



# PROGRAM GUIDE

JULY 25-28, 2024

HYATT REGENCY ORLANDO

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# WELCOME TO THE 29TH ANNUAL IOCDF CONFERENCE

Hello Conference attendees!

Welcome to Orlando for the 29th Annual OCD Conference, sponsored by Sheppard Pratt! It is with great excitement that we extend our warmest greetings to each of you. This event is the largest gathering dedicated to OCD and related disorders worldwide and we are honored to have you join us.

One of the most remarkable aspects of our Annual OCD Conference is the sense of fellowship here. Throughout the event, connections are forged, friendships are made, and a supportive community emerges. I encourage each of you to embrace this opportunity to network with others. You'll be amazed by the warmth and welcome that awaits when you introduce yourself to a neighboring seatmate.

More than just a conference, this event offers invaluable opportunities to connect with people who understand the challenges and triumphs of living with OCD. Whether you are an individual with lived experience, a loved one offering support, or a professional in the field, there are endless connections to be made. As a community, we provide help, healing, and hope to one another.

Our dedicated staff is here to support you throughout the weekend. Please take the time to visit the IOCDF booth and get to know them. They are compassionate, mission-driven individuals committed to ensuring you have the best possible experience. And remember, they are here to answer your questions so reach out at our booth across from registration.

Please come meet our new Board of Directors President, David Calusdian! It's time for me to hand over the torch, and I could not be more delighted with David's experience. He has been the Board Vice President for the last four years and brings his personal experience with OCD, is a parent of a young adult with OCD, and has a depth of experience in public relations and communications.

You can also meet our Executive Director, Rebecca Deusser, and Director of Research and Clinical Affairs, Sanjaya Saxena, MD, both of whom joined the organization this year. We are incredibly fortunate to have them both on board as we delve into the strategy of how to ensure that anyone suffering from OCD is diagnosed early and has the right treatments. I invite you to join me in

welcoming them to their first Conference as part of the IOCDF team.

This year's programming results from tireless efforts from the IOCDF Staff, Board, and Conference Proposal Review Committee (CPRC). We received about 600 proposal submissions during our application period, resulting in incredibly robust programming. Some highlights include a first-ever Hybrid Track for virtual attendees, lunchtime support groups, an Improv Session on Saturday, the return of the Welcome Karaoke Event, and the introduction of the Creativity Corner.

Importantly, I'd like to reaffirm the IOCDF's commitment to diversity, equity, and inclusion, as we work to reach everyone impacted by OCD. We recognize the importance of embracing and celebrating the rich diversity of experiences in our community and are dedicated to creating an environment where everyone feels valued, respected, and heard. We welcome your feedback on our ongoing efforts to promote diversity and inclusivity in our programming, outreach, and organizational practices, to ensure that all individuals, regardless of background or identity, have access to the support and resources they need. A special thanks to our DEI Conference Planning Task Force who volunteered to help influence and shape this event both now and in the future.

As we embark on this incredible journey together, I am filled with gratitude for each one of you and I'd love to meet you while we are together. Thank you for being part of this extraordinary community and for your dedication to advancing our collective mission.

All the best,



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



# IN MEMORY OF MICHAEL JENIKE, MD

We mourn the loss of Michael Jenike, MD, who passed away on October 17, 2023 after a lengthy battle with lymphoma.

Dr. Jenike was a giant in the field of mental health research, having dedicated his life to the study and treatment of obsessive compulsive disorder (OCD).

Recognized as a world-renowned researcher, Dr. Jenike was a pioneer in the field of OCD and related disorders. He was unafraid of challenging existing standards, and his internationally recognized work transformed the practice of OCD treatment.

Having published over 200 articles on OCD, geriatric psychopharmacology, and neuroimaging in psychiatric disorders, his research and clinical interests included the development, assessment, and treatment of OCD and Alzheimer's Disease.

Dr. Jenike was a Professor at Harvard Medical School and founder of the Center for OCD and Related Disorders at Mass General, as well as the Obsessive Compulsive Disorder Institute (OCDI) at McLean Hospital. As an early and long-time leader at the Obsessive-Compulsive Foundation (now the International OCD Foundation), Dr. Jenike's contributions were instrumental in the advancement of OCD knowledge, treatment, and support networks.

In addition to being an outstanding scientist and clinician, Dr. Jenike's career was also defined by training and mentoring the next generation of OCD clinicians and researchers. He raised large sums of funding for the Department of Psychiatry at Mass General and many of the current thought leaders in the mental health field



started working on OCD research because they were inspired and supported by him.

Dr. Jenike's legacy lives on in the countless individuals who benefitted from his work over several decades. His approach to treatment was unconventional, as he would do whatever it took to help someone in need. No individual was ever "too ill" for Dr. Jenike to see, and he routinely improved the lives of individuals who tried many courses of treatment before they were fortunate enough to be under his care. He was known for his lightning-fast response to anyone, anywhere in the world, who needed help and he had an innate ability to put his patients at ease with his incredible sense of humor, deep wit, and unmatched compassion.

Dr. Jenike was a kind, hard-working, and brilliant clinician who touched the lives of so many. He was a passionate and bright mentor, colleague, and friend who inspired all to strive for a more compassionate approach to mental health. While he will be forever missed by his Mass General colleagues and friends, his personal and professional legacy will continue to impact the world for generations to come.

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## Conference Mobile App



Download the FREE mobile app for the 29th 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.

## Support 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](https://iocdf.org/donate)**  
Supports programs that educate, raise awareness, and improve access to resources.
- **Research Grant Fund | [iocdf.org/donate-research](https://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](https://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 (BTTI) Scholarship Fund | [iocdf.org/btti-scholarship-fund](https://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 EST), or send a check to: IOCDF, P.O. Box 961029, Boston, MA 02196.**

### IOCDF Board of Directors

**Susan Boaz**, President  
**David Calusdian**, Vice President  
**Ron Prevost**, Treasurer  
**Denise Egan Stack, LMHC**, Secretary

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**Elizabeth McIngvale, PhD, LMSW**  
**Carol W. Taylor**  
**Chris Trondsen, AMFT, APCC**  
**Jo-Ann Winston**  
**Jenny C. Yip, PsyD, ABPP**

**Denis Asselin**, Emeritus  
**Joy Kant**, Emeritus  
**Patricia Perkins, JD**, Emeritus  
**Michael Jenike, MD** In Memoriam

### IOCDF Staff

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**Sanjaya Saxena, MD**  
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Community Support Specialist  
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Events Coordinator  
**Rae Nylan**  
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**Omar Orellana**  
Finance Administration Associate  
**Jessica Price**  
Staff Copywriter

# HOW WE HELP

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

## Promote Awareness & Advocacy

### One Million Steps for OCD Walk | [iocdf.org/walk](https://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](https://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](https://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 the faith, BDD, and hoarding disorder communities.

### OCD Awareness Week | [iocdf.org/ocdweek](https://iocdf.org/ocdweek)

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

### Public Policy Advocacy Program | [iocdf.org/public-policy](https://iocdf.org/public-policy)

Connects our community to policy makers in Washington, DC 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/advocate-program](https://iocdf.org/advocate-program)

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](https://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.

### IOCDF Livestream Series | [iocdf.org/livestreams](https://iocdf.org/livestreams)

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](https://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](https://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 available digitally and in print.

### IOCDF Websites | [iocdf.org](https://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](https://ocdinkids.org) – For parents and children, and the mental health and medical professionals who treat pediatric OCD.
- [HelpForHoarding.org](https://helpforhoarding.org) – For individuals and families impacted by hoarding disorder (HD), the mental health professionals who treat HD, and first responders.
- [HelpForBDD.org](https://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](https://anxietyintheclassroom.org) – For school personnel, students, and families dealing with anxiety and/or OCD in an education setting.
- [AnxietyinAthletes.org](https://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](https://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 (BTTI), Pediatric BTTI, case consultation groups, and destination CE/CME opportunities.

### IOCDF Research Grant Program | [iocdf.org/grants](https://iocdf.org/grants)

Thanks to the generosity of donors, we have awarded more than \$9 million in grant funding to scientists investigating the causes and treatment of OCD and related disorders.

# ABOUT THE ANNUAL OCD CONFERENCE



The IOCDF's Annual OCD Conference, sponsored by Sheppard Pratt, 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, youth 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)
- Clinicians (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, presentations geared at clinicians and researchers 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 general introductions and overviews.

- **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 will 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. Some highlights for 2024 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 Revamp for translational science:** This year, you'll notice a "new" track called "Emerging Trends: New Directions." This track is the 2024 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.

## NEW! Hybrid Everyone Track, Sponsored by NOCD

We are excited to announce that, for the first time, one of the Everyone Tracks will be a Hybrid track, which means it will be streamed live and accessible virtually from anywhere in the world. The Hybrid Everyone Track will be streamed from breakout room Regency R and will run all three days of the Conference. It will include sessions appropriate for everyone impacted by OCD (18+), including professionals who treat and research OCD. Included in the Hybrid Track are both the Professional Plenary and Keynote Address. All sessions in the Hybrid Track are available for all attendees, whether attending in person or virtually, for 60 days following the Conference.





## 29<sup>TH</sup> Annual OCD Conference Proposal Review Committee

The Annual OCD Conference program is created as a partnership between IOCDF staff and a Conference Proposal Review Committee (CPRC) that is made up of diverse stakeholders within the OCD community (individuals, family members, therapists, researchers, etc.). Together, the IOCDF and the CPRC\* review every submission and work together to set the final Conference programming. The CPRC\* 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, AMFT, APCC

### Body-Focused Repetitive Behaviors

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

### Hoarding Disorder

Becca Belofsky  
Carolyn Rodriguez, MD, PhD  
Cecilia Garrett, MSW  
Christiana Bratiotis, PhD, LICSW  
Jordana Muroff, PhD, LICSW  
Kiara Timpano, PhD  
Karen Rowa, PhD  
Anne Pegano, LCSW  
Lee Shuer  
Micah Howe

### Living with OCD & Everyone

Adira Weixlmann  
Maya Tadross  
Jelani Daniel, LPC  
Allie Mills  
Katy Marciniak  
Krista Reed, LCSW  
Christina DeMaio  
Jennifer Wells, LISW  
Charity Truong, PsyD  
Marni Jacob, PhD

### Parents & Families

Micah Howe  
Lori Shah  
Jason Niosi  
Kjersti Helberg  
Kim Vincenty

### Emerging Trends: New Directions

Uma Chatterjee, MS  
Michael Wheaton, PhD  
Ben Greenberg, MD, PhD  
Kim Rockwell-Evans, PhD  
Ryan Jacoby, PhD  
Jamie Feusner, MD  
Dorothy Grice, MD

### Clinicians

Bradley Riemann, PhD  
Catherine Ayers, PhD  
Michelle Matzke, PsyD  
Rindee Ashcraft, PhD  
Alnardo Martinez, LMHC  
Kevin Caridad PhD, LCSW  
Barbara Van Noppen, PhD, LCSW  
Dean McKay, PhD  
Ben Tucker, LPCC, BCBA  
Patrick McGrath, PhD  
Anthony Pinto, PhD  
Michael Heady, LCPC

### Young Adults

Nico Sanchez  
Ez Homonoff, EdS, MEd  
Sam Faden  
Kyra Cheung  
Victoria Lane, LMSW

### Youth Programming

Denise Egan Stack, LMHC  
Susan Boaz  
Lisa Coyne, PhD  
Leslie Arturi, LMSW  
Abigail Al Asousi  
Natalie Henry, LCSW  
Kyle King  
Darcy Howell  
Ez Homonoff, EdS, MEd  
Chris Baier  
Natasha Daniels, LCSW  
Amanda Petrik-Gardner, LCPC

## 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

*Riemann Consulting, LLC*

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 (CE) CREDITS

Professional attendees who register and attend the Conference at the Clinician/Therapist level are eligible to receive a total of 18 continuing education (CE) credits (with each session being worth 1.5 CE credits). CE credits are offered for approved sessions, which are denoted on the grid schedule by their dark black outline.

To earn continuing education (CE) credit, registered attendees must:

1. Sign in and out to prove attendance:

- Counselors/LMFTs and Physicians/Nurses must sign in and out at the start and end of each day at the CE desk.
- Psychologists and Social Workers must sign in and out of EACH SESSION attended on the check-in sheets at the back of the session breakout room.

2. Complete CE evaluations:

After the Conference concludes, attendees registered at the Clinician/Therapist level will receive an email with a link to complete their evaluations. An evaluation for each CE-eligible session attended as well as a Full Conference evaluation must be completed to receive CE credit. A CE Certificate will be generated for sessions attended upon completion of these evaluations.

Visit [iocdf.org/24CE](http://iocdf.org/24CE) for more information and learning objections for for the CE-eligible sessions. For questions about continuing education (CE) credit for psychologists, physicians, nurses, counselors, and social workers, please email [conference@iocdf.org](mailto:conference@iocdf.org).

## 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.



## 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 **18 CE** credits for psychologists.

**Check whether your state qualifies for CE credit at [iocdf.org/24CE](http://iocdf.org/24CE).**

## 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 18 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/24CE](http://iocdf.org/24CE).**

## Physicians (ACCME) Credit Designation

Amedco LLC designates this live activity for a maximum of 18 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/24CE](http://iocdf.org/24CE).**

## Social Workers (ASWB) Credit Designation



The International OCD Foundation, #1853, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 5/31/24-5/31/27. Social workers completing this live course will receive up to 18 continuing education credits.



**Scan for all CE details**

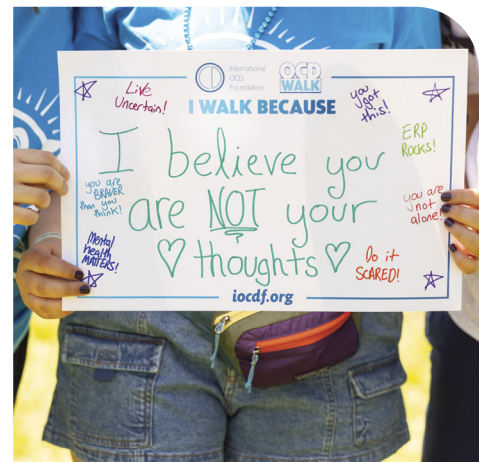
OCD Walks are taking place across the country — and globe! Find an OCD Walk near you and register today. Together we're taking strides for OCD awareness.

**Thank You to Our Sponsors!**

Marquee Sponsor



Gold & Silver National Sponsors



[iocdf.org/walk](https://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 sponsors' exhibit booths in the Regency Rotunda & Foyer (see page 13 for booth numbers).

## Title Sponsor



Sheppard Pratt

## Platinum



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# CONFERENCE SPONSORS

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## Bronze



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University of California  
San Francisco

# 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.

*\* For adults ages 18+*

## Residential Program\*

Receive a tailored treatment plan in our independent living environment.

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



OCD &  
Anxiety  
Institute



Scan here  
to learn more.  
Or visit us at  
[OCDITexas.com](http://OCDITexas.com)

*Images: OCD & Anxiety Institute headquarters, veranda, gourmet kitchen, bedroom suite.*



# Personalized treatment for obsessive-compulsive disorder and anxiety

Turn to Ascension Illinois Behavioral Health for compassionate care in a nonjudgmental environment

Patients with obsessive-compulsive disorder and anxiety can access care at Ascension Illinois, including intensive outpatient, partial hospital and residential services. Ascension Illinois — Foglia Family Foundation Residential Treatment Center in Elk Grove Village provides 24/7 support and advanced care in a homelike setting.

For more information, or to make an assessment, please call 855-383-2224  
or visit [ascension.org/Foglia](http://ascension.org/Foglia)

[ascension.com](http://ascension.com)

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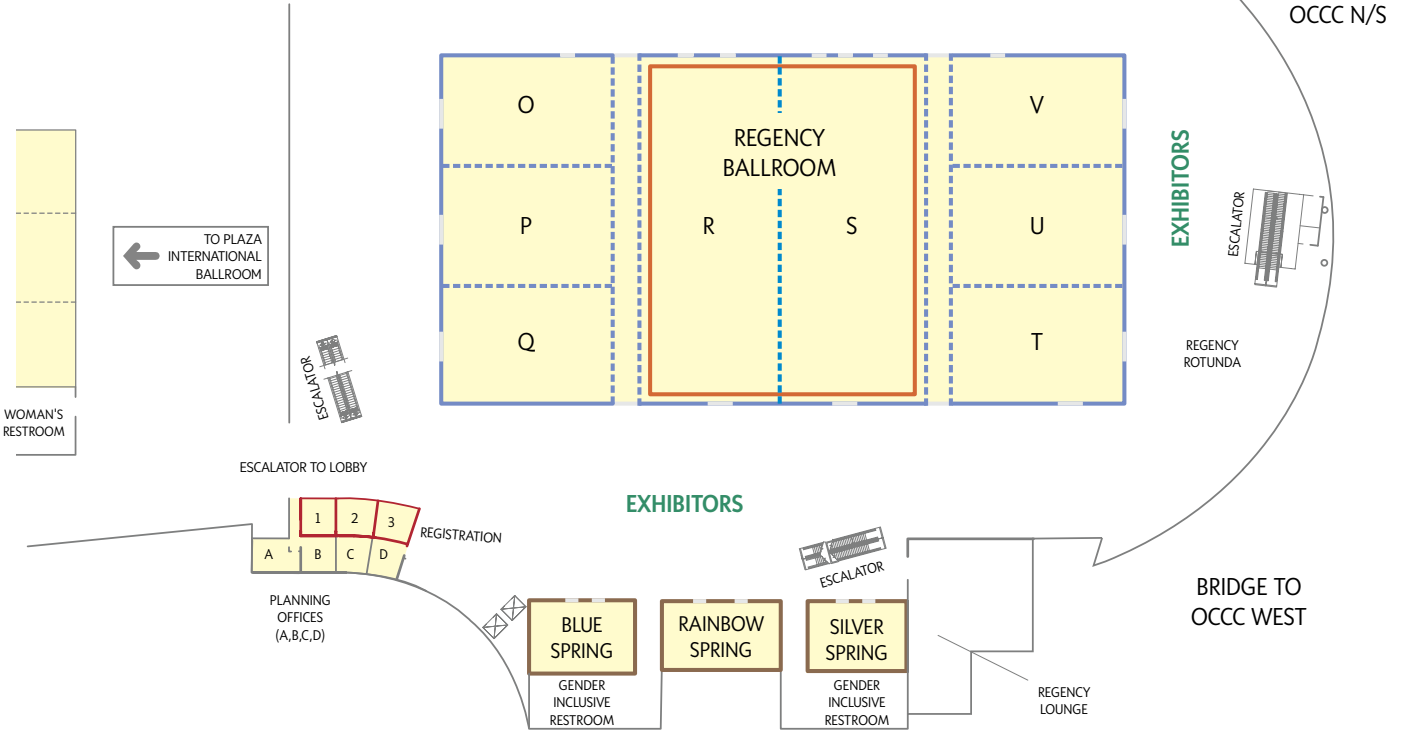
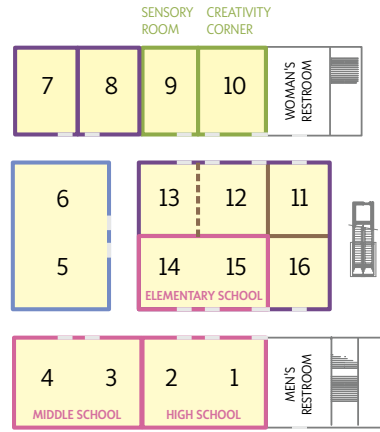


Ascension

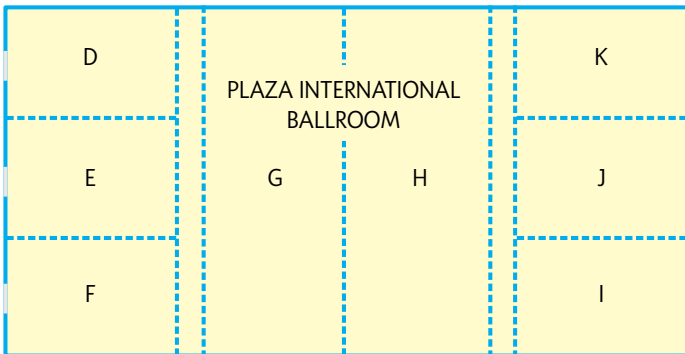
# CONFERENCE HOTEL MAP

**Hyatt Regency Orlando**  
9801 International Drive  
Orlando, FL 32819

CELEBRATION  
BREAKOUT ROOMS



## PLAZA INTERNATIONAL BALLROOM



### Creativity Corner Sponsored by Biohaven

NEW in 2024! The Creativity Corner combines the popularity of the Community Art Gallery with a space for attendees' creative expression. Facilitated by members of the Creative Special Interest Group (SIG), the Creativity Corner will be open to all attendees throughout the weekend as a space to take a break from sessions and flex their artistic muscles through a variety of art projects. This space will also show a virtual art gallery featuring art pieces from members of the OCD community, sharing their experiences through various mediums.

### Sensory Room Sponsored by Wisely Wellness

Back by popular demand! The Annual OCD Conference can be overwhelming for some of our neurodivergent attendees. In partnership with our OCD & Autism SIG we are excited to bring back the Sensory Room that provides attendees with a calm and relaxing sensory-friendly environment to utilize during the weekend.

-  BREAKOUT ROOM
-  OCD CONFERENCE PARTY (SATURDAY NIGHT)
-  YOUTH ROOMS
-  KEYNOTE (COMBINED SPACE)
-  SPECIALTY SPACES
-  BADGE PICKUP & ONSITE REGISTRATION
-  EXHIBITORS (SEE PAGE 13)
-  SUPPORT GROUP, EVENING ACTIVITY, ADJUNCT ROOM

# 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 two 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, Regency Rotunda & Foyer*

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 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

## Prayer and Lactation Room

The IOCDF has a prayer room and lactation room set aside for the privacy of our attendees. Please see an IOCDF staff member at the registration desk in the Regency Foyer during registration hours in order to gain access.

## 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](https://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

## Regency Rotunda & Foyer

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 26

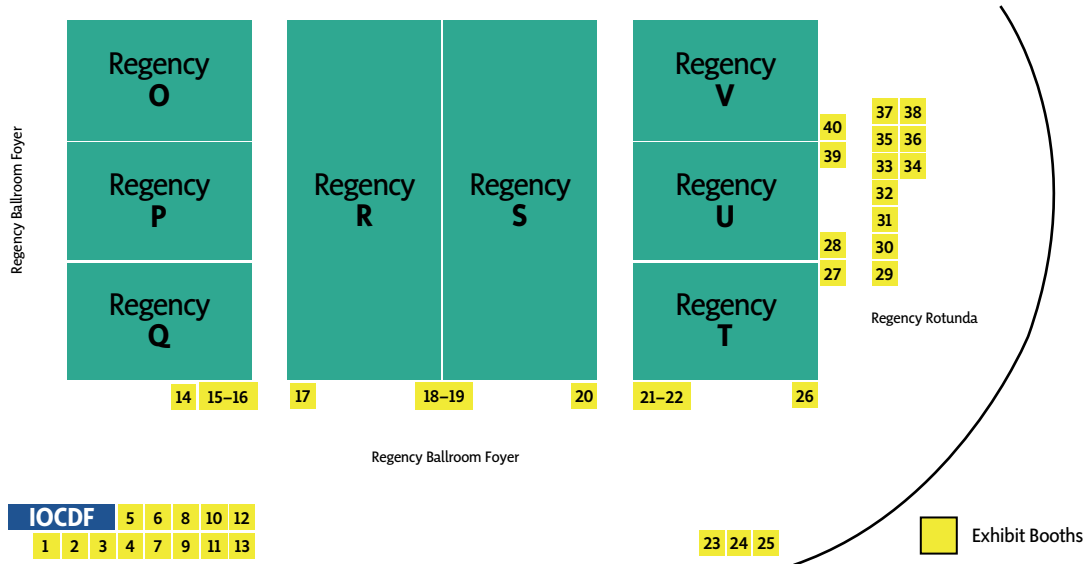
Saturday, July 27

Sunday, July 28

7:00am–5:45pm

7:00am–7:00pm

7:00am–11:30am



## Exhibitors & Booth Numbers (see descriptions on pages 14-18)

- |       |  |    |   |
|-------|--|----|---|
| 1     | NAMI Florida                                 | 23 | NOCD  |
| 2     | PANDAS Physicians Network (PPN)              | 24 | the ocdopus                                       |
| 3     | Anxiety Experts                              | 25 | JACK Mental Health Advocacy                       |
| 4     | OCD & Anxiety Program of Southern California | 26 | OCD Central & South Florida                       |
| 5     | How to Defeat Bully Brain: OCD Detectives    | 27 | Prescription XRT, LLC                             |
| 6     | CalmOCD                                      | 28 | WayPoint Academy                                  |
| 7     | Bull City Anxiety & OCD Treatment Center     | 29 | New York Anxiety Treatment                        |
| 8     | CBTeam                                       | 30 | Center for OCD, Anxiety & Related Disorders at UF |
| 9     | HabitAware, Inc.                             | 31 | University of Florida                             |
| 10    | Biohaven                                     | 32 | Rothman Center for Neuropsychiatry                |
| 11    | Newport Healthcare                           | 33 | Florida Psychological Association                 |
| 12    | OCD & Anxiety Institute                      | 34 | OCD NYC   |
| 13    | Wisely Wellness                              | 35 | The OCD Program at UCSF                           |
| 14    | Neurobehavioral Institute (NBI)              | 36 | OCD Anxiety Centers                               |
| 15-16 | McLean OCD Institute                         | 37 | Renewed Freedom Center                            |
| 17    | Ascension                                    | 38 | Cascade Academy                                   |
| 18-19 | Sheppard Pratt                               | 39 | Hopewell Therapeutic Community                    |
| 20    | Anxiety Institute                            | 40 | Psychiatry Redefined                              |
| 21-22 | Rogers Behavioral Health                     |    |   |

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

The Exhibit Hall is also the venue for the **Michael Jenike, MD Memorial Researcher and Exhibitor Meet & Greet** taking place immediately following the Awards Presentation & Keynote Address on Saturday, July 27 from 6:00pm–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 55 for more information.



# EXHIBITORS

## Title Sponsor

**SHEPPARD PRATT (BOOTH #18-19)**

**6501 N Charles St  
Baltimore, MD 21204  
(410) 938-5000**

**[ProviderRelations@sheppardpratt.org](mailto:ProviderRelations@sheppardpratt.org)  
[sheppardpratt.org](http://sheppardpratt.org)**



Sheppard Pratt is the nation's premier provider of care for OCD and anxiety. With programming led by Jon Hershfield, MFT, we offer a broad array of treatment across every level of care — from residential, to outpatient, to support groups, Sheppard Pratt offers the services you need to develop mastery over OCD and live a more joyful life. And with the broad spectrum of Sheppard Pratt services at your fingertips, you'll have access to unparalleled consultations and care for co-occurring conditions like eating disorders, autism spectrum disorder, mood disorders, substance use disorders, and more.

## Platinum Sponsors

**ROGERS BEHAVIORAL HEALTH  
(BOOTH #21-22)**

**34700 Valley Rd  
Oconomowoc, WI 53066**

**[Rick.Ramsay@rogersbh.org](mailto:Rick.Ramsay@rogersbh.org)  
[rogersbh.org](http://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.

**MCLEAN OCD INSTITUTE  
(BOOTH #15-16)**

**115 Mill St  
Belmont, MA 02478**

**[pcthompson@mgb.org](mailto:pcthompson@mgb.org)  
[mcleanhospital.org/treatment/ocd-institute](http://mcleanhospital.org/treatment/ocd-institute)**



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.

**NOCD (BOOTH #23)**

**225 N MICHIGAN AVE, STE 1430  
Chicago, IL 60601**

**[care@nocdhelp.com](mailto:care@nocdhelp.com)  
[treatmyocd.com](http://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.

## Diamond Sponsors

**THE OCD & ANXIETY INSTITUTE (BOOTH #12)**

**708 E 19th St  
Houston, TX 77008  
[info@houstonocd.org](mailto:info@houstonocd.org)  
[ocditexas.com](http://ocditexas.com)**



The OCD & Anxiety Institute (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.

**ASCENSION ALEXIAN BROTHERS  
BEHAVIORAL HEALTH HOSPITAL  
(BOOTH #17)**



**1650 Moon Lake Blvd  
Hoffman Estates, IL 60169  
[Shannon.stowasser@ascension.org](mailto:Shannon.stowasser@ascension.org)  
[healthcare.ascension.org](http://healthcare.ascension.org)**

Ascension Alexian Brothers Behavioral Health Hospital in suburban Chicago is a multi-specialty hospital with 141 beds. Additionally there are a number of PHP and IOP programs that treat children, adolescents, adults, and older adults. Programs that address anxiety/OCD, mood disorders, school avoidance, eating disorders, autism spectrum disorders, and substance use disorders are part of the continuum of care. Alexian Brothers Behavioral Health hospital was recently recognized by Becker's Health as one of the top 36 behavioral health hospitals in the nation. Foglia Family residential treatment in a nearby suburb treats both substance use disorders and anxiety/OCD. Recently, under the direction of Dr. Brad Riemann, the residential treatment program began an intensive exposure-based protocol to treat those with anxiety and OCD. As a result, the hospital system can treat individuals suffering from mood, anxiety and OCD on an inpatient, residential, PHP and IOP level of care. Information on programs and services can be answered by the behavioral health call center at (855) 383-2224.

## Gold Sponsors

**ANXIETY INSTITUTE (BOOTH #20)**

**75 Holly Hill Ln, Ste 300  
Greenwich, CT 06830  
[info@anxietyinstitute.com](mailto:info@anxietyinstitute.com)  
[anxietyinstitute.com](http://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.

# EXHIBITORS

## Silver Sponsors

### WISELY WELLNESS (BOOTH #13)

7491 N Federal Hwy 5C-212

Boca Raton, FL 33487

[getclarafied@wiselywellness.com](mailto:getclarafied@wiselywellness.com)

[wisely-wellness.com](http://wisely-wellness.com)



Wisely Wellness is a counseling, clinical supervision, and consultation firm committed to fostering wellness, love, and wisdom. Our approach uniquely integrates a wide range of therapeutic modalities, including dialectical behavior therapy (DBT), family systems, expressive arts, exposure/response prevention (ERP) for OCD, EMDR, prolonged exposure for PTSD, and mindfulness self-compassion, to support clients through complex concerns across all life stages. We also offer in-depth clinical supervision to pre-licensed counselors, drawing on extensive research and practical experience to guide professional development. For licensed counselors, our consultation services offer case consultations, advanced training, and program development to enhance their practice and client care. With a holistic focus on transformative care and professional growth, Wisely Wellness is dedicated to enriching the counseling community.

### OCD CENTRAL & SOUTH FLORIDA (BOOTH #26)

7900 Glades Rd, Ste 615

Boca Raton, FL 33434

[info@ocdcsfl.org](mailto:info@ocdcsfl.org)

[ocdcsfl.org](http://ocdcsfl.org)



OCD Central & South Florida is a non-profit organization and regional Affiliate of the International OCD Foundation. We work to educate the public and professional communities about OCD, in order to raise awareness and increase access to information and resources for individuals and families affected by OCD.

### NEWPORT HEALTHCARE (BOOTH #11)

19200 Von Karman Ave.

Irvine, CA 92612

(727) 768-7638

[newporthealthcare.com](http://newporthealthcare.com)



Newport provides residential treatment to adolescents and young adults struggling with primary mental health concerns (ages 12-35).

### BIOHAVEN (BOOTH #10)

215 Church St

New Haven, CT 06510

[ocdtrials.com](http://ocdtrials.com)



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.

## Bronze Sponsors

### CALM OCD (BOOTH #6)

10245 E Via Linda, Ste 225

Scottsdale, AZ 85258

[inquiry@calmocd.com](mailto:inquiry@calmocd.com)

[calmocd.com](http://calmocd.com)



At CalmOCD we treat individuals ages 5 and up with obsessive-compulsive disorder, eating disorders, generalized anxiety disorder, misophonia social anxiety, eating disorders, panic disorder, agoraphobia, phobias, body-focused repetitive behaviors (BFRBs), tics, and co-occurring depression. We have two physical locations in Scottsdale, Arizona, and Tucson, Arizona. We offer single sessions, intensive track (3 hours of individual therapy per day for however many weeks or months are needed), home visits, and community-based exposures. We offer telehealth sessions in Florida, Arizona, Minnesota, Texas, Illinois, South Carolina, Utah, New Mexico, Nevada, and soon to be more!

### CBTEAM (BOOTH #8)

81 Hartwell Ave, Ste 310

Lexington, MA 02421

[info@cbteam.org](mailto:info@cbteam.org)

[cbteam.org](http://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!

### HABITAWARE, INC. (BOOTH #9)

6465 Wayzata Blvd, Ste 720

St. Louis Park, MN 55426

[hello@habitaware.com](mailto:hello@habitaware.com)

[habitaware.com](http://habitaware.com)



HABITAWARE

HabitAware's serves the body-focused repetitive behaviors (BFRBs) community with recovery resources. Our innovative motion detection technology creates awareness of the hands so you can redirect to healthier soothing behaviors. HabitAware's Online Community, Virtual Peer Coaching, and eCourses provide ongoing support for lasting life change. Join us at HabitAware.com.

### HOW TO DEFEAT BULLY BRAIN:

#### OCD DETECTIVES (BOOTH #5)

178 E 80th St #3A

New York, NY 10075

[mlee\\_mcn@yahoo.com](mailto:mlee_mcn@yahoo.com)

[ocddetectives.org](http://ocddetectives.org)



OCD Detectives is a nonprofit organization whose mission is to spread awareness about OCD. By spreading awareness, we hope to erase the stigma surrounding OCD and help children receive early diagnoses and the support they need.

# EXHIBITORS

## THE OCD PROGRAM AT UCSF (BOOTH #35)

675 18th St  
San Francisco, CA 94107  
(415) 885-7707  
[ocdprogram@ucsf.edu](mailto:ocdprogram@ucsf.edu)  
[ocdprogram.ucsf.edu](http://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.



## BULL CITY ANXIETY (BOOTH #7)

918 Broad Street  
Durham, NC 27705  
(919) 808-2318  
[info@bullcityanxiety.com](mailto:info@bullcityanxiety.com)  
[bullcityanxiety.com](http://bullcityanxiety.com)



**BULL CITY**  
ANXIETY & OCD  
TREATMENT CENTER

Bull City Anxiety & OCD Treatment Center offers compassionate, evidence-based treatment for OCD, Anxiety, and OC-related disorders in Durham, North Carolina. We provide in-person and virtual therapy for both children and adults, including intensive treatment and group therapy options.

## NEUROBEHAVIORAL INSTITUTE (NBI) (BOOTH #14)

2233 North Commerce Parkway  
Suite 3  
Weston FL 33326  
[nbiweston.com](http://nbiweston.com)



NBI offers comprehensive assessments, treatment, and parenting/family programs for OCD, Anxiety Disorders, and Related Conditions. We specialize in cases with challenging comorbidities and clinical complexities. Our levels of care include IOP, PHP, PHP + NBI Ranch residential program for ages 18+, and Step-Down. Services are also available for Spanish and Portuguese speakers.

## CASCADE ACADEMY (BOOTH #38)

430 W. 200  
Midway, UT 84049  
(801) 895-0323  
[info@cascadeacademy.com](mailto:info@cascadeacademy.com)  
[cascadeacademy.com](http://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.

