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## **TEACHING EXPERIENCE & SCIENTIFIC PRESENTATIONS**

- 2023 Rising Nurses 2023: Nursing Education & Healthcare, (May 02, 2023) "Hormonal Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment"
- 2023 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"
- 2023 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
- 2023 OCD SoCal Speaker Series, USC Health Sciences Campus (April 2, 2023) "How to Choose the Right Therapist"
- 2023 Nursing Diversity 2023: 4<sup>th</sup> 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"
- 2023 Nursing Diversity 2023: 4<sup>th</sup> Global Virtual Summit on Nursing Education, (March 6, 2023) "Medical Psychiatric Challenges in Treating OCD and Eating Disorders"
- 2023 Nursing Convention 2023: 5<sup>th</sup> Global Virtual Conference on Nursing Education, (February 13, 2023) "Perinatal and Postpartum OCD"
- 2023 Nursing Convention 2023: 5<sup>th</sup> Global Virtual Conference on Nursing Education, (February 13, 2023) "Obsessive compulsive Spectrum Disorders: Impulsivity vs. Compulsivity"
- 2023 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"
- 2022 Nursing Convention 2022: 4<sup>th</sup> Global Virtual Conference on Nursing Education, Online, (September 19,

- 2022). "Hormone Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment"
- 2022 Rising Nurses 2022: World Virtual Summit on Nursing Education & Healthcare, Online, (September 6, 2022). "Prevalence of Aesthetic Procedures in Body Dysmorphic Disorder"
- 2022 International OCD Foundation, 27<sup>th</sup> Annual OCD Conference, Denver, CO (July 9, 2022). "Hormonal Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment"
- 2022 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (June 29, 2022). "Perinatal and Postpartum OCD"
- 2022 Nursing Diversity 2022: 3<sup>rd</sup> Global Virtual Summit on Nursing Education, (May 10, 2022). "Prevalence of Aesthetic Procedures in Body Dysmorphic Disorder"
- 2022 OCD Southern California 6<sup>th</sup> Annual Conference – A Virtual Event (April 30, 2022). "Obsessive-Compulsive Symptoms in Asian-American Women: How to Improve Treatment Efficacy Through Cultural Competency"
- 2022 3<sup>rd</sup> Global Virtual Conference on Nursing Education, online (April 25, 2022). "Prevalence of Aesthetic Procedures in Body Dysmorphic Disorder"
- 2022 Anxiety and Depression Association, Denver, CA (March 18, 2022). "OCD & Dementia: What Memory Disorders Can Tell Us About Obsessive-Compulsive Behavior"
- 2022 Anxiety and Depression Association, Denver, CA (March 18, 2022). "Obsessive-Compulsive Symptoms in Asian-American Women: How to Improve Treatment through Cultural Competency"
- 2022 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"
- 2021 SoCal OCD foundation Conference lecture for CE credit, online (July 30, 2021). "Perinatal and Postpartum OCS"
- 2021 8<sup>th</sup> 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"
- 2021 The Groundings Theater and School Master Class, online (May 25, 2021). "Overcoming Performance Anxiety"
- 2021 The Groundings Theater and School Master Class, online (May 1, 2021). "Overcoming Performance Anxiety"
- 2021 LOMA LINDA GYN-OB Grand Rounds Presentation, online (April 9, 2021). "Perinatal and Postpartum

OCD”

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

- 2018 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"
- 2018 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"
- 2017 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"
- 2017 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"
- 2017 International OCD Foundation (IOCDF) 24<sup>th</sup> Annual Conference, San Francisco, CA (July 9, 2017). "Comorbidity of OCD and Eating Disorders and its Implication to Treatment"
- 2017 International OCD Foundation (IOCDF) 24<sup>th</sup> Annual Conference, San Francisco, CA (July 9, 2017). "Families Unite: Learn Skills to Join Together to Fight OCD"
- 2017 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (May 2, 2017). "Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity Part 2"
- 2017 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"
- 2017 Anxiety and Depression Association of America (ADAA) 37<sup>th</sup> Annual Conference, San Francisco, CA (April 7, 2017). "Infomania: Technology and Social Media Consumption"
- 2017 OCD Southern California 2<sup>nd</sup> Annual Conference, Irvine, CA (March 25, 2017). "OCD and Related Disorders – Session 2"
- 2017 OCD Southern California 2<sup>nd</sup> Annual Conference, Irvine, CA (March 25, 2017). "OCD and Related Disorders – Session 1"
- 2017 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"
- 2017 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"
- 2016 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (May 16, 2016).  
"Comorbidity of OCD & Eating Disorders"
- 2016 USC Genetic Study & Speaker Series Part II, Renewed Freedom Center, Los Angeles, CA (April 30,  
2016). "Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- 2016 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"
- 2016 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"
- 2016 LAC/USC Adult Psychiatric Hospital, Los Angeles, CA (March 30, 2016). "Obsessive-Compulsive  
Disorder (OCD): the doubting disease"
- 2016 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"
- 2016 US Department of Veteran Affairs, VA Greater Health Care System, Los Angeles, CA (January 27,  
2016). "Treating Obsessive-Compulsive Disorder"
- 2015 International OCD Foundation (ICODF) 22<sup>nd</sup> Annual Conference, Los Angeles, CA (August 2, 2015). "The  
Interplay Between PTSD and OCD: Treatment Considerations and Tactics"
- 2015 International OCD Foundation (ICODF) 22<sup>nd</sup> Annual Conference, Los Angeles, CA (July 31, 2015).  
Facilitated in workshop "Families Unite! Using Behavioral Contracting to Overcome OCD"
- 2015 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (May 18, 2015).  
"Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (May 13, 2015).  
"Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- 2015 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)"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 15, 2015).  
"Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders (Part 1)"

