

OCD NEW JERSEY

OCD New Jersey is a nonprofit organization sanctioned by the International OCD Foundation (IOCDF). We offer educational support to those with OCD and their families. Members include mental health professionals as well as those with OCD, their families, and friends.

We publish an online newsletter, host an annual conference, and sponsor special events during the year. Visit our website at www.ocdnj.org for additional information about our dynamic and growing organization.

Continuing Education Credits

This conference is intended to provide information for those interested in learning more about OCD, including both professionals as well as those living with OCD and their family members. This program is approved for 4 CE credits for psychologists. This workshop is sponsored by NJPA - NJPA is approved by the American Psychological Association to offer continuing education for psychologists. NJPA maintains responsibility for this program and its content. It is also approved for 4 CE credits for social workers - approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ.

This program provides information of intermediate level and is ideal for professionals with a basic foundation of learning in OCD and Exposure and Response Prevention (ERP) treatment.

OCD New Jersey
PO Box 958
East Brunswick, NJ 08816



presents the
**21st Annual Conference in a
Virtual Environment**

*An Interactive Multimedia Presentation
by Lisa Coyne, Ph.D.*

***“Fear and Flexibility: Integrating
ACT with ERP to Shape
Bravery-Based Behavior”***



plus
the “Living with OCD” Panel
with those who deal with OCD every day
and instructor Marla Deibler, Psy.D.

Sunday, April 25, 2021

Program

This presentation will get “under the hood” of how exposure-based treatments work. The speaker will explore how to use Acceptance and Commitment Therapy (ACT) to enhance exposure-based treatment through supporting curiosity, willingness, and flexibility. Specifically, the presenter will a) present an overview of exposure-based treatments; b) give an overview of ACT and its evidence-base; and c) discuss how to incorporate specific ACT strategies into exposure to strengthen learning in exposure-based treatment. Clinical examples will be used to illustrate therapeutic techniques, in addition to the workshop’s didactic content.

Target audience: professionals, individuals with OCD and their support persons

The Learning Objectives of the presentations will:

- Describe how an approach to exposure based on ACT differs from exposure conducted from a traditional habituation rationale
- Engage clients and their caregivers in effective rationales for exposure-based therapy, based on a psychological flexibility paradigm
- Develop a therapeutic relationship characterized by acceptance, values, compassion and commitment, that supports the client in engaging in exposure-based treatment
- Apply various methods suggested by the inhibitory learning paradigm to enhance exposure-based treatment, including using multiple contextual cues, stimulus variability, exposure menus, affect labelling, etc.
- Engage clients using valuing as action and direction to “contextualise” exposure and place exposure-based tasks under appetitive control

“Living With OCD” Panel: A diverse panel of individuals who are living with OCD will briefly share their personal struggles with the disorder and its treatment. Instructional commentary will be provided by Dr. Deibler who will illustrate and expand on the diagnosis, expression, and treatment of this disorder. Common questions will be discussed utilizing these “real world” examples of life with OCD in the service of deepening the understanding of the disorder.

Our Presenters



Lisa Coyne, Ph.D. is the Founder and Senior Clinical Consultant of the McLean OCD Institute for Children and Adolescents at McLean Hospital, and is an Assistant Professor at Harvard Medical School. She is the Founder and Executive Director of the New England Center for OCD and Anxiety (NECOA) and was elected President of the Association of Contextual Behavioral Science (ACBS). She is a member of the Clinical and Scientific Advisory Board and is on the Faculty of the Behavior Therapy Training Institute (BTTI) of the International OCD Foundation (IOCDF). She is also a licensed psychologist (MA #9139), a peer-reviewed ACT trainer, and author. She has authored multiple articles and chapters on ACT with children and adolescents and is a co-author of the books *Acceptance and Commitment Therapy: The Clinician’s Guide for Supporting Parents* (Elsevier), and *The Joy of Parenting* (New Harbinger). Her new books, *Stuff that’s Loud: A Teen’s Guide to Unspiralling When OCD Gets Noisy* (New Harbinger & Little Brown), *Stop Avoiding Stuff: 25 Microskills to Face Your Fears and Do It Anyway*, were published in 2020.

Dr. Coyne has no identified conflicts of interest or sources of commercial support. NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA co-sponsored programs. No materials (physical or electronic) provided to attendees at such programs may be shared.



Marla W. Deibler, Psy.D. is a Licensed Clinical Psychologist (NJ #4380) and the Founder and Executive Director of The Center for Emotional Health of Greater Philadelphia (CEH), a multi-site, behavioral healthcare center specializing in the evaluation and evidence-based treatment of anxiety disorders, obsessive-compulsive and related disorders, and neurodevelopmental disorders, with office locations in Cherry Hill and Princeton, NJ and providing telehealth services across the US under the authority of The Psychology Interjurisdictional Compact (PSYPACT). She is President of OCD New Jersey, the NJ affiliate of the International OCD Foundation.

Registration Form

Regular Registration (by 4/23/21) –
\$25 – non-CE registration
\$65 – Registration with CE credits

If you choose to mail in your registration it must be received by 4/18/21 or we cannot guarantee you will be registered. We encourage all registrations to be made through our website so your information is received immediately following your payment to attend.

Name _____
Organization _____
Address _____
City/State/Zip _____
Cell phone: () _____
E-mail _____

Mail checks payable to: OCD New Jersey,
PO Box 958, East Brunswick, NJ 08816

Or register online: www.ocdnj.org

In the rare case of a cancellation, refunds will be issued.

Schedule

10:00 am	Open Virtual Conference
10:15am-10:30 am	Welcoming Remarks, Dr. Marla Deibler, OCD NJ President
10:30am-12:00pm	Dr. Coyne’s presentation (break from 12pm-12:30pm)
12:30pm-2:00pm	Dr. Coyne’s presentation
2:00pm-3:00pm	“Living with OCD Panel, Dr. Deibler, Instructor
3:00 pm-3:05pm	Closing Remarks

Please note that on Friday 4/23/21 the links for the three conference sessions will be emailed to all registered attendees.

Contact OCD New Jersey

For more information, or for complaints, grievances, or American Disabilities Act accommodations, please call (732) 476-4021 or write to OCD New Jersey, P O Box 958, East Brunswick, NJ 08816.