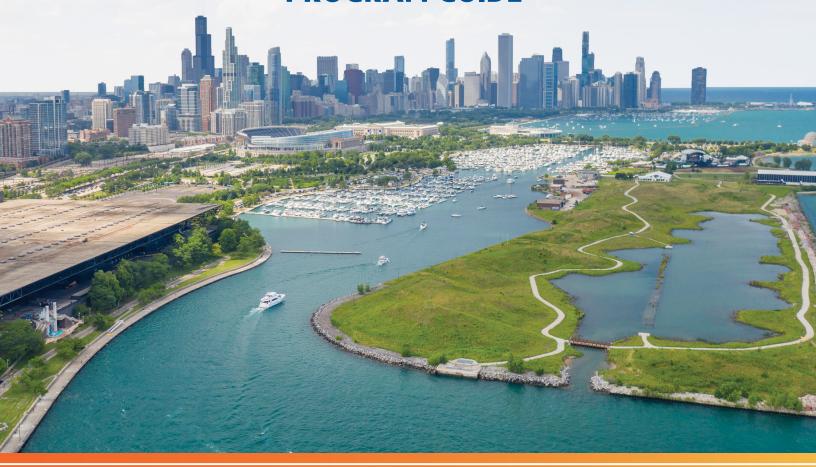


JULY 10-13, 2025 • MARRIOTT MARQUIS CHICAGO

PROGRAM GUIDE









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



sheppardpratt.org



WELCOME to the 30th ANNUAL OCD CONFERENCE



Dear Conference Attendees,

Welcome to Chicago for the 30th Annual OCD Conference!

As the IOCDF marks this exciting conference milestone, I'm grateful for the opportunity to be a part of this amazing community as we help shape and guide the Foundation's next chapter—one that is deeply rooted in our vision for the future: that everyone impacted by OCD and related disorders has immediate access to effective treatment and support.

I still vividly remember attending my first OCD Conference. At the time, I was seeking education and resources to support my daughter, who had endured severe OCD during her senior year of high school. But I left with so much more than knowledge as a dad with a child with OCD. As someone with lived experience myself, I gained new insight into my own journey and discovered hopeful paths forward. Most powerful of all was the sense of connection, understanding, and support my family and I experienced that weekend—something we had never felt before. It was a true turning point. That's the power of community—and for over 30 years, the IOCDF has been building that power for thousands of individuals and families affected by OCD and related disorders.

Today, we stand at the threshold of a transformative moment for our organization. The IOCDF has launched a bold new strategy designed to reach millions more people around the world in the years ahead. We're focused on raising awareness and combating stigma, increasing access to effective diagnosis and treatment, and advancing research by expanding our work to build partnerships, public policy advocacy, expanding resources for kids and families.

It's an exciting time for our community, and IOCDF is proud to be leading the way toward a future where every person affected by OCD has timely access to the support and care they deserve.

The annual conference is the perfect moment to both celebrate our shared history and fuel the momentum that will carry us forward. Whether you're here for your first time or your thirtieth, I encourage you to take it all in -- ask questions, share your story, attend a session that challenges your thinking, or simply say hello to the person next to you. This gathering is a powerful reminder that no one has to walk this journey alone.

To our attendees, volunteers, speakers, donors, sponsors, and the incredible IOCDF staff—thank you. Your passion and generosity make this event and our ongoing mission possible.

I look forward to meeting many of you during the weekend. Let's make this another conference to remember.

Warmly,

David Calusdian President, Board of Directors International OCD Foundation

Dail Caladi





Outcomes

completed the Bergen 4-Day Treatment in Iceland, Sweden, Germany, Singapore, Finland, Australia, Ecuador and the USA

90% of the patients significantly improved after treatment

The Bergen 4-Day Treatment is equally helpful for children and adolescents





The Bergen 4-Day **Treatment Team** Based in Los Angeles

Please visit our booth to learn more about training opportunities, treatment options and meet members of the Los Angeles team, including, Thröstur Björgvinsson, PhD, ABPP, Naomi Zwecker, PhD, Emily Hanna, PsyD, LCSW, and Bjarne Hansen, PhD.

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CONFERENCE MOBILE APP:

Download the FREE mobile app for the 30th 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 Supports programs that educate, raise awareness, and improve access to resources.

- Research Grant Fund | iocdf.org/donate-research Supports researchers who study OCD and related disorders to better understand causes and improve treatment outcomes.
- Conference Scholarship Fund | iocdf.org/conference-scholarship-fund

Provides financial support to people who would otherwise be unable to attend the Annual OCD Conference

 Behavior Therapy Training Institute (BTTI) Scholarship Fund | iocdf.org/btti-scholarship-fund Provides scholarships for therapists to attend in-depth, three-

day intensive training courses on effective OCD treatment.

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

IOCDF BOARD OF DIRECTORS

David Calusdian, President Ben Gambrel, Vice President Ron Prevost, Treasurer Elizabeth McIngvale, PhD, LCSW, Secretary

Shawn Assad Susan Boaz Diane Davey, RN Denise Egan Stack, LMHC Crystal Fulwood Ben Gambrel Carol W. Taylor Chris Trondsen, AMFT, APCC Jo-Ann Winston Jenny C. Yip, PsyD, ABPP

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

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Rebecca Deusser **Executive Director**

Matthew Antonelli **Director of Operations**

Stephanie Cogen, MPH, **MSW**

Program Director

Tiia Groden, MA Director of Systems Operations

Liz Lindley

Director of External Relations and Partnerships

Sanjaya Saxena, MD Director of Clinical and Research Affairs

Kristen Lynch Director of Development

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Amanda Ota Communications Manager

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Development Manager, Sponsorships & Corporate Relations

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Research Communications Specialist

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Communications Specialist

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Program and Resource **Specialist**

Josh Ludwig

Annual Fund Development Specialist

Julie Oliver

Partnership Engagement Coordinator

Mardelis Campos Training Programs

Coordinator

Maddy Ackerman **Events Coordinator**

Omar Orellana Finance Administration Associate

Sammy Wathen **Development Associate**

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

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

Annual OCD Conference | iocdf.org/ocdcon

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

Online Conference Series | iocdf.org/conferences

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

OCD Awareness Week | iocdf.org/ocdweek

This special week exists to spread knowledge about #RealOCD and reduce the stigma associated with obsessive compulsive and related disorders. Each year during the 2nd 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

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

IOCDF Advocate Program | iocdf.org/advocates

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

PROVIDING RESOURCES & SUPPORT

IOCDF Resource Directory | iocdf.org/find-help

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

IOCDF Livestream Series | 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

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

OCD Newsletter | iocdf.org/newsletter

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

IOCDF Websites | iocdf.org

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

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

IMPROVING EDUCATION & TREATMENT

IOCDF Training Institute | iocdf.org/training

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

IOCDF Research Grant Program | iocdf.org/grant-program

Thanks to the generosity of donors, we have awarded more than \$11 million in grant funding to scientists investigating the causes and treatment of OCD and related disorders.

IOCDF Pediatrician Partnership Program |

iocdf.org/pediatric-outreach-program

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



ABOUT THE ANNUAL OCD CONFERENCE

The IOCDF's Annual OCD Conference is a unique event that gives experts, professionals, and the general community the chance to connect, learn, and empower each other. Attendees range from adults with OCD, 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, the presentations are sorted into two difficulty levels to help better describe the material being presented: Introductory and Advanced. Speakers used the following guidelines to design their presentations:

- Introductory: A presentation intended for those who are new to the diagnosis and treatment of OCD and related disorders. Appropriate topics include defining commonly used terms, reviewing diagnostic criteria, and 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. Again, the hope is that we are able to address the particular needs of some of our Conference attendees. Some highlights for 2025 include:

- Expanded programming for related disorders: We are excited to offer 2 full days of hybrid (in-person + virtual access) programming for both Body Dysmorphic Disorder (BDD) and Hoarding Disorder (HD) this year! We are additionally thrilled to bring back our Sunday focus on body-focused repetitive behaviors (BFRBs), which will also be hybrid, in addition to the return of Pre-Conference Training Sessions one focused on BFRB treatment, one focused on the treatment of tics/Tourette's.
- All New Prescriber's Track: The Annual OCD Conference
 will debut a full-day Prescribers' Track for psychiatrists, nurse
 practitioners, and primary care physicians. Designed for all
 experience levels, it covers diagnosis, pharmacotherapy,
 treatment-resistant cases, neuromodulation, and PANS/PANDAS.
 Learn from top experts about essential topics often missed in
 clinical training. A must-attend for anyone prescribing for OCD.
- All New Professional Development Track: This year, we'll
 be featuring for the first time a half-day track devoted to
 professional development topics, including building a practice,
 telehealth supervision and consultation, and developing
 intensive outpatient programs.

EXPANDED HYBRID OFFERINGS!

Sponsored by NOCD

Following the tremendous success of our inaugural hybrid experience, we are thrilled



to announce an expanded virtual program for this year. Of the 131 educational sessions offered at the 30th Annual OCD Conference, 81 will be available to watch live online. Hybrid sessions are clearly marked in the program guide with a computer icon next to the session title. All hybrid sessions will also be accessible on demand to all registered attendees for 90 days after the event.

30[™] 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

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 Annela Idnani

Hoarding Disorder

Anne Pegano, LCSW Becca Belofsky Carolyn Rodriguez, MD, PhD Ceci Garrett Christiana Bratiotis, PhD, LICSW Jordana Muroff, PhD, LICSW Kiara Timpano, PhD Lee Shuer Lindsay Bacala, MSW Mary Dozier, PhD Micah Howe Mike Wheaton, PhD

Living with OCD & Everyone

Kalista Dwyer Maya Tadross Leigh Sheppard Allie Mills Katy Marciniak Krista Reed, LCSW Charlotte Peachey Jennifer Wells, LISW Charity Truong, PsyD Jennifer Park, PhD Bronwyn Shroyer, LCSW Ryan Vidrine, MD

Parents & Families

Shelley Stokes Melody Kim Matt Lindley Kim Vincenty

Research Updates on OCD and **Related Disorders**

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 Michele Pato, MD Michelle Matzke, PsyD Rindee Ashcraft, PhD Alnardo Martinez, LMHC Peggy Richter, MD Erika Nurmi, MD, PhD Jon Grant, MD Ben Tucker, LPCC, BCBA Patrick McGrath, PhD Anthony Pinto, PhD Adam Frank, MD, PhD Breanna Myers, LCSW Jenifer Cullen, PhD Michelle Massi, LMFT

Young Adults

Nico Sanchez Alvssa Ritter Sam Faden Kyra Cheung Victoria Lane

Youth Programming

Denise Egan Stack, LMHC Susan Boaz Lisa Covne, PhD Leslie Arturi, LMSW Abigail Al Asousi Natalie Henry, LCSW Kyle King Darcy Howell Ezra Homonoff Chris Baier

Natasha Daniels, LCSW Amanda Petrik-Gardner, LCPC Elena Fasan, LCSW Mary Low, PsyD

IOCDF Research Symposium & Poster Session 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 R. Stern, PhD

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

Ulrike Buhlmann, PhD

Professor of Clinical Psychology and Psychotherapy, University of Münster

Christine Conelea, PhD

Associate Professor of Psychiatry & Behavioral Sciences, University of Minnesota

Naomi A. Fineberg, PhD

Professor of Psychiatry, University of Hertfordshire; Consultant Psychiatrist at Hertfordshire Partnership University NHS Foundation Trust

Leonardo F. Fontenelle, MD, PhD

Associate Professor of Psychiatry, Director of the Anxiety, Obsessive, and Compulsive Research Program, Associate Professor of Psychiatry and Legal Medicine, Postgraduation Program in Psychiatry and Mental Health, Federal University of Rio de Janeiro; Professor of Psychology, Turner Institute for Brain and Mental Health, Adjunct Professor of Psychiatry, Monash University

Reuven Dar, PhD

Professor (Emeritus) of Psychology, Tel Aviv University; Scientific and Clinical Advisory Board Member, International OCD Foundation

Christine Lochner, PhD

Professor of Psychiatry, Co-Director of MRC Unit on Risk and Resilience in Mental Disorders, Stellenbosch University

David Mataix-Cols. PhD

Professor of Child & Adolescent Psychiatric Science, Director of the Obsessive-Compulsive and Related Disorders Across the Lifespan Research Group, Karolinska Institute

Bunmi O. Olatunii, PhD

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

H. Blair Simpson, MD, PhD

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

Eric A. Storch, PhD

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

Kiara Timpano, PhD

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

Bethany Wootton, PhD

Associate Professor of Clinical Psychology, University of Technology Sydney

CONTINUING EDUCATION (CE) CREDITS

The Annual OCD Conference offers an opportunity for psychologists, physicians, social workers, nurses, counselors, and LMFTs to receive continuing education credits.

All individuals registered as a 'Clinician' are eligible for live credit for this event. To receive continuing education credit for this event, clinicians must sign in and out of each session*, complete a session evaluation for each session they attend, and complete a full conference evaluation.

To receive on-demand (Enduring, Homestudy, or asynchronous) credit for this event attendees must have added 'On-Demand CE Credit' to their registration must watch each session in full and complete a post test for each session they attend.

All CE-Eligible sessions are notated on the program guide with a 'pencil' icon next to the title.

Credit Eligibility Totals

By registering for the following registration items as a Clinician attendees are eligible for up to the following credit totals.

Pre-Conference Trainings* (ComB or CBIT): 5.5 CREDITS Pre-Conference Training* & Full Conference: 26.5 CREDITS

Full Conference In-Person: 21 CREDITS **Full Conference Virtually: 19.5 CREDITS**

Partial Conference (Thursday-Friday): 10.5 CREDITS Partial Conference (Saturday-Sunday): 10.5 CREDITS

*Available for an additional fee

Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and The International OCD Foundation. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses



Credentialing Center (ANCC), to provide continuing education for the healthcare team. Amedco Joint Accreditation #4008163.

Physicians (ACCME) Credit Designation

Amedco LLC designates this live activity for a maximum of 26.5 AMA **PRA** Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Social Workers (ASWB) Credit Designation

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 26.5 continuing education credits.

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 26.5 CE credits for psychologists.



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 26.5 Clock Hours.



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

Visit **iocdf.org/25CE** for more information about continuing education at the 30th Annual OCD Conference including learning objectives and full accreditation details.

Visit **iocdf.org/25program** to read full session description, speaker bios, and session learning objectives.



Scan for all CE details



Earn CEs

When you want Where you want

iocdf.org/webinars

IOCDF's on-demand webinars provide you with practical, expert-led guidance on supporting individuals with OCD and related disorders.



SPECIALIZED, ETHICALLY INFORMED PSYCHOTHERAPY

We are committed to providing the highest quality evidence-based interventions for our clients experiencing OCD and anxiety-related disorders

Providing effective and compassionate care since 2012

CHICAGO COUNSELING

→ Insurance We Accept









We also offer self-pay options. Self-pay can be used in addition to insurance for clients interested in Prolonged Exposure & Response Prevention work.

→ What We Treat & How

- · Obsessive Compulsive Disorder
- PTSD
- Phobias & Social Anxiety
- Panic
- Body-Focused Repetitive Behaviors & Tic Disorders
- ERP, ACT, I-CBT
- PE (Prolonged Exposure)
- Virtual Reality Therapy & ERP
- ERP
- Habit Reversal Training (HRT)
- CBIT

In-person therapy appointments, Autism exploration assessments, and neuropsychological evaluations available in the greater Chicago area

Telehealth sessions available throughout Illinois and Wisconsin

TO SET UP AN APPOINTMENT OR TO FIND OUT MORE: ChicagoCounselingCenter.com



CONFERENCE SPONSORS

Sponsors help underwrite the cost of the Annual OCD Conference, enabling us to provide the best programming and events at an affordable price. Make sure to stop by our sponsor's exhibit booths in Great Lakes DEFG (see page 17 for booth numbers).

TITLE SPONSOR



PLATINUM SPONSORS









CONFERENCE SPONSORS

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THE TLC FOUNDATION 2025 for Body-Focused Repetitive Behaviors

BCONFERENCE

BRIDGING SCIENCE & SUPPORT:

TOGETHER FOR A STRONGER BFRB COMMUNITY

WASHINGTON, D.C. - SEPTEMBER 26 TO 28, 2025 IN-PERSON & VIRTUAL



Dr. Jon E. Grant, Keynote Speaker

Board-certified psychiatrist renowned for his expertise in addictive, compulsive, and impulsive disorders. At the University of Chicago, he leads a dedicated clinic and research lab focusing on these conditions. Dr. Grant has authored over 400 peer-reviewed scientific articles and 15 books, contributing significantly to the field.



BFRB Precision Medicine Initiative

At the TLC Foundation for BFRBs, we're always pushing the boundaries of research to develop cutting-edge strategies that help individuals struggling with trichotillomania (hair pulling), excoriation disorder (skin picking), and other BFRBs. Thanks to your generous support, our latest findings are revolutionizing the way we understand and treat these conditions!



TLC Foundation for BFRBs | www.bfrb.org

CONFERENCE HOTEL & CHICAGO INFO

Welcome to the Windy City! Chicago, IL is known for its iconic skyline, world-class museums, award-winning culinary scene, and deep cultural roots. The Marriott Marquis Chicago offers a sophisticated stay in the heart of downtown, with sweeping views of the city and easy access to the Chicago Riverwalk. Just steps from the conference, you'll find some of the city's most renowned attractions, including:

MILLENNIUM PARK: Home to the iconic Cloud Gate sculpture ("The Bean"), outdoor concerts, gardens, and public art in a stunning lakefront setting.

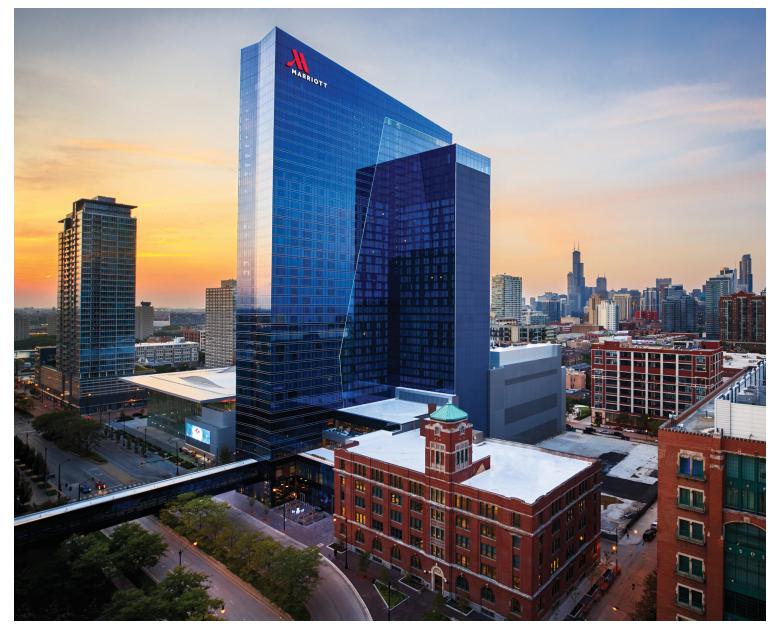
THE ART INSTITUTE OF CHICAGO: One of the oldest and largest art museums in the U.S., featuring masterpieces from Monet, Van Gogh, and American icons like Grant Wood's American Gothic.

NAVY PIER: A historic lakefront destination offering shops, restaurants, a 200-foot Ferris wheel, boat cruises, and cultural events all year round.

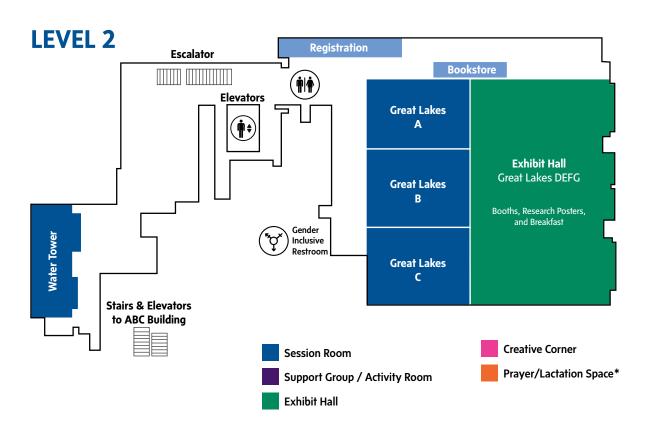
MAGNIFICENT MILE: A vibrant stretch of Michigan Avenue filled with high-end shopping, dining, and architecture tours, all framed by the city's historic buildings and modern marvels.

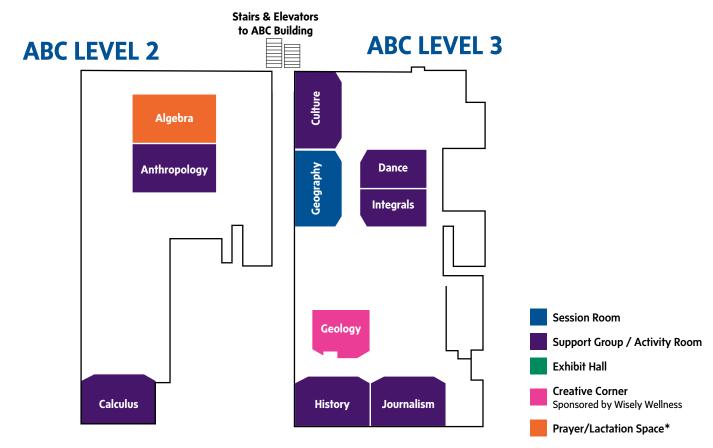
CHICAGO THEATRE DISTRICT: Catch a Broadway show, live music, or stand-up comedy in some of the city's most ornate and storied venues.

All Conference sessions and support groups will be taking place at the Marriott Marguis Chicago.



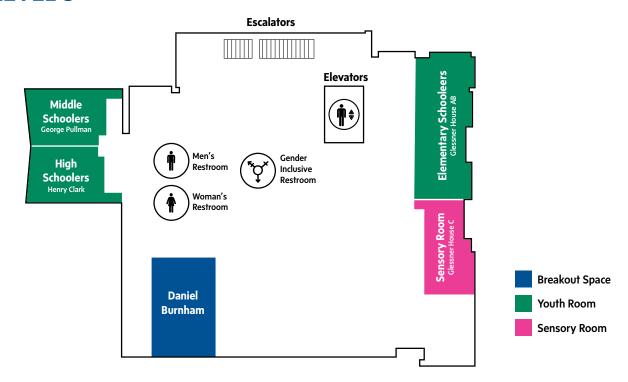
CONFERENCE HOTEL & CHICAGO INFO



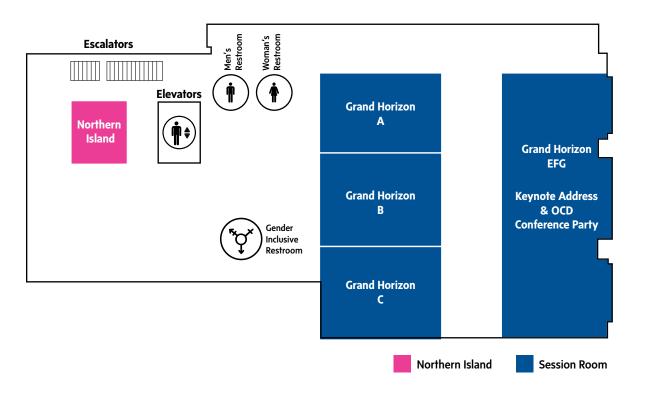


CONFERENCE HOTEL & CHICAGO INFO

LEVEL 3



LEVEL 4





IOCDF INFORMATION & WELCOME BOOTH

STUCK IN YOUR ROOM?

Let the Annual OCD Conference Room Brigade Help!

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

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

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

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

IOCDF INFORMATION BOOTH

Exhibit Hall, Great Lakes DEFG

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

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

Prayer and Lactation Space

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 Great Lakes Foyer during registration hours in order to gain access.

OCD CONFERENCE MERCH & BOOKSTORE

Bookstore Hours:

Friday, July 8, Saturday, July 9, Sunday, July 10 7:00am - 5:30pm; 7:00am - 7:00pm; 7:00am - 11:00am Located in front of the Exhibit Hall in the Great Lakes Fover

Bookstore Managed by:

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www.compassionateinst.com

OUTPATIENT THERAPY



Comprehensive individualized treatment for primary OCD, eating disorders and anxiety as well as BDD, Tics, Panic and BFRBs. We provide neurodivergent and LGBTQ affirming care. Family and parenting support is also provided as needed.



EXPOSURE AND RESPONSE PREVENTION (ERP)

ERP focuses on reducing avoidance and overcoming feared stimuli. We offer in office and out-of-office ERP as well as home visits and meal support.

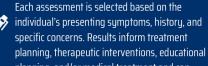
NUTRITION THERAPY



Develop a personalized and flexible nutrition plan to optimize your overall well-being. Challenge food fears that may be impacting your functioning. We provide diet-rejecting, weight inclusive treatment.



NEUROPSYCHOLOGICAL EVALUATIONS



planning, and/or medical treatment and can provide clarity on a diagnosis.

GROUP THERAPY



In group sessions, individuals share their thoughts, emotions, and experiences with others who may provide feedback, connection, and validation. CBT, ERP, intuitive eating and SPACE for parenting groups offered.



CUSTOMIZED INTENSIVE PROGRAMS

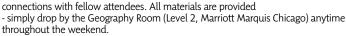
Customized treatment structures to meet the needs of both individuals looking for more care than traditional outpatient services and those who have completed higher levels of care and are looking for a gradual reduction in treatment. Frequency of sessions is based on each individual's needs.

CREATIVE CORNER AND SENSORY ROOM INFORMATION

CREATIVE CORNER

Geography Sponsored by Wisely Wellness

Made possible through the generous support of Wisely Wellness, this year's Creative Corner invites you to explore, create, and connect through art, writing, and hands-on activities. Facilitated by members of our Creative Expressions and Imagination CREW communities, this welcoming space offers creative ways to process conference experiences while building meaningful connections with fellow attendees. All materials are provided



Creative Corner Activity Schedule

Thursday, July 10: Evening Welcome Activities

6:00-7:30PM CT: Write Notes of Support & Make Weepuls with Not Alone Notes

Create encouraging handwritten notes and adorable pom-pom Weepul creatures to

8:00-9:30PM CT: Fearless Friendship Bracelets: The OCD Eras Tour Design recovery-themed bracelets representing your personal journey.

Friday, July 11: Visual Arts

8:00-9:30AM CT: Creative Expressions Special Interest Group (SIG) Meeting - all attendees welcome!

The Creative Expressions SIG brings together artists and creators to develop meaningful resources for the OCD community. Whether you love visual arts, writing, music or performance, come learn about how we help shape content, awareness campaigns, and creative collaborations!

11:30AM-12:30PM CT: Mindful Emotions

Map your feelings through color on body outlines, discovering where emotions live physically.

6:00-7:30PM CT: Watercolor and Chill

Let watercolors flow freely in this meditation-with-a-brush session - no skills required, iust mindfulness.

8:00-9:3PM CT: Drawing the Line

Discover how fine-line art techniques mirror ERP therapy - both require leaning into discomfort with practice.

Saturday, July 12: Crafting

11:30 AM-12:30PM CT: Cool Tools Coping Box

Build and decorate your personal mental health toolkit filled with stress-relief strategies.

6:30-8:00PM CT: Dear Me, I Got This

Fill a self-compassion jar with handwritten affirmations to pull during tough moments.

All-Day Activities:

Bling Your Pill Bottle

Bedazzle empty medication bottles while chatting with psychiatrists about treatment.

Inspiring Visions: A Creative Space for Reflection and Connection Create vision boards of recovery goals using magazine clippings and art supplies.

Sunday, July 13: Creative Writing

8:00-9:30 AM: Imagination CREW: In-Person Writing Circle and Special Interest Group (SIG) - all attendees welcomes!

"Where creativity meets community"

Join us for a special in-person edition of our beloved monthly writing group! Since July 2022, the Imagination CREW (Creative Routes to Explore Writing) has been helping adults with OCD discover the joy of creative expression.

All-Day Activities:

(Don't) Be a Hermit

Use "hermit crab" writing forms (lists, fake ads, etc.) to share your story beyond iournals.

Storytellers Circle

Swap true tales on themes like "Facing Fears" in this low-pressure story exchange.

The Creative Corner is your space to unwind between sessions, create meaningful keepsakes, and discover new ways to express your experiences. We look forward to seeing what you'll create!

SENSORY ROOM

Glessner House C

Back for it's third year. We're proud to offer a dedicated Sensory Room at this year's conference—a calm, low-stimulation space designed to support attendees who may need a break from the busy environment. This room features soft lighting, comfortable seating, fidget tools, and other sensory supports to create a welcoming and soothing atmosphere for neurodivergent individuals and anyone in need of a sensory reset.

A huge thank you to **Max Talks About Autism** for collaborating with us to make this space possible. Their insight and support have been instrumental in creating a room that is inclusive, accessible, and truly meaningful.

Expert Care. Proven Treatment. Real Results.



Anxiety Institute specializes in evidence-based treatment for teens and young adults with moderate to severe anxiety, OCD, and related disorders. Our intensive outpatient program fosters recovery through CBT and ERP.

✓ Intensive Outpatient Programs ✓ Individual Therapy
✓ Parent Coaching

✓ Integrated Psychiatric Services



Reach out. (844) 881-1846

anxietyinstitute.com

Greenwich, CT · Madison, NJ · McLean, VA

EXHIBIT HALL

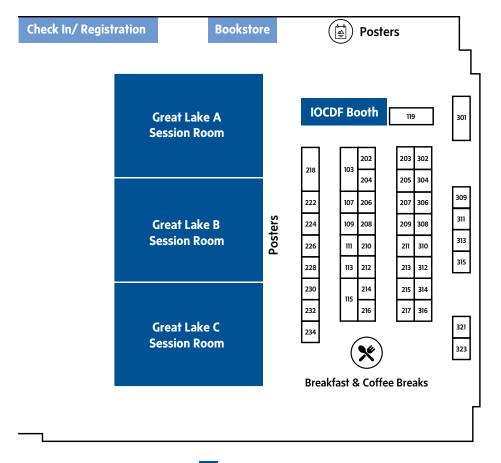
Great Lakes DEFG

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 11 Saturday, July 12 Sunday, July 13

7:00am-6:00pm 7:00am-7:00pm 7:00am-11:30am



Session Room

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

The Exhibit Hall is also the venue for the Mike Jenike, MD Memorial Research Exhibitor Meet & Greet Sponsored by Instride Health taking place immediately following the Awards Presentation & Keynote Address on Saturday, July 12 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 62 for more information.



Exhibitors & Booth Numbers

(see descriptions on pages 18-23)

- 103 McLean OCD Institute **NW Anxiety Institute** 107 109 **Not Alone Notes** 111 Presently **Newport Healthcare** 113 115 Rogers Behavioral Health 119 **Sheppard Pratt** Stick with the Ick 202 Wisely Wellness 203 204 **Bull City Anxiety & OCD Treatment** Center 205 **UCSF OCD Program** 206 **BrainsWay** 207 **Anxiety Experts** 208 OCD & Anxiety Program of Southern California 209 **Helping Minds AMK Counseling** 210 211 Scribify **OCD Midwest** 212 213 **NAMI Illinois** PANDA's Physician Network 214
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- 302 **Lindner Center of Hope**
- Chicago Counseling Center, Inc. 304 306
- Yellowbrick
- 308 University of Florida
- 309 TLC Foundation for Body Focused
 - Repetitive Behaviors
- 310 Yale New Haven Health-REACH
 - **Program**
- 311 Psychological Care and Healing
- 312 **HabitAware** 313 Galen Hope
- ANAD 314
- **New York Anxiety Treatment** 315
- 316 **OCD Anxiety Centers**
- 321 Center for Change
- 323 The ocdopus

Sheppard Pratt

TITLE SPONSOR

SHEPPARD PRATT

BOOTH #119

Address: 6501 N Charles St

Baltimore, MD 21204

Contact: info@sheppardpratt.org Website: 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.

HYBRID SPONSOR

NOCD

BOOTH # 218

Address:

225 N Michigan Ave, Ste 1430

Chicago, IL 60601

Contact: 312-766-6780 • care@nocdhelp.com

Website: nocd.com

NOCD is the world's leading provider of OCD treatment. We bring together content, community, and care all in one place to help the OCD community identify their symptoms, start treatment, get support between sessions, and conquer their OCD. In the platform, members do live face-to-face virtual sessions with NOCD's Network of Therapists who specialize in Exposure and Response Prevention (ERP) therapy, the gold-standard treatment for OCD. Between sessions, Members use our app to message NOCD Therapists and get always-on support from self-help tools, peer feeds, and online support groups. Research validates that NOCD's virtual ERP therapy and in-app support between sessions lead to meaningful outcomes twice as fast as standard ERP therapy, and has been shown to reduce symptoms of OCD, depression, and anxiety. NOCD is covered by major insurance plans including UnitedHealthcare, Aetna, Cigna, Kaiser, Blue Cross Blue Shield plans, and more—covering over 155 million Americans. NOCD Therapists work with children as young as 5, adolescents, and adults to create personalized treatment plans to help them conquer their OCD.

PLATINUM SPONSORS

ROGERS BEHAVIORAL HEALTH

BOOTH #115

Address: 34700 Valley Rd

Oconomowoc, WI 53066 Contact: 800-767-4411 Website: rogersbh.org

Rogers Behavioral Health is a nationally recognized, not-for-profit provider of specialized mental health and substance use disorder treatment. Rogers offers evidence-based treatment for individuals with OCD and anxiety, addiction, depression and other mood disorders, eating disorders, trauma, and PTSD in a growing network of communities across the U.S.

PLATINUM SPONSORS (CONT.)

MCLEAN OCD INSTITUTE

BOOTH #103

Address: 115 Mill St

Belmont, MA 02478

Contact:

617-855-2776 (Adults);

617-855-4660 (Child and Adolescents)

ocdiadmissions@mgb.org • ocdijr@partners.org Website: mcleanhospital.org/treatment/ocd-institute

McLean Hospital, ranked as the #1 Freestanding Psychiatric Hospital in the country by U.S. News and World Report, offers exceptional care for children, adolescents, and adults living with OCD, depression and anxiety. The McLean OCD Institute provides compassionate care, while utilizing evidencebased treatment methods across the continuum of care. Specific levels of care include acute inpatient, residential, and day treatment programs. Call today to learn how we can help!

THE OCD INSTITUTE OF TEXAS

Contact: 713-526-5055 • info@houstonocd.org

Website: ocditexas.com

The OCD Institute of Texas in Houston offers compassionate, individualized treatment for anxiety, OCD, and related disorders. Our diverse team of dedicated specialists provides evidence-based therapies, including Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP). We offer a full continuum of care: Adult Residential Programming: An 11-bed facility for intensive support. Adult Partial Hospitalization Programming (PHP): Operating 5 days a week from 9am-4pm.Outpatient Services: Weekly sessions for clients of all ages. Our home-like environment is designed to promote independence and engagement in daily activities, supporting optimal treatment outcomes. Contact us today to request a free consultation at our admissions line: 832-900-8687 and take the first step towards effective OCD treatment.

DIAMOND SPONSOR

ANXIETY INSTITUTE

BOOTH #234

Address:

Greenwich, CT 06830

Also Located in New Jersey and Virginia

Contact: 844-881-1846 • info@anxietyinstitute.com

Website: anxietyinstitute.com

Anxiety Institute offers specialized anxiety and OCD treatment using an advanced model of care for adolescents and young adults suffering from moderate to severe anxiety, OCD and related disorders. Our comprehensive services range from intensive outpatient program (IOP) to weekly outpatient care, in addition to integrated psychiatric services. We also offer parent coaching, teletherapy services and live and on-demand OCD professional training for CE credits. Our team of compassionate, experienced professionals ensure that the intensity of treatment corresponds to the severity of each client's symptoms while using evidence-based therapeutic approaches that match their individual needs. Therapies include exposurefocused cognitive behavioral therapy (CBT) in conjunction with exposure response prevention (ERP) and may also integrate dialectical behavior therapy (DBT), motivational interviewing, and emotion-focused therapy.





Mass General Brigham

OCD Institute | Texas

SILVER SPONSORS

WISELY WELLNESS

BOOTH #203

Address:

7491 N Federal Hwy 5C-212 Boca Raton, FL 33487

Serving Florida, North Carolina, Virginia, and New Hampshire

Contact: 877-595-5259 • hello@wiselywellness.com

Website: wiselywellness.com

Wisely Wellness offers highly specialized counseling, supervision, and consulting, grounded in a deep understanding of neurodivergent experiences. Our skilled team provides sophisticated, tailored treatment for OCD, ASD, trauma, and beyond- anchored in our integrative WiselyWay™, blending growth-promoting psychoeducation, DBT, family systems, experiential therapy, exposure work, mindfulness, and self-compassion into every step of care. Clinical services in FL-NC-VA-NH: psychoeducational programs worldwide. Be Well. Be Loving. Be Wisely.

STICK WITH THE ICK

BOOTH #202

Contact: katie@stickwiththeick.com Website: stickwiththeick.com

Stick with the Ick® is an inclusive virtual community welcoming individuals, clinicians, and clergy navigating the intersection of faith and OCD. With a variety

of resources spanning diverse religious/spiritual traditions—including webinars, consultations, courses, support groups, and motivational forums—everyone is welcome. SWTI views evidence-based treatments for OCD as amazing spiritual practices that reconnect individuals navigating scrupulosity with their faith in authentic ways. Join us today!



BOOTH #232

Address:

396 Washington St, Suite 266

Wellesley Hills, MA

Contact: 855-438-8331 • info@instride.health

Website: www.InStride.Health

InStride Health is a specialty, outpatient treatment program for young people ages 7-22 with anxiety and/or OCD. The care approach involves a 3-person care team (psychiatrist, therapist, exposure coach), grounded in CBT with exposure coaching. Clinical outcomes released in March 2025 showed 98% of graduates experienced overall clinical improvement. Accepting most commercial insurances, treatment begins within 1-4 weeks, depending on family schedules.

LIGHT ON ANXIETY

BOOTH #228

Address:

1300 West Belmont, Ste 501 Chicago, IL 60657

Contact: 312-508-3645 • hello@lightonanxiety.com

Website: lightonanxiety.com

Light On Anxiety offers solution-focused Cognitive Behavioral Therapy (CBT), Psychiatric Medication Services, and Neuropsychological Testing to assist patients in managing and moving past anxiety, OCD, and related disorders as effectively and efficiently as possible. Light On Anxiety has Immediate Availability, is In-network with select major insurance carriers, and has six locations in Chicagoland as well as Telehealth. The average Light On Anxiety client experiences a reduction from moderate to mild anxiety symptoms within the first 90 days of treatment.

BRONZE SPONSORS

ASCENSION

BOOTH #216

Address:

1650 Moon Lake Blvd Hoffman Estates, IL 60169

Contact: 855-383-2224 • steven.hunter@ascension.org

Website: healthcare.ascension.org

Ascension Illinois Behavioral Health - At Ascension Illinois, we know that mental health is just as important as physical health. That's why we offer personalized inpatient, outpatient, and aftercare treatment programs for adults, seniors, adolescents, and children. Our highly trained mental health specialists provide 24/7 support, ensuring immediate care for emotional health needs. We take a results-driven, research-based approach to treating a full spectrum of behavioral health disorders, just as we would any other illness. Our team also specializes in crisis management, offering roundthe-clock support to help individuals and families navigate overwhelming situations that may pose a risk to themselves or others.

For more information or to schedule a virtual assessment, call 855-383-2224.

OCD DETECTIVES

BOOTH #222

Address:

tick

ick

InStride Health..

ITONANXIETY

TREATMENT CENTERS

178 E 80th St #3A New York, NY 10075

Contact: 917-836-4468 • mlee_mcn@yahoo.com

Website: 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.

COMPASS HEALTH CENTER

BOOTH #217

Address:

Locations in Northbrook, IL, Chicago, IL, Westmont, IL, and Silver Spring, MD

Contact: 877-552-6672 • info@compasshealthcenter.net

Website: compasshealthcenter.net

Compass Health Center's OCD Treatment Programs provide evidence-based Partial Hospitalization (PHP) and Intensive Outpatient (IOP) care, serving children through adults. We offer daily Exposure & Ritual Prevention, group therapy and individual sessions to reduce symptoms and increase life engagement. Our specialized teams address complex needs/comorbidities, ensuring rapid access—assessments within 24 hours. Serving IL, MD, and expanding to WI & MN in 2025. Visit our booth or call 877-552-6672.

NEWPORT HEALTHCARE

BOOTH #113

Address:

Locations in Connecticut, Massachusetts, Utah, California, Minnesota, Washington, North Carolina, and Virginia.

Contact: 877-461-2994 • NationalClinicalOutreach@newportacademy.com

Website: newporthealthcare.com

Newport Healthcare offers a clinically intensive, short-term residential program focused on mental health treatment, including OCD. We address symptoms such as trauma, anxiety, depression, ADHD, and self-harm. Our primary OCD program also treats related conditions like generalized anxiety, social anxiety, body dysmorphia, agoraphobia, trichotillomania, and panic disorders. We are dedicated to providing comprehensive care to support individuals on their journey to recovery.



Ascension



NEWPORT

NW ANXIETY INSTITUTE

BOOTH #107

Address: 32 NE 11th Ave Portland, OR 97232



SunCloud Health

LIVE FREE, YOUR TIME IS NOW.

NBI RANCH

Contact: 503-542-7635 • info@nwanxiety.com

Website: nwanxiety.com

NW Anxiety Institute and NW Anxiety Pediatrics are specialty outpatient clinics located in the heart of Portland, Oregon. We specialize in bringing evidence-based treatments for OCD and anxiety to life, creatively engaging with individuals of all ages to face and overcome their fears. NW Anxiety's integrated, multidisciplinary approach allows for quality care for the individual and family system when appropriate. Services offered include outpatient therapy, therapeutic groups, parent training and support programs and intensive outpatient programs (IOP) for children, teens and adults with OCD or anxiety. All licensed clinicians receive advanced training in CBT and ERP treatment delivery and provide supervision for training clinicians participating in NW Anxiety's Student Training Institute.

CASCADE ACADEMY

BOOTH #230

Address: 430 W. 200

Midway, UT 84049

Contact: 435-562-5800 • info@cascadeacademy.com

Website: cascadeacademy.com

Cascade Programs, licensed and accredited through the Utah Department of Human Services, Utah Office of Licensing, the Joint Commission and Cognia, provide research-based residential treatment for adolescents (12–18) with severe anxiety and OCD-related disorders. Evidence-based treatment modalities include ERP, I-CBT, and ACT. Parent training, individualized treatment plans, technology use, comprehensive psychological assessment, and home practice help students embrace life with courage and joy.

