

NOVA SOUTHEASTERN UNIVERSITY  
College of Psychology

*in collaboration with the*

INTERNATIONAL OCD FOUNDATION  
Central and South Florida Affiliate

# **OBSESSIVE COMPULSIVE DISORDER TREATMENT: THE BASICS AND BEYOND**

***Presenters: Marni Jacob, Ph.D.; Judith Migoya, Psy.D.;  
and Elizabeth Penela, Ph.D***

**Saturday, March 25, 2017 ♦ 9:00 a.m. – 12:00 p.m.  
Fort Lauderdale, Florida**

Obsessive Compulsive Disorder (OCD) and related disorders are common presentations in the clinical setting for both children and adults. However, many clinicians are not familiar with the application of cognitive behavioral therapy to the treatment of OCD, specifically, the use of Exposure and Response Prevention (ERP). This workshop is divided into two presentations. The first, by Dr. Marni Jacob, will cover the basics of assessing and diagnosing OCD, differential diagnosis of OCD and related disorders, and how to implement ERP treatment strategies. Important factors in treatment, such as family accommodation and reassurance-seeking will also be addressed. Co-presenters Dr. Judith Migoya and Dr. Elizabeth Penela, of Pediatric Psychology Associates, will then present on implementing ERP with more challenging presentations, including scrupulosity, self-harm, and sexual obsessions, strategies for addressing exposures that do not go as planned, and incorporating others (parents, significant others) into ERP treatment.

## ABOUT THE PRESENTERS

**Marni Jacob, Ph.D.** is a licensed psychologist. She received her doctorate in clinical psychology from the University of Georgia, where she specialized in working with youth and adults with anxiety disorders. She completed her APA-accredited pre-doctoral clinical internship at the University of Florida (UF) Health Science Center, Child/Pediatric Track, where she worked in the UF OCD Program, primarily conducting weekly and intensive treatment for OCD and Related Disorders. Dr. Jacob then completed a 3-year post-doctoral fellowship at the Rothman Center for Neuropsychiatry at USF, which specializes in the research and treatment of OCD, Anxiety, and Related Disorders. In 2013, Dr. Jacob received a prestigious award from the National Institute of Health (NIH) for her work in pediatric research. Dr. Jacob has published over 40 journal articles, written several book chapters, and engaged in numerous presentations on OCD, anxiety, and related disorders. Dr. Jacob currently works in private practice in Boca Raton, FL. She provides weekly and intensive treatment for youth and adults with OCD, anxiety, and related disorders. Dr. Jacob is also the President-Elect of the Palm Chapter of FPA, a member of the International OCD Foundation (IOCDF), and a member of Association for Behavioral and Cognitive Therapies (ABCT)

**Judith Migoya, Psy.D.** is a licensed psychologist and co-owner of Pediatric Psychology Associates (PPA), a psychology group practice serving the South Florida community/region. She has expertise in Neuropsychology and Cognitive Behavioral Treatment of Anxiety and OCD in the pediatric population. In treating children, she works closely with their families, schools, and other professionals of the treatment team. Dr. Migoya graduated with a doctorate from Nova Southeastern University's Clinical Psychology program. She completed her predoctoral internship training at UCLA's Neuropsychiatric Institute and Hospital, followed by a two-year post-doctoral fellowship in Neuropsychology at Clinical Psychology Associates in Gainesville, Florida. Dr. Migoya is also a graduate of the International Obsessive Compulsive Disorder Foundation's Pediatric Behavior Therapy Training Institute (IOCDF PBTTI). In addition to her clinical work, Dr. Migoya provides supervision to advanced doctoral students Nova Southeastern University's Center for Psychological Studies. She is a member of the American Psychological Association (APA), the Florida Psychological Association (FPA), the International OCD Foundation, and the National Academy of Neuropsychology (NAN). She is past president (2015 & 2016) of the Miami-Dade/Monroe counties chapter of FPA and currently serves as Continuing Education Co-Chair for this chapter. Dr. Migoya has received several awards for her contributions to the Florida Psychological Association. She also has published peer-reviewed articles and book chapters and has also presented locally and at regional conferences on topics involving neuropsychology, behavioral medicine, and pediatric psychology.

**Elizabeth Penela, Ph.D.** is a bilingual Licensed Psychologist specializing in providing treatment to children, adolescents, and adults experiencing anxiety, obsessive-compulsive, and related disorders. She conducts outpatient therapy in the Weston office of Pediatric Psychology Associates (PPA). Dr. Penela also provides higher levels of care to individuals experiencing great difficulty with daily functioning due to severe anxiety through the newly established Intensive Outpatient Treatment Program within PPA. Dr. Penela completed her doctoral training in clinical psychology at the University of Miami, and later completed her pre-doctoral internship training at the University of North Carolina School of Medicine, where she gained specialized training in early intervention with young children. Then, throughout her postdoctoral fellowship at the Child and Adolescent Mood and Anxiety Treatment (CAMAT) program within the University of Miami, Dr. Penela specialized in the treatment of anxiety, depression, and obsessive-compulsive disorders in youth and adults. She is a member of the Anxiety and Depression Association of America (ADAA) and the International OCD Foundation (IOCDF). Dr. Penela has also published peer-reviewed articles and has presented at national conferences on topics related to anxiety treatment, emotional regulation, and social-emotional development.

