

**OCD
CON**
2026 SEATTLE



International
OCD
Foundation

JULY 9–12, 2026 • HYATT REGENCY SEATTLE

PROGRAM GUIDE



Organized By:



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“My story didn't end with recovery from OCD.
It continues with the life-changing
work we do every day at the
OCD INSTITUTE”
TEXAS

– **Dr. Elizabeth McIngvale**
PhD, LCSW, MBA
DIRECTOR



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Learn more about our specialized
Residential and Day Programs
for OCD and Anxiety Disorders





WELCOME to the 31ST ANNUAL OCD CONFERENCE!

Sponsored by:



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Dear Conference Attendees,

Welcome to Seattle and the 31st Annual OCD Conference! Whether you are joining us for the first time or returning as long-time member of this remarkable community, I'm sure you'll find this to be a deeply impactful experience. I am so thankful to be with you all again, as we unite for help, healing and hope.

Each year, this conference reminds me just how far we have come as a community. This year, that sense of momentum feels unmistakable. Across the work of the International OCD Foundation, we are seeing real progress: greater awareness and more open public conversations, an expanding number of trained providers, continued advances in research, and more individuals and families finding their way to effective treatment and support.

What once felt out of reach for so many is becoming increasingly possible. And that progress exists because of this powerful community.

I often think back to my first OCD Conference. I came searching for answers and support for my family after my daughter experienced severe OCD during her senior year of high school. Like many of you, I arrived hoping to better understand how to help someone I love.

I did gain that understanding, along with insight into my own lived experience. Just as importantly, I found something I hadn't fully expected: a meaningful connection to a community of people who truly understand what we were going through. That is the power of this gathering. It's not just about information. It's about community. And that community is growing.

Today, we are not only supporting those who find their way to us. We are actively working to reach those who have not found us yet. Hundreds of millions of people are still living with OCD and related disorders without access to proper diagnosis or effective care. Changing that reality is what our collective momentum is all about.

Through expanded training, stronger partnerships, sustained investment in research, focused advocacy, and a deepened commitment to kids and families, the IOCDF is working to

ensure that help is not only available, but truly accessible to all who need it.

This conference is that mission in action. Every session, every conversation, every story shared creates a ripple effect. Together, these moments strengthen our community, deepen our understanding, and extend our reach to others who are still searching for help.

So I encourage you to fully engage in the days ahead. Ask questions. Share your story. Introduce yourself to someone new. Whether you are here as someone with lived experience, a family member, a clinician, or a researcher, you are an essential part of this movement.

To our attendees, volunteers, speakers, donors, sponsors, and the dedicated IOCDF staff, thank you. Your energy, compassion, and commitment are what fuel this momentum and make it possible to expand our impact year after year.

We are building something powerful together: a future where no one faces OCD and related disorders alone, and where effective care is within reach for all who need it. I am so glad you are part of this journey.

I look forward to connecting with many of you throughout the conference. Let's continue to grow together and make this year's gathering one that moves us all forward in powerful ways.

Warmly,

David Calusdian
President, Board of Directors
International OCD Foundation



⋮ OCD & ANXIETY PROGRAM

• OF SOUTHERN CALIFORNIA

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Outcomes

Over 14,000 patients have completed the Bergen 4-Day Treatment in Norway alone

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Over 50 peer-reviewed publications document the effectiveness and mechanisms of the Bergen 4-Day Treatment

Up to 90% of patients experience significant clinical improvement following treatment

Approximately 70% maintain their gains at 4-year follow-up

Effective across the lifespan with demonstrated benefits for children, adolescents, and adults



The Bergen 4-Day Treatment Team Based in Los Angeles

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

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**Information is subject to change.
Scan here for the most up-to-date
corrections and updates.**



CONFERENCE MOBILE APP:

Download the FREE mobile app for the 31st 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!!



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* (OCPD or PANS/PANDAs): 6.5 CREDITS

Pre-Conference Training* & Full Conference: 27 CREDITS

Full Conference In-Person: 20.5 CREDITS

Full Conference Virtually: 19.5 CREDITS

Partial Conference (Thursday–Friday): 9 CREDITS

Partial Conference (Saturday–Sunday): 11.5 CREDITS

*Available for an additional fee

Live Accreditation Statements

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.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

Physicians (ACCME) Credit Designation

Amedco LLC designates this live activity for a maximum of 27 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 27 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 27 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 27 Clock Hours.**



Visit iocdf.org/26CE for more information about continuing education at the 31st Annual OCD Conference including learning objectives and full accreditation details.

Visit iocdf.org/26program to read full session description, speaker bios, and session learning objectives.



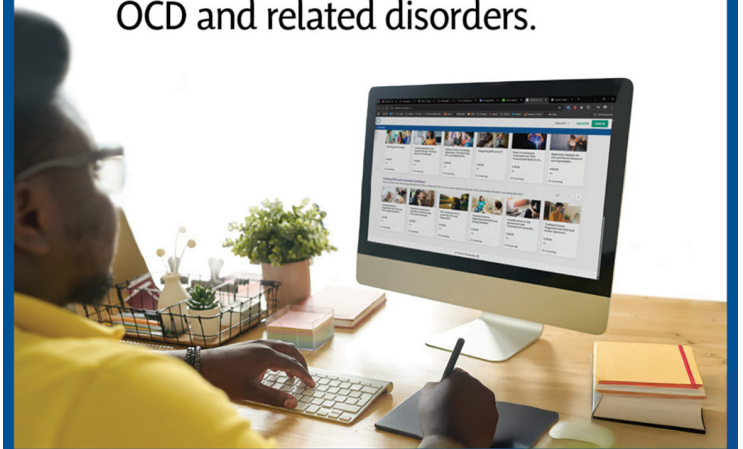
Scan for Learning Objectives and Accreditation Information



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.



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

HELPFUL RESOURCES & QUICK LINKS

Support the IOCDF: As a 501(c)(3) public charity, the IOCDF relies on the generosity of individual donors to fulfill our mission and make events like the Annual OCD Conference possible.



Donate today



Ways to Give

IOCDF Resources & Programs: Helpful links and resources about the IOCDF and our programs.



Conference Glossary: Definitions of common terms and language you may hear throughout the conference.



Travel Resources: Helpful travel information for conference attendees.



Meet the IOCDF Staff, Board of Directors, and various committee members: Learn more about the team supporting the conference and our work year-round.



#OCDweek

October 11–17, 2026

iocdf.org/ocdweek

International OCD Foundation



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 Columbia (see page 9 for booth numbers).

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Are you a **teen**
13-17 years old with
**obsessive-compulsive
disorder (OCD)?**



***You may be eligible to
participate in a novel
treatment study***

Teen OCD TMS Study

What is rTMS?

- rTMS is repetitive transcranial magnetic stimulation
- rTMS involves non-invasive brain stimulation, and has been used to effectively treat OCD and other disorders in adults aged 18+

The study includes...

- Three rTMS treatments per day (~3hrs), five days a week, over the course of three weeks
- 1 fMRI **before** and 1 fMRI **after** treatment

Eligibility

- We are recruiting teens diagnosed with OCD between the ages of 13 and 17

Why participate?

- Receive a novel treatment for OCD
- Help UCSF develop better ways to treat teens with OCD



**Want to learn more? Scan the
QR code or contact the team at**

Email: ocdteenTMS@ucsf.edu

Study Investigators: James McCracken,
MD, and A Moses Lee, MD, PhD

UCSF

University of California
San Francisco

<https://ocdprogram.ucsf.edu/research-studies>

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Life is difficult when you live with the unwanted, anxiety-producing thoughts, images, or urges of OCD.

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rogersbh.org

800-767-4411





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, Columbia Ballroom, Level 3

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 Columbia Foyer during registration hours in order to gain access.

OCD CONFERENCE MERCH & BOOKSTORE

Bookstore Hours:

Friday, July 10, Saturday, July 11, Sunday, July 12
7:00am – 5:30pm; 7:00am – 7:00pm; 7:00am – 11:00am

Located in front of the Exhibit Hall in the Columbia Foyer

Bookstore Managed by:

 newharbingerpublications

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anxietyinstitute.com/professional-training

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CREATIVE CORNER AND SENSORY ROOM INFORMATION

CREATIVE CORNER

605 | Snohomish

Made possible through the generous support of *LIVEeachmoment Art*, 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 - simply drop by the 605 | Snohomish (Floor 6, Hyatt Regency Seattle) anytime throughout the weekend.

Sponsored by:



Creative Corner Activity Schedule

Thursday, July 9

6:00-7:30PM: *Letting Little You Lead: Embracing Your Inner Child Through Art*

8:00-9:30PM: *Sew Much Support, with Not Alone Notes*

Friday, July 10

11:30AM-12:30PM: *SubPop Button Stop: Pressing Thoughts into Art*

6:00-7:30PM: *Zine About It: Make a Self-Published Magazine*

8:00-9:30PM: *Calligraphy Master Class: A Calligraphy-Based Approach to Defusion*

Saturday, July 11

11:30 AM-12:30PM: *Values in Action: Creatively Facing Your Fears with ACT*

6:30-8:00PM: *Reframe Shame: Creative Self-Compassion*

Sunday, July 12

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

All-Day Activities:

Friday All Day: The OCD Coloring Lab: Creating Pages for a Collaborative OCD Coloring Book

Saturday All Day: The Creative Pause: A Space to Create, Connect, and Belong

SENSORY ROOM

407 | Satsop

Back for its fourth 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.



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ocdbaltimore.com



EXHIBIT HALL

Columbia

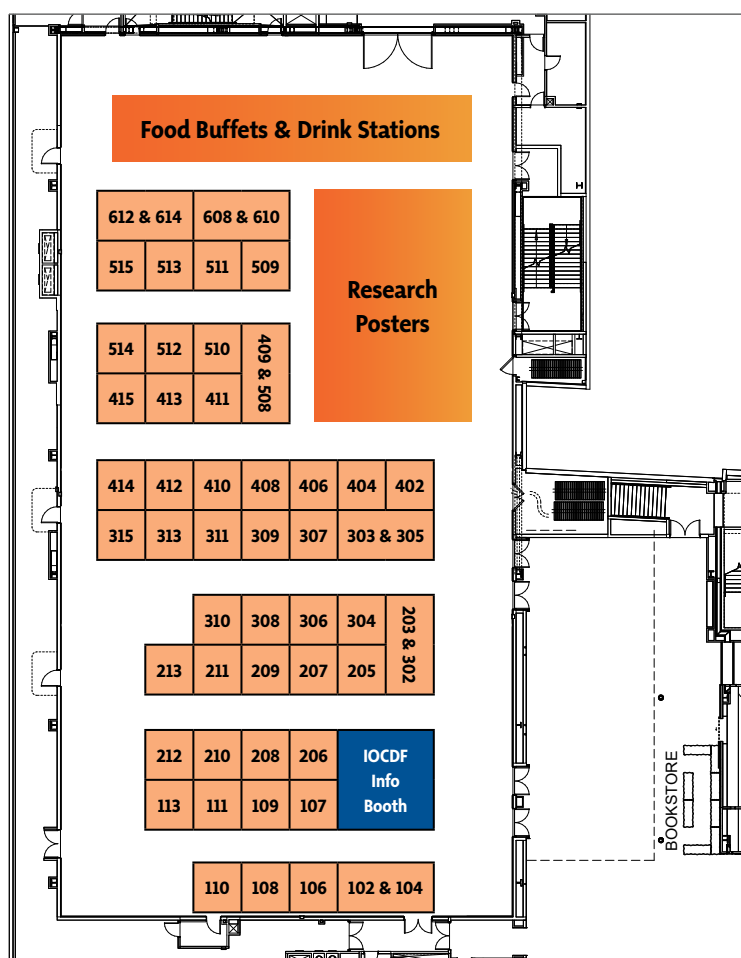
Our exhibitors help to make the Annual OCD Conference possible year over year. They range from treatment facilities, to research institutions, to fellow independent charity organizations — and they are all looking to help connect the Conference population to the various services and resources they have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

Exhibitors & Booth Numbers

- 102 & 104** The OCD Institute of Texas • ocditexas.com • admissions@houstonocd.org
- 106** Lindner Center of Hope • lindnercenterofhope.org • tom.parker@lindnercenter.org
- 107** Center For Change • centerforchange.com
- 108** Rose Hill Center • rosehillcenter.org • admissions@rosehillcenter.org
- 109** OCD & Anxiety Colorado • ocdanxietycolorado.com • info@ocdanxietycolorado.com
- 110** Presently LLC • presentlybracelets.com • hello@presentlybracelets.com
- 111** SoQuiet Misophonia Advocacy • soquiet.org • cris@soquiet.org
- 203 & 302** McLean OCD Institute • mcleanhospital.org/ocdi • OCDladmissions@mgb.org
- 205** NW Anxiety Institute • nwanxiety.com • info@nwanxiety.com
- 206** OCD NYC • ocdnyc.com • brooke.ishibashi@gmail.com
- 207** HabitAware • habitaware.com • hello@habitaware.com
- 208** NBI • nbweston.com • admissions@nbweston.com
- 209** Thrive Wellness • thrivehere.com • info@thrivehere.com
- 210** Solomon Psychiatric • SolomonPsychiatric.clinic • solomonpsychiatric@gmail.com
- 211** OCD SensAI LLC • ocdsensai.com • kyle@ocdsensai.com
- 213** Anxiety Experts • anxietyexperts.com • intake@anxietyexperts.com
- 303 & 305** NOCD • nocc.com • care@nocdhelp.com
- 304** StopPulling.com & StopPicking.com • support@StopPulling.com • support@StopPicking.com
- 306** UCSF OCD Program • ocdprogram.ucsf.edu/research-studies • ocdresearch@ucsf.edu
- 307** LIVEeachmoment Art • LIVEeachmomentArt.com
- 308** PCH Treatment Center • pchtreatment.com • ccapistrano@pchtreatment.com
- 309** Helping Minds • helpingminds.com • nathan@helpingminds.com
- 310** The Woman Behind The Thought • nomorefear.org.ca/resources • erinmnorthey@gmail.com
- 311** OCD & Anxiety Program of Southern California • socialocdprogram.org • info@socialocd.org
- 312** Polaris Family Behavioral Health, PLLC • polarisfbh.com • information@polarisfbh.com
- 313** The ocdopus • etsy.com/shop/theocdopus • theocdopus@gmail.com
- 315** University of Washington • psych.uw.edu/community/the-clinic • clinicta@uw.edu
- 402** Sheppard Pratt • sheppardpratt.org • Kelli.Lillard@sheppardpratt.org
- 404** PANDAS Physicians Network (PPN) • pandaspn.org • support@pandaspn.org
- 406** OCGO by VirtuallyBetter Health, LLC • JoinOCGO.com • research@vbhealth.net
- 408** The OCD Confessional • theocdconfessional.com • Liam.roine.martin@gmail.com
- 409 & 508** OCD Anxiety Centers • ocdanxietycenters.com • sydney.dominguez@ocdanxietycenters.com
- 410** Hopewell Therapeutic Community • hopewellcommunity.org • admissions@hopewell.cc
- 411** Cascade Programs • thecascadeprograms.com • lmusgrove@thecascadeprograms.com
- 412** Renewed Freedom Center • renewedfreedomcenter.com • operations@renewedfreedomcenter.com
- 413** NAMI Seattle • namiseattle.org • info@namiseattle.org

Exhibit Hall Hours

- Friday, July 10** 7:00–10:15am; 11:15am–2:45pm; 3:45–6:00pm
- Saturday, July 11** 7:00–10:15am; 11:15am–2:45pm; 3:45–7:30pm
- Sunday, July 12** 7:00–11:30am



- 415** The National PANDAS/PANS Youth Alliance • nationalpandas-youthalliance.org/home • nationalpandas-youthalliance@gmail.com
- 509** Newport Healthcare • newporthealthcare.com • NationalClinicalOutreach@newportacademy.com
- 510** Evidence Based Treatment Centers of Seattle • ebtseattle.com • info@ebtseattle.com
- 511** SessionGlance • sessionglance.com • carter@sessionglance.com
- 512** Yellowbrick Consultation & Treatment Center • yellowbrickprogram.com • tashworth@yellowbrickprogram.com
- 513** Mountain Valley Treatment Center • mountainvalleytreatment.org • admissions@mountainvalleytreatment.org
- 514** CHADD (Children & Adults with ADHD) • CHADD.org • krista_mason@chadd.org
- 515** OCD Southern California • ocdsocal.org • info@ocdsocal.org
- 608 & 610** Rogers Behavioral Health • Rogersbh.org • Rick.ramsay@rogersbh.org
- 612 & 614** Anxiety Institute • anxietyinstitute.com • admissions@anxietyinstitute.com

Download the mobile app to check out virtual exhibitor listings and contact information

SPONSORS

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OCD INSTITUTE OF TEXAS

BOOTH #102 & 104

Address:

708 East 19th St.
Houston, TX 77008

Contact: 832-900-8687 • admissions@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.



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NOCD

BOOTH #303 & 305

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. Our mission is to help people reclaim their lives from OCD by increasing access to specialized virtual therapy, covered by insurance for over 138 million Americans. Our highly-trained therapists specialize in exposure and response prevention (ERP) therapy, the most effective treatment for OCD. Through our virtual clinic model, Members can receive personalized care, track their progress, and find support every step of the way. NOCD was founded in 2017 by Stephen Smith who also serves as the CEO. His personal struggles with OCD and the difficulties he faced in finding effective treatment inspired him to create NOCD.



MCLEAN OCD INSTITUTE

BOOTH #203 & 302

Address:

115 Mill St
Belmont, MA 02478

Contact:

617-855-2776 (Adults);
617-855-4660 (Child and Adolescents)

ocdiadmissions@mgb.org • ocdi@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 evidence-based treatment methods across the continuum of care. Specific levels of care include residential and day treatment programs. Call today to learn how we can help!



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BOOTH #608 & 610

Address:

34700 Valley Rd
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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.



ANXIETY INSTITUTE

BOOTH #612 & 614

Address:

Greenwich CT 06830;
Madison, NJ 07940; & McLean, VA 22101

Contact: 844-881-1846 • admissions@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 exposure-focused 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. Located in Greenwich, CT; Madison, NJ; and McLean, VA, Anxiety Institute serves local and national clients and their families.



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BOOTH #205

Address:

32 NE 11th Ave Portland, OR 97211

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

Website: nwanxiety.com



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Website: habitaware.com

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Contact: 713-542-8307 •

support@StopPulling.com •

support@StopPicking.com

Website: StopPulling.com & StopPicking.com

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Website: liveeachmomentart.com

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

Website: InStride.Health



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OCD DETECTIVES

Address:

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

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

Website: ocddetectives.org

NEWPORT HEALTHCARE

BOOTH #509

Address:

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

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

Website: newporthealthcare.com

OCD ANXIETY CENTERS

BOOTH #409 & 508

Address:

1371 Business Park Dr,
Suite 100 Orem, UT 84058

Contact: 801-928-0806 • sydney.dominguez@ocdanxietycenters.com

Website: ocdanxietycenters.com

SOLOMON PSYCHIATRICS

BOOTH #210

Contact: 347-370-2019 •

solomonpsychiatrics@gmail.com

Website: SolomonPsychiatrics.clinic

OCGO BY VIRTUALLYBETTER HEALTH, LLC

BOOTH #406

Address:

Charlottesville, VA

Contact: 701-506-0703 • research@vbhealth.net

Website: JoinOCGO.com

STICK WITH THE ICK

Contact: katie@stickwiththeick.com

Website: faithandocd.com

NEUROBEHAVIORAL INSTITUTE (NBI)

BOOTH #208

Address:

2233 North Commerce Parkway,
Suite 3, Weston, FL 33326

Contact: 954-217-1757 •

admissions@nbweston.com

Website: nbweston.com | nbiranch.com



RESEARCH POSTERS

This year's research poster presentations are 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 Exhibit Hall, Columbia and/or during the Researcher and Exhibitor Meet & Greet on Saturday night from 5:30pm–7:30pm 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, Bethany Wootton, PhD, Leonardo Fontenelle, MD, PhD, Shyam Sundar Arumugham, MD, Steffen Moritz, PhD, Tobias Hauser, PhD, Eric Storch, PhD, and Christine Lochner, PhD.

**SCAN FOR VIRTUAL
POSTER PRESENTATIONS:**



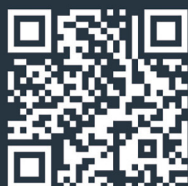
STOP COPING. START CONQUERING.

NW Anxiety Institute specializes in the treatment of OCD and anxiety disorders. Offered services include individual outpatient therapy, group therapy, and in-person Intensive Outpatient Programs (IOP) for both youth and adults.

**SERVING ADULTS, TEENS, KIDS, PARENTS,
& FAMILIES IN OREGON & WASHINGTON**



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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 Hyatt Regency Seattle. See map on the mobile app to find the room each SIG meeting is taking place in.

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





YOUTH PROGRAMMING

	ELEMENTARY SCHOOL 405 Kachess	MIDDLE SCHOOL 403 Crispus	HIGH SCHOOL 401 Chelan
	THURSDAY, JULY 9		
6:00PM–7:30PM	In This Together: An OCD Meet-and-Greet Findley Harris, LPC-S, Perry Leynor, LPC		Finding Your People: Teen Welcome Group Sonia Greaven, PhD, Evelyn Scholte
	FRIDAY, JULY 10		
8:00AM–9:30AM	Elementary School and Middle Schoolers & Families Orientation Natalie Henry, LCSW, Denise Egan Stack, LMHC, Sarah Feurer, LCSW, Elena Fasan, LCSW		High Schoolers + Families Orientation Bethany Livingston, LMHC
9:45AM–11:15AM	Imperfect Art Museum Maria Chiriboga, PsyD, Alexis Krigger, MS, BCBA	Choosing What Matters When OCD Is Loud: A Values-Based Origami ACT-ivity Michelle Massi, LMFT, Allison Solomon, PsyD, Elena Fasan, LCSW	Putting the Fun in ERP: Reimagining OCD Treatment with a Positive Twist Hailee Dear, LCSW, Rebecca Meline, LMSW
11:30AM–12:30PM	Sibling Meet-and-Greet! (All Youth Session) Naia Albert, Austin Kang 404 Entiat		
12:45PM–2:15PM	Name It to Tame It: Kids vs. OCD Thoughts Grace Berman, LCSW, Alnardo Martinez, LMHC	Fun and Functional Exposures: Turning Scary Stuff Into Brave Adventures Ariel Ravid, PhD, Jennifer Tininenko, PhD, Eleonora Guzman Daيرةux, PhD	While in Washington: OCD, Like “Twilight”, Is a Bad Love Story Mara Esber, PsyD, Thien-An Le, PhD, Katherine Raguin, MA, Luke Collier, PsyD, Azul Lozoya Gomez, LPC-A
2:30PM–4:00PM	Swashbuckling Bravery: Pirates Take on OCD Katherine Schoolland, LMFT, Amy Jenks, PsyD, Kelsie Hendrickson, PhD	Escape the Loop: An OCD Escape Room Erika Nurmi, MD, PhD, Gabriel Bach, LMFT	Lean Into Uncertainty: What Does That Even Mean? Jon Case, LCSW, Erik Wells, LCSW, Annabella Hagen, LCSW, Carrie Wendt, LCSW
4:15PM–5:45PM	Seeing Isn’t Always Believing: Looking Past OCD’s Glasses Victoria Sardella, LPC, Alyssa Lentz, LPC, Victoria Lane, LCSW	Ready, Set, Reset! Jennifer Lynch, PsyD, Ashley Bramhall, AMFT	Wheel of MISfortune, the Fourth: An Interactive ERP Group for Teens Camilla Kasper, LMSW, Victoria Lawlor, PhD
6:00PM–7:30PM	2nd Annual Elementary Schoolers’ Pajama Party! Caroline Kalen, Darcy Howell, MEd	Yes, And.... Using Improv to Build Flexibility in Youth with OCD Stephanie Yin, LCSW, Breanna Myers, LCSW	Beats OCD: Creating Your Exposure Playlist Kara Lash, LPCC, Desiree Untch, LISW-S
	SATURDAY, JULY 11		
8:00AM–9:30AM	Turning the Tables on OCD: Using Humor to Face Fears in Kids Saskia Paines, LAPC, Kristina Paladin, MS	Finish That Story!: The Intrusive Thoughts Edition Jayme Valdez, LMHC, Caelyn Nordman, MA, Jesse Verhoeven	What Do You Theme? Teaching Teens That OCD Is a Process, Not a Topic. Samantha Fields-Vitolo, LCSW, Alexandra Wofford, LPCC, PMH-C
9:45AM–11:15AM	Demon Hunters and Dream Catchers: Crafting Strength & Hope To Beat OCD Uchenna Perez, Lena Johnson, MSW, Molly Martinez, PhD, Kristin Rispoli, LMHC, Cora Martinez	Who’s Calling the Shots? Mastering Your DNA-V to Beat OCD Kim Rockwell-Evans, PhD, Findley Harris, LPC-S, Perry Leynor, LPC	Lower the Bar (Just a Little) Samuel Kressel, PsyD, Thien-An Le, PhD, Luke Collier, PsyD, Jessica Tauber, PhD
12:45PM–2:15PM	Don’t Feed the Monster! Teaching Kids to Outsmart OCD Hailee Dear, LCSW	Imperfect Art Museum Maria Chiriboga, PsyD, Alexis Krigger, MS, BCBA	Reclaiming Creativity from OCD: Creative Coping Through Art & Words Amanda Sanabria, LPC-A, ATR-BC, Cassandra Miasnikov, LPC-A
2:30PM–4:00PM	Sensory Detectives: Using Your Five Senses to Stay Super Steady Natalie Henry, LCSW, Elena Fasan, LCSW	Escape the Stormy Swamp: A Heroes’ Quest Through Sticky Thoughts Megan Lilly, PhD, Kristin Fitch, PhD, Melissa Dufrene, PsyD	You Are Not Your Thoughts: An Interactive OCD Workshop for Teens Michele Bechor, PhD
4:15PM–5:45PM	Zumba Kids Fitness Classes (All Youth Session) Mary Brown, RN, Licensed Zumba Fitness Instructor, AFAA 404 Entiat		
2:30PM–4:00PM	Roll for Courage: A D&D-Inspired Workshop for Battling OCD (All Youth Session) Katherine Schoolland, LMFT, Cynthia Duxbury, LMFT, Teana Krolak, LAPC 403 Crispus		OCD vs. Me: A Scavenger Hunt Julie Miller, MEd, Kelly Carter, LPC-MHSP
	SUNDAY, JULY 12		
8:00AM–9:30AM	From Fear to Funny: ERP Activities for Elementary Schoolers Alexa Valko, MS, Joseph McNamara, PhD	Family Feud: The OCD Skills Edition Jayme Valdez, LMHC, Caelyn Nordman, MA, Jesse Verhoeven	Chains of Compassion Noemi Tsai, Amanda Peralez, Kyle King, Lindsey Knott, PhD
9:45AM–11:15AM	Dance, Yoga, and Art to Express and Connect Audrey Berdahl-Baldwin, RYT 200	Game On: Using Everyday Games to Outsmart OCD Megan Dailey, Susan Boaz	Stuck in Your Head? Learn How to Get Out! Ashley Hart, PhD, Jamie Micco, PhD, Tejal Jakatdar, PhD, Alyssa Faro, PhD
11:30AM–1:00PM	Elementary School Wrap Up Natalie Henry, LCSW, Sarah Feurer, LCSW	Middle School Wrap Up Elena Fasan, LCSW	High School Wrap Up Session Bethany Livingston, LMHC

TRACK KEY:
EVERYONE
LIVING WITH OCD
RESEARCH ON OCD & RELATED DISORDERS
CLINICIANS

VIEW VIRTUAL
SESSION
DESCRIPTIONS AND
A LIST OF VIRTUAL
SUPPORT GROUPS:



VIRTUAL ONLY SESSIONS

FRIDAY, JULY 10

8:00AM–9:30AM

The Use and Misuse of ACT for OCD
Marisa Mazza, PsyD, Max Maisel, PhD

**Seven Shifts For Beating Religious Scrupulosity:
Integrating Faith in Treatment**
Ted Witzig, PhD

**Recovery with Pedophile OCD: A Values-Based
Action Approach**
Molly Lambert, Giselle Mendes,
Jerry Nasi, APCC, Beth Brawley, LPC

9:45AM–11:15AM

**Where Do I Start with ERP? A Guide for
New Clinicians**
Anna Morgan, LCSW, Barbara Heisner, AMFT

**To Be or Not to Be... Understanding and
Treating Existential OCD Symptoms**
Jonathan Hershfield, LCMFT,
Jonathan Abramowitz, PhD, Pamela Brown

**Don't Stay Stuck-Get Started! Moving Through
Procrastination for OCD, Anxiety, & ADHD**
Melissa Mose, LMFT, Jennie Kuckertz, PhD

12:45PM–2:15PM

**Schemas, Rigidity, & Risk: A Tool-Kit for
Complex Clinical Cases**
Shauna Pichette, LPC, Anthony Pinto, PhD,
Chad Wetterneck, PhD

**OCD, Neurodivergence, and Access to
Evidence-Based Care**
Jeremy Shuman, PsyD, Stacy Greeter, MD,
Amara Brook, PhD, ABPP

**Expanding the Frontiers of OCD Care:
Considerations in Diagnosis, Training,
Spirituality, and Digital Health**
Alberto Cabrera, PhD, LCSW,
Beth Loudon, LMHC, Sanjaya Saxena, MD,
Ana Araújo, MD, PhD, Frances Greenway, MSc

2:30PM–4:00PM

**Treating Irritability and Aggression in Pediatric
OCD and Tic Disorders**
Jessica Leuchter, MD, Barbara Coffey, MD,
Chelsea Dale, PhD

**From Accommodation to Collaboration:
A Couple-Based ERP Model for OCD**
Jonathan Abramowitz, PhD

**The Long Game of OCD: Perspectives on
Maintaining Hope and Motivation**
Keegan Baurer, LPC, Hayley Dauterman, PhD,
Bri Von Fischer, MA

SATURDAY, JULY 11

8:00AM–9:30AM

**When Treatment Is the Ritual: Keeping ERP
Effective When OCD Latches On**
Jason Elias, PhD, Johanna Wood, PhD, Caitlin
Claggett Woods, PhD, Jason Kropf, PhD

**Treating Intrusive Thoughts: Developmental
Adaptations Preschoolers to Teens**
Lynne Siqueland, PhD, Aureen Wagner, PhD

**Stuck on the State of the Nation: Managing
Current Event Triggers in Treatment**
Keegan Baurer, LPC, Hayley Dauterman, PhD,
Bri Von Fischer, MA

9:45AM–11:15AM

**Busting ERP Roadblocks: Fresh Strategies to
Keep OCD Treatment Moving**
Brian Olsen, PhD, Melissa Munson, PhD,
Robert Henderson, PhD, Miranda Higham, PhD

**Amplifying Asian Voices in OCD Recovery:
Challenges, Treatment, & Advocacy**
Erjing Cui, LMHC, Miryam Kalyx, Tolentino,
Sonakshi Bidyadhar, Uma Chatterjee, MS, MHPS

**We're Bringing Sexy Back: A Talk on Sex,
Intimacy, and OCD**
Avery Garrett, LCSW, Alegra Kastens, LMFT,
Tracie Ibrahim, LMFT

12:45PM–2:15PM

**But Will I Be OK? Using ERP to Address
Reassurance-Seeking Compulsions**
Ashley Hart, PhD, Alyssa Faro, PhD

**When OCD Treatment Doesn't Work: Issues and
Options to Consider**
Jordan Cattie, PhD, Katia Moritz, PhD, Rindee
Ashcraft, PhD, Alec Pollard, PhD, Shivali Sarawgi, PhD

**When Success Masks Suffering:
High-Functioning OCD in the Workplace**
Dawn Howington, LPC-MHSP,
Chelsea DiPompeo, MBA

2:30PM–4:00PM

**Anxiety, Sensory or Both? Treatment When
Sensory Dysregulation is Present.**
Suzanne Mouton-Odom, PhD,
Ruth Golomb, LCPC

**Best Practices for Providing Effective and
Responsible Case Consultation**
Jason Elias, PhD, Jacob Nota, PhD, ABPP,
Jason Kropf, PhD, ABPP,
Rebecca Browne, PhD, Lisa Coyne, PhD

**Life Interrupted: Mourning the What-Weres,
What-ifs, and What-Could've-Beens**
Alegra Kastens, LMFT, Leah Kawleski, LPCC,
Caitlin Pinciotti, PhD, Michael Young, MD

SUNDAY, JULY 12

8:00AM–9:30AM

**The Perfect Storm: When ARFID, Emetophobia,
and Contamination OCD Overlap**
Jamie Micco, PhD, Emma Kelley-Bell, LCSW,
Tejal Jakatdar, PhD, Isabella Laughlin, LMFT

**The Past on Repeat: Real Event and False
Memory OCD**
Cali Werner, PhD, LCSW, Ryan Judd, LCSW

**OCD, But Make It Sensory: Sensory-Driven
Distress in OC Spectrum Disorders**
Lauren Tadevich, PhD, Julia Stimpf, MD,
Rachel Mathews, PhD, Shivali Sarawgi, PhD,
Cecelia Nelson, PhD

9:45AM–11:15AM

**The Power of Groups for BFRBs: MBGT and
Lived-Experience Insights**
Laura Chackes, PsyD, Lauren McKeane

**Perinatal OCD Through Poetry: A Lived-
Experience and Clinical Discussion**
Bridget Bell, MFA, Erin Jones, LCMHC,
PMH-C, Allie Lieber, LCSW-A

**Challenges of Living with OCD in
Latin America**
Maria Arellano, PhD, Joali Juárez Lujambio,
Jose Martinez, MA, Mayra Martinez, MD,
Alejandro Arellano

11:30AM–1:00PM

**Misdiagnosed & Misunderstood Youth: The
Hidden Neuroimmune Causes of OCD**
Kate Landis, Cat Doherty, Kirk Lord, Zoe
Gillispie, PhD

**When Self-Compassion Feels Hard: OCD
Recovery for You and
Those Who Care**
Lisa Giuffre, Chloe Compani, Violet Talsma,
Karan Lamb, PsyD

**Jumping In and Checking Out: Rethinking ERP
for Clients with OCD and ADHD**
Lisa Giuffre, Chloe Compani, Violet Talsma,
Karan Lamb, PsyD

TRACK KEY:


Workshops are eligible for CE/CME credits.



