

## INTENSIVE WORKSHOP IN EXPOSURE & RESPONSE PREVENTION (EX/RP) FOR OCD IN COLLABORATION WITH NATIONAL INSTITUTE OF MENTAL HEALTH, NATIONAL CENTER OF NEUROLOGY AND PSYCHIATRY, JAPAN

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**Who may attend:** Mental health professionals in Japan with prior experience with cognitive-behavioral therapy and treating patients with anxiety.

**Dates:** Each Wednesday beginning March 13, 2024 and ending June 12, 2024 ([complete list of dates and topics can be found here](#))

**Times:** 9:00pm to 11:00pm JST

**Cost:** \$1500.00 USD per person. This fee covers the cost of workshop and supporting materials, which will include all slide handouts and assessment materials to be emailed to you prior to the workshop

**Attendance Requirements:** In order to attain a certificate of completion for this workshop, participants are expected to attend each hour of the video conference and to use video of yourself during the video conference in order to track attendance. In unavoidable circumstances, however, up to 4 hours of absence with advance notice will be accepted. In these cases, participant must notify Dr. Yoshiharu Kim ([kim@ncnp.go.jp](mailto:kim@ncnp.go.jp)) and Dr. Sandy Capaldi ([sandraca@penndmedicine.upenn.edu](mailto:sandraca@penndmedicine.upenn.edu)) by email prior to the scheduled workshop session. Recorded video of the missed workshop session (minus any actual patient video examples used) will be provided to individuals who have given advance notice of unavoidable absence.

**Workshop Location:** Zoom (you will be sent an invitation with instructions prior to the workshop)

**Workshop description:** The Center for the Treatment and Study of Anxiety at the University of Pennsylvania will offer an intensive 28-hour training workshop in the use of Exposure and Response Prevention (EX/RP) Therapy for Obsessive-Compulsive Disorder (OCD). This workshop will prepare participants to implement EX/RP upon completion.

**Following this workshop, participants will be able to:**

- Describe the diagnosis and psychopathology of OCD
- Discuss empirically supported, psychotherapeutic and psychopharmacologic treatments for OCD and compare the efficacy of these treatment approaches
- Discuss the theory underlying and the empirical support for EX/RP
- Implement psychoeducational treatment components of EX/RP for OCD
- Construct an in-vivo exposure hierarchy that includes a range of situations that effectively promote learning
- Implement in-vivo exposure
- Conduct imaginal exposure to feared consequences
- Discuss how and when to modify EX/RP techniques to tailor the therapy to the individual (e.g., developmental issues, co-morbid conditions)
- Discuss the basic techniques of EX/RP for treatment of adults

- Implement imaginal role-plays in a mock treatment session
- Assess OCD symptoms and design an appropriate treatment plan

**Webinar workshop requirements:**

- You must have an appropriately private location at your home or office in order to ensure confidentiality.
  - The private location should be free of noise and distractions. (If you are the parent of young children, appropriate child care arrangements must be in place.)
- You must have the EX/RP Therapist Guide and Patient Workbook. (Japanese translation manuscripts will be provided to you by the National Institute of Mental Health, National Center of Neurology and Psychiatry, Japan)
  - Exposure and Response (Ritual) Prevention for Obsessive-Compulsive Disorder: Therapist Guide (Treatments That Work) 2nd Edition
  - Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (Treatments That Work) 2nd Edition
- You must agree not to copy or distribute workshop materials provided to you in the course of the workshop.
- Since authentic patient videos are utilized during the training, you must agree to abide by all applicable rules of confidentiality, including but not limited to no audio or video-recording of the workshop in any form.

## Instructions for Registration

**Registrations are due one week in advance and must be completed in full.**

To register, complete the [online registration](#) and choose "Japan Workshop" when asked what workshop you are registering for.

If you need to withdraw your application for any reason, please email [Dr. Sandy Capaldi](#). Note that workshop fees are **non-refundable** after the application due date (one week before the start of the workshop).