## PSYCHIATRY REDEFINED (BOOTH #40) **PSYCHIATRY REDEFINED**

21 King St.  
Auburndale, MA 02146  
(339) 204-3470  
[psychiatryredefined.org](http://psychiatryredefined.org)

Welcome to Psychiatry Redefined, your beacon of hope in mental health education. We offer comprehensive training for providers seeking to transcend symptom management and deliver personalized, whole-body treatment. Founded by Dr. James Greenblatt, an esteemed integrative and functional medicine expert, bridging science with clinical practice to redefine psychiatry through innovation and education.

## CENTER FOR OCD, ANXIETY & RELATED DISORDERS AT UF (BOOTH #30)

1149 Newell Drive, L4-100  
Gainesville, FL 32611  
(352) 294-5563  
[coard@psychiatry.ufl.edu](mailto:coard@psychiatry.ufl.edu)  
[coard.psychiatry.ufl.edu](http://coard.psychiatry.ufl.edu)



**COARD**  
Center for OCD, Anxiety  
& Related Disorders

The Center for OCD, Anxiety, and Related Disorders (COARD) is an interdisciplinary group of researchers and clinicians at the University of Florida. Our mission is to increase scientific understanding, public awareness, education, and access to care for obsessive-compulsive-related disorders. We are also home to the Fear Facers Summer Camp.

## EXHIBITING PARTNERS

ANXIETY EXPERTS (BOOTH #3)  
1482 East Valley Rd, Suite 17  
Montecito, CA 93108  
(805) 705-0614  
[intake@anxietyexperts.com](mailto:intake@anxietyexperts.com)  
[anxietyexperts.com](http://anxietyexperts.com)



Anxiety Experts is dedicated to providing the gold standard treatments of ERP and ACT for OCD and disordered eating. We offer virtual outpatient and Intensive Outpatient (VIOP) treatment to any California resident on any insurance plan. Live offices are in Goleta, Montecito, Ventura & Santa Monica. Contact: [www.anxietyexperts.com](http://www.anxietyexperts.com); [intake@anxietyexperts.com](mailto:intake@anxietyexperts.com)

## FLORIDA PSYCHOLOGICAL ASSOCIATION (BOOTH #33)

PO Box 7416  
Tallahassee, Florida, US, 32314  
(850) 656-2222  
[kim@flapsych.com](mailto:kim@flapsych.com)  
[flapsych.com](http://flapsych.com)



The mission of the Florida Psychological Association shall be to:

- To advance psychology as a science and profession and as a means of promoting health and human welfare.
- To improve the qualifications and usefulness of psychologists through high standards of ethics, conduct, education, and achievement.
- To increase and diffuse psychological knowledge through meetings, professional contacts, reports, papers, discussions and publications; and
- To advance scientific interests and inquiry and the application of research findings to the promotion of health and public welfare.

# EXHIBITORS

## HOPEWELL THERAPEUTIC COMMUNITY (BOOTH #39)

9637 State Route 534  
Middlefield, OH 44062  
(440) 632-4547  
[tbitting@hopewell.cc](mailto:tbitting@hopewell.cc)  
[hopewellcommunity.org](http://hopewellcommunity.org)

Hopewell Therapeutic Community is a long-term OCD residential program located on 325 acres and incorporates a working farm into treatment. Hopewell utilizes Exposure and Response Prevention Therapy as the core clinical modality as well as CBT, DBT, EMDR, ACT, Ecotherapy, Art Therapy, Music Therapy, Sand Play, and Animal Assisted Learning.

## JACK MENTAL HEALTH ADVOCACY (BOOTH #25)

P.O. Box 3039  
Ponte Vedra Beach, FL 32004  
(904) 233-6515  
[info@jackmha.org](mailto:info@jackmha.org)  
[jackmha.org](http://jackmha.org)



JACK Mental Health is a nonprofit designed to support the OCD Community through programming and resources for clinicians, those that live with OCD and their families. We seek to create initiatives that creatively support our mission while also providing the information and tools necessary to help those that live with the disorder. OCD traps, confines and boxes people in by limiting fullness of life. We want to help everyone scale the walls of that box! We are launching round two of our "Plant a Camp Program" at the conference. We will be awarding three IOCDF affiliates a significant grant to plant OCD camps for kids in their region. Come see us in the exhibition hall where we will be featuring new products from the Fearless Collection by Natural life. We will have giveaways and raffles daily!

## NAMI FLORIDA (BOOTH #1)

P.O. Box 290095  
Port Orange, FL 32129  
(850) 671-4445  
[info@namiflorida.org](mailto:info@namiflorida.org)  
[namiflorida.org](http://namiflorida.org)



NAMI Florida strives to be the leading voice for mental health advocacy and support in Florida. As the state organization with the National Alliance on Mental Illness, we have 24 Affiliates united across Florida in providing education, advocacy, and support for people with mental health conditions and their loved ones.

## NEW YORK ANXIETY TREATMENT (BOOTH #29)

240 Central Park South, Suite 2J  
New York, NY 10019  
(212) 518-8162  
[Admin@nyanxietytreatment.com](mailto:Admin@nyanxietytreatment.com)  
[nyanxietytreatment.com](http://nyanxietytreatment.com)



New York Anxiety Treatment delivers evidence-based treatment for OCD, anxiety, and related disorders. In addition to individual therapy and group therapy, we offer a six-week Intensive Outpatient Program in New York, New York. Stop by our booth in Orlando and learn more about our treatment opportunities.

## THE OCDOPUS (BOOTH #24)

Brick Township, NJ 08723  
[theoedopus@gmail.com](mailto:theoedopus@gmail.com)  
[theoedopus.com](http://theoedopus.com)



The ocdopus LLC is a mental health advocacy & recovery merchandise shop. Our items motivate OCD recovery and educate the world on what OCD really is. We sell stickers, jewelry, pins and more! Our favorite item is our Pink Elephant plush, which gives back to kids in OCD residential treatment.

## OCD & ANXIETY PROGRAM OF SOUTHERN CALIFORNIA (BOOTH #4)



3205 Ocean Park Boulevard, Suite 250  
Santa Monica, CA 90405  
(310) 386-9675  
[info@socalocd.org](mailto:info@socalocd.org)  
[socalocdprogram.org](http://socalocdprogram.org)

We are thrilled to announce that in addition to our outpatient and intensive outpatient services, we are now offering the Bergen 4-Day Treatment for OCD in Los Angeles. We will offer at least one B4DT group a month and train US therapists and clinical teams from all over the world.

## OCD ANXIETY CENTERS (BOOTH #36)

1459 N Main Street, Ste 100  
Bountiful, UT 84010  
(866) 747-40CD  
[cody.gally@ocdanxietycenters.com](mailto:cody.gally@ocdanxietycenters.com)  
[theoedandanxietytreatmentcenter.com](http://theoedandanxietytreatmentcenter.com)



OCD Anxiety Centers is the nation's largest outpatient provider for those dealing with the effects of OCD and Anxiety. Our therapeutic, scientific process produces the most effective treatment outcomes in the nation and is why our program is covered by most insurance companies. OCD Anxiety Centers are experts in helping clients, ranging in age from eight to eighty, take control of their lives. Clients participate in three-hour programming, each weekday, allowing them to continue to work or go to school. For more information, please call our national admissions office at (866) 747-4OCD ((866) 747-4623).

## OCD NYC (BOOTH #34)

308 East 38th Street, Suite 201  
New York, NY 10016  
[office@ocdnyc.com](mailto:office@ocdnyc.com)  
[ocdnyc.com](http://ocdnyc.com)



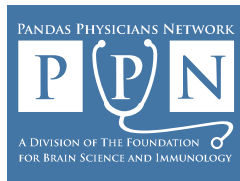
OCD NYC is directed by Steven Poskar, M.D. Dr. Poskar is a psychiatrist who specializes in medication treatment of OCD and Related Disorders. Many of the patients he treats have OCD that has failed to respond to multiple medication trials. At OCD NYC, complex cases aren't the exception, they're the norm.

# EXHIBITORS

## PANDAS PHYSICIANS NETWORK (BOOTH #2)

117 Eastbend Court  
Mooresville, NC 28117  
(855) 347-4921

[support@pandasppn.org](mailto:support@pandasppn.org)  
[pandasppn.org](http://pandasppn.org)



PANDAS Physicians Network is a non-profit organization that provides PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) and PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections) resources to clinicians, maintain diagnostic and treatment guidelines, and supports research. Our vision is that PANS/PANDAS will become easily diagnosed and treated with accessible therapies that dramatically reduce suffering and lead to a cure.

## PRESCRIPTION XRT, LLC (BOOTH #27)

1200 S Arlington Ridge Road, Suite 104  
Arlington, VA 22202

[info@rxxt.com](mailto:info@rxxt.com)  
[rxxt.com](http://rxxt.com)



WARNING: This booth contains snakes and spiders!

If those words activated your fear response, think of what your exposure client will experience when staring face to face with a 3-D snake! Prescription XRT (RXXRT) enables a therapist to conduct enhanced exposure therapy either in-office or through Telehealth with true 3-D, 360 degree exposure technology. Let your client stand in a portable toilet, sit on an airplane, get a shot or ski on a mountain all as if they are there in person. But watch out for that snake; it could be real! But don't fear the cost because RXXRT has taken the expense and the difficulty out of Virtual Reality. Our exposures are real and so is the fear. With Prescription XRT, you can "Go Where You Can't." TM

## RENEWED FREEDOM CENTER (BOOTH #37)

1849 Sawtelle Blvd Ste 710  
Los Angeles, CA 90025  
(310) 268-1888

[info@RenewedFreedomCenter.com](mailto:info@RenewedFreedomCenter.com)  
[renewedfreedomcenter.com](http://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.

## ROTHMAN CENTER FOR NEUROPSYCHIATRY (BOOTH #32)

601 7th Street South, Suite 425  
St. Petersburg, FL 33701  
(727) 828-6420

[williamhudson@usf.edu](mailto:williamhudson@usf.edu)  
[health.usf.edu/care/pediatrics/services-specialties/rothman](http://health.usf.edu/care/pediatrics/services-specialties/rothman)

USF Health

The Rothman Center offers an integrated practice of clinical care for individuals with anxiety, panic, obsessive-compulsive disorder (OCD), autism spectrum disorders, Tourette, tic disorders, PANDAS, and related disorders. The services provided are all-encompassing and multi-disciplinary - from diagnosis and evidence-based treatment to education, research, and outreach.

## UNIVERSITY OF FLORIDA DEPARTMENT OF PSYCHIATRY (BOOTH #31)

4197 NW 86th Terrace  
Gainesville, FL 32606  
(352) 265-4357

[monicaross@ufl.edu](mailto:monicaross@ufl.edu)  
[ufhealth.org/locations/uf-health-psychology-springhill](http://ufhealth.org/locations/uf-health-psychology-springhill)



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.

## WAYPOINT ACADEMY (BOOTH #28)

9091 E 100 S  
Huntsville, UT 84317  
(702) 308-5763

[contact@waypointacademy.com](mailto:contact@waypointacademy.com)  
[waypointacademy.com](http://waypointacademy.com)



WayPoint Academy is the leading co-ed residential treatment center and therapeutic school specializing in teen anxiety and OCD treatment. Our unique and innovative ERP treatment program helps teens struggling with anxiety, mood, executive functioning, learning, and healthy identity development. WayPoint's holistic model increases student distress tolerance and resilience by identifying and addressing factors that fuel anxiety. We provide the necessary skills, tools, and practice for lifestyles no longer driven by fear and avoidance.

# 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 Regency Rotunda & Foyer and/or during the Michael Jenike, MD Memorial Research and Exhibitor Meet & Greet on Saturday night from 6:00pm–7:00pm in the Exhibit Hall, Regency Rotunda & Foyer. 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.



This poster can be viewed throughout the in-person Conference in the Regency Rotunda & Foyer at the Michael Jenike, MD Memorial Research and Exhibitor Meet & Greet in the Exhibit Hall on Saturday from 6:00 PM–7:00 PM.



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



Scan me to watch virtual poster presentations!

## GENERAL OCD

### 2. Interpreting Heaven's will: The influence of various attitudes towards God on OCD symptoms

Nora Y. Sun (1), Sofia E. Guerra (2), Christopher Pittenger, MD, PhD (3), Terence H. W. Ching, PhD (3)

- (1) Harvard University, Cambridge, MA, USA
- (2) Massachusetts Institute of Technology, Cambridge, MA, USA
- (3) Yale OCD Research Clinic, New Haven, Connecticut, USA

### 3. Who experiences racism-themed obsessions?

Gabrielle Armstrong, BA (1), Emily Bivins, BS (1), Caitlin Pinciotti, PhD (1)

- (1) Baylor College of Medicine

### 3. Sociodemographic, mental health, education, and labour market characteristics of working age adults with OCD who accessed public secondary health services: an Aotearoa | New Zealand study using population-level administrative data

Keith McLeod, BA (Hons) (1), Nicholas Bowden, PhD (2,3), Hiran Thabrew, BM, PhD (4), Kate Truman, BSc (Hons) (5, 6), Marion Maw, PhD (5)

- (1) Kōtātā Insight
- (2) Department of Women's and Children's Health, University of Otago
- (3) A Better Start: E Tipu e Rea National Science Challenge, Auckland
- (4) Te Ara Hāro, University of Auckland
- (5) Fixate
- (6) School of Mathematics and Statistics, University of Canterbury

### 4. Online peer-support forums for individuals with obsessive-compulsive disorder

Nora Y. Sun (1), Christopher Pittenger, MD, PhD (2), Terence H. W. Ching, PhD (2)

- (1) Harvard University, Cambridge, MA, USA
- (2) Yale OCD Research Clinic, New Haven, Connecticut, USA



### 5. Can you repeat that? I was ruminating. Internal-external attention switching in obsessive compulsive disorder

Rachael A. Moldow, BS (1), Goi Khia Eng, PhD (1,2), Emily R. Stern, PhD (1,2)

- (1) Nathan S. Kline Institute for Psychiatric Research, Orangeburg, NY, United States of America
- (2) New York University Grossman School of Medicine, New York, NY, United States of America

### 6. Immune (dys)function in obsessive-compulsive disorder – results from two case-control studies

Ana Maia, MD (1,2,3), Nelson Descalço, MD (1,2,4), Sara Fernandes (5), Pedro Morgado, MD, PhD (6,7,8), Fernanda Marques, PhD (6,7,8), Ana Daniela Costa (6,7,8), Bernardo Barahona-Corrêa, MD, PhD (1,2), José Oliveira, MD, PhD (1,2), Albino J. Oliveira-Maia, MD, MPH, PhD (1,2)

- (1) Champalimaud Research and Clinical Centre, Champalimaud Foundation, Lisbon, Portugal
- (2) NOVA Medical School, Faculdade de Ciências Médicas, NMS, FCM, Universidade NOVA de Lisboa, Lisboa, Portugal
- (3) Department of Psychiatry and Mental Health, Centro Hospitalar de Lisboa Ocidental, Lisbon, Portugal
- (4) Psychiatry and Mental Health Department, Hospital Garcia de Orta, Almada, Portugal
- (5) St. George's University of London, London, United Kingdom
- (6) Life and Health Sciences Research Institute (ICVS), School of Medicine, University of Minho, Campus de Gualtar, Braga, Portugal
- (7) ICVS/3B's, PT Government Associate Laboratory, Braga, Portugal
- (8) Braga CInical Academic Center (2CA), Hospital de Braga, Braga, Portugal

### 7. A pilot study of peer support groups for individuals with OCD on a waitlist for treatment: A mixed methods study

Chanelle Salonia, PhD (1), Lauren Greenwood, MPsy (2), Rebecca Young, PhD (2), Lori Lucier (2), Peggy Richter, MD (2), Jessica Emick-Seibert, PhD (1), Lauren Mizock, PhD (1), Connie Veazey, PhD (1), Charles Brady, PhD (3), Marlene Taube-Schiff, PhD (2)

- (1) Fielding University
- (2) Sunnybrook Health Sciences Hospital
- (3) Kitsap Peninsula OCD & Anxiety Services



**8. 🧑 \$100 now or more money later? Comparing delayed discounting in obsessive compulsive disorder and major depressive disorder**

Jeanmarie R. Harvey (1,2), Goi Khia Eng, PhD (1,2), Rachael Moldow (1), Nicolette Recchia (1,2), Laura B. Bragdon, PhD (1,2), Katherine A. Collins, PhD (1), Emily R. Stern, PhD (1,2)  
 (1) Nathan S. Kline Institute for Psychiatric Research, Orangeburg, NY, United States of America.  
 (2) New York University Grossman School of Medicine, New York, NY, United States of America.

**9. 🧑 Exposure to microbial pathogens in obsessive-compulsive disorder – A challenge to current theories of infectious etiology**

Ana Maia, MD (1,2,3), Nelson Descalço, MD (1,2,4), Rita Gomes, MD (4), Diana Oliveira (5#), Pedro Morgado, MD, PhD (6,7,8), Fernanda Marques, PhD (6,7,8), Ana Daniela Costa (6,7,8), J. Bernardo Barahona-Corrêa, MD, PhD (1,2), Albino Oliveira-Maia, MD, MPH, PhD (1,2), José Oliveira, MD, PhD (1,2)  
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 (8) Braga Cincial Academic Center (2CA), Hospital de Braga, 4710-242, Braga, Portugal  
 # Presenting author

**10. 🧑 Performance and confidence in mnemonic similarity task explained by obsessive-compulsive disorder and self-report doubt**

Lindsay Howard, BA (1), Claire Kaplan, PhD (1), Jack Samuels, PhD (1), Greg Wade, PhD (1), Janice Krasnow, PhD (1), Carrie Wagandt, BA (1), Gerald Nestadt, PhD (1,2), Arnold Bakker, PhD (1,3).  
 (1) Johns Hopkins University School of Medicine Department of Psychiatry and Behavioral Sciences  
 (2) Johns Hopkins University Bloomberg School of Public Health Department of Mental Health  
 (3) Johns Hopkins University School of Medicine Department of Neurology

**🖥️ Machine learning approaches on multimodal and ambulatory data to predict individual symptom course in adults with obsessive-compulsive disorder**

Adam C. Frank, MD, PhD (1), Wellington Chang, BS (1), Ruibei Li, MD (1), Ujjwal Pasupulety, BTEch (1,2), Jerry Zhao, BS, MBA (1), Marcus Paoletti, BA (1), Kaeo Wongbusarakum (1,3), Shrikanth Narayanan, PhD (2), Bradley Peterson, MD (1,4)  
 (1) Keck School of Medicine of USC  
 (2) Viterbi School of Engineering of USC  
 (3) USC Dornsife College of Letters, Arts, and Sciences  
 (4) Children's Hospital Los Angeles

## HOARDING DISORDER

**11. 🧑 Longitudinal assessment of hoarding symptomatology and new onset cognitive impairment in older adulthood**

Sara K. Nutley, MS (1), Luis Sordo Vieira, PhD (1), R. Scott Mackin, PhD (2), Carol A. Mathews (1)  
 (1) University of Florida  
 (2) University of California San Francisco

**34. Relationships between KOR availability, hoarding behaviors, and suicide risk in psychiatric subjects: Results from an in vivo pilot study using [11C]JEKAP PET**

Emily R. Weiss, PhD (1), Victoria R. Hart-Derrick, BA (1), Ansel Hillmer, PhD (1), Ashley Wagner, BS (1), Nabeel Nabulsi, PhD (1), David Matuskey, MD (1), Irina Esterlis, PhD (1), Margaret T. Davis, PhD (1)  
 (1) Yale School of Medicine

**🖥️ Understanding housing policies and supportive strategies for older adults with hoarding disorder**

Marwa Danish (1), Catherine Ayers, PhD, ABPP (2)  
 (1) UC San Diego, School of Biological Sciences  
 (2) UC San Diego, Department of Psychiatry

**🖥️ Provider perspectives on youth hoarding behaviors**

Seth Downing (1), Phúc Phan (1), Tiffani Frierson (1), Jarrod Williams (1), Ryan McCarty (1), Joseph McNamara (1)  
 (1) University of Florida

## INCREASING ACCESS TO TREATMENT FOR ALL

**12. 🧑 Addressing the misdiagnosis of OCD in Black Americans: Recommended dissemination and outreach strategies**

Kailyn Smart (1), Darlene M. Davis Goodwine (1,2)  
 (1) Kentucky State University  
 (2) Aidan Behavioral Health & Consulting

**13. 🧑 Psychometric properties of common self-report measures for obsessive-compulsive disorder in sexual and gender minorities**

Aciel A. Castillo, BA (1), Julianna E. Avery, BA (1), Brian A. Feinstein, PhD (2), Lauren P. Wadsworth, PhD (3), Wayne K. Goodman, MD (1), Eric A. Storch, PhD (1), Caitlin M. Pinciotti, PhD (1)  
 (1) Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine  
 (2) Department of Psychology, Rosalind Franklin University of Medicine and Science  
 (3) Genessee Valley Psychology

**14. 🧑 Intensive treatment outcomes by ethnicities**

Evan Smith, BA (1), Alexa Callahan, BA (1), Cali Werner, LCSW-S (1), Katrina Rufino (2), Elizabeth McIngvale (1)  
 (1) OCD & Anxiety Institute  
 (2) University of Houston - Downtown



**15. 👤 How do families access exposure therapy for youth with anxiety and OCD? Preliminary findings from a large randomized controlled trial**

Emma Jenkins, BA (1,2), Marika Marklin, BS (1,2), Lesley Norris, PhD (1,2), Josh Kemp, PhD (1,2), Jennifer Freeman, PhD (1,2)  
 (1) Pediatric Anxiety Research Center  
 (2) Warren Alpert Medical School of Brown University



**16. 👤 Treatment barriers, preferences, and treatment-related decision-making among individuals receiving treatment for obsessive-compulsive and related disorders**

Lauren Milgram, BA (1), Teresa Toranzo, BA (2), Rachel Matthews, PhD (2), Jill Ehrenreich-May, PhD (1), Adam B. Lewin, PhD (2)  
 (1) Department of Psychology, University of Miami  
 (2) Department of Pediatrics, University of South Florida

**17. 👤 Acceptability and effectiveness of the Bergen 4-day treatment (B4DT) for OCD in Singapore: A clinical trial**

Jackki Hoon Eng Yim, DClinPsych (1), Tammie Rong Rong Kwek, MCLinPsych (1), Desmond Toon Sze Ang, MCLinPsych (1), Lily Leow, MCLinPsych (1), Jeanette Hui Xin Lim, MCLinPsych (1), Joelle Pei Xin Lim, MCLinPsych (1), Boon Jia Lau, MD (1), Lucas Jin Hao Lim, MD (1), Jie Xin Lieu, BSc (1), Bhanu Gupta, MD (1)  
 (1) Institute of Mental Health, Singapore

**35. Meeting the physical health-related treatment access needs of individuals with OCD**

Alexander Rosenberg (1), Michael G. Wheaton (2)  
 (1) Columbia University School of General Studies  
 (2) Barnard College

**📺 Barriers in the diagnosis and treatment of obsessive compulsive disorder in Mexico**

Martínez Sanchez José Enrique, MA (1), Higareda Sánchez Jesús Javier, PhD (2)  
 (1) LIBER TCC/Universidad Iberoamericana México.  
 (2) Good Life Terapia/Universidad Nacional Autónoma de México.

**📺 Barriers to care for sexual and gender minority individuals with obsessive-compulsive disorder**

Lucas Occhino, Medical Student (1)  
 (1) Keck School of Medicine of USC

## NEUROPSYCHOLOGY

**18. 👤 Probing sensory phenomena, interoceptive sensitivity, and neural patterns in individuals with obsessive-compulsive disorder and unaffected siblings**

Goi Khia Eng (1,2), Katherine A. Collins (2), Laura B. Bragdon (1,2), Nicolette Recchia (1,2), Jeanmarie Harvey (1,2), Russell H. Tobe (2,3), Emily R. Stern (1,2)  
 (1) New York University Grossman School of Medicine  
 (2) Nathan Kline Institute for Psychiatric Research  
 (3) Child Mind Institute

**19. 👤 A systematic review on reversal learning and its neural correlates in obsessive-compulsive disorder**

Jia Li Teo (1), Mengyu Lim (1), Shen-Hsing Annabel Chen, PhD (1,2,3)  
 (1) Psychology, School of Social Science, Nanyang Technological University, Singapore  
 (2) Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore  
 (3) Centre for Research and Development in Learning, Nanyang Technological University, Singapore

**36. Effect of antromedial subthalamic nucleus deep brain stimulation on impulsivity in patients with obsessive compulsive disorder**

Uma Maheswari Ganesh, Mphil (1,2), Lavanya P Sharma, MD, PDF(1), Himani Kashyap, PhD (2), Dwarakanath Srinivas, MCh (3), Jaisoorya T.S, MD (1), Ganesan Venkatasubramanian, MD (1), YC Janardhan Reddy, MD (1), Shyam Sundar Arumugham, MD (1)  
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 (2) Department of Clinical Psychology, National Institute of Mental Health and Neuro Sciences, Bangalore, India  
 (3) Department of Neurosurgery, National Institute of Mental Health and Neuro Sciences, Bangalore, India

**37. The effect of pre-SMA HD-TDCS on habit: A randomized cross-over experiment using reinforcement learning in healthy subjects**

Vasundhra Teotia, MD (1), Karthik Sheshachala, D.P.M., MD, PhD (3), Srinivas Balachander, MD (4), Vani Holebasavanahalli Thimmashetty, MSc (5), Ganesan Venkatasubramanian, MD, PhD (6), YC Janardhan Reddy, D.P.M., MD (7), Janardhanan C Narayanaswamy, MD, PhD (2)  
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 (7) OCD Clinic, Department of Psychiatry, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, Karnataka, India - 560029

**38. Insertion effect predicts response to subthalamic nucleus deep brain stimulation for obsessive-compulsive disorder**

Lavanya P Sharma, DPM, MD, PDF (1), Uma Maheswari Ganesh, Mphil (1,2), Dwarakanath Srinivas, MCh (3), Jaisoorya T.S, MD (1), Himani Kashyap, PhD (2), Ganesan Venkatasubramanian, MD (1), YC Janardhan Reddy, MD (1), Shyam Sundar Arumugham, MD (1)  
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 (2) Department of Clinical Psychology, National Institute of Mental Health and Neuro Sciences, Bangalore, India  
 (3) Department of Neurosurgery, National Institute of Mental Health and Neuro Sciences, Bangalore, India

## **Electrophysiological biomarker characterization for sensing-enabled deep brain stimulation for obsessive-compulsive disorder**

Ali Tafreshi (1,2,3), Matteo Vissani (1,2), Clemens Neudorfer (1), Darin Dougherty (1,4), Mark Richardson (1,2)

- (1) Department of Neurosurgery, Massachusetts General Hospital, Boston, Massachusetts
- (2) Harvard Medical School, Boston, Massachusetts
- (3) Department of Neurosurgery, Geisinger Health System, Danville, Pennsylvania
- (4) Department of Psychiatry, Massachusetts General Hospital, Boston, Massachusetts

## OCD & RELATED DISORDERS

### 20. **Potential therapeutic target for PTSD and OCD: PKC Gamma A literature review**

Bruny Kenou, BS (1,2), Marco Grados MD, MPH (3)  
 (1) Kennedy Krieger Institute/Dr. James A. Ferguson RISE Fellowship  
 (2) The George Washington School of Medicine and Health Sciences  
 (3) Kennedy Krieger Institute/Johns Hopkins School of Medicine

### 21. **Characterizing ADHD in trauma survivors with OCD**

Blake M. Upshaw, BA (1), Megan M. Dailey, BA/BS (1), Sarah J. Sadek, BA (1), Caitlin M. Pinciotti, PhD (1)  
 (1) Baylor College of Medicine

### 22. **Understanding trauma symptomatology and OCD: Shared cognitive errors and emotions**

Dottie Dator, PhD (1), Jeannie Golden, PhD, BCBA-D (1)  
 (1) East Carolina University

### 23. **Parent perceptions of various treatment approaches for PANS and PANDAS**

Megan M. Dailey (1), Blake M. Upshaw (1), Sarah J. Sadek (1), Caitlin M. Pinciotti, PhD (1), Wayne K. Goodman, MD (1), Eric A. Storch, PhD (1)  
 (1) Baylor College of Medicine

### 24. **Visuo-cognitive processing in obsessive-compulsive and related disorders: Differential modulation of the P3**

Estelle Ayomen, BS (1), Andreas Keil, PhD (1), Carol A. Mathews, MD (1)  
 (1) University of Florida

### 25. **Skin picking disorder in sexual minority individuals**

Sophie Boutouis, BS (1), Jon Grant, MD, JD, MPH (1)  
 (1) University of Chicago

### 26. **Examining treatment differences in anxiety disorders and body-focused repetitive disorders in a pediatric clinic sample**

Katrina Scarimbolo, PhD (1,2), Kathy Bradley-Klug, PhD (1), Joshua Nadeau, PhD (1), Shannon Suldo PhD (1), John Ferron, PhD (1)  
 (1) University of South Florida  
 (2) Rothman Center for Pediatric Neuropsychiatry – USF Health

### 39. **Neurocognitive functioning in adults with trichotillomania: Predictors of treatment response and symptom severity in a randomized control trial**

Kathryn E. Barber, MS (1), Douglas W. Woods, PhD (1), Thilo Deckersbach, PhD (2), Christopher C. Bauer, MS (3), Scott N. Compton, PhD (4), Michael P. Twohig, PhD (5), Emily J. Ricketts, PhD (6), Jordin Robinson, PhD (7), Stephen M. Saunders, PhD (1), Martin E. Franklin, PhD (8)

- (1) Marquette University
- (2) University of Applied Sciences, DIPLOMA Hochschule
- (3) University of Wisconsin-Milwaukee
- (4) Duke University School of Medicine
- (5) Utah State University
- (6) UCLA Semel Institute
- (7) JSR Neuropsychological Services
- (8) Rogers Behavioral Health

## **The effect of anorexia on the OCD phenotype: Higher disgust/contamination symptoms in a familial sample**

Yuji Choi, MD, MPH (1), Alperen Ozturk (2), Catherine Chen (3), Bhakti Patel (3), the OCGAS consortium, Marco Grados (4)

- (1) Bloomberg School of Public Health, Baltimore, MD
- (2) Istanbul Medipol University International School of Medicine, Istanbul, Turkey
- (3) Johns Hopkins University School of Medicine, Baltimore, MD
- (4) Johns Hopkins University, Baltimore, MD

## PEDIATRIC & PERINATAL OCD

### 27. **Association of COVID-19 stressors with obsessive-compulsive disorder (OCD) symptoms among Southern California adolescents**

Maxwell Hartshorn (1), Melissa Wong, MS (1), Gina Klemm, MPH (1), Reid Whaley, MPH (1), Nikki Jafarzadeh (1), Jessica Barrington-Trimis, PhD (1), Alyssa Harlow, PhD (1)  
 (1) University of Southern California

### 28. **Increasing access to exposure therapy: Investigating the effectiveness of an exposure-based summer camp to treat youth with OCD and anxiety disorders**

Alexa Valko, BS (1,2), Ryan McCarty, MS (1,2), Alexandra Stefanovici, BS (1), Jarrod Williams (1), Phuc Phan (1), Tannaz Mirhosseini, MS (1,2), Seth Downing, MS (1,2), Carol A. Mathews, MD (1,2), Joseph McNamara, PhD (1,2)  
 (1) University of Florida, Department of Psychiatry  
 (2) University of Florida Center for OCD, Anxiety and Related Disorders

### 29. **Racial disparities in postpartum obsessive-compulsive and anxiety symptoms**

Joseph B. Friedman, BA (1), Maya E. Tadross, BS (1), Chase DuBois, BA (1), Emily K. Juel, BS (1), Nicholas Myers, MA (1), Heidi J. Ojalehto, MA (1), Mary Kimmel, MD (1), Raschelle Musci, PhD, MS (2), Gerald Nestadt, MBBCh., MPH (2), Lauren M. Osborne, MD (3), Eric A. Storch, PhD, (4), Jonathan S. Abramowitz, PhD (1)  
 (1) University of North Carolina at Chapel Hill  
 (2) Johns Hopkins University  
 (3) Cornell University  
 (4) Baylor College of Medicine



## 30. A longitudinal study of obsessive-compulsive and depressive symptoms in the postpartum

Maya E. Tadross, BS (1), Chase M. DuBois, BA (1), Joseph B. Friedman, BA (1), Emily K. Juel, BS (1), Nicholas S. Myers, MA (1), Heidi J. Ojalehto, MA (1), Mary C. Kimmel, MD, PhD (1), Rashelle J. Musci, PhD (2), Gerald Nestadt, MD, MPH (2), Lauren M. Osborne, MD (2), Eric A. Storch, PhD (3), Jonathan S. Abramowitz, PhD (2)

(1) University of North Carolina at Chapel Hill

(2) Johns Hopkins Medical Center

(3) Baylor College of Medicine

## 31. Psychometric properties of the Four-Item Obsessive-Compulsive Inventory (OCI-4) in a postpartum population

Maya E. Tadross, BS (1), Chase M. DuBois, BA (1), Joseph B. Friedman, BA (1), Emily K. Juel, BS (1), Nicholas S. Myers, MA (1), Heidi J. Ojalehto, MA (1), Mary C. Kimmel, MD, PhD (1), Rashelle J. Musci, PhD (2), Gerald Nestadt, MD, MPH (2), Lauren M. Osborne, MD (2), Eric A. Storch, PhD (3), Jonathan S. Abramowitz, PhD (2)

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(2) Johns Hopkins Medical Center

(3) Baylor College of Medicine

## Latent profile analysis of postpartum obsessive-compulsive and depressive symptoms

Chase M. DuBois, BA (1), Maya E. Tadross, BS (1), Joseph B. Friedman, BA (1), Emily K. Juel, BS (1), Nicholas S. Myers, MA (1), Heidi J. Ojalehto, MA (1), Mary C. Kimmel, MD, PhD (1), Rashelle J. Musci, PhD (2), Gerald Nestadt, MD, MPH (2), Lauren M. Osborne, MD (3), Eric A. Storch, PhD (4), Joshua A. Langfus, MA (1), Jonathan S. Abramowitz, PhD (1)

(1) University of North Carolina at Chapel Hill

(2) Johns Hopkins Medical Center

(3) Weill Cornell Medicine

(4) Baylor College of Medicine

## TREATMENT

### 32. Intensive treatment outcomes for varying symptom onset

Evan Smith, BA (1), Alexa Callahan, BA (1), Cali Werner, LCSW-S (1), Elizabeth McIngvale, PhD, LCSW (1), Katrina Rufino, PhD (2)

(1) OCD & Anxiety Institute

(2) University of Houston – Downtown

### 33. Respiratory sinus arrhythmia as a predictor of response to exposure and response prevention therapy

Laura C. Jones, BS (1), Jennifer DeHart, MS (1), Andrea D. Guastello, PhD (1), Megan A. Barthle-Herrera, PhD (1), Joseph McNamara, PhD (1), Sarah A. Bottari, MS (1), Damon G. Lamb, PhD (1), Eric C. Porges, PhD (1), Carol A. Mathews, MD (1), John B. Williamson (1)

(1) University of Florida

## Troriluzole, a novel glutamate modulating agent, in development for obsessive-compulsive disorder

Azim Munivar, MD (1), Stephen Kaplita, MS (1), Kimberly Gentile, BA (1), Lia Donahue, MA (1), Deborah Smith, BA (1), Timothy McCormack, BA (1), Christopher Jensen, PharmD (1), Irfan Qureshi, MD (1), Vladimir Coric, MD (1)

(1) Biohaven Pharmaceuticals

## Increasing accuracy in diagnosing OCD in an adult psychiatry outpatient county clinic

Jennifer Siegel, MD (1), Celena Pentagulio, MD (1), Nicole Guillery, MD (1), Jessica Wang, MD (1), Susmitha Varghese, BA (2), Briana Nanton, BA (2), Barbara Van Noppen, PhD, LCSW (1)

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# 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 the 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.