- 2015 Anxiety and Depression Association of America (ADAA) 35th Annual Conference, Miami, FL (April 9, 2015). "Comorbidity of OCD & Eating Disorders"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 1, 2015). "Comorbidity of OCD & Eating Disorders"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (February 11, 2015). "Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- 2015 Psychological First Aid International Cooperation Conference, Xi'an, Shannxi, China (January 16, 2015). "Treating Obsessive-Compulsive Disorder"
- 2015 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"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (October 29, 2014). "Treating Obsessive-Compulsive Disorder: Part 1"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (August 6, 2014). "Pitfalls of Behavior Treatment"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (July 30, 2014). "Creating an In Vivo Hierarchy"
- 2014 International OCD Foundation (ICODF) 21<sup>st</sup> Annual Conference, Los Angeles, CA (July 19, 2014). Facilitated in workshop "Families Unite! How to Work Together to Manage the Challenges of OCD"
- 2014 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)"
- 2014 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (May 5, 2014). "Comorbidity of OCD & Eating Disorders (Part 2)"
- 2014 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)"
- 2014 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (April 21, 2014). "Comorbidity of OCD & Eating Disorders (Part 1)"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (April 9, 2014). "Comorbidity of OCD & Eating Disorders"
- 2014 Anxiety and Depression Association of America (ADAA) 34th Annual Conference, Chicago, IL (March 29,

- 2014). "Comorbidity of OCD & Eating Disorders"
- 2014 Monte Nido Treatment Center, Agoura Hills, CA (March 25, 2014). "Comorbidity of OCD & Eating Disorders"
- 2014 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"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (October 16, 2013). "Treating Obsessive-Compulsive Disorder: Part 1"
- 2013 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"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (August 21, 2013). "Pitfalls of Behavior Treatment"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (July 31, 2013). "Creating an In Vivo Hierarchy"
- 2013 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"
- 2013 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"
- 2013 Anxiety Disorders Association of America (ADAA) 33rd Annual Conference, La Jolla, CA. (April 6, 2013). "Treating OCD and Substance in a Collaborative Team Approach"
- 2013 Los Angeles County Psychological Association Lecture, Renewed Freedom Center, Los Angeles, CA (February 7, 2013). "Social Phobia"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (January 23, 2012). "Hoarding: Diagnosis and Treatment"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (January 30, 2012). "Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders"
- 2012 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (December 12, 2012). "Social Phobia"

- 2012 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"
- 2012 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"
- 2012 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (August 8, 2012). "Creating an In Vivo Hierarchy"
- 2012 LACPA CBT- SIG Presentation, Los Angeles, CA (June 7, 2012). "OC Spectrum Disorders as a Separate Chapter for DSM-V: Evaluation, Diagnosis, and Treatment"
- 2012 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"
- 2012 LACPA CBT- SIG Presentation, Los Angeles, CA (April 19, 2012). "Mirror Mirror on the Wall: Correcting Distorted Body Image with Distorted Mirrors"
- 2012 Anxiety Disorders Association of America (ADAA) 32<sup>nd</sup> Annual Conference, Washington, D.C. (April 13, 2012). "Intensive Treatment for Intractable OCD: What, When, Where, Who, How"
- 2012 LACPA Brown Bag Lecture Series, Los Angeles, CA (January 9, 2012). "Comorbidity of OCD and Eating Disorders and its Implication on Treatment"
- 2012 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"
- 2011 LACPA CBT – SIG presentation, Los Angeles, CA. "Comorbidity of PTSD and OCD: Appropriate CBT Interventions"
- 2011 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. "Treating Obsessive Compulsive Disorder"
- 2011 18<sup>th</sup> Annual International OCD Foundation Conference, San Diego, CA. "The Interplay Between PTSD and OCD: Treatment Considerations and Tactics"
- 2011 Sierra Tucson and Matrix Institute on Addiction, The Sports Club, Los Angeles, CA. "Identifying, Diagnosing, and Treating Body Dysmorphic Disorder and Complex Comorbid Conditions"
- 2011 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. "Social Phobia"
- 2011 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"
- 2011 Anxiety Disorders Association of America (ADAA) 31<sup>st</sup> Annual Conference, New Orleans, LA. "Impulsivity vs. Compulsivity: Obsessive Compulsive Spectrum Disorders"
- 2011 Anxiety Disorders Association of America (ADAA) 31<sup>st</sup> Annual Conference, New Orleans, LA. "MTV True Life: 'I Hate My Face,' Diagnosing and Treating BDD" as Moderator
- 2011 Obsessive Compulsive Foundation of Western Pennsylvania, Canonsburg, PA. "Understanding, Recognizing and Treating Body Dysmorphic Disorder"
- 2011 Los Angeles County Psychological Association Lecture, Renewed Freedom Center, Los Angeles, CA. "Using the Crooked Mirror Externalization Therapy in the Treatment of BDD"
- 2011 UCLA David Geffen School of Medicine Presentation at the Women's Health Center, Los Angeles, CA. "Panic Disorders"
- 2011 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"
- 2010 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. "Impulsivity vs. Compulsivity: Obsessive Compulsive Spectrum Disorders"
- 2010 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
- 2010 Los Angeles County Psychological Association (LACPA) 22<sup>nd</sup> Annual Conference, Los Angeles, CA. "Using the Crooked Mirror Externalization Therapy in the Treatment of BDD"
- 2010 Obsessive Compulsive Foundation (OCF) 17<sup>th</sup> Annual Conference, Crystal City, District of Columbia. "Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity, Recognizing and Treating OCD, BDD, Eating Disorders and Hoarding"
- 2010 National Alliance for Mental Illness (NAMI) Westside Los Angeles 3<sup>rd</sup> Annual Conference. "Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity, Recognizing and Treating OCD, BDD, Eating Disorders and Hoarding"
- 2010 WCBCT Poster Presentation, Boston, MA. "Learn Effective Strategies to Control Your Panic Attacks Rather than Letting it Control You"
- 2010 WCBCT Poster Presentation, Boston, MA. "The Mindful Way to OCD Recovery – Mindfulness-Based

