



Conference Planning for First-Time Attendees- From Now to After!

Erin Nghe, MSW, LCSW

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- Psychotherapist & Licensed Clinical Social Worker
- Mental Health Private Practice Owner – OCD Set Free, Atlanta, Georgia
- OCD Specialist permanently Serving: AL, GA and FL residents
- Co-founder of ERP Kaleidoscope
- Diversity Equity Inclusion Action Council for the International OCD Foundation (IOCDF)
- IOCDF BTTI Faculty for therapists interested in learning ERP
- Published Contributing Writer: Sexual Obsessions In OCD
- Non profit, Corporate & Private Practice Consultancy Services
- **Interest Areas & Background (Professionally Speaking):**
 - Obsessive Compulsive Disorder – Practice Specialty
 - Refugee and Immigrant Trauma & Health Advocacy
 - Grief & Loss, Death & Dying
 - Race Based Trauma
 - Civilian and Veteran Trauma
 - International Community Development

What's Your Connection???

WHO'S IN THE ROOM?

Loved One?

OCD Treatment Provider?

Lived Experience?


Learning ERP?



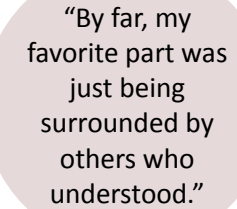
Let's Check In!

Why Are You Here?

Past Attendees



Lived
Experience



“By far, my favorite part was just being surrounded by others who understood.”

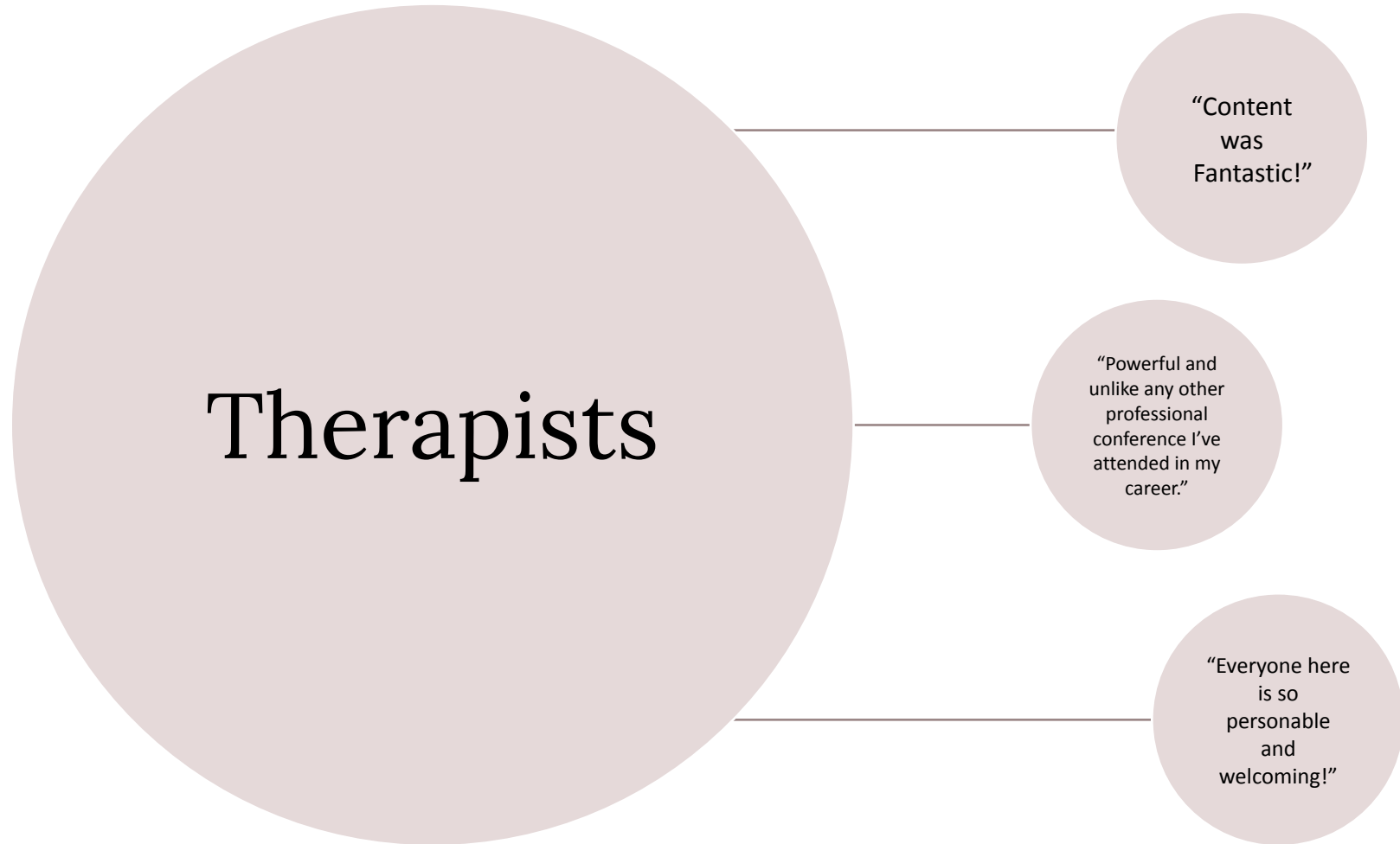


“I had heard stories of this conference being life-changing and it didn't disappoint.”



“It is truly a unique experience being with others and getting support from others with OCD”

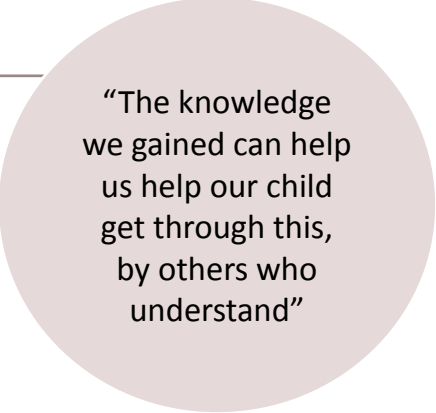
Past Attendees




Past Attendees



Loved
Ones



“The knowledge
we gained can help
us help our child
get through this,
by others who
understand”



“Hands down
this is
consistently the
best conference
out there.”