## About the Presenters

**Jessica Bodie, Ph.D.**, is a licensed clinical psychologist and Director of Child Services at the Center for the Treatment and Study of Anxiety (CTSA) in the Perelman School of Medicine at the University of Pennsylvania. Dr. Bodie received her Bachelor's degree in Psychology and Biology from the University of Denver and her Master's and Doctoral degrees in clinical psychology from Temple University. Dr. Bodie completed her clinical internship at the Children's Hospital of Philadelphia. Dr. Bodie specializes in the treatment of OCD, PTSD, social anxiety, panic disorder, specific phobias, and generalized anxiety. She is a certified clinician, consultant, and supervisor in Prolonged Exposure (PE) for PTSD and Exposure and Response (Ritual) Prevention (EX/RP) for OCD. Additionally, Dr. Bodie has conducted research on and clinically treats

extremely picky eating (also called Avoidant/Restrictive Food Intake Disorder, ARFID), emetophobia (vomit phobia), and choking phobia. Dr. Bodie is active in the field and participates in teaching, writing, supervision, and consultation activities to disseminate evidence-based treatments for anxiety and related disorders.

**Nora Brier, Psy.D.** is an Assistant Professor of Clinical Psychiatry at the Center for the Treatment and Study of Anxiety (CTSA) in the Perelman School of Medicine at the University of Pennsylvania. Dr. Brier received her M.S. and Psy.D. in Clinical Psychology at the Philadelphia College of Osteopathic Medicine in 2020 after completing her clinical internship at the VA in Hudson Valley, NY. Dr. Brier's predoctoral clinical rotations included the PTSD/trauma and PTSD/DBT unit, as well as an outpatient anxiety rotation treating OCD, specific phobias, and social anxiety disorders. Clinically, Dr. Brier is certified in Prolonged Exposure (PE) for PTSD and Exposure and Response (Ritual) Prevention (EX/RP) for OCD and has extensive experience working with children, adolescents, and adults with OCD, PTSD, and comorbid anxiety and depressive disorders. Additionally, Dr. Brier has worked extensively with tic disorders, excoriation (skin picking), trichotillomania, and body dysmorphic disorders, and has extensive experience working with adolescents and adults with comorbid emotion regulation difficulties. Dr. Brier's research interests include the intersection of PTSD and OCD in women, as well as the dissemination of evidence-based exposure therapy in the community. At the CTSA, Dr. Brier specializes in the treatment of PTSD, OCD, social anxiety, panic disorder, specific phobias, generalized anxiety disorder, excoriation disorder, and trichotillomania. Dr. Brier has a deep interest in community-based

dissemination of evidenced-based treatments for anxiety, specifically for diverse populations.

**Lily Brown, Ph.D.**, is an Assistant Professor of Psychology in Psychiatry and Director at the Center for the Treatment and Study of Anxiety. Dr. Brown received her Bachelors of Science Degree in Psychology at Drexel University and her Doctoral degree in Clinical Psychology and Learning and Behavior Psychology at the University of California, Los Angeles (UCLA). In graduate school, Dr. Brown researched mechanisms of change in fear conditioning and extinction, with a particular focus on posttraumatic stress disorder (PTSD), in the Anxiety and Depression Research Center. She completed her predoctoral internship at Brown University in the Psychosocial Research Department where she completed research on the rate of suicidal behaviors in patients with PTSD. Dr. Brown's current research focuses on treatment development and implementation to mitigate suicide risk in patients with anxiety disorders and PTSD. She specializes in cognitive-behavior therapy for anxiety disorders, including Exposure and Response prevention (EX/RP) for obsessive compulsive disorder, and has been trained in the treatment of borderline personality disorder.

**Sandy Capaldi, Psy.D.** is Assistant Professor of Clinical Psychiatry and Associate Director, Clinical Director, & Director of Implementation at the Center for the Treatment and Study of Anxiety (CTSA). Dr. Capaldi completed her undergraduate degree in psychology at Temple University and received a master of arts degree in clinical psychology at MCP Hahnemann University. She went on to receive a master of science degree and to complete her doctoral studies in clinical psychology at Philadelphia College of Osteopathic Medicine.

