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WESTWOOD INSTITUTE FOR ANXIETY DISORDERS, INC.

TEACHING EXPERIENCE & SCIENTIFIC PRESENTATIONS

2024

- **7th Global Virtual Conference on Pediatrics and Neonatology (Pediatrics Network 2024):** Global Pediatrics Meeting regarding "Postpartum OCD and Maternal Health"
- **Certificate of Felicitation at the International Webinar on Nutrition and Healthcare:** Video Presentation on "Investigating the Multidimensional Comorbidity of Obsessive-Compulsive Disorder, Body Dysmorphic Disorders, and Eating Disorders: Theoretical and Practical Approaches to Treatment."
- **Certificate of Recognition at the Global Conference on Nursing Education:** Oral Presentation on Prenatal and Postpartum OCD
- **Certificate of Participation at the World Virtual Conference on Infectious Disease:** Keynote Presentation on Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections
- **Certificate of Recognition at the Global Virtual Conference on Pediatrics and Neonatology:** Oral Presentation on Postpartum OCD and Maternal Health
- **Certificate of Participation at the Global Virtual Meet on Foodscience & Technology:** Keynote Presentation on Investigating Comorbid Obsessive-Compulsive Disorder, Body Dysmorphic Disorders, and Eating Disorders: Theoretical and Practical Approaches to Treatment
- **Certificate of Participation at the International Conference on Dentistry & Oral Health:** Keynote Presentation on Dental Health, Anxiety, and Depression: Exploring the Interplay
- **Certificate of Participation at the World Virtual Conference on Nursing & Healthcare:** Oral Presentation on Prenatal & Postpartum OCD
- **Certificate of Participation at the Pediatrics and Neonatology Global Summit:** Keynote Presentation on Perinatal & Postpartum Obsessive-Compulsive Disorder
- **Infectious Disease, October 2024:** Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections
- **Certificate of Participation at the Public Health & Safety Conference:** Maternal Health & OCD
- **Pediatrics & Neonatology, October 2024:** Perinatal and Postpartum Obsessive-Compulsive Disorder
- **Certificate of Recognition from the Global Conference on Pediatrics and Neonatology:** Oral Presentation on "BDD and ED's, OCD's Most Common Comorbidities"
- **Nursing Practice 2024:** on Perinatal and Postpartum Obsessive-Compulsive Disorder

- Presenter at the 3rd Global Summit on Pediatrics and Neonatology on Perinatal and Postpartum Obsessive-Compulsive Disorder
- Eda Gorbis, Alexander Gorbis, Neha Mandava, “Medical Psychiatric Challenges in the Treatment of Obsessive-Compulsive Disorder and Eating Disorders,” Published in Medicine and Clinical Science
- Eda Gorbis, PhD, Alexander Gorbis, MA, Neha Mandava, “Mindfulness-based Behavioral Therapy (MBBT) for OCD” Published in the Japan Journal of Medical Science on October 4, 2024
- 2nd World Virtual Conference on Infectious Disease Keynote Speaker on Pediatric Autoimmune Neuropsychiatric Disorders Associated With Streptococcal Infections on October 4th
- Healthcare Equity 2024 Conference Keynote speaker on Maternal health and OCD on September 30th
- Nurse’s Equity Conference: Keynote speaker on Prenatal and Postpartum OCD on September 27th
- Gorbis E, Gorbis A, Rudolph A, Jajoo A. Hormonal Imbalances and Obsessive-Compulsive Disorder. Case Rep Rev. 2024;4(1):42
- Nursing & Healthcare: BDD and ED’s, OCD’s Most Common Comorbidities.

2023

- **Rising Nurses 2023:** Nursing Education & Healthcare, (May 02, 2023) “Hormonal Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment”
- OCD SoCal Speaker Series, Carolyn Owens Community Center, Inland Empire (April 22, 2023) “How to Find the Right Therapist and Receive an Accurate OCD Diagnosis”
- OCD SoCal Speaker Series, Costa Mesa Marriott, Orange County (April 15, 2023) “Families Unite!: Finding the Right Therapist and Family-Based Treatment for OCD” with Dr. Barbara Van Noppen
- OCD SoCal Speaker Series, USC Health Sciences Campus (April 2, 2023) “How to Choose the Right Therapist”
- **Nursing Diversity 2023:** 4th Global Virtual Summit on Nursing Education, (March 6, 2023) “Investigating the Multidimensional Comorbidity of Obsessive-Compulsive Disorder, Body Dysmorphic Disorders, and Eating Disorders: Theoretical and Practical Approaches to Treatment
- **Nursing Diversity 2023:** 4th Global Virtual Summit on Nursing Education, (March 6, 2023) “Medical Psychiatric Challenges in Treating OCD and Eating Disorders”
- **Nursing Convention 2023:** 5th Global Virtual Conference on Nursing Education, (February 13, 2023) “Perinatal and Postpartum OCD”
- **Nursing Convention 2023:** 5th Global Virtual Conference on Nursing Education, (February 13, 2023) “Obsessive compulsive Spectrum Disorders: Impulsivity vs. Compulsivity”
- LOMA LINDA GYN-OB Grand Rounds Presentation, Loma Linda University (February 10, 2023) “Perinatal and Postpartum OCD”

