31st Annual Conference

ANXIETY DISORDERS
ASSOCIATION OF AMERICA

Anxiety and Related Disorders: Efficacy, Effectiveness, and Dissemination

NEW ORLEANS MARRIOTT
March 24-27, 2011

Jointly sponsored with Tulane University Health Sciences Center – Center for Continuing Education
Dear Colleagues,

It is with great pleasure that I invite you to the 31st Annual Conference on behalf of the Annual Conference Committee and the Board of Directors. It is not often that ADAA visits a city that fits as well with our message as New Orleans. This is a city not only rich in history and culture, but one that exemplifies resilience. New Orleans will be a perfect backdrop for learning, networking, and fun.

This year’s theme, “Anxiety and Related Disorders: Efficacy, Effectiveness, and Dissemination,” acknowledges the broadening of our mission to include stress-related disorders in combination with the ever-present challenge of translation, dissemination, and adoption of the latest practices to improve outcomes. I am honored that our keynote speaker will be Edna Foa, discussing dissemination of effective treatments for PTSD. The program is strong, offering peer-reviewed clinical and research sessions with lectures and workshops by invited experts on a broad range of topics branching into related disorders.

There will be two programs in the Preconference Institute on Thursday, one focusing on disaster trauma and the second on practice development. These sessions are in addition to the full conference program, which is divided into two tracks—clinical and research.

You can plan your attendance in many ways. Check the ADAA website often for program highlights and additions. The Online Program Planner will be available in January, as well as two formats of the preliminary program: online and downloadable pdf. And you can connect to us via social media: Look for ADAA Annual Conference pages on Facebook, Twitter, and LinkedIn.

Join us in this crescent of the American South, where traditions blend to offer colorful history and architecture, outstanding food, and legendary music. Laissez les bons temps rouler… Let the good times roll!

Sincerely,

Terry Keane, PhD
Conference Chair
VA Boston Healthcare System/
Boston University Medical School/
National Center for PTSD

Find us on Facebook
Follow us on Twitter
Connect to us on LinkedIn
When Disaster Strikes: Trauma Research, Intervention, and Treatment
8:30 am – 4:30 pm (lunch included)

Hear from experts in the field on trauma research, treatment, and community intervention.

- Welcome | Terry Keane, PhD, VA Boston Healthcare System/Boston University Medical School/National Center for PTSD
- Understanding and Addressing the Mental Health Impact of Disasters: What Is the Role for Innovative Interventions? | Dean Kilpatrick, PhD, Medical University of South Carolina
- Culture and Treatment | Richard Bryant, PhD, The University of New South Wales
- Helping Children Cope: Postdisaster Interventions With Youth | Annette La Greca, PhD, University of Miami
- Children and Teen Panel | Holly Orcutt, PhD, Northern Illinois University; JoAnn Difede, PhD, Weill Cornell Medical College
- Lunch (included with registration fee)
- Disasters and Community: Collective Resilience, Wellness, and Programs for the Public Good | Fran Norris, PhD, Dartmouth Medical School
- Community Response Panel
  - Community Response to Disasters: Direct Psychiatric Service Delivery | Chuck Coleman, MD, Louisiana State University Health Sciences Center
  - Managing Language and Cultural Barriers in Mental Health Access and Care | Katrina Badger, MPH, GSW, REACH NOLA
- Promoting Resilience in Disaster First Responders: A Psychological First Aid-Based Approach | David Benedek, MD, Uniformed Services University of the Health Sciences
- New Orleans and Disaster Resilience Leadership: Some Final Observations | Charles Figley, PhD, Tulane University
- Adjourn | Terry Keane

Practice Development
10:00 am – 2:00 pm (lunch included)

Is now the right time to begin your own practice? Are you a psychiatrist, psychologist, social worker, counselor, or therapist just starting out or thinking about establishing a private practice after working for institutions or other groups? If so, we invite you to participate in this half-day hands-on workshop.

Experienced professionals will discuss the ins and outs of setting up a practice, from making business decisions (legal issues, reimbursement, and administrative support) to marketing your new practice. Panelists include Shreya Hessler, PsyD, private practice in Maryland; Kimberly Morrow, MSW, private practice in Pennsylvania; and Philip Muskin, MD, Columbia University and private practice in New York.

NOTE: ADAA is offering special discounted fees for graduate students and professionals with less than five years experience to attend this Preconference Institute.
Make your plans now to attend the ADAA Annual Conference, the premier educational event for clinicians and researchers focusing on anxiety and stress-related disorders. Conference sessions begin Thursday afternoon with Master Clinician Workshops, which are included in the registration fee.

