EDA GORBIS, PhD, LMFT

Westwood Institute for Anxiety Disorders, Inc.
Los Angeles, CA | Office: (310) 443-0031 | Mobile: (310) 666-8242

EDUCATION

1998 Specialized training in Social Phobia and related disorders under the personal direction of Dr. Edna Foa, University of Pennsylvania, Philadelphia.

1996 Ph.D., California Graduate Institute, Los Angeles. Dissertation committee chaired by Dr. Russell Hunter with Dr. Joseph Wolpe as external reader; nominated for Dissertation of the Year.

1994 Specialized training in Obsessive-Compulsive Disorder, Social Phobia, Post-Traumatic Stress Disorder, and related anxiety disorders under the personal direction of Dr. Edna Foa, University of Pennsylvania, Philadelphia.

LICENSURE & CREDENTIALS

1995-Present Licensed Marriage and Family Therapist (LMFT), License No. 32501, State of California, Board of Behavioral Sciences.

1998 Continuing Education License, State of California Board of Behavioral Science Examiners, to provide training for continuing medical education credit for MFCCs, MSWs, and MAs.

ACADEMIC APPOINTMENTS

2015-Present Adjunct Clinical Assistant Professor of Psychiatry & Behavioral Sciences, USC Keck School of Medicine.

1999-2014 Assistant Clinical Professor, Department of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine; specialized in research and intensive treatment of clinically intractable OCD in children, adolescents, and adults.

1996-1997 Clinical Instructor, Department of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine.

CLINICAL & ADMINISTRATIVE LEADERSHIP

2006-2016 Clinical Supervisor, United States Department of Veterans Affairs, VA Greater Los Angeles Health Care System.

1997-Present Founder and Executive Director, Westwood Institute for Anxiety Disorders, Inc., Los Angeles.

1996-2014 Clinical Privileges, Neuropsychiatric Hospital & UCLA Medical Center.

1996-2014 Provided clinical treatment for OCD and anxiety disorders, specializing in intractable cases, at the UCLA Neuropsychiatric Hospital. Treated child/adolescent and adult inpatients using an intensive integrated three-week therapy method developed by E. Gorbis; patients were referred from across the United States and internationally.

1997-1999 Co-Director, Obsessive-Compulsive Intensive Outpatient Program, Center for Cognitive Therapy, Beverly Hills (private practice).

1996-1999 Private practice in psychotherapy specializing in anxiety disorders, including PTSD, OCD, and Body Dysmorphic Disorder.

1996 Consultant on OCD cases for child/adolescent and adult inpatient units, Neuropsychiatric Hospital and UCLA Medical Center.

1990-1996 Mental Health Practitioner, Neuropsychiatric Hospital at UCLA; assisted with patient care and administrative duties and conducted testing for program patients.

1990-1992 Volunteer, OCD day-treatment program, Neuropsychiatric Hospital at UCLA.

RESEARCH ACTIVITIES

2003-2017 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.)

2003-2017 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.

2002-2017 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.

1996-2014 Principal Investigator, Obsessive Compulsive Disorder Outpatient Group, Neuropsychiatric Hospital (NPH), UCLA; Human Subjects Committee-approved, 25-35 registered subjects.

1992 Research Assistant, Anxiety Disorder Program, UCLA; participated in research protocols in OCD and anxiety disorders.

PUBLICATIONS

2024 Gorbis, E., Gorbis, A., and Mandava, N. "Medical Psychiatric Challenges in the Treatment of Obsessive-Compulsive Disorder and Eating Disorders." Medicine and Clinical Science.

2024 Gorbis, E., Gorbis, A., and Mandava, N. "Mindfulness-Based Behavioral Therapy (MBBT) for OCD." Japan Journal of Medical Science. Published Oct. 4, 2024.

2024 Gorbis, E., Gorbis, A., Rudolph, A., and Jajoo, A. "Hormonal Imbalances and Obsessive-Compulsive Disorder." Case Rep Rev. 2024;4(1):42.