2022

- **International OCD Foundation 2022:** Online OCD Conference, (November 6, 2022) “Treating Obsessive-Compulsive Disorder comorbid with Bipolar Affective Disorder”
- **Nursing Convention 2022:** 4th Global Virtual Conference on Nursing Education, Online, (September 19, 2022). “Hormone Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment”
- **Rising Nurses 2022:** World Virtual Summit on Nursing Education & Healthcare, Online, (September 6, 2022). “Prevalence of Aesthetic Procedures in Body Dysmorphic Disorder”
- International OCD Foundation, 27th Annual OCD Conference, Denver, CO (July 9, 2022). “Hormonal Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (June 29, 2022). “Perinatal and Postpartum OCD”
- Nursing Diversity 2022: 3rd Global Virtual Summit on Nursing Education, (May 10, 2022). “Prevalence of Aesthetic Procedures in Body Dysmorphic Disorder”
- OCD Southern California 6th Annual Conference – A Virtual Event (April 30, 2022). “Obsessive-Compulsive Symptoms in Asian-American Women: How to Improve Treatment Efficacy Through Cultural Competency”
- 3rd Global Virtual Conference on Nursing Education, online (April 25, 2022). “Prevalence of Aesthetic Procedures in Body Dysmorphic Disorder”
- Anxiety and Depression Association, Denver, CA (March 18, 2022). “OCD & Dementia: What Memory Disorders Can Tell Us About Obsessive-Compulsive Behavior”
- Anxiety and Depression Association, Denver, CA (March 18, 2022). “Obsessive-Compulsive Symptoms in Asian-American Women: How to Improve Treatment through Cultural Competency”
- Saint John’s Eating Disorder Conference, online (February 8, 2022). “Update on OCD with Added Focus on Comorbidity of Eating Disorders”

2021

- Nursing Webinar, online (September 20, 2021). “Investigating the Prevalence of Body Dysmorphic Disorder in Plastic Surgery Populations”
- SoCal OCD foundation Conference lecture for CE credit, online (July 30, 2021). “Perinatal and Postpartum OCS”
- 8th Edition of Virtual Conference on Nursing Education & Practice, online (July 15, 2021). “Getting to the Root of this Problem: Skin Picking Disorders and Aesthetic Procedures”
- The Groundings Theater and School Master Class, online (May 25, 2021). “Overcoming Performance Anxiety”
- The Groundings Theater and School Master Class, online (May 1, 2021). “Overcoming Performance Anxiety”
- LOMA LINDA GYN-OB Grand Rounds Presentation, online (April 9, 2021). “Perinatal and Postpartum OCD”

- ADAA Lecture for CE credit, online (March 18, 2021). “Treating Body Dysmorphic Disorder with Resilience Training”
- International OCD Foundation (IOCDF) 27th Annual Conference, online (August 2, 2020). “OCD and Dementia”
- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (May 9, 2020). “Body Dysmorphic Disorder, Eating Disorders, and Hormonal Imbalance”
- US Presentation (November 12, 2020). “Psychotherapy and Treatment for Faculty and Staff”
- ADAA Lecture for CE credit, online (December 12, 2020). “Perinatal and Postpartum OCD”
- UCLA Grand Rounds presentations, Gynecology department (September 18, 2019). “Postpartum OCD”
- OCD Southern California – OCD Week Awareness Event, Sherman Oaks, CA (October 19, 2019).
- Anxiety and Depression Association of America (ADAA) Professional Webinar, Los Angeles, CA (September 9, 2019). “BDD: The Disease of Self-Perceived Ugliness and its Relationship to OCD”
- International OCD Foundation (IOCDF) 26th Annual Conference, Austin, TX (July 20, 2019). “BDD, Eating Disorders and Muscle Dysmorphia”
- International OCD Foundation Professional Mentoring, Austin, TX (July 19, 2019).
- Anxiety and Depression Association of America (ADAA) 39th Annual Conference, Chicago, IL (March 29, 2019). “Differential Diagnosis and Treatment of Body Dysmorphic Disorder (BDD) with Comorbid Disorders”
- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (March 18, 2019). “BDD: The Disease of Self-Perceived Ugliness”
- Los Angeles County Psychological Association (LACPA) Brown Bag Lecture Series, Los Angeles, CA (January 7, 2019). “The Interplay of OCD and PTSD”
- National Alliance on Mental Illness, NAMI Westside LA, Los Angeles, CA (November 7, 2018). “Did You Know How Far Trauma Can Go in the Brain and the Body?”
- Los Angeles County Psychological Association (LACPA) 30th Annual Conference, Los Angeles, CA. “Infomania and Social Media: Impulsivity vs. Compulsivity”
- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (August 20, 2018). “Comorbidity of OCD and Eating Disorders”
- International OCD Foundation (IOCDF) 25th Annual Conference, Washington D.C. (July 29, 2018). “The Interplay Between PTSD and OCD: Treatment Considerations and Tactics”

