MISOPHONIA ASSOCIATION

Supporting the misophonia community since 2013

MISOCON26

OFFICIAL CONVENTION PROGRAM

Adults | Partners | Parents | Professionals | Youth

October 22-24, 2026

Tulsa, Oklahoma

MISOPHONIA ASSOCIATION

MISOCON26 PROGRAM TABLE OF CONTENTS

Our Mission - (EARS) Education - Advocacy - Research - Support

A 501(c)(3) Non-Profit Organization

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MISOPHONIA ASSOCIATION

MISOPHONIA ASSOCIATION

Our Mission – (EARS) Education - Advocacy - Research - Support

A 501(c)(3) Non-Profit Organization

2026 MISOPHONIA ASSOCIATION CONVENTION PLANNING COMMITTEE

Dr. Marsha Johnson
Co-Founder & Board President

Dr. Jaelline Jaffe
Co-Founder & Board Member

Dr. Cindy Ann Simon
Co-Founder & Board Member

John Smoot
Board Member

Jaci Hoffman
Office & Communications Manager

Jennifer Miranda-Vitiello
Volunteer & Ambassador Coordinator

2026 MISOPHONIA ASSOCIATION AMBASSADORS

We're thrilled to launch our new Ambassador Program at MisoCon26! Designed to make your convention experience as seamless and comfortable as possible—especially for first-timers—our Ambassadors are ready to guide the way. Look for the distinctive Ambassador ribbon on their badges. From room directions and session tips to a welcoming smile when you need a break, they've got you covered. A huge thank you to this amazing group for giving back to our community:

Tim Beresnyak | Washington, D.C.
Veteran convention attendee and Misophonia Association Advisory Board Member

Lois Imig | Omaha, Nebraska
Veteran: has attended every in-person convention!

Marlene Ingham | Raleigh, North Carolina
2nd-time convention attendee

Jennifer Miranda-Vitiello | Ft. Denaud, Florida
3rd-time convention attendee and ambassador coordinator

Dr. Jadon Webb | Littleton, Colorado
Veteran convention attendee, Misophonia Association Advisory Board Member, and presenter

Afton Williamson | Littleton, Colorado
2nd-time convention attendee and presenter

MISOPHONIA ASSOCIATION

WELCOME LETTER FROM THE PRESIDENT

Dear Misophonia Community,

Welcome to MisoCon26, the 13th Misophonia Association convention! The decision you made to be here in Tulsa, whether for yourself or in support of someone else, was monumental. We are ready to help you navigate your current challenges, and hope that you will leave feeling transformed.

Many volunteers come together to make this convention possible every year. We truly appreciate the 20 presenters who are donating their time this year to help us offer a fabulous convention. They willingly share their expertise about how to improve lives– promoting hope and positivity for the future.

The field has grown by leaps and bounds since I discovered misophonia in July 1997. While progress can feel slow at times, it's actually quite remarkable how much has been accomplished. Generous donations have fueled strong research projects, producing information that is meaningful to those affected by misophonia.

We're looking forward to a wonderful experience with hands-on workshops and support group sharing as well as fun activities– like karaoke late Friday afternoon! Having fun together and engaging in thoughtful, compassionate exchanges with others who have misophonia can be a very rewarding experience.

The Misophonia Association greatly appreciates the financial contributions that allow our important work to continue, as well as the volunteers who dedicate countless hours to planning our regular online clinics and this annual convention.

At the conclusion of this convention, please take the time to give us feedback. You can either fill out the paper survey and turn it in, or scan the QR code to complete it online. Your input is key to what we plan each year. Thank you for attending MisoCon26 and increasing awareness of misophonia!

Warm regards,

Marsha Johnson

Dr. Marsha Johnson, AuD
Co-Founder & President, Misophonia Association

MISOPHONIA ASSOCIATION

RULES AND GUIDELINES FOR CONVENTION ATTENDEES

Many people attending this event may have sensitivities to specific sounds or movements. To ensure a safe and enjoyable experience for everyone, please carefully review and follow these guidelines:

1. Registration and Badges
    - All attendees must be registered for the convention and wear their badge.
    - Badges are non-transferable and must be presented for entry.
2. Code of Conduct
    - Respect for all attendees, speakers, staff, and volunteers is expected at all times.
    - Discrimination, harassment, or disruptive behavior will not be tolerated.
    - Fragrance-Free Request: Out of respect for sensory sensitivities, please refrain from wearing strong perfumes, colognes, or heavily scented products.
3. Photography and Recording
    - Main sessions may be recorded. However, breakout sessions and Youth Track sessions will not be recorded to protect participants' privacy and foster a safe space for open, personal sharing.
    - Attendees are welcome to take personal photos or videos in designated areas, but we ask that they remain mindful and respectful of others' privacy.
4. Personal Belongings
    - Keep all personal belongings with you at all times. The convention organizers are not responsible for lost or stolen items.
5. Session Etiquette
    - Please arrive on time for the sessions. If you need to step outside, please do so quietly to minimize disruption to speakers and attendees.
    - Turn off or silence cell phones and other electronic devices during sessions.
    - Designated areas will be available for attendees who prefer to type during sessions. Please be mindful of others' sound sensitivities while doing so.
    - Chewing gum and opening crinkly wrappers are not permitted in session rooms.
    - Be mindful of repetitive movements that may trigger visual sensitivities for those seated nearby. What doesn't bother you might bother another individual.
6. Food and Beverage
    - Eating or drinking during sessions is not permitted. If you need to eat or drink, please step outside the meeting areas.
    - Outside food and beverages are not permitted in convention areas.
    - Refreshments will be provided during designated breaks.

Disclaimer: The convention organizers are not liable for any injuries, losses, or damages that may occur during the event. Attendees participate at their own risk.

MISOPHONIA ASSOCIATION

MISOCON26 BADGE AND LANYARD GUIDE

ATTENDEE CATEGORY	LANYARD OR RIBBON
Misophone Adult	**Blue**
Misophone Youth	**Bright Blue**
Parent or Caregiver	**Yellow**
Spouse, Partner or Significant Other	**Orange**
Board Member	**Neon Green**
Advisory Board Member	**Green**
Presenter	**Purple**
Ambassador	**Red (Ribbon)**
Visitors	**Black**

NEED HELP?

Find anyone wearing a RED Ambassador ribbon for directions, supplies, questions, or help finding a quieter space.

Educational disclaimer:

Convention sessions provide education and peer support. They do not replace individualized medical, mental health, or legal advice.

MISOCON26 PRESENTER AND SESSIONS



Adeel Ahmad
Know Your Coping Tools: For Newly Aware & Seasoned Miso Sufferers

Adeel Ahmad is a software entrepreneur, founder of the nonprofit Embodied Knowledge Institute, and host of the Misophonia Podcast, where he has conducted hundreds of conversations exploring lived experience and emerging research. His work bridges computational methods with embodied learning, treating lived experience as legitimate data. Ahmad helped author "Sounds Like Misophonia" and advocates for deeper inquiry into conditions that reward patient attention.

SESSION: Know Your Coping Tools
People who are newly aware of misophonia and longtime community members are invited to share coping tools, strategies, and personal experience. Compare approaches, build a stronger toolkit, and leave with practical ideas from others who understand the challenges firsthand.

Lyle Severson and John Smoot will join this session as well.



Sara Barrick
From Triggers to Trailheads

Sara Barrick is a Licensed Marriage and Family Therapist, Somatic Experiencing Practitioner, and Certified Hypnotherapist specializing in misophonia and trauma healing. Having personally experienced misophonia for 25 years and finding freedom from it in 2018, she brings a deep understanding of both the challenges faced by those with the condition and the path toward healing. Barrick is recognized nationally for helping people understand the broader picture of misophonia and is the author of "Demystifying Misophonia: A Holistic Approach to Finding Freedom."

SESSION: From Triggers to Trailheads: Self-Discovery and Growth
This session explores how misophonia can serve as a pathway to greater self-understanding, healing, and personal growth. Sara shares insights from her own experience and common themes from client work, along with components that can make discovery-oriented work meaningful and transformative.



Emily Bowers
Digital ACT Intervention
VIRTUAL

Emily Bowers, MS, is a fifth-year doctoral student in the combined clinical/counseling psychology program at Utah State University. Her research and clinical work focuses on acceptance and commitment therapy (ACT) for anxiety and related conditions. Over the past four years, she has worked as a therapist and researcher on a clinical trial comparing ACT and progressive relaxation training for adults living with misophonia. She is currently the principal investigator of a randomized controlled trial evaluating an online ACT self-help program for misophonia, supported by the Misophonia Research Fund. Her work focuses on developing and testing accessible treatment options to help more individuals living with misophonia receive effective care.