Workshops are available virtually and in person.

Login and access virtual sessions:



ALL CONFERENCE WELCOME:**4:30PM–6:00PM**

- The State of OCD Treatment in 2026: Understanding the IOCDF Treatment Guidelines and Expanding Access to Evidence-Based Care

8:00PM–10:30PM

- Welcome Party @ Flatstick Pub

ADDITIONAL EVENING ACTIVITIES:**6:00PM–7:30PM**

- Pike Place Pathfinders: Real-World Recovery in the Emerald City
- The Village Project: Connecting Families Living with OCD
- Letting Little You Lead: Embracing Your Inner Child Through Art!

8:00PM–9:30PM

- LGBTQIA+ Community Night
- Sew Much Support, with Not Alone Notes

SUPPORT GROUPS:**6:00PM–7:30PM**

- OCD and ASD Support Group
- Navigating OCD & Stigma
- OCD and Eating Disorders: a Compassionate Support Group
- Harm & Responsibility OCD: When OCD Distorts Identity and Values
- Misophonia Support Group
- BYOB: Bring Your Own Baby
- Support Group for Parents of Children with OCD and/or Related Disorders
- Parents/Caregivers of Adult Individuals with OCD Support Group

8:00PM–9:30PM

- Behind the Scenes: an OCD Sibling Support Group
- Invisible OCD/Mental Compulsions Group
- Support Group: The Experience of OCD in Racially Minoritized Groups
- When OCD Meets Menopause: A Support Group for Navigating Menopause with OCD
- Meta OCD Support
- Sensory/Sensorimotor Obsessions Support Group
- Support Group for Parents and Loved Ones of those with BFRBs
- Disclose or not to disclose: Should I let others know about my OCD?
- Support Group for Parents of Teens with OCD and/or Related Disorders



online

BDD

■■■■■■■■ conference

Join professionals, individuals with lived experience, and more for a day of learning and community.

Online BDD Conference
Saturday, December 5, 2026
iocdf.org/bddcon



ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

ALL CONFERENCE WELCOME

4:30PM–6:00PM

**The State of OCD Treatment in 2026:
Understanding the IOCDF Treatment
Guidelines and Expanding Access to
Evidence-Based Care**

Track: EVERYONE

Speakers: Eric Storch, PhD, Sanjaya Saxena, MD, Robert Hudak, MD, Jonathan Abramowitz, PhD, Elizabeth McIngvale, PhD, LCSW

Location: REGENCY B

The IOCDF's 2026 Annual OCD Conference will open with a plenary session designed to prepare attendees for an engaging and stimulating conference focused on how best to understand and digest clinical information learned throughout the weekend. This session will ground individuals with lived experience, families/supporters, and clinicians in a clear, accessible understanding of evidence-based OCD treatment, service delivery models, methods of accessing effective treatment, and how to consume information around treatment. This session will focus on evidence-based treatment interventions informed by the IOCDF Treatment Guidelines, clarifying what treatments are recommended, why they are effective, and how to identify high-quality care.

YOUTH PROGRAMMING & ACTIVITIES

6:00PM–7:30PM

In This Together: An OCD Meet-and-Greet

Track: MIDDLE SCHOOLERS

Speakers: Findley Harris, LPC-S, Perry Leynor, LPC
Location: 403 | CRISPUS

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.

Finding Your People: Teen Welcome Group

Track: HIGH SCHOOLERS

Speakers: Sonia Greaven, PhD, Evelyn Scholte
Location: 401 | CHELAN

Welcome to the Conference! Whether this is your first time attending or you've been here before, there is a lot to take in. This welcome group is designed to help teens with OCD and related diagnoses feel comfortable, connected, and supported as they begin the Conference experience. Led by a psychologist and a

teen with lived experience, the group offers a relaxed, judgment-free space for conversation and shared understanding. Discussion will encourage teens to reflect on their reasons for attending—curiosity, parents, treatment, wanting to feel less alone, or "I'm not even sure." The group's purpose is to foster belonging, reduce isolation, and help teens feel more confident engaging in the Conference by reminding them they are not alone.

**Pike Place Pathfinders: Real-World Recovery
in the Emerald City**

Track: ACTIVITY

Speakers: Nathan Peterson, LCSW, Justin Hughes, LPC

Location: REGENCY A

Step out of the conference hall and into the vibrant chaos of Seattle's iconic market for an 'Olympic-level' recovery experience led by authors and therapists Justin K. Hughes and Nathan Peterson—with Nathan bringing his signature YouTube personality! This curated hike blends community connection with 'Exposure Bingo,' transforming famous landmarks like the flying fish stalls into practical tools for reclaiming your life from OCD. It's more than just a sightseeing tour; it's a high-energy opportunity to practice real-world habituation while soaking in the best views and grunge history the Pacific Northwest has to offer. Join us to prove that recovery isn't just about hard work—it's about living a life big enough to include the Space Needle and a little adventure!

**The Village Project: Connecting Families
Living with OCD**

Track: ACTIVITY

Speakers: Michele Bechor, PhD, Rindee Ashcraft, PhD, Lena Johnson, MSW, Angie Arreola, LCPC

Location: 604 | SKYKOMISH

They say it takes a village, but building that village can feel overwhelming when raising a child with OCD. This peer-centered parenting support experience invites parents/caregivers attending the conference to connect with one another for encouragement, mutual support, and intentional community. The experience will begin with a facilitated Parent Support Gathering on Thursday evening and continue across the conference weekend (and hopefully beyond). Participants will be paired with one another to engage in peer support throughout the conference to create space for connection, support, and learning. By centering parent-to-parent connection, this experience honors families as a powerful resource and fosters relationships that can extend beyond the conference.

**Letting Little You Lead: Embracing Your Inner
Child Through Art!**

Track: CREATIVE CORNER

Speakers: Julia Angell, OTD, Darcy Howell, MEd

Location: 605 | SNOHOMISH

Embrace the mess and let your younger self lead during this interactive exploration of art making! Our mental health journeys often begin during childhood and it is easy to forget that deep down that little child is still a part of us. Explore a variety of art materials such as collage and watercolor that evoke the nostalgia of being a kid again. We will provide options for guided art activities, in addition to giving space to freely make your own unique creations. Whether you struggle with perfectionism, adverse childhood

experiences, or simply have forgotten what it was like to be little, we hope that this activity gives you the opportunities to honor your inner child by making something perfectly imperfect!

8:00PM–9:30PM

LGBTQIA+ Community Night

Track: ACTIVITY

Speakers: Ashton Pizza, LMSW, Hayden Wilson

Location: 502 | COWLITZ

Since 2018, there has been a safe space for LGBTQIA+ community members at OCDcon. Here, we talk freely about finding an affirming therapist, balancing family issues, sexual orientation / gender identity OCD and make friendships that last long after the Conference weekend is over. We'll have games, art activities and more—so whether you want to chill among people who really "get it" or dig into a creative project, or show your board game skills off, there is a space waiting for you. While Allies are extremely important, it's critical to note that this space is ONLY for those of the LGBTQIA+ community. Due to potential adult topics, there is an age minimum of 18.

Sew Much Support, with Not Alone Notes

Track: CREATIVE CORNER

Speakers: Brie Godin, Hannah Kelly

Location: 605 | SNOHOMISH

Calling all craft lovers! Join us in creating hand-stitched cards that will be sent as tangible reminders of support to individuals with OCD and related disorders and their loved ones. All supplies will be provided - you only have to bring your creativity! Not Alone Notes is a 501(c)3 nonprofit that mails free, handwritten letters to others with OCD and related disorders. We want to remind others they aren't alone, encourage hope, and dispense resources.

SUPPORT GROUPS

6:00PM–7:30PM

OCD and ASD Support Group

Track: SUPPORT GROUP

Speakers: Katia Moritz, PhD, Max Wilson

Location: 601 | HOH

This group is for individuals experiencing both obsessive-compulsive disorder (OCD) and autism. It will focus on how OCD presents and is experienced in the context of autism, including challenges with engaging in and applying treatment in ways that are meaningful. Participants will hear practical strategies drawn from lived experience and clinical work, with an emphasis on approaches that have translated into real-life change. The group will include a discussion on how treatment can be adapted to better align with different ways of processing, learning, and responding to distress. The goal is to bring together lived experience and clinical perspectives to exchange ideas, increase understanding, and identify approaches that support more effective and sustainable ways of managing OCD.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

Navigating OCD & Stigma

Track: SUPPORT GROUP**Speakers:** Elizabeth McAfee, Joseph McNamara, PhD**Location:** 705 | PALOUSE

Living with OCD often involves navigating stigma. Misconceptions about OCD can impact relationships, help-seeking, self-esteem, and identity, leaving many individuals feeling misunderstood, isolated, and ashamed. This support group is designed for individuals with OCD who want a supportive space to explore experiences of stigma, share coping strategies, and connect with others who understand the challenges of living with OCD. This group will provide a validating, nonjudgemental environment where participants can reflect on how stigma has been present in their lives, discuss emotional and practical responses to these experiences, and learn from peers with lived experience. Participants will be empowered to define what support looks like for them, whether that means processing emotions, building self-compassion, or identifying ways to navigate stigma.

OCD and Eating Disorders: a Compassionate Support Group

Track: SUPPORT GROUP**Speakers:** Pajje Nobles, MS, RDN, Lissette Cortes, PsyD**Location:** 608 | WYNOOCHEE

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

Harm & Responsibility OCD: When OCD Distorts Identity and Values

Track: SUPPORT GROUP**Speakers:** Rachel Kuchem Woodward, LCSW, Stephen Gravois, LPC**Location:** 606 | TWISP

Harm and Responsibility OCD often extend beyond intrusive thoughts, influencing how individuals experience their identity, morality, and sense of self. Many sufferers feel caught in an ongoing struggle with their thoughts, leading to shame, self-doubt, and disconnection from what truly matters to them. This support group will draw on ACT-informed perspectives to help participants shift from battling intrusive thoughts to reconnecting with their values and cultivating self-compassion. Through guided discussion and experiential reflection, participants will explore new ways of relating to their thoughts that allow for greater flexibility, meaning, and authenticity. This interactive group aims to reduce shame, foster connection, and support participants in loosening OCD's hold on identity while moving toward a more values-driven way of living alongside uncertainty.

Misophonia Support Group

Track: SUPPORT GROUP**Speakers:** Emily Bowers, MS, Rebecca Schneider, PhD**Location:** 603 | SKAGIT

Returning this year, this support group is designed to foster community and connection for individuals

impacted by misophonia, as well as for loved ones seeking greater understanding and support. Living with misophonia—either personally or within a family—can be stressful, overwhelming, and isolating at times. This group will provide a welcoming space for attendees to connect with others who share similar experiences, exchange coping strategies, and reflect on successes and challenges in managing triggers. Guided by experienced clinicians, discussions will focus on peer support alongside evidence-informed psychological approaches that can help participants navigate daily stressors and improve quality of life.

BYOB: Bring Your Own Baby

Track: SUPPORT GROUP**Speakers:** Andrea Guastello, PhD, Sim Yin Tan, PhD, PMH-C**Location:** 502 | COWLITZ

We've treated OCD for over a decade, but we got a new dose of empathy after having our children. Dr. Andrea Guastello gave birth to her daughter in March 2025, and Dr. Sim Yin Tan welcomed her son in March 2022. In this support group, we will be discussing it all from highs, lows, greatest fears, hormonal changes, physical changes and recovery, breast feeding, and relationship stressors. Our target audience is individuals with OCD who are expecting or welcomed their bundle of joy within the last two years. Parents of all kinds, child-bearing, non-child bearing, adoptive, or foster are welcome! Babies are encouraged to attend as well. Part of this session will be dedicated to in-vivo or imaginal exposure tasks.

Support Group for Parents of Children with OCD and/or Related Disorders

Track: SUPPORT GROUP**Speakers:** Julie Lustig, PhD**Location:** 505 | QUEETS

Parenting a child with OCD, BFRBs, BDD, Hoarding, Tic- and Related Disorders brings challenges that differ from those faced by parents of children without these struggles. Many parents feel isolated, frustrated, or helpless navigating parenting. They may develop feelings of shame, guilt, or anxiety about how they parent and their children's behavior. This support group provides a safe space for parents of children with OCD and/or related disorders to connect through sharing, validating one another's feelings, and helping reduce feelings of isolation and shame. Dr. Lustig specializes in treating OCD and related disorders in children and teens and educating/supporting parents. She will facilitate the group through encouraging sharing, pointing out commonalities, emphasizing self-compassion and self-care, and providing hope and encouragement.

Parents/Caregivers of Adult Individuals with OCD Support Group

Track: SUPPORT GROUP**Speakers:** Hailee Dear, LCSW**Location:** 607 | WISHKAH

This group will provide a compassionate and supportive space for parents and caregivers of adults with OCD (anyone 18+). In this support group, participants will be encouraged to seek support and advice, ask questions, share accomplishments, and connect with other families regarding the day-to-day experiences of supporting adult children with

OCD. This group is the third in-person meeting of our ongoing online support group (hosted by Dear Therapy), and will be facilitated by the clinician who currently runs the group. Participants are additionally invited to attend our free monthly Zoom support group meetings following the conference for continued support and community.

8:00PM–9:30PM

Behind the Scenes: an OCD Sibling Support Group

Track: SUPPORT GROUP**Speakers:** Michelle Witkin, PhD, Austin Kang**Location:** 403 | CRISPUS

Behind the Scenes is an interactive, sibling-centered support group that addresses a critically underrepresented group in the OCD community: siblings of individuals with OCD. While much attention is given to patients and caregivers, siblings often navigate confusion, silence, and emotional responsibility without structured support. Siblings may feel unseen, unsure how to help without becoming overly involved, and overwhelmed by a sense of being "lost in the shuffle." This semi-structured session brings siblings together to share thoughts and feelings, support one another, and problem-solve the unique challenges of growing up alongside OCD. Through guided discussion, shared experiences, and practical strategies, Behind the Scenes creates space for siblings to be heard, validated, and empowered. Siblings of all ages are welcome.

Invisible OCD/Mental Compulsions Group

Track: SUPPORT GROUP**Speakers:** Laura Fouad, LCSW**Location:** 601 | HOH

This support group is a space for people living with invisible OCD, including OCD that primarily involves mental compulsions rather than visible behaviors. Mental checking and reviewing, counting compulsions, and rumination can be as, if not more, exhausting and distressing than physical compulsions. This group will focus on expressing feelings, sharing experiences, and reducing shame by connecting with others who truly understand.

Support Group: The Experience of OCD in Racially Minoritized Groups

Track: SUPPORT GROUP**Speakers:** Akshay Trisal, MA, Oanh Nguyen, MS**Location:** 606 | TWISP

Research shows that OCD symptoms and presentation can be different for people of a racial/ethnic minority group. This support group is for people who need space to share their specific experiences coming from having OCD as a minority or discuss how structural and societal issues have impacted their treatment. This group will explore values-based work as it relates to psychological flexibility, as psychological flexibility has been shown to change the relationship between negative racial/ethnic minority experiences and the presentation of OCD. The group is intended to be a cultivated space for racially/ethnically minoritized people with OCD to share experiences and the skills that have been crafted to help manage OCD.

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

When OCD Meets Menopause:**A Support Group for Navigating****Menopause with OCD****Track:** SUPPORT GROUP**Speakers:** Laura Grant, LPC, Rachael Harper, LMHC**Location:** 607 | WISHKAH

Navigating Obsessive-Compulsive Disorder (OCD) can already feel isolating and confusing. When the complexities of OCD intersect with the hormonal shifts, physical symptoms, and emotional intensity of perimenopause and menopause, managing daily life can become significantly more challenging. You may be experiencing hot flashes, fatigue, brain fog, or sudden increases in anxiety and irritability while wondering, "What is happening?!" This support group offers a compassionate, judgment-free space for individuals navigating OCD alongside perimenopause and menopause. We will discuss and honor the diverse ways these transitions are experienced, recognizing the influence of individual identity, background, culture, and life context. Participants will engage in shared reflection and guided discussion, exchange coping strategies, and connect with others navigating the complexities of this life stage.

Meta OCD Support**Track:** SUPPORT GROUP**Speakers:** Talia Sabelli, LMHC, Christin Brown, LICSW**Location:** 505 | QUEETS

Do you often find yourself having OCD about OCD? Ruminating about your last therapy session to make sure you understand your homework for the week just right? Or maybe for you, these thoughts sound more like "What if I don't really have OCD?" or "Will I feel like this forever?" and "What if my OCD gets bad again?" While this may appear to be diligent symptom management, the experience can internally leave you feeling confused, scared and stuck. If this sounds like you, join us for a discussion on "Meta-OCD." Together, we will

explore how to tell the difference between values and compulsions, connect over shared experiences and share our best non-engagement responses and response prevention tips!

Sensory/Sensorimotor Obsessions**Support Group****Track:** SUPPORT GROUP**Speakers:** Anna Edwards, PhD, Allison David, LCSW**Location:** 504 | FOSS

In addition to intrusive thoughts, OCD sufferers may experience intrusive sensations. Sensorimotor obsessions include preoccupation with automatic bodily processes and physical sensations (e.g., heart rate, dizziness, stomach sensations, and/or the sound of their voice, among others). Associated fears typically include that this preoccupation will last forever and that they will "go crazy". Sufferers with this presentation may sometimes feel that their theme is different from other OCD presentations. This support group is designed to provide a community for individuals suffering with sensory/sensorimotor obsessions, therapists and family members. We will facilitate a discussion surrounding the experience of living with sensorimotor obsessions and lead participants in an experiential exposure exercise we have found helpful in working with this population.

Support Group for Parents and Loved Ones of those with BFRBs**Track:** SUPPORT GROUP**Speakers:** Karen Pickett, LMFT, Chaille DeFaria, MCC**Location:** 608 | WYNOOCHEE

This is a facilitator-led support group for parents and loved ones of individuals with BFRBs. The group will encourage open questions, meaningful connection, and honest discussion around the challenges and experiences that arise when supporting someone with a BFRB.

Disclose or not to disclose: Should I let others know about my OCD?**Track:** SUPPORT GROUP**Speakers:** Christopher Weston, MPH, LMFT**Location:** 701 | CLALLUM

I have been diagnosed with OCD. Should I tell anyone? What should I say? What might be the consequences? These are just a few of the many questions we may ask ourselves when considering whether to reveal such a personal and important part of ourselves. This internal debate may also become a major contributor to anxiety. While the answer is different for everyone, there are several factors to consider when making this decision. During this presentation, attendees will have the opportunity to share their own experiences as well as provide input to others that may be looking for answers. Disclosure should not be taken lightly and honest and open conversation, without judgement, is a crucial step in the process.

Support Group for Parents of Teens with OCD and/or Related Disorders**Track:** SUPPORT GROUP**Speakers:** Julie Lustig, PhD**Location:** 703 | HOKO

Parenting a teen with OCD, BFRBs, BDD, Hoarding, Tic- and Related Disorders brings challenges that differ from those faced by parents of teens without these struggles. Many parents feel isolated, frustrated, or helpless navigating parenting. They may develop feelings of shame, guilt, or anxiety about how they parent and their teen's behavior. This support group provides a safe space for parents of teenagers with OCD and/or related disorders to connect through sharing, validating one another's feelings, and helping reduce feelings of isolation and shame. Dr. Lustig specializes in treating OCD and related disorders in children and teens and educating/supporting parents. She will facilitate the group through encouraging sharing, pointing out commonalities, emphasizing self-compassion and self-care, and providing hope and encouragement.



FRIDAY SCHEDULE OVERVIEW

TIME	EVENT	LOCATION
7:00AM–8:00AM	Pastries & Coffee	Exhibit Hall Columbia, 3rd Floor
7:00AM–6:00PM	Check-in and Onsite Registration	Columbia Foyer, 3rd Floor
7:00AM–6:00PM	Exhibit Hall Open IOCDF Information & Welcome Booth Open See page 9 for a list of Exhibitors.	Exhibit Hall Columbia
8:00AM–5:45PM	CONFERENCE PRESENTATIONS See pages 20–27 for a full schedule of presentations.	
	YOUTH PROGRAMMING See page 13 for a full schedule of activities and pages 27–29 for details.	
11:30AM–12:30PM	Lunch on your own + Lunchtime Support Groups & Sessions Turn to pages 30–31 for descriptions and a detailed schedule.	
2:15PM–2:30PM	Afternoon Coffee Break Sponsored by: 	Exhibit Hall Columbia
6:45PM–9:30PM	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 	Block 41 (115 Bell St, Seattle, WA 98121)
6:00PM–9:30PM	Friday Evening Activities & Support Groups Turn to pages 29–33 for descriptions and a detailed schedule.	

TRACK KEY:

-  Workshops are eligible for CE/CME credits.
-  Workshops are available virtually and in person.

 Location/Room name of session.

11:30AM–12:30PM

ELWHA A - EVERYONE

Every Step Counts: Increasing Awareness, Community, and Fundraising for OCD Walks

Annette Perot, PhD, Ben Eckstein, LCSW, Mary Kate (MK) Lang-Moisson

TIME	8:00AM–9:30AM	9:45AM–11:15AM	12:45PM–2:15PM
Location:	302 BECKLER	302 BECKLER	302 BECKLER
Body-focused Repetitive Behaviors (BFRBs)	BFRBs 101: An Introduction to Hair Pulling and Skin Picking Disorders  Suzanne Mouton-Odum, PhD, Ruth Golomb, LCPC, Jon Grant, MD, Laura Hobson	What recovery from BFRBs can look like  Lisa Conway, PhD, Jason Yu, Kathryn Atkinson, MA, RCC-ACS	Ask the MD: Dermatologic and Psychiatric Perspectives on BFRBs  Yasin Damji, MD, Richard O'Sullivan, MD, Erica Greenberg, MD, Rachel Meltzer, MD, MPH
Location:	REGENCY B	REGENCY A	ELWHA A
Clinicians–Introductory	OCD 101: Comprehensive essentials for clinicians to diagnose and treat OCD  Charles Mansueto, PhD, Fred Penzel, PhD	Utilizing Fun and Functional Exposures to Improve Motivation and Learning  Ariel Ravid, PhD, Jennifer Tininenko, PhD, Eleonora Guzman Daireaux, PhD	What is the “Gold Standard, ERP” I keep hearing about?: An Introduction to Exposure and Response Prevention Treatment  Stacy Welch, PhD, Peter Aston, PsyD, Keara Valentine, PsyD, Ginny Fullerton, PhD, Keara Valentine, PsyD
Location:	ELWHA A	ELWHA A	REGENCY B
Clinicians–Advanced	Exposure with Purpose: Using ACT to Supercharge ERP and Engagement  Brian Kane, LPC, Maria Mellon, LCSW, Rachel Herndon, LCSW	OCD and Autism: A 360-Degree Perspective  Ashton Pizza, LMSW, Katia Moritz, PhD, Eric Storch, PhD, Max Wilson	Perinatal OCD: Advanced ERP Strategies for Addressing Partner Accommodation  Samantha Hellberg, PhD, Jenny Yip, PsyD, Jonathan Abramowitz, PhD, Barbara Van Noppen, PhD, LCSW
Location:	REGENCY A	ELWHA B	REGENCY A
Everyone	The Many Faces of Contamination OCD  Katie O'Dunne, DMin, Johanna Wood, PhD, Emily Bailey, PsyD, Michael Stier, LCPC	Certainty, perfectionism, and harm: Identity intersections in LGBTQ+ people  Katie Boyer, LCSW, Alegra Kastens, LMFT, Caitlin Pinciotti, PhD, Bree Horrocks, PhD, Chris Trondsen, LMFT	Gettin' ready, just startin', or already a pro? ERP: motivation to practice Felicity Sapp, PhD, Patrick McGrath, PhD, Alec Pollard, PhD
Location:	QUINAULT	REGENCY B	ELWHA B
Everyone	What Helps? An Overview of Treatments  Mary Walters, LMHC, Marni Jacob, PhD, Patrick McGrath, PhD, Tracie Ibrahim, LMFT, Elizabeth McIngvale, PhD, LCSW	Why Finding OCD Treatment for Kids Is So Hard and What We Can Do About It  Lori Butterworth, PsyD, MEd, Caroline Swanson, MPH, Ramona Friedman, PhD	Culturally Responsive Care: From Misdiagnosis to Meaningful Engagement  Darlene Davis Goodwine, PhD, Valerie Andrews, Donovan Ellis, PhD, Lovely Binion, EdD, LPC, LMHC, Ogechi Onyeka, PhD
Location:	ELWHA B	QUINAULT	QUINAULT
Living with OCD	Optimizing, Maximizing, Perfecting: Avoiding OCD Decision-Making Traps Nathaniel Van Kirk, PhD, Jennie Kuckertz, PhD, Martha Falkenstein, PhD, Shachar Ruppim, MA	Sleepless with OCD: A Practical Guide to Managing Insomnia and Sleep Issues  Kelly Caver, PhD, Matias Massaro, DNP	Thinking About Thinking: How to Break the Cycle of Compulsive Rumination  Lauren Rosen, LMFT, Erin Jones, LCMHC, PMH-C, Ben Eckstein, LCSW
Location:	702 CLEARWATER	702 CLEARWATER	702 CLEARWATER
Research on OCD and Related Disorders	Digital pathways to progress: Technology-enabled research in OCRDs Kiran Kaur, MS, Hilary Weingarden, PhD, Ryan Jacoby, PhD, Amelia Dev, MS	Advances in Misophonia Clinical Research and Treatment  Lauren Milgram, MS, Samuel Spencer, PhD, Emily Bowers, MS, Juliana Avery, Rebecca Schneider, PhD	Understanding the Genomics of OCD Across Different Populations  Eric Storch, PhD, Carolina Cappi, PhD, Michele Pato, MD, Peggy Richter, MD
Location:	512 WILLAPA	512 WILLAPA	512 WILLAPA
Body Dysmorphic Disorder (BDD)	Key Clinical Features, Pathophysiology, and Possible Causes of BDD  Jamie Feusner, MD, Katharine Phillips, MD	Body Dysmorphic Disorder: Treatments That Work, and Treatments to Avoid  Katharine Phillips, MD, Farhad Naini, MD, PhD, Barbara Van Noppen, PhD, LCSW	Treating BDD is Different Than OCD: Keys for Effective Treatment of Body Dysmorphic Disorder with Role Play Demonstration  Jamie Feusner, MD, Scott Granet, LCSW, Sabine Wilhelm, PhD, Chris Trondsen, LMFT, Ryan Judd, LCSW
Location:	402 CHILIWACK	402 CHILIWACK	402 CHILIWACK
Families & Loved Ones	An OCD Master Class: Family & Loved Ones Edition  Rogelio Gonzalez, PhD, Michelle Massi, LMFT, Chris Trondsen, LMFT, David Calusdian, Susan Boaz	OCD is Tricky — Parents Don't Have to Be!  Denise Egan Stack, LMHC, Megan Dailey, Chris Baier, Susan Boaz	Parenting OCD: Understanding Treatment, Handling Crises & Holding Onto Hope  Marni Jacob, PhD, Aureen Wagner, PhD, Molly Martinez, PhD
Location:	501 CHIWAHA	501 CHIWAHA	501 CHIWAHA
Hoarding Disorder (HD)	Hoarding Disorder 101  Kiara Timpano, PhD, Marnie Cooper, Kayley Hyman, MSc, Randy Frost, PhD	Fundamentals of Treating Hoarding Using Evidence-Based Approaches  Chia-Ying Chou, PhD, Lindsay Bacala, RSW, Amie Cook, Christiana Bratotiis, PhD, MSW	Saving Myself From the Things I Saved: Narrative Appraisal  Lee Shuer, CPS

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	4:15PM–5:45PM
302 BECKLER	302 BECKLER
Treating Body Focused Repetitive Behaviors (BFRBs): Technology Advancements	Put the Oxygen Mask on First: Parenting a Child with BFRBs
Emily Bowers, MS, Sabine Wilhelm, PhD, Juyoung (Grace) Yun, Leila Capel, MS, Mercedes Woolley	Suzanne Mouton-Odum, PhD, Ruth Golomb, LCPC, Meryl Da Costa-Rohland
QUINAULT	
Family Accommodation: What drives it and family-based interventions 	See Professional Plenary below
Michelle Dexter, PhD, Felicity Sapp, PhD, Jenny Yip, PsyD, Barbara Van Noppen, PhD, LCSW	
REGENCY A	REGENCY B
Psychedelics & OCD in Clinical Care: Psychotherapy, Safety, and Access 	PROFESSIONAL PLENARY - Ethical and Clinical Challenges In Treating OCD Amid Real World Fears 
Uma Chatterjee, MS, MHPS, Jedidiah Siev, PhD, Jamila Hokanson, MD, Terence Ching, PhD, Andrea Millen, PsyD, Keara Valentine, PsyD	Mubeena Mirza, LCSW, Darlene Davis Goodwine, PhD, Evan Smith, LPC-A, Mia Nunez, PhD, Caitlin Claggett Woods, PhD, Shauna Pichette, LPC
ELWHA A	501 CHIWAHA
OCD, Depression & Bipolar Disorder: Treatment When Mood & Anxiety Co-exist 	OCD Advocacy in Action: Best Practices, Ethics, and Real-World Impact 
Molly Schiffer, LCPC, Kyra Merryman, Sara Vicendese, LMFT, Michael Young, MD	Łukasz Czajkowski, Tyler Falcoa, Andrew GottWorth, Anah Pignatelli, Kyra Cheung
REGENCY B	QUINAULT
Q&A: Medications for OCD and Related Disorders with the U.S.'s Leading Experts 	Don't Let ROCD Be a Third Wheel in Your Relationships 
Jamie Feusner, MD, Evelyn Stewart, MD, Sanjaya Saxena, MD, Steven Poskar, MD, Christopher Pittenger, MD, PhD	Lisa O'Donnell, PhD, LMSW, Juliet Gustafson, LMSW, Amy Mariaskin, PhD, Kristin Rispoli, LMHC
ELWHA B	512 WILLAPA
The Gift of Adversity: Finding Grounding Amidst Grief in Recovery From OCD	Effective Advocacy: How to Interface with Medical Professionals 
Callie Fleece, Mackenzie Reed, RN, Juliet Gustafson, LMSW, Amelie Coggan	Jessie Birnbaum, LCSW, Mary Walters, LMHC, Alie Garza, LCSW, Stacy Greeter, MD, Jake Winchester, LPC
702 CLEARWATER	
Unlocking Access: The Latest Research on Care Models for Pediatric OCD Treatment 	See Professional Plenary above
John Piacentini, PhD, Khushbu Shah, MD, MPH, Jennifer Haak, MD, Jasleen Singh, MD, Elizabeth Moroney, PhD, Alex Cogswell, PhD	
512 WILLAPA	
Reflections on BDD: A Personal and Family Perspective 	
Kellie Smith, April Osborne, MAT, Sony Khemlani-Patel, PhD, Jake Osborne McKenna, Michele Pato, MD	
402 CHILIWACK	ELWHA B
Empowering Parents: The How and Why of ERP with Your Child with OCD 	Autism and OCD: Primer for Caregivers
Julie Lustig, PhD, Juanita Unger	Jeremy Shuman, PsyD, Max Wilson, Nicole Morris, LMFT, Melanie Donus
501 CHIWAHA	402 CHILIWACK
Hoarding Disorder Research Flash Talk 	FAMILIES & LOVED ONES - OCD Through the Eyes of Siblings 
Kiara Timpano, PhD, Lauren Milgram, MS, Sara Hatfield, CHES, Chia-Ying Chou, PhD, Hannah Levy, PhD, Lindsay Bacala, RSW, Sharon Morein, PhD, Amanda Belanger, MS, Paula Munoz Rodriguez, PhD, Randy Frost, PhD	Helen Albert, Naia Albert, Dylan Haseman, Michelle Witkin, PhD, Austin Kang

ACTIVITIES:**6:30AM–7:30AM**

- Zumba Fitness Classes

11:30AM–12:30PM

- Solo Attendee Meet-Up
- SubPop Button Stop: Pressing Thoughts into Art

6:00PM–7:30PM

- Transforming Our Relationship to Rumination through Meditation
- Yoga; an additional practice to build on your tools learned in therapy.
- Zine About It: Make a Self-Published Magazine

8:00PM–9:30PM

- 25th Road to Recovery Tour - Coffee Capital Edition
- LGBTQIA+ Special Interest Group Presents: Fun Meet-Up Activity & Hang Out!
- Calligraphy Master Class: A Calligraphy-Based Approach to Defusion

YOUTH ACTIVITIES:**11:30AM–12:30PM**

- Sibling Meet-and-Greet!

