

## 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](http://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 The Center for Emotional Health of Greater Philadelphia (CEH), which is approved by the American Psychological Association to offer continuing education for psychologists. CEH 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*  
**24th Annual Conference**

*An Interactive Multimedia Presentation*  
by **Michael Heady, MA, LCPC**

**“Inference-Based CBT:  
A New Hope for OCD”**



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

***Sunday, February 25, 2024***

**The Westwood**  
438 North Avenue  
Garwood, NJ 07027

## Program

For over 50 years, behavioral models of treatment such as exposure and response prevention (ERP) have been the primary evidence-based treatments for obsessive-compulsive disorder. Meta-analyses consistently demonstrate these treatments to help approximately 50% of sufferers achieve clinically significant reductions in symptoms and only slightly more experience some reductions in symptoms (Ost et al., 2015 & Reid et al., 2021). It is clear that sufferers need more evidence-based treatment options. Inference-Based CBT (I-CBT) offers an evidence-based alternative to behavioral approaches that does not entail deliberate or distressing exposures (Aardema et al., 2022, Visser et al., 2015, and O'Connor et al., 2005). In this workshop you will learn how dysfunctional reasoning processes construct and maintain obsessions (Baraby et al., 2022) and how one's vulnerable self-theme selects for specific obsessional content areas (Yang et al., 2021). Attendees will learn that there are roads to recovery beyond ERP.

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

### The Learning Objectives of the presentations will:

- identify the cognitive processes that construct obsessional doubts.
- conceptualize obsessions as faulty inferences of doubt.
- distinguish obsessional doubting from normal doubting.
- assess for and identify vulnerable self-themes that determine obsessional content.

**“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



**Michael Heady, MA, LCPC** is a full-time clinician and the Co-Owner/Director of the Anxiety and Stress Disorders Institute of Maryland (ASDI) where he has specialized in the treatment of OCD, anxiety disorders, and related conditions for the last 16-years. He is a faculty member of the International OCD Foundation (IOCDFs) Training Institute, a Clinical Fellow with the Anxiety and Depression Association of America (ADAA), and is on the Advisory Board for OCD Training School. As a former adjunct professor of psychology at McDaniel College and a regular presenter at annual conferences for the IOCDF and ADAA, Mike has a passion for learning and teaching. He provides clinical consultation to therapists and has produced numerous professional webinars for organizations including ADAA, IOCDF, NOCD as well as group practices and clinics across the U.S. on topics related to OCD treatment as well as training in ERP and I-CBT. He has appeared on several podcasts discussing I-CBT, ERP, shame, intimacy, perfectionism and other OCD and anxiety related issues.



**Marla W. Deibler, Psy.D, ABPP** is a Licensed Clinical Psychologist (NJ #4380), Board Certified in Behavioral and Cognitive Psychology. She is 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, OCD 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). Dr. Deibler is President of OCD New Jersey, the NJ affiliate of the International OCD Foundation (IOCDF), and Faculty of IOCDF's Behavior Therapy Training Institute (BTI).

## Registration

Registration for Student/Non-CEU Credits (by 2/12/24) - \$60  
For CEU Credits – (by 2/12/24) - \$75

On-site Registration on 2/25/24:  
Registration for Student/Non-CEU Credits - \$70  
For CEU Credits - \$85

If you mail in your registration we must receive it by 2/1/24 or we cannot guarantee you will be registered. We encourage all registrations to be made through our website for immediate processing.

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](http://www.ocdnj.org)

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

For a kosher meal at the conference, please email [nicole.torella@gmail.com](mailto:nicole.torella@gmail.com)

### Conference 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. Heady's presentation (lunch break 12pm-12:30pm)
12:30pm-2:00pm	Dr. Heady's presentation
2:00pm-3:00pm	“Living with OCD Panel, Dr. Deibler, Instructor
3:00 pm-3:05pm	Closing Remarks

### 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.