SESSION: Digital ACT Intervention for Adults with Misophonia
Learn about a randomized controlled trial evaluating an eight-module online Acceptance and Commitment Therapy program for adults with misophonia. The presentation covers the intervention, study outcomes, and the potential for fully automated self-help to expand access to care.

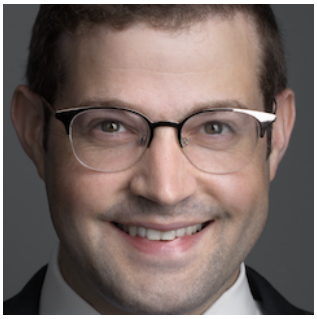
MISOCON26 PRESENTER AND SESSIONS



Kat Britten
It's Never Just the Sound
VIRTUAL

Kat Britten is an MSc Psychology graduate and Sequent Repatterning Therapy (SRT) practitioner specializing in working with misophones. Her MSc research explored the lived experiences of adults with the condition, highlighting how much more complex the experience can be than simply reacting to trigger sounds. In her clinical practice, most of her clients face similar challenges. She works using SRT, an approach specifically developed for misophonia that uses memory reconsolidation to help shift deeply held protective response patterns. Britten is passionate about helping people find meaningful, lasting change by bringing together research, lived experience, and practical therapeutic understanding.

SESSION: It's Never Just the Sound: The Hidden Story of Living with Misophonia
Research and clinical reflections reveal the wider experience behind triggers–including shame, hypervigilance, stress, personal history, social misunderstanding, and the constant work of adapting daily life. The session offers validation and considers support beyond symptom management alone.



Dr. Ezra Cowan
The EASE Model
VIRTUAL

Dr. Ezra Cowan is a clinical psychologist specializing in OCD, misophonia, and related conditions. Over the past eight years, he has treated hundreds of individuals and developed the EASE model (External Acceptance and Self Engagement), a structured approach targeting emotional and behavioral rigidity underlying misophonia. His work integrates evidence-based treatment with a compassionate, experiential style, helping clients cultivate openness and acceptance toward internal experiences. Dr. Cowan works in the greater New York metropolitan area, regularly lecturing and being interviewed on misophonia and OCD.

SESSION: EASE: A Flexible Model for Treating Misophonia
Learn the EASE framework - External Acceptance and Self-Engagement - for shifting the relationship with internal experiences that cannot be fully controlled. The session emphasizes awareness, willingness, and flexible engagement, while introducing misophonia styles and selected somatic and IFS-informed tools.



Jessica Crowder
Build Your Sensory Toolkit

Jessica Crowder, OTD, OTR/L, is an acute-care occupational therapist with clinical and academic interests in misophonia. She completed a doctoral capstone project examining the role of occupational therapy in assessing and supporting individuals with misophonia and started an OT-specific misophonia network. Crowder is committed to advancing interdisciplinary understanding of misophonia and promoting evidence-informed approaches that enhance participation, self-regulation, and quality of life.

SESSION: Try It, Feel It, Own It: Build Your Sensory Toolkit
Move through guided stations exploring auditory, tactile, vestibular, and proprioceptive strategies. Participants can notice their own nervous system responses, discuss what feels supportive, and leave with evidence-informed ideas for a more personalized regulation and participation plan.

Lucia Lara, Jena Northen, and Aubrey Schmalle will also join this session.

MISOCON26 PRESENTER AND SESSIONS



Kresta Dalrymple
Befriending the Rage Monster

Kresta Dalrymple, LMFT, specializes in treating complex trauma and dissociative disorders using mind/body modalities such as IFS and Brainspotting. After living with misophonia for 35 years, she found "freedom" in 2022. Since then, she has drawn on the insights from her own healing journey to help others with misophonia and founded Misophonia Freedom Lab to raise awareness, collect "freedom stories," and create collaborative spaces where professionals can share insights and identify better ways to help people with misophonia. Dalrymple is passionate about educating therapists about misophonia and how mind/body therapies can help reduce shame, calm nervous system activation, and empower people with misophonia to live fuller lives.

SESSION: Befriending the Rage Monster
Using the Internal Family Systems principle that all parts are welcome, this session invites participants to approach anger and rage with compassion and curiosity. Reframing these responses can reveal positive intent and support more constructive relationships with self and others.