SUPPORT GROUPS:**11:30AM–12:30PM**

- Living with Faith and OCD: A Support Group
- Support Group for People with Lived Experience of Hoarding
- LGBTQ+ and OCD Support Group
- Helping the Helpers: Compassion Focused Support Group for Professionals in the Hoarding Community
- Support Group For Pre-Licensed Clinicians/ Early Career Professionals
- Caregiver Hotline: A Space for Parents/Caregivers to Troubleshoot & Connect
- Living with OCD as an Asian American
- Wait, What? A Support Group for People with Variable Attention and ADHD
- Grupo de Apoyo Mutuo para la Comunidad Latinx/ Latinx Support Group
- Starting Strong: Support Group for Emerging Clinicians in OCD Treatment
- OCD Experiences and Impacts: Military Members and Veterans
- BIPOC Clinician Support Group
- Healing Together: A Support Group for Adults with BFRBs

6:00PM–7:30PM

- Man Up: Real Men Talk About Their Feelings (A Support Group for Men)
- Support Group for Trans, Nonbinary, and Gender-Diverse People with OCD
- Anxiety in Athletes
- Young Adult Support Group

- Your Strength Matters: A Support Group for Parents of Young Adults with OCD
- What's Me and What's OCD?
- Unhooked: OCD and Media
- Women's OCD Support Group
- Picking ME over Skin Picking
- When Helping Hurts: Parent Support for Reducing Accommodation

8:00PM–9:30PM

- Flying Through Fog: Supporting a Child with PANS/PANDAS
- Bipolar Disorder & OCD: Support Group
- 12 Step Meeting
- BIPOC Community Support Group
- Living with BDD: Support Group for BDD Caregivers and Families
- Community Discussion Group for Mental Health Professionals with OCD
- Support Group for Individuals with Multiple OCD Themes
- How To Break Up With Your OCD
- Driven but Drained: Finding Support When OCD and High Achievement Collide
- Supporting a Loved One with OCD: You're Not Alone
- Unanswerable Questions: Living with Existential OCD
- Parenting is Hard Enough: Support Group for Parents with OCD
- Making Space for Grief After Diagnosis
- One Size Fits One: Honoring Heterogeneity in Neurodivergence and OCD

TRACK KEY:

EVERYONE

LIVING WITH OCD

FAMILIES & LOVED ONES

BDD - BFRBS

EDUCATIONAL SESSIONS

8:00AM–9:30AM

BFRBs 101: An Introduction to Hair Pulling and Skin Picking Disorders **Track:** BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)**Speakers:** Suzanne Mouton-Odum, PhD, Ruth Golomb, LCPC, Jon Grant, MD, Laura Hobson**Location:** 302 | BECKLER

Body Focused Repetitive Behaviors (BFRBs), including hair pulling, skin picking, and nail biting, affect millions of people worldwide. The impact of BFRBs ranges from mild to devastating, including medical sequelae such as alopecia, scarring, infections, and sometimes abdominal surgery, as well as emotional impacts such as low self-concept, shame, 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 discreet profiles of people with different BFRBs.

Exposure with Purpose: Using ACT to Supercharge ERP and Engagement **Track:** CLINICIANS–ADVANCED**Speakers:** Brian Kane, LPC, Maria Mellon, LCSW, Rachel Herndon, LCSW**Location:** ELWHA A

Acceptance and Commitment Therapy (ACT) is increasingly integrated with Exposure and Response Prevention (ERP) for obsessive-compulsive disorder (OCD), yet translation into real-life clinical practice remains inconsistent. ERP often becomes mechanical with clients complying without commitment, superficial values integration, and stalled progress when distress escalates. This presentation shows how ACT can become the motivational engine of ERP, shaping how exposures are designed and implemented rather than serving as an add-on. We will examine common breakdowns, including when clients resist exposures, hierarchies lack meaning, tolerance is mistaken for acceptance, and motivation collapses mid-treatment. Central to this approach is the Alignment-Based Hierarchy, which organizes exposures around value-consistent action rather than fear reduction. This framework embeds willingness, cognitive defusion, and values into each phase of treatment. Through case-based analysis, participants will learn to restructure hierarchies, enhance motivation, and improve persistence. Attendees will leave with a process-based model for delivering values-driven ERP that supports sustained engagement and durable outcomes.

The Many Faces of Contamination OCD **Track:** EVERYONE**Speakers:** Katie O'Dunne, DMin, Johanna Wood, PhD, Emily Bailey, PsyD, Michael Stier, LCPC**Location:** REGENCY A

Have you or your patient felt "contaminated"...but not in the way it's usually described? Contamination OCD has many manifestations beyond what is typically

recognized. It is often understood as obsessions and compulsions related to germs, illness, or physical cleanliness. While this can be accurate, contamination themes frequently extend beyond physical pathogens, overlapping with moral, spiritual, and other OCD themes. This presentation broadens how contamination is understood across physical, moral, and spiritual domains, offering a more comprehensive framework for understanding the intersection between OCD and values. Participants will leave with a broader framework for recognizing contamination across OCD subtypes and practical, values-aligned ERP strategies for both personal application and clinical practice.

Optimizing, Maximizing, Perfecting: Avoiding OCD Decision-Making Traps**Track:** LIVING WITH OCD**Speakers:** Nathaniel Van Kirk, PhD, Jennie Kuckertz, PhD, Martha Falkenstein, PhD, Shachar Rupp, MA**Location:** ELWHA B

Should I spend my time going to this decision-making workshop, or will I miss out on something better? OCD often disrupts everyday decision-making, turning even small choices into minefields of anxiety. In this talk, we'll explore three "decision traps" that research suggests are especially common in OCD: (1) excessive information seeking (aren't you sick of spending hours reading product reviews?), (2) discounting intuition in favor of rigid rules, and (3) trying to optimize outcomes at the expense of the bigger picture. We'll then share practical strategies for stepping out of these traps and highlight how perfectionism can make it harder to escape. Through decision-focused exposure exercises and a personalized action plan, you'll start taking back control of your choices.

Digital pathways to progress: Technology-enabled research in OCDs**Track:** RESEARCH ON OCD AND RELATED DISORDERS**Speakers:** Kiran Kaur, MS, Hilary Weingarden, PhD, Ryan Jacoby, PhD, Amelia Dev, MS**Location:** 702 | CLEARWATER

Digital mental health tools are rapidly transforming the research and treatment landscape for obsessive-compulsive and related disorders (OCDs). This symposium will showcase four novel studies highlighting innovative digital approaches to understanding OCDs and improving their treatment, including EMA, GPS data, online and app-based interventions, and advanced analytic methods. Speakers will present novel findings from studies leveraging mobile technologies and real-world data to examine symptom dynamics and coping behaviors, just-in-time interventions, and patient experiences in online/app-based treatments across OCD, tic disorder, body dysmorphic disorder, and trichotillomania. The session will emphasize how digital tools can enhance accessibility, personalization, and scalability of evidence-based care, while also generating rich data to inform future research and clinical decision-making.

Key Clinical Features, Pathophysiology, and Possible Causes of BDD **Track:** BODY DYSMORPHIC DISORDER (BDD)**Speakers:** Jamie Feusner, MD, Katharine Phillips, MD**Location:** 512 | WILLAPA

Body dysmorphic disorder (BDD) is a common, distressing, and impairing disorder. However, BDD is

often missed in clinical settings. This presentation will discuss key aspects of BDD, including its definition, symptoms, and how to detect and diagnose BDD. It will also discuss how to avoid misdiagnosing BDD as another disorder (such as OCD and eating disorders), which can lead to ineffective treatment. The second presentation will discuss potential causal factors and how BDD affects the brain and behavior. It will describe abnormalities in how people visually perceive their appearance and experience emotions, genetic links with OCD, and possible roles of life experiences and social pressures, showing how these factors might contribute to the development and maintenance of the condition.

OCD 101: Comprehensive essentials for clinicians to diagnose and treat OCD **Track:** CLINICIANS–INTRODUCTORY**Speakers:** Charles Mansueto, PhD, Fred Penzel, PhD**Location:** REGENCY B

This is an essential "101" workshop for any clinician wishing to specialize in treating OCD. A comprehensive approach to assessing, diagnosing, and initiating CBT with an emphasis on Exposure and Response Prevention (in vivo and imaginal exposures). Integration of cognitive strategies, assessment of family accommodation, and family-based intervention to reduce accommodation will be covered. The presenters, who each have decades of experience treating OCD, will provide numerous tips for engaging patients, enhancing motivation, and addressing common pitfalls in treatment. This workshop will provide the essential tools for promoting competence and confidence in clinicians for the successful treatment of OCD. Clinical examples that are inclusive and diverse will be utilized, and audience participation will be encouraged.

What Helps? An Overview of Treatments **Track:** EVERYONE**Speakers:** Mary Walters, LMHC, Marni Jacob, PhD, Patrick McGrath, PhD, Tracie Ibrahim, LMFT, Elizabeth McIngvale, PhD, LCSW**Location:** QUINAWAL

At some point, everyone with OCD has asked the same question: How do I get better? Fortunately, there are many treatments out there for OCD — some that work super well, some that work pretty well some of the time, and some that, while offered, may not be the best choice. The goal of this talk is to provide a broad overview of OCD treatment: what works, what doesn't, and how these treatments go under the hood to help you conquer OCD. This panel features five of the most seasoned and expert OCD clinicians in the country, all drawing on years of experience to help answer that central question: How do I get better?

An OCD Master Class: Family & Loved Ones Edition **Track:** FAMILIES & LOVED ONES**Speakers:** Rogelio Gonzalez, PhD, Michelle Massi, LMFT, Chris Trondsen, LMFT, David Calusdian, Susan Boaz**Location:** 402 | CHILIWACK

Someone close to you has been showing signs of OCD. Now what? This OCD Master Class for family members, loved ones, and spouses addresses your role in treatment. Learn to locate specialized providers for proper diagnosis and evidence-based care, navigate

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER

 Workshops are eligible for CE/CME credits.
 Workshops are available virtually and in person.

co-occurring disorders, address treatment resistance, and handle threats of self-harm or aggression. We'll guide you through each treatment stage, from initial sessions to conclusion, and your evolving role throughout. Expect a deep dive into what supporters should and shouldn't do, with a "do this, not that" segment, followed by myth-busting. Gain a solid understanding of every element of OCD recovery and treatment in this OCD Master Class led by clinicians and a mom with lived experience. We'll close with Q&A!

Hoarding Disorder 101 **Track:** HOARDING DISORDER (HD)**Speakers:** Kiara Timpano, PhD, Marnie Cooper, Kayley Hyman, MSc, Randy Frost, PhD**Location:** 501 | CHIWAHA

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.

9:45AM–11:15AM**What recovery from BFRBs can look like** **Track:** BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)**Speakers:** Lisa Conway, PhD, Jason Yu, Kathryn Atkinson, MA, RCC-ACS**Location:** 302 | BECKLER

When people are living with compulsive hair pulling or skin picking, they often are overly fixated on physical results and appearances. It makes sense for people to measure progress on external factors such as having thick, full hair without bald spots or clear, unblemished skin. The danger comes, however, when this is the only measurement of progress, and people enter a constant cycle of disappointment, guilt, and hopelessness. In this session, we will explore different ways to frame and measure progress, success, and recovery when living with BFRBs, such as mindfulness, psychological flexibility, and compassion. Understandably, people want to be 100% "pull-free" or "pick-free", but these can be difficult expectations to meet for both the client and the clinician.

OCD and Autism: A 360-Degree Perspective **Track:** CLINICIANS–ADVANCED**Speakers:** Ashton Pizza, LMSW, Katia Moritz, PhD, Eric Storch, PhD, Max Wilson**Location:** ELWHA A

Adapting OCD treatments developed for neurotypical individuals is no longer enough for autistic people with OCD. While this is now widely recognized, the field is still defining what effective care looks like in practice. This panel brings together clinical, research, and lived-experience perspectives to show how collaboration is actively changing how OCD is understood and treated in autistic individuals. Panelists will share what is working,

what is not, and why. Attendees will learn effective assessment, planning, and intervention, as well as how integrating research, clinical care, and the autistic community are reshaping how OCD and autism should be addressed. Clinicians and families will leave with practical guidance for supporting autistic individuals with OCD in ways that promote progress and meaningful life goals.

Utilizing Fun and Functional Exposures to Improve Motivation and Learning **Track:** CLINICIANS–INTRODUCTORY**Speakers:** Ariel Ravid, PhD, Jennifer Tininenko, PhD, Eleonora Guzman Daireaux, PhD**Location:** REGENCY A

How do you invite clients to face their fear and want to show up? This presentation offers a playful, clinician-friendly framework for turning values and priorities into clear, functional goals — and designing exposures that feel more like meaningful challenges than scary homework. We'll share creative, developmentally informed strategies for infusing exposures with fun to strengthen buy-in and transform "no way" moments into "let's try this" wins. With these strategies, clients can experience relief, new learning, and positive reinforcement, increasing the likelihood of maintenance of learning. Through practical, real-world examples, attendees will learn how to keep exposures engaging and tightly linked to life goals. Clinicians will leave with concrete tools to deepen engagement, improve follow-through, and help clients build lives.

Certainty, perfectionism, and harm: Identity intersections in LGBTQ+ people **Track:** EVERYONE**Speakers:** Katie Boyer, LCSW, Alegra Kastens, LMFT, Caitlin Pinciotti, PhD, Bree Horrocks, PhD, Chris Trondsen, LMFT**Location:** ELWHA B

It is often said that OCD attacks what one values most, but it also attacks what one fears. Among LGBTQIA+ people, the need for certainty (about one's identity, labels, or transition), perfectionism (of appearance or decisions), and fear of harming others (because of one's identity or stereotypes in the media) are often rooted in experiences with identity-based stigma and discrimination and interwoven into OCD themes. Realistic fears of being rejected, mistreated, or victimized can underlie the obsessions and compulsions commonly experienced by LGBTQIA+ people with OCD and make treatment of these themes more complex. This panel will weave together clinical, research, and lived experience perspectives regarding the common intersections between OCD and identity — and what to do about them.

Advances in Misophonia Clinical Research and Treatment **Track:** RESEARCH ON OCD AND RELATED DISORDERS**Speakers:** Lauren Milgram, MS, Samuel Spencer, PhD, Emily Bowers, MS, Juliana Avery, Rebecca Schneider, PhD**Location:** 702 | CLEARWATER

This symposium will present emerging clinical perspectives on misophonia across the lifespan. Samuel Spencer will open with a discussion of ethical considerations in misophonia treatment, highlighting risks of harm, the importance of mechanism-informed

intervention development, and the need to center lived experience and community partnership in clinical research. Lauren Milgram will then describe the outcomes of a randomized controlled trial evaluating the Unified Protocol for youth misophonia, including analyses of distress intolerance and anxiety sensitivity as potential mechanisms of change. Emily Bowers will then present on the development and preliminary findings from a fully automated, online acceptance and commitment therapy program for adults with misophonia. Rebecca Schneider will serve as discussant, integrating clinical implications and future directions.

Body Dysmorphic Disorder: Treatments That Work, and Treatments to Avoid **Track:** BODY DYSMORPHIC DISORDER (BDD)**Speakers:** Katharine Phillips, MD, Farhad Naini, MD, PhD, Barbara Van Noppen, PhD, LCSW**Location:** 512 | WILLAPA

Serotonin-reuptake inhibitor medications (SRIs, SSRIs) are a first-line treatment for BDD. If needed, certain other medications can be helpful when added to an SRI. The first presentation will discuss how to successfully treat BDD with medication. Because family members are typically involved in or impacted by BDD, family interventions are usually a helpful component of treatment. The second presentation will discuss family responses to BDD, particularly types of common accommodations, and how to intervene. In contrast, cosmetic treatment (such as surgery and dermatologic treatment) appears to almost never improve BDD and is not recommended, even though most people with BDD seek and receive these treatments. The third speaker, a surgeon, will discuss this important topic.

Why Finding OCD Treatment for Kids Is So Hard and What We Can Do About It **Track:** EVERYONE**Speakers:** Lori Butterworth, PsyD, MEd, Caroline Swanson, MPH, Ramona Friedman, PhD**Location:** REGENCY B

There is a growing crisis in access to timely, evidence-based care for youth with OCD. Families face long waitlists, high costs, geographic barriers, and a shortage of clinicians trained in CBT and ERP. This presentation examines the youth mental health access gap and highlights innovative community-based solutions that expand the availability of high-quality care. Using the Center for Child and Adolescent Mental Health (CCAMH) as a case example, attendees gain practical, transferable strategies for improving access to evidence-based treatment. Led by clinical psychologist Dr. Ramona Friedman and public policy expert Dr. Lori Butterworth, this workshop blends clinical expertise with systems-level solutions to expand access to evidence-based youth mental health care, highlighting sustainable, community-based models that improve access while preserving treatment fidelity.

OCD is Tricky — Parents Don't Have to Be! **Track:** FAMILIES & LOVED ONES**Speakers:** Denise Egan Stack, LMHC, Megan Dailey, Chris Baier, Susan Boaz**Location:** 402 | CHILIWACK

OCD doesn't just affect kids and young adults — it can quietly take over the whole household. This engaging, parent-focused session breaks down how OCD shows up

TRACK KEY:

EVERYONE

LIVING WITH OCD

FAMILIES & LOVED ONES

BDD - BFRBS

at home and what actually helps (and what accidentally helps OCD instead). Learn practical, research-informed strategies to reduce family accommodation, work more effectively with therapists, and support treatment approaches like Exposure and Response Prevention (ERP). We'll also share tools to lower family stress, set clear but compassionate boundaries, and stay connected — even on the hard days. Designed for parents and caregivers of children through young adults, with real-life examples you can use right away.

Fundamentals of Treating Hoarding Using Evidence-Based Approaches

Track: HOARDING DISORDER (HD)

Speakers: Chia-Ying Chou, PhD, Lindsay Bacala, RSW, Amie Cook, Christiana Bratiotis, PhD, MSW

Location: 501 | CHIWAHA

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 community-based approaches, peer and family support, use of established treatments, which can involve motivational interviewing, and personalized intensive case management.

Sleepless with OCD: A Practical Guide to Managing Insomnia and Sleep Issues

Track: LIVING WITH OCD

Speakers: Kelly Caver, PhD, Matias Massaro, DNP

Location: QUINUAULT

Individuals with OCD often experience bedtime compulsions, nighttime rumination, and anxiety about sleep. OCD can make sleep issues like insomnia worse. Insomnia can also worsen OCD symptoms and get in the way of recovery. The solution goes beyond basic sleep hygiene. We will teach practical skills from CBT for insomnia (CBT-I) and help you understand the connection between sleep and your OCD. You will also learn about medications that can be helpful for both OCD and insomnia.

11:30AM–12:30PM

Every Step Counts: Increasing Awareness, Community, and Fundraising for OCD Walks

Track: EVERYONE

Speakers: Annette Perot, PhD, Ben Eckstein, LCSW, Mary Kate (MK) Lang-Moison

Location: ELWHA A

Join MK Lang-Moison, IOCDF Walk Manager, alongside two experienced IOCDF Affiliate leaders, Ben Eckstein, LCSW, and Annette Perot, PhD, for an interactive session on creating successful OCD Walks that build community, increase awareness, and raise critical funds for the OCD

and related disorders community. Drawing from years of hands-on experience, this session will cover the full lifecycle of planning and executing an impactful walk — from early set-up and logistics to fundraising strategies, team building, and attendee engagement. Presenters will share practical tips for energizing participants, strengthening community involvement, and creating meaningful events that expand visibility and support for OCD. This session will provide actionable tools and demonstrated strategies to help your community truly step up for OCD.

12:45PM–2:15PM

Ask the MD: Dermatologic and Psychiatric Perspectives on BFRBs

Track: BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)

Speakers: Yasin Damji, MD, Richard O'Sullivan, MD, Erica Greenberg, MD, Rachel Meltzer, MD, MPH

Location: 302 | BECKLER

Body-focused repetitive behavior disorders (BFRBs), including trichotillomania and skin picking disorder, are common, impairing, and frequently under-recognized across medical and other clinical settings. Although behavioral therapy remains the first-line treatment, many patients present to physicians seeking guidance about medical complications, co-morbidities, and medication options, despite the absence of FDA-approved pharmacologic treatments. This MD-led panel brings together child and adult psychiatrists and pediatric and adult dermatologists to review common presentations of BFRBs across the lifespan, associated physical and psychiatric considerations, and evidence-informed treatment approaches beyond behavioral therapy. Presenters will discuss what to look for in assessment, how to think about off-label medications, and how to integrate dermatologic and psychiatric care. Ample time will be reserved for audience questions and discussion with the panel.

What is the “Gold Standard, ERP” I keep hearing about?: An Introduction to Exposure and Response Prevention Treatment

Track: CLINICIANS—INTRODUCTORY

Speakers: Stacy Welch, PhD, Peter Aston, PsyD, Keara Valentine, PsyD, Ginny Fullerton, PhD, Keara Valentine, PsyD

Location: ELWHA A

Exposure and Response Prevention (ERP) is a must-know approach for every clinician who works with people or families suffering from Obsessive-Compulsive Disorder. From early intervention to treatment of very severe OCD, ERP is indisputably the most widely researched and most effective therapy we know of to date, with hundreds of clinical trials over six decades worldwide. This introductory panel offers a foundational review for clinicians on elements of ERP we'd like everyone working with OCD patients to know. In this panel, we will review 1) what ERP is and the importance of both exposure and response prevention, 2) specific elements of ERP, 3) key principles that keep ERP collaborative, responsible, and effective, and 4) common clinical dilemmas you can anticipate. Bring your curiosity and questions!

Gettin' ready, just startin', or already a pro?

ERP: motivation to practice

Track: EVERYONE

Speakers: Felicity Sapp, PhD, Patrick McGrath, PhD, Alec Pollard, PhD

Location: REGENCY A

OCD treatment is not easy, but the good news is — it works! If you are thinking about starting, just starting, or already a pro in ERP, join us in this interactive workshop. You will hear about how to start and stay in treatment. Then, we will break out and each panelist will guide a group. If you are just getting ready to start ERP, then our “Let's get motivated” group will help you; if you are just starting ERP, our “Stay Focused” group will help you; if you are well into ERP, then we will leave and go on an ERP journey. After this session, you will feel rejuvenated and ready to move forward in your ERP treatment.

Culturally Responsive Care: From

Misdiagnosis to Meaningful Engagement

Track: EVERYONE

Speakers: Darlene Davis Goodwine, PhD, Valerie Andrews, Donovan Ellis, PhD, Lovely Binion, EdD, LPC, LMHC, Ogechi Onyeka, PhD

Location: ELWHA B

Prior work has established that misdiagnosis of obsessive compulsive disorder (OCD) contributes to poorer treatment outcomes. While improving diagnostic accuracy is a critical step, addressing misdiagnosis alone has not been sufficient to close persistent gaps in access, engagement, and continuity of care. Our panel proposal seeks to advance the discussion by examining community engagement as the next critical step. Drawing on the Black & OCD Think Tank Initiative, this session introduces a community-engagement framework that centers listening, relationship-building, and partnerships through meaningful engagement as a knowledge-generating process that can inform clinical assumptions, treatment engagement strategies, and service design. Attendees will explore how community-informed insights can shape culturally-responsive, sustainable, and equitable OCD care practices.

Understanding the Genomics of OCD Across Different Populations

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Eric Storch, PhD, Carolina Cappi, PhD, Michele Pato, MD, Peggy Richter, MD

Location: 702 | CLEARWATER

Understanding of the genetic basis of OCD has progressed substantially in recent years. In this presentation, we will discuss studies of the genomics of OCD in populations of varied ancestry, including LATINO (the Latin American Trans-ancestry Initiative for OCD genomics), BELONG (Black EquaLity in OCD NeuroGenomics), and GOLASO (recruiting individuals of Brazilian ancestry). We will review the latest findings from the Psychiatric Genetics Consortium and hear about the potential role of rare variants. The challenges of dealing with OCD genetics in the context of comorbidity, including the related disorders, will be discussed. We will end with an update on pharmacogenetics, or how genetic information can be used to better predict drug response and tolerability.

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER

 Workshops are eligible for CE/CME credits.
 Workshops are available virtually and in person.

Treating BDD is Different Than OCD: Keys for Effective Treatment of Body Dysmorphic

Disorder with Role Play Demonstration

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Jamie Feusner, MD, Scott Granet, LCSW, Sabine Wilhelm, PhD, Chris Trondsen, LMFT, Ryan Judd, LCSW

Location: 512 | WILLAPA

BDD is frequently misdiagnosed as OCD or treated through an OCD lens due to some shared features, resulting in suboptimal outcomes and, in some cases, symptom exacerbation. This presentation explores why evidence-based treatment for BDD requires significant modifications beyond standard OCD protocols. Topics covered will include: 1. Key phenomenological differences in cognitions and meta-cognitions, including implications for patient engagement, therapeutic alliance, and approach, 2. Differences in primary maintaining factors and how BDD-specific interventions directly target these mechanisms, 3. Core treatment elements, with emphasis on BDD-specific psychoeducation and the nuances of ERP for BDD, 4. Common challenges encountered by clinicians and patients, including insight, motivation, and comorbidity, and 5. Practical “DOs and DONTs” of BDD treatment derived from clinical experience and research.

Perinatal OCD: Advanced ERP Strategies for Addressing Partner Accommodation

Track: CLINICIANS–ADVANCED

Speakers: Samantha Hellberg, PhD, Jenny Yip, PsyD, Jonathan Abramowitz, PhD, Barbara Van Noppen, PhD, LCSW

Location: REGENCY B

During the perinatal period, partner and family accommodations often resemble normative caregiving yet function as safety behaviors that interfere with ERP and inhibitory learning. This advanced clinical presentation examines perinatal OCD through an ERP-informed family systems lens, highlighting symptom presentations unique to pregnancy and postpartum, including harm, contamination, responsibility, and moral obsessions in both mothers and fathers, and the accommodation patterns they elicit. Attendees will learn to assess dyadic and family accommodation, differentiate support from treatment-interfering behaviors, and implement ERP-consistent behavioral contracting, and clear boundary implementation while maintaining relational and infant safety. Case vignettes will illustrate partner coaching, ERP-aligned language, and boundary-setting strategies that promote sustained symptom reduction and healthy family functioning during this critical bonding period.

Parenting OCD: Understanding Treatment, Handling Crises & Holding Onto Hope

Track: FAMILIES & LOVED ONES

Speakers: Marni Jacob, PhD, Aureen Wagner, PhD, Molly Martinez, PhD

Location: 402 | CHILIWACK

Parenting a child with OCD can be overwhelming, especially when anxiety is paired with defiance or disruptive behavior. This talk offers parents practical, compassionate guidance for navigating daily challenges. We will review key Do's and Don'ts of parenting a child with OCD, including how to reduce accommodation,

manage reassurance-seeking, and respond effectively when OCD fuels power struggles. Common treatment acronyms will be clearly explained, with an emphasis on what works best for pediatric OCD. Parents will learn concrete language to use with anxious children, as well as strategies for handling crises such as meltdowns, aggression, or safety concerns. Finally, we will address long-term outcomes and how families can build hopeful, meaningful lives — even when OCD remains part of the journey.

Saving Myself From the Things I Saved: Narrative Appraisal

Track: HOARDING DISORDER (HD)

Speakers: Lee Shuer, CPS

Location: 501 | CHIWAHA

What used to keep me up all night was the very same stuff that got me down all day! I agonized, stuck in a prison of clutter I'd built around myself, one thing at a time. Eventually, I devised an escape plan: I'd dig a tunnel to freedom using storytelling as my shovel! Join me for this interactive workshop where I'll share my Narrative Appraisal worksheet, which encourages users to compare similar items based on the stories behind them to keep the most relevant ones. You'll have a chance to use the form, then volunteers will share the story of an item that's special to them, and we'll conclude with a discussion about how we'll apply the insights we've gained.

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

Track: LIVING WITH OCD

Speakers: Lauren Rosen, LMFT, Erin Jones, LCMHC, PMH-C, Ben Eckstein, LCSW

Location: QUINAULT

When many people think of OCD, they may think of overt behaviors such as hand-washing or repeating activities a certain number of times. However, OCD often involves covert, thought-based compulsions that can easily be overlooked. Mental compulsions, such as self-reassurance and mental review, can be challenging to work with because they are often mistaken as obsessions and can seem automatic. People who experience mental compulsions can feel trapped in their own thoughts and feel that their ruminating is out of their control. This talk will include how to distinguish between obsessions and mental compulsions, examples of related Exposure and Response Prevention (ERP) exercises, and how to use non-engagement responses to acknowledge uncertainty and break the cycle of unhelpful rumination.

2:30PM–4:00PM

Treating Body Focused Repetitive Behaviors (BFRBs): Technology Advancements

Track: BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)

Speakers: Emily Bowers, MS, Sabine Wilhelm, PhD, Juyoung (Grace) Yun, Leila Capel, MS, Mercedes Woolley

Location: 302 | BECKLER

This symposium highlights emerging process-based and technology-enhanced approaches to treating

body-focused repetitive behaviors (BFRBs), with a focus on trichotillomania and excoriation disorder. Presentations will cover mechanisms of change, digital interventions, and real-world implementation to illustrate advances in both efficacy and accessibility of care. Mercedes Woolley will open with data on the benefits of ecological momentary assessment for trichotillomania in a process-based therapy study. Emily Bowers will present moderators/mediators of change in skin picking from a randomized trial of a digital ACT-based intervention. Leila Capel will then share results from a stepped-care model combining digital treatment with brief telehealth therapy for trichotillomania. Grace Yun will close with real-world engagement/outcome data from publicly available BFRB programs. Sabine Wilhelm will serve as discussant.

Psychedelics & OCD in Clinical Care: Psychotherapy, Safety, and Access

Track: CLINICIANS–ADVANCED

Speakers: Uma Chatterjee, MS, MHPS, Jedidiah Siev, PhD, Jamila Hokanson, MD, Terence Ching, PhD, Andrea Millen, PsyD, Keara Valentine, PsyD

Location: REGENCY A

As psychedelic and hallucinogenic compounds garner increasing clinical attention amid persistent treatment gaps — where up to one in three individuals with OCD experience treatment resistance — clinicians and patients alike face complex questions about safety, access, ethics, and real-world applicability. Complementing ongoing research into mechanisms and trials, this session examines the clinical and psychotherapeutic landscape of psychedelics and hallucinogens as potential OCD treatments. Topics include: interactions with psychotherapy, including first line exposure with response prevention (ERP), adjunctive modalities, and preparation and integration practices; distinguishing psychedelic compounds from psychedelic-assisted therapy; safety considerations; comorbidities; and treatment accessibility, with particular emphasis on ketamine given its widespread clinical availability. Firsthand lived experience perspectives will contextualize clinical decision-making and patient-centered outcomes. This accessible discussion is intended for all audiences.

OCD, Depression & Bipolar Disorder: Treatment When Mood & Anxiety

Co-exist

Track: EVERYONE

Speakers: Molly Schiffer, LCPC, Kyra Merryman, Sara Vicendese, LMFT, Michael Young, MD

Location: ELWAHA A

At this conference, the focus is on OCD — and rightfully so. Patients, family members, and clinicians all gather here to discuss the experience of living with, and treating, OCD...but what happens when people refuse to exist neatly in one diagnostic category? OCD specialists need to have a broader understanding of other diagnoses — especially mood disorders because a high percentage of OCD sufferers will, at some point in their lives, be diagnosed with some form of mood instability. Without a nuanced understanding of how OCD & mood disorders interact with one another, we will fail many of the people we try to help.

TRACK KEY:

EVERYONE

LIVING WITH OCD

FAMILIES & LOVED ONES

BDD - BFRBS

The Gift of Adversity: Finding Grounding Amidst Grief in Recovery From OCD

Track: LIVING WITH OCD

Speakers: Callie Fleece, Mackenzie Reed, RN, Juliet Gustafson, LMSW, Amelie Coggan

Location: ELWHA B

OCD can lead to immense grief for those living with and directly impacted by the disorder. Affected holidays and major milestones, significant isolation, and often, individuals left questioning the “why” behind the loss of their experiences. Please join our panelists as they share their lived experiences and clinical perspectives on moving forward alongside grief in recovery from OCD. As seen in the art of Kintsugi, which emphasizes the process of repairing once broken pottery and mending it anew, this panel serves to highlight the same. A message of healing, resiliency, and the beauty that can be found within brokenness. Kintsugi, or “The Art of Repair”: Welcoming and embracing imperfection and transforming the aftermath of breakage into unique and stronger pieces than before.

