

# It's BACK!

**July 8–10, 2022**  
pre-conference events July 7



## CONFERENCE PREVIEW

Organized by



International  
OCD  
Foundation

Title Sponsor



NEUROBEHAVIORAL INSTITUTE  
**NBI**



# JOIN US IN

## WELCOME TO THE 27TH ANNUAL OCD CONFERENCE!

The International OCD Foundation's Annual OCD Conference is the largest international event focused solely on serving the OCD and related disorders community. This extraordinary event brings together individuals with OCD, their loved ones, and mental health professionals and researchers with the goal of educating attendees about the latest findings, research, and practice in OCD and related disorders.

Conference attendees have access to nearly 200 presentations, workshops, and evening activities, as well as 50 support groups. Presenters include some of the most experienced and knowledgeable clinicians and researchers in addition to individuals with lived experience and families who graciously share their stories.

**COVID-19:** The IOCDF is following CDC guidelines, which are subject to change. Visit [cdc.gov](https://www.cdc.gov) for more information.



## Who Should Attend?

### Individuals with OCD and related disorders

- Adults, young adults, teens, and children

### Family member & supporters

- Parents/guardians
- Siblings
- Friends & other relatives
- Spouses/partners
- Children

### Clinicians (CE/CME credit\*)

- Psychologists
- Counselors
- Psychiatric Nurses
- Social Workers
- Physicians & Psychiatrist
- Marriage & Family Therapists

### Researchers, students, and pre-licensed trainees

*\*See page 10 for information about CE/CME credits.*

## 27th Annual OCD Conference

Organized by the International OCD Foundation (IOCDF)

**Friday, July 8–Sunday, July 10, 2022**

Pre-Conference activities Thursday, July 7

### Conference Hotel Information

Hyatt Regency Denver at Colorado Convention Center  
650 15th Street  
Denver, CO 80202

Workshops, programs, and evening events will take place at the hotel. On Thursday evening, attendees (21+) are invited to a special Icebreaker Karaoke Event, which will take place at a venue within walking distance of the hotel.

Conference attendees will enjoy a discounted room rate of \$209/night (plus tax) at the Hyatt Regency Denver at Colorado Convention Center. Booking information can be found at [iocdf.org/ocdcon22](https://iocdf.org/ocdcon22)!

# DENVER!

## PRE-CONFERENCE PROGRAMS

### IOCDF RESEARCH SYMPOSIUM



#### *For Researchers, By Researchers*

**Presentations: 9am–5pm**

*Time subject to change*

The Symposium brings together researchers from around the world who specialize in OCD and related disorders to discuss findings and network with one another. This is in contrast to the “Research to Clinical Practice” track of the Conference, where research findings are presented to a mixed audience of therapists, researchers, and consumers who are interested in advanced research topics. OCD and related disorder researchers who attend both the Symposium and the Conference can expect a truly enriching experience.

Register for the Symposium at [iocdf.org/symposium22](https://iocdf.org/symposium22) and the Annual OCD Conference at [iocdf.org/ocdcon22](https://iocdf.org/ocdcon22), today!

## FOR EVERYONE: EVENING SUPPORT GROUPS & ACTIVITIES

### 6:30PM–7:30PM

- **Man Up: Real Men Talk About Their Feelings (An Interactive Support Group for Men with OCD)**
- **All-Inclusive Women’s Support Group**
- **Support Group for Transgender, Nonbinary, and Gender Nonconforming People with OCD**
- **Support Group for Parents of Adult Children with OCD**
- **Support Group for Parents of Kids with OCD**
- **Parents of Teens Support Group**
- **Olfactory Reference Syndrome Support Group**
- **Support Group for Sexual, Violent, and Other Taboo Obsessions**
- **Let’s Talk About Relapse: How To Quickly Get on Your Feet when OCD Strikes!**
- **Emetophobia Support Group**
- **Support Group For Those With Body-Focused Repetitive Behaviors (BFRBs) and OCD**
- **You Are Not Alone: A Support Group for Middle Schoolers with OCD (Ages 12–14)**
- **ERP Escape Room (Ages 15–17)**
- **Kids Fun Activity! (Ages 6–11)**

### 8:00PM–9:00PM

- **Young Adult Support Group and Orientation**
- **Finding Community: An LGBTQ Support and Discussion Group**
- **A Support for Clinicians Living with OCD**
- **Relationship OCD: How to Work with Partners**
- **AA 12 Step Meeting, Open Speaker Discussion Meeting**
- **Overcoming Religious Scrupulosity Support Group**
- **Support Group for Health Anxiety**
- **People of Color Community Support Group**
- **Is This Real Life? Existential OCD Support Group**
- **Support Group for Parents of Youth with PANS/PANDAS**
- **Sibling Support Group (Ages 6–17)**
- **You Are Not Alone: A Support Group for Older Adolescents with OCD (Ages 15–17)**
- **Icebreakers and Game Night! (Ages 6–17)**

### 8:00PM–9:30PM

- **Solo Attendee Meet-Up: Break the Ice!**

### 8:00PM–11:00PM

- **Kick-Off Karaoke (21+, Offsite)**



8:00AM–9:30AM

9:45AM–11:15AM

12:30PM–2:00PM

EVERYONE

**OCD: PAST, PRESENT AND FUTURE PERSPECTIVES**  
Alec Pollard, PhD; Charles Mansueto, PhD;  
Jon Grayson, PhD; Jonathan Hoffman, PhD;  
Katia Moritz, PhD

**"I THINK MY DECISION-MAKER IS BROKEN":  
NAVIGATING VALUE-BASED DECISIONS  
FROM COMPULSIONS**  
Angela Smith, PhD; Bridget Henry, PhD;  
Cali Werner, LCSW; Jelani Daniel, LPC

**THE COST OF RECOVERY: MAXIMIZING YOUR  
INSURANCE BENEFITS TO COVER OCD TREATMENT**  
Felice Becker; Fred Penzel, PhD; Gabriela Cox;  
Molly Martinez, PhD