SUNCLOUD HEALTH

NO EXHIBIT BOOTH

Address: 40 Skokie Blvd, Northbrook, IL 60062

Contact: 866-729-1012 • lkehoe@suncloudhealth.com

Website: suncloudhealth.com

Reclaiming the lives of individuals and families affected by addiction and behavioral health issues offering Residential, Partial Hospitalization, Intensive Outpatient, and Virtual Outpatient treatment for Mental Health, Substance Use Disorder, and Eating Disorders in a trauma informed space located in Northbrook, Naperville and Lincoln Park, Illinois for adolescents ages 12-18 and adults 18 and up.

NEUROBEHAVIORAL INSTITUTE (NBI)

BOOTH #224

Address:

2233 North Commerce Parkway

Suite 3

Weston FL 33326

Contact: 954-217-1757 • admissions@nbiweston.com

Website: nbiweston.com | nbiranch.com

NBI offers treatment, comprehensive clinical assessment, neuropsychological testing, and parenting/family programs for OCD, Anxiety Disorders, Related Conditions, andmore. We specialize in challenging clinical complexities and comorbidities including ADHD and autism spectrum. Levels of care include Outpatient, IOP, PHP, and Community-based Step-down. Our NBI Ranch supportive residential program isavailable for ages 18+. Services are available for Spanish and Portuguese speakers.

BRONZE SPONSORS (CONT.)

SCRIBIFY

BOOTH #211



Address:

14 Terminus Street, Suite 14 Petersham, Australia 2049

Contact: 424-384-8778 • support@scribify.com

Website: www.scribify.com

We are a genAI technology company. We have developed an AI platform that produces session notes and world-first individualised evidencebased worksheets safely and securely (HIPAA standard) for mental health professionals. Built by clinical psychologists, with mental health professionals in mind, scribify seeks to revolutionise mental health care by reducing clinician fatigue, increasing presence in the room, and expanding the scope of therapy tools available to clincian.

EXHIBITING PARTNERS

GALEN HOPE

BOOTH #313

Address:

806 South Douglas Rd.

Suite 625 Coral Gables, FL 33134

Contact: 877-780-2187 • info@galenhope.com

Website: www.galenhope.com

At Galen Hope, we understand that not everyone's condition fits neatly in a diagnostic "box." Oftentimes, adult and adolescent clients struggle with more than one condition or have overlapping symptoms. That's why we offer customized mental health treatment programs developed by world-class clinicians who are dedicated to building community and hope. Together, we are a true community for integrated wellness, helping clients discover their individual passions and manifest their innate potential.

YELLOW BRICK

BOOTH #306

Address:

1560 Sherman Avenue, Ste. 400 Evanston, IL 60201

Contact: 770-596-8543 • tashworth@yellowbrickprogram.com

Website: www.yellowbrickprogram.com

Yellowbrick's mission is to serve as the national leader and resource for the psychiatric treatment of emerging adults. Yellowbrick has created a developmentally specialized, research-based clinical model that integrates cutting-edge findings from neuroscience, innovative psychotherapies, strength-based life skills and wellness medicine. Treatment is provided across all diagnoses and levels of care beginning with residential.

UNIVERSITY OF FLORIDA

BOOTH #308

Address:

4197 NW 86th Terrace Gainesville, FL 32606

Contact: 352-265-8853 • monicaross@ufl.edu

Website: ufhealth.org/locations/uf-health-psychology-springhill

We have an OCD program and also train upcoming Psychologists who want to specialize in OCD: Obsessive-compulsive disorder affects over 2 million individuals in the United States. The UF Health Obsessive-Compulsive Disorder Program offers intensive outpatient and weekly treatments featuring cognitive-behavioral therapy, or CBT, which has been shown to reduce symptoms by at least 50 percent, with pharmacological treatment coordinated as needed. CBT exposes triggers and teaches people to resist com





NAMI ILLINOIS

BOOTH #213

Address:

101 N Wacker, 17th Floor Chicago, IL, 60606

Contact: 773-245-0456 • darcie@namiillinois.org

Website: www.namiillinois.org

NAMI Illinois leads statewide efforts to support individuals and families impacted by mental illness through education, advocacy, support, and community partnerships. With 21 local affiliates, we work to raise awareness, fight stigma, and ensure that all people affected by mental health conditions receive help and hope.

PANDAS PHYSICIANS NETWORK

BOOTH #214

Address:

117 Eastbend Court Mooresville, NC 28117

Contact: 513-549-8193 • support@pandasppn.org

Website: pandasppn.org

PANDAS Physicians Network (PPN) is a 501c3 non-profit organization. Our vision is that PANS/PANDAS will become easily diagnosed and treated with accessible therapies that dramatically reduce suffering and lead to a cure. We offer educational literature and resources.

CHICAGO COUNSELING CENTER, INC.

BOOTH #304

Address:

6160 N Cicero Ave, Suite 630

Chicago, IL 60646

Contact: 773-932-9597 • christina@chicagocounselingcenter.com

Website: www.chicagocounselingcenter.com/

We provide in-person and virtual counseling services, specializing in the treatment of OCD, Anxiety Disorders, and Perfectionism using Exposure and Response Prevention (ERP) and other evidence-based practices such as CBT, ACT, and I-CBT. We also work with individuals living with Body-Focused Repetitive Behaviors (BFRBs), Eating Disorders, Substance Abuse, and PTSD. For in-person sessions, we are able to offer Virtual Reality Therapy (VRT) for Specific Phobias, Social Anxiety, and OCD as well.

LINDNER CENTER OF HOPE

BOOTH #302

Address:

4075 Old Western Row Road

Mason, OH 45040

Contact: 513-536-4673 • jennifer.pierson@lindnercenter.org

Website: lindnercenterofhope.org

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

OCD ANXIETY CENTERS

BOOTH #316

Address:

1459 N Main Street, Ste 100 Bountiful, UT 84010

Contact: 866-747-4OCD • admissions@ocdanxietycenters.com

Website: theocdandanxietytreatmentcenter.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 866-747-40CD (866-747-4623).

BULL CITY ANXIETY & OCD TREATMENT CENTER

BOOTH #204

Address:

141 Providence Road Chapel Hill, NC 27514

Contact: 919-808-2318 • info@bullcityanxiety.com

Website: bullcityanxiety.com

Bull City Anxiety and OCD Treatment Center is a specialty clinic in Chapel Hill, North Carolina providing compassionate, evidence-based treatment for OCD, Anxiety Disorders, and OC-Related Disorders. We offer outpatient therapy, intensive treatment, and group therapy, in addition to free support groups for individuals with OCD and their loved ones. Services are available in-person at our Chapel Hill office or via telehealth throughout the state of North Carolina.

THE OCDOPUS

BOOTH #323

Address:

Brick Township, NJ 08723 **Contact:** theocdopus@gmail.com Website: theocdopus.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.



BOOTH #315

Address:

240 Central Park South, Suite 2J

New York, NY 10019

Contact: 212-518-8162 • Admin@nyanxietytreatment.com

Website: Nyanxietytreatment.com

New York Anxiety Treatment seeks to deliver excellent evidence-based treatment for OCD, anxiety, and related disorders. In addition to individual therapy, we offer a six-week Intensive Outpatient Program (IOP) for individuals with OCD and related Anxiety Disorders. For those who are in therapy or post therapy, we offer OCD support groups and supplementary exposure groups to increase outpatient treatment dose, maintain treatment gains, and prevent relapse.

CENTER FOR CHANGE

BOOTH #321

Address:

1790 N State St. Orem. UT 84057

Contact: 888-224-8250 • info@centerforchange.com

Website: centerforchange.com

Center for Change offers intensive treatment for eating disorders and co-occurring issues, including the complex intersection with OCD and other anxiety-related conditions. Our team of seasoned medical, psychological, and nutrition experts treat both the outward symptoms and underlying causes of eating disorders. Located in Orem Utah, serving females in Inpatient and Residential, and all genders in PHP, IOP, and Outpatient. Accredited by The Joint Commission, certified by TRICARE® and designated a Gluten-Free Food Service Program. 888-224-8250 • www.centerforchange.com



LINDNER

CENTER OF HOPE

OCD ANXIETY CENTERS



BULL CITY

ANXIETY & OCD TREATMENT CENTER

the ocdopus 🖁

ocd & anxiety recovery shop

OCD & ANXIETY PROGRAM OF **SOUTHERN CALIFORNIA**

BOOTH #208

OCD ANXIETY PROGRAM

ANAD

pch 👤

Address:

3205 Ocean Park Boulevard, Suite 250

Santa Monica, CA 90405

Contact: 310-869-675 • info@socalocd.org

Website: socalocdprogram.org

We deliver individualized evidence-based treatment for individuals struggling with Obsessive Compulsive Disorder, anxiety disorders, Obsessive-Compulsive Spectrum Disorders, phobias, and depression. The team specializes in Cognitive-Behavioral Therapy, particularly Exposure and Response Prevention. Additionally, our team is trained in the Bergen 4- Day Treatment approach. We are located in the heart of Los Angeles in Santa Monica, California, a bustling exciting environment offering terrific opportunities to complete exposures in the community.

UCSF OCD PROGRAM

BOOTH #205

Address: 675 18th St.

San Francisco, CA 94107

Contact: 415-885-7707 • ocdresearch@ucsf.edu

Website: ocdprogram.ucsf.edu

The UCSF OCD Program is looking for research study participants with OCD. We have an ongoing genetics study on OCD, deep brain stimulation study for treatment-refractory OCD, and TMS studies. One of our TMS studies are for teens with OCD and the other is for adults diagnosed with anorexia. We are located in San Francisco, California. If you are interested or have any questions, please reach out to us through email at ocdresearch@ucsf.edu.

ANAD

BOOTH #314

Address: PO Box 409047 Chicago, IL 60640

Contact: 312-882-6724 • hello@anad.org

Website: anad.org

ANAD is the leading nonprofit in the U.S. that provides free, peer support services to anyone struggling with an eating disorder, regardless of age, race, gender identity, sexual orientation, or background. Our nationwide network of volunteers understand first-hand the ups and downs of the recovery journey—because they, too, have lived the experience of an eating disorder. ANAD empowers volunteers to help others through their own

PSYCHOLOGICAL CARE AND HEALING

BOOTH #311

Address:

11965 Venice Blvd.. Suite 202 Los Angeles, California 90066

Contact: 888-525-2140 • ccapistrano@pchtreatment.com

Website: www.pchtreatment.com

A Comprehensive Journey in Mental Health Care.

We pride ourselves on being more than just a treatment center; we are a unique integration of primary mental health care, transitional programs, and aftercare, all woven into our comprehensive treatment and healing model.

NOT ALONE NOTES

BOOTH #109

Address: PO Box 162 Normal, IL 61761

Contact: notalonenotes@gmail.com Website: notalonenotes.org

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

HOPEWELL THERAPEUTIC COMMUNITY

BOOTH #226

Address:

HPPEWELL 9637 State Route 534 a therapeutic farm community Middlefield. OH 44062

Contact: 440-426-2000 • tbitting@hopewell.cc

http://tbitting@hopewell.cc Website: hopewellcommunity.org

We are a long term primary mental health residential therapeutic community treating various mental health diagnoses including OCD. Hopewell is an ERP based program and incorporates a 325 acre working farm into the treatment model. Through meaningful work, evidence based therapy, a vibrant community and a diverse range of engaging clinical and holistic opportunities, residents can gain a higher level of autonomy, independence, and success.

BRAINSWAY

BOOTH #206

Address:

95 Washington Street Canton, MA 02021

Contact: 844-386-7001 • DeepTMS@brainsway.com

Website: brainsway.com

BrainsWay is a global leader in advanced noninvasive neurostimulation treatments for mental health disorders. The Company is boldly advancing neuroscience with its proprietary Deep Transcranial Magnetic Stimulation (Deep TMS™) platform technology. BrainsWay is the only TMS device with FDA clearance backed by clinically proven efficacy for Depression, Anxious Depression, Late-Life Depression, OCD, and Smoking Addiction.

PRESENTLY

BOOTH #111

Contact: hello@presentlybracelets.com Website: www.presentlybracelets.com

We're Lindsay and Emily, founders of Presently—a bracelet brand inspired by our personal experiences with OCD and anxiety. We created Presently to be the reminder we wished we had during our hardest moments — to bridge the gap between therapy and daily life. Each bracelet is engraved with a simple but powerful phrase based on Cognitive Behavioral Therapy, like "I am separate from my mind" and "My thoughts are passing clouds."



BrainsWay*

presently



AMK COUNSELING

BOOTH #210

Address:

2000 N Racine #3300 Chicago, IL 60614

Contact: 773-413-9523 • info@amkcounseling.com

Website: www.amkcounseling.com

AMK Counseling is a group psychotherapy practice in Chicago, IL. With over 50 clinicians, AMK Counseling offers specialized expertise, experience and training in working with individuals of all ages for anxiety, trauma, OCD, BFRBs, life transitions, and more. AMK therapists strive to not only help decrease symptoms that impact clients' lives but also work to identify practical skills that will help empower clients to thrive on their own and live a more fulfilling life.

OCD MIDWEST

BOOTH #212

Address: PO Box 512

Bensenville, IL 60106

Contact: 614-562-7073 • hello@ocdmidwest.org

Website: ocdmidwest.org

OCD Midwest stands as a beacon for individuals, families, and professionals. offering insights, resources, and community support for all touched by OCD. We are a dedicated team of professionals, advocates, and individuals united by a common goal: to provide resources, support, and education about OCD. We envision a future where OCD is understood, where resources are accessible, and where every individual feels supported in their journey.

HABITAWARE, INC.

BOOTH #312

Address:

400 S. 4th Street, suite 410 Minneapolis, MN 55415

Contact: 301-980-4069 • support@habitaware.com

Website: habitaware.com

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

OCD MISSOURI

BOOTH #215

Address:

131 W. Monroe Ave. Suite 5 St. Louis, MO 63122

Contact: 816-896-4247 • hello@ocdmo.org

Website: ocdmo.org

OCD Missouri is a non-profit organization and proud affiliate of the International OCD Foundation (IOCDF). Our primary goal is to support the mission of the IOCDF by fostering a compassionate and inclusive community for individuals and their loved ones who are affected by Obsessive-Compulsive Disorder (OCD). We are dedicated to providing valuable resources, generating awareness, and advocating for those living with OCD in the state of Missouri.



C) (D) MIDWEST

HABITAWARE

TLC FOUNDATION FOR BODY FOCUSED REPETITIVE BEHAVIORS

BOOTH #309

Address:

2041 East Street, Suite 91 Concord, CA 94520

Contact: drlamiaelsadek@bfrb.org

Website: bfrb.org

The TLC Foundation for Body-Focused Repetitive Behaviors is a healthrelated human services organization dedicated to supporting the 1-in-20 individuals experiencing body-focused repetitive behaviors (BFRBs) through advocacy, awareness, connection, health education, celebration, and equitable access to effective evidence-based treatments.

HELPING MINDS

BOOTH #209

Address:

651 N Broad St., Suite 206 Middletown,

DE 19709

Contact: 323-989-2064 • support@helpingminds.com

Website: https://www.helpingminds.com

Specialty mental health conditions - like OCD and related disorders - had traditionally been misdiagnosed and mistreated, and the problem is too big to solve using the old approach of weekly 1-on-1 sessions with a therapist. There simply are not enough specialized therapists to meet the growing demand. We bridge this market gap by augmenting therapists with technology.

ANXIETY EXPERTS

BOOTH #207

Address:

1482 East Valley Road, Ste. 17 Montecito, CA 93108 Contact: 805-705-0614 • intake@anxietyexperts.com

Website: www.anxietyexperts.com

Struggling with OCD or a related disorder such as BDD, BFRB's or eating concerns? Anxiety Experts' compassionate team uses the number one treatment, Exposure and Response Prevention (ERP) therapy, to help you create the life you want and deserve. We offer in-person treatment in Santa Barbara and Ventura, plus virtual outpatient and Intensive Outpatient (VIOP) care. ERP works—online or in person—and we'll guide you every step of the way toward lasting relief and freedom.

YALE NEW HAVEN HEALTH -**REACH PROGRAM**

BOOTH #310

Address:

1558 Barnum Ave Bridgeport, CT 06484

Contact: 203-449-5615 • bridget.gallant@bpthosp.org

Website: https://www.bridgeporthospital.org/services/mental-health/

reach-program

The OCD and Anxiety disorders treatment track is an adult intensive outpatient program for individuals with obsessive-compulsive disorder (OCD) and impairing anxiety disorders. OCD includes unwanted or intrusive thoughts, images, or urges (obsessions) that cause distress.



stopocd

Yale NewHaven

Health

Bridgeport Hospital

by Helping Minds



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 Great Lakes Foyer and Exhibit Hall and/or during the Researcher and Exhibitor Meet & Greet Sponsored by Instride Health on Saturday night from 6:00pm—7:00pm in the Exhibit Hall. 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, Christopher Pittenger, MD, PhD, Emily Stern, PhD, Eric Storch, PhD, Leonardo Fontenelle, MD, PhD, Bethany Wootton, PhD, Ulrike Buhlmann, PhD, Reuven Dar, PhD, and Christine Lochner, PhD.

SCAN FOR VIRTUAL POSTER PRESENTATIONS:



POSTER KEY:





OUTSTANDING POSTER AWARD

- This poster can be viewed throughout the in-person Conference in the Great Lakes Foyer at the Researcher and Exhibitor Meet & Greet Sponsored by Instride Health in the Exhibit Hall on Saturday from 6:00 PM-7:00 PM.
 - * This poster is only available at the Research Symposium reception on Thursday.

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

GENERAL OCD

 A Meta-Analysis of Religiosity and Obsessive-Compulsive Symptoms and Cognitions ▲

Peter Qiu, BA (1), Matthew Loreg, BA (1), Jedidiah Siev, PhD (1)
(1) Swarthmore College

2. The Hidden Obstacle: Exploring OCD in Collegiate Athletes

Ria Gill, BKin (1), Jack Stimson, MA (2), John Best, PhD (3), Lisa Cromer, PhD (2), S. Evelyn Stewart, MD (1,3)

- (1) University of British Columbia
- (2) University of Tulsa
- (3) BC Children's Hospital Research Institute
- 3. The Role of Distress Intolerance in Co-Occuring Obsessive-Compulsive Symptoms and Alcohol Misuse ♣

Michael P. Randazza, MS (1,2), Lindsay S. Ham, PhD (1), Byron L. Zamboanga, PhD (1)

- (1) University of Arkansas, Fayetteville
- (2) Fordham University
- 4. * A Network Analysis on Ocd, Depression, and Reward Responsiveness: Examining the Transdiagnostic Links

Vanessa Zavala Cruz, BA (1), Kevin M. Wagner, PhD (1), Matti Cervin, PhD (2), Jessica Szu-Chi Cheng, BA (1), Jasmine Arriaga, BA (1), Asmita Ahuja (3), Dayan Berrones, BA (1), Josselyn S. Munoz, BA (1), Jacey L. Anderberg, BA, BS (1,4), Renee M. Frederick, MAT (1,5), Andrew D. Wiese, PhD (1), Latin American Trans-Ancestry Initiative for OCD genomics (LATINO), Brazilian Obsessive-Compulsive Spectrum Disorder Working Group (GTTOC), James J. Crowley, PhD (6), and Eric A. Storch, PhD (1)

- (1) Baylor College of Medicine
- (2) Lund University

- (3) Rice University
- (4) University of Nebraska–Lincoln
- (5) University of Houston
- (6) University of North Carolina at Chapel Hill
- 35. * Building Trust: Racial/Ethnic Minorities and Research Participation

Iasha Williams (1), Ogechi "Cynthia" Onyeka, PhD (1), Nico Sanchez (1, 2), Juliana Avery (1), Olufemi Olukoya, LPC (3), Christopher Rodriguez (4), Members of the Latin American Trans-ancestry INitiative for OCD genomics (LATINO) Consortium, James J. Crowley, PhD (5), and Eric A. Storch, PhD (1)

- (1) Baylor College of Medicine
- (2) The University of Texas at Austin
- (3) Sandcastle Psych LLC
- (4) 88Purple
- (5) University of North Carolina at Chapel Hill

Exploring Discussions of Coping Strategies: Thematic Analysis of Digital Peer Support Forum for OCD

Nora Y. Sun (1), Sai Supritha Chakravadhanula (2), Sofia E. Guerra (3), Deeksha Khanna (4), Christopher Pittenger, MD, PhD (5), Terence H. W. Ching, PhD (5)

- (1) Harvard University, Cambridge, MA, USA
- (2) Olathe South High School, Olathe, KS, USA
- (3) Massachusetts Institute of Technology, Cambridge, MA, USA
- (4), Stanford University, Stanford, CA, USA
- (5) Yale OCD Research Clinic, New Haven, Connecticut, USA

Relationship between Safety Behavior Endorsement and Obsessive-Compulsive Symptom Clusters in an Undergraduate Population

Catherine E Rast, BA (1), Hanjoo Lee, PhD (1)

(1) University of Wisconsin, Milwaukee

A Grounded Theory on Scrupulosity ...

Erin Ramachandran, PsvD(c) (1) (1) California Southern University

Comparative Study for Managing Anxiety and OCD Symptoms: Methodology and Baseline Characteristics ...

Joanna X. Zhou, BA (1), Hannah C. Moore, BS (1), Jeffrey A. Carter, BA (1, 2), Marianna Messerli, MEd (1, 2), Adam Garcia, MEd (1, 2), Brian Dang, MAT (1, 2), Alyssa Vieira, BA (1, 2), Annisa M. Ahmed, BA (1, 4), Kelly Barry, MS (1, 2), Te Qi, MA (1, 3), Mahnoor Ahmad, MAT (1, 2), Mariana Vazquez, PhD (1), Ogechi "Cynthia" Onyeka, PhD (1), Amanda D. Palo, PhD (1), Abigail E. Candelari, PhD (1), Eric A. Storch, PhD (1)

- (1) Baylor College of Medicine
- (2) University of Houston
- (3) University of Houston Clear Lake
- (4) Texas A&M University

Coping Strategies for OCD Patients Prior to Diagnosis in México 💻

Jose Enrique Martinez Sanchez, MA (1), Higareda Sanchez Jesus Javier, PhD (2)

- (1) Liber TCC Mexico
- (2) Good Life Terapia México.

An Obsessive-Compulsive Decision-making Style is Most Related to Obsessing and Checking: Evidence from a Cross-cultural Cross-sectional Network Analysis and a Behavioral Task 💻

Shachar Ruppin (1), René Freichel (2), Richard J. McNally (1), Reuven Dar (3)

- (1) Harvard University
- (2) University of Amsterdam
- (3) Tel Aviv University

Differentiating OCD and Psychosis: An Analysis of Two Cases of Pure Obsessional OCD

Syed Z. Kaleem, MD (1), Alison Swigart, MD (1) (1) Penn State University College of Medicine

Disgust Proneness, Intolerance of Uncertainty, and **COVID-Related Symptoms of OCD: A Four-Year** Longitudinal Study 💻

Zoë S. Barron (1), Alexandra M. Adamis (1), Bunmi O. Olatunji, PhD (1)

(1) Vanderbilt University

Evaluating Large Language Models for OCD Diagnosis: Advancing Mental Health Care with Real-World Clinical Data

Brian A. Zaboski (1), Abdelrhman Gouda (1), Kevin W. Jin (2, 3), Qiangian Xie (3), Fan Ma (3), Christopher Pittenger (1), Hua Xu (3)

- (1) Yale OCD Research Clinic, Yale School of Medicine
- (2) Program in Computational Biology and Biomedical Informatics, Yale University
- (3) Department of Biomedical Informatics and Data Science, Yale School of Medicine

HETEROGENEITY OF OCD

5. Planning Ability in Obsessive Compulsive Spectrum Disorders 💄

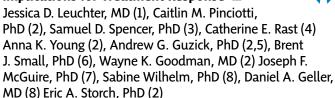
Catherine Chen, BA (1), Sarah L. Garnaat, PhD (2, 3), Steven A. Rasmussen, MD (2), Christina L. Boisseau, PhD (1)

- (1) Department of Psychiatry and Behavioral Sciences, Northwestern University Feinberg School of Medicine, Chicago, IL, USA
- (2) Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University, Providence, RI, USA
- (3) Department of Psychiatry, Geisel School of Medicine at Dartmouth College & Dartmouth-Hitchcock Medical Center, Hanover, NH, USA
- 6. Associations Between Obsessive-Compulsive Personality Disorder Traits and Symptom Dimensions in Obsessive-Compulsive Disorder: A Cross-Sectional Study
 - H. Nur Eken, MD (1), Rebecca B. Price, PhD (1) (1) University of Pittsburgh Medical Center
- 7. Stability and Transition Likelihood of Primary Symptoms in Adults with Obsessive-Compulsive Disorder: A 5-Year Prospective Follow-Up Study

Immanuela C. Obisie-Orlu, MS (1), Jane L. Eisen, MD (2), Steven A. Rasmussen, MD (3), Christina L. Boisseau, PhD (1)

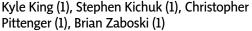
- (1) Northwestern University Feinberg School of Medicine
- (2) McLean Hospital
- (3) Brown University Medical School

8. Obsessive-Compulsive Disorder Symptom Dimensions in Youth: Clinical Features and Implications for Treatment Response



- (1) Department of Psychiatry and Behavioral Sciences, University of Miami Miller School of Medicine/Jackson Memorial Hospital, Miami, FL (2) Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine, Houston, TX
- (3) Department of Psychology, University of North Texas, Denton, TX (4) Department of Psychology, University of Wisconsin, Milwaukee, WI
- (5) Department of Psychiatry, University of Pennsylvania, Philadelphia, PA (6) School of Nursing, University of North Carolina at Chapel Hill, Chapel Hill, NC
- (7) Department of Psychiatry and Behavioral Sciences, Johns Hopkins School of Medicine, Baltimore, MD
- (8) Department of Psychiatry, Massachusetts General Hospital and Harvard Medical School, Boston, MA

9. Moderators of the Relationship between Social Support and Readiness to Change in OCD



(1) Yale School of Medicine, Department of Psychiatry, Yale University, USA



10. When OCD Feels Like Who You Are: Impacts on OCD and Depression Symptoms Across Treatment

Melanie H. DelAngelo, BS (1), Jacob A. Nota, PhD (1,2), Nathaniel Van Kirk, PhD (1,2), Martha J. Falkenstein, PhD (1.2), Jennie M. Kuckertz, PhD (1.2)

(1) OCD Institute, McLean Hospital, Belmont, MA

(2) Department of Psychiatry, Harvard Medical School, Boston, MA

11. Clinician Perspectives on Treating Not Just Right OCD: A Survey Study 💄

My Le Tran, BS (1), Martin E. Franklin, PhD (1, 2), Rachel A. Schwartz, PhD (1)

(1) Rogers Behavioral Health, Research Center

(2) University of Pennsylvania

12. Strength of Religious Belief Moderates the Relationship Between Scrupulosity Types in a Clinical Sample

Nicholas Kim, BS (1), Martha J. Falkenstein, PhD (1, 2), Jennie M. Kuckertz, PhD (1, 2)

(1) OCD Institute, McLean Hospital

(2) Harvard Medical School

Is Tic-related OCD Genetically Different from OCD without Tics?

Nora I. Strom (1, 2, 3, 4), Heidi Perälampi (5), Matthew W. Halvorsen (6), Kevin Sean O'Connell (7, 8), Bragi Walters (9), Marco Galimberti (10,11), Katri Pärna (12), Gustaf Brander (3), DeCode, EstBB, FinnGen, iPSYCH, MoBa, MVP, NORDiC, Elles J. de Schipper (3), Christian Rück (3), Joel Gelernter (10,11), Murray Stein (13,14), Kelli Lehto (12), James J. Crowley (6), Daniel F Gudbjartsson (9), Hreinn Stefánsson (9), Helga Ask (15,16), Iiris M. Hovatta (5), David Mataix-Cols (3), Manuel Mattheisen (1, 4, 17)

(1) Department of Psychiatric Phenomics and Genomics (IPPG). Ludwig-Maximilians University Munich, Munich, Germany

(2) Department of Psychology, Humboldt-Universität zu Berlin, Berlin, Germany

(3) Centre for Psychiatry Research, Department of Clinical Neuroscience, Karolinska Institutet & Stockholm Health Services, Region Stockholm, Sweden

(4) Department of Biomedicine, Aarhus University, Aarhus, Denmark (5) SleepWell Research Program, Faculty of Medicine, University of Helsinki. Helsinki. Finland

(6) Department of Genetics, University of North Carolina at Chapel Hill, Chapel Hill, NC, USA

(7) Center for Precision Psychiatry, Division of Mental Health and Addiction, Oslo University Hospital, Oslo, Norway

(8) Institute of Clinical Medicine, University of Oslo, Oslo, Norway (9) deCODE genetics-Amgen

(10) Department of Psychiatry, Human Genetics, Yale University, New Haven, CT, USA

(11) Department of Psychiatry, Veterans Affairs Connecticut Healthcare Center, West Haven, CT, USA

(12) Research group of neuropsychiatric genomics, Estonian Genome Centre, Institute of Genomics, University of Tartu, Estonia

(13) Psychiatry Service, VA San Diego Healthcare System, San Diego, CA, USA (14) Department of Psychiatry and School of Public Health, University of California San Diego, La Jolla, CA, USA

(15) PsychGen Center for Genetic Epidemiology, Norwegian Institute of Public Health, Oslo, Norway

(16) PROMENTA Research Center, Department of Psychology, University of Oslo, Oslo, Norway

(17) Department of Community Health and Epidemiology and Faculty of Computer Science, Dalhousie University, Halifax, NS, Canada

13. "All Are Not Measured Equal": Differentiating Symptom Severity from Symptom Co-Occurrence among OCD Patients

Qiaoqian Wang (1), Jennie Kuckertz (2,3), Martha Falkenstein (2,3), Richard J. McNally (1)

(1) Harvard University

(2) Obsessive Compulsive Disorder Institute, McLean Hospital

(3) Department of Psychiatry, Harvard Medical School

35. * Factors Associated with Delays in Assessment and Treatment of Obsessive-Compulsive Disorder: A Scoping Review

Kaeo Wongbusarakum, BS (1), Erica Schug (1), Tamerlane Visher, (1, 2), Megan Mirkis, (1), Kaitlyn Sulivan-Pascual, (1), Precia Rhee, (1), Adam C. Frank, (3)

(1) University of Southern California

(2) Drexel University College of Medicine

(3) University of Southern California Keck School of Medicine

Inhibiting Not Just Right Stimuli: Implications for Obsessive-Compulsive Severity ____

Cohley Acenowr, MS (1), Halle Berres, BA (1), Han Joo Lee, PhD (1) (1) University of Wisconsin-Milwaukee

39. Factor Structure of the Indecisiveness Scale in Individuals with OCD

Elizabeth M. Ray (1), Noelle Arcaro (1), Hana Zickgraf (2), Anthony Pinto, PhD (1)

(1) Northwell Health OCD Center, Glen Oaks, NY

(2) Rogers Behavioral Health, Philadelphia, PA

Associations between Age of OCD Onset, MDD Onset, and Suicidal Thoughts and Behaviors in Adults with OCD 💻

Heyli Arcese, BA (1), Adam C. Jaroszewski, PhD (1), Jennifer L. Greenberg, PsyD (1), Ryan J. Jacoby, PhD (1), Hilary Weingarden, PhD (1), Susanne S. Hoeppner, PhD (1), Sabine Wilhelm, PhD (1)

(1) Massachusetts General Hospital/Harvard Medical School

A Preliminary Examination of Barriers to Help Seeking Among Latinas with OCD Who Have Experienced Pregnancy 💻

Rachel E. Jocson (1), Erika S. Trent (1), Josselyn S. Muñoz (1), Renee M. Frederick (1), Jacey L. Anderberg (1), Dayan Berrones (1), Vanessa Zavala Cruz (1), Michele T. Pato (2), Brazilian Obsessive-Compulsive Spectrum Disorder Working Group, A Latin American Trans-ancestry INitiative for OCD genomics, James M. Crowley (3), Eric A. Storch (1)

(1) Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine

(2) Rutgers Center for Genomics of Psychiatric Health and Addiction, Rutgers University

(3) Department of Genetics, University of North Carolina School of Medicine

Obsessive Compulsive Disorder: A Case Report about Cultural Barriers to Treatment

Lizette Lara, MD (1), Jesse San Juan, MD (1), Neha Bhupathiraju, MS (1), Guadalupe Vidal, PhD (1), Silvina Tonarelli, MD (1) (1) Texas Tech University Health Science Center, El Paso Texas

Obsessive-Compulsive Disorder Symptom Profiles and Perceived SSRI Effectiveness: A Comparison between Adults With and Without Co-occurring Tics

Hannah C. Moore, BS (1), Danqi Li, BA (1), Kevin M. Wagner, PhD (1), Jessica Szu-Chi Cheng, BA (1), Mahnoor Ahmad, MAT (1, 2), Silvina Tonarelli, MD (3), Humberto Nicolini, MD, PhD, (4, 5), María Beatriz Moyano, MS, MD (6, 7), Vanessa Zavala Cruz, BA (1), Dayan Berrones, BA (1), Josselyn S. Muñoz, BA (1), Renee M. Frederick, MAT (2), Jacey L. Anderberg, BS, BA (8), Latin American Trans-ancestry INitiative for OCD genomics (LATINO), Brazilian Obsessive-Compulsive Spectrum Disorder Working Group (GTTOC), James J. Crowley, PhD (9), Eric A. Storch, PhD (1)

- (1) Baylor College of Medicine
- (2) University of Houston
- (3) Texas Tech University Health Sciences Center El Paso
- (4) Grupo Médico Carracci
- (5) Instituto Nacional de Medicina Genómica
- (6) Centro Interdisciplinario de Tourette, TOC, TDAH, y Trastornos Asociados (CITA)
- (7) Asociación de Psiquiatras de Argentina (APSA)
- (8) University of Nebraska-Lincoln
- (9) University of North Carolina at Chapel Hill

NEUROSCIENCE

14. Astrocyte Gi-GPCR Signaling Restores D1 Medium Spiny Neuron Hyperexcitability in Sapap3 (Dlgap3) Knockout Mice That Model Compulsive Behaviors

Chiranjivi Neupane (1), Vanessa LH. Casha(1), Baljit S. Khakh (1,2) (1) Department of Physiology, David Geffen School of Medicine, UCLA (2) Department of Neurobiology, David Geffen School of Medicine, UCLA

15. Sensory Phenomena and Neural Features of Sensory Urges in Individuals with Obsessive-Compulsive Disorder and Unaffected Siblings



Goi Khia Eng (1,2), Nicolette Recchia (1,2), Katherine A. Collins (2), Jeanmarie Harvey (1,2), Russell H. Tobe (2,3), Emily R. Stern (1,2,4)

- (1) Department of Psychiatry, New York University Grossman School of Medicine
- (2) Clinical Research Division, Nathan S. Kline Institute for Psychiatric Research
- (3) Center for the Developing Brain, Child Mind Institute
- (4) Neuroscience Institute, New York University Grossman School of Medicine

16. Neural Substrates of Active Avoidance Learning in Obsessive-Compulsive Disorder: Preliminary Results

Katherine A. Collins (1), Zhenfu Wen (2), Jeanmarie R. Harvey (1.3), Nicolette Recchia (1.3), Rachael Moldow (1.3),

Laura B. Bragdon (3), Goi Khia Eng (1,3), Mohammed R. Milad (2), Emily R. Stern (1,3,4)

- (1) Clinical Research Division, Nathan S. Kline Institute for Psychiatric Research
- (2) Faillace Department of Psychiatry and Behavioral Sciences, McGovern Medical School, University of Texas Health Science Center at Houston, TX
- (3) Department of Psychiatry, New York University Grossman School of Medicine
- (4) Neuroscience Institute. New York University Grossman School of Medicine

33. Advancing OCD Treatment with Multichannel Dual-Region TMS: A Feasibility Framework Integrating 7T MRI, Spectroscopy, and Mechanistic Insights 💄

Farzan Vahedifard, MD (1, 2), Mohammad Daneshzand, PhD

- (1), Mark Eldaief, MD (2), Aapo Nummenmaa, PhD (1)
 - (1) Department of Radiology, Massachusetts General Hospital, Harvard Medical School
 - (2) Department of Neurology, Massachusetts General Hospital, Harvard Medical School

36. * Combined Effects of Deep Brain Stimulation and **Exposure Response Prevention Therapy**

Mahnoor Ahmad, MAT (1,2), Michelle Avendano-Ortega, BA (1), Erika S. Trent, PhD (1), Kevin Wagner, PhD (1), Sameer A. Sheth, MD, PhD (1), Luke Jumper (1), Nicole R. Provenza, PhD (1), Andrew D. Wiese, PhD (1), Eric A. Storch, PhD (1), Wayne K. Goodman, MD, PhD (1)

- (1) Baylor College of Medicine
- (2) University of Houston

The Relationship Between Lesion Characteristics and Clinical Responses in Ventral Capsulotomy for Severe OCD 💻

Dylan Ines, ScB (1,3), Sarah Milback, BA (1,3), Benjamin Greenberg, MD, PhD (1,2,4), Steven Rasmussen, MD (1,2), Wael Asaad, MD, PhD (2,3), Nicole McLaughlin, PhD (1,2)

- (1) Butler Hospital
- (2) The Warren Alpert Medical School of Brown University
- (3) Rhode Island Hospital
- (4) Center for Neurorestoration and Neurotechnology, Providence VA Medical Center

Inducing Feelings of Incompleteness and Sensory Phenomena in Non-clinical Participants and Exploring Associated Neural Activity

Ellie Phillips BSc (1), Rhiannon Jones PhD (1), Debra Gray PhD (1.2), Jordan Randell PhD (1)

- (1) University of Winchester
- (2) Kingston University London

Unmasking the Unseen: OCD as an Unexpected Consequence of Traumatic Brain Injury

Aditya Shah, DO (1), Safa Rubaye, MD MBChB (1, 2), Margaret Meyer, DO (1), Waleed Al-Dulaimy, MD MBChB (2), Ashley Hernandez, DNP, APRN, FNP-C (2)

- (1) University of Incarnate Word Texas Institute for GME and
- (2) Mendala PolyTrauma Clinic

The Endocannabinoid System in Obsessive-Compulsive Disorder: A Scoping Review **=**

Hanan Idd, HBSc (1, 2), Gil Angela Dela Cruz, MSc (2), Jenelle Athansius (2), Siya Verma, HBSc (1, 2), Jamie D. Feusner, MD (1, 2, 3, 4, 6), Stefan Kloiber, MD (1, 2, 3, 4, 5)

- (1) Institute of Medical Science, University of Toronto, Toronto, ON, Canada
- (2) General Adult Psychiatry and Health Systems, Centre for Addictions and Mental Health, Toronto, ON, Canada
- (3) Campbell Family Mental Health Research Institute, Centre for Addiction and Mental Health, Toronto, ON, Canada
- (4) Department of Psychiatry, University of Toronto, Toronto, ON, Canada
- (5) Department of Pharmacology and Toxicology, University of Toronto, Toronto, ON, Canada
- (6) Department of Women's and Children's Health, Karolinska Institutet, Stockholm, Sweden

The NExT Treatment Study: Method of a Randomized Controlled Trial Testing Transcranial Magnetic Stimulation to Augment Exposure Therapy for Youth with OCD

Claire Breitenfeldt, BA (1), Christine Conelea, PhD (1), Emily Wilton, PhD (1), Mayella Brinker, BS (1), Alixandra Wilens, MA (2), Linda Carpenter, MD (2), Benjamin Greenberg, MD, PhD (2), Jennifer Herren, PhD (2), Suma Jacob, MD, PhD (3), Charles Lewis, MD (1), Nicole McLaughlin, PhD (2), Bryon A. Mueller, PhD (1), Steve Nelson, PhD (1), Erin O'Connor, PhD (2), Giulia Righi, PhD (2), Alik S. Widge, MD, PhD (1), Mark Fiecas, PhD (1), Kristen Benito, PhD (2)

- (1) University of Minnesota
- (2) Brown University
- (3) University of California, Los Angeles

RELATED DISORDERS

17. Characterizing the Prevalence and Pattern of Neuropsychiatric Symptoms Prior to a Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS)

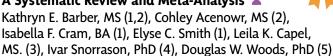
Allison Vreeland, PhD (1, 2), Ian Miller (2), Noelle Schlenk, MA (2), Meigian Ma, MD (2, 3), Bahare Farhadian, FNP-c (2), Melissa Silverman, MD (1, 2), Jennifer Frankovich, MD (2, 3)

- (1) Division of Child & Adolescent Psychiatry, Stanford University School of Medicine
- (2) Stanford Immune Behavioral Health Clinic and Research Program at Lucile Packard Children's Hospital
- (3) Division of Allergy, Immunology, & Rheumatology, Stanford University School of Medicine

18. Save or Throw it Away: A Systematic Review of Discarding Task Studies

Enes Kartal (1), Elona Buzhala (1), Lewis Seaman (1), Jane Scott, PhD (1), Sharon Morein-Zamir, PhD (1) (1) Anglia Ruskin University

19. Comorbid OCD and Anxiety Disorders in Trichotillomania and Skin Picking Disorder: A Systematic Review and Meta-Analysis



- (1) Marquette University, Department of Psychology, Milwaukee, WI, USA (2) University of Wisconsin Milwaukee, Department of Psychology, Milwaukee, WI, USA
- (3) Utah State University, Department of Psychology, Logan, UT, USA (4) Department of Psychiatry, Massachusetts General Hospital/
- Harvard Medical School, Boston, MA, USA (5) Loyola University of Chicago, Department of Psychology, Chicago, IL. USA
- 20. Practice Makes Progress: Adherence to Between-Session Therapy Homework Predicts Treatment Outcomes for Patients with Trichotillomania

Kathrvn E. Barber, MS (1,2), Minjee Kook, BS (2), Elyse Smith (1), Isabella Cram, BA (1), Douglas W. Woods, PhD (3), Michael P. Twohig, PhD (4), Martin E. Franklin, PhD (5)

- (1) Marquette University, Department of Psychology, Milwaukee, WI, USA (2) University of Wisconsin Milwaukee, Department of Psychology, Milwaukee, WI, USA
- (3) Loyola University of Chicago, Chicago, IL, USA
- (4) Utah State University, Department of Psychology, Logan, UT, USA
- (5) Rogers Behavioral Health, Philadelphia, PA
- 21. The Impact of OCPD Traits on Indecisiveness in OCD 💄 Noelle Arcaro, BS (1), Elizabeth Ray, BS (1), Anthony Pinto,
 - (1) Northwell Health OCD Center, Glen Oaks, NY
- 37. * Characterizing Obsessive Compulsive and Tic Symptoms within an Autism Sample