Check [www.adaa.org](http://www.adaa.org) regularly to review more than 110 peer-reviewed sessions and get updates and announcements of late-breaking sessions and social functions. The Online Program Planner will be available in January to help you prepare your personalized program.

**Arrive in time to kick off the conference with the Welcome Reception, Thursday, March 24, 7:15 pm, at the New Orleans Marriott following the Opening Session.**

**KEYNOTE, OPENING SESSION | THURSDAY, MARCH 24, 5:30 PM**

Edna Foa, PhD, professor of psychiatry at the University of Pennsylvania School of Medicine and the director of its Center for the Treatment and Study of Anxiety

Dr. Foa has dedicated her career to understanding the psycho-pathology of anxiety disorders and to developing and disseminating evidenced-based treatments for them. *Time* magazine named Dr. Foa one of the world’s 100 most influential people for developing and disseminating Prolonged Exposure (PE) therapy, which has been adopted by the U.S. Department of Veterans Affairs and the military to treat combat-related PTSD. Dr. Foa has been a member of ADAA for more than 25 years.

**Disseminating Evidence-Based Treatments Within Systems and Across Countries: Lessons Learned From Prolonged Exposure Therapy for PTSD**

In recent years, the number of individuals suffering from PTSD has increased dramatically in the U.S. and around the world as a result of massive natural disasters, increased terror attacks, and the wars in Iraq and Afghanistan. This increase has resulted in an urgent need for a large-scale effort to disseminate evidence-based treatment to mental health professionals. Dr. Foa will discuss factors that hinder dissemination of evidence-based treatments and how to overcome them, as well as the development, implementation, and success of methods to disseminate Prolonged Exposure therapy, a short-term CBT treatment for PTSD.
SPECIAL INVITED LECTURES

Jerilyn Ross Lecture | Friday, March 25, 8:00–9:00 am

Mind/Body Connection
Herbert Benson, MD, Director Emeritus, Benson-Henry Institute (BHI) and Mind/Body Medical Institute Associate Professor, Harvard Medical School

This is the first lecture to honor Jerilyn Ross, a cofounder of ADAA who served as president and CEO for 25 years until her death in January 2010. In keeping with Jerilyn’s keen interest in mind-body medicine, the debut lecture will be delivered by Herbert Benson, MD, a pioneer in this field of medicine. Dr. Benson is one of the first Western physicians to bring spirituality and healing into medicine. In a career spanning more than 35 years, he has defined the relaxation response, and he continues to lead teaching and research into its efficacy in counteracting the harmful effects of stress. Dr. Benson will present the evidence for the existence supporting a “relaxation revolution” that enhances health and well-being. The genomic changes of the relaxation response will be presented.

Master Clinician Workshops | Thursday, March 24; 1:30 pm (Unless noted)

- Treating Children With Tics, Trichotillomania, and Tourette’s Syndrome
  Martin Franklin, PhD, University of Pennsylvania

- Mind Over Mood—Treating Coexisting Depression and Anxiety
  Dennis Greenberger, PhD, Anxiety & Depression Center

- Anxiety and Sleep Disorders
  Michael Perlis, PhD, University of Pennsylvania

- Mindfulness and Acceptance-Based Behavioral Therapy for Anxiety Disorders
  Liz Roemer, PhD, University of Massachusetts, Boston

- Treating PTSD and Traumatic Brain Injury (TBI) — Friday, March 25 (time TBA)
  Richard A. Bryant, PhD, University of New South Wales, Sydney, Australia

Clinical Rounds | Times and dates subject to change; please check the final program or Online Program Planner in January.

- Next Step Treatments | Thursday, March 24; 1:30 pm
  Michael Van Ameringen, MD, McMaster University

- Anxiety, Psychological Stress, and Cardiovascular Diseases: Prevalence and Impact of Exercise Training | Friday, March 25, 2:30 pm
  Carl J. Lavie, MD, FACC, FACP, FCCP, John Ochsner Heart and Vascular Institute, New Orleans

- Substance Use Disorders and Anxiety | Friday, March 25 (time TBA)
  Barbara McCrady, PhD, Center on Alcoholism, Substance Abuse, and Addictions, University of New Mexico

- Headaches and Anxiety | Saturday, March 26 (time TBA)
  Frank Andrasik, PhD, University of Memphis
SPECIAL INVITED LECTURES

14th Annual Scientific Research Symposium | Friday, March 25, 9:30 am–12:30 pm

Dimensions of Psychopathology: Implications for Treatment and Research in Anxiety Disorders

How can new research findings shape future revisions of DSM and ICD? A framework will be needed to incorporate more comprehensively findings from basic science that might inform classification and improve patient care. This year’s Scientific Research Symposium will be organized around the dimensions of the Research Domain Criteria (RDoC) approach being adopted by NIMH. It will address fear circuitry, attention, cognitive control systems, and habit learning and its implications for anxiety. The discussion will focus on how neuroscientific approaches to anxiety might impact diagnostic and treatment implications in the future.

