

PRELIMINARY PROGRAM

**32nd Annual Conference
Anxiety Disorders Association of America**

**Integrating Mind-Body Connections:
Advancing Science, Informing Practice
for Anxiety and Related Disorders**



April 12–15, 2012

**Crystal Gateway Marriott
Arlington, Virginia
(Metropolitan Washington, D.C.)**

Preliminary program subject to change

Welcome from the Conference Chair



Dear Colleagues,

Welcome to the ADAA Annual Conference preliminary program. I have attended the ADAA conference for more than 11 years, and I'm thrilled to be this year's chair. I wholeheartedly invite you and your colleagues to attend. Why? Here are my top three reasons:

- **Learn and earn CE/CME.** Our symposia, roundtables, and workshops offer up-to-date training on treatment options and presentation and translation of current research.
- **Networking.** The conference is collegial and friendly, and it provides an invaluable opportunity to meet and share your research and clinical experience with colleagues from around the world.
- **It's one of the best meetings of the year.** You won't find a more multidisciplinary audience, made up of clinicians and researchers, students, postdoctoral fellows, clinical trainees, and residents. Attendees come together to advance research and treatment outcomes for anxiety and related disorders.

Clinicians and researchers with backgrounds in psychiatry, psychology, social work, counseling, nursing, and other disciplines will be there. Individuals with anxiety and related disorders and their families are welcome. The [conference committee](#) and I sincerely hope you'll be able to join us for what promises to be a truly outstanding meeting. One special bonus in 2012 is the [National Cherry Blossom Festival](#), taking place in Washington, D.C., at the time of our conference.

Register online at the [ADAA website](#). I'll look forward to seeing you there.

Sincerely,

A handwritten signature in black ink, appearing to read 'Darin Dougherty MD'. The signature is stylized and cursive.

[Darin Dougherty, MD](#)
Massachusetts General Hospital
Conference Chair



Schedule at a Glance

This overview of the conference schedule is subject to change; specific sessions and times may vary. [Visit the ADAA website for program updates and additions.](#)

Thursday, April 12, 2012

12:00–6:00 pm	Registration
1:00–5:00 pm	Master Clinician Workshops
1:30–3:00 pm	DSM-5 Panel: Anxiety, Depressive, Obsessive-Compulsive Spectrum, and Trauma-Related Disorders
3:00–5:00 pm	Research Frontiers Panel
5:30–7:00 pm	Opening Session: Awards Presentation, Keynote Address
7:15–9:00 pm	Welcome Reception <i>Network with colleagues old and new at this kickoff to the conference. Your badge is your admission ticket.</i>
9:00 pm	Reception for Early Career Professionals Special Interest Group

Friday, April 13, 2012

7:30 am–5:30 pm	Registration
7:30–9:00 am	Continental Breakfast
7:30–8:00 am	Welcome and Orientation for First-Time Attendees
7:30–8:30 am	Breakfast for Career Development Travel Award Winners and Mentors
8:00 am–5:00 pm	Exhibits Open
8:00 am–12:30 pm	Concurrent Symposia, Workshops, Individual Presentations
12:30–1:45 pm	Lunch Symposium: Jerilyn Ross Lecture
2:00–5:30 pm	Concurrent Symposia, Workshops, Individual Presentations
2:30–5:30 pm	15th Annual Scientific Research Symposium
5:30–7:00 pm	Poster Session 1

Saturday, April 14, 2012

7:30 am–5:30 pm	Registration
7:30–9:00 am	Continental Breakfast
8:00 am–5:00 pm	Exhibits Open
8:00 am–1:00 pm	Concurrent Symposia, Workshops, Individual Presentations
1:00–2:00 pm	Lunch on your own
2:00–5:30 pm	Concurrent Symposia, Workshops, Individual Presentations
5:30–7:00 pm	Poster Session 2

Sunday, April 15, 2012

8:30 am–1:00 pm	Registration
7:30–9:00 am	Continental Breakfast
8:30 am–1:00 pm	Concurrent Symposia, Workshops, Individual Presentations



Opening Session & Welcome Reception

Thursday, April 12

5:30–9:00 pm

Awards Presentation & Keynote Address 5:30–7:00 pm

Welcome Reception 7:15–9:00 pm

Don't pass up this great opportunity to network with your colleagues old and new!



Keynote Address: David Spiegel, MD
Jack, Lulu & Sam Willson Professor, School of Medicine
Associate Chair, Psychiatry and Behavioral Sciences
Director, [Center on Stress and Health](#)
Medical Director, Center for Integrative Medicine
[Stanford University School of Medicine](#)

“Tranceforming” Mind and Body

It is not simply mind over matter, but mind does matter. Dr. Spiegel's research interests involve stress and health: cognitive control over somatic functions, including cancer progression; the response to traumatic stress; and the perception of pain and anxiety. He will address evidence that specific stress-management techniques, such as training in self-hypnosis, can effectively alter perception of pain and anxiety, and he will review the role of the endocrine, immune, and autonomic nervous systems in stress response and their effects on cancer progression.

Jerilyn Ross Lecture

Friday, April 13

Lunch Symposium 12:30–1:45 pm



Joseph LeDoux, PhD
Henry and Lucy Moses Professor of Science
Professor of Neural Science and Psychology and Professor of Child and Adolescent Psychiatry, New York University
Director, [Emotional Brain Institute \(EBI\)](#)

The Anxious Brain

Dr. LeDoux's research focuses on the brain mechanisms of emotion and memory—how the brain learns and stores information about danger, with an emphasis on studies of fear and anxiety. This focus builds on the progress that has been made in understanding the neurobiology of fear and the application of this information to fear and anxiety disorders. Anxiety and fear are normal responses to threatening events. However, when they are expressed beyond the extent called for by the situation, an anxiety disorder exists.

This lecture was named to honor the memory and lifework of Jerilyn Ross, cofounder of the Anxiety Disorders Association of America and president and CEO from 1985 to 2010. This is the second Jerilyn Ross Lecture.

Thursday, April 12

DSM-5 Panel: Anxiety, Depressive, Obsessive-Compulsive Spectrum, and Trauma-Related Disorders

1:30–3:00 pm

Moderator: Katharine A. Phillips, MD, Rhode Island Hospital/Brown University

Panelist Discussants: Matthew J. Friedman, MD, PhD, National Center for PTSD; Daniel S. Pine, MD, NIMH; Dan Stein, MD, PhD, University of Cape Town; Michelle Craske, PhD, University of California, Los Angeles; Jan Fawcett, MD, University of New Mexico, Albuquerque

Research Frontiers

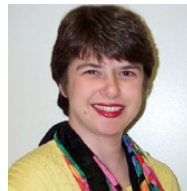
3:00–5:00 pm

A panel — of representatives from NIH Institutes of Mental Health (NIMH), Drug Abuse (NIDA), Center for Complementary and Alternative Medicine (NCCAM), as well as the Agency for Healthcare Research and Quality (AHRQ) and Patient-Centered Outcomes Research Institute (PCORI) — will discuss new directions for research, funding priorities, and programs relevant to stress and anxiety disorder research. Following will be a question period and an opportunity to meet the panel members

Moderators



Franklin Schneier, MD
New York State Psychiatric
Institute



Julie Wetherell, PhD
University of California,
San Diego

Panelists



Philip S. Wang, MD, DrPH,
Deputy Director, NIMH



David Shurtleff, PhD, Director,
Basic Neuroscience & Behavioral
Research, NIDA



Carolyn M. Clancy, MD,
Director, Agency for
Healthcare Research and
Quality (AHRQ)



Josephine Briggs, MD, Director,
National Center for
Complementary and Alternative
Medicine (NCCAM), NIH



Joe V. Selby, MD, MPH,
Executive Director, Patient-
Centered Outcomes Research
Institute (PCORI)



Ellen Stover, PhD, Director,
Division of Mental Disorders,
Behavioral Research, and AIDS
NIMH

15th Annual Scientific Research Symposium

Friday, April 13
2:30–5:30 pm

The Interface of Anxiety Disorders and Medical Disorders: Pathophysiology and Treatment Implications

The theme for this symposium is anxiety in medicine, exploring the increased medical vulnerability, and impact on outcomes when patients have stress, anxiety, and related disorders. [Read the speakers' abstracts.](#)



Moderator

Charles B. Nemeroff, MD, PhD
University of Miami Leonard M. Miller School of Medicine



Epidemiology of Anxiety Disorders and Medical Disorders

Wayne J. Katon, MD
University of Washington Medical School



Stress, Anxiety, and Psychoimmune Function

Janice Kiecolt-Glaser, PhD
The Ohio State University College of Medicine



Allostasis as Applied to the Interface of Anxiety and Medical Comorbidity

Bruce S. McEwen, PhD
Harold and Margaret Milliken Hatch Laboratory of Neuroendocrinology
The Rockefeller University



Impact of Cytokines on Brain and Behavior: Neurocircuits and Neurotransmitters

Andrew Miller, MD
Psychiatry and Behavioral Sciences
Emory University School of Medicine



From Cognitive Processes to Cellular Processes: How Anxiety Influences the Immune System and Increases Risk for Physical Disease

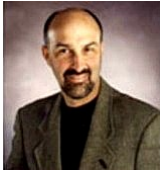
Aoife O'Donovan, PhD
School of Medicine
University of California, San Francisco

Master Clinician Workshops

Thursday, April 12

Sessions begin at 1:00 pm.

