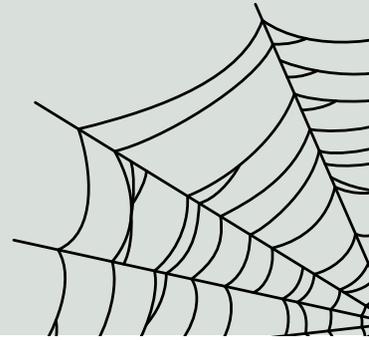




# EXPOSURE PALOOZA

Presented by The CU Anschutz OCD Program



## CELEBRATING RESILIENCE: HIGHLIGHTS FROM THE INAUGURAL EXPOSUREPALOOZA EVENT BY CU ANSCHUTZ OCD PROGRAM

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The CU Anschutz OCD Program's team orchestrated a triumphant inaugural EXPOSUREPALOOZA event on October 29, 2023. Battling through unexpected challenges such as unseasonal snow and the usual hiccups in the planning process, the team's resilience shone through as they successfully hosted an event that not only educated but also broke down societal stigmas surrounding OCD, all while infusing an atmosphere of fun for the community.

The highlight of the event was the lineup of four exceptional speakers, each bringing a unique perspective and wealth of knowledge to the stage. Our very own Dr. Rachel Davis delivered a poignant talk about her personal journey with OCD. From grappling with an intense fear of her own body, she transformed her experience into a source of inspiration, ultimately becoming a physician and even undergoing the selfless act of becoming a living liver donor. Dr. Sarah Hoggan, another distinguished speaker, shared invaluable insights on how to identify and respond to potential medical emergencies in our beloved pets. Dr. Moksha Patel courageously recounted his battles with OCD and his uplifting story of persistence and tenacity, culminating in finding hope and help through Deep Brain Stimulation surgery. Rev. Katie O'Dunne closed the speaker lineup and shared her personal narrative as a faith leader grappling with OCD in isolated silence. Through her story, she emphasized the crucial role of support systems, the power of vulnerability, and the significance of embracing the discomfort (the "ick") to live authentically in accordance with one's values.

In essence, EXPOSUREPALOOZA exceeded expectations not only as an educational platform but also as a celebration of resilience, hope, and the collective strength of a community coming together to combat the challenges posed by OCD.

EXPOSUREPALOOZA raised \$13,000 in support of the OCD program and we are looking forward to even bigger and better future events!



The planning team and event speakers pose for a photo during the inaugural event.



Speaker Dr. Katie O'Dunne helps manage one of the snack stations.



Exposure booths set up to allow attendees to face their fears

**THE LONELINESS AND SENSE OF DYSFUNCTION THAT I OFTEN FEEL, WAS SMALLER FOR A TIME...I'M PROUD OF MYSELF FOR ACTUALLY GOING AND ENGAGING IN EXPOSUREPALOOZA.**

-Event Attendee