Claire Breitenfeldt, BA (1), Brianna Wellen, PhD (1), Emily Wilton, PhD (1), IaOom Khang, BA (1), Tabitha Mungai, BA (1), Mayella Brinker, BS (1), Angela Tseng, PhD (2), Suma Jacob, MD. PhD (2). Christine Conelea. PhD (1)

- (1) University of Minnesota, Department of Psychiatry and Behavioral
- (2) University of California, Los Angeles, Department of Psychiatry and Biobehavioral Sciences
- Comorbid Obsessive-Compulsive Disorder as a Predictor of Problematic Exercise Constructs in Individuals Presenting for Eating Disorder Treatment

Caitlin B. Shepherd, PhD (1, 2), Hannah Wolfe, MSW (1), Wendy Oliver-Pyatt, MD (1)

- (1) Within Health
- (2) Smith College
- Comparing Baseline Severity, Treatment Response, and **Outcomes Across Symptom Domains in Eating Disorder** Patients With and Without Comorbid Obsessive-Compulsive Disorder 🎩

Hannah Wolfe, MSW (1), Caitlin Shepherd, PhD (1, 2), Wendy Oliver-Pyatt, MD (1)

- (1) Within Health
- (2) Smith College

The Association of Skin Picking, Trauma, and Dissociative Experiences in Excoriation Disorder

Seth Downing, MS (1), Gregory Chasson, PhD (1), Jon Grant (1) (1) University of Chicago

Anxiety and Depression in a Group of Latin American Women with BFRBs

Carolina Santillán Torres-Torija, PhD (1), Janet Wolpert, BA (2), Ileana Ferrer Chávez, BA (2), Nancy García Gómez, MD (3)

- (1) UNAM FES Iztacala
- (2) CRCC Español
- (3) Independent Researcher

Provider Confidence in Treating and Diagnosing Youth Hoarding Behaviors

Rebecca L. Greenberg, BA (1), Seth T. Downing, MS (1, 2), Amanda L. Checkoff (1), Natalie S. Work (1), Phuc Q. Phan (1), Tiffani A. Frierson, BS (1), Jared Williams, BS (1), Alex M. Stefanovici, BS (1), Caroline M. Buchanan (1), Ryan J. McCarty, MS (1), Joseph P.H. McNamara, PhD (1)

- (1) University of Florida
- (2) University of Chicago Medicine

TREATMENT

22. Clinician Perspectives on Treatment Adaptation and Implementation of Culturally Sensitive Treatments for LGBTQ+ Patients with OCD

Aryana Suhartono (1, 2), Rachel Lee (2), Katie H. Mangen, PhD (2), Caitlin M. Pinciotti, PhD (2), Eric A. Storch, PhD (2)

- (1) Rice University
- (2) Baylor College of Medicine
- 23. Heterogeneity in Family Accommodation among Youths Receiving Virtual Specialty Treatment for OCD

Heidi Mochari-Greenberger, PhD, MPH (1), Daniel Ian Gittins Stone, PhD (1), Kathryn Boger, PhD, ABPP (1) (1) InStride Health

24. Prevalence and Change in OCD Caregiver Absenteeism and Strain by Subgroup in Virtual Treatment 👗

Heidi Mochari-Greenberger, PhD, MPH (1), Daniel Ian Gittins Stone, PhD (1), Kathryn Boger, PhD, ABPP (1) (1) InStride Health

25. Identifying Predictors of Compliance for Ecological Momentary Assessments Among Patients in Partial/ Residential Treatment for OCD

Lauren Oh, BA (1), Heather S. Martin (1), Christian A. Webb (1, 2), Courtney Beard (1), Martha J. Falkenstein (1, 2)

- (1) McLean Hospital
- (2) Department of Psychiatry, Harvard Medical School

26. The Trauma-OCD Connection: Investigating Trauma Exposure, Posttraumatic Stress, and Obsessive Belief Severity 💄

Mira S. Becker, BA (1), Martha J. Falkenstein, PhD (1), Jacob A. Nota, PhD (1), Jennie M. Kuckertz, PhD (1), Nathaniel Van Kirk, PhD (1)

- (1) McLean Hospital/Harvard Medical School (Belmont, MA)
- 27. Improving Physician Competency in Obsessive Compulsive Disorder (OCD) Diagnosis and Treatment through an Educational Module for Third-Year Psvchiatry Residents 💄

Nicole Guillery, MD (1), Jennifer Siegel, MD (1), Jessica Wang, MD (1), Michelle Dexter, PhD (1), Adam Frank, MD, PhD (1), Barbara Van Noppen, PhD, LCSW (1)

- (1) Keck School of Medicine, University of Southern California
- 28. Patient versus clinician impressions of symptom improvement in an app-based CBT treatment for OCD 💄

Phoebe Holz, BA (1), Susanne Hoeppner, PhD, M, Ap, Stat (1.2), Ivar Snorrason, PhD (1,2), Sara Velazquez, BA (1), Sabine Wilhelm, PhD (1,2), Ryan J. Jacoby, PhD (1,2)

- (1) Massachusetts General Hospital
- (2) Harvard Medical School
- 29. Tailoring Exposure and Response Prevention to Treat Disgust OCD: Clinician Perspectives in a Survey Study Sreya Vadapalli, MBS (1), Martin E. Franklin, PhD (1,2), Rachel
 - A. Schwartz, PhD (1) (1) Rogers Behavioral Health, Research Center (2) University of Pennsylvania
- 30. Concomitant Medication Effects in Multimodal Treatment for Pediatric OCD 🌲

Stephan Siwiec, PhD (1), Jeff Engelmann, PhD (1), Matt Boyer, MD (1), Rachel Schwartz, PhD (1), Martin Franklin, PhD (1, 2)

- (1) Rogers Behavioral Health
- (2) University of Pennsylvania School of Medicine
- 31. Pharmacogenetic-guided medication management for obsessive-compulsive disorder (OCD): A retrospective studv 💄

Zaira A. Chavez, BS (1), Rachel A. Schwartz, PhD (1), Nicolette Weisensel, MD (1), Matthew W. Boyer, MD (1), Martin E. Franklin, PhD (1, 2), Jeffery M. Engelmann, PhD (1), Maharaj Singh, PhD (1, 3), Madeline M. Hartig, MS (1), Sreya Vadapalli, MBS (1), Sophie A. Schweinert, BS (1), Sheldon R. Garrison, PhD (1)

- (1) Rogers Behavioral Health
- (2) University of Pennsylvania
- (3) Marquette University
- 32. Treatment Engagement in Youth with OCD: The Role of Executive Functioning

Katrina M Daigle, PhD (1), Lisa W Coyne, PhD (1), David A Gansler, PhD (2)

- (1) New England Center for OCD and Anxiety
- (2) Suffolk University Psychology Department

38. * The Role of Co-occurring OCPD in the Effectiveness of ACT-informed ERP in Treating OCD

Yanggian Shen, PhD (1,2), Martha J. Falkenstein, PhD (1,2), Jennie M. Kuckertz, PhD (1,2), Nathaniel Van Kirk, PhD (1,2)

- (1) McLean Hospital
- (2) Harvard Medical School

What are Therapist Narratives about Core Belief Targeting in Brief Therapy Services?

Laura Laken (1), Jane Scott, Dr (1) Sharon Morein-Zamir, Prof (1)

(1) Anglia Ruskin University

Glutamatergic Medications for Obsessive-Compulsive and Related Disorders: A Systematic Review and Meta-Analysis 💻

David R. A. Coelho, MD, MPH (1, 2, 3), Chen Yang, PhD, MPH (3), Armiel Suriaga, PhD, MPH (3), Justen Manasa, PhD, MPH (3), Paul A. Bain, PhD (4), Willians Fernando Vieira, PhD (5, 6), Stefania Papatheodorou, MD, PhD (7, 8), Joshua D. Salvi, MD, PhD (2, 9, 10)

- (1) Division of Public and Community Psychiatry, Massachusetts General Hospital, Boston, MA, USA.
- (2) Department of Psychiatry, Harvard Medical School, Boston, MA, USA.
- (3) Harvard T. H. Chan School of Public Health, Boston, MA, USA.
- (4) Countway Library, Harvard Medical School, Boston, MA, USA.
- (5) Department of Anatomy, Institute of Biomedical Sciences, University of São Paulo, São Paulo, SP, Brazil.
- (6) Laboratory of Neuroimmune Interface of Pain Research, Faculdade São Leopoldo Mandic, Instituto São Leopoldo Mandic, Campinas, SP, Brazil.
- (7) Department of Epidemiology, Harvard T. H. Chan School of Public Health, Boston, MA, USA.
- (8) Department of Biostatistics and Epidemiology, Rutgers School of Public Health, Piscataway, NJ, USA.
- (9) Center for OCD and Related Disorders, Massachusetts General Hospital, Boston, MA, USA.
- (10) McLean Hospital, Belmont, MA, USA.

Effects of a Novel Cognitive-behavioral Intervention on **Obsessive-Compulsive Disorder Symptom Severity** Compared to Supportive Psychotherapy in a Randomized Controlled Trial

Sara Velazquez (1), Doug Mennin (2) Sabine Wilhelm (1,3) Phoebe Holz (1), Ryan J. Jacoby (1, 3)

- (1) Massachusetts General Hospital
- (2) Columbia University
- (3) Harvard Medical School

An Educational Program to Enhance the Identification of Obsessive-Compulsive Disorder (OCD) and the Utilization of Exposure and Response Prevention 💻

Jena Lerch, DNP (1), Deborah Witt Sherman, PhD (2)

- (1) Rhode Island College
- (2) Florida International University

Cognitive Bias Modification for Thoughts-Action-Fusion: **Embracing Heterogeneity through Personalized** Training 💻

Minjee Kook, BA (1), Annabeth Reihl (1), Iman Hafeez (1), Ellie Voge (1), Han-Joo Lee, PhD (1)

(1) University of Wisconsin-Milwaukee



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SPECIAL INTEREST GROUP (SIG) MEETINGS

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

Who should attend a SIG meeting?

Anyone interested in a special topic area is welcome to attend a SIG meeting. SIG membership ranges from professionals in the

field (therapists, researchers, etc.), to students/trainees, to passionate individuals and supporters.

All SIG meetings are held in rooms at the Marriott Marquis Chicago. See map on page 12 to find the room each SIG meeting is taking place in.

SCAN FOR A COMPLETE LIST OF IOCDF SPECIAL **INTEREST GROUPS**



SPECIAL INTEREST GROUP	FACILITATOR(S)	DATE	TIME	LOCATION
Chronic Illness/Disability and OCD	Jessie Birnbaum Jake Winchester, LPC	Friday, July 11	7:00 – 8:00am CT	ANTHROPOLOGY
Acceptance and Commitment Therapy (ACT)*	Jordan Cattie, PhD	Friday, July 11	8:00 – 9:30am CT	ANTHROPOLOGY
Creative Expression	Erika McCoy; Halima Flynt	Friday, July 11	8:00 – 9:30am CT	GEOLOGY
Eating Disorders and OCD	Lissette Cortes, PsyD Michael Sheffield, PsyD	Friday, July 11	8:00 – 9:30am CT	CALCULUS
Hoarding Disorder (HD)	Kiara Timpano, Phd Christiana Bratiotis, PhD, LICSW Carolyn Rodriguez	Friday, July 11	11:30 – 12:30pm CT	GEOGRAPHY
Artificial Intelligence (AI)*	Brian A. Zaboski, Ph.D	Friday, July 11	12:45 – 2:15pm CT	CALCULUS
OCD/SUD "Recovery is Possible"	Patrick McGrath, PhD	Friday, July 11	2:30 – 4:00pm CT	ANTHROPOLOGY
Therapists and Trainees with OCD*	Hannah Breckenridge, LCSW Nathaniel Van Kirk, PhD	Friday, July 11	2:30 – 4:00pm CT	CALCULUS
Faith and OCD	Carolyn Ringenberg, LCSW-A Kimberly Bullard Annie Gottesman	Friday, July 11	4:15 – 5:45pm CT	CALCULUS
Moms with OCD	Tracie Ibrahim, LMFT, CST Alex Reynolds Krista Reed, LSCSW	Saturday, July 12	8:00 – 9:30am CT	ANTHROPOLOGY
Tic Disorders in OCD	Joshua Nadeau, PhD	Saturday, July 12	8:00 – 9:30am CT	CALCULUS
Trauma & PTSD in OCD	Nathaniel Van Kirk, PhD Caitlin Pinciotti, PhD Lauren Wadsworth, PhD	Saturday, July 12	9:45 – 11:15am CT	CALCULUS
Pediatric OCD	Kathryn Hecht, PhD Jessica Bodie, PhD Maria Fraire, PhD Adrienne Van Zomeren, PhD	Saturday, July 12	9:45 – 11:15am CT	DANCE
Body-Focused Repetitive Behaviors (BFRBs)	Suzanne Mouton-Odum, PhD John Piacentini, PhD, ABPP	Saturday, July 12	12:45 – 2:15pm CT	CALCULUS
Helping Professionals with OCD	Jessica Parlor, PhD Leigh Sheppard	Saturday, July 12	12:45 – 2:15pm CT	ANTHROPOLOGY
OCD and Autism	Robert Hudak, MD Jonathan Hoffman, PhD Rebecca Sachs, PhD Jeremy Shuman	Saturday, July 12	2:30 – 4:00pm CT	CULTURE
Imagination CREW (Creative Routes to Explore Writing)	Lauren Shoemaker	Sunday, July 13	8:00 – 9:30am CT	GEOLOGY

^{*}Open to Trainees and Professionals Only

OTHER MEETINGS:

Friday, July 11 | 11:30-12:30pm CT Meeting Room: Biology

OCD Midwest | IOCDF Affiliate General Interest Meeting Saturday, July 12 | 2:30-4:00pm CT

Meeting Room: Calculus

PROGRAMMING FOR ELEMENTARY, MIDDLE, AND HIGH SCHOOLERS



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

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

Please see pages 35–75 for workshops and individual daily schedules for support groups and evening activities.

#OCDweek

October 12-18, 2025 iocdf.org/ocdweek International OCD Foundation





YOUTH PROGRAMMING

	ELEMENTARY COURSE	MIDDLE COLLOCI	IIICII CCUOOL
	ELEMENTARY SCHOOL Glessner House AB	MIDDLE SCHOOL George Pullman	HIGH SCHOOL Henry Clark
	Gessite House No		Heray Clark
	THURSDAY, JULY 10		
6:00PM-7:30PM	Elementary School Support Group— Worry Warriors Andreas Stocker, PsyD; Cagil Torgal-Aksoy, PhD	Middle School Support Group— In This Together: An OCD Meet-and-Greet Perry Leynor, LPC; Findley Harris, LPC	High School Support Group— OCD Crashed my Party Carolyn Ringenberg, LCSW-A; Leigh Watson, PhD
		FRIDAY, JULY 11	
8:00AM-9:30AM	Elementary + Middle Schoolers and Families Orientation Abigail Al Asousi; Natalie Henry, LCSW George Pullman		High Schoolers & Families Orientation Elana Fasan, LCSW
9:45AM-11:15AM	Bingo for the Brave: Turning ERP into a Fun Challenge Galina Lipkin, LCPC; Falyn Mellul, LSW	The OCD Toolbox: Building Coping Skills for Children and Adolescents Michelle Massi, LMFT; Jayme Valdez, LMHC; Jesse Verhoeven, MA	Putting the Fun in ERP: Reimagining OCD Treatment with a Positive Twist Hailee Dear, LCSW
12:45PM-2:15PM	S'more Than Just Camp: Conquering OCD Together with Fun and Friendship! Mara Esber, PsyD; Keri Brown, PhD; Ginny Fullerton, PhD; Alyssa Lentz, LPC; Brooke Miller, RN	Ready, Set Exposure! Rachel Busman, PsyD; Alisa Gudz, MS	Beats OCD: Creating Your Exposure Playlist Desiree Untch, LISW-S; Erin Jones, LCMHC
2:30PM-4:00PM	Draw your OCD with Me! Emily Devlin, LICSW	Can Harry Potter Cure OCD? Jennifer Wells, LISW; Shivali Sarawgi, PhD	OCD Go! Gotta catch em all! Noemi Tsai; Briana Godin; Katherine Brigham; Ginny Fullerton, PhD
4:15PM-5:45PM	Create Your Own OCD Superhero Amy Jenks, PsyD; Chris Pursell, LCSW; Courtney Bottoms-Gustafson, LPC-MHSP	Truth or Dare: OCD Edition Ashley Bramhall, LMFT; Jennifer Lynch, PsyD	Thinking About Thinking: How to Break the Cycle of Compulsive Rumination Erin Jones, LCMHC; Ben Eckstein, LCSW, Elena Fasan, LCSW
	SATURDAY, JULY 12		
8:00AM-9:30AM	Mission Possible: Challenging OCD Obstacles! Kelsey Harrow, RN; Griffin Harrow, LMFT	ERP Scavenger Hunt Elena Fasan, LCSW; Natalie Henry, LCSW	Wheel of MISfortune, the Third: An Interactive ERP Group for Teens Devika Basu, PhD; Victoria Lawlor, PhD
9:45AM-11:15AM	Join our Slime DIY! Making emotions identification maybe even an exposure— as easy as apple pie! Rebecca Sachs, PhD; Michelle Massi, LMFT; Natasha Daniels, LCSW	Who is driving your bus?: An InterACTive Passengers on a Bus Experience Jolie Pepperman, PsyD; Elyse Stewart, PhD Emily Baer, LCSW; Kristen Perrelli, LICSW; Meghan Conlin, LCSW	Flaws and All: Embracing Imperfection Nicole Connolly, PhD; Molly Duran, LCSW
12:45PM-2:15PM	Celebrating Our Uniqueness through Yoga, Dance, and Art! Audrey Berdahl-Baldwin, RYT-200	Game On: Winning Against Intrusive Thoughts! Angelique Howington, LPC-MHSP; Alex Sura, LMSW; Nathan Bankston, LPC-MHSP	Beads of Bravery: Embrace Resilience in the Face of OCD Lacie Lazaroe, PhD; Alexa Valko
2:30PM-4:00PM	This Activity Will be Funish: Having Fun with Flexible Thinking Nathan Siegel, MA	Externalizing OCD Breanna Myers, LCSW; Nicole Baez, LCSW	It's Taboo: Facing OCD Taboo Thoughts Sandra Wartski, PsyD
4:30PM-6:00PM	Keynote Alternati Mary Bro George F	own, RN	Keynote & Awards Ceremony
		SUNDAY, JULY 13	
8:00AM-9:30AM	UNO for OCD! Susan Boaz; Megan Dailey; Denise Egan Stack, LMHC	"Finish That Story!" Charades: The Intrusive Thoughts Edition Jayme Valdez, LMHC; Jesse Verhoeven, MA	Piecing Together the Puzzle of Recovery Sandra Wartski, PsyD
9:45AM-11:15AM	Sensory Superpowers! Mindful Exploration and Grounding for Children with OCD Natalie Henry, LCSW; Elena Fasan, LCSW	All Emotions Are Welcome Here: Creating Your Own Emotion Hotel Jolie Pepperman, PsyD; Emily Baer, LCSW; Regina Roberg, PhD; Meghan Conlin, LCSW	The Imagination Station in Action: Interactive Imaginal Scripting Workshop for Teens Allison Solomon, PsyD; Adir Pinchot, PhD; Rachel Black-Kutner, PsyD
11:30AM-1:00PM	Goal-setting + Wrap-up Natalie Henry, LCSW	Goal-setting + Wrap-up Denise Egan Stack, LMHC; Abigail Al Asousi	Closing Session for High Schoolers Elana Fasan, LCSW

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UCSF OCD Program





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Genomics for OCD

This study aims to identify OCD risk genes leading to the potential of avenues for the development of new treatments. Study participation involves completing online surveys, a potential evaluation, and a blood draw. Participants across the U.S. may participate.

TMS for Teens with OCD

This study explores whether adding Transcranial Magnetic Stimulation (TMS) to ongoing treatments can lead to improvement of OCD in teens ages 13-17, who have experienced limited or no response to usual treatment. This study involves in-person components in San Franscisco, CA.

Personalized Deep Brain Stimulation

The purpose of this study is to determine if personalized deep brain stimulation (DBS) based upon invasive brain mapping is safe and can lead to better outcomes in OCD. This study involves in-person components in San Franscisco, CA.

TMS for Anorexia

Repetitive Transcranial Magnetic Stimulation (rTMS) is being studied as a treatment for Anorexia Nervosa (AN). It involves non-invasive electromagnetic brain stimulation at the orbitofrontal cortex. This study involves in-person components in San Franscisco,



THURSDAY SCHEDULE OVERVIEW

TIME	EVENT	LOCATION
7:00AM-8:00AM	Check-In and Onsite Registration for Thursday's Pre-Conference Sessions	Level 2: Registration Desk Great Lakes Foyer
8:00AM-4:30PM	Supported by the Rodan Family Foundation RODAN FAMILY	Grand Horizon A
8:00AM-3:30PM	Comprehensive Behavioral (ComB) Treatment for Hair Pulling Disorder (Trichotillomania) and Skin Picking (Excoriation) Disorder In Partnership with the TLC Foundation for Body Focused Repetitive Behaviors Www.bfrb.org	Grand Horizon C
8:00AM-3:30PM	Tourette Association of America's Comprehensive Behavioral Intervention for Tic Disorders Training presented by the IOCDF: An Introduction to CBIT for the OCD Practitioner. In Partnership with the Tourette Association of America Tourette Association of America Awareness. Research. Support.	Great Lakes C
8:00AM-3:15PM	How to Do Self-Help: The Strategies and Tactics Presented by: Reid Wilson, PhD	Water Tower
9:00AM-8:00PM	Check-In and Onsite Registration for Annual OCD Conference	Registration Desk Great Lakes Foyer
4:30PM-6:00PM	All Conference Welcome The State of OCD in 2025: Lived Experience, Caregiving, and Clinical Perspectives	Grand Horizon EFG
6:00PM-9:30PM	Thursday Evening Activities & Support Groups Turn to pages 38-40 for descriptions and a detailed schedule.	
8:00PM-9:30PM	Welcome Karaoke Party What better way to kick off the Conference weekend than live band karaoke for the entire community! Held off-site just a short 10-minute walk away, the highly anticipated Karaoke allows new and returning attendees to grab a drink, connect with others, and maybe even get up on stage.	Reggies Chicago (2105 S State St, Chicago, IL 60616) – Meet in Lobby to walk over at 7:45pm

PRE-CONFERENCE ACTIVITIES

IOCDF Research Symposium - Grand Horizon A

Supported by the Rodan Family Foundation Co-chaired by Christopher Pittenger, MD, PhD, & Emily Stern, PhD

Presentations: 8:00AM-3:30PM Reception: 3:30PM-4:30PM

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 10th year, the Symposium is intended to complement the "Research Updates on OCD and Related Disorders" 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 "Research Updates for OCD and Related Disorders" 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.

Comprehensive Behavioral (ComB) Treatment for Hair Pulling Disorder (Trichotillomania) and Skin Picking (Excoriation) Disorder -Grand Horizon C

In Partnership with TLC Foundation for Body Focused Repetitive Behaviors In Partnership with TLC Foundation for Body Focused Repetitive Behaviors

Presentations: 8:00AM-3:30PM

Body-Focused Repetitive Behavior (BFRB) disorders, including Hair Pulling Disorder (also called Trichotillomania) and Skin Picking Disorder (also called Excoriation Disorder) are neither rare nor benign. Estimates suggest that as many as one in 20 people have engaged in non-cosmetic BFRBs resulting in bodily damage and personal distress and have been unable to stop the behaviors. The personal toll of BFRBs often includes impairment of social, academic, occupational, interpersonal and other important areas of functioning; as well as medical consequences involving tissue damage to skin and hair, chronic interference with the body's healing functions, and joint pain and damage due to repetitive motion and postural issues. Common social and emotional consequences of BFRBs include anxiety, depression, shame, secrecy, and isolation.

BFRBs have received increased attention by researchers and clinicians over the past three decades in efforts directed toward greater understanding and more effective treatment of these disorders. Still, they remain well-hidden from and poorly understood by the public, the scientific community, and most clinical practitioners. They

frequently misdiagnosed and unfortunately, inadequately treated. In short, multitudes of sufferers have been and continue to be underserved by the clinical community. This training will provide an overview of the current state of knowledge regarding BFRBs including the most recent research findings. Etiology, comorbidity, diagnostic considerations and clinical presentation will be addressed, as will existing conceptualization and treatment approaches. The primary focus, however, is to introduce Comprehensive Behavioral (ComB) treatment for BFRBs. ComB is designed to address the diverse and idiosyncratic nature of elements that maintain BFRBs. Specific components of treatment, including

psychoeducation, functional analysis, case formulation,

case conceptualization, decision making, and problem

solving will be covered in detail. Also addressed will be

and issues associated with treatment of children with

as a guide for patient preparation, assessment, choice

of treatment elements and clinical decision making to

BFRBs. Attendees will learn to use the ComB model

techniques for overcoming common treatment obstacles

are often unidentified as legitimate clinical disorders, are

maximize treatment effectiveness.

Tourette Association of America's
Comprehensive Behavioral Intervention
for Tic Disorders Training presented by the
IOCDF: An Introduction to CBIT for the OCD

In Partnership with Tourette Association of America

Presentations: 8:00AM-3:30PM

Practitioner. -Great Lakes C

Persistent tic disorders (PTDs), including Tourette Disorder, are a class of neurodevelopmental conditions characterized by sudden, recurrent, involuntary movements and vocalizations (i.e., motor and vocal tics). Over the past decade, there has been a growing body of evidence showing that tics can be effectively managed with a treatment package referred to as Comprehensive Behavioral Intervention for Tics (CBIT), which combines elements of habit reversal training with psychoeducation and function-based behavioral interventions to reduce the overall severity of tics and their impact on daily life. Despite now being recommended as a first-line intervention for PTD, few clinicians have been trained inCBIT. In this session, two of the developers ofCBITwill describe and demonstrate the various components of theCBITpackage and their application in the treatment of PTD. In addition to learning the general therapeutic techniques, attendees will learn about the biobehavioral model of TD and the theoretical and empirical rationale for CBIT. Various instructional technologies will be employed including didactic instructions, video demonstrations of primary treatment components, experiential exercises, and small-groupactivities. An overview of alternative/emerging treatment modalities (group, intensive, telehealth, online) will also be provided.

ALL CONFERENCE WELCOME:

4:30PM-6:00PM

Opening Session:
 The State of OCD from Personal,
 Caregiver, and Clinical Perspectives

8:00PM-10:30PM

 Karaoke Welcome Partry

SUPPORT GROUPS:

6:00PM-7:30PM

- Navigating OCD: Support for Parents of Young Children with OCD and/or Related Disorders
- Is This My Teen Being a Teenager or OCD?: Support Group for Parents of Teens with OCD and/or Related Disorders
- Adulthood on Hold, Anxiety on Repeat: A Support Group for Parents of Dependent Adult Children
- Your Strength Matters: A Support Group for Parents of Young Adults with OCD and/ or Related Disorders
- New to OCD Clinicians Support Group
- International Attendee Support Group

8:00PM-9:30PM

- Support Group for Transgender, Nonbinary, and Gender-Diverse People with OCD
- OCDamn, Dude: Men's OCD Support Group
- Women's OCD Support Group
- Supporting Loved
 Ones: Navigating OCD and Substance Use
 Disorders
- When OCD Impacts
 Our Romantic
 Relationships Support
 Group
- Anxiety in Athletes Support Group
- Overcoming Religious Scrupulosity Support Group
- Don't You (Forget About Me) - Support Group for Adult PANS/ PANDAS Patients

ADDITIONAL EVENING ACTIVITIES:

6:00PM-7:30PM

- LGBTQIA+ Community Night
- Solo Attendee Meet-Up: Break The Ice
- BINGO-CD: Hit the Treatment Jackpot by Crushing Stigma and Building Community
- Write Notes of Support and Make Weepuls with Not Alone Notes

8:00PM-9:30PM

- Young Adult Orientation!
- Grounded and Present: Mindfulness for Living Well with OCD
- Fearless Friendship Bracelets: Bracelets for Connection & Community



PRE-CONFERENCE ACTIVITIES

How to Do Self-Help: The Strategies and Tactics - Water Tower

Presentations: 8:00AM-3:15PM

Spend a day with Dr. Wilson, learning how to apply self-help tactics each and every time that OCD intrudes in your day. Using what specialists call a "serious game," you'll learn the clever ways that OCD dominates you and the strategies you can apply to take back your life. Based on a simple, paradoxical model. Reid will motivate you to activate the strategies and tactics moment-bymoment. Give yourself a fresh start, with renewed optimism and determination, as you learn how to push into the territory that's currently controlled by OCD. Let's go take back your life!

ALL CONFERENCE WELCOME:

The State of OCD in 2025: Lived Experience, Caregiving, and Clinical Perspectives -**Grand Horizon EFG**

Rev. Katie O'Dunne, MDiv, DMin; Amy Mariaskin, PhD; Annabella Hagen, LĆSW

Presentations: 4:30PM-6:00PM

Welcome to the 30th Annual OCD Conference, we are so excited to have you here! To kick off our weekend together, come hear from experts in our OCD community about the state of OCD in 2025. You'll hear about current trends, hot topics, and emerging issues that are being noticed, experienced, and/or watched out for from lived experience, family/caregiver, and professional lenses. We'll also give insider tips and

tricks for how to get the most out of your Conference experience. Come for the updates, stay for your questions, and leave feeling invigorated and empowered about our wonderful OCD community!

Welcome Karaoke Party!

Reggie's

2105 S State St, Chicago, IL 60616 0.4 miles / 10 minute walk

Event Time: 8:00PM-10:30PM

After dinner on Thursday night, head on over to Reggie's 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.



ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

ALL CONFERENCE **WELCOME**

4:30PM-6:00PM

Opening Session: The State of OCD from Personal, Caregiver, and Clinical

Perspectives /

Track: EVERYONE

Speakers: Katie O'Dunne, MDiv, DMin; Amy Mariaskin, PhD; Annabella Hagen, LCSW; Stephanie Cogen, MPH, MSW

Location: GRAND HORIZON EFG

Welcome to the 30th Annual OCD Conference, we are so excited to have you here! To kick off our weekend together, come hear from experts in our OCD community about the state of OCD in 2025. You'll hear about current trends, hot topics, and emerging issues that are being noticed, experienced, and/or watched out for from lived experience, family/caregiver, and professional lenses. We'll also give insider tips and tricks for how to get the most out of your Conference experience. Come for the updates, stay for your questions, and leave feeling invigorated and empowered about our wonderful OCD community!

SUPPORT GROUPS

6:00PM-7:30PM

Navigating OCD: Support for Parents of Young Children with OCD and/or Related Disorders

Track: SUPPORT GROUP Speakers: Andrew Caughie, LMHC; Shelby Chaddick, LPC-S

Supporting young children with OCD and/or related disorders can be a uniquely challenging endeavor that can leave caregivers feeling isolated, frustrated, and powerless, but it doesn't need to be a journey taken alone. This group provides a validating and compassionate environment where families are able to ask questions and connect with others. We will discuss insights, strategies, and shared experiences with the purpose of supporting young children in their day-today journey. Come join us as we foster a community for those navigating the complexities of raising a child with OCD and/or related disorders.

Is This My Teen Being a Teenager, or OCD?: **Support Group for Parents of Teens with OCD** and/or Related Disorders

Track: SUPPORT GROUP Speakers: Julie Lustig, PhD **Location: LITERATURE**

Parenting a teen with OCD and/or related disorders adds unique challenges. As teens gain independence, parents may have difficulty letting go due to their teens' symptoms. Often, parents feel isolated, frustrated, or

helpless in their struggles to navigate the parenting challenges and may develop feelings of shame, guilt, or anxiety about their parenting and their teens' behaviors. This support group provides a safe space for parents of teenagers with OCD and/or related disorders to connect through sharing. Group members may validate one another's feelings and experiences and help reduce isolation and shame. With over 25 years experience working with children/teens with OCD and related disorders and their parents, the facilitator will point out commonalities, correct misconceptions, emphasize self-compassion and self-care, and provide hope and encouragement.

Adulthood on Hold, Anxiety on Repeat: A Support Group for Parents of Dependent **Adult Children**

Track: SUPPORT GROUP

Speakers: José Enrique Martinez Sanchez, MA

Location: DANCE

This support group is meant for parents of adults who are struggling to launch due to mental health challenges. Parenting support is often geared towards parents of younger children. Parents of dependent adult children often feel judged or misunderstood by others who are not in their position. Parents of dependent adult children deserve empathetic support from each other and uplifting support from mental health clinicians. This support group will introduce the principles of SPACE (Supportive Parenting for Anxious Childhood Emotions), which is currently being researched and adapted to adult parenting training.

Your Strength Matters: A Support Group for Parents of Young Adults with OCD and/or

Related Disorders

Track: SUPPORT GROUP Speakers: Lacie Lazaroe, PhD; Tannaz Mirhosseini, MS

Location: JOURNALISM

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 and/or related disorders are a factor, the complexity intensifies. Parents grapple with establishing and maintaining healthy boundaries, especially considering the impact of OCD and/or related disorders on relationship dynamics. Many find themselves without a support system to turn to during this transitional phase into adulthood. In response, we recognize the importance of creating a dedicated space for parents to come together, share experiences, and offer support in navigating the challenges of supporting their young adult children with OCD and/or related disorders.

New to OCD Clinicians Support Group

Track: SUPPORT GROUP

Speakers: Amanda Meredith, LCSW

Location: INTEGRALS

Imposter Syndrome is a real thing when you are new to implementing OCD treatment! It can be hard to show up in sessions feeling confident with clients that have been taught to ask for the best — what if you fail to deliver good ERP? What if the client's OCD is everywhere and you just aren't sure where to begin? What if... what if... what if all your "what ifs" are making you question your

ability? This group focuses on exploring common pitfalls for new clinicians and ways to obtain the education and confidence to challenge your own anxiety to help both you and your clients move forward towards success!

International Attendee Support Group

Track: SUPPORT GROUP

Speakers: Leigh Sheppard, MD; Joali Juárez

Location: ANTHROPOLOGY

Join our inclusive support group designed for international attendees and supporters! Together, we'll connect and tackle the unique challenges of traveling across the globe with OCD as your constant companion. This group offers a welcoming space to find peers, make new friends, and discuss navigating cultural differences, language barriers, and feelings of isolation. Through meaningful conversations, you'll build a sense of community and shared understanding. With a focus on fostering connections, promoting inclusivity, and enhancing your conference experience, this group will leave you with a supportive network of international allies to take with you long after the conference ends.

8:00PM-9:30PM

Support Group for Transgender, Nonbinary, and Gender-Diverse People with OCD

Track: SUPPORT GROUP

Speakers: Ellie Fisher, LPCC; Bree Horrocks, MEd

Location: CALCULUS

This support group will provide a nonjudgmental 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 for 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 are gender diverse clinicians who will seek to center the voices of participants.

OCDamn, Dude: Men's OCD Support Group

Track: SUPPORT GROUP

connect, share, and grow.

Speakers: Jeff Adams, LMHC; Andrew

DeBenedictis, MA **Location: HISTORY**

Join a safe and supportive space tailored for men navigating the challenges of OCD and related disorders. This group fosters the connection, understanding, and encouragement that can come when surrounded by those with similar experiences as you. Facilitated by two clinicians deeply familiar with the intersection of guy-ness and OCD, the session will follow Grayson's GOAL group model and include group discussion of a central question as well as exposure goal-setting and troubleshooting. Whether you're newly diagnosed or have been managing OCD for years, this group is an opportunity to find community and support in your journey. Open to all men attending the conference, this session provides a judgment-free environment to

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

Women's OCD Support Group

Track: SUPPORT GROUP

Speakers: Jessie Jensen, LPC; Camilla Kasper, LMSW

Location: LITERATURE

As women, the content of intrusive thoughts may differ from men due to different challenges and life experiences. The purpose of this group is to provide women with OCD the space to discuss their OCD content, provide and receive support, create community, and discuss treatment experiences. Open to any individual who identifies as female and lives with OCD.

Supporting Loved Ones: Navigating OCD and **Substance Use Disorders**

Track: SUPPORT GROUP

Speakers: Tricia Page, CMHC; Rachel Rose, LMFT

Location: DANCE

This session will focus on equipping caregivers with the understanding and tools needed to support loved ones navigating the challenges of OCD and substance use disorders. Participants will explore the complex interplay between these conditions and their impact on families. The session will also provide strategies for addressing the unique emotional and practical needs of caregivers, fostering their ability to provide effective support while maintaining their own well-being. Attendees will leave with insights on establishing healthy boundaries and creating an environment that encourages resilience and recovery for all involved.

When OCD Impacts Our Romantic **Relationships Support Group**

Track: SUPPORT GROUP

Speakers: Griffin Harrow, LMFT; Kelsey Harrow, RN

Location: JOURNALISM

OCD can greatly impact the quality of our romantic relationships. Whether it is relationship obsessions, asking a partner to do compulsions, confessing, or asking for reassurance, OCD can get in the way of connecting with our partners. This group is for both individuals with OCD and/or their partners. Through shared lived experience, group members will find support, ask questions, and seek advice from others. Together, we can find ways to reclaim our relationships and transcend OCD.

Anxiety in Athletes Support Group

Track: SUPPORT GROUP

Speakers: Tom Smalley, CMPC, CSCS;

Evan Smith, LPC-A

Location: INTEGRALS

Mental health in sport 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.

Overcoming Religious Scrupulosity Support Group

Track: SUPPORT GROUP Speakers: Ted Witzig Jr., PhD **Location: ANTHROPOLOGY**

This group is intended for those who suffer from religious 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.

Don't You (Forget About Me) - Support Group for Adult PANS/PANDAS Patients

Track: SUPPORT GROUP

Speakers: Elise Petronzio; Danielle McDowell, LCSW

Location: CULTURE

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, 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.

YOUTH PROGRAMMING & ACTIVITIES

6:00PM-7:30PM

Worry Warriors

Track: ELEMENTARY SCHOOLERS

Speakers: Andreas Stocker, PsyD; Cagil Torgal-

Aksoy, PhD

Location: GLESSNER HOUSE AB

Join our support group for elementary-aged kids and create your own "OCD monster"! Through this fun and creative activity, you will turn your worries into a drawing that represents your OCD challenges. Sharing your monster with the group helps you connect with others who understand what you are going through. Together, we'll explore ways to manage OCD in a supportive, judgment-free space. This activity encourages self-expression and helps you feel less alone—all while having fun!

In This Together: An OCD **Meet-and-Greet**

Track: MIDDLE SCHOOLERS

Speakers: Perry Leynor, LPC, Findley Harris, LPC

Location: GEORGE PULLMAN

Living with OCD can feel like an uphill climb, but you're not climbing alone. This meet-and-greet is a space to connect with others who understand the challenges

of living with OCD. Through guided conversations and shared reflections, we'll focus on building relationships and finding strength in our shared experiences. Whether you want to share your story, listen, or simply meet others who "get it," this session is about coming together as a community and reminding each other: we're stronger together.

OCD Crashed my Party: Support Group For High Schoolers

Track: HIGH SCHOOLERS

Speakers: Carolyn Ringenberg, LCSW-A; Leigh

Watson, PhD

Location: HENRY CLARK

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 help them connect with others that have OCD. You'll be able to hear from peers on topics such as the pros and cons of sharing about 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.

LGBTQIA+ Community Night

Track: ACTIVITY

Speakers: Hayden Wilson; Max Wilson

Location: CULTURE

Are you a member of the LGBTQIA+ community looking for support, networking, and fun at this year's Annual OCD Conference? Stop by for the annual LGBTQIA+ community night! Attendees can expect board games, art supplies, discussion groups, and more. This group is open to anybody who identifies as part of the LGBTQIA+ community.

Solo Attendee Meet-Up: Break The Ice

Track: ACTIVITY

Speakers: Katie Cullum, PhD; Kaitlyn Corbett, LMSW

Location: BIOLOGY

Are you traveling to the Conference on your own, or looking for an easy and low-key way to meet new people? Join the fourth year of this meet-up group and 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 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

BINGO-CD: Hit the Treatment Jackpot by **Crushing Stigma and Building Community**

Track: ACTIVITY

Speakers: Alie Garza, LCSW; Sarah Weber, LPC, LMHC

Location: CALCULUS

OCD Bingo offers a fun, interactive opportunity for participants to connect with others who share similar experiences while building resilience through laughter and community. This lighthearted activity invites

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

attendees to engage in a game of bingo, with pre-made bingo cards that feature common OCD experiences. Participants will then create their own personalized bingo cards for the conference weekend, incorporating opportunities for self-care, building connections, values-based activities, etc. to be used as a reminder that life with OCD can still be vibrant and enjoyable. The bingo cards are influenced by evidence-based practices (ERP, ACT, I-CBT). Beyond just playing a game, OCD Bingo fosters social connection, enabling participants to share their voices in a low-pressure environment.

Write Notes of Support and Make Weepuls with Not Alone Notes

Track: CREATIVE CORNER

Speakers: Molly Fishback; Morgan Rondinelli;

Brie Godin

Location: GEOLOGY

Not Alone Notes mails free, handwritten notes to others with OCD year-round to remind them they aren't alone, encourage hope, and dispense resources. Join us in the Creative Corner to write your own note for someone in treatment. Whether you write a heartfelt message, craft a poem, or draw a picture, your note can make a difference! We will also be making adorable Weepul friends with encouraging messages for them to hold. Take your Weepuls home as conference souvenirs, pass some along to a friend, or even hide one for another unsuspecting conference attendee to find! Unsure if you should come? Google "Weepuls" and you'll be convinced. All supplies provided, so just bring your creativity.

8:00PM-9:30PM

Young Adult Orientation!

Track: ACTIVITY

Speakers: Kyle King; Jessie Birnbaum, MSW

Location: GREAT LAKES A

Welcome to the 2025 IOCDF conference! Whether it's your first conference or your thirtieth, the conference can always feel a bit intimidating at the start. With so much going on, it can feel hard to find your community. Well, if you feel that way, this session is for you! While the first part of this session will be focused on providing a brief overview of the Young Adult Track and the flow of the conference, the majority of this session will be about getting to know your people — the other young adults at the conference — through breakout discussions. By the end, we hope everyone will feel more relaxed looking forward to and excited for the weekend!

Grounded and Present: Mindfulness for **Living Well with OCD**

Track: ACTIVITY

Speakers: Perry Leynor, LPC; Findley Harris, LPC

Location: BIOLOGY

Mindfulness can be a powerful tool for managing OCD, helping us notice our thoughts without getting stuck in them and stay connected to the present moment. This session will introduce practical mindfulness techniques that anyone can use, whether you're new to the idea or have some experience. Through guided exercises

and demonstrations, participants will explore how mindfulness can help build a sense of calm, flexibility, and focus on the present moment. This is a space to learn, reflect, and take home strategies that support sitting with uncertainty.

