



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

PROGRAM



ANXIETY AND DEPRESSION CONFERENCE ★ 2019

FOCUSING RESEARCH ON IMPROVING TREATMENT OUTCOMES

CUTTING EDGE RESEARCH TO OPTIMIZE TREATMENT SUCCESS – TRANSCENDING CULTURAL,
RACIAL AND SOCIOECONOMIC BARRIERS

**MARCH 28-31
CHICAGO, ILLINOIS**



www.adaa.org | [#ADAA2019](https://twitter.com/ADAA2019) | [@ADAAConference](https://www.instagram.com/ADAAConference)



The Houston OCD Program is located in the historic Heights neighborhood of Houston. The campus has two custom-designed Mediterranean-style buildings offering residential support and outpatient services.

By creating a luxurious, warm and inviting environment, we continue addressing the unique needs of our clients while meeting the rising demand for our evidence-based services. The Houston OCD Program specializes in treating Obsessive-Compulsive and Related Disorders, Anxiety, Phobias and Depression.

We work with our clients to provide a compassionate therapeutic environment while implementing evidence-based treatment techniques to provide the most effective treatment for the individual.

RESIDENTIAL SUPPORT PROGRAM
INTENSIVE OUTPATIENT PROGRAM
ADOLESCENT INTENSIVE OUTPATIENT PROGRAM
OUTPATIENT CLINIC



THE BERGEN 4-DAY OCD TREATMENT: THE USA JOURNEY BEGINS IN HOUSTON

The Bergen 4-Day Clinic is bringing their innovative OCD treatment to the Houston OCD Program in 2019

houstonocdprogram.org/bergen-4-day-treatment

Drs. Bjarne Hansen, Gerd Kvale, & Thröstur Björgvinsson

FROM BETH SALCEDO, MD

ADAA President



On behalf of the Board of Directors and myself - welcome to the 2019 ADAA Conference!

This year's meeting promises to deliver another amazing four days of great learning and sharing. #ADAA2019's theme "Cutting Edge Research to Optimize Treatment Success – Transcending Cultural, Racial, and Socioeconomic Barriers" is the focus of many sessions and workshops this year. These sessions cover a wide range of exciting research and treatment topics and present opportunities for all attendees to learn and share with old and new friends. I also encourage you to attend some of our new special session offerings including this year's Presidential Special Session featuring Dr. Howard C. Stevenson, Constance Clayton Professor of Urban Education at The University of Pennsylvania, speaking on "If Elephants Could Talk: Racial Literacy for Healing Racial Stress in Relationships."

As a proud member of ADAA since 2004, I know firsthand how invaluable it is to belong to such a cutting-edge mental health association. From networking with one's peers, to collaborating and sharing research and treatment advances, to innovative continuing education opportunities, to the ability to share one's expertise directly with those who are struggling with anxiety and depression, ADAA is truly my professional "home" and has contributed greatly to my professional development. I know that many of you attending #ADAA2019 share that pride and excitement.

The ADAA conference is engaging and energizing. Our attendees describe it as scholarly, yet friendly and accessible. I can tell you that the time spent talking and networking with people who share your interests is priceless. There is no substitute for putting a name to a face or sharing an experience. We hope you'll take advantage of the many conference networking opportunities to engage with colleagues between sessions, during the poster sessions, at SIG brown bag events or over breakfast, lunch or dinner. And if you haven't done so already – please sign up for Friday evening's Dine-Around at the registration desk. This is a fun way to meet new friends and enjoy Chi-Town's culinary offerings. And watch out for the "ADAA SurPRIZE" squad throughout the Conference – you might just be the next lucky winner of a special ADAA gift!

Many thanks to Ned H. Kalin, MD, this year's Conference Committee Chair, and to all the members of the Conference Committee. Their dedication and commitment to ensuring that this year's event is the best it can be is inspiring. And a special thanks the ADAA Board of Directors and to the small but mighty ADAA staff who have worked so hard all year to bring us together.

I encourage you to introduce yourself to me, the other Board of Director members as well as the staff, committees and special interest group members. We are all eager to welcome you, help you network, and to make sure you get the most out of your conference experience.

P.S. Make sure you Save the Date for #ADAA2020 in San Antonio (March 19-22). We hope you will join us in the Lone Star State and help us celebrate our 40th ADAA Conference!