(No additional fee or registration required for workshops.)



Unwanted Mental Intrusions in Anxiety Disorders: A Modified Cognitive-Behavioral Approach

David A. Clark, PhD
University of New Brunswick

This workshop will focus on unwanted intrusive thoughts, images and impulses, especially in OCD, GAD, and PTSD, and particularly their unique features and negative effects on treatment. Discussion will focus on how to include in the treatment agenda an emphasis on the maladaptive beliefs and coping strategies. Examples and case illustrations will show how to modify psychoeducation, self-monitoring, cognitive restructuring, exposure, and empirical hypothesis-testing intervention strategies. The session will offer suggestions for evaluating the effects of targeted intervention on spontaneous, naturalistic intrusions.



Skills Training in Affective and Interpersonal Regulation (STAIR) Followed by Narrative Story Telling: The Benefits of a Sequenced Approach to Treatment PTSD

Marylene Cloitre, PhD
National Center for PTSD/Palo Alto VA

This presentation describes evidence-based treatment that takes a sequenced approach to recovery of PTSD. The initial phase of treatment, Skills Training in Affective and Interpersonal Regulation (STAIR), focuses on the strengthening or rehabilitation of emotion regulation and interpersonal skills to enhance day-to-day life, which also prepare the client to engage more effectively in the processing of traumatic memories. The second phase, Narrative Story Telling (NST), focuses on the narration of traumatic memories with the purpose of identifying and reappraising trauma-based interpersonal schemas and associated emotions of fear, anger, shame, and loss. The treatment has been effective in individuals with PTSD related to childhood abuse, rape, mass violence (such as 9/11), and combat trauma.



Sleep Disorders in Children With Anxiety and Depression

Daniel Lewin, PhD, Program Director, Sleep Disorders Medicine
National Center on Sleep Disorders Research
Division of Lung Diseases, National Heart Lung and Blood Institute

Sleep disturbances are important signs and symptoms of affective disorders that may present as sleep/wake regulation problems or diagnosable sleep disorders. Recent research suggests that early sleep disturbances may be a marker for affective disturbances emerging later in life. Diagnosing and treating sleep disturbances improves quality of life and may facilitate treatment of affective disorders by improving daytime cognitive and behavior regulation. There are well-established approaches to diagnosing and treating sleep disturbances and disorders, and optimal treatment is based on understanding and analysis of sleep/wake and circadian mechanisms.



Integrating CAM Into Psychiatric Treatment

Philip Muskin, MD
Columbia University Medical Center

This session will address the integral components of incorporating complementary and alternative medicine (CAM) into traditional therapies. Many patients utilize CAM without informing their therapist. How does a therapist inquire about CAM use in a manner that encourages the patient to reveal it, without feeling exposed? When patients ask about adding CAM to a therapy, what approaches should the therapist employ? When is such a request appropriate, and when is it a signal that something has gone awry with the treatment? Cases will be presented, and participants are strongly encouraged to bring their own case material for discussion.



Treating Anxiety in Children and Teens

Daniel S. Pine, MD
Development and Affective Neuroscience Section
Mood and Anxiety Disorders Program, NIMH

This session will review data in three areas. First presented will be data on the diagnosis of pediatric anxiety disorders, their categorization, and their long-term outcome. Second, a review of available data from randomized controlled trials for pediatric anxiety, of medications, as well as psychotherapy. Third will be new treatment areas, concluding with open discussions of the treatment of difficult pediatric anxiety cases.



ADHD/Adult Treatment and CBT for Adults

Mary Solanto, PhD
Mt. Sinai Medical Center

Treatment developed at Mount Sinai that can be administered individually and in groups to help adults with ADHD enhance their time-management, organizational, and planning skills. The treatment aims to impart cognitive and behavioral skills and strategies: contingent self-reinforcement, breaking down complex tasks into manageable parts, counteracting the delay-discounting effect, implementing and maintaining organizational systems, and manipulating the environment to minimize distraction. Also featured are illustrations from clinical vignettes and dialogue opportunities with the presenter.



Treating Health Anxiety

John R. Walker, PhD
University of Manitoba, St. Boniface General Hospital

The goal of this session is to help clinicians who are familiar with cognitive-behavior therapy to become more familiar with the range of approaches that can be helpful with fear of illness and death. Case examples will illustrate application of these approaches. While most people feel some concern about the possibility that they will become ill, others experience high levels of anxiety about illness or death that interferes with their functioning. Chronic health anxiety with intense fears of illness or death is a central feature of hypochondriasis. But such anxiety is also seen in many other anxiety and somatoform disorders, as well as in many people who are facing the challenge of a personal or family health problem.

Symposia and Workshops by Category

C = Clinical / R = Research

Key to Session Levels

- *Introductory* — Assumes little or no audience knowledge of the topic.
- *Intermediate* — Targets participants with general familiarity or experience with the topic.
- *Advanced* — Targets participants with a high level of knowledge or work experience with this topic.

Ethics

Earn ethics CE/CME to fulfill annual requirements: A total of 8.5 CE/CME hours are available Friday through Sunday.

135C Relationship Dimensions and Ethical Factors in the Treatment of Complex Trauma — *Intermediate*

Moderator: Christine A. Courtois, PhD, ABPP, Courtois & Associates

Presenter: Lisa M. Rocchio, PhD

145C Trauma Psychology: Legal Considerations and Ethical Dilemmas in Treatment — *Intermediate*

Lisa M. Rocchio, PhD, Lisa M. Rocchio, PhD & Associates, Inc.

174C Integrating Complementary and Alternative Medicine Into the Treatment of Anxiety and Related Disorders: Clinical and Ethical Issues — *Intermediate*

Moderator: Jeffrey E. Barnett, PsyD, ABPP, Loyola University Maryland

Presenter: Allison J. Shale, MS, Loyola University Maryland

347C Ethics in the "i" World: Internet, Telehealth, Social Media, Texting, and E-Mail — *Introductory*

Moderator: Patrick B. McGrath, PhD, Alexian Brothers Behavioral Health Hospital

The Media Age

Mary Alvord, PhD, Alvord, Baker & Associates, LLC.

Media Ethics

Jeffrey Barnett, PhD, ABPP, Loyola University, Maryland

Digital Communication

Keely Kolmes, PsyD, Open Minds, San Francisco

Telehealth

Nicole Goldine, BA, Loyola University, Maryland

348C The Ethics of Psychology in the Media: Print, Internet, and TV — *Introductory*

Moderator: Patrick B. McGrath, PhD, Alexian Brothers Behavioral Health Hospital

Media Ethics and Scams

David A. Carbonell, PhD, Anxiety Treatment Center, Chicago

Ethics and Media Interaction

Jeffrey E. Barnett, PsyD, ABPP, Loyola University, Maryland

Ethical Practice Issues

David F. Tolin, PhD, The Institute of Living/Hartford Hospital

Online Is Always Public

Keely Kolmes, PhD, Director of Digital Communications for APA Division 42, San Francisco

Media and Advocacy

David Shern, PhD, Mental Health America

Ethics and Media Interaction

Saba Shahid, MS, Loyola University Maryland

Discussant: Mark B. Powers, PhD, Southern Methodist University

Anxiety and Comorbid Disorders

119C Complicated Anxiety Disorders: Diagnosis and Treatment — *Intermediate*

Moderator: Martin Katzman, MD, START Clinic for Mood and Anxiety Disorders

Diagnosing Anxiety Disorders: The Difficulties When Handling Complicated Cases

Irvin Epstein, MD, START Clinic for Mood and Anxiety Disorders

Treating Comorbid Anxiety Disorders With Pharmacotherapy

Martin Katzman, MD, START Clinic for Mood and Anxiety Disorders

Managing Comorbidity in Anxiety Disorders With CBT and Mindfulness-Based Therapies

Monica Vermani, PsyD, START Clinic for Mood and Anxiety Disorders

ADHD and Anxiety Disorders: Distinguishing Comorbidity From Distinct Diagnoses

Isaac Szpindel, MD, START Clinic for Mood and Anxiety Disorders

125C Lessons Learned: Senior Clinicians Explore Our Own Failed or Interminable Cases — *Advanced*

Moderator: Sally Winston, PsyD, Anxiety and Stress Disorders Institute of Maryland

Presenters: Carl Robbins, MS; David Epstein, PhD; Steven Shearer, PhD, Anxiety and Stress Disorders Institute of Maryland

127C Intervention for Trauma and Stress in Later Life — *Introductory*

Moderator: Nimali Jayasinghe, PhD, Weill Cornell Medical College

Use of Virtual Reality in Treating Posttraumatic Stress Disorder With an Older Patient: Preliminary Evidence for Acceptability and Utility