EVERYONE

**DBT RADICAL ACCEPTANCE FOR OCD**  
Beth Brawley, LPC; Shanda Curiel, PsyD

**CBT FOR OCD: AN OVERVIEW AND RESEARCH UPDATE  
FOR CONSUMERS AND FAMILIES**  
Jonathan Abramowitz, PhD

**OCD REBUTTALS**  
Jon Hershfield, MFT; Michael Heady, LCPC;  
Michelle Massi, LMFT; Shmuel Fischler, LCSW-C

LIVING WITH  
OCD

**OCD TRIVIA: HOW MUCH DO YOU KNOW?**  
Ashley Bramhall, AMFT; Jennifer Lynch, PsyD;  
Jenny Yip, PsyD; Sarah Haider, PsyD

**THE STRUGGLE IS REAL: DROPPING THE STRUGGLE  
AND MOVING ON WITH LIFE**  
Allyson Guilbert, MSW, LCSW;  
Annabella Hagen, MSW, LCSW;  
Jon Case, MSW, LCSW; Erik Wells, LCSW

**TURNING TRIGGERS INTO EXPOSURES: LEANING IN AND  
PRACTICING RESPONSE PREVENTION IN RECOVERY**  
Amy Mariaskin, PhD; Chris Pursell, LMSW;  
Kelley Franke, LMFT; Lauren Rosen, LMFT

YOUNG ADULTS

**IF I COULD DO IT, YOU CAN TOO**  
Cali Werner, LCSW; Caroline Kalen; Darcy Howell;  
Megan Dailey

**HOW BEST TO OCD-PROOF LIFE TRANSITIONS**  
Ryan Judd, LCSW; Megan Dailey; Micah Howe

**WORKING ON IT:  
FINDING AND KEEPING JOBS WITH OCD**  
Caroline Kalen; Marni Jacob, PhD; Micah Howe;  
Thomas Smalley, CSCS

PARENTS AND  
FAMILIES

**HOW TO CREATE A THERAPEUTIC HOME ENVIRONMENT**  
Alex Daniels; Natasha Daniels, LCSW

**DECREASING ACCOMMODATION DOESN'T HAVE TO BE  
SCARY, IF YOU HAVE A PLAN!**  
Ashley Bramhall, AMFT; Jennifer Lynch, PsyD;  
Jessica Parlor, PsyD

**ACCOMMODATION IN OCD: HOW TO BE A PARENT  
WHEN YOUR ADULT CHILD HAS OCD**  
Emily Hemendinger, LCSW, MPH; Rachel Davis, MD;  
Stephanie Lehto, PsyD

HOARDING  
DISORDER

**HOARDING: THE BASICS**  
Greg Chasson, PhD

**GAME OF GAMES: TEST YOUR HOARDING BASICS**  
Kiara Timpano, PhD; Carolyn Rodriguez, MD, PhD;  
Christiana Bratiotis, PhD, MSW

**BUILDING ON ASSETS AND SHARING SOLUTIONS:  
AN EXPERIENTIAL WORKSHOP**  
Christiana Bratiotis, PhD, MSW; Jordana Muroff, PhD, LICSW

THERAPISTS  
INTRO

**WHAT ISN'T OCD AND WHY THAT MATTERS**  
Jon Hershfield, MFT; Michael Young, MD;  
Jonathan Abramowitz, PhD; S. Evelyn Stewart, MD

**SENSORY DYSREGULATION IN OCD AND OTHER  
ANXIETY DISORDERS: A NOVEL APPROACH TO  
TREATMENT**  
Ruth Golomb, LCPC; Suzanne Mouton-Odum, PhD

**CREATING A FRAMEWORK FOR TREATMENT OF  
OBSSIVE THOUGHTS**  
Kathleen Rupertus, PsyD; Patricia Perrin Hull, PhD;  
Renae Reinardy, PsyD

THERAPISTS  
ADVANCED

**HELP, I'M STUCK! HOW THERAPISTS CAN STAY SHARP,  
CURIOS, AND EFFECTIVE IN  
TREATMENT-REFRACTORY OCD**  
Jason Krompinger, PhD; Jenifer Cullen, PhD;  
Jennie Kuckertz, PhD; Leslie Shapiro, LICSW;  
Nathaniel Van Kirk, PhD

**ETHICAL CONSIDERATIONS IN THE TREATMENT OF OCD**  
Eric Storch, PhD; Laura Lokers, LMSW;  
Molly Martinez, PhD; Robert Hudak, MD

**FUNCTIONAL ANALYSIS IN PROCESS:  
USING PROCESS-BASED PRINCIPLES TO SUPPORT  
EFFECTIVE OCD TREATMENT**  
Angela Cathey, PhD; Evelyn Gould, PhD;  
Katy Rothfelder, LPC-A; Lisa Coyne, PhD

RESEARCH  
TO CLINICAL  
PRACTICE

**STATE OF THE EVIDENCE ON ACT FOR OCD**  
Leila Capel; Michael Twohig, PhD

**OBSSIVE COMPULSIVE RELATED DISORDER:  
GENOMES IMPACT ON TREATMENT ACROSS  
ANCESTRY & CO-MORBIDITIES**  
James Crowley, PhD; Manuel Mattheisen, MD, PhD;  
Michele Pato, MD; Paul Arnold, MD, PhD;  
Peggy Richter, MD

**NEW CONTRIBUTION TO COGNITIVE BEHAVIOR  
THERAPY FOR OCD**  
Jedidiah Siev, PhD; Jennifer Buchholz;  
Jonathan Abramowitz, PhD; Reuven Dar, PhD