- Anxiety and Depression Association of America (ADAA) Professional Webinar, Los Angeles, CA (June 7, 2018). “BDD: The Disease of Self-Perceived Ugliness and its Relationship to OCD”

2018

- LAC/USC Adult Psychiatric Hospital, Los Angeles, CA (June 6, 2018). “Evidence-Based Theories and Treatments for Anxiety and Related Disorders”
- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (March 19, 2018). “Infomania and Social Media: Impulsivity vs. Compulsivity”

2017

- LAC/USC Adult Psychiatric Hospital, Los Angeles, CA (December 6, 2017). “OCD and Related Disorders”
- OCD & Related Disorders Conference presented by Toronto University’s Centre for Addiction and Mental Health (CAMH) in collaboration with the Frederick W. Thompson Anxiety Disorders Centre at Sunnybrook Health Sciences Centre, Toronto, ON, Canada (October 26, 2017). Workshop: “Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity”
- OCD & Related Disorders Conference presented by Toronto University’s Centre for Addiction and Mental Health (CAMH) in collaboration with the Frederick W. Thompson Anxiety Disorders Centre at Sunnybrook Health Sciences Centre, Toronto, ON, Canada (October 26, 2017). Keynote Speaker: “Entertain the Doubt: Integrative and Multidisciplinary Treatment of OCD.”
- International OCD Foundation (IOCDF) 24th Annual Conference, San Francisco, CA (July 9, 2017). “Comorbidity of OCD and Eating Disorders and its Implication to Treatment”
- International OCD Foundation (IOCDF) 24th Annual Conference, San Francisco, CA (July 9, 2017). “Families Unite: Learn Skills to Join Together to Fight OCD”
- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (May 2, 2017). “Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity Part 2”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 12, 2017). “Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Part 2”
- Anxiety and Depression Association of America (ADAA) 37th Annual Conference, San Francisco, CA (April 7, 2017). “Infomania: Technology and Social Media Consumption”
- OCD Southern California 2nd Annual Conference, Irvine, CA (March 25, 2017). “OCD and Related Disorders – Session 2”
- OCD Southern California 2nd Annual Conference, Irvine, CA (March 25, 2017). “OCD and Related Disorders – Session 1”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (February 22, 2017). “Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Part 1”

- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (February 6, 2017). “Obsessive-Compulsive Spectrum Disorders: Impulsivity vs Compulsivity Part 1”

2016

- National Alliance on Mental Illness, NAMI Westside LA, Los Angeles, CA (November 2, 2016). “Treating Obsessive-Compulsive Disorder”
- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (May 16, 2016). “Comorbidity of OCD & Eating Disorders”
- USC Genetic Study & Speaker Series Part II, Renewed Freedom Center, Los Angeles, CA (April 30, 2016). “Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 27, 2016). “Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders Part 2”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 20, 2012). “Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders Part 1”
- LAC/USC Adult Psychiatric Hospital, Los Angeles, CA (March 30, 2016). "Obsessive-Compulsive Disorder (OCD): the doubting disease"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (February 10, 2016). “Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder”
- US Department of Veteran Affairs, VA Greater Health Care System, Los Angeles, CA (January 27, 2016). “Treating Obsessive-Compulsive Disorder”
- International OCD Foundation (ICODF) 22nd Annual Conference, Los Angeles, CA (August 2, 2015). "The Interplay Between PTSD and OCD: Treatment Considerations and Tactics”
- International OCD Foundation (ICODF) 22nd Annual Conference, Los Angeles, CA (July 31, 2015). Facilitated in workshop “Families Unite! Using Behavioral Contracting to Overcome OCD”