All SIG/Task Force meetings are held in rooms at the Hyatt Regency Orlando. See map on page 11 to find the room each SIG/Task Force meeting is taking place in.

Special Interest Group	Facilitator(s)	Date/Time	Location
<b>Eating Disorders and OCD</b>	Lisette Cortes, PsyD Katie Jeffrey, MS, RDN	Friday, July 26   12:45 – 2:15pm	Rainbow Spring
<b>OCD/SUD</b>	Stacey Conroy, LCSW, MPH Patrick McGrath, PhD	Friday July 26   2:30 – 4:00pm	Blue Spring
<b>Artificial Intelligence*</b>	Brian A Zaboski, PhD	Friday, July 26   2:30 – 4:00pm	Rainbow Spring
<b>Hoarding Disorder</b>	Kiara Timpano, PhD Christiana Bratiotis, PhD Carolyn Rodriguez MD, PhD	Friday, July 26   2:30 – 4:00pm	Silver Spring
<b>Trainees &amp; Therapists with OCD*</b>	Hannah Breckenridge, LCSW Nathaniel Van Kirk, PhD	Saturday, July 27   8:00 – 9:30am	Silver Spring
<b>Autism / OCD</b>	Robert Hudak, MD Jonathan Hoffman, PhD Rebecca Sachs, PhD Alex Kazdan	Saturday, July 27   8:00 – 9:30am	Blue Spring
<b>Trauma &amp; PTSD in OCD</b>	Nathaniel Van Kirk, PhD Caitlin Pinciotti, PhD Lauren Wadsworth, PhD	Saturday, July 27   9:45 – 11:15am	Blue Spring
<b>Helping Professionals with OCD (educator, clergy, healthcare professional, or first responder)</b>	Jessica Parlor, PhD Leigh Sheppard Mallory Hord, RN	Saturday, July 27   12:45 – 2:15pm	Blue Spring
<b>TIC Disorders in OCD</b>	Joshua Nadeau, PhD	Saturday, July 27   12:45 – 2:15pm	Rainbow Spring
<b>Faith &amp; OCD</b>	Katie O'Dunne, DMin, MDiv Carolyn Rigenberg Annie Gottesman	Saturday, July 27   2:30 – 4:00pm	Rainbow Spring
<b>Acceptance and Commitment Therapy (ACT) *</b>	Katy Rothfelder, MA, LPC	Sunday, July 28   9:45 – 11:15am	Silver Spring

\*Open to Trainees and Professionals

## Other Meetings

### OCD Southern California | IOCDF Affiliate General Interest Meeting

*Silver Spring*

Friday, July 26, 2024 | 12:45pm–2:15pm

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. 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.

### OCD South and Central Florida

*Booth 26*

Saturday, July 27, 2024 | 2:15pm–2:30pm

If you'd like to learn more or get involved in the OCD Central & South Florida affiliate, stop by the coffee break on Saturday at 2:15pm to meet local board members!

# ABOUT THE YOUTH PROGRAMMING



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.



## Educational Sessions

The locations and speakers for youth educational sessions taking place during the day on Friday, Saturday, and (half day) Sunday can be found on the grid to the right. Descriptions can be found on the pages following the daily schedule and grids.

## Evening Activities & Support Groups

Our program also includes various evening activities and support groups for elementary, middle, and high schoolers that are not included on the grid to the right. To find timing and locations for youth activities and support groups throughout the weekend, make sure to review the "Youth Programming" sections with the rest of the session descriptions on the pages following the grids.

# #OCDweek

## October 13–19, 2024

### [iocdf.org/ocdweek](https://iocdf.org/ocdweek)



# YOUTH PROGRAM SCHEDULES

	ELEMENTARY SCHOOL <i>Celebration 14–15</i>	MIDDLE SCHOOL <i>Celebration 3–4</i>	HIGH SCHOOL <i>Celebration 1–2</i>
<b>FRIDAY</b>			
8:00AM–9:30AM	<b>ELEMENTARY AND MIDDLE SCHOOLERS + FAMILIES ORIENTATION</b> Natalie Henry, LCSW; Abby Al Asousi; Denise Egan Stack, LMHC <i>Celebration 3 – 4</i>		<b>HIGH SCHOOLERS + FAMILIES ORIENTATION</b> Amanda Petrik-Gardner, LCPC; Elena Fasan, LCSW
9:45AM–11:15AM	<b>OCD AND ME: MONSTER MASH</b> Katrina Scarimbolo, PhD; Leah Cirrincione	<b>TRUTH OR DARE: OCD EDITION</b> Ashley Bramhall, LMFT; Jennifer Lynch, PsyD	<b>WAIT, ERP CAN BE FUN?</b> Noemi Tsai; Lindsey Knott, PhD
12:45PM–2:15PM	<b>FEARSLAYER ACADEMY: JOIN US AND DISCOVER YOUR INNER WARRIOR, SAGE, AND MYSTIC TO SLAY OCD!</b> Erika Nurmi, MD, PhD	<b>CLIMBING THE LADDER- OCD LADDERS CAN BE CREATIVE TOO!</b> Rachel Busman, PsyD; Michael Friedman, PsyD	<b>BULLSEYE! HELP YOUR ARROWS FIND THEIR MARK TO TAKE DOWN OCD</b> Erik Wells, LCSW; Carrie Wendt, CSW
2:30PM–4:00PM	<b>AHOY MATEYS! AN OCD PIRATING ADVENTURE FOR KIDS</b> Amy Jenks, PsyD; Judy Mier-Chairez, PhD; Christopher Pursell, LCSW	<b>FINDING &amp; FIGHTING FEARS: A FUN AND INTERACTIVE SCAVENGER HUNT</b> Allison Solomon, PsyD; Josh Spitalnick, PhD; Nathan Peterson, LCSW; Amy Mariaskin, PhD	<b>AM I THE JERK? IMPROVING SOCIAL SKILLS WHEN YOU HAVE OCD</b> Annie Adams-Roselle, LCSW
4:15PM–5:45PM	<b>LET'S PLAY GAMES WITH OCD</b> Leslie Higgins, PsyD	<b>TIPS FROM TIGGER</b> Jennifer Wells, LISW-S; Lindsey Conover, PhD; Whitney Peters, LPCC; Nicole Bosse, PsyD; Theresa Weeks, PsyD	<b>WHEEL OF MISFORTUNE, THE SEQUEL: AN INTERACTIVE ERP GROUP FOR TEENS</b> Devika Basu, PhD; Hailee Dear, LCSW
<b>SATURDAY</b>			
8:00AM–9:30AM	<b>ONE, TWO, WHAT DO I DO: SHRINKING YOUR OCD MONSTER</b> Megan Barthle-Herrera, PhD; Amanda Balkhi, PhD	<b>JOURNALING YOUR OCD JOURNEY</b> Leah Cirrincione; Emily Bailey, PsyD	<b>BEATS OCD: CREATING YOUR EXPOSURE PLAYLIST</b> Erin Jones, LCMHC; Desiree Untch, LISW-S; Allison Bell, LCSW
9:45AM–11:15AM	<b>COOL DOWN YOUR FEELING TEMPERATURE!</b> Aureen Wagner, PhD; Felicity Sapp, PhD	<b>WHEN THEY JUST DON'T GET IT: MANAGING YOUR FAMILY WHEN YOU HAVE OCD</b> Kyra Cheung; Melissa Mose, LMFT; Katie Buntin; Erika Nurmi, MD, PhD; Jesse Spiegel, PhD	<b>THEY JUST DON'T GET IT! A SESSION FOR HIGH SCHOOLERS</b> Kathy Rupertus, PsyD; Brian Ashenfelter, PsyD; Amelia Serine, PsyD; K. Peer Mugnier, PsyD; Jessie Birnbaum
12:45PM–2:15PM	<b>MOVE THE THOUGHTS AWAY</b> Ria Gill	<b>UNO FOR OCD - WE CAN HAVE FUN WHILE FACING OUR FEARS</b> Amanda Petrik-Gardner, LCPC; Susan Boaz; Megan Dailey	<b>THE POWER OF NOPE: NAVIGATING BOUNDARIES AND TRICKY CONVERSATIONS</b> Stephanie Lehto, PsyD
2:30PM–4:00PM	<b>GOOD IS ENOUGH</b> Sarah Lee, PhD; Amanda Heins, PsyD; Andrew Butchart, DO; Stephan Siwec, PhD	<b>UNLOCKING UNDERSTANDING: NAVIGATING OCD TOGETHER</b> Kyra Cheung; Melissa Mose, LMFT; Katie Buntin, LPCC; Jesse Spiegel, PhD; Chris Baier	<b>WORKING TOGETHER TO "GET" EACH OTHER: ENHANCING COMMUNICATION BETWEEN FAMILY MEMBERS AND TEENS</b> Kathy Rupertus, PsyD; Patricia Hull, PhD; Amelia Serine, PsyD; Brian Ashenfelter, PsyD
4:30PM–6:00PM	<b>IOCDF'S GOT TALENT</b> Marla Deibler, PsyD; Renae Reinardy, PsyD <i>Celebration 3 – 4</i>		<b>CONFERENCE KEYNOTE</b> Daniella Pierson <i>Regency R – S</i>
<b>SUNDAY</b>			
8:00AM–9:30AM	<b>BEING LIKE A MIRROR THROUGH OUR MOVEMENTS</b> Audrey Berdahl-Baldwin, RYT-200	<b>THE HONEY GAMES: A BALLAD OF STICKY THOUGHTS</b> Emily Hemendinger, LCSW, MPH	<b>IMPROV AND OCD: BREAKING OUT OF RIGID THINKING</b> Amy Griffin, EdS, CMHC; Jordan Brown
9:45AM–11:15AM	<b>NO NEED TO BE PERFECT: THE POWER OF ISH</b> Nathan Siegel	<b>MIDDLE SCHOOL OCD QUESTION BOX</b> Annie Adams-Roselle, LCSW	<b>UNRAVELLING OCD</b> Angelique Howington Works, LPC-MHSP; Kelly Carter, LPC-MHSP; Claire Mosteller, MA
11:30AM–1:00PM	<b>ELEMENTARY SCHOOL WRAP UP SESSION</b> Natalie Henry, LCSW	<b>GOALS AND WRAP UP FOR MIDDLE SCHOOLERS- LOOKING AHEAD</b> Jamie Sherman, PhD; Niza Tonarely-Busto, PhD	<b>CLOSING SESSION FOR HIGH SCHOOLERS</b> Emma Kelley-Bell, ASW; Eva Nicolas, PsyD

# THURSDAY SCHEDULE

## Overview

Thursday, July 25, 2024

8:00AM–9:00AM	<b>Check-In and Onsite Registration for the IOCDF Research Symposium*</b> <i>Registration Desk, Regency Foyer</i>
9:00AM–5:30PM	<b>IOCDF Research Symposium*</b> <i>Regency Q</i>
2:00PM–8:00PM	<b>Check-In and Onsite Registration for Annual OCD Conference</b> <i>Registration Desk, Regency Foyer</i>
6:00PM–10:00PM	<b>Thursday Evening Activities &amp; Support Groups</b> <i>Turn to pages 28-31 for descriptions and a detailed schedule.</i>
8:00PM–10:00PM	<b>Welcome Karaoke Party</b> <i>Howl at the Moon, Orlando</i>  What better way to kick off the Conference weekend than with an icebreaker event like live band karaoke for the entire community! Held off-site just a short 10-minute walk away, the highly anticipated Welcome Event allows new and returning attendees to grab a drink, connect with others, and maybe even get up on stage.

\* Additional registration required

## Help someone attend next year's Annual OCD Conference in Chicago!

The Conference Scholarship Fund provides scholarships to applicants in need of financial assistance, enabling them to attend and experience everything the conference has to offer.

**100% of your gift goes directly towards funding these scholarships.**

**Donate today!**



# PRE-CONFERENCE ACTIVITIES

## Thursday

9:00AM–5:30PM

**IOCDF Research Symposium** *Regency Q*

Sponsored 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 ninth 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.

**Additional registration required.**

supported by



8:00PM–9:30PM

**Letting Go of Guilt & Shame: an Interactive Activity** *Celebration 1 – 2*  
**Rebekah Bagley, CPSS**

In this two-part interactive workshop, participants will practice letting go of feelings of guilt and shame associated with intrusive thoughts through expression and connection. The first part of this activity will be a short presentation on common intrusive thought themes and how feelings of shame are a common experience of those of us with OCD.

The second part will be an interactive activity in which participants will create a collective mural of feelings/thoughts associated with shame/guilt, the group then will come together to destroy this mural, symbolically letting go of shame and guilt. The session will end with a short mindfulness session on letting go of shame.

**Fight Songs: Creating An Epic OCD Playlist** *Celebration 3 – 4*

**Molly Martinez, PhD, Perry Leynor, LPC, Findley Harris, LPC**

Music and lyrics are powerful: they can lift our spirits, inspire us to take on challenges, help us express ourselves, connect us with others, give us the bravery to be vulnerable, and encourage us in the face of loss or failure. In our OCD journey, certain songs take on special meaning for many reasons. Some may be triggering and therefore create an exposure opportunity, while others may support our resolve to stand taller, fight longer, or stand back up after we've been knocked down. Come and share a song that has helped you or challenged you in your experience with OCD. Together we will create a playlist of songs that you can add to your OCD recovery arsenal.

## Youth Programming

6:00PM–7:30PM

**Become a Superhero: Fighting Your OCD Monster** *Celebration 14 – 15*

**Danielle McDowell, LCSW, Olivia McDowell**

Prepare to conquer your OCD monster! Join us in challenging and defeating your OCD adversary. In this support group for children aged 5-12, we'll engage in conversations about the OCD journey, unleash our creativity by drawing our own OCD monsters, and don superhero capes to bravely confront and conquer the malevolent force of OCD. Through this interactive session, children will share experiences, express themselves artistically, and gain valuable tricks and tips to stand strong against their OCD monsters. It's a fun and empowering way for kids to face their challenges and build resilience together.

**Are Ya Ready, Teens?: Opening Support Group for**

**High Schoolers** *Celebration 1 – 2*

**Emma Kelley-Bell, ASW, Eva Nicolas, PsyD**

What are you hoping to get out of your IOCDF experience? For some of you, it might have been hard to even get here. Thank you for coming. The goal of this support group is to help high schoolers with OCD build a supportive community and set goals for what they would like to gain out of their time at the Conference. We will start with a fun icebreaker activity and open the discussion for teens with OCD to share about themselves.

**Opening Support Group for Middle Schoolers** *Celebration 3 – 4*

**Jamie Sherman, PhD, Niza Tonarely-Busto, PhD**

This conference-opening support group is designed for middle-school-aged youth with OCD and related disorders. The group will focus on helping youth to normalize experiences with OCD and related disorders. This will be done through joint sharing of youth experiences and what brought youth to the conference. The group will also involve activity-based learning through projects, including an “emotion twister” art project and an externalizing OCD art project. Youth will also discuss challenges with managing OCD as well as successes thus far with managing OCD.

## Evening Activities

6:00PM–7:30PM

**OCD Boot Camp — Motivating and Preparing Yourself to  
Get the Most Out of the Conference** *Regency O*

**Jon Grayson, PhD, Alexandra Reynolds**

Although exposure and response prevention (ERP) may seem scary and risky to sufferers, the truth is that it is not as terrifying as a life lost to OCD — and there is a difference between treatment being hard work versus a nightmare. This presentation aims to clarify both the nature of OCD and its treatment, and to offer stories, encouragement, and steps sufferers can take to motivate themselves and start their journey to freedom from OCD.

8:00PM–9:30PM

**Welcome Karaoke Party!** *Howl at the Moon*

**8815 International Dr, Orlando, FL 32819**

**0.8 miles / 15 minute walk or take the shuttle from the hotel lobby**

After dinner on Thursday night, head on over to Howl at the Moon Orlando for live band karaoke! Open to attendees 21+, this welcome event is just a 15-minute walk from the Conference hotel. Bring your Conference friends as group karaoke is highly encouraged, or show off your pipes solo and meet other Conference goers.

**Disney Trivia** *Regency V*

**Michelle Malloy, MFT**

We'll split up into small teams to see who knows the most about Disney movies, characters, and history!



# THURSDAY EVENING

## IOCDF Meets OCDI Four Square Tradition Celebration 5 – 6

**Kimberly Bullard**

Greetings! The OCDI milieu of Summer 2023 is pleased to invite you to attend the first-ever IOCDF Community Four Square Game in Orlando, FL. It is an opportunity to build community, as well as for everyone to see some of their OCD heroes in a new light. No Experience Needed! We hope you will join us for this exciting opportunity to continue building community outside of the traditional therapeutic setting.

## The LGBTQIA+ Meet-Up Activity and Hang Out! Regency O

The Annual OCD Conference provides support, educational presentations, and OCD resources. Often, attendees report that connecting with others whom OCD impacts is a Conference highlight. The IOCDF's LGBTQIA+ Special Interest Group (SIG) invites you to a meet-up activity featuring queer pop culture trivia, other LGBTQIA+-themed games and activities, lighthearted conversation, and community. We encourage everyone to bring their meal to the hangout and join this meet-up for an opportunity to hang out with other members of the LGBTQIA+/OCD community. This event is perfect for those who travel to the Conference alone and want to meet others similar to them, or seasoned attendees — make sure to bring all your friends. A good time is promised, and yes, allies are welcome!

SIG Leadership, Chris Trondsen, LMFT, Alexandra Reynolds, and Samuel Greenblatt, PsyD will be available to answer any questions about joining the IOCDF special interest group.

## Support Groups

6:00PM–7:30PM

### "Taboo" OCD Themes Support Group Silver Spring II

**Stephanie Lehto, PsyD, Alie Garza, LCSW**

"Taboo" themes in OCD can provide an additional layer of shame and isolation, with intrusive thoughts that are often misunderstood and stigmatized. This support group is intended for individuals who experience "taboo" themes to share about their OCD, normalize these intrusive thoughts, and have a space to connect with others with related themes. Attendees will be encouraged to share and practice validating others.

### A Matter of Life and Death! A Support Group for Suicidal and Self-Harm OCD Celebration 12

**Meryl Reist Gibbel, PhD, Steven Tsao, PhD**

Many people with OCD suffer from intrusive and unwanted thoughts about suicide and/or self-harm. These obsessions are often misunderstood or mistaken for suicidal ideation by those suffering from these thoughts, their loved ones, and even their mental health providers. This group will be facilitated by two psychologists — one who is in recovery from OCD and the other who specializes in the treatment of OCD. Facilitators will share resources to support recovery through reducing isolation, as well as tips for accessing and advocating for proper care. To that end, attendees will have the chance to share their own experiences of suicidal/self-harm OCD and gain support from one another for their recovery journeys.

### A Peer Support Group for Parents & Caregivers of Teens with OCD Celebration 16

**Elena Fasan, LCSW**

Parenting a teen with OCD can be an overwhelming and isolating experience. Meeting other parents and caregivers who are also raising teens with OCD can be a profound, healing, and uplifting experience. This support group offers just that. The facilitator specializes in the treatment of OCD in young people. She routinely works with the parents and caregivers of teen clients, helping them learn to better manage the unique challenge of caring for a teen with OCD and the ways in which OCD symptoms and related behavior affect them. This support group will provide parents a safe space in which they can commiserate with others who truly understand their unique experience, share resources, discuss what has worked for them and what hasn't, ask questions, and share helpful coping strategies.

## Existential OCD Support Group Celebration 13

**Amaka Agulue, LMHC**

The Existential OCD Support Group is a compassionate space for individuals struggling with existential obsessions. In this group, participants will learn coping strategies, discuss experiences, and foster a sense of community amidst the relentless questioning of existence. Together, we explore the nuances of intrusive thoughts and profound uncertainties that accompany existential OCD. Led by an OCD specialist, this group provides encouragement and a shared journey towards reclaiming a sense of control. Join us as we confront this theme of existential fear with techniques and mutual support.

## Have You Tried...?! A Support Group for Individuals Experiencing Chronic Illness & OCD Celebration 8

**Tracie Ibrahim, LMFT, Mary Walters, LMHC, Jake Winchester, LPC, Sandy Robinson**

Are you \*sick\* of people suggesting things that will "cure" your illnesses? (Pun intended.) This is common for people with OCD and chronic illness. The road of OCD recovery is difficult to navigate on its own. Comorbidities that arise with chronic medical issues make that road much harder to travel, with uncertainty weaving its way into every aspect of life, both in treatment and outside of it. Join our safe space as we learn more about tolerating uncertainty, holding space for pain and fatigue, and discussing the nuances of recovery that having OCD and a chronic illness/disability entails.

## Navigating the Challenges of OCD with Multiple Diagnoses Regency U

**Loh-Sze Leung, Noemi Tsai**

Are you caring for a loved one with OCD "and"? Our current mental health landscape often forces us to find treatment for one disorder or presentation at a time without providing the resources or expertise to treat co-occurring symptoms or diagnoses. How can we identify appropriate treatment, advocate for our loved ones' care, coordinate and communicate with providers, and ensure that we are treating the whole person? Come learn about our journey and share hard-won lessons from your journeys as we make space to support each other.

## Sensory/Sensorimotor Obsessions Support Group Silver Spring I

**Lara Rifkin, PhD, Allison David, LCSW**

Sensorimotor obsessions are characterized by preoccupation with a variety of somatic sensations and experiences (such as heart rate, blinking, swallowing, and stomach movement, among others). Sufferers become consumed with monitoring, trying to eliminate, and evaluating the implications of the sensation. Often, these intrusive sensations are not initially conceptualized as OCD and are thus treated differently. We propose that intrusive sensations function in the same manner as intrusive thoughts and should be treated similarly. This group will provide support for those suffering from sensorimotor obsessions, clinicians, and loved ones. We will facilitate discussion about living with sensorimotor obsessions and lead participants in an experiential exercise drawing upon principles of mindfulness, ERP, and ACT to encourage a new relationship with sensations.

## Sibling Support Group Celebration 7

**Michelle Witkin, PhD, Charlotte Baier**

When your brother, sister, or sibling has OCD, you may grapple with many different issues. You may feel like nobody else knows what you're going through. You may wonder how to support your sibling without getting overly involved. You may struggle with mixed feelings, and sometimes you may just feel plain-old lost in the shuffle. Join other kids who have siblings with OCD for this semi-structured support group as we share thoughts and feelings, support each other, and work to problem-solve the unique issues that arise when you have a sibling with OCD.

## Support Group For Relationship-Themed Obsessions Rainbow Spring

**Rebecca Billerio-Riff, LCSW**

While relationship-themed obsessions have become more recognized in recent years, many still struggle to find support from providers who understand the nuances of this theme. It can feel very isolating when OCD goes after the person

# THURSDAY EVENING

who could otherwise be your safe space in times of anxiety and stress. This support group will aim to teach basic psychoeducation on relationship-themed Obsessions, provide tools to manage this theme, and connect sufferers with others who understand how painful relationship OCD (ROCD) can be.

## Why We Think “No” is a Four-Letter Word: Creating Healthy Boundaries Amidst OCD *Blue Spring*

**Carrie Wendt, CSW, Tanya Rummeler, LCSW**

Have you ever been called a people-pleaser or find yourself trapped in the burnout cycle? Overworked, stretched thin, and totally exhausted? Saying “no” seems simple, and as sufferers of OCD, recovering from the “yes-man” syndrome, we feel your pain. OCD’s deep-rooted fears can often lead to relinquishing our dreams for the sake of survival and impairing relationships that are meaningful to us. In this group, we can learn and support one another on this journey. Let’s navigate together how we can set boundaries, understand our needs, and create a life of vitality.

## You Are Not Alone — Learning to Navigate Life When OCD Interferes with Lovingly Parenting Your Child *Celebration 11*

**Allyson Guilbert, LCSW, Nancy Larsen, LCSW**

Often, parents of children with OCD feel alone in their struggles. You love your child, yet OCD is exhausting and demanding. You want to support your child without giving in to OCD but don’t know how. At times, OCD even seems to take over your home. Come meet with other parents going through similar struggles and share ways to take care of yourself and your child as you deal with OCD.

## Young Adult Support Group *Celebration 5 – 6*

**Kyle King**

Welcome to the 29th Annual OCD Conference! Whether this is your first or your 21st conference, these things always feel a bit daunting, especially when you don’t recognize too many of the faces wandering around the conference halls. The main goal of this session is to make this gigantic conference feel a bit easier to manage! The session will give young adults an early chance to get oriented to the schedule of the conference, have some early discussions about experiences so common to folks with OCD, and most importantly, build that sense of community that makes the conference so valuable. We hope to see you there!

## 8:00PM–9:30PM

### Creatives with OCD *Celebration 10*

**Emily Bailey, PsyD**

As creatives with OCD, we experience challenges that are unique and may roadblock us in our creative journeys. Many times we feel discouraged when it comes down to creating within our various arts because of OCD. This support group is a space to share our struggles with OCD as creatives. We hope to share tips on how to get through the hurdles encountered when pursuing a creative hobby or career, while also creating a sense of community and even fostering possible future collaborations.

### Finding YOU When Your Romantic Partner Battles OCD *Celebration 13*

**Josh Spitalnick, PhD, Michelle Witkin, PhD**

When you love someone with OCD, it can feel like the disorder comes crashing into your own life. You may experience exhaustion, frustration, fear, overwhelm, sadness — the list goes on. This interactive support group will focus on taking care of yourself when you care deeply about your romantic partner (i.e., spouse, partner, fiancée) who battles OCD. Facilitated by two psychologists who are OCD specialists with lived experience supporting family members with OCD, this support group will engage attendees to look at the impact OCD has on their lives, explore ways to keep themselves physically and emotionally healthy, identify common needs, and brainstorm on ways to build and access resources all year round. Professionals and non-professionals are welcome!

### It’s Never Too Late to Support Your Adult Child with OCD!

*Celebration 11*

**Jan Stewart, Paul Arnold, MD, PhD**

It’s difficult to watch your adult child face problems at home, work, and with relationships due to their OCD. Whether they have had OCD since childhood or are developing it for the first time as an adult, major life events like transitions to post-secondary education, living on their own, new relationships, marriage, children, and job changes can intensify their stress and symptoms. You are no longer their legal caregiver, so what can you do to continue providing support? Caregivers will enjoy connecting and sharing ideas. Dr. Paul Arnold and Jan Stewart will bring their unique professional and personal experiences, including up-to-date research, to provide helpful strategies. As Jan says, it’s not easy: her adult son’s OCD permeates both his life and hers.

### Mindfulness: Learning How to Strengthen Your Wellbeing

*Rainbow Spring*

**Nancy Larsen, LCSW, Allyson Guilbert, LCSW**

You may have heard of mindfulness and maybe even tried it. You might have thought, “It helps me feel good at the moment, but then my OCD comes back.” True. Mindfulness isn’t a cure for OCD; however, it can be a great addition to your therapeutic process. Mindfulness can help you learn how to approach your OCD struggle in a non-judgmental and compassionate way. The basic concepts you will learn in this group regarding mindfulness will teach you how to experience your pain without getting caught up in your pain. You will feel strengthened mentally, physically, and spiritually, giving you an overall feeling of well-being.

### Moral Scrupulosity Support Group *Silver Spring II*

**Rebecca Billerio-Riff, LCSW, Jake Winchester, LPC**

Moral scrupulosity is a form of OCD that involves unwanted thoughts about morality, ethics, values, and concerns about being “good” in life. It can take many forms, but often includes avoidance of morally ambiguous situations, reassurance-seeking, and significant mental rituals aimed at trying to be certain one is doing or has done the “right” thing. Chief among the symptoms common to moral scrupulosity is self-judgment and self-criticism, along with a tendency to hold oneself to unreasonable or unattainable moral standards. This is a safe and welcoming space for people whose OCD causes them to struggle with moral scrupulosity to share their experiences and find validation and hope from others who really get it.

### Overcoming Religious Scrupulosity Support Group *Celebration 12*

**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.

### Real Men with OCD Don’t Cry *Silver Spring I*

**Christopher Weston, LMFT, MPH**

This support group for men will provide the opportunity to discuss some of the unique issues men face when having to deal with OCD. One overarching challenge involves the stigma surrounding accepting help from others. Many of us have grown up to hide our frailties and that we just need to “suck it up.” You will provide the opportunity to meet other men and discuss subjects such as career decisions, marriage, being a father, dating, medications, and self-esteem, among others. All questions and discussions will be welcomed and treated with respect. You will leave with a renewed sense of hope, as well as a shared camaraderie that comes from sharing and listening to other men who share a common denominator of OCD.

# THURSDAY EVENING

## Support Group for Persons with OCD and BPD *Celebration 16*

**Mallory Hord, RN, Kim Rockwell-Evans, PhD**

This support group will be focused on decreasing stigma and sharing experiences of persons with co-occurring OCD and BPD. We will spend time sharing personal stories, discussing treatment goals, and sharing resources.

## Support Group for Women with OCD *Celebration 8*

**Katy Rothfelder, LPC, Alegra Kastens, LMFT**

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 well-being. This support group will offer a supportive space for female-identifying and non-binary individuals to share their experiences with OCD and related disorders and to foster courage and compassion.

## The Upsides on the Other Side of OCD *Blue Spring*

**Michael Alcee, PhD**

Have you noticed how kind, imaginative, empathetic, and intelligent you are? If you struggle with OCD, odds are you've got these well-developed upsides waiting for you on the other side of OCD (and right now too!). You just need others to help you see these upsides more clearly. That's exactly what this support group is designed to help you do! You'll learn how to own these upsides to enhance your treatment, have more fun, and be more fully "you." You'll also learn about the inspiring ways famous scientists, artists, and innovators tap into these upsides on the other side of their OCD too. Are you ready to tap into the upsides together?

**OCD AND THE BRAIN**

**ocdandthebrain.com**

**International OCD Foundation**

**ocdaction**  
*it's time to act*

**UCL**

A project aimed to bring together OCD researchers and the OCD community, to share experiences of OCD, discuss the impact of the brain's role in OCD, and to make the latest brain research on OCD more accessible and relevant.

 @ocdandthebrain



# It's Back!



November 23-24, 2024

[iocdf.org/onlineocdcon](https://iocdf.org/onlineocdcon)

# FRIDAY SCHEDULE

## Overview

Friday, July 26, 2024

7:00AM–8:00AM	<b>Light Breakfast</b> <i>Exhibit Hall, Regency Rotunda &amp; Foyer</i>	 Breakfast
7:00AM–6:00PM	<b>Check-in and Onsite Registration</b> <i>Regency Rotunda &amp; Foyer</i>	
7:00AM–6:00PM	<b>Continuing Education Desk Open</b> <i>Regency Rotunda &amp; Foyer</i> Attention attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit: <b>Counselors/LMFTs and Physicians/Nurses</b> must sign in and out at the start and end of each day at the CE desk; <b>Psychologists and Social Workers</b> must sign in and out of EACH SESSION attended on the check-in sheets at the back of the session breakout room. See page 6 for more CE/CME information or visit <a href="http://iocdf.org/24ce">iocdf.org/24ce</a> .	
7:00AM–5:45PM	<b>Exhibit Hall Open</b> <b>IOCDF Information &amp; Welcome Booth Open</b> <i>Exhibit Hall, Regency Rotunda &amp; Foyer</i> See page 13 for a list of Exhibitors.	
8:00AM–5:45PM	<b>Conference Presentations</b> See pages 36–40 for a full schedule of presentations.	
8:00AM–5:45PM	<b>Youth Programming</b> <i>Elementary Schoolers: Celebration 14–15</i> <i>Middle Schoolers: Celebration 3–4</i> <i>High Schoolers: Celebration 1–2</i> See page 26 for a full schedule of activities and pages 40–42 for details.	
11:15AM–12:45PM	<b>Lunch on your Own</b>	
11:30AM–12:30PM	<b>NEW! Lunchtime Support Groups</b> Turn to pages 43 for descriptions and a detailed schedule.	
11:30AM–12:30PM	<b>IOCDF DEIAC: Who We Are, What We Do, and Where We're Headed</b> Turn to page 37 for session description	
2:15PM–2:30PM	<b>Afternoon Coffee Break</b> <i>Exhibit Hall, Regency Rotunda &amp; Foyer</i> <b>Sponsored by Newport Healthcare</b>	
6:00PM–8:30PM	<b>Professional Mentoring Session &amp; Networking Mixer</b> <i>Regency Q followed by a reception at Mia's Italian Kitchen</i> Therapist/Clinician & Student/Trainee attendees of the Conference are welcome to a mentoring and networking event to connect with their fellow professionals. <b>Sponsored by Rogers Behavioral Health</b>	
6:00PM–9:30PM	<b>Friday Evening Activities &amp; Support Groups</b> Turn to pages 42–45 for descriptions and a detailed schedule.	