Unlocking Access: The Latest Research on Care Models for Pediatric OCD Treatment

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: John Piacentini, PhD, Khushbu Shah, MD, MPH, Jennifer Haak, MD, Jasleen Singh, MD, Elizabeth Moroney, PhD, Alex Cogswell, PhD

Location: 702 | CLEARWATER

We know there is an urgent need to expand access to evidence-based care for OCD — the need is even more pronounced for pediatric populations. This panel will cover various innovative models seeking to address this need and improve access to care for young people with OCD. The team from Lurie Children’s Hospital will showcase their efforts in offering a one-week intensive program for teens with OCD on public insurance through their adolescent PHP. The University at Buffalo team from Galisano’s Children’s Hospital will provide an overview of the development and expansion of both standard outpatient services and a more intensive outpatient option to meet the varying levels of needs of children and adolescents with OCD. Current research from several sites and institutions across the United States will be discussed, and time will be allotted for discussion and audience Q&A.

Reflections on BDD: A Personal and Family Perspective

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Kellie Smith, April Osborne, MAT, Sony Khemlani-Patel, PhD, Jake Osborne McKenna, Michele Pato, MD

Location: 512 | WILLAPA

Body Dysmorphic Disorder (BDD) profoundly impacts individuals and their families. Join two individuals with BDD and one mother as they share their journey, the challenges they faced, lessons learned, and the hope that recovery is possible. Attendees will gain clinical insights from professionals who work with individuals with BDD and their families. An audience Q&A will be included.

Family Accommodation: What drives it and family-based interventions

Track: CLINICIANS—INTRODUCTORY

Speakers: Michelle Dexter, PhD, Felicity Sapp, PhD, Jenny Yip, PsyD, Barbara Van Noppen, PhD, LCSW

Location: QUINAULT

In an effort to cope with challenging situations, families often engage in behaviors that perpetuate OCD and

interfere with treatment. Family accommodation predicts poorer therapeutic 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 evidence-based family interventions to reduce accommodation will be presented (motivational scripts, family contracts, setting boundaries, reward systems, SPACE). Video will be used to 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, and adults). This interactive presentation is primarily for clinicians.

Q&A: Medications for OCD and Related Disorders with the U.S.’s Leading Experts

Track: EVERYONE

Speakers: Jamie Feusner, MD, Evelyn Stewart, MD, Sanjaya Saxena, MD, Steven Poskar, MD, Christopher Pittenger, MD, PhD

Location: REGENCY B

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 continue 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.

Empowering Parents: The How and Why of ERP with Your Child with OCD

Track: FAMILIES & LOVED ONES

Speakers: Julie Lustig, PhD, Juanita Unger

Location: 402 | CHILIWACK

The gold standard treatment for OCD in children is Exposure Response Prevention (ERP). When children receive ERP treatment, they’re educated about OCD and learn how to do ERP. Unfortunately, parents often aren’t taught how to do this critical intervention with their child. It’s essential that parents understand, support, and assist their child in learning and implementing ERP. A pediatric OCD therapist will present the underlying theory and how parents can implement ERP with their child. An adult with lived experience will share her personal story of growing up with untreated OCD, emphasizing the importance of early ERP intervention. Effective strategies for making ERP playful, fun, and humorous, and gradually increasing the difficulty level, will be taught through demonstration and role-play.

Hoarding Disorder Research Flash Talk

Track: HOARDING DISORDER (HD)

Speakers: Kiara Timpano, PhD, Lauren Milgram, MS, Sara Hatfield, CHES, Chia-Ying Chou, PhD, Hannah Levy, PhD, Lindsay Bacala, RSW, Sharon Morein, PhD, Amanda Belanger, MS, Paula Munoz Rodriguez, PhD, Randy Frost, PhD

Location: 501 | CHIWAHA

Over the last 20 years, we have learned a tremendous amount about the risk for hoarding disorder, the ways in which the condition manifests, and the associated features. This session will highlight a series of talks on current advances in our understanding of hoarding disorder.

4:15PM–5:45PM

Put the Oxygen Mask on First: Parenting a Child with BFRBs

Track: BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS)

Speakers: Suzanne Mouton-Odum, PhD, Ruth Golomb, LCPC, Meryl Da Costa-Rohland

Location: 302 | BECKLER

Body-Focused Repetitive Behaviors (BFRBs), including Hair Pulling Disorder (Trichotillomania) and Skin Picking Disorder (Excoriation Disorder), are neither rare nor benign and can be challenging (if not frightening) for the child, family, and therapists. Estimates suggest that as many as one in 20 people have engaged in a BFRB that resulted in bodily damage and personal distress, and despite efforts, are unable to stop these behaviors. Hair pulling and skin picking often start in childhood and pose difficult challenges for parents. This compassionate workshop will provide current information about BFRBs, will explain the behavior in ways that are more understandable, will discuss reasonable expectations, and will give helpful tips to parents to reduce conflict and increase compassion for their child.

Autism and OCD: Primer for Caregivers

Track: FAMILIES & LOVED ONES

Speakers: Jeremy Shuman, PsyD, Max Wilson, Nicole Morris, LMFT, Melanie Donus

Location: ELWHA B

When you are in charge of the care for an autistic loved one who is suffering from OCD, it can be overwhelming to navigate all of the moving pieces of the care plan. This presentation is an overview of these considerations, including information to help with understanding the two diagnoses, engaging in effective treatment, managing symptoms at home, and planning for the future. The speakers include a psychologist, parent/therapist, young adult/advocate, and parent/ Self-Direction Broker, all with lived experience.

Professional Plenary: Ethical and Clinical Challenges in Treating OCD Amid Real World Fears

Track: PROFESSIONAL PLENARY

Speakers: Mubeena Mirza, LCSW, Darlene Davis Goodwine, PhD, Evan Smith, LPC-A, Mia Nunez, PhD, Caitlin Claggett Woods, PhD, Shauna Pichette, LPC

Location: REGENCY B

What happens when the fears OCD warns about are not hypothetical, but unfolding in real time through current events? Intrusive thoughts and fears related to being considered immoral or complicit in social harms, being detained, a loved one being targeted/deported, monitoring that may lead to punishment, or making the “wrong” social decision, can become deeply intertwined with obsessive thinking and compulsive attempts to regain certainty. Exposure to current events through social media and the never-ending news cycle can intensify OCD symptoms, shift OCD themes, and increase distress related to uncertainty and perceived threat. This presentation explores the intersection of OCD symptoms and treatment, current events, therapist positionality, and culturally-contextualized distress. Presenters will discuss how sociopolitical events may show up clinically in OCD treatment while offering practical strategies for helping clients engage with real-world events, realistic fear, and uncertainty using a values-based approach. Presenters will examine the

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

ethical and clinical challenges using case examples and a panel discussion. Topics explored include countertransference, rupture and repair, therapeutic presence, and strategies for maintaining ethical and effective OCD treatment during moments of value conflict and emotional tension. Attendees will be invited to remain open and engaged with the content and encouraged to manage the natural response to avoid "doomscrolling" or reassurance-seeking.

OCD Advocacy in Action: Best Practices, Ethics, and Real-World Impact

Track: EVERYONE

Speakers: Łukasz Czajkowski, Tyler Falco, Andrew GottWorth, Anah Pignatelli, Kyra Cheung
Location: 501 | CHIWAWA

As OCD awareness grows through social media, public speaking, and grassroots initiatives, advocacy has become one of the most powerful tools for reducing stigma, improving access to evidence-based care, and helping individuals recognize their symptoms earlier. At the same time, poorly informed or ethically unclear advocacy can unintentionally reinforce misconceptions, normalize compulsions, or spread misinformation about OCD and its treatment. This panel brings together experienced OCD advocates and content creators to explore best practices in OCD advocacy, grounded in lived experience, ethical responsibility, and alignment with evidence-based treatment principles. Panelists will discuss what effective advocacy looks like in practice — from sharing personal stories responsibly to collaborating with clinicians and organizations.

Don't Let ROCD Be a Third Wheel in Your Relationships

Track: EVERYONE

Speakers: Lisa O'Donnell, PhD, LMSW, Juliet Gustafson, LMSW, Amy Mariaskin, PhD, Kristin Rispoli, LMHC

Location: QUINAULT

Relationship OCD (ROCD) is a highly distressing and overlooked OCD presentation that often leads to unnecessary relationship dissolution, misdiagnosis, and inadequate treatment. This workshop combines clinical expertise with lived OCD experience, offering evidence-based interventions and authentic insight. Topics covered include: ROCD across relationship stages (dating-divorce); differentiating OCD from legitimate doubts using assessment frameworks; attachment styles amplifying ROCD symptoms and trauma-informed treatment adaptations; information about the impact of ROCD on sex and intimacy, including strategies to increase connectedness and reduce the impact of obsessions and compulsions on sex; supporting partners without enabling reassurance-seeking while managing their emotional needs; and distinguishing when couples therapy versus individual treatment is appropriate. The dual clinical-experiential perspective enhances treatment conceptualization and therapist effectiveness, concluding with Q&A.

OCD Through the Eyes of Siblings

Track: FAMILIES & LOVED ONES

Speakers: Helen Albert, Naia Albert, Dylan Haseman, Michelle Witkin, PhD, Austin Kang
Location: 402 | CHILIWACK

OCD impacts the entire family. Yet, often, the impact on siblings and the sibling relationship is not addressed. By addressing the sibling experience, we can help the entire family recover better. In this presentation, a psychologist

interviews four siblings: two siblings of an OCD sufferer, and one sibling set (one with OCD and one without). Siblings 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 their sibling and family struggle, what helped them cope, ways they have learned and grown, and so much more. Ample time for questions will be allotted, and for audience members to add their perspective.

Effective Advocacy: How to Interface with Medical Professionals

Track: LIVING WITH OCD

Speakers: Jessie Birnbaum, LCSW, Mary Walters, LMHC, Alie Garza, LCSW, Stacy Greeter, MD, Jake Winchester, LPC

Location: 512 | WILLAPA

The venn diagram between OCD and chronic medical conditions hosts a robust overlap, namely increased need for self-advocacy, frequent practice of distress tolerance, and coping with uncertainty. More often, patients are left frustrated and let down in both the mental health and physical health spaces, and are turning more and more to ChatGPT and WebMD for reassurance and guidance. In this panel of medical providers, clinicians, and people with lived experience navigating this overlap, attendees will learn about common treatment missteps, how to assess and collaborate with medical providers, and take back their time from compulsions and anxiety through practical, effective skills.

YOUTH PROGRAMMING & ACTIVITIES

6:30AM–7:30AM

Zumba Fitness Classes

Track: ACTIVITY

Speakers: Mary Brown, RN, Licensed Zumba Fitness Instructor, AFAA

Location: 504 | FOSS

For everybody and every body! Each Zumba® class is designed to bring people together. We take the "work" out of workout, by mixing low-intensity 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 Schoolers & Families Orientation

Track: ELEMENTARY & MIDDLE SCHOOLERS

Speakers: Natalie Henry, LCSW, Denise Egan Stack, LMHC, Sarah Feurer, LCSW, Elena Fasan, LCSW

Location: 405 | KACHESS

This orientation will discuss the logistics of the Conference and provide an overview of the Elementary

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

High Schoolers + Families Orientation

Track: HIGH SCHOOLERS

Speakers: Bethany Livingston, LMHC

Location: 401 | CHELAN

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

Imperfect Art Museum

Track: ELEMENTARY SCHOOLERS

Speakers: Maria Chiriboga, PsyD, Alexis Krigger, MS, BCBA

Location: 405 | KACHESS

Welcome to the Imperfect Art Museum! Are you ready to unleash your creativity and challenge the pressures of perfectionism? Join us for an exciting activity designed just for kids! In this fun, game-like experience, kids will challenge their perfectionism and create the most imperfect artwork possible. Kids will engage in fun challenges that will help embrace feeling "imperfect" while making some truly unique art. At the end of our session, everyone will proudly display the masterpieces created in our very own Imperfect Art Museum for everyone to enjoy! Get ready to giggle, create, and make some unforgettable memories that will last a lifetime. Take your work home with you and keep in mind the lessons on how to fight OCD!

Choosing What Matters When OCD Is Loud: A Values-Based Origami ACT-ivity

Track: MIDDLE SCHOOLERS

Speakers: Michelle Massi, LMFT, Allison Solomon, PsyD, Elena Fasan, LCSW

Location: 403 | CRISPUS

One of the most frustrating things about OCD is how hard it can be to resist compulsions, even when we know they aren't helpful! But what if we can choose what matters when OCD is loud to help us resist giving in to compulsive urges? This group activity for middle schoolers, grounded in Acceptance and Commitment Therapy (ACT), offers an exploration of values coupled with creative expression. Participants will discuss and identify core values and create cool personal value tokens. They will also learn and practice the mindful art of paper folding known as origami, creating individualized envelopes to protect and hold their tokens, take home, and carry with them as a reminder of what matters more to them than OCD.

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

Putting the Fun in ERP: Reimagining OCD

Treatment with a Positive Twist

Track: HIGH SCHOOLERS

Speakers: Hailee Dear, LCSW, Rebecca Meline, LMSW

Location: 401 | CHELAN

"I thought I'm not supposed to have fun during ERP!" Have you ever felt this way while getting treatment for OCD? Facing fears can be challenging, but Exposure and Response Prevention (ERP) therapy doesn't have to be miserable. This interactive workshop shows teens how to make ERP more approachable—even enjoyable—by connecting exposures to their values and interests. Participants will learn practical strategies to boost motivation, build confidence, and bring creativity (and even a little silliness) into the hard work of fighting OCD. Join us to discover how doing difficult things can still include moments of fun, growth, and empowerment.

11:30AM–12:30PM

Sibling Meet-and-Greet!

Track: ALL YOUTH SESSION

Speakers: Naia Albert, Austin Kang

Location: 404 | ENTIAT

Hey siblings! Whether you want to share about your experiences with your sibling's OCD or just want to catch a break for a while, this one is for you. We'll have games, puzzles, and art supplies. We'll also have space to discuss the impact of OCD on our lives and organize additional informal meetups throughout the Conference weekend.

Solo Attendee Meet-Up

Track: ACTIVITY

Speakers: Marissa Dogan, LMSW, Katie Cullum, PhD, Jensi Gise, PhD

Location: ELWHA B

Coming to the conference on your own? You're in good company! In its fifth year, the solo attendee meet up is designed for solo and first-time attendees who want to meet others and, this year, we'll have a selection of optional, conversation-sparking games for those who'd like to connect without the stress of small talk on the spot. Whether by chatting, playing, or just hanging back and observing, attendees can meet others at their own pace. No pressure - just show up as you are, engage as much (or as little) as you want, and practice making room for a little connection. If you're looking to make a few conference buddies, this meet-up is for you!

SubPop Button Stop: Pressing Thoughts

into Art

Track: CREATIVE CORNER

Speakers: Nayara Da Costa Silva Beall, PhD, LMHC, Elizabeth Boudreaux

Location: 605 | SNOHOMISH

Welcome to Seattle, a city known for its amazingly creative musical history: from phenomenal jazz, to punk, to hip-hop, to folk, to, of course, grunge. Come join fellow conference attendees in celebrating this creativity through music and art by listening to great music and making buttons to bling out your conference nametag. Create them, wear them, share them, and be proud of trying something new. Participants can embellish pre-designed templates or create their very own designs. No artistic skills needed! The IOCDF spirit means embracing

the uncertainty and celebrating imperfection in our stand against OCD. This is a low pressure way to meet other attendees and create something uniquely you. Supplies will be provided and everyone is welcome to attend.

12:45PM–2:15PM

Name It to Tame It: Kids vs. OCD Thoughts

Track: ELEMENTARY SCHOOLERS

Speakers: Grace Berman, LCSW, Alnardo Martinez, LMHC

Location: 405 | KACHESS

OCD thoughts can be wild—they pop up out of nowhere and are often disguised as true, urgent, or super important. In this interactive session, kids (ages 6-11) will become expert thought-spotters, learning to recognize the sneaky "thinking traps" OCD loves to use. Like catching wild creatures, the first step is learning to spot them and name them! Through games and hands-on activities, participants will practice identifying these tricky thought patterns and build a toolkit of flexible responses, because once you can name it, you can tame it. Participants will leave ready to spot OCD's tricks in the wild and respond like pros.

Fun and Functional Exposures: Turning Scary

Stuff Into Brave Adventures

Track: MIDDLE SCHOOLERS

Speakers: Ariel Ravid, PhD, Jennifer Tininenko, PhD, Eleonora Guzman Dairea, PhD

Location: 403 | CRISPUS

What if facing fears felt more like a game than a chore? This interactive activity session invites kids to become "brave designers" by creating their own fun, real-life challenges that help them reach the goals that matter most to them. Through playful exercises, creativity, and teamwork, participants will learn how to turn everyday worries into adventures that build confidence, independence, and pride. We'll explore how to spot meaningful life goals—like making friends, trying new foods, or going to school—and design exposures that help make those goals possible...and maybe have a little fun along the way! You'll leave with new and creative to keep the fun and progress going at home.

While in Washington: OCD, Like "Twilight", Is a Bad Love Story

Track: HIGH SCHOOLERS

Speakers: Mara Esber, PsyD, Thien-An Le, PhD, Katherine Raguin, MA, Luke Collier, PsyD, Azul Lozoya Gomez, LPC-A

Location: 401 | CHELAN

Welcome to Washington, home of "Twilight"! If we're being honest, Bella probably shouldn't have chosen Edward Cullen. Like a bad love story, OCD can feel intense, convincing, and impossible to walk away from, but it's ultimately more draining than protective. Similar to "Twilight" vampires, OCD promises certainty and safety, but thrives on fear and demands constant attention and the sacrifice of independence. OCD pulls you in with urgency and endless "what if?" thinking, making compulsions feel irresistible even when you know they only make things worse. In this presentation, we'll break up with OCD by spotting its red flags, unpacking how it keeps you hooked, and finally, drafting the breakup text so we can say it...out loud: "This relationship is over."

2:30PM–4:00PM

Swashbuckling Bravery: Pirates Take on OCD

Track: ELEMENTARY SCHOOLERS

Speakers: Katherine Schoolland, LMFT, Amy Jenks, PsyD, Kelsie Hendrickson, PhD

Location: 405 | KACHESS

Welcome aboard! In this fun, interactive workshop, kids become pirates and learn brave skills from ERP and ACT to face OCD "sea monsters" on the "What-If Seas" with courage, curiosity, and grit. Kids will use a kid-friendly Values Compass to find their "true north," then design pirate swords with powerful talk-backs and non-engagement responses (like, "Arrr, that's just OCD talkin'!" and "I don't take orders from Sea Monsters!"). Together, we'll follow an OCD Treasure Map and travel as a crew to themed "islands" around the Conference for playful, supervised exposure missions. Kids will earn treasure coins for brave steps and learn how to sail through discomfort—one step at a time.

Escape the Loop: An OCD Escape Room

Track: MIDDLE SCHOOLERS

Speakers: Erika Nurmi, MD, PhD, Gabriel Bach, LMFT

Location: 403 | CRISPUS

It is the year 2126 and the lives of humans are made easy by artificial intelligence networks managing every aspect of our lives. But something goes wrong...in trying to keep humans safe by predicting danger, preventing mistakes, and eliminating uncertainty, a temporal algorithm called O.C.D. (Obsessive Control Directive) was introduced into the timeline. People are stuck repeating thoughts, actions, and warnings over and over. Time is frozen! This is a call to recruit volunteers who can fix these time loops to save the world from OCD. Bring your brain and your bravery because the only way through this labyrinth of time loops is to solve these puzzles and move forward without certainty. Please help us—humanity depends on it!

Lean Into Uncertainty: What Does That Even Mean?

Track: HIGH SCHOOLERS

Speakers: Jon Case, LCSW, Erik Wells, LCSW, Annabella Hagen, LCSW, Carrie Wendt, LCSW

Location: 401 | CHELAN

Jon Case, LCSW, Erik Wells, LCSW, Annabella Hagen, LCSW, Carrie Wendt, LCSW

4:15PM–5:45PM

Seeing Isn't Always Believing: Looking Past OCD's Glasses

Track: ELEMENTARY SCHOOLERS

Speakers: Victoria Sardella, LPC, Alyssa Lentz, LPC, Victoria Lane, LCSW

Location: 405 | KACHESS

Have you ever noticed that OCD can make you see the world in a way that isn't always true? In this hands-on session for kids ages 6–11, you'll learn about the tricky thoughts OCD can tell us—and how to talk back to them. Kids will try on unique, silly sunglasses that represent different tricky thoughts and use them to practice spotting and challenging OCD's tricks together. You'll learn how to tell when OCD is talking, design your own pair of thought-challenging glasses, and create a

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

take-home reminder to help you remember what to do when OCD shows up. Come have fun and learn that you don't have to believe every thought OCD tells you!

Ready, Set, Reset!**Track:** MIDDLE SCHOOLERS**Speakers:** Jennifer Lynch, PsyD, Ashley Bramhall, AMFT
Location: 403 | CRISPUS

This group is designed to get you moving, laughing, creating, and connecting with others through interactive games and sensory-based activities. Each activity uses sight, sound, touch, smell, taste, or movement to create fun and engaging opportunities to stay grounded, present, and ready to fight OCD and anxiety. If you like fun and new friends, this is the group for you!

Wheel of MISfortune, the Fourth:**An Interactive ERP Group for Teens****Track:** HIGH SCHOOLERS**Speakers:** Camilla Kasper, LMSW, Victoria Lawlor, PhD
Location: 401 | CHELAN

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 fun exposures across OCD themes. We will lean into uncertainty while working together to make living with OCD feel less isolating and stressful. We hope you'll learn how to challenge yourself in fun ways and become a cheerleader for yourself and others!

6:00PM–7:30PM**2nd Annual Elementary Schoolers'****Pajama Party!****Track:** ELEMENTARY SCHOOLERS**Speakers:** Caroline Kalen, Darcy Howell, MEd
Location: 405 | KACHESS

Put on your coziest pajamas, grab your favorite stuffed animal, and get ready to wrap up the day with our 2nd annual Elementary Schooler Pajama Party! Join us as we conclude another amazing day at the Conference with a PJ-themed craft, an exciting storytime, and an opportunity to take a photo with your conference friends, showing off your PJs! This will be an opportunity to spend time with the new friends you've made and a chance to rest and recharge for a Saturday spent challenging OCD. You won't want to miss this comfy, cozy event!

Yes, And...: Using Improv to Build Flexibility in Youth with OCD**Track:** MIDDLE SCHOOLERS**Speakers:** Stephanie Yin, LCSW, Breanna Myers, LCSW
Location: 403 | CRISPUS

Youth with OCD often struggle with cognitive rigidity and discomfort with uncertainty. Improvisation, grounded in play and creativity, offers an engaging way to practice flexibility, adaptability, and acceptance of the unknown—all key components of exposure-based treatment for OCD. This workshop invites participants to explore the foundational principles of improv—collaboration, openness, and "yes, and" thinking—as

tools for strengthening mental flexibility and reducing anxiety around uncertainty. Through guided games, reflection, and group discussion, participants will learn to laugh through the unexpected, build resilience in moments of not knowing, and connect with peers who share similar experiences.

Beats OCD: Creating Your Exposure Playlist**Track:** HIGH SCHOOLERS**Speakers:** Kara Lash, LPCC, Desiree Untch, LISW-S
Location: 401 | CHELAN

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.

EVENING ACTIVITIES**Transforming Our Relationship to Rumination through Meditation****Track:** ACTIVITY**Speakers:** Jeff Chartrand, Carolyn Ringenberg, LCSW-A
Location: 604 | SKYKOMISH

Rumination is often the phenomenon that creates an endless loop that causes OCD sufferers to feel "stuck." In this support group, a Clinical OCD Therapist, and a lay ordained Buddhist monk, will lead participants in a way to allow all thoughts to be there without resistance. During this group, we will learn what meditation is, how a daily practice can lead to "making friends with our minds," and practice doing a meditation during the group session.

Yoga; an additional practice to build on your tools learned in therapy.**Track:** ACTIVITY**Speakers:** Katie Manganello, PsyD, CYT200
Location: 504 | FOSS

Yoga is a mind-body practice that combines movement, breathing, and mindfulness to support physical and mental health. Dr. Manganello will offer a 60-minute, power flow yoga class, everyone is welcome. Throughout the class, Dr. Manganello will guide participants through yoga movements, highlight importance of breath, mindfulness skills, and how using these skills can help to ground you on and off the mat.

Zine About It: Make a Self-Published Magazine**Track:** CREATIVE CORNER**Speakers:** Alexandra Richardson, Naomi Falk, MFA
Location: 605 | SNOHOMISH

In the spirit of writers and illustrators like McKenzie Young, Lily Williams, John Peña, and Hamja Ahsan, we will explore using zines and cartooning as a cathartic (and often funny!) way to harness creative expression within a life that includes having OCD. Participants will have the opportunity to make their own zine.

This workshop will provide accessible strategies, tools, and templates participants may use to process and communicate how we see our world and ourselves. It will include examples of how zines and cartoons are used to engage awareness and change through comedy and dialogue in low cost, low stakes, fun ways. No drawing experience necessary. All are welcome!

8:00PM–9:30PM**25th Road to Recovery Tour - Coffee Capital Edition****Track:** ACTIVITY**Speakers:** Lisa Abbrecht, PsyD, Jonathan Grayson, PhD
Location: REGENCY A

A night you won't forget. Join as our legendary recovery trip takes to the streets of Seattle to fight OCD. For this workshop's 25th year, we'll begin with a brief presentation about our camping trips (as seen in People Magazine) to help inspire you to take the risks of getting better. Following this, participants – consumers, family, and professionals – will go on a field trip throughout Seattle 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.

LGBTQIA+ Special Interest Group Presents: Fun Meet-Up Activity & Hang Out!**Track:** ACTIVITY**Speakers:** Mike Vatter
Location: 502 | COWLITZ

The IOCDF's LGBTQIA+ Special Interest Group invites you to a meet-up activity featuring a fun and safe space to play LGBTQIA+-themed games and activities, take part in lighthearted conversation, and share 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—feel free to bring your friends/partners. A good time is promised, and yes, allies are welcome too!

Calligraphy Master Class: A Calligraphy-Based Approach to Defusion**Track:** CREATIVE CORNER**Speakers:** Caroline Kalen, Julia Angell, OTD
Location: 605 | SNOHOMISH

When suffering from OCD, intrusive thoughts are often attached to feelings of shame and isolation. Acceptance and Commitment Therapy offers the skill cognitive defusion. This skill helps individuals change their relationship with their thoughts. Join us during this engaging evening activity that will use calligraphy as a path to defusing your most challenging OCD thoughts. Attendees will begin with a 30-minute calligraphy lesson led by a professional in the field, followed by 1 hour to create their own hand-lettered art piece featuring an OCD thought. By engaging in this activity, participants will feel less alone and see their thoughts from a new, less intimidating perspective. This evening activity is for participants 18 and older. No prior art experience is required.

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

SUPPORT GROUPS

11:30AM–12:30PM

Living with Faith and OCD: A Support Group

Track: SUPPORT GROUP**Speakers:** Mubeena Mirza, LCSW, Alexander Rosenberg**Location:** 701 | CLALLUM

A supportive space for those navigating OCD and faith. Together, we'll explore how OCD can interfere with beliefs and practices, and discuss strategies to separate OCD-driven patterns from meaningful faith—while connecting with others who understand.

Support Group for People with Lived Experience of Hoarding

Track: SUPPORT GROUP**Speakers:** Micah Howe, Marnie Cooper**Location:** 503 | DUCKABUSH

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.

LGBTQ+ and OCD Support Group

Track: SUPPORT GROUP**Speakers:** Alex Polli, LMHC, Rayna Mitchell-Rose, LICSW**Location:** 607 | WISHKAH

Process/Support group for adults (18+) living with OCD and who identify as LGBTQ+. This will be a space to discuss the unique challenges of living with OCD as a queer person. This is not a space for allies of the LGBTQ community but those questioning their identities are welcome.

Helping the Helpers: Compassion Focused Support Group for Professionals in the Hoarding Community

Track: SUPPORT GROUP**Speakers:** Chia-Ying Chou, PhD**Location:** 703 | HOKO

Compassion-Focused Therapy (CFT) is an evidence-based therapy model applied in treatment for a wide variety of clinical populations, including hoarding. Its non-clinical workshop format, Compassionate Mind Training (CMT), has also been offered to clinical populations, general public, and helping professionals. This support group applies the contents of CMT. It is dedicated to professionals—including but not limited to therapists, professional organizers, researchers, and property managers—whose work supports the hoarding community. We will discuss shared rewarding and challenging experiences of working in service to this particular community, learn to approach these experiences through the lens of the theoretical framework of CFT. We will also practice connecting with the human-self that is in this helping profession, and learn tools to support ourselves while serving the

community. This interactive workshop will be led by a clinician and a trainer specializing in hoarding and CFT. More resources for continuous learning and support will be introduced at the end of the group.

Support Group For Pre-Licensed Clinicians/ Early Career Professionals

Track: SUPPORT GROUP**Speakers:** Esha Karia, MA, Kate D'Agostino, LCSW**Location:** 502 | COWLITZ

This interactive support group provides a dedicated space for pre-licensed clinicians and early-career professionals to navigate the unique challenges of entering the mental health field, and specifically working with individuals with OCD. The journey from student to experienced licensed practitioner is often isolating and can lead to feelings of imposter syndrome. Facilitated by two early career OCD therapists, this session offers an environment to support similar individuals who have been in the mental health field or OCD space for 5 years or less. The support group will touch on topics such as understanding the nuances of OCD as a newer clinician, supervision dynamics, burnout prevention, and ways to keep up with OCD treatment advances and clinical trends.

Caregiver Hotline: A Space for Parents/ Caregivers to Troubleshoot & Connect

Track: SUPPORT GROUP**Speakers:** Michele Bechor, PhD, Darlene Davis Goodwine, PhD**Location:** 505 | QUEETS

Parent/caregiver coaching, live & in-person! This clinician-facilitated support group is designed for parents and caregivers of individuals with OCD. Led by two doctoral-level clinicians with academic and clinical expertise in family-based OCD treatment and parenting support/coaching, the support group will provide a safe, collaborative space to discuss common "stuck points," share practical parenting strategies, and normalize the challenges of raising and supporting a loved one with OCD. Participants are encouraged to exchange ideas, offer empathy, and learn from one another's experiences. Time will also be provided for parents/caregivers who wish to connect and exchange contact information to foster ongoing support beyond the conference. All parents/caregivers are welcome - no prior treatment experience is required to attend.

Living with OCD as an Asian American

Track: SUPPORT GROUP**Speakers:** Akshay Trisal, MA, Satsuki Shumate**Location:** 608 | WYNOOCHEE

This support group will explore the complex experience of living as an Asian American in the United States coping with obsessive-compulsive disorder (OCD), particularly as a first or second-generation immigrant. It examines how cultural stigma surrounding mental health, limited "appropriate" professional choices, and the pressure to uphold family honor and to "save face" can intensify personal struggles. Through personal reflections and cultural analysis, the purpose of this group will be to shed light on the intersection of identity, duty, and mental illness—highlighting the urgent need for culturally informed support systems that validate emotional well-being while honoring cultural values and understanding the significance of culturally-specific nuances.

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

Track: SUPPORT GROUP**Speakers:** Caelyn Nordman, MA, Andrew DeBenedictis, MA**Location:** 601 | HOH

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.

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

Track: SUPPORT GROUP**Speakers:** Kimberly B., Andrea Gonzalez, MPsy**Location:** 707 | SNOQUALMIE

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.

Starting Strong: Support Group for Emerging Clinicians in OCD Treatment

Track: SUPPORT GROUP**Speakers:** Alexa Valko, MS, Joseph McNamara, PhD**Location:** 603 | SKAGIT

This support group is facilitated by Dr. Joseph McNamara, an OCD clinician with nearly 20 years of specialized experience. He brings deep clinical expertise and a strong commitment to supporting emerging clinicians as they begin their work in OCD treatment. This group is designed for graduate students and early-career clinicians who are new to treating individuals with OCD. It provides a collaborative space to share experiences, ask questions, and learn alongside peers who are also early in their OCD training. Participants will discuss challenges, exchange insights, and build a supportive professional network. The goal is to strengthen confidence, deepen understanding, and help clinicians take the next step in their development as OCD providers.

OCD Experiences and Impacts: Military Members and Veterans

Track: SUPPORT GROUP**Speakers:** Nathaniel Van Kirk, PhD, Shachar Rupp, MA**Location:** 604 | SKYKOMISH

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.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

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.