- Behavioral Therapy”
- 2010 ADAA Annual Conference Presentation. “Intensive Treatment for Severe OCD: How Far Do You Go?”
- 2010 ADAA Annual Conference Presentation. “The Fatal Addiction to Plastic Surgery: Diagnosing and Treating BDD Successfully for a Lifetime”
- 2010 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA. “Body Dysmorphic Disorder”
- 2009 Obsessive Compulsive Foundation (OCF) 16<sup>th</sup> Annual Conference, Minneapolis, MN. “The Mindful Way to OCD Recovery – Mindfulness-Based Behavioral Therapy”
- 2009 Obsessive Compulsive Foundation (OCF) 16<sup>th</sup> Annual Conference, Minneapolis, MN. “Differential Diagnosis and Treatment of Co-Morbid Conditions”
- 2009 Obsessive Compulsive Foundation (OCF) 16<sup>th</sup> Annual Conference, Minneapolis, MN. “The Ethics of Exposure: When and Why to Do ERP, and is There Such a Thing as Too Far?”
- 2009 Obsessive Compulsive Foundation (OCF) 16<sup>th</sup> Annual Conference, Minneapolis, MN. “What Level of Treatment is Right for You?”
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System. “BDD Part II”
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System. “BDD Part I”
- 2009 Anxiety Disorders Association of America (ADAA) 29<sup>th</sup> Annual Conference, Albuquerque, NM. “The Effects of Hormonal Imbalances on OCD”
- 2009 Anxiety Disorders Association of America (ADAA) 29<sup>th</sup> Annual Conference, Albuquerque, NM. “Treating OCD with Mindfulness-Based Behavioral Therapy (MBBT)”
- 2009 Anxiety Disorders Association of America (ADAA) 29<sup>th</sup> Annual Conference, Albuquerque, NM. “OCD and Eating Disorders: Treating the Underlying Cycle of Anxiety”
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System. “OCD Part II”
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System. “OCD Part I”
- 2008 Obsessive Compulsive Foundation (OCF) 15<sup>th</sup> Annual Conference, Boston, MA. “Involving Family Members in the Treatment of OCD in Children and Adolescents”
- 2008 Obsessive Compulsive Foundation (OCF) 15<sup>th</sup> Annual Conference, Boston, MA. “Hormonal Imbalances and OCD”
- 2008 Pasadena, CA. “BDD”
- 2008 Anxiety Disorders Association of America (ADAA) 28<sup>th</sup> Annual Conference, Savannah, GA. “Diagnosing and Treating BDD: The Use of the Crooked Mirror”

- 2008 Anxiety Disorders Association of America (ADAA) 28<sup>th</sup> Annual Conference, Savannah, GA. "Comorbidity of OCD and Anorexia: Treating Related Rituals"
- 2008 UCLA Extension Course (Winter). "Diagnosing and Treating BDD: The Use of the Crooked Mirror Externalization Therapy"
- 2008 US Department of Veterans Affairs, VA Greater LA Health Care System. "OCD Part III"
- 2008 US Department of Veterans Affairs, VA Greater LA Health Care System. "OCD Part II"
- 2008 US Department of Veterans Affairs, VA Greater LA Health Care System. "OCD Part I"
- 2008 Arnett Multidisciplinary Foundation Meeting, Santa Barbara, CA. "Diagnosing and Treating BDD: The Use of the Crooked Mirror Externalization Therapy"
- 2007 Obsessive Compulsive Foundation (OCF) 14<sup>th</sup> Annual Conference, The Woodlands, TX. "Mindfulness-Based Behavioral Therapy (MBBT) for OCD"
- 2007 Obsessive Compulsive Foundation (OCF) 14<sup>th</sup> Annual Conference, The Woodlands, TX. "Eating Disorders Panel"
- 2007 UCLA Neuropsychiatric Institute & Hospital, Nursing Department "OC Spectrum Disorders: Impulsivity vs Compulsivity (Part 2)"
- 2007 Center for Mindfulness in Medicine, Healthcare, & Society 5<sup>th</sup> 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"
- 2007 UCLA Extension Course (Winter) "Treating Patients with Body Dysmorphic Disorder"
- 2007 UCLA Neuropsychiatric Institute & Hospital, Nursing Department. "OC Spectrum Disorders: Impulsivity vs. Compulsivity (Part 1)"
- 2007 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"
- 2006 OCD Centre Teaching Seminar, Westminster, London. "Treating Obsessive-Compulsive Disorders"
- 2006 Obsessive-Compulsive Foundation (OCF) 13<sup>th</sup> Annual Conference, Atlanta, GA. "Integrating Family Members in the Treatment of OCD in Children and Adolescents"
- 2006 Obsessive-Compulsive Foundation (OCF) 13<sup>th</sup> Annual Conference, Atlanta, GA. "OC Spectrum Disorders: Impulsivity vs. Compulsivity"
- 2006 UCLA Neuropsychiatric Institute & Hospital, Eating Disorders Program, Los Angeles, CA. "Comorbidity of OCD and Eating Disorders: Case Vignettes"