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.

2013 O'Neill, J., Gorbis, E., Feusner, J. D., Yip, J. C., Chang, S., Maidment, K. M., Levitt, J. G., Salamon, N., Ringman, J. M., and Saxena, S. "Effects of Intensive Cognitive-Behavioral Therapy on Cingulate Neurochemistry in Obsessive-Compulsive Disorder." Journal of Psychiatric Research.

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 C, 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, 2nd 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.

2005 Gorbis, E., and Kholodenko, Y. (2005). Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder. Psychiatric Times, 10, 79-81.

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'yev, 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.

EDITORIAL & PEER REVIEW

2019 Reviewer for Journal of Aesthetic Nursing (JAN), Clinical Review (Aug. 14, 2019). Betsy Fitzgerald, "Eating Disorders and Cosmetic Procedures"

2019 Reviewer for Aesthetic Surgery Journal (ASJ), Clinical Review (Sept. 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"

GRANTS & RESEARCH FUNDING

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.

2003-2004 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.

HONORS & SPECIAL RECOGNITION

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

TEACHING EXPERIENCE & SCIENTIFIC PRESENTATIONS

2025

- 4th Global Summit on Pediatrics and Neonatology. Presentation: "Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections."
- International Conference on Pediatrics and Neonatal Care. Presentation: "The Importance of Family Involvement in the Treatment of Pediatric Obsessive-Compulsive Disorder."
- Anxiety and Depression Association of America (ADAA) Annual Conference. Presentation: "Mens Sana in Corpore Sano: A Multidisciplinary, Personalized Approach to Treating OCD in the Mind and Body, Addressing Comorbidities, and Improving Outcomes."
- 2nd International Conference on Dentistry and Oral Health. Keynote presentation: "Dental Health, Anxiety, and Depression: Exploring Their Interplay."

- International Conference on Public Health, Medicine, and Health Sciences. Oral presentation: "BDD and EDs, OCDs Most Common Comorbidities."
- Global Virtual Conference. Keynote presentation: "Investigating Comorbid Obsessive-Compulsive Disorder, Body Dysmorphic Disorders, and Eating Disorders: Theoretical and Practical Approaches to Treatment."
- Healthcare League 2025. Oral presentation: "PsychoMed and OCD: Integrating Psychopharmacology and Psychotherapy for Comprehensive Treatment."
- Global Virtual Conference on Food Technology, Science and Nutrition. Keynote presentation: "Investigating Comorbid Obsessive-Compulsive Disorder, Body Dysmorphic Disorders, and Eating Disorders."
- 2nd International Forum on Nursing, Healthcare Management & Patient Safety Conference. Keynote presentation: "Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections."

2024

- 7th Global Virtual Conference on Pediatrics and Neonatology (Pediatrics Network 2024). Global Pediatrics Meeting: "Postpartum OCD and Maternal Health."
- International Webinar on Nutrition and Healthcare. Video presentation: "Investigating the Multidimensional Comorbidity of Obsessive-Compulsive Disorder, Body Dysmorphic Disorders, and Eating Disorders: Theoretical and Practical Approaches to Treatment."
- Global Conference on Nursing Education. Oral presentation: "Prenatal and Postpartum OCD."
- 2nd World Virtual Conference on Infectious Disease (Oct. 4, 2024). Keynote presentation: "Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections."
- Global Virtual Conference on Pediatrics and Neonatology. Oral presentation: "Postpartum OCD and Maternal Health."
- Global Virtual Meet on Foodscience & Technology. Keynote presentation: "Investigating Comorbid Obsessive-Compulsive Disorder, Body Dysmorphic Disorders, and Eating Disorders: Theoretical and Practical Approaches to Treatment."
- International Conference on Dentistry & Oral Health. Keynote presentation: "Dental Health, Anxiety, and Depression: Exploring the Interplay."
- World Virtual Conference on Nursing & Healthcare. Oral presentation: "Prenatal & Postpartum OCD."
- 3rd Global Summit on Pediatrics and Neonatology. Keynote presentation: "Perinatal and Postpartum Obsessive-Compulsive Disorder."
- Public Health & Safety Conference. Presentation: "Maternal Health & OCD."
- Global Conference on Pediatrics and Neonatology. Oral presentation: "BDD and EDs, OCDs Most Common Comorbidities."
- Nursing Practice 2024. Presentation: "Perinatal and Postpartum Obsessive-Compulsive Disorder."
- Healthcare Equity 2024 Conference (Sep. 30, 2024). Keynote presentation: "Maternal Health and OCD."
- Nurse's Equity Conference (Sep. 27, 2024). Keynote presentation: "Prenatal and Postpartum OCD."
- Nursing & Healthcare. Presentation: "BDD and EDs, OCDs Most Common Comorbidities."