BIPOC Clinician Support Group**Track:** SUPPORT GROUP**Speakers:** Stephanie Yin, LCSW, Breanna Myers, LCSW**Location:** 606 | TWISP

This support group is open to those that self-identify as existing within the Black, Indigenous, and People of Color (BIPOC) community. For these BIPOC 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 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, advocates, and leaders in the field of OCD treatment.

Healing Together: A Support Group for Adults with BFRBs**Track:** SUPPORT GROUP**Speakers:** Laura Chackes, PsyD, Lauren McKeaney**Location:** 705 | PALOUSE

This expert-led support group is for adults struggling with skin picking, hair pulling, or any other Body Focused Repetitive Behavior (BFRB). You will receive support, learn therapeutic skills, and make a vision board bookmark to take with you. 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. Leaders bring expertise from both the perspectives of a therapist and someone with lived experience, and will moderate, provide support, and offer CBT and mindfulness-based therapeutic skill learning and practice as applicable. Facilitated by Dr. Laura Chackes and Lauren McKeaney, founder of The Picking Me Foundation, co-authors of The BFRB Workbook for Teens and Young Adults.

6:00PM–7:30PM**Man Up: Real Men Talk About Their Feelings (A Support Group for Men)****Track:** SUPPORT GROUP**Speakers:** Jacques Esses, MSW**Location:** 606 | TWISP

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

ask questions and engage in discussion on topics they face being a male with OCD.

Support Group for Trans, Nonbinary, and Gender-Diverse People with OCD**Track:** SUPPORT GROUP**Speakers:** Ellie Fisher, LPCC, Bree Horrocks, PhD**Location:** 503 | DUCKABUSH

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.

Anxiety in Athletes**Track:** SUPPORT GROUP**Speakers:** Evan Smith, LPC-A,

Tom Smalley, CMPC, CSCS

Location: 607 | WISHKAH

OCD is no stranger to the locker room, court, or field. Athletes' talents are often inhibited by anxiety, negative thinking, and the endless loop of compulsions. We also know that there is a way to move through the doubt and fear, and this support group provides a message of hope, tips, and strategies to take charge of OCD. We will gather to evaluate misconceptions about OCD in sport performance, exchange resources on taking skills to the next level, and, most importantly, encourage one another. Join us as we work to empower one another, athlete to athlete.

Young Adult Support Group**Track:** SUPPORT GROUP**Speakers:** Kyle King, Victoria Lane, LCSW**Location:** 701 | CLALLUM

The conference is exciting—but it can also feel intimidating. It's a new place, full of new people, and centered on conversations that aren't always easy to have. We get it, because we've been there too. And what we've learned is that the best way to move through that fear—and actually enjoy the weekend—is to lean in and start connecting with the people around you. That's the entire purpose of the Young Adult Support Group. This space exists simply to bring young adults together before the conference fully begins, so you can start building connections early. Because as much as you'll learn this weekend, the relationships you form will matter most—and there's no better time to start than now.

Your Strength Matters: A Support Group for Parents of Young Adults with OCD**Track:** SUPPORT GROUP**Speakers:** Lacie Lazaroe, PhD, Tannaz Mirhosseini, MS**Location:** 601 | HOH

Adjusting to the evolving dynamics as children grow into adults can be challenging for parents. Whether they remain close to home or venture far away, the need for substantial parental support persists. When OCD is a factor, the complexity intensifies. Parents grapple with establishing and maintaining healthy boundaries,

especially considering the impact of OCD on relationship dynamics. 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 adult children with OCD.

What's Me and What's OCD?**Track:** SUPPORT GROUP**Speakers:** Talia Sabelli, LMHC, Christin Brown, LICSW**Location:** 505 | QUEETS

It can often be easy to mistake OCD's rules and guidelines for actual preferences or personality traits. When one suffers with OCD for so long it can become increasingly difficult to distinguish who you are from your symptoms. Even after treatment, navigating recovery and getting to know yourself without the familiarity of obsessions and compulsions may feel vulnerable and disorienting. Join us for this group where we will share insights, stories of hope and ways to keep moving towards your values no matter what stage of your OCD journey you are in. We will seek to foster a sense of empowerment, community and curiosity as we come together to explore the self separate from OCD.

Unhooked: OCD and Media**Track:** SUPPORT GROUP**Speakers:** Julie Miller, MEd, Kelly Carter, LPC-MHSP**Location:** 608 | WYNOOCHEE

This support group focuses on helping individuals with OCD navigate today's intense and often anxiety-provoking media climate in values-guided ways. Participants will explore how news, social media, and online content can trigger obsessive fears, reassurance seeking, compulsive checking, or avoidance. Using an ACT-informed framework, the group will practice noticing when media engagement is driven by anxiety versus personal values, and learn skills such as defusion, mindful consumption, and intentional choice-making. Emphasis is placed on responding to media without excessive control, avoidance, or reassurance seeking, while staying connected to what matters most. Then redirecting attention to more meaningful engagement such as limiting screen time, civic engagement, or connecting to community.

Women's OCD Support Group**Track:** SUPPORT GROUP**Location:** 603 | SKAGIT

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.

Picking ME over Skin Picking**Track:** SUPPORT GROUP**Speakers:** Lauren McKeaney**Location:** 705 | PALOUSE

Do you skin pick, want to stop, but can not? 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

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

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 *p i c k* this support group!

When Helping Hurts: Parent Support for Reducing Accommodation

Track: SUPPORT GROUP

Speakers: Alexa Valko, MS, Joseph McNamara, PhD

Location: 502 | COWLITZ

This support group offers parents and caregivers a welcoming space to understand how everyday "helping" can unintentionally strengthen OCD. The session begins with a brief overview of what accommodation looks like and why it's such a common pattern for families. Participants will then take part in a guided reflection activity to identify when and how accommodation shows up in their routines. Facilitators will introduce simple, realistic strategies for reducing accommodation through small steps, steady support, and clear communication. The group will also work through real-life scenarios to build confidence in responding to difficult moments. Attendees will leave with practical tools, supportive language they can use at home, and encouragement for making meaningful, sustainable changes.

8:00PM–9:30PM

Flying Through Fog: Supporting a Child with PANS/PANDAS

Track: SUPPORT GROUP

Speakers: Angela Henry, LCSW, Karan Lamb, PsyD

Location: 707 | SNOQUALMIE

Parenting a child with PANS/PANDAS can feel overwhelming, isolating, and unpredictable. This in-person support group offers a warm, supportive space for caregivers to connect with others who understand the unique challenges of navigating sudden symptom onset, neuroinflammation, OCD, and related behavioral changes. Together, we will share experiences, explore practical strategies, and discuss ways to support children through both flares and periods of stability. Topics may include managing uncertainty, collaborating with multidisciplinary care teams, supporting school functioning, and caring for yourself as a parent. Whether you are newly navigating a diagnosis or have been on this journey for some time, this group is designed to foster connection, validation, and hope within a community that truly "gets it."

Bipolar Disorder & OCD: Support Group

Track: SUPPORT GROUP

Speakers: Kyra Merryman, Sara Vicendese, LMFT

Location: 608 | WYNOOCHEE

Support group for individual diagnosed with OCD & Bipolar Disorder and/or their family members. Led by LMFT Sara Vicendese & her co-moderator, OCD advocate Kyra Merryman.

12 Step Meeting

Track: SUPPORT GROUP

Speakers: Dylan Tidyman-Jones, MPSS

Location: 601 | HOH

A simplified 12 step meeting for conference attendees! In this peer-led support group, we will go around the

circle and give everyone who wants to a chance to check-in and share a bit of their experience. This will be a wonderful chance to meet others at the conference who are navigating OCD recovery, along with SUD or other addictions, and to offer one another support as we navigate the challenges of dual diagnosis while traveling & being far away from our usual supports.

BIPOC Community Support Group

Track: SUPPORT GROUP

Speakers: Erjing Cui, LMHC

Location: 703 | HOKO

Minoritized racial and ethnic groups often face individual, cultural, and systemic barriers when coping with OCD, seeking treatment, and navigating daily life. Cultural stigma, family expectations, acculturation stress, and experiences of marginalization can all shape how symptoms are understood, expressed, and supported. This support group offers a healing and affirming space for people of color to explore how OCD intersects with cultural identity, belonging, and lived experiences. Interactive topics include—but are not limited to—stigma, isolation, intergenerational dynamics, language barriers, and navigating microaggressions in clinical and community settings. Participants will be invited into reflection, shared learning, and community connection. BIPOC individuals with OCD, as well as families and loved ones, are welcome.

Living with BDD: Support Group for BDD Caregivers and Families

Track: SUPPORT GROUP

Speakers: Denis Asselin, Kellie Smith

Location: 606 | TWISP

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, attendees 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.

Community Discussion Group for Mental Health Professionals with OCD

Track: SUPPORT GROUP

Speakers: Daniel Kalb, PhD, Christopher Weston, MPH, LMFT

Location: 602 | NOOKSACK

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

Support Group for Individuals with Multiple OCD Themes

Track: SUPPORT GROUP

Speakers: Megan O'Bryan, PhD, Katherine Koschnick

Location: 705 | PALOUSE

Many individuals feel like they are experiencing multiple themes that co-occur or shift rapidly. These changing patterns can feel overwhelming and make it difficult to know how to apply treatment strategies effectively. This support group is designed for individuals navigating multiple OCD themes, providing a space to share experiences, frustrations, and coping strategies. Members will have the opportunity to exchange practical tips, gain perspective, and build community with others facing similar challenges. The group aims to reduce isolation, normalize the complexity of multi-themed OCD, and offer support for applying therapeutic tools in diverse situations.

How To Break Up With Your OCD

Track: SUPPORT GROUP

Speakers: Elizabeth Bartholomew, LCSW

Location: 505 | QUEETS

In this experiential support group you will write a "break-up" letter to your OCD. Time will be allotted to share and process in a safe space. Hidden barriers to desired treatment outcomes can be brought to light with this popular intervention.

Driven but Drained: Finding Support When OCD and High Achievement Collide

Track: SUPPORT GROUP

Speakers: Sharon Batista, MD, Sonia Greaven, PhD

Location: 404 | ENTIAIT

High-achieving individuals living with OCD are often praised for being productive, reliable, and successful, while privately managing intense pressure, perfectionism, and fear of getting things wrong. For many, achievement becomes both a way to cope with OCD and a force that keeps symptoms entrenched. Productivity, certainty-seeking, and self-imposed standards can feel inseparable from identity, making change feel risky or even destabilizing. This session is intended for individuals with lived experience of OCD who identify as high achievers, loved ones, and professionals. Participants will explore how OCD can shape relationships with work, school, responsibility, and self-worth. The group will also examine why slowing down, setting limits, or redefining success can provoke distress that mirrors core OCD fears.

Supporting a Loved One with OCD: You're Not Alone

Track: SUPPORT GROUP

Speakers: Sarah Guirguis, MA, Oanh Nguyen, MS

Location: 701 | CLALLUM

This support group is for parents, partners, and support system of individuals with OCD. Loved ones often juggle between helping and unintentionally reinforcing symptoms through reassurance, avoidance, or taking over responsibilities. This group offers a supportive space to share experiences while learning how OCD operates and how accommodation maintains the cycle. Through guided discussion, brief psychoeducation, and practical skills learning, participants will explore ways to maintain being supportive while setting

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

boundaries and communicating effectively that align with ERP principles. Strategies include pausing before responding, using supportive communication, reducing reassurance, managing caregiver guilt, and encouraging self-care engagement. Attendees will leave with a better understanding about OCD, practical tools, and connection with others navigating similar challenges.

Unanswerable Questions: Living with Existential OCD

Track: SUPPORT GROUP

Speakers: Allison Brandt, PhD, Edmund LaBarbara, PsyD

Location: 503 | DUCKABUSH

Do you experience existential obsessions? Intrusive, repetitive thoughts about consciousness, the meaning of life, what happens after death, or whether things are real? People with existential obsessions may spend hours ruminating about these philosophical questions, checking for evidence that things are real, seeking reassurance from loved ones, or avoiding media about these topics. Join us for a discussion group on existential OCD. You will not leave with answers to life's big questions, but we hope you leave feeling less alone in having this OCD theme.

Parenting is Hard Enough: Support Group for Parents with OCD

Track: SUPPORT GROUP

Speakers: Samuel Harvell, LCSW

Location: 604 | SKYKOMISH

While parenting young or old children is hard, the challenges of parenting are multiplied when someone has OCD. Trying to manage internal triggers and external needs of others can be exhausting and overwhelming. Come together with fellow OCD warriors to hear stories of success, hardship and humor as we all navigate raising other humans!

Making Space for Grief After Diagnosis

Track: SUPPORT GROUP

Speakers: Tara Montazeri, LMFT

Location: 603 | SKAGIT

Being diagnosed with OCD can bring a wide range of emotions, including grief for past versions of oneself who may have felt alone or misunderstood. This support group will create space for individuals to acknowledge and name diagnosis-related grief, honoring whatever emotions arise without judgment or a pressure to feel a certain way. While relief may be a part of the experience, many individuals also grieve for their past self, the experiences that OCD tinted, and for what life may look moving forward. Led by a therapist who lives with OCD

and was diagnosed in adulthood, this group will offer validation, shared understanding, and a reminder that participants are not alone in navigating the emotional impact of an OCD diagnosis.

One Size Fits One: Honoring Heterogeneity in Neurodivergence and OCD

Track: SUPPORT GROUP

Speakers: Amanda McGovern, LMHC

Location: 607 | WISHKAH

This professionally facilitated support group, designed for neurodivergent individuals with co-occurring OCD, provides space for shared understanding, validation, and connection. The group focuses on common challenges related to OCD treatment, including experiences of misunderstanding, difficulty accessing neuroaffirming and knowledgeable care, and navigating interventions that may not fully account for neurodivergent needs. Participants are invited to share experiences, reflect on what has and has not been helpful in treatment, and explore ways to advocate for care that respects both OCD-related distress and neurodivergent identity. The group emphasizes mutual support, normalization, and community-building rather than skills training or treatment. This space aims to reduce isolation, amplify lived experience, and foster connection among individuals who may feel unseen within traditional OCD treatment settings.



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 20+ hours of therapy per week

THERAPIES:
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 Family and Recreation Therapies
 Music & Improv
 Speech & Language
 Diet & Nutrition Support
 Accredited School
 Medication Management



Heber, UT

Girls Short-Term Treatment

Comprehensive Anxiety & OCD
 Assessment & Treatment

PROGRAM LENGTH: 60-90 Days
 8 Capacity / Ages 12 - 18 years old
 25 hours of therapy per week

THERAPIES:
 ERP • I-CBT • RO-DBT • ACT
 Family and Recreational Therapy
 Music & Improv
 Speech & Language
 Diet and Nutrition Support
 Medication Management



Huntsville, UT

Boys Long-Term Treatment

Leading the Way for Boys
 With OCD & Anxiety

PROGRAM LENGTH: 10-12 Months
 26 Capacity / Ages 12 - 18 years old
 20+ hours of therapy per week

THERAPIES:
 ERP • I-CBT • RO-DBT • ACT
 Family and Recreation Therapies
 Music & Improv
 Diet & Nutrition Support
 Potential School District Funded
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LeaKae Musgrove
 Director of Admissions and Marketing
 (801) 895-0323
lmusgrove@thecascadeprograms.com



Elise Ashby
 Assistant Admissions Director
 (435) 562-5800
eashby@thecascadeprograms.com



thecascadeprograms.com

SATURDAY SCHEDULE OVERVIEW

TIME	EVENT	LOCATION
7:00AM–8:00AM	Pastries & Coffee High-top tables will be scattered throughout the rear of the Exhibit Hall.	Exhibit Hall – Columbia
7:00AM–7:00PM	Exhibit Hall Open IOCDF Information & Welcome Booth Open See page 9 for a list of Exhibitors.	Exhibit Hall Columbia
8:00AM–4:00PM	CONFERENCE PRESENTATIONS See pages 36–43 for a full schedule of presentations.	
	YOUTH PROGRAMMING See page 13 for a full schedule of activities and pages 43–45 for details.	
11:30AM–12:30PM	Lunch on your own + Lunchtime Support Groups Turn to pages 45–46 for descriptions and a detailed schedule	
2:15PM–2:30PM	Afternoon Coffee Break	Exhibit Hall Columbia
4:15PM–5:30PM	Keynote & Awards Ceremony Sponsored by NW Anxiety Institute  SERVING OREGON & WASHINGTON	Regency B
5:30PM–7:30PM	Michael Jenike Memorial Research and Exhibitor Meet & Greet Cash bars throughout Exhibit Hall.	Exhibit Hall Columbia
6:30PM–8:00PM	Saturday Evening Activities & Support Groups Turn to pages 45–47 for descriptions and a detailed schedule.	
7:30PM–10:30PM	The Official OCD Conference Party Cash bar and light Hors D'oeuvres.	Regency B

REGENCY A - CLINICIANS—INTRODUCTORY

Bridging Generations: Supervision, Training, and Leadership in OCD Care

Mara Esber, PsyD, Thröstur Björgvinsson, PhD, Kevin Ashworth, LPC, Azul Lozoya Gomez, LPC-A, Ginny Fullerton, PhD

TRACK KEY:

- Workshops are eligible for CE/CME credits.
- Workshops are available virtually and in person.

Location/Room name of session.

TIME	8:00AM–9:30AM	9:45AM–11:15AM	12:45PM–2:15PM
Location:	ELWHA A	REGENCY B	REGENCY A
Clinicians–Introductory	Ask the Experts: Assessment and Treatment of Tic Disorders and OCD	Braver Together: Leveraging Group Exposures in Treatment	Ethical Exposure with an Emphasis on Diversity-Related Topics
	Erica Greenberg, MD, Charles Galyon, PhD, Joshua Nadeau, PhD	Stacy Santacroce, LCSW, Dina Nunziato, PhD	Jennifer Park, PhD, Molly Martinez, PhD, Chad Wetterneck, PhD, Thomas Adams, PhD, Stephanie Eken, MD
Location:	REGENCY A	REGENCY A	702 CLEARWATER
Clinicians–Advanced	Treating OCD and Co-Occurring Personality Disorders	Building Your Client's Voice in ERP: Self-Concept, Confidence, & Compassion	Navigating Treacherous Waters in the Treatment of Pediatric OCD
	Judy Mier Pichette, PhD, Blaise Aguirre, MD, Amy Mariaskin, PhD, Anthony Pinto, PhD	Jesse Williams, LPC-A, Brittany Rudy, PhD, Andrea Furgala, LISW-CP	Martin Franklin, PhD, John Piacentini, PhD
Location:	702 CLEARWATER	702 CLEARWATER	QUINAULT
Everyone	When Anxiety Gets Mean: Understanding Anger in OCD	Determining Appropriate Levels of Care Across Clinical Settings and Models	You can't say that...Can you?: Confronting Taboo Thoughts to Create Meaning
	Josh Kaplan, LCSW, Danielle McDowell, LCSW, Jose Martinez, MA, Brenda Kijesky, LCMFT	Martijn Figee, MD, PhD, Thröstur Björgvinsson, PhD, Elizabeth McIngvale, PhD, LCSW, Fugen Neziroglu, PhD, Christopher Pittenger, MD, PhD	Jose Martinez, MA, Alejandro Ibarra, MSC, Alexandra Reynolds, Josh Spitalnick, PhD
Location:	ELWHA B	ELWHA B	ELWHA B
Living with OCD	When OCD Is Complicated: Navigating Treatment Resistant with Hope	Sex for Anxious Humans: Desire, Doubt, and Doing it Anyway	The Roles of OCD and How Not to Play
	Margaret Sisson, Valerie Andrews, Tracie Ibrahim, LMFT, Haley Rhodes, Uma Chatterjee, MS, MHPS	Sheva Rajae, LMFT, Ben Johnides, PhD, Chris Trondsen, LMFT, Elena Fasan, LCSW, Tarik Hadzic, MD, PhD	Nathan Peterson, LCSW, Molly Schiffer, LCPC, Jonathan Hershfield, LCMFT, Reid Wilson, PhD
Location:	302 BECKLER	302 BECKLER	302 BECKLER
Young Adults	Navigating Family Dynamics, Independence, and OCD in Young Adulthood	OCD and the Transition to Independence: Relationships and Resilience	Shrinking Shame: Shame and OCD
	Noemi Tsai, Curren Hollister, Christina Tahtouh, LMSW, Sam Faden	Sophia Artandi, Hailee Dear, LCSW, Brie Godin, Camilla Kasper, LMSW	Nicole Haseman, Carly Kalunian, Jacques Esses, MSW, Darcy Howell, MEd
Location:	512 WILLAPA	512 WILLAPA	512 WILLAPA
Body Dysmorphic Disorder (BDD)	Overview of Cognitive Behavioral Therapy for Body Dysmorphic Disorder	BDD Research Updates	BDD in Youth, the Digital World, and Genetic Basis of BDD
	Sony Khemlani-Patel, PhD, Fugen Neziroglu, PhD	Ella Byrne, Sabine Wilhelm, PhD, Iris He, MSC, Holly Pederson, MEng, Janelle Janus, BPsychSc	Katharine Phillips, MD, Josep Fuster, PhD, David Veale, MD, David Castle, MD
Location:	402 CHILIWACK	402 CHILIWACK	402 CHILIWACK
Families & Loved Ones	From Treatment to Teammates: Relationship Repair After OCD Treatment	Blocking Avoidance: Practical Strategies for Tackling OCD's Favorite Trick	What Actually Helped: Client-Identified Turning Points in ERP
	Paul Peterson, LCSW, Kristin Cronin Boone, LMFT, Michelle Peterson	Hayley Dauterman, PhD, Allison Bonifay, LPC, Jennifer Tininenko, PhD, Stacy Welch, PhD	Ammanfil Oreta, LMHC, Montu Jani, LMHC, LPC, Paul Peterson, LCSW, Tessala Warheit-Niemi, Daniel Ness
Location:	501 CHIWAHA	501 CHIWAHA	501 CHIWAHA
Hoarding Disorder (HD)	The Impact of Hoarding on Families	ADHD or Hoarding Disorder: Strategies to Manage Clutter and Disorganization	From Awareness to Action: Educating Diverse Audiences on Hoarding Disorder
	Cecilia Garrett, LICSW, Becca Belofsky, CPS, Randy Frost, PhD	Michael Tompkins, PhD	Miley Stanton-Flowers, Allison Bonifay, LPC, Irina Gelman, PsyD, Christiana Bratotiis, PhD, MSW, Jill Williams, MA
Location:	QUINAULT	QUINAULT	ELWHA A
Prescribers	Medication Management of OCD Plus a Q&A with the Experts	Pharmacologic Augmentation of ERP: Practical Considerations for Clinicians	Neurosurgery and Neuromodulation in OCD: Overview, combination with ERP, and lived experience
	Steven Poskar, MD, Robert Hudak, MD	Stephanie Lehto, PsyD, Emily Hemendinger, LCSW, MPH, Jennifer Quigley, PA-C, Rachel Davis, MD, Stephanie Eken, MD	A. Moses Lee, MD, PhD, Andrew Smith, MD, PhD, Adam Frank, MD, PhD, Kristin Bowers, MA, LMHC, Jeremy Alexander
Location:	REGENCY B	ELWHA A	REGENCY B
Research on OCD and Related Disorders	Psychological Treatments for OCD: An Overview of Evidence-Based and Emerging Approaches	Identifying OCD in Athletes and Understanding Its Impact on Performance	Psychedelics & OCD Research: Current Evidence, Mechanisms, and Trials
	Patrick McGrath, PhD, Jonathan Abramowitz, PhD	John Best, PhD, Evelyn Stewart, MD, Cali Werner, PhD, LCSW, Jacques Esses, MSW, Ria Gill	Praachi Tiwari, PhD, Sorchia O'Connor, PhD, Carolyn Rodríguez, MD, PhD, Christopher Pittenger, MD, PhD, Uma Chatterjee, MS, MHPS

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**QUINAULT**

Depersonalization: Philosophical OCD, anxiety, or dissociation disorder?  

Sony Khemlani-Patel, PhD, Fugen Neziroglu, PhD

REGENCY A

DBT Skills for the Treatment of Complex OCD Part 2: Emotion Regulation 

Izabela Milaniak, PhD, Bethany Watson, PhD

ELWHA A

The Space Between Tics and OCD: Revisiting Tourette OCD Together 

Erica Greenberg, MD, Robert Hudak, MD, Charles Mansueto, PhD

ELWHA B

Get What You Need From Therapy: Advanced self-advocacy with your therapist

Martin Franklin, PhD, Rachel Immaraj, Andrea Guastello, PhD, Robert Henderson, PhD, Joshua Nadeau, PhD

302 | BECKLER

The Tyranny of the Clock: OCD and Time Anxiety

Sidney Lodge, Marni Jacob, PhD, Andrew GottWorth, Nicole Haseman, Matthew McCutcheon

512 | WILLAPA

Treating Advanced Cases of BDD: Challenges, Pitfalls, and What Works!  

Jamie Feusner, MD, Scott Granet, LCSW, Katharine Phillips, MD

402 | CHILIWACK

When Accommodations Help (and When They Don't): IEPs & OCD 

Danielle McDowell, LCSW, Sandra Bean, MA

501 | CHIWAHA

Supporting Severe Clutter in the Home: Practical Tools, Strategies, and Interdisciplinary Perspectives  

Lindsay Bacala, RSW, Jennifer Snyder, CPO®, Lauren Williams, Anne Pagano, LCSW

702 | CLEARWATER

"I'm Not Exposing My Baby to Drugs": Medication-Hesitant Perinatal Patients 

Stacy Greeter, MD, Skylar Ibarra, LCSW, PMH-C, Nafisa Reza, MD, Jane Kosloff, LICSW, PMH-C

REGENCY B

Technology and OCRDs: Research and Clinical Considerations  

Andrew Sherrill, PhD, Rebekah Mennies, PhD, Madeline Levitt, PhD, Andrew Wiese, PhD

4:15PM–5:30PM**EVERYONE**

KEYNOTE & AWARDS CEREMONY

A Conversation on OCD, Partnership, and Perspective: Liam Martin & Dr. Lia Martin

Regency B

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ACTIVITIES:**6:30AM–7:30AM**

- 31st Annual OCD Conference Run/Walk

11:30AM–12:30PM

- The Annual IOCDF Non-Shopping Trip!

6:30PM–8:00PM

- Coping Skills Bingo: Build Your Toolbox

YOUTH ACTIVITIES:**4:15PM–5:45PM**

- Zumba Kids Fitness Classes

6:30PM–8:00PM

- Roll for Courage: A D&D-Inspired Workshop for Battling OCD

SUPPORT GROUPS:**11:30AM–12:30PM**

- Navigating OCD in Later Life
- LGBTQIA+ Support Group
- Support Group for Sexual and/or Violent OCD Themes
- Wait...Who's Avoiding? Because It Isn't Just Me
- Road to Recovery: Tour Debrief
- Values in Action: Creatively Facing Your Fears with ACT
- It Impacts Me Too: Family Support for Loved Ones of a Person who Hoards
- Living in Color: LGBTQ+ Teens Navigating OCD, Identity, and Recovery
- Building Connection and Community: A Guided Conversation
- Hope and Healing at the Intersection of OCD and PTSD
- Work, Worry, and OCD: A Shared Space for Support
- Sibling Survival Skills: Navigating Life with a Sibling with OCD
- From Afar, Together: Support Group for International Attendees
- Emetophobia Support Group

6:30PM–8:00PM

- "This is the Skin of a Killer, Bella": A Support Group for "Taboo" Themes
- Reframe Shame: Creative Self-Compassion
- Building A Minority Affirming Practice
- Surfing the Urge: A Support Group for OCD and Addiction
- The Relationship OCD Support Group
- The Quiet After; Navigating the Unknown Self Through Treatment
- Supportive Space for BIPOC Individuals Living with OCD
- Parent's Wrap-up Support Group
- Young Adult Game Night
- Let's talk relapse. How to quickly get back on your feet when OCD strikes!
- BDD Support Group

TRACK KEY:

EVERYONE

LIVING WITH OCD

YOUNG ADULTS - PRESCRIBERS

FAMILIES & LOVED ONES

BDD

EDUCATIONAL SESSIONS

8:00AM–9:30AM

Treating OCD and Co-Occurring Personality Disorders

Track: CLINICIANS–ADVANCED

Speakers: Judy Mier Pichette, PhD, Blaise Aguirre, MD, Amy Mariaskin, PhD, Anthony Pinto, PhD

Location: REGENCY A

On a phenomenological level, OCD and personality disorders (PDs) share many characteristics. Perfectionism, preoccupation with control, cognitive rigidity, intense emotions, unwanted thoughts, interpersonal difficulties, and unusual/superstitious thinking all occur in both OCD and PDs. This can complicate assessment and make differential diagnosis more difficult. Moreover, when people meet criteria for both OCD and a PD, treatment planning can become more complicated for therapists, and clients may have differing levels of insight and motivation. This panel of clinicians will discuss four personality disorders (obsessive-compulsive, narcissistic, borderline, and schizotypal) from both assessment and treatment perspectives. Using case examples, research findings, and best practices for treatment, the speakers will address the unique aspects of treating OCD when PDs are also present.

Ask the Experts: Assessment and Treatment of Tic Disorders and OCD

Track: CLINICIANS–INTRODUCTORY

Speakers: Erica Greenberg, MD, Charles Galyon, PhD, Joshua Nadeau, PhD

Location: ELWHA A

Although much has been written describing OCD and Tic Disorders as standalone diagnoses (including treatment guidelines), there is little to be found examining the unique experiences, impairment, and needs associated with carrying both diagnoses. This panel 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 guidelines for identifying and addressing these unique client presentations, ample time will be available for addressing questions from audience members.

When Anxiety Gets Mean: Understanding Anger in OCD

Track: EVERYONE

Speakers: Josh Kaplan, LCSW, Danielle McDowell, LCSW, Jose Martinez, MA, Brenda Kijesky, LCMFT

Location: 702 | CLEARWATER

Anger is a common yet often overlooked emotional experience in OCD and related anxiety disorders. Frequently misinterpreted as resistance, poor coping, or a personality issue, anger is more accurately understood as a response to fear, shame, guilt, and perceived loss of control. This session explores how anger shows up across OCD presentations and how unaddressed anger can interfere with Exposure and Response Prevention (ERP) by increasing avoidance, rigidity, and dropout. Using clinical examples and evidence-based frameworks, participants will learn to recognize anger as meaningful emotional data rather than something to suppress. Mindfulness-based strategies will be introduced to help individuals notice, tolerate, and respond skillfully to anger, supporting greater flexibility, engagement, and long-term recovery.

When OCD Is Complicated: Navigating Treatment Resistance with Hope

Track: LIVING WITH OCD

Speakers: Margaret Sisson, Valerie Andrews, Tracie Ibrahim, LMFT, Haley Rhodes, Uma Chatterjee, MS, MHPS

Location: ELWHA B

Treatment resistance and clinical complexity are common in OCD, yet they are often framed as endpoints rather than evolving journeys. This panel offers an honest, empowering conversation about navigating complex and treatment-resistant OCD while sustaining hope. Five panelists with lived experience — including individuals and caregivers — share diverse paths shaped by medication intolerance, comorbid psychiatric and medical conditions, access barriers, and non-response to first-line treatments. Perspectives include engagement with emerging interventions (e.g., neuromodulation and psychedelic research) as well as evidence-based self-directed treatment when traditional care was inaccessible or insufficient. Panelists also bring professional expertise across clinical care, neuroscience, pharmacology, policy, social work, and advocacy. Attendees will gain practical strategies, reframed expectations of recovery, and hope that multiple valid, evidence-informed paths forward exist.

Navigating Family Dynamics, Independence, and OCD in Young Adulthood

Track: YOUNG ADULTS

Speakers: Noemi Tsai, Curren Hollister, Christina Tahtouh, LMSW, Sam Faden

Location: 302 | BECKLER

Young adulthood brings increased independence, shifting roles, and new expectations, changes that can be especially complex for individuals with OCD and their families. This talk explores how family dynamics evolve as young adults navigate autonomy, boundaries, and ongoing support while managing OCD. Drawing from lived experience and moderated by a clinician, presenters will discuss common challenges such as communication struggles, accommodation versus support, navigating treatment decisions, and balancing independence with connection. Attendees will gain insight into how family relationships can impact recovery and leave with practical strategies for advocating for their needs while maintaining healthy relationships. Through discussion and shared experiences, this session aims to empower young adults to foster understanding, set boundaries, and move forward with confidence and hope.

Overview of Cognitive Behavioral Therapy for Body Dysmorphic Disorder

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Sony Khemlani-Patel, PhD, Fugen Neziroglu, PhD

Location: 512 | WILLAPA

Although body dysmorphic disorder (BDD) and obsessive-compulsive disorder (OCD) share common clinical features, important differences necessitate tailoring treatment approaches. Individuals with BDD often present with higher levels of suicidal ideation, poorer insight, shame, and a desire for cosmetic procedures to enhance appearance rather than mental health treatment. This presentation will review evidence-based interventions for BDD, emphasizing modifications to standard cognitive-behavioral therapy. Key components will include developing a shared case conceptualization with

clients, providing targeted psychoeducation to enhance engagement, visual perceptual re-training, cognitive restructuring, and exposure and response prevention, along with adjunctive strategies to enhance outcomes. The presentation will include case examples and demonstrations of treatment techniques to illustrate practical application and common clinical challenges.