8:00AM–9:30AM

9:45AM–11:15AM

12:45PM–2:15PM

EVERYONE  
(HYBRID)

**ACCESSING TREATMENT FOR OBSESSIVE-COMPULSIVE & RELATED DISORDERS: BARRIERS & SOLUTIONS**  
Kate Sheehan; Jennifer Krafft, PhD;  
Lauren Milgram, MS; Julie Petersen, MS;  
Hannah Frank, PhD  
*Regency R*

**MEDICATION MANAGEMENT AND TREATMENT ALGORITHMS FOR OCD**  
Robert Hudak, MD;  
Samantha Sahi, MD; Steven Poskar, MD;  
Rachel Davis, MD  
*Regency R*

**ERP AND REWARDS FOR LITTLES TO MIDDLES — GETTING EVEN THE YOUNGEST CHILD TO FIGHT OCD**  
Susan Boaz;  
Megan Dailey;  
Katia Moritz, PhD  
*Regency R*

EVERYONE

**NAVIGATING THE INTERSECTION OF OCD AND DAILY LIFE: PRACTICAL STRATEGIES FOR COPING**  
Sarah Fernandez;  
Beth Brawley, LPC;  
Michelle Massi, LMFT  
*Regency T*

**MYTHS AND MISCONCEPTIONS WITHIN CBT WITH ERP FOR OCD: MYTH-BUSTING FOR CLINICIANS AND RESEARCHERS**  
Samuel Spencer, PhD;  
Andrew Guzick, PhD  
*Regency S*

**TREATMENT ANALYSIS PARALYSIS: DECIPHERING WHICH TREATMENT OPTIONS ARE BEST FOR YOU**  
Alison Menatti, PhD;  
C. Alec Pollard, PhD  
*Regency Q*

LIVING WITH  
OCD

**FIXIN TO GET READY TO, JUST STARTIN, OR ALREADY A PRO? ERP: FROM MOTIVATION TO PRACTICE**  
Patrick McGrath, PhD;  
Felicity Sapp, PhD;  
Thróstur Björgvinsson, PhD  
*Regency V*

**LIVING WITH OCD AND RAISING RESILIENT CHILDREN**  
Jennifer Wells, LISW-S;  
Lindsey Conover, PhD;  
Theresa Weeks, PsyD  
*Regency V*

**CAN'T DECIDE ON A TALK? LET'S TALK ABOUT INDECISIVENESS**  
Victoria Lane, LMSW; Nicole Haseman;  
Madeline White; Brooke Miller, RN;  
Cali Werner, LCSW-S  
*Regency V*

YOUNG ADULTS

**ADULTING 101: NAVIGATING ADULT LIFE WITH OCD**  
Emily Hemendinger, LCSW, MPH;  
Rachel Davis, MD;  
Alie Garza, LCSW  
*Regency U*

**CLASS IS IN SESSION: NAVIGATING SCHOOL WITH OCD**  
Madeline White;  
Ez Homonoff, EdS, MEd;  
Megan Dailey;  
Cali Werner, LCSW-S  
*Regency U*

**OCD AND INTIMACY: THE IMPACT OF OCD ON SEX, DATING, AND RELATIONSHIPS**  
Bethany Watson, PhD; Izabela Milaniak, PhD;  
Emily Berk; Kira Wales;  
Mary Walters, LMHC  
*Regency U*

FAMILY &  
CAREGIVERS

**STRATEGIES FOR PARENTING CHILDREN WHO HAVE OCD AND/OR ANXIETY**  
Kathryn Boger, PhD;  
Courtney Villere, PhD  
*Celebration 5 – 6*

**FAMILY ACCOMMODATION IN OCD**  
Denise Egan Stack, LMHC;  
Susan Boaz;  
Crystal Fulwood  
*Celebration 5 – 6*

**COPING WITH ANGER AND COMPLEX EMOTIONS OF PARENTING A CHILD WITH OCD**  
Stephanie Williams; Marni Jacob, PhD;  
Linda King; Chris Baier  
*Celebration 5 – 6*

BDD

**KEY THINGS TO KNOW ABOUT BODY DYSMORPHIC DISORDER (BDD)**  
Katharine Phillips, MD;  
Katia Moritz, PhD  
*Regency O*

**TREATMENT OF BDD**  
Fugen Neziroglu, PhD;  
Katharine Phillips, MD;  
Sony Khemlani-Patel, PhD;  
Natasha Conde-Janel, PhD  
*Regency O*

**HOT TOPICS: NEW RESEARCH FINDINGS ON BDD**  
Jamie Feusner, MD;  
Ulrike Buhlmann, PhD;  
Fugen Neziroglu, PhD  
*Regency O*

CLINICIANS  
INTRO

**GETTING CLEARED FOR TAKE-OFF: OCD ESSENTIAL TREATMENT ELEMENTS 101**  
Barbara Van Noppen, PhD;  
Charles Mansueto, PhD;  
Fred Penzel, PhD  
*Regency S*

**CREATIVITY MATTERS: EXPOSURES WITH CHILDREN AND ADOLESCENTS**  
Katie Merricks, PhD;  
Amanda Privé, PhD;  
Leah Swaim, PsyD  
*Regency Q*

**IS IT OCD, OR IS IT SOMETHING ELSE?**  
Robert Hudak, MD;  
Jenny Yip, PsyD;  
Molly Martinez, PhD  
*Regency P*

CLINICIANS  
ADVANCED

**HOW TO THINK ABOUT INTRUSIVE THOUGHTS AND OVERVALUED IDEATION**  
Fugen Neziroglu, PhD;  
Jon Hoffman, PhD;  
Sony Khemlani-Patel, PhD;  
Curtis Hsia, PhD  
*Regency Q*

**YES WE'RE STILL TALKING ABOUT CULTURE AND DIVERSITY, HERE'S ANOTHER TECHNIQUE**  
Jessica Parlor, PhD  
*Regency T*

**OCD AND PORNOGRAPHY: A COMPLEX RELATIONSHIP EXPLORED**  
Chrissie Hodges, MS, CPFS;  
Jon Hershfield, LCMFT;  
Chad Wetterneck, PhD  
*Regency T*

EMERGING  
TRENDS: NEW  
DIRECTIONS

**BROADENING OUR UNDERSTANDING OF THE GENETICS OF OCD**  
Peggy Richter, MD;  
Paul Arnold, MD, PhD;  
Dorothy Grice, MD  
*Regency P*

**TALES OF THE C(OMORBID)ITY: EXPLORING THE DYNAMIC FEATURES OF CO-OCCURRING OCD AND PTSD**  
Caitlin Pinciotti, PhD; Shala Nicely, LPC;  
Nathaniel Van Kirk, PhD;  
Lauren Wadsworth, PhD  
*Regency P*

**PSYCHEDELICS & OCD: DISCUSSING THE CURRENT STATE OF PSYCHEDELIC RESEARCH AS POTENTIAL OCD TREATMENTS**  
Uma Chatterjee, MS, MHPS; Carolyn Rodriguez, MD, PhD;  
Terence Ching, PhD; Jamila Hokanson, MD;  
Christopher Pittenger, MD, PhD  
*Regency S*

2:30PM–4:00PM

4:15PM–5:45PM

**ADDRESSING THE MISDIAGNOSIS OF OCD IN BLACK AMERICANS: RECOMMENDED COMMUNITY ENGAGEMENT STRATEGIES**  
Darlene Davis Goodwine, PhD  
*Regency R*

**CIRCUITS AND SYMPTOMS: THE FUNCTIONAL NEUROANATOMY OF OCD\***  
Sanjaya Saxena, MD; Boris Litvin, MA  
*Regency T*  
(IN PERSON ONLY)

**DYING TO KNOW! TREATMENT AND RECOVERY WITH SUICIDAL OCD, A PERSONAL AND PROVIDER ACCOUNT**  
Steven Tsao, PhD;  
Meryl Reist Gibbel, PhD;  
Jessie Birnbaum  
*Regency Q*

**ASK JON ANYTHING: THE NATURE OF OCD, PSYCHOLOGICAL TREATMENTS, AND FUTURE DIRECTIONS**  
Jon Hershfield, LCMFT; Jon Grayson, PhD;  
Jon Abramowitz, PhD; Jon Hoffman, PhD  
*Regency S*

**THE GRIEF WE CARRY: NAVIGATING TIME LOST TO OCD AND FINDING PURPOSE IN OUR PAIN**  
Callie Fleece; Tom Smalley;  
Mackenzie Reed, RN;  
Caitlin Claggett Woods, PhD; Peter Cannon  
*Regency V*

**THE USE OF PEER SUPPORT SPECIALISTS IN NORMALIZING THE OCD EXPERIENCE**  
Chrissie Hodges, MS, CPFS; Uma Chatterjee, MS, MHPS;  
Matthew Bannister, PSW;  
William Cumbie Jr., PSS  
*Regency V*

**IT'S COMPLICATED: THE RELATIONSHIP BETWEEN YOUNG ADULTS AND PARENTS WHEN OCD IS INVOLVED**  
Nicole Haseman;  
Elizabeth McIngvale, PhD, LCSW;  
Alex Rosenberg; Kim Vincenty  
*Regency U*

**IS THAT ME OR OCD? FORMING AN IDENTITY OUTSIDE OF OCD**  
Stacia Dancsak, LMSW; Ez Homonoff, EdS, MEd;  
Sidney Lodge; Mackenzie Reed, RN  
*Regency U*

**UNPLUGGING ACCOMMODATIONS: TRANSFORMING FAMILY SUPPORT AT HOME**  
Victoria Cooney, LMHC;  
Michelle Bechor, PhD  
*Celebration 5 – 6*

**PARENTING YOUR ADULT CHILD WITH OCD: INTEGRATING DIVERSE PERSPECTIVES TO BUILD BETTER SUPPORT**  
Ben Eckstein, LCSW; Micah Howe;  
C. Alec Pollard, PhD; Patti Olitzky  
*Celebration 5 – 6*

**ADVANCED BDD CASE PRESENTATION WITH ROLE PLAY AND PANEL DISCUSSION**  
Scott Granet, LCSW; Katharine Phillips, MD;  
Sabine Wilhelm, PhD; Chris Trondsen, LMFT  
*Regency O*

**BDD AND THE FAMILY: AN AUDIENCE Q&A**  
Natasha Conde-Jahnel, PhD;  
Denis Asselin  
*Regency O*

**OH NO! TOOLS AND TIPS FOR EXPOSURES THAT GO WRONG**  
Joseph McNamara, PhD;  
Amanda Balkhi, PhD;  
Shanee Toledano, PhD  
*Regency S*

**PROFESSIONAL PLENARY (HYBRID)**  
**INCREASING ACCESS TO EVIDENCE-BASED TREATMENT FOR OCD: THE EXAMPLE OF NEW YORK STATE**  
Sapana R. Patel PhD; H. Blair Simpson, MD, PhD;  
Robert W. Myers, PhD; Stephanie Cogen, MPH, MSW  
*Regency R*

**INSIDER TIPS: HOW TO OVERCOME CHALLENGES IN FAMILY-BASED OCD TREATMENTS**  
Jenny Yip, PsyD; Barbara Van Noppen, PhD;  
C. Alec Pollard, PhD; Christine D'Urso, PhD;  
Eli Lebowitz, PhD  
*Regency T*

**OCD DISCUSSION: KEY ESSENTIALS AND IMPORTANT NEW DIRECTIONS**  
Bradley Riemann, PhD;  
Caitlin Pinciotti, PhD;  
Jonathan Abramowitz, PhD  
*Regency P*

**FOUNDATIONS AND EVOLUTION OF HOARDING**  
Marnie Cooper; Christiana Bratiotis, PhD, MSW;  
Carolyn Rodriguez, MD, PhD; Sharon Morein-Zamir, PhD;  
Leo Fontenelle, MD, PhD  
*Regency P*

See pages 36-40 for detailed descriptions of each presentation.

- EVERYONE
- LIVING WITH OCD
- FAMILY & CAREGIVERS
- YOUNG ADULTS
- BDD
- CLINICIANS
- 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.

## Educational Sessions

8:00AM–9:30AM

### Strategies for Parenting Children Who Have OCD and/or Anxiety *Celebration 5 – 6*

**Kathryn Boger, PhD, Courtney Villere, PhD**

Does your child engage in rituals or compulsions? Or do they worry so much that it gets in the way of enjoying their childhood? Do they experience frequent stomach aches or headaches? Do they avoid things like birthday parties, academic assignments, or extracurriculars? OCD and anxiety in children and adolescents cause distress not just for children but for everyone in the family. Parenting kids with anxiety and/or OCD is HARD, and it's often counter-intuitive. In this panel, Drs. Boger and Villere will provide strategies for parents and caregivers, facilitate interactive exercises, and allow for a Q&A.

### Navigating the Intersection of OCD and Daily Life: Practical Strategies for Coping *Regency T*

**Beth Brawley, LPC, Michelle Massi, LMFT, Sarah Fernandez**

Life with OCD can be hard to navigate. Knowing that OCD goes after the things we care about, it's easy to feel overwhelmed when various triggers arise through seemingly everyday tasks. Frustration mounts when tasks that would typically require little to no thought feel insurmountable. In this presentation, an advocate with lived experience joins expert OCD clinicians to discuss actionable coping strategies for individuals living with OCD and explore techniques geared toward fostering resilience and mental wellbeing. In addressing the differing and nuanced manifestations of OCD, individuals will be able to personalize approaches to navigating daily life. In addition, we will address the unique role support people hold and disseminate tools to be utilized in difficult moments.

### Adulting 101: Navigating Adult Life with OCD *Regency U*

**Emily Hemendinger, LCSW, MPH, Rachel Davis, MD, Alie Garza, LCSW**

It's an unspoken truth that launching into adulthood is not for the faint of heart. And while high school may have prepared us to use the Pythagorean theorem, what isn't taught is how to do the things that we refer to as "adulting." Some especially challenging hurdles can come when also navigating OCD and related disorders. In this interactive presentation, we will provide skills to assist you through these struggles. So, if the idea of calling to make an appointment makes you feel like you're going to break out in hives, your unread emails are in the hundreds (or thousands), and anything related to taxes might as well be a foreign language to you, we're in this with you.

### Fixin to Get Ready to, Just Startin, or Already a Pro? ERP: From Motivation to Practice. *Regency V*

**Patrick McGrath, PhD, Felicity Sapp, PhD, Thröstur Björgvinsson, PhD**

The treatment for OCD works, but starting treatment can be one of the most difficult things that you will do. Wherever you are in your ERP, this talk is designed for you. Join our panelists as they quickly describe how to get motivated to do and stay in ERP. Then, join us in breakout sessions: If you are "Fixin to get ready" to do ERP, our motivational interviewing group will help you; if you are just getting started in ERP, our "Stay Focused" group will help you; if you are well into ERP, then we are leaving the room and going on an ERP journey. Then, leave the session with a renewed vigor to go out and ERP away!!!!

### How to Think About Intrusive Thoughts and Overvalued Ideation\* *Regency Q*

**Fugen Neziroglu, PhD, Jon Hoffman, PhD, Sony Khemlani-Patel, PhD, Curtis Hsia, PhD**

Defining the quality and nature of obsessive thoughts has long been a research goal in furthering our understanding of OCD and related disorders. Does the content of an obsessive thought predict treatment response? Do all humans experience unwanted and intrusive thoughts, as previous research has suggested? Is our current terminology clinically helpful? Is it even accurate to describe an obsession as intrusive? And how do we address the level of insight and fixed nature of beliefs, called "overvalued ideation," believed to be a negative predictor of treatment outcome? Do all the OCRDs have obsessions similar to OCD? This presentation will explore and debate our current conceptualization and understanding of obsessions and provide some recommendations to guide treatment.

### Key Things to Know About Body Dysmorphic Disorder (BDD)\*

*Regency O*

**Katharine Phillips, MD, Katia Moritz, PhD**

Three presentations will focus on important aspects of body dysmorphic disorder (BDD), a common, often severe, and underrecognized disorder. The first presentation will focus on BDD's definition, key clinical features, and how to diagnose BDD and differentiate it from other disorders with which it is often confused, including OCD, social anxiety disorder, and eating disorders. Because BDD most often begins during early adolescence, the next presentation will discuss BDD in youth. The last presentation will discuss possible causes of BDD, including genetic factors, environmental factors, and aberrations in visual perception.

### Broadening Our Understanding of the Genetics of OCD\* *Regency P*

**Peggy Richter, MD, Paul Arnold, MD, PhD, Dorothy Grice, MD**

Understanding of the genetic basis of OCD has progressed substantially in recent years, but remains elusive. In this presentation, we will review emerging findings from a study of OCD traits in a community sample, and how this approach may enhance genetic understanding of clinical illness. We will then present on two studies delving into the genomics of OCD in non-European populations: LATINO (the Latin American Trans-ancestry Initiative for OCD genomics) is an ongoing study of individuals of Latino/Hispanic heritage, and we will describe a new study of OCD in Black Americans that focuses on families. We will end with a discussion of pharmacogenetics, or how genetic information can be used to better predict drug response and tolerability.

### Accessing Treatment for Obsessive Compulsive & Related Disorders: Barriers & Solutions\* *Regency R*

**Kate Sheehan, Jennifer Krafft, PhD, Lauren Milgram, Julie Petersen, MS, Hannah Frank, PhD**

While evidence-based treatments exist for obsessive compulsive and related disorders (OCDs), most individuals affected by OCDs do not receive treatment. This panel aims to overview access barriers across multiple ecological levels, including client-level (e.g., self-stigma, shame about symptoms), provider-level (e.g., limited expertise in treating OCDs), organizational-level (e.g., office policies), and system-level (e.g., high costs). We will also review considerations related to treatment access for individuals with severe symptoms, minoritized identities, and children. Panelists, including researchers and clinicians with a range of expertise, propose potential solutions to address these barriers. Specifically, the panel will discuss how implementation efforts, self-help, telehealth, and home-, community-, and school-based care can potentially reduce these barriers and promote equitable access to treatments for OCDs.

### Getting Cleared for Take-off: OCD Essential Treatment Elements 101\* *Regency S*

**Barbara Van Noppen, PhD, Charley Mansueto, PhD, Fred Penzel, PhD**

Do you want to learn all you need to know to successfully get started treating OCD? This is the presentation for you! We will provide an overview of the diagnosis of OCD, prevalence, differential diagnosis, how to assess OCD, and how to engage your clients in treatment. The basics of OCD treatment, including exposure and response prevention (ERP) and the importance of family-based cognitive behavioral therapy integrating ERP will be covered. The presentation will conclude with an interactive panel discussion on the best practice "tips" for OCD treatment and to set you up for success.

9:45AM–11:15AM

### Family Accommodation in OCD *Celebration 5 – 6*

**Denise Egan Stack, LMHC, Susan Boaz, Crystal Fulwood**

Living with someone with OCD can be challenging. It is difficult to watch someone you care about deeply suffer so much. Your attempts to help by assisting with OCD rituals can unexpectedly result in more anxiety and frustration instead of less. This presentation will teach you, from a family, clinical, and client perspective, what to do differently so you can be more effective in helping your loved ones. We will also focus on values-driven parenting as an alternative to accommodation.



**Medication Management and Treatment Algorithms for OCD\***

Regency R

**Robert Hudak, MD, Samantha Sahi, MD, Steven Poskar, MD, Rachel Davis, MD**

In this presentation, four psychiatrists who are clinically based will discuss the basic protocols and medication management for OCD. We will discuss when to use medication treatment, and will cover all of the basic medication management strategies for OCD, as well as the proper steps for treating OCD in people who are more complicated. We'll cover which medications are appropriate to use in OCD, how to use them, and what the common side effects are as well as how to manage them. This course will be designed for all prescribers new to OCD treatment, as well as patients and family who would like to be more familiar with OCD medications.

**Creativity Matters: Exposures with Children and Adolescents\***

Regency Q

**Katie Merricks, PhD, Amanda Privé, PhD, Leah Swaim, PsyD**

Motivation to participate in treatment can be challenging to facilitate with youth for a variety of reasons. Unique barriers in the provision of treatment can exist when working with this population, including age, insight, motivation, reluctance, stress, family accommodation, and much more. However, one of the best parts of working with children and adolescents is the opportunity to engage them and their families in treatment in a way that feels less like therapy and more like play. Creating exposures that facilitate fun, engagement, and active participation make the treatment process easier and more effective. We seek to discuss ways to utilize and encourage your creativity and playfulness with this population to enhance exposure work with children and adolescents.

**Treatment of BDD\*** Regency O**Fugen Neziroglu, PhD, Katharine Phillips, MD, Sony Khemlani-Patel, PhD, Natasha Conde-Janel, PhD**

This presentation will focus on three types of treatment: 1) efficacious treatments (CBT tailored to BDD and certain medications); 2) adjunctive treatments (treatments that are sometimes added to CBT and/or medication); and 3) treatment that is not recommended (cosmetic treatment). CBT consists of identifying BDD-related values and beliefs and learning to challenge them, being exposed to situations that trigger compulsions and resisting them, perceptual retraining, and habit reversal for skin picking and hair plucking (if present). First-line medications (serotonin-reuptake inhibitors), including dosing and treatment duration, and medications that are sometimes added to SRIs will be discussed. Other topics will be the role of families and what they can do to enhance outcomes, and adjunctive treatments such as DBT and ACT.

**Yes We're Still Talking About Culture and Diversity, Here's Another Technique\*** Regency T

Jessica Parlor, PhD

Significant progress in awareness has been observed in cultural competency and humility efforts of mental health professionals. Even with the development of awareness, many providers still request techniques to utilize in treatment to acknowledge and explore impact and relevance of cultural and other dimensions of difference. This talk will discuss clinical considerations and techniques informed by child development, systems, and attachment theories that serve to create intentional space and structure for cultural and diversity topics. Integration of the models of minority, cultural, and white identity development will assist with critical observation of the patient-provider relationship and inform further training and supervision needs.

**Tales of the C(omorbidity): Exploring the Dynamic Features of Co-Occurring OCD and PTSD\*** Regency P**Caitlin Pinciotti, PhD, Shala Nicely, LPC, Nathaniel Van Kirk, PhD, Lauren Wadsworth, PhD**

Up to 82% of individuals with OCD have experienced trauma, and 25% of individuals with OCD will experience PTSD at some point in their lifetime. These experiences are associated with more severe and complex long-term trajectories of OCD symptoms. This increased severity and chronicity in co-occurring OCD and trauma/PTSD has been theorized to be a result of dynamic comorbidity wherein the content and/or function of OCD is intertwined with trauma/PTSD (e.g., compulsions help cope with trauma symptoms). Unfortunately, very little has been understood about dynamic comorbidity — until now. This talk will define dynamic comorbidity of OCD and trauma/PTSD, share emerging research about its prevalence and features, and offer lived experience perspectives.

**Myths and Misconceptions within CBT with ERP for OCD: Myth-Busting for Clinicians and Researchers\*** Regency S**Samuel Spencer, PhD, Andrew Guzick, PhD**

Despite CBT with ERP's status as an evidence-based treatment for OCD, there are a growing number of voices casting doubt on its effectiveness (Reid et al., 2021; Uhre et al., 2020). Given the growing doubt and detrimental impact of proliferating misconceptions, it is important for OCD clinicians and researchers to be up to date on the evidence regarding these claims. In this talk, we debunk several myths/misconceptions that abound, including: (a) uncertainty exists concerning the evidence base supporting CBT for OCD, (b) ERP attrition/dropout rates are unacceptably high, (c) risks and patient intolerance of ERP outweigh benefits, (d) CBT has not demonstrated effectiveness in real-world settings, and (e) alternative treatments for OCD need to be expeditiously developed due to limitations of ERP.

**Living with OCD and Raising Resilient Children** Regency V**Jennifer Wells, LISW-S, Lindsey Conover, PhD, Theresa Weeks, PsyD**

It is well known that both genetics and the learning environment play a role in the transmission of OCD from parent to child. Understandably, it is very common for individuals with OCD to worry or obsess about both being good parents and passing the OCD along to their children. This seminar will address those concerns from the dual layers of realistic concern and obsessional content. We will focus on ways that concerned parents, notably those with OCD, can parent in a way that fosters resiliency in their children and in their own parenting style.

**Class is in Session: Navigating School with OCD** Regency U**Madeline White, EdS, EdS, EdS, EdS, Megan Dailey, Cali Werner, LCSW-S**

As most young adults with OCD can attest, OCD does not make school easier. That said, there are ways to ease the burden of navigating school with OCD. Join this talk to hear a school psychologist and a number of young adults with OCD discuss both institutional and personal tips and tricks for thriving in school with OCD. As isolating as it may feel, you're not the first to struggle at this intersection and the community at large is here to help.

**11:30AM–12:30PM****IOCDF DEIAC: Who We Are, What We Do, and Where We're Headed** Regency S**Marcia Rabinowits, PsyD, Terence Ching, PhD, Judy Mier-Chairez, PhD**

The IOCDF Diversity, Equity, and Inclusion Action Council (DEIAC) would like to invite you to learn about our history, mission, and council initiatives. Our panelist of advocates will share our task forces goals, accomplishments, and future projects before launching into a Q&A portion to engage the audience. This panel aims to facilitate a safe space for dialogue and increase awareness of specific diversity initiatives fostering inclusivity within the OCD community.

**12:45PM–2:15PM****Psychedelics & OCD: Discussing the Current State of Psychedelic Research as Potential OCD Treatments\*** Regency S**Uma Chatterjee, MS, MHPS, Carolyn Rodríguez, MD, PhD, Terence Ching, PhD, Jamila Hokanson, MD, Christopher Pittenger, MD, PhD**

Up to one in three OCD patients do not show meaningful improvement to existing treatments; new treatments are urgently needed. Following anecdotal reports suggesting that psychedelics may 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 psychedelic and hallucinogenic compounds, including psilocybin, MDMA, ketamine, and LSD. The topics of this discussion include clinical trial updates, accessible information about how psychedelics may work, distinguishing between psychedelics and psychedelic-assisted therapy, the safety of psychedelics, considerations around clinical trial participation, treatment accessibility, and comorbidities. This accessible discussion is intended for all audiences.

**ERP and Rewards for Littles to Middles — Getting Even the Youngest Child to Fight OCD\*** *Regency R*

**Megan Dailey, Susan Boaz, Katia Moritz, PhD**

Finding ways to incorporate exposure and ritual prevention homework into family life for younger kids in empowering ways can be a challenge for even the most talented clinicians. Kids as young as three can be motivated to fight OCD; you just have to get a little creative. Join our panel that includes an experienced clinician, a parent who created her own motivational systems, and her daughter who has been doing ERP since age three. From incorporating games, to normalizing courage work, to developing reward programs, clinicians will learn how to develop the confidence to integrate treatment with the entire family. This track is appropriate for parent attendance as well.

**OCD and Pornography: A Complex Relationship Explored\***

*Regency T*

**Chrissie Hodges, MS, CPFS, Jon Hershfield, LCMFT, Chad Wetterneck, PhD**

The use of adult sexual media for the purpose of arousal can be a healthy tool in exploring sexual expression and identity. It can also present unique challenges for those living with OCD. Specific content engagement may be a trigger for religious, moral, and taboo obsessions. With sexual obsessions, pornography can be used as a form of testing, checking, and reassurance-seeking, which may strengthen obsessions. In this roundtable discussion, professionals who treat/support OCD will identify ways pornography impacts those with OCD and how this informs OCD-specific treatment. This presentation aims to identify the intersection of religious and moral scrupulosity with pornography use, identify compulsions related to pornography in clinical practice, and to define the difference between addictive and compulsive pornography use.

**Is it OCD, or is it Something Else?\*** *Regency P*

**Robert Hudak, MD, Jenny Yip, PsyD, Molly Martinez, PhD**

Is my patient psychotic? At risk for suicide? Manic or depressed? Or is it OCD? OCD comes in many forms, some of which are scary, bizarre, and/or confusing to patients and providers alike. Even for experts, OCD can be a challenge to differentiate from other conditions, but doing so is vital to determining the best course of treatment. This multidisciplinary panel will highlight considerations that are crucial to identifying OCD and teasing apart common differential diagnoses. Specifically, we will distinguish OCD from psychosis, self-harm/suicidality, Tourette's, depression, perinatal mental health concerns, obsessive-compulsive personality disorder, generalized anxiety disorder, bipolar disorder, and ADHD. We will offer case conceptualizations that illustrate complex clinical presentations and follow decision trees that delineate diagnoses and comorbidities.

**Can't Decide on a Talk? Let's Talk About Indecisiveness** *Regency V*

**Victoria Lane, LMSW, Nicole Haseman, Madeline White, Brooke Miller, RN, Cali Werner, LCSW-S**

Folks with OCD tend to have a lot of traits in common, but few traits seem as common as having a hard time making decisions. And unfortunately, this trait can become a big problem for young adults with OCD, people who are often at a point in their life where they have to make what feel like big decisions. In this panel dedicated entirely to the topic of indecision, we'll talk about why folks with OCD struggle so much with decisions and some tips that may be able to help. After the presentation portion, audience members will break out into five smaller groups for facilitated discussion about indecision. We hope you decide to come!

**Treatment Analysis Paralysis: Deciphering which Treatment Options are Best for You** *Regency Q*

**Alison Menatti, PhD, Alec Pollard, PhD**

The good news? Now, more than ever, a host of sound options exist for treating obsessive-compulsive conditions. The downside? Determining how to select the best treatment option for you or a loved one can be overwhelming! Using a practical format, this session will educate attendees about how to decipher which treatment options are the best fit when it comes to level of care (ranging from outpatient to residential care), treatment modality (telehealth vs. in-person services), and various cognitive-behavioral treatment approaches. Information about how loved ones can best support someone who would benefit from, but is not seeking, treatment will also be shared. Attendees can expect to walk away equipped with the knowledge to make an informed decision on treatment selection!

**New Research Findings on BDD\*** *Regency O*

**Fugen Neziroglu, PhD, Jamie Feusner, MD, Ulrike Buhlmann, PhD**

Although a great deal has been learned about BDD over the past several decades, much still remains to be discovered about this disorder. Three presenters will discuss new findings from research studies on BDD. Dr. Jamie Feusner will present new research results on using 3D avatars and brain imaging to functionally map body size estimation in BDD. Dr. Ulrike Buhlmann will discuss fluctuations in BDD symptoms over time, and Dr. Fugen Neziroglu will present new data on quality of life, depression, and anxiety in BDD compared to OCD.

**OCD and Intimacy: The Impact of OCD on Sex, Dating, and Relationships** *Regency U*

**Bethany Watson, PhD, Izabela Milaniak, PhD, Emily Berk, Kira Wales, Mary Walters, LMHC**

The "quarter life crisis" of emerging adulthood is challenging for all young people, but can become particularly challenging for those with OCD. It is a time of great uncertainty and, given that intolerance for uncertainty is at the core of OCD, young adults diagnosed with OCD tend to experience heightened struggles in navigating this uncertain developmental stage. This session is for young adults and their families who are struggling to manage OCD and mental health providers serving teens and young adults who are struggling with this period of intense uncertainty.

**Coping with Anger and Complex Emotions of Parenting a Child with OCD** *Celebration 5 – 6*

**Stephanie Williams, Marni Jacob, PhD, Linda King, Chris Baier**

Caring for a child with OCD can be emotionally tolling and result in self-care taking a back seat. Emotions like anger, fear, grief/loss, guilt, frustration, and envy of parents of children without OCD are often pushed aside or not spoken about. These completely normal feelings can be overwhelming and isolating when added to an already stressful environment. This interactive session will be an opportunity to hear from a panel of parents with lived experience, supported by expert advice to understand the dynamics of anger and other negative emotions in the context of OCD. We'll then share coping strategies and practical tools to help caregivers manage their own emotional responses to promote a healthier family dynamic in the face of OCD.

**2:30PM–4:00PM**

**Unplugging Accommodations: Transforming Family Support at Home** *Celebration 5 – 6*

**Victoria Cooney, LMHC, Michele Bechor, PhD**

Addressing OCD within the dynamics of a family can be highly challenging, and the ACT Matrix offers a thoughtful approach to tackling these complexities. Grounded in acceptance and commitment therapy (ACT), we will guide families in exploring their dynamics and accommodations through the lens of the ACT Matrix. This allows us to illuminate how their actions impact the overall wellbeing of individuals with OCD. By adopting this approach, families can develop a new way of supporting their loved ones while establishing necessary boundaries on OCD.

**Addressing the Misdiagnosis of OCD in Black Americans: Recommended Community Engagement Strategies\*** *Regency R*

**Darlene Davis Goodwine, PhD**

OCD misdiagnosis occurs because of its diverse symptom manifestations, limited provider awareness, race-specific cultural factors, mental health disparities, mistrust and stigma, and lack of research. The current literature on Black Americans with obsessive-compulsive symptoms speaks to the unique impact of race-specific factors. We seek to extend the discussion beyond the conversation of clinical tools, underrepresentation in research, and mental health disparities to community engagement. Dissemination and outreach strategies that focus on the intersection of race-specific factors and healthcare encounters are outlined. These strategies aim to increase awareness, improve insight for both the providers and Black Americans, and integrate culturally informed dissemination and outreach strategies to improve the identification and treatment of OCD in Black Americans.

## The Grief We Carry: Navigating Time Lost to OCD and Finding Purpose in Our Pain *Regency V*

**Callie Fleece, Tom Smalley, Mackenzie Reed, RN, Caitlin Claggett Woods, PhD, Peter Cannon**

For many with OCD, the grief that we carry is profound. From holidays and birthdays that we couldn't attend (or may even have spent alone), to major milestones that were impacted, to lost time with family and friends, to an often indescribable yearning to "go back" to the person we were "before," the impact of OCD is often palpable. Please join our panelists as they discuss not only the "grief they carry," but the grief that you carry, too. Panelists will share their perspectives on the impact and loss that accompanies OCD, with a message of empowerment that life "after" OCD is possible, too. And remember — the person you have been looking for has been within you all along.

## Advanced BDD Case Presentation with Role Play and Panel\* *Regency O*

**Scott Granet, LCSW, Katharine Phillips, MD, Sabine Wilhelm, PhD, Chris Trondsen, LMFT**

Scott Granet and Chris Trondsen will discuss a patient with a complex presentation of BDD and will demonstrate key components used in cognitive behavioral therapy (CBT) for BDD, which will include role play of effective interventions. The two presenters and other experts in the treatment of BDD (Drs. Katharine Phillips and Sabine Wilhelm) will then discuss the presented case and treatment that was received. This will include a discussion of challenges that clinicians often encounter in challenging cases — including treatment ambivalence, poor/absent BDD-related insight, active seeking of cosmetic treatment, and co-occurring depression — and how they can be addressed. This discussion will be followed by a Q&A with the audience.

## It's Complicated: The Relationship Between Young Adults and Parents When OCD is Involved *Regency U*

**Nicole Haseman, Elizabeth McIngvale, PhD, LCSW, Alex Rosenberg, Kim Vincenty**

At most conferences, there's a talk for younger kids about OCD and their relationship with their parents. But let's be real here, this topic applies to young adults just as much as it applies to kids. For many young adults, OCD strains or complicates their relationship with their parents as they seek to establish themselves as independent adults. This talk is for both young adults and their parents and will give practical tips about accommodation, talking about OCD with a young adult, and addressing the strain OCD may have placed on the relationship between parent and young adult. Stick around after the panel for a 45-minute Q&A session to have your questions answered (because moms always have questions to ask).

## Oh No! Tools and Tips for Exposures that Go Wrong\* *Regency S*

**Joseph McNamara, PhD, Amanda Balkhi, PhD, Shanee Toledano, PhD**

Cognitive behavioral therapy (CBT) with exposure and response prevention (ERP) is considered the gold standard treatment for OCD. However, OCD treatment can be complicated as each person's experience with the disorder is unique, and treatment does not always go the way therapists expect or hope. Therapists face several challenges when implementing treatment. In some cases, avoidance, accommodation, or lack of insight can lead to unexpected challenges that derail a planned exposure. Through case examples and discussion, the goal of this panel discussion is to help therapists develop effective strategies to manage unexpected exposure experiences and enable their patients to engage in these exercises during and after these difficult moments while maintaining treatment progress and therapeutic alliance.

## OCD Discussion: Key Essentials and Important New Directions\* *Regency P*

**Bradley Riemann, PhD, Caitlin Pinciotti, PhD, Jon Abramowitz, PhD**

This presentation will be a panel format including leading experts in OCD discussing important topics such as pediatrics, diversity, inhibitory learning, and intensive treatment options. Each presenter will provide an overview of important features regarding their topic including recent updates and new directions for each. Following this, ample time will be given for question and answer and the audience will be encouraged to provide their views on these topics as well as how they affect their practices or research efforts.

## Dying to Know! Treatment and Recovery with Suicidal OCD, a Personal and Provider Account\* *Regency Q*

**Steven Tsao, PhD, Meryl Reist Gibbel, PhD, Jessie Birnbaum**

Suicidal OCD is characterized by unwanted intrusive thoughts about suicide and compulsions centered on increasing certainty around safety from these thoughts. This OCD subtype is under-represented, often misunderstood, and mistaken for suicidal ideation by those suffering with this subtype, their loved ones, and even their mental health providers. Two psychologists — one in recovery with suicidal OCD and one specializing in the treatment of OCD — will candidly discuss overcoming barriers to accessing proper treatment; implementing ERP for suicidal OCD; addressing stuck points in treatment; catching difficult-to-spot compulsions; the benefits of incorporating humor, self-compassion, and ACT into the treatment process; being in therapy as a mental health provider; and painting a realistic picture of recovery post-ERP with tips for maintaining recovery.

## Insider Tips: How to Overcome Challenges in Family-Based OCD Treatments\* *Regency T*

**Jenny Yip, PsyD, Barbara Van Noppen, PhD, Alec Pollard, PhD, Christine D'Urso, PhD, Eli Lebowitz, PhD**

OCD treatment can be a challenge in itself. Since optimal ERP includes family-based treatment to reduce family accommodation when present, the challenges quickly multiply. Family members can have their own discomfort, ambivalence, resistance, and even co-occurring OCD. How do you break through barriers to achieve successful results? This panel of family-based OCD experts will share insider tips that have been tried and true. Whether you're working with a resistant OCD sufferer or family member(s), a child or adult, without the patient or family member present, you'll discover strategies from each panelist through role play and live demonstrations to overcome challenges in your own family-based OCD treatment!