2023

- Rising Nurses 2023: Nursing Education & Healthcare (May 2, 2023). "Hormonal Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment."
- OCD SoCal Speaker Series, Carolyn Owens Community Center, Inland Empire (Apr. 22, 2023). "How to Find the Right Therapist and Receive an Accurate OCD Diagnosis."
- OCD SoCal Speaker Series, Costa Mesa Marriott, Orange County (Apr. 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 (Apr. 2, 2023). "How to Choose the Right Therapist."
- Nursing Diversity 2023: 4th Global Virtual Summit on Nursing Education (Mar. 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 (Mar. 6, 2023). "Medical Psychiatric Challenges in Treating OCD and Eating Disorders."
- Nursing Convention 2023: 5th Global Virtual Conference on Nursing Education (Feb. 13, 2023). "Perinatal and Postpartum OCD."
- Nursing Convention 2023: 5th Global Virtual Conference on Nursing Education (Feb. 13, 2023). "Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity."
- Loma Linda GYN-OB Grand Rounds, Loma Linda University (Feb. 10, 2023). "Perinatal and Postpartum OCD."

2022

- International OCD Foundation 2022 Online OCD Conference (Nov. 6, 2022). "Treating Obsessive-Compulsive Disorder Comorbid with Bipolar Affective Disorder."
- Nursing Convention 2022: 4th Global Virtual Conference on Nursing Education (Sep. 19, 2022). "Hormone Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment."
- Rising Nurses 2022: World Virtual Summit on Nursing Education & Healthcare (Sep. 6, 2022). "Prevalence of Aesthetic Procedures in Body Dysmorphic Disorder."
- International OCD Foundation, 27th Annual OCD Conference, Denver (Jul. 9, 2022). "Hormonal Imbalances and Obsessive-Compulsive Disorder: Implications for Treatment."
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jun. 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 - Virtual Event (Apr. 30, 2022). "Obsessive-Compulsive Symptoms in Asian-American Women: How to Improve Treatment Efficacy Through Cultural Competency."
- 3rd Global Virtual Conference on Nursing Education (Apr. 25, 2022). "Prevalence of Aesthetic Procedures in Body Dysmorphic Disorder."
- Anxiety and Depression Association (Mar. 18, 2022). "OCD & Dementia: What Memory Disorders Can Tell Us About Obsessive-Compulsive Behavior."
- Anxiety and Depression Association (Mar. 18, 2022). "Obsessive-Compulsive Symptoms in Asian-American Women: How to Improve Treatment through Cultural Competency."
- Saint John's Eating Disorder Conference (Feb. 8, 2022). "Update on OCD with Added Focus on Comorbidity of Eating Disorders."

2021

- Nursing Webinar (Sep. 20, 2021). "Investigating the Prevalence of Body Dysmorphic Disorder in Plastic Surgery Populations."
- SoCal OCD Foundation Conference lecture for CE credit (Jul. 30, 2021). "Perinatal and Postpartum OCS."
- 8th Edition of Virtual Conference on Nursing Education & Practice (Jul. 15, 2021). "Getting to the Root of this Problem: Skin Picking Disorders and Aesthetic Procedures."
- The Groundlings Theater and School Master Class (May 25, 2021). "Overcoming Performance Anxiety."
- The Groundlings Theater and School Master Class (May 1, 2021). "Overcoming Performance Anxiety."
- Loma Linda GYN-OB Grand Rounds (Apr. 9, 2021). "Perinatal and Postpartum OCD."
- ADAA lecture for CE credit (Mar. 18, 2021). "Treating Body Dysmorphic Disorder with Resilience Training."