Daniel S. Pine, MD, NIMH — chair
Bruce Cuthbert, PhD, NIMH
Shmuel Lissek, PhD, University of Minnesota
Lisa McTeague, PhD, University of Florida
David Jentsch, PhD, University of California, Los Angeles
Michelle Craske, PhD, University of California, Los Angeles — discussant

Lunch Symposium | Friday, March 25, 12:30–2:00 pm

Ethics of Addressing Trauma in the Media | Saturday, March 26, 8:00–9:15 am

Elana Newman, PhD, Dart Center for Journalism & Trauma and Department of Psychology, University of Tulsa
John Pope, reporter, Times Picayune

PEER-REVIEWED SESSIONS

More than 110 sessions in two tracks—clinical and research—will be presented Friday through Sunday. Check the website frequently for specific details about the accepted sessions, dates, and times, as well as late-breaking changes. Available in January, the Online Program Planner will allow you to search for sessions by topics and disorders.

New Research Poster Sessions

There will be two New Research Poster Sessions on Friday and Saturday, 6:00–7:30 pm.
WHO SHOULD ATTEND
Basic and clinical researchers focusing on all aspects of anxiety and anxiety-related disorders, and psychiatrists, psychologists, social workers, counselors, marriage and family therapists, behavioral health counselors, physicians, nurses, and others providing mental health care, from students to established professionals. Individuals with anxiety disorders and their family are welcome to attend this professional conference. ADAA welcomes all who want to learn about these disorders and their treatment.

WHO WE ARE
The Anxiety Disorders Association of America (ADAA) is the leader in advocacy, education, training, and research for anxiety and stress-related disorders. For more than 30 years ADAA has been a multidisciplinary membership organization of clinicians and researchers committed to advancing science and practice to improve the lives of all who suffer from these disorders. Learn more about ADAA and join our dynamic network of professionals at www.adaa.org.

HOTEL INFORMATION
The ADAA 31st Annual Conference will be held at the AAA three-diamond New Orleans Marriott, located in the French Quarter. The special discounted conference rates are $199/night—for the third year in a row—for single or double occupancy, $235/night triple occupancy, and $255/night quadruple occupancy, plus taxes. These rates include free Internet access in your room and unlimited local phone calls.

The reservation cutoff is February 23, 2011. The discounted rate is not guaranteed after this date. Visit www.adaa.org to make your reservations or call 1-504-474-2009 or 1-800-266-9432 and mention the ADAA Annual Conference to receive the discount.

Why Stay at the Conference Hotel?
Stay at the New Orleans Marriott to gain the benefits of networking with colleagues, to be on location for sessions, and to get the best rates. When you stay at the conference hotel, ADAA is able to meet its contractual obligations for this meeting and ensure that attendees will receive good rates in the future.

TRAVEL
The closest airport to the hotel is the Louis Armstrong New Orleans International Airport (MSY), 13 miles away. Taxis from the airport to the hotel cost about $33 each way plus related fuel and airport surcharges.

Learn more travel information.
REGISTRATION
ADAA members receive significantly discounted fees, so make sure your membership is current through March 31, 2011. Find out about fees and packages. Members do not pay an additional fee; nonmembers can receive credits for an additional fee of $65 per discipline. Register online or download a registration form to mail or fax. Professional member group rates are available.

REGISTRATION POLICIES
Everyone attending the Annual Conference must register, including all speakers and poster presenters.

Full conference registration includes access to all conference sessions, including Master Clinician sessions, Scientific Research Symposium, New Research Poster Sessions, exhibits, receptions, breaks, and continental breakfast on Friday, Saturday, and Sunday. One-day registration fees are available on-site. See further details about registration.

CANCELLATION
Notice of cancellation must be postmarked or received in writing by February 11, 2011. A $75 administrative fee will be charged for all refunds.

Due to the many costs associated with planning and organizing this conference, beginning February 12 cancellations are not accepted for any reason (e.g. delayed or cancelled flights, weather, scheduling conflict). Refunds will be issued after the conference ends.