From Treatment to Teammates: Relationship Repair After OCD Treatment

Track: FAMILIES & LOVED ONES

Speakers: Paul Peterson, LCSW, Kristin Cronin Boone, LMFT, Michelle Peterson

Location: 402 | CHILIWACK

Obsessive compulsive disorder (OCD) can fundamentally alter intimate relationships through patterns of accommodation, caretaking, emotional distance, and role imbalance. Even after successful treatment, these patterns can linger. Led by a marriage and family therapist with a systems framework, the presentation will focus on a rare, combined perspective of a real couple, in which one partner brings lived experience of long-term OCD recovery and the other brings clinical expertise as a clinician and founder of an OCD treatment center. Presenters will provide attendees with practical strategies and real-life examples of how to repair relational strain without shame, restore emotional intimacy, and establish balanced roles that support both relationship health and ongoing wellness. Presenters will reserve time for questions and answers.

The Impact of Hoarding on Families

Track: HOARDING DISORDER (HD)

Speakers: Cecilia Garrett, LICSW, Becca Belofsky, CPS, Randy Frost, PhD

Location: 501 | CHIWAHA

Families and other supporters are often the first to seek help for a person who hoards (PWH), often navigating frustration, resistance, and limited insight long before treatment begins. Even when intervention and home remediation finally occur, supporters may discover that “getting better” is far more emotionally and cognitively complex than anticipated for everyone involved. This session explores the family and supporter experience across the continuum of care: from encouraging treatment engagement and increasing readiness for help, to navigating the emotional, interpersonal, and identity-related disruptions that arise during remediation and recovery. While much attention is rightly placed on the person who hoards, this presentation emphasizes the equally important experience of the family members who are living through the process of change alongside them.

Medication Management of OCD Plus a Q&A with the Experts

Track: PRESCRIBERS

Speakers: Steven Poskar, MD, Robert Hudak, MD

Location: QUINAULT

Medication management of OCD can be vital in managing moderate to severe cases, yet most psychiatrists and primary care physicians are not routinely taught the evidence-based protocols for OCD management. In this seminar, we hope to educate any physician who is looking to increase their knowledge of proper OCD prescribing practices from psychiatrists who have expertise in this field. We will also discuss the management of side effects and other issues that can arise due to the use

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER

 Workshops are eligible for CE/CME credits.
 Workshops are available virtually and in person.

of medication management. Our goal is to educate both professionals and the public at large, and we will include a Q&A session to answer questions from audience members.

Psychological Treatments for OCD: An Overview of Evidence-Based and Emerging Approaches

Approaches

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Patrick McGrath, PhD, Jonathan Abramowitz, PhD

Location: REGENCY B

This presentation will review the current state of psychological treatments for OCD, with a focus on exposure and response prevention (ERP) as the first-line intervention, including its foundations, treatment procedures, and research support. We will also cover emerging approaches, such as inhibitory learning-informed ERP and ACT-informed ERP, and second-line treatments such as inference-based cognitive behavioral therapy (I-CBT). Technology-assisted delivery formats (e.g., telehealth and digital interventions) will also be covered, along with the different settings where effective treatment can be obtained (e.g., outpatient, residential, etc.). This will be a broad overview of the field, and we will answer questions from the audience as well.

9:45AM–11:15AM

Building Your Client's Voice in ERP: Self-Concept, Confidence, & Compassion

Track: CLINICIANS–ADVANCED

Speakers: Jesse Williams, LPC-A, Brittany Rudy, PhD, Andrea Furgala, LISW-CP

Location: REGENCY A

Behind the majority of OCD rituals are core beliefs regarding fear of uncertainty, lack of self-trust, high self-negativity, and unrealistic self-imposed expectations that promote continued avoidance patterns and can greatly disrupt treatment engagement. This talk aims to provide practical strategies for building a client's sense of self through exposure and beyond, and to discuss the connection between self-concept with willingness for treatment, motivation to use treatment tools to improve daily functioning beyond the office, and client resiliency and outcomes.

Determining Appropriate Levels of Care Across Clinical Settings and Models

Track: EVERYONE

Speakers: Martijn Figeer, MD, PhD, Thröstur Björgvinsson, PhD, Elizabeth Mdngvale, PhD, LCSW, Fugen Neziroglu, PhD, Christopher Pittenger, MD, PhD

Location: 702 | CLEARWATER

It is often hard for patients, families, and clinicians to determine when to try another level or type of treatment when weekly sessions are not enough. Sometimes, weekly sessions may work, but the patient needs a quicker response to go back to school or work; at other times, patients make insufficient progress and are frustrated and want to try some other form of treatment. There are ways to decide when to make a switch and to what form of treatment. This panel is composed of senior-level leaders in the field, each offering different levels or types of care. You will learn when to consider

an IOP, Residential, Partial Hospitalization, Ketamine, Psychedelic/Psilocybin and/or the 4 Day Bergen Program.

Sex for Anxious Humans: Desire, Doubt, and Doing it Anyway

Track: LIVING WITH OCD

Speakers: Sheva Rajaei, LMFT, Ben Johnides, PhD, Chris Trondsen, LMFT, Elena Fasan, LCSW, Tarik Hadzic, MD, PhD

Location: ELWHA B

This presentation explores how to cultivate a fulfilling, values-aligned sex life even when anxiety or OCD is present. Sexual well-being is reframed beyond performance, certainty, or symptom elimination, emphasizing pleasure, imperfection, and flexibility. Physiological reasons anxiety and intrusive thoughts interfere with desire and intimacy through hypervigilance, avoidance, rumination, and perfectionism will be explored, as well as how to address those patterns without reinforcing compulsive control or reassurance-seeking. Offering perspectives from the fields of sex therapy, human development, and psychiatry, grounded in principles fundamental to evidence-based anxiety and OCD treatment, including ERP, ACT, and DBT, an expert panel will offer practical, sex-positive strategies for tolerating uncertainty, reconnecting with the body, and engaging in meaningful intimacy across diverse identities and relationship structures.

Identifying OCD in Athletes and Understanding Its Impact on Performance

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: John Best, PhD, Evelyn Stewart, MD, Calli Werner, PhD, LCSW, Jacques Esses, MSW, Ria Gill

Location: ELWHA A

High-performance sport environments often reinforce perfectionism and rigid routines, contributing to risk for under-recognition, misinterpretation, and delayed treatment of OCD symptoms. As symptoms intensify, athletes may extend pre-competition routines, reducing training quality and increasing mental fatigue. When distress is masked by sport norms, symptoms can remain untreated, harming well-being and sustained performance. Understanding these varied presentations is critical, as untreated symptoms can undermine athletic development and increase distress while remaining hidden beneath the expectations of sport culture. This session highlights four studies on the prevalence and presentation of OCD in athletes, challenging the misconception that OCD symptoms enhance performance. A discussion integrating clinical and sport psychology and OCD-affected athlete perspectives will follow to improve the identification of OCD in competitive settings.

OCD and the Transition to Independence: Relationships and Resilience

Track: YOUNG ADULTS

Speakers: Sophia Artandi, Hailee Dear, LCSW, Brie Godin, Camilla Kasper, LMSW

Location: 302 | BECKER

Navigating young adulthood is tricky in and of itself, but what happens when you throw OCD into the mix? The purpose of this group is to provide young adults with OCD the space to focus on relationships, intimacy, and shifting support systems as participants navigate college,

work, and independent living. This interactive workshop focuses on relationships, intimacy, and shifting support systems, helping participants navigate college, work, and independent living while managing OCD. Through experiential exercises, including relationship mapping, role-played social exposures, and creative team challenges, attendees will practice facing OCD's impact on social and romantic situations in a safe, structured environment. Participants will learn practical strategies to build confidence, strengthen connections, and align actions with personal values, leaving with tools to approach relationships and independence with flexibility, resilience, and a sense of empowerment.

BDD Research Updates

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Ella Byrne, Sabine Wilhelm, PhD, Iris He, MSc, Holly Pederson, MEng, Janelle Janus, BPsychSc

Location: 512 | WILLAPA

This session showcases emerging research in Body Dysmorphic Disorder (BDD). Presentations explore the overlap of BDD with autism spectrum disorder and ADHD, the feasibility and clinical potential of VR-based mindfulness and exposure approaches, and insights from large-scale analyses of online BDD communities to better understand lived experience, online help seeking behaviors and digital mental health support.

Braver Together: Leveraging Group Exposures in Treatment

Track: CLINICIANS–INTRODUCTORY

Speakers: Stacy Santacroce, LCSW, Dina Nunziato, PhD

Location: REGENCY B

This presentation examines the clinical rationale, structure, and application of group exposure interventions in the treatment of obsessive compulsive disorder (OCD). Designed for therapists and treatment providers, the session explores how group-based exposure and response prevention can enhance learning, increase motivation, and reduce avoidance through shared experience. Participants will review core principles of effective group exposures, including hierarchy development, response prevention, therapist coaching, and managing reassurance and safety behaviors in a group context. The presentation highlights practical strategies for implementing groups across levels of care and developmental stages, while addressing common challenges such as varying symptom presentations and group dynamics. Case examples and experiential elements will illustrate how group exposures can complement individual treatment and strengthen outcomes in evidence-based OCD care settings.

Blocking Avoidance: Practical Strategies for Tackling OCD's Favorite Trick

Track: FAMILIES & LOVED ONES

Speakers: Hayley Dauterman, PhD, Allison Bonifay, LPC, Jennifer Tininenko, PhD, Stacy Welch, PhD

Location: 402 | CHILIWACK

Avoidance is part of OCD — when something feels that scary, it makes sense that kids want to avoid it. Over time, however, avoidance limits exposure opportunities and can unintentionally worsen OCD symptoms. This panel will help parents recognize avoidance behaviors, both obvious and subtle, and understand how they show up at home. Through a compassionate and practical lens, panelists will explore why children rely on avoidance and how parents can gently but confidently block it. Using real-world

TRACK KEY:

EVERYONE

LIVING WITH OCD

YOUNG ADULTS - PRESCRIBERS

FAMILIES & LOVED ONES

BDD

examples, the discussion will address supportive language, setting limits with warmth, and creative ways to make avoidance less comfortable and accessible at home. Parents will leave with clarity, confidence, and concrete strategies to help their children build resilience and move forward in ERP.

ADHD or Hoarding Disorder: Strategies to Manage Clutter and Disorganization

Track: HOARDING DISORDER (HD)

Speakers: Michael Tompkins, PhD

Location: 501 | CHIWAHA

Both Attention-Deficit/Hyperactivity Disorder (ADHD) and Hoarding Disorder (HD) result in cluttered and disorganized living spaces. Furthermore, even if people with HD do not meet clinical criteria for co-occurring ADHD, they often have executive function weaknesses that contribute to disorganized and cluttered living spaces. In this presentation, attendees will learn the ADHD-related vs. HD-related factors that contribute to cluttered and disorganized living spaces and strategies to manage these factors.

Pharmacologic Augmentation of ERP: Practical Considerations for Clinicians

Track: PRESCRIBERS

Speakers: Stephanie Lehto, PsyD, Emily Hemendinger, LCSW, MPH, Jennifer Quigley, PA-C, Rachel Davis, MD, Stephanie Eken, MD

Location: QUINAULT

Medication is often useful — and sometimes necessary — to augment exposure and response prevention therapy, yet its role in treatment is frequently complicated by side effects, uncertainty, and patient hesitation. This presentation offers a practical overview of medication management for mental health professionals, covering standard-of-care treatments as well as common off-label, evidence-based uses. We will review frequently encountered side effects and discuss concrete strategies to anticipate and mitigate them in clinical practice. Common pitfalls in medication management will be highlighted. The therapist's perspective is emphasized, with attention to responding to medication hesitancy and stigma, supporting patients through side effects, potential obsessions or compulsions with medications, and reinforcing adherence in a collaborative, non-directive manner.

11:30AM–12:30PM

Bridging Generations: Supervision, Training, and Leadership in OCD Care

Track: CLINICIANS—INTRODUCTORY

Speakers: Mara Esber, PsyD, Þhröstur Björgvinsson, PhD, Kevin Ashworth, LPC, Azul Lozoya Gomez, LPC-A, Ginny Fullerton, PhD

Location: REGENCY A

Building effective and inclusive OCD specialty practices requires more than clinical expertise alone; it depends on intentional culture, structure, and mentorship across career stages. This panel brings together early-, mid-, and senior-career professionals to discuss how OCD programs can support both clinician development and high-quality patient care. Panelists will share practical strategies for fostering inclusive practice cultures, implementing responsible training models, and navigating the transition from joining to leading specialty programs. Topics include supporting early-career

clinicians, sustaining clinical excellence over time, and maintaining program cohesion through intergenerational collaboration. Attendees will gain actionable guidance for building or joining OCD specialty settings that promote professional growth, team stability, and strong clinical outcomes.

12:45PM–2:15PM

Navigating Treacherous Waters in the Treatment of Pediatric OCD

Track: CLINICIANS—ADVANCED

Speakers: Martin Franklin, PhD, John Piacentini, PhD

Location: 702 | CLEARWATER

The efficacy of exposure plus response prevention (ERP), serotonin reuptake inhibitors (SRIs), and their combination for pediatric OCD is well established. Drs. Franklin and Piacentini, both of whom have 30+ years of clinical and research expertise, will offer a targeted review of the literature, then focus on common clinical barriers in treatment, including: 1) low motivational readiness; 2) unusual obsessional presentations (e.g., fears of being trapped in someone else's dream; 3) psychiatric comorbidity; 4) family factors including accommodation; and 5) disgust and incompleteness. Case examples will be emphasized, and ample time will be provided for questions and discussion. Particular emphasis will be placed on treatment for pediatric OCD patients who have already demonstrated prior partial or non-response to interventions.

Ethical Exposure with an Emphasis on Diversity-Related Topics

Track: CLINICIANS—INTRODUCTORY

Speakers: Jennifer Park, PhD, Molly Martinez, PhD, Chad Wetterneck, PhD, Thomas Adams, PhD, Stephanie Eken, MD

Location: REGENCY A

ERP for OCD relies on well-constructed exposures targeting fears, beliefs, and intrusive thoughts. ERP effectiveness is well-documented and very useful when conducted in a culturally competent manner. Five panelists specializing in OCD will discuss the responsibility of assessment and creation of robust and ethical exposures, particularly when symptoms relate to marginalized identities. Examples of how to preserve the integrity of clients, mental health professionals, and the greater community will be covered. In addition, we will present insights and resources to expand multicultural competency, including intersecting client identities with case examples from all levels of care and all age ranges.

The Roles of OCD and How Not to Play

Track: LIVING WITH OCD

Speakers: Nathan Peterson, LCSW, Molly Schiffer, LCPC, Jonathan Hershfield, LCMFT, Reid Wilson, PhD

Location: ELWHA B

Whether you view your OCD as a bully, trickster, protector, or pushy coach, one truth remains: you're caught in a relationship with it. All effective treatment approaches begin by defining that relationship. In this interactive panel, OCD experts will explore how people become drawn into roles that keep OCD in charge, and how those roles can be reshaped through awareness and action. Using vivid case examples and live discussion, presenters will show how to spot OCD's seductive tactics, shift out of unhelpful roles, and apply

CBT and ERP techniques to reclaim control. This is a game you can learn to win — by changing the rules you play by.

Neurosurgery and Neuromodulation in OCD: Overview, combination with ERP, and lived experience

Track: PRESCRIBERS

Speakers: A. Moses Lee, MD, PhD, Andrew Smith, MD, PhD, Adam Frank, MD, PhD, Kristin Bowers, MA, LMHC, Jeremy Alexander

Location: ELWHA A

Medication and psychotherapy are important components of treatment for OCD. However, residual OCD symptoms can remain impairing for some individuals. Two neuromodulation treatments are FDA-cleared for OCD when other treatments are ineffective: transcranial magnetic stimulation (TMS) and deep-brain stimulation (DBS). Neurosurgical interventions 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 of receiving neurosurgical treatment for OCD will also be presented. This talk will be geared towards clinicians, though patients and advocates could also benefit from the overview of neuromodulation treatment options for OCD.

Shrinking Shame: Shame and OCD

Track: YOUNG ADULTS

Speakers: Nicole Haseman, Carly Kalunian, Jacques Esses, MSW, Darcy Howell, MEd

Location: 302 | BECKLER

Shame is a powerful and often overlooked force in the experience of OCD. It can arise around taboo or intrusive thoughts, needing medication or higher levels of care, feeling "behind" in life, or not improving quickly enough. This talk explores how shame intersects with OCD and how it can deepen distress, reinforce avoidance, and interfere with recovery. A panel of individuals with lived experience and clinicians will examine the impact of shame on mental health, self-concept, relationships, and treatment engagement, and share practical, compassionate strategies for recognizing and addressing shame, helping individuals shrink their shame and support a value-driven recovery. A Q&A will follow the presentation.

BDD in Youth, the Digital World, and Genetic Basis of BDD

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Katharine Phillips, MD, Josep Fuster, PhD, David Veale, MD, David Castle, MD

Location: 512 | WILLAPA

Three international experts will speak about several important aspects of BDD. The first presentation will discuss BDD in youth, a time of particular risk for developing BDD. This talk will emphasize assessment, engagement, and treatment planning in youth. The second presentation will discuss how youth with BDD must now cope with the digital world, including glamorized images, and may use AI chatbots to seek confirmation of their perceived ugliness. This talk will explore this new landscape and possible solutions. The third presentation will discuss emerging evidence that there are important familial and heritable contributions to BDD. Findings from a population-based family study and ongoing genetic (GWAS) analyses will be presented, which aim to clarify the genetic architecture of BDD.

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

HOARDING DISORDER

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You can't say that...Can you?: Confronting Taboo Thoughts to Create Meaning

Track: EVERYONE

Speakers: Jose Martinez, MA, Alejandro Ibarra, MSc, Alexandra Reynolds, Josh Spitalnick, PhD

Location: QUINAULT

OCD frequently targets what individuals value most: love, morality, safety, faith, and identity. Yet taboo, ego-dystonic symptoms often remain misunderstood, minimized, or avoided in clinical training and practice. This presentation addresses so-called "Pure O OCD", highlighting the role of shame, moral injury, and experiential avoidance in symptom maintenance. Drawing from evidence-based ERP and ACT-informed, values-based interventions, this talk emphasizes helping clients move toward meaning rather than away from feared thoughts. Integrating clinical expertise with lived experience, attendees will gain language, frameworks, and practical strategies to normalize taboo intrusions, reduce therapist avoidance, and empower clients to respond with courage, flexibility, and values-driven action. Addressing these symptoms openly is both clinically necessary and ethically imperative.

What Actually Helped: Client-Identified Turning Points in ERP

Track: FAMILIES & LOVED ONES

Speakers: Ammanfil Oreta, LMHC, Montu Jani, LMHC, LPC, Paul Peterson, LCSW, Tessala Warheit-Niemi, Daniel Ness

Location: 402 | CHILIWACK

This educational session examines the complex role families and loved ones play during and after OCD treatment. Through a moderated panel of clinicians and individuals who have completed ERP, attendees explore how support can unintentionally become accommodation, how boundaries evolve during recovery, and how relationships are repaired following treatment. Panelists share real-life experiences navigating communication, expectations, and emotional strain without blame or shame. Clinicians provide ERP-consistent guidance to help families understand how their responses influence long-term recovery and relapse risk. Designed for individuals living with OCD and their loved ones, this session offers practical strategies for maintaining supportive relationships while promoting independence, accountability, and sustained wellness over time.

From Awareness to Action: Educating Diverse Audiences on Hoarding Disorder

Track: HOARDING DISORDER (HD)

Speakers: Miley Stanton-Flowers, Allison Bonifay, LPC, Irina Gelman, PsyD, Christiana Bratiotis, PhD, MSW, Jill Williams, MA

Location: 501 | CHIWAHA

Hoarding Disorder (HD) affects 2% - 6% of the U.S. population and spans across diverse individuals. Recognizing that HD is a condition that continues to be misunderstood and stigmatized by the public, including healthcare and housing providers, there is a need for education across multiple levels. A diverse panel will share their experiences delivering educational content across settings: physicians, community members, housing managers, mental health graduate students, and training Buried in Treasures facilitators. The panel will discuss practical strategies for getting buy-in within institutions and communities, as well as details about

tailoring content for different audiences. Panel members represent a variety of sectors: private mental health practice, Internal Medicine education, county-based older adult services, low-income housing advocacy, and graduate student training programs.

Psychedelics & OCD Research: Current Evidence, Mechanisms, and Trials

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Praachi Tiwari, PhD, Sorcha O'Connor, PhD, Carolyn Rodríguez, MD, PhD, Christopher Pittenger, MD, PhD, Uma Chatterjee, MS, MHPS

Location: REGENCY B

Up to 1 in 3 individuals with OCD do not show meaningful improvement with existing treatments; new treatments are urgently needed. Following anecdotal reports suggesting that psychedelics may reduce OCD symptoms, numerous research programs have embarked upon basic, translational, and clinical studies assessing the effects of psychedelic and hallucinogenic compounds on OCD symptomatology. This session will focus on the current research state of psychedelics and hallucinogens as potential OCD treatments, including psilocybin, MDMA, ketamine, and LSD. Topics will include clinical trial updates, accessible discussion of proposed neurobiological and pharmacological mechanisms, and key methodological considerations. This session will provide valuable firsthand lived experience perspectives to contextualize research priorities, outcome measures, and translational relevance. This accessible discussion is intended for all audiences.

2:30PM–4:00PM

DBT Skills for the Treatment of Complex OCD Part 2: Emotion Regulation

Track: CLINICIANS–ADVANCED

Speakers: Izabela Milaniak, PhD, Bethany Watson, PhD

Location: REGENCY A

Dialectical Behavior Therapy (DBT) was originally developed to treat borderline personality disorder and there is a growing recognition that DBT skills are "skills for life" that can be helpful for effectively managing a wide variety of challenges. Building on last year's talk about using DBT treatment philosophies to augment evidence-based treatments for OCD for non-fear-based and "Pure O" presentations, this session will focus on the emotion regulation skills module in DBT and its applicability for the treatment of OCD more broadly. This session will provide information about the theoretical background that supports the use of emotion regulation skills in the treatment of OCD, as well as practical strategies for clinicians.

The Space Between Tics and OCD: Revisiting Tourettic OCD Together

Track: EVERYONE

Speakers: Erica Greenberg, MD, Robert Hudak, MD, Charles Mansueto, PhD

Location: ELWHA A

Tourettic OCD (TOCD) was originally described to capture a subgroup of repetitive behaviors driven less by fear-based obsessions and more by sensory discomfort and

4:15PM–5:30PM

KEYNOTE & AWARDS CEREMONY

A Conversation on OCD, Partnership, and Perspective: Liam Martin & Dr. Lia Martin

Regency B

Liam Martin built a 15-year career as an Emmy Award-winning journalist and anchor while quietly navigating OCD. As the demands of his career intensified, so did the toll on his mental health, leading him in 2024 to step away from broadcast journalism and begin sharing his experience publicly to raise awareness and bring greater understanding to OCD. Alongside him is his wife, Dr. Lia Martin. She knows what it means to support a partner living with OCD. A clinical psychologist with training from the Yale School of Medicine and a Ph.D. from Michigan State University, she brings both personal insight and a deep understanding of how mental health challenges shape individuals and families. Together, they offer a powerful perspective on OCD, one that deepens our understanding of both the lived experience and the role of supporters who walk alongside it.

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TRACK KEY:

EVERYONE

LIVING WITH OCD

YOUNG ADULTS - PRESCRIBERS

FAMILIES & LOVED ONES

BDD

5:30–7:30PM

MICHAEL JENIKE MEMORIAL RESEARCHER AND EXHIBITOR MEET & GREET

Exhibit Hall
Columbia

The Researcher & Exhibitor Meet & Greet offers a unique chance to connect with leaders in OCD and related disorders. Explore cutting-edge research in an interactive poster session and engage one-on-one with nearly 40 researchers, students, and trainees.

Cash bar available.

7:30PM–10:30PM

THE OFFICIAL CONFERENCE PARTY

Regency B, Level 7

Celebrate the final night of the Annual OCD Conference with a party! Join the IOCDF Community for an exciting evening of connection and celebration. This year's Conference Party will be emceed by IOCDF Board Member Ethan Smith and will feature presentation of the 2026 Hero Award to Stephen Smith, the Youth Hero Award presented by UNSTUCK: an OCD kids movie to Gabriella Lee, and the 2026 Illumination Award to Tiffany Jenkins. *Light appetizers will be served, and a cash bar will be available.*

View Award
Winner Bios:



"not-just-right" experiences resembling complex tics. In this interactive forum, presenters will revisit the original conceptualization of TOCD alongside emerging clinical, behavioral, and neurodevelopmental frameworks, exploring how symptoms may evolve along a tic-compulsion continuum. Presenters will examine and provide a model for the progression from tics to "Tourettic compulsions" to cognitive-affective OCD, and in some cases, the reverse direction. A central aim of this presentation is audience participation: attendees will be invited to reflect on how these definitions resonate with their own clinical or lived experiences, and to help refine how we understand and conceptualize TOCD.

Get What You Need From Therapy: Advanced self-advocacy with your therapist

Track: LIVING WITH OCD

Speakers: Martin Franklin, PhD, Rachel Immaraj, Andrea Guastello, PhD, Robert Henderson, PhD, Joshua Nadeau, PhD

Location: ELWHA B

The patient-therapist relationship is complex, and a strong working alliance helps you get the most out of therapy. Like in any relationship, your ability to communicate your needs, give and receive feedback, and work through moments matters. We will discuss opportunities for self-advocacy within the therapeutic relationship at the start of therapy, in the middle of

treatment, and at the end of the relationship. Topics covered will include: selecting a therapist, questions to ask a therapist in a first meeting, setting meaningful treatment goals, giving my therapist feedback, graduating or pausing therapy, and switching therapists. This presentation seeks to be inclusive by addressing self-advocacy strategies related to age, gender, neurodiversity, religion, and race/ethnicity.

"I'm Not Exposing My Baby to Drugs": Medication-Hesitant Perinatal Patients

Track: PRESCRIBERS

Speakers: Stacy Greeter, MD, Skylar Ibarra, LCSW, PMH-C, Nafisa Reza, MD, Jane Kosloff, LICSW, PMH-C

Location: 702 | CLEARWATER

Though scientific evidence supports the benefits of many medications over the risks of untreated mental health concerns, including OCD during pregnancy and postpartum, patients, their partners, and even clinicians may discourage use due to fears about the impact on pregnancy and lactation. Our panel of psychiatrists and psychotherapists will demonstrate how to engage patients in making medication choices driven by their values and current evidence, rather than their fears. We will outline strategies for informed decision-making between patients and clinicians and empower non-prescribers to better address medication fears. Through collaborative care that

prioritizes patient well-being, clinicians can reduce shame and stigma and give individuals an opportunity to be more fully present in their perinatal experience rather than just surviving it.

The Tyranny of the Clock: OCD and Time Anxiety

Track: YOUNG ADULTS

Speakers: Sidney Lodge, Marni Jacob, PhD, Andrew GottWorth, Nicole Haseman, Matthew McCutcheon

Location: 302 | BECKLER

OCD doesn't just latch onto thoughts, relationships, or morality — it also keeps an eye on the clock. For many young adults, time itself becomes the obsession: fears of "wasting" time, being behind in life, missing the right moment, or needing to do things at the exact right time or for the exact right amount of time. This presentation explores time-focused OCD and time anxiety, including urgency compulsions, deadline panic, life-stage comparison spirals, and the pressure to optimize every moment. Through lived experience, humor, and clinical insight, we'll unpack how OCD weaponizes time, why reassurance and productivity hacks often backfire, and how ERP can help loosen the clock's grip — without trying to "catch up" first.

Supporting Severe Clutter in the Home: Practical Tools, Strategies, and Interdisciplinary Perspectives

Track: HOARDING DISORDER (HD)

Speakers: Lindsay Bacala, RSW, Jennifer Snyder, CPO®, Lauren Williams, Anne Pagano, LCSW

Location: 501 | CHIWAWA

Hoarding disorder, characterized by persistent difficulty discarding possessions and the accumulation of clutter, can significantly impact safety, daily functioning, and housing stability through risks such as fire hazards, unsanitary conditions, and eviction. Individuals may also face barriers to support, including shame, trauma histories, and readiness-for-change challenges. Effective community interventions often require flexible, in-home, multidisciplinary approaches that balance safety concerns with autonomy, dignity, and long-term engagement. This panel brings together diverse perspectives on in-home support for hoarding and chronic disorganization. Presenters will highlight practical strategies that prioritize safety, autonomy, and engagement across community settings. Clinicians will discuss evidence-based therapeutic interventions, including harm-reduction-informed in-home models such as Therapeutic Clutter Coaching and CBT, while professional organizers will explore non-clinical environmental supports that reinforce safety, autonomy, and readiness for change. Panelists will examine trauma-informed, motivational approaches that build client self-efficacy and identify key factors that contribute to successful partnerships. Attendees will leave with concrete tools and real-world strategies to provide flexible, collaborative in-home support for individuals living with hoarding and severe clutter.

Treating Advanced Cases of BDD: Challenges, Pitfalls, and What Works!

Track: BODY DYSMORPHIC DISORDER (BDD)

Speakers: Jamie Feusner, MD, Scott Granet, LCSW, Katharine Phillips, MD

Location: 512 | WILLAPA

Are you a clinician trained in BDD who has started to treat clients with the disorder more regularly and is running into many challenges, leading you to feel stuck on how to help in tough cases? This interactive

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

panel is for you! Moderated by a panel of experienced BDD clinicians, the presenters will discuss the many challenges and pitfalls often associated with treating the BDD client and review best practices. Topics include preventing treatment dropout, responding to clients when they believe they are ugly, addressing cultural and societal influences on appearance, client isolation, treatment-resistant cases, higher levels of care, and additional topics. This interactive presentation will also focus on audience questions and sharing to facilitate a discussion on advanced BDD topics!

Depersonalization: Philosophical OCD, anxiety, or dissociation disorder?

Track: CLINICIANS—INTRODUCTORY

Speakers: Sony Khemlani-Patel, PhD, Fugen Neziroglu, PhD

Location: QUINAULT

First coined by Ludovic Dugas in 1898, depersonalization is characterized by a subjective sense of detachment from oneself. Individuals experience intrusive questions such as "Am I real?" or "Is this my voice?" accompanied by compulsive reassurance seeking, repeated online searching, questioning others, and avoidance of situations that intensify distress. Because obsessive compulsive disorder (OCD) is defined by obsessions and compulsions, depersonalization shows important conceptual overlap. While depersonalization disorder is currently classified within Dissociative Disorders in DSM-5, anxiety/panic, and depression are prominent emotional features. This workshop examines similarities and differences between depersonalization, OCD, anxiety, and dissociation, and invites new avenues for clinical understanding. Despite prevalence rates of 5–20% in outpatients and 18–42% in inpatients, the condition remains misunderstood and underdiagnosed among clinicians today.

When Accommodations Help (and When They Don't): IEPs & OCD

Track: FAMILIES & LOVED ONES

Speakers: Danielle McDowell, LCSW, Sandra Bean, MA
Location: 402 | CHILIWACK

School accommodations are essential for students with OCD and anxiety, yet well-intended supports can sometimes reinforce avoidance and maintain symptoms. This session focuses on how to design and implement IEPs and 504 Plans that promote access to education while remaining aligned with evidence-based treatment. Using real-world examples, the presentation will clarify the difference between supportive accommodations and symptom reinforcement, highlight common pitfalls in school planning, and offer practical guidance for writing accommodations that evolve alongside treatment. Emphasis is placed on collaboration between families, schools, and clinicians to ensure accommodations reduce barriers without unintentionally interfering with skill-building, independence, or long-term recovery.

Technology and OCRDs: Research and Clinical Considerations

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Andrew Sherrill, PhD, Rebekah Mennies, PhD, Madeline Levitt, PhD, Andrew Wiese, PhD

Location: REGENCY B

Computing technologies are widely available and provide many benefits to support evidence-based treatments for obsessive-compulsive and related disorders (OCRDs). Despite this, treatment guidelines

are lacking, and a clear consensus among research and clinical experts is still in development. This panel will review recent research, practical clinical applications, and ethical considerations on different technologies that are currently being used to treat OCRDs. Topics discussed will include the use of telehealth technologies for treating OCRDs; the integration of generative AI into the treatment of OCD; leveraging various technologies for pediatric OCD; and provider considerations of social media for pediatric OCD. Time will be provided for audience questions.