Tom Dozier
Misophonia Treatment Parts 1 & 2

Tom Dozier, MS, BCBA, is a behaviorist who has researched and provided treatment for misophonia since 2012 and authored "*Understanding and Overcoming Misophonia, A Conditioned Aversive Reflex Disorder*," along with 10 journal articles. He conducted two experimental misophonia studies investigating conditioned physical and emotional reflex responses to misophonia, providing support for the theory that the misophonic response includes both conditioned physical and emotional reflexes. Dozier developed Relaxation and Counterconditioning Therapy as a behavioral treatment for misophonia, and he has provided this treatment to hundreds of individuals in-person or by telehealth.

SESSION: Misophonia Treatment Part 1: Theory and Counterconditioning
Explore a conditioned physical-and-emotional reflex model of misophonia. Participants will learn to identify an Initial Physical Reflex, understand conditioning and counterconditioning, and begin creating a practical plan. Installing the free Misophonia Reflex Finder app in advance is recommended.

SESSION: Misophonia Treatment Part 2: Trigger Management & Training
Create customized noise mixes and muscle-relaxation practice sessions while learning about neuroplasticity and Progressive Muscle Relaxation. The workshop also introduces a counterconditioning plan using recordings or the Trigger Tamer app. Attendees should bring a compatible device.



Dr. Jaelline Jaffe
Misophonia Across Generations

Jaelline Jaffe, PhD, LMFT, is a licensed psychotherapist with 50 years of clinical experience, specializing over the past 15 years in misophonia, tinnitus, and hyperacusis. A global speaker and presenter since 2013, Dr. Jaffe created *"These Sounds are Driving Me Crazy!"* to train mental health professionals in treating sound sensitivities, as well as *"These Sounds are Driving Our Family Crazy!"* to support parents of children with misophonia. She is currently working on a misophonia self-help book and is the co-author of *"The Heroic Journey: A Rite of Passage Program for Adolescents,"* a curriculum implemented in middle schools nationwide.

SESSION: Misophonia Across Generations
Misophonia can present different challenges in childhood, adolescence, adulthood, and later life. This talk considers the needs of newly identified young people and adults who grew up without a name or support for the condition, offering practical tools for individuals and families at every stage.

MISOCON26 PRESENTER AND SESSIONS



Dr. Marsha Johnson
History of Misophonia

Year 2: Misophonia and Movement

Dr. Marsha Johnson is a pioneer in identifying the condition, originally termed selective sound sensitivity syndrome (4S), in the 1990s. Since then, she has devoted her career to caring for patients with tinnitus, hyperacusis, and sound sensitivity at her Oregon clinic. Dr. Johnson continues to guide the Association's mission and lead its annual convention, bringing together individuals, families, and professionals to advance education, advocacy, and community support.

SESSION: History of Misophonia
Travel through the history of misophonia, beginning before the condition had a formal name. Dr. Johnson highlights the clinical observations, advocacy, research investment, and management approaches that moved misophonia from isolation toward international scientific exploration.

SESSION: Year 2: Misophonia and Movement
Building on the 2025 movement session, this workshop uses games and tailored physical movement to explore links among sensory responses, misophonia, and mood. Participants can observe their reactions in a supportive environment..



Lucia Lara
Build Your Sensory Toolkit

Lucia Lara, OTR/L, is a licensed occupational therapist with 34 years of experience. She is the owner of LPL Consultation, LLC, in Poulsbo, WA, where she specializes in helping children, teens, families, and adults with sensory processing challenges optimize their functioning at home, at school, and in the community. Lara is a Certified Sensory Intelligence Practitioner, Senior Irlen Screener, and Autism Disorder Clinical Specialist, and holds Advanced Certification as a Therapeutic Listening provider, using music to support nervous system regulation.

SESSION: Try It, Feel It, Own It: Build Your Sensory Toolkit
Move through guided stations exploring auditory, tactile, vestibular, and proprioceptive strategies. Participants can notice their own nervous system responses, discuss what feels supportive, and leave with evidence-informed ideas for a more personalized regulation and participation plan.



Erin Moran-Meder
Developing a Novel Cognitive-behavioral Treatment

Erin Moran-Meder earned her M.S. in Clinical Research Methods from Fordham University, where she conducted research under the mentorship of Dr. Dean McKay. Her research focuses on obsessive-compulsive and related disorders (OCRDs), with particular interests in scrupulosity, treatment experiences, help-seeking behaviors, and evidence-based interventions for OCD.