Gabrielle Chiaramonte, PhD, Weill Cornell Medical College

Intervention for Disabling Anxiety in Older Adults Injured by Falls

Nimali Jayasinghe, PhD, Weill Cornell Medical College

Psychotherapy Intervention for Older Adults With Medical Illness

Patricia Marino, PhD, Weill Cornell Medical College

Treating Psychological Distress in Older Adult Stroke Survivors

Patricia Marino, PhD, Weill Cornell Medical College

139C An Integrative Cognitive-Behavioral Approach to Understanding and Treating Irritable Bowel Syndrome — *Introductory*

Melissa G. Hunt, PhD, ACT, University of Pennsylvania

303R Intolerance of Uncertainty as a Transdiagnostic Construct — *Introductory*

Moderator: R. Nicholas Carleton, PhD, University of Regina

Intolerance of Uncertainty Across Anxiety and Depressive Disorders Relative to Undergraduate and Community Samples

R. Nicholas Carleton, PhD, University of Regina

Intolerance of Uncertainty and Anxiety Symptom Domains

Brett Deacon, PhD, University of Wyoming Anxiety Disorders Lab

Assessing the Latent Dimensions of Intolerance of Uncertainty: A Taxometric Analysis

Justin W. Weeks, PhD, Ohio University, Athens

Trait Versus Situation-Specific Intolerance of Uncertainty in a Clinical Sample With Anxiety and Depressive Disorders: A Transdiagnostic Examination

Alison Mahoney, PhD, Anxiety Disorders Clinic, St Vincent's Hospital, Darlinghurst, Australia

Changes in Typing Performance as a Behavioral Consequence of Intolerance of Uncertainty

Michel A. Thibodeau, MA, University of Regina

304R Complicated Grief, Anxiety Disorders and Suicidality — *Intermediate*

Moderator: Natalia A. Skritskaya, PhD, Columbia University

Anxiety Disorders in Patients With Complicated Grief

Bevin Campbell, PsyD, Columbia University

Complicated Grief Symptoms in Anxiety Disorder Patients: Prevalence and Associated Impairment

Donald J. Robinaugh, MA, Harvard University

Suicidality in Patients With Complicated Grief With and Without Anxiety and Mood Comorbidity

Natalia A. Skritskaya, PhD, Columbia University

Discussant: M. Katherine Shear, MD, Columbia University

306R Anxiety and Gastrointestinal Distress Across the Lifespan — *Introductory*
Moderator: John V. Campo, MD, The Ohio State University and Nationwide Children's Hospital

Functional Abdominal Pain and Anxiety in Childhood and Adolescence: Cross-Sectional Relationships

John V. Campo, MD, The Ohio State University and Nationwide Children's Hospital

Abdominal Distress and Anxiety in Adulthood

R. Bruce Lydiard, MD, PhD, Ralph H. Johnson VA Medical Center

Functional Abdominal Pain in Childhood and Adolescence: Association With Anxiety Symptoms and Disorders in Adulthood

Lynn S. Walker, PhD, Vanderbilt University School of Medicine

339R Implementation of Cognitive Behavioral Therapy for Anxiety, Across the Lifespan, in Primary Care — *Intermediate*

Moderator: Risa B. Weisberg, PhD, Brown University

Disseminating Cognitive Behavioral Interventions for Youths in Primary Care: Development of an Integrated Treatment for Anxiety and Depression

V. Robin Weersing, PhD, San Diego State University/University of California, San Diego

Learning to Ease Anxiety in Primary Care (LEAP): A Pilot Randomized Control Trial (RCT) of a Primary Care Collaborative, Transdiagnostic CBT

Risa B. Weisberg, PhD, Brown University

The CALM Study: The Relationship of Follow-up Booster Contacts on Outcome for a Computer-Assisted CBT Program for Anxiety Disorders in Primary Care

Raphael D. Rose, PhD, University of California, Los Angeles

Enhancing Outcomes and Translational Value of Treatment of Late Life GAD in Primary Care: Report From an Ongoing Clinical Trial

Jessica S. Calleo, PhD, Baylor College of Medicine

340R Health Anxiety and Hypochondriasis Across the Lifespan — *Intermediate*

Moderator: Renée El-Gabalawy, MA, University of Manitoba

Experiential Avoidance and Anxiety Sensitivity in the Prediction of Health-Related Anxiety

Jonathan S. Abramowitz, PhD, University of North Carolina, Chapel Hill

Health Anxiety in Older Adults: An Overlooked Condition in a Susceptible Population

Renée El-Gabalawy, MA, University of Manitoba

Parental Illness and Health Anxiety: Testing the Interpersonal and Cognitive-Behavioural Models

Nicole Alberts, MA, University of Regina

Review of the Short Health Anxiety Inventory With Medical, Clinical and Nonclinical Samples: Implications for Research and Practice

Heather Hadjistavropoulos, PhD, University of Regina

344R Minding the Body: The Role of Anxiety and Depression — *Intermediate*

Moderator: Murray B. Stein, MD, MPH, University of California, San Diego

The Relationship of Mood and Anxiety Disorders to Cardiovascular Disease

Charles B. Nemeroff, MD, PhD, University of Miami Leonard M. Miller School of Medicine

The Breathing Conundrum: Interoceptive Sensitivity, Anxiety, and Life-Threatening Asthma

Martin Paulus, MD, University of California, San Diego

Risk Factors for Post-Injury Mental Health Problems

Jitender Sareen, MD, University of Manitoba

Convergence of PTSD and Mild TBI

Murray B. Stein, MD, MPH, University of California, San Diego

Discussant: Peter Roy-Byrne, MD, University of Washington

Anxiety and Depression

113C Treating Anxiety and Depression: Differences, Similarities and What to Do First — *Intermediate*

Moderators: Leslie Sokol, PhD, Beck Institute; Jeremy Coplan, MD, SUNY-Downstate

Treating Anxiety and Depression: A Pharmacological Perspective

Jeremy Coplan, MD, SUNY-Downstate

198C Exercise for Mood and Anxiety — *Introductory*

Moderator: Jasper Smits, PhD, Southern Methodist University

Presenters: Jasper Smits, PhD, Southern Methodist University, and Michael Otto, PhD, Boston University

330R Do You See What I See? Illuminating the Neural Basis of Attention-Modification Effects in Anxiety and Depression — *Intermediate*

Moderator: Charles Taylor, PhD, San Diego State University

An Associative Learning Model for the Acquisition of Attentional Bias to Threat: Training Effects and Genetic Moderation

Brandon E. Gibb, PhD, Binghamton University

**Attentional Bias Training, Antidepressant Drugs and their Combination:
Can the Neurocognitive Effects of the Treatments for Anxiety Be Used to
Guide the Development of Novel Combination Regimes?**

Michael Browning, MA, University of Oxford

Towards the Neural Basis of Attentional Training Effects in Social Anxiety

Charles T. Taylor, PhD, San Diego State University

**Neurobiological Correlates of Attention Retraining in Social Anxiety
Disorder**

Alice T. Sawyer, MA, Boston University

Testing the Effectiveness of a Computer-Based Program for Depression

Seth Disner, BA, The University of Texas at Austin

Discussant: Martin Paulus, MD, University of California, San Diego

Anxiety Disorders

144C Enigma Variations: Treating Outside the Box — *Intermediate*

Moderator: Elna Yadin, PhD, University of Pennsylvania

Presenter: Tracey K. Lichner, PhD, University of Pennsylvania

100C: ERP: Where, When, Why, and How — *Intermediate*

*Moderator: Jonathan B. Grayson, PhD, Anxiety & OCD Treatment Center
of Philadelphia*

*Panelist discussants: C. Alec Pollard, PhD, St. Louis Behavioral Medicine
Institute; Jonathan B. Grayson, PhD, Anxiety & OCD Treatment Center of
Philadelphia; Bradley Christopher Riemann, PhD, Rogers Memorial Hospital;
Jonathan S. Abramowitz, PhD, University of North Carolina, Chapel Hill;
Patrick B. McGrath, PhD, Alexian Brothers Behavioral Health Hospital*

153C Three Essential Pieces for Solving the Anxiety Puzzle — *Introductory*

Moderator: Simon A. Rego, PsyD, ABPP, Montefiore Medical Center

*Presenters: Simon A. Rego, PsyD, ABPP, and Michelle A. Blackmore, PhD, Montefiore
Medical Center*

**158C Anxiety in the Brain: Explanations for Both Children and Adults That
Promote Engagement in Treatment — *Intermediate***

Moderator: Catherine M. Pittman, PhD, Saint Mary's College

Presenter: Jamie L. Rathert, MA, University of Tennessee, Knoxville

**164C Methods and Metaphors for Teaching Our Patients About Cognitive
Defusion — *Intermediate***

Andre Papantonio, MA, Anxiety and Stress Disorders Institute

168C Using the Group in Cognitive Group Therapy — *Introductory*
Robert Stephen Schachter, PhD, Mount Sinai School of Medicine

185C How to Create an Anxiety Disorders Evidence-Based Clinic From Scratch: The Puerto Rico Experience — *Introductory*