2020

- ADAA lecture for CE credit, online (Dec. 12, 2020). "Perinatal and Postpartum OCD."
- US Presentation (Nov. 12, 2020). "Psychotherapy and Treatment for Faculty and Staff."
- International OCD Foundation (IOCDF) 27th Annual Conference, online (Aug. 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."

2019

- OCD Southern California - OCD Week Awareness Event, Sherman Oaks, CA (Oct. 19, 2019).
- UCLA Grand Rounds, Department of Gynecology (Sep. 18, 2019). "Postpartum OCD."
- Anxiety and Depression Association of America (ADAA) Professional Webinar, Los Angeles, CA (Sep. 9, 2019) "BDD: The Disease of Self-Perceived Ugliness and its Relationship to OCD"
- International OCD Foundation (IOCDF) 26th Annual Conference, Austin, TX (Jul. 20, 2019). "BDD, Eating Disorders and Muscle Dysmorphia"
- International OCD Foundation Professional Mentoring, Austin TX (Jul. 19, 2019)
- Anxiety and Depression Association of America (ADAA) 39th Annual Conference, Chicago, IL (Mar. 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 (Mar. 18, 2019) "BDD: The Disease of Self-Perceived Ugliness"
- LACPA Brown Bag Lecture Series, Los Angeles, CA (Jan 7, 2019) "The Interplay of OCD and PTSD"

2018

- National Alliance on Mental Illness, NAMI Westside LA, Los Angeles, CA (Nov. 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 (Aug. 20, 2018) "Comorbidity of OCD and Eating Disorders"
- International OCD Foundation (IOCDF) 25th Annual Conference, Washington, D.C. (Jul. 29, 2018). "The Interplay Between PTSD and OCD: Treatment Considerations and Tactics"
- Anxiety and Depression Association of America (ADAA) Professional Webinar, Los Angeles, CA (Jun. 7, 2018) "BDD: The Disease of Self-Perceived Ugliness and its Relationship to OCD"
- LAC/USC Adult Psychiatric Hospital, Los Angeles, CA (Jun. 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 (Dec. 6, 2017) "OCD 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 (Oct. 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 (Oct. 26, 2017). Keynote Speaker: "Entertain the Doubt: Integrative and Multidisciplinary Treatment of OCD"
- International OCD Foundation (IOCDF) 24th Annual Conference, San Francisco, CA (Jul. 9, 2017). "Comorbidity of OCD and Eating Disorders and its Implication to Treatment"
- International OCD Foundation (IOCDF) 24th Annual Conference, San Francisco, CA (Jul. 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 (Apr. 12, 2017) "Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Part 2"
- Anxiety and Depression Association of America (ADAA) 37th Annual Conference, San Francisco, CA (Apr. 7, 2017) "Infomania: Technology and Social Media Consumption"
- OCD Southern California 2nd Annual Conference, Irvine, CA (Mar. 25, 2017) "OCD and Related Disorders - Session 2"
- OCD Southern California 2nd Annual Conference, Irvine, CA (Mar. 25, 2017) "OCD and Related Disorders - Session 1"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Feb. 22, 2017) "Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Part 1"
- Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (Feb. 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 (Apr. 30, 2016) "Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 27, 2016) "Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders Part 2 "
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA "Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders Part 1"
- LAC/USC Adult Psychiatric Hospital, Los Angeles, CA (Mar. 30, 2016) "Obsessive-Compulsive Disorder (OCD): the doubting disease"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Feb. 10, 2016) "Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder"

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 27, 2016) "Treating Obsessive-Compulsive Disorder"