# 4:15PM–5:45PM

## BDD and the Family: An Audience Q&A\* *Regency O*

**Denis Asselin, Natasha Conde-Janel, PhD**

Denis Asselin and Natasha Conde-Janel, PhD, will discuss the impact of BDD on the family, with a focus on caregiver compassion fatigue. The importance of self-care and understanding one's limits will be addressed, along with common questions received from family members/caregivers. Denis will speak from the perspective of a father, and Natasha will speak from the perspective of an individual living with BDD. Their discussion will include a Q&A in which family members/caregivers are encouraged to participate. The last half of this time slot will consist of an audience Q&A about any aspect of BDD that the audience wishes to discuss, including how to find a therapist, how to have a full life, diversity issues, etc.

## Foundations and Evolution of Hoarding\* *Regency P*

**Marnie Cooper, Christiana Bratiotis, PhD, MSW, Carolyn Rodriguez, MD, PhD, Sharon Morein-Zamir, PhD, Leo Fontenelle, MD, PhD**

This panel will highlight and introduce findings from research and practice on hoarding. Descriptions of basic clinical features will be provided, including an overview of difficulties with clutter, excessive acquisition, organizing, and letting go of possessions. Cross-disciplinary assessment strategies and intervention components will be introduced with a focus on practitioners in mental health, as well as public health, housing, protective services, and first responders. The presenters will discuss common difficulties that arise in treating hoarding. Cognitive and behavioral strategies for individual and group interventions will be described for mental health and other practitioners and peers.

## Is that Me or OCD? Forming an Identity Outside of OCD *Regency U*

**Stacia Dancsak, LMSW, Ez Homonoff, EdS, MEd, Sidney Lodge, Mackenzie Reed, RN**

Young adulthood is often portrayed as a time of identity formation, a time when you learn about what you want out of life. It follows that, when OCD takes up a good chunk of young adulthood, many with OCD may feel unsure of who they are outside of the disorder. This panel will focus entirely on this common experience, bringing both clinicians and young adults together to discuss building a life and sense of self with OCD. The panel itself will be followed by breakout groups where small groups of young adults will get the chance to discuss this pressing topic.

**Parenting Your Adult Child with OCD: Integrating Diverse Perspectives to Build Better Support** *Celebration 5 – 6*

**Ben Eckstein, LCSW, Micah Howe, Alec Pollard, PhD, Patti Olitzky**

Parenting an adult child with OCD can involve some unique challenges. Many parents struggle to know how to help their children as they grow older. They may find themselves excluded from treatment decisions or agonizing over how to navigate their changing role as their children learn to manage life with OCD. This panel — composed of clinicians, a parent, and an adult with OCD — will offer an array of perspectives to shed light on an often under-represented segment of the OCD community. We'll provide attendees with strategies to work with adult children around treatment non-compliance and to build effective ways of supporting adult children with OCD.

**Ask Jon Anything: The Nature of OCD, Psychological Treatments, and Future Directions\*** *Regency S*

**Jon Hershfield, LCMFT, Jon Grayson, PhD, Jon Abramowitz, PhD, Jon Hoffman, PhD**

If you have questions on the nature of OCD, how to get the most out of psychological treatment, where things may be going in the future, or any other OCD-related topic, we have a Jon for you! This Jon-only panel of Abramowitz, Grayson, Hershfield, and Hoffman has a Galapagos tortoise-like 200 years of combined experience in the field, but promises not to go into a shell, no matter what the subject may be. The Jons each have their own distinct perspective on OCD, but one thing they all agree upon is the importance of the OCD community coming together at the Annual OCD Conference to inspire one another. You may have asked, "What would Jon do?" Join us to find out!

**The Use of Peer Support Specialists in Normalizing the OCD Experience** *Regency V*

**Chrissie Hodges, MS, CPFS, Uma Chatterjee, MS, MHPS, Matthew Bannister, PSW, William Cumbie, Jr., PSS**

Peer support is a non-clinical, supplemental support that aids in reducing stigma and shame of mental health symptoms. Peer support helps improve quality of life and normalizes living with mental illness. For individuals living with OCD, the egodystonic nature, the trivialization of symptoms, and shame associated with themes makes normalizing the experience beneficial with peer support specialists to walk alongside sufferers working toward recovery.

Four certified peer support specialists will discuss the importance of peer support in reducing shame with OCD, increasing quality of life, and helping others feel less alone and stigmatized. They will discuss the importance of training and ethical guidelines of practicing peer support, and the role of peer support as a supplementary adjunct to therapy as best practice.

**Circuits and Symptoms: The Functional Neuroanatomy of OCD\***

*Regency T*

**Sanjaya Saxena, MD, Boris Litvin, MA**

This presentation will provide an overview of the abnormalities in brain circuit function and brain structure that have been found in OCD and are strongly associated with the expression of OCD symptoms, as well as response to treatments. We will review the role of neurotransmitters and neurocognitive deficits in OCD. We will also present a short video created for the "OCD and The Brain" website, which was created to make information on brain research in OCD more accessible to our broader community.

**Professional Plenary: Increasing Access to Evidence-Based Treatment for OCD: The Example of New York State\*** *Regency R*

**Sapana R. Patel, PhD, H. Blair Simpson, MD, PhD, Robert W. Myers, PhD, Stephanie Cogen, MPH, MSW**

The quality gap in care for obsessive-compulsive disorder (OCD) has been well documented and impacts millions of individuals worldwide. In response to the need to improving access and quality of care, we will describe the development of a remote, scalable program to educate clinicians and individuals with OCD and their families about OCD in a large public mental health system. We will describe the multi-phased development of the program in partnership with community clinicians and individuals with lived experience. Speakers will highlight the research to practice and policy implications of workforce development programs that may serve as a model for other state systems committed to improving the lives of individuals with OCD.

**Youth Programming**

**8:00AM–9:30AM**

**High Schoolers + Families Orientation** *Celebration 1 – 2*

**Elena Fasan, LCSW, Amanda Petrik-Gardner, LCPC**

This orientation will discuss the logistics of the Conference and provide an overview of the High Schoolers 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.

**Elementary and Middle Schoolers + Families Orientation**

*Celebration 3 – 4*

**Natalie Henry, LCSW, Denise Egan Stack, LMHC, Abigail Al Asousi**

This orientation will discuss the logistics of the Conference and provide an overview of the Elementary School (suggested ages = 11 and younger) and Middle School (suggested ages = 12- 14 y/o) Rooms and the exciting programming over the three days of the Conference. Presenters will also answer questions about the IOCDF, specific sessions, and anything else related to the Conference. You will meet the room counselors and we will play games to get to know each other! This session is for Parents/Guardians as well as kids. Siblings are welcome in these tracks.

**9:45AM–11:15AM**

**Truth or Dare: OCD Edition** *Celebration 3 – 4*

**Jennifer Lynch, PsyD, Ashley Bramhall, LMFT**

In the second edition of this life-size board game, players will act as their own game piece 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. Do they dare to face a scare? Or do they stare truth in the face to take the next space? Surprise twists will give players the opportunity to support those in need along the way. Are you ready to play?

**OCD and Me: Monster Mash** *Celebration 14 – 15*

**Katrina Scarimbolo, PhD, Leah Cirrioncino**

Some individuals with OCD find it helpful to externalize their OCD-related thoughts, feelings, and actions. For some that may include imagining their OCD into a monster, animal, bully, or other external images. During this presentation, your child will work on naming their OCD and expressing how it affects them. This session will include a group discussion and collage-making. Each attendee will be able to demonstrate how their OCD affects them through their collage and (optional) sharing. We will discuss ways to use this strategy in reducing OCD symptoms, increase confidence in ERP skills, and provide psychoeducation related to OCD throughout the presentation.

**Wait, ERP can be fun?** *Celebration 1 – 2*

**Noemi Tsai, Lindsey Knott, PhD**

Is ERP boring and unmotivating? Do you dread doing your ERP homework? This workshop will introduce you to strategies that make ERP more engaging, and yes, even fun. This experiential session will give you time to brainstorm and design exposures that challenge OCD, align with your values, and are playful at the same time. We'll be sure to build in some time to practice some exposure and support each other, too!

**12:45PM–2:15PM**

**Bullseye! Help Your Arrows Find Their Mark to Take Down OCD**

*Celebration 1 – 2*

**Erik Wells, LCSW, Carrie Wendt, CSW**

Does OCD ever feel like a moving target? Well, grab your quiver, because in this presentation we are going to refine your aim. We will look at precision tools for targeting the right fear, effective exposure design (including the values that go into it), and cognitive strategies for seeing the OCD clearly before you even start! We will clarify what the real consequences of doing exposures are versus the "imaginary and irrelevant" ones the OCD insists on, then walk through moving on from an exposure so you can get back to living your life. Let's take it down!

## Fearslayer Academy: Join Us and Discover Your Inner Warrior, Sage, and Mystic to Slay OCD! *Celebration 14 – 15*

**Erika Nurmi, MD, PhD**

In 2023, Community West in Los Angeles launched a therapeutic summer OCD camp, Fearslayer Summer Academy. We created a mini-version for the IOCDF to help kids learn the basics of OCD-fighting skills. Framed in the style of fantasy games, books, and movies, Fearslayer Academy trains youth to develop their inner Warrior strength, Sage wisdom, and Mystic transcendence to overcome OCD.

In our Mini-Fearslayer Academy, we explain core Exposure-Response Prevention (ERP) and Acceptance Commitment Therapy (ACT) principles in a family-friendly format. We will invite participants to take part in live exercises to learn about the powerful tools that can help them take charge of their lives. Presenting therapeutic interventions in a youth-friendly format can help motivate and engage kids in OCD treatment.

## Climbing the Ladder: OCD Ladders Can Be Creative Too!

*Celebration 3 – 4*

**Rachel Busman, PsyD, Michael Friedman, PsyD**

In this interactive and fun session, attendees will learn why creating a meaningful exposure hierarchy (bravery ladder) is important to Exposure and Response Prevention treatment (ERP). The session leaders will provide psychoeducation related to ERP and how hierarchies play an important role. The leaders will guide participants through experiential exercises with the goal of getting familiar with rating/ranking exposures. Each participant will have an opportunity to work on their own bravery ladder with guidance from the session leaders. Attendees will come away from the session with a meaningful ladder that will provide a roadmap for ERP. We will draw from each participant's creativity and offer a variety of materials to create the ladder itself.

## 2:30PM–4:00PM

### Am I the Jerk? Improving Social Skills When You Have OCD

*Celebration 1 – 2*

**Annie Adams-Roselle, LCSW**

This session is designed to bring awareness to ways that OCD can make it difficult to develop social skills, as well as how to improve your friendships when you have OCD. Teens with OCD may especially struggle with how to engage with other people and feel like they are behind their peers when it comes to friendships and dating. Participants will gain skills to move past the OCD voice that tries to sabotage their social life. Much like the infamous advice forum Am I The Jerk on Reddit, this interactive session gives participants a chance to be the judge and decide who is really the jerk: themselves, or OCD?

### Ahoy Mateys! An OCD Pirating Adventure for Kids *Celebration 14 – 15*

**Amy Jenks, PsyD, Judy Mier-Chairez, PhD, Chris Pursell, LCSW**

In this fun, interactive workshop, kids will transform themselves into pirates and learn how to sink OCD's ships. Kids will have the opportunity to dress up like pirates and design their own pirate "values swords". Kids will learn several pirating skills that will help them unhook from their thoughts and bravely face their fears, including talking back to OCD and doing exposure challenges. As a group, we will design an OCD Challenge Map that will take us on an adventure around the conference. While navigating OCD challenges kids will earn treasures and have fun!

## Finding & Fighting Fears: A Fun and Interactive Scavenger Hunt

*Celebration 3 – 4*

**Allison Solomon, PsyD, Amy Mariaskin, PhD, Josh Spitalnick, PhD, Nathan Peterson, LCSW**

The group participation and teamwork, the "out-of-your-seat action", and the use of technology are sure to be a hit with kids and teens, giving them a chance to learn how to recognize and face triggers by hunting them down instead of avoiding them. We hope to give attendees innovative ideas for cultivating a "bring it on" attitude and learning that ERP does not have to be as intimidating as it can sound. Each kid will leave the workshop with more knowledge about OCD, a sense of pride and belonging, and some novel ideas for fighting OCD on their own. This workshop can easily be modified for different age groups as well as different OCD themes. So many possibilities!

## 4:15PM–5:45PM

### Let's Play Games with OCD *Celebration 14 – 15*

**Leslie Higgins, PsyD**

Come have fun while playing games with OCD. We will do an activity and break lots of rules to help us learn to mess with OCD. Get ideas to mess with OCD at home by playing games like Roll the Dice, Simon Says, Pick from the Fishbowl, and Stuffed Toss. One of my favorites is creating your OCD Obstacle Course. Before you leave, create your own game to push back at OCD. Children will need an adult companion to help during the activities.

### Wheel of MISfortune, the Sequel: An Interactive ERP Group for Teens *Celebration 1 – 2*

**Devika Basu, PhD, Hailee Dear, LCSW**

Back by popular demand! 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 "Wheels of MISfortune" and participate 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!

### Tips from Tigger *Celebration 3 – 4*

**Jennifer Wells, LISW-S, Lindsey Conover, PhD, Nicole Bosse, PsyD, Whitney Peters, LPCC, Theresa Weeks, PsyD**

Like Tigger, you're the only you! We are going to learn how to tap into our "bouncy, trouncy, flouncy, pouncy, fun, fun, fun, fun, FUN!" selves to identify and practice using the things that are important to us to become more resilient in the fight over OCD.

We will have activities to help the middle schoolers identify their values. We will then break up into small groups and participate in a variety of activities while using the identified values as motivation. Participants will learn that they can have fun while proving how brave, resilient, and individual they can be.

## 6:00PM–7:30PM

### OCD Crashed My Party: Support Group For High Schoolers

*Celebration 1 – 2*

**Allison Bell, LCSW, Erin Jones, LCMHC**

To share or not to share? Navigating friendships in high school can be both rewarding and challenging, especially when OCD "crashes the party." This is a support group for high schoolers to connect with others who have OCD. You'll be able to hear from others on topics such as the pros and cons of sharing OCD with friends, how to talk about it, avoiding unhelpful reassurance-seeking, and more. The group will focus specifically on navigating friendships and other aspects of your social life with OCD.

### Beads of Bravery: Embrace Resilience in the Face of OCD - Elementary Schoolers *Celebration 14 – 15*

**Ashley Ordway, MEd/EdS, LMHC, Alexa Valko, Brian Olsen**

In this workshop, we will delve into the words and concepts associated with fighting OCD. As patients, how do we embody strength, bravery, courage? What words resonate with our journey of resilience? Through meaningful discussions and activities, we'll discover empowering words that encapsulate the courage it takes to face and conquer OCD. The highlight of the workshop will be creating personalized friendship bracelets adorned with powerful words like 'brave' or 'strong.' These bracelets serve as a tangible reminder that we are not alone in our struggles. The participants will also be encouraged to give them out to others as a reminder. Together, we'll craft a supportive community that celebrates strength, resilience, and the shared journey towards mental well-being.

## **Beads of Bravery: Embrace Resilience in the Face of OCD - Middle Schoolers** *Celebration 3 – 4*

**Tannaz Mirhosseini, MS, Victoria Schweiger, LCMHC, Lacie Lazaro, PhD**

In this workshop, we will delve into the words and concepts associated with fighting OCD. As patients, how do we embody strength, bravery, and courage? What words resonate with our journey of resilience? Through meaningful discussions and activities, we'll discover empowering words that encapsulate the courage it takes to face and conquer OCD.

The highlight of the workshop will be creating personalized friendship bracelets adorned with powerful words like 'brave' or 'strong.' These bracelets serve as a tangible reminder that we are not alone in our struggles. The participants will also be encouraged to give them out to others as a reminder. Together, we'll craft a supportive community that celebrates strength, resilience, and the shared journey toward mental well-being.

## 8:00PM–9:30PM

### **Dungeons and Dragons Character Creation Workshop**

*Celebration 3 – 4*

**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 Acceptance and Commitment Therapy (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 Dungeons and Dragons 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.

## Activities

## 6:30AM–7:30AM

### **Yoga to Cultivate Community, Empowerment, and Tenderness**

*Regency Lounge*

**Audrey Berdahl-Baldwin, RYT-200**

This yoga class combines slow movements along with moments of pause in different postures.

All are welcome. You are invited to show up as you are! All postures are optional; you choose how the class can support you — which could include experiencing the class lying down. You'll contribute to the community through your presence and courage, however you practice.

As someone with OCD, I emphasize the qualities you offer yourself while engaging in the action of yoga — qualities like presence, self-compassion, and non-judgment. In class, we practice the skills of doing something difficult — like exploring a pose or compassionate attention — while returning to the present and proceeding forward. You can borrow a mat or bring two large towels.

## 6:00PM–7:30PM

### **CBT Workshop for BDD** *Regency O*

**Scott Granet, LCSW, Kelly Flanagan, LPC-MHSP**

As in OCD, cognitive behavioral therapy (CBT) is widely accepted as the therapy of choice for BDD. However, since BDD is not simply OCD about physical appearance, therapists need to be familiar with the many ways in which CBT for BDD is different. This workshop will highlight using CBT strategies for the BDD client with a review of

the use of automatic thought records, cognitive distortions, and core beliefs while also reviewing behavioral interventions. These will include exposure and response prevention therapy and mirror/perceptual retraining. Attendees will also become familiar with designing BDD exposure hierarchies and common pitfalls that can disrupt treatment. The presenters will also review the process of assessing for and treating BDD by proxy.

### **Create Anyway: Recovery for Creative Folks with OCD** *Celebration 10*

**Meghan Meros, LCPC, Aly Prades**

For better and for worse, living with OCD can impact creativity and artistic expression. Ready to reclaim creativity from the grips of OCD? Come as you are, with an openness to "create anyway." We'll share practical tips and provide opportunities for experiential learning through creativity stations. Mental health professionals who work with artists and creative folks are also welcome.

### **Flying Solo: Solo Attendee Meet-Up** *Rainbow Spring*

**Elizabeth Bartholomew, LCSW, Naz Naghshbandi, AMFT**

This evening activity is designed for solo conference attendees interested in meeting others. We will start with introductions and then do the "Four C's" icebreaker followed by the "Two Truths, One Lie" game. The popular camera hot potato will be next. This activity is about celebrating these attendees flying solo and getting their conference off to a great start!

### **LGBTQIA+ Fun Night!** *Silver Spring*

**Max Wilson**

Do you identify as a member of the LGBTQIA+ community? Come to our Fun Night! We'll play games, create art, and talk about our shared and individual experiences relating to the queer/trans community. This space is even more important than ever — because we'll be in Florida, where there are lots of scary legislation + laws targeting the queer/trans community.

### **Annual IOCDF Non-Shopping Trip!** *Celebration 16*

**Lee Shuer, CPS**

Whether we're pushing a cart down a store aisle, slowing down to scope out a free pile, or scrolling through an online retail site, the opportunities to over-acquire are endless! Join us for the annual IOCDF Non-Shopping Trip to learn and test skills to manage the urges to get things we don't need, handle the discomfort of "saying no," and regroup to process the experience as a group.

## 8:00PM–9:30PM

### **21st Annual Road to Recovery Tour** *Regency S*

**Jon Grayson, PhD, Lisa Abbrecht, PsyD**

A night you won't forget. Join us as our legendary recovery trip takes to the streets of Orlando to fight OCD. Our 21st year will begin with a brief presentation about our camping trips (as seen in People Magazine) to help inspire you to take the risks of recovery. Following this, participants — consumers, family, and professionals — will go on a field trip throughout Orlando in which participants will experience the exhilaration of conquering OCD fears in a group that goes beyond their 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.

### **Young Adult Game Night!** *Blue Spring*

**Kyle King, Victoria Lane, MSW**

It's one of the most storied and treasured traditions of the Annual OCD Conference — the Young Adult Game Night. After a long day of learning things and stuff at the Conference, the YA game night is a chance to unwind with the folks you've been seeing around so far. Unwind and, of course, compete. There will be laughing. There will be crying. And no matter who wins, it's sure to be a lot of fun.

## Support Groups

11:30AM–12:30PM

### BDD Support Group *Celebration 8*

**Scott Granet, LCSW**

In addition to living with tormenting obsessions and time-consuming compulsive behaviors pertaining to physical appearance, many people with BDD also tend to experience considerable shame and isolation. This support group offers a safe place and a rare opportunity to meet others living with the disorder and to share experiences truly understood by only those who have it. This confidential meeting is also an opportunity to hear stories of successful recovery, and to offer support to those who may still be struggling with many of the daily challenges associated with living with BDD. The group facilitator also has BDD himself.

### Breaking Up With Your OCD: An Experiential Support Group

*Silver Spring*

**Elizabeth Bartholomew, LCSW, Naz Naghshbandi, AMFT**

Topics to be covered include: a) Common reasons why therapy stalls; b) Tips on being patient with the therapeutic process; c) How to externalize your OCD; and d) Ways to focus more on wins as opposed to challenges. This initial introduction will last approximately 10-15 minutes and attendees will be asked to save their questions until the end. The "Dear OCD" document (including 15 prompts) and pens will be passed out. After a brief explanation on how to do the writing intervention, group attendees will complete their paper in 20 timed minutes. Next, they will partner up into groups of 3-4 and have the opportunity to share their answers.

### New to OCD Clinicians Support Group *Celebration 7*

**Amanda Meredith, LCSW, Danielle Claassen, LPC**

Clients are more and more trained to ASK their therapists about providing ERP for OCD, and imposter syndrome can abound for "new to OCD treatment" providers. It can be hard to place yourself in the "expert" role when you're new to the field or new to the treatment model. This support group will be led by a newer OCD therapist and one who has been around for a while. We will validate some of these challenges by providing a supportive experience and accessing the "hive mind" to address: common missteps when OCD treatment is new, a framework for talking about your expertise when you don't feel so expert, and sharing recommendations for ways to further your confidence.

### Parents/Caregivers of Individuals with OCD Support Group

*Celebration 12 – 13*

**Hailee Dear, LCSW, Devika Basu, PhD**

This group will provide a compassionate and supportive space for parents and caregivers of individuals of all ages with OCD. In this support group, participants will be encouraged to seek support and advice, ask questions, share accomplishments, and connect with other families around the day-to-day experiences of supporting children of all ages with OCD. This group is the first in-person meeting of our practice's ongoing, online support group (at Anxiety Specialists of Atlanta), and will be co-facilitated by the two clinicians who currently run the group. Participants are additionally invited to attend our monthly Zoom support group meetings following the conference for continued support and community.

### Talking Taboo (Peer Led Young Adult Support Group) *Rainbow Spring*

**Teagan Miller, Debbie Kolbrener, LPC**

This Peer Led OCD group will open the conversation for those with lived experience to share their story. Leela Sydow and Teagan Miller, both young adults with lived experience, are willing to talk about just about anything in the world of taboo OCD. Teagan and Leela have both experienced a variety of taboo OCD symptoms. This group will be a guided discussion that encourages whoever feels compelled to share to feel safe enough to do so. By the end of this support group, we hope to have made connections with others who "get it." We also hope this support group releases the grip of guilt and shame that often come along with these taboo obsessions.

### OCD and PTSD/Trauma Support Group *Celebration 11*

**Chad Wetterneck, PhD, Molly Schiffer, LCPC**

If you have OCD as well as PTSD or trauma, this support group, sponsored by the IOCDF Trauma & PTSD in OCD Special Interest Group, is for you. A companion activity to the talk "Tales of the Comorbidity: Exploring the Dynamic Features of Co-Occurring OCD and PTSD," this support group will provide a place for you to share your personal experiences and receive support from others who face similar challenges. We'll address topics such as the sometimes overwhelming emotions that accompany having both OCD and PTSD/trauma, realistic expectations for treatment and recovery, the role of self-compassion, and the importance of both acceptance and hope as you journey to reclaim your life.

6:00PM–7:30PM

### ADHD Too? We Hear You. *Celebration 5 – 6*

**Erik Wells, LCSW, Christine Black, LCSW**

Living with OCD is hard enough on its own. Bringing ADHD into the picture can make things feel so much messier! In this support group, we will gather as fellow sufferers of both to hear each others' stories, provide empathy and support, and remember that we are not alone.

### Support Group for BIPOC Individuals *Celebration 7*

**Jessica Parlor, PhD, Kyra Cheung**

OCD does not discriminate - unfortunately, the world does. It can be an especially lonely, isolated, and stigmatized road for Black, Indigenous, and People of Color (BIPOC) who have OCD. This support group will provide the opportunity to connect with other BIPOC individuals in the OCD community in an understanding environment. Attendees will be able to give and receive support and resources around the unique experience of BIPOC individuals with OCD, and build a supportive community that will last far beyond the Conference weekend.

### Family & Friends Support Group *Regency 5*

**Georgiana Paolillo, LMHC, Anna Edwards, PhD**

Using a combination of CBT, ACT, and DBT, we have designed a program to educate and support individuals supporting loved ones with OCD. This group aims to enhance understanding of OCD and how it affects the sufferer in their life. Participants will learn to adaptively respond and manage challenging moments when someone is struggling with OCD. The group provides a supportive environment to share personal challenges and successes and aims to increase participants' ability to maintain personal self-care while supporting someone else's journey toward recovery.

### Grieving Together: A Support Group for Providers Coping with the Loss of Patients to Crisis *Celebration 11*

**Katie O'Dunne, MDiv, DMin, Lori Merling, PhD**

Mental health providers receive abundant training in assessing crisis or suicidality, but there is often inadequate support for clinicians who personally experience patient loss. This support group delves into the aftermath of such occurrences, exploring coping mechanisms and practical steps forward. It tackles the challenges of navigating personal shame and doubt amid societal stigma. The group aims to provide a safe space where providers can share, learn, and receive support as they carry any and every possible emotion. Join us as we foster a supportive community for those navigating the complex aftermath of such challenging situations, letting providers know that, even in this most isolating time, they are not alone.

### In Recovery x2: An OCD and Substance Use Support Group using ACT *Regency 7*

**Gwilym Roddick, DSW, LCSW, Stacey Conroy, LICSW, MPH**

This group will provide a space to learn helpful ways to conceptualize having both OCD and a substance use disorder using Acceptance and Commitment Therapy (ACT). Additionally, we will review skills found in ACT, ERP, and CBT that can help people address both issues and concurrently. We will also provide psychoeducation on some of the unhelpful and helpful aspects of 12-Step for people with OCD. Participants who wish to share may do so.

## Grupo de Apoyo para la Comunidad Latina/Support Group for Spanish Speakers *Celebration 8*

**Kimberly Bullard, José Martínez Sánchez, MA**

Latinxs que padecen del trastorno obsesivo-compulsivo (TOC) enfrentan desafíos adicionales y necesidades particulares, tal como discriminación étnica, obstáculos lingüísticos, vergüenza, estigma cultural, aislamiento y trauma racial. Estos limitan con demasiada frecuencia su acceso a un diagnóstico y al tratamiento adecuado, a grupos de apoyo hispanohablante, y a la posibilidad de crearse una vida digna acorde a lo que valoran. Ofrecemos un espacio inclusivo, privado y libre de prejuicios para los individuos con TOC, sus familiares, su entorno de apoyo, investigadores y especialistas en salud mental para normalizar estas dificultades y crear una comunidad hispanohablante libre de estigma. Les invitamos a una charla donde se puede compartir experiencias personales, aprender, e intercambiar tips, recursos gratuitos y validación. ¡No estás solo!

## Vintage Voices *Blue Spring*

**Valerie Andrews, Kim Rockwell-Evans, PhD**

This group shall offer a safe space, where we can share our stories, our resources, and triumphs, as we address the unique needs and experiences of growing older with OCD.

## LGBTQ+ OCD Intersectional Support Group *Regency U*

**Angelique Howington Works, LPC-MHSP, Kelly Carter, tLPC-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.

## 8:00PM–9:30PM

### Anxiety in Athletes *Rainbow Spring*

**Cali Werner, LCSW-S**

Mental health in sports has hit the media like wildfire over the past few years thanks to Olympians like Molly Seidel, Michael Phelps, and Simone Biles leading the way by speaking up about their own personal struggles. However, many of us continue to suffer in silence due to the fear that we may be judged or benched for our anxiety. This support group will provide a space for open discussion around the nuances of OCD, performance anxiety, and perfectionism in sport. Leaders will share their own personal and professional experiences of struggling with anxiety in sport. The group will motivate participants to lean in with ERP to win back the love of sport anxiety tries to take away.

### Compassionate Support for OCD and Eating Disorders *Silver Spring*

**Michael Sheffield, PsyD, Lissette Cortes, PsyD**

Although found to commonly co-occur with OCD, eating disorders are often underdiagnosed or undertreated. Individuals with this comorbidity may find themselves feeling isolated, overwhelmed, and misunderstood. We invite individuals with lived experience and their support persons to join us in a safe, non-judgmental environment to explore the challenges of managing these disorders concurrently and to receive support from both peers and professionals. Group facilitators will provide both education and compassionate support to assist individuals in navigating the complex challenges involved when these conditions intersect, including those that arise when seeking treatment.

### Empowering Parents: Navigating the Journey with Young Adults Battling OCD *Regency V*

**Tannaz Mirhosseini, MS, Lacie Lazaroe, PhD**

Adjusting to the evolving dynamics as children grow into adults can be challenging for parents. Whether they remain close to home or venture far away, the need for substantial parental support persists. When OCD is a factor, the complexity intensifies. Parents grapple with establishing and maintaining healthy boundaries, especially considering the impact of OCD on relationship dynamics in families. Many parents find themselves with a limited support system to turn to during

this transitional phase into parenting a young adult. In response, we recognize the importance and value of creating a dedicated space for parents to come together, share experiences, and offer support in navigating the challenges of supporting their adult children with OCD.

### Finding Support for Living with a Romantic Partner Who Has OCD *Celebration 16*

**Annabella Hagen, LCSW, Christine Black, LCSW**

Relationships can be tricky at the best of times, but when OCD comes calling, it can feel like a whole different ball game. You're there for your partner, but who's there for you? Navigating the twists and turns that OCD brings into a relationship can be stressful and exhausting. During this support group, we'll address empowering tips and give you the opportunity to connect with others who get it. OCD might be a third wheel in your relationship, but you can find strength, resilience, and confidence to enjoy your relationship to the fullest. You can do this!

### Living with BDD: Caring for Sufferers While Caring for Yourself

*Regency O*

**Denis Asselin, Natasha Conde-Janel, PhD**

While their focus is understandably on trying to support and find help for the person with BDD, family members and caregivers all too often feel alone as they struggle to cope with such a tormenting disorder. This is a rare opportunity for those involved in caring for a loved one with BDD to both receive and offer support to others. This support group will be moderated by two people who have lived experience with BDD: one as someone living with it and another as a parent.

### Living with Bipolar Disorder and OCD Support Group *Celebration 8*

**Nathan Siegel, Molly Schiffer, LCPC**

We are excited to have this group returning for its third 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 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.

### Misophonia Support Group *Celebration 7*

**Megan Faye, PsyD, Rebecca Schneider, PhD**

Living with misophonia or with a loved one with misophonia can be stressful, overwhelming, and, at times, lonely. If you struggle with misophonia, you may feel misunderstood by those around you. In this group, attendees will have the opportunity to connect with others who share their experiences and receive support for symptoms of misophonia. This group is intended to build a sense of community and empowerment for navigating the experience of misophonia, with members sharing their stories and successes in managing triggers. Experienced clinicians will aid in guiding this discussion, as well as offer support through discussion of psychological interventions that can be useful for coping with misophonia symptoms.

### Staying the Course — Navigating the Rocky Road of Parenting OCD from Childhood to Adults *Regency U*

**Kim Vincenty, Ashley Ordway**

A support group for parents who have been supporting a child's OCD journey for a long time or for those who need encouragement as they begin the journey of parenting OCD.

### Support Group for Adults with PANS/PANDAS *Celebration 11*

**Elise Petronzio, Sheilah Gauch, LICSW**

Many PANS/PANDAS support groups are for the parents of children with these illnesses. Not this one! This group is for adults who want to talk about living with PANS/PANDAS, whether you've had it since you were a kid, developed it as an adult, or are in treatment now, whatever the case may be. The group will be facilitated by a mental health professional with two children with PANS/PANDAS and an adult currently in treatment for PANS with Peer Recovery Specialist training.



**Support Group For Autistics With OCD** *Regency T*

**April Kilduff, MA, LCPC, LPCC, LMHC**

This will be a safe space where we can explore how being autistic can impact your OCD & ERP. ERP can feel extra scary when you're autistic & have OCD since there are so many more unknowns. Will my therapist understand my neurodivergence? What if my autistic support needs to 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 having multiple neurodivergents. This group is only for professionally or self-diagnosed autistics in order to facilitate deeper discussion & sharing. Join me!

**Tech Related Rituals — We Got Ya!** *Celebration 5 – 6*

**Amanda Meredith, LCSW**

We live in a digital age and OCD can quickly develop rules — what to post, when to post, what is or is not a “good” email address, how many apps you can leave open on your phone... This support group is aimed at helping you realize that you are

not alone, with a specific focus on recognizing the values you see in technology and using this to scale ERP for yourself (either on your own or with your therapist). Feel free to drop in to share how you've successfully challenged these rituals as well!

**Using Self-Compassion for Perfectionism OCD** *Celebration 12 – 13*

**Allyson Guilbert, LCSW, Nancy Larsen, LCSW**

I see it. It's right in front of me. An Oasis. If I can just reach it... But wait, where did it go? I thought it was right in front of me... Perfectionism OCD is the Oasis that keeps moving. Your intrusive thoughts keep telling you you've almost reached your goal and your potential, only to find out you never make it. Do you ever feel this way? This group invites sufferers of perfectionism OCD to explore their struggle through the practice of self-compassion. Self-compassion is gentle and kind and brings you to a place of healing and understanding of your OCD's need to be perfect. We invite you to join us as we explore a new Oasis called self-compassion.

**Support Students with Anxiety and OCD this Back-to-School Season!**

**ANXIETY  
IN THE  
CLASSROOM**

IOCDF's *Anxiety in the Classroom* is your ultimate resource for understanding and addressing anxiety and OCD in school settings.

- **FOR EDUCATORS:** Access comprehensive guides, lesson plans, and professional development.
- **FOR PARENTS:** Gain actionable tips and resources to support your child's success.
- **FOR STUDENTS:** Find peer stories and self-help tools to manage anxiety and OCD.

Together, we can provide students with the support they need to thrive at school and beyond. Visit *Anxiety in the Classroom* today and start making a difference!

**anxietyintheclassroom.org**



# 2024 ADVANCED FORUM

Toronto, ON October 25 – 27, 2024

## Flexibility Within Fidelity: Adapting Evidence-Based OCD Treatments to Client Factors

An advanced training event exploring treatment adaptations based on client factors and intersectional identities (race, culture, ethnicity, gender identity, sexual orientation, disability status, neurodiversity, comorbidities, religion, perinatal factors, etc.)