First-Line Treatment

What is it and who's done it?

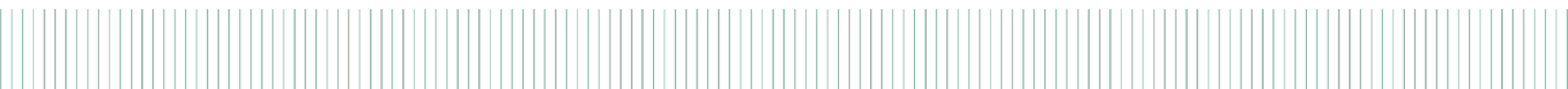


(E)XPOSURE & (R)ESPONSE (P)REVENTION - ERP

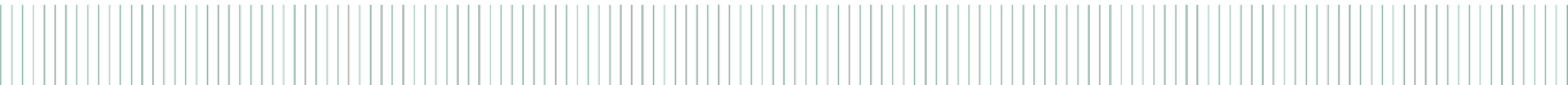
- First-line treatment
- Isn't sadistic or torture
- Gradually and intentionally subjecting oneself to anxiety provoking situations, images, or objects or thoughts for prolonged periods.
- This can invoke/increase obsessions
- Intentionally preventing one's self from engaging in a behavior that is usually compulsive and repetitive (internally/externally).
- Compulsions neutralize discomfort so stopping them will increase anxiety.
- Embracing Uncertainty & Distress Tolerance



Reframing Anxiety

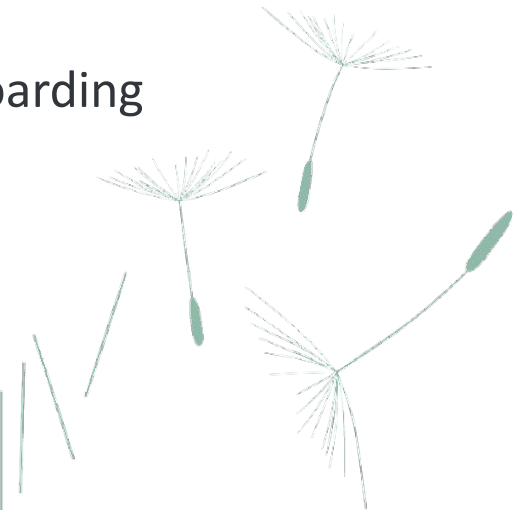
- Normalize it (we all have it)
 - Practice acceptance
 - Address distortions
 - Practice self compassion/kindness
 - Notice urges to distract, deny, urges to do repetitive behaviors
 - Behave how you want/like you want
 - Live BIG! Create meaning. Go after values
- 

Themes



Something For Everyone - Part 1

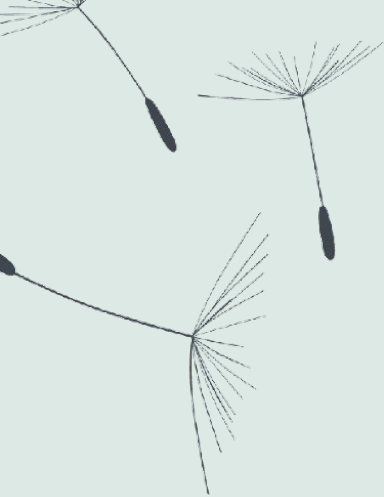
- Youth: Elementary, Middle, Highschool with or supporter
- Young adults living with OCD
- Others with Lived Experiences: Seniors
- Loved ones
- Professionals
- Researchers
- OCD (Varying Subtypes/Themes) & OC Spectrum Disorders: Trich, Derm, BDD, Hoarding
- Modalities: ERP, ACT, ICBT
- Case Presentations



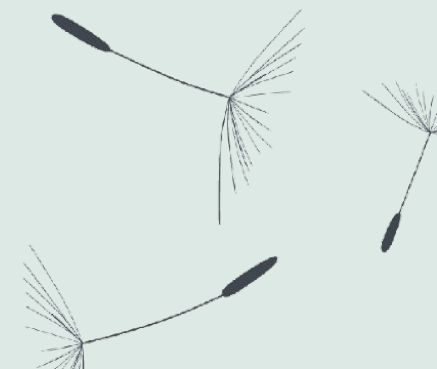
Something For Everyone - Part 2

- Modalities: ERP, ACT, ICBT
- Case Presentations
- BIPOC
- Support Groups
- Fun Activities & Events
- Medication/Psychiatrists
- LGBTQ+
- Community & Empowerment, Hope

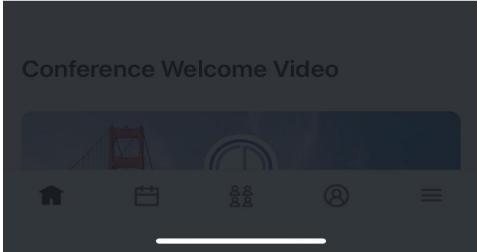
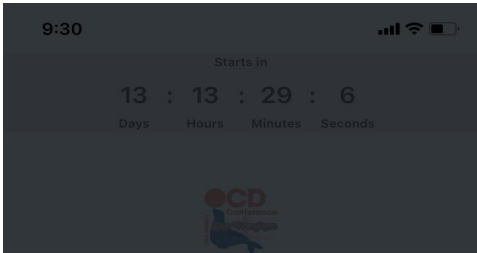