Fearless Friendship Bracelets: Bracelets for **Connection & Community**

Track: CREATIVE CORNER

Speakers: Abby Kurszewski; Sarah Weber, LMHC, LPC;

Michele Loewy, LMFT **Location: GEOLOGY**

Welcome to the OCD Eras Tour! Whether attendees are in their Understanding Diagnosis Era or Relapse Prevention Era or Thriving Recovery Era, participants can create connection and community at the conference by assembling OCD-themed friendship bracelets to share and represent their unique voices. Making OCD friendship bracelets with individualized words and messages can serve as a reminder of the resilience, shared community, tools, and values supporting your efforts to conquer and manage OCD. There is no "just right" way to make a bracelet, and participants are encouraged to lean into imperfections along the way. Attendees can create meaningful bracelets that reflect their real selves and empower them to keep moving forward. Supplies are provided and anyone is welcome to attend.



FRIDAY SCHEDULE OVERVIEW

TIME	EVENT	LOCATION	
7:00AM-8:00AM	Light Breakfast Sponsored by lightonanxiety* TREATMENT CENTERS	Exhibit Hall Great Lakes DEFG	
7:00AM-6:00PM	Check-in and Onsite Registration	Great Lakes Foyer	
7:00AM-6:00PM	Continuing Education Desk Open All professional attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. See page 6 for CE/CME information.	Great Lakes Foyer	
7:00AM-6:00PM	Exhibit Hall Open IOCDF Information & Welcome Booth Open See page 17 for a list of Exhibitors.	Exhibit Hall Great Lakes DEFG	
8:00AM-5:45PM	CONFERENCE PRESENTATIONS See pages 42–49 for a full schedule of presentations.		
-	YOUTH PROGRAMMING See page 33 for a full schedule of activities and pages 49–51 for details.		
8:00AM-5:45PM	Elementary Schoolers	Glessner House AB	
	Middle Schoolers	George Pullman	
	High Schoolers	Henry Clark	
11:15AM-12:45PM	Lunch on your Own		
11:30AM-12:30PM	Lunchtime Support Groups & Sessions Turn to pages 51–52 for descriptions and a detailed schedule.		
2:15PM-2:30PM	Afternoon Coffee Break	Exhibit Hall Great Lakes DEFG	
6:00PM-8:30PM	Professional Mentoring Session & Networking Mixer Therapist/Clinician & Student/Trainee attendees of the Conference are welcome to a mentoring and networking event to connect with their fellow professionals. Sponsored by Rogers Behavioral Health Rogers Behavioral Health	Mae District (19 E 21st St, Chicago, IL 60616)	
6:00PM-9:30PM	Friday Evening Activities & Support Groups Turn to pages 49–52 for descriptions and a detailed schedule.		

Workshops are eligible for CE/CME credits. Workshops are available virtually.



Location/Room name of session.

TIME Location: 0 **Daniel Burnham Location:** Geography Location: Grand Horizon A Location: O Grand **Horizon B Location:** Q Grand **Horizon C** Location: O Grand **Horizon EFG** Location:

Great Lakes

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Location:

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Great Lakes

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8:00AM-9:30AM **CAREGIVERS & FAMILIES** Parents - Warriors in the Battle against OCD 💻 Susan Boaz; Meg Dailey; Denise Egan Stack, LMHC; Crystal Fulwood; Chris Baier HOARDING DISORDER (HD) Hoarding Disorder 101 🧪 💻

Kiara Timpano, PhD; Christiana Bratiotis, PhD, MSW; Marnie Cooper; Sharon Morein, PhD

RESEARCH ON OCD & RELATED DISORDERS Broadening Our Understanding of the Genetics of OCD 🧪 💻 Peggy Richter, MD; Eric Storch, PhD; Paul Arnold,

MD, PhD; Dorothy Grice, MD; Michele Pato, MD

EVERYONE - ADVANCED Thinking beyond Textbooks: Creative Strategies for Treating Uncommon OCD Presentations Jenny Yip, PsyD; Harold Shepard; Ken Klehr

CLINICIANS - ADVANCED The Unified Protocol: Integrating Trans-diagnostic Principles to Treat Anxiety Disorders... 🧪 💻

Peter Aston, PsyD; Michael Upston, LCSW; Sony Khemlani-Patel, PhD

CLINICIANS - INTRO OCD 101: What Every OCD Clinician Needs to Know 🧪 💻

Barbara Van Noppen, PhD, LCSW; Charley Mansueto, PhD; Fred Penzel, PhD

BODY DYSMORPHIC DISORDER (BDD)

BDD Overview: Key Aspects, Functioning, Muscle Dysmorphia, and BDD by Proxy 🧪 💻 Katherine Philips, MD; Jennifer Greenberg, PhD; Scott Granet, LCSW

EVERYONE - INTRO What to Expect When You're Exposing: Navigating Common Concerns about Starting ERP 🧳

Nicholas Farrell, PhD; Brad Riemann, PhD; Stacy Welch, PhD; Violet Talsma

LIVING WITH OCD

When OCD Leads to Isolation: What to Do When

Your Environment Becomes Limited and... Callie Fleece; Jonathan Abramowitz, PhD; **Great Lakes** Mackenzie Reed, RN; Sean McCartney; Katie Whitson

Location: **YOUNG ADULTS Adulting 102: Getting Focused** Water Emily Hemendinger, LCSW, MPH; Stephanie Lehto, Tower PsyD; Rachel Davis, MD; Erin LeBeau, MSW; Kyle Jeffries

9:45AM-11:15AM **CAREGIVERS & FAMILIES**

All in the Family: Helping Families Increase Support while Decreasing Accommodations

Beth Brawley, LPC; Lauren Rosen, LMFT; Michael Stier, LCPC; Josh Spitalnick, PhD **HOARDING DISORDER (HD)**

Treatment of Hoarding Disorder 🥒 💻 Carolyn Rodriguez, MD, PhD; Sanjaya Saxena, MD; Lee Shuer; Dante Lenninger; Chia-Ying Chou, PhD

EVERYONE - ADVANCED Queer Fears: OCD Development & Advanced Treatment Considerations In The LGBTQIA+...

Tracie Ibrahim, LMFT, CST; Alexandra Reynolds; Sam Greenblatt, PhD

RESEARCH ON OCD & RELATED DISORDERS From the Mountains to the Prairies: A National Study on Regional & Sociocultural...

Caitlin Pinciotti, PhD; Brad Riemann, PhD

CLINICIANS - INTRO Toys, Tunes, Crafts, and Laughs: Utilizing Play & Practice in OCD Treatment with Youth 🥒 💻

Molly Martinez, PhD; Aureen Wagner, PhD; Marni Jacob, PhD; Natasha Daniels, LCSW; Angela Springer, LCSW

CLINICIANS - ADVANCED Tailoring OCD Treatment to Neurodivergent Clients Across Modalities: ERP, ACT, I-CBT... 🧪 💻

Jeremy Shuman, PsyD; Rebecca Sachs, PhD; Evelyn Gould, PhD; Stacy Greeter, MD

BODY DYSMORPHIC DISORDER (BDD)

Treatment of Body Dysmorphic Disorder 🥒 💻

Sony Khemlani-Patel, PhD; Fugen Neziroglu, PhD; Barbara Van Noppen, PhD, LCSW; Katharine Phillips, MD

LIVING WITH OCD Create a Stress Reduction Plan Through Anxiety Relieving Measures: Sleep, Diet, Spirituality, Exercise & Yoga!

Chris Trondsen, LMFT; Elizabeth Trondsen, RD; Tom Smalley, CMPC, CSCS; Krista Reed, LSCSW; Katie O'Dunne, MDiv, DMin

EVERYONE - INTRO OCD and Suicidality: Assessment, Intervention, and Supporting Caregivers 🥒 💻

Alex Bettis, PhD; Emily DeSalvatore, LPC-MHSP; Preeti Pental, PsyD; Jon Grant, MD, PhD

YOUNG ADULTS Self-Advocacy Within Treatment and Beyond

Morgan Rondinelli; Lisa Giuffre; Violet Talsma; Molly Fishback; Lisa Coyne, PhD

12:45PM-2:15PM **CAREGIVERS & FAMILIES**

Along the Road to Recovery: Tips for Parents and Families **=**

Aureen Wagner, PhD; Charles Mansueto, PhD; Evelyn Stewart, MD

HOARDING DISORDER (HD)

Beyond Bit: Leaping Over Hurdles with Feasible Enhancements, Keeping All Eyes on the... 🧪 💻

Allison Bonifay, LPC; Dannah Lougen, MA, QMHP; Nourah Raslan, MA; Lee Shuer; Christiana Bratiotis, PhD. MSW

EVERYONE - ADVANCED The Scrupulosity Forum: Morals, Ethics, and Religion 🥒 💻

Sarah Strauss, LCSW, CAGCS; Ted Witzig Jr., PhD; Patrick McGrath, PhD; Jonathan Hershfield, LCMFT; Brenna Helppie-Schmieder

RESEARCH ON OCD & RELATED DISORDERS The Many Roads to Relief: Habituation, Expectancy Violation, and Other Mechanisms of ERP...

Lauren Milgram, MS; Amelia Dev, MS; Kate Sheehan,

MA; Jennie Kuckertz, PhD; Kiara Timpano, PhD

CLINICIANS - INTRO Building Effective Exposure Hierarchies/Menus for OCD Treatment 🥒 💻

Michelle Massi, LMFT; Beth Brawley, LPC

EVERYONE - INTRO Q&A About Medications for OCD and Related Disorders with Some of the U.S.'s...

Steven Poskar, MD; Carolyn Rodriguez, MD, PhD;

Jamie Feusner, MD; Sanjaya Saxena, MD

BODY DYSMORPHIC DISORDER (BDD)

Family Issues in BDD 🧪 💻 Barbara Van Noppen, PhD, LCSW; Michael Upston, LCSW; Denis Asselin; Jake Osborne-McKenna;

April Osborne LIVING WITH OCD

Making the Invisible Visible: How to Identify and **Resist Your Mental Compulsions**

Rebekah Mennies, PhD; Elizabeth Moroney, PhD; Lara Rifkin, PhD; Madeline Levitt, PhD

CLINICIANS - ADVANCED

Integrating Family Therapy into OCD Treatment for Adults and Children: A Collaborative... 🥒 💻

Maria Mellon, LSW; Brian Kane, MS; Amanda Meredith, LCSW

YOUNG ADULTS

Surviving College: the Ultimate Toolkit for Students with OCD

Brynlee Furnell, CSW; Carrie Wendt, LCSW; Sophia Artandi; Zachary Schwartz; Jessie Birnbaum

SESSION AVAILABILITY:

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

NOTE:

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

2:30PM-4:00PM

CAREGIVERS & FAMILIES

SPACE Intervention Basics for Treating Childhood OCD _

Kristin Weber, LPCC; Marla Deibler, PsyD

HOARDING DISORDER (HD)

The Moral of The Story: Evaluating Narratives in the Development and Treatment of HD 🥒 💻

Micah Howe; Randy Frost, PhD; Kiara Timpano, PhD; Marnie Cooper; Lee Shuer

See Professional Plenary below

RESEARCH ON OCD & RELATED DISORDERS

Advancing Early Intervention in Obsessive-Compulsive Disorder - An Australian... 🧪 💻

Vlasios Brakoulias, PhD

EVERYONE - ADVANCED

Double the Discomfort: Planning Treatment when OCD and Social Anxiety Collide 🥒

Shmuel Fischler, LCSW-C; Michelle Dexter, PhD; Lauren Neaman, PsyD

CLINICIANS - ADVANCED

Nuance in the Treatment of Addiction & OCD: When a "One Size Fits All" Approach... 🧳 💻

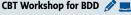
Jayme Valdez, LMHC; Jonathan Hershfield, LCMFT; Julianna Eckman, LCPC, LCADC; Benjamin Ehrenreich, MD

CLINICIANS - INTRO

Diagnostic Detectives: Picking OCD Out of the Lineup 🥒 💻

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

BODY DYSMORPHIC DISORDER (BDD)



Scott Granet, LCSW

EVERYONE - INTRO

It's All About the Kids! Q&A with a Panel of Pediatric OCD Experts 🧳

Marni Jacob, PhD; Eric Storch, PhD; Aureen Wagner, PhD; John Piacentini, PhD; Evelyn Stewart, MD

LIVING WITH OCD

The Paradox of Perfectionism: Why Striving for Flawless Leaves You Frazzled

Taylor Newendorp, LCPC; Nicholas Farrell, PhD; Mia Nuñez, PhD; Shauna Pichette, LPCC; Carolyn Ringenberg, LCSW-A

YOUNG ADULTS

Navigating Identity with OCD: Separating Yourself from the Disorder

Maria Fraire, PhD; Evan Smith, LPC-A; Curren Hollister; Alexander Rosenberg; Sam Faden

4:15PM-5:45PM

CAREGIVERS & FAMILIES

Siblings in Conversation: Facing OCD Together 💻

Michelle Witkin, PhD; Helen Albert; Naia Albert; Mary Higgins; Maggie Higgins; Noemi Tsai; Toby Tsai

EVERYONE - INTRO

The Cost of Recovery: Maximizing Your Insurance Benefits to Cover OCD Treatment

Findley Harris, LPC; Perry Leynor, LPC; Uchenna Perez; Joe Feldman, MBA

See Professional Plenary below

EVERYONE - ADVANCED

At the intersection of OCD and Tics: Providers on assessment, treatment, and what the...

Joshua Nadeau, PhD; Carol Mathews, MD; Erica Greenberg, MD; Charles Galyon, PhD

CLINICIANS

PROFESSIONAL PLENARY - AI and OCD 🥒 💻

Brian Zaboski, PhD; Greg Muller, PhD; Erika Nurmi, MD, PhD; Aaron Lulla, MD, PhD; Gabriel Bach, LMFT

See Professional Plenary above

LIVING WITH OCD

Turning the Tides: Turning Points in OCD Treatment ___

Sean McCartney; Victoria Lane, LMSW; Sidney Lodge; Callie Fleece

YOUNG ADULTS

It's a Family Affair: Navigating Conversations with **Parents**

Cali Werner, LCSW-S; Darcy Howell; Kyra Cheung; Megan Dailey; Marni Jacob, PhD

ACTIVITIES:

6:00AM-7:00AM

Zumba Fitness Class

11:30AM-12:30PM

 LUNCHTIME SESSION (EVERYONE):

Intensive Treatment for All: Treating Severe OCD while Navigating Medicare/Medicaid Regulations 🖋

- Mindful Emotions: **Exploring Feelings Through** Visual Art
- Non-Shopping Trip

6:00PM-7:30PM

- Book Club
- The LGBTQIA+ Special Interest Group (SIG) Presents: Meet-Up Activity and Hang Out!
- Watercolor and Chill

8:00PM-9:30PM

- Improv comedy: anyone can do it!
- Annual Road To Recovery Tour - The Windy City Adventure
- Drawing the Line: Exploring Art as a Parallel to Effective

YOUTH ACTIVITIES:

11:30AM-12:30PM

Sibling Meet-and-Greet!

6:00PM-7:30PM

- Elementary Schoolers' Pajama Party!
- Sibling Support Group
- Support for Teens with BFRBs

SUPPORT GROUPS:

11:30AM-12:30PM

- Power of Connection: Young Adult Support Group
- Support Group for Sexual and/or Violent OCD Themes
- BIPOC Support Group
- Help, Hope and Healing: Navigating the Complexities of OCD and PTSD Together
- Good Parents Have Bad Thoughts! Group for Birthing Parents with Intrusive Thoughts
- When They Don't Understand: Challenges Talking About OCD to Our Friends and Loved Ones

6:00PM-7:30PM

- Reframe shame: creative self-compassion without the cringe (SG)
- BDD Support Group
- Approaches to Self-Disclosure, Stress Management, and Professional Development in Graduate Training
- For Friends, Family and Loved Ones of Those with OCD and/or Related Disorders. How Can We Help?
- Misophonia Support Group
- Grupo de Apoyo Mutuo para la Comunidad Latinx/ Support Group for the Latinx Community

- Support Group for Older Adults: Navigating OCD Together
- Support Group for People with Lived Experience of Hoarding

8:00PM-9:30PM

- BIPOC Community Support
- Living with BDD: Support Group for BDD Caregivers and Families
- Queer and Here: LGBTQ+ **OCD Intersectional Support** Group
- Eating Disorders and OCD Compassionate Support Group
- Support Group For Autistics With OCD
- Helping Healers- Support for providers living with OCD and/or Related Disorders
- "Wait, What?" A Support Group for People with Variable Attention and ADHD
- Compassionate Mind Training for Family and Friends of People **Experiencing Hoarding**
- Support Group for Parents of Youth and Adults with PANS/PANDAS

EVERYONE

LIVING WITH OCD

YOUNG ADULTS

FAMILY & CAREGIVERS

BDD

EDUCATIONAL SESSIONS

8:00AM-9:30AM

Parents - Warriors in the Battle against OCD 💻

Track: CAREGIVERS & FAMILIES

Speakers: Susan Boaz; Megan Dailey; Denise Egan Stack, LMHC; Crystal Fulwood; Chris Baier

Location: DANIEL BURNHAM

Parenting a child 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 that you can be more effective in helping your loved ones. We will also focus on values-driven parenting as an alternative to accommodation.

Hoarding Disorder 101 🥒 💻

Track: HOARDING DISORDER

Speakers: Christiana Bratiotis PhD, MSW; Marnie Cooper; Sharon Morein-Zamir, PhD; Kiara

Timpano, PhD **Location: GEOGRAPHY**

This workshop will highlight basic findings from research and practice on hoarding. Descriptions of basic features will include excessive acquisition, difficulty organizing, sorting, and letting go of possessions, and clutter in the home. Cross-disciplinary assessment strategies and intervention components will focus on practitioners in mental health, as well as public health, housing, protective services, and first responders. The presenters will discuss basic practice methods to improve client motivation, help clients understand hoarding, and gain skills to resolve these and related problems. Cognitive and behavioral strategies for individual and group interventions will be described for mental health and other practitioners and peers.

Broadening our Understanding of the Genetics of OCD 🧪 💻

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Peggy Richter, MD; Eric Storch, PhD; Paul Arnold, MD, PhD; Dorothy Grice, MD; Michele Pato, MD Location: GRAND HORIZON A

Understanding of the genetic basis of OCD has progressed substantially in recent years. We will review the latest findings from the Psychiatric Genetics Consortium and hear about a study of OCD traits in a community sample. The challenges of dealing with OCD comorbidity in genetic analyses will be discussed. We will then review two studies delving into the genomics of OCD in non-European populations: LATINO (the Latin American Trans-ancestry INitiative for OCD genomics, a study of individuals of Latino/Hispanic heritage), and a new study of OCD in individuals with African ancestry (BELONG: Black EquaLity in OCD NeuroGenomics). We will end with a discussion of pharmacogenetics, or how genetic information can be used to better predict drug response and tolerability.

Thinking Beyond Textbooks: Creative Strategies for Treating Uncommon OCD

Presentations /

Track: EVERYONE

Speakers: Jenny Yip, PsyD; Harold Shepard; Ken Klehr

Location: GRAND HORIZON B

Uncommon OCD presentations often defy generic diagnostic frameworks, exposing gaps in traditional therapeutic approaches. Many clinicians rely on textbook tactics that overlook the nuanced fears driving these symptoms, leaving sufferers feeling misunderstood and stuck. Treating these cases requires creativity and flexibility to craft effective, personalized plans. This presentation explores evidence-based strategies for addressing unique OCD manifestations, such as sensory-motor obsessions, moral scrupulosity, emotional contamination, and just-right existential fears. Attendees will learn how to adapt Exposure and Response Prevention (ERP) to delve into underlying fears while considering patient-specific factors like cultural background, comorbidities, and resistance to standard methods. This panel featuring past patients who have successfully navigated ERP will share their journeys, offering real-world insights to enhance individualized care.

The Unified Protocol: Integrating Transdiagnostic Principles to Treat Anxiety Disorders and OCD 🥒 💻

Track: CLINICIANS - ADVANCED

Speakers: Peter Aston, PsyD; Michael Upston, LCSW; Sony Khemlani-Patel, PhD

Location: GRAND HORIZON C

OCD is frequently comorbid with anxiety disorders. This presentation will explore the rationale and benefits of a trans-diagnostic approach to understanding and treating anxiety disorders. Traditional diagnostic categories often fail to capture the complexity and fluidity of symptoms, leading to a "whack-a-mole" approach. Focusing instead on core principles of anxiety can more effectively address the root causes and mechanisms of these disorders. Therapists can also more effectively tailor interventions without contradicting fundamental treatment frameworks. The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP) is one such evidence-based CBT framework. UP encompasses multiple skills to respond effectively to strong emotions, thereby efficiently addressing comorbid anxiety disorders. This workshop will review advantages for a trans-diagnostic approach, present current research, summarize UP modules, and provide case examples.

OCD 101: What Every OCD Clinician Needs to Know 🥒 💻

Track: CLINICIANS - INTRO

Speakers: Barbara Van Noppen, PhD, LCSW; Charles Mansueto, PhD; Fred Penzel, PhD

Location: GRAND HORIZON EFG

This is an essential 101 workshop for any clinician new to a practice specializing in treating people with OCD. A comprehensive approach to assessing, diagnosing, initiating CBT with an emphasis on Exposure and Response Prevention (in vivo and imaginal exposures), integrating cognitive strategies, Family Accommodation and how to intervene, will all be covered. The presenters, who each have over 4 decades of experience in treating OCD, will include numerous tips in engaging patients, motivation, and common pitfalls in treatment.

This workshop will provide the ultimate toolkit to promote confidence in clinicians interested in developing the necessary skills to successfully treat people with OCD. Clinical examples that are inclusive and diverse will be utilized as well as audience participation encouraged.

BDD Overview: Key Aspects, Functioning, Muscle Dysmorphia,

and BDD by Proxy 🥒 💻

Track: BODY DYSMORPHIC DISORDER (BDD) Speakers: Katharine Phillips, MD; Jennifer Greenberg, PsyD; Scott Granet, LCSW; Sina Tadayon

Location: GREAT LAKES A

Panelists will provide an update on key aspects of BDD, including BDD's definition and key clinical features, how to diagnose and assess BDD, and how to differentiate BDD from other disorders with which it is often confused. They will discuss impairment in psychosocial functioning and quality of life in BDD. Relationship and family stress, difficulties with work and school, and social isolation will be among the topics addressed. They will additionally cover often-overlooked variants of BDD, such as muscle dysmorphia and BDD by proxy, including assessment, differential diagnosis, and treatment considerations for working with these variants of BDD. Panelists will represent clinical, research, and lived experience perspectives.

What to Expect When You're Exposing: **Navigating Common Therapist and Client**

Fears about Starting ERP 🧳

Track: EVERYONE

Speakers: Nicholas Farrell, PhD; Brad Riemann; Stacy

Welch, PhD; Violet Talsma Location: GREAT LAKES B

Given that exposure and response prevention (ERP) involves confronting fears and stopping actions that bring temporary relief (i.e., compulsions), there are often concerns shared by the client who will begin ERP and the therapist who will deliver it. In fact, research shows that during initial ERP sessions, both clients and therapists experience high levels of apprehension. Whereas concerns about beginning ERP are expected and understandable, they can limit the overall effectiveness of ERP if not managed successfully. This presentation will describe common concerns about ERP shared by both clients and therapists as well as how these concerns can negatively influence a course of treatment. The presenters will also impart proven strategies to overcome initial hesitation about ERP via live

When OCD Leads to Isolation: What to Do When Your Environment Becomes Limited

and How to Escape it

Track: LIVING WITH OCD

Speakers: Callie Fleece; Jonathan Abramowitz, PhD; Mackenzie Reed, RN; Sean McCartney; Katie Whitson

Location: GREAT LAKES C

Arguably one of the most debilitating aspects of OCD is the isolation it can place within the lives of those living with the disorder. In an effort to feel safe, many people with OCD may experience avoidance. However, this can lead to a shrinking of one's life experiences as they may feel the need to avoid people, homes, or external locations. Please join OCD specialist Dr.

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER

Workshops are eligible for CE/CME credits. Workshops are available virtually.

Jonathan Abramowitz alongside panelists Callie Fleece, Mackenzie Reed, Sean McCartney, and Katie Whitson, as they share the impact of isolation within their lives. From holidays spent alone to temporarily losing the ability to speak—share in methods to address isolation and avoidance within your life, your client's life, or a loved one.

Adulting 102: Getting Focused

Track: YOUNG ADULTS

Speakers: Emily Hemendinger, LCSW, MPH; Stephanie Lehto, PsyD; Rachel Davis, MD; Erin LeBeau, MSW; Kyle

Location: WATER TOWER

Being an adult is hard and involves navigating tasks that involve complex cognitive functions (i.e. executive functions). More challenges can come when also navigating OCD and related disorders. We're back and at it again to talk about the mystery that is "adulting." But this time we are focused and ready to dive into more skills for navigating some of life's hardest tasks. In this interactive presentation, we will provide skills to assist you through a number of adulting tasks. From making phone calls to digital hoarding, making friends as an adult to paying bills. If any of these tasks lead to anxiety, stress, or a desire to avoid, this is the talk for you!

9:45AM-11:15AM

All in the Family: Helping Families **Increase Support while Decreasing**

Accommodations ___

Track: CAREGIVERS & FAMILIES

Speakers: Beth Brawley, LPC; Lauren Rosen, LMFT; Michael Stier, LCPC; Josh Spitalnick, PhD

Location: DANIEL BURNHAM

When your loved one has OCD, it can have an impact on the entire family. It's difficult to see your loved one struggle, and it sometimes feels easier to accommodate the OCD so everyone can move on. In fact, sometimes it feels like you're doing your own exposure therapy, as not jumping in can feel so wrong! In this presentation, participants will understand how accommodation hinders OCD recovery and examine the fine line between accommodation vs. support. Strategies, including response scripts, will be shared to increase participants' confidence level in knowing how to respond to difficult moments. The role of mindful self-care will also be explored as you navigate this journey.

Treatment of Hoarding Disorder 🥒 💻

Track: HOARDING DISORDER

Speakers: Carolyn Rodriguez, MD, PhD; Sanjaya Saxena, MD; Lee Shuer, CPS; Dante Lenninger; Chia-Ying Chou, PhD

Location: GEOGRAPHY

Hoarding disorder, characterized by difficulty discarding possessions and accumulation of clutter, prevents normal use of the living space and causes distress. Hoarding disorder also causes significant public health consequences, including fire hazards, unsanitary living conditions, and structural damage, which may violate building, fire, or property maintenance codes and lead to eviction and homelessness. Treatment challenges for clinicians vary widely and may include insight and

motivation, particularly when an individual has difficulty with recognition of the negative consequences of hoarding behaviors. Experts from fields of psychology, psychiatry, and community interventions will discuss ways to navigate these challenges including communitybased approaches, peer and family support, use of established treatments which can involve motivational interviewing, and personalized intensive case management.

Queer Fears: OCD Development & Advanced Treatment Considerations In the LGBTQIA+

Population For 2025 🧪 💻

Track: EVERYONE

Speakers: Tracie Ibrahim, LMFT, CST; Alexandra

Reynolds; Sam Greenblatt, PsyD **Location: GRAND HORIZON A**

This panel explores the unique presentation of OCD within the LGBTQIA+ community, focusing on how gender, sexuality, and socio-environmental factors impact the development of the disorder. A diverse group of queer clinicians and advocates will discuss how themes like POCD, ROCD, and SO-OCD manifest in LGBTQIA+ clients and the influence of societal stigma, internalized homophobia, and fears of rejection or discrimination on OCD symptoms. Participants will gain insight into how external factors, such as a hostile political climate, can worsen OCD and complicate treatment. Additionally, the panel will highlight clinical frameworks, like Acceptance and Commitment Therapy, and strengths-based approaches, emphasizing community support and resilience to improve treatment outcomes for LGBTQIA+ clients.

From the Mountains to the Prairies: A National Study on Regional &

Sociocultural Differences in OCD 🧳

Track: RESEARCH ON OCD AND RELATED **DISORDERS**

Speakers: Caitlin Pinciotti, PhD; Brad Riemann, PhD

Location: GRAND HORIZON B

Is scrupulosity OCD more common in socially conservative, religious states? Is racism OCD more common in socially liberal, urban areas? Are obsessions related to contamination, homelessness, or economic hardship more common in areas of greater economic disadvantage? Is sexual orientation or gender-themed OCD more common in LGBTQIA+ restrictive states? Can we map the regional influences of OCD? Join us for a fascinating discussion about how geography and sociocultural experiences shape how OCD looks. Learn about cutting-edge research findings from the National OCD Survey, a study involving over 2,000 adults with OCD across all 50 U.S. states, and listen to a lively discussion between OCD experts who have treated people with OCD from all walks

Toys, Tunes, Crafts, and Laughs: Utilizing Play & Practice in OCD Treatment with

Youth 🥒 💻

Track: CLINICIANS - INTRO

Speakers: Molly Martinez, PhD; Marni Jacob, PhD; Natasha Daniels, LCSW; Angela Springer, LCSW

Location: GRAND HORIZON C

What do Legos, ladders, play dough, giant thermometers, playground equipment, playlists, comic books, and puzzles have to do with OCD treatment? No, this is not play therapy. All of these items and more can be used to make evidence-based treatment for OCD fun, meaningful, and powerful for young patients. Developmental considerations must be addressed directly and practically to engage youth in treatment. This session will showcase strategies and resources that creatively teach and reinforce learning, increase motivation, and decrease treatment resistance through being silly, playing, and having fun. Panelists will discuss techniques we find most helpful, demonstrate a few, and leave you with a list of even more resources and tools you can utilize after the conference.

Tailoring OCD Treatment to Neurodivergent Clients Across Modalities: ERP, ACT, I-CBT, and

Medication 🥒 💻

Track: CLINICIANS - ADVANCED

Speakers: Jeremy Shuman, PsyD; Rebecca Sachs, PhD;

Evelyn Gould, PhD; Stacy Greeter, MD Location: GRAND HORIZON EFG

While mental healthcare for OCD and neurodevelopmental conditions (e.g. autism, ADHD) can be siloed into parallel systems, neurodivergent individuals with OCD seek services in all care settings. Ideally, any healthcare team will be able to account for the gamut neurodivergent trait profiles when treatment planning within their particular specialty. Provider avoidance of gaining experience with neurodivergent clients leads to exclusion from treatment, ablest expectations of clients in treatment, erroneous medication, and disconnect in therapeutic alliance. This presentation will draw from four perspectives - ERP, ACT, I-CBT, and psychopharmacology – to discuss overlapping and differing themes in approach to OCD treatment planning for a neurodiverse population. Vignettes will illustrate case conceptualization and treatment planning that is personalized, evidence-based, effective, ethical, and affirming.

Treatment of Body Dysmorphic Disorder 🧪 💻

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Sony Khemlani-Patel, PhD; Fugen Neziroglu, PhD; Barbara Van Noppen, PhD, LCSW; Katharine

Phillips, MD

Location: GREAT LAKES A

This presentation will focus on treatment consisting of 1) efficacious therapy (CBT tailored to BDD); 2) medications; 3) adjunctive psychological techniques that are sometimes added to CBT and/or medication; and 4) family interventions. First-line medications (serotonin-reuptake inhibitors), including dosing and treatment duration, and medications that are sometimes added to SRIs will be discussed. 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 (if skin picking or hair plucking present). DBT and ACT are among the adjunctive interventions that can supplement CBT. And finally suggestions will be offered to help families reduce behaviors that "accommodate" the disorder and enhance treatment outcome

EVERYONE

LIVING WITH OCD

YOUNG ADULTS

FAMILY & CAREGIVERS

BDD

Create a Stress Reduction Plan through Anxiety-Relieving Measures: Sleep, Diet, Spirituality, Exercise & Yoga!

Track: LIVING WITH OCD

Speakers: Chris Trondsen, LMFT; Elizabeth Trondsen, RD; Tom Smalley, CMPC, CSCS; Krista Reed, LSCSW; Katie O'Dunne, MDiv, DMin

Location: GREAT LAKES B

A question asked often is if lifestyle changes aid in the improvement of OCD. We heard you loud and clear and are excited to offer a talk focusing on this topic! This panel will offer science-based, take-home information on nutrition, exercise, yoga, sleep hygiene, spirituality, and other stress-reduction techniques. Five experts: a Certified Mental Performance Consultant and National Gold Medalist Weightlifter, a registered dietitian, an interfaith chaplain specializing in scrupulosity, and two licensed therapists, with additional education in yoga and sleep improvement, will share their expertise. answer your questions, and help you create a wellness plan to combat anxiety! This presentation goes beyond simply providing information; it will help attendees create and implement a strategy that aids in developing a stress-free lifestyle!

OCD and Suicidality: Assessment, Intervention, and Supporting Family

Members 🥒 💻

Track: EVERYONE

Speakers: Alex Bettis, PhD; Emily DeSalvatore, LPC-MHSP: Preeti Pental, PsvD: Jon Grant, MD, PhD

Location: GREAT LAKES C

Suicide is a leading cause of death among many age groups in the U.S., and rates of intentional self-harm are high, particularly among youth and young adults. Suicide- and harm-related intrusive thoughts are also common in OCD. Further, suicidal ideation, self-harm, and OCD commonly co-occur. Thus, it is important that clinicians treating OCD are also equipped with the tools needed to assess and manage suicide risk. In addition, family members, parents/caregivers, significant others, and other loved ones also can play a central role in treatment. This presentation aims to equip clinicians and family members with an understanding of how to identify and assess suicidality vs. suicide-related intrusive thoughts, discuss treatment considerations when suicide risk is present, and review strategies for engaging family members and loved ones in treatment to support safety.

Self-Advocacy within Treatment and Beyond

Track: YOUNG ADULTS

Speakers: Morgan Rondinelli; Lisa Giuffre; Violet Talsma; Molly Fishback; Lisa Coyne, PhD

Location: WATER TOWER

Ahh! Independence! It can be a scary word, but it's an important step in treatment, especially for young adults. We know ourselves best! Self-advocacy can be practiced, both with parents/guardians and treatment providers. This session will cover skills like aligning therapeutic goals, communicating comfort levels for doing exposures, or even switching therapists if the current one doesn't feel like a good fit. With parents, we'll cover advocating for different or more treatment, educating them about our experiences, and transitioning responsibility of care to ourselves. Utilizing personal experiences, role play, and professional tips, this session aims to help you get the most out of YOUR treatment!

12:45PM-2:15PM

Along the Road to Recovery: Tips for Parents and Families

Track: CAREGIVERS & FAMILIES

Speakers: Aureen Wagner, PhD; Charles Mansueto, PhD; Evelyn Stewart, MD

Location: DANIEL BURNHAM

The road to recovery is often challenging for those affected with OCD and their family members. A panel of OCD experts will share clinical pearls and insights gained from many years of experience in treating youth, adults, and families. They aim to bring hope and optimism by offering guidance and strategies to navigate common challenges such as: getting the most out of ERP, realistic expectations for those affected and their families, managing daily responsibilities, maintaining motivation, disengaging from family accommodation, parent-child relationships, the impact of OCD on siblings, parental self-care, improving communication, handling reassurance-seeking, meltdowns, supporting each other during treatment, treatment reluctance, medication issues, relapses, what to expect in the future and more. Bring your questions and join the discussion!

Beyond BIT: Leaping over Hurdles with Feasible Enhancements, Keeping All Eyes on

the Prize 🥒 💻

Track: HOARDING DISORDER (HD)

Speakers: Allison Bonifay, LPC; Dannah Lougen, MA, QMHP; Nourah Raslan, MA; Lee Shuer, CPS; Christiana Bratiotis, PhD, MSW

Location: GEOGRAPHY

The Buried in Treasures (BIT) Workshop offers a renewed perspective on hoarding disorder, set squarely in the territory of self-empowerment, with an unabashed supportive embrace of humanity, and an active rejection of stigmatizing language and harmful treatment interventions. With a highly structured 16-week format and well-scripted guide, it seems nearly impossible to improve. However, facilitators do encounter hurdles that require creative energy and a willingness to experiment with what works. In this presentation, BIT facilitators discuss common challenges faced when running the BIT workshop and present interventions and enhancements trialed (e.g., integrating 1:1 active coaching sessions and BIT graduate practice sessions). This presentation will include an interactive brainstorming activity to assist facilitators in exploring creative enhancements feasible in their setting.

The Scrupulosity Forum: Morals, Ethics, and Religion 🧪 💻

Track: EVERYONE

Speakers: Sarah Strauss, LCSW, CAGCS; Ted Witzig Jr., PhD; Patrick McGrath, PhD; Jon Hershfield, LCMFT; Brenna Helppie-Schmieder

Location: GRAND HORIZON A

Scrupulosity is a sub-type of OCD with themes focused around religious, moral, and ethical obsessions and compulsions. Faith can offer comfort, peace, and structure - but what happens when faith and OCD meet head-on? The result can be exhausting and severely impact one's religious practice and view of self. While scrupulosity is often thought of as religious in nature, it can also affect individuals who do not identify as religious. Further, moral obsessions can take root in several different OCD themes where the decision to resist compulsions can feel like tests of one's character or values. Scrupulosity can lead to impaired functioning, difficulty in relationships, and a strained sense of connection to one's beliefs, religious community, or sense of self in society. This session will offer an introduction to the topic of scrupulosity including what it is, common symptoms, and how it may be treated.

The Many Roads to Relief: Habituation, **Expectancy Violation, and Other Mechanisms**

of ERP for OCRDs 🧳

Track: RESEARCH ON OCD AND RELATED DISORDERS Speakers: Lauren Milgram, MS; Amelia Dev, MS; Kate Sheehan, MA; Jennie Kuckertz, PhD; Kiara Timpano, PhD Location: GRAND HORIZON B

Exposure and response prevention (ERP) is the frontline treatment for obsessive compulsive and related disorders (OCRDs), yet many patients do not achieve full symptom remission after a standard treatment course Recently, researchers have sought to better understand the "mechanisms of change" or processes through which ERP produces its effects in order to inform strategies to make treatment most effective. This session will feature four presentations of novel research examining habituation, expectancy violation, and other factors (e.g., ritualizing during exposure, client self-efficacy) impacting ERP effectiveness for OCRDs. Considerations for case conceptualization, exposure planning, measurement, and outcome evaluation will be discussed.

Building Effective Exposure Hierarchies/ Menus for OCD Treatment 🥒 💻

Track: CLINICIANS - INTRO

Speakers: Michelle Massi, LMFT; Beth Brawley, LPC

Location: GRAND HORIZON C

One effective tool that clinicians can utilize in treating OCD is the creation of an exposure hierarchy or exposure menu. This session will provide participants with practical knowledge and skills to construct an OCD exposure hierarchy/menu for any subtype of OCD. Attendees will learn the principles behind hierarchy/ exposure menu building, the criteria for selecting appropriate exposures, and how to ensure that hierarchies/menus are individualized to each person's specific symptoms and fears. By the end of the session, clinicians will have gained confidence in their ability to design, implement, and adapt exposure hierarchies/ menus for clients with OCD and those with lived experience will walk away with an exposure list to use for their own treatment.

Q&A About Medications for OCD and Related Disorders with Some of the

U.S.'s Leading Experts 🧪 💻

Track: EVERYONE

Speakers: Steven Poskar, MD; Carolyn Rodriguez, MD, PhD; Jamie Feusner, MD; Sanjaya Saxena, MD

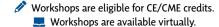
Location: GRAND HORIZON EFG

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 four of us will do our best to fill Dr. Jenike's very big shoes.

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER



Panel Discussion on Family Issues in BDD 🧪 💻

Track: BODY DYSMORPHIC DISORDER (BDD) Speakers: Barbara Van Noppen, PhD, LCSW; Michael Upston, LCSW; Denis Asselin, MA; Jake Osborne-

McKenna; April Osborne **Location: GREAT LAKES A**

This panel discussion will focus on BDD-related family issues. The panelists will provide perspectives from professionals and personal insights from panelists with lived experience. Topics will include the benevolent responses families often engage in to "accommodate" BDD, which can worsen symptoms, as well as family-based intervention suggestions. Audience Q&A will be included.

Making the Invisible Visible: How to Identify and Resist Your Mental Compulsions

Track: LIVING WITH OCD

Speakers: Rebekah Mennies, PhD; Elizabeth Moroney, PhD; Lara Rifkin, PhD; Madeline Levitt, PhD

Location: GREAT LAKES B

Public stereotypes paint OCD as mainly characterized by excessive cleaning or organizing. Although this presentation exists, people with OCD know all too well how extensively symptoms — from unwanted obsessions or intrusive thoughts to repetitive mental compulsions to gain relief — may occur "under the hood" rather than for others to see. Not only does research suggest that people with mental compulsions are more likely to be misdiagnosed, many find them harder to resist than overt compulsions. In this talk, we will review common mental compulsions (e.g., rumination, mental review, thought suppression), help you identify where an obsession "ends" and a mental compulsion "begins", review when attempted coping thoughts/strategies may become mental compulsions, and provide strategies for resisting mental compulsions.

Integrating Family Therapy into OCD Treatment for Adults and Children: A Collaborative, Systemic Approach Overview 🥒 💻

Track: CLINICIANS - ADVANCED

Speakers: Maria Mellon, LSW; Brian Kane, MS;

Amanda Meredith, LCSW **Location: GREAT LAKES C**

Obsessive Compulsive Disorder (OCD) presents unique challenges for treatment, not only for the person with OCD but for their entire family system. This presentation will explore the impact of family therapy within the context of a multidisciplinary treatment model, highlighting the importance of involving the family in OCD treatment plans for children, adolescents, or adults. We will specifically focus on how structural family therapy (SFT) can be used to understand and address family dynamics that impact clients' OCD, while also examining the role of motivation, accommodations, understanding, and aftercare within the family system. The goal of this presentation is to shift the perspective from treating the client in isolation for OCD to promoting a systemic, family-centered treatment model.

Surviving College: The Ultimate Toolkit for Students with OCD

Track: YOUNG ADULTS

Speakers: Brynlee Furnell, CSW; Carrie Wendt, LCSW; Jessie Birnbaum, MSW; Sophia Artandi; Zachary Schwartz

Location: WATER TOWER

College can be challenging for any young adult, but when OCD is part of the equation, it can feel overwhelming at times. This presentation is designed to support young adults with OCD who are currently in college or planning to attend. Drawing on both personal and professional experience, the presenters will share practical tools, resources, and strategies to help attendees navigate and thrive in an academic environment despite the challenges OCD may bring.