- 2006 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"
- 2006 Iris Cantor – UCLA Women's Health Center, Los Angeles, CA. "Comorbidity of OCD and Eating Disorders and its Implication to Treatment"
- 2006 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"
- 2006 Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL. "Using Interoceptive Exposure to Treat Panic Attacks Comorbid with Other Anxiety Disorders"
- 2006 Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL. "Comorbidity of OCD and Eating Disorders and its Implication to Treatment"
- 2006 Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL. "Using the Crooked Mirror Externalization Therapy in the Treatment of BDD"
- 2006 OC Foundation: Behavior Therapy Institute. 3-day Teaching Seminar. "OCD Treatments: Applications to Related Disorders"
- 2005 UCLA Neuropsychiatric Institute and Hospital, Children's Department. Core Seminar: lecture to first year medical residents, Los Angeles, CA. "Body Dysmorphic Disorder"
- 2005 UCLA's Tenth Annual Review of Psychiatry and Psychopharmacology Update, Los Angeles, CA. "Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder"
- 2005 Harvard Club of San Diego at the Scripps Memorial Hospital La Jolla, Schaetzel Center. "Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder"
- 2005 3rd Annual International Conference on Psychophysiology of Panic Attacks. Philadelphia, PA. "Using Interoceptive Exposures to Treat Panic Attacks Comorbid with Other Anxiety Disorders"
- 2005 Presentation at Iris Cantor-UCLA Women's Health Center, Los Angeles, CA. "Using Interoceptive Exposures to Treat Panic Attacks Comorbid with Other Anxiety Disorders"
- 2005 Obsessive-Compulsive Foundation (OCF) 12<sup>th</sup> Annual Conference, San Diego, CA. "Family Involvement in Children in Children and Adolescents with OCD and Its Treatment"
- 2005 Obsessive-Compulsive Foundation (OCF) 12<sup>th</sup> Annual Conference, San Diego, CA. "PTSD/OCD Interplay"
- 2005 UCLA Medical School, Brown Bag lecture for medical students, Los Angeles, CA. "Introduction to Anxiety Disorders and OCD"
- 2005 UCLA Eating Disorders Program, Los Angeles, CA. "Similarities and Differences between OCD and

- Eating Disorders" (Guest Lecturer)
- 2005 UCLA Eating Disorders Program (Guest Lecturer), Los Angeles, CA. "Body Dysmorphic Disorder and Treatment with Internalized Crooked Mirrors Technique"
- 2004 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"
- 2004 Iris Cantor UCLA Women's Health Center, Internal Medicine Division, Los Angeles, CA. "Body Dysmorphic Disorder"
- 2004 UCLA Seminar (Lecturer), Los Angeles, CA. "Obsessive Compulsive Disorder"
- 2004 UCLA Psychology 194 Research Course, Teaching Member, Spring Quarter, Los Angeles, CA. "Obsessive Compulsive Disorder and Co-morbid conditions, including assessment and diagnosis techniques"
- 2004 U.S. Psychiatric & Mental Health Congress, Presenter with honorarium, San Diego, CA. "Body Dysmorphic Disorder: An Obsessive Compulsive Disorder Subtype"
- 2004 U.S. Psychiatric & Mental Health Congress, Presenter with honorarium, San Diego, CA. "CBT for PTSD"
- 2004 Obsessive-Compulsive Foundation (OCF) 11<sup>th</sup> Annual Conference, Chicago, IL. "Body Dysmorphic Disorder and Relapse Prevention for OCD"
- 2004 UCLA Extension, Fall Quarter, Los Angeles, CA. Lecturer, "Body Dysmorphic Disorder"
- 2004 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"
- 2003 10<sup>th</sup> Annual OC Foundation (US) Conference. "Age is No Obstacle: Cognitive-Behavioral Treatment for Obsessive-Compulsive Disorder in Children and Adolescents"
- 2003 UCLA Extension, Summer Quarter, Los Angeles, CA. "New Approaches and Methods in the Diagnostics and Treatment of OCD"
- 2003 UCLA Extension, One Day Seminar, Los Angeles, CA. "New Approaches and Methods in the Diagnostics and Treatment of OCD"
- 2003 UCLA Extension, One Day Seminar, Los Angeles, CA. "Cognitive-Behavioral Treatment in Handling OCD"

- 2003 American Psychiatric Association Annual Meeting, Presenter, San Francisco, CA. "Treatment of Body Dysmorphic (BDD)"
- 2003 Panel presentation at the American Psychiatric Association Annual Meeting, Panel Member, San Francisco, CA. "Treatment for BDD and Addition to Plastic Surgeries"
- 2003 Department of Internal Medicine, UCLA Medical Center, Los Angeles, CA. "OCD and Intensive Protocol Treatment Mode"
- 2002 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"
- 2002 9<sup>th</sup> Annual OC Foundation (US) Conference, Philadelphia, PA (August 9-11, 2002). "Pure Obsessions: The Treatment of OCD Without Behavioral Compulsions"
- 2002 9<sup>th</sup> Annual OC Foundation (US) Conference, Philadelphia, PA (August 9-11, 2002). Panel presentation, "Treatment of Body Dysmorphic Disorder (BDD)"
- 2002 Society for the Exploration of Psychotherapy Integration, 18<sup>th</sup> 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"
- 2001 VA Hospital Continuing Education Program, seminar for mental health professionals, CME accredited, Los Angeles, CA. "Treatment of OCD"
- 2001 UCLA Extension Course, Lecturer, Fall Quarter. "Obsessive-Compulsive Disorder"
- 2001 8<sup>th</sup> 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) 7<sup>th</sup> 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"
- 1999 Panelist at Q&A session at the OC Foundation's 7<sup>th</sup> National Conference, Washington, D.C. "Ask the Expert"
- 1998 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)"

### **SPECIALIZED CLINICAL TRAINING OF OTHERS**

- 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
- 2005 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
- 1999 Workshop leader, trained 40 people in OCD-PTSD overlap, diagnosis and treatment at the Florence Crittenton Center, Los Angeles
- 1998 Three-week intensive training course for psychologists from Wayne State University on the Assessment and Treatment of Obsessive-Compulsive Disorder. Remain an ongoing consultant
- 1998 Personalized two-week intensive training course in the intensive methodology treatment of OCD for a licensed, out-of-state psychologist, services provided pro-bono
- 1997 Staff training at Florence Crittenton Center in Obsessive-Compulsive Disorder, Los Angeles, CA
- 1994-97 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
- 1995 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
- 1994 Lecturer for nursing students at UCLA School of Nursing on diagnosis and treatment of OCD