EVERYONE

YOUNG ADULTS

RESEARCH TO CLINICAL PRACTICE

LIVING WITH OCD

HOARDING DISORDER

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

PARENTS & FAMILIES

THERAPISTS

# FRIDAY ACTIVITIES AND SUPPORT GROUPS

2:15PM–3:45PM

4:00PM–5:30PM

## TALKING TABOO: NORMALIZING THE FORBIDDEN OBSESSIONS

Kelley Franke, LMFT; Kevin Foss, MFT;  
Laura Yocum, LMFT; Lauren Rosen, LMFT

## STEPPING UP AND STEPPING DOWN: WORKING TOWARDS MORE EFFECTIVE COLLABORATION ACROSS LEVELS OF CARE

Andrea Guastello, PhD; Melissa Munson, PhD;  
Robert Henderson, PhD; Shanee Toledano, PhD

## DO N'T TRY HARDER, TRY DIFFERENT: A (HUMOROUS) STRESS MANAGEMENT APPROACH TO THE TREATMENT OF OCD

Patrick McGrath, PhD

## DO I FIX IT? WHAT ERP REALLY LOOKS LIKE: AN INTERACTIVE EXPLORATION OF OCD EXPERIENCE AND TREATMENT

Lisa Glessner, LCSW; Toi Hershman, EdD

## DO I LAUGH WITH THE SINNERS OR CRY WITH THE SAINTS? A DISCUSSION ABOUT SCRUPULOSITY

Jedidiah Siev, PhD; Jon Grayson, PhD; Maleeha Abbas, PhD;  
Ted Witzig, PhD

## STAYING IN THE ZONE: WHEN TO PULL IN DBT ALONGSIDE ERP

Blaise Aguirre, MD; Jon Hershfield, MFT

## LET'S TALK ABOUT S.E.X.

Alegra Kastens, LMFT;  
Christopher Trondsen, AMFT, APCC; Genevieve Kales

## IT'S LIKE WALKING INTO HOME DEPOT: TOOLS FOR MOTIVATION

Genevieve Kales, Jacques Esses, MSW; Kyle King;  
Marni Jacob, PhD; Chris Trondsen, AMFT, APCC

## BECOMING AN ERP CO-THERAPIST: A SKILL-BUILDING SESSION FOR PARENTS

Adam Reid, PhD; Andrea Guastello, PhD;  
Andrew Guzick, PhD; Ashley Ordway, LMHC

## RAISING RESILIENCE: 25 TIPS FOR PARENTING YOUR CHILD WITH ANXIETY OR OCD

Josh Spitalnick, PhD; Marti Munford, LPC

## NAVIGATING TREATMENT CHALLENGES IN HOARDING DISORDER: A WORKSHOP FOR CLINICIANS

Carolyn Rodriguez, MD, PhD; Kiara Timpano, PhD;  
Jesse Edsell-Vetter

## MOTIVATIONAL TOOLS FOR FAMILY OF INDIVIDUALS WITH HOARDING DISORDER

Greg Chasson, PhD

## THE HOW-TOS OF EXPOSURES AND ACCEPTANCE AND COMMITMENT THERAPY

Julie Petersen; Michael Twohig, PhD

## PROFESSIONAL PLENARY

### GENDER AND SEXUAL ORIENTATION OCD: UPDATED TREATMENT RECOMMENDATIONS THROUGH A JUSTICE-BASED LENS

Caitlin Pinciotti, PhD; Chad Wetterneck, PhD;  
Zachary Smith, RN; Lauren Wadsworth, PhD;  
Stephanie Pinder-Amaker, PhD

## HORMONE IMBALANCES AND OBSESSIVE-COMPULSIVE DISORDER: IMPLICATIONS FOR TREATMENT

Alexander Gorbis, MA; Eda Gorbis, PhD, LMFT

## SESSION AVAILABILITY

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

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

## ACTIVITIES

6:00PM–7:30PM

- Christmas in July: White Elephant, ERP Style
- Be(ad) Kind to Yourself: Self-Compassion Jewelry
- OCD Creative Bullet Journal (No Creativity Needed!)

8:00PM–9:30PM

- Road to Recovery Tour - Covid Edition
- The Story of Unmasking Undiagnosed OCD (Told Through Film)
- What Comes Next? Managing OCD for the Long Run
- Friday Night Lights: Young Adult Game Night!

## YOUTH ACTIVITIES

6:00PM–7:30PM

- IOCDF's Got Talent: Season 4

## SUPPORT GROUPS

6:00PM–7:30PM

- Living with Bipolar Disorder and OCD Support Group
- Baby Psychologist or Expert? Support Group for New OCD Therapists
- Work/Career Advice and Support Group
- OCPD Support Group
- Support Group for Harm OCD
- Perinatal OCD Support Group

8:00PM–9:30PM

- Hoarding Disorder Recovery Support Group
- Moral Scrupulosity Support Group
- Co-Morbid Eating Disorder and OCD Support Group
- ASD/ADHD and OCD Support Group
- Finding YOU When You Love Someone With OCD
- Sleeping with Jesus: Dating and Intimacy for Young Adults with Religiosity



Get the  
Conference App!

Search the Apple app store or Google Play store for "OCD Conference"

8:00AM–9:30AM

9:45AM–11:15AM

12:30PM–2:00PM

EVERYONE

**NAVIGATING SEXUAL IDENTITY AND SEXUAL FUNCTIONING WITH OCD**  
April Kilduff, LCPC; Tracie Ibrahim, LMFT; Nicholas Farrell, PhD, LCP

**#REALOCD: UNITING OUR VOICES TO CREATE CHANGE!**  
Chris Trondsen, AMFT, APCC; Elizabeth McIngvale, PhD, LCSW; Ethan Smith; Katie O'Dunne, MDiv; Thomas Smalley, MS, CSCS; Valerie Andrews

**THE COMPLEX LANDSCAPE OF OCD IN AUTISTIC SPECTRUM DISORDER**  
Craig Heacock, MD; Kendal Nolan; Megan Wolff, MOT, OTR/L