## PROGRAM OBJECTIVES

Participants will be able to:

- Discuss the nature of symptoms in OCD
- Describe how to implement cognitive-behavioral therapy with exposure and response prevention in OCD
- Develop and conduct appropriately challenging exposures for patients with obsessions and compulsions related to difficult topics, such as self-harm, sexual obsessions, and scrupulosity
- Describe situation and interactions that undermine the effectiveness of exposures, and use problem-solving strategies to address these challenges and increase the effectiveness of exposures

## PROGRAM AGENDA

8:30 a.m. – 9:00 a.m.	Registration and refreshments
9:00 a.m. – 10:30 a.m.	Cognitive-behavioral therapy for obsessive-compulsive disorder
10:30 a.m. – 12:00 p.m.	When the rubber hits the road: Overcoming common challenges during exposures with children and adults

## PROGRAM LOCATION

Nova Southeastern University  
College of Psychology  
Maxwell Maltz Building – Room 2057  
3301 College Avenue  
Fort Lauderdale, Florida 33314

For maps and directions to Nova Southeastern University's main campus in Ft. Lauderdale, please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

**For additional information on continuing education policies,  
please visit our web site at:  
<http://psychology.nova.edu/continuingeducation/index.html>.**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/19

**School psychologists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/17.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

**Professional counselors:** Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

**All mental health professionals will receive three (3) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

**Nova Southeastern University's College of Psychology** is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers three American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology and Psy.D. in School Psychology); a specialist program in school psychology; master's degree programs in mental health counseling, school counseling, counseling, forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

Founded in 2016, as an official affiliate of the **International OCD Foundation (IOCDF)**, **OCD Central and South Florida (OCDCSFL)** is a non-profit organization which seeks to promote the mission of IOCDF on a local level, in Central and South Florida. We work to educate the public and professional communities about OCD, in order to raise awareness and improve the quality of the treatment provided. We also seek to support research on OCD and related disorders, and work to improve access to information and resources for those with OCD and their families.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) clinical psychology program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) school psychology program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation). The college's master's degree program in school counseling and specialist and doctoral programs in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology hold the designation of National Recognition by the National Association of School Psychologists (NASP). The College of Psychology offers three programs, (1) the M.S. in School Counseling, (2) the Psy.S. in School Psychology, (3) Psy.D. in School Psychology for practitioners in P-12 schools that have been accredited by the National Council for Accreditation of Teacher Education (NCATE). The accreditation for these programs is awarded to the university through the Fischler School of Education as follows: The Fischler School of Education at Nova Southeastern University is accredited by the National Council for Accreditation of Teacher Education (NCATE), [www.ncate.org](http://www.ncate.org). This accreditation covers initial teacher preparation programs and advanced educator preparation programs at all university locations and online. However, the accreditation does not include individual education courses that the institution offers to P-12 educators for professional development, relicensure, or other purposes.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

**Registration Form**  
**OBSESSIVE COMPULSIVE DISORDER TREATMENT: THE BASICS AND BEYOND**  
**Saturday, March 25, 2017**

NAME: \_\_\_\_\_ DEGREE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE (work): \_\_\_\_\_ TELEPHONE (home): \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Please email me about future workshops:     yes     no

**CHECK ALL THAT APPLY:**

psychologist     school psychologist     mental health counselor

social worker     marriage and family therapist

other \_\_\_\_\_

License # \_\_\_\_\_ State \_\_\_\_\_

**NSU COLLEGE OF PSYCHOLOGY:**

faculty     adjunct faculty     part-time core faculty     full-time staff

doctoral student     master's student     specialist student     CPS alumnus

**WORKSHOP FEES:**

**Advanced Registration** (*By March 15*)     **Regular/On-Site Registration** (*After March 15*)

**\$30.00**

**\$45.00**

check/money order payable to Nova Southeastern University

**TO REGISTER WITH A CREDIT CARD, PLEASE VISIT OUR WEBSITE AT**  
<http://psychology.nova.edu/continuingeducation/index.html>

**MAIL CHECKS TO:**

Nova Southeastern University  
College of Psychology  
ATTN: Suzanne O'Sullivan  
3301 College Avenue  
Fort Lauderdale, Florida 33314-7796

**REFUND AND CANCELLATION POLICY:** A full refund or a full credit for another program will be issued for cancellations received no later than one week prior to each workshop date. Credit toward another program will be awarded for cancellations after that date. The university reserves the right to cancel the program due to low registration.