2:30PM-4:00PM

SPACE Intervention Basics for Treating Childhood OCD

Track: CAREGIVERS & FAMILIES

Speakers: Kristin Weber, LPCC; Marla Deibler, PsyD **Location: DANIEL BURNHAM**

SPACE (Supportive Parenting for Anxious Childhood Emotions) is a parent-based treatment program that focuses on changes parents can make to decrease accommodating behaviors to their child's distress and increase supportive responses. While SPACE is used to treat a wide range of anxiety disorders and related issues, this talk will focus on how parents can help their child with OCD develop essential skills to improve daily functioning

The Moral of The Story: Evaluating Narratives in the Development and Treatment of Hoarding Disorder 🥒 💻

Track: HOARDING DISORDER (HD)

Speakers: Micah Howe; Randy Frost, PhD; Kiara Timpano, PhD; Marnie Cooper; Lee Shuer, CPS

Location: GEOGRAPHY

It is nearly universally recognized that the human psyche displays an interest in gripping stories. They engage us, help us connect and shape our actions. Clinical research and data show that hoarding behaviors are perpetuated by the ideas an individual espouses about their items. In this presentation, both professionals and individuals with lived experience of hoarding disorder will explore the ways in which the stories a person embraces about their possessions set the stage for exacerbation of and/ or meaningful recovery from hoarding tendencies. Attendees will be empowered to reexamine the unhelpful fantasies they accept about their items and learn how telling the fearful stories they believe about letting go of sentimental belongings can create breakthroughs in their decluttering efforts.

Advancing Early Intervention in Obsessive-Compulsive Disorder — An Australian

Perspective /

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Vlasios Brakoulias, PhD **Location: GRAND HORIZON A**

Early intervention has received much attention in the context of medical disorders or psychosis, but more work is required to advance early intervention for obsessivecompulsive and related disorders. Evidence suggests that better treatment outcomes for obsessive-compulsive disorder (OCD) can be achieved when evidence-based treatments are delivered early, thus achieving a shorter duration of untreated illness. Many people with OCD report having had untreated and diagnosed treatment from their school age years or other first-degree relatives with OCD. Few programs exist currently that are focused

on early intervention or prevention. This presentation will describe efforts to provide early intervention for OCD in Sydney, Australia and provide some preliminary data.

Double the Discomfort: Planning Treatment when OCD and Social Anxiety Collide 🧳

Track: EVERYONE

Speakers: Shmuel Fischler, LCSW-C; Michelle Dexter,

PhD; Lauren Neaman, PsyD Location: GRAND HORIZON B

If OCD was not enough to create discomfort and suffering, imagine introducing Social Anxiety into the mix? Three clinicians affiliated with the reputable National Social Anxiety Center are excited to engage attendees on this important topic — the comorbid presentation of Social Anxiety Disorder (SAD) and OCD. For sufferers of SAD in the room, even at such a welcoming conference, just getting there is a challenge. Clinicians must decide how to conceptualize and prioritize treatment. How much exposure vs cognitive do we emphasize? Is treatment for OCD appropriate for SAD? Do we treat them individually? Concurrently? What makes them different? Similar? This presentation will address these questions and more.

Nuance in the Treatment of Addiction & OCD: When a "One Size Fits All" Approach

Falls Short 🧷 💻

Track: CLINICIANS - ADVANCED

Speakers: Jayme Valdez, LMHC; Jonathan Hershfield, LCMFT; Julianna Eckman, LCPC, LCADC; Benjamin Ehrenreich, MD

Location: GRAND HORIZON C

When 1 in 4 adults with OCD also present with a cooccurring alcohol or substance use disorder, aligned treatment for both disorders is imperative and can be life-saving. This presentation will provide an overview of types of addiction, explore how addictive and compulsive behaviors can overlap, examine obsessions about addiction and recovery, and outline treatment options that include traditional abstinence and 12-Step based models, while also highlighting alternative approaches such as Harm Reduction, SMART Recovery, and Recovery Dharma. Participants will walk away with practical awareness of person-centered approaches to addiction recovery for those with OCD and addiction. Perspectives from addiction counseling, CBT/ERP, and psychiatry will provide a well-rounded learning opportunity for attendees interested in formulating an individualized approach to treatment.

Diagnostic Detectives: Picking OCD Out of the Lineup 🥒 💻

Track: CLINICIANS - INTRO

Speakers: Jenny Yip, PsyD; Robert Hudak, MD; Molly

Martinez, PhD

Location: GRAND HORIZON EFG

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. Psychiatric symptoms can be scary, bizarre, and/or confusing to patients and providers alike. Is my patient psychotic? Suicidal? Manic? Depressed? Or is it OCD? This multidisciplinary panel will highlight considerations that are crucial to teasing apart the nuances of common differential diagnoses. Specifically, we will distinguish OCD from psychosis, self-harm/suicidality, tics/ Tourette's, depression, perinatal mental health concerns, obsessive-compulsive personality disorder, generalized

EVERYONE

LIVING WITH OCD

YOUNG ADULTS

FAMILY & CAREGIVERS

BDD

anxiety disorder, bipolar disorder, and ADHD. This presentation will cover a lot of ground and provide a thorough overview of nuances that distinguish OCD from other symptoms and disorders.

CBT Workshop for BDD 🧳 💻

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Scott Granet, LCSW Location: GREAT LAKES A

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.

It's All About the Kids! Q&A with a Panel of Pediatric OCD Experts 🧳

Track: EVERYONE

Speakers: Marni Jacob, PhD; Eric Storch, PhD; Aureen Wagner, PhD; John Piacentini, PhD; Evelyn Stewart, MD

Location: GREAT LAKES B

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? Questions about the role of medication? 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.

The Paradox of Perfectionism: Why Striving for Flawless Leaves You Frazzled

Track: LIVING WITH OCD

Speakers: Taylor Newendorp, LCPC; Nicholas Farrell, PhD; Mia Nuñez, PhD; Shauna Pichette, LPCC; Carolyn Ringenberg, LCSW-A

Location: GREAT LAKES C

Perfectionism can be disruptive for individuals with and without OCD. This presentation will explore common perfectionistic tendencies such as people-pleasing, procrastination, and excessive self-criticism, and examine their overlap with OCD behaviors and thought patterns. While perfectionism may feel protective, it is ultimately unsustainable and leads to long-term difficulties. We will review mental and physical compulsions aimed at achieving "perfection" and use clinical cases and the presenters' lived experiences to teach evidencebased treatment strategies from CBT, ERP, and ACT. Attendees will learn how to increase their tolerance for anxiety around mistakes, for the uncertainty of unmet expectations, and for feelings of being "off" in the

pursuit of perfection. Come join our fun and imperfect crew on The Hot Mess Express!

Navigating Identity with OCD: Separating Yourself from the Disorder

Track: YOUNG ADULTS

Speakers: Maria Fraire, PhD; Evan Smith, LPC-A; Curren Hollister; Alexander Rosenberg; Sam Faden

Location: WATER TOWER

As a young adult, it can be difficult to separate yourself from OCD, but this separation can be incredibly powerful! It's actually a whole technique called 'externalizing" and, in this panel, we will explore practical strategies for helping disentangle you and your goals from those of OCD. Additionally, we'll discuss the process of rediscovering and rebuilding your identity outside of OCD, helping you reconnect with your core values, passions, and aspirations. Join us for a fun and honest conversation on finding your true identity, building self-confidence, and living a life full of awe that's not defined by OCD.

4:15PM-5:45PM

Siblings in Conversation: Facing OCD Together 💻

Track: CAREGIVERS & FAMILIES

Speakers: Michelle Witkin, PhD; Helen Albert; Naia Albert; Mary Higgins; Maggie Higgins; Noemi Tsai;

Location: DANIEL BURNHAM

OCD impacts the entire family. Yet, often, the impact on siblings and the sibling relationship is not addressed. When we look at the role brothers and sisters play in the OCD experience, we can help the entire family recover better. In this presentation, a psychologist interviews two sets of siblings who candidly share about how OCD impacted them, challenges they have faced, ways they stood up to OCD together (and ways they did not), the impact of watching a sibling struggle, ways they have learned and grown together, and so much more. Ample time for questions will be allotted and for audience members to add their perspective.

The Cost of Recovery: Maximizing **Your Insurance Benefits to Cover OCD**

Treatment 💻

Track: EVERYONE

Speakers: Findley Harris, LPC; Perry Leynor, LPC; Uchenna Perez; Joe Feldman, MBA

Location: GRAND HORIZON A

Finding an OCD specialist is hard enough. Paying for therapy when it is out-of-network with your insurance can seem impossible. However, under the 21st Century Cures Act, individuals with OCD are often entitled to

reimbursement from their insurance at the in-network rate for care they receive with an out-of-network OCD specialist. In this session, we will walk consumers and families through identifying an OCD specialist, understanding your rights, and communicating effectively to maximize your insurance reimbursement. We will help therapists understand how to educate and support patients through this process without negotiating fees or stepping in-network with insurance. All involved will be encouraged to advocate for patient rights in order to expand affordability and access to OCD treatment.

At the intersection of OCD and Tics: Providers on Assessment, Treatment, and What the Future Holds 💻

Track: EVERYONE

Speakers: Joshua Nadeau, PhD; Carol Mathews, MD; Erica Greenberg, MD; Charles Galyon, PhD

Location: GRAND HORIZON C

Although the literature base is replete in describing OCD and tic disorders as standalone diagnoses (including treatment guidelines), there is a paucity of work examining the unique phenomenology, pervasive impairment, and treatment needs associated with carrying both diagnoses. This presentation offers insights and lessons learned from clinical and medical providers who have extensive experience in the assessment and treatment of adult and pediatric clients with co-occurring OCD and tic disorders. In addition to offering guidelines for identifying and addressing all aspects of these unique client presentations, ample time will be available for addressing questions from audience members.

PROFESSIONAL PLENARY: New Frontiers in OCD: Exploring AI-Driven Insights and

VR-Powered Exposures 🥒 💻



Track: ALL PROFESSIONALS (CLINICIANS, RESEARCH ON OCD AND RELATED DISORDERS)

Speakers: Brian Zaboski, PhD; Greg Muller, PhD; Erika Nurmi, MD, PhD; Aaron Lulla, MD, PhD; Gabriel Bach, LMFT Location: GRAND HORIZON EFG

This plenary will explore the burgeoning role of Artificial Intelligence (AI) and Virtual Reality (VR) in transforming the landscape of Obsessive-Compulsive Disorder (OCD). We will journey from an accessible introduction to core AI concepts like Machine Learning and Neural Networks, to their practical applications in OCD research for personalizing treatment and predicting outcomes. The session will further examine how these technologies are being integrated into clinical practice to potentially enhance diagnosis, support treatment planning, and assist with exposure therapy, including real-world examples of VR scenarios for OCD. Crucially, we will address essential ethical considerations such as data privacy, algorithmic bias, and the indispensable role of human oversight. Join us for an insightful discussion and interactive brainstorming session on the future directions and responsible integration of AI and VR in OCD treatment, emphasizing their power as tools to augment, not replace, clinicians.

Turning the Tides: Turning Points in OCD Treatment =

Track: LIVING WITH OCD

Speakers: Sean McCartney; Victoria Lane, LMSW;

Sidney Lodge; Callie Fleece Location: GREAT LAKES C

Treatment for OCD is by no means linear. Rather, ups and downs are common, expected occurrences in the treatment process. However, when one finds themselves struggling to make progress and feels stuck in treatment, it can be extremely disheartening, frustrating, and upsetting. Experiencing these emotions can make it difficult for individuals to continue to trust and be committed to treatment, but this doesn't have to be the case. Join us for a discussion in which three individuals who have navigated their own treatment journeys and are now in recovery, alongside the expertise of a clinician, reflect on turning points in their treatment. Leave with new tips and tricks to "turn the tides" and take your treatment gains to new heights!

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

It's a Family Affair: Navigating Conversations with Parents

Track: YOUNG ADULTS

Speakers: Cali Werner, LCSW-S; Darcy Howell, MEd; Kyra Cheung; Megan Dailey; Marni Jacob, PhD

Location: WATER TOWER

For young adults with OCD, parents can serve as both a source of support and a potential stressor. Whichever one your parents feel like that day, talking about OCD can be complicated by different understandings of the disorder, its impact on daily life, and the most effective ways to navigate support and autonomy. In this talk, young adults will share their own experiences of navigating this complicated relationship with their parents — both the miscues and the successes. If you've ever had a miscommunication with your parents (and we know it's happened), this talk will be worth your while.

YOUTH PROGRAMMING **& ACTIVITIES**

6:00AM-7:00AM

Zumba Fitness Class

Track: ACTIVITY

Speakers: Mary Brown, RN **Location: PHILOSOPHY**

For everybody and every body! Each Zumba® class is designed to bring people together.

We take the "work" out of workout by mixing lowintensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective and super fun. Zumba is a total workout, combining all elements of fitness - cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

8:00AM-9:30AM

Elementary School and Middle School Orientation

Track: ELEMENTARY AND MIDDLE SCHOOLERS Speakers: Natalie Henry, LCSW; Abigail Alasousi **Location: GEORGE PULLMAN**

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 year old) 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.

High Schoolers + Families Orientation

Track: HIGH SCHOOLERS Speakers: Elana Fasan, LCSW **Location: HENRY CLARK**

This orientation is for high schoolers (suggested ages = 14 and older) attending the conference and the family members accompanying them, giving them an opportunity to meet and connect with one another. The logistics of the conference will be discussed, and an overview of the High Schoolers Room will be offered. Attendees will be given the opportunity to ask questions about the IOCDF, specific sessions, and anything else related to the conference.

9:45AM-11:15AM

Bingo for the Brave: Turning ERP into a Fun Challenge

Track: ELEMENTARY SCHOOLERS

Speakers: Galina Lipkin, LCPC; Falyn Mellul, LSW

Location: GLESSNER HOUSE AB

Facing your fears doesn't have to be scary — it can be a game! In this session, you'll learn how to turn ERP challenges into a fun activity by making your own Bingo cards. Each square will have a small challenge that helps you practice being brave, and when you complete a row, you win! We'll talk about how to come up with creative ideas for your card and show examples of how kids and teens have used Bingo to face their fears. Join us to discover how a little fun can make a big difference in tackling OCD!

The OCD Toolbox: Building Coping Skills for **Middle Schoolers**

Track: MIDDLE SCHOOLERS

Speakers: Michelle Massi, LMFT; Jayme Valdez, LMHC; Jesse Verhoeven, MA

Location: GEORGE PULLMAN

OCD can be an overwhelming and isolating experience, especially for middle schoolers. Learning how to manage intrusive thoughts and compulsive behaviors is crucial for fostering resilience. This session introduces the concept of a "toolbox" filled with practical, accessible coping strategies for managing OCD symptoms. Participants will feel empowered to take an active role in their recovery by creating personalized "OCD toolboxes" they can use in moments of distress. In this hands-on workshop, participants will explore a variety of coping techniques and learn how to integrate them into daily life. Each participant will walk away with their own toolbox to use when they return home. Group sharing of toolbox coping strategies will help foster a sense of community and belonging.

Putting the Fun in ERP: Reimagining OCD Treatment with a Positive Twist

Track: HIGH SCHOOLERS Speakers: Hailee Dear, LCSW **Location: HENRY CLARK**

"I thought I'm not supposed to have fun during ERP!" Is this something you believe or have been taught while you've been getting treated for your OCD? If so, this talk is for you! We know that even though fighting OCD can be scary, doing exposures does not have to be. OCD treatment is allowed to be fun, even when you are doing something hard. By using your values, you can learn to

create your own exposures that feel more approachable and rewarding. Come to this talk to learn practical tips for how to increase your motivation to do exposures by putting the silliness in ERP!

11:30AM-12:30PM

Sibling Meet-and-Greet!

Track: ALL YOUTH

Speakers: Naia Albert; Chris Baier; Michelle Witkin, PhD; Allison Solomon, PsyD

Location: GEORGE PULLMAN

Hey siblings, this one is for you! We share a common bond. We've seen our siblings fall apart in front of us, felt alone when the family's focus was on them, and sometimes even been their trigger. We've seen the struggles and the triumphs, felt the frustrations and the joys, and we may have felt very different or alone. This meet-up is a space to share our unique sibling experience. Join us as we explore what we have in common, share our feelings, play some games, and make connections to last through the conference and beyond. We will also have time during the session for attendees to self-organize additional informal meetups throughout the conference weekend.

Intensive Treatment for All: Treating Severe OCD while Navigating Medicare/Medicaid

Regulations 🧳

Track: EVERYONE

Speakers: Brian Zaboski, PhD; Christopher Pittenger,

MD, PhD; Jennifer Naughton, LCSW

Location: GREAT LAKES B

This talk addresses a critical gap in equitable access to intensive OCD treatment by integrating exposure and response prevention and in-house pharmacotherapy into hospital settings accepting Medicare/Medicaid. Drawing on data from Bridgeport Hospital's REACH program, one of only two hospital-based programs in the U.S. offering intensive ERP to underserved populations, we will present successful strategies for overcoming systemic barriers, including regulatory compliance and resource limitations. Through our carefully tailored approach to individualized care in this group-based setting, we share positive patient outcomes and share insights from historically marginalized or disadvantaged groups. At the conclusion of the talk, attendees will learn how to navigate some of the challenges of hospital-based OCD care and gain actionable knowledge for navigating complex insurance landscapes.

Mindful Emotions: Exploring Feelings Through Visual Art

Track: CREATIVE CORNER

Speakers: Tricia Page, CMHC; Rachel Rose, LMFT

Location: GEOLOGY

This interactive activity invites participants to engage with their emotions mindfully by exploring how different images evoke feelings. Each participant will take turns viewing and discussing evocative images, identifying the emotions they feel in response. Following this, participants will use a human outline template to color where they experience these emotions in their body and assign a color that represents the emotion. This activity encourages self-awareness, emotional expression, and group connection, providing a creative and reflective approach to understanding emotions in a safe, supportive environment.

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

Non-Shopping Trip

Track: HOARDING DISORDER

Speakers: Lee Shuer, CPS; Dannah Lougen, MA,

QMHP; Nourah Raslan, MA **Location: GEOGRAPHY**

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 overacquire 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.

12:45PM-2:15PM

S'more Than Just Camp: Conquering OCD Together with Fun and Friendship!

Track: ELEMENTARY SCHOOLERS

Speakers: Mara Esber, PsyD; Keri Brown, PhD; Ginny Fullerton, PhD; Alyssa Lentz, LPC; Brooke Miller, RN

Location: GLESSNER HOUSE AB

Are you ready for an adventure? Join us as we dive into exciting Fearless Family Camp activities to help families tackle OCD together. "Campers" and caregivers will engage in Interactive OCD Bingo, Exposure and Response Prevention (ERP) Friendship Bracelets, and Intrusive Thoughts Musical Chairs. Through these fun, handson, exposure-based activities, campers and caregivers will learn that they are not alone in their journey and discover the power of community. Share laughs, build friendships, and gain confidence as we face OCD together! Come get a taste of camp, including a s'mores treat, and leave with new tools and lasting memories!

Ready, Set, Exposure!

Track: MIDDLE SCHOOLERS

Speakers: Rachel Busman, PsyD; Alisa Gudz, MS

Location: GEORGE PULLMAN

There is a lot to understand about OCD and Exposure and Response Prevention (ERP). One of the hardest things to figure out is how to get started with exposures and how to make sure that the chosen exposure is going to help decrease the OCD symptoms. In this interactive and fun workshop, participants will learn WHY we do exposures and HOW to make them successful. If you have never done an exposure and want to get started, this is the workshop for you! If you already know how to do exposures but want to get some ideas on how to make them even more effective, this is the workshop for you too! Participants will create their own exposure ladders.

Beats OCD: Creating Your Exposure Playlist

Track: HIGH SCHOOLERS

Speakers: Desiree Untch, LISW-S; Erin Jones, LCMHC

Location: HENRY CLARK

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.

2:30PM-4:00PM

Draw your OCD with Me!

Track: ELEMENTARY SCHOOLERS Speakers: Emily Devlin, LICSW Location: GLESSNER HOUSE AB

Externalizing OCD through creative expression can be a transformative experience for young children. This dynamic workshop invites children ages 6-11 to explore their OCD through guided art activities and supportive group discussion. Using drawing as a therapeutic tool, participants will creatively visualize their OCD, identify their unique triggers, and discover personal coping strategies. Children will have the opportunity to share their artwork in a safe, nurturing environment, fostering peer connections and normalizing their experiences. Through this creative process, participants will develop a stronger sense of agency over their OCD while building confidence and selfawareness. The workshop emphasizes that each child's experience with OCD is unique and valuable, helping to replace shame with understanding and empowerment.

Can Harry Potter Cure OCD?

Track: MIDDLE SCHOOLERS

Speakers: Jennifer Wells, LISW-S; Shivali Sarawgi, PhD

Location: GEORGE PULLMAN

OCD is like a boggart, a shape shifter, which takes the form of what it thinks you fear the most. The counter spell is to stand up to it while laughing at it and saying "riddikulus." It gets confused and loses its power when stood up to multiple times. Join your Hogwarts classmates on an experiential adventure to stand up to your OCD boggart. We will integrate the magic of Harry Potter with ERP, generally targeting contamination and social anxiety symptoms. The participants will go on an ERP scavenger hunt using references from Harry Potter as the impetus for doing things outside their comfort zone. We will utilize the positive encouragement from other participants, but all exposures will be voluntary.

OCD Go! Gotta catch em all!

Track: HIGH SCHOOLERS

Speakers: Noemi Tsai; Briana Godin; Katherine

Brigham; Ginny Fullerton, PhD

Location: HENRY CLARK

OCD can show up in sneaky ways, making it hard to identify and catch. In this interactive session, participants will learn techniques and ways to identify what things might be OCD and different ways to battle them. In addition to learning techniques, participants will be engaging in a fun OCD Go! (like Pokémon GO) scavenger hunt game where they will get to use their newly learned techniques to catch their OCD characters.

4:15PM-5:45PM

Create Your Own OCD Superhero

Track: ELEMENTARY SCHOOLERS

Speakers: Amy Jenks, PsyD; Chris Pursell, LCSW;

Courtney Bottoms Gustafson, LPC-MHSP

Location: GLESSNER HOUSE AB

In this fun, interactive workshop, kids will create their own Superhero and learn how to defeat their OCD Villain. Kids will have the opportunity to learn how to identify their own OCD Villains and understand the most common lies that Villains use. Kids will learn several Superhero skills to help them unhook from their thoughts and bravely face their OCD fears. Kids will

draw their Villain and create a Superhero cape that will empower them in their fight against OCD. Come join the fight and have some fun!

Truth or Dare: OCD Edition

Track: MIDDLE SCHOOLERS

Speakers: Ashley Bramhall, LMFT; Jennifer Lynch, PsyD

Location: GEORGE PULLMAN

In the 3rd 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?

Thinking About Thinking: How to Break the **Cycle of Compulsive Rumination**

Track: HIGH SCHOOLERS

Speakers: Erin Jones, LCMHC; Ben Eckstein, LCSW

Location: HENRY CLARK

When many people think of OCD, they may think of behaviors such as hand-washing or repeating activities a certain number of times. However, OCD can often involve thought-based or mental compulsions that can easily be overlooked. Mental compulsions, such as self-reassurance or replaying events (mental review) can be challenging to work with because they are often mistaken for obsessions. People who experience mental compulsions can feel trapped in their own thoughts and feel that their thinking is out of their control. During this session, we'll go over how to tell obsessions from mental compulsions, such as rumination. Then, we will practice activities together to help you become more aware of your overthinking and break the cycle.

6:00PM-7:30PM

Elementary Schoolers' Pajama Party!

Track: ELEMENTARY SCHOOLERS

Speakers: Caroline Kalen; Darcy Howell, MEd

Location: GLESSNER HOUSE AB

Put on your coziest pajamas, grab your favorite stuffed animal, and get ready to wrap up the day with a Pajama Party! Join us as we end the day with songs, story time, a pajama fashion show, and more! This will be an opportunity to enjoy time with new friends you've made and prepare to rest and recharge for a Saturday spent challenging OCD. You won't want to miss this comfy, cozy event!

Sibling Support Group

Track: ALL YOUTH

Speakers: Michelle Witkin, PhD; Stephnie

Thomas, LCPC

Location: GEORGE PULLMAN

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 problemsolve the unique issues that arise when you have a sibling with OCD.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

Support for Teens with BFRBs

Track: HIGH SCHOOLERS

Speakers: Laura Chackes, PsyD; Lauren McKeaney

Location: HENRY CLARK

Join us for a therapist-led support group for teens who pick their skin, pull their hair, or engage in another bodyfocused repetitive behavior. You will receive support from other teens who do similar behaviors and learn tools that have helped other teens with BFRBs. You will have the opportunity to discuss any current concerns and set goals for life after the conference. Therapists will moderate, provide support, and offer invitations for cognitive-behavioral and mindfulness-based therapeutic skill learning and practice. Facilitated by Laura Chackes, PsyD, creator of the Mindfulness-based BFRB Group Therapy protocol currently being researched at UCLA and The BFRB Workbook for Teens, available in late 2025.

Book Club

Track: ACTIVITY

Speakers: Clargue Johnson, LCPC; Courtney Fischer,

LMHC

Location: CULTURE

This support group, inspired by the IOCDF's curated book list, is designed to provide a safe and supportive space for individuals with OCD to connect and grow. The group functions like a book club, where the leader will read excerpts from selected books focused on OCD, offering both psychoeducation and personal insights. Participants will have the opportunity to process these readings together, sharing their thoughts, feelings, and experiences. Through this collaborative approach, members will gain a deeper understanding of OCD, enhance their coping strategies, and build a sense of community. This group fosters empowerment, selfcompassion, and long-term recovery.

The LGBTQIA+ Special Interest Group (SIG) Presents: Meet-Up Activity and Hang Out!

Track: ACTIVITY

Speakers: Sam Greenblatt, PsyD **Location: WATER TOWER**

The annual conference provides support, educational presentations, and OCD resources. Often, attendees report that connecting with others who 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 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!

Watercolor and Chill

Track: CREATIVE CORNER Speakers: Sonia Greaven, PhD

Location: GEOLOGY

Take a break from the hustle and dive into a creative escape! This interactive session invites participants to unwind with watercolor, exploring a fun and easy mindfulness technique. Water, with its soothing, rhythmic flow, naturally promotes relaxation, while

the act of adding color invites a peaceful exploration of imperfection. Let go of any expectations and simply enjoy the surprise of how colors merge and blend in unexpected ways. No need for a final masterpiecewe will focus on embracing the process and giving up control! By the end of the session, you'll walk away with a refreshing new tool to reduce stress, boost creativity, and cultivate calm whenever you need it.

8:00PM-9:30PM

Improv Comedy: Anyone Can Do It!

Track: ACTIVITY

Speakers: Tayler Bungo, MPH **Location: WATER TOWER**

Ready to get on your feet and out of your head? Join us for a series of hilarious improv games and exercises that will keep you laughing and leave you feeling more connected. Improv comedy celebrates everything that it means to be human. There's no need to be funny or witty. Just show up as your authentic self and you'll discover that THAT is enough! We'll lead you through games that focus on storytelling, world-building, pattern recognition, and word play, all while breaking free from internal judgment and self-doubt. Come laugh with us!

Annual Road To Recovery Tour — The Windy **City Adventure**

Track: ACTIVITY

Speakers: Jonathan Grayson, PhD; Lisa Abbrecht, PsyD **Location: GRAND HORIZON EFG**

A night you won't forget. Join us as our legendary recovery trip takes to the streets of Chicago to fight OCD. Our 22nd 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 Chicago in which participants will experience the exhilaration of conquering OCD fears in a group that goes beyond your imagination. Everyone will be encouraged to support and help one another, but participants will only do what they choose to do. Your surprise will be in how much more you will choose during the adventure.

Drawing the Line: Exploring Art as a Parallel to Effective ERP

Track: CREATIVE CORNER

Speakers: Perry Leynor, LPC; Findley Harris, LPC

Location: GEOLOGY

In "Drawing the Line," participants will begin by exploring examples of fine line artwork, focusing on the precision and intricacy of the designs. Facilitators will demonstrate how to create clean, controlled lines, manage pressure, and incorporate mindfulness into the process. Participants will practice these techniques through guided exercises, starting with simple patterns and gradually moving to more complex designs. As they work, the focus will be on patience, attention to detail, and embracing imperfections. The activity will also highlight the connection between the patience in drawing and managing OCD symptoms, encouraging participants to embrace uncertainty in the process

SUPPORT GROUPS

11:30AM-12:30PM

Power of Connection: Young Adult Support Group

Track: SUPPORT GROUP

Speakers: Sarah DeMarco; Jillian Blanc; Nathan

Peterson, LCSW

Location: WATER TOWER

This OCD support group for young adults offers a safe, supportive space to share experiences, learn coping strategies, and feel connected. The group focuses on managing relationships, coping strategies, relapsing, and living with the uncertainty and embracing the unknown. By fostering open discussion and peer support, the group empowers members to navigate their challenges, reduce isolation, and cultivate long-term mental wellness in a compassionate, non-judgmental environment.

Support Group for Sexual and/or Violent **OCD Themes**

Track: SUPPORT GROUP

Speakers: Chad Wetterneck, PhD; Nick Flower, PsyD

Location: CALCULUS

Sexual and violent obsessions in OCD are common but frequently unrecognized or misunderstood. Sexual obsessions can include worries about sexual orientation, being a pedophile, or acting out sexually. Violent obsessions may include fears about harming someone through various means. People with sexual and violent obsessions in OCD may experience greater distress, have more difficulty locating effective treatment, and require more time in treatment compared to those with other forms of OCD. The purpose of this support group is to provide members who identify as having this version of OCD an opportunity to discuss their experiences of stigma, shame, and rejection surrounding their symptoms in a supportive environment.

BIPOC Support Group

Track: SUPPORT GROUP

Speakers: Kyra Cheung; Jessica Parlor, PhD

Location: DANCE

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.

Help, Hope, and Healing: Navigating the **Complexities of OCD and PTSD Together**

Track: SUPPORT GROUP

Speakers: Molly Schiffer, LCPC; Shala Nicely, LPC

Location: INTEGRALS

If you have OCD as well as PTSD or trauma, this support group will provide a place for you to share your personal experiences and receive support from

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

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 selfcompassion, and the importance of both acceptance and hope as you journey to reclaim your life.

Good Parents Have Bad Thoughts! Group for Birthing Parents with Intrusive Thoughts

Track: SUPPORT GROUP

Speakers: Julia Hale, LICSW; Maria Rossiter, LICSW

Location: HISTORY

Did you leave the baby in the dryer? Do you really love your child? Did you know that all birthing parents have intrusive thoughts? We are here to provide a space to talk about them! Literature and groups on perinatal OCD will often focus on pregnancy and the postpartum period. However, many birthing parents know that OCD can impact parenting at any point in time, regardless of how old the children are. Whether you have OCD or struggle with intrusive thoughts in general around parenting, join us to discuss our shared experiences as birthing parents in a supportive, group environment.

When They Don't Understand: Challenges Talking About OCD to Our Friends and

Loved Ones

Track: SUPPORT GROUP

Speakers: Jake Kinzie, PRS-CS; Christopher Weston,

LMFT, MPH **Location: LITERATURE**

Living with OCD can be especially difficult when the people around us don't understand what we're going through. The purpose of this group is to give those with OCD a chance to come together and share the challenges we face talking about OCD with our friends and loved ones. We will also explore certain factors that may affect a person's response to us, including the other person's knowledge of OCD and understanding of mental health in general. Emphasis will be placed on discovering opportunities to improve our side of the communication as well as discussing strategies for coping with negative reactions, so that we keep moving forward in our recovery! Anyone who has or thinks they have OCD may attend.

6:00PM-7:30PM

Reframe Shame: Creative Self-Compassion Without the Cringe

Track: SUPPORT GROUP

Speakers: Sarah Weber, LMHC, LPC; Madison Di

Silvio, MA

Location: ANTHROPOLOGY

This interactive, creative activity invites participants to engage in a transformative exercise that blends art-making, Cognitive Behavioral Therapy (CBT) strategies, and the core components of self-compassion, as outlined by Germer, Neff, and Kabat-Zinn. Participants will explore the principles of mindfulness, common humanity, and self-kindness through a four-part creative prompt that fosters selfcompassion. This activity serves as a pathway to reframing distress, shifting focus away from the content of OCD and self-criticism toward a more compassionate lens of the OCD sufferer themselves. By encouraging participants to acknowledge and respond to their emotional pain with acceptance and self-kindness, the exercise supports

distress tolerance and cognitive defusion while promoting emotional resilience. This artistic exercise can help cultivate long-lasting self-acceptance and emotional balance.

BDD Support Group

Track: SUPPORT GROUP Speakers: Scott Granet, LCSW

Location: CALCULUS

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.

Approaches to Self-Disclosure, Stress Management, and Professional Development

in Graduate Training

Track: SUPPORT GROUP Speakers: Christine D'Urso, PhD; Jonathan Teller; Dana

DeFilippo, PsyD Location: DANCE

Calling all future and current masters, doctoral, and psychiatry students interested in specializing in OCD! This is a support group that will provide practical guidance and facilitate mutual support. During this group session, you will hear from a current clinical psychology doctoral student who has had intensive treatment for OCD. Through personal disclosure, he will help attendees navigate self-disclosure during the application process and training and will highlight how students can commit to mental health work and advocacy while maintaining appropriate boundaries. He will be joined by a hospitalbased training coordinator and a psychology post-doctoral fellow. They will guide participants with and without lived experience with OCD in sharing and processing time management stressors, perfectionistic expectations, training opportunity constraints, and decisions regarding professional pathways after graduation.

For Friends, Family, and Loved Ones of Those with OCD and/or Related Disorders— How Can We Help?

Track: SUPPORT GROUP Speakers: Katie Sharp, PhD **Location: LITERATURE**

Loved ones of those with OCD often feel lost and helpless. Their efforts to soothe, reassure, and minimize concerns can be met with anger, panic, and escalation of OCD symptoms. This support group will be for those who feel defeated living with and/or loving someone with OCD, have questions about how to support loved ones with OCD, or want to learn more about OCD to better understand their loved one.

Misophonia Support Group

Track: SUPPORT GROUP

Speakers: Megan Faye, PsyD; Rebecca Schneider, PhD

Location: HISTORY

Returning for a second year, this group is intended to provide a sense of community and support for those

who struggle with symptoms of misophonia, as well as a space for their loved ones to better understand their concerns. Living with misophonia, or a loved one with misophonia, can be stressful, overwhelming, and at times, lonely. In the Misophonia Support Group, attendees will have the opportunity to connect with others who share their experience. Participants will share their stories and successes in managing triggers to foster feelings of empowerment in navigating daily stressors. 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

Grupo de Apoyo Mutuo para la Comunidad Latinx/Support Group for the Latinx

Community

Track: SUPPORT GROUP

Speakers: Kimberly Bullard; Andrea Gonzalez, MS

Location: INTEGRALS

This Support Group aims to provide a safe, inclusive space where Spanish-speaking individuals with OCD, family members, and others can come meet each other, share personal stories, ask questions, and get connected to resources in Spanish and Portuguese. It will have a special focus on individuals with OCD who are also immigrants living in the United States, from Puerto Rico, from other countries like Spain, Portugal, and any part of Latin America and the Caribbean. This support group will take place primarily in Spanish.

Support Group for Older Adults: Navigating OCD Together

Track: SUPPORT GROUP

Speakers: Jeremy Shuman, PsyD; Edward Scheinbart

Location: BIOLOGY

Many folks in the OCD treatment community have decades of experience living with OCD, and have personal stories of wisdom and resilience. Please come share your story of OCD across a lifetime, or come to hear from the voices in our community that can share enduring truths in our ever-changing world. Ed Scheinbart, regular IOCDF volunteer and conference cynosure, will be present to share his empathy

Support Group for People with Lived Experience of Hoarding

Track: SUPPORT GROUP

Speakers: Marnie Cooper; Anne Pagano, LCSW

Location: GEOGRAPHY

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.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

8:00PM-9:30PM

BIPOC Community Support Group

Track: SUPPORT GROUP

Speakers: Erjing Cui, LMHC; Uma Chatterjee,

MS, MHPS

Location: ANTHROPOLOGY

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

Living with BDD: Support Group for BDD Caregivers and Families

Track: SUPPORT GROUP

Speakers: Denis Asselin, MA; Kellie Smith

Location: DANCE

Given the intensity of BDD, it takes plenty of compassion, resilience, creativity, and love for partners, parents, and siblings to live normal family lives with a BDD sufferer. In a safe and confidential space, attenders will have the opportunity to meet others who are experiencing similar challenges and speak openly about them. We will share stories of our challenges, successes, and shortcomings, focusing primarily on how we can sustain the daily journey. How can caregivers and family members maintain composure and inner peace when the focus on the sufferer is so primary and unrelenting? This group offers mutual support among participants, not only at the conference session, but perhaps even thereafter.

Queer and Here: LGBTQ+ OCD Intersectional **Support Group**

Track: SUPPORT GROUP

Speakers: Angelique Howington, LPC-MHSP;

Alex Sura, LMSW **Location: CALCULUS**

This support group provides a safe and empowering space for LGBTQ+ attendees to connect, share experiences, and address the unique challenges of living with OCD. Led by clinicians from a Nashville-based group practice specializing in OCD and LGBTQ+ care, the session explores the intersection of identity and mental health, offering actionable strategies for self-advocacy and boundary-setting. Participants will gain tools to navigate marginalization, build balanced support systems, and foster resilience. After years of hosting this session at previous IOCDF conferences, we are excited to continue offering this cherished and memorable experience. Together, we aim to create a supportive community that celebrates diversity, validates individual journeys, and promotes healing.

Eating Disorders and OCD Compassionate Support Group

Track: SUPPORT GROUP

Speakers: Lissette Cortes, PsyD, CEDS; Michael

Sheffield, PsyD **Location: INTEGRALS**

According to research, eating disorders are a common comorbid condition with OCD, yet are often underdiagnosed or undertreated. Individuals with this comorbidity can often feel isolated and overwhelmed or misunderstood. Individuals with lived experience and family members/caretakers are invited to participate in a safe, compassionate, and non-judgemental space to receive support from both professionals and peers. This group will provide a space to learn the best way to manage and thrive when experiencing these two disorders concurrently. Support group leaders will provide education and compassion to support individuals in navigating the challenges of living with and finding the best care when OCD and EDs collide.

Support Group For Autistics With OCD

Track: SUPPORT GROUP

Speakers: April Kilduff, LCPC, LPCC, LMHC, LPC

Location: HISTORY

This is a safe space at IOCDF where autistic people with OCD can explore how being autistic impacts both OCD and ERP. ERP can feel extra scary when you're autistic and have OCD, since there are so many unknowns. Will my therapist understand my neurodivergence? What if my autistic support needs get in the way of therapy? Will ERP even work with my brain? In this group, we'll discuss how to navigate OCD and ERP while neurodivergent: like finding an ND-affirming therapist, how to self-advocate, how to manage things like executive dysfunction and sensory issues in ERP, and how your therapist and you can adapt your ERP to make it work with your neurotype, not against it.

Helping Healers — Support for Providers Living with OCD and/or Related Disorders

Track: SUPPORT GROUP

Speakers: Kelsey Harrow, RN; Griffin Harrow, LMFT

Location: LITERATURE

This unique support group is specifically for clinicians, physicians, and healthcare providers who not only specialize in treating OCD and/or related disorders but also live with the condition(s) themselves. The group will provide a safe, supportive, and non-judgmental space where professionals can share their experiences, challenges, and coping strategies along their journey of managing personal experiences with OCD and/or related disorders while maintaining their professional role. Here, we will find an opportunity to connect in a community of like-minded professionals who understand the complexity of being both patient and provider in the battle against OCD and/or related disorders.

"Wait, What?" A Support Group for People with Variable Attention and ADHD

Track: SUPPORT GROUP

Speakers: Andrew DeBenedictis, MA; Caelyn

Nordman, MA

Location: GREAT LAKES A

Do you ever feel like the only one in the room who didn't get the joke or missed the movie because your mind wandered? Are you frustrated by projects piling up, wondering why it's so hard to get started—or finish what you've begun? You are not alone. Join us in a supportive space where we'll build community, share experiences, and explore what it's like to navigate life with OCD and ADHD—two conditions that often pull our attention in conflicting directions (too much focus on the wrong things, not enough on the right ones). Facilitated by two clinicians who live with both OCD and ADHD, this group will provide camaraderie, laughter, and practical strategies from those who have lived it themselves.

Compassionate Mind Training for Family and Friends of People Experiencing Hoarding

Track: SUPPORT GROUP

Speakers: Nicole Mak; Chia-Ying Chou, PhD

Location: GEOGRAPHY

Hoarding affects not only the people with the mental health condition, but also their loved ones. Many family members, partners, and close friends experience burnout, unmet needs, boundary and relationship difficulties with the person with hoarding issues. The nature and extent of such vicarious effects of hoarding vary depending on the kind of relationship (e.g., spousal, familial, parent-child, vs. friendship). This support group will introduce the psycho-education and skills from Compassion Focused Therapy. We will focus the discussion on understanding how our well-being, as family and friends, may have been affected by our loved one's hoarding issue, and learn practical skills to notice and meet our own needs, communicate boundaries, and cultivate internal and external resources for ourselves

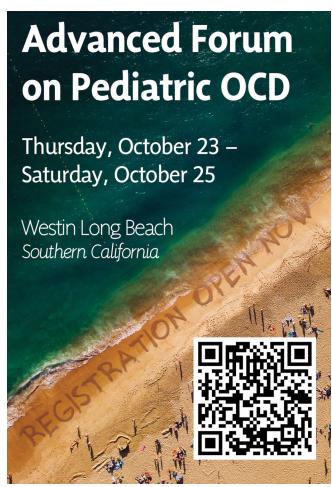
Support Group for Parents of Youth and Adults with PANS/PANDAS

Track: SUPPORT GROUP Speakers: Kate Rogers, PhD

Location: BIOLOGY

This support group is for parents of children with PANS or PANDAS. We will focus on the impact having a child/ren with this diagnosis can have on you, your parenting, and your whole family. Plus, we'll share and discuss coping strategies that might help along the way. It's a chance to connect, share experiences, and get support from others with similar lived experiences. This group is all about supporting you.