EVERYONE

**PURE O: A DISCUSSION ON THE USE OF THE TERM**  
Chrissie Hodges, CPFS; Steven Phillipson, PhD; Chris Trondsen, AMFT, APCC; Jon Hershfield, MFT

**CHICKEN OR THE EGG: WHEN OCD AND DEPRESSION TEAM UP**  
Beth Brawley, MA, LPC; Michael Stier, LCPC

**THE REASSURANCE TRAP**  
Amanda Petrik-Gardner, LCPC; Laura Smestad, LMHC; Nathan Peterson, LCSW

EVERYONE

**TELEMEDICINE VS IN-PERSON APPOINTMENTS: HOW TO CHOOSE AND WHAT TO EXPECT**  
Andrea Guastello, PhD; Joseph McNamara, PhD; Megan Barthle-Herrera, PhD; Melissa Munson, PhD; Robert Henderson, PhD

**LIVING WITH IMPERFECTION: MANAGING PERSISTENT PERFECTIONISM WITH OR WITHOUT OCD**  
April Kilduff, LCPC; Madina Alam, LMHC; Nicholas Farrell, PhD, LCP; Taylor Newendorp, LCPC

**CHANGING OUR RELATIONSHIP WITH SHAME**  
Michael Heady, LCPC

LIVING WITH OCD

**SUCCESSFUL RELATIONSHIPS AND BDD? YES, YOU CAN HAVE THEM!**  
Alexander Rosenberg; Robyn Stern, LCSW, MSEd; Scott Granet, LCSW

**MENTAL COMPULSIONS: THE INVISIBLE BEHAVIORS THAT COULD BE KEEPING YOU STUCK**  
Kelley Franke, LMFT; Kevin Foss, MFT; Lauren Rosen, LMFT

**DATING AND DOUBTING: OCD AND RELATIONSHIPS WITH IOCDF ADVOCATES AND REAL LIFE COUPLE, KATIE AND ETHAN**  
Ethan Smith; Katie O'Dunne, MDiv

PARENTS AND FAMILIES

**PARENTS OF CHILDREN WITH PANS/PANDAS: CONSIDERATION OF BURDEN AND APPROACHES TO COPING**  
Jason Tintero; Margo Thienemann, MD; Sana Ahmed, LCSW; Stephanie Glover

**WALKING THE TIGHTROPE: PARENTING THROUGH OCD**  
Ali Hodin-Baier; Chris Baier; Melissa Mose, LMFT; Michelle Witkin, PhD

**GETTING SCHOOLED: OCD AND RELATED DISORDERS ACCOMMODATIONS AND SUPPORTS FOR THE CLASSROOM ENVIRONMENT**  
Katrina Scrimbolo; Denise Egan Stack, LMHC

HOARDING DISORDER

**CASE MANAGEMENT AND HARM-REDUCTION INTERVENTIONS FOR HOARDING**  
Mark Snelgrove; Stacey Murphy; Jesse Edsell-Vetter

**FLASH TALKS! RESEARCH UPDATE ON RISK AND VULNERABILITY FOR HOARDING DISORDER**  
Kiara Timpano, PhD

**USING PEER SUPPORT GROUP MODELS IN SUPPORTING INDIVIDUALS WITH HOARDING DISORDER**  
Lindsay Bacala, MSW, RSW; Spenser Martin

THERAPISTS INTRO

**OCD AND PSYCHOSIS**  
James Claiborn, PhD; Robert Hudak, MD; Stephanie Eken, MD

**CUTTING-EDGE INTERVENTIONS FOR BFRBS: EVIDENCE-BASED, PERSONALIZED TREATMENT**  
Ruth Golomb, LCPC; Suzanne Mouton-Odum, PhD

**CONSIDERING SAFETY IN ERP FOR BLACK CLIENTS WITH OCD**  
Darlene Davis Goodwine, PhD; Michelle Cole

THERAPISTS ADVANCED

**ACT FOR OCRDS IN YOUTH: TIPS AND TRICKS FOR OPTIMIZING TREATMENT DELIVERY**  
Jason Krompinger, PhD; Jonathan Abramowitz, PhD; Julie Petersen; Leila Capel; Lisa Coyne, PhD

**PERINATAL OCD: WHAT TO EXPECT WHEN YOUR PATIENT IS EXPECTING INTRUSIVE THOUGHTS**  
Ashley Ordway, LMHC; Danielle Cooke, PhD; Megan Barthle-Herrera, PhD, PMH-C











**HOW TO TREAT BODY DYSMORPHIC DISORDER (BDD) AND HOW IT DIFFERS FROM TREATING OCD**  
Amanda Rosenberg; Chris Trondsen, AMFT, APCC; Robyn Stern, LCSW, MSEd; Scott Granet, LCSW

RESEARCH TO CLINICAL PRACTICE

**IMMUNOLOGICAL INFLUENCE ON OCD: WHAT ROLE DOES AUTOIMMUNE OCD HAVE IN DIAGNOSIS AND TREATMENT?**  
Craig Shimasaki, PhD

**SPECIAL AREAS OF CONSIDERATION FOR TREATING OCRDS AND COMORBID CONDITIONS**  
Eric Storch, PhD; Gina Belli; Jennifer Buchholz; Julie Petersen; Nathaniel Van Kirk, PhD

**PREGNANCY, DELIVERY, AND BEYOND: INTEGRATION OF PERINATAL OCD IN INPATIENT AND OUTPATIENT CARE**  
Annelise Cunningham, PhD; Danielle Cooke, PhD; Lindsay Lebin, MD; Megan Barthle-Herrera, PhD

	EVERYONE		YOUNG ADULTS		RESEARCH TO CLINICAL PRACTICE
	LIVING WITH OCD		HOARDING DISORDER		BDD
	PARENTS & FAMILIES		THERAPISTS		PANS/PANDAS
					WORKING WITH DIVERSITY
					PERINATAL OCD