Moderator: Karen G. Martinez, MD, University of Puerto Rico, San Juan

Presenter: Luis Caraballo, PhD, University of Puerto Rico, San Juan

187C Face Your Fears: How to Conduct Good Exposure Therapy Across Diagnoses — *Intermediate*

David F. Tolin, PhD, ABBP, The Institute of Living

189C Treatment-Readiness Therapy: A Workshop on Managing Treatment-Interfering Behavior in Individuals With Anxiety Disorders — *Intermediate*

Alec Pollard, PhD, Saint Louis University

196C: Community Collaboration: How to Effectively Work With Providers, Schools, and Employers to Improve Outcomes for Individuals With Anxiety Disorders — *Intermediate*

Moderator: Lisa R. Hale, PhD, University of Kansas Medical Center/Kansas City Center for Anxiety Treatment

Panelist discussants: Amy M. Jacobsen, PhD; Ashley J. Smith, PhD; Lindsey M. Owen, MA; Michael H. Parrish, MA, University of Kansas Medical Center/Kansas City Center for Anxiety Treatment

302R Initial Reports from the Harvard/Brown Anxiety Research Project — Phase II: A Study on the Nature, Course, and Treatment of Anxiety Disorders in African American, Latino, and Caucasian Samples — *Introductory*

Moderator: Andri S. Bjornsson, PhD, University of Iceland

The Harvard/Brown Anxiety Research Project II (HARP-II): Rationale, Objectives, and Methods

Risa B. Weisberg, PhD, Brown University

Mental Health Treatment Received by African Americans With Anxiety Disorders

Courtney Beard, PhD, Warren Alpert Medical School of Brown University

Two-Year Course of Generalized Anxiety Disorder, Social Anxiety Disorder, and Panic Disorder in a Longitudinal Sample of African American Adults

Nicholas J. Sibrava, PhD, Alpert Medical School

Two-Year Course of Generalized Anxiety Disorder, Social Anxiety Disorder, and Panic Disorder in a Longitudinal Sample of Latino Adults

Andri S. Bjornsson, PhD, University of Iceland

Discussant: Katharine Phillips, MD, Alpert School of Medicine at Brown University

305R Novel Applications of Interpretation Bias Modification Across Development and Internalizing Disorders — *Intermediate*

Moderator: Kristy Benoit, MS, Virginia Tech

Cognitive Bias Modification of Interpretation in Childhood Social Phobia: Clinically Significant Change and the Moderating Effects of Age

Cathy Creswell, PhD, Berkshire Child Anxiety Clinic, United Kingdom

Efficacy of Interpretation Bias Modification in Depressed Adolescents

Jamie Micco, PhD, Massachusetts General Hospital

Can Interpretation Bias Modification Affect the Intergenerational Transmission of Anxiety? Preliminary Results From a Feasibility Study

Kristy Benoit, MS, Virginia Tech

Interpretation Training in Individuals with Generalized Social Anxiety Disorder: A Randomized Controlled Trial

Charles Taylor, PhD, San Diego State University/University of California

Comparing Interpretation Bias Modification to Exposure Therapy for Acrophobia

Shari Steinman, MA, University of Virginia

315R Anxiety and Suicide Risk: Understanding the Mechanisms and Discussing DSM-V Implications — *Introductory*

Moderator: Jitender Sareen, MD, University of Manitoba

Anxiety Disorders and Risk for Suicide: Why Such Controversy?

Jitender Sareen, MD, University of Manitoba

Prevalence and Correlates of Self-Reported Psychiatric Illness and Suicidality in Treatment-Seeking Canadian Peacekeeping and Combat Veterans With PTSD

J. Don Richardson, MD, University of Western Ontario

Suicide Attempts Versus Non-Suicidal Self-Injury Among Individuals With Anxiety Disorders in a Nationally Representative Sample

James Bolton, MD, University of Manitoba

An Interactive Model of Anxiety Sensitivity Relevant to Suicide Attempt History and Future Suicidal Ideation

Daniel W. Capron, PhD, Florida State University, Tallahassee

Suicide and DSM-5

Jan Fawcett, MD, University of New Mexico

Discussant: Myrna Weissman, PhD, Columbia University

335R Assessing Treatment Success in Anxiety Disorders: Going Beyond Fear Reduction — *Introductory*

Moderator: Lily A. Brown, BS, University of California, Los Angeles

Moving Beyond Fear: The Role of Avoidance Behavior in Predicting Treatment Outcomes for Anxiety Disorders

Natalie Castriotta, MA, University of California, Los Angeles

Can Anxiety Treatments Improve Physical Health? Examining the Effect of Evidence-Based Anxiety Treatment on Physical Functioning.

Andrea N. Niles, MA, University of California, Los Angeles

A Cross-Lagged Panel Model of Anxiety and Daily Living Functioning: Implications for Treatment

Lily A. Brown, BS, University of California, Los Angeles

Discussant: Michelle G. Craske, PhD, University of California, Los Angeles

342R Anxiety Genetics Research in the Era of Genome-Wide Association Studies — *Intermediate*

Moderators: John M. Hettema, MD, PhD, Virginia Commonwealth University, and Kerry Ressler, MD, PhD, Emory University

Ongoing Genome-Wide Association Study of Posttraumatic Stress Disorder

Kerry Ressler, MD, PhD, Emory University

Progress From the OCD Genetics Association Study

Gerald Nestadt, MD, Johns Hopkins University

Genome-Wide Studies of Common and Rare Alleles in Panic Disorder

Francis J. McMahon, MD, NIMH

GWAS Results Targeting Shared Anxiety Disorder Susceptibility

John Hettema, MD, PhD, Virginia Commonwealth University

346R New Approach of the Study of Anxiety Disorders — *Intermediate*

Moderators: Rocio Martin-Santos, MD, PhD, Institute of Neuroscience, Hospital Clinic, IDIBAPS, Barcelona; and Antonio Egidio Nardi, MD, PhD, Federal University of Rio de Janeiro

Cannabidiol, a Cannabis Sativa Constituent for the Treatment of Social Anxiety Disorder

José Alexandre de Souza Crippa, MD, PhD, University of São Paulo

A Long-Term Treatment of Panic Disorder With Paroxetine and Clonazepam

Antonio Egidio Nardi, MD, PhD, Federal University of Rio de Janeiro

Pharmacogenomic Study of Interferon-Induced Anxiety in Chronic Hepatitis C

Rocio Martin-Santos, MD, PhD, Institute of Neuroscience, Hospital Clinic, IDIBAPS, Barcelona

Body Dysmorphic Disorder

178C Cognitive Behavioral Therapy for Body Dysmorphic Disorder — *Introductory*

Moderator: Sabine Wilhelm, PhD, Massachusetts General Hospital/Harvard

Presenter: Katharine Phillips, MD, Alpert School of Medicine at Brown University

CBT

108C Benzodiazepine Use and CBT — *Intermediate*

Moderator: Dominic Candido, PhD, Dartmouth College

Discussant: Shanna Treworgy, PsyD, Dartmouth College

201C Beyond the Thought Record: Cognitive Therapy for Clients With Different Levels of Cognitive Ability — *Intermediate*

Moderator: Julie Wetherell, PhD, UCSD and VA San Diego Healthcare System

Panelist discussants: Stefan Hofmann, PhD, Boston University; Denise Chavira, PhD, UCSD; Sonya Norman, PhD, UCSD and VA San Diego Healthcare System

Children & Adolescents

107C Complex Cases in Childhood Anxiety: Finding the Child Amidst the Diagnoses — *Intermediate*

Moderator: Tamar E. Chansky, PhD, Children's and Adult Center for OCD and Anxiety

Discussants: Lynne Siqueland, PhD, Children's and Adult Center for OCD and Anxiety;

Aureen Wagner, PhD, The Anxiety Wellness Center

109C “My Dog Ate My Therapy Homework”: Creative Ways to Enhance Between Session Compliance in CBT With Anxious Youth — *Advanced*

Moderators: Andrea B. Mazza, PhD and Erica Wagner-Heimann, PsyD, Anxiety & Agoraphobia Treatment Center

Discussant: Jennifer C. Keller, PhD, Anxiety & Agoraphobia Treatment Center

112C Tackling Roadblocks to Working With Anxious Kids and Their Parents — *Intermediate*

Moderator: Karen L. Cassiday, PhD, ACT, Anxiety & Agoraphobia Treatment Center

Effective Use of Imaginal Exposure in the Treatment of Violent and Sexual Obsessions in Youth: Getting Patients, Parents, and Clergy to Buy Into Treatment

Karin Nothaft-Schroeder, MS, Anxiety & Agoraphobia Treatment Center

Teaching Flexibility to Autistic Spectrum Kids and Their Parents

Brian J. Schmaus, PhD, Anxiety & Agoraphobia Treatment Center

Taming Angry Parents

Karen Lynn Cassiday, PhD, Anxiety & Agoraphobia Treatment Center

Social Networking Sites: Opportunities for Social Avoidance and Social Exposure

Julia Babarik, MS, Anxiety & Agoraphobia Treatment Center

131C Using DBT Skills to Reduce Emotion Dysregulation and Reactivity in Children, Adolescents, and Parents — *Intermediate*

Pat Harvey, LCSW-C

137C Failure to Launch: Engineering Treatment for Young Adults Living at Home — *Intermediate*

Moderator: Michael H. Parrish, MA, Kansas City Center for Anxiety Treatment

Presenters: Lindsey Owen, MA; Michael H. Parrish, MA, Kansas City Center for Anxiety Treatment

150C “Mom, My Stomach Hurts!” Mindfulness and CBT Approaches for Anxious Youth With a Focus on Physical Complaints — *Intermediate*

Moderator: Chris Molnar, PhD, META & Psychological Wellness Center, Inc.