SATURDAY SCHEDULE OVERVIEW

TIME	EVENT	LOCATION	
7:00AM-8:00AM	Light Breakfast High-top tables will be scattered throughout the rear of the Exhibit Hall. Sponsored by Ightonanxiety* TREATMENT CENTERS	Buffet Breakfast throughout Exhibit Hall Great Lakes DEFG	
7:00AM-6:00PM	Check-in and Onsite Registration	Registration Desks Great Lakes Foyer	
7:00AM-6:00PM	Continuing Education Desk Open All professional attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. See page 6 for CE/CME information.	Great Lakes Foyer	
7:00AM-7:00PM	Exhibit Hall Open IOCDF Information & Welcome Booth Open See page 17 for a list of Exhibitors.	Exhibit Hall Great Lakes DEFG	
8:00AM-4:00PM	CONFERENCE PRESENTATIONS See pages 56–63 for a full schedule of presentations.		
	YOUTH PROGRAMMING See page 33 for a full schedule of activities and pages 63–65 for details.		
8:00AM-6:00PM	Elementary Schoolers	Glessner House AB	
	Middle Schoolers	George Pullman	
	High Schoolers	Henry Clark	
11:15AM-12:45PM	Lunch on your Own		
11:30AM-12:30AM	Lunchtime Support Groups Turn to pages 65–66 for descriptions and a detailed schedule		
2:15PM-2:30PM	Afternoon Coffee Break	Exhibit Hall Great Lakes DEFG	
4:30PM-6:00PM	Keynote & Awards Ceremony Sponsored by OCD Institute of Texas OCD Institute Texas	Grand Horizon EFG	
6:00PM-7:00PM	Michael Jenike Memorial Research and Exhibitor Meet & Greet Cash bars throughout Exhibit Hall, light snacks provided. Sponsored by Instride Health InStride Health	Exhibit Hall Great Lakes DEFG	
6:00PM-8:00PM	Saturday Evening Activities & Support Groups Turn to pages 63–66 for descriptions and a detailed schedule.		
7:00PM-10:00PM	30th Anniversary Celebration Party Cash bar and light dinner.	Grand Horizon EFG	



Workshops are eligible for CE/CME credits. Workshops are available virtually.



Location/Room name of session.

9:45AM-11:15AM

CAREGIVERS & FAMILIES

TIME Location: Q **Daniel** Burnham Location: Geography Location: O Grand Horizon A Location: Grand Horizon B Location: Grand Horizon C **Location:** Grand **Horizon EFG** Location: **Great Lakes** Α Location:

8:00AM-9:30AM

CAREGIVERS & FAMILIES Finding YOU When Your Romantic Partner Battles

Kids Will Be Kids (Or Is It OCD?): Avoiding the Overpathologizing Trap 🌉

CAREGIVERS & FAMILIES Steady Through the Storm: Supporting Kids with OCD in Uncertain Times

12:45PM-2:15PM

OCD Josh Spitalnick, PhD; Michelle Witkin, PhD; Stephnie Thomas, LCPC; Julia Hale, LICSW; Paul Peterson, LCSW

Luke Collier, PsyD; Ginny Fullerton, PhD; Jessica Tauber, PhD; Thien-An Le, PhD; Paul Peterson, **ICSW**

Sonia Greaven, PhD; Sharon Batista, MD; David Calusdian; Evelyn Scholte

HOARDING DISORDER (HD)

Taking Hoarding Treatment Beyond the Basics

HOARDING DISORDER (HD)

Peer Support for Hoarding Disorder: Bridging Gaps in Community Mental Health Care 🧪 💻

Assessment and Care Planning for Hoarding Behaviours in Healthcare Settings 🧪 💻

HOARDING DISORDER (HD)

Lindsay Bacala, MSW, RSW; Devin Vermette

Lindsay Bacala, MSW, RSW; Christiana Bratiotis, PhD. MSW

Sharon Morein, PhD; Anne Pagano, LCSW; Greg Chasson, PhD

EVERYONE - INTRO

Understanding Perinatal OCD: Improving Recognition and Understanding of CBT... 🧪 💻

Erjing Cui, LMHC; Jordan Cattie, PhD; Donovan

EVERYONE - ADVANCED

CLINICIANS - INTRO Making ERP Culturally Responsive Together: A Demo and Invitation for Everyone 🥒 🌉

EVERYONE - ADVANCED

OCD on the Outskirts: Navigating the Unique Challenges of OCD Treatment and ... 🥒 💻

Peggy Richter, MD; Megan Barthle-Herrera, PhD, Ellis, PhD Micah Howe; Laura Holly; Erin Stevens, PhD; Jamie Dunn, LMHC; Jaclyn Coburn

RESEARCH ON OCD & RELATED DISORDERS

How Stigma and Discrimination Impact OCD in

PMH-C **EVERYONE - ADVANCED**

OCD: An ED OCD SIG Panel Discussion...

The Complex Intersection of Eating Disorders and

What Autistic People With OCD Want Their Therapists To Know... and Vice Versa 🥒

LGBTQIA+ people: Findings from the Pride... 🧳 Caitlin Pinciotti, PhD; Katie Boyer, LCSW; Bree

Crystal Weideman; Michael Sheffield, PsyD; Lissette Cortes, PsyD, CEDS; Stephanie Lehto, PsyD; Lewis Jones, PsyD

Fred Penzel, PhD; Jonathan Hoffman, PhD; Max Wilson; Ashton Pizza, LMSW

CLINICIANS - ADVANCED

Reza, MD

Horrocks, MEd; Justine De Jaegher; Alegra Kastens, LMFT

CLINICIANS - ADVANCED

Motivation in Practice: Creative Treatment Strategies for When Clients Push Back 🥒 💷

Don't Snooze on Sleep: The Importance of Assessing and Targeting Sleep Impairment... 🥒 💻 Anne Limowski, PhD; Christine D'Urso, PhD; Nafisa Higher Levels of Care: Considerations and Indications 🥒 🚃

CLINICIANS - ADVANCED

Brittany Rudy, PhD; Andrea Furgala, LISW-CP

Sarah Lee, PhD; Stephan Siwiec, PhD; Johanna Wood, PhD; Amanda Heins, PsyD **CLINICIANS - INTRO**

CLINICIANS - INTRO

Family Accommodation Across the Lifespan: Practical family-based interventions... 🧳 💻

EVERYONE - INTRO How to Handle Factors that Complicate the Treatment of Obsessive-Compulsive Disorder 🥒 💻

The One About I-CBT 🧪 💻

Barbara Van Noppen, PhD, LCSW; Jenny Yip, PsyD; Melissa Mose, LMFT; Michelle Dexter, PhD

Fugen Neziroglu, PhD; Sony Khemlani-Patel, Amanda Petrik-Gardner, LCPC; Angela Henry, PhD: Alec Pollard, PhD: Eric Storch, PhD: Patrick LCSW; Catherine Goldhouse, LICSW McGrath, PhD

BODY DYSMORPHIC DISORDER (BDD)

BODY DYSMORPHIC DISORDER (BDD) Navigating Relationships, Sex and Intimacy with BDD 🥒 💻

BODY DYSMORPHIC DISORDER (BDD)

Visual Processing in Body Dysmorphic Disorder: Key Findings, Future Directions, and... 🧪 💻

Spotlight on Emerging International BDD Researchers 🥒 💻

Elena LaRose, MA; Samantha Faden; Kellie Smith; Jamie Feusner, MD Jenifer Cullen, PhD

Martina Gumpert; Iris He, MSc; Katrina Holmes à Court; Ella Byrne; Sabine Wilhelm, PhD

LIVING WITH OCD The Devil You Know: How the Escape from OCD

Into Living Can Create Painful Uncertainty

Jacob Nota, PhD; Jenifer Cullen, PhD; Leslie

Shapiro, LICSW; Elizabeth Lewis, PhD; Elena

LIVING WITH OCD **Brave Bites! Overcoming Emetophobia &** Food Fears Through Interactive Learning...

LIVING WITH OCD

Great Lakes В

Allison Solomon, PsyD; Julia Hale, LICSW

OCD Advocacy and Navigating Social Media Sarah Fernandez; Tyler Falcoa; Halima Flynt;

Location:

LaRose, MA; Ethan Smith **PRESCRIBERS**

PRESCRIBERS Unlocking Response: Advanced Psychopharmacology for Treatment-Refractory OCD 🥒 💻

Melissa Marquez; Chelsea Risko; Nathan Peterson, **ICSW**

Great Lakes

Medication Management and Treatment Algorithms for Adult and Pediatric OCD 🥒 💻 Robert Hudak, MD; Steven Poskar, MD; Erika

Nurmi, MD, PhD

Peggy Richter, MD; Carol Mathews, MD; Jamie Feusner, MD

Neuromodulation and Neurosurgery for OCD - An Overview and Lived Experience 🥒 💻 Adam Frank, MD, PhD; Andrew Smith, MD, PhD;

PRESCRIBERS

C Location:

EVERYONE - INTRO

RESEARCH ON OCD & RELATED DISORDERS Bringing ERP Research to Life: Spotlighting

Spotlight on Emerging OCD Researchers 🧳 Blair Simpson, MD, PhD; Beth Loudon, LMHC; A. Moses Lee, MD, PhD; JM

RESEARCH ON OCD & RELATED DISORDERS

Treatment for All! Treatment Outcomes and

Water Tower

Cutting-Edge OCD Studies with Clinical...

Gaps in Treating Ethnic Minorities 🧳 Evan Smith, LPC-A; Terence Ching, PhD; Darlene Davis Goodwine, PhD; Chaunté McCullough

Ryan Jacoby, PhD; Haley Ward; Michael Wheaton, PhD; Jonathan Abramowitz, PhD; Kiara Timpano, PhD

Sorcha O'Connor, PhD(c); Louise Nolan; Eric Lee, PhD

SESSION AVAILABILITY:

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

NOTE:

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

4:30PM-6:00PM

EVERYONE

6:00AM-7:00AM

ACTIVITIES:

 30th Annual OCD Conference Run/Walk

11:30AM-12:30PM

- LUNCHTIME SESSION (EVERYONE): It's a Family Matter: **Engaging Diverse** Families in OCD **Treatment for Lasting Outcomes**
- Cool Tools: Creating a Coping Box

6:00PM-7:00PM

 Michael Jenike Memorial Research and Exhibitor Meet & Greet

6:30PM-8:00PM

- Young Adult Game Night!
- Letters to Myself: A Healing Practice for OCD Flare-Ups
- Hoarding Disorder Track Mingle
- Dear Me, I Got This: Notes from the Jar That Knows

7:00PM-10:00PM

30th Anniversary Celebration Party

2:30PM-4:00PM

CAREGIVERS & FAMILIES

Parenting and the Big Scaries: How to Manage Aggression, Self-Harm, and Suicidality in Kids...

Hayley Dauterman, PhD; Jennifer Tininenko, PhD; Stacy Welch, PhD; Allison Bonifay, LPC

HOARDING DISORDER (HD)

Hoarding Disorder Research Flash Talks 🥒 💻



Enes Kartal; Lauren Milgram, MS; Nicole Mak; Chia-Ying Chou, PhD; Dante Lenninger; Samuel Jones

EVERYONE - ADVANCED

Lets Get Physical, Physical: Addressing the Complexities of Treating OCD and... 🧪 💻

Josh Spitalnick, PhD; Michael Stier, LCPC; Sharon Batista, MD; Rachel Ehrenberg"

CLINICIANS - INTRO

We're All In Good Company: Blunders, Bloopers and Missteps Commonly Made by Clinicians 🧳

Jenifer Cullen, PhD; Leslie Shapiro, LICSW; Jacob Nota, PhD; Mary McNamara, PhD

CLINICIANS - ADVANCED

Alphabet Soup Kids: Meeting the Challenge of Treating OCD with Multiple Comorbidity /

Charles Mansueto, PhD; Molly Martinez, PhD; Richard O'Sullivan, MD; Loh-Sze Leung; Noemi Tsai

RESEARCH ON OCD & RELATED DISORDERS

Psychedelics & OCD: Discussing the Current State of Psychedelic Research as Potential... 🧳 💻

Uma Chatterjee, MS, MHPS; Carolyn Rodriguez, MD, PhD; Terence Ching, PhD; Jamila Hokanson, MD; Christopher Pittenger, MD, PhD

BODY DYSMORPHIC DISORDER (BDD)

Treating Clients with Severe BDD: Case Presentation with Role Play and Panel... 🧪 💻

Sabine Wilhelm, PhD; Chris Trondsen, LMFT; Scott Granet, LCSW; Fugen Neziroglu, PhD; Steven Poskar, MD

LIVING WITH OCD

Mastering ERP with Contamination OCD: A Live Workshop for Maximizing Your Recovery

Alexandra Reynolds; Jonathan Grayson, PhD; Tracie Ibrahim, LMFT, CST

PRESCRIBERS

PANS/PANDAS: Current Guidelines for Diagnosing and Treating Immune Mediated OCD 🧪 💻

Susan Swedo, MD; Jennifer Frankovich, MD; Allison Vreeland, PhD

EVERYONE - INTRO

OCD and Mood Disorders: Clinical and Lived Experience Perspectives on a Complex...

Jonathan Hershfield, LCMFT; Michael Young, MD; Sara Vicendese, LMFT; Kyra Merryman

KEYNOTE & AWARDS CEREMONY

Emily Barth Isler

Grand Horizon EFG





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YOUTH ACTIVITIES:

6:30PM-8:00PM

- "So Make the Friendship Bracelets..
- Supporting LGBTQIA+ Youth (ages 13-17) who are living with OCD

SUPPORT GROUPS:

11:30AM-12:30PM

- Road to Recovery: Tour Debrief
- Group for Promoting Inclusion & Belonging for Trainees & Professionals with Visible & Invisible Disabilities
- Picking ME over Skin Picking: Skin Picking Support Group
- OCD Experiences and Impacts: Military Members and Veterans
- Living with Bipolar Disorder and OCD Support Group
- Support Group: Individuals & Families Affected by Obsessive Compulsive Personality Disorder (OCPD)
- The Relationship OCD Support Group
- Taboo Talks
- Support Group on Breaking The Stigma Of OCD

6:30PM-8:00PM

- Supportive Space for BIPOC Individuals with OCD
- Support Group for BIPOC Clinicians
- Support and Skills Group for Adults with BFRBs
- Let's talk about relapse. How to quickly get back on your feet when OCD strikes!!
- Parents/Caregivers of Individuals with OCD Support Group
- Supporting the Supporters: A Peer Group for Therapists Who Have and Treat OCD and/or Related Disorders

EVERYONE

LIVING WITH OCD

PRESCRIBERS

FAMILY & CAREGIVERS

BDD

EDUCATIONAL SESSIONS

8:00AM-9:30AM

Finding YOU When Your Romantic Partner Battles OCD

Track: CAREGIVERS & FAMILIES

Speakers: Josh Spitalnick, PhD; Michelle Witkin, PhD; Stephnie Thomas, LCPC; Julia Hale, LICSW; Paul Peterson, LCSW

Location: DANIEL BURNHAM

When you love someone with OCD, it can feel like the disorder comes crashing into your own life. You may experience exhaustion, frustration, fear, sadness — the list goes on. Your mental health deserves attention as much as your loved one battling OCD. Four OCD specialists, who provide support groups and services to family members and romantic partners, will be sharing lessons learned and best practices from our clinical work, encouraging attendees to look at the impact OCD has on their lives, exploring ways to keep yourself physically and emotionally healthy, identifying common relationship and self-care needs, and brainstorming on ways to build and access resources year round. A Q&A, driven by attendees, will round out this compassionfilled presentation.

Peer Support for Hoarding Disorder: Bridging Gaps in Community Mental

Health Care 🧪 💻

Track: HOARDING DISORDER (HD)

Speakers: Lindsay Bacala, MSW; Devin Vermette

Location: GEOGRAPHY

Hoarding disorder's stigma discourages individuals from seeking treatment. Peer support programs provide spaces to connect, share experiences, and overcome barriers while offering cost-effective solutions for resource-limited communities. They serve as standalone supports or complements to traditional therapeutic interventions In this session, attendees will explore how peer support across various mediums offers multiple points of access, fosters shared experiences, and provides socialization opportunities. Its flexible format encourages comfortable, accessible engagement—even from home. Drawing on the CMHA OCD Centre as a model, participants will learn innovative skill-building techniques, evidencebased best practices for implementing peer support, and feedback methods that drive ongoing evaluation and improvement. Presenters will highlight success stories of peer-led support. Attendees learn how to adapt these methods to community needs.

Understanding Perinatal OCD: Improving Recognition and Understanding of CBT and

Pharmacotherapy 🧪 💻

Track: EVERYONE

Speakers: Peggy Richter, MD; Megan Barthle-Herrera, PhD, PMH-C

Location: GRAND HORIZON A

Perinatal OCD is a significant yet often overlooked challenge faced by new mothers. Depending on cultural influences and available resources, many women are not provided with the necessary knowledge and support, yet estimates suggest as many as 10-50% of women are affected. Even when postnatal women are screened, limited knowledge of perinatal OCD often results in misdiagnosis. Early intervention is key, and

evidence-based approaches like cognitive-behavioral therapy (CBT) and exposure and response prevention (ERP) have proven effective. For those with more severe illness, medication can be crucial but is often avoided by prescribers and parents due to uncertainty about safety. This presentation will provide attendees with a better understanding of how the illness presents, and a balanced perspective on treatment options.

The Complex Intersection of Eating Disorders and OCD: An ED OCD SIG Panel Discussion

and Q&A 🧪

Track: EVERYONE

Speakers: Crystal Weideman; Michael Sheffield, PsyD; Lissette Cortes, PsyD, CEDS; Stephanie Lehto, PsyD; Lewis Jones, PsyD

Location: GRAND HORIZON B

According to research, 18% of individuals worldwide with an eating disorder will also meet criteria for OCD in their lifetime. Eating disorders and OCD share common underlying symptoms, such as unwanted thoughts, anxiety-driven behaviors, and difficulties regulating emotions. These similarities can create confusion within the mental health field, often contributing to inappropriate diagnosis, treatment, and/or unintentional reinforcement of the disorder. We will explore how understanding the complexities of both conditions can lead to an accurate diagnosis and effective treatment. Case examples will be shared to illustrate practical applications of CBT and exposure and to explore how to determine the level of care needed for symptom reduction. Additionally, lived experience examples will be shared by a panel participant.

Motivation in Practice: Creative Treatment Strategies for when Clients Push Back 🧪 💻

Track: CLINICIANS - ADVANCED

Speakers: Brittany Rudy, PhD; Andrea Furgala,

LISW CP

Location: GRAND HORIZON C

While efficacy for ERP protocols with OCD and related disorders is excellent, as cases become more complex, with comorbidities and other psychosocial factors, treatment results are less robust. Clients who struggle to implement work from treatment, especially exposures, outside of session, see less positive treatment effects. In short, exposure is tough, treatment can be messy, and both clinicians and their clients can, at times, feel guite stuck. This talk will discuss ideas for incorporating creative, practical strategies with youth and adults for improving motivation to encourage greater compliance and progress. Following a presentation of evidencebased strategies for building and functionally practicing motivation with clients across the lifespan, we will hold a panel discussion interactively collaborating with clinicians with O&A.

Family Accommodation Across the Lifespan: **Practical Family-Based Interventions for**

Clinicians 🥒 💻

Track: CLINICIANS - INTRO

Speakers: Barbara Van Noppen, PhD, LCSW; Jenny Yip, PsyD; Melissa Mose, LMFT; Michelle Dexter, PhD

Location: GRAND HORIZON EFG

In an effort to cope with challenging situations, families engage in behaviors that perpetuate OCD and interfere with treatment. Family accommodation predicts poorer outcomes and is associated with greater OCD impairment. How do clinicians best intervene? Specific types of family accommodation in OCD will be identified as will 3 validated measures. Methods of evidencebased family interventions to reduce accommodation will be presented (motivational scripts, family contracts, setting boundaries, reward systems, SPACE), and video will demonstrate behavioral family contracting. Considerations on how to integrate family members into the therapeutic process will be made for people with OCD at all stages of the lifespan (children, adolescents, perinatal, adults). This interactive presentation is primarily for clinicians although consumers are welcome to attend.

Visual Processing in Body Dysmorphic Disorder: Key Findings, Future Directions, and Clinical Impact 🧳 💻

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Jamie Feusner, MD **Location: GREAT LAKES A**

Individuals with body dysmorphic disorder (BDD) have preoccupations with misperceived appearance flaws, which may be due to disturbances in visual information processing. Research using neuropsychological testing, psychophysical tasks, eye tracking, and neuroimaging suggest imbalances in global vs. local visual processing and attentional biases. This may be linked with a reduced ability to integrate visual details into a whole, which could result in perceptual distortions for one's appearance in those with BDD. This presentation will provide an overview of these lines of research, emphasizing the key findings, ongoing studies, and future translational research. It will also discuss how existing knowledge of visual processing in BDD can influence clinical care and describe potential future translation of this research to new treatment development.

The Devil You Know: How the Escape from OCD Into Living Can Create Painful

Uncertainty

Track: LIVING WITH OCD

Speakers: Jacob Nota, PhD; Jenifer Cullen, PhD; Leslie Shapiro, LICSW; Elizabeth Lewis, PhD; Elena LaRose, MA; Ethan Smith

Location: GREAT LAKES B

Individuals with OCD often experience the reduction of symptoms as an incredible relief and at times also the beginning of another intimidating process: living! For multiple reasons, OCD can negatively impact one's life, while simultaneously offering a sense of predictability and control that can sometimes increase secondary gains to maintaining symptoms. Clients are often left knowing that once stable, expectations and demands around setting up their lives will increase, leaving them to face a whole new plethora of uncertainties. Clinicians working at all levels of care for OCD will explore just how fearsome this transition to living can be and will use case examples to explain how they and their clients work to overcome this significant barrier to recovery.

Medication Management and Treatment Algorithms for Adult and Pediatric OCD 🥒 💻

Track: PRESCRIBERS

Speakers: Robert Hudak, MD; Steven Poskar, MD; Erika Nurmi, MD, PhD

Location: GREAT LAKES C

Are you new to OCD? This talk will cover the basic medication management for adults, children, and adolescents with OCD. Three expert psychiatrists in OCD pharmacotherapy will cover the recommended, evidence-based, medication management protocols for OCD. We will discuss how to treat OCD, what the proper medications are, how they are to be used for treatment

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER

Workshops are eligible for CE/CME credits. Workshops are available virtually.

of adults, children, and adolescents, and how to manage side effects. We will also review an OCD treatment algorithm so that attendees are knowledgeable on the right medications and when to use them.

Bringing ERP Research to Life: Spotlighting Cutting-Edge OCD Studies with Clinical

Implications 🧳

Track: RESEARCH ON OCD AND RELATED **DISORDERS**

Speakers: Ryan Jacoby, PhD; Haley Ward; Michael Wheaton, PhD: Jonathan Abramowitz, PhD: Kiara Timpano, PhD

Location: WATER TOWER

This presentation bridges the gap between OCD research and practice by spotlighting cutting-edge studies with important exposure and response prevention (ERP) implications. Speakers will share what inspired their study, interesting observations during data collection, and what the data say in terms of future clinical directions. Haley Ward will discuss the impact of the COVID-19 pandemic on the OCD community and implications for ERP. Dr. Wheaton will examine avoidance behaviors as predictors of ERP outcomes and implications for relapse prevention. Dr. Jacoby will compare hierarchy-driven vs. variable exposure and provide suggestions for optimizing ERP outcomes. Dr. Abramowitz will compare ERP versus ERP+ACT in terms of outcomes, acceptability, and engagement. Finally, Dr. Timpano will present on a postpartum OCD prevention program.

9:45AM-11:15AM

Kids Will Be Kids (or is it OCD?): Avoiding the Overpathologizing Trap

Track: CAREGIVERS & FAMILIES

Speakers: Luke Collier, PsyD; Ginny Fullerton, PhD; Jessica Tauber, PhD; Thien-An Le, PhD; Paul Peterson, ICSW

Location: DANIEL BURNHAM

This presentation addresses the critical need to avoid overpathologizing childhood behaviors in children diagnosed with obsessive compulsive disorder (OCD). While OCD presents unique challenges, as a parent or caregiver, it is essential to differentiate between symptoms of OCD, comorbid diagnoses, and typical developmental behaviors to foster accurate understanding and adequate support. The session explores common behaviors often misinterpreted as pathological, acknowledges cultural and developmental norms, and discusses the impact of overpathologizing on family dynamics. Attendees will learn to distinguish OCD from developmentally appropriate behaviors, focusing on collaborative and supportive approaches to parenting. By emphasizing an individual approach, this presentation equips parents and caregivers to support children by promoting resilience while addressing OCDrelated challenges appropriately and compassionately.

Assessment and Care Planning for Hoarding Behaviours in Healthcare Settings 🥒 💻

Track: HOARDING DISORDER (HD)

Speakers: Lindsay Bacala, MSW; Christiana Bratiotis,

PhD, MSW

Location: GEOGRAPHY

This interactive workshop introduces an innovative assessment and care planning framework for hoarding behaviours in healthcare settings. Participants will learn about the unique challenges of hoarding in older adults, focusing on how limited living spaces, physical constraints, and regulatory guidelines can escalate health and safety risks. The session details a harm reduction approach integrating person-centred strategies, emphasizing resident autonomy while maintaining compliance with facility requirements. Attendees will gain hands-on experience using a novel assessment tool and exploring real-world examples to craft individualized hoarding-specific care plans. Best practices for implementation will be shared, with opportunities for discussion on adapting these strategies to diverse healthcare settings. Practical case scenarios will be explored to solidify learning.

Making ERP Culturally Responsive Together: A Demo and Invitation for Everyone 🥒 💻

Track: CLINICIANS - INTRO

Speakers: Erjing Cui, LMHC; Jordan Cattie, PhD;

Donovan Ellis, PhD

Location: GRAND HORIZON A

Culturally responsive ERP has been recognized as a necessity for individuals from minoritized groups; however, clinicians and clients may be less familiar with strategies to engage in this process together. This presentation will introduce culturally responsive ERP, share specific clinician and client behaviors that facilitate this, and provide lived experience examples of collaborating to begin ERP within a multicultural and anti-racist frame. Examples will include how to explore when a behavior may be outside a group norm, understanding someone's learning history and how their experiences and identities influence their OCD expression, and understanding ways that stigma and mistrust may present. We hope all participants will leave with concrete tools to incorporate identity, beliefs, culture, context, and values into effective ERP.

What Autistic People With OCD Want Their Therapists To Know... and Vice Versa 🧳

Track: EVERYONE

Speakers: Fred Penzel, PhD; Jonathan Hoffman, PhD; Max Wilson; Ashton Pizza, LMSW

Location: GRAND HORIZON B

A growing number of specialists treat OCD adequately, but this does not always result in proper treatment for OCD clients on the autism spectrum. Conversely, these clients may not always effectively convey to these clinicians their experiences of living with autism plus OCD. All autistic people are not the same, but neither are all therapists and therapies. We need improved communications and the dissemination of understandings about autism's similarities to and differences from OCD, and ways in which autism may affect treatment. This panel aims to extend and improve this two-way dialogue and contribute to a common language in hopes of better outcomes. This will be a mixed panel of clinicians and autistic persons with OCD lived experience.

Don't Snooze on Sleep: The Importance of Assessing and Targeting Sleep Impairment in

OCD Treatment 🥒 💻

Track: CLINICIANS - ADVANCED

Speakers: Anne Limowski, PhD; Christine D'Urso, PhD;

Nafisa Reza, MD

Location: GRAND HORIZON C

Disturbed sleep is a frequent experience among individuals with OCD, but it is rarely the primary complaint among those in treatment. Individuals with OCD have shorter durations of sleep, more frequent awakenings, and reduced sleep efficiency. Individuals with poor sleep have been found to have increased obsessive compulsive symptoms, later bedtimes, and delayed circadian rhythms. After a brief research review, the presenters will teach attendees how to assess sleep disturbance when treating OCD and related conditions. They will also discuss cognitive-behavioral and pharmacological interventions, with a focus on modifying CBT-I, the gold-standard treatment for insomnia, for those with OCD (targeting anxiety sensitivity and worry/ rumination before bedtime, flexibly restricting time awake in bed, and challenging perfectionistic beliefs about sleep).

How to Handle Factors that Complicate the Treatment of Obsessive Compulsive

Disorder 🧪 💻

Track: EVERYONE

Speakers: Fugen Neziroglu, PhD; Sony Khemlani-Patel, PhD; Alec Pollard, PhD; Eric Storch, PhD; Patrick

McGrath, PhD

Location: GRAND HORIZON EFG

Understanding and treating Obsessive Compulsive Disorder (OCD) is often complicated by the interplay of various factors that interfere with the application of therapeutic interventions. As this disorder manifests uniquely in every patient, complexities such as emotional contamination, school refusal, multiple diagnoses, and treatment-interfering behavior often intercede treatment. Navigating these obstacles challenges clinicians and the integration of adjunctive strategies, such as compassion-focused therapy and attentional training, is often necessary. Despite the existing expertise of Obsessive Compulsive Disorder, a comprehensive understanding of the complexities involved in treating this disorder are vital for continued success. This session will describe several of the common complexities in treating Obsessive Compulsive Disorder and illustrate adjunctive strategies to address and combat these obstacles in the cognitive-behavioral treatment of OCD.

Navigating Relationships, Sex, and Intimacy with BDD 🥒 💻

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Elena LaRose, MA; Samantha Faden; Kellie Smith; Jenifer Cullen, PhD

Location: GREAT LAKES A

This presentation aims to address the unique challenges faced by individuals with Body Dysmorphic Disorder in establishing and sustaining intimate relationships. BDD sufferers navigating these relationships grapple with difficulties such as pervasive feelings of unworthiness, shame associated with being seen by others, and the fear of being perceived as unattractive and undesirable. Combining expert insights with authentic testimonies from BDD patients, our panel will illuminate the profound impacts of BDD in both emotional and physical intimacy. By delving into effective treatment approaches, including the benefits of integrating Exposure and Response Prevention (ERP) and Acceptance and Commitment Therapy (ACT), we will explore how tackling these challenges can empower those living with BDD to cultivate and sustain healthy relationships and

EVERYONE

LIVING WITH OCD

PRESCRIBERS

FAMILY & CAREGIVERS

BDD

Brave Bites! Overcoming Emetophobia & Food Fears Through Interactive Learning...

Track: LIVING WITH OCD

Speakers: Allison Solomon, PsyD; Julia Hale, LICSW

Location: GREAT LAKES B

For individuals with emetophobia, trying new foods or eating in social settings can be daunting. This interactive presentation offers a safe, supportive environment for participants to face these fears head-on. Led by experienced clinicians, this session provides a relaxed and fun atmosphere combining psychoeducation, guided exposure, ACT, cognitive strategies, and other tools to help attendees learn to overcome emetophobia and reclaim their relationship with food and social dining. Attendees have the option of bringing lunch, snacks, or feared foods to practice during the session or to observe and connect with others who share similar challenges, fostering a sense of community and shared growth. Clinicians will have food on hand to demonstrate and role-play different scenarios using exposure and other strategies.

Unlocking Response: Advanced Psychopharmacology for Treatment-

Refractory OCD 🥒 💻

Track: PRESCRIBERS

Speakers: Peggy Richter, MD; Carol Mathews, MD; Jamie Feusner, MD

Location: GREAT LAKES C

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

Spotlight on Emerging OCD Researchers 🧳

Track: RESEARCH ON OCD AND RELATED **DISORDERS**

Speakers: Blair Simpson, MD, PhD; Beth Loudon, LMHC; Sorcha O'Connor, PhD(c); Louise Nolan;

Eric Lee, PhD

Location: WATER TOWER

This presentation will feature new, cutting edge OCD research. Four early career researchers and doctoral students will present their studies, which span a broad range of topics in OCD, including OCD Across the Menstrual Cycle, Low-Dose Psilocybin Treatment for OCD, Brief Online Self-Help Treatment for Clinical Perfectionism, and Teaching Accurate Diagnosis and Treatment of OCD to clinical mental health counseling students. A senior expert in OCD research, Dr. Blair Simpson, will then discuss the studies and lead a Q&A session.

12:45PM-2:15PM

Steady through the Storm: Supporting Kids with OCD and Related Disorders in

Uncertain Times 💻

Track: CAREGIVERS & FAMILIES

Speakers: Sonia Greaven, PhD; Sharon Batista, MD;

David Calusdian; Evelyn Scholte **Location: DANIEL BURNHAM**

These seem to be increasingly uncertain times for all, and especially for those who are more vulnerable. Children with OCD can experience flare-ups when exposed to the disruption caused by natural disasters, social unrest, and economic and environmental challenges. This presentation will offer practical strategies for supporting children with OCD and their caregivers during times of uncertainty. Caregivers will learn ways to manage their child's and their own distress, empowering them to better support and advocate for their children. The session will also explore how environmental or socioeconomic shifts can uniquely impact children's mental health in culturally diverse communities. Attendees will leave with effective tools to help both themselves and their children navigate unsettling times with greater resilience and understanding.

Taking Hoarding Treatment Beyond the Basics 🧳 💻

Track: HOARDING DISORDER

Speakers: Isaac Sabel; Anne Pagano, LCSW;

Greg Chasson, PhD **Location: GEOGRAPHY**

In this session, participants will explore complex case presentations, co-occurring conditions, and common treatment barriers that can interfere with progress. The session will emphasize evidence-based interventions including cognitive-behavioral strategies, motivational enhancement, and harm reduction — while also addressing the emotional, functional, and relational dimensions of hoarding. Attendees will gain practical tools for enhancing engagement, setting meaningful goals, and working effectively with family members and community systems. Through clinical examples and interactive discussion, this session will empower providers to move beyond basic protocols and confidently navigate the nuanced challenges of treating hoarding disorder.

OCD on the Outskirts: Navigating the Unique **Challenges of OCD Treatment and Recovery** in Rural Areas 🥒 💻

Track: EVERYONE

Speakers: Micah Howe; Laura Holly; Erin Stevens, PhD;

Jamie Dunn, LMHC; Jaclyn Coburn

Location: GRAND HORIZON A

This panel will explore the unique challenges of accessing OCD treatment in rural settings, including limited mental health education, pervasive misconceptions and stigma, barriers to evidence-based care, and insufficient support networks. Featuring experienced clinicians and individuals with lived experience, the discussion will highlight the complex realities of navigating recovery in these underserved areas. The panel aims to provide actionable strategies, practical insights, and hope for individuals and families affected by OCD. Attendees will gain tools to advocate for their recovery and foster greater acceptance and understanding of OCD within their communities, empowering them to address these challenges and promote better access to care in rural contexts.

How Stigma and Discrimination Impact OCD in LGBTQIA+ People: Findings from the

Pride OCD Study 🧳 Track: RESEARCH ON OCD AND RELATED

DISORDERS Speakers: Caitlin Pinciotti, PhD: Katie Bover, LCSW:

Bree Horrocks, MEd; Justine De Jaegher; Alegra Kastens, LMFT

Location: GRAND HORIZON B

LGBTQIA+ individuals experience higher rates of mental health concerns because of minority stress or identitybased stressors like discrimination, identity-based trauma, internalized stigma, rejection expectation, and identity concealment. It is believed that OCD is more prevalent among LGBTQIA+ people because of these experiences, yet no research to date has examined the impact of minority stress on OCD. Cutting edge findings will be shared from the Pride OCD Study — the first study specifically for LGBTQIA+ people with OCD including how minority stress experiences can lead to an inflated sense of responsibility and symptoms of contamination, responsibility for harm, injury, or bad luck, unacceptable thoughts, and symmetry. A conceptual discussion with clinical case examples between LGBTQIA+ experts and lived experience perspectives will follow.

Higher Levels of Care: Considerations and Indications /

Track: CLINICIANS - ADVANCED

Speakers: Sarah Lee, PhD; Stephan Siwiec, PhD; Johanna Wood, PhD; Amanda Heins, PsyD

Location: GRAND HORIZON C

How do you know when to make a recommendation to a higher level of care? What do these higher levels of care offer that lower levels do not? This session will provide answers to these questions. Several psychologists who practice at the residential level of care, and who have experience at the partial hospitalization (PHP) and intensive outpatient level of care (IOP), will provide their insights into criteria for considering when to recommend residential, PHP, or IOP. We will touch on the markers that a patient may need a higher level of care, and provide corresponding outcome data. We will review what a schedule looks like and what your client should know if this is a fit for them

The One About I-CBT 🧪 💻

Track: CLINICIANS - INTRO

Speakers: Amanda Petrik-Gardner, LCPC; Angela Henry, LCSW; Catherine Goldhouse, LICSW

Location: GRAND HORIZON EFG

Join your Friends at this presentation on Inference-Based Cognitive Behavioral Therapy (I-CBT) as we go on a journey through the theory, research, and practical applications of this treatment for OCD. "The One With the Research" will review key studies and randomized controlled trials behind I-CBT. "The One About Inferential Confusion" will explore when we mistake imagined possibilities for reality, which drives and maintains OCD, aka obsessional reasoning. "The One About the Feared Possible Self" will explain the doubt about who we could become, which underlies and connects all of our other obsessional doubts. "The One Where We Apply It" is where we bring theory into practice. Using case studies and real-world examples, this panel will demonstrate how I-CBT can be applied.

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER

Workshops are eligible for CE/CME credits. Workshops are available virtually.

Spotlight on Emerging International BDD Researchers 🥒 💻

Track: BODY DYSMORPHIC DISORDER (BDD) Speakers: Sabine Wilhelm, PhD; Martina Gumpert; Iris He, MSc; Katrina Holmes à Court; Ella Byrne, BSc

Location: GREAT LAKES A

This presentation will feature new, cutting edge research on body dysmorphic disorder (BDD). Four graduate students from Australia and Sweden will present their studies which span a broad range of topics in BDD, including neurocognition, social cognition, and self reported cognition in BDD; addressing BDD through mindfulness; efficacy and engagement with psychotherapy for BDD; and supervised online training of clinicians in the assessment and treatment of BDD in youth. A senior expert in BDD research, Sabine Wilhelm, PhD, will then discuss the studies and lead a Q&A session.

OCD Advocacy and Navigating Social Media

Track: LIVING WITH OCD

Speakers: Sarah Fernandez; Tyler Falcoa; Halima Flynt; Melissa Marquez; Chelsea Risko; Nathan Peterson, LCSW Location: GREAT LAKES B

Join a panel of individuals with lived OCD experience as they share their journeys of raising awareness and fostering understanding online. They'll discuss the challenges of managing direct messages and balancing mental health while using social media. The panel will also explore the pros and cons of social media for those with OCD, offering practical advice on handling triggers, setting boundaries, and finding supportive communities. You'll gain a deeper understanding of the intersection between OCD and social media, along with a practical handout filled with tips and strategies for managing both. Whether you're looking to learn or connect, this conversation will provide valuable insights and tools to navigate the digital world with confidence and support.

Neuromodulation and Neurosurgery for OCD — An Overview and Lived

Experience 🧪 💻

Track: PRESCRIBERS

Speakers: Adam Frank, MD, PhD; Andrew Smith, MD,

PhD; A. Moses Lee, MD, PhD; JM **Location: GREAT LAKES C**

Medication and psychotherapy are important components of treatment for 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). There are also other neurosurgical interventions that have been found to be effective for refractory OCD, such as cingulotomy and capsulotomy. This presentation will provide an overview of these treatments, when to refer an individual for neuromodulation or neurosurgery treatment, and when and how these treatments are provided. Lived experience from an individual navigating the path to receiving neurosurgery and improvement from OCD will also be provided.

Treatment for All! Treatment Outcomes and Gaps in Treating Ethnic Minorities

Track: EVERYONE

Speakers: Evan Smith, LPC-A; Chaunté McCullough; Darlene Davis Goodwine, PhD; Terence Ching, PhD

Location: WATER TOWER

Evidence-based treatment and clinical research for ethnic minorities have been lacking in the field for some time now. Unfortunately, there is no simple solution to reaching such a wide population that needs our support and care. Join a group of passionate researchers, clinicians, students, and individuals with lived experience as we share what we know about the treatment of such a massive, underserved population and how we are looking to climb the mountain of barriers that are separating peoples' lives. We address in-session culturally competent care, cultural and societal barriers, and what is not being talked about in this area of interest. Attendees can be a part of a space that is intended to resume a conversation that has been on pause and has impacted the lives of countless people.

2:30PM-4:00PM

Parenting and the Big Scaries: How to Manage Aggression, Self-Harm, and Suicidality in Kids with OCD

Track: CAREGIVERS & FAMILIES

Speakers: Hayley Dauterman, PhD; Jennifer Tininenko, PhD; Stacy Welch, PhD; Allison Bonifay, LPC

Location: DANIEL BURNHAM

Every parent wants their child to feel safe and happy, and OCD can take that away. For some, the stress of OCD symptoms and treatment can be so scary it leads to dysregulated behavior including aggression, self-harm, or suicidal ideation. This panel aims to answer two questions for parents: "Why is this happening?" and "What do we do now?" We will briefly introduce why such scary behaviors occur and the functions they may be serving. We will discuss the importance of creating a proactive plan, including strategies for making the environment safe, and strategies for de-escalation, safe disengagement, and crisis responding. Parents will leave with a decision tree outlining best practices for supporting children and young adults through these scary moments.

Hoarding Disorder Research Flash Talks 🧪 💻

Track: HOARDING DISORDER

Speakers: Enes Kartal; Lauren Milgram, MS, Nicole Mak; Chia-Ying Chou, PhD; Dante Lenninger; Samuel Jones; Seth Downing; Hannah Levy

Location: GEOGRAPHY

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

Let's Get Physical, Physical: Addressing the Complexities of Treating OCD and Comorbid

Medical Issues 🧪 💻

Track: EVERYONE

Speakers: Josh Spitalnick, PhD; Michael Stier, LCPC; Sharon Batista, MD; Rachel Ehrenberg Location: GRAND HORIZON A

Addressing OCD, health concerns, and medical conditions concurrently presents unique challenges for diagnosis and treatment since there is often overlap or exacerbation between mental and medical symptoms. This presentation will discuss the interplay between psychological and medical symptoms, highlighting the challenges in treatment when both diagnosed medical conditions and confusing physical symptoms are identified. We will discuss the interplay between medical treatments, physical manifestations of anxiety, and health anxiety concerns. Presenters will emphasize the multidisciplinary approach toward addressing the importance of differentiating between psychological, physical, and medical symptoms. Presenters will also address the collaboration with medical providers, setting up informal treatment teams, and strategies for navigating these complexities with compassion and effectiveness.

4:30PM-6:00PM

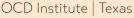
KEYNOTE & AWARDS CEREMONY

Emily Barth Isler Grand Horizon EFG

Emily Barth Isler is the award-winning author of middle grade novels AFTERMATH and THE COLOR OF SOUND as well as the forthcoming picture books Three Pieces of Broken Glass (Abrams) and Always Enough Love (Nancy Paulsen Books/ Penguin Randomhouse). Her writing has appeared in Allure, Oprah Daily, O Quarterly, Kveller, Publisher's Weekly, Today.com, and more. Emily earned a B.A. in Film Studies from Wesleyan University, lived in New York City for almost 20 years, and now lives in Los Angeles, California, with her husband and their two kids.