SESSION: Developing a Novel Cognitive-behavioral Treatment
The presenters will share the therapeutic approach, preliminary findings, and answer audience questions during a detailed look at a 16-session individualized treatment that combines counterconditioning of a physical reflex with cognitive, behavioral, and emotion-regulation methods tailored for misophonia.

Moran-Meder will join Dr. Spencer for this presentation.

MISOCON26 PRESENTER AND SESSIONS



Jena Northen



Aubrey Schmalle

Build Your Sensory Toolkit

Jena Northen, MS, OTR/L, BCN, is a licensed occupational therapist with 33 years of experience working with children and adults. She is co-owner of Spot On Therapy Group in Richmond, VA. Northen specializes in Sensory Integration (SIPT certified) and is a Board Certified Neurofeedback provider (BCIA). Over the past 14 years, she has supported individuals with misophonia and misokinesia, integrating sensory processing, nervous system regulation, cognitive strategies, and neurofeedback to reduce the functional impact of trigger responses and improve participation, well-being, and quality of life.

Aubrey Schmalle, OTR/L, SIPT is the author of the Body Activated Learning Framework and owner of Sensational Achievements, LLC, a pediatric occupational therapy clinic in Stamford, CT. Schmalle specializes in sensory processing disorders as they relate to self-regulation, learning, and attention in children and adults - including those living with misophonia. As a Level 4 Tomatis Consultant, she implements The Tomatis Method to support auditory processing and nervous system regulation. A sought-after speaker and educator, Schmalle has developed courses and certifications through PESI, Inc. and Theramoves, LLC, and is part of a national network of professionals dedicated to supporting individuals with misophonia.

SESSION: Try It, Feel It, Own It: Build Your Sensory Toolkit
Move through guided stations exploring auditory, tactile, vestibular, and proprioceptive strategies. Participants can notice their own nervous system responses, discuss what feels supportive, and leave with evidence-informed ideas for a more personalized regulation and participation plan.

Jessica Crowder and Lucia Lara will also join this session.



Lyle Severson

Know Your Coping Tools: For Newly Aware & Seasoned Miso Sufferers

Some people joke that Lyle Severson is the oldest person to live with misophonia. While that may not be true, he dealt with the condition for decades before it even had a name. It significantly impacted his early relationships and academic life, forcing him to create his own coping strategies, including a therapeutic stint in boxing. Inspired by his late wife, Severson pursued a career in nursing and retired after nearly three decades in the field. Introduced to the term “misophonia” in 2012, he attended his first Misophonia Association convention five years later and has only missed one since. He is now a prominent advocate featured in multiple videos that raise awareness of the condition.

SESSION: Know Your Coping Tools
People who are newly aware of misophonia and longtime community members are invited to share coping tools, strategies, and personal experience. Compare approaches, build a stronger toolkit, and leave with practical ideas from others who understand the challenges firsthand.

Adeel Ahmad and John Smoot will join this session.

MISOCON26 PRESENTER AND SESSIONS



John "The Smooter" Smoot

Know Your Coping Tools: For Newly Aware & Seasoned Miso Sufferers

Near the end of 2015, John Smoot learned that misophonia was the cause of the sound sensitivity issues that had plagued him since his teen years in the 1980s. In 2017, he attended his first Misophonia Association convention, joined the community, and, in 2023, became a Misophonia Association board member. He is the administrator of the Western and Pacific Misophonia Support Group and the non-region-based group Misophonia Without Borders, both on Facebook. Smoot also hosts the "Misophonia Without Borders" YouTube Channel, which primarily focuses on misophonia awareness, advocacy, and coping, from his often-stated perspective: "I'm just a guy with misophonia, and I'm here to talk about it."

SESSION: Know Your Coping Tools
People who are newly aware of misophonia and longtime community members are invited to share coping tools, strategies, and personal experience. Compare approaches, build a stronger toolkit, and leave with practical ideas from others who understand the challenges firsthand.

Adeel Ahmad and Lyle Severson will be part of this session.



Dr. Samuel Spencer

Developing a Novel Cognitive-behavioral Treatment

Samuel D. Spencer, Ph.D., is an assistant professor in the clinical psychology doctoral program in the Department of Psychology at the University of North Texas, where he directs the Texas Intervention Development and Behavioral Science (T-ID-BS) research lab. He completed his predoctoral internship and postdoctoral fellowship in the OCD and Related Disorders Program in the Department of Psychiatry at Baylor College of Medicine, where he is currently a voluntary adjunct assistant professor. Dr. Spencer's research interests include obsessive-compulsive and related disorders, misophonia, and cognitive-behavioral therapy, including acceptance and commitment therapy and process-based therapy, and psychotherapy process and outcome research.

