

Jon Hershfield, MA, MFT

Licensed in Maryland (LCM524) and California (MFC50490)
Executive Plaza I, 11350 McCormick Rd., #408, Hunt Valley, MD 21031
410-927-5462

Professional experience

- *June 2015-present*: Licensed Clinical Marriage and Family Therapist in private practice and director of The OCD and Anxiety Center of Greater Baltimore based in Hunt Valley, MD. Specializing in mindfulness-based cognitive behavioral therapy for the treatment of obsessive-compulsive disorder, generalized anxiety disorder, specific phobias, panic disorder, social anxiety, body dysmorphic disorder, health anxiety, trichotillomania, and compulsive skin picking.
- *December 2012-June 2015*: Licensed Marriage and Family Therapist in private practice based in Los Angeles, CA. Specializing in mindfulness-based cognitive behavioral therapy for the treatment of obsessive-compulsive disorder, generalized anxiety disorder, specific phobias, panic disorder, social anxiety, body dysmorphic disorder, health anxiety, trichotillomania, and compulsive skin picking.
- *January 2013-July 2014*: Associate Director of UCLA Pediatric OCD Intensive Outpatient Program, Resnick Neuropsychiatric Hospital. Individual and group therapy for children with obsessive compulsive disorder in an intensive outpatient format. Responsibilities also included co-administration of the program, pre-authorization and clinical review with insurance companies, and facilitating admission and discharge of patients.
- *July 2009-December 2012*: Licensed Marriage and Family Therapist and registered MFT intern (2009-2011) at the OCD Center of L.A. Specializing in cognitive behavioral therapy for the treatment of obsessive-compulsive disorder, generalized anxiety disorder, panic disorder, social anxiety, body dysmorphic disorder, health anxiety, trichotillomania, and compulsive skin picking.
 - Individual treatment (in-office, in-home, and online) for children and adults using CBT, Exposure w/ Response Prevention, Cognitive Restructuring, and Mindfulness Training techniques
 - Group treatment for Adult Social Anxiety/Social Phobia, Adult OCD/Anxiety Disorders, Adult Trichotillomania and Compulsive Skin Picking, and Adolescent OCD/Anxiety Disorders
- *April 2008-June 2010*: Pre-graduate trainee and registered MFT intern at A Place Called Home, youth center in South Central Los Angeles. Conducting individual and group therapy for at-risk youth ages 8-20 as well as family sessions with parents.

Education

- 2007-2009: Antioch University, Los Angeles, CA – Masters in Clinical Psychology with specialization in Marriage and Family Therapy
- 1995-1999: New York University, New York, NY – BFA in Drama, minor in Psychology
- 1991-1995: Hereford High School, Parkton, MD

Publications

- Hershfield, J. and Nicely, S. (2017) Everyday Mindfulness for OCD: Tips, Tools, and Tricks for Living Joyfully. New Harbinger Publications: Oakland, CA
- Hershfield, Jon. (2015) When a Family Member Has OCD. New Harbinger Publications: Oakland, CA
- Hershfield, Jon. (2015) *Life Changing is an Understatement: Reflections on the 2015 Conference*. International OCD Foundation Newsletter, Summer 2015
- Hershfield, J. and Corboy, T. (2014) *Mindfulness and Cognitive Behavioral Therapy*. International OCD Foundation Newsletter, Spring 2014
- Hershfield, J and Corboy, T. (2013) The Mindfulness Workbook For OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy. New Harbinger Publications: Oakland, CA