Sponsored by:







EVERYONE

LIVING WITH OCD

PRESCRIBERS

FAMILY & CAREGIVERS

BDD

6:00-7:00PM

MICHAEL JENIKE MEMORIAL RESEARCHER AND EXHIBITOR MEET & GREET

Exhibit Hall **Great Lakes DEFG**

Sponsored by: Instride Health



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 24–30. Immediately adjacent to the research posters, you will find our Conference exhibitors. Find a complete listing of exhibitors on pages 17.

Cash bar available and Light snacks will be served.

7:00-10:00PM

30TH ANNIVERSARY CELEBRATION PARTY

Grand Horizon EFG

Let's celebrate 30 years of the Annual OCD Conference Conference with a party! Come see the IOCDF Community in action and be a part of this exciting night! Our emcee for this year's OCD Conference Party is IOCDF National Advocate, Ethan Smith. We will be presenting the 2025 Hero Award to Molly Fishback and Mogan Rodinelli, our Youth Hero Award Presented by UNSTUCK: an OCD kids movie to Caitlyn Yantsos, and the 2025 Illumination Award to Zane Gonzalez. Light dinner will be served. Cash bar.



We're All In Good Company: Blunders, **Bloopers**, and Missteps Commonly

Made by Clinicians 🥒

Track: CLINICIANS

Speakers: Jenifer Cullen, PhD; Leslie Shapiro, LICSW; Jacob Nota, PhD; Mary McNamara, PhD

Location: GRAND HORIZON B

Approximately 40% of patients with OCD do not respond to the traditional gold standard treatment of ERP. Lack of treatment response may not be entirely connected to the patient. This panel discussion is intended for clinicians with all levels of experience who are interested in learning more about mistakes they make along the way. The panelists comprise both junior therapists who describe common errors made at the start of their training to seasoned clinicians who describe the traps they continue to fall into. The discussion will include overt pitfalls, such as co-rumination, that

reinforces seeking reassurance behaviors. Additionally, subtle blunders will be described, such as therapist anxiety of patient's anxiety and therapists' perfectionism during the development phase of ERP plans.

Alphabet Soup Kids: Meeting the Challenge of Treating OCD with Multiple

Comorbidity /

Track: CLINICIANS - ADVANCED

Speakers: Charles Mansueto, PhD; Molly Martinez, PhD; Richard O'Sullivan, MD; Loh-Sze Leung;

Noemi Tsai

Location: GRAND HORIZON C

OCD, ADHD, BFRB, ODD, ASD, GAD...Many younger OCD patients are assigned a string of letters identifying their multiple comorbidities. Informally, we call these our "Alphabet Soup Kids." Features that commonly co-occur with OCD include depression, anxiety, tic disorders,

inattention, impulsivity, sensory and emotional dysregulation, oppositionality, and more. Presenting together, these features can be interactive, nuanced, and perplexing. It can be challenging for providers to determine the scope of therapy, treatment priorities, and appropriate interventions. This presentation will provide therapists and prescribers with a framework to address the complexity of symptoms and to enhance the likelihood of successful treatment. Topics covered include case conceptualization, communication, family involvement, medication management, and collaboration among providers for effective, comprehensive treatment, including prioritization for

Psychedelics & OCD: Discussing the Current State of Psychedelic Research as Potential

OCD Treatments 🧷 💻

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Uma Chatterjee, MS, MHPS; Carolyn Rodriguez, MD, PhD; Terence Ching, PhD; Jamila Hokanson, MD; Christopher Pittenger, MD, PhD

Location: GRAND HORIZON EFG

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

Treating Clients with Severe BDD: Case Presentation with Role Play and Panel

Discussion 🧪 💻

Track: BODY DYSMORPHIC DISORDER (BDD) Speakers: Sabine Wilhelm, PhD; Chris Trondsen, LMFT; Scott Granet, LCSW; Fugen Neziroglu, PhD; Steven Poskar, MD

Location: GREAT LAKES A

This advanced presentation aims to support clinicians working with clients experiencing moderate to severe symptoms of BDD. The goal of this talk is to offer additional therapeutic techniques and interventions to aid in client recovery when working with a client presenting with challenges that include treatment ambivalence, poor/absent BDD-related insight, active seeking of cosmetic treatment, co-occurring depression, and more. The panel will present a patient with a complex presentation of BDD, and a role-play will be utilized to demonstrate key treatment components used in cognitive behavioral therapy (CBT) for BDD. Following the role play, the panel of experts will then discuss the presented case and the treatment that was received. A Q&A with the audience will follow this discussion.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

Mastering ERP with Contamination OCD: A Live Workshop for Maximizing Your Recovery

Track: LIVING WITH OCD

Speakers: Alexandra Reynolds; Jonathan Grayson, PhD; Tracie Ibrahim, LMFT, CST

Location: GREAT LAKES B

Feeling stuck or wondering how you can level up your Contamination OCD recovery tools? Join this highly engaging workshop session composed of clinicians and humans with lived experience to learn advanced ERP strategies for fear- and disgust-based Contamination OCD. We'll utilize live, in-vivo exposure demonstrations and an interactive (optional!!) ERP table to help you practice applying ERP skills in real-time and teach you how to tailor your ERP for lasting recovery. We'll discuss the importance of striking first against Contamination OCD, sustainably integrating ERP into daily life, and how making recovery a value can help cultivate an ERP lifestyle. You'll leave this workshop feeling motivated and inspired to maximize your OCD recovery.

PANS/PANDAS: Current Guidelines for Diagnosing and Treating Immune-

Mediated OCD 🥒 💻

Track: PRESCRIBERS

Speakers: Susan Swedo, MD; Jennifer Frankovich, MD;

Allison Vreeland, PhD **Location: GREAT LAKES C**

PANS and PANDAS are post-infectious medical conditions that often present with abrupt and dramatic obsessive compulsive behaviors. Understanding the unique characteristics associated with PANS/PANDAS allows clinicians to identify and diagnose this subset of OCD and determine the best course of treatment. Experts Dr. Susan Swedo, Dr. Jennifer Frankovich, and Dr. Allison Vreeland will discuss the neuropsychiatric symptoms and red flags to look for in your patient in addition to the neurological soft signs that often present in affected children. The expert panel will then take you through the process of determining the treatment path needed to treat the infectious source, reduce neuroinflammation, manage symptoms, and ultimately heal.

OCD and Mood Disorders: Clinical and Lived **Experience Perspectives on a Complex**

Relationship 🧳

Track: EVERYONE

Speakers: Jonathan Hershfield, LCMFT; Michael Young, MD; Sara Vicendese, LMFT; Kyra Merryman **Location: WATER TOWER**

When patients report unwanted intrusive thoughts and ritualistic or repetitive behaviors, OCD is a meaningful diagnostic consideration. Intense periods of agitation, impulsivity, or insomnia, followed by intense periods of anhedonia, lethargy, and isolation, may point instead to bipolar disorder. What are clinicians to make of those who struggle with OCD-like symptoms only during periods of hypomania or depression? When OCD and mood disorder symptoms collide, careful evaluation and treatment planning is essential to a positive outcome. This multidisciplinary panel will explore pharmacological and psychotherapeutic treatments for the variety of presentations these two conditions express. Effective modifications to cognitive-behavioral and other evidencebased approaches will also be described, as well as wisdom from a panelist with lived experience with both conditions.

YOUTH PROGRAMMING & ACTIVITIES

6:00AM-7:00AM

30th Annual OCD Conference Run/Walk

Track: ACTIVITY

Speakers: Anna Morgan, LCSW; Amanda Meredith, LCSW **Location: LITERATURE**

Join fellow attendees for a group jog or walk and explore Chicago while immersing yourself in the spirit of one of the world's major marathon routes. Choose between a 3-mile route to Grant Park or a 5-mile route to Millennium Park, with maps provided to guide your journey. This event is more than just a walk or jog—it's an opportunity to connect with others who share a commitment to mental wellness. Meet individuals living with OCD, their loved ones, and mental health professionals in a supportive and engaging environment. Discuss the powerful connection between physical activity and mental health, or simply take in the beautiful surroundings and enjoy the company of likeminded individuals. This experience offers something for evervone

8:00AM-9:30AM

Mission Possible: Challenging OCD Obstacles!

Track: ELEMENTARY SCHOOLERS

Speakers: Kelsey Harrow, RN; Griffin Harrow, LMFT **Location: GLESSNER HOUSE AB**

Welcome to Mission Impossible: Challenging OCD. an obstacle course! Kids and families of all ages are welcome to join this support group for an interactive experience in challenging some common themes of OCD. While participating, we'll work through sitting with some uncomfortable feelings in a safe and supportive environment, all while building our courage and resilience as a team working to fight OCD together! Kids and families will take on some of our most fun challenges, all put together by a team with lived experience fighting OCD everyday. Everyone gets a prize at this obstacle course, but more importantly, everyone gets to smash OCD one challenge at

ERP Scavenger Hunt

Track: MIDDLE SCHOOLERS

Speakers: Elena Fasan, LCSW; Natalie Henry, LCSW

Location: GEORGE PULLMAN

Exposure and response prevention (ERP) is considered the gold standard of OCD treatment. However, it can be challenging to engage in ERP, as it involves exposure to distressing triggers. Finding creative ways to engage young people with OCD in ERP can increase their motivation. During this interactive workshop, middle school-aged attendees will divide into teams and go on an ERP scavenger hunt, during which they will be asked to seek out and engage with a variety of specific and potentially triggering objects, people, and places. Facilitators will offer participants a description of and the rationale behind ERP, provide basic instruction on

the use of simple mindfulness and acceptance tools to aid in response prevention, and support participants during ERP.

Wheel of MISfortune, the Third: An **Interactive ERP Group for Teens**

Track: HIGH SCHOOLERS

Speakers: Devika Basu, PhD; Victoria Lawlor, PhD

Location: HENRY CLARK

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

9:45AM-11:15AM

Join our Slime DIY! Making Emotions Identification — Maybe Even an Exposure

as Easy as Apple Pie! Track: ELEMENTARY SCHOOLERS

Speakers: Rebecca Sachs, PhD; Michelle Massi, LMFT;

Natasha Daniels, LCSW

Location: GLESSNER HOUSE AB

CBT with ERP for pediatric OCD seeks to identify and correct maladaptive attempts to regulate distressing emotional experiences. While Emotion Identification is an important precursor to key emotion regulation components of CBT with ERP (e.g. identifying/preventing patterns of emotion avoidance, increasing awareness/ tolerance of emotion-related experiences), this skill can be challenging for many children. This workshop helps children build emotional identification skills in a fun and interactive way. The hands-on activity encourages kids to talk about feelings; our slime buffet helps visualize both the range and intensity of emotions (slime colors/add-ins representing different feelings in certain situations). For those who want to challenge themselves and practice opposite action/approach behaviors during slime decorating, some slime add-ins will represent common OCD themes.

Who is Driving Your Bus?: An InterACTive Passengers on a Bus

Experience

Track: MIDDLE SCHOOLERS

Speakers: Jolie Pepperman, PsyD; Elyse Stewart, PhD; Emily Baer, LCSW; Kristen Perrelli, LICSW;

Meghan Conlin, LCSW

Location: GEORGE PULLMAN

Sometimes OCD tries to take control of your bus and steer you in its desired direction, which keeps you from heading toward your valued destination. Together, we will identify our own passengers (OCD and others), how we interact with them, our values, and more. During this activity, participants will engage in a LIVE

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

demonstration of the Passengers on a Bus metaphor (Hayes, Strosahl, et al., 1999). One member of the group will volunteer to allow other group members to ACT out their passengers as they "drive" in their valued direction. In doing so, we will illustrate defusion, present-moment awareness, acceptance, self-ascontext, values, and values-committed action in the face of chattering passengers.

Flaws and All: Embracing Imperfection

Track: HIGH SCHOOLERS

Speakers: Nicole Connolly, PhD; Molly Duran, LCSW

Location: HENRY CLARK

Break free from the pressure to be perfect in this interactive workshop for teens! During this session, participants will learn to recognize signs of perfectionism and explore the difference between helpful and unhelpful perfectionism. Through fun activities focused on being "good enough," participants will practice embracing imperfection in a supportive and collaborative environment. Share your experiences, connect with others, and take the first steps toward self-compassion and letting go of unrealistic expectations.

11:30AM-12:30PM

It's a Family Matter: Engaging Diverse Families in OCD Treatment for Lasting Outcomes

Track: EVERYONE

Speakers: Alexandra Reynolds; José Enrique Martinez Sanchez, MA

Location: GREAT LAKES B

It's well known that families can play a powerful role in an individual's OCD treatment and recovery but for families from diverse cultural backgrounds, overcoming barriers and finding the right support can feel overwhelming or even impossible. This panel of leading clinicians and advocates aims to bridge the gap between diverse families and practitioners by providing actionable and practical tools we can use to engage families meaningfully in their loved one's OCD treatment and recovery while honoring and affirming their cultural values. Utilizing multi-cultural and strengths-based approaches, we'll explore incorporating cultural values into treatment, tackle common barriers to family involvement, such as language and cultural stigma, and highlight culturally appropriate psychoeducation. We'll also explore evidence-based practices, such as scaffolding disengagement from accommodations and SPACE to improve long-term outcomes. Come ready to ask questions and share.

Cool Tools: Creating a Coping Box

Track: CREATIVE CORNER

Speakers: Violet Talsma; Lisa Giuffre

Location: GEOLOGY

In Cool Tools: Creating a Coping Box, you'll explore coping skills to help manage thoughts and the emotions that come with them. You'll decorate your own personalized box and fill it with a variety of fun, portable, and helpful tools designed to support you wherever you go. Choose from an array of worksheets, engaging activities, and creative resources—all provided for you—to build a toolbox that's all yours! By the end of the session, you'll have a collection of coping strategies to take home and use anytime you need a boost. Cool Tools is all about empowering you with super awesome skills to handle challenges with confidence!

12:45PM-2:15PM

Celebrating our Uniqueness through Yoga, Dance, and Art!

Track: ELEMENTARY SCHOOLERS

Speakers: Audrey Berdahl-Baldwin, RYT 200

Location: GLESSNER HOUSE AB

This session combines yoga, dance, and visual art to celebrate your individuality and also appreciate our commonality. This class is all about (literally) moving away from ideas around "perfection" and instead dancing toward your own way of doing things. In this class, we will enjoy each other's unique expression in dance games, explore yoga poses, create art projects related to our movements, and experience some guided relaxation. Together, we will create a space to have fun trying new things and embrace uncertainty!

Game On: Winning Against Intrusive Thoughts!

Track: MIDDLE SCHOOLERS

Speakers: Angelique Howington, LPC-MHSP; Alex Sura, LMSW; Nathan Bankston, LPC-MHSP

Location: GEORGE PULLMAN

OCD can feel isolating and overwhelming for middle schoolers, but what if we made exploring it fun? This interactive session uses engaging games like "Would You Rather," "Two Truths and a Lie," and "OCD Bingo" to help participants talk about intrusive thoughts, compulsions, and their shared experiences in a safe and supportive environment. With additional activities like "Fear Factor: OCD Style," "Emoji Storytelling," and "Charades," this session turns the challenges of OCD into moments of laughter, connection, and understanding. Tweens and teens will leave with a sense of belonging, tools to manage their OCD, and the realization that they're not alone in their struggles.

Beads of Bravery: Embrace Resilience in the Face of OCD

Track: HIGH SCHOOLERS

Speakers: Lacie Lazaroe, PhD; Alexa Valko

Location: HENRY CLARK

In this workshop, we will delve into the words and concepts associated with fighting OCD. As patients, how do we embody strength? 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 that serve as a tangible reminder that we are not alone in our struggles. Together, we'll craft a supportive community that celebrates strength, resilience, and the shared journey towards mental well-being.

2:30PM-4:00PM

This Activity Will be Fun...ish: Having Fun with Flexible Thinking

Track: ELEMENTARY SCHOOLERS Speakers: Nathan Siegel, MA **Location: GLESSNER HOUSE AB**

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.

Externalizing OCD

Track: MIDDLE SCHOOLERS

Speakers: Breanna Myers, LCSW; Nicole Baez, LCSW

Location: GEORGE PULLMAN

This interactive session invites middle schoolers to explore an art therapy-based approach to externalizing their OCD. By personifying OCD as a separate entity, participants can gain a new perspective on their intrusive thoughts and compulsions, empowering them to challenge its influence. Through creative expression, attendees will have the opportunity to create an art piece of their choice — whether it be a drawing, poem, song, or short act, that represents their experience with OCD. This session will culminate in an optional sharing component, where participants can perform or present their work in a supportive, nonjudgmental environment. No prior artistic experience required.

It's Taboo: Facing OCD Taboo Thoughts

Track: HIGH SCHOOLERS Speakers: Sandra Wartski, PsyD **Location: HENRY CLARK**

Some people with OCD experience distressing taboo thoughts, often centering around obsessions that focus on sex, violence, or scrupulosity. Rather than fearing the worst and suffering silently, let's get together to play Taboo. Based on the popular game Taboo (requiring clue-givers to describe a word to their team without using other targeted "taboo" words), we will experiment and reverse rules as a way of engaging in ERP practice. After playing a few rounds of the regular Taboo game as originally developed, we will switch up the process and attempt some reverse OCD Taboo as well and then have the opportunity to use personalized OCD cards. Let's be brave, get flexible, and have some fun.

4:30PM-6:00PM

YOUTH KEYNOTE ALTERNATIVE: Youth Zumba Fitness Class

Track: ALL YOUTH Speakers: Mary Brown, RN Location: GEORGE PULLMAN

Come dance it out with your new Conference friends! We'll learn some fun new Zumba steps and routines to help finish off our awesome day together.

6:30PM-8:00PM

"So Make The Friendship Bracelets..."

Track: ALL YOUTH

Speakers: Kristen Perrelli, LICSW; Jolie Pepperman,

PsyD; Emily Baer, LCSW Location: GEORGE PULLMAN

Sometimes OCD can be isolating and limit us from moving towards our values, including making and maintaining friendships. Come join us for an afternoon of fun-filled connections with others through making and sharing friendship bracelets. The bracelets can represent your own journey (or "era" — Taylor Swift I see you) with OCD and / or provide statements of hope. Facilitators will invite discussion on community, connection, and friendship.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

Supporting LGBTQIA+ Youth (ages 13-17) who are Living with OCD

Track: HIGH SCHOOLERS

Speakers: Shelby Chaddick, LPC-S; Dalton

Graham, LPC

Location: HENRY CLARK

Obsessive Compulsive Disorder (OCD) affects individuals of all ages, but the challenges faced by LGBTQIA+ youth (ages 13-17) are unique and often compounded by additional layers of stigma, discrimination, and identity exploration. This proposal seeks to create a dedicated support group at the International OCD Conference for LGBTQIA+ youth living with OCD. The group will provide a safe, affirming space for young people to connect, share experiences, and receive peer support. By incorporating elements of both OCD management and LGBTQIA+ identity development, this group aims to foster resilience, empowerment, and community among LGBTQIA+ youth dealing with OCD.

Young Adult Game Night!

Track: ACTIVITY Speakers: Kyle King **Location: GREAT LAKES A**

Aw yes, the Young Adult Game Night. The celebrated conference tradition that has brought us so many smiles, and so many tears, over the years. The tradition that has made friends out of enemies, and best friends out of semigood friends. The tradition that so many of the people we bribed with McFlurrys said is their favorite session of the whole conference. All jokes aside, after two long days at the conference, the Saturday YA Game Night is a perfect way to unwind with all the people you have met throughout the weekend and, of course, engage in some good-spirited competition! We hope to see you there!

Letters to Myself: A Healing Practice for OCD Flare-Ups

Track: ACTIVITY

Speakers: Sarah Fernandez; Katia Moritz, PhD **Location: ANTHROPOLOGY**

In this reflective and empowering activity, attendees will write a letter to themselves that they can revisit during times of OCD flare-ups. Drawing from techniques, insights, and personal experiences shared during the conference, participants will craft a compassionate reminder of their strength, growth, and resilience. Whether incorporating coping strategies, inspirational phrases, or simply expressing their emotions, this exercise can be deeply personal or collaborative, offering support in moments when OCD feels overwhelming. The letters serve as a gentle reminder that you have the tools and inner strength to manage difficult moments.

Mingle with the Hoarding Disorder SIG

Track: HOARDING DISORDER **Location: GEOGRAPHY**

After grabbing refreshments at the Research and Exhibitor Meet & Greet meet the Hoarding Disorder SIG in Geology for some great conversations!

Dear Me, I Got This: Notes from the Jar That **Knows You Best**

Track: CREATIVE CORNER

Speakers: Falyn Mellul, LSW; Galina Lipkin, LCPC

Location: GEOLOGY

This activity promotes self-compassion and resilience for individuals managing Obsessive Compulsive

Disorder (OCD). Participants write personalized words of encouragement, affirmations, or reminders of coping strategies on small notes, then place them in a jar. During moments of heightened distress or intrusive thoughts, they can draw a note from the jar, offering an immediate source of comfort and grounding. This practice fosters positive self-dialogue, strengthens emotional regulation, and serves as a tangible tool for navigating challenging moments. By encouraging self-kindness and mindfulness, this activity provides a simple yet powerful resource for individuals with OCD to support their mental health

SUPPORT GROUPS

11:30AM-12:30PM

Road to Recovery: Tour Debrief

Track: SUPPORT GROUP Speakers: Lisa Abbrecht, PsyD **Location: ANTHROPOLOGY**

Come and 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.

Group for Promoting Inclusion & Belonging for Trainees & Professionals with Visible &

Invisible Disabilities

Track: SUPPORT GROUP

Speakers: Rebecca Sachs, PhD; Stacy Greeter, MD; Max Wilson; Evelyn Gould, PhD

Location: BIOLOGY

It's widely acknowledged within the OCD community that individuals with lived experience / lived expertise provide valuable insight into the experience / treatment of OCD. This insight allows for more responsive and equitable care and research aligned with priorities of those with OCD. While reported rates of comorbidities vary, there is consensus that neurodevelopmental, mental, and physical health conditions commonly co-occur with OCD. This, along with considerable rates of disability in the general population, suggests that increased professional inclusion of those with disabilities will benefit clients with OCD and co-occurring conditions. This group will provide a forum for disabled students / trainees, professionals, and allies to share their experiences and collaboratively problem-solve how to improve professional advancement opportunities, authentic inclusion / belonging, and leverage strengths / insights of individuals with disabilities.

Picking ME over Skin Picking: Skin Picking Support Group

Track: SUPPORT GROUP Speakers: Lauren McKeaney **Location: CALCULUS**

Do you skin pick, want to stop, but cannot? Have you felt alone or ashamed by skin picking disorder, with it impacting all areas of your life? Come join Picking Me Foundation CEO Lauren McKeaney and fellow skin

pickers in a welcoming environment as we connect over candid convo, swap strategies, and share validating check-ins on our BFRB experiences. Lauren leads an interactive discussion with helpful insight from her lived experience, recovery, and expert management guidance. This supportive session also features a "Show 'n' Tell" of a skin picking management strategy you use, like a fidget, bandage type, log, etc. Overall participation is optional but encouraged. Here's to hoping you *pick* this support group!

OCD Experiences and Impacts: Military Members and Veterans

Track: SUPPORT GROUP

Speakers: Nathaniel Van Kirk, PhD

Location: CULTURE

The rate of OCD in Veterans is significantly higher than the general public. The goal of this support group will be to provide a space for military and Veteran attendees to discuss OCD and related treatment considerations. Discussions will center around experiences of OCD as an active or former military member, impacts of military training on OCD symptoms, relations between military trauma and OCD, seeking OCD treatment from VA or community providers, and resources for military and Veteran members with OCD. This group will be suited for active military members, Veterans, families of military members with OCD, and therapists who may provide treatment to military members with OCD.

Living with Bipolar Disorder and **OCD Support Group**

Track: SUPPORT GROUP

Speakers: Nathan Siegel, MA; Molly Schiffer, LCPC

Location: DANCE

Those of us who have both Bipolar Disorder and OCD know that experiencing both of them at once can present unique challenges. In this support group, participants will have a chance to share about their experiences 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, or how OCD has impacted their Bipolar Disorder. We will also share strategies to continue with OCD treatment while experiencing a Bipolar state, and 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 friends, and mental health practitioners.

Support Group: Individuals & Families Affected by Obsessive Compulsive Personality Disorder (OCPD)

Track: SUPPORT GROUP

Speakers: Anthony Pinto, PhD; Isabelle Siegel, PsyM; Madeline Schupak

Location: INTEGRALS

Obsessive compulsive personality disorder (OCPD) is a chronic pattern of perfectionism and rigidity associated with significant distress or impairment. Despite its high global prevalence (6.5%) and how often it co-exists with OCD (1 in 4 individuals with OCD have cooccurring OCPD), the diagnosis is often overlooked and treatment and support options remain limited. This is a support / discussion group for individuals grappling with OCPD traits and / or loved ones impacted by such traits. In a safe, non-stigmatizing, and validating

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

environment, attendees will have the opportunity to process experiences with OCPD and how it can affect the expression and treatment of OCD, ask questions of clinicians who specialize in both disorders, and receive support from each other.

The Relationship OCD Support Group

Track: SUPPORT GROUP Speakers: Sheva Rajaee, LMFT

Location: HISTORY

ROCD is painful enough on its own, but can be especially difficult when it complicates dating, exacerbates existing relationship issues in your marriage, or otherwise stops you from being a present and fulfilled member of your partnership. This group is intended for anyone looking for support in their journey through Relationship OCD, whether you are newly diagnosed or have lived with these obsessions for a lifetime. Join us for a conversation like none other you may have outside this conference!

Taboo Talks

Track: SUPPORT GROUP

Speakers: Chad Wetterneck, PhD; Nick Flower, PsyD **Location: WATER TOWER**

In an attempt to shed light on some of the more "taboo" themes of OCD, this group will open the conversation for those with lived experience to share their story. Therapist Debbie Kolbrener is going to use her clinical experience to support why Exposure and Response Prevention therapy can still be used with these obsessions (why they're no different when being treated). We are willing to talk about just about anything in the world of taboo OCD. This group will be a guided discussion that encourages whoever feels compelled to share to feel safe enough to do so. We hope to make connections with others who "get it".

Support Group for Breaking the Stigma on OCD

Track: SUPPORT GROUP Speakers: Fred Penzel, PhD **Location: GRAND HORIZON B**

Stigma was once defined as a sign of disgrace that took the form of a mark or brand. It was accompanied by shame on the part of the one who was thus marked. Shame is an emotion of self-blame. In our society, mental illnesses are often regarded negatively due to ignorance and misinformation. Repeated shaming experiences can wear down an individual's self-image. OCD sufferers often have to deal with the double burden of their symptoms, as well as how they are regarded by those close to them, and their community. This support group aims to provide a space for sufferers and their loved ones to process their experiences of stigma and discuss how they can live with OCD while stigma-free and find unconditional self-acceptance using the tools of cognitive therapy.

6:30PM-8:00PM

Supportive Space for BIPOC Individuals with OCD

Track: SUPPORT GROUP Speakers: Rebecca Roberts, LCPC **Location: BIOLOGY**

This support group allows BIPOC conference attendees to share experiences, obtain psychoeducation, and find community as they navigate their journey with OCD. Participants will explore how racism and oppressive systems have impacted access to care as well as the miseducation around OCD. The group will highlight strategies that stem from supported practices, including ERP and values-based work. Participants will leave the group with journal prompts to consider as they continue to examine their lived experiences.

Support Group for BIPOC Clinicians

Track: SUPPORT GROUP

Speakers: Breanna Myers, LCSW; Nicole Baez, LCSW

Location: CALCULUS

This support group is open to those that self-identify as existing within the Black, Indigenous, and People of Color (BIPOC) community. For these clinicians, the focus will be to support and empower one another within our work and provide a safe and empowering space to discuss the unique challenges we face in our professional journeys. Topics will include addressing racism and prejudice in professional settings, navigating transference and countertransference, and managing imposter syndrome in order to foster confidence and resilience. Facilitators will address common struggles such as navigating systemic inequities and cultural stigma surrounding mental health in marginalized communities. Participants will leave validated, connected, and equipped with tools to thrive as clinicians and leaders in the field of OCD treatment.

Support and Skills Group for Adults with BFRBs

Track: SUPPORT GROUP

Speakers: Laura Chackes, PsyD, Kara Friedman, LPC

Location: DANCE

Welcome to a therapist-led support group for adults struggling with skin picking, hair pulling, or any other BFRB. Here you can expect to receive support and learn therapeutic skills from others with a BFRB, as well as from therapists specializing in BFRB treatment. Participants will have the opportunity to share about their own experiences with BFRBs, discuss any current concerns, and set goals for life after the conference. Therapists will moderate, provide support, and offer invitations for cognitive-behavioral and mindfulness-based therapeutic skill learning and practice. Facilitated by Laura Chackes, PsyD, author of the Mindfulness-based BFRB Group Therapy (MBGT) protocol currently researched at UCLA and The BFRB Workbook for Teens, available in late 2025.

Let's Talk about Relapse: How to Quickly Get **Back on Your Feet when OCD Strikes!**

Track: SUPPORT GROUP

Speakers: Christopher Weston, LMFT, MPH

Location: INTEGRALS

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/Caregivers of Individuals with OCD **Support Group**

Track: SUPPORT GROUP

Speakers: Hailee Dear, LCSW; Devika Basu, PhD

Location: DANIEL BURNHAM

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 second in-person meeting of our ongoing online support group (hosted by Anxiety Specialists of Atlanta and Dear Therapy) 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.

Supporting the Supporters: A Peer Group for Therapists Who Have and Treat OCD and/or **Related Disorders**

Track: SUPPORT GROUP

Speakers: Samantha Fields-Vitolo, MSW; Alexandra

Wofford, LPCC Location: HISTORY

Therapists diagnosed with OCD and/or related disorders face unique challenges in their professional and personal lives. While their lived experience can offer valuable empathy and insight when treating clients with OCD and/or related disorders, it can also heighten stress, trigger symptoms, or blur boundaries between professional and personal struggles. This support group aims to create a safe, confidential space where therapists can process their own experiences with OCD and/ or related disorders, share coping strategies, and gain support from peers who understand the dual challenges of living with and treating OCD and/or related disorders.

2025 AWARD WINNER BIOS

CAREER ACHIEVEMENT AWARD



H. Blair Simpson, MD, PhD

Helen Blair Simpson, MD, PhD, is Professor of Psychiatry in the Department of Psychiatry at Columbia University Irving Medical College (CUIMC) and Director of the Center for the OCD and Related Disorders at the New York State

Psychiatric Institute. Funded by the National Institute of Mental Health (NIMH) since 1999, she uses clinical trials to identify

the best treatments for obsessive-compulsive disorder (OCD), and partners with neuroscientists to elucidate how the brain produces anxiety, obsessions, and compulsions, with the goal of transforming care for individuals with OCD. Past advisor to the World Health Organization on the classification of OCD and author of the American Psychiatric Association's Practice Guidelines for OCD, Dr. Simpson currently serves as Associate Editor of JAMA-Psychiatry and is the current President of the Anxiety and Depression Association of America.

PATRICIA PERKINS SERVICE AWARD



Darlene Davis Goodwine, PhD

Dr. Darlene M. Davis Goodwine is a long-standing leader within the IOCDF community, known for her pioneering work on OCD in Black Americans. As Co-Chair of the DEI Action Council, she champions inclusive care, clinician education, and community engagement. A clinician, researcher, and educator, she founded Aidan Behavioral Health and leads a research lab focused on culturally competent OCD treatment. Her contributions—including leading forums and mentoring future clinicians—have advanced the IOCDF's mission by promoting equity, expanding access, and centering culture in clinical care and advocacy.

HERO AWARD



Molly Fishback

Molly Fishback (she/her) is a co-founder of the OCD nonprofit Not Alone Notes. She currently works at McLean Hospital's therapeutic high school as the Milieu Manager while pursuing her Masters in Public Health. Molly enjoys being a

mental health advocate through Not Alone Notes, where they mail free, handwritten letters to others with OCD and related disorders (notalonenotes.org). She is also proud creator of the two OCD workbooks - Color Your Fears: A Workbook Using Exposures to Combat Your OCD Obsessions, and Exposures by Number: A Dot-to-Dot Workbook Using Exposures to Combat Your OCD Obsessions.



Morgan Rondinelli

Morgan Rondinelli (she/her) is co-founder of the nonprofit. Not Alone Notes. which mails free, handwritten notes of encouragement to others with OCD (NotAloneNotes.org). It started as an idea in her college dorm room, to build

connection among the OCD community. By day, Morgan is a public librarian and a writer. Her writing has been published on Healthline, The Mighty, and OC87 Recovery Diaries, in addition to her own mental health-focused blog over the past decade (MyOCDVoice.com). Morgan also enjoys all things musical theater and dance. @MorganRondo

2025 AWARD WINNER BIOS

YOUTH HERO AWARD presented by UNSTUCK

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.



Caitlin Yantsos

Caitlin Yantsos, a rising senior at Suffern High School, is honored to be the recipient of the IOCDF Youth Hero Award presented by UNSTUCK. Having been diagnosed with OCD in the 5th grade, Caitlin pursues her journey on conquering

her OCD by working with a specialized OCD therapist. Caitlin

is a founder and the president of the Student Wellness Club at Suffern High School and also presented her story with OCD to the school community. Caitlin shared her story in a JCK Foundation interview- a nonprofit organization dedicated to promoting mental health awareness to youth and their communities. She is also an active participant in the IOCDF Young Adult Special Interest Group and is doing an AP Art portfolio on depicting OCD as all consuming/controlling. In her spare time, Caitlin enjoys training to obtain her black belt in karate, boxing, and creating art. Caitlin strives to advocate for OCD since she understands how debilitating it can be, specifically breaking the stigma against "taboo" themes. She is considering a career path in psychology to become an OCD therapist.

ILLUMINATION AWARD

Honors an individual in the media or music industry who has used their platform to represent OCD or a related disorder in a respectful, accurate, and appropriate manner, and who has



challenged stereotypes to help fight the stigma around OCD and mental health issues in general.

7ane Gonzalez

NFL kicker Zane Gonzalez had his OCD thrust into the spotlight during a dramatic playoff game against the Detroit Lions in

January 2025. Televised to more than 34 million people and viewed by millions more in social media clips, Gonzalez's pre-kick compulsions sparked a nationwide conversation on the misconceptions and stigma of obsessive compulsive disorder. Gonzalez and his family embraced the high-profile opportunity to help provide education and normalcy around OCD and have influenced how people view and respond to those with OCD and other mental health disorders. In recognition of his impact, the International OCD Foundation is proud to honor Zane Gonzalez with the 2025 Illumination Award.

SUNDAY SCHEDULE OVERVIEW

TIME	EVENT	LOCATION
7:00AM-8:00AM	Light Breakfast 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. Sponsored by Light Breakfast 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.	Exhibit Hall Great Lakes DEFG
7:00AM-1:00PM	Conference Info Desk Open Onsite Registration Open	Registration Desks Great Lakes Foyer
7:00AM-1:00PM	Continuing Education Desk Open All professional attendees registered at the Therapist/Clinician level seeking to earn continuing education (CE) credit must sign in and out at the start and end of each day, the exception being Psychologists who will need to check-in to each session attended. See page 6 for CE/CME information.	Great Lakes Foyer
7:00AM-11:30PM	Exhibit Hall Open IOCDF Information & Welcome Booth Open See page 17 for a list of Exhibitors	Exhibit Hall Great Lakes DEFG
8:00AM-1:00PM	CONFERENCE PRESENTATIONS See pages 70–73 for a full schedule of presentations.	
	YOUTH PROGRAMMING See page 33 for a full schedule of activities and page 74 for details.	
8:00AM-1:00PM	Elementary Schoolers	Glessner House AB
	Middle Schoolers	George Pullman
	High Schoolers	Henry Clark

TRACK KEY:

Workshops are eligible for CE/CME credits. Workshops are available virtually.



Location/Room name of session.

We're Bringing Sexy Back, Yeah! OCD Doesn't

Know How to Act! A Talk on Sex, Intimacy...

Chris Trondsen, LMFT; Kyle King; Tracie Ibrahim,

LMFT, CST; Alegra Kastens, LMFT; Sidney Lodge

SESSION AVAILABILITY:

NOTE:

Seating at all workshops, seminars, and lectures is on a first-come, first-served basis. These tracks indicate the intended audiences. However, all presentations are open to everyone.

ACTIVITIES:

6:00AM-7:00AM

Yoga to Cultivate Community, Capaciousness, and Centeredness

TIME	8:00AM-9:30AM
Location:	CAREGIVERS & FAMILIES
•	Advocating for Your Child – Navigating 504s, IEPs, and Classroom Accommodations
Daniel Burnham	Sandra Bean, MA; Falyn Mellul, LSW; Galina Lipkin, LCPC
Location:	BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)
•	An Introduction to BFRBs 🧪 🌉
Geography	Ruth Golomb, LCPC; Suzanne Mouton-Odum, PhD
Location:	EVERYONE - ADVANCED
•	A Complex Comorbidity, Part Two: OCD + PTSD Across The Lifespan 📝 💻
Grand Horizon A	Allie Mills; Sidney Lodge; Nathaniel Van Kirk, PhD; Lauren Wadsworth, PhD; Breanna Myers, LCSW; Nicole Baez, LCSW
Location:	RESEARCH ON OCD & RELATED DISORDERS
0	Updates on Research and Clinical Care in PANS
Grand Horizon B	Allison Vreeland, PhD; Christopher Pittenger, MD, PhD; Lauren Breithaupt, PhD; Jennifer Frankovich, MD
Location:	CLINICIANS - ADVANCED
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9	Applying DBT Philosophy, Case Conceptualization, and Treatment Strategies to Complex
Grand Horizon C	
	and Treatment Strategies to Complex 🧪 💻
Horizon C	and Treatment Strategies to Complex 🔊 💻 Bethany Watson, PhD; Izabela Milaniak, PhD
Horizon C	and Treatment Strategies to Complex Bethany Watson, PhD; Izabela Milaniak, PhD EVERYONE - INTRO Over-Identification with OCD Symptoms and
Horizon C Location: Grand	and Treatment Strategies to Complex Bethany Watson, PhD; Izabela Milaniak, PhD EVERYONE - INTRO Over-Identification with OCD Symptoms and Decreased Motivation for Treatment
Horizon C Location: Grand Horizon EFG	and Treatment Strategies to Complex Bethany Watson, PhD; Izabela Milaniak, PhD EVERYONE - INTRO Over-Identification with OCD Symptoms and Decreased Motivation for Treatment Briana Petters, LCSW; Ally Sequeira, PhD
Horizon C Location: Grand Horizon EFG	and Treatment Strategies to Complex Bethany Watson, PhD; Izabela Milaniak, PhD EVERYONE - INTRO Over-Identification with OCD Symptoms and Decreased Motivation for Treatment Briana Petters, LCSW; Ally Sequeira, PhD PROFESSIONAL DEVELOPMENT Help is just a Zoom Link Away: Process - Based
Horizon C Location: Grand Horizon EFG Location: Great Lakes	and Treatment Strategies to Complex Bethany Watson, PhD; Izabela Milaniak, PhD EVERYONE - INTRO Over-Identification with OCD Symptoms and Decreased Motivation for Treatment Briana Petters, LCSW; Ally Sequeira, PhD PROFESSIONAL DEVELOPMENT Help is just a Zoom Link Away: Process - Based Clinical Tele - Consultation and Supervision Kristen Perrelli, LICSW; Elyse Stewart, PhD; Jason
Horizon C Location: Grand Horizon EFG Location: Great Lakes A	Bethany Watson, PhD; Izabela Milaniak, PhD EVERYONE - INTRO Over-Identification with OCD Symptoms and Decreased Motivation for Treatment Briana Petters, LCSW; Ally Sequeira, PhD PROFESSIONAL DEVELOPMENT Help is just a Zoom Link Away: Process - Based Clinical Tele - Consultation and Supervision Kristen Perrelli, LICSW; Elyse Stewart, PhD; Jason Krompinger, PhD; Lisa Coyne, PhD
Horizon C Location: Grand Horizon EFG Location: Great Lakes A	and Treatment Strategies to Complex Bethany Watson, PhD; Izabela Milaniak, PhD EVERYONE - INTRO Over-Identification with OCD Symptoms and Decreased Motivation for Treatment Briana Petters, LCSW; Ally Sequeira, PhD PROFESSIONAL DEVELOPMENT Help is just a Zoom Link Away: Process - Based Clinical Tele - Consultation and Supervision Kristen Perrelli, LICSW; Elyse Stewart, PhD; Jason Krompinger, PhD; Lisa Coyne, PhD LIVING WITH OCD
Horizon C Location: Grand Horizon EFG Location: Great Lakes A Location: Great Lakes	Bethany Watson, PhD; Izabela Milaniak, PhD EVERYONE - INTRO Over-Identification with OCD Symptoms and Decreased Motivation for Treatment Briana Petters, LCSW; Ally Sequeira, PhD PROFESSIONAL DEVELOPMENT Help is just a Zoom Link Away: Process - Based Clinical Tele - Consultation and Supervision Kristen Perrelli, LICSW; Elyse Stewart, PhD; Jason Krompinger, PhD; Lisa Coyne, PhD LIVING WITH OCD OCD and Pets: The Pawsitives and Ruff Stuff Emily Hemendinger, LCSW, MPH; Stephanie Lehto,

11:30AM-1:00PM 9-45AM-11-15AM **CAREGIVERS & FAMILIES CAREGIVERS & FAMILIES** Similar Behaviors, Different Roots: Helping Navigating Systems: A Map for PANS/PANDAS Families Distinguish OCD from Autism Danielle McDowell, LCSW; Kate Rogers, PhD; Olivia Jan Stewart; Jeremy Shuman, PsyD; Josh Nadeau, McDowell; Julie Chilton, MD PhD; Peter Ahlering, MD BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS) **BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)** Mindfulness for BFRBs: Building Self-Compassion A Practical Approach to Treating BFRBs in Children and Reducing Behaviors and Adults: A Clinician's Guide 🥒 💻 Laura Chackes, PsyD; Kara Friedman, LPC Marla Deibler, PsyD; Jon Grant, MD, PhD **CLINICIANS - INTRO EVERYONE - ADVANCED Beyond the Blues: Transforming Depression &** Level Up Your Exposure Game: Integrating ERP OCD into Hope through ACT, Values, & BA 🧪 💻 and ACT for OCD Treatment Success 🥒 💻 Caitlin Claggett Woods, PhD; Justine De Jaegher; Jenifer Cullen, PhD; Sinhae Cho, PhD; Yangqian Allie Mills; Johanna Wood, PhD Shen, PhD **RESEARCH ON OCD & RELATED DISORDERS RESEARCH ON OCD & RELATED DISORDERS** Effectiveness-Closing the gap between science Stimulating Science: Emerging Research Using Neuromodulation to Understand and Treat... and practice 🥖 Kate Rogers, PhD; Jonathan Abramowitz, PhD; Christine Conelea, PhD; Emily Stern, PhD; Carolyn Martha Falkenstein, PhD; Michael Twohig, PhD; Rodriguez, MD, PhD; Alik Widge, MD, PhD Patrick McGrath, PhD **CLINICIANS - ADVANCED CLINICIANS - ADVANCED** When OCD Symptoms Impact Nutrition -**Transforming Nations Mental Health Care** Systems for OCD: Lessons from Global... 🧪 💻 Perspectives from Clinical and Lived... 🧪 💻 Thröstur Björgvinsson, PhD; Jackki Yim, PhD; Nicholas Farrell, PhD; Brooke Miller, RN; Stephanie Nathan Dowling, MPsych; Gabriela Romo, PhD; Eken, MD; Annie Weiss, RD Camila Merino, MA **EVERYONE - INTRO EVERYONE - INTRO** How ERP and I-CBT Conceptualize Different OCD Noise Sucks - Understanding and Treating Presentations 🧪 💻 Hyperacusis, Misophonia, and Tinnitus 🧪 💻 Amanda Petrik-Gardner, LCPC; Angela Henry, Angelique Howington, LPC-MHSP; Gina Angley, LCSW; Krista Reed LSCSW; Laura Smestad, PhD AuD. CCC-A PROFESSIONAL DEVELOPMENT PROFESSIONAL DEVELOPMENT **Beyond Weekly Sessions: Developing Intensive** Escaping the Silo: Practice building and management without fear and isolation 🥒 💻 Outpatient Programs for OCD 🧪 💻 Allison Bonifay, LPC; Erin Stevens, PhD; Devika Basu, PhD; Erin Jones, LCMHC; Jordan Cattie, Katie Kriegshauser, PhD; Jessica Parlor, PhD; PhD; Rebecca Schneider, PhD; Katie Cullum, PhD Jennifer Tininenko, PhD **EVERYONE - ADVANCED** LIVING WITH OCD "Wait! Why Did I Do That?!" Real Event OCD and Stepping Up and Stepping Down: Navigating the Levels of Care In a Collaborative Way **False Memory OCD** Ally Sequeira, PhD; Briana Petters, LCSW; Ryan Chris Trondsen, LMFT; Elizabeth McIngvale, PhD, Judd, LCSW; Emily Bailey, PsyD; Elizabeth LCSW; Allison Solomon, PsyD McIngvale, PhD, LCSW LIVING WITH OCD

CLINICIANS - INTRO

The Power of Peers: Implementing Group Therapy in Your Practice 🧪 💻

Erika Nurmi, MD, PhD; Laura Chackes, PsyD; Meghan Kussman, MA

Is it OCD or Psychosis 🥒 💻

James Claiborn, PhD; Robert Hudak, MD;

Stephanie Eken, MD

Great Lakes

C

TRACK KEY:

EVERYONE

LIVING WITH OCD

PROFESSIONAL DEVELOPMENT

FAMILY & CAREGIVERS

BFRBS

EDUCATIONAL SESSIONS

8:00AM-9:30AM

Advocating for Your Child – Navigating 504s, IEPs, and Classroom Accommodations

Track: CAREGIVERS & FAMILIES

Speakers: Sandra Bean, MA; Falyn Mellul, LSW;

Galina Lipkin, LCPC

Location: DANIEL BURNHAM

This workshop empowers caregivers and clinicians to confidently navigate school systems to support children with anxiety disorders. Drawing from my experiences as a veteran teacher and a parent of a child with OCD, anxiety, and anorexia, I'll guide attendees through the differences between 504 and IEP plans, qualifications, and how to effectively advocate for accommodations. We'll also discuss strategies for improving communication between home, school, and clinicians to create a supportive learning environment. Attendees will leave with actionable tools to better advocate for their children's educational and emotional success

An Introduction to BFRBs 🥒 💻



Track: BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)

Speakers: Ruth Golomb, LCPC; Suzanne Mouton-Odum, PhD

Location: GEOGRAPHY

Body Focused Repetitive Behaviors (BFRBs) including hair pulling, skin picking, and nail-biting affect millions of people worldwide. The impact of BFRBs range from mild to devastating including medical sequalae such as alopecia, scarring, infections, abdominal or plastic surgery, as well as emotional impacts such as low selfconcept, shame, depression, and anxiety. Most often these behaviors begin in childhood or adolescence but can affect people of all ages. This workshop will provide an overview of BFRBs including a description of the phenomenology, diagnosis, and etiology of BFRBs. In addition, the presenters will give an overview of the most up-to-date research on comorbidity, underlying biological / neurological processes, as well as a new understanding of discrete profiles of people with different BFRBs. Finally, the presenters will explain how these findings inform treatment.