SESSION: Developing a Novel Cognitive-behavioral Treatment
The presenters will share the therapeutic approach, preliminary findings, and answer audience questions during a detailed look at a 16-session individualized treatment that combines counterconditioning of a physical reflex with cognitive, behavioral, and emotion-regulation methods tailored for misophonia.

Erin Moran-Meder will assist with this presentation.

MISOCON26 PRESENTER AND SESSIONS



Dr. Jadon Webb

Medication Updates

Understanding Anger

Jadon Webb, MD, PhD, is a board-certified psychiatrist in adult, child, and adolescent psychiatry and founder/CEO of Bloom Mental Health, based in Colorado. He is an assistant clinical professor at Yale School of Medicine, serves on the advisory board of the Misophonia Association, and is the author of multiple publications on misophonia and related sensory conditions. Dr. Webb provides specialized clinical care for misophonia and leads ongoing clinical research to improve treatment options. He is a frequent speaker on the diagnosis, treatment, and future directions of misophonia care and research.

SESSION: Medication for Treating Misophonia: Updates for 2026
The intensity of the fight-or-flight response can interfere with talk or behavioral therapy. Dr. Webb discusses how selected medications may reduce the intensity of trigger responses, lessen suffering, and potentially support other treatment approaches as part of individualized care.

SESSION: You're Not a Bad Person: Understanding Misophonia Anger
Explore intense anger, panic, and aggressive feelings through the lens of the fight-or-flight response. This small-group conversation aims to reduce shame and create honest space for questions about safety, guilt, family stress, and coping.



Afton Williamson
Women, Hormones, and Misophonia

Afton Williamson, PMHNP, is the clinical director of Bloom Mental Health, where she provides psychiatric care for children, adolescents, and adults. She has a special clinical interest in women's mental health, including PMDD, perimenopause, menopause, and the complex interactions between hormones and emotional well-being. Afton has completed advanced training through The Menopause Society and works closely with women navigating hormonal transitions across the lifespan. For several years, Williamson has also been actively involved in assessing and treating misophonia alongside Dr. Jadon Webb at Bloom Mental Health.

SESSION: Women, Hormones, and Misophonia
A supportive discussion of how hormonal changes may interact with misophonia during menstrual cycles, PMDD, pregnancy, postpartum transitions, perimenopause, and menopause. Patients and family members can share observations and consider connections with sensory sensitivity, emotional reactivity, and daily functioning.

MISOCON26 YOUTH TRACK PRESENTER



Megan Singer
Youth Track Leader

Originally from Michigan, where she earned her Bachelor of Science in Communication Sciences and Disorders and Behavioral Neuroscience from Grand Valley State University, Megan Singer is returning to lead the youth track for a second year. She's currently a graduate student at Texas State University in San Marcos, where she is working towards a Master of Arts in Psychological Research. Singer's interests focus on sensory processing and misophonia, with a specific emphasis on differential behavioral reactions in individuals with and without misophonia when exposed to triggers.

YOUTH TRACK SESSIONS

Friday, October 23

9:00-10:00 AM Introductions	Create a custom trading card with information you'd like people to know about you: your name, how old you are, the coolest thing you've ever done, and so on. Introduce yourself to other teens by walking around to view each other's cards.
10:30-11:30 AM Misophonia trivia	Teens will divide into small groups or work individually on an interactive misophonia trivia game. Answer questions about misophonia research and biology to see who knows misophonia best and learn things you didn't know along the way!
3:15-4:15 PM Choose your own misophonic adventure	In this interactive story game, teens will be given realistic, relatable scenarios that misophones often face (e.g., their teacher chews gum while she talks). Teens will add to each scenario as it is passed around the room, creating unique outcomes for each story. At the end, we'll discuss as a group some realistic coping strategies and vote on our favorite story.
4:30-5:30 PM Misophonia in the media	Teens will watch short clips of misophonia in the media and then discuss the accuracy, cringe factor, hilarity, and feelings about those portrayals. We'll also explore how misophonia might be better represented.