2015

- 2015 Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (May 18, 2015). “Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (May 13, 2015). “Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 22, 2015). “Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders (Part 2)”

- Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 15, 2015). “Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders (Part 1)”
- Anxiety and Depression Association of America (ADAA) 35th Annual Conference, Miami, FL (April 9, “Comorbidity of OCD & Eating Disorders”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 1, 2015). “Comorbidity of OCD & Eating Disorders”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (February 11, 2015). “Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder”
- Psychological First Aid International Cooperation Conference, Xi'an, Shannxi, China (January 16, 2015). “Treating Obsessive-Compulsive Disorder”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (January 7, 2015). “Social Phobia”

2014

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (November 5, 2014). “Treating Obsessive-Compulsive Disorder: Part 2”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (October 29, 2014). “Treating Obsessive-Compulsive Disorder: Part 1”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (August 6, 2014). “Pitfalls of Behavior Treatment”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (July 30, 2014). “Creating an In Vivo Hierarchy”
- International OCD Foundation (ICODF) 21st Annual Conference, Los Angeles, CA (July 19, 2014). Facilitated in workshop “Families Unite! How to Work Together to Manage the Challenges of OCD”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (May 7, 2014). “Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder (Part 2)”
- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (May 5, 2014). “Comorbidity of OCD & Eating Disorders (Part 2)”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 30, 2014). “Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder (Part 1)”
- Iris Cantor UCLA Women’s Health Education & Resource Center, Los Angeles, CA (April 21, 2014). “Comorbidity of OCD & Eating Disorders (Part 1)”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 9, 2014). “Comorbidity of OCD & Eating Disorders”
- Anxiety and Depression Association of America (ADAA) 34th Annual Conference, Chicago, IL (March 29, 2014). “Comorbidity of OCD & Eating Disorders”
- Monte Nido Treatment Center, Agoura Hills, CA (March 25, 2014). “Comorbidity of OCD & Eating Disorders”

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (January 15, 2014). “Social Phobia”

2013

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (October 23, 2013). “Treating Obsessive-Compulsive Disorder: Part 2”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (October 16, 2013). “Treating Obsessive-Compulsive Disorder: Part 1”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (August 28, 2013). “Operant and Classical Conditioning of Fear Acquisition and Fear Maintenance throughout All Anxiety Disorders”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (August 21, 2013). “Pitfalls of Behavior Treatment”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (July 31, 2013). “Creating an In Vivo Hierarchy”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 17, 2013). “Interplay Between PTSD and OCD: Treatment Considerations and Tactics”
- Anxiety Disorders Association of America (ADAA) 33rd Annual Conference, La Jolla, CA. (April 7, 2013). “Turning the Tables on Body Dysmorphic Disorder: Incorporating the Latest Smartphone Applications”
- Anxiety Disorders Association of America (ADAA) 33rd Annual Conference, La Jolla, CA. (April 6, 2013). “Treating OCD and Substance in a Collaborative Team Approach”
- Los Angeles County Psychological Association Lecture, Renewed Freedom Center, Los Angeles, CA (February 7, 2013). “Social Phobia”

2012

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (January 23, 2012). “Hoarding: Diagnosis and Treatment”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (January 30, 2012). “Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (December 12, 2012). “Social Phobia”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (November 14, 2012). “Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders, Part 2”
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (November 7, 2012). “Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders, Part 1”

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (August 8, 2012). “Creating an In Vivo Hierarchy”
- LACPA CBT- SIG Presentation, Los Angeles, CA (June 7, 2012). “OC Spectrum Disorders as a Separate Chapter for DSM-V: Evaluation, Diagnosis, and Treatment”
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA (June 6, 2012). “OC Spectrum Disorders as a Separate Chapter for DSM-V: Evaluation, Diagnosis, and Treatment”
- LACPA CBT- SIG Presentation, Los Angeles, CA (April 19, 2012). “Mirror Mirror on the Wall: Correcting Distorted Body Image with Distorted Mirrors”
- Anxiety Disorders Association of America (ADAA) 32nd Annual Conference, Washington, D.C. (April 13, 2012). “Intensive Treatment for Intractable OCD: What, When, Where, Who, How”
- LACPA Brown Bag Lecture Series, Los Angeles, CA (January 9, 2012). “Comorbidity of OCD and Eating Disorders and its Implication on Treatment”
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA (January 4, 2012). “Comorbidity of OCD and Eating Disorders and its Implication on Treatment”
- LACPA CBT – SIG presentation, Los Angeles, CA. “Comorbidity of PTSD and OCD: Appropriate CBT Interventions”
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. “Treating Obsessive Compulsive Disorder”
- 18th Annual International OCD Foundation Conference, San Diego, CA. “The Interplay Between PTSD and OCD: Treatment Considerations and Tactics”
- Sierra Tucson and Matrix Institute on Addiction, The Sports Club, Los Angeles, CA. “Identifying, Diagnosing, and Treating Body Dysmorphic Disorder and Complex Comorbid Conditions”
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. “Social Phobia”
- UCLA David Geffen School of Medicine Presentation at the Women’s Health Center, Los Angeles, CA. “Using Interoceptive Exposure to Treat Panic Attacks Comorbid with other Anxiety Disorders” for CE credit