2:15PM–3:45PM

**MORE THAN ANXIETY: NEW PARENTHOOD AND OCD**  
Annelise Cunningham, PhD; Danielle Cooke, PhD;  
Lindsay Lebin, MD; Ashley Ordway, LMHC;  
Megan Barthle-Herrera, PhD

**MAKING MEANING FROM LOSS: MOVING BEYOND  
GRIEF IN OCD TREATMENT**

John Hart, PhD, LPC-S; Katy Rothfelder, LPC-A;  
Rachel Saffer, LCSW-S

**HEALTH ANXIETY TREATMENT: PUTTING A STOP TO  
THE URGENCY OF THE EMERGENCY**  
Alie Garza, MSW; Emily Weems, LCSW-S

**YOU DO THE COMMUNICATING, NOT YOUR OCD**

Emily Melrose; Molly Fishback; Nathaniel Van Kirk, PhD

**MARRIED TO TWO PEOPLE: LIVING AS A COUPLE WITH  
OCD IN THE SHADOWS**

David Culkin, PhD; Jacqueline Pfeifer, PhD;  
Jonathan Abramowitz, PhD; Michaela Culkin, PhD

**NON-SHOPPING TRIP: EXPERIENTIAL SESSION TO  
PRACTICE RESISTING ACQUIRING**

Randy Frost, PhD; Gail Steketee, PhD, LICSW

**NEWS FLASH: ERP IS NOT THE FIRST-LINE TREATMENT  
FOR OCD; SO WHAT IS THE FIRST-LINE GOLD  
STANDARD?**

Elizabeth McIngvale, PhD, LCSW; Jon Grayson, PhD

**OCD TREATMENT FOR DIVERSE POPULATIONS FROM A  
DIVERSITY, EQUITY, AND INCLUSION LENS**

Chris Trondsen, AMFT, APCC; Jelani Daniel, LPC;  
Jenny Yip, PsyD; Marcia Rabinowits, PsyD

**WHERE NOW? CLINIC DIRECTORS DISCUSS NAVIGATING  
COMMON TREATMENT BARRIERS AND FUTURE  
RESEARCH NEEDS**

Adam Reid, PhD; Lauren Wadsworth, PhD;  
Lisa Coyne, PhD; Marni Jacob, PhD

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

4:15PM–5:45PM

**IOCDF AWARDS AND  
KEYNOTE ADDRESS**

# “OCD: A FAMILY AFFAIR”

The Kinberg Family



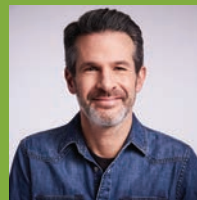
Toby



Oliver



Mali



Simon

We never truly experience anything in isolation. Family members and loved ones who surround us — though perhaps not the ones diagnosed with OCD — often have their own intimate journeys with the disorder.

We are excited to have the Kinberg family join us to talk about their family’s experience with OCD. Teen Toby, younger brother Oliver, and parents Mali and Simon Kinberg (*The Martian*, *X-Men: First Class*, *The 355*, *Invasion*) will take the #OCDCon stage to share what life is like living with OCD.

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# SATURDAY ACTIVITIES AND SUPPORT GROUPS

## ACTIVITIES

5:45PM–7:00PM

- **Researcher and Exhibitor Meet and Greet**

6:00PM–7:30PM

- JUST WRITE with Not Alone Notes

7:00PM–10:00PM

- **OCD Conference Party!**

8:00PM–9:30PM

- Saturday Night Game Night

## SUPPORT GROUPS

6:00PM–7:30PM

- Support Group for Body Dysmorphic Disorder (BDD)
- Navigating Family Life with a BDD Sufferer Support Group
- Young Adult Regionally Meet-up
- Turning the Table: Parent Exposures
- OCD and the Transition to College

8:00PM–9:30PM

- Responding to Faith Challenges: Scrupulosity OCD Support Group
- Support Group for Family Members of Those with Hoarding Disorder
- Arrested Development Support Group



8:00AM–9:30AM

9:45AM–11:15AM

11:30AM–1:00PM

EVERYONE

**RESPONDING TO RUMINATION: THE PERSEVERING PRIVATE COMPULSION**  
Allyson Guilbert, LCSW; Annabella Hagen, LCSW; Jon Case, LCSW

**NAVIGATING LIFE AFTER TREATMENT: CHALLENGES AND TRIUMPHS**  
Micah Howe; Brittany Stahnke Joy, DSW, LCSW, MFT; Christopher Weston, MPH, AMFT; Mackenzie Reed, RN; Sivan Komatsu

**LIVING WITH OCD AND A CHRONIC PHYSICAL ILLNESS**  
Dee Frankin, PsyD, RMHCI; Kathryn Blalock; Katia Moritz, PhD; Bobbye Dieckmann; Ginny Bailey

EVERYONE

**NON-TRADITIONAL RELATIONSHIP OCD: WHEN IT'S NOT JUST ABOUT YOUR ROMANTIC PARTNER**  
Carly Samach, LMHC; Caryn Gill, LPC; Jenna Overbaugh, LPC

**GENDER IDENTITY OCD 101: UNDERSTANDING WHAT IT IS AND WHAT TO DO ABOUT IT**  
Laura Lokers, LMSW; Stephanie Woodrow, LCPC

**RELIGIOUS SCRUPULOSITY IS AN OCD ISSUE... NOT A FAITH ISSUE**  
Emily Malcoun, MDiv, PhD; Jedidiah Siev, PhD; Justin Hughes, LPC; Katie O'Dunne, MDiv; Patrick McGrath, PhD

EVERYONE

**THE FREEDOM BATTLE: OCD AND SPORT**  
Cali Werner, LCSW; Danielle King, CSCS, MAT; Evelyn Stewart, MD; Thomas Smalley, CSCS