She is a licensed clinical psychologist who has a variety of clinical experiences with patient populations ranging from children to older adults and is certified by the CTSA as a PE Therapist, Consultant, and Trainer and as an Exposure and Response Prevention for OCD (Ex/RP) Therapist and Consultant. Dr. Capaldi also specializes in cognitive-behavioral treatment for trichotillomania, excoriation disorder, social anxiety, panic disorder, agoraphobia, specific phobias, generalized anxiety, and somatic symptom and related disorders.

**Elizabeth Turk-Karan, Ph.D.**, is the Director of Practicum and Internship Training at the CTSA. She received her bachelor's degree from the University of Pennsylvania, and her M.S. and Ph.D. from Rutgers University in 1993. After several years in private practice, she returned to the CTSA in order to be more involved in disseminating empirically-supported anxiety treatments. Dr. Turk-Karan has worked as an assessor and therapist on research studies of Panic Disorder, Social Phobia, Obsessive-Compulsive Disorder, and Post-Traumatic Stress Disorder at the University of Pennsylvania, the Medical College of Pennsylvania/EPPI, and the University of Pittsburgh. She is a licensed clinical psychologist who has a variety of clinical experiences with patient populations ranging from children, adolescents, and adults. Dr. Turk-Karan specializes in Prolonged Exposure Therapy (PE) for PTSD, Exposure and Response Prevention (EX/RP) for OCD, and cognitive-behavioral treatment for social anxiety, panic disorder, specific phobias, and generalized anxiety.

**Jeremy Tyler, Psy.D.**, is an Assistant Professor of Clinical Psychiatry and Director of Web & Day-Program Services at the Center for the Treatment and Study of Anxiety (CTSA). Dr. Tyler received his Doctoral degree in Clinical Psychology at the Philadelphia College of Osteopathic Medicine in 2016. Dr.

Tyler joined the CTSA in 2016 after completing his clinical internship at the Dallas VA, where he completed clinical rotations in the PTSD/trauma clinic, PTSD/substance abuse clinic, outpatient mental health clinic, and spinal cord injury center. Dr. Tyler's research interests include understanding the role of transdiagnostic mechanisms involved in the treatment of anxiety-related disorders, including OCD and PTSD, with a particular interest in the role of anxiety sensitivity, perfectionism and emotion regulation. Clinically, Dr. Tyler is certified in providing and supervising Prolonged Exposure (PE) for PTSD and Exposure and Response (Ritual) Prevention (EX/RP) for OCD. Additionally, he provides cognitive-behavioral treatments for social anxiety, panic disorder, specific phobias, and generalized anxiety. Additionally, Dr. Tyler is highly interested in the dissemination and implementation of these treatments and is highly involved in clinical teaching, supervision, and consultation of these treatments.

**Erica Weitz, PhD**, is an Assistant Professor at the Center for the Treatment and Study of Anxiety (CTSA) in the Perelman School of Medicine at the University of Pennsylvania. She received her B.A. and M.A. from Tufts University majoring in developmental psychology. Dr. Weitz received her PhD in clinical psychology from Vrije Universiteit in Amsterdam, the Netherlands. Upon returning to the US, Dr. Weitz completed clinical respecialization through the University of Pennsylvania Department of Psychology and completed an APA-certified clinical internship at Christiana Care Hospital in Newark, Delaware. Dr. Weitz's research has focused on improving treatment personalization by leveraging individual patient characteristics to increase efficacy of evidence-based treatments for mood and anxiety disorders as well as meta-analytic research examining overall quality and efficacy of treatments for depression and

anxiety. Her clinical training has spanned settings and methodologies with a large focus on implementing Cognitive-Behavioral Therapies (CBTs) to treat mood, anxiety, and trauma-related disorders in outpatient mental health, community behavioral health, and hospital-based settings as a health psychologist on multi-disciplinary teams. Dr. Weitz has developed specific expertise in treating issues related to women's health and the perinatal period including, but not limited to, treating perinatal OCD, birth-related PTSD, and anxiety and mood disorders. At the CTSA, Dr. Weitz specializes in cognitive behavioral therapy with a focus in exposure-based methods for the treatment of OCD, PTSD, and anxiety-related disorders.