A Complex Comorbidity, Part Two: OCD+ PTSD Across The Lifespan 🧳 💻

Track: EVERYONE

Speakers: Sidney Lodge; Allie Mills; Nathaniel Van Kirk, PhD; Lauren Wadsworth, PhD; Breanna Myers, LCSW; Nicole Baez, LCSW

Location: GRAND HORIZON A

Last conference we scratched the surface of this topic and we are back to share more! The presentation will begin with a review of the symptomatology and treatment of OCD + PTSD in adults, children, and adolescents. Trauma exposure has the ability to intensify OCD symptoms and influence how they manifest, while OCD often mimics or exacerbates trauma responses, leading to misdiagnosis or an incomplete treatment approach. This session will explore the intersection between PTSD and OCD and support clinicians in making modifications in treatment to address both OCD and overlapping PTSD symptoms. Then the panel will switch to a conversational / case study format where

the clinicians and advocates will dive into specific details and lived experience examples of the overlap of OCD + PTSD symptoms, complications and successes of treatment, coping skills, and more. The panel will consist of clinicians Dr. Nathaniel Van Kirk, Dr. Lauren Wadsworth, Breanna Myers, and Nicole Baez, as well as two advocates with lived experience: Allie Mills and Sidney Lodge. After the presentation, there will be time for auestions.

Updates on Research and Clinical Care in PANS 🧳

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Allison Vreeland, PhD; Christopher Pittenger, MD, PhD; Lauren Breithaupt, PhD; Jennifer

Frankovich, MD

Location: GRAND HORIZON B

Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) is a post-infectious, immune-mediated syndrome characterized by the abrupt onset of significant obsessive-compulsive symptoms and / or severe food restriction. This syndrome presents with an abrupt and severe symptom onset, a relapsing and remitting course, and specified comorbid symptoms. Evidence suggests that PANS is driven by a post-infectious / inflammatory process leading to disruptions in cortico-basal gangliathalamo-cortical circuits. Support from this pathogenic model comes from neuroimaging findings, studies of autoantibodies, inflammatory response profiles, and proteomic analysis, all of which highlight the role of inflammation and immune dysregulation in PANS. This presentation will synthesize the current body of research linking PANS to immune-mediated mechanisms, providing insights into its inflammatory and autoimmune underpinnings.

Applying DBT Philosophy, Case Conceptualization, and Treatment

Strategies to Complex OCD Cases 🧷 💻



Speakers: Bethany Watson, PhD; Izabela

Milaniak, PhD

Location: GRAND HORIZON C

Track: CLINICIANS - ADVANCED

Dialectical Behavior Therapy (DBT) was originally developed to treat borderline personality disorder. There is a growing recognition that DBT skills are "skills for life" which can be helpful for effectively managing a wide variety of challenges. DBT treatment philosophies and skills are particularly useful for augmenting other evidence-based treatments, such as ERP, for patients with complex OCD presentations. This session will provide practical strategies for clinicians, including: (1) using DBT chain analysis to identify multiple points for intervention in obsessive compulsive cycles; (2) using distress tolerance skills to support clients whose feelings of disgust or discomfort do not habituate; and (3) ways to apply a dialectical philosophy to the treatment of common "Pure O" presentations such as morality-focused OCD.

Over-Identification with OCD Symptoms and Decreased Motivation for Treatment /

Track: EVERYONE

Speakers: Briana Petters, LCSW; Ally Sequeira, PhD

Location: GRAND HORIZON EFG

OCD has for many years been a disorder that has been riddled with shame, misinformation, and lack of understanding even within the mental health community. In recent years, awareness surrounding mental health and overall bias have decreased for the better. For some individuals however, this has made

their OCD not just a disorder—but also inversely created a relationship where they identify deeply with their symptoms, seeing them as a core part of their identity. This over-identification can create significant barriers to seeking treatment and making meaningful progress in symptom management.

Help is Just a Zoom Link Away: Process-**Based Clinical Tele-Consultation and**

Supervision 🧪 💻

Track: PROFESSIONAL DEVELOPMENT

Speakers: Kristen Perrelli, LICSW; Elyse Stewart, PhD; Jason Krompinger, PhD; Lisa Coyne, PhD

Location: GREAT LAKES A

This workshop will center around methods of conducting process-based clinical tele-consultation and supervision to increase knowledge in treating OCD and related conditions. The presenters are representatives of the New England Center for OCD and Anxiety, a specialty clinic that places emphasis on training clinicians and disseminating evidence-based practice. Topics will include: strengths and weaknesses of a didactic approach to training, how to conduct an effective case consultation group virtually, leveraging technology to support clinicians in underserved communities, effective use of modeling in supervision, discussions of trainee archetypes and methods of identifying them, withintrainee processes relevant to promotion of curiosity, reflection, and motivation, and specific tele-teaching methods to create a context for developing trainees that think comprehensively about their approach.

OCD and Pets: The Pawsitives and Ruff Stuff

Track: LIVING WITH OCD

Speakers: Emily Hemendinger, LCSW, MPH; Stephanie Lehto, PsyD; Rachel Davis, MD; Cate Rush, MSW

Location: GREAT LAKES B

OCD tends to involve the things we love or care about most, including our pets. This presentation will explore the ways in which OCD impacts the relationships between people and their animal companions. Presenters will address topics including pet involvement in compulsions, guilt, grief, and the many concerns that may arise over the course of a pet's lifespan. The different ways to practice ERP with animal companions will be explored, as will the ways in which companion animals may provide benefit to individuals with OCD.

Is it OCD or Psychosis 🧳 💻

Track: CLINICIANS - INTRO

Speakers: James Claiborn, PhD; Robert Hudak, MD;

Stephanie Eken, MD

Location: GREAT LAKES C

There has been considerable attention paid to patients who seem to meet the criteria for both obsessional disorders and psychotic disorders. These patients represent a significant clinical challenge because the differentiation between obsessions and delusions can be challenging. However, making the distinction is critical because of the differing prognostic implications and differing treatments. The characteristics of both obsessions and delusions will be discussed as well as diagnostic algorithms that should be used to distinguish them. Clinical examples will be given to illustrate the diagnostic challenges. The diagnostic term schizoobsessive disorder will be discussed. The impact of medications on these conditions and their roles will be discussed. Finally, the adjustments in CBT and ERP appropriate to treating these cases will be discussed.

TRACK KEY:

EVERYONE

LIVING WITH OCD

PROFESSIONAL DEVELOPMENT

FAMILY & CAREGIVERS

BFRBS

9:45AM-11:15AM

Navigating Systems: A Map for PANS/ PANDAS 💻

Track: CAREGIVERS & FAMILIES

Speakers: Danielle McDowell, LCSW; Kate Rogers, PhD;

Olivia McDowell; Julie Chilton, MD **Location: DANIEL BURNHAM**

PANS and PANDAS present unique challenges for children, families, and the professionals who support them. Through the lens of a powerful lived experience story and a panel of expert providers, this session will offer an essential guide for navigating the complexities of medical, educational, and behavioral health systems when managing PANS/PANDAS. Practical advocacy strategies will be emphasized, equipping attendees with tools to effectively communicate with local medical providers, collaborate with educational systems, and make informed decisions about behavioral health care options. Attendees will leave with actionable steps and resources to support those affected by PANS/PANDAS, create more informed communities, and champion systemic change. Join us in this call to action to ensure no family navigates these challenges alone.

Mindfulness for BFRBs: Building Self-Compassion and Reducing Behaviors

Track: BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)

Speakers: Laura Chackes, PhD; Kara Friedman, LPC **Location: GEOGRAPHY**

This interactive session introduces adults with Body-Focused Repetitive Behaviors (BFRBs) to the basics of mindfulness as a tool for self-compassion and behavior management. Participants will engage in experiential mindfulness exercises, including a guided meditation and an informal practice of sitting with the urge to engage in BFRBs. Through these activities, attendees will learn to cultivate acceptance, reduce judgment, and respond to urges and themselves with greater kindness. The session concludes with guidance on creating a personalized mindfulness plan to integrate into daily life postconference, fostering long-term resilience, self-compassion, and a reduction in BFRB behaviors. This session is suitable for individuals at any stage of their mindfulness journey and emphasizes practical, accessible techniques.

Beyond the Blues: Transforming Depression & OCD into Hope through ACT, Values, & BA 🧪 💻

Track: CLINICIANS - INTRO

Speakers: Caitlin Claggett Woods, PhD; Justine De Jaegher; Allie Mills; Johanna Wood, PhD

Location: GRAND HORIZON A

It has been reported that as many as 1 in 2 individuals with OCD also meet the diagnostic criteria for a major depressive episode (Abramowitz, 2010). The presence of depressive symptoms can have a profound impact on daily functioning and the progress of OCD treatment. While this co-morbidity is prevalent, addressing it can pose significant challenges in treatment. As clinicians, how can we assist our clients who are dealing with depression in building resilience, motivation, and hope? How can individuals living with this comorbidity see hope for dealing with both depression and OCD? Join a panel of clinicians and individuals with lived experience who have utilized ACT, values, and Behavioral Activation to effectively address this common treatment challenge.

Stimulating Science: Emerging Research Using **Neuromodulation to Understand and Treat**

OCD and Related Conditions

Track: RESEARCH ON OCD AND RELATED **DISORDERS**

Speakers: Christine Conelea, PhD; Emily Stern, PhD; Carolyn Rodriguez, MD, PhD; Alik Widge, MD, PhD

Location: GRAND HORIZON B

Neuroscience research has revealed the importance of cortico-striatal brain circuits in OCD and related disorders. These circuits are involved in a variety of brain functions, including cognitive control, movement, sensation, and emotion regulation. Modulation of these circuits for research and treatment is possible through brain stimulation technologies, including transcranial magnetic stimulation (TMS) and deep brain stimulation (DBS). In this panel, researchers will discuss their recent neuromodulation studies focused on OCD, hoarding, sensory phenomena, and tic disorders. Panelists will also highlight novel neuromodulation research directions for OCD and related disorders, including evolving technology, combining stimulation with cognitive and behavioral strategies, neuroimagingguided targeting, and expansion of TMS to pediatric

Transforming Nations' Mental Health Care Systems for OCD: Lessons from Global

Successes & Challenges 🥒 💻

Track: CLINICIANS - ADVANCED

Speakers: Thröstur Björgvinsson, PhD; Jackki Yim, PhD; Nathan Dowling, MPsych; Gabriela Romo, PhD; Camila Merino, MA

Location: GRAND HORIZON C

Access to effective OCD treatment varies dramatically across countries, both in availability and affordability. We provide a unique perspective on the successful transformation of mental health care systems in three countries: Norway, Singapore, and Finland, where the Bergen 4-Day Treatment (B4DT) for OCD has been integrated into healthcare systems. Additionally, ongoing efforts in Australia and the United States to expand access to evidence-based OCD care will be discussed. We describe the advocacy efforts, political engagement, and utilization of research outcomes that contributed to these advancements. By also reflecting on successes and challenges in other countries, we offer actionable insights to guide the transformation of mental health care systems worldwide.

How ERP and I-CBT Conceptualize Different OCD Presentations 🧳 💻

Track: EVERYONE

Speakers: Amanda Petrik-Gardner, LCPC; Angela Henry, LCSW; Krista Reed, LSCSW; Laura Smestad, PhD **Location: GRAND HORIZON EFG**

Intrusions vs inferences. Habituation vs Inferential Confusion. Uncertainty vs Certainty. How do Exposure & Response Prevention (ERP) and Inference-Based Cognitive Behavioral Therapy (I-CBT) conceptualize OCD differently, thus guiding treatment in either a behavioral or cognitive direction? While both modalities aim to alleviate obsessive-compulsive symptoms, their treatment frameworks and techniques vary significantly. This panel will provide a comparison of the two models while exploring how each approach successfully treats two obsessional themes: Sexual Orientation OCD and Contamination OCD

Escaping the Silo: Practice Building and Management without Fear and

Isolation 🧪 💻

Track: PROFESSIONAL DEVELOPMENT

Speakers: Allison Bonifay, LPC; Erin Stevens, PhD; Katie Kriegshauser, PhD; Jessica Parlor, PhD;

Jennifer Tininenko, PhD Location: GREAT LAKES A

If you are a current practice owner / leader, or are dreaming of becoming one, you likely have many questions! This panel of business-minded clinicians brings a wealth of knowledge, experience, anxieties, and solutions to share about the nature of starting and running an OCD specialty clinic. These panelists represent a broad spectrum of practice sizes, years in operation, payment structures, program offerings, and geographical locations. Brought together during the pandemic, they formed a supportive community with an aim to share what they know and ask for what they need. Bring your burning questions and popcorn. It's going to get lively 'cuz we've got the tea!

Stepping Up and Stepping Down: Navigating the Levels of Care In a Collaborative Way 🧳

Track: EVERYONE

Speakers: Ally Sequeira, PhD; Briana Petters, LCSW; Ryan Judd, LCSW; Emily Bailey, PsyD; Elizabeth

McIngvale, PhD, LCSW Location: GREAT LAKES B

Is this patient "severe enough" for residential? Do I really need to send my child out of the state for effective OCD treatment? How do I know which program is best? Determining when an individual may need a higher level of care can be challenging for many providers and families. Questions such as what level of care is appropriate, what program is a good fit, and when is it best to make this transition often create confusion and distress. This panel discussion will provide an overview of the levels of care and outline ways to determine goodness of fit.

We're Bringing Sexy Back, Yeah! OCD Doesn't Know How to Act! A Talk on Sex, Intimacy,

and OCD

Track: LIVING WITH OCD

Speakers: Chris Trondsen, LMFT; Kyle King; Tracie Ibrahim, LMFT, CST; Alegra Kastens, LMFT; Sidney

Location: GREAT LAKES C

Let's face it. With OCD, we overthink EVERYTHING and the topic of sex is no different! This highly interactive presentation, led by a panel that includes a sex therapist, licensed OCD experts, and individuals with lived experience, will address all things sex, intimacy, and OCD! Topics discussed include anxiety around dating, affected libido, PTSD impacting sex, masturbation, getting on dating apps, body image disorders affecting sex, and more. The presenters will allow attendees to join the discussion and ask questions. The presenters will also share personal experiences to initiate comfort. reduce stigma, and allow for a safe, shame-free space for participants to share their experiences candidly. Attendees are also welcome to listen and learn if they choose to not participate.

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER

Workshops are eligible for CE/CME credits. Workshops are available virtually.

11:30AM-1:00PM

Similar Behaviors, Different Roots: Helping Families Distinguish OCD from Autism

Track: CAREGIVERS & FAMILIES

Speakers: Jan Stewart; Jeremy Shuman, PsyD; Josh Nadeau, PhD; Peter Ahlering

Location: DANIEL BURNHAM

When you are a caregiver for a loved one who is autistic and has OCD, their support needs can feel overwhelming. The intention to be compassionate and supportive of disability can seem at odds with the evidence-based interventions for OCD that require caregivers to be less accommodating and let loved ones feel distress. OCD and autism can look very similar on the surface because both feature repetition. Behaviors happen for a reason though, and the reasons for repetition in autism are different than in OCD. This session will delve into the similarities and fundamental differences between OCD and autism, goals for treatment that respect disability, and how parents and caregivers can best help their loved ones and themselves.

A Practical Approach to Treating BFRBs in Children and Adults: A Clinician's Guide 🥒 💻

Track: BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)

Speakers: Marla Deibler, PsyD; Jon Grant, MD, PhD **Location: GEOGRAPHY**

Body-Focused Repetitive Behaviors (BFRBs)—such as hair pulling, skin picking, and nail biting—are common yet often misunderstood conditions that affect individuals across the lifespan. Treating BFRBs requires a nuanced understanding of behavioral, emotional, developmental, cultural, and contextual factors. This presentation offers a practical, evidence-based guide for clinicians working with both children and adults, addressing the shared core mechanisms of BFRBs while highlighting age-specific considerations. Participants will gain tools to support clients in identifying triggers, understanding behavioral patterns, and building personalized intervention strategies. For children, the focus will include developmentally appropriate, engaging activities and guidance on working collaboratively with families to reduce stigma and foster supportive home environments. For adults, the presentation will explore how to enhance traditional cognitive-behavioral frameworks by incorporating Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), mindfulness practices, and technology-assisted interventions. Recent developments in pharmacological approaches as an adjunct to psychological intervention will also be discussed. Practical applications of treatment strategies will include functional assessment, motivational enhancement, and cultural responsiveness. Emphasis will be placed on tailoring interventions to the individual — whether child, adolescent, or adult — while maintaining a compassionate, flexible, and integrative approach to care.

Level Up Your Exposure Game: Integrating ERP and ACT for OCD Treatment Success 🥒 💻

Track: EVERYONE

Speakers: Jenifer Cullen, PhD; Sinhae Cho, PhD;

Yanggian Shen, PhD

Location: GRAND HORIZON A

While ERP is considered the most effective treatment for OCD, approximately 40% of clients do not respond to this traditional gold standard, with dropout rates around 25%, especially for clients with more severe comorbid

conditions. Acceptance and Commitment Therapy (ACT), which focuses on psychological flexibility and a willingness to experience distressing thoughts and feelings, can be effectively integrated into a successful treatment plan for OCD. The presenters will discuss the seemingly conflicting yet integrable aspects of ERP and ACT, along with approaches for their integration during and outside of ERP sessions. Case examples, clinical insights, and live role-plays will illustrate how this unification can be tailored to individual needs, particularly for clients with comorbidities or difficulties with traditional ERP.

Effectiveness: Closing the Gap between Science and Practice 🧳

Track: RESEARCH ON OCD AND RELATED **DISORDERS**

Speakers: Kate Rogers, PhD; Jonathan Abramowitz, PhD; Martha Falkenstein, PhD; Michael Twohig, PhD, Patrick McGrath, PhD

Location: GRAND HORIZON B

This session addresses the critical connection between scientific research and clinical practice in the treatment of OCD. Panelists will share recent treatment effectiveness research, lessons learned, and next steps. By emphasizing real-world applicability, this session fosters dialogue among researchers and providers to address challenges in bridging the gap between scientific innovation and practical implementation. Attendees will gain valuable insights to enhance treatment outcomes and support ongoing collaboration among researchers and providers.

When OCD Symptoms Impact Nutrition: Perspectives from Clinical and Lived

Experience /

Track: CLINICIANS - ADVANCED

Speakers: Nicholas Farrell, PhD; Brooke Miller, RN; Stephanie Eken, MD; Annie Weiss, RD

Location: GRAND HORIZON C

The comorbidity and conceptual overlap between OCD and eating disorders is well documented. However, there has been less attention given to challenges in which obsessive compulsive symptoms interfere with one's ability to nourish themselves adequately. Individuals who experience this condition often struggle to receive appropriate treatment. The physical / medical consequences of malnutrition may not be appropriately addressed, and / or the underlying psychological features may not be treated effectively. This presentation will provide perspectives and guidance from a physician, a psychologist, and an individual with lived experience in recognizing unique features of this and its effective medical and psychological treatment. We will use multiple case examples, sample therapy exercises, and live demonstrations to maximize the learning experience.

Noise Sucks: Understanding and Treating Hyperacusis, Misophonia, and Tinnitus 🧳 💻

Speakers: Angelique Howington, LPC-MHSP; Gina Angley, AuD, CCC-A

Location: GRAND HORIZON EFG

For individuals with hyperacusis, misophonia, or tinnitus, sound becomes a source of distress and dysfunction, often amplifying anxiety, isolation, and obsessive compulsive behaviors. This workshop bridges mental health and audiology perspectives to explore these conditions' neurological, emotional, and behavioral components. Hyperacusis and misophonia heighten the brain's response to sound, while tinnitus adds a layer of sensory overwhelm that can trigger or intensify

obsessive-compulsive symptoms. Participants will learn how to differentiate these conditions, understand their interplay with anxiety and OCD, and implement collaborative, evidence-based approaches. Topics include sound retraining therapy, exposure-based interventions, and mindfulness strategies, as well as practical tools for managing emotional and sensory distress.

Beyond Weekly Sessions: Developing Intensive Outpatient Programs for OCD 🧷 💻

Track: PROFESSIONAL DEVELOPMENT

Speakers: Devika Basu, PhD; Erin Jones, LCMHC; Jordan Cattie, PhD; Rebecca Schneider, PhD; Katie Cullum, PhD

Location: GREAT LAKES A

Research shows that individuals with OCD need to have access to a greater variety of treatment options, especially for different levels of symptom severity. For therapy in-between weekly outpatient and full-day intensive outpatient programs (IOPs), more practices are designing ERP intensive treatment programs. This talk will begin by defining treatment intensives for OCD including options for structure. Intensive program leaders from various practices throughout the country will review relevant data on efficacy, describe their general structures, and offer insight on how their experiences have been in terms of growing and implementing their programs. We will also hear from leaders of more full-scale IOPs to compare and contrast elements of the programs from a clinical and financial perspective.

"Wait! Why Did I Do That?!" Real Event OCD and False Memory OCD

Track: LIVING WITH OCD

Speakers: Chris Trondsen, LMFT; Elizabeth McIngvale,

PhD, LCSW; Allison Solomon, PsyD

Location: GREAT LAKES B

"Real Event OCD" and "False Memory OCD" are two similar subtypes that are rarely discussed but negatively impact many. Both OCD subtypes occur when someone has obsessive thoughts about a past event that, at the time, was deemed insignificant. However, later on, there is a fear they did something immoral or wrong, often with faulty evidence of these memories being factual. Both subtypes often overlap and share similarities that pose unique challenges, including the engagement of mental compulsions, such as mental review and rumination, and self-punishment as a compulsion, in the search for clarity or to relieve discomfort. This presentation allows attendees to better understand how to address mental compulsions and respond to the accompanying feelings of guilt and shame.

The Power of Peers: Implementing Group Therapy in Your Practice 🥒 💻

Track: CLINICIANS - INTRO

Speakers: Erika Nurmi, MD, PhD; Laura Chackes, PsyD;

Meghan Kussman, MA

Location: GREAT LAKES C

Group treatments can enhance support and empathy, provide accountability and motivation, reduce mental health stigma, and expand treatment access. Our expert clinicians will review our experience with three ACTinformed, CBT group treatment approaches for OCD spectrum disorders across diverse populations. We will present pilot data evaluating the efficacy of group treatments for BFRBs in adults, OCD and anxiety in youth, and hoarding disorder in veterans. We will discuss strengths and challenges of group formats, encouraging audience discussion. Attendees will gain practical tools for implementing evidence-based group treatments to improve outcomes and treatment access across diverse populations.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

YOUTH PROGRAMMING & ACTIVITIES

6:00AM-7:00AM

Yoga to Cultivate Community, Capaciousness, and Centeredness

Track: ACTIVITY

Speakers: Audrey Berdahl-Baldwin, RYT 200

Location: LITERATURE

This yoga class combines slow movements with opportunities for challenge and rest. The class explores how a wide spectrum of experiences can coexist within the physical practice of yoga. It is an opportunity to play around with qualities of capaciousness and centeredness as you flow through different poses. It is also an opportunity to share in the experience of moving mindfully and being courageous together. As someone with OCD, I emphasize the qualities you offer yourself while engaging in the action of yoga — qualities like presence, acceptance, and self-compassion. No previous yoga experience is necessary, a variety of options will be offered, and you choose how you want to participate. Mats and/or towels will be available to borrow.

8:00AM-9:30AM

UNO for OCD!

Track: ELEMENTARY SCHOOLERS

Speakers: Susan Boaz; Megan Dailey; Denise Egan

Stack, LMHC

Location: GLESSNER HOUSE AB

We can have fun while beating OCD! Kids will learn to use games they already have at home — like UNO! — to beat up OCD. We focus on fighting OCD in a community of others (family and friends). Kids will go home with tools to play games with the entire family!

"Finish That Story!" Charades: The Intrusive **Thoughts Edition**

Track: MIDDLE SCHOOLERS

Speakers: Jayme Valdez, LMHC; Jesse Verhoeven, MA

Location: GEORGE PULLMAN

Intrusive thoughts can feel scary and real, but in this interactive and lighthearted workshop, we're turning the tables on them. "Finish That Story! Charades" is a playful workshop where adolescents will explore the quirky, unpredictable, and absurd nature of their intrusions in a safe and fun environment. "Finish That Story! Charades" invites participants to write and build on intrusive thoughts collaboratively, exaggerating them into increasingly absurd stories. We will then act out the intrusions in a charades-style game. For example, starting with "I touched something dirty and...", participants will add new lines to make the thought more ridiculous. Through laughter and shared creativity, we will normalize and de-stigmatize these experiences, fostering community, resilience, and empowerment.

Piecing Together the Puzzle of Recovery

Track: HIGH SCHOOLERS Speakers: Sandra Wartski, PsyD **Location: HENRY CLARK**

The jigsaw puzzle represents an excellent metaphor for life as well as for the OCD treatment process. Let's spend some time puzzling together over what are the critical pieces of recovery, the cornering anchors, and the patience required to successfully piece together a life without excessive OCD interference. We will begin the activity with some discussion using a puzzle as symbolization for taking action step by step, reviewing common mismatches and slowly seeing the bigger picture. Participants will then individually create their personalized puzzle to take home which represents their own imagined vision of progress and recovery.

9:45AM-11:15AM

Sensory Superpowers! Mindful Exploration and Grounding for Children with OCD

Track: ELEMENTARY SCHOOLERS

Speakers: Natalie Henry, LCSW; Elena Fasan, LCSW

Location: GLESSNER HOUSE AB

Children diagnosed with OCD, anxiety disorders, and BFRBs may struggle with sensory sensitivities and can be easily triggered and even greatly affected by being over and / or under stimulated sensorily. Interestingly, the senses can be a doorway to mindfulness. Evidence suggests that mindfulness could be a useful part of evidence-based treatment of pediatric OCD and related disorders. Participants will learn the practice of sensory grounding and engage in a sensory exploration activity. They will be introduced to the sensory regulation model, identify if they are sensory seekers or sensory avoiders, and engage in a craft, making personalized sensory stimulation models. Attendees will also create sensory toolkits and leave with resources, as learning reminders and to help their parents better support them.

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

Track: MIDDLE SCHOOLERS

Speakers: Jolie Pepperman, PsyD; Emily Baer, LCSW; Regina Roberg, MS; Meghan Conlin, LCSW

Location: GEORGE PULLMAN

Rumi once said, "This being human is a guest house." Emotions can be seen as guests checking into our personal hotels, including those requiring extra attention, like anxiety or fear tied to OCD. Using an Acceptance and Commitment Therapy (ACT) approach, participants will create an "Emotions Hotel," assigning rooms to emotions and decorating them to reflect their nature (e.g., happy's room might have yellow, sparkly walls). This activity helps participants engage with thoughts as thoughts and feelings as feelings, fostering acceptance and self-compassion. The goal is to create a safe space where emotions can come and go freely, without judgment or the need to change them. This approach promotes emotional flexibility, particularly for those managing OCD and anxiety.

The Imagination Station in Action: Interactive **Imaginal Scripting Workshop for Teens**

Track: HIGH SCHOOLERS

Speakers: Allison Solomon, PsyD; Adir Pinchot, PhD; Rachel Black-Kutner, PsyD

Location: HENRY CLARK

Imaginal exposure scripting is a powerful weapon in the ERP arsenal that is sometimes overlooked or executed incorrectly. Exposure to the core fear is essential and it is not always possible to directly target these fears with in-vivo (in-person) exposure. Thus, 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 fun and interactive workshop!

11:30AM-1:00PM

Elementary School Wrap-Up

Track: ELEMENTARY SCHOOLERS Speakers: Natalie Henry, LCSW Location: GLESSNER HOUSE AB

Let's wrap up everything we have learned so far! We will

create goals and say our goodbyes.

Middle School Wrap-Up

Track: MIDDLE SCHOOLERS

Speakers: Denise Egan Stack, LMHC; Abigail Al Asousi

Location: GEORGE PULLMAN

Let's talk about what you've learned during the conference and how you can use it in your everyday life. We'll share ways to stay motivated as you work on feeling better and remind each other that no one is alone in this journey. At the end of the session, we'll all take part in a fun art project to help reflect on what you've learned and what moments really stuck with you during your time here.

Closing Session for High Schoolers

Track: HIGH SCHOOLERS Speakers: Elana Fasan, LCSW Location: HENRY CLARK

What have you learned during the IOCDF Conference that you will be taking home with you? Attendees will be encouraged to discuss how they will incorporate what they learned from the conference into their daily lives and how to stay motivated during the recovery process, while reinforcing the community they have built. The session will close with participants engaging in a shared art project, during which attendees will be able to reflect upon what they learned at the conference and what experiences held meaning for them.

Creative Writing SIG Meet Up: The Imagination CREW — A Creative Writing

Group for Adults with OCD

Track: CREATIVE CORNER Speakers: Lauren Shoemaker Location: GEOLOGY

The Imagination CREW welcomes all participants. This is an activity, not an educational presentation. Welcome to the Imagination CREW (Creative Routes to Explore Writing), a creative writing group for adults with OCD! The CREW has held monthly creative writing groups virtually since July 2022, and I am so excited to finally be able to host a special group in-person at the conference! This group is all about coming together and exploring creative writing in a positive, supportive community. Sure, we all have OCD, but the Imagination CREW is about using our brains in a different way and embracing the uncertainty and joy of creating! We always welcome new members who want to join or even just want to come find out what this group is all about! No special skills needed, we are just going to have fun! In this group, I look forward to seeing both old and new faces, connecting, and writing together!

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. ACT is considered an adjunctive treatment for OCD, something added to a first- or second-line treatment to give it a

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.), allowing the person with OCD to avoid tasks and situations that would expose them to their obsessional fears. 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.

Artificial Intelligence (AI) — AI involves the ability of machines or computer programs to perform tasks that are usually associated with human intelligence, such as learning, reasoning, problemsolving, perception, decision-making, etc. It is an emerging tool for professionals within OCD research and clinical practice.

Autism Spectrum Disorders (ASD) — A broad range of developmental 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 avoid feeling anxious or distressed. Avoidance behaviors are treated as rituals.

Behavioral 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 change their emotions and thoughts by changing their problem behavior(s).

Body Dysmorphic Disorder (BDD) — Obsessional concern or belief that one or more body parts are defective, flawed, or ugly, resulting in rituals involving repeated checking of one's appearance, camouflaging, 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 body or hair in ways that result in physical damage. Examples include excoriation (skin picking), trichotillomania (hair pulling), and nail biting.

Checking Compulsions — Repetitive checking behaviors done in an attempt to prevent someone from being 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 a door is locked or 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).

Cleaning Compulsions — These are washing and cleaning behaviors in a particular order or frequency in an attempt to reduce obsessional fears of being exposed to germs, dirt, or harmful substances, becoming ill, and/or contaminating other people.

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. Comorbidity is the rule, not the exception.

Competing (Alternative) Behaviors — Used as part of Habit Reversal Training for skin picking (excoriation), hair pulling (trichotillomania), and tics. These are behaviors that are intended to prevent and replace 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 Behavioral Intervention for Tics (CBIT) — CBIT is an evidence-based first-line treatment for tics/Tourette's that trains individuals to be more aware of their tics and urges to tic, to do competing behaviors when they feel the urge to tic, and to make changes in their daily lives that can be helpful in reducing tics.

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, or to prevent some feared consequence.

Contamination Obsessions — Excessive worries about germs, toxins, dirt, bodily functions, or 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, or of spreading contamination to others.

Counselor — This mental health professional has a Master's degree in counseling. 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 skills training in distress tolerance, emotion regulation, interpersonal effectiveness, and mindfulness. DBT is considered an adjunctive treatment for OCD, something added to a first- or secondline treatment to give it a boost.

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 intentionally 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 assignments usually proceed along a hierarchy of progressively more distressing exposures. The goals are to extinguish obsessional fears or concerns, and eliminate compulsions and avoidance behaviors. 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. ERP is considered a first-line treatment for OCD, something to try first when beginning an OCD treatment journey.

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 Training (HRT) — This is a behavioral treatment for Body-Focused Repetitive Behaviors, such as trichotillomania and skin picking, as well as for Tic Disorders. In this treatment, the client becomes more aware of patterns of picking or pulling, identifies the cues 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, cause harm, 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, used to organize ERP treatment.

Hoarding Disorder (HD) — An OCD-related disorder, HD is a complex problem made up of interconnected difficulties: excessive saving due to distress with discarding belongings, excessive acquisition of items for which there is no need or not enough space to store, accumulating items that clutter and congest living and work spaces to the point that their intended use is impaired, and difficulties with organization.

Identity-related Obsessions — Excessive worries about and/ or questioning of aspects of one's identity, such as one's sexual orientation or gender identity.

Illness Anxiety (or Health Anxiety, formerly called "Hypochondriasis") — A mental health condition where a person experiences excessive worries or beliefs 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 considered a second-line treatment for OCD, something to try after you have tried first-line treatment options.

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 one of the mechanisms by which ERP works to reduce obsessions and compulsions.

Insight — For someone with OCD, this is the understanding that one's obsessional fear 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 and Compulsions — Needing actions or things to feel or look "just right," and distress if they don't. Some people with OCD fear that something bad might happen if a behavior is stopped before it "feels just right;" others cannot tolerate the feeling, even if they are aware that nothing bad will happen.

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 previous events, replacing a "bad" thought or mental image with a good one, selfreassurance, etc. Mental rituals/compulsions can be so automatic that the individual barely has any awareness of doing them.

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 hypersensitivity to specific sounds (such as the sound of others' chewing, breathing, or swallowing) causing 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. Neuromodulation is considered a third-line treatment for OCD, something to consider after you've tried first- and second-line treatment options.

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, fears, or images that dramatically increase anxiety or distress. Because the obsessions are so unpleasant, the person with OCD tries to control or suppress them with compulsions or avoidance. The more the person attempts to suppress the obsessional concern, the stronger and more ever-present it becomes.

Obsessive compulsive disorder (OCD) — A disorder of the brain and behavior, causing severe distress 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 or fears that cause anxiety or distress. They try to control their obsessions with compulsive behaviors (rituals) or avoidance 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 (OCRDs) - A category 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). Tic Disorders and Tourette Syndrome and certain Eating Disorders are also strongly related to OCD.

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 causes of some cases of OCD in children, in which OCD symptoms appear very suddenly, seemingly overnight, following an infection. These symptoms are caused by an autoimmune response to the infection that produces inflammation in the brain regions that underlie the symptoms of OCD, eating disorders, tics, attention, or emotion regulation. In PANDAS, it is a Streptococcus pyogenes infection (the virus that causes Strep throat), whereas 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 feels catastrophic and unbearable. Consequently, perfectionists are paralyzed and sometimes unable to begin a task until the last minute, may take an inordinately long time to complete tasks, and are sometimes unable to complete a task at all.

Post-Traumatic Stress Disorder (PTSD) — A mental health disorder that may occur after a person has been through and/or witnessed a very 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 and MDMA, are currently being researched as a potential treatment for those with Depression, PTSD, OCD, and anxiety disorders, and are considered experimental.

Psychiatrist — A physician (medical doctor) who has completed medical school and has specialized in psychiatry and the treatment of mental health conditions with various treatments, including medications and psychotherapy.

Psychologist — A mental health professional who holds a doctoral degree in clinical or counseling psychology. A psychologist can have a PhD (training in both research and psychotherapy), PsyD (training mostly in therapy), or EdD (training through a school of education). Licensed psychologists with any of these degrees can provide therapy.

Real Event (or False Memory) Obsessions — Excessive worries related to 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 or make sure nothing bad has happened (for example, "Do you think this food is spoiled?" or "Do you think I will get sick?" or "Is it ok to do this?"). 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 and techniques, both cognitive (involving a person's thoughts) and behavioral (involving a person's actions), aimed at keeping an individual from slipping back ("relapsing") into obsessions and compulsions.

Ritual — Another word for a 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 overt ritual, in that it is an attempt to reduce anxiety.

Scrupulous (Religious/Moral) Obsessions — Excessive worries about being immoral, 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 100 SUDs would be the highest 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 repeatedly arranging, positioning, or ordering objects. The person often does not stop the behavior until it "feels right" or looks 'iust 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 "telemedicine."

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 and/or vocal tics.

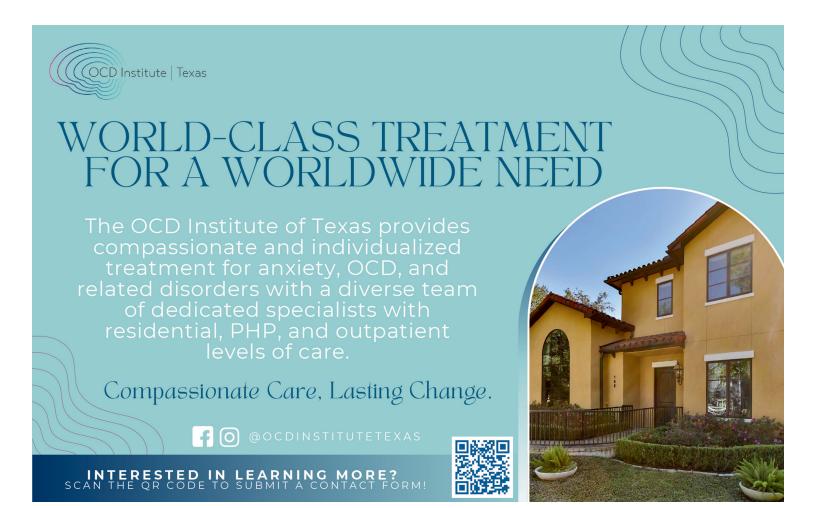
Tourette Syndrome — A neurodevelopmental disorder that becomes evident in early childhood or adolescence. It is part of the spectrum of Tic Disorders and is characterized by multiple motor and vocal tics.

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) — An assessment tool that includes a symptom checklist of OCD obsessions and compulsions and a rating scale to measure the severity of someone's OCD. 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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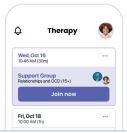
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