## RESEARCH ACTIVITIES

- 2003-17 Principal Investigator, "Empirical Analysis of Externalization Therapy Methodology," research study at the Westwood Institute for Anxiety Disorders (Application for full-scale study pending before the UCLA Human Subjects Committee)
- 2003-17 Principal Investigator, "Long term gains maintenance: A Pilot Study of Three-Week Intensive Program Model for Intractable Cases." Westwood Institute for Anxiety Disorders
- 2003 Co-investigator in charge of clinical specialized intensive treatment, UCLA/NPI Research study on PET scan analysis of research subjects' brain changes following intensive treatment of OCD by means of cognitive behavioral therapy
- 2002-17 Co-investigator with Dr. Edna Foa at University of Pennsylvania, NIMH funded study, "Treatment Sensitivity of the OCI-R"
- 1996-2016 Longitudinal study approved by the UCLA Human Subjects Committee on self-treatment mechanisms and techniques in a group setting

## PUBLIC EDUCATION & MEDIA APPEARANCES

- 2021 IOCDF Article, "Evaluating Obsessive-Compulsive Disorder in Dementia Patients" (2021)
- 2021 ADAA.org Blog Post, "The Many Masks of OCD" (March 8, 2021)
- 2020 ADAA.org Blog Post, "ADAA – My Professional Cradle" Anxiety and Depression of America (November 2, 2020)
- 2020 Well + Good Interview, "Postpartum OCD" spirits
- 2020 ADAA.org Blog Post, "Body dysmorphic disorder and the impact of Covid-19 and quarantine" Anxiety and Depression Association of America (June 19, 2020)
- 2020 ADAA.org Blog Post, "Trichotillomania – Facts and Treatment" Anxiety and Depression Association of America (March 17, 2020)
- 2020 ADAA.org Blog Post, "How OCD can manifest in dementia" Anxiety and Depression Association of America (February 20, 2020)
- 2020 ADAA.org Blog Post, "Does media induce individual with body dysmorphic disorder (BDD) to have plastic surgery?" (January 17, 2020)
- 2019 Elevated Radio Talk Show, Expert Interview on OCD Assessment & Treatment (August 16, 2019)
- 2019 IOCDF.org Expert Interview on BDD and Plastic Surgery (July 20, 2019)



- 2019 Flicker Productions, Expert Interview "BDD" (June 14, 2019)
- 2019 Pilate Style Magazine, Expert Interview "BDD" (April 3, 2019)
- 2019 Aeon.com, Expert Interview "OCD" (March 14, 2019)
- 2018 ADAA.org Blog Post, "Mirror Mirror on the Wall...You Are the Ugliest of All Says Body Dysmorphic
- 2018 Autism Journeys Radio Show, Expert Interview "OCD and Autism" (September 11, 2018)
- 2018 Moneyish.com, Expert Interview "Social media obsession is driving some people to 'Snapchat  
Dysmorphia' (August 13, 2018) <https://moneyish.com/ish/social-media-obsession-is-driving-some-people-to-snapchat-dysmorphia/>
- 2018 Brown Chicken Brown Cow Podcast on Body Positivity, Expert Interview on Body Dysmorphic Disorder  
(June 24, 2018) <https://player.fm/series/series-1758811/bcbc-nugget-s3-e0002-eda-gorbis-body-dysmorphia> (Published August 2018)
- 2018 SAG AFTRA, Los Angeles, CA (June 13, 2018). Presented on "Performance Anxiety"
- 2018 1 Million Steps 4 OCD Walk in Southern California, Beverly Hills, CA (June 2, 2018). Guest speaker on  
expert panel
- 2018 SheKnows.com, Expert Interview "Body Dysmorphia is More Than Just Low Self-Esteem" (January 22,  
2018) <http://www.sheknows.com/health-and-wellness/articles/1137838/body-dysmorphia-more-than-low-self-esteem>
- 2018 Barcroft Media, Brooklyn, NY (January 9, 2018). Featured in "OCD Made Me Think I'd Sold My Soul To  
Satan" <https://www.youtube.com/watch?v=c0IJlByf7M>
- 2017 Barcroft Media, Brooklyn, NY (October 28, 2017). Interview on "OCD"
- 2017 Instyle.com, Expert Interview "Kim Kardashian Says She Has Body Dysmorphia – Here's What That  
Really Means" (October 25, 2017) <http://www.instyle.com/news/kim-kardashian-body-dysmorphia-meaning>
- 2017 OCD SoCal Presents: Reel OCD, Los Angeles, CA (October 14, 2017). Guest speaker on panel  
discussion
- 2017 1 Million Steps 4 OCD Walk in Southern California, Beverly Hills, CA (June 3, 2017). Guest speaker on  
panel about "Exposures"
- 2017 SAG AFTRA, Los Angeles, CA (April 13, 2017). Presented on "Performance Paralysis"
- 2016 Barcroft Media, Los Angeles, CA (December 8, 2016). Featured in "Body Dysmorphia and OCD Have  
Taken Over My Life" <https://www.youtube.com/watch?v=jmeS5JXInKQ>
- 2016 Not Broken Radio, Saskatoon, Canada (November 14, 2016). Phone Interview on "Obsessive-