2011

- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. “Obsessive- Compulsive Disorder”
- Anxiety Disorders Association of America (ADAA) 31st Annual Conference, New Orleans, LA. “Impulsivity vs. Compulsivity: Obsessive Compulsive Spectrum Disorders”
- Anxiety Disorders Association of America (ADAA) 31st Annual Conference, New Orleans, LA. “MTV True Life: ‘I Hate My Face,’ Diagnosing and Treating BDD” as Moderator

- Obsessive Compulsive Foundation of Western Pennsylvania, Canonsburg, PA. “Understanding, Recognizing and Treating Body Dysmorphic Disorder”
- Los Angeles County Psychological Association Lecture, Renewed Freedom Center, Los Angeles, CA. “Using the Crooked Mirror Externalization Therapy in the Treatment of BDD”
- UCLA David Geffen School of Medicine Presentation at the Women’s Health Center, Los Angeles, CA. “Panic Disorders”
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. “Hoarding: Diagnosis and Treatment”

2010

- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. “Hoarding: Diagnosis and Treatment”
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. “Impulsivity vs. Compulsivity: Obsessive Compulsive Spectrum Disorders”
- UCLA David Geffen School of Medicine Presentation at the Women’s Health Center, Los Angeles, CA. “Impulsivity vs. Compulsivity: Obsessive Compulsive Spectrum Disorders” Part 1 and Part 2
- Los Angeles County Psychological Association (LACPA) 22nd Annual Conference, Los Angeles, CA. “Using the Crooked Mirror Externalization Therapy in the Treatment of BDD”
- Obsessive Compulsive Foundation (OCF) 17th Annual Conference, Crystal City, District of Columbia. “Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity, Recognizing and Treating OCD, BDD, Eating Disorders and Hoarding”
- National Alliance for Mental Illness (NAMI) Westside Los Angeles 3rd Annual Conference. “Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity, Recognizing and Treating OCD, BDD, Eating Disorders and Hoarding
- WCBCT Poster Presentation, Boston, MA. “Learn Effective Strategies to Control Your Panic Attacks Rather than Letting it Control You”
- WCBCT Poster Presentation, Boston, MA. “The Mindful Way to OCD Recovery – Mindfulness-Based Behavioral Therapy”
- ADAA Annual Conference Presentation. “Intensive Treatment for Severe OCD: How Far Do You Go?”
- ADAA Annual Conference Presentation. “The Fatal Addiction to Plastic Surgery: Diagnosing and Treating BDD Successfully for a Lifetime”
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. “Body Dysmorphic Disorder”

2009

- Obsessive Compulsive Foundation (OCF) 16th Annual Conference, Minneapolis, MN. “The Mindful Way to OCD Recovery – Mindfulness-Based Behavioral Therapy”

- Obsessive Compulsive Foundation (OCF) 16th Annual Conference, Minneapolis, MN. “Differential Diagnosis and Treatment of Co-Morbid Conditions”
- Obsessive Compulsive Foundation (OCF) 16th Annual Conference, Minneapolis, MN. “The Ethics of Exposure: When and Why to Do ERP, and is There Such a Thing as Too Far?”
- Obsessive Compulsive Foundation (OCF) 16th Annual Conference, Minneapolis, MN. “What Level of Treatment is Right for You?”
- US Department of Veterans Affairs, VA Greater LA Health Care System. “BDD Part II”
- US Department of Veterans Affairs, VA Greater LA Health Care System. “BDD Part I”
- Anxiety Disorders Association of America (ADAA) 29th Annual Conference, Albuquerque, NM. “The Effects of Hormonal Imbalances on OCD”
- Anxiety Disorders Association of America (ADAA) 29th Annual Conference, Albuquerque, NM. “Treating OCD with Mindfulness-Based Behavioral Therapy (MBBT)”
- Anxiety Disorders Association of America (ADAA) 29th Annual Conference, Albuquerque, NM. “OCD and Eating Disorders: Treating the Underlying Cycle of Anxiety”
- US Department of Veterans Affairs, VA Greater LA Health Care System. “OCD Part II”
- US Department of Veterans Affairs, VA Greater LA Health Care System. “OCD Part I”
- Obsessive Compulsive Foundation (OCF) 15th Annual Conference, Boston, MA. “Involving Family Members in the Treatment of OCD in Children and Adolescents”