Scan for more info

# SATURDAY SCHEDULE

## Overview

Saturday, July 27, 2024

7:00AM–8:00AM	<b>Light Breakfast</b> <i>Buffet Breakfast throughout Exhibit Hall, Regency Rotunda &amp; Foyer</i> High-top tables will be scattered throughout the Exhibit Hall.	 <b>Breakfast</b>
7:00AM–6:00PM	<b>Check-in and Onsite Registration</b> <i>Registration Desks, Regency Foyer</i>	
7:00AM–6:00PM	<b>Continuing Education Desk Open</b> <i>Regency Rotunda &amp; Foyer</i> Attention attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit: <b>Counselors/LMFTs and Physicians/Nurses</b> must sign in and out at the start and end of each day at the CE desk; <b>Psychologists and Social Workers</b> must sign in and out of EACH SESSION attended on the check-in sheets at the back of the session breakout room. See page 6 for more CE/CME information or visit <a href="http://iocdf.org/24ce">iocdf.org/24ce</a> .	
7:00AM–5:45PM	<b>Exhibit Hall Open</b> <b>IOCDF Information &amp; Welcome Booth Open</b> <i>Exhibit Hall, Regency Rotunda &amp; Foyer</i> See page 13 for a list of Exhibitors.	
8:00AM–3:45PM	<b>Conference Presentations</b> See pages 48–53 for a full schedule of presentations.	
8:00AM–6:00PM	<b>Youth Programming</b> <i>Elementary Schoolers: Celebration 13–14</i> <i>Middle Schoolers: Celebration 3–4</i> <i>High Schoolers: Celebration 1–2</i> See page 26 for a full schedule of activities and pages 53–55 for details.	
11:15AM–12:45PM	<b>Lunch on your Own</b>	
11:30AM–12:30PM	<b>NEW! Lunchtime Support Groups</b> Turn to pages 55–56 for descriptions and a detailed schedule	
11:30AM–12:30PM	<b>Stronger Together: Combining Our Voices To Address OCD Misinformation in the Media!</b> Turn to page 51 for session description	
2:15PM–2:30PM	<b>Afternoon Coffee Break</b> <i>Exhibit Hall, Regency Rotunda &amp; Foyer</i> <b>Sponsored by OCD Central &amp; South Florida</b>	
4:30PM–6:00PM	<b>Awards Presentations and Keynote Address</b> <i>Regency R–S</i> <b>Keynote Speaker Sponsored by OCD &amp; Anxiety Institute</b>	
6:00PM–7:00PM	<b>Researcher and Exhibitor Meet &amp; Greet</b> <i>Exhibit Hall, Regency Rotunda &amp; Foyer</i> Cash bars throughout Exhibit Hall, light snacks provided.	
6:30PM–8:00PM	<b>Saturday Evening Activities &amp; Support Groups</b> Turn to pages 55–56 for descriptions and a detailed schedule.	
7:00PM–10:00PM	<b>OCD Conference Party</b> <i>Plaza International Ballroom</i> Cash bar and light dinner. <b>Sponsored by Ascension</b>	

8:00AM–9:30AM

9:45AM–11:15AM

12:45PM–2:15PM

EVERYONE  
(HYBRID)

**THE PERFECT PROBLEM: THE OVERLAP BETWEEN PERFECTIONISM AND OCD— AND WHAT TO DO ABOUT IT**  
Taylor Newendorp, LCPC; Mia Nuñez, PhD; Nicholas Farrell, PhD; Shauna Pichette, LPC; Carolyn Ringenberg  
*Regency R*

**GETTING RUBBED THE WRONG WAY: WHAT PARENTS AND CLINICIANS SHOULD KNOW ABOUT SENSORY DYSREGULATION**  
Robert Hudak, MD; Jon Hoffman, PhD; Jenny Yip, PsyD; Fred Penzel, PhD  
*Regency R*

**OCD AND “THE L WORD”: EXPLORING THE UNIQUE EXPERIENCES OF LGBTQIA+ PEOPLE WITH OCD**  
Caitlin Pinciotti, PhD; Lauren Wadsworth, PhD; Alegra Kastens, LMFT; Katie Boyer, LCSW  
*Regency R*

EVERYONE

**PANS/PANDAS: WHAT IT IS, WHAT TO LOOK FOR AND HOW TO SUPPORT**  
Sheilah Gauch, LICSW; Elise Petronzio; Abby Gauch  
*Regency U*

**IN MY SHOES: HIGHLIGHTING THE REALITIES OF THE CULTURALLY DIVERSE ROAD TO RECOVERY**  
Uma Chatterjee, MS, MHPS; Alexandra Reynolds; Tracie Ibrahim, LMFT; Valerie Andrews; Darlene Davis Goodwine, PhD  
*Regency T*

**DON’T LET OCD BE A THIRD WHEEL IN YOUR RELATIONSHIP**  
Wilfredo Rivera Pérez, PsyD; Ana Violante, MS; Emily Berk; Michael Schramm  
*Regency S*

LIVING WITH OCD

**CONQUERING STIGMA AND SHAME AROUND SEXUAL AND AGGRESSIVE OBSESSIONS: A FAMILY PANEL**  
Andrea Kulberg, PhD; Zienna Hamilton; Kelly Hamilton; Foster Eddy; Curren Hollister  
*Regency V*

**SEX EDUCATION: HOW OCD CAN INTERFERE WITH SEX, ROMANCE, SEXUALITY, AND INTIMACY!**  
Kyle King; Chrissie Hodges, MS, CPFS; Alegra Kastens, LMFT; Chris Trondsen, LMFT  
*Regency V*

**EVERYDAY I’M HUSTLIN’: HOW TO INCORPORATE ERP INTO EVERYDAY LIFE**  
Andrew Gottworth; Victoria Lane, LMSW; Erika McCoy; Elizabeth McIngvale, PhD, LCSW  
*Regency V*

FAMILY & CAREGIVERS

**MOVING UP: SUCCESSFUL STUDENT TRANSITIONS**  
Denise Egan Stack, LMHC; Ez Homonoff, EdS, MEd  
*Celebration 5 – 6*

**WHEN KNOWING WHAT TO DO DOESN’T SEEM LIKE ENOUGH: PROBLEM SOLVING TRICKY SITUATIONS IN PARENTING KIDS WITH OCD**  
Catherine Worthington, PhD; Angela Springer, LCSW  
*Celebration 5 – 6*

**THE SIBLING EXPERIENCE: OCD IS A FAMILY AFFAIR**  
Michelle Witkin, PhD; Charlotte Baier; Naia Albert; Dylan Haseman; Sophia Boultinghouse  
*Celebration 5 – 6*

HOARDING DISORDER

**HOARDING THROUGH OUR EYES: THE INTERSECTION AND IMPACT OF OCD AND COMPULSIVE HOARDING**  
Mackenzie Reed, RN; Randy Frost, PhD; Juliet Gustafson, LMSW; Micah Howe; Haley Rhodes  
*Regency O*

**THE INVISIBLE WEIGHT OF DIGITAL HOARDING**  
Renae Reinardy, PsyD  
*Regency O*

**RESEARCH FLASH TALKS ON HOARDING DISORDER**  
Christiana Bratiotis, PhD, MSW; Randy Frost, PhD; Kiara Timpano, PhD  
*Regency O*

CLINICIANS INTRO

**COMPULSIONS, TICS, OR STIMS, OH MY! UNDERSTAND THE DIFFERENCE TO DIRECT MORE EFFECTIVE TREATMENT.**  
Karan Lamb, PsyD; Stacy Greeter, MD; Alie Garza, LCSW; Nafisa Reza, MD  
*Regency T*

**ERP, ACT AND I-CBT: CONSIDERATIONS IN TREATMENT SELECTION FOR OCD**  
Molly Martinez, PhD; Catherine Goldhouse, LICSW; Jon Abramowitz, PhD; Eric Storch, PhD  
*Regency S*

**WHY DO FAMILIES ACCOMMODATE AND WHAT TO DO ABOUT IT: ACROSS THE LIFESPAN**  
Barbara Van Noppen, PhD; Michelle Dexter, PhD; Felicity Sapp, PhD; Melissa Mose, LMFT  
*Regency T*

CLINICIANS ADVANCED

**IT’S ALL ABOUT THE KIDS! Q&A WITH AN EXPERT PANEL OF PEDIATRIC OCD PSYCHOLOGISTS**  
Marni Jacob, PhD; John Piacentini, PhD; Aureen Wagner, PhD; Eric Storch, PhD  
*Regency S*

**KEEPING THE FAITH: HOW TO ETHICALLY AND COMPETENTLY TREAT RELIGIOUS SCRUPULOSITY**  
Caitlin Claggett Woods, PhD; Justin Hughes, LPC; Katie O’Dunne, MDiv, DMin; Emily Bailey, PsyD; Mubeena Mirza, LCSW  
*Regency U*

**ASK THE EXPERTS**  
Michelle Massi, LMFT; Allison Solomon, PsyD; Marisa Mazza, PsyD; Krista Reed, LCSW; Stacy Greeter, MD  
*Regency U*

CLINICIANS ADVANCED

**TREATMENT OF OBSESSIVE COMPULSIVE PERSONALITY DISORDER**  
Anthony Pinto, PhD; Steven Poskar, MD; Michael Wheaton, PhD; Ashley Jennings, PhD  
*Regency Q*

**YOU CAN DO THIS: THE IMPLEMENTATION OF EVIDENCE-BASED PRACTICES FOR OCD & SUBSTANCE USE DISORDERS**  
Gwilym Roddick, DSW, LCSW; Patrick McGrath, PhD; Stacey Conroy, LICSW, MPH; Lauren Rosen, LMFT; Margaret Sisson  
*Regency Q*

**CAN OCD SPECIALISTS TREAT EATING DISORDERS? CONCEPTUALIZING ORTHOREXIA AND ARFID THROUGH AN OCD LENS**  
Lauren Rosen, LMFT; Beth Brawley, LPC  
*Regency Q*

EMERGING TRENDS: NEW DIRECTIONS

**EMERGING TRENDS IN BFRB TREATMENT: TOWARD PSYCHOTHERAPY INTEGRATION**  
Marla Deibler, PsyD; Renae Reinardy, PsyD; Kate Morrison, PhD; Laura Chackes, PsyD; Leila Capel, MS  
*Regency P*

**AUTOIMMUNE OCD SUBTYPE: IMMUNOLOGICAL CAUSES — WHAT CLINICIANS AND PATIENTS NEED TO KNOW**  
Craig Shimasaki, PhD  
*Regency P*

**RESEARCH UPDATES IN CHILDHOOD AND ADOLESCENT OCD**  
Andrew Guzick, PhD; Eric Storch, PhD; Jennifer Freeman, PhD; Joseph McGuire, PhD  
*Regency P*

2:30PM–4:00PM

**IT'S MY BABY, TOO! TREATMENT OF PERINATAL AND POSTPARTUM OCD ACROSS DIVERSE CAREGIVERS**

Ben Eckstein, LCSW; Marni Jacob, PhD;  
Mary Kimmel, MD; Michelle Massi, LMFT  
*Regency R*

**Q&A ABOUT MEDICATIONS FOR OCD AND RELATED DISORDERS WITH SOME OF U.S.'S LEADING EXPERTS**

Steven Poskar, MD; Carolyn Rodriguez, MD, PhD;  
Sanjaya Saxena, MD; Christopher Pittenger, MD, PhD  
*Regency S*

**"ADVOCACY IN ACTION": BECOMING AN ADVOCATE**

Darlene Davis Goodwine, PhD;  
Erika McCoy;  
Alexandra Reynolds;  
Halima Flynt  
*Regency V*

**FINDING BALANCE: LEARNING HOW TO SET BOUNDARIES AND PROVIDE COMPASSIONATE SUPPORT**

Brittany Rudy, PhD;  
Anna Baker, PhD; Paige DeWeese, LPC  
*Celebration 5 – 6*

**ADDRESSING THE HOARDING CRISIS IN METHUEN, MASSACHUSETTS**

Sara Hatfield, CHES;  
Patrick McCarty  
*Regency O*

**BREAKING BARRIERS: CULTURALLY COMPETENT OCD TREATMENT FOR LGBTQIA+ CLIENTS**

Shauna Pichette, LPC;  
Danielle McDowell, LCSW  
*Regency T*

**INTENSIVE EXPOSURE AND RESPONSE PREVENTION: WHO, WHAT, WHERE, WHEN, WHY, AND HOW**

Rebekah Mennies, PhD;  
Lara Rifkin, PhD;  
Lauren Webb, PhD  
*Regency U*

**CO-OCCURRING AUTISM SPECTRUM AND OBSESSIVE-COMPULSIVE DISORDER: CLINICAL CONSIDERATIONS**

Peggy Richter, MD; Pushpal Desarkar, MD;  
Rahat Hossain, MD; Jenifer Cullen, PhD;  
Samantha Faden  
*Regency Q*

**MISOPHONIA — IT'S NOT OCD**

Andrew Guzick, PhD; Rebecca Schneider, PhD;  
Julie Petersen, MS; Samuel Spencer, PhD;  
Joseph McGuire, PhD  
*Regency P*

4:30PM–6:00PM

**KEYNOTE ADDRESS & AWARDS**

**Daniella Pierson**  
*Regency R – S*



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See pages 50-53 for detailed descriptions of each presentation.

- EVERYONE**
- LIVING WITH OCD**
- FAMILY & CAREGIVERS**
- CLINICIANS**
- 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.

## Educational Sessions

8:00AM–9:30AM

### Emerging Trends in BFRB Treatment: Toward Psychotherapy Integration\* *Regency P*

**Marla Deibler, PsyD, Renae Reinardy, PsyD, Kate Morrison, PhD, Laura Chackes, PsyD, Leila Capel, MS**

Body-focused repetitive behaviors (BFRBs), such as hair pulling, skin picking, and nail biting, are common, affecting as many as one in 20 individuals. Although habit reversal training (HRT) has historically been considered the “gold standard” intervention, the treatment landscape has broadened over recent decades to include the comprehensive model for behavioral treatment (ComB), acceptance and commitment therapy (ACT), and dialectical behavior therapy (DBT)-enhanced HRT. Despite these advances in conceptualization and treatment, robust long-term outcomes remain inadequate for a significant number of those living with a BFRB. This panel discussion will address the trend toward integrative psychotherapy treatment approaches in order to improve long-term treatment outcomes. The panelists include clinical psychologists experienced in the study and treatment of such models.

### Moving Up: Successful Student Transitions *Celebration 5 – 6*

**Denise Egan Stack, LMHC, Ez Homonoff, EdS, MEd**

Having OCD or an anxiety disorder may cause more difficult transitions across grade levels for students. Careful planning and preparation can make a big difference. This session will provide guidance on how to help your students transition more smoothly.

### PANS/PANDAS: What it is, What to Look for and How to Support\* *Regency U*

**Sheilah Gauch, LICSW, Abby Gauch, Elise Petronzio**

Learn how infections and viruses may trigger a wide range of neuropsychiatric responses, including OCD, restrictive eating, mood lability, rage, and tics. We will talk about why these illnesses can be easily missed, how they are diagnosed, and what treatments are used to support children in regaining health. We will also explore the challenges children (and young adults) with PANS/PANDAS, and their caregivers, face and discuss how it presents in different settings and how professionals can support them.

### It’s All About the Kids! Q&A with an Expert Panel of Pediatric OCD Psychologists\* *Regency S*

**Mami Jacob, PhD, John Piacentini, PhD, Aureen Wagner, PhD, Eric Storch, PhD**

Treatment for pediatric obsessive compulsive disorder (OCD) can come with its set of challenges, but it’s incredibly rewarding and also pretty fun! Join this panel of experts to discuss insider tips to help clinicians facilitate successful therapeutic outcomes in treatment for youth and their parents/family members. Ask us anything! Are you struggling with questions about assessment or differentiating typical childhood behaviors versus clinically significant concerns? Have you run into barriers with youth motivation and willingness to participate? Is comorbidity getting in the way of treatment response? Are parenting and/or family factors impacting progress? This panel is excited to consult on challenging symptom presentations and share insights and strategies to help clinicians maximize treatment progress for youth.

### Conquering Stigma and Shame Around Sexual and Aggressive Obsessions: A Family Panel *Regency V*

**Andrea Kulberg, PhD, Zienna Hamilton, Kelly Hamilton, Foster Eddy, Curren Hollister**

Ever wondered why your brain got stuck on such a horrible theme? Clients and parents will provide important insights from lived experience with aggressive and sexual obsessions, from residential treatment to living victoriously. Learn about how no one chooses their obsessions; their obsessions instead choose them. Get specific strategies on how to turn your back on your obsessive themes and treat them as irrelevant to your recovery. Release yourself from shame and stigma around your topic and feel inspired to reclaim your life by listening to family testimonials and answers to your most pressing questions from an ERP expert.

### Compulsions, Tics, or Stims, Oh My! Understand the Difference to Direct More Effective Treatment.\* *Regency T*

**Karan Lamb, PsyD, Stacy Greeter, MD, Alie Garza, LCSW, Nafisa Reza, MD**

Effective treatment begins with an accurate diagnosis. We will compare and contrast common look-a-like diagnoses to help you fine tune your differential diagnosis, digging down at the core distinguishing features of compulsions, autistic repetitive behaviors, BFRBs, tics, and more. Understanding your patient’s internal experience and what function a particular behavior serves in their life is key in selecting effective treatment strategies. Inaccurate initial diagnosis is one of the biggest barriers in clients reaching effective care and children are especially vulnerable. This presentation will contrast key differences in both psychotherapeutic and medication treatment strategies for various diagnoses to avoid causing harm to clients. In your rush to help, don’t skimp on your differential diagnosis!

### The Perfect Problem: The Overlap Between Perfectionism and OCD — and What to Do About It\* *Regency R*

**Taylor Newendorp, LCPC, Mia Nuñez, PhD, Nicholas Farrell, PhD, Shauna Pichette, LPC, Carolyn Ringenberg**

Perfectionism can be a disruptive personality trait for individuals with and without OCD. This presentation will review common problematic perfectionistic tendencies people struggle with, from people pleasing to procrastination to excessive self-criticism. We will highlight the overlap of thought processes and behaviors among: “Just Right” OCD and emotional perfectionism  
Perfectionism OCD and organizational perfectionism  
Relationship OCD (ROCD) and romantic perfectionism  
Scrupulosity and moral perfectionism

We will review common physical and mental compulsions people engage in an effort to “feel perfect” and use clinical cases to teach attendees evidence-based treatment methods from CBT, ERP, and ACT to increase their tolerance of the anxiety associated with making mistakes, the uncertainty of potentially “falling short” of internal and external expectations, and feeling “off.”

### Treatment of Obsessive Compulsive Personality Disorder\* *Regency Q*

**Anthony Pinto, PhD, Ashley Jennings, PhD, Steven Poskar, MD, Michael Wheaton, PhD**

Obsessive compulsive personality disorder (OCPD) is a chronic pattern of maladaptive perfectionism, preoccupation with orderliness/detail, and need for control over one’s environment that leads to significant distress or impairment. Individuals with this disorder are often characterized as rigid and controlling. Dr. Pinto will present the core features of OCPD and how CBT can be used to overcome obstacles posed by the condition. Dr. Wheaton will focus on interference in relationships and applications of CBT for interpersonal problems. Dr. Jennings will examine the expression of these traits in children and adolescents. Dr. Poskar will review medication strategies for mood and anxiety features of OCPD. Finally, the panel will answer questions from the audience about their collective clinical experience with OCPD.

### Hoarding Through Our Eyes: The Intersection and Impact of OCD and Compulsive Hoarding\* *Regency O*

**Mackenzie Reed, RN, Randy Frost, PhD, Juliet Gustafson, LMSW, Micah Howe, Hayley Rhodes**

The intersection of OCD and compulsive hoarding is an often distressing source of shame for those experiencing it. Individuals find themselves unable to part with items due to the presence of positive and negative associations, thought-object fusion, contamination fears, and even the belief that something “bad” will happen to them if they do. Please join hoarding expert Dr. Randy Frost, PhD, alongside Juliet Gustafson, LMSW, Mackenzie Reed, RN, and OCD advocates Micah Howe and Haley Rhodes as they discuss “hoarding through their eyes.” This will be a discussion highlighting stories of trial and triumph, from the perspective of patient and provider. Leave with a message of the hope treatment provides, as well as tangible interventions that can be applied to your own recovery.

9:45AM–11:15AM

**In My Shoes: Highlighting the Realities of the Culturally Diverse Road to Recovery** *Regency T***Uma Chatterjee, MS, MHPS, Alexandra Reynolds, Tracie Ibrahim, LMFT, Valerie Andrews, Darlene Davis Goodwine, PhD**

Join a panel of BIPOC and culturally diverse advocates and professionals for an intimate discussion about the challenges they have faced on their roads to OCD recovery and how they have overcome them. This conversation will address topics including but not limited to culture, race, ethnicity, faith, LGBTQIA+, disability, intersecting identities, and how these factors shape treatment, recovery, and community support. Join us for an interactive presentation that will facilitate an essential conversation between fellow impacted individuals and raise awareness, break the stigma, and bridge the inequality gap. This collaborative space will promote inclusivity and visibility for historically and currently underrepresented groups. Everyone is welcome.

**Keeping the Faith: How to Ethically and Competently Treat Religious Scrupulosity\*** *Regency U***Caitlin Claggett Woods, PhD, Justin Hughes, LPC, Katie O'Dunne, MDiv, DMin, Emily Bailey, PsyD, Mubeena Mirza, LCSW**

Providing effective and respectful care to individuals with religious scrupulosity challenges even the most experienced OCD therapists. Our individual biases and lack of religious literacy training can impact trust in the therapeutic relationship, turning away those who are already scared that therapy will cause them to offend God. Our exposure recommendations can be unintentionally profane, particularly when the therapist and client do not share the same faith. This talk will help you learn to distinguish genuine religious law from magical thinking and poor insight associated with OCD. It will also offer guidance to creating effective exposures that honor religious/spiritual practices, provide insights into collaborating with faith leaders, and guide the integration of an individual's faith into their recovery from OCD.

**Getting Rubbed the Wrong Way: What Parents and Clinicians Should Know About Sensory Dysregulation\*** *Regency R***Robert Hudak, MD, Jon Hoffman, PhD, Jenny Yip, PsyD, Fred Penzel, PhD**

Sensory dysregulation is a significant problem, and one that is poorly understood by patients, family, and the medical community at large. Sensory issues can occur as a part of autism, OCD, or can present by themselves as a stand-alone issue. While research on how to best approach these problems is still limited, the approach and orientation of treatment providers can make or break treatment in our opinion. We plan to discuss and define the sensory dysregulations that are clinically significant, and using cases from our own practices and experience will help define best practices based on our current knowledge.

**Sex Education: How OCD Can Interfere with Sex, Romance, Sexuality, and Intimacy!** *Regency V***Kyle King, Chrissie Hodges, MS, CPFS, Alegra Kastens, LMFT, Chris Trondsen, LMFT**

Welcome to a sex ed class that's different from any you've experienced, OCD edition! The impacts of OCD on sex, lust, fantasies, and sexuality are endless. These presenters are here to break those impacts down. The first half of this panel involves clinicians and lived-experience folks discussing relevant topics that include compulsive avoidance of sex, sex as a checking mechanism, the presence of sexually intrusive and unwanted thoughts during intimacy, compulsive consent-seeking, decreased libido from OCD symptoms and medication, unwanted groinal responses, the fear of STDs, and more. For the second half, we encourage the audience to ask any questions related to sex and OCD in a shame-free environment, with non-judgemental support from panelists who have navigated this space themselves!

**ERP, ACT and I-CBT: Considerations in Treatment Selection for OCD\*** *Regency S***Molly Martinez, PhD, Catherine Goldhouse, LICSW, Jon Abramowitz, PhD, Eric Storch, PhD**

Evidence-based therapists must consider a number of factors in treatment selection, including research, therapist training and experience, and patient characteristics and preference. ERP is the standard bearer in OCD treatment with by far the most robust and longstanding research to support its efficacy. However, there is no one-size-fits-all treatment. Not everyone is willing to engage in ERP, nor do all patients fully respond to it. In recent years, acceptance and commitment therapy (ACT)

and inference-based CBT (I-CBT) have offered alternative scientifically supported strategies. After a brief review of the research, panelists will discuss considerations in treatment selection and how they pivot when roadblocks are encountered. This active and engaging conversation will honor proven strategies while appreciating, understanding, and encouraging new advances.

**The Invisible Weight of Digital Hoarding\*** *Regency O***Renaë Reinardy, PsyD**

Not all clutter is visible, and many people are impacted by the acquisition of and inability to discard digital information. The over-saving of digital photos, files, apps, and emails can cause significant distress and prevent people from living the life they want. This workshop will discuss the different reasons and ways in which people hoard digital information and participants will learn more about how to break this pattern of behavior.

**You Can Do This: The Implementation of Evidence-Based Practices for OCD & Substance Use Disorders\*** *Regency Q***Gwilym Roddick, DSW, LCSW, Patrick McGrath, PhD, Stacey Conroy, LICSW, MPH, Lauren Rosen, LMFT, Margaret Sisson**

While up to a third of people with OCD at some point in time have described using substances as a way to manage their symptoms, there is a huge gap when it comes to treatment providers who specialize in both issues. Many therapists have attended talks in the past about the theoretical underpinnings of OCD and substance use and combined treatments. This two-part session will take it to the next level and focus on the application of ACT, MI, and ERP to individuals who are going through concurrent treatment for substance use and OCD.

**Autoimmune OCD Subtype: Immunological Causes — What Clinicians and Patients Need to Know\*** *Regency P***Craig Shimasaki, PhD**

The biology of OCD is multifactorial and multifaceted. Although some treatment options are available for OCD, treatment resistance is still common. Medical and clinical evidence supports an autoimmune OCD subtype as treatment responsiveness is frequently observed following immune-modulatory and anti-inflammatory therapy. Certain infections are also known to induce an autoimmune OCD response such as in PANS and PANDAS, but not all immune-mediated OCD is diagnosed as PANS/PANDAS. In this presentation we will review the biology between infections, our immune system, and the brain, and how a dysfunctional immune response can result in OCD. We will discuss some of the common symptoms and review certain steps clinicians and patients can take when presented with suspected cases of autoimmune OCD.

**When Knowing What to Do Doesn't Seem Like Enough: Problem Solving Tricky Situations in Parenting Kids with OCD** *Celebration 5 – 6***Catherine Worthington, PsyD, Angela Springer, LCSW**

Your child is struggling ... again. You feel helpless and defeated and continue to wonder, "What am I supposed to do?" The strategies you are using don't seem to be working. Nothing is getting better; it might even be getting worse! If you are like most parents, this sounds familiar and you are ready to know exactly what to do to help your child. In this presentation, participants will gain concrete strategies to use in anxious moments and learn the steps that help build and maintain momentum in recovery. Being a caregiver to an anxious child impacts your own mental wellbeing. We will discuss tools to manage your own anxiety as you watch your child strive to live their best life.

11:30AM–12:30PM

**Stronger Together: Combining Our Voices to Address OCD Misinformation in the Media!** *Regency S***Ethan Smith, Valerie Andrews, Tom Smalley**

Recently, we saw new examples of OCD misrepresentation in the media, including one news publication claiming a link between OCD and radicalization and another unfoundedly correlating having OCD with shorter life expectancy. These scare tactics misrepresent and frighten our community. Corporations continued using the OCD acronym in advertising, this time beyond Obsessive Christmas Disorder, plastering it on year-round merchandise. Social media and song lyrics represented intrusive thoughts as precursors to fun, spontaneous behavior. However, there is good news in all of this! Join this interactive presentation featuring media clips, articles, and images as part of a collaborative discussion on how the IOCDF navigates the public's biggest OCD myths and harmful messaging through education and stigma reduction — and how you can get involved!

## 12:45PM–2:15PM

### Research Updates in Childhood and Adolescent OCD\* *Regency P*

**Andrew Guzick, PhD, Eric Storch, PhD, Jennifer Freeman, PhD, Joseph McGuire, PhD**

This presentation will bring together five experienced clinical researchers in childhood and adolescent OCD to discuss their recent work. Presenters will review projects examining innovative methods to improve access and enhance treatment efficacy for youth with OCD. They will review recent data on 1) a clinical trial focused on helping youth maintain OCD remission when discontinuing SSRI medication; 2) the efficacy of parent training using the SPACE protocol for OCD compared to different anxiety disorders; 3) a community-centered, team-based CBT approach developed to address quality and access issues for youth with OCD and anxiety disorders; and 4) the use of innovative technologies and the treatment of OCD in youth.

### Everyday I'm Hustlin': How to Incorporate ERP into Everyday Life

*Regency V*

**Elizabeth McIngvale, PhD, LCSW, Andrew Gottworth, Victoria Lane, LMSW, Erika McCoy**

Often, exposures feel easier in session, easier when there is someone standing over you, making sure that you get the job done. In the real world, without a therapist or family member around, it can be harder to turn your back on OCD and follow through on exposures you know you should do. This talk is for those moments — when life presents you with an exposure and it's up to you to challenge OCD. Our expert panel will first give tips on overcoming OCD in these moments from both a professional and lived experience perspective. We will then break out into small groups to discuss what other techniques have helped and how we can all commit to overcoming OCD.

### OCD and "The L Word": Exploring the Unique Experiences of LGBTQIA+ People with OCD\* *Regency R*

**Caitlin Pinciotti, PhD, Lauren Wadsworth, PhD, Alegra Kastens, LMFT, Katie Boyer, LCSW**

LGBTQIA+ people are six to nine times more likely to be diagnosed with OCD than their cisgender, heterosexual counterparts, and represent 16–38% of those in treatment for OCD. LGBTQIA+ people have unique experiences — both positive and negative — that are important to consider in OCD treatment, including the prevalence and impact of minority stress on OCD, presentations of OCD that latch onto gender and sexual identities, intersections of faith on OCD and identity, and protective factors like pride, community connectedness, and resilience that help buffer against the negative effects of both OCD and anti-LGBTQIA+ stigma. This talk will bring together diverse lived, clinical, and research perspectives to discuss the variety of unique experiences and issues faced by LGBTQIA+ individuals with OCD.

### Don't Let OCD Be a Third Wheel in Your Relationship *Regency S*

**Wilfredo Rivera Pérez, PsyD, Ana Violante, MS, Michael Schramm, Emily Berk**

OCD can insidiously infiltrate all aspects of an individual's life. Romantic partners often get drawn into the vortex of rituals and avoidance behaviors to get rid of their loved one's distress. This accommodation can breed resentment and frustration as the partner takes on more household and parenting duties. Intimacy often suffers as well. Ultimately, the burden on the relationship takes its toll, putting partners at risk for burnout and depression themselves. But there is hope. In this presentation we will provide psychoeducation and clear explanations of effective treatment methods to couples so they can prevent OCD from being a third wheel in their relationship. And with the right approaches, couples can reclaim what was once threatened.

### Can OCD Specialists Treat Eating Disorders? Conceptualizing Orthorexia and ARFID through an OCD Lens\* *Regency Q*

**Lauren Rosen, LMFT, Beth Brawley, LPC**

If you specialize in OCD, you're probably familiar and comfortable with using exposure and response prevention (ERP) to treat a wide array of anxiety disorders. That said, you may not know that this modality is used in eating disorder treatment and that ERP-trained clinicians already have many of the skills required to work with those who have orthorexia and ARFID. In this talk, participants will learn to conceptualize eating disorder treatment through an OCD lens. The presenters will map an OCD therapeutic approach onto work with orthorexia and ARFID so that attendees can use the skills they already have to support those with co-occurring disorders. They will also explore the overlap between OCD/anxiety and eating disorders, especially emetophobia and ARFID.

### Research Flash Talks on Hoarding Disorder\* *Regency O*

**Kiara Timpano, PhD, Christiana Bratiliotis, PhD, MSW, Randy Frost, PhD**

Over the last 20 years we have learned a tremendous amount about the risk for hoarding disorder, the ways in which the condition manifests, and the associated features. This session will highlight a series of talks on current advances in our understanding of hoarding disorder.

### Why do Families Accommodate and What to do about it: Across the lifespan\* *Regency T*

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

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. Family-based intervention that brings family members into the therapeutic process of exposure and response prevention is 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 interactive workshop is for providers and consumers.

### The Sibling Experience: OCD is a Family Affair *Celebration 5 – 6*

**Michelle Witkin, PhD, Charlotte Baier, Naia Albert, Dylan Haseman, Sophia Boultinghouse**

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 in 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.

### Ask the Experts\* *Regency U*

**Michelle Massi, LMFT, Allison Solomon, PsyD, Marisa Mazza, PsyD, Krista Reed, LCSW, Stacy Greeter, MD**

As therapists, a common wish is to be a "fly on the wall" in our colleagues' offices to listen in on the thought process of OCD experts conceptualizing challenging cases and watching them do ERP with complex cases. Join us in making this happen as we combine forces to brainstorm and then role play difficult OCD cases in a fun and engaging format. The panel will include ERP experts, ACT experts, an ICBT expert, and a psychiatrist. Audience participation is a must! Bring some of your toughest or most unique cases across the lifespan and watch the experts work through role plays and through brief discussion demystify their thought process and clinical choices.

## 2:30PM–4:00PM

### "Advocacy In Action": Becoming an Advocate *Regency V*

**Darlene Davis Goodwine, PhD, Erika McCoy, Alexandra Reynolds, Halima Flynt**

"Advocacy in Action" presents a dynamic panel discussion spotlighting advocates involved in educating communities about OCD. Join our inspiring discussion on the power of advocacy. You will hear examples of bravery and action, where advocates set out to transform perceptions, amplify voices, and create inclusive spaces for those impacted by OCD and related mental health conditions. You will leave this session with actionable ways to begin your advocacy journey and drive meaningful change in your circle and beyond.

### It's My Baby, Too! Treatment of Perinatal and Postpartum OCD Across Diverse Caregivers\* *Regency R*

**Ben Eckstein, LCSW, Marni Jacob, PhD, Michelle Massi, LMFT, Mary Kimmel, MD**

While perinatal mood and anxiety disorders often affect women, men and non-child bearing parents are not immune from this phenomenon. In fact, unwanted, intrusive thoughts tend to be the norm rather than the exception for



most new parents, regardless of gender. This presentation will explore when such thoughts get into the realm of OCD. We'll review common symptoms of perinatal/postpartum OCD, using case descriptions and treatment summaries, detailing how such symptoms affect not only women, but also a spectrum of non child-bearing caregivers. We'll also explore the nature of postpartum OCD, going beyond hormones to investigate the role of behavior and environment in shaping this manifestation of OCD.

### Misophonia — It's Not OCD\* *Regency P*

**Andrew Guzick, PhD, Rebecca Schneider, PhD, Julie Petersen, MS, Samuel Spencer, PhD, Joseph McGuire, PhD**

Recent years have seen an acceleration of research into misophonia, which is characterized by strong negative emotional reactions to specific sounds. Several experts in obsessive compulsive and related disorders (OCDs) have hypothesized that misophonia may reflect a new OCD, with a fixation on trigger sounds reflecting obsessions, and compensatory behaviors (e.g., wearing headphones) reflecting compulsions. This presentation brings together a group of researchers and clinicians who have pursued work in misophonia and OCD to provide an update to this hypothesis. We will discuss how conceptualizing misophonia as a subtype of OCD is inappropriate given new research, and that characterizing misophonia in this way could lead to harmful treatment recommendations. Alternative assessment and treatment strategies will be discussed.

### Addressing the Hoarding Crisis in Methuen, Massachusetts\* *Regency O*

**Sara Hatfield, CHES, Patrick McCarty**

Serving a small city of around 50,000 residents, the Methuen Department of Health and Human Services (MDHHS) was newly formed in 2020 to address the COVID-19 pandemic. In October of 2022, MDHHS expanded program capacity by bringing in a public health associate and community epidemiologist. With expanded staff, MDHHS was able to prioritize one persistent community concern: hoarding. Public attention to hoarding increased after reality TV portrayals, but the actualities of hoarding concerns are quite different from those portrayed in the media and known to the public. This session aims to detail Methuen's response to the hoarding crisis, including implementation of a hoarding task force and collaboration with a neighboring Hoarding Resource Network, and will include lessons learned.