Presenter: Lynne Siqueland, PhD, Children’s Center for OCD and Anxiety

160C Clinical Treatment of Children and Adolescents With Trichotillomania (Compulsive Hairpulling) and Other Body-Focused Repetitive Behaviors (BFRBs) — *Intermediate*

Moderator: Ruth Golomb, LCPC, The Behavior Therapy Center of Greater Washington

Presenter: Suzanne Mouton-Odum, PhD

165C CBT for Hard-to-Treat OCD in Children and Adolescents — *Intermediate*

Aureen P. Wagner, PhD, The Anxiety Wellness Center

180C Simple But Not Easy: Problem-Solving With Anxious Children and Their Families — *Intermediate*

Katharina Manassis, MD, FRCPC, Hospital for Sick Children, Toronto

183C OCD, ADHD, ODD, ASD?!? Avoid Destructive Mislabeled by Understanding Anxiety in Children — *Intermediate*

Moderator: Jenny C. Yip, PsyD, Renewed Freedom Center for Rapid Anxiety Relief

Presenters: Jenny C. Yip, PsyD, and Sarah Paxson, PsyD, Renewed Freedom Center for Rapid Anxiety Relief

312R Biological and Environmental Trajectories of Early Clinical Manifestations of Anxiety — *Intermediate*

Moderator: Stacy S. Drury, MD, PhD, Tulane University

Williams Syndrome as a Neurodevelopmental Model for Childhood Anxiety Disorders

Lauren McGrath, PhD, Massachusetts General Hospital

Biological Pathways to PTSD in Preschool Children: A Mixed Liability Model Including ANS, HPA Axis, and Genetic Factors

Stacy S. Drury, MD, PhD, Tulane University

Attention Bias to Threat and Anxiety in Preschool Children Exposed to Family Violence

Margaret Briggs-Gowan, PhD, University of Connecticut Health Center

Behavioral Inhibition in an Ecological Context: Predicting Attention Bias to Threat and Risk for Anxiety

Kathryn A. Degnan, PhD, University of Maryland, College Park

Discussant: Nathan A. Fox, PhD, University of Maryland, College Park

314R Early Intervention of Internalizing Disorders: The Current State of Family-Based Approaches — *Introductory*

Moderators: Jeremy K. Fox, PhD; and Carrie Masia Warner, PhD, NYU Langone Medical Center, NYU Child Study Center

Parenting Behaviors of Parents of Young Children With Anxiety Disorders: Relations to Parental Psychopathology and Child Temperament

Laura E. Brumariu, PhD, Harvard Medical School at Cambridge Health Alliance

Using Behavior Observation Tasks to Assess Parenting Behaviors in a Clinic Referred Sample of Anxious Children and Adolescents

Luci M. Motoca, MA, Florida International University

An Initial Test of an Indicated Preventive Intervention for Anxious Preschoolers: Strengthening Early Emotional Development

Jeremy K. Fox, PhD, NYU Langone Medical Center, NYU Child Study Center

Evaluation of a Novel Group Cognitive-Behavioral Therapy Program for Anxious Five- to Seven-Year-Old Children

Suneeta Monga, MD, University of Toronto Hospital for Sick Children

319R Anxiety Comorbidity in Children and Adolescents: Implications for Evidence-Based Treatments — *Intermediate*

Moderator: Maria J. W. Cowart, PhD, Virginia Tech

Comorbidity and the Differential Outcome of Behavioral and Pharmacological Interventions on Childhood Social Anxiety Disorder

Lindsay Scharfstein, MS, University of Central Florida

Comorbid Anxiety Disorders in Youth With Specific Phobias: Treatment Implications

Krystal Monique Lewis, MS, Virginia Tech

Comorbid Anxiety and/or ADHD in Children With ODD: Implications for Evidence-Based Treatments

Thorhildur Halldorsdottir, MS, Virginia Tech

Rage Episodes in Youth With OCD: Family Influences and Treatment Implications

Chelsea M. Ale, MS, University of South Florida

Discussant: Thomas Ollendick, PhD, ABPP, Virginia Tech

320R Pediatric Anxiety: Risk, Mechanism, and Treatment— *Intermediate*

Moderator: Jennifer Britton, PhD, National Institute of Mental Health

Neural Response to Social and Nonsocial Rewards in Adolescents With Childhood Behavioral Inhibition

Amanda E. Guyer, PhD, University of California, Davis

Alteration in Neural Response to Emotional Conflict and Conflict Resolution Among Young Adults Characterized as Behaviorally Inhibited During Early Childhood

Johanna Jarcho, PhD, National Institute of Mental Health

Neural Dysfunction When Appraising Threat During Extinction Recall: Effects of Anxiety and Development

Jennifer Britton, PhD, National Institute of Mental Health

Attention Bias to Threat: What Do We Know So Far and How Is It Relevant to Therapeutics?

Tomer Shechner, PhD, NIMH/Tel Aviv University

Discussant: Scott Rauch, MD, McLean Hospital

325R Incorporating Effectiveness Research and Evidence-Based Treatments in Clinical Service Settings for Children With Anxiety Disorders — *Intermediate*

Moderators: Brendan A. Rich, PhD, Catholic University of America; Mary Karapetian Alvord, PhD, Alvord, Baker & Associates, LLC

Integrating Evidence-Based Practice and Outcome Research for Anxious Youth in a Private Practice Setting

Mary Karapetian Alvord, PhD, Alvord, Baker & Associates, LLC

Treating Anxious Children in a Private Clinical Setting: Effectiveness of a Manualized Resilience-Based Group Therapy Program for Social Competence

Brendan A. Rich, PhD, Catholic University of America

Development of an Early Intervention Program for Preschoolers With High Behavioral Inhibition and Their Families

Kelly O'Brien, PhD, University of Maryland

334R Emotion Regulation in Anxiety Across the Lifespan: Comorbidity and Treatment — *Intermediate*

Moderator: Maria G. Fraire, MS; Thomas Ollendick, PhD, Virginia Tech

A Longitudinal Examination of the Relations between Emotion Regulation and Anxiety Symptoms in Children

Janice Zeman, PhD, College of William and Mary

Co-Occurring Social Anxiety and Aggression in Youth With HFASD: Evidence of Emotion-Regulation Problems

Cara E. Pugliese, MS, Virginia Tech

Treating Comorbid Generalized Anxiety and Oppositionality in Children: Preliminary Findings From a Single Case-Study Design

Maria G. Fraire, MS, Virginia Tech

Randomized Control Trial of Emotion-Regulation Therapy for Generalized Anxiety Disorder and Comorbid Depression

Douglas Mennin, PhD, Hunter College, City University of New York

345R Recent Advances in the Assessment and Treatment of Children With Selective Mutism — *Intermediate*

Moderator: Sharon Sung, PhD, Duke-NUS Graduate Medical School, Singapore

Developing a CBCL Subscale for Selective Mutism: Data From the United States and Singapore

Carla A. Hitchcock, MS, Alliant University/ UCSD Psychiatry

Computer-Assisted CBT for Selective Mutism: A Randomized Controlled Trial in Singapore and Future Directions for Treatment With Younger Children

Clare Kwan, MS, Institute of Mental Health, Singapore

Group Cognitive-Behavioral Therapy for Selective Mutism: Getting the Chatter Started

Suneeta Monga, MD; Sandra Mendlowitz, PhD; The Hospital for Sick Children, Toronto

Group Treatment for Young Children With Selective Mutism

Rachel Schafer, BS, University of Nevada, Las Vegas

Brave Buddies: An Intensive Group Treatment for SM in an Analog Classroom Setting

Steven Kurtz, PhD, ABPP, Child Mind Institute

Clinical Rounds

Migraine Research and Neurology

Mark W. Green, MD, Professor of Neurology, Anesthesiology, and Rehabilitation Medicine; Director of Headache and Pain Medicine, Mt. Sinai Medical Center

Medical Illness and Comorbid Anxiety in Children

Maryland Pao, MD, Clinical Director, National Institute of Mental Health

Early Career Professionals

Publication Strategies Panel — *Introductory*

Moderator: Stacy Drury, MD, PhD, Tulane University

Discussants: Mark B. Powers, PhD, Southern Methodist University; Daniel Pine, MD, National Institute of Mental Health; Jonathan S. Abramowitz, PhD, University of North Carolina, Chapel Hill; Peter Roy-Byrne, MD, University of Washington; Maryland Pao, MD, NIH

Eating Disorders

157C Yoga, Breathing, and Meditation Practices for Treating Disordered Eating — *Introductory*

Moderator: Christopher McCurry, PhD, ABCD, Inc.