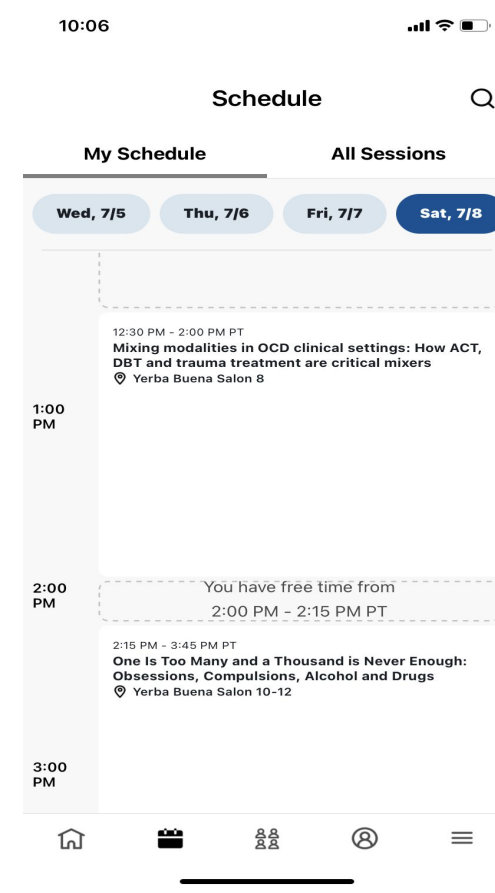
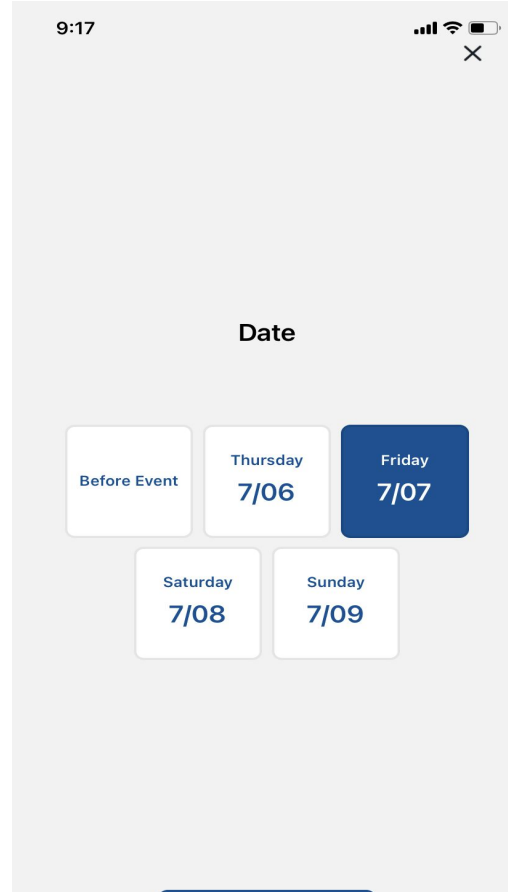
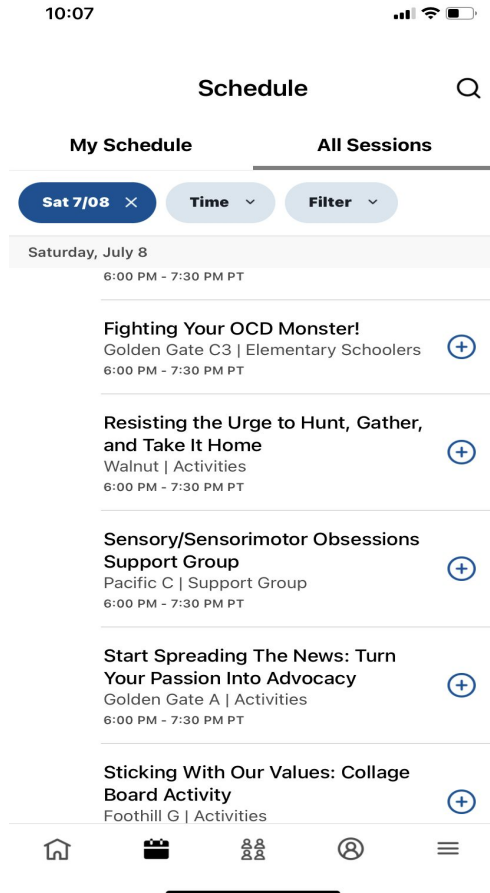
LET'S JUMP IN!