2008

- Obsessive Compulsive Foundation (OCF) 15th Annual Conference, Boston, MA. “Hormonal Imbalances and OCD” Pasadena, CA. “BDD”
- Anxiety Disorders Association of America (ADAA) 28th Annual Conference, Savannah, GA. “Diagnosing and Treating BDD: The Use of the Crooked Mirror”
- Anxiety Disorders Association of America (ADAA) 28th Annual Conference, Savannah, GA. “Comorbidity of OCD and Anorexia: Treating Related Rituals”
- UCLA Extension Course (Winter). “Diagnosing and Treating BDD: The Use of the Crooked Mirror Externalization Therapy”
- US Department of Veterans Affairs, VA Greater LA Health Care System. “OCD Part III”
- US Department of Veterans Affairs, VA Greater LA Health Care System. “OCD Part II”
- US Department of Veterans Affairs, VA Greater LA Health Care System. “OCD Part I”

- Arnett Multidisciplinary Foundation Meeting, Santa Barbara, CA. “Diagnosing and Treating BDD: The Use of the Crooked Mirror Externalization Therapy”
- Obsessive Compulsive Foundation (OCF) 14th Annual Conference, The Woodlands, TX. “Mindfulness-Based Behavioral Therapy (MBBT) for OCD.”
- Obsessive Compulsive Foundation (OCF) 14th Annual Conference, The Woodlands, TX. “Eating Disorders Panel”
- UCLA Neuropsychiatric Institute & Hospital, Nursing Department “OC Spectrum Disorders: Impulsivity vs Compulsivity (Part 2)”

2007

- Center for Mindfulness in Medicine, Healthcare, & Society 5th Annual Conference, Worcester, MA.
- “Mindfulness-Based Behavioral Therapy (MBBT) for Severe Obsessive-Compulsive Disorder Improves Therapy Outcome for People Who Were Previously Unresponsive to Traditional Interventions”
- UCLA Extension Course (Winter) “Treating Patients with Body Dysmorphic Disorder”
- UCLA Neuropsychiatric Institute & Hospital, Nursing Department. “OC Spectrum Disorders: Impulsivity vs. Compulsivity (Part 1)”
- UCLA Neuropsychiatric Institute & Hospital, Nursing Department. “OCD and Related Disorders”

2006

- Mental Health Center of Russian Academy of Sciences, Grand Rounds, Moscow, Russia. “Behavior Therapy in Anxiety Disorders”
- OCD Centre Teaching Seminar, Westminster, London. “Treating Obsessive-Compulsive Disorders”
- Obsessive-Compulsive Foundation (OCF) 13th Annual Conference, Atlanta, GA. “Integrating Family Members in the Treatment of OCD in Children and Adolescents”
- Obsessive-Compulsive Foundation (OCF) 13th Annual Conference, Atlanta, GA. “OC Spectrum Disorders: Impulsivity vs. Compulsivity”
- UCLA Neuropsychiatric Institute & Hospital, Eating Disorders Program, Los Angeles, CA. “Comorbidity of OCD and Eating Disorders: Case Vignettes”
- UCLA Extension Course, Los Angeles, CA. “New Approaches in the Diagnosis and Treatment of Obsessive-Compulsive Disorder: A Four-Step Method Using Tools of Mindful Awareness”
- Iris Cantor – UCLA Women’s Health Center, Los Angeles, CA. “Comorbidity of OCD and Eating Disorders and its Implication to Treatment”
- UCLA Neuropsychiatric Institute & Hospital, Los Angeles, CA. “New Approaches in the Diagnosis and Treatment of Obsessive-Compulsive Disorder: A Four-Step Method Using Tools of Mindful Awareness”

- Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL. “Using Interoceptive Exposure to Treat Panic Attacks Comorbid with Other Anxiety Disorders”
- Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL. “Comorbidity of OCD and Eating Disorders and its Implication to Treatment”
- Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL. “Using the Crooked Mirror Externalization Therapy in the Treatment of BDD”