2015

- International OCD Foundation (ICODF) 22nd Annual Conference, Los Angeles, CA (Aug. 2, 2015). "The Interplay Between PTSD and OCD: Treatment Considerations and Tactics"
- International OCD Foundation (ICODF) 22st Annual Conference, Los Angeles, CA (Jul. 31, 2015). Facilitated in workshop "Families Unite! Using Behavioral Contracting to Overcome OCD"
- 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 (Apr. 22, 2015) "Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders (Part 2)"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 15, 2015) "Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders (Part 1)"
- Anxiety and Depression Association of America (ADAA) 35th Annual Conference, Miami, FL (Apr. 9, 2015) "Comorbidity of OCD & Eating Disorders"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 1, 2015) "Comorbidity of OCD & Eating Disorders"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Feb. 11, 2015) "Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- Psychological First Aid International Cooperation Conference, Xi'an, Shannxi, China (Jan. 16, 2015) "Treating Obsessive-Compulsive Disorder"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 7, 2015) "Social Phobia"

2014

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Nov. 5, 2014) "Treating Obsessive-Compulsive Disorder: Part 2"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Oct. 29, 2014) "Treating Obsessive-Compulsive Disorder: Part 1"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Aug. 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 (Apr. 30, 2014) "Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder (Part 1)"
- Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (Apr. 21, 2014) "Comorbidity of OCD & Eating Disorders (Part 1)"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 9, 2014) "Comorbidity of OCD & Eating Disorders"
- Anxiety And Depression Association of America (ADAA) 34th Annual Conference, Chicago, IL (Mar. 29, 2014) "Comorbidity of OCD & Eating Disorders"
- Monte Nido Treatment Center, Agoura Hills, CA (Mar. 25, 2014) "Comorbidity of OCD & Eating Disorders"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 15, 2014) "Social Phobia"

2013

- US Department Of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Oct. 23, 2013) "Treating Obsessive-Compulsive Disorder: Part 2"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Oct. 16, 2013) "Treating Obsessive-Compulsive Disorder: Part 1"

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Aug. 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 (Aug. 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 (Apr. 17, 2013) "Interplay Between PTSD and OCD: Treatment Considerations and Tactics"
- Anxiety Disorders Association of America (ADAA) 33rd Annual Conference, La Jolla, CA. (Apr. 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. (Apr. 6, 2013) "Treating OCD and Substance in a Collaborative Team Approach"
- Los Angeles County Psychological Association Lecture, Renewed Freedom Center, Los Angeles, CA (Feb. 7, 2013) "Social Phobia"

2012

- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Dec. 12, 2012) "Social Phobia"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Nov. 14, 2012) "Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders, Part 2"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Nov. 7, 2012) "Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders, Part 1"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Aug. 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 (Apr. 19, 2012) "Mirror Mirror on the Wall: Correcting Distorted Body Image with Distorted Mirrors"
- Anxiety Disorders Association of America (ADAA) 32nd Annual Conference, Washington, DC. (Apr. 13, 2012) "Intensive Treatment for Intractable OCD: What, When, Where, Who, How"
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA (Mar. 28, 2012) "Intensive Treatment for Intractable OCD: What, When, Where, Who, How"
- US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA (Mar. 21, 2012) "Intensive Treatment for Intractable OCD: What, When, Where, Who, How"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 30, 2012) "Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders"
- US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 23, 2012) "Hoarding: Diagnosis and Treatment"
- LACPA Brown Bag Lecture Series, Los Angeles, CA (Jan 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 (Jan. 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"
- 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
- 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, Cannonsburg, 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) Westwide 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 "Mindfulness based behavioral treatment for OCD"
- 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"

2008

• Obsessive Compulsive Foundation (OCF) 15th Annual Conference, Boston, MA "Involving Family Members in the Treatment of OCD in Children and Adolescents"
• 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."