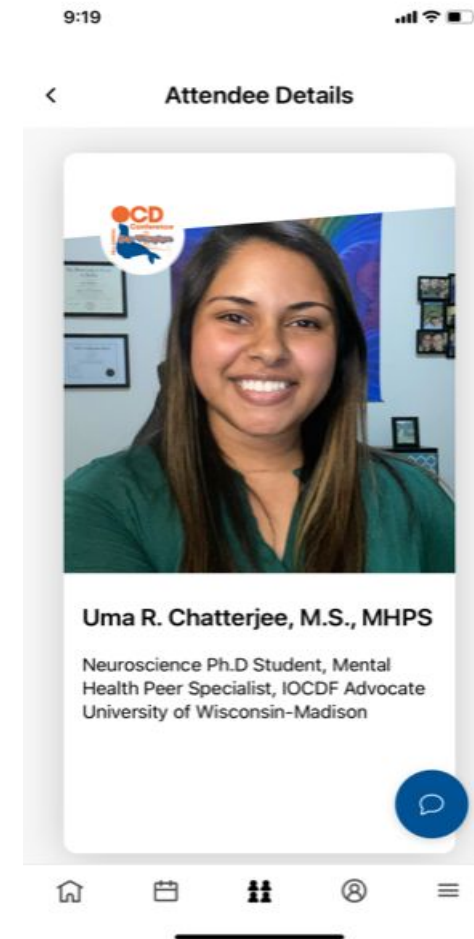
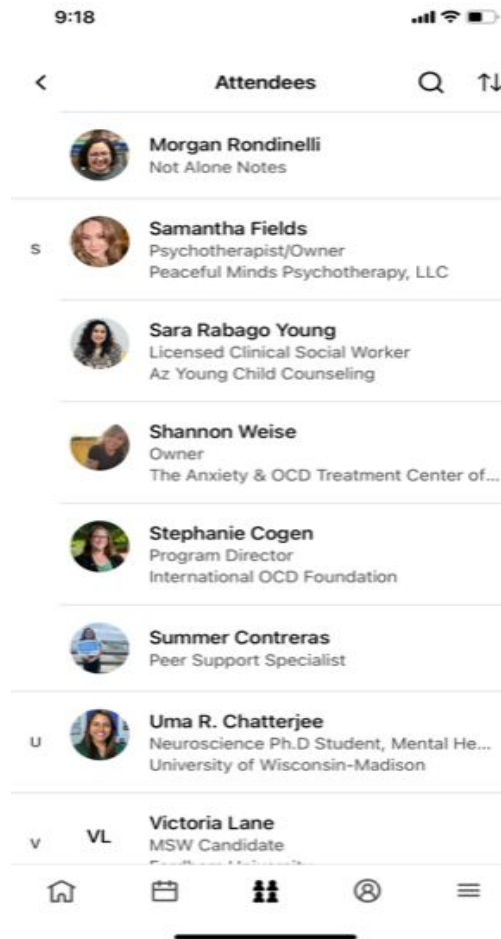
Conference App!



Conference App!



Conference App!



Demystifying the Educational Track

Your Key (Pun Intended) To Success!!

 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.

28th Annual OCD Conference — iocdf.org/ocdcon23



Saturday at a Glance

Saturday, July 8

EVERYONE (INTRO)	8:00AM-9:30AM SCRIPTING FOR SUCCESS Kathleen Rupertus, PsyD Felicity Sape, PhD Renee Bernardy, PsyD Patricia Hull, PhD	9:45AM-11:15AM KNOWING WHEN TO MOVE ON IF TREATMENT ISN'T WORKING Shannon Wesse, LCSW Emily McCallister, LSW Matthew Yarmesky	12:30PM-2:00PM THREE THERAPIST TALKING TABOO: PEDOPHILE OCD Lauren Rosen, LMFT Jenna Overbaugh, LPC Krista Reed, LCSW
	EVERYONE (ADVANCED)	A RHEUMATOLOGY PERSPECTIVE ON ABRUPT-ONSET NEUROBEHAVIORAL PRESENTATIONS Patrick Whelan, MD	IN MY SHOES: HIGHLIGHTING THE REALITIES OF THE BIPOC ROAD TO RECOVERY Alexandra Reynolds, Uma Chatterjee, MS, MHPS Rachel Ehrenberg, Valerie Andrews Shawn Hares Darlene Davis Goodwine, PhD
LIVING WITH OCD	FINDING YOUR PEOPLE IN RECOVERY AND BEYOND: NAVIGATING RELATIONSHIPS WITH OCD Lauren Rosen, LMFT Amy Maraskin, PhD Kelsey Franke, LMFT	REDUCE ANXIETY THROUGH EXERCISE, SLEEP, DIET, MINDFULNESS, AND OTHER STRESS RELIEVING MEASURES! Elizabeth Trondsen, RD, Thomas Smalley, MS, CSCS Anna Lilenwall, Chris Trondsen, LMFT	WHEN THERAPY ENDS: SUPPORT AND SELF-MANAGEMENT OF ERP Alexandra Reynolds Jonathan Grayson, PhD Tracee Ibrahim, LMFT, CST Ta Wilson
	PARENTS AND FAMILIES	THE GOOD, THE BAD, & THE UGLY - HEROIC MOMS DOING THE HARD WORK TO MAINTAIN HEALTHY BOUNDARIES Jenny Yip, PsyD; Stella Harpoonian Maly Kinberg, PhD; Lyndsey Gallagher, JD Karen Rivers Wright, MPA, MSW	THE FAMILY TRAP: WHAT TO DO WHEN A LOVED ONE WON'T SEEK HELP Alec Pollard, PhD Alison Wentzell, PhD Melanie VanDyke, PhD
HOARDING DISORDER	HOARDING DISORDER IN A WIDER CONTEXT: A DISCUSSION ON THE DEFINITION, TREATMENT, AND SOCIAL ASPECT OF HD Cha-Ying Chou, PhD; Leo Yoke; Carolyn Rodriguez, MD; Keong Yap, PhD; Eileen Dasey, LCSW	HOARDING DISORDER RESEARCH UPDATES: EARLY LIFE STRESS, INSIGHT, AND NEURAL MECHANISMS Carolyn Rodriguez, MD, PhD; Cat Salameh, MA Piter vanBosseel, MD, PhD Paula Andrea Munoz Rodriguez; Keong Yap, PhD	THE HIDDEN STIGMA OF HOARDING Christiana Butcher, PhD, MSW Sheila Woody, PhD Perephone Larkin, MA
	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 Katalin Moritz, PhD	YOU, ME, AND RELATIONSHIP OCD: DIAGNOSIS, TREATMENT, AND INTIMACY WITH ROCD Beth Brawley, LPC Michelle Massi, LMFT
THERAPISTS (ADVANCED)	INTRODUCTION TO BEHAVIORAL INTERVENTIONS FOR TIC DISORDERS Benjamin Tucker, LPC, BCBA Trent Espil, PhD Elizabeth Grant, MS, BCBA	CLEARING THE AIR: EATING DISORDERS AND OCD Kate Jeffrey, RDN, CSSD, LDN Cali Werner, LCSW Lisette Cortes, PsyD Grace Manier James Claborn, PhD	PERINATAL OCD: EXPANDING YOUR CLINICAL PRACTICE Megan Barthle-Herera, PhD, PMH-C Lauren Rosen, LMFT Lauren Schmidt, MD Joseph McNamara, PhD
	THERAPISTS (ADVANCED)	JUSTICE-BASED ERP AND FIDELITY TO THE MODEL: TWO SIDES OF THE SAME COIN Stephanie Glover, MS Caitlyn Pincotti, PhD Jennifer Park, PhD Sarah Schall, PsyD	TO ME, OR NOT TO ME: WHEN TO COACH ERP-RESISTANT CLIENTS OUT OF TREATMENT Brian Asherfeller, PsyD Amelia Serine, PsyD Peer Mugnier, PsyD Kate Manganello, PsyD
EMERGING TRENDS/NEW DIRECTIONS	OCDs AND TECHNOLOGY: STATE OF THE RESEARCH TO CLINICAL PRACTICE Lala Capel, MS; Jennifer Kraft, PhD Heather Martin, Junxia Xu Patrick McGrath, PhD Emily Bowen	MISOPHONIA: A PANEL COVERING SCIENTIFIC AND CLINICAL PERSPECTIVES ON DIAGNOSIS AND TREATMENT Michael Twogoh, PhD; Eric Storch, PhD Rebecca Schneider, PhD; Nicholas Farrell, PhD Megan Fayer, PsyD; Mercedes Woolley	IMAGINATION OR PERCEPTION: REAL EXPERIENCES WITH INFERENCE BASED CRT Amanda Penik Gardner, LPC Michael Heady, LPC Angela Henry, LCSW Catherine Goldhouse, LCSW, LCSW