Professional Presentations

- Hershfield, J., Pollard, C. A., and Stewart, E. S. (April 2016). *Helping Families of OCD Sufferers Maximize Support for Their Loves Ones*. Anxiety and Depression Association of America Annual Conference: Philadelphia, PA
- Grayson, J., Hershfield, J., Nicely, S., and Jenks, A. (April 2016). *Self-Compassion and Self-Depreciation in OCD: When Poor Self Esteem Becomes a Ritual*. Anxiety and Depression Association of America Annual Conference: Philadelphia, PA
- Micco, J., Elias, J., Stewart, E. S., Henin, A., and Hershfield, J. (April 2016). *What to Do Now? Poor Treatment response in Anxious and Depressed Young Adults: The Case of Madeline*. Anxiety and Depression Association of America Annual Conference: Philadelphia, PA
- Hershfield, J., Batton, A., Chasson, G., Shank, T., Nestadt, G. (March 2016). *OCD and The Family: Break-Outs With Experts* presented by the Mid-Atlantic Affiliate of the International OCD Foundation: Timonium, MD
- Hershfield, J. (December 2015). *OCD and the Family: Clinical Considerations in Addressing Family Accommodation and participation in Treatment*. Baltimore Psychological Association: Baltimore, MD
- Block-Lerner, J., Hershfield, J., Lenda, A., Zerubavel, N., Lilly, M., Levin, M., and Marks, D. (November 2015). *Mindfulness and acceptance-based training for professionals and trainees in the health sciences: Improving dissemination by*

- considering feasibility, nuts and bolts, and active ingredients.* 49th Annual Convention of the Association for Behavioral and Cognitive Therapies: Chicago, IL
- Hershfield, J. (October 2015). *Loving a Family Member With OCD*. OCD Awareness Week Event presented by OCD Georgia, Affiliate of the International OCD Foundation: Atlanta, GA
 - Hershfield, J. (October 2015). *OCD Crash Course. Getting Free From OCD: Break-Outs With Experts* presented by the Mid-Atlantic Affiliate of the International OCD Foundation: Columbia, MD
 - Hershfield, J., Williams, M., Bell, E., and Bell, J. (July 2015). *Mind Washing: Understanding the Experience of Living With and Treating Mental Rituals*. 22nd Annual International Obsessive Compulsive Foundation Conference: Boston, MA
 - Hershfield, J. and Mueller, L. (July 2015). *OCDisney! 22nd Annual International Obsessive Compulsive Foundation Conference*: Boston, MA
 - Nicely, S., Hershfield, J., and Jenks, A. (August 2015). *Don't Talk to Me Like That! Maximize Your OCD Recovery Using Self-Compassion*. 22nd Annual International Obsessive Compulsive Foundation Conference: Boston, MA
 - Hershfield, J. (April 2015). *Clinical Applications of Mindfulness-Enhanced Cognitive Behavioral Therapy for OCD*. Anxiety and Depression Association of America Annual Conference: Miami, FL
 - Batton, A. and Hershfield, J. (April 2015). *Is Your Patient Treatment Resistant Or Is It You?* Anxiety and Depression Association of America Annual Conference: Miami, FL
 - Hershfield, J. and Bell, E. (April 2015). *Post-Partum Parenting*. Anxiety and Depression Association of America Annual Conference: Miami, FL
 - Hershfield, J. (October 2014). *Addressing Family Accommodation of OCD Symptoms*. Los Angeles County Psychological Association CBT SIG: Los Angeles, CA
 - Hershfield, J. (September 2014). *Mind Washing: Understanding Mental Rituals in OCD*. UCLA OCD Treatment Program Seminar: Los Angeles, CA
 - Hershfield, J., Moyer, J., and Warzecha, M. (July 2014). *Second City Presents: Improv for Anxiety*. 21st Annual International Obsessive Compulsive Foundation Conference: Los Angeles, CA
 - Hershfield, J., Claiborn, J., Cavanaugh, S., and Mueller, W. (July 2014). *Getting Help and Support for OCD on the Internet*. 21st Annual International Obsessive Compulsive Foundation Conference: Los Angeles, CA
 - Hershfield, J. and Mueller, L. (July 2014). *Diagnosing Disney for Kids*. 21st Annual International Obsessive Compulsive Foundation Conference: Los Angeles, CA
 - Hershfield, J. and Rupertus, K. (July 2014). *iCan: Confronting OCD for Teens*. 21st Annual International Obsessive Compulsive Foundation Conference: Los Angeles, CA
 - Hershfield, J. and Zasio, R. (July 2014). *I Must Be the Worst: The Scary World of OCD and Parenting*. 21st Annual International Obsessive Compulsive Foundation Conference: Los Angeles, CA