Presenter: Kim Trimmer, InsideOut Yoga

170C But I'm Afraid to Gain Weight: Treating Eating Disorders With Exposure and Response Prevention — *Intermediate*

Ashley J. Smith, PhD, Kansas City Center for Anxiety Treatment

184C Adapting Components of Dialectical Behavior Therapy to Treat Co-occurring PTSD and Eating Disorders — *Intermediate*

Moderator: Maren Westphal, PhD, Arcadia University

Presenters: Maren Westphal, PhD, Arcadia University, and Melissa Horowitz, PsyD, American Institute of Cognitive Therapy

186C Disordered Eating in Children: An Exposure and Response-Prevention Approach — *Intermediate*

Moderator: David M. Jacobi, PhD, Rogers Memorial Hospital

Presenter: Stephanie C. Eken, MD, Rogers Memorial Hospital

Hoarding

141C Working Through the Clutter: A Hands-On Hoarding Workshop — *Intermediate*

Elsbeth Neiman Bell, PhD, Behavior Therapy Center of Greater Washington

Mindfulness

122C Expanding Awareness: Integrating Mindfulness Into Treatment for PTSD — *Introductory*

Moderators: Jacqueline M. Randall, MS; and Kimberly Coppersmith, MS, Pacific University

A Review of the Current Evidence-Based Treatments for PTSD

Kimberly Coppersmith, MS, Pacific University

The Use of Mindfulness to Enhance Empirically Supported Treatment for Anxiety Disorders

Daniel Gibson, MSW, Pacific University

How Mindfulness Can Increase the Efficacy of Exposure Therapy

Jessica Andrews, BA, Pacific University

Mindfulness for the Treatment of Trauma-Related Dissociation

Jacqueline Randall, MS, Pacific University

Discussant: Johan Rosqvist, PsyD, Pacific University

156C Enhancing Visual Rehearsals and Guided Imagery With Hypnotic Language — *Advanced*

Reid Wilson, PhD, Anxiety Disorders Treatment Center, Chapel Hill

182C Mindfulness and Acceptance-Based Behavioral Therapy for Anxiety Disorders — *Intermediate*

Moderator: Lizabeth Roemer, PhD, University of Massachusetts Boston

Presenters: Lizabeth Roemer, PhD, University of Massachusetts Boston, and Susan M. Orsillo, PhD, Suffolk University

192C Mindfulness-Enhanced Applied Relaxation — *Intermediate*

Moderator: Sarah A. Hayes-Skelton, PhD, University of Massachusetts Boston

Presenters: Sarah A. Hayes-Skelton, PhD; and Lizabeth Roemer, PhD, University of Massachusetts Boston

326R Examining Mindfulness and Anxiety Across Diverse Methods and Contexts — *Introductory*

Moderator: Jessica R. Graham, MA, University of Massachusetts Boston,

The Practice Effect: The Relationships Among the Frequency of Early Formal Mindfulness Practice, Mindfulness Skills, Worry, and Quality of Life in an Acceptance-Based Behavior Therapy for GAD

Lucas Morgan, BA, University of Massachusetts Boston

Exploring the Acceptability of Mindfulness-Based Treatment Among Individuals From Nondominant Cultural Backgrounds

Cara Fuchs, PhD, Edith Nourse Rogers Memorial VA Medical Center

The Relationship Between Racist Experiences and Anxiety Symptoms in Black Americans: Moderating Effects of Trait Mindfulness

Jessica Rose Graham, MA, University of Massachusetts Boston

Examining a Potential Mechanism of Action (Decentering) in Individuals With Social Anxiety

Sarah Hayes-Skelton, PhD, University of Massachusetts Boston

Discussant: Stefan G. Hofmann, PhD, Boston University

343R Mindfulness Meditation Improves Anxiety and Resilience: Presenting Neuroimaging, Physiological, and Clinical Outcomes — *Intermediate*

Moderator: Elizabeth A. Hoge, MD, Massachusetts General Hospital

Pilot Study of Mindfulness-Based Exposure Therapy for Combat PTSD in Returning Veterans: Preliminary Clinical Outcomes and fMRI Neuroimaging

Anthony P. King, PhD, University of Michigan, Ann Arbor

Randomized Controlled Trial (RCT) Support for Effects of Mindfulness Meditation on Resilience, Anxiety, and Distress in Generalized Anxiety Disorder

Elizabeth A. Hoge, MD, Massachusetts General Hospital

School-Based Mindfulness Instruction for Urban Middle-School Male Youth

Erica M. Sibinga, MD, MHS, Johns Hopkins School of Medicine

Discussant: Barbara O. Rothbaum, PhD, Emory University School of Medicine

OCD & OC Spectrum Disorders

101C Motivation, Adherence, and Treatment Effectiveness in OCD and OC-Spectrum Patients — *Intermediate*

Moderator: Andri Björnsson, PhD, University of Iceland

Panelist Discussants: Thröstur Björgvinsson, PhD, ABBP, Houston OCD Program and McLean Hospital; Nathaniel Van Kirk, MS, Virginia Tech; Emily Anderson, PhD, Houston OCD Program; Ginny Fullerton, PhD, Houston OCD Program; Christen Sistrunk, MA, Houston OCD Program

102C Piety or Pathology? Perspectives for Providers and Religious Leaders — *Intermediate*

Moderator: Lisa R. Hale, PhD, Kansas City Center for Anxiety Treatment/University of Kansas Medical Center

Panelist Discussants: Amy M. Jacobsen, PhD, Kansas City Center for Anxiety Treatment/University of Kansas Medical Center; Brandon L. Gilvin, MDiv, Week of Compassion

110C Themes and Variations: Non-Anxiety-Based OCD — *Advanced*

Moderator: Charles S. Mansueto, PhD, Behavior Therapy Center of Greater Washington

Tourettic OCD: Features and Treatment Implications

Charles S. Mansueto, PhD, Behavior Therapy Center of Greater Washington,

Disgust-Based OCD: Characteristics and Clinical Implications

Kristin N. Bianchi, MA, Behavior Therapy Center of Greater Washington

115C Self-Cognitions and Self-Regulation in Impulsive and Compulsive Disorders: Clinical Applications — *Intermediate*

Moderator: Kieron P. O'Connor, PhD, MPhil, University of Montreal

The Emotion Regulation Model and Body-Focused Repetitive Behaviors: An Experimental Study

Sarah Roberts, MA, University of Quebec at Montreal

Cognitive Inference-Based Therapy for Bulimia Nervosa: A Clinical Case Study

Magali Purcell-Lalonde, BA, University of Quebec at Montreal

Cognitive Psychotherapy for Compulsive Hoarding

Marie-Eve St-Pierre-Delorme, BA, University of Quebec, Montreal

A New Cognitive Therapy for Body Dysmorphic Disorder

Annie Taillon, PhD, Louis-H-Lafontaine Hospital

117C Understanding Treatment Resistance in Obsessive-Compulsive Disorder: A Focus on Assessment — *Intermediate*

Moderator: Nathaniel Van Kirk, MS, Virginia Tech

The Assessment of Previous Treatment Failures and Current Treatment Resistance in a Residential/Inpatient Setting

Thröstur Björgvinsson, PhD, ABBP, Houston OCD Program

Identifying Treatment-Interfering Behavior: Method and Process

C. Alec Pollard, PhD, St. Louis Behavioral Medicine Institute

Issues in OCD Treatment Resistance: Comorbidity and Merged Versus Unmerged OCD

Jonathan B. Grayson, PhD, Anxiety & OCD Treatment Center of Philadelphia

Evaluating the Functional Consequences of Obsessive-Compulsive Behaviors: The Relationship Between Function and Motivation

Nathaniel Van Kirk, MS, Virginia Tech

118C Anxiety Disorder Rounds: Focus on OCD Content Involving Abhorrence, Violence, Sexual Identity Issues, and Suicidality — *Intermediate*

Moderator: Robert Ackerman, MSW, LCSW

The Use of a Color-Reframe Technique in the Rapid Treatment of the Obsessive Fear of Self-Harm by Going Crazy

Bruce M. Hyman, PhD, LCSW, OCD Resource Center of Florida

Psst: Do You Have Thoughts of Killing Your Kids, Too? Unwanted Intrusive Thoughts of an Aggressive Nature

Eric D Goodman, PhD, Coastal Center for Anxiety Treatment

May I Throw You Off the Bridge Now? Treatment of a Suicide-Obsessed Nonsuicidal OCD Patient

Robert Ackerman, MSW, LCSW

Hopeless? Reanalysis and Treatment of a Refractory OCD Patient Suffering Unwanted Sexual Impulses

Charles S. Mansueto, PhD, Behavior Therapy Center of Greater Washington

132C The History and Contextual Treatment of Scrupulous OCD — *Introductory*

Moderator: Timothy A. Sisemore, PhD, Richmond Graduate University

Presenter: Catherine Barton, BA, Richmond Graduate University

138C Intensive Treatment for Intractable OCD: What, When, Where, Who, and How? — *Intermediate*