**REAL EVENT OCD: BUT IT REALLY HAPPENED!**  
Amanda Petrik-Gardner, LCPC; David Anderson, LCPC; Shauna Meier, LSCSW

**DEATH OCD: THE ULTIMATE UNKNOWN**  
Amanda Petrik-Gardner, LCPC; Blake Cranmer, LSCSW; David Anderson, LCPC; Krista Reed, LSCSW

LIVING WITH OCD

**KILLING IT WITH EXPOSURE: A WORKSHOP FOR HARM OCD**  
Jamie Hallowell; Jennifer Hilbert, LPC; Shannon Weise, LCSW

**PUTTING PERSEVERATION TO BED: BREAK THE CYCLE OF SLEEP DISTURBANCE AND REPETITIVE NEGATIVE THINKING**  
Jacob Nota, PhD

**WHAT IF EVERY EXPOSURE IS A 10/10: HOW TO EVOKE CURIOSITY AND WILLINGNESS TO TOLERATE DISTRESS**  
Alejandra Sequeira, PhD; Bridget Henry, PhD; Emily Bailey, PsyD; Melissa Fasteau, PsyD

PARENTS AND FAMILIES

**THIS IS US: SIBLINGS**  
Charlotte Baier; Matthew Witkin; Michelle Witkin, PhD; Selena Tronsden; Siddarth Agrawal

**HAVE I REALLY LISTENED? HOW TO BE EMPATHIC WHILE FEELING DEFEATED BY YOUR LOVED ONE'S OCD**  
Allison Bonifay, LPC; Hayley Dauterman; Julie Kelly; Kevin Ashworth, LPC; Myles Rizvi, PhD

**PREPARING TO LEAVE THE NEST: FACILITATING A HEALTHY TRANSITION TO ADULTHOOD WHEN MANAGING OCD**  
Alexander Rosenberg; Brad Hufford, LCSW-C; Deborah Topol, MD

THERAPISTS ADVANCED

**SUD TREATMENT AND ACCEPTING WHAT WE CANNOT CHANGE: THE ROLE OF ACCEPTANCE IN TREATING OCD AND SUD**  
Lauren Rosen, LMFT; Stacey Conroy, LICSW, MPH

**WORKING WITH SCRUPULOUS INDIVIDUALS: A FORUM FOR CASE CONSULTATION AND CONVERSATION**  
Alec Pollard, PhD; Jedidiah Siev, PhD; Ted Witzig, PhD

**EXPOSURES FOR TABOO OBSESSIONS: WALKING THE LINE BETWEEN TOO FAR AND NOT FAR ENOUGH**  
Elizabeth Garis, MEd; Megan Barthle-Herrera, PhD, PMH-C; Miranda Higham; Robert Henderson, PhD

THERAPISTS ADVANCED

**WHEN YOU'VE KNOWN THE PATIENT LONGER THAN YOUR SPOUSE: MANAGING MOTIVATION, ATTENDANCE, AND OUTCOMES**  
Alec Pollard, PhD; Charles Mansueto, PhD; Fred Penzel, PhD; Patrick McGrath, PhD; Renae Reinardy, PsyD

**OCD TREATMENT FOR AUTISTICS THROUGH NEURODIVERSE COLLABORATION: WHAT I WISH MY THERAPIST KNEW**  
Max Wilson; Rebecca Sachs, PhD, ABPP

**WHY SOME PEOPLE WITH OCD DON'T SEEK HELP: UNDERSTANDING RECOVERY AVOIDANCE**  
Alec Pollard, PhD; Alison Menatti, PhD

THERAPISTS ADVANCED

**TREATING OBSESSIVE COMPULSIVE PERSONALITY DISORDER (OCPD) WITH CBT: A LIVE DEMONSTRATION**  
Anthony Pinto, PhD; Michael Wheaton, PhD

**HOW TO MAKE A PB&J SANDWICH AND OTHER FLEXIBILITY TOOLS FOR GETTING UNSTUCK**  
Anna Korbel, LSW, MSW; Emily Hemendinger, LCSW, MPH; Stephanie Lehto, PsyD

**"JUST RIGHT" OCD: IMPERFECT!, INCOMPLETE!, CROOKED!, ASYMMETRICAL!, DISORGANIZED!, SLOPPY!, WRONG!**  
Charles Mansueto, PhD

RESEARCH TO CLINICAL PRACTICE

**AUTOANTIBODIES AGAINST THE DOPAMINE RECEPTORS DEFINE PANDAS/PANS VERSUS MOVEMENT DISORDERS**  
Chandra Menendez, PhD

**ERP FOR EVERYONE: RESULTS FROM TELETHERAPY IN THE LARGEST TREATED COHORT OF OCD PATIENTS TO DATE**  
Jamie Feusner, MD; Nicholas Farrell, PhD