YOUTH PROGRAMMING & ACTIVITIES

6:30AM–7:30AM

31st Annual OCD Conference Run/Walk

Track: ACTIVITY

Speakers: Brian Kane, LPC, Anna Morgan, LCSW

Location: 504 | FOSS

Join fellow conference attendees for a group run or walk along a scenic 3-mile route through Seattle. We'll pass iconic landmarks including the Space Needle, the Olympic Sculpture Park, and take the Elliott Bay Trail, to Pike Place Market, finishing back at the hotel. This gathering is more than just movement - it is an opportunity to connect with others who value mental wellness. Spend time with individuals living with OCD, their loved ones, and mental health professionals in a relaxed, supportive setting. Whether you'd like to chat about the connection between physical activity and mental health or simply enjoy the scenery and shared experience, this event offers something for everyone.

8:00AM–9:30AM

Turning the Tables on OCD: Using Humor to Face Fears in Kids

Track: ELEMENTARY SCHOOLERS

Speakers: Saskia Paines, LAPC, Kristina Paladin, MS

Location: 405 | KACHESS

This workshop explores creative, humor-based strategies to make Exposure and Response Prevention (ERP) more accessible and engaging for elementary-aged children. Attendees will learn activities, including the "Design an OCD Monster" puppet exercise, to help kids visualize and separate the OCD voice from themselves. The session highlights playful approaches to face fears, build confidence, and empower children to take control over OCD symptoms.

Finish That Story!: The Intrusive Thoughts Edition

Track: MIDDLE SCHOOLERS

Speakers: Jayme Valdez, LMHC, Caelyn Nordman, MA, Jesse Verhoeven

Location: 403 | CRISPUS

Intrusive thoughts can feel scary and real, but in this interactive and lighthearted workshop, we're turning the tables on them. "Finish That Story!" 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!" invites participants to write and build on intrusive thoughts collaboratively,

exaggerating them into increasingly absurd stories. For example, starting with "I touched something dirty and...", participants will work as a group to add new lines that make the original thought and storyline more ridiculous. Through laughter and shared creativity, we will normalize and destigmatize these experiences, fostering community, resilience, and empowerment.

What Do You Theme? Teaching Teens That OCD Is a Process, Not a Topic.

Track: HIGH SCHOOLERS

Speakers: Samantha Fields-Vitolo, LCSW, Alexandra Wofford, LPCC, PMH-C

Location: 401 | CHELAN

OCD can feel isolating, especially for teens who feel like their thoughts are weirder, scarier, or more "serious" than everyone else's. In this fun, game-based workshop, teens learn the truth: OCD isn't about the theme, it's about the tricks! Using a meme-inspired card game, participants guess, laugh, and call out familiar OCD moves like reassurance-seeking, avoidance, and the need to be 100% sure. Along the way, they practice ERP-consistent responses that help them keep living their lives even when OCD is loud. This workshop is inclusive of all OCD subtypes, requires no personal sharing, and avoids reassurance and comparison. Teens leave understanding OCD better and feeling less alone.

9:45AM–11:15AM

Demon Hunters and Dream Catchers: Crafting Strength & Hope To Beat OCD

Track: ELEMENTARY SCHOOLERS

Speakers: Uchenna Perez, Lena Johnson, MSW, Molly Martinez, PhD, Kristin Rispoli, LMHC, Cora Martinez

Location: 405 | KACHESS

In this creative, hands-on session, kids will have fun while learning to take their lives back from OCD. We will teach them to "boss back" OCD by recognizing it as something outside themselves. We will also identify the fun things OCD takes away and the people, activities, and dreams they want to reclaim. Two crafts will support these learning points: 1) sculpting an external representation of OCD and 2) learning about and making dreamcatchers to represent capturing the life we love. Participants will practice naming, shaping, and standing up to OCD instead of obeying it. Like Rumi from "K-Pop Demon Hunters", kids will learn to be their own brave heroes who can face inner challenges—and win!

Who's Calling the Shots? Mastering Your DNA-V to Beat OCD

Track: MIDDLE SCHOOLERS

Speakers: Kim Rockwell-Evans, PhD, Findley Harris, LPC-S, Perry Leynor, LPC

Location: 403 | CRISPUS

Exposure and Response Prevention (ERP) is the most effective treatment for OCD, yet many teens get stuck avoiding fears, believing everything their OCD says, or feeling torn between OCD urges and what matters to them. This interactive workshop combines the DNA-V model (Discoverer, Noticer, Advisor, and Values) with mindfulness and Acceptance and Commitment Therapy (ACT) skills to make ERP more approachable and meaningful. Teens will learn to notice when OCD is running the show and practice responding in braver, more flexible ways. Using games, hands-on activities, and metaphors, participants will

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

build skills to handle uncomfortable thoughts and feelings while moving toward what they care about. ERP becomes a series of discovery missions that help teens reclaim their lives. Participants will develop a personal DNA-V map.

Lower the Bar (Just a Little)

Track: HIGH SCHOOLERS

Speakers: Samuel Kressel, PsyD, Thien-An Le, PhD, Luke Collier, PsyD, Jessica Tauber, PhD

Location: 401 | CHELAN

High school students often feel intense pressure to appear flawless academically, socially, emotionally, and even in the way they cope with challenges. This interactive workshop invites teens to unpack what "being perfect" looks like in their daily lives and how it can quietly fuel stress, anxiety, and burnout. Through creative activities, group discussions, and hands-on experiences, participants will practice pushing back against perfectionism in real time. They will experiment with making mistakes on purpose, setting "good enough" goals, loosening rigid personal rules, and developing self-compassion. Participants will leave with practical tools to build healthier relationships with achievement, identity, and themselves. Rather than eliminating high standards, the workshop will focus on finding balance: learning when striving helps and when it hurts.

11:30AM–12:30PM

The Annual IOCDF Non-Shopping Trip!

Track: ACTIVITY

Speakers: Lee Shuer, CPS

Location: 501 | CHIWAWA

I used to think if something was free it was for me! Over time I learned that even if things didn't cost money, I still needed to spend my time, space, and energy on them. Nothing is free! Acquiring things isn't wrong, we all need stuff...but is it the right stuff? In this workshop we'll explore decision-making questions we can ask about items, then we'll head to the vendor area to put our list of questions to the test! After spending time browsing the booths we'll regroup at our meeting room for a supportive conversation about the experience and what we learned. Mindful acquiring, rather than abstinence, is our harm reduction goal.

12:45PM–2:15PM

Don't Feed the Monster! Teaching Kids to Outsmart OCD

Track: ELEMENTARY SCHOOLERS

Speakers: Hailee Dear, LCSW

Location: 405 | KACHES

This playful, skills-based workshop helps elementary-aged children understand OCD by externalizing it as the "OCD Monster." Through interactive games and movement activities, participants will learn to identify triggers, obsessions, and compulsions while practicing how to "boss back" OCD using brave, flexible responses. A hands-on scavenger hunt reinforces the OCD cycle in a developmentally appropriate way that reduces shame and builds confidence. Grounded in Exposure and Response Prevention (ERP), this session equips children with practical tools to face fears, tolerate uncertainty, and strengthen resilience in a fun, supportive environment.

Imperfect Art Museum

Track: MIDDLE SCHOOLERS

Speakers: Maria Chiriboga, PsyD, Alexis Krigger, MS, BCBA

Location: 403 | CRISPUS

Welcome to the Imperfect Art Museum! Are you ready to unleash your creativity and challenge the pressures of perfectionism? Join us for an exciting activity designed just for kids! In this fun, game-like experience, kids will challenge their perfectionism and create the most imperfect artwork possible. Kids will engage in fun challenges that will help embrace feeling "imperfect" while making some truly unique art. At the end of our session, everyone will proudly display the masterpieces created in our very own Imperfect Art Museum for everyone to enjoy! Get ready to giggle, create, and make some unforgettable memories that will last a lifetime. Take your work home with you and keep in mind the lessons on how to fight OCD!

Reclaiming Creativity from OCD: Creative Coping Through Art & Words

Track: HIGH SCHOOLERS

Speakers: Amanda Sanabria, LPC-A, ATR-BC, Cassandra Miasnikov, LPC-A

Location: 401 | CHELAN

This interactive workshop invites participants to explore their experiences with OCD through creativity, self-compassion, and connection. Using guided art-making and expressive writing, participants will safely externalize inner experiences and give form to OCD-related thoughts in a contained, supportive way. With an emphasis on process rather than product, participants are encouraged to engage at their own comfort level while discovering how creativity can support emotional regulation, flexibility, and self-understanding.

2:30PM–4:00PM

Sensory Detectives: Using Your Five Senses to Stay Super Steady

Track: ELEMENTARY SCHOOLERS

Speakers: Natalie Henry, LCSW, Elena Fasan, LCSW

Location: 405 | KACHES

Get ready to become a sensory detective! We are going on a mission to see how our five senses can help us stay strong and steady, even when our worries and urges to do compulsions get a little bit loud. We are going to explore different stations with all sorts of things to touch, hear, feel, smell, and see. Some will feel totally awesome and some might feel a little weird. We will talk about how our bodies feel when we try each one. Every brain is different! Each person will make a sensory toolkit to take home as a way to stay grounded and say "No, thanks!" to those "I have to do it feelings" or "bossy worries".

Escape the Stormy Swamp: A Heroes' Quest Through Sticky Thoughts

Track: MIDDLE SCHOOLERS

Speakers: Megan Lilly, PhD, Kristin Fitch, PhD, Melissa Dufrene, PsyD

Location: 403 | CRISPUS

The realm is under siege by a Fog of Uncertainty—sticky thoughts that trap travelers in a cycle of doubt. But a new legend is about to be written! In this epic quest, you are called to join the ranks of

your fellow heroes. Together with your allies, you will venture deep into the Stormy Swamp to face the shadows lurking within. Through a series of mysterious trials and daring challenges, you will discover that your greatest weapon isn't a sword, but the power to bend reality and laugh in the face of darkness. Gear up for a journey where courage meets chaos, and discover what happens when you stop running and start playing.

You Are Not Your Thoughts: An Interactive OCD Workshop for Teens

Track: HIGH SCHOOLERS

Speakers: Michele Bechor, PhD

Location: 401 | CHELAN

This workshop is designed for adolescents ages 15–17 who want practical tools for managing intrusive thoughts, urges, and self-doubt. Using Acceptance and Commitment Therapy, mindfulness, and cognitive defusion strategies, participants will learn how to relate differently to OCD without needing to eliminate thoughts or feelings. The session emphasizes values-based decision-making, autonomy, and identity development, helping teens take meaningful action even when discomfort is present. The format includes guided exercises, reflection, and discussion in a supportive, non-judgmental environment. Caregivers may attend if desired.

4:15PM–5:45PM

Zumba Kids Fitness Classes

Track: ALL YOUTH SESSION

Speakers: Mary Brown, RN, Licensed Zumba Fitness Instructor, AFAA

Location: 404 | ENTIAT

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities, and cultural exploration elements into the class structure. This helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, and cultural awareness.

6:30PM–8:00PM

Roll for Courage: A D&D-Inspired Workshop for Battling OCD

Track: ALL YOUTH SESSION

Speakers: Katherine Schoolland, LMFT, Cynthia Duxbury, LMFT, Teana Krolak, LAPC

Location: 403 | CRISPUS

OCD is a master of plot twists—"what if" traps, bossy rules, and rituals that promise relief but keep youth stuck. Roll for Courage brings Exposure and Response Prevention (ERP) to life through an adventure game-inspired, Dungeons & Dragons-style format for youth and caregivers. Using a simple "D&D like campaign" structure (quests, dice rolls, and points for brave practice), participants learn response prevention: noticing OCD urges and choosing a non-ritual response on purpose. Together we build an exposure "quest map" that makes practice clear, doable, and repeatable. Families leave with scripts, templates,

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

and a “roll the dice” practice plan to strengthen follow-through at home and in treatment. **No familiarity with D&D is needed.

OCD vs. Me: A Scavenger Hunt**Track:** HIGH SCHOOLERS**Speakers:** Julie Miller, MEd, Kelly Carter, LPC-MHSP**Location:** 401 | CHELAN

This ACT-informed scavenger hunt helps participants clarify their personal values while learning to distinguish them from OCD-driven thoughts and urges. Participants will search the Conference room for hidden cards labeled with various values, then organize the cards into personalized priority lists that reflect what genuinely matters to them—rather than what OCD demands through fear, urgency, or avoidance. Guided prompts encourage exploration across key life domains, including school or work, interpersonal relationships, and personal growth. By contrasting values-based motivations with compulsive or avoidance-based urges, participants practice defusion and strengthen psychological flexibility. This experiential activity builds confidence in acting from intention rather than anxiety and offers a playful, accessible way to reconnect with values-guided living that can be carried into everyday moments.

Coping Skills Bingo: Build Your Toolbox**Track:** ACTIVITY**Speakers:** Saskia Paines, LAPC**Location:** 601 | HOH

Get ready to play Coping Skills Bingo — a fun, interactive way to discover and reflect on strategies that help you manage stress and build resilience! You'll receive a blank Bingo sheet and a separate list of coping skills, then have time to create your own personalized Bingo board with skills you already use or want to try. Once boards are ready, the presenter will call out skills in a shuffled, Bingo-style game, and you'll see if you can get five in a row. This hands-on activity is playful, reflective, and social — a perfect chance to connect with peers, explore new strategies, and leave with a personalized “toolbox” of coping skills to use long after the session.

SUPPORT GROUPS**11:30AM–12:30PM****Navigating OCD in Later Life****Track:** SUPPORT GROUP**Speakers:** Kim Rockwell-Evans, PhD**Location:** 703 | HOKO

As the population ages, more individuals are facing the intersection of OCD and the aging process. Growing older brings new perspectives as well as life transitions such as retirement and health changes. This support group offers a warm, empowering space to discuss specific triumphs and hurdles of growing older with OCD. Whether you are an aging adult with OCD or a supportive loved one, we invite you to share your experiences, exchange practical resources, and create community among those who understand.

LGBTQIA+ Support Group**Track:** SUPPORT GROUP**Speakers:** Mike Vatter, Breanna Myers, LCSW**Location:** 607 | WISHKAH

Support groups are an excellent opportunity to connect with others facing similar struggles. There's comfort in meeting peers who know what it's like to battle with OCD and anxiety, while living as members of the LGBTQIA+ community. Our goal in this support group will be to share our stories, struggles, and successes as we learn new ways of coping and develop compassion for ourselves and others. We hope that you can join our meeting to ask questions, listen, and/or offer insight to those in the trenches. You will experience the sharing of successes and struggles. We will speak from lived experience and strive to be understanding and compassionate.

Support Group for Sexual and/or Violent OCD Themes**Track:** SUPPORT GROUP**Speakers:** Nick Flower, PsyD, Chad Wetterneck, PhD**Location:** 606 | TWISP

Sexual and violent intrusive obsessions are common presentations of OCD, yet they are often misunderstood, untreated, or misdiagnosed. Sexual intrusions may involve fears about sexual orientation, pedophilia, or unwanted sexual behavior, while violent intrusions may focus on harming others through various means. Individuals with these symptom themes frequently experience heightened shame and difficulty accessing effective treatment, and may require longer courses of care relative to other subtypes. This group provides a supportive environment for individuals who identify with these OCD presentations to share experiences of fear, stigma, and isolation and to receive validation and understanding.

Wait...Who's Avoiding? Because It Isn't Just Me**Track:** SUPPORT GROUP**Speakers:** Stacy Santacroce, LCSW,

Rebecca Berman, LCSW

Location: 601 | HOH

This interactive support group flips the usual script. Instead of caregivers leading the conversation, the person with lived experience takes the lead, asking the questions, getting curious, and guiding the process. Together, participants will help their loved one identify their own fears, avoidance patterns and safety behaviors. The group focuses on collaboration, insight, and empowerment, as participants work side by side to build an exposure plan, identify potential barriers, and problem-solve next steps. Through role reversal, humor, and honest conversation, families gain a new perspective on how anxiety operates within relationships and how change can happen when everyone is willing to look at their own avoidance. The goal is shared understanding, reduced accommodation, and a plan for moving forward together. Please note - you are welcome to attend this support group with or without your loved ones, it's not required to attend as a family unit to benefit.

Road to Recovery: Tour Debrief**Track:** SUPPORT GROUP**Speakers:** Lisa Abbrecht, PsyD**Location:** 603 | SKAGIT

Come connect with others from the Road to Recovery Tour to process your experience. A discussion will be facilitated in a supportive environment where you can talk about your experience, and how you can apply it to your recovery work when you return home.

Values in Action: Creatively Facing Your Fears with ACT**Track:** SUPPORT GROUP**Speakers:** Julie Miller, MEd, Kelly Carter, LPC-MHSP**Location:** 605 | SNOHOMISH

This ACT-based workshop invites teens and adults with OCD and anxiety disorders to explore what matters most beneath the noise of fear. Participants will identify their top 5–10 core values through guided reflection and discussion, learning how values-based living can serve as a steady compass even when anxiety feels overwhelming. Rather than focusing on symptom elimination, the workshop emphasizes psychological flexibility, willingness, and meaningful action. Participants will then create a personalized vision board as a tangible representation of the life they want to move toward—one shaped by purpose, connection, and courage instead of avoidance and compulsions. This experiential, creative process supports hope, motivation, and long-term values alignment.

It Impacts Me Too: Family Support for Loved Ones of a Person who Hoards**Track:** SUPPORT GROUP**Speakers:** Cecilia Garrett, LICSW, Anne Pagano, LCSW**Location:** 503 | DUCKABUSH

Family members often acknowledge and seek help for a loved one's hoarding before the person who hoards (PWH) does, yet infrequently receive validation of the impacts they experience. This “after-hours” support session is a safe place for family members (spouses, siblings, parents, adult children, significant others) to share common experiences. This family support session will focus on validating the personal impacts of a loved one's hoarding, using the statement, “It impacts me too.”

Living in Color: LGBTQ+ Teens Navigating OCD, Identity, and Recovery**Track:** SUPPORT GROUP**Speakers:** Briana Petters, LCSW, Porter Roe**Location:** 406 | KLICKITAT

This facilitated support group is designed specifically for LGBTQ+ adolescents living with OCD. Many queer and trans teens experience unique stressors including: identity exploration, minority stress, internalized stigma, family dynamics, and social safety concerns. This can intensify OCD symptoms and complicate recovery. Despite this, few peer spaces exist that intentionally center both OCD and LGBTQ+ identity. Led by two LGBTQ+-identifying clinicians with experience working with adolescents and OCD treatment, this group will provide a safe, affirming, and structured environment where participants can connect with peers, share lived experiences, normalize challenges, and learn coping strategies rooted in evidence-based care. The session

ACTIVITIES & SUPPORT GROUP KEY:

ACTIVITY - EVERYONE

SUPPORT GROUP

CREATIVE CORNER

will balance open discussion with guided prompts, psychoeducation, and peer validation while maintaining emotional safety and group boundaries.

Hope and Healing at the Intersection of OCD and PTSD

Track: SUPPORT GROUP

Speakers: Julianna Eckman, LCPC, LCADC, Amy Mandelberg, LCPC

Location: 604 | SKYKOMISH

If you have OCD as well as PTSD or trauma, this support group will provide a place for you to share your experience navigating these disorders and learn from others. Together, we'll explore the challenges that can arise when these conditions overlap, including the ways intrusive thoughts, trauma responses, and avoidance can influence one another. We'll address topics such as shifting away from self-criticism and moving towards self-compassion and acceptance. Group members will be encouraged to share practical coping strategies and personal reflections that foster hope, healing, and a greater sense of emotional safety.

Work, Worry, and OCD: A Shared Space for Support

Track: SUPPORT GROUP

Speakers: Jennifer Backelman, MA, Oanh Nguyen, MS

Location: 504 | FOSS

This is a support group for adults navigating OCD in workplace settings. Work environments may intensify OCD-related cognitive and behavioral processes, including intrusive thoughts, checking, rumination, reassurance-seeking, and avoidance. These patterns can increase distress and isolation while interfering with productivity, efficiency, and motivation. The session will focus on guided discussion, brief psychoeducation, and an introduction to exposure and response prevention (ERP) principles. Participants will share experiences, identify common workplace "rules," and explore manageable ways to begin breaking them. Practical strategies include delaying checking, tolerating uncertainty after completing tasks, reducing reassurance-seeking, and using mindfulness tools to manage distress. Participants will leave with greater insight into their triggers, ideas for workplace-relevant exposures, and a sense of connection with others facing similar challenges.

Sibling Survival Skills: Navigating Life with a Sibling with OCD

Track: SUPPORT GROUP

Speakers: Saskia Paines, LAPC, Kristina Paladin, MS

Location: 404 | ENTIAT

This interactive support group provides a space for siblings of youth with OCD to connect, share experiences, and explore strategies for coping with the impact of their sibling's OCD. Participants will discuss challenges such as being a target of avoidance, navigating contamination rules, or experiencing disruptions in family routines, and learn practical tools to manage stress, set boundaries, and build resilience. The session also fosters peer support and open discussion, allowing attendees to share ideas and gain insight in a safe, collaborative environment, making it valuable for siblings directly affected as well as those seeking general understanding.

From Afar, Together: Support Group for International Attendees

Track: SUPPORT GROUP

Speakers: Yann Lana, Leigh Sheppard, MD, Jackki Yim, PhD

Location: 705 | PALOUSE

For participants attending from outside the host country—as well as those interested in better understanding the international attendee experience—this peer-facilitated group offers a supportive space to connect through shared lived experience of OCD. Navigating OCD while being away from familiar support systems can feel isolating, and for many, this is further compounded by differences in access to care across countries. This session provides a safe and inclusive environment to share experiences, exchange coping strategies, and build meaningful peer connections. By fostering cross-cultural understanding and connection, the group aims to reduce isolation and cultivate a sense of belonging across borders.

Emetophobia Support Group

Track: SUPPORT GROUP

Speakers: Allison Solomon, PsyD

Location: 701 | CLALLUM

Emetophobia (fear of vomiting) can present as a specific phobia or as a focus of OCD. This support group will provide an opportunity for individuals, friends, and family of people with emetophobia to share their experiences, discuss options for treatment, and coping mechanisms.

6:30PM–8:00PM

"This is the Skin of a Killer, Bella": A Support Group for "Taboo" Themes

Track: SUPPORT GROUP

Speakers: Stephanie Lehto, PsyD, Emily Hemendinger, LCSW, MPH

Location: 606 | TWISP

OCD can create some believable stories, no matter how untrue they are for you. This support group will focus on unpacking and normalizing the "taboo" thoughts you experience. Together we will acknowledge the pain that comes from these thoughts and compulsions, and use humor to help defuse from the thoughts. Feeling that you're navigating the world in the "skin of a killer" can be incredibly isolating, and our aim with this group is to help you see that you are not alone and can live your best values-based life.

Reframe Shame: Creative Self-Compassion

Track: SUPPORT GROUP

Speakers: Madison Di Silvio, LPC, Sarah Weber Belka, LMHC, ATR

Location: 605 | SNOHOMISH

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 self-compassion. 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 experience can help cultivate long lasting self-acceptance and emotional balance.

Building A Minority Affirming Practice

Track: SUPPORT GROUP

Speakers: Evan Smith, LPC-A, Laura Fouad, LCSW

Location: 703 | HOKO

One thing is certain: the pathway to building a successful practice doesn't come without obstacles. Creating a practice to serve minorities comes with its own challenges that make the session feel like the easy part. Join a group of clinicians who discuss the highs and lows of building a minority-affirming practice, the importance of this work, and support one another along the way. Together, we will work towards creating a best practice space.

Surfing the Urge: A Support Group for OCD and Addiction

Track: SUPPORT GROUP

Speakers: Jayme Valdez, LMHC, Julianna Eckman, LCPC, LCADC

Location: 505 | QUEETS

This support group is intended for individuals with OCD and co-occurring addiction of any form. According to a clinical study in the Journal of Anxiety Disorders, around 24% of those diagnosed with OCD have a co-occurring alcohol-use disorder and around 18% meet criteria for another substance use disorder. A separate clinical sample published in Psychiatry Research Communications found that ~70% of people with OCD also have a behavioral or process addiction. This support group aims to provide a safe and non-stigmatizing place where individuals with lived experience can speak about the unique challenges they face. Join us as we ride the wave, learn to urge-surf -- and discuss hope, resilience, and a radical path forward.

The Relationship OCD Support Group

Track: SUPPORT GROUP

Speakers: Sheva Rajae, LMFT

Location: 502 | COWLITZ

Relationship Obsessive-Compulsive Disorder (ROCD) involves intrusive doubts about the "rightness" of a relationship, one's feelings toward a partner, or perceived partner flaws, often accompanied by reassurance-seeking, checking, and rumination. This support group offers a welcoming, collaborative space for individuals living with ROCD as they navigate dating, partnership, and intimate life while living with relationship anxiety. Participants will explore how cultural messages, particularly the "Myth of The One," can intensify distress by promoting unrealistic expectations in romantic relationships, where uncertainty is inevitable. Grounded in evidence-based treatment principles, including Exposure and Response Prevention (ERP) and Acceptance and Commitment Therapy (ACT), the group will focus on reducing shame, increasing tolerance for uncertainty, and supporting values-based engagement in romantic relationships.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

The Quiet After: Navigating the Unknown Self Through Treatment**Track:** SUPPORT GROUP**Speakers:** Adam Frank, MD, PhD, Khashayar Nattagh, MD**Location:** 701 | CLALLUM

When OCD becomes entwined with our sense of self, “getting better” can feel like a threat to who we are. This group is a dedicated space to explore the fear that often accompanies the start of treatment, particularly with medications. We are here to sit with the “dread of the unknown self” and explore questions like: “Will I still be me without my OCD?” or “Will medication make me a different person?” The focus of this group is not to find “right” answers. Instead, we aim to create a space where participants can be open and honest about the fear of losing their sense of self through treatment, and discuss these concerns in a collaborative and curious setting.

Supportive Space for BIPOC Individuals Living with OCD**Track:** SUPPORT GROUP**Speakers:** Rebecca Roberts, LPC**Location:** 607 | WISHKAH

This support group will provide BIPOC conference attendees the opportunity 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 led to 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.

Parent’s Wrap-up Support Group**Track:** SUPPORT GROUP**Speakers:** Fred Penzel, PhD**Location:** 603 | SKAGIT

Coming at the end of the conference, this group session will aim to help you make sense of all that you have experienced at this conference. It will be professionally moderated but will rely heavily on parent/participant input. It will try to clarify and condense the diverse strategies and information that you have learned and are taking home with you, discuss how to use what you have learned when you return and are now facing things on your own, and allow you to learn from and share your own knowledge and experience with other parents.

Young Adult Game Night**Track:** SUPPORT GROUP**Speakers:** Kyle King**Location:** 602 | NOOKSACK

After a weekend full of sessions, support groups, and serious thinking, it’s time to power down your brain and power up your playful spirit. The Young Adult Game Night is your chance to relax, laugh, and hang out with fellow young adults who actually get it. Expect low-stakes games and high-quality chaos. Whether you love games, enjoy cheering from the sidelines, or want to hang out and vibe, there’s room for everyone. Come for the games, stay for the laughs, and leave with a few new inside jokes (and maybe bragging rights).

Let’s talk relapse. How to quickly get back on your feet when OCD strikes!**Track:** SUPPORT GROUP**Speakers:** Christopher Weston, MPH, LMFT**Location:** 604 | SKYKOMISH

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!

BDD Support Group**Track:** SUPPORT GROUP**Speakers:** Scott Granet, LCSW**Location:** 503 | DUCKABUSH

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.

SUNDAY SCHEDULE OVERVIEW

TIME	EVENT	LOCATION
7:00AM–8:00AM	Pastries & Coffee	Exhibit Hall Columbia
7:00AM–11:30PM	Exhibit Hall Open IOCDF Information & Welcome Booth Open See page 9 for a list of Exhibitors	Exhibit Hall Columbia
8:00AM–1:00PM	CONFERENCE PRESENTATIONS See pages 49–53 for a full schedule of presentations.	
	YOUTH PROGRAMMING See page 13 for a full schedule of activities and page 53 for details.	



TRACK KEY:

-  Workshops are eligible for CE/CME credits.
-  Workshops are available virtually and in person.

 Location/Room name of session.

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.

ACTIVITIES: 6:30AM–7:30AM

- Yoga to Honor Presence, Courage, and Community

TIME	8:00AM–9:30AM	9:45AM–11:15AM	11:30AM–1:00PM
Location:	ELWHA B	ELWHA B	ELWHA B
Everyone	Recovery Without a Roadmap: Navigating Life After Intensive OCD Treatment Rogelio Gonzalez, PhD, Kellie Smith, Kimberly B., Sean McCartney	A Complex Comorbidity Continued: OCD + PTSD  Allie Mills, Nathaniel Van Kirk, PhD, Sidney Lodge, Lauren Wadsworth, PhD	Starbucks in Seattle, ERP at Home: Applying Conference Energy to Daily Life Valerie Andrews, Micah Howe, Tom Smalley, CMPC, CSCS, Sonia Greaven, PhD, Lisa Coyne, PhD
Location:	ELWHA A	ELWHA A	ELWHA A
Everyone	Hot Takes: Outspoken Conversations on OCD and Eating Disorder (ED) by the ED OCD SIG  Paije Nobles, MS, RDN, Michael Sheffield, PsyD, Lissette Cortes, PsyD, Crystal Weideman	So you're better? What's the next step in maintenance OCD treatment?  Robert Hudak, MD, Ryan Judd, LCSW, Elizabeth McIngvale, PhD, LCSW	Parents & Patients as Case Managers: Real Talk PANS/PANDAS Q&A Kate Rogers, PhD, Danielle McDowell, LCSW, Julie Chilton, MD, Elise Petronzio
Location:	REGENCY A	702 CLEARWATER	REGENCY B
Everyone	"Just Right" or Just Stuck? Overcoming Perfectionistic Behaviors & Beliefs  Taylor Newendorp, LCPC, Mia Nunez, PhD, Shauna Pichette, LPC	The One Where We Pivot: How Psychological Flexibility Enhances Treatment  Ben Eckstein, LCSW, Caroline Kalen, Jeremy Bryant, LCMHC	The Cost of Recovery: Maximizing Insurance Benefits to Cover OCD Treatment  Uchenna Perez, Findley Harris, LPC-S, Molly Martinez, PhD, Perry Leynor, LPC
Location:	702 CLEARWATER	QUINAULT	702 CLEARWATER
Research on OCD and Related Disorders	Effectiveness—Closing the gap between science and practice  Kate Rogers, PhD, Samuel Spencer, PhD, Katy Manetta, PhD, Thröstur Björgvinsson, PhD	Intersecting Realities: Treating OCD, Psychosis, Eating Disorders, and Body Image Across Identity and Diagnosis   Hana Zickgraf, PhD, Carrie Bullard, RN, PhD, Sonja Chu, PhD, CPsych, Ryan Jacoby, PhD, Aaron Roldan, ASW, SUDCC	Hoarding Disorder: Where Do We Go From Here?  Kiara Timpano, PhD, David Tolin, PhD, Jessica Zakrzewski, PhD
Location:	REGENCY B	REGENCY A	QUINAULT
Clinicians—Introductory	More Than One Way to Not Be Good Enough: Unpacking Moral Scrupulosity   Brenna Helppie-Schmieder, Patrick McGrath, PhD, Katie O'Dunne, DMin, Brenda Kijesky, LCMFT, Jonathan Hershfield, LCMFT	Ruminating On Mental Compulsions  Lara Rifkin, PhD, Rebekah Mennies, PhD, Madeline Levitt, PhD, Elizabeth Moroney, PhD	It Takes a Village: Interdisciplinary ED OCD SIG Panel on Nutrition and OCD   Stephanie Lehto, PsyD, Rachel Davis, MD, Paije Nobles, MS, RDN, Michael Sheffield, PsyD, Lissette Cortes, PsyD
Location:	QUINAULT	REGENCY B	REGENCY A
Clinicians—Advanced	Meeting People Where They Are: Nuanced Care for Co-Occurring OCD & SUD   Lauren Rosen, LMFT, Molly Schiffer, LCPC, Julianna Eckman, LCPC, LCADC	Inside Inferential Confusion: An Introduction to I-CBT   Amanda Petrik-Gardner, LCPC, Angela Henry, LCSW, Mike Heady, LCPC	Treating OCD in the Age of AI: OCD Accomplish or Therapist Tool?  Ainsley Boudreau, PhD, Seena Grewal, MD, Janine Slavec, PhD, Evelyn Stewart, MD, Katherine McKenney, PhD
Location:	402 CHILIWACK	402 CHILIWACK	402 CHILIWACK
Families & Loved Ones	Screen Time, AI, and OCD: Practical Guidance for Caregivers  Jennifer Lynch, PsyD, Grace Berman, LCSW, Ashley Bramhall, AMFT, Brian Zaboski, PhD, Alnardo Martinez, LMHC	In Lieu of Accommodations: Providing Space and Grace to Loved Ones  Lauren Rosen, LMFT, Beth Brawley, LPC, Josh Spitalnick, PhD, Michael Stier, LCPC	The Kids Are Alright: Young Adults Discuss Their Parents' Help & Hindrances  Jessie Birnbaum, LCSW, Sidney Lodge, Kyle King, Victoria Lane, LCSW
Location:	512 WILLAPA	512 WILLAPA	512 WILLAPA
Living with OCD	Self-Guardrailing Generative AI Use for Individuals with OCD  Jordan Cattie, PhD, Andrew Sherrill, PhD, Donovan Ellis, PhD, Rebecca Schneider, PhD	The Thief of Joy: Comparing Yourself and Your Journey to Others  Ashley Bertelsen, Carly Kalunian, Kyra Cheung, Victoria Lane, LCSW	What if I'm bad?! When OCD Hijacks Identity With Guilt and Shame  Ethan Smith, Cali Werner, PhD, LCSW, Katie O'Dunne, DMin, Emily Bailey, PsyD, Carly Samach, LMHC
Location:	501 CHIWAHA	501 CHIWAHA	501 CHIWAHA
Professional Development / Practice Building	Values-Based Clinic Leadership: Building an Exceptional OCD Practice   Amy Mariaskin, PhD, Josh Spitalnick, PhD, Brett Howard, PhD, APRN, Lisa Coyne, PhD	Choosing How to Be Seen and Found: Public Presence in Clinical Practice   Sharon Batista, MD, Sonia Greaven, PhD	The ABCs of Starting (and Running) an IOP   Katie Sinsko, LCSW, Cate Rush, MSW, Emily Hemendinger, LCSW, MPH, Orah Fireman, MEd, LCSW, Erin LeBeau, LSW

TRACK KEY:

EVERYONE

LIVING WITH OCD

PROFESSIONAL DEVELOPMENT

FAMILIES & LOVED ONES

EDUCATIONAL SESSIONS

8:00AM–9:30AM

Recovery Without a Roadmap: Navigating Life After Intensive OCD Treatment**Track:** EVERYONE**Speakers:** Rogelio Gonzalez, PhD, Kellie Smith, Kimberly B., Sean McCartney**Location:** ELWHA B

Life with OCD is challenging; navigating life after residential treatment can feel even more daunting and isolating. This panel explores the “messy middle” of recovery through five distinct lived-experience perspectives from alumni of U.S. residential/PHP OCD programs. Moderated by a clinician, panelists will examine motivation and recovery after discharge through complementary lenses, including relapse prevention and values-based persistence, acting without readiness, accountability and peer support, navigating predominantly mental compulsions and access barriers, and integrating faith with ERP. Together, they will discuss sustaining engagement in treatment, managing setbacks, loss of structure, and barriers to care, while highlighting how recovery remains possible even when motivation fluctuates. An interactive Q&A will invite reflection on applying these insights to clinical, peer-support, and personal contexts.