- EVERYONE
 - EMERGING TRENDS: NEW DIRECTIONS
 - LIVING WITH OCD
 - HOARDING DISORDER
 - PARENTS & FAMILIES
 - THERAPISTS
- Workshops with black outline are eligible for CE/CME credits.

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	4:15PM-5:45PM REBRANDING EXPOSURE AND RESPONSE PREVENTION: THE POETIC BLEND OF EVIDENCE-BASED TREATMENT FOR OCD Chris Trondsen, LMFT; Jon Hershfield, MFT Elizabeth McIngvale, PhD, LCSW
ACCOUNTABILITY: THE MISSING INGREDIENT TO NAVIGATING LIFE AND OCD Jacques Esner, MSW Cali Werner, LCSW Tom Smalley, MS, CSCS Jeff Bell	<p>IOCDF AWARDS & KEYNOTE ADDRESS TBD</p> <p>Be sure to follow us on social media to find out when our speaker is announced!</p> <p>@iocdf @in@f</p>
UNINVITED GUEST: NAVIGATING COMMITTED RELATIONSHIPS WHEN OCD IS IN THE PICTURE Jeremy Budd, LPC; Regan Paulsen, LPC Kim Rockwell-Evans, PhD, LPC, LMFT Alexandra Lantieri Joseph Lantieri	
USING GROUP PROGRAMMING FOR COMMUNITY HOARDING SUPPORT Suzanne Martin Lindsay Bacala, MSW, RSW	
THERE'S AN EXPOSURE FOR THAT: DEVELOPING CREATIVE AND EFFECTIVE EXPOSURES Jenna Overbaugh, LPC Amy Maraskin, PhD	
ONE IS TOO MANY AND A THOUSAND IS NEVER ENOUGH: OBSESSIONS, COMPULSIONS, ALCOHOL AND DRUGS Stacey Conroy, LCSW, MPH; Alexandra Reynolds Lauren Rosen, LMFT Patrick McGrath, PhD	
DOUBLE TROUBLE: ADDRESSING OCD IN THE CONTEXT OF CO-OCCURRING POSTTRAUMATIC STRESS Nicholas Farrell, PhD Mia Nuttin, PhD Caitlin Pincotti, PhD Lauren Wadsworth, PhD	
PSYCHEDELICS & OCD: DISCUSSING THE CURRENT STATE OF PSYCHEDELIC RESEARCH AS POTENTIAL OCD TREATMENTS Uma Chatterjee, MS, MHPS; Christopher Pittenger, MD, PhD; Carolyn Rodriguez, MD, PhD; Terence Chang, PhD; Benjamin Kelmendi, MD	

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

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

International OCD Foundation — iocdf.org/ocdcon23

Saturday Activities & Support Groups

- ACTIVITIES**
- 7:00AM-8:00AM**
 - 28th Annual OCD Conference Group Run/Walk
 - 6:00PM-7:30PM**
 - Start Spreading The News: Turn Your Passion Into Advocacy
 - An Evening of LGBTQIA+ Community Fun!
 - Sticking With Our Values: Collage Board Activity
 - Resisting the Urge to Hunt, Gather, and Take It Home: Experiential Community Outing to Learn How to Resist the Acquisition of Stuff
 - Workplace Self-Advocacy: Getting Reasonable Accommodation Without A Lawyer, Even From Bad Employers
 - 7:00PM-10:00PM**
 - OCD Conference Party!
 - 8:00PM-9:30PM**
 - Saturday Night Trivia
 - The OCD Healing Journey: Writing and Reflecting
 - Sensory & OCD
- YOUTH ACTIVITIES**
- 6:00PM-7:30PM**
 - Fighting Your OCD Monster!
 - The Chaos in My Mind: An Art Collage Experience for Adolescents with OCD
 - Teen Game Night OCD Quipsh, Drawful, and Family Feud
- SUPPORT GROUPS**
- 6:00PM-7:30PM**
 - Technology Rituals? You're Not Alone!
 - Your Strength Matters: A Support Group for Parents of Young Adults with OCD
 - Support Group for Hoarding Professionals
 - Support Group for Autistics with OCD
 - Supportive Space for OCD Community Members of Color
 - 8:00PM-9:30PM**
 - Expecting and New Parents, Don't Suffer in Silence with Your OCD
 - Emotional Contamination Support Group
 - Thriving with BFRBs Support Group
 - Support Group for OCD in the Workplace
 - Caring for Yourself When You're Caring for a Loved One with OCD
 - Support Group for Those with OCD and ADHD
 - Life After Treatment: Embracing an Exposure-Based Lifestyle
 - Let's Talk About Relapse: How to Quickly Get Back on Your Feet When OCD Strikes!