CONFERENCE COMMITTEE
Terry Keane, PhD – Chair
VA Boston Healthcare System/Boston University Medical School/National Center for PTSD
Darin Dougherty, MD – Incoming Chair, 2012
Massachusetts General Hospital
Cindy Aaronson, MSW, PhD
Mount Sinai School of Medicine
Christer Allgulander, MD
Karolinska Institutet
Gordon Asmundson, PhD
University of Regina
Katja Beesdo-Baum, PhD
Technical University of Dresden
Denise Chavira, PhD
University of California, San Diego
Meredith E. Coles, PhD
Binghamham University (SUNY)
Stacy Drury, MD, PhD
Private Practice
Luana Marques, PhD
Massachusetts General Hospital/ Harvard Medical School
Patrick McGrath, PhD
Alexian Brothers Behavioral Health Hospital
Philip R. Muskin, MD
Columbia University Medical Center/Private Practice
Robert Pietrzak, PhD, MPH
Yale University School of Medicine/VA Connecticut Healthcare System
Mark Powers, PhD
Southern Methodist University
Charles Price, MD
University of Nevada/Private Practice
Simon A. Rego, PsyD
Montefiore Medical Center
Brian Schmaus, PhD
Anxiety & Agoraphobia Treatment Center
Franklin Schneier, MD
New York State Psychiatric Institute
Naomi Simon, MD
Massachusetts General Hospital
Ashley Smith, PhD
Kansas City Center for Anxiety Treatment
Jasper Smits, PhD
Southern Methodist University
Sharon Sung, PhD
Massachusetts General Hospital
Michael Van Ameringen, MD
McMaster University
Aureen Wagner, PhD
The Anxiety Wellness Center
Julie Wetherell, PhD
University of California, San Diego
Risa Weisberg, PhD
Brown University
Daniel Winstead, MD
Tulane University School of Medicine
CONTINUING EDUCATION
CE and CME credits are available to registered professional physicians, psychologists, social workers, and counselors. All individuals who wish to receive credits must complete the forms on-site, have the forms signed before leaving the conference, and complete the evaluation form sent after the conference. Members do not pay an additional fee; nonmembers can receive credits for an additional fee of $65 per discipline. Only professional attendees can receive CE/CME credits; those paying guest, student, or consumer fees cannot apply for CE/CME credits.

CE credits are available for professionals through these organizations:
- Psychologists. ADAA is approved by the American Psychological Association to sponsor continuing education credits for psychologists. ADAA maintains responsibility for this program and its content. CE credits for psychologists are granted on a 1 credit per contract basis.
- Social Workers. This program is approved by the National Association of Social Workers (provider #886437837) for continuing education contact hours.
- Counselors. This program is approved by the National Board for Certified Counselors for continuing education credits.

Physicians assistants and nurse practitioners—AMA PRA Category 1 Credits™ can only be awarded to MDs or DOs (or physicians with equivalent degrees from other countries). Nonphysicians may not be awarded AMA PRA Category 1 Credits™. Nonphysicians may, however, receive a certificate of attendance/participation that acknowledges the activity was designated for AMA PRA Category 1 Credits™ in order to apply their participation toward relicensure.

This course meets the qualifications for continuing education for MFTs and LCSWs as required by the California Board of Behavioral Sciences.

CME Credits
Accreditation This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Tulane University Health Sciences Center and the Anxiety Disorder Association of America. Tulane University Health Sciences Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Designation Tulane University Health Sciences Center designates this live activity for AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Tulane University Health Sciences Center and the the Anxiety Disorder Association of America present this activity for educational purposes only and do not endorse any product, content of presentation or exhibit. Participants are expected to utilize their own expertise and judgment while engaged in the practice of medicine.

The content of the presentations is provided solely by presenters who have been selected because of their recognized expertise.

Disclosure Policy This activity has been planned and implemented in accordance with the ACCME’s Essential Areas and Policies to ensure balance, independence, objectivity, and scientific rigor. All individuals responsible for content, regardless of role(s), are required to document financial relationships or the absence of relationships with commercial interests, and all potential conflicts of interest must be resolved prior to the activity. Disclosure of off-label, experimental or investigational use of drugs or devices must also be made known to the audience.
Please print clearly. To receive discounted conference fees, join ADAA or renew your membership on this form. Fax to 240-485-1035; mail to ADAA, 8730 Georgia Ave., Suite 600, Silver Spring, MD 20910, Attn: Conference Registration.