### Breaking Barriers: Culturally Competent OCD Treatment for LGBTQIA+ Clients\* *Regency T*

**Shauna Pichette, LPC, Danielle McDowell, LCSW**

LGBTQIA+ individuals often encounter unique challenges related to safety and previous traumatic experiences. As clinicians, it's vital for us to acknowledge the influence of current events and societal attitudes toward LGBTQIA+ individuals, as this can significantly impact ERP/OCD treatment. Our session aims to highlight key treatment considerations when working with LGBTQIA+ individuals, emphasizing the importance of inclusive and affirming practices. We'll provide practical insights into customizing exposure and response prevention techniques for the LGBTQIA+ community, drawing from case examples and personal anecdotes. Additionally, we'll explore the crucial role of mental health professionals as advocates for their LGBTQIA+ clients, offering guidance on fostering a supportive therapeutic relationship, including the potential for self-disclosure within the therapy setting.

### Q&A About Medications for OCD and Related Disorders with Some of the U.S.'s Leading Experts\* *Regency S*

**Steven Poskar, MD, Carolyn Rodriguez, MD, PhD, Sanjaya Saxena, MD, Christopher Pittenger, MD, PhD**

For years the Chair of the IOCDF Scientific and Clinical Advisory Board, Dr. Michael Jenike, gave a talk at the Annual OCD 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. We want to honor Dr. Jenike's legacy by continuing this tradition. 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 six of us will do our best to fill Dr. Jenike's very big shoes.

### Co-occurring Autism Spectrum and Obsessive Compulsive Disorder: Clinical Considerations\* *Regency Q*

**Peggy Richter, MD, Pushpal Desarkar, MD, Rahat Hossain, MD, Samatha Faden, Jenifer Cullen, PhD**

When OCD and autism spectrum disorder (ASD) occur together, assessment and management can be challenging. This session will address how OCD and ASD can be differentiated based on the nature of their respective repetitive behaviors. Pharmacotherapy options will be reviewed. Treatment with standard CBT programs for OCD have reduced efficacy in individuals with OCD and ASD; however, specifically adapted CBT can be very effective by focusing on ERP rather than cognitive elements, using the individuals' own special interests to promote engagement, and presenting information visually rather than verbally. Participants will be equipped with a review of this literature, expert opinions, and pearls for their clinical practice.

### Finding Balance: Learning How to Set Boundaries and Provide Compassionate Support *Celebration 5 – 6*

**Brittany Rudy, PhD, Anna Baker, PhD, Paige DeWeese, LPC**

Learning to support those you love who experience OCD — what is okay to say, what is okay to do and not do — can be tough. This presentation addresses the challenges faced by family members, caregivers, and loved ones of those who experience obsessive compulsive disorder. Goals include education on accommodation behaviors and the impact on the cycle of OCD, examples of appropriate boundaries and interacting with/managing challenging behaviors, and differentiating between accommodation/enabling behaviors versus true compassionate support. Panelists will address how to meet these challenges across the lifespan including strategies for parents and siblings of youth with OCD, parents and loved ones of adult children with OCD (including launching), and spousal/other relationship support for adults with OCD.

### Intensive Exposure and Response Prevention: Who, What, Where, When, Why, and How\* *Regency U*

**Rebekah Mennies, PhD, Lara Rifkin, PhD, Lauren Webb, PhD**

Exposure and response prevention (ERP) is the gold-standard intervention for OCD across the lifespan. Research indicates that ERP delivered in intensive formats produces stronger and more rapid treatment gains compared to treatment as usual, and is the treatment of choice for more severe presentations of OCD in youth and adults. During this talk, led by three psychologists with experience implementing intensive ERP across outpatient, intensive outpatient, partial hospitalization, and residential levels of care, we will review what intensive ERP entails, who may benefit from intensive ERP, where intensive ERP can be implemented, when intensive ERP should be recommended, and how to maximize client adherence to intensive ERP practice in everyday life.

## Youth Programming

8:00AM–9:30AM

### Beats OCD: Creating Your Exposure Playlist *Celebration 1 – 2*

**Erin Jones, LCMHC, Desiree Untch, LISW-S, Allison Bell, LCSW**

Music can be a fantastic way to connect with others and channel complex feelings in a creative way, but did you know it can also be used as a tool during your ERP journey? Are you wishing you didn't have to avoid certain songs, or interested in using music to help overcome your fears? We will start with a brief discussion on Exposure and Response Prevention (ERP) for OCD, including how to select and use music for exposure exercises. Then, we will have workshop time for you to create your own playlist. You will be able to leave this workshop with your playlist and ideas on how to use it to make exposures as effective as possible.

### Journaling Your OCD Journey *Celebration 3 – 4*

**Leah Cirrincione, Emily Bailey, PsyD**

When you struggle with OCD you often don't remember all the obstacles you have had to overcome to get to where you are today, especially when you are a child with OCD. Through this activity, middle schoolers with OCD will have the chance to learn how Leah Cirrincione, a young adult with OCD and the author of the children's book, *OCD Leave Me Be*, was able to track her OCD journey through writing. The middle schoolers will then create their own creative OCD journal that they will decorate and then write their first entry in. After the session, they are urged to take their OCD journal with them and continue writing entries about their OCD journey.

## One, Two, What Do I Do: Shrinking Your OCD Monster

Celebration 14 – 15

**Megan Barthle-Herrera, PhD, Amanda Balkhi, PhD**

Authors Amanda Balkhi and Megan Barthle-Herrera will read from their children's book, *One Two, What Do I Do: A Children's Guide to Talking Back to OCD's Intrusive Thoughts*. Following the reading, children will have the opportunity to talk about the "Worry Monsters" from the book and the strategies the characters used to shrink their worry monsters. Children can then build their own pocket sized worry monster to name and carry around the Conference. Children can share with their peers how they talk back to their intrusive thoughts and make their worry monster shrink.

## 9:45AM–11:15AM

### They Just Don't Get It! A Session for Highschoolers Celebration 1 – 2

**Jessie Birnbaum, Kathleen Rupertus, PsyD, Brian Ashenfelter, PsyD, Amelia Serine, PsyD, K. Peer Mugnier, PsyD**

With a combination of discussion and interactive games, this workshop will help you build more skills to speak effectively about your OCD. Teens will learn more about setting boundaries, asking for support, and making it clear what is and what is not OCD. This is so important because it helps people in your life understand you and your experiences and teaches them when to back off and when to step up and help. Parents, siblings, and other people in your life likely want to be helpful, but often they don't know how. That's where your communication skills can really make a difference.

### When They Just Don't Get It: Managing Your Family When you Have OCD Celebration 3 – 4

**Kyra Cheung, Melissa Mose, LMFT, Katie Buntin, LPCC, Erika Nurmi, MD, PhD, Jesse Spiegel, PhD**

We know, from experience, that sometimes well-meaning family members make things worse by getting frustrated or by accommodating OCD. Find out how to educate your family members about how OCD affects you and how they can actually help. Learn effective ways to communicate your feelings and your needs even when you are upset or angry. Through guided discussions, activities, and Q&A sessions, participants will gain valuable insights to identify effective strategies to improve their family's most challenging communication difficulties. Led by an OCD therapist who is also a parent of a young adult with OCD and a young adult IOCDF advocate with lived experience, this event provides a safe space for sharing and learning effective communication strategies and tools.

### Cool Down Your Feeling Temperature! Celebration 14 – 15

**Aureen Wagner, PhD, Felicity Sapp, PhD**

Stress or OCD can make you feel upset, scared, angry, confused, embarrassed, or sad. You may feel like you just can't handle bad feelings. But they are normal feelings that we all have sometimes. We don't like them, but we can handle them better than we expect.

Learn to use the Feeling Thermometer as a smart tool to figure out your feelings and how upset you are. You can handle your feelings better when you learn how the Feeling Brain and Thinking Brain work, and share your Feeling Temperature with family members. You will learn ways to cool down your Feeling Temperature, calm down your Feeling Brain, and use your Thinking Brain to be better at solving problems.

## 12:45PM–2:15PM

### The Power of Nope: Navigating Boundaries and Tricky Conversations Celebration 1 – 2

**Stephanie Lehto, PsyD**

Avoiding harm, real or perceived, can commonly occur in OCD. This frequently leads to people pleasing and fear with setting or maintaining boundaries. This presentation will review the role of OCD in harm avoidance and people-pleasing, provide education on boundaries, and practice setting boundaries with response prevention plans for those pesky mental compulsions. Do you want to be able to say what you want to say in the moment? This is the presentation for you.

## Move The Thoughts Away Celebration 14-15

**Ria Gill**

Exercise can be a great mechanism to redirect your focus away from your intrusive thoughts. While emphasizing breath awareness, sensory awareness, and gratitude, this session will involve participants moving their bodies in a fun manner. The session will start with some breathing exercises and dynamic stretches before moving towards full-body movements to the beat of the music. Movement can bring a great sense of joy and can be a great tool to fight back against OCD. As a group, we will unleash our creativity to explore new movement patterns and techniques that can be incorporated daily into our routine.

## UNO for OCD - We Can Have Fun While Facing Our Fears

Celebration 3 – 4

**Amanda Petrik-Gardner, LCPC, Susan Boaz, Megan Dailey**

ERP is hard work, but games and rewards can make it better (maybe even fun!). This session will teach kids strategies to involve their entire family in fighting their OCD. We will first work to make personalized "OCD" playing cards and then spend the rest of the session playing games, having fun, and facing our fears! Take your UNO for OCD with you anywhere. Siblings are welcome and encouraged to attend.

## 2:30PM–4:00PM

### Working Together to "Get" Each Other: Enhancing Communication between Family Members and Teens

Celebration 1 – 2

**Kathleen Rupertus, PsyD, Patricia Perrin Hull, PhD, Brian Ashenfelter, PsyD, Amelia Serine, PsyD**

This interactive workshop offers teens the opportunity to share and practice communication skills discussed in the morning workshop, "They Just Don't Get It!," in 'real-time' with family members. OCD specialists, along with a young adult advocate with lived experience, will also provide guidance to family members about helpful ways to effectively communicate, respond, and support their loved one with OCD. We will identify challenges, correct any misunderstandings, and help each family develop a plan for maintaining healthy communication in the future.

### Unlocking Understanding: Navigating OCD Together Celebration 3 – 4

**Kyra Cheung, Melissa Mose, LMFT, Katie Buntin, LPCC, Jesse Spiegel, PhD, Chris Baier**

Join us for an interactive workshop designed to facilitate open and constructive conversations between children and their parents/caregivers about navigating OCD (Obsessive Compulsive Disorder) as a family. After a brief introduction to the workshop, parents and middle-schoolers will be separated and each group will brainstorm with a facilitator (presenter) questions that they want to ask/tell the other group regarding their experience having (or living with) OCD. Facilitators will create a safe space by coaching each group on communicating with the other group clearly and respectfully. Groups then come back together and facilitators help direct a dialogue between the two groups which is hopefully positive and constructive, leading to better communication about OCD after the Conference.

### Good IS Enough Celebration 14 – 15

**Sarah Lee, PhD, Amanda Heins, PsyD, Andrew Butchart, DO, Stephan Siwec, PhD**

OCD and anxiety can be tricky! It can make us believe everything we do must be PERFECT. But what happens when we try to do everything perfectly? Through interactive games and stories, we will go on a journey with "Mr. Perfect" and "Ms. Good" to see what happens when we strive for perfection in all we do. Each child will leave class with a resource to help them "remind" Mr. Perfect that Good IS Enough!

## 6:30PM–8:00PM

### Found Poetry Slam Celebration 1 – 2

**Malena Dell**

Unleash your creativity and combat your perfectionism by using collage to create poems about recovery! With provided art supplies, attendees will come up with meaningful or just plain silly poems to take a fun break with new found friends with OCD. Come relax and make art with others who understand your struggles!

6:00–7:00pm

## Michael Jenike, MD Memorial Research & Exhibitor Meet & Greet

Exhibit Hall, Regency Rotunda & Foyer

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 19-23. Immediately adjacent to the research posters, you will find our Conference exhibitors. Find a complete listing of exhibitors on pages 13.

Come to the IOCDF Info Booth to share your memories and appreciation of Michael Jenike, MD in a memorial book.

Light snacks will be served.



### Art for Kids! *Celebration 14 – 15*

Max Wilson

Calling all kids! Come spend an evening with other kids who know just what you're going through. You can expect painting, a guided art project, many different art supplies, and a whole lot of fun.

## Activities

6:30AM–7:30AM

### Running Towards Your Values *Celebration 16*

Amanda Meredith, LCSW

Physical activity (like walking or running) is often a crucial part of:

- recovery and relapse prevention for those with OCD
- maintaining a caregiving role for those supporting someone with OCD
- keeping a clear head for those treating OCD

Whatever your pace, whatever your role... you're invited to join us!

6:30PM–8:30PM

### Improv for Anxiety Show & Workshop *Regency Q*

Kim Vincenty, Mike Vatter

JACK Mental Health and OCD Jacksonville will bring an improv performance by First Coast Comedy/CZ Seattle. Improv comedy is the art form that celebrates imperfection! Improv training has helped thousands learn to take risks and build self-confidence. This 75-minute show will consist of a wide variety of comedic scenes and games. Audience participation is an integral part of the show! You will be encouraged to shout out suggestions and themes for the performers. There will be opportunities for brave audience volunteers to join performers onstage and play games in a fun, supportive, and encouraging atmosphere.

6:30PM–8:00PM

### OCD&D *Rainbow Spring*

Devon Garza, LPC

Calling all Table-Top Role Playing Game (TTRPG) Lovers! We'll be playing a very brief, very basic, VERY SILLY "Dungeons And Dragons (D&D)"-inspired game, a.k.a. a "One-Shot" of course chock-full of OCD themes. Players will pick a premade character sheet with a few stats and skills provided, and coordinate with their team to defeat an evil boss. No experience or materials are needed, just bring your imagination and willingness to participate. Appropriate for all ages, content will adapt to participants.

### The Imagination Station: Exposure Scripting Procedures and Pitfalls *Regency O*

Julia Hale, LICSW, Allison Solomon, PsyD

For OCD sufferers, there are several themes for which conducting in vivo exposure is either unethical or difficult to execute. Fears surrounding harm or death of oneself and/or a loved one are common core fears that can impede in vivo work. Because exposure to the core fear is essential, imaginal exposure scripts are a vital tool for targeting fears that are not easily accessed in everyday life. Panelists will teach participants how to create and effectively use imaginal exposure scripts during this workshop. Through case vignettes, prompts, and role plays, participants will write imaginal exposure scripts for a variety of OCD themes. Use your imagination to overcome OCD frustration in this interactive workshop!

### Solo Attendee Meet-Up: Break The Ice *Regency U*

Jordan Cattie, PhD, Katie Cullum, PhD

Are you traveling to the Conference on your own, or looking for an easy and low-key way to meet new people? In the third year of this meet-up group, participate in a range of icebreaker activities in small groups to find common ground and kick off new "Conference buddy" friendships. We'll rotate and mix up the groups a few times so that by the end of the meet-up, you'll have many more familiar faces. If you'd like, pick up a "Community Connect" 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 say hello!

7:00PM–10:00PM

### The Official OCD Conference Party!

Plaza International Ballroom

Sponsored by Ascension



Let's celebrate coming together for the Conference weekend with an official Annual OCD Conference party sponsored by Ascension! Come see the IOCDF community in action and be a part of this exciting night! Light dinner will be served and there will be a Cash Bar.

## Support Groups

11:30AM–12:30PM

### "Oh Yeah, I Have a Little OCD Too" *Rainbow Spring*

Ashley Montrenes, LCSW, Danielle Claassen, LPC

Choosing to disclose a diagnosis is a very personal choice. Although there's been much more awareness circulating about OCD, there is still a lot of stigma surrounding mental health conditions. This support group is for individuals who have disclosed their OCD diagnosis and were met with reactions similar to the title.

## Discussion Group for Therapists on Treating OCD with Autistic Clients *Celebration 7*

April Kilduff, LPCC, LMHC

It's a sad fact that most therapists get no training on autism or are taught about it, but from neurotypical researchers, psychiatrists & therapists. In the autism community, there's a very dearly held notion of "nothing about us without us." We wanted to welcome therapists to talk about and learn more about treating OCD specifically with autistic clients. There are no stupid questions you can ask here! I 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!

## Group Session for Graduate Students Interested in Specializing in OCD Treatment *Celebration 11*

Christine D'Urso, PhD, Keryn Kleiman, PsyD

This is a discussion group for graduate students and postdoctoral fellows (masters and doctoral level) interested in pursuing a specialty in OCD treatment. Graduate students often experience unique stressors such as time management demands, perfectionistic expectations, training opportunity constraints, 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 postdoctoral fellow at the Northwell Health OCD Center (2023-2024) who plans to specialize in OCD treatment.

## Individuals with Hoarding Disorder Support Group *Silver Spring*

Lee Shuer, CPS

Do you want to reduce your excessive finding and keeping, but find yourself overwhelmed and unable to follow through? Do you want to ask for help but are afraid that you'll be judged, shamed, or in trouble with authorities? You're not alone! Join your peers in a positive, non-judgmental, supportive environment to vent frustration, share and receive wisdom, and recharge your hope for a life less cluttered! This private offering is facilitated exclusively by and for people who have too much stuff.

## Road to Recovery: Tour Debrief *Celebration 12 – 13*

Lisa Abbrecht, PsyD

Come connect with others from the Road to Recovery Tour to process your experience. A discussion will be facilitated in a supportive environment where you can talk about your experience, and how you can apply it to your recovery work when you return home.

## Support Group for Sexual and/or Violent OCD Themes

*Celebration 16*

Chad Wetterneck, PhD, Nick Flower, PsyD

Sexual and/or violent obsessions are common but do not receive as much attention as many other OCD themes, likely due to the fact that there is often intense shame about the thoughts, and fear of reactions from others when disclosing. We will create a safe space for you to share your struggles in this area and give support and feedback. Please join us, knowing that we have many years of both clinical and research experience in this area.

## Support Group for Transgender, Nonbinary, and Gender-Diverse People with OCD *Blue Spring*

Amy Mariaskin, PhD, Katie Boyer, LCSW

This support group will provide a non-judgmental and affirming environment for people with OCD and related disorders who are transgender, nonbinary, gender-fluid, or otherwise gender-nonconforming. It is open to adults who want to discuss their OCD symptoms as well as the intersections between mental health, gender, and other aspects of identity. Additionally, the group will allow individuals to process their experiences within the mental health system and the challenges of finding well-trained OCD treatment providers who are also competent in gender diversity. The leaders will seek to center the voices of participants.

## 6:30PM–8:30PM

### Let's Talk About Relapse. How to Quickly Get Back on Your Feet when OCD Strikes!! *Celebration 7*

Christopher Weston, LMFT, MPH

You feel great and seemingly have your OCD under control. You may have had some small setbacks but, for the most part, feel good, and are happy with your progress. Out of nowhere, your old obsessions and compulsions seem to have come back with a vengeance, and you feel as though you are starting over. You are now struggling with questions such as what happened? Why? What did you do? More importantly, how do you get back to where you were? This important support group discussion will be a safe place for those with OCD and/or supportive family members who want to discuss relapse and learn how to get back up and move on with life again!

### Parents Zone: Support Group for Parents with OCD *Blue Spring*

Erika McCoy

OCD significantly impacts individuals, and when parents experience this condition, it introduces unique challenges that affect both personal well-being and parenting dynamics. Parents Zone is a non-judgmental space dedicated to mutual support, information exchange, and coping strategies that speak to the distinct challenges faced by parents with OCD. The group will use a co-facilitation model (professional and personal experience) to facilitate discussions on coping, child development, and parenting practices that promote a healthy parent/caregiver-child relationship.

### Support and Skills Group for Adults with BFRBs *Celebration 8*

Laura Chackes, PsyD, Jeremy Shuman, PsyD

Therapist-led support group for adults struggling with skin picking, hair pulling, or other BFRBs to provide support from peers and a therapist, as well as therapeutic skills. The group will begin with each participant sharing their first name, the type of BFRB(s) they have, and two words to describe how they feel about their BFRB(s). Then, the group will open up to those who want to discuss any concerns that they are currently having. The therapist will moderate, provide support, and offer cognitive-behavioral and mindfulness-based therapeutic suggestions. The group will end with each participant sharing one goal they'd like to focus on, and then again sharing two emotions that they feel at the end of the group.

### Tonight's for Us. Please Note That This Session is NOT "How to Help Your Loved One." *Silver Spring*

Becca Belofsky, COAPS, Anne Pagano, LCSW

It's common for family members to assume the role of caregiver, cheerleader, and more. Sometimes it's a choice, other times an obligation. Either way, there's no denying that helpers are often overwhelmed and in need of their own special support systems. This session is an opportunity to be in a safe space with others who get it. We will again host a warm, caring discussion from the perspective of loving someone who has hoarding or cluttering tendencies, and preserving one's own identity and health in the process. You matter! This is only intended for family and friends of people with HD, not observers who wish to learn or those with HD themselves. Thanks for honoring our intentions.

4:30pm–6:00pm

**Keynote Address**

Regency R–S

Sponsored by

OCD & Anxiety Institute



**Daniella Pierson**

Daniella Pierson is the Latina 27-year-old founder/CEO of The Newsette (valued at \$200 million) as well as the co-founder and co-CEO of Wondermind, a mental fitness company she started with Selena Gomez and Mandy Teefey this year that raised capital at a \$100 million pre-launch valuation. Her net worth was recently announced by Forbes as \$220 million, making her the world’s youngest wealthiest self-made BIPOC woman.

She started her first company, The Newsette, as a sophomore in college, and despite not having any venture capital funding, seven years later The Newsette closed 2021 with \$40 million in sales and eight figures of profit. The Newsette was also recently listed as #16 out of 5,000 on Inc’s list of the Most Successful Companies in America with 16,500% growth in the last three years. This success has enabled her to invest in BIPOC brands she believes in, as well as large companies such as SpaceX, and be a part of funds like Serena Ventures.

Daniella is very open about having ADHD, OCD, and depression, and is passionate about showing the world that you can achieve success at any age, even without millions of venture capital dollars, while struggling with learning disabilities and mental health disorders. Her total current net worth is over \$230 million. She has been on the cover of Entrepreneur Magazine, and profiled in Forbes, Business Insider, USA Today, CNBC, and beyond. She also was included in the Forbes 30 Under 30 list at age 24.

4:30PM–6:00PM

**Youth Keynote Alternative: IOCDF’s Got Talent**

Elementary Schoolers and Middle Schoolers

**Celebration 3 – 4**

Marla Deibler, PsyD, Renae Reinardy, PsyD



Welcome back to another year of IOCDF’s Got Talent! Do you know how to sing, play guitar, dance, show off your karate moves, or have another hidden talent? We want to see it! Come and share your talent or support your new friends for this funfilled event that aims to improve self-confidence and take a break from OCD. First, second, and third place prizes will be awarded. No pre-registration necessary. Just come as you are and get ready for a good time.

**Did You Know?**

**The IOCDF has five other online conferences throughout the year:**

- Online OCD Camp
- Online BDD Conference
- Faith & OCD Conference
- Online Hoarding Disorder Conference
- Conferencia de TOC Online *entirely in Spanish*

Visit [iocdf.org/conferences](https://iocdf.org/conferences) to learn more.

## IOCDF Award Presentations



### Patricia Perkins Service Award

*This award is intended to honor any member of the OCD and related disorders community who has stood out as a long-time and active contributor to the IOCDF.*

**Michael Jenike, MD**, posthumous

Michael Jenike, MD, was a pioneer in the field of OCD and related disorders, and his contributions to the IOCDF and the OCD community are immeasurable. In addition to serving as the chair of the IOCDF Scientific and Clinical Advisory Board for nearly three decades, where he oversaw its growth to over 50 members, he was also a member of the board of directors for a number of years.

During his time with the IOCDF, Mike helped grow the foundation into the global, mission-driven nonprofit that it is today. He inspired the IOCDF's commitment to free resources, making sure everyone affected by OCD and related disorders had access to educational materials; reached out to donors and personally contributed enough to allow our growth in hires for communications, fundraising, and programming; and presented at every Annual OCD Conference. The lines after his presentations were so long that he often stood helping individuals for hours.

Mike was known for his generosity and passion for supporting OCD research so that we can better understand OCD and improve effective treatments. He created a culture of giving that was essential in establishing the IOCDF's Research Grant Program, which he pioneered. The IOCDF's Michael Jenike Young Investigator Awards were named for him in honor of these contributions and his formidable influence on the field, ensuring that his name will forever be associated with cutting-edge research.

Outside of the IOCDF, Mike dedicated his entire career to serving members of the OCD and related disorders community. A graduate of the University of Oklahoma College of Medicine, he founded the Obsessive Compulsive Disorder Institute at McLean Hospital, the first residential treatment program in the United States for individuals with OCD; and the Obsessive Compulsive Disorders Clinic and Research Unit at Massachusetts General Hospital, where he also served as medical director. He authored hundreds of papers on mental illness and was a professor of psychiatry at Harvard Medical School. Mike contributed to the start of many researchers' and clinicians' careers by collaborating with them on research, books, or presentations, and by driving patients to newly founded clinics. He was also a decorated Vietnam War veteran.



### 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.*

**C. Alec Pollard, PhD**

Dr. Pollard is the founding director of the Center for OCD and Anxiety-Related Disorders at Saint Louis Behavioral Medicine Institute and professor emeritus of family and community medicine at Saint Louis University. His interest in OCD began in 1981 when he was a postdoctoral fellow at Temple University's renowned Behavior Therapy Unit. The following year, Dr. Pollard joined the faculty of Saint Louis University, where he developed the first specialized OCD treatment center in the midwest, along with a behaviorally oriented inpatient program.

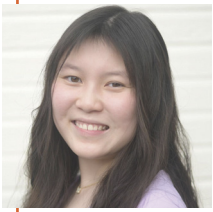
Dr. Pollard's overarching career interest has been reaching those who have not benefited from evidence-based care. To promote early detection of OCD and other behavioral health conditions, he and his colleagues developed the Primary Care Behavioral Health Screen and piloted the use of the instrument in the first feasibility study integrating behavioral and medical services in the fee-for-

service private sector. To help patients unresponsive to therapy, Dr. Pollard developed a therapeutic approach that uses cognitive and behavioral models to modify patients' treatment-interfering behavior. He is the lead author of the standards for managing treatment-interfering behavior developed by the International OCD Accreditation Task Force.

Dr. Pollard's work has also focused on the problem of OCD treatment refusal and its detrimental effects on families. Funded in part by a grant from the IOCDF, his team developed Family Well-Being Consultation, an intervention that teaches families how to deal effectively with a loved one who is avoiding recovery. Their approach is now directly accessible to consumers through the book *When a Loved One Won't Seek Mental Health Treatment*, published in May 2024.

Dr. Pollard has also been a leader in the foundation's mission to improve access to effective care for OCD. In 1995, he chaired a task force to develop a cost-effective model for training clinicians in exposure and response prevention. Today that model is known as the Behavior Therapy Training Institute (BTI), the foundation's flagship training program. To date, the model has been used to train thousands of clinicians in the U.S. and other countries. Dr. Pollard continues to serve as chair of the Foundation's Training Committee.

## IOCDF Award Presentations



### 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.*

#### Noemi Tsai

Noemi Tsai is a rising senior in high school in Dallas, where she is a member of her school's varsity swim and water polo teams. Her other interests include art and poetry. She was diagnosed with OCD at 13 and is fortunate to have benefited from effective treatment and therapy. She is currently on her recovery journey and advocates for others with OCD. For her Girl Scout Gold Award, she is working to raise awareness of OCD so that other kids can access treatment, too. She has participated in OCD Walks in three cities, served as co-chair of the 2023 Dallas One Million Steps for OCD Walk, and presented at the IOCDF's 2024 Online OCD Camp.



### Hero Award

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

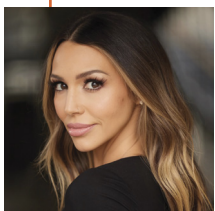
#### Catherine Benfield

Catherine Benfield is an internationally recognized OCD advocate. She is the founder of TamingOlivia.com, a space where people with OCD can focus on recovery through kindness, self-compassion, and creativity. Catherine is an executive producer of *Waving*, a multi-award-winning film about OCD

starring Ralph Ineson. She sits on the board at OCD Action.

Catherine has spoken at major events worldwide and authored articles in publications ranging from respected professional medical journals to widely read outlets like BBC News, Virgin Radio, and Women's Health Magazine, amongst others. She was runner-up for the NHS Who Cares Wins Mental Health Hero Award in 2019.

Catherine now uses her skills as a qualified teacher to develop a range of support and well-being resources for children facing OCD and mental health challenges alongside her illustrator husband, Pete.



### Illumination Award

*The Illumination Award honors an individual in the media 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.*

#### Scheana Shay

Scheana Shay is an actress, host and star of the Emmy-nominated docuseries "Vanderpump Rules," which recently completed its 11th season on Bravo TV. After graduating from college with a degree in Broadcast Journalism, Scheana moved to Hollywood to materialize her career ambitions. The Southern California native quickly landed co-starring roles on several popular television shows, including JONAS, 90210, Greek, Victorious and Entourage, in addition to numerous national commercials and on-air hosting gigs for Young Hollywood and


other media platforms. In recent years, Scheana has expanded her on-camera resume to include guest hosting/commentator roles for programs such as the Steve Harvey Show, Dr. Drew, among others, and hosts the popular podcast Scheananigans, a Top 30 podcast in the USA with over a half million monthly downloads. Scheana is also a recording artist, and her fan-favorite single "Good As Gold" was recently reconfigured into an UberOne commercial that has gone viral on social media platforms.

In Scheana's personal life, she welcomed her rainbow baby, Summer Moon, with partner Brock Davies in April 2021, and is passionate about raising awareness for issues relating to fertility and motherhood. Scheana developed postpartum OCD following Summer Moon's birth and spoke openly and honestly about her experience in therapy and on medication in the most recent season of Vanderpump Rules and continues to use her platform to help mothers like herself get the treatment and resources they need. Follow her on all platforms @scheana.

# SUNDAY SCHEDULE

## Overview

Sunday, July 28, 2024

<p><b>7:00AM–8:00AM</b></p>	<p><b>Light Breakfast</b>  <i>Exhibit Hall, Regency Rotunda &amp; Foyer</i></p> <p>High-top tables will be scattered throughout the rear of the Exhibit Hall. Tables will be assigned specific themes and topics to help attendees connect with similar experiences and meet new people.</p> <div style="text-align: right;">   <b>Breakfast</b> </div>
<p><b>7:00AM–1:00PM</b></p>	<p><b>Conference Info Desk Open</b>  <i>Registration Desks, Regency Foyer</i></p> <p>Onsite Registration Open</p>
<p><b>7:00AM–1:00PM</b></p>	<p><b>Continuing Education Desk Open</b>  <i>Regency Foyer</i></p> <p>Attention attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit: <b>Counselors/LMFTs and Physicians/Nurses</b> must sign in and out at the start and end of each day at the CE desk; <b>Psychologists and Social Workers</b> must sign in and out of EACH SESSION attended on the check-in sheets at the back of the session breakout room. See page 6 for more CE/CME information or visit <a href="http://iocdf.org/24ce">iocdf.org/24ce</a>.</p>
<p><b>7:00AM–11:30AM</b></p>	<p><b>Exhibit Hall Open</b>  <b>IOCDF Information &amp; Welcome Booth Open</b>  <i>Exhibit Hall, Regency Rotunda &amp; Foyer</i></p> <p>See page 13 for a list of Exhibitors</p>
<p><b>8:00AM–1:00PM</b></p>	<p><b>Conference Presentations</b></p> <p>See pages 61–64 for a full schedule of presentations.</p>
<p><b>8:00AM–1:00PM</b></p>	<p><b>Youth Programming</b>  <i>Elementary Schoolers: Celebration 13–14</i>  <i>Middle Schoolers: Celebration 3–4</i>  <i>High Schoolers: Celebration 1–2</i></p> <p>See page 26 for a full schedule of activities and pages 64–65 for details.</p>



	8:00AM–9:30AM	9:45AM–11:15AM	11:30AM–1:00PM
EVERYONE (HYBRID)	<b>A DIFFICULT DUO: NAVIGATING COMORBID OCD AND PTSD</b> Sidney Lodge; Allie Mills; Nathaniel Van Kirk, PhD; Lauren Wadsworth, PhD <i>Regency R</i>	<b>STRATEGIES FOR SUSTAINED RECOVERY FROM OCD: RESILIENCE BUILDING TO SUPPORT RELAPSE PREVENTION</b> Wilfredo Rivera Pérez, PsyD; Victoria Cooney, LMHC; Dee Franklin, PsyD; Ethan Smith <i>Regency R</i>	<b>CHICKEN OR THE EGG: WHEN DEPRESSION AND OCD TEAM UP</b> Michael Stier, LCPC; Beth Brawley, LPC <i>Regency R</i>
EVERYONE	<b>OCD AND BIG (RAGE!) FEELINGS</b> Andrea Alvarez, LPC-S; Sarah Shroud, LPC-S; Katy Rothfelder, LPC; Mallory Hord, RN <i>Regency Q</i>	<b>¿TOCADOS? SHATTERING THE CULTURAL STIGMA OF OCD IN THE HISPANIC COMMUNITY</b> Jonathan Ruadez; Romina Vitale; Marcia Rabinowitz, PsyD <i>Regency Q</i>	<b>IMPROVE YOUR SLEEP AND QUALITY OF LIFE: TIPS FOR MINDFUL SMARTPHONE USE</b> Christine Black, LCSW; Erik Wells, LCSW; Annabella Hagen, LCSW; Carrie Wendt, CSW; Tanya Rummeler, LCSW <i>Regency Q</i>
EVERYONE	<b>LEGAL CHALLENGES IN EMPLOYMENT FACED BY PEOPLE WITH OCD AND HOW TO OVERCOME THEM</b> Lawrence Rosenberg, JD; Deborah Topol, MD; Anne Lofaso, JD; Alex Rosenberg <i>Regency U</i>	<b>MEME, MYSELF, AND I: NAVIGATING SOCIAL MEDIA, OCD, AND HOW THEY INTERACT</b> Emily Hemendinger, LCSW, MPH; Stephanie Lehto, PsyD; Jon Hershfield, LCMFT; Rebekah Collins, CPSS; Nathan Peterson, LCSW <i>Regency U</i>	
LIVING WITH OCD	<b>THE “HUSH HUSH” ABOUT CONTAMINATION OCD</b> Sean McCartney; Ryan Judd, LCSW; Callie Fleece <i>Regency V</i>	<b>TOO MANY COOKS IN THE KITCHEN: OCD AND COMMON COMORBIDITIES</b> Sidney Lodge; Micah Howe; Tom Smalley; Samantha Faden; Ryan Judd, LCSW <i>Regency V</i>	<b>ALL TOGETHER NOW!: THE ROLE OF SELF-COMPASSION AND COMMUNITY SUPPORT IN OCD RECOVERY</b> Katie O’Dunne, MDiv, DMin; Mary Walters, LMHC; Jake Winchester, LPC; Jessie Birnbaum; Sandy Robinson <i>Regency V</i>
FAMILIES AND CAREGIVERS	<b>WHAT IS LEARNED HELPLESSNESS AND HOW DO YOU ‘UNLEARN’ IT?</b> Chris Trondsen, LMFT; Elizabeth McIngvale, PhD, LCSW <i>Celebration 5 – 6</i>	<b>DISPATCHES FROM THE FAMILY TREE: HOW FAMILY CAN COME TOGETHER TO ADDRESS OCD</b> Amy Mariaskin, PhD; Jessie Hockert; Steve Hockert; Michelle Cohen; Penny Cohen <i>Celebration 5 – 6</i>	<b>CREATING CONTINGENCY MANAGEMENT PLANS WHEN REMOVING FAMILY ACCOMMODATIONS AREN’T CUTTING THE MUSTARD</b> Kevin Ashworth, LPC; Mara Esber, PsyD <i>Celebration 5 – 6</i>
BFRBs	<b>BUILDING YOUR INDIVIDUALIZED TREATMENT GUIDE FOR A LIFE WELL-LIVED WITH A BFRB</b> Marla Deibler, PsyD <i>Regency O</i>	<b>INCREASING ACCESS TO TREATMENT FOR BFRBs: EMERGING RESEARCH</b> Leila Capel, MS; Kathryn Barber, MS; Mercedes Woolley; John Piacentini, PhD; Joseph McGuire, PhD <i>Regency O</i>	<b>BOOSTING THE EFFECTIVENESS OF BFRB TREATMENT: SOME ADVANCED TACTICS AND CONSIDERATIONS</b> Suzanne Mouton-Odum, PhD; Charles Mansueto, PhD; Fred Penzel, PhD <i>Regency O</i>
CLINICIANS INTRO	<b>INTRODUCTION TO CBIT FOR TIC DISORDERS: WHAT IS IT AND HOW DOES IT WORK?</b> John Piacentini, PhD; Suzanne Mouton-Odum, PhD <i>Regency T</i>	<b>AM I GOING CRAZY?! THE RELATIONSHIP BETWEEN OCD AND PSYCHOSIS</b> Megan Barthe-Herrera, PhD; Andrea Guastello, PhD; Henry Teaford III, MD; Robert Henderson, PhD <i>Regency T</i>	<b>NEUROMODULATION AND NEUROSURGERY FOR OCD – AN OVERVIEW FOR CLINICIANS</b> Adam Frank, MD, PhD; Andrew Smith, MD, PhD; Martijn Figee, MD, PhD <i>Regency T</i>
CLINICIANS ADVANCED	<b>BEYOND HABITUATION: INTEGRATING VALUES AND THE “ELEMENT OF SURPRISE” INTO ERP TO ENHANCE BENEFIT</b> Nicholas Farrell, PhD; Mia Nuñez, PhD; Shauna Pichette, LPC <i>Regency S</i>	<b>UNDERSTANDING THE MECHANISMS OF CHANGE IN INFERENCE-BASED COGNITIVE-BEHAVIORAL THERAPY</b> Angela Henry, LCSW; Amanda Petrik-Gardner, LCPC; Catherine Goldhouse, LICSW; Margaret McCall, LPC <i>Regency S</i>	<b>UNLOCKING RESPONSE: ADVANCED PSYCHOPHARMACOLOGY FOR TREATMENT-REFRACTORY OCD</b> Peggy Richter, MD; Jamie Feusner, MD; Carol Mathews, MD <i>Regency S</i>
EMERGING TRENDS: NEW DIRECTIONS	<b>MAPPING OCD: LEVERAGING NETWORK ANALYSIS TO INFORM TREATMENT PRECISION AND PERSONALIZATION FOR OCRDS</b> Mercedes Woolley; Lauren Milgram; Kate Sheehan; Kiara Timpano, PhD <i>Regency P</i>	<b>EXAMINING THE NATURALISTIC EFFECTIVENESS OF ERP DELIVERED VIA TELE THERAPY FOR A LARGE YOUTH SAMPLE</b> Nicholas Farrell, PhD; Jamie Feusner, MD <i>Regency P</i>	<b>IMPLICATIONS OF TECHNOLOGY-BASED INTERVENTIONS FOR OCRDS</b> Leila Capel, MS; Emily Bowers; Sabine Wilhelm, PhD; Patrick McGrath, PhD <i>Regency P</i>

EVERYONE
  EMERGING TRENDS: NEW DIRECTIONS
  FAMILIES AND CAREGIVERS

LIVING WITH OCD
  CLINICIANS
  BFRBs
  Workshops with black outline are eligible for CE/CME credits.