Youth Programming



See page 3 for Thursday Night Activities

	ELEMENTARY SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL
FRIDAY			
8:00AM-9:30AM	ELEMENTARY SCHOOLERS AND FAMILIES ORIENTATION TBD	MIDDLE SCHOOLERS AND FAMILIES ORIENTATION Lane Standidge, LCSW	HIGH SCHOOLERS AND FAMILIES ORIENTATION TBD
9:45AM-11:15AM	POKÉMON TRAINERS UNITE: DEVELOPING SKILLS TO BATTLE OCD Stephanie Davis, PhD, Jackie Shapiro, LMFT Jesse Spiegel, PsyD, Karla Portillo, AFCC	BATTLING THE MONSTER: A CREATIVE PLAY ABOUT MASTERING OCD Diana Antonino-Baker, 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 Lurie, PhD, Meg Grando, LCSW Katherine Schoolland, LMFT	ERP 101-LIVE EXPOSURES Krista Reed, LCSW, Amanda Petrik-Gardner, LPC Blake Cranner, LCSW, Parker Reed	THINKING, FEELING, AND DOING: HOW TO BE A TRIPLE THREAT AGAINST OCD Hayley Dauleman, PhD, Jessica McKee, LPC Ashley Wang, LCSW, Wylene Root, PsyD Michael Garcia, LCSW
2:15PM-3:45PM	"YOU'VE GOT DRAGONS" INTERACTIVE PLAY AND STORY TIME TO GET TO KNOW YOUR DRAGONS AND TAKE THEM Amy Lambert, LCSW, Rachel Boes, LMFT	URGE SURFING AND RIDING THE WAVE Thien An Le, PhD, Luke Collins, PsyD Call Werner, LCSW	MR. POTATO HEAD AND OCD?: EXPLORING THE MANY DISGUISES OF OCD Nancy Larsen, LCSW, Allyson Gilbert, LCSW Danica Smith, ACMHC Lars Eggensten, PhD, LCSW
4:00PM-5:30PM	PASS GO AND COLLECT \$200! Nicole D'Adamo, LCSW-C Emily Hoopes, PMHNP-BC	TBLTH OR DARE: OCD EDITION Ashley Bramhall, AMFT, Jennifer Lynch, PsyD Karolina Juremlewiecz, 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 Mirhoseini, MS Ryan McCarty, MS
SATURDAY			
8:00AM-9:30AM	STORY TIME: TRAVELING ROSE Brian Wray	WELCOME TO MY WORLD Nicole D'Adamo, LCSW-C Emily Hoopes, 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 Prott, LPC Brian Prott	BUILDING AND BONDING WITH YOUR FAMILY WHEN OCD IS PRESENT Toby Kirnberg, Simon Kirnberg Jenny Yip, PsyD
12:30PM-2:00PM	OCD AND ME: MONSTER MASH Karma Scambooko, MA	HOW TO MAKE A P.B.&J SANDWICH AND OTHER FLEXIBILITY TALKS FOR GETTING UNSTUCK FOR MIDDLE SCHOOLERS Emily Hemmendinger, LCSW, MPH Stephanie Lohan, 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 Prott, LPC, Brian Prott	LETTING GO AND BECOMING INDEPENDENT: PARALLEL TRANSITIONS FOR PARENTS AND HIGH SCHOOLERS Melissa Fatsou, PsyD, Ginny Fullerton, PhD Ivy Rubin, PhD, West Clayton, LCSW Christen Siskunk, LCSW
4:15PM-5:45PM	SUPERHERO THERAPY: SUPERHEROS, COMICBOOK CHARACTERS, AND OTHER FICTIONAL FRIENDS CAN HELP WITH OCD Adam Reed, PhD, Lauren Richman, LCSW, CCC-SLP, Angela Bello, Christina Guigno, LMHC		CONFERENCE KEYNOTE TBD
SUNDAY			
8:00AM-9:30AM	DISGUSTING! LET'S LEARN ABOUT FEELING DISGUST IN OCD Jason David, Amanda Jones, Blair Saas Megan Neely, Emma Kelley-Bell, MSW	DRAWING OCD TO A CLOSE - USING ART TO HELP YOU ON YOUR OCD JOURNEY Sloey Hutchins Melissa Garzon, MD, MPH	WHEN WORDS AREN'T ENOUGH: EXPLORING YOUR OCD EXPERIENCE THROUGH ART Danica Smith, ACMHC, Nancy Larsen, LCSW Lars Eggensten, PhD, LCSW
9:45AM-11:15AM	LIFE IN THE DRIVER'S SEAT Nicole D'Adamo, LCSW-C Emily Hoopes, PMHNP-BC	DUNGEONS AND DRAGONS CHARACTER CREATION WORKSHOP Natalia Anzola, LPC, Lacey Pacheco, LPC Matthew Williams, PhD	SCRIPTING WORKSHOP FOR TEENS: USING SCRIPTS FOR MOTIVATION AND EXPOSURE Allison Solomon, PsyD Nathan Peterson, LCSW
11:30AM-1:00PM	GOAL SETTING/WRAP UP TBD	TAKING THE CONFERENCE HOME AND CHANGING YOUR FUTURE Mary Kathleen Norris, LPC Mary Louise Iow, PsyD	WE ARE IN THIS TOGETHER: CLOSING SUPPORT GROUP FOR HIGH SCHOOLERS WITH OCD Tejvi Jaisidar, PhD Emma Kelley-Bell, MSW



For Professionals - CEs



CONTINUING EDUCATION INFORMATION

Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and The International OCD Foundation. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Amedco Joint Accreditation #4008163.

