



4th Annual OCD Texas 2026 Symposium & Mental Health Fair

THE WOODLANDS, TX

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

Presenting Sponsor



OCD & ANXIETY
OF THE WOODLANDS, PLLC

MEET OUR SPEAKERS

Join leading experts for a day of education, connection, and hope.



Keynote Speaker

Dr. Patrick McGrath

Chief Clinical
Officer, NOCD

*Making the case
for behavioral
based treatment:
No one has been
talked out of OCD.*

The Inhibitory Learning
Model in OCD
Treatment for Severe
Cases



Chad Brandt, PhD

Dr. Chad Brandt, PLLC

ERP From Start to Finish:
A Practical & Easy Step-
by-Step Guide for
Individuals & Families



Nathan Peterson, LCSW

OCD & Anxiety Counseling

Is it Really OCD? Navigating Complex Differential Diagnosis



Mallory Bubbett, LMSW

OCD Institute of
Texas



Christen Sistrunk

Houston Center for
Valued Living



Wes Clayton

Houston Center for
Valued Living

Mushrooms, Magnets & Meds: What's Hot,
What Works, and What's Next in OCD



Tarik Hadzic, MD PhD

Newport Healthcare



Meredith Hettler, LMFT

Newport Healthcare

When Anxiety Runs in the Family:
An Interactive Workshop on Reducing Accommodations & Coaching Caregivers



Saharah Shrout, MA LPC-S

OCD & Anxiety Treatment of Houston



Andrea Alvarez, MEd, LPC-S

AMA Behavioral Health



Katy Rothfelder, MA, LPC

Anxiety Treatment Center of Austin



Melissa Fasteau, PsyD

Dr. Melissa Fasteau, PLLC