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

EVERYONE

RESEARCH TO CLINICAL PRACTICE

LIVING WITH OCD

THERAPISTS

PARENTS & FAMILIES

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



# KID AND TEEN PROGRAMMING AT THE OCD CONFERENCE

See page 3 for Thursday Night Activities

ELEMENTARY

MIDDLE SCHOOL

HIGH SCHOOL

## FRIDAY

<b>8:00AM–9:30AM</b>	<b>ELEMENTARY SCHOOLERS AND FAMILIES ORIENTATION</b> Madeline Conover, LMHC, REAT; Susan Boaz	<b>MIDDLE SCHOOLERS AND FAMILIES ORIENTATION</b> Kat Rossi, LMHC; Denise Egan Stack, LMHC	<b>HIGH SCHOOLERS AND FAMILIES ORIENTATION</b> Meaghan Cleary, LMHC; Lisa Coyne, PhD
<b>9:45AM–11:15AM</b>	<b>UNHOOK YOUR THOUGHTS!: A COGNITIVE DEFUSION WORKSHOP FOR KIDS</b> Amy Jenks, PsyD; Amy Mariaskin, PhD; Cassie Marzke; Lisa Coyne, PhD	<b>NAME THAT EXPOSURE!</b> Marni Jacob, PhD; Rebecca Schneider, PhD; Kara Meyer, PhD	<b>MINING VALUES FOR COURAGE</b> Ginny Fullerton, PhD; Luke Collier, PsyD; Thien-An Le, PhD
<b>12:30PM–2:00PM</b>	<b>BAM! POW! ZAP! CREATE YOUR OWN OCD SUPERHERO</b> Amy Jenks, PsyD; Cassie Marzke	<b>SUPERHERO THERAPY: SUPERHEROES, COMICBOOK CHARACTERS, AND OTHER FICTIONAL FRIENDS CAN HELP WITH OCD</b> Adam Reid, PhD; Jason Elias, PhD; Keith Klein, PhD; Murrion O'Neill; Theresa LaPuma, PhD	<b>BACK TO BASICS: EXPLORING ERP</b> Amanda Petrik-Gardner, LCPC; Jenna Overbaugh, LPC
<b>2:15PM–3:45PM</b>	<b>CALLING ALL MYSTERY EXPLORERS</b> Emily Hoppe, MSN; Nicole D'Adamo, LCSW-C	<b>I'LL BE THERE FOR YOU: A MENTORSHIP WORKSHOP FOR MIDDLE SCHOOLERS AND HIGH SCHOOLERS</b> <i>(open to high schoolers)</i> Caroline Kalen; Emily Melrose	<b>SUPPORTIVE SIBLINGS: CREATING "ASSISTANT OCD COACHES" IN FAMILIES</b> <i>(open to middle schoolers)</i> Krista Reed, LSCSW
<b>4:00PM–5:30PM</b>	<b>FIGHTING OCD WITH ART!</b> Cassie Marzke; Darcy Howell; Gabriela Holliman Lopez; Max Wilson	<b>ERP SCAVENGER HUNT</b> Amelia Serine, PsyD; Brian Ashenfelter, PsyD; K. Peer Mugnier, PsyD; Kathleen Rupertus, PsyD; Katie Manganello	<b>HOW DO I BECOME MORE WILLING TO DO MY EXPOSURE HOMEWORK?</b> Adam Reid, PhD; Angella Bello

## SATURDAY

<b>8:00AM–9:30AM</b>	<b>THE OCD OLYMPICS</b> Hannah Breckenridge, MSW	<b>LET'S IMPROVISE! HELPING KIDS MANAGE OCD WITH HUMOR, PLAY, AND IMPROV GAMES</b> Kelley Franke, LMFT; Kevin Foss, MFT	<b>WEAVING ART THROUGHOUT THE THERAPY JOURNEY</b> Joan Zeller, LMSW, ATR
<b>9:45AM–11:15AM</b>	<b>LETTING YOUR PARENTS OFF THE HOOK</b> Marni Jacob, PhD; Molly Martinez, PhD; Katy Rothfelder, LPC	<b>THE TIME TO PRACTICE IS NOW: HOW TO TALK ABOUT OCD, ANXIETY, AND BIG EMOTIONS WITH YOUR PARENTS</b> Allison Bonifay, LPC; Kevin Ashworth, LPC	<b>HOW TO RAISE YOUR PARENTS WHEN YOU HAVE OCD (TO HELP OR GET OUT OF THE WAY)</b> Allen Weg, EdD; Megan Cox, PsyD
<b>12:30PM–2:00PM</b>	<b>FACING FEARS WITH FRIENDS: WE'RE ALL IN THIS TOGETHER</b> Miranda Higham; Robert Henderson, PhD; Seth Downing; Tannaz Mirhosseini; Ashley Ordway	<b>IT'S ALL FUN AND GAMES: CHALLENGING PERFECTIONISM, SYMMETRY, AND "JUST RIGHT" OCD</b> Jennifer Wilcox, PsyD; Kellie Korte; Lindsey Conover, PhD; Nicole Bosse, PsyD	<b>THE PEOPLE PLEASER'S GUIDE TO BEING ASSERTIVE</b> Anna Korbel, LSW; Emily Hemendinger, LCSW, MPH; Stephanie Lehto, PsyD
<b>2:15PM–3:45PM</b>	<b>WHEN OCD WANTS TO GO TO SCHOOL WITH YOU</b> Natasha Daniels, LCSW	<b>THE TIME TO PRACTICE IS NOW: COMING TOGETHER TO IMPROVE COMMUNICATION AND UNDERSTANDING OF LIVING WITH OCD</b> Allison Bonifay, LPC; Kevin Ashworth, LPC	<b>BEHIND THE CURTAIN: WHAT TEENS AND PARENTS WISH THE OTHER KNEW</b> Allen Weg, EdD; Megan Cox, PsyD
<b>4:15PM–5:45PM</b>	<b>KEYNOTE ALTERNATIVE: DANCE LIKE NO ONE'S WATCHING!</b> Molly Martinez, PhD; Justin Hughes, LPC		<b>CONFERENCE KEYNOTE</b> TBD

## SUNDAY

<b>8:00AM–9:30AM</b>	<b>MORE INFORMATION COMING SOON!</b>	<b>OUTSMARTING YOUR OCD: DODGING TRAPS AND PREVENTING RELAPSE</b> Kyle King; Marni Jacob, PhD; Rebecca Schneider, PhD	<b>REMOVING THE OCD FROM SOCIAL MEDIA: HOW TO HAVE MORE SOCIAL AND LESS MEDIA</b> Emily Hemendinger, LCSW, MPH; Stephanie Lehto, PsyD
<b>9:45AM–11:15AM</b>	<b>LEARN HOW TO SPOT AN OCD WEED AND STOP IT FROM GROWING!</b> Natasha Daniels, LCSW	<b>SIMON SAYS, "TOUCH THE TOILET!": FINDING OCD ERP OPPORTUNITIES IN DAILY ACTIVITIES AND MAKING IT FUN</b> Alyssa Faro, PhD; Caitlin White, LICSW; Maria Fraire, PhD; Rebecca Schneider, PhD	<b>MEET YOUR DNA-V: A BRIEF INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY FOR TEENS</b> Julie Petersen; Michael Twohig, PhD
<b>11:30AM–1:00PM</b>	<b>CONFERENCE WRAP-UP</b> Madeline Conover, LMHC, REAT	<b>CONFERENCE WRAP-UP</b> Kat Rossi, LMHC	<b>CONFERENCE WRAP-UP</b> Meaghan Cleary, LMHC

## CONTINUING EDUCATION INFORMATION

Professionals who register for and attend the Conference at the Clinician/Therapist Level will be eligible to receive 18 CE credits. Continuing education credits are offered for approved sessions denoted as "CE Talks" only. Registrants must attend in full to receive credit and must sign in and out at the Continuing Education Desk each day. Psychologists must check in and out of each session.