Physicians (ACCME) Credit Designation

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

Social Workers (ASWB) Credit Designation

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

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

*OK: Accepts ASWB ACE for live, in-person activities but not for ethics and/or online courses.

**WV: Accepts ASWB ACE unless activity is held live in West Virginia.

The following state boards accept courses offering ASWB ACE credit for Counselors: AK, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MI, MN, NE, NH, NJ, NY, OH, OR, PA, TN, TX, UT, VA, WI, WY.

AL: Activities without NBCC approval may be approved upon receipt of documentation prior to the activity BEFORE the event. No approvals afterward by the board.

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

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

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

Title

Platinum

Diamond

Gold

Silver

Bronze

Support Groups & Activities (Connection & Fun!)

FOR EVERYONE: **ACTIVITIES** & **SUPPORT GROUPS**

6:00PM–7:30PM

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

8:00PM–9:30PM

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



Noteworthy After-Hours Activities & Groups

6p.m. or 8 p.m.

- Support groups based on themes (Health, Emetophobia, ROCD, Sexual, SAD)
- Fun events: Quirky Karaoke
- Intersectionality: Men, Seniors, BIPOC, LGBTQ+
- Icebreaker & Meetup Events
- After-hours support groups for parents/loved ones



Seizing the moment! - Therapist Edition

- Network! Network! Network!
- Track Your Session & Learning/Notes
- Claim CEs, Evaluations
- Attend Events
- Participate in Support Groups (Lived Experience)
- Rest & Self-Care
- Leave Work Behind
- Explore Getting Involved - (Advocacy, Research, Affiliates, DEIAC Council)
- Approach Industry Leaders! Geek Out!
- Keep an Open Mind
- Cultural Competency (Humility) Development
- Have Fun!



Seizing the Moment! Lived Experience & Loved Ones Edition

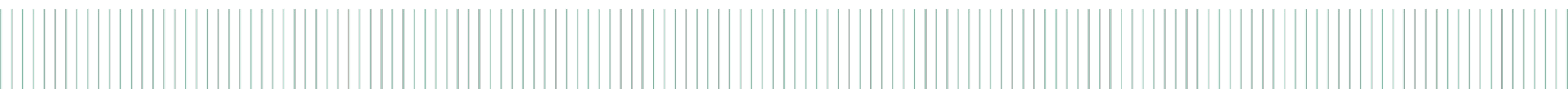
- Network! Network! Network!
- Take Risks
- Remain Hopeful
- Practice Vulnerability
- Attend Educational Talks
- Take Breaks
- Find One Friend
- Grieve
- Attend Support Groups
- Research
- Ask for Help if Triggered
- Participate in Fun!



Returning Home – Therapist Edition

- Keeping the spirit alive!
- Unpack, reflect and create a plan!
- Stay connected to the OCD Therapist Community
- FB Groups
- Consultation/Supervision Groups
- Reach out to say hi
- Start practicing to retain info - implement
- Get manual - read it!
- Advocacy
- Begin creating resources for your clients
- Include assessments - intake process
- Look for affiliate programs
- Start your own book club or consultation groups
- Share about your experience with your Colleagues that don't treat OCD
- Continued self guided study
- Research other trainings through the foundation and otherwise

Returning home – Lived Experience & Support Person Edition

- Keeping the spirit alive!
 - Unpack, reflect and create a plan, implement!
 - Stay connected to the OCD Community
 - Support Groups (game changers erp kaleidoscope)
 - Local Affiliate
 - Podcasts, keep learning
 - Call therapists, just to make a connection
 - Use the IOCDF Directory
 - Reach out to your contacts
 - Keep coming back
 - Volunteer
 - Participate in OCD Walks to feel a part of the community
 - Keep being brave
 - Self-compassion - the journey is not linear!
- 


Resources - Books On OCD

1. Turtles All the Way Down
John Green



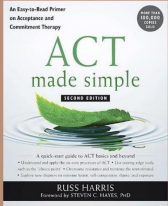
"A sometimes heartbreaking, always illuminating, glimpse into how it feels to live with mental illness." — NPR

2. Sexual Obsessions in Obsessive-Compulsive Disorder
Monnica T. Williams
Chad T. Wetterneck



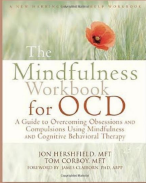
"There is currently no better book on the sexual obsessions specific to OCD" — CHOICE

3. ACT Made Simple
Russ Harris



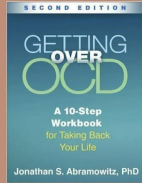
"Perhaps the most elegant, easily digestible book on using the principles of mindfulness and acceptance to improve your own life and the lives of others." — Todd B. Kashdan, Ph.D.

4. The Mindfulness Workbook for OCD
John Hershfield
Tom Corboy



"The authors have succeeded in providing a practical roadmap for people struggling with OCD to incorporate mindfulness into their CBT treatment." — Diane Davey, RN, MBA, OCD Institute

5. Getting Over OCD
Jonathan S. Abramowitz



"You will learn simple and effective tactics to counter the moves of OCD so that you can achieve a new level of freedom." — Reid Wilson, PhD

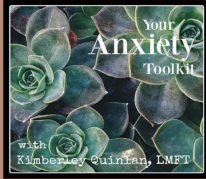
Resources - Podcasts On OCD

The OCD Stories
Stuart Ralph



"The OCD Stories is a show that aims to offer hope & inspiration. Host Stuart Ralph interviews some of the best minds in OCD treatment and recovery to share their advice, to both entertain and educate listeners towards a healthier life."