Hot Takes: Outspoken Conversations on OCD and Eating Disorder (ED) by the ED OCD SIG**Track:** EVERYONE**Speakers:** Paije Nobles, MS, RDN, Michael Sheffield, PsyD, Lissette Cortes, PsyD, Crystal Weideman**Location:** ELWHA A

This presentation takes a bold, honest look at OCD and eating disorders by cutting through myths, oversimplifications, and outdated narratives that quietly shape care, stigma, and recovery. We will explore how OCD impacts nutrition and the value of an accurate diagnosis. Through evidence-based insights, clinical experience, and real-world examples, we'll explore where these conditions intersect, why they're often misunderstood, and what actually helps (and harms) people seeking support. Expect thoughtful “hot takes” that challenge perfectionism, diet culture, reassurance-seeking, and the pressure to recover “the right way.” The session will conclude with an open, interactive Q&A, creating space for curiosity, reflection, and real dialogue. Attendees are encouraged to bring their questions, clinical dilemmas, and lived experiences for a grounded, respectful conversation.

“Just Right” or Just Stuck? Overcoming Perfectionistic Behaviors & Beliefs**Track:** EVERYONE**Speakers:** Taylor Newendorp, LCPC, Mia Nunez, PhD, Shauna Pichette, LPC**Location:** REGENCY A

Perfectionism often shows up in OCD as the urge to get things “just right,” and it can quietly undermine treatment and true recovery if left unaddressed. This presentation helps both clients and clinicians recognize when perfectionistic beliefs and behaviors function as safety strategies that maintain anxiety and compulsions. Through the presenters' personal examples and other clinical illustrations, presenters will demonstrate how

perfectionism erodes self-confidence and interferes with exposures, effective response prevention, and treatment engagement across OCD presentations, including “just right” experiences, scrupulosity, relationship-focused fears, and performance concerns. Attendees will learn practical ERP strategies that directly target urges to fix, correct, redo, or seek certainty — and better accept the imperfection that is life.

Effectiveness—Closing the gap between science and practice**Track:** RESEARCH ON OCD AND RELATED DISORDERS**Speakers:** Kate Rogers, PhD, Samuel Spencer, PhD, Katy Manetta, PhD, Thröstur Björgvinsson, PhD**Location:** 702 | CLEARWATER

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.

Meeting People Where They Are: Nuanced Care for Co-Occurring OCD & SUD**Track:** CLINICIANS—ADVANCED**Speakers:** Lauren Rosen, LMFT, Molly Schiffer, LCPC, Julianna Eckman, LCPC, LCADC**Location:** QUINAULT

Although evidence-based treatments exist for OCD and substance use disorders (SUD), and research consistently demonstrates high rates of co-occurrence, few clinicians are trained to treat these conditions concurrently. What's more, OCD and SUD often interact in ways that make sequential treatment at best ineffective, and at worst, dangerous. So, when OCD sufferers reveal they're struggling with substances, what tools can OCD specialists leverage to support them in navigating SUD? How can we meet these clients where they are, help them explore ambivalence, and support them in developing meaningful lives? This workshop will consider common challenges that arise when treating OCD and SUD and offer integrated strategies from evidence-based approaches, including ERP, ACT, Motivational Interviewing, Relapse Prevention Therapy, and Harm Reduction.

More Than One Way to Not Be Good Enough: Unpacking Moral Scrupulosity**Track:** CLINICIANS—INTRODUCTORY**Speakers:** Brenna Helppie-Schmieder, Patrick McGrath, PhD, Katie O'Dunne, DMin, Brenda Kijesky, LCMFT, Jonathan Hershfield, LCMFT**Location:** REGENCY B

Moral scrupulosity is generally understood as a form of OCD that emphasizes the need for certainty about one's behavior, ethics, or social acceptability. Moral scrupulosity can also present as a function of other mental health conditions, such as trauma, depression, ASD, and OCDP. Understanding the nature of how one obsesses over “being bad” can help improve diagnosis and treatment planning, including when and how to implement ERP. This panel features a combination of mental health experts, advocates, and persons with lived experience to provide a fully three-dimensional picture of why some of us struggle so much to feel like a good

enough person and how the right treatment can be a gamechanger.

Screen Time, AI, and OCD: Practical Guidance for Caregivers**Track:** FAMILIES & LOVED ONES**Speakers:** Jennifer Lynch, PsyD, Grace Berman, LCSW, Ashley Bramhall, AMFT, Brian Zabolski, PhD, Alnardo Martinez, LMHC**Location:** 402 | CHILIWACK

Parents claim, “They're addicted!” citing sleep issues, negative moods, increased anxiety, and family discord. Kids complain, “They don't get it!” Snapchat is how they communicate with friends, they can't abandon a team mid-game, and AI chatbots are now a routine part of their digital lives, often hidden from caregivers. Research highlights both benefits and risks of electronic use that go beyond time spent on devices, and AI introduces new dimensions that deserve closer attention. For youth with OCD, AI can act as a “super-accommodation” tool — intensifying symptoms through providing instant reassurance and enabling compulsive checking and research. Through case examples, clinical experience, and research, this workshop offers practical, developmentally-informed strategies for creating healthy electronic use plans and enhancing communication about new technologies.

Self-Guardrailing Generative AI Use for Individuals with OCD**Track:** LIVING WITH OCD**Speakers:** Jordan Cattie, PhD, Andrew Sherrill, PhD, Donovan Ellis, PhD, Rebecca Schneider, PhD**Location:** 512 | WILLAPA

Many individuals with obsessive compulsive disorder (OCD) use generative artificial intelligence (GenAI) tools such as ChatGPT to seek information and coping support. While often well-intentioned, these tools can unintentionally reinforce compulsive reassurance seeking, checking, and avoidance. GenAI companies have been unsuccessful in attempts to “guardrail” inappropriate use. This patient-focused workshop introduces the concept of “self-guardrailing GenAI use” so that GenAI supports recovery rather than becomes a new compulsion. Grounded in exposure and response prevention principles, the workshop teaches practical strategies for setting boundaries, rules, and prompts that align with exposure goals. Through clear examples and guided practice, participants will learn how to distinguish helpful versus unhelpful GenAI use and apply immediately usable strategies to keep GenAI from taking over daily life.

Values-Based Clinic Leadership: Building an Exceptional OCD Practice**Track:** PROFESSIONAL DEVELOPMENT / PRACTICE BUILDING**Speakers:** Amy Mariaskin, PhD, Josh Spitalnick, PhD, Brett Howard, PhD, APRN, Lisa Coyne, PhD**Location:** 501 | CHIWAHA

Are you a clinician interested in starting, maintaining, or growing an exceptional OCD-focused practice, solo or group, but have questions? Do you want to make a difference in disseminating excellent evidence-based care for OCD and training skillful clinicians to reduce disparities in access to care for OCD sufferers? Are you working on creating a culturally responsive and inclusive workplace to support your clinicians in doing their best work? Meet clinic owners/directors and experts in organizational consulting who will present on values-based clinic leadership, including topics such as building

CLINICIANS

RESEARCH ON OCD & RELATED DISORDERS

 Workshops are eligible for CE/CME credits.
 Workshops are available virtually and in person.

a supportive culture, navigating the logistics of setting up and building a thriving practice, and best practices in OCD clinical training and practice management. Audience questions are welcome and encouraged.

9:45AM–11:15AM

Ruminating On Mental Compulsions **Track:** CLINICIANS–INTRODUCTORY**Speakers:** Lara Rifkin, PhD, Rebekah Mennies, PhD, Madeline Levitt, PhD, Elizabeth Moroney, PhD**Location:** REGENCY A

The IOCDF's White Paper calls attention to an OCD detection and intervention crisis, and those who do receive ERP wait almost a decade after symptom onset. Although common, mental compulsions often go unrecognized by health professionals who lack expertise, may happen automatically without conscious awareness, and interfere with treatment when undetected by providers. However, little is known about the true prevalence of mental compulsions, demographic and clinical correlates of their presence vs. absence, and how/whether they predict treatment outcome. Expert clinicians will invite discussion as we review the sparse literature on this topic, identify clinical impressions, discuss assessment options (and lack thereof), and ERP applications for these compulsions, review developmental considerations, and note future directions.

A Complex Comorbidity Continued:**OCD + PTSD** **Track:** EVERYONE**Speakers:** Allie Mills, Nathaniel Van Kirk, PhD, Sidney Lodge, Lauren Wadsworth, PhD**Location:** ELWHA B

The presentation will begin with a short review of OCD + PTSD symptomatology. Then, panel clinicians will present case studies focusing on treatment approaches when this comorbidity is present. The panel will switch to a conversational 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 and Dr. Lauren Wadsworth, as well as two advocates with lived experience: Allie Mills and Sidney Lodge. After the presentation, there will be time for questions.

The One Where We Pivot: How Psychological Flexibility Enhances Treatment **Track:** EVERYONE**Speakers:** Ben Eckstein, LCSW, Caroline Kalen, Jeremy Bryant, LCMHC**Location:** 702 | CLEARWATER

Individuals with OCD often experience rigid, all-or-nothing thinking, struggling to disengage from obsessive thoughts. This presentation will focus on psychological flexibility, a key concept in Acceptance and Commitment Therapy (ACT), and its application to OCD treatment. The ability to forge an adaptive relationship to intrusive thoughts — treating them with non-judgmental awareness and compassion — can help individuals with OCD remain in the present moment rather than being caught in compulsive rumination. Clinicians can play an important role in modeling this relationship, approaching uncomfortable internal experiences with openness, curiosity, and even humor. Speakers will

provide tools for helping clients engage in exposure without white-knuckling, remaining in contact with the present moment while observing urges to struggle or resist discomfort.

So you're better? What's the next step in maintenance OCD treatment? **Track:** EVERYONE**Speakers:** Robert Hudak, MD, Ryan Judd, LCSW, Elizabeth McIngvale, PhD, LCSW**Location:** ELWHA A

After treatment, many individuals with OCD achieve meaningful symptom reduction, allowing them to function well in daily life or even reach remission. But what comes next? How should treatment evolve once symptoms are under control? In this seminar, we will explore the critical transition from active treatment to long-term maintenance. We will discuss how intensive exposure and response prevention (E/RP) is thoughtfully tapered into a sustainable, values-based maintenance plan, while preserving gains and reducing relapse risk. The seminar will also address the role of ongoing medication management, including when long-term pharmacotherapy is indicated, how to monitor effectiveness over time, and when and how to safely de-prescribe. Attendees will leave with practical, evidence-based strategies to support lasting recovery beyond acute care.

Intersecting Realities: Treating OCD, Psychosis, Eating Disorders, and Body Image**Across Identity and Diagnosis**  **Track:** RESEARCH ON OCD AND RELATED DISORDERS**Speakers:** Hana Zickgraf, PhD, Carrie Bullard, RN, PhD, Sonja Chu, PhD, CPsych, Ryan Jacoby, PhD, Aaron Roldan, ASW, SUDCC**Location:** QUINAULT

This 90-minute panel brings together clinicians and researchers with expertise in OCD, psychosis, eating disorders (including ARFID), body dysmorphic disorder, and trans-affirming care. Through a moderated, case-informed discussion, panelists will explore diagnostic overlap, treatment challenges, and clinical decision-making at points of intersection: where comorbidity, identity, and systems of care collide. Research data (e.g., chat review, open pilot trial) will be integrated. The session will emphasize nuanced assessment, collaborative treatment planning, and adapting evidence-based interventions for complex clinical presentations.

Inside Inferential Confusion: An Introduction to I-CBT **Track:** CLINICIANS–ADVANCED**Speakers:** Amanda Petrik-Gardner, LCPC, Angela Henry, LCSW, Mike Heady, LCPC**Location:** REGENCY B

This introductory presentation provides clinicians with a clear, structured foundation in Inference-Based Cognitive Behavioral Therapy (I-CBT) for the treatment of obsessive-compulsive disorder. Designed for those new to I-CBT or seeking a solid conceptual grounding, this session focuses on understanding how OCD operates from an I-CBT lens. Participants will learn the core concepts of I-CBT, including inferential confusion, obsessional/reasonable doubt, the feared possible self versus real self, and imagination versus perception. Attendees will learn how obsessions are constructed, why compulsions feel compelling, and how I-CBT intervenes at the level of obsessional reasoning. Through

clinical examples, attendees will learn how to identify inferential confusion across OCD themes and begin responding to obsessional doubt to restore trust in senses and the self.

In Lieu of Accommodations: Providing Space and Grace to Loved Ones **Track:** FAMILIES & LOVED ONES**Speakers:** Lauren Rosen, LMFT, Beth Brawley, LPC, Josh Spitalnick, PhD, Michael Stier, LCPC**Location:** 402 | CHILIWACK

When a loved one has OCD, the impulse to reassure, fix, or accommodate often comes from care but can unintentionally maintain symptoms and strain the family system. This presentation examines how family accommodation differs from meaningful support, and how validation can coexist with firm boundaries and non-engagement in rituals. Participants will develop practical response scripts, learn ways to tolerate their own discomfort when the urge to accommodate arises, and better understand how mindful self-care sustains long-term support. Ultimately, loved ones will walk away from this talk buoyed by the connection to those navigating the same struggles and empowered by the knowledge of how they can foster recovery for those with OCD while preserving their own well-being.

The Thief of Joy: Comparing Yourself and Your Journey to Others **Track:** LIVING WITH OCD**Speakers:** Ashley Bertelsen, Carly Kalunian, Kyra Cheung, Victoria Lane, LCSW**Location:** 512 | WILLAPA

Comparison is a common, and often painful, experience for those living with OCD. Comparing symptoms, treatment progress, or life milestones can easily fuel shame, frustration, and the feeling that you're "behind." This talk, moderated by a clinician, dives into how comparison shows up in OCD and treatment, why it becomes a thief of joy, and how it can get in the way of self-compassion and freedom. Through personal stories, reflection, and practical strategies, attendees will learn to spot unhelpful comparison habits, challenge unrealistic expectations, and focus on their own values and growth. The session emphasizes connection, hope, and empowerment, reminding everyone that recovery isn't linear, and your OCD journey is valid and meaningful.

Choosing How to Be Seen and Found: Public Presence in Clinical Practice **Track:** PROFESSIONAL DEVELOPMENT / PRACTICE BUILDING**Speakers:** Sharon Batista, MD, Sonia Greaven, PhD**Location:** 501 | CHIWAHA

Many clinicians feel uneasy about visibility. "Putting yourself out there" can feel awkward, draining, or like an extra demand on an already full plate. Options seem infinite — websites, directories, social media, podcasts, writing, and community talks — plus it can be hard to decide, personally and professionally, what makes a good fit. This professional development session looks at different forms of outreach as an extension of clinical practice, career development, and community connection, as well as marketing. Examples will include engaging through networking, educational writing, teaching, community speaking, podcasts, and online platforms. We will discuss considerations such as the why/where/how while maintaining balance with clinical work and personal needs, recognizing that outreach requires time, effort, learning, and finances.

TRACK KEY:

EVERYONE

LIVING WITH OCD

PROFESSIONAL DEVELOPMENT

FAMILIES & LOVED ONES

11:30AM–1:00PM

**Treating OCD in the Age of AI:
OCD Accomplice or Therapist Tool?**

Track: CLINICIANS–ADVANCED

Speakers: Ainsley Boudreau, PhD, Seena Grewal, MD, Janine Slavec, PhD, Evelyn Stewart, MD, Katherine McKenney, PhD

Location: REGENCY A

Clients with obsessive compulsive disorder (OCD) are increasingly turning to artificial intelligence (AI) tools to analyze intrusive thoughts, evaluate risk, and seek reassurance, thereby unintentionally reinforcing symptoms. This workshop explores generative AI as an emerging digital context for OCD symptoms and treatment, identifying when AI use functions as a compulsion and when it may be incorporated in therapy to support exposure and response prevention (ERP). Using clinical case examples and applied demonstrations, participants will learn to incorporate AI-related behaviors into ERP case formulation, design exposures that target digital reassurance and avoidance, and structure AI tools to work as ERP assistants. Ethical considerations will be addressed, with an emphasis on adapting evidence-based care to a rapidly changing digital landscape that supports recovery.

**Starbucks in Seattle, ERP at Home: Applying
Conference Energy to Daily Life**

Track: EVERYONE

Speakers: Valerie Andrews, Micah Howe, Tom Smalley, CMPC, CSCS, Sonia Greaven, PhD, Lisa Coyne, PhD

Location: ELWHA B

The IOCDF's Annual OCD Conference is a phenomenal event with so many incredible benefits, but how do we translate this invigorating experience into a catalyst for lasting improvement in OCD recovery after we return home? In this session, a panel of clinicians and individuals with lived experience of OCD will explore this question and the nuances that come along with it. Panelists will offer practical insight on the application of evidence-based treatment modalities in the context of real-life demands and responsibilities, reflect on how enduring behavior change differs from transient exuberance in recovery, and present hopeful lessons on the guiding principles that empower people to transform good intentions into meaningful growth in their OCD journey.

**Parents & Patients as Case Managers:
Real Talk PANS/PANDAS Q&A**

Track: EVERYONE

Speakers: Kate Rogers, PhD, Danielle McDowell, LCSW, Julie Chilton, MD, Elise Petronzio

Location: ELWHA A

Individuals with Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) and Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS), along with their families, are often required to coordinate care across fragmented medical, mental health, and educational systems. While parents frequently assume this role, many adolescents and young adults — particularly those without consistent family support — must become their own case managers during critical developmental periods. This moderated Q&A panel brings together psychiatric, clinical, educational, and lived-experience perspectives to explore how parents and patients take on care coordination. Using case-based questions and guided audience discussion, panelists will examine common system breakdowns, school-based misunderstandings,

treatment coordination challenges, and the emotional toll of prolonged advocacy. The session will offer practical strategies and support families and patients navigating PANS/PANDAS.

**Hoarding Disorder: Where Do We Go
From Here?**

Track: RESEARCH ON OCD AND RELATED DISORDERS

Speakers: Kiara Timpano, PhD, David Tolin, PhD, Jessica Zakrzewski, PhD

Location: 702 | CLEARWATER

Hoarding disorder is common, yet treatment efficacy lags behind that of OCD. In this panel discussion, leading experts on hoarding will describe their ideas for the next iteration of hoarding-related research. Dr. Tolin will discuss future directions in neuroimaging and how that research might help us understand issues such as poor insight or low motivation. Dr. Zakrzewski will review the basics of neuromodulation and how it can be applied to hoarding. Dr. Rodriguez will discuss non-invasive brain stimulation and the design of a new neuromodulation study using continuous theta burst stimulation targeting excessive acquisition in adults with hoarding disorder. Dr. Timpano will discuss the use of mobile health tools to better map risk and vulnerability for hoarding.

**It Takes a Village: Interdisciplinary ED OCD
SIG Panel on Nutrition and OCD**

Track: CLINICIANS–INTRODUCTORY

Speakers: Stephanie Lehto, PsyD, Rachel Davis, MD, Paige Nobles, MS, RDN, Michael Sheffield, PsyD, Lissette Cortes, PsyD

Location: QUINAULT

Join clinicians from the IOCDF's Eating Disorders and OCD Special Interest Group (SIG) for a lively roundtable discussion and Q&A on nutrition and OCD. This panel will feature an interdisciplinary group of clinicians, including psychologists, a psychiatrist, and a dietitian, to address the unique aspects of treating OCD when it impacts nutrition or is complicated by a co-occurring eating disorder. Clinicians will discuss current topics related to OCD and nutrition while exploring both the unique roles of professionals working on an interdisciplinary team as well as how their synergy is crucial for positive treatment outcomes. Participants will have the opportunity to ask questions throughout the duration of the panel.

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

Track: EVERYONE

Speakers: Uchenna Perez, Findley Harris, LPC-S, Molly Martinez, PhD, Perry Leynor, LPC

Location: REGENCY B

Finding an OCD specialist is hard enough; paying for therapy when it is out-of-network with your insurance can seem impossible. However, under federal legislation, 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 clinicians 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.

**The Kids Are Alright: Young Adults Discuss
Their Parents' Help & Hindrances**

Track: FAMILIES & LOVED ONES

Speakers: Jessie Birnbaum, LCSW, Sidney Lodge, Kyle King, Victoria Lane, LCSW

Location: 402 | CHILIWACK

Supporting a loved one with OCD can be confusing and stressful. Parents and loved ones often have many questions related to what their loved ones are experiencing. Through an interactive Q&A, attendees will have the rare opportunity to ask their questions directly to young adults, creating connection, understanding, empowerment, and hope. This panel features four young adults who have lived with OCD since childhood and successfully navigated treatment. They will share honest, personal stories about navigating school, work, and social life, engaging in treatment, and the support they found most helpful, and not so helpful, from their loved ones. Join us for an open, honest discussion aimed to provide valuable insights. Disclaimer: Panelists will be strictly sharing their personal experiences.

**What if I'm bad?! When OCD Hijacks Identity
With Guilt and Shame**

Track: LIVING WITH OCD

Speakers: Ethan Smith, Cali Werner, PhD, LCSW, Katie O'Dunne, DMIn, Emily Bailey, PsyD, Carly Samach, LMHC

Location: 512 | WILLAPA

OCD can lead individuals to question everything important to them. But what happens when OCD leads them to question their own identity? This presentation explores the overlap between guilt, shame, and OCD across different manifestations of OCD, paying particular attention to the internal experience of individuals who feel like they are "bad people" rather than simply people experiencing challenging intrusive thoughts. The presentation also examines how OCD uses guilt and shame to target identity, often trapping individuals in compulsive cycles in an effort to prove they are "good." The presentation also offers concrete practices grounded in self-compassion, values-based living, hope, and optimistic uncertainty, especially for those who feel stuck in cycles of rumination or self-punishment.

**The ABCs of Starting (and Running)
an IOP**

Track: PROFESSIONAL DEVELOPMENT / PRACTICE BUILDING

Speakers: Katie Sinsko, LCSW, Cate Rush, MSW, Emily Hemendinger, LCSW, MPH, Orah Fireman, MEd, LCSW, Erin LeBeau, LSW

Location: 501 | CHIWAHA

There is a clear need for affordable and accessible higher levels of care in the OCD treatment world. Intensive Outpatient Programs (IOPs) offer more intensive care for those whose symptom acuity would benefit from more than just once a week therapy. Patients often struggle to find affordable options and end up receiving treatment at the outpatient level of care, which may prolong their suffering if it doesn't match their level of need. Join us as we share how we navigated opening an IOP from within a small program with an even smaller budget. Topics covered: navigating patient needs within budget, advocacy, contracting with insurance companies, curriculum development, program implementation and evaluation, flexibility within fidelity, clinical team approach, and patient feedback.

YOUTH PROGRAMMING KEY:

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

ALL YOUTH ACTIVITY

YOUTH PROGRAMMING
& ACTIVITIES

6:30AM–7:30AM

Yoga to Honor Presence, Courage, and Community

Track: ACTIVITY**Speakers:** Audrey Berdahl-Baldwin, RYT 200**Location:** 504 | FOSS

This yoga class combines slow movements with moments of pause in different postures. You are welcome as you are! All postures are optional; I offer options for how you might practice from a mat or from a chair. However you choose to participate, you will contribute to the community through your presence and courage. This class is an invitation to explore how your yoga practice might contain many simultaneous, coexisting experiences. It is also an opportunity to practice yoga together as a community. As someone with lived experience of OCD, I emphasize qualities you can cultivate while engaging in the flow of different poses – qualities like presence, acceptance, and self-compassion. Mats and/or towels will be available to borrow.

8:00AM–9:30AM

From Fear to Funny: ERP Activities for Elementary Schoolers

Track: ELEMENTARY SCHOOLERS**Speakers:** Alexa Valko, MS, Joseph McNamara, PhD**Location:** 405 | KACHESS

Some moments feel awkward, embarrassing, or a little scary. But those are the exact moments that can help build bravery. "From Fear to Funny" invites Elementary Schoolers to try two lively ERP activities that turn "yikes" into laughter through creativity, silliness, and supportive fun. The "Talent-Less Show" and "To Tell the Truth" encourage everyone to step slightly outside their comfort zones, cheer each other on, and discover that facing fears doesn't have to feel heavy. This session will show how playful challenges can boost confidence, spark courage, and make trying new things feel exciting rather than overwhelming.

Family Feud: The OCD Skills Edition

Track: MIDDLE SCHOOLERS**Speakers:** Jayme Valdez, LMHC, Caelyn Nordman, MA, Jesse Verhoeven**Location:** 403 | CRISPUS

What if talking about OCD felt more like a game show than a lesson? We will be running a Family Feud-style workshop exploring OCD thoughts, themes, compulsions, and coping skills in a fun, team-based format that feels safe and supportive. By guessing the most common answers, participants will quickly

see that their experiences are shared—an essential step in reducing stigma and shame. Through fun, teamwork, and playful competition, participants will see their experiences reflected in others', helping to normalize OCD, reduce stigma, build connection and confidence, and learn practical tools they can use in their everyday lives.

Chains of Compassion

Track: HIGH SCHOOLERS**Speakers:** Noemi Tsai, Amanda Peralez, Kyle King, Lindsey Knott, PhD**Location:** 401 | CHELAN

While it's easy show compassion to others, it can be harder to show ourselves kindness. Fighting OCD can make showing up for ourselves even more difficult. In this interactive workshop, participants will learn what self-compassion is and how to incorporate it into their daily lives. Through making paper chains, participants will engage in creativity, mindfulness, and see just how worthy they are.

9:45AM–11:15AM

Dance, Yoga, and Art to Express and Connect

Track: ELEMENTARY SCHOOLERS**Speakers:** Audrey Berdahl-Baldwin, RYT 200**Location:** 405 | KACHESS

Through dance, yoga, and art, this class explores different forms of creativity as ways to (1) express yourself, and (2) connect with each other and the world around us. As we share in dance games, we'll celebrate how we each have our own unique styles of moving. We'll also dance as a way to connect with each other and reflect back what we see from others. When we practice yoga poses together, we'll use our imaginations to connect to things we might experience in the world—like trees and mountains. We'll also have the opportunity to make visual art as another form of creative expression. This class is about having fun, sharing your creativity, and celebrating each other!

Game On: Using Everyday Games to Outsmart OCD

Track: MIDDLE SCHOOLERS**Speakers:** Megan Dailey, Susan Boaz**Location:** 403 | CRISPUS

OCD can be sneaky—but it's terrible at games. In this interactive session, middle schoolers learn how to use familiar games like UNO®, Go Fish, and Headbands to outsmart OCD and take back control. After a quick, no-boring explanation of how OCD tries to "cheat," participants jump into structured gameplay that practices real skills in a fun supportive environment. They'll have fun while learning about courage from a young person with lived experience, her mom, and a home-based therapist. Kids will learn how to play games with parents, siblings, and friends in ways that shrink OCD instead of feeding it. Participants leave with simple, practical strategies to turn game nights into powerful

OCD-fighting practice—because beating OCD should feel doable (and fun).

Stuck in Your Head? Learn How to Get Out!

Track: HIGH SCHOOLERS**Speakers:** Ashley Hart, PhD, Jamie Micco, PhD, Tejal Jakatdar, PhD, Alyssa Faro, PhD**Location:** 401 | CHELAN

Intrusive thoughts and images can seem loud and sticky, and they keep you from focusing on what is important to you. In this interactive workshop, we will practice a strategy called cognitive defusion, which helps you notice thoughts for what they are and step back from those that are unhelpful, rather than trying to push them away. We will present and demonstrate a menu of defusion exercises, beginning with basic options like thought labeling (for example, "I'm having the thought that something bad will happen if I don't double check"). We will move to more creative options, like expressing thoughts using only emojis. Each participant will select their three favorite exercises and practice in small groups with a group leader.

11:30AM–1:00PM

Elementary School Wrap Up

Track: ELEMENTARY SCHOOLERS**Speakers:** Natalie Henry, LCSW, Sarah Feurer, LCSW**Location:** 405 | KACHESS

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:** Elena Fasan, LCSW**Location:** 403 | CRISPUS

In this session, we'll talk about the important things you've learned during the Conference and how you can use them in your everyday life. We'll also share ideas on how to stay motivated while working on recovery and how to keep in touch with the supportive community you've built here. At the end, everyone will take part in a fun art activity to help reflect on what the Conference meant to you and what moments stood out the most.

High School Wrap Up Session

Track: HIGH SCHOOLERS**Speakers:** Bethany Livingston, LMHC**Location:** 401 | CHELAN

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.

Compassionate Care Evidence-Based Healing Lasting Freedom



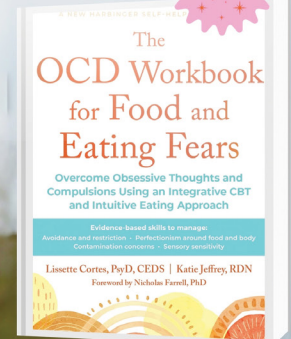
We Treat

- OCD
- Eating Disorders
- Anxiety
- ARFID
- Food and Eating Fears
- Body Image Concerns
- Health Anxiety
- Tics and Tourette's



Our Approach

- Evidence-based treatments that work including CBT and ERP
- OCD-Informed Nutrition Therapy
- SPACE treatment for parents and loved ones
- Neurodiversity-affirming and compassion-centered



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& Director of Clinical
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BFPA = BFRB + ADDICTION SCIENCE

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If you live with hair pulling, skin picking, nail biting, or another body focused repetitive behavior, you are not alone.

Whether you are personally struggling, supporting a loved one, or treating BFRBs professionally, we invite you to join our Resource Center's supportive online community.

We offer education, resources, and treatment-informed support for BFRBs, behavioral addictions, and Body Focused Process Addictions.

FOUNDED BY:

Chaille DeFaria MCC, DW Trained facilitator of Brené Brown
Karen Pickett, LMFT, Licensed Psychotherapist

**JOIN US IN REDUCING STIGMA AND EXPANDING
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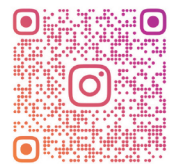
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Conquer your OCD with NOCD. Our platform offers personalized exposure and response prevention (ERP) therapy from licensed experts, peer support, and tools to guide you between sessions. With us, you will never be alone in your journey.



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NOCD's therapy model, combining highly-trained therapists and in-app tools & ongoing support, helps people get better in **65% less time** than traditional outpatient treatment.



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In-App Support

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Peer Community

Connect with others living with OCD, who truly understand what you're going through.



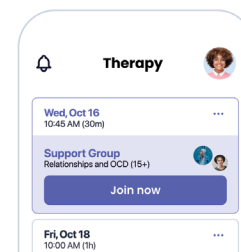
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