- Compulsive Disorder”
- 2016 Barcroft Media, Los Angeles, CA (October 21, 2016). Interview on “Body Dysmorphic Disorder”
- 2016 “Cosmetic Procedures and Self-Image Documentary,” Los Angeles, CA (January 16, 2016). Interview on “Body Dysmorphic Disorder”
- 2014 Optomen TV “The 10 Faces of Michael Jackson,” Los Angeles, CA (October 22, 2014). Interview on “Body Dysmorphic Disorder”
- 2014 Women’s Radio Network, Los Angeles, CA (August 22, 2014). Interviewed on Performance Paralysis”
- 2014 TBC Latina, Los Angeles, CA (August 21, 2014). Interview on “Body Dysmorphic Disorder”
- 2014 SAG AFTRA, Los Angeles, CA (August 19, 2014). Presented on “Performance Paralysis”
- 2011 Psychotherapy.net, Interview “Eda Gorbis on Body Dysmorphic Disorder” (October 10, 2011)  
<http://www.psychotherapy.net/interview/eda-gorbis-body-dysmorphic>
- 2011 Fox News, Interview on Skin-Picking Behavior
- 2010 Elle Magazine, Interview “Body Dysmorphic Disorder” (May 14, 2010)
- 2010 Discovery Health “My Strange Phobia: Sounds”
- 2010 Pie Town Productions “Body Dysmorphic Disorder”
- 2009 OCD Radio shows in Spring and Fall with Louis Fryer “Do you have OCD?”
- 2009 MTV “True Life: I Hate My Face” (Body Dysmorphic Disorder)
- 2007 NBC Today Show with Matt Lauer, Guest Speaker “Compulsive Hoarding”
- 2007 MTV *True Life* Documentary Series, Principal Clinician, “I Hurt Myself” (Filmed Fall 2006; Winter 2007)
- 2007 People Magazine, Featured Clinician “Obsessed with Plastic Surgery” (January 15, 2007; Vol. 67)
- 2006 Connecting with Kids Network (Discovery TV), Clinical Consultant “Treatment of Anxiety Disorders” (Filmed July 2006; Winter 2006)
- 2006 Tulsa World News, Tulsa, OK (Radio), Clinical Consultant “Obsessive Compulsive Disorder”
- 2006 Discovery Health *Strictly Dr. Drew*, Guest Speaker “Germaphobia” (Filmed January 2006; Fall 2006)
- 2005 MTV *True Life* Documentary Series, Principal Clinician, “I Have OCD.” (Filmed 2005; Winter 2006)
- 2005 Global Television in Canada Documentary, “Transformations.” (Filmed 2005; Spring 2006)
- 2004 Europe Radio Show “Radio Svoboda” about PTSD and Anxiety related to 9/11
- 2004 Dr. Laura Berman Radio Show about BDD and addiction to plastic surgery
- 2004 Discovery Channel, Principal in a documentary on “Intensive Behavioral Therapy for Body Dysmorphic Disorder”
- 2003 The Learning Channel (TLC), Principal in a documentary program on Obsessive-Compulsive Disorder

- 2003 Channel 11 FOC, featured in a News segment on Body Dysmorphic Disorder
- 2002 Rob Nelson Show, Guest, topic “Obsessive-Compulsive Disorder”
- 2002 National Geographic Special, Principal, on OCD
- 2002 KNBC-Channel 4, Los Angeles, featured in News segment, topic “Addicted to Plastic Surgery”
- 2001 BBC, Principal in a documentary on “Intractable OCD Cases”
- 2001 Discovery Channel, featured in one of three segments, topic “When Things Go Bump”
- 2001 Discovery Channel, Principal in a documentary, topic “OCD: An Enemy Within”
- 2000 Discovery Channel, Mental Health Documentary Division, featured as a consultant, treating doctor, and interview subject. Also provided patients for filming in three separate productions.
- 1999 ABC 20/20, Featured in two segments, topic “Hoarding Compulsions and Aggressive Obsessions.”  
Credited as guest expert and technical consultant
- 1998 “Trapped Within” Public Documentary. Technical Advisor, production assistant and featured clinician.  
Film produced in cooperation with the OCD Foundation and the California Alliance of the Mentally Ill (CAMI), funded by a grant from the State of California

#### **PUBLICATIONS**

- 2023 Gorbis, E. (2023). Assessment, Assessment, Assessment. *Anxiety & Depression Association of America*.
- 2022 Gorbis, E. (2022). Like Mother, Like Son: Passing the Torch to the Next Generation. *Anxiety & Depression Association of America*.
- 2022 Gorbis, E., Gorbis, A., Braverman, R., and O’Neill, J. (2022) Investigating the Multidimensional Comorbidity of Obsessive-Compulsive Disorder, Body Dysmorphic Disorders, and Eating Disorders: Theoretical and Practical Approaches to Treatment. *Journal of Medicine and Healthcare*.
- 2022 Gorbis, E. (2022). Managing COVID-19 Fears as Mental Health Professionals. *Anxiety & Depression Association of America*.
- 2021 Gorbis, E. and Braverman, R. (2021) Assessing body dysmorphic disorder and eating disorders in cosmetic populations. *Journal of Aesthetic Nursing*.
- 2021 Gorbis, E. (2021). ADAA – My Professional Cradle. *Anxiety & Depression Association of America*.
- 2020 Gorbis, E. (2020). Body Dysmorphic Disorder and the Impact of Covid-19 and Quarantine. *Anxiety & Depression Association of America*.
- 2020 Gorbis, E. (2020). Trichotillomania – Facts and Treatment. *Anxiety & Depression Association of America*.
- 2020 Gorbis, E. (2020). How OCD Can Manifest in Dementia. *Anxiety & Depression Association of America*.