Your Anxiety Toolkit
Kimberley Quinlan



"With over a million downloads, Your Anxiety Toolkit Podcast delivers compassionate, science-based tools for anyone with Anxiety, Panic, OCD, and other mental health struggles."

AT Parenting Survival
Natasha Daniels



"The truth is we are all surviving parenting one day at a time. Add child anxiety or childhood OCD and it can be overwhelming! On The AT Parenting Survival Podcast your host Natasha Daniels will ride the Parental roller coaster with you...and re-invigorate your sparkle for parenting."



OCD
FAMILY
PODCAST

f t i d

Resources - Residential Facilities for OCD

McLean OCD Institute
Houston, TX



2/5

free set WOODSTREE

free set WOODSTREE

Sheppard Pratt OCD program
Baltimore, MD



free set WOODSTREE

free set WOODSTREE


NeuroBehavioral Institute (NBI) Ranch
Southwest Ranches, FL



free set WOODSTREE

free set WOODSTREE

Rogers Behavioral Health OCD and Anxiety Adult Residential Care
Wisconsin



free set WOODSTREE

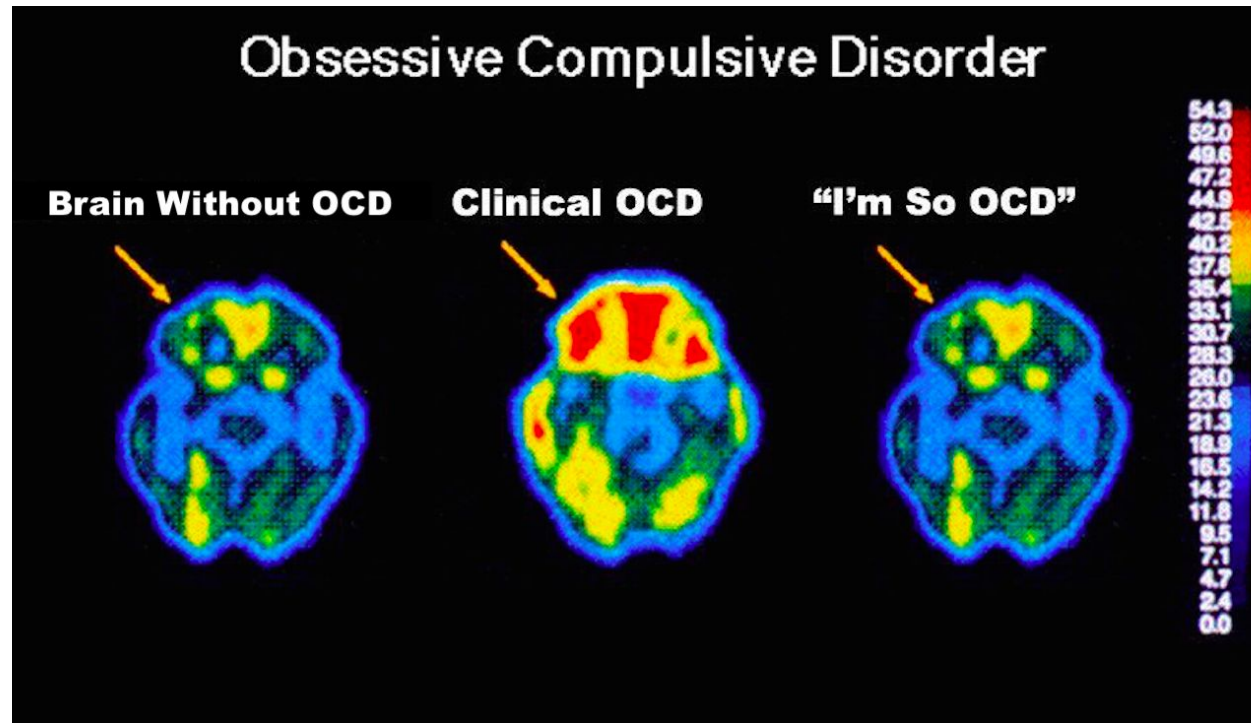
free set WOODSTREE

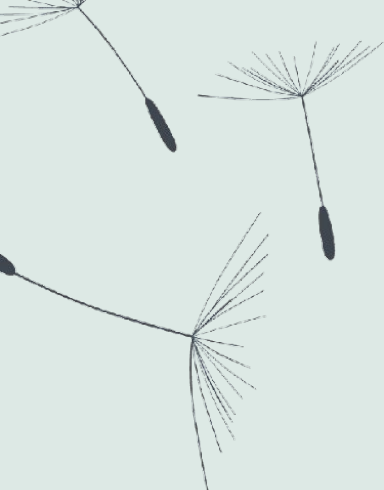
Resources - OCD Online

- @drivyruths
- @therapywithbianca
- @ocdsetfree
- @erp kaleidoscope
- @alexandraisobsessed
- @revkrunsbeyondocd
- @ocd_therapist_juliet
- @ocddoodles
- @ocdtrainingschool
- @therapist.caryn

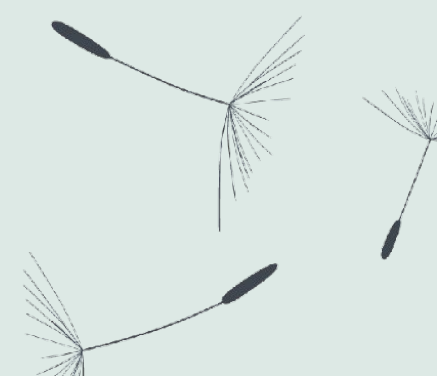


Advocacy – OCD Isn't An Adjective!





LET'S BREAK THE ICE!



Questions & Staying Connected

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THANK YOU!