## Educational Sessions

8:00AM–9:30AM

### OCD and Big (Rage!) Feelings *Regency Q*

**Andrea Alvarez, LPC-S, Sarah Shrou, LPC-S, Katy Rothfelder, LPC, Mallory Hord, RN**

Anger and irritation are often experienced for those with OCD and can be a barrier to treatment success. The time and energy it takes for the sufferer to resist compulsions can interfere with the ability to self regulate. This anger can have a negative impact on self esteem and relationships. Mindfulness and awareness of feelings is often the first step in understanding emotional responses. Once the sufferer understands their triggers, then use of emotional regulation skills can be implemented to break the cycle of negative emotions. This presentation will explore the stages of anger, shame, and guilt that are often experienced by the OCD sufferer and provide emotional regulation skills to identify and overcome.

### Building Your Individualized Treatment Guide for a Life Well-Lived with a BFRB *Regency O*

**Marla Deibler, PsyD**

Wouldn't it be nice if we came with an owner's manual? Humans are complex and having a BFRB can make some areas of life feel like a major challenge. This journey has ups and downs and most people benefit from a flexible plan which includes many life tools. In this workshop, we will explore the function your BFRB may be serving and develop your own individualized behavioral plan. This will be a "working workshop," so sharpen your pencil as we delve into self-monitoring, improving self-understanding, exploring your readiness for change, learning new skills, and much more! Join others as you take this next step to decrease shame and empower yourself to live your best life.

### Beyond Habituation: Integrating Values and the "Element of Surprise" into ERP to Enhance Benefit\* *Regency S*

**Nicholas Farrell, PhD, Mia Nuñez, PhD, Shauna Pichette, LPC**

ERP is often done with the primary goal of habituation (i.e., distress reduction/elimination). Although many individuals experience habituation, some do not, which leads to disappointment about treatment "not working." Additionally, research shows habituation is often not a strong predictor of treatment success. It is therefore important to incorporate other objectives into ERP beyond habituation. This workshop-style session will illustrate designing exposures that maximize success via incorporating empirically supported principles from inhibitory learning theory (ILT) and acceptance and commitment therapy (ACT). We will describe how to develop and conduct exposures that facilitate an observed "mismatch" between a feared consequence(s) and the actual outcome of exposure. Additionally, distress toleration and connection to valued living activities will be emphasized as important objectives to pursue.

### A Difficult Duo: Navigating Comorbid OCD and PTSD\* *Regency R*

**Sidney Lodge, Allie Mills, Nathaniel Van Kirk, PhD, Lauren Wadsworth, PhD**

Navigating comorbid OCD and PTSD can be incredibly challenging. Similar symptoms are present in both diagnoses, making it puzzling to differentiate between the two. In addition, it can be difficult to find either a professional who treats both disorders or two professionals willing to communicate and collaborate during treatment. Join us for a discussion of the complex overlap between the two disorders from both a professional and lived experience perspective. Attendees will walk away with an understanding of OCD/PTSD symptoms and how to distinguish them, suggestions on navigating treatment for both disorders/anticipating potential challenges, and an understanding of how PTSD can influence OCD and vice-versa. After the main presentation, there will be an opportunity for questions and discussion.

### The "Hush Hush" About Contamination OCD *Regency V*

**Sean McCartney, Ryan Judd, LCSW, Callie Fleece**

Contamination OCD goes further than is typically portrayed. While compulsions for this subtype may look very similar from the outside, internally, the reasons for those compulsions differ. Certain contamination fears can make individuals feel embarrassed, ashamed, and isolated. Through personal stories from individuals in recovery from OCD, this panel will help individuals further their understanding of contamination OCD and help individuals suffering similarly to feel less alone. With support and guidance from a clinician, topics such as accidental pregnancy fears, chemical, disgust-based, emotional, non-communicable diseases/disorders, and difficulties using the bathroom contamination fears will be covered.

### Legal Challenges in Employment and Education Faced by People with OCD and How to Overcome Them *Regency U*

**Lawrence Rosenberg, JD, Deborah Topol, MD, Anne Lofaso, JD, Alex Rosenberg**

This interactive program will identify major legal challenges in employment and education faced by people with OCD and how best to overcome them. It will address the significance of federal laws such the Americans with Disabilities Act, the Individuals with Disabilities Education Act, 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. We will include real-world examples of such challenges and of remedies, strategies, and tactics to confront and overcome those challenges. The program includes employment and education law experts, a student and employee who has navigated these issues, and a doctor who has helped her patients overcome these challenges.

### What is Learned Helplessness and How do You 'Unlearn' It?

*Celebration 5 – 6*

**Chris Trondsen, LMFT, Elizabeth McIngvale, PhD, LCSW**

When loved ones experience hardships, we offer our support. But what happens when that struggle becomes constant? A psychological concept known as "learned helplessness" occurs. This is when, after repeated adversities, someone no longer trusts themselves to manage challenging times; they become dependent on others. Eventually, the person with OCD believes they're incapable of helping themselves, with those around them reinforcing this belief.

However, learned helplessness isn't a permanent condition. As families reduce accommodations, it instills trust. Stepping back tells their loved one, "I trust you can handle difficult situations independently — I believe in you." This interactive presentation on learned helplessness uses role play demonstrations to showcase how helplessness occurs and effective treatment strategies, leaving you ready to empower your loved one!

### Mapping OCD: Leveraging Network Analysis to Inform Treatment Precision and Personalization for OCRDs\* *Regency P*

**Mercedes Woolley, Lauren Milgram, Kate Sheehan, Kiara Timpano, PhD**

Treating OCD is like solving a complex puzzle. Network analysis is a framework for researchers, clinicians, and patients alike to understand how the puzzle pieces fit together. At the group level, network analysis sheds light on the interaction between OCD symptoms and psychological processes, offering valuable guidance for designing interventions. Individual-level network analysis crafts personalized visual "blueprints" of symptoms and processes, assisting clinicians in constructing a tailored understanding of each client's case. For clients themselves, these personalized networks offer a unique "compass" to navigate their individual journey with OCD, fostering greater insight and agency in treatment planning. This presentation will cover recent advances in network analysis for OCRDs and how these visual tools may be leveraged to promote personalized interventions.

### Introduction to CBIT for Tic Disorders: What is it and How Does it Work?\* *Regency T*

**John Piacentini, PhD, Suzanne Mouton-Odum, PhD**

Comprehensive behavioral intervention for tic disorders (CBIT) is the first-line treatment for addressing tic disorders and tourette syndrome. Learn from CBIT experts how to identify, approach, and teach families how to effectively manage these common conditions. This session will be interactive and will include live demonstrations of key aspects of CBIT. Presenters will not only cover relevant treatment strategies, including habit reversal training and functional intervention, but also will explain how to engage families and improve motivation in kids who struggle with tics.

9:45AM–11:15AM

### Am I Going Crazy?! The Relationship Between OCD and Psychosis\* *Regency T*

**Megan Barthe-Herrera, PhD, Andrea Guastello, PhD, Henry Teaford III, MD, Robert Henderson, PhD**

There is often overlap between the bizarre thoughts experienced with OCD and with psychosis, and misdiagnosis can have devastating consequences. This presentation will cover a history of these disorders, common misdiagnosis examples that often affect minority groups, techniques to determine accurate differential diagnosis, and empirical treatments for co-occurring OCD and psychosis symptoms.

**Increasing Access to Treatment for BFRBs: Emerging Research\***

Regency O

**Leila Capel, MS, Kathryn Barber, MS, Mercedes Woolley, John Piacentini, PhD, Joseph McGuire, PhD**

Treatment for individuals with BFRBs is difficult to find. There are many barriers to treatment access including things like provider expertise and knowledge, proximity to clinicians, and limitations of treatment provision based on state boundaries. With the development of PSYPACT, more providers can practice across state lines; however, treatment access is still limited by other barriers. This talk will focus on factors that impact treatment utility and outcomes, methods of increasing provider knowledge and training, and web-based delivery of interventions for BFRBs. Implications and future directions of these different components will be discussed.

**Dispatches from the Family Tree: How Family Can Come Together to Address OCD** *Celebration 5 – 6*

**Michelle Cohen, Penney Cohen, Jessie Hockert, Steve Hockert, Amy Mariaskin, PhD**

Join two families for practical insights about navigating OCD’s impact on child development. Michelle and Jessie, both diagnosed with OCD at a young age, will offer their personal strategies to regain control from obsessive thoughts and provide commentary on family support while growing up. Parents Penney and Steve will discuss treatment decisions and behavior modification strategies they used to help their children develop the mental strength and advocacy skills to become successful adults. Moderated by licensed psychologist and author Amy Mariaskin, PhD, the panel will explore challenges and triumphs as these families progressed from diagnosis through adolescence and into adulthood. Attendees are welcome to join an open dialogue at the end and find hope for their own OCD journeys.

**Examining the Naturalistic Effectiveness of ERP Delivered via Teletherapy for a Large Youth Sample\*** *Regency P*

**Nicholas Farrell, PhD, Jamie Feusner, MD**

Despite the effectiveness of ERP for OCD in youth, many families struggle to access trained ERP providers owing to financial and geographic obstacles. Numerous studies in adult OCD samples have shown the effectiveness of ERP delivered via teletherapy. However, less is known about outcomes in youth. We will present data on the effectiveness of teletherapy ERP for OCD in youth in the largest (>2,300) and most diverse sample known to date collected from child/adolescent patients across all 50 U.S. states, Canada, Australia, and the UK. Our results indicate that on average, youth who received ERP via teletherapy experienced significant reductions in OCD symptom severity as well as decreased intensity of comorbid depression and anxiety symptoms.

**Meme, Myself, and I: Navigating Social Media, OCD, and How They Interact** *Regency U*

**Emily Hemendinger, LCSW, MPH, Stephanie Lehto, PsyD, Jon Hershfield, LCMFT, Nathan Peterson, LCSW, Rebekah Collins, BA, CPSS**

Social media can be an excellent tool for connection and finding helpful mental health resources. However, it has a dark side and can even be part of our OCD. What’s also complicated is weeding through all the mental health content out there. From checking, researching, reassurance seeking, and beyond, this interactive presentation will examine the ways social media interacts with OCD and discuss mental health literacy, creating a community on social media, and what to do when you run into your therapist on Instagram. We will encourage you to explore your relationship with social media and how you can use social media in a mindful and intentional way. Oh! And there will be ALL THE MEMES!

**Understanding the Mechanisms of Change in Inference-Based Cognitive-Behavioral Therapy\*** *Regency S*

**Angela Henry, LCSW, Amanda Petrik-Gardner, LCPC, Catherine Goldhouse, LICSW, Margaret McCall, LPC**

Join us in breaking down the three main mechanisms of change in I-CBT. Participants will gain insight into the engine that drives the change process in I-CBT and have practical tools, insights, and knowledge to bring to the therapeutic table. In this workshop, we will dive into the world of the “feared elf” and the need to uncover and reveal the “real authentic self.” We will look at how inferential confusion is constructed so that we can learn how to dismantle it in an effort to crash OCD’s party, and learn how to restore trust in the “self.”

**Too Many Cooks in the Kitchen: OCD and Common Comorbidities**

Regency V

**Sidney Lodge, Micah Howe, Tom Smalley, Samantha Faden, Ryan Judd, LCSW**

As if living with OCD wasn’t hard enough, as many as 60% of adults with OCD struggle with a comorbid mental illness. These comorbidities not only make life a lot harder, but also can complicate one’s treatment of and recovery from OCD. This session will begin with four young adults sharing their experiences with OCD and one of the more common comorbidities — ADHD, autism, depression, PTSD, and eating disorders. There will also be a clinician to share their experience treating these comorbid conditions and OCD. After about 45 minutes, the session will break into five discussion groups based on each of the comorbidities, giving audience members a chance to connect with others with experiences similar to their own.

**Strategies for Sustained Recovery from OCD: Resilience Building to Support Relapse Prevention\*** *Regency R*

**Wilfredo Rivera Pérez, PsyD, Victoria Cooney, LMHC, Ethan Smith, Dee Franklin, PsyD**

Relapse prevention is an integral component of cognitive behavioral therapy (CBT) that focuses on recognizing and preventively addressing behaviors that increase the risk of reverting to detrimental habits, including those associated with obsessive compulsive disorder (OCD). This component of CBT emphasizes the importance of ongoing practice and reinforcement of life-enhancing behaviors to solidify the gains made in therapy. The core of a successful relapse prevention plan lies in its ability to equip individuals with coping mechanisms and support systems that can be immediately implemented, thus minimizing the impact of a slip and maximizing the potential for continued recovery. This presentation will examine the fundamental strategies for preventing relapse and underscore the vital role of resilience and adaptability when confronted with possible stumbling blocks.

**¿TOCados? Shattering the Cultural Stigma of OCD in the Hispanic Community** *Regency Q*

**Jonathan Ruadez, Romina Vitale, Marcia Rabinowits, PsyD**

The session aims to address and resonate with the Hispanic community, tackling the limited resources available in Spanish that hinders access to information and proper care for OCD. Delving into the perception of OCD among Hispanics, the session sheds light on the reality that many may be living with OCD without realizing it due to insufficient awareness. This panel explores cultural, educational, and financial challenges impacting proper diagnosis and treatment. Emphasizing the importance of leveraging Hispanic social media, the session strives to raise awareness and break down cultural barriers surrounding mental health in this community. Panelists will discuss the impact of structural asymmetries on the distribution of information and healthcare services for this community while addressing not only the cultural and economic factors within the Hispanic community that lead to delays in OCD diagnosis and treatment but also the ongoing presence of racism and colonialism. Panelists will share their personal experiences as well as the current available resources for this community, showcasing the resources available in Spanish on social media. This includes not only Spanish-speaking professionals who educate and treat patients with OCD across various Latin American regions but also individuals living with OCD who have written books or share their experiences publicly. By doing so, we can encourage the Spanish-speaking community to connect with their influencers, increase awareness within this community, and hopefully help others find appropriate help and engage in advocacy.

**11:30AM–1:00PM**

**Creating Contingency Management Plans When Removing Family Accommodations Aren’t Cutting the Mustard** *Celebration 5 – 6*

**Kevin Ashworth, LPC, Mara Esber, PsyD**

Not all children include their parents/caregivers in their OCD rituals. Furthermore, many families have learned to not engage in OCD-related accommodations, and yet OCD persists. This presentation discusses the role of contingency management and behavioral plans for therapists and families when children are not choosing treatment. The presentation prepares therapists to create effective behavioral plans to support parents, block avoidance, and reduce the frequency of unhelpful behaviors while managing extinction bursts in a supportive and empathic way.

**Implications of Technology-Based Interventions for OCRDs\***

Regency P

**Leila Capel, MS, Emily Bowers, Sabine Wilhelm, PhD, Patrick McGrath, PhD**

Awareness of the need for more widely accessible treatment options or adaptations for OCD and related disorders has grown in the last decade. As a result, there has been a call for technology-based treatment adaptations to make services more widely accessible. Research has been exploring online interventions (website and app delivery) and telehealth-based services across diagnoses. This talk will focus on recent developments related to OCRDs and technology. We will focus on research of website- and application-based treatment options for various OCRDs including OCD generally, relationship OCD, trichotillomania, and skin picking. The clinical implications, limitations, and future directions of technology-based interventions will be discussed.

**Neuromodulation and Neurosurgery for OCD – An Overview for Clinicians\*** Regency T

**Adam Frank, MD, PhD, Andrew Smith, MD, PhD, Martijn Figeer, MD, PhD**

Medication and psychotherapy are important components of treatment for many individuals with OCD. However, even with adequate trials of medication and psychotherapy, residual OCD symptoms can remain impairing for some individuals. Two neuromodulation treatments are FDA cleared for OCD when other treatments have not been effective: transcranial magnetic stimulation (TMS) and deep brain stimulation (DBS). This presentation will provide an overview of medication for OCD, when to refer an individual for neuromodulation treatment, and when and how these treatments are provided. This talk will be geared towards clinicians, though patients and advocates could also benefit from the overview of medication and neuromodulation treatment options for OCD.

**Improve Your Sleep and Quality of Life: Tips for Mindful Smartphone Use** Regency Q

**Annabella Hagen, LCSW, Erik Wells, LCSW, Christine Black, LCSW, Carrie Wendt, CSW, Tanya Rummeler, LCSW**

Do you often find yourself mindlessly scrolling through social media before bedtime? Has this behavior become a compulsive way to avoid being alone with your thoughts and feelings? Are you having trouble sleeping or managing daily life? This presentation will show you how you can disrupt that cycle and let go of self-deprecation, unhelpful thinking patterns, and rigidity. Discover how you can use your smartphone more mindfully, and develop self-kindness and an open, curious mindset before going to bed. You can break free from the OCD electronic device usage trap. Achieve the restful sleep you deserve, and lead a more fulfilling life. It is possible!

**Boosting the Effectiveness of BFRB Treatment: Some Advanced Tactics and Considerations\*** Regency O

**Suzanne Mouton-Odum, PhD, Charles Mansueto, PhD, Fred Penzel, PhD**

Treatment for BFRBs can be challenging and oftentimes involves a bit of ambivalence on the part of clients. Learn from seasoned experts in the field of BFRBs on how to manage client ambivalence; address shame; improve readiness; approach age, gender, and cultural differences; problem-solve treatment roadblocks; and effectively deal with common co-morbidities when treating people with BFRBs. This session will be interactive and will allow for attendees to watch and participate in live vignettes to illustrate how to manage tough treatment scenarios and problem solve difficult therapeutic dilemmas.

**All Together Now!: The Role of Self-Compassion and Community Support in OCD Recovery** Regency V

**Katie O'Dunne, MDiv, DMin, Mary Walters, LMHC, Jake Winchester, LPC, Jessie Birnbaum, Sandy Robinson**

Self-compassion and community support are essential in fostering a values-based, sustainable, and meaningful OCD recovery. For people with OCD looking to strengthen their recovery, the principle of self-compassion when coupled with community support, whether in the form of support groups, live streams, and/or social media advocacy and community building, can decrease the isolation and loneliness felt by people with OCD symptoms from the comfort of their own homes. Come hear diverse perspectives from faith leaders, mental health clinicians, and disability and OCD advocates as we discuss the crucial role that self-compassion and community support play in sustaining and strengthening OCD recovery.

**Unlocking Response: Advanced Psychopharmacology for Treatment-Refractory OCD\*** Regency S

**Peggy Richter, MD, Jamie Feusner, MD, Carol Mathews, MD**

Medications can be an effective part of treatment for those with OCD. Selective serotonin reuptake inhibitors (SSRIs) are first-line and many will respond well to initial treatments. However, it can be challenging for prescribers to determine what to do next when routine drug therapy fails. This session is intended to help guide healthcare providers through the confusion of the options. First-line pharmacotherapy will be briefly outlined, followed by in-depth discussion of second-line pharmacotherapy options and beyond, for adults as well as children and adolescents. The evidence for newer/emerging drugs will be reviewed, and a rational evidence-based algorithm presented. Attendees will have the opportunity to present challenging cases for discussion of treatment options.

**Chicken or the Egg: When Depression and OCD Team Up\*** Regency R

**Michael Stier, LCPC, Beth Brawley, LPC**

It is not uncommon for individuals to suffer from both major depressive disorder and obsessive compulsive disorder. Research indicates that one quarter to one half of people with OCD will also meet the criteria for a major depressive episode. When both conditions are present, an individual may struggle with consistent treatment follow through. However, with behavioral strategies, it is possible to engage in effective treatment for both conditions that allows individuals to continue to move towards recovery. This presentation will begin by identifying common stumbling blocks faced that impede effective treatment. Next, practical strategies will be shared to help individuals accurately differentiate between depression and OCD symptoms. Lastly, the impact and role of support people will be addressed.

**Youth Programming**

**8:00AM–9:30AM**

**The Honey Games: A Ballad of Sticky Thoughts** Celebration 3 – 4

**Emily Hemendinger, LCSW, MPH**

Have you ever felt “stuck” in a thought, emotion, or compulsion? Or felt like you couldn’t move on from an activity until it was completed? Do you compulsively confess or give too much detail? These questions relate to an important brain function called cognitive flexibility. People with OCD often struggle with rigid or sticky thinking which happens to be the opposite of cognitive flexibility. Join us for an interactive presentation filled with skill-building fun-tivities and lots of corny jokes. This presentation will help you reflect on your thinking style and challenge any sticky thinking associated with the OCD. So get ready for the Honey Games and may the odds be ever in your favor!

**Improv and OCD: Breaking Out of Rigid Thinking** Celebration 1 – 2

**Amy Griffin, EdS, CMHC, Jordan Brown**

The purpose of this experiential workshop is to highlight the accessibility of Improv and the benefits to participating in Improv as an adolescent with OCD.

**Being Like a Mirror Through Our Movements** Celebration 14 – 15

**Audrey Berdahl-Baldwin, RYT-200**

This class celebrates playfulness, connection, and imagination by exploring different movement styles.

Throughout this class, we’ll play with how we can be like “mirrors” through our movements. We’ll begin with dance games and “reflect back” movements to each other. Then we’ll practice yoga poses and explore what it’s like to use our imaginations to mirror things like mountains. Toward the end, we’ll slow down and experience some guided relaxation.

This class is about having fun, trying something new, enjoying community, and exploring how imagination and movement can affect how we feel. Throughout class, the activities are invitations: you choose how you want to participate. You can borrow a yoga mat or bring a large towel.

I hope you’ll join us!

## 9:45AM–11:15AM

### **Unraveling OCD** *Celebration 1 – 2*

**Angelique Howington Works, LPC-MHSP, Kelly Carter, tLPC-MHSP, Claire Mosteller, MA**

This enlightening session aims to teach how and when to cease overthinking, a common challenge in OCD. As participants explore the unpredictable nature of their stopping points, which differ from others and vary day-to-day, they engage in a symbolic string activity. This activity represents daily life's trials and the quest for the elusive 'just right' feeling. The presentation not only sheds light on OCD's doubting nature but also offers practical tools for managing it. Each participant receives a string, symbolizing their journey, accompanied by a checklist and a keychain for ongoing reflection and application of learned strategies. This comprehensive approach ensures a deeper understanding of OCD and empowers attendees with skills to navigate their over-analyzing tendencies effectively.

### **Middle School OCD Question Box** *Celebration 3 – 4*

**Annie Adams-Roselle, LCSW**

Have you ever had a question about OCD that you were afraid to ask your parent or therapist? What about a question you were afraid to even google? This activity will allow you to anonymously share any OCD questions you have and hear what your peers and a trained OCD therapist have to say about it. This is your chance to connect with other middle school age youth and talk about your experiences with OCD while getting advice from your peers.

### **No Need to Be Perfect: The Power of Ish** *Celebration 14 – 15*

**Nathan Siegel**

Whatever our particular OCD worries, OCD often demands that we follow its rules perfectly. OCD might tell us that we need to wash our hands perfectly, or to perfectly tell people we love them, or to arrange things perfectly. Elementary schoolers will explore how to give up on perfectly following OCD's rules and learn ways to think more flexibly. We'll have a read aloud of the picture book *Ish* by Peter Reynolds, in which the main character learns that doing things "ish-ly," instead of perfectly, is incredibly freeing. We will play interactive games and do some drawing activities to explore what it means to do things ish-ly.

## 11:30AM–1:00PM

### **Closing Session for Highschoolers** *Celebration 1 – 2*

**Emma Kelley-Bell, ASW, Eva Nicolas, PsyD**

What have you learned during the IOCDF's Annual OCD Conference that you will be taking home with you? The goal of this support group is for high schoolers to set goals to incorporate what they learned from the Conference, reinforce the community they have built, and find ways to stay motivated in their recovery. We will discuss how to maintain motivation. We'll close this group with a shared art project that all participants can contribute to. The art project will include creating vision flags for participants to take home with them as a transitional object. The art project will include reflection space regarding what was learned at the Annual OCD Conference and what participants are taking with them as the Conference comes to a close.

### **Goals and Wrap Up for Middle Schoolers- Looking Ahead**

*Celebration 3 – 4*

**Jamie Sherman, PhD, Niza Tonarely-Busto, PhD**

This conference closing session is designed for middle-school aged youth with OCD and related disorders. During this group, youth will summarize and process what they learned throughout the Conference. A space will be provided to discuss any questions or considerations that may have come up for youth during previous workshops. Youth will also be challenged to think about and share their most memorable and useful experiences from the Conference. Facilitators will present a summary of common OCD symptoms, the neurobiological basis of OCD, and common coping skills. Youth will also create a coping skills toolkit to take with them.

### **Elementary School Wrap Up Session** *Celebration 14 – 15*

**Natalie Henry, LCSW**

Let's wrap up everything we have learned so far! We will create goals and say our goodbyes.

# GLOSSARY OF 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 they do their 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 their 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 they 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)** — 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 they are 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.

**Inference-based Cognitive Behavioral Therapy (I-CBT)** — A form of treatment that focuses on resolving inferential confusion (mistaking imagined possibilities for real possibilities) and obsessional doubt ("what if..."), as well as learning self-trust (relying on reality and our senses) rather than trusting the stories OCD tells that feel so real. I-CBT is an emerging treatment for OCD, with promising initial research.

**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.

**Psychedelics** — Psychedelics are a type of psychoactive substance that produce changes in perception, mood, and cognitive processes. Psychedelics, such as psilocybin, are currently being researched as a potential treatment for those with OCD and related disorders.

**Psychiatrist** — This mental health professional has completed medical school and has specialized in psychiatry and mental illness. They 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 their 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 compulsive 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 their 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 changing/adjusting 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 they are unable to stop impulsively pulling hair from their 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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## UCSF OCD Program

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This is a multi-center study with Rutgers University, Yale University, University of Miami, University of Southern California, Mass General Hospital, McLean Hospital, and Rogers Behavioral Health. We are looking for participants with OCD for this study and potentially their biological parents.

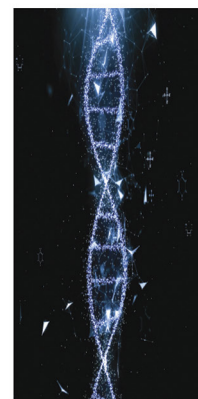
This study will involve completing questionnaires and a more in-depth evaluation may also take place depending on initial clinician assessment. A blood draw will then be performed for this genetics study.

Please email us at [ocdresearch@ucsf.edu](mailto:ocdresearch@ucsf.edu) if you are interested in participating or would like to refer someone for this study. You can also scan the QR code to access our Genetics Study Interest form.

Please email [ocdresearch@ucsf.edu](mailto:ocdresearch@ucsf.edu) if you are interested in referring someone or participating in our research studies.

We are also hiring a psychologist for our OCD clinic and Intensive Outpatient Program (IOP) in San Francisco, CA. Please email [ocdprogram@ucsf.edu](mailto:ocdprogram@ucsf.edu) with your CV, cover letter, and three references if you are interested.

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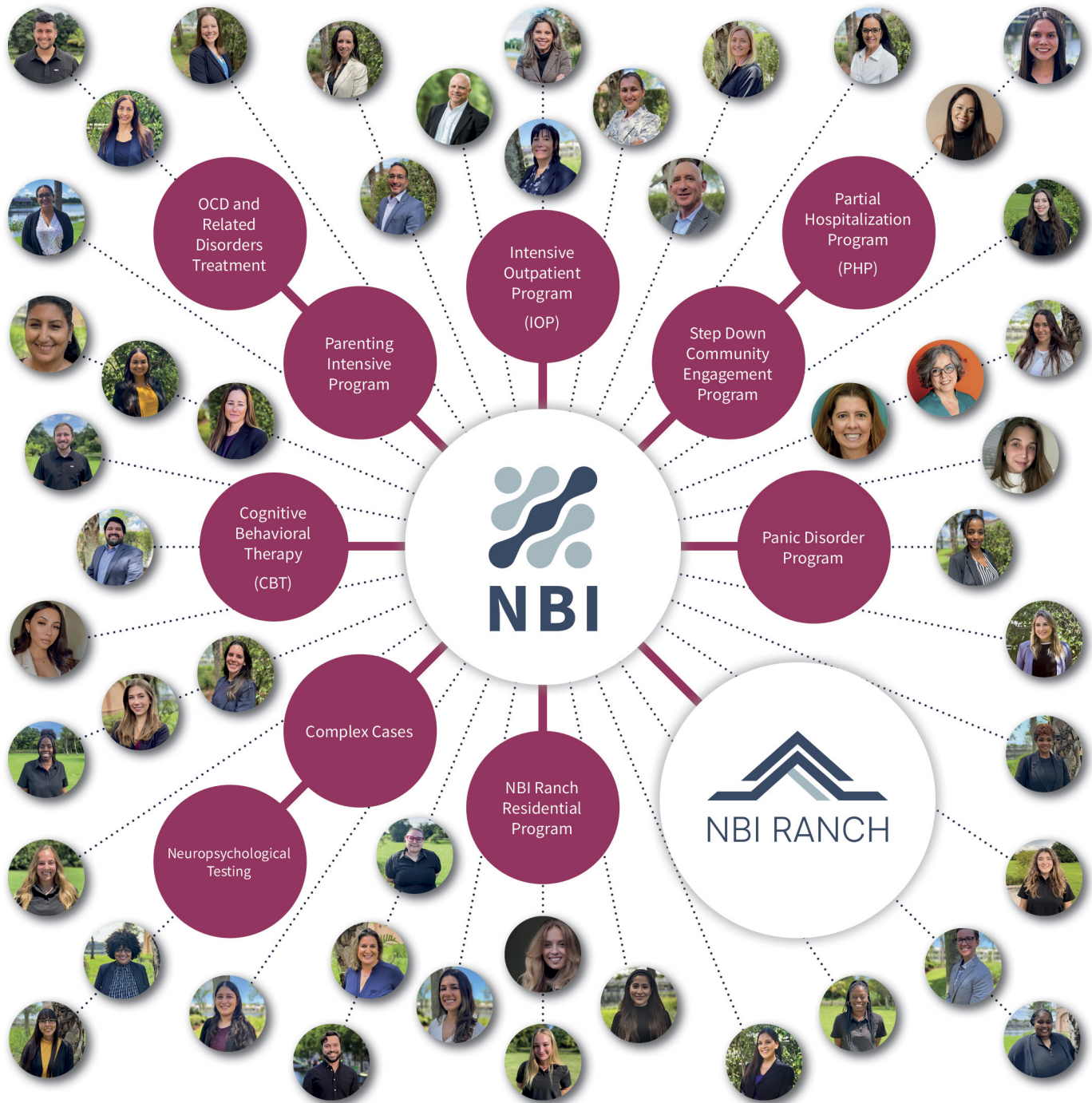


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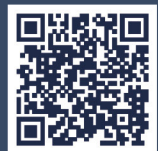
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[mclean.org/ocd](https://mclean.org/ocd) | 617.855.2776





# Sheppard Pratt



**The nation's premier provider of care for OCD and anxiety, with programming led by Jon Hershfield, MFT.**

**Our comprehensive behavioral healthcare offerings also include:**

- **Two Free-Standing Behavioral Health Hospitals**
- **A Full Range of Specialty Programs, including:**
  - Adult Residential
  - Adolescent Residential
  - Eating Disorders
  - OCD & Anxiety
  - Autism
  - Diagnostics
- **Neurostimulation and Psychedelics**
- **Day Hospitals & Day Programs**
- **Psychiatric Urgent Care**
- **Community-Based Care**
- **Outpatient Mental Health Centers**
- **Special Education Schools**
- **Veterans Services**

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