

MisoCon26 – October 22-24, 2026 – Tulsa, OK (Tentative Schedule – Subject to Change)

THURSDAY, OCT 22				
6:30-8:30pm	Meet & Greet (hotel bar: adults and dining area: youth)			
FRIDAY, OCT 23				
7:45-8:00am	OPENING REMARKS/WELCOME			
8:00-9:00am	History of Misophonia (Marsha Johnson)			
DISCUSSION GROUPS				
9:00-10:00am	Adults with Misophonia	Partners of Adults with Misophonia	Parents of Kids with Misophonia	Youth with Misophonia
10:00-10:30am	BREAK (Misophonia-Friendly Snacks Available)			
CONCURRENT PRESENTATIONS				
10:30-11:30am	It's never just the sound: The hidden story of living with misophonia (Kat Britten) <b>Virtual</b>		Misophonia Treatment Session PT 1: Theory of Misophonia and Counterconditioning (Tom Dozier)	
CONCURRENT PRESENTATIONS				
11:30am-12:30pm	From Triggers to Trailheads: Using Misophonia as a Means for Self-Discovery and Growth (Sara Barrick)		EASE: A Flexible Model for Treating Misophonia—Core Principles and Clinical Applications (Ezra Cowan) <b>Virtual</b>	
12:30-1:30pm	MEAL BREAK (on your own)			
1:30-2:15pm	SUCCESS PANEL			
EXPERIENTIAL SESSIONS				
2:15-3:15pm	Try it, feel it, Own it: Build your Sensory Toolkit for Living with Misophonia (Aubrey Schmalke, Jena Northen, Lucia Lara, Jessica Crowder)		Misophonia Treatment Session PT 2: Effective Trigger Management, Custom Muscle Relaxation Training, and Use of the Trigger Tamer App (Tom Dozier)	
SPECIAL TOPIC DISCUSSION GROUPS				
3:15-4:15pm	Women, Hormones, and Misophonia (Afton Williamson)		Know Your Coping Tools: For Newly Aware & Seasoned Miso Sufferers (John Smoot, Adeel Ahmad, Lyle Severson)	
4:15-4:30pm	BREAK (Misophonia-Friendly Snacks Available)			
DISCUSSION GROUPS				
4:30-5:30pm	Adults with Misophonia	Partners of Adults with Misophonia	Parents of Kids with Misophonia	Youth with Misophonia
5:30-5:45pm	CLOSING FRIDAY REMARKS			

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SATURDAY, OCT 24				
7:00-7:45am	TABLE TOPICS (community-led interests)			
7:45-8:00am	OPENING REMARKS/WELCOME			
8:00-9:00am	Medication For Treating Misophonia: Updates for 2026 (Jadon Webb)			
9:00-10:00am	Misophonia Across Generations: Unique Challenges for Different Ages (Jaelline Jaffe)			
10:00-10:30am	BREAK (Misophonia-Friendly Snacks Provided)			
EXPERIENTIAL SESSIONS				
10:30-11:30am	Yr. 2 Experiment: Misophonia and Movement (Marsha Johnson)		You're Not a Bad Person: Understanding Misophonia Anger (Jadon Webb, Megan Berry)	
DISCUSSION GROUPS				
11:30am-12:30pm	Adults with Misophonia	Partners of Adults with Misophonia	Parents of Kids with Misophonia	Youth with Misophonia
12:30-1:30pm	MEAL BREAK (on your own)			
1:30-2:00pm	Digital ACT intervention for adults with misophonia: Expanding access to care through online self-help (Emily Bowers) <i>Virtual</i>		BOOK SIGNINGS	
CONCURRENT PRESENTATIONS				
2:00-3:00pm	Developing a novel cognitive-behavioral treatment for misophonia: Overview of the therapeutic approach and preliminary findings (Samuel Spencer, Erin Moran-Meder)		Befriending the Rage Monster: Transforming the Relationship with Anger and Rage in Misophonia (Kresta Dalrymple)	
DISCUSSION GROUPS				
3:00-4:00pm	Adults with Misophonia	Partners of Adults with Misophonia	Parents of Kids with Misophonia	Youth with Misophonia
4:00-4:15pm	BREAK (Misophonia-Friendly Snacks Available)			
4:15-4:45pm	PRESENTERS PANEL Q&A			
4:45-5:00pm	CLOSING REMARKS FOR MISOCON26			

Current as of 7/2/26