MISOCON26 YOUTH TRACK SESSIONS *(continued)*

Saturday, October 24

8:15-9:15 AM Misophonia survival guide for teens	Poster boards will be set up around the room, where you'll see a prompt about situations or scenarios that misophones often face. Teens will rotate around the room in timed sessions, adding thoughts, hacks, ideas, or questions to sticky notes that will fill the poster boards. At the end of the session, we'll discuss the ideas and synthesize them into a "Misophonia Survival Guide for Teens."
11:45 AM-12:45 PM Misophonia apps	Come to this session with your creative juices flowing. Working in small groups (or individually), teens will design a concept for an app, device, or tech tool designed for misophonia. Imaginations can be presented in a short pitch, poster, or even a prototype. At the end, we'll vote on which one is worthy of development.
1:45-2:15 PM	Guest presenter
3:15-4:15 PM Scavenger Hunt	For one of our final activities, teens will solve codes, word puzzles, and misophonia trivia to "unlock" a final prize. Clues will be hidden, so you need to use your knowledge of misophonia to figure out the next clue's location. Throughout the weekend, teens will add questions to the question box. For our final session, we will go through the questions and have an open discussion. You are encouraged to share your final thoughts on the convention and what you're going to take home from this experience. We will also do a contact swap to stay in touch. We are here to support one another!

MISOPHONIA ASSOCIATION

LOOKING AHEAD

Stay connected, share your talents, and help shape MisoCon27.

AMBASSADORS WANTED

Help make future events welcoming for everyone. Join our Ambassador program. Inquire at the registration desk to learn more.

WHAT IS YOUR SECRET SKILL?

Sign up to volunteer for 2027.

Planning, hospitality, outreach, design, fundraising, social media, technology, WordPress. Those are just some of the areas where your time and talent can help make the next MisoCon event stronger.

Sign up at the registration desk or email info@misophonia-association.org

WHERE TO NEXT, YOU ASK?

WE HAVE A PLAN!

Enter your suggestion in the container at the registration desk. Guess the next MisoCon location and see if you are right!

THE NEXT CHAPTER IS ALREADY TAKING SHAPE.

GET INVOLVED AND SUPPORT THE MISOPHONIA ASSOCIATION

WE INVITE YOU TO TAKE PART IN SHAPING THE FUTURE OF THE MISOPHONIA ASSOCIATION. HERE'S HOW YOU CAN GET INVOLVED:

DONATE

Your contributions help us continue providing support and resources to those affected by misophonia. Every donation makes a difference! You can donate online via our QR Code.

PROVIDE FEEDBACK ON MISOCON26

Help us make future events even better! Donate your time and talents to the cause of misophonia! Click the QR code to evaluate the convention and learn about our volunteer needs.

FOLLOW US ON SOCIAL MEDIA & SPREAD THE WORD

FACEBOOK
@MisophoniaAssociation

INSTAGRAM
@misophonia_association

YOUTUBE
@misophoniaassociation

LINKEDIN
Misophonia-Association

Stay connected with us! Follow our channels for updates, educational content, and to join conversations with others in the community. Share your experience at the convention on social media and with friends. Help us raise awareness by using the hashtags *#Misophonia #MisophoniaAwareness #MisoCon26 #MisophoniaConvention #MisophoniaCommunity #MisophoniaSupport*

BECOME A VOLUNTEER

Want to make a bigger impact? Join our amazing team of volunteers! Whether helping with events, outreach, or support, there are many ways to get involved. To learn more, complete the event evaluation form (green section above) or contact us at *info@misophonia-association.org*.

Thank you for your continued support and commitment to creating a more understanding and supportive environment for those living with misophonia!

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

Youth Track: see separate schedule at the end of this one

THURSDAY, OCT 22				
6:30-8:30pm	Meet & Greet (hotel bar: adults and dining area: youth) followed by Fireside Chat with Dr. Marsha Johnson			
FRIDAY, OCT 23				
7:45-8:00am	OPENING REMARKS/WELCOME			
8:00-9:00am	History of Misophonia (Dr. 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) Virtual	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, followed by book signing (Sara Barrick)	EASE: A Flexible Model for Treating Misophonia—Core Principles and Clinical Applications (Dr. Ezra Cowan) Virtual		
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 Schmalle, 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			
5:45-6:30pm	KARAOKE TIME! Sing something familiar or make up a song about misophonia and share it!			

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

Current as of 10/11/26