- 2019 Gorbis, E. and Jamero, J. (2019). Body dysmorphic disorder and eating disorders. *Journal of Aesthetic Nursing*.
- 2019 Gorbis, E. (2019). Body dysmorphic disorder and aesthetic procedures. Comment Piece. *Journal of Aesthetic Nursing*.
- 2018 Gorbis, E. and Jamero, J. (2018). Obsessive-compulsive disorder (OCD) and related disorders. *Journal of Aesthetic Nursing*.
- 2018 Gorbis, E. and Boris, B. (2018). Infomania and Social Media: Impulsive vs. Compulsive Behavior. *The Los Angeles Psychologist*.
- 2017 Gorbis, E. and Kim, C. K. (2017). Body dysmorphic disorder and addiction to medical aesthetic procedures. *Journal of Aesthetic Nursing*.
- 2016 Gorbis, E. and Lee, J. (2016). Early Detection of Body Dysmorphic Disorder (BDD) and Legal Action Prevention. *Aesthetic Society News*.
- 2014 Vartanian, V. (2014). Body Dysmorphic Disorder: What You Don't Know About the Damaging Disease. *Realself*. Interviewed and quoted for Body Dysmorphic Disorder.
- 2013 O'Neill J, Gorbis E, Feusner JD, Yip JC, Chang S, Maidment KM, Levitt JG, Salamon N, Ringman JM, Saxena S. Effects of intensive cognitive-behavioral therapy on cingulate neurochemistry in obsessive-compulsive disorder. *Journal of Psychiatric Research* (in press).
- 2009 Saxena, S., Gorbis, E., O'Neill, J. Baker, S.K., Mandelkern, M.A., Maidment, K.M., Chang, S., Salamon, N., Brody, A.L., Schwartz, J.M., London, E.D. (2009). Rapid effects of brief intensive cognitive-behavioral therapy on brain glucose metabolism in obsessive-compulsive disorder. *Molecular Psychiatry*, 14(2), 197-205.
- 2009 Gorbis E. "Emphasizing the need for post-treatment maintenance in the treatment of obsessive compulsive disorder." *OCD Newsletter*, 23, 4.
- 2007 Gorbis E., Molner Cm Sterner J. "Informal mindfulness training improves treatment response for people with OCD comorbid with PTSD." *OCD Newsletter*, Spring 07.
- 2007 Gorbis E. "Intensive treatment for BDD." *OCD Newsletter*, 21, 4-5.
- 2006 Gorbis E., Yip JC. "Training Parents to Become Therapists." *OCD Newsletter*, 20, 10-11.
- 2006 Gorbis E., Yip JC. "Anorexia and OCD." *OCD Newsletter*, 20, 4-5.
- 2006 Gorbis E. "Substance Abuse and OCD." *OCD Newsletter*, Winter 06.
- 2005 Gorbis, E. "Obsessive-Compulsive Disorder" entry in the International Encyclopedia of the Social Sciences, 2<sup>nd</sup> edition. (Contributed 2005; to be published 2007).

- 2005 Gorbis, E., Conway, B. "Treatment of Children and Adolescents with Obsessive Compulsive Disorder." OCD Newsletter published by The OC Foundation, Inc., In press, published spring 2006.
- 2004 Gorbis, E., O'Neill, J. Presently working on unpublished manuscript, "Treatment Outcomes for Short-term Intensive Cognitive-Behavioral Therapy in Obsessive Compulsive Disorder"
- 2004 Gorbis, E. "Externalization as a Therapeutic Tool in Treating BDD and OCD." OCD Newsletter published by The OC Foundation, Inc., Summer 2004.
- 2004 Gorbis, E. "Crooked Mirrors: The Externalization of Self-Image in BDD." Behavioral Therapist Journal. Summer 2004.
- 2004 Bystritsky, A., Ackerman, D.L., Rosen, R., Vapnik, T., Gorbis, E., Maidment, K.M., and Saxena, S. "Augmentation of SSRI Response in Refractory Obsessive-Compulsive Disorder Using Adjunctive Olanzapine: A Placebo-Controlled Trial." Journal of Clinical Psychiatry, 65(4), April 2004.
- 2004 Gorbis, E. and Anan'yew, D. "Dr. Gorbis' Intensive OCD Method Uses Self-Analytical Writing." OCD Newsletter published by The OC Foundation, Inc., volume 18(1) Winter 2004.
- 2003 Gorbis, E. "Does This Medication Make Me Look Fat?" OCD Newsletter published by The OC Foundation, Inc., volume 17(5) Fall 2003.
- 2003 Gorbis, E. "Mirror, Mirror on The Wall." OCD Newsletter published by The OC Foundation, Inc., volume 17(3) Spring 2003.
- 1996 Bystritsky, A., Munford, P., Rosen, R., Martin, K., Vapnik, T., Gorbis, E., and Wolson, R. "A Preliminary Study of Partial Hospital Management of Severe Obsessive-Compulsive Disorder," Psychiatric Services, American Psychiatric Association, February 1996.

### **PROFESSIONAL ACTIVITIES**

- 2015-23 Adjunct Clinical Assistant Professor of Psychiatry & Behavioral Sciences at the USC Keck School of Medicine. (Inactive status)
- 2006-Pres Faculty and Member, Behavior Therapy Training Institute.
- 2006-16 Clinical Supervisor, United States Department of Veteran Affairs, VA Greater LA Health Care System.
- 2005-Pres Member, Anxiety Disorders Association of America (ADAA).
- 2002-10 Member, Scientific Board, United States OCD Foundation.
- 1999-2014 Assistant Clinical Professor (voluntary) UCLA School of Medicine, Dept of Psychiatry & Biobehavioral Sciences (inactive status).
- 1997-Pres Founder and Executive Director, Westwood Institute for Anxiety Disorders, Inc., Los Angeles.