2005

- OC Foundation: Behavior Therapy Institute. 3-day Teaching Seminar. “OCD Treatments: Applications to Related Disorders”
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- UCLA Neuropsychiatric Institute and Hospital, Children’s Department. Core Seminar: lecture to first year medical residents, Los Angeles, CA. “Body Dysmorphic Disorder”
- UCLA’s Tenth Annual Review of Psychiatry and Psychopharmacology Update, Los Angeles, CA. “Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder”
- Harvard Club of San Diego at the Scripps Memorial Hospital La Jolla, Schaezel Center. “Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder”
- 3rd Annual International Conference on Psychophysiology of Panic Attacks. Philadelphia, PA. “Using Interoceptive Exposures to Treat Panic Attacks Comorbid with Other Anxiety Disorders”
- Presentation at Iris Cantor-UCLA Women's Health Center, Los Angeles, CA. “Using Interoceptive Exposures to Treat Panic Attacks Comorbid with Other Anxiety Disorders”
- Obsessive-Compulsive Foundation (OCF) 12th Annual Conference, San Diego, CA. “Family Involvement in Children in Children and Adolescents with OCD and Its Treatment”
- Obsessive-Compulsive Foundation (OCF) 12th Annual Conference, San Diego, CA. “PTSD/OCD Interplay”
- UCLA Medical School, Brown Bag lecture for medical students, Los Angeles, CA. “Introduction to Anxiety Disorders and OCD”
- UCLA Eating Disorders Program, Los Angeles, CA. “Similarities and Differences between OCD and Eating Disorders” (Guest Lecturer)
- UCLA Eating Disorders Program (Guest Lecturer), Los Angeles, CA. “Body Dysmorphic Disorder and Treatment with Internalized Crooked Mirrors Technique”
- Presentation at Iris Cantor UCLA Women’s Health Center, Los Angeles, CA. “Evidence Based Algorithm for Diagnosis of Anxiety Disorders in Primary Care

2004

- UCLA Eating Disorders Program (Guest Lecturer), Los Angeles, CA. “OCD Overview, Diagnosis and Treatment”
- Iris Cantor UCLA Women’s Health Center, Internal Medicine Division, Los Angeles, CA. “Body Dysmorphic Disorder”

- UCLA Seminar (Lecturer), Los Angeles, CA. “Obsessive Compulsive Disorder”
- UCLA Psychology 194 Research Course, Teaching Member, Spring Quarter, Los Angeles, CA.
- “Obsessive Compulsive Disorder and Co-morbid conditions, including assessment and diagnosis techniques”
- U.S. Psychiatric & Mental Health Congress, Presenter with honorarium, San Diego, CA. “Body Dysmorphic Disorder: An Obsessive Compulsive Disorder Subtype”
- U.S. Psychiatric & Mental Health Congress, Presenter with honorarium, San Diego, CA. “CBT for PTSD”
- Obsessive-Compulsive Foundation (OCF) 11th Annual Conference, Chicago, IL. “Body Dysmorphic Disorder and Relapse Prevention for OCD”
- UCLA Extension, Fall Quarter, Los Angeles, CA. Lecturer, “Body Dysmorphic Disorder”
- UCLA Extension, Summer Quarter, Los Angeles, CA. “New Approaches in the Diagnosis and Treatment of Obsessive-Compulsive Disorder (OCD)”

2003

- Iris Cantor UCLA Women’s Health Center at UCLA, CME Accredited, Los Angeles, CA. “Obsessive Compulsive Disorder and Women’s Health”
- 10th Annual OC Foundation (US) Conference. “Age is No Obstacle: Cognitive-Behavioral Treatment from Obsessive-Compulsive Disorder in Children and Adolescents”
- UCLA Extension, Summer Quarter, Los Angeles, CA. “New Approaches and Methods in the Diagnostics and Treatment of OCD”
- UCLA Extension, One Day Seminar, Los Angeles, CA. “New Approaches and Methods in the Diagnostics and Treatment of OCD”
- UCLA Extension, One Day Seminar, Los Angeles, CA. “Cognitive-Behavioral Treatment in Handling OCD”
- American Psychiatric Association Annual Meeting, Presenter, San Francisco, CA. “Treatment of Body Dysmorphic (BDD)”
- Panel presentation at the American Psychiatric Association Annual Meeting, Panel Member, San Francisco, CA. “Treatment for BDD and Addition to Plastic Surgeries”
- Department of Internal Medicine, UCLA Medical Center, Los Angeles, CA. “OCD and Intensive Protocol Treatment Mode”
- Eli Lilly Lecture Series. “Behavioral Control of Weight Gain as Medications Side Effect”

