immoral, etc. Unlike most other OCD subtypes, which typically focus on the future, real event/false memory obsessions focus on the past.

Reassurance Seeking — When a person with OCD asks others questions repetitively to reduce his/her anxiety (for example, "Do you think this food is spoiled?" or "Do you think I will get sick?"). Sometimes a person with OCD can get reassurance merely from watching another's facial expression and/or body posture. All reassurance seeking is considered a ritual.

Relapse Prevention — A set of skills, both cognitive (involving a person's thoughts) and behavioral (involving a person's actions), aimed at keeping an individual from slipping back ("relapsing") into the use of compulsive behaviors.

Ritual — Another word for compulsive behavior, which can be a behavior that others can see, or a hidden or unseen mental behavior. Many mental health professionals will identify anything done on the part of the individual with the intention of reducing one's anxiety as a ritual. For example, although avoidance behavior is done to avoid the trigger altogether, it still is the same as an outright ritual, in that it is an attempt to reduce anxiety.

Scrupulous (Religious/Moral) Obsessions — Excessive worries about being moral, or worries about blasphemy (i.e., offending God) and religious themes. The term "scrupulosity" may be used to refer to a type of OCD involving scrupulous/religious obsessions.

Self-Reassurance — A thought or phrase said out loud or silently in order to lower one's anxiety (for example, "I'm not going to get sick" or "I would never hurt a child"). This is considered a ritualistic behavior.

Sexual Obsessions — Unwanted, taboo sexual thoughts that are repulsive to the person affected. Often, thoughts are sexually aggressive towards a vulnerable population (i.e., children, the elderly, family, or strangers).

Skin Picking Disorder (also known as Excoriation) — When a person is unable to stop picking at his/her skin. The skin picking is often pleasurable and soothing. People report doing this behavior when stressed or bored, or in conjunction with BDD symptoms.

Social Worker — This individual has a Master's degree in social work and can provide therapy.

Subjective Units of Distress (SUDs) — A system that individuals with OCD may be asked to use to rate their anxiety from low to high (for example, having 1 SUD could equal low anxiety, and 10 SUDs is high anxiety). Questions about SUDs are used during ERP exercises to help individuals in treatment become more aware of how and when their anxiety increases and decreases

Substance Use Disorder (SUD) — A mental health disorder in which the chronic use of one or more substances, such as alcohol or drugs (including prescription drugs), causes significant impairment in an individual's daily life, physical health, and mental health.

Symmetry and Exactness (or "Just Right") Compulsions — These involve fussing with the position of an object for an extended period of time. The person does not stop the behavior until it "feels right."

Telehealth — The delivery or facilitation of health care services through telecommunication or digital communication, such as via phone or internet. In the mental health field, this is sometimes called "teletherapy," "telepsychiatry," or "telepsychology."

Tic — A sudden, rapid, recurrent non-rhythmic motor movement or vocalization.

Tic Disorder — A neurodevelopmental disorder that becomes evident in early childhood or adolescence, consisting of motor or vocal tics.

Tourette Syndrome — A neurodevelopmental disorder that becomes evident in early childhood or adolescence. It is part of the spectrum of Tic Disorders and is characterized by multiple motor and vocal tics.

Trichotillomania (also known as Hair Pulling Disorder) — When a person feels as though s/he is unable to stop impulsively pulling his/her hair from his/her head, eyebrows, eyelashes, arms, legs, or pubic area. The hair pulling is often pleasurable and soothing. People often report doing this behavior when stressed or bored.

Trigger — This can be an external event or object or an internal thought that sets off an obsession.

Values — The principles that guide how you strive to be in this world, which can help you make choices and decisions that move you closer to living the life you want to live. Values are a core component of Acceptance and Commitment Therapy (ACT), and are often called upon in OCD treatment in general.

Yale-Brown Obsessive Compulsive Scale (Y-BOCS) — A diagnostic tool that includes a symptom checklist of OCD obsessions and compulsions and a rating scale to measure severity. Usually, people who score over 16 also meet the DSM-5 criteria for OCD. There is a version of this scale made for children called the Children's Yale-Brown Obsessive Compulsive Scale, or the CY-BOCS.



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OCD Clinical Program

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Our clinical meets weekly and clinical visits are through Telehealth. Our IOP is in person and three days a week (Mon, Tues, Thurs) from 1pm to 4pm with a current duration of 6-9 weeks.

If you are interested in our clinical program, please email us at ocdprogram@ucsf.edu.



Genomics for OCD

We are actively recruiting for an OCD genetics study. The goal of the project is to identify OCD risk genes, each carrying large effects that will provide essential molecular clues to the origins of OCD and offer avenues for the development of new treatments.

This study will involve completing questionnaires regarding psychiatric history, medical history, OCD symptoms, and information regarding related conditions such as tic disorder, trichotomania, and attention deficit hyperactivity disorder (ADHD). A more in-depth evaluation may also take place depending on initial clinician assessment. A blood draw will then be performed for this genetics study



Neuromodulation to Treat OCD

We are actively recruiting for our Cortical Stimulation study to treat OCD with Deep Brain Stimulation (DBS). The purpose of this study is to investigate novel cortical targets for brain stimulation to treat OCD and to identify abnormal brain signals associated with OCD.

We are also involved in OCD relating imaging studies and other DBS trials. Please visit our website or contact our team for more information regarding our research studies.

If you are interested in referring a patient to our studies or would like to participate, please email us at ocdresearch@ucsf.edu.

