KEYNOTE

OCD and Autism: Three Perspectives

Autistic people with severe obsessive-compulsive disorder (OCD) and their families face extraordinary challenges. Helping them requires very specific knowledge and a strong set of skills. The talk will illustrate why this is, what to do, and how to effectively communicate about it to build a path forward. It will accomplish this through exploring the experience of OCD and autism from the perspectives of a person living it, their parents, and a professional trying to help.

Learning Objectives

1. Attendees will be able to identify the factors that make understanding and addressing OCD in autistic individuals challenging.
2. Attendees will be able to explain how OCD may be experienced differently by the affected autistic person, their parents, and professionals.
3. Attendees will be able to describe how to communicate effectively about OCD and autism with all concerned.

BREAKOUT SESSION

OCD and Autism: Frequently Asked Questions

There has been an increasing interest in understanding and treating obsessive-compulsive disorder (OCD) in autistic people. In this population, OCD can be especially severe, and it is often further complicated by more comorbidities. Assessing OCD in autistic individuals and differentiating it from similar-looking autistic symptomatology is challenging too. OCD treatment may be quite effective for autistic people, but usually must be modified. And there are many other treatment considerations which might impact outcome - family accommodation of OCD symptoms being high on the list of potential obstacles to progress. This session will examine frequently asked questions about these topics, inviting the attendees into the discussion to exchange ideas and experiences.

Learning Objectives

1. Attendees will be able to explain the key differences between OCD and similar-looking autistic symptomatology.
2. Attendees will be able to describe the complexities of parent accommodation of OCD symptoms in autistic people and how to manage it effectively.
3. Attendees will be able to specify how OCD treatment may be successfully modified for autistic people.
Brief Bio.

Jonathan Hoffman, Ph.D., ABPP is a licensed psychologist who is Board Certified in Behavioral and Cognitive Psychology. Dr. Hoffman is Chief Clinical Officer and Co-Founder at NeuroBehavioral Institute and Co-Founder at NBI Ranch. He is on the IOCDF Scientific and Clinical Advisory Board, is co-chair of the OCD and Autism Special Interest Group, and served on the faculty of the Behavior Therapy Training Institute. Dr. Hoffman has written on topics including OCD and eating disorders, OCD and autism, anxiety and nonverbal learning disorder, and conceptualizing intrusive thoughts in OCD, and authored the book *Stuck: Asperger’s Syndrome and Obsessive-Compulsive Behaviors*. He is a frequent speaker on many OCD-related topics.