2007

• 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)"
• Center for Mindfulness in Medicine, Healthcare, & Society 5th Annual Conf, 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, Westminister, 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"
• 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"
- 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, Schaetzel 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 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"

2004

- Presentation at Iris Cantor-UCLA Women's Health Center, Los Angeles, CA "Evidence Based Algorithm for Diagnosis of Anxiety Disorders in Primary Care"
- 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 for 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 "Cognitive-Behavioral Treatment in Handling OCD"
- American Psychiatric Association Annual Meeting, Presenter, San Francisco, CA "Treatment of Body Dysmorphic Disorder (BDD)",
- Panel presentation at the American Psychiatric Association Annual Meeting, Panel Member, San Francisco, CA "Treatment for BDD and Addiction to Plastic Surgeries"
- 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"
- 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 track 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, DC "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 & SUPERVISION 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, director 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.

1994-1997 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. Neuro-pediatric 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.

PROFESSIONAL SERVICE

2006-Present Faculty and Member, Behavior Therapy Training Institute.

2004 Member, Ad Hoc Clinical Voluntary Faculty Appointments and Promotion Committee, Department of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine.

2002-2010 Member, Scientific Board, United States OC Foundation.

2002 Member (compensated), Eli Lilly Speakers Bureau.

1997-2000 Vice-President, Clinical Advisor, and Director of Professional Training, OC Spectrum Disorder Association.

1996 Member, Scientific Advisory Board, OC Foundation of California.

PROFESSIONAL MEMBERSHIPS

2009-Present Los Angeles County Psychological Association (LACPA), Member.

2005-Present Anxiety Disorders Association of America (ADAA), Member.

2002-Present International OC Foundation, Member.

1993 Association for the Advancement of Behavioral Therapy, Member.

1993-Present Red Cross, Certified Volunteer.

PUBLIC EDUCATION & MEDIA APPEARANCES

2019

- Elevated Radio Talk Show, Expert Interview on OCD Assessment & Treatment (Aug. 16, 2019)
- IOCDF.org, Expert Interview on BDD and Plastic Surgery (Jul. 20, 2019)
- Flicker Productions, Expert Interview "BDD" (Jun. 14, 2019).
- Pilate Style Magazine, Expert Interview "BDD" (Apr. 3, 2019)
- Aeon.com, Expert Interview "OCD" (Mar. 14, 2019).

2018

- ADAA.org Blog Post, "Mirror Mirror on the Wall...You Are the Ugliest of All Says Body Dysmorphic Disorder (BDD)" (Oct 2018).
- Autism Journeys Radio Show, Expert Interview "OCD and Autism" (Sep. 11, 2018)
- Moneyish.com, Expert Interview "Social media obsession is driving some people to 'Snapchat Dysmorphia'" (Aug. 13, 2018) https://moneyish.com/ish/social-media-obsession-is-driving-some- people-to-snapchat-dysmorphia/
- Brown Chicken Brown Cow Podcast on Body Positivity (June 24, 2018). Expert interview on Body Dysmorphic Disorder. https://player.fm/series/series-1758811/bcbc-nugget-s3-e0002-eda- gorbis-body-dysmorphia (Published August 2018).
- SAG AFTRA, Los Angeles, CA (Jun. 13, 2018). Presented on "Performance Anxiety"
- 1 Million Steps 4 OCD Walk in Southern California, Beverly Hills, CA (June 2, 2018). Guest speaker on expert panel
- SheKnows.com, Expert Interview "Body Dysmorphia is More Than Just Low Self-Esteem" (Jan. 22, 2018) http://www.sheknows.com/health-and- wellness/articles/1137838/body-dysmorphia-more-than-low-self- esteem
- Barcroft Media, Brooklyn, NY (Jan. 9, 2018). Featured in "OCD Made Me Think I'd Sold My Soul To Satan" https://www.youtube.com/watch?v=c0IJIlByf7M