First name (as it will appear on your badge)    Last name    Degree(s)

Practice/Company/Institution

Street

City    State    Zip/Postal code    Country

Telephone    Fax    E-mail

Emergency contact    Telephone    ☐ I am a first-time attendee.

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| PRECONFERENCE INSTITUTE ONLY | CHOOSE ONE: |
| Disaster Trauma | (March 24, 8:30 am – 4:30 pm; prices include lunch) |
| Professionals | ☐ $175 | ☐ $250 |
| Trainees/Residents/Postdocs/Students | ☐ $110 | ☐ $155 |
| Corporate | ☐ $250 |
| Practice Development Workshop | (March 24, 10:00 am – 2:00 pm; prices include lunch) |
| Professionals (5 or more years postgraduate) | Members: ☐ $ 95 | Nonmembers: ☐ $150 |
| Trainees/Postdocs/Students/Clinicians (less than 5 years postgraduate) | ☐ $ 50 |

FRIDAY LUNCH (included in fee) ○ vegetarian ○ nonvegetarian ○ not attending

CE/CME CREDITS (for nonmembers only; members receive credits at no additional cost)
CE/CME credits ○ CME ○ APA ○ NASW ○ NBCC ☐ $ 65

MEMBERSHIP (check one) Student: new/renewal ☐ $50 OR Professional: new/renewal ☐ $195
*Please note: Your membership must be current through March 31, 2011, to receive discounted rates.

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By submitting payment you acknowledge and accept the registration, cancellation, and payment policies, as stated at www.adaa.org.

☐ Check #___________ Checks must be drawn on a U.S. bank and payable to ADAA. ☐ VISA ☐ MasterCard ___________
ADAA does not accept American Express or Discover.  

TOTAL $___________

Credit card number  Expiration date  3-digit security code

Authorizing signature  Date

ADAA is committed to making the conference fully accessible. If you require assistance, please describe:

Questions? Please call 240-485-1031.

CONFERENCE REGISTRATION POLICIES

Registration
All attendees, including speakers and poster presenters, are REQUIRED to register for the conference and pay the registration fees. One-day fees are available on-site.

To receive discounted rates, members must be in good standing, and membership must be current through March 31, 2011.

Special discount for four or more professional members from the same institution or practice when submitted together by January 31: $310/person; February 1 or later: $400/person. Call 240-485-1031.

Students, trainees, residents, and postdocs must include a letter from their institution to be eligible for special reduced fees. Guest fees are for nonprofessional adult family and guests accompanying registrants and provide access to nonticketed meals and receptions.

Consumers must register by phone at 1-800-922-8947, ext. 131, or register on-site. Health professionals, faculty, and research staff are not eligible for consumer rates.

Only registered professional attendees can receive CE/CME credits; those paying guest, student, or consumer fees cannot apply for CE/CME credits.

Registrants will receive confirmation by e-mail. Badges and conference information will be sent out three weeks prior to the meeting. You must bring these items with you to the conference. Badge holders and programs will be handed out on-site; badges must be worn at all times.

Cancellation
Cancellation notice must be received in writing by February 11, 2011. A $75 administrative fee will be charged for all refunds. Cancellation for the Preconference Institute can be made until February 11, 2011. A $25 administrative fee will be deducted from your refund.

Due to the many costs associated with planning and organizing this conference, cancellations are NOT accepted for any reason beginning February 12. All refunds will be issued after the conference ends.

Payment
Payment in full must accompany your registration form. ADAA accepts VISA, MasterCard, and checks or money orders drawn on a U.S. bank ($75 charge for checks returned for insufficient funds). No purchase orders.
### Professional Member Group Rates

Please print clearly. To receive discounted group conference fees, individuals must join or renew your membership first. Fax to 240-485-1035; mail to ADAA, 8730 Georgia Ave., Suite 600, Silver Spring, MD 20910, Attn: Conference Registration.

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**ANNUAL CONFERENCE ONLY** (daily breakfast, Friday lunch included in fee)

-OR-

**ANNUAL CONFERENCE PLUS Preconference Institute** (Thursday & Friday lunches included in fee) **CHOOSE ONE:**

- **Annual Conference PLUS Preconference Institute: Disaster Trauma** (March 24, 8:30 am – 4:30 pm)
  - Professional members ☐ $430 ☐ $520

- **Annual Conference PLUS Preconference Institute: Practice Development** (March 24, 10:00 am – 2:00 pm)
  - Professionals (more than 5 years postgraduate) ☐ $405 ☐ $495

**FRIDAY LUNCH** (included in fee)  
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