Eda Gorbis, PhD, LMFT, University of California, Los Angeles, and Westwood Institute of Anxiety Disorders, Los Angeles

143C Identifying Subtle Avoidance Behaviors that Interfere With Exposure-Based Therapies — *Introductory*

Moderator: Jonathan Hoffman, PhD, ABPP, NeuroBehavioral Institute

Presenters: Jonathan Hoffman, PhD, ABPP, and Katia Moritz, PhD, NeuroBehavioral Institute

148C The Assessment of OCD From A to Z — *Introductory*

Moderator: Jonathan S. Abramowitz, PhD, ABPP, University of North Carolina, Chapel Hill

Presenters: Michael G. Wheaton, MA, and Noah C. Berman, MA, University of North Carolina at Chapel Hill

194C Beating Body-Focused Repetitive Behaviors: A Two-Pronged Approach — *Introductory*

Simon A. Rego, PsyD, ABPP, Montefiore Medical Center

197C Religion That Heals, Religion That Harms — *Intermediate*

Moderator: Mary E. Salcedo, MD, The Ross Center for Anxiety and Related Disorders

Discussant: James L. Griffith, MD, The George Washington University

308R New Findings in Obsessive Compulsive Disorder From the International College of Obsessive-Compulsive Spectrum Disorders Snapshot Study — *Advanced*

Moderator: Michael Van Ameringen, MD, McMaster University

Comorbidity in Obsessive-Compulsive Disorder (OCD) in the International College of Obsessive-Compulsive Spectrum Disorders (ICOCS) Consortium

Christine Lochner, PhD, Stellenbosch University

ICOCS Augmentation Data

Michael Van Ameringen, MD, McMaster University

Dutch Dimensional Obsessionality & Compulsivity Scale (DDOCS)

Damiaan Denys, MD, PhD, University of Amsterdam and Institute for Neuroscience

Tobacco Use in OCD From an International Perspective: A Snapshot Study From the ICOCS World Database

Humberto Nicolini, MD, Universidad Autónoma de la Ciudad de México and Carracci Medical Group, Postgrado de Ciencias Genómicas

309R An Update on the Pathophysiology of OCD and Related Disorders — *Advanced*
Moderator: Darin Dougherty, MD, Massachusetts General Hospital

Brain Imaging of Disgust in OCD

Wayne K. Goodman, MD, Mt Sinai School of Medicine

Abnormalities of Perception and Emotion in Body Dysmorphic Disorder

Jamie Feusner, MD, University of California, Los Angeles

Rethinking Trichotillomania

Jon E. Grant, MD, MPH, University of Minnesota, Minneapolis

Genetic Studies of OCD and Related Disorders

Gerald Nestadt, MD, MPH, Johns Hopkins Hospital

313R Domains of Neural Function Associated With OCD — *Advanced*

Moderator: H. Blair Simpson, MD, PhD, Columbia University

Error-Related Brain Activity in OCD

Gregory Hajcak, PhD, Stony Brook University

Sensorimotor Gating and Response Inhibition in OCD

*Susanne E. Ahmari, MD, PhD, Columbia Presbyterian/New York State
Psychiatric Institute*

**Neural Correlates of Conditioned Fear Extinction in Obsessive-Compulsive
Disorder**

Mohammed Milad, PhD, Massachusetts General Hospital/Harvard University

Functional Abnormalities in the Neural Systems Underlying OCD

Rachel Marsh, PhD, Columbia University

Discussant: Scott Rauch, MD, McLean Hospital

**328R Advances in Pediatric OCD: Utilizing Biological and Environmental Data
to Inform Assessment and Treatment — *Intermediate***

*Moderators: Chelsea M. Ale, MS; and Eric A. Storch, PhD, University of South Florida,
St. Petersburg*

**Imaging Genetic Studies in Pediatric OCD: New Findings and Implications
for Treatment**

Paul D Arnold, MD, PhD, Hospital for Sick Children, Toronto

Predictors of Family Functioning Impairment in OCD

S. Evelyn Stewart, MD, Massachusetts General Hospital

**D-Cycloserine Augmentation of Cognitive-Behavioral Therapy in Pediatric
OCD: A Preliminary Study**

Jamie A. Micco, PhD, Massachusetts General Hospital

**332R Treatment and Prevention Across the Obsessive-Compulsive Spectrum —
*Advanced***

Moderators: Kiara R. Timpano, PhD, University of Miami, and Hannah E. Reese, PhD

Testing an Indicated Prevention Program for Postpartum OC Symptoms
Kiara R. Timpano, PhD, University of Miami

**Modular CBT for Body Dysmorphic Disorder: Predictors of Change in BDD
Symptom Severity**
Katharine Phillips, MD, Brown University

Treatment of OCD With Comorbid Eating Disorders
Bradley Riemann, PhD, Rogers Memorial Hospital

**Does D-Cycloserine Augmentation of CBT Improve Homework Compliance
for Pediatric Obsessive-Compulsive Disorder?**
Jennifer Park, BA, University of South Florida, St. Petersburg

Panic Disorder

**155C Intensive Weekend Treatment for Panic Disorder: Advantages and
Challenges — *Intermediate***

Moderator: Ellen J. Teng, PhD, Michael E. DeBakey VA Medical Center

*Presenters: Emily L. Hiatt, PhD; Kathleen M. Grubbs, PhD; and Melissa Beason-Smith,
PhD, Michael E. DeBakey VA Medical Center*

**188C Empowering Treatments Through a Neuroscience Model of Emotion —
*Intermediate***

Glenn Veenstra, PhD, University of Kansas School of Medicine–Wichita

Phobias

106C Fear of Flying: A Conversation Among Experts — *Introductory*

Moderator: David A. Carbonell, PhD, Anxiety Treatment Center

*Discussants: Ronald Doctor, PhD; Bruce Michael Hyman, PhD, LCSW; Robert Reiner,
PhD, Behavioral Associates; Martin Seif, PhD; Stephanie M. Thomas, MS*

**140C Fearing That Which Can Save You: An Integrative Approach to Medical
and Dental Phobias — *Introductory***

Jenny C. Yip, PsyD, Renewed Freedom Center for Rapid Anxiety Relief

**151C New Treatment Approaches for Fears and Phobias Using Exposure Combined
With EMDR — *Intermediate***

Moderator: Iris M. Engelhard, PhD, Utrecht University

Presenter: Ad De Jongh, PhD, University of Amsterdam and VU University

PTSD

129C Cognitive Behavioral Therapy for Posttraumatic Stress Disorder — *Intermediate*

Maren Westphal, PhD, Arcadia University

316R PTSD Biomarkers Show Novel Pathways to Evidence-Based Treatment Development — *Intermediate*

*Moderators: Alexander Neumeister, MD, Mount Sinai School of Medicine, and Charles
B. Nemeroff, MD, PhD, University of Miami*

Positron Emission Tomography Reveals Novel Mechanisms Relevant to Evidence-Based Treatment Development for PTSD

Alexander Neumeister, MD, Mount Sinai School of Medicine

Disturbed Sleep Increases the Risk for the Development of PTSD

Thomas Neylan, MD, University of California, San Francisco

Implications of Child Abuse and Neglect for the Pathophysiology of PTSD and Related Disorders

Charles B. Nemeroff, MD, PhD, University of Miami

Risk and Resilience Biomarkers for Depression and Anxiety in Police Officers

Charles Marmar, MD, New York University

Neural System Function Predicts Response to Cognitive-Trauma Therapy in Women With Domestic Violence-Related PTSD

Robin L. Aupperle, PhD, University of Missouri–Kansas City

Discussant: Murray B. Stein, MD, MPH, University of California, San Diego

318R Extinction Learning in PTSD: From Bench to Bedside — *Intermediate*

Moderator: Lori Zoellner, PhD, University of Washington

Neurobiology and Genetic Approaches to Understanding Trauma and Its Treatment

Kerry Ressler, MD, PhD, Emory University

Early Intervention in the Immediate Aftermath of Trauma

Barbara O. Rothbaum, PhD, Emory University School of Medicine

Moderators of Extinction: PE vs. SER

Norah C. Feeny, PhD, Case Western Reserve University

Discussant: Terence M. Keane, PhD, Boston University

327R Hyperarousal in PTSD — *Intermediate*

Moderator: Walton T. Roth, MD, Stanford University/VA Palo Alto Health Care System

Sleep Findings in PTSD, A Replication and Extension

Thomas A. Mellman, MD, Howard University College of Medicine

Treating Hyperarousal in PTSD

Andrea Jamison, PhD, VA Palo Alto Health Care System

Home Measures of Assessing Sleep in PTSD

Franziska Bertram, Dipl-Psych, University of Bielefeld/VA Palo Alto Health Care System

Resilience and Hyperarousal in Veterans With and Without PTSD

Sunyoung Kim, PhD, University of Hawaii

Discussant: Thomas A. Mellman, MD, Howard University College of Medicine

331R On Trauma: A Theoretical and Clinical Perspective on How Traumatic Experiences Shape Subsequent PTSD — *Intermediate*