- Hershfield, J. Hershfield, B., Zisook, S., Clayman, B., and Bell, J. (July 2014). *Bizarre Love Triangle: Facilitating Communication Between Psychiatrists, Therapists, and OCD Consumers*. 21st Annual International Obsessive Compulsive Foundation Conference: Los Angeles, CA
- Hershfield, J. and Grayson, J. (March 2014). *Clinical Applications of Mindfulness-Enhanced Cognitive Behavioral Therapy for OCD*. Anxiety and Depression Association of America Annual Conference: Chicago, IL
- Hershfield, J. (August 2013). *Addressing Mental Rituals in CBT for OCD*. Los Angeles County Psychological Association CBT SIG: Los Angeles, CA
- Hershfield, J. and Grayson, J. (July 2013). *Imagine That!: A Scripting Workshop*. 20th Annual International Obsessive Compulsive Foundation Conference: Atlanta, GA
- Hershfield, J. and Rupertus, K. (July 2013). *Thoughts and Feelings Are Like, Whatever: Mindfulness for Teens*. 20th Annual International Obsessive Compulsive Foundation Conference: Atlanta, GA
- Hershfield, J., Corboy, T., Yocum, L., and Kuhl-Wochner, S. (July 2012). *Bringing Clarity to Mental Rituals*. 19th Annual International Obsessive Compulsive Foundation Conference: Chicago, IL
- Rupertus, K. and Hershfield, J. (July 2012). *Adolescence Sucks and Then There's OCD*. 19th Annual International Obsessive Compulsive Foundation Conference: Chicago, IL
- Hershfield, J., Corboy, T., Quinlan, K., Kuhl-Wochner, S. (July 2011). *Bringing Clarity to Mental Rituals*. 18th Annual International Obsessive Compulsive Foundation Conference: San Diego, CA
- Rupertus, K. and Hershfield, J. (July 2011). *Got OCD?* 18th Annual Obsessive Compulsive Foundation Conference: San Diego, CA
- Rupertus, K. and Hershfield, J. (July 2011). *The ABCs of OCD*. 18th Annual Obsessive Compulsive Foundation Conference; San Diego, CA
- Rupertus, K. and Hershfield, J. (July 2011). *Adolescence Sucks- and Then There's OCD*. 18th Annual Obsessive Compulsive Foundation Conference: San Diego, CA
- Rupertus, K. and Hershfield, J. (July 2011). *iTouch*. 18th Annual Obsessive Compulsive Foundation Conference; San Diego, CA
- Hershfield, J. and Jenike, M. (July 2010) *OCD and Online Support*. 17th Annual International Obsessive Compulsive Foundation Conference: Washington, DC
- Hershfield, J. and Jenike, M. (July 2009) *OCD and Online Support*. 16th Annual International Obsessive Compulsive Foundation Conference: Minneapolis, MN

Professional Associations

- International OCD Foundation (professional member)
- Anxiety and Depression Association of America (professional member)
- Association of Behavioral and Cognitive Therapies (professional member and membership committee)
- American Association of Marriage and Family Therapists (professional member)

- California Association of Marriage and Family Therapists (professional member)
- The TLC Foundation for Body-Focused Repetitive Behaviors (professional member)
- Maryland Psychological Association (affiliate member)
- Baltimore Psychological Association (affiliate member)

Additional Info

- Approved LCMFT Supervisor by the Maryland Board of Professional Counselors and Therapists
- Board member of the Midatlantic Affiliate of the International OCD Foundation
- *2013-present:* Project Advisor to OC87: Recovery Diaries (oc87recoverydiaries.com). Website devoted to highlighting stories of mental health recovery.
- *2013-present:* professional contributor to EverythingOCD Facebook support group
- *2009-present:* professional contributor to OCD-Support online OCD discussion board/support group
- *2005-present:* Moderator of Pure_O_OCD online discussion board/support group (roughly 2000 members) for OCD sufferers with an emphasis on mental compulsions.

REFERENCES AVAILABLE UPON REQUEST