- 1996 In the past Dr. Gorbis acted as a consultant in OCD cases for child, adolescent, and adult inpatient units at the Neuropsychiatric Hospital and UCLA Medical Center.
- 1997-99 Co-Director, Obsessive-Compulsive Intensive Outpatient Program for the Center for Cognitive Therapy, Beverly Hills, (private practice).
- 1996-99 Private practice, psychotherapy specializing in anxiety disorders, such as Post Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorder (OCD), and Body Dysmorphic Disorder.
- 1996-2014 Principal Investigator, Obsessive Compulsive Disorder Outpatient Group, Neuropsychiatric Hospital (NPH), UCLA. Approved by Human Subjects Committee (25-35 Registered Subjects).
- 1996-2014 Provided clinical treatment for OCD and anxiety disorders, specializing in intractable cases. Responsible for treating up to 15 inpatients per year on child & adolescent, and adult units in the Neuropsychiatric Hospital at UCLA. Utilize the intensive integrated three-week therapy method developed by E. Gorbis. Patients are referred from all over the United States and numerous other countries throughout the world.
- 2002 Member (compensated), Eli Lilly Speakers Bureau.
- 1998 Received specialized training in Social Phobia and related disorders, under the personal direction of Dr. Edna Foa at University of Pennsylvania, Philadelphia.
- 1997-2000 Vice-President, Clinical Advisor, Director, Professional Training, OC Spectrum Disorder Association
- 1994 Received specialized training in Obsessive-Compulsive Disorder (OCD), Social Phobia, Post Traumatic Stress Disorder (PTSD), and other spectrum anxiety disorders, under the personal direction of Dr. Edna Foa at University of Pennsylvania, Philadelphia.
- 1992 Research Assistant, charged with participation in various research protocols in OCD, Anxiety Disorder Program, UCLA.
- 1990-96 Mental health Practitioner, responsible for assistance with patient care and administrative duties; conducted testing for all program patients, Neuropsychiatric Hospital at UCLA.
- 1990-92 Volunteer, OCD day-treatment program, Neuropsychiatric Hospital at UCLA.

#### **EDUCATION, LICENSES, ACADEMIC APPOINTMENTS**

- 2023 Continuing Education Provider – First-Year Renewal, CAMFT-approved (May 1, 2023 – May 1, 2026)
- 2015 Assistant Clinical Professor, Department of Psychiatry and Biobehavioral Science, USC Keck School of Medicine. Specializing in the research and intensive treatment of clinical Intractable Obsessive-Compulsive Disorder (OCD) cases: children, adolescents, and adults.
- 2013-14 Continuing Education Provider – Approval No. PCE 1870

- 1999-2014 Assistant Clinical Professor, Department of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine. Specializing in the research and intensive treatment of clinically Intractable Obsessive-Compulsive Disorder (OCD) cases: children, adolescents, and adults.
- 1996-2014 Clinical Privileges, Neuropsychiatric Hospital & UCLA Medical Center.
- 1996-97 Clinical Instructor, Department of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine.
- 1996 Ph.D. awarded; Dr. Russell Hunter, committee chair; Dr. Joseph Wolpe, external reader. Nominated for Dissertation of the Year, California Graduate Institute, Los Angeles.
- 1995-Pres LMFT, License No. 32501, State of California, Board of Behavioral Sciences.

### **AWARDS & SPECIAL RECOGNITION**

- 2023 159 High Confidence Mentions in Academia
- 2020 Special Recognition Award from ADAA.
- 2010 Woman of the Year in Psychiatry and Behavioral Sciences from the American Biographical Institute
- 2002 Patient Recognition Award, Neuropsychiatric Hospital at UCLA.
- 2000 Special Recognition Award from the OC Foundation for dedication and commitment to OCD patients in the United States and the World.
- 1996 National Healthcare Quality Week, Neuropsychiatric Institute at UCLA: Certificate of Continued Commitment of Healthcare Excellence.
- 1995 Certificate of Appreciation as Outstanding Person in the Department of Psychiatry and Biobehavioral Sciences for 1994-1995: UCLA, OCD Day Treatment Program.
- 1995 Recipient of the Bertha Unger Scholarship from the Neuropsychiatric Institute and Hospital, UCLA.

### **PROFESSIONAL ORGANIZATIONS MEMBERSHIP**

- 2009-Pres Los Angeles County Psychological Association (LACPA), Member
- 2005-Pres Anxiety Disorders Association of America: Member
- 2002-Pres International OC Foundation: Member
- 1997 OC and Spectrum Disorders Association: Vice President; Member, Scientific Advisory Board
- 1996 OC Foundation of California: Member, Scientific Advisory Board
- 1993 Association for the Advancement of Behavioral Therapy: Member
- 1993-Pres Red Cross: Certified Volunteer

### PROFESSIONAL ORGANIZATIONS MEMBERSHIP

- 2008 Private Donations Totaled \$38,000 for ongoing UCLA Research and Projects
- 2007 Private Donations Totaled \$65,935 for ongoing UCLA Research and Projects
- 2006 National Philanthropic Trust: Donor Advised Fund of \$15,000 for ongoing UCLA Research and Project
- 2006 Private Donations Totaled \$98,500 for ongoing UCLA Research and Projects
- 2005 Recipient of private donations of \$500 for ongoing UCLA Research and Projects
- 2005 Recipient of private donations of \$25,000 for ongoing UCLA Research and Projects
- 2005 Recipient of private donations of \$2,000 for ongoing UCLA Research and Projects
- 2005 Recipient of private donations of \$3,050 for ongoing UCLA Research and Projects
- 2003-04 Recipient of private donations of \$6,177 for ongoing UCLA Research and Projects
- 2002 Recipient of private donations of \$10,000 for ongoing UCLA Research and Projects
- 2000 Recipient of private donations of \$5,000 for ongoing UCLA Research and Projects
- 1999 Recipient of private donations of \$10,000 for ongoing UCLA Research and Projects

### EDITING & REVIEWING

- 2023 Reviewer for Aesthetic Surgery Journal (ASJ), *Clinical Review* (March 23, 2023). Abby Pugh, "Prevalence of psychiatric disorders in aesthetic surgery."
- 2021 Reviewer for Aesthetic Surgery Journal (ASJ), *Clinical Review* (October 7, 2021). Laura Simson, "A systematic review and meta-ethnography of living with post-burn scars."
- 2019 Reviewer for Journal of Aesthetic Nursing (JAN), *Clinical Review* (August 14, 2019). Betsy Fitzgerald, "Eating Disorders and Cosmetic Procedures"
- 2019 Reviewer for Aesthetic Surgery Journal (ASJ), *Clinical Review* (September 2, 2019). Hunter Alexander, "Cosmesis domain of Standardized Cosmesis and Health Nasal Outcomes Survey (SCHNOS-C) – convergent validity, sensitivity and specificity with psychiatric screening tools"