Moderator: Mathew G. Fetzner, MA, University of Regina

Differences in PTSD Symptom Presentation After Exposure to Potentially Traumatic Events: Findings From a Nationally Representative Sample

Mathew G. Fetzner, MA, University of Regina

Nonlife-Threatening Traumatic Events and PTSD Diagnosis

Daniel L. Peluso, MA, University of Regina

Peritraumatic Response, PTSD, and Functional Impairment Among OEF/OIF Veterans

Michelle J. Bovin, PhD, National Center for PTSD, VA Boston Healthcare System, and Boston University School of Medicine

Association Among Traumatic Experiences With Medical Conditions in a Nationally Representative Sample

Renée El-Gabalawy, MA, University of Manitoba

Mindfulness-Based Skills and PTSD Symptoms Among Trauma-Exposed Adults With HIV/AIDS

Adam Gonzalez, PhD, Massachusetts General Hospital and Harvard Medical School

Discussant: Mark B. Powers, PhD, Southern Methodist University

336R Functional Neural Correlates of Emotion Processing and Cognition in Posttraumatic Stress Disorder — *Intermediate*

Moderators: Negar Fani, PhD, Emory University, and Tanja Jovanovic, PhD, Emory University

Functional Neural Correlates of Attention Networks in Posttraumatic Stress Disorder

Negar Fani, PhD, Emory University

Reduced Neural Activation During fMRI of an Inhibition Task in Posttraumatic Stress Disorder

Tanja Jovanovic, PhD, Emory University School of Medicine

Amygdala-Frontal Circuits Across Contexts in Posttraumatic Stress Disorder: fMRI During Threat Perception, Emotion Regulation, and Rest

K. Luan Phan, MD, University of Michigan, Ann Arbor

Overlapping and Distinct Patterns of Neurocircuitry Across PTSD, Panic Disorder, and Simple Phobia

William D. Killgore, PhD, Harvard Medical School

Social Anxiety Disorder

121C Self-Compassion and the Anxiety Disorders: New Research and Clinical Applications — *Introductory*

Moderator: Ricks Warren, PhD, ABPP, University of Michigan

Self-Compassion and Mindfulness in Trauma-Exposed OEF/OIF Veterans

Katie Dahm, MS, University of Texas at Austin

Examining Self-Compassion and Experiential Avoidance in Symptom Dimensions of OCD

Chad Wetterneck, PhD, University of Houston

The Compassionate Mind Approach to Overcoming Anxiety: Using CFT to Treat Worry, Panic, and Fear

Dennis D. Tirsch, PhD, American Institute for Cognitive Therapy

Compassionate Social Fitness: Adding a Compassionate Focus to Social Fitness Training for Shyness and Social Anxiety

Lynne Henderson, PhD, Shyness Institute

Discussant: David Hart, MD

177C Treatment of Social Anxiety Disorder and Social Isolation: Helping Clients to Improve Friendships and Social Life — *Intermediate*

John Roger Walker, PhD, University of Manitoba

310R Thoughts, Emotions, Behaviors, and Biology: Exploring the Details of Social Anxiety to Improve Treatment — *Intermediate*

Moderator: R. Nicholas Carleton, PhD, University of Regina

Cognitive Constructs and Social Anxiety Disorder: Beyond Fearing Negative Evaluation

Michelle J. N. Teale, BA, University of Regina

Negative Self-Focus: The Role of Shame in Social Anxiety Disorder

Kristen Bailey, BA, Dalhousie University

Objective and Perceived Arousal in Social Contexts: Social Anxiety or Anxiety Sensitivity?

Michel A. Thibodeau, MA, University of Regina

Examining Novel in Vivo Physiological Indicators and Submissive Behavioral Markers of Social Anxiety Disorder

Justin W. Weeks, PhD, University of Illinois at Chicago

A Modification of Video Feedback for Treating Social Anxiety Disorder: Extending Our Knowledge of Cognitive Errors During Social Interactions

Alison R. Reilly, BA, Ohio University

Discussant: Richard Heimberg, PhD, Temple University

311R Efficacy of D-Cycloserine Augmentation of Cognitive-Behavioral Group Therapy (CBT) in Generalized Social Anxiety Disorder (GSAD) — *Introductory*

Moderators: Stefan G. Hofmann, PhD, Boston University; Mark H. Pollack, MD, Rush University Medical Center

A Review of Preclinical and Clinical Data Supporting the Use of DCS in Generalized Social Anxiety Disorder

Naomi Simon, MD, Center for Anxiety and Traumatic Stress Disorders; Stefan Hofmann, PhD Boston University; Jasper A.J. Smits, PhD, Southern Methodist University; Michael W. Otto, PhD, Boston University; Mark H. Pollack, MD Massachusetts General Hospital

Short-Term and Long-Term Efficacy of D-Cycloserine Augmentation of Cognitive-Behavioral Group Therapy in Social Anxiety Disorder

Stefan G. Hofmann, PhD, Boston University; Jasper A.J. Smits, PhD, Southern Methodist University; Naomi Simon, MD, Massachusetts General Hospital; Alicia Meuert, PhD, Southern Methodist University; Anu Asnaani, Boston University; Alice Sawyer, Boston University; Cassidy Gutner, Boston University; Angela Fang, Boston University; Luana Marques, PhD, Massachusetts General Hospital/Harvard Medical School; Candace Tart, Southern Methodist University; Ryan Jacoby, Southern Methodist University; Donald Robinaugh, MA, Boston University; David Rosenfield, PhD, Southern Methodist University; Michael Shiekh, MD, Southern Methodist University; Michael Otto, PhD, Boston University; Mark Pollack, MD, Massachusetts General Hospital

Factors Associated With Treatment Non-Response in a Randomized Controlled Trial Investigating the Efficacy of D-cycloserine for Augmenting CBT for Social Anxiety Disorder

Jasper A.J. Smits, PhD, Southern Methodist University; Mark Pollack, MD, Harvard University; Naomi Simon, MD, Massachusetts General Hospital/Harvard Medical School; Alicia Meuert, PhD, Southern Methodist University; David Rosenfield, PhD, Southern Methodist University; Luana Marques, PhD, Massachusetts General Hospital/Harvard Medical School; Michael Otto, PhD, Boston University; Stefan Hofmann, PhD, Boston University

Does Habituation Predict Treatment Outcome? An Examination of Emotional Processing Theory

Luana Marques, PhD, Massachusetts General Hospital/Harvard Medical School; Donald Robinaugh, MA, Massachusetts General Hospital/Harvard Medical School; Ryan Jacoby, Massachusetts General Hospital; Stefan Hofmann, PhD, Massachusetts General Hospital; Jasper A.J. Smits, PhD, Southern Methodist University; Mark Pollack, MD, Harvard University; Naomi Simon, MD, Massachusetts General Hospital/Harvard Medical School

Discussant: Murray B. Stein, MD, MPH, University of California, San Diego

Stress

202C Adding Biofeedback to a Mental Health Practice — *Introductory*

Harry L. Campbell, BPS, Biofeedback Resources International,

337R Anxiety Conditions, Stress Generation, and Recovery — *Intermediate*

Moderator: Evan M. Kleiman, MA, George Mason University

The Role of Co-Occurring Cognitive Vulnerabilities to Anxiety and Depression in the Stress Generation Process

Evan Kleiman, MA, George Mason University

Reconnecting or Distancing After Social Stress: A Daily Process Approach to Stress Generation in Social Anxiety Disorder

Antonina A. Savostyanova, MA, George Mason University

Sexual Healing: Therapeutic Benefits of Intimate and Pleasurable Sexual Activity in Socially Anxious Adults

Todd B. Kashdan, PhD, George Mason University

Discussant: Stefan G. Hofmann, PhD, Boston University

321R Self-Guided, Technology-Based Stress Management and Anxiety-Reduction Training Programs — *Intermediate*

Moderator: Raphael Rose, PhD, University of California, Los Angeles,

Self-Guided Multimedia Stress Management and Resilience Training

Raphael D. Rose, PhD, University of California, Los Angeles

Web-Based Therapist Training on CBT for Anxiety

Kenneth A. Kobak, PhD, Center for Psychological Research, Training and Consultation

Web-Based Intervention for Postdisaster Mental Health: Preliminary Efficacy Data

Kenneth J. Ruggiero, PhD, Medical University of South Carolina

Discussant: Michelle Craske, PhD, University of California, Los Angeles

Trauma

123C Traumatic Dissociation: Definitions and Treatment — *Intermediate*

Moderator: Christine A. Courtois, PhD, ABPP, Courtois & Associates, PC

Treatment of Dissociation and Complex Trauma: Results of a Naturalistic Study

Bethany Brand, PhD, Towson University, and Christine Courtois, PhD, ABPP, Courtois & Associates, PC

Dissociation and Trauma

Christine A. Courtois, PhD, ABPP, Courtois & Associates, PC



General Information

More than 130 sessions in two tracks — clinical and research — will be presented at the conference. Sessions begin on Thursday, April 12, at 1:00 pm and continue through Sunday, April 15.

- [Check the website frequently for updates.](#)

The **Online Program Planner** will be available in late January; you can search for sessions by category, date, and time to create your own personal itinerary.

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