***We are looking to hire psychologists for our team!
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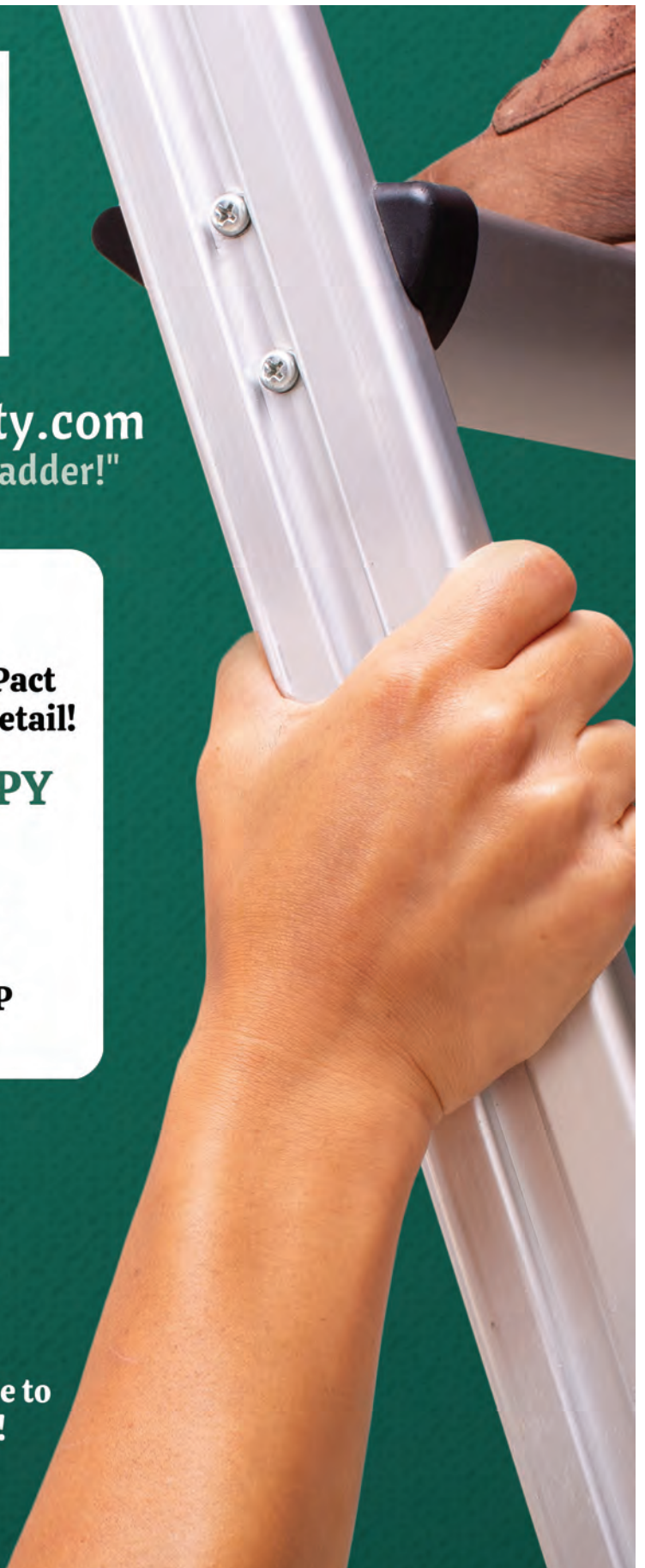
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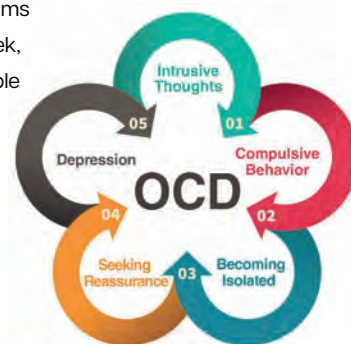


OCD Intensive Treatment Program

Please call for a complementary assessment
(800) 223-6148

The Gateway Institute proudly sets itself apart from other facilities by offering treatment programs tailored to each individual client, delivered in a one-on-one treatment setting. Our unique 3-week, 45-hour intensive outpatient program (IOP) incorporates the most effective approaches available for OCD treatment. The comprehensive and specialized services provided by Gateway are:

- Home visits
- 24-hour support during the IOP
- 8-week relapse prevention program
- Weekly teen and adults groups
- Educational Series with Free family monthly support groups
- One-on-One individualized care throughout the program
- Comprehensive exposure programs with extensive field work



To best serve the growing need for effective and reliable treatment for OCD and other anxiety disorders, The Gateway Institute has offices in the San Francisco Bay Area; Orange County, CA; Scottsdale, Arizona; and will soon be expanding into the Seattle, WA area. The areas of expertise that are treated by the highly trained staff of The Gateway Institute include **Body Dysmorphic Disorder (BDD), Panic Disorder, Post-Traumatic Stress Disorder (PTSD), Social Anxiety Disorder, Trichotillomania, and Dermatillomania.**

In addition to the Intensive Outpatient Program, Gateway also offers weekly appointments for those who have less severe symptoms, but can benefit from the same quality of care. **Teletherapy options are available for weekly sessions.**

Gateway's Relapse Prevention Program (RPP) is a vital component to our philosophy. The RPP provides clients with the tools and strategies to remain on track with the progress that they have gained during treatment. We also understand that OCD can wax and wane over the course of one's life, and by implementing this program, we ensure that each of our clients will have continued support over the course of their lifetime to ensure long-term success in managing their symptoms.

The Gateway Institute has also teamed up with Kaiser Permanente in our Southern Californian region as an In-Network provider to help support the cost of our program.

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940 South Coast Dr., Suite 235
Costa Mesa, California 92626
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Fax. (714) 549-1115

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