

4th Annual

OCD Texas 20

Symposium 26

& Mental Health Fair

THE WOODLANDS, TX

Help advance OCD education,
awareness, and access to care in Texas



Keynote Speaker: Dr Patrick McGrath; NOCD

★ Event Agenda ★

All attendees will begin and end the symposium together. Throughout the day, choose between our Clinical track (designed for **mental health professionals seeking CE credit**) and our Community Track (designed for individuals, families, educators, and community members).

 **ALL ATTENDEES TOGETHER**
Shared sessions for everyone

CLINICAL TRACK
For Professionals & Students

COMMUNITY TRACK
For Individuals & Families

Time	Clinical Track	Community Track
8:30 - 9:00 AM	 Registration, Coffee, Resource Fair & Networking Visit exhibitors and connect with community resources.	
9:00 - 9:15 AM	 Welcome, Opening Remarks & Sponsor Recognition Kick off the day and celebrate with our partners.	
9:15 - 9:50 AM	 Keynote Speaker: Dr. Patrick McGrath; Chief Clinical Officer, NOCD Inspiration & insight for our entire community.	
9:50 - 10:00 AM	 Transition Break Stretch, grab a refreshment, and get ready for the next session.	
10:00 - 10:50 AM	Christen Sistrunk, Wes Clayton & Mallory Bubbett Is it Really OCD? Navigating Complex Differential Diagnosis	Dr. Patrick McGrath Don't Try Harder, Try Different – Treating OCD while doing the opposite of what OCD wants you to do.
10:50 - 11:05 AM	 Networking & Resource Fair Break Connect with exhibitors and community partners.	
11:05 - 11:55 AM	Dr. Chad Brandt The Inhibitory Learning Model in OCD Treatment for Severe Cases	Nathan Peterson ERP From Start to Finish: A Practical and Easy Step-by-Step Guide for Individuals and Families
11:55 AM - 12:40 PM	 Lunch, Resource Fair & Networking Enjoy lunch and continue connecting with exhibitors.	
12:40 - 1:30 PM	Tarik Hadzic & Meredith Hettler Mushrooms, Magnets & Meds: What's Hot, What Works, and What's Next in OCD	Saharah Shrout, Andrea Alvarez, Katy Rothfelder, & Melissa Fasteau When Anxiety Runs in the Family: A Workshop on Reducing Accommodations & Coaching Caregivers
1:30 - 1:40 PM	 Break & Transition Refresh and prepare for our closing sessions.	
1:40 - 2:10 PM	 Kyra Leyi Cheung : Closing Lived Experience Talk A powerful conversation to close the day together.	
2:10 - 3:00 PM	 Q&A + Closing Remarks Ask questions, share takeaways, and next steps.	

**Continuing Education (CE) Credit - 4.5 total CEs**
CE credit available for eligible sessions in the Clinical Track.
Please check session descriptions for full CE details

* Mental Health Fair Open All Day! Visit with providers, nonprofits, advocacy organizations, and community resources from across Texas.*