2017

- Barcroft Media, Brooklyn, NY (Oct. 28, 2017). Interview on "OCD".
- Instyle.com, Expert Interview "Kim Kardashian Says She Has Body Dysmorphia - Here's What That Really Means" (Oct. 25, 2017) http://www.instyle.com/news/kim-kardashian-body-dysmorphia- meaning
- OCD SoCal Presents: Reel OCD, Los Angeles, CA (Oct. 14, 2017). Guest speaker on panel discussion.
- 1 Million Steps 4 OCD Walk in Southern California, Beverly Hills, CA (June 3, 2017). Guest speaker on panel about "Exposures".
- SAG AFTRA, Los Angeles, CA (Apr. 13, 2017). Presented on "Performance Paralysis"

2016

- Barcroft Media, Los Angeles, CA (Dec. 8, 2016). Featured in "Body Dysmorphia and OCD Have Taken Over My Life" https://www.youtube.com/watch?v=jmeS5JXInKQ
- Not Broken Radio, Saskatoon, Canada (Nov. 14, 2016). Phone interview on "Obsessive-Compulsive Disorder"
- Barcroft Media, Los Angeles, CA (Oct. 21, 2016). Interview on "Body Dysmorphic Disorder".
- "Cosmetic Procedures and Self-Image Documentary," Los Angeles, CA (Jan. 16, 2016). Interview on "Body Dysmorphic Disorder"

2014

- Optomen TV "The 10 Faces of Michael Jackson," Los Angeles, CA (Oct. 22, 2014). Interview on "Body Dysmorphic Disorder"
- Women's Radio Network, Los Angeles, CA (Aug. 22, 2014). Interviewed on "Performance Paralysis"
- TBC Latina, Los Angeles, CA (Aug. 21, 2014). Interview on "Body Dysmorphic Disorder"
- SAG AFTRA, Los Angeles, CA (Aug. 19, 2014). Presented on "Performance Paralysis"
- RealSelf. Vartanian, V., "Body Dysmorphic Disorder: What You Don't Know About the Damaging Disease." Interviewed and quoted regarding body dysmorphic disorder.

2011

- Psychotherapy.net, Interview "Eda Gorbis on Body Dysmorphic Disorder" (Oct. 10, 2011) http://www.psychotherapy.net/interview/eda- gorbis-body-dysmorphic
- Fox News, Interview on Skin-Picking Behavior

2010

- Elle Magazine, Interview "Body Dysmorphic Disorder" (May 14, 2010)
- Discovery Health "My Strange Phobia: Sounds"
- Pie Town Productions "Body Dysmorphic Disorder"

2009

- OCD Radio shows in Spring and Fall with Louis Fryer "Do you have OCD?"
- MTV "True Life: I Hate My Face" (Body Dysmorphic Disorder)

2007

- NBC Today Show with Matt Lauer, Guest Speaker "Compulsive Hoarding"
- MTV True Life Documentary Series, Principal Clinician, "I Hurt Myself" (Filmed Fall 2006; Winter 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)
- Tulsa World News, Tulsa, OK (Radio), Clinical Consultant "Obsessive Compulsive Disorder"
- 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).
- Global Television in Canada Documentary, "Transformations." (Filmed 2005; Spring 2006).

2004

- Europe Radio Show "Radio Svoboda" about PTSD and Anxiety related to 9/11.
- Dr. Laura Berman Radio Show about BDD and addiction to plastic surgery.
- 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.
- Channel 11 FOX, featured in a News segment on Body Dysmorphic Disorder.

2002

- Rob Nelson Show, Guest, topic "Obsessive-Compulsive Disorder."
- National Geographic Special, Principal, on OCD.
- KNBC-Channel 4, Los Angeles, featured in News segment, topic "Addicted To Plastic Surgery."

2001

- BBC, Principal in a documentary on "Intractable OCD Cases."

• Discovery Channel, featured in one of three segments, topic "When Things Go Bump."
• 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.
• ABC 20/20. Featured in segment on "Sexual Obsessions"; credited as guest expert and technical consultant.

1999

• ABC 20/20, Featured in two segments, topic "Hoarding Compulsions and Aggressive Obsessions." Credited as guest expert and technical consultant.
• The Roseanne Show, featured guest role in show on OCD.

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.