2002

- UCLA Extension, Instructor, Fall Quarter, Los Angeles, CA. “Obsessive-Compulsive Disorder”
- 9th Annual OC Foundation (US) Conference, Philadelphia, PA (August 9-11, 2002). “Pure Obsessions: The Treatment of OCD Without Behavioral Compulsions”

- 9th Annual OC Foundation (US) Conference, Philadelphia, PA (August 9-11, 2002). Panel presentation, “Treatment of Body Dysmorphic Disorder (BDD)”
- Society for the Exploration of Psychotherapy Integration, 18th Annual Conference (May 3, 2002). “Cognitive-Behavioral Treatment for Post-Traumatic Stress Disorder (PTSD): Clinical and Empirical Considerations”

2001

- National Institute of Mental Health (NIMH): New Clinical Drug Evaluation Unit (NCDEU). Poster presentation, Panelists included Alexander Bystritsky, Deborah Ackerman, Richard Rosen, Tanya
- Vapnik, Karron Maidment, and Sanjaya Saxena. “Augmentation of SSRI Response in Refractory OCD Using Adjunct Olanzapine: A Placebo-Controlled Trial”
- VA Hospital Continuing Education Program, seminar for mental health professionals, CME accredited, Los Angeles, CA. “Treatment of OCD”
- UCLA Extension Course, Lecturer, Fall Quarter. “Obsessive-Compulsive Disorder”
- 8th Annual OCD National Conference, Co-presenter with Dr. Jeffrey Schwartz, Denver, CO. “Progressive Mindfulness: How to Identify and Enhance Improvements in Your Self”

2000

- Workshop leader at the OC Foundation (US) 7th National Conference, Chicago, IL. “Treating Intractable OCD Cases”

1999

- Professional tracks for continuing education credit in a day-long institute, CME Accredited, Los Angeles, CA. “Many Faces of OCD”
- Panelist at Q&A session at the OC Foundation’s 7th National Conference, Washington, D.C. “Ask the Expert.”
- A specialized day-long Institute on treating OCD integrating Dr. Edna Foa’s protocol and the Four Step Method, Ohio. “An Integrated Approach”

1997

- County Psychological Association, Continuing Education Program at UCLA’s Neuropsychiatric Institute, Los Angeles, CA. “Assessment, Treatment and Relapse Prevention”

1994

- American Psychological Association Seminar (Presenter). “Interplay between Obsessive-Compulsive Disorder (OCD) and Post-Traumatic Stress Disorder (PTSD)”

2011

- Clinical training of a visiting scholar from Arizona, USA for 4 weeks in Anxiety Disorders and Cognitive Behavioral Therapy techniques

2005

- Clinical training of a visiting scholar from Paris, France for 4 weeks in Anxiety Disorders and Cognitive Behavioral Therapy techniques
- Clinical training of a visiting scholar from Germany for 6 weeks in Anxiety Disorders and Cognitive Behavioral Therapy techniques

2003

- Clinical training of a visiting scholar from St. Petersburg's Pavlov University, Russia for 6 months in Anxiety Disorders and Cognitive Behavioral Therapy techniques

2001

- Specialized clinical training of Sergey Andreyevich, direct of the Anxiety Disorders program of the Krolinka Institute in Sweden, in areas of Obsessive-Compulsive Disorder (OCD), Social Phobia, Post Traumatic Stress Disorder (PTSD), and the other spectrum of anxiety disorders
- Workshop leader, trained 40 people in OCD-PTSD overlap, diagnosis and treatment at the Florence Crittenton Center, Los Angeles
- Three-week intensive training course for psychologists from Wayne State University on the Assessment and Treatment of Obsessive-Compulsive Disorder. Remain an ongoing consultant
- Personalized two-week intensive training course in the intensive methodology treatment of OCD for a licensed, out-of-state psychologist, services provided pro-bono
- Staff training at Florence Crittenton Center in Obsessive-Compulsive Disorder, Los Angeles, CA
- Teaching and supervision of interns at UCLA on "Administration, Application, and Interpretation of Yale-Brown Obsessive-Compulsive Scale (Y-BOCS)," providing on-going training on OCD Assessment
- Teaching and case management in Spain by special invitation from C.R.E.D.E.Y.T.A. Neuropediatric Institute. Instructed Spanish mental health professionals on methodology and protocols for treatment of an intractable case of OCD-PTSD
- Lecturer for nursing students at UCLA School of Nursing on diagnosis and treatment of OCD