Learning objectives can also be viewed at [iocdf.org/DenverCE](http://iocdf.org/DenverCE)

### Accreditation Statement

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



### Physicians (ACCME) Credit Designation

Amedco LLC designates this live activity for a maximum of 18.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

### Social Workers (ASWB) Credit Designation

As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social Workers completing this course receive 18.00 GENERAL continuing education credits.

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

### Psychologists (APA) Credit Designation

This course is co-sponsored by Amedco and The International OCD Foundation. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 18.00 hours.

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

### Counselors/LMFTS (NBCC) Credit Designation

This program is sponsored by the International OCD Foundation (IOCDF), Inc for 18 continuing education credits. This program has been approved by NBCC for NBCC Credit. The IOCDF is solely responsible for all aspects of the program (NBCC Approval #SP-2490).

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

Visit [iocdf.org/DeverCE](http://iocdf.org/DeverCE) for more information. For questions about continuing education credit for psychologists, physicians, nurses, counselors, and social workers, please call (617) 973-5801 or email [conference@iocdf.org](mailto:conference@iocdf.org).



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# REGISTRATION INFO

Visit [iocdf.org/ocdcon22](https://iocdf.org/ocdcon22) or [iocdf.org/symposium22](https://iocdf.org/symposium22) for more information and to register today. Questions? Email [conference@iocdf.org](mailto:conference@iocdf.org) or call (617) 973-5801.

Full Conference Rates	🕒 Early Bird Rate	🕒 Early Bird Member Rate	Regular Rate	Member Rate
Adult Individual/Supporter	\$315	\$267	\$340	\$289
Therapist/Clinician (CE)	\$615	\$523	\$665	\$565
Researcher	\$315	\$267	\$340	\$289
Student/Trainee	\$315	\$267	\$340	\$289
Child Individual/Supporter	\$185	\$157	\$210	\$178

One Day Rates	🕒 Early Bird Rate	🕒 Early Bird Member Rate	Regular Rate	Member Rate
Adult Individual/Supporter	\$195	\$166	\$210	\$179
Therapist/Clinician (CE)	\$425	\$361	\$440	\$374
Researcher	\$195	\$166	\$210	\$179
Student/Trainee	\$195	\$166	\$210	\$179
Child Individual/Supporter	\$115	\$98	\$130	\$110

Research Symposium	Regular Rate	Member Rate
Researcher - In-Person	\$100	\$106.25
Researcher - Virtual	N/A	\$32
Student/Pre-Licensed Trainee - In-Person	\$75	\$85
Student/Pre-Licensed Trainee - Virtual	N/A	\$8.50

## Registration Types

### Full Conference

Includes all educational sessions, support groups, and evening activities Friday–Sunday, and pre-Conference events on Thursday evening.

### 1-Day Friday

Includes sessions all day Friday and pre-Conference events on Thursday.

### 1-Day Saturday

Includes sessions all day Saturday and Sunday morning.

## Special Pricing & Discounts

### Early Bird Rate

A special Early Bird Registration rate is available to those who register for the Conference by Monday, May 30 at 11:59pm PT. After this, rates will increase to the "Regular Rate."

### Member Discount

IOCDF Members (excluding Community Members) will receive a discount code for 15% off the total registration transaction amount for all those in the member household. If you have not received an email with your discount code, please call the IOCDF at (617) 973-5801 or email [membership@iocdf.org](mailto:membership@iocdf.org).

### Family of Four+ Discount

Families of four or more who live in the same household are eligible for a 15% family discount. To access the 15% discount code, call the IOCDF at (617) 973-5801 or email [conference@iocdf.org](mailto:conference@iocdf.org).

## Registration Policies

**Continuing Education (CE/CME):** All professionals who wish to receive continuing education (CE/CME) credits must register at the Clinician/Therapist level (with or without the IOCDF member discount code) and submit license information at the time of registration.

**Registration for Children, Spouses, & Families:** Each family member who plans to attend the Conference must register for the event, including spouses and all children ages 6–17. All registered youth under the age of 18 must be accompanied by a registered parent or guardian over the age of 18. Children 5 and under may attend for free. Parent/guardian chaperones must provide contact information for youth registrants upon check-in.

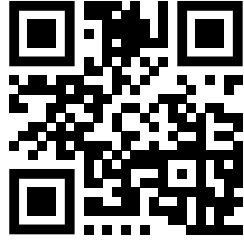
Please note: Only IOCDF Professional Members are eligible to register at the Clinician/Therapist rate with the 15% off discount code (no exceptions). Family members of IOCDF Professional Members who are also professionals and wish to receive CE/CMEs must have their own IOCDF Professional Membership and register at the Clinician/Therapist rate with the discount code.

**Cancellations/Refund Policy:** All cancellations and requests for refunds must be made by Monday, June 13, 2022 at 11:59pm PT. Cancelled registrations will be refunded less a \$50 cancellation fee per registrant. To cancel your registration and request a refund, select the "Modify Registration" option in your registration confirmation email or call the IOCDF office at (617) 973-5801. Should the Conference be cancelled by the IOCDF due to public health concerns, full refunds will be provided to all registrants.

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