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Tana Stellato and Christina Pino, Meeting Planners

FROM NED H. KALIN, MD

ADAA 2019 Conference Chair

Welcome! I am honored to be this year's Conference Chair and am excited about the many "not-to-miss" sessions, workshops, roundtables, new offerings, and special events available for attendees here in the Windy City. The consistent quality and innovative nature of the research and clinical sessions presented at this conference are the reasons I am proud to call ADAA my academic home.



ADAA holds the only meeting of its kind, which unites leaders in the research community from across the U.S. and internationally with clinicians from all mental health disciplines. This year's meeting theme is particularly exciting as many of our 160+ sessions will focus on the important cutting edge research in the anxiety and depression fields that focus on optimizing treatment success transcending cultural, racial, and socioeconomic barriers.

This year's keynote address by Alan F. Schatzberg, MD "Potential Drugs of Abuse as Antidepressants and Anxiolytics: Pluses and Minuses" and the Jerilyn Ross Lecture "Ketamine and Mind-Altering Drugs in Treating Anxiety and Depression: Potential Roles and Pitfalls" are two highlights of #ADAA2019. In addition – for the first time – ADAA is sponsoring an interactive day-long panel discussion on suicide prevention led by experts who will focus on innovative research and clinical topics on suicide prevention. Be sure to also attend Friday's 22nd Annual Research Symposium "New Developments in Stress and Inflammation" which highlights inflammatory processes in stress, anxiety, and depression. Also new this year is Saturday's "Science Spotlights" featuring two sessions that will highlight cutting edge, topical, research with invited speakers who are conducting paradigm shifting research that will help shape new directions in understanding and treating depression and anxiety disorders.

The Conference is a great way to learn and network, and I hope to see you at our two research poster sessions and at the various Special Interest Group (SIG) gatherings. There is truly something for everyone. Take advantage of this wonderful opportunity to see old colleagues, meet new friends, spark a collaboration, and learn.

I'd like to thank the members of this year's Conference Committee who worked tirelessly over the past year to ensure a robust and stellar program. A special thank you to our Conference speakers, poster presenters, other committee members, event sponsors and exhibitors, and the ADAA staff.

Please remember to save the date for ADAA's 40th conference next year. #ADAA2020 will be held from March 19-22 in San Antonio, Texas. I'm delighted to announce that Cindy J. Aaronson, MSW, PhD and Adriana Feder, MD, both from the Icahn School of Medicine at Mount Sinai, NY, will be chairing the ADAA 2020 Conference Committee. I look forward to collaborating with Cindy and Adriana in the months ahead.

It is my sincere hope that you enjoy #ADAA2019 and leave with renewed inspiration for the important research and clinical work you do.

Did You Know?

ADAA has a unique interlinked consumer and professional mission focused on **improving quality of life** for those struggling with anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. More than 38 million people visited www.adaa.org last year seeking treatment information, resources and support provided by our more than **1,800 professional members**.



Thank you to the 2019 Conference Committee:

NED H. KALIN, MD
2019 Conference Chair

CARMELA ALCANTARA, PhD
Conference Coordinator



Chadi G. Abdallah, MD
Courtney Beard, PhD
Kate Bentley, PhD
Kathryn Boger, PhD
Julia Martin Burch, PhD
Jill M. Emanuele, PhD
Adriana Feder, MD

Sarah Hayes-Skelton, PhD
Dawn Ionescu, MD
Michelle G. Newman, PhD
Amy Przeworski, PhD
Ellen Teng, PhD
Patricia Zurita-Ona, PsyD
Luana Marques, PhD ADAA Board Liaison

Hats off to our 2019 session and poster reviewers!

Cindy Aaronson, MSW, PhD
Scott Aaronson, MD
Chadi Abdallah, MD
James Abelson, MD, PhD
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Thomas Adams, PhD
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FOR ALL OTHER DEVICE TYPES: (including Blackberry, Windows, and other web browser-enabled devices): point your mobile browser to l.core-apps.com/adaa2019 to be directed to the proper download version for your device. Once you have downloaded and opened the app, choose ADAA 2019 and tap Download. If you already have the ADAA 2018 app on your device, click on the wheel in the top right corner of your dashboard and then click "Exit to Show List". Choose ADAA 2019 then tap download. Compatibility: Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Requires Android 4.3 and up.

Should you have any questions, please stop by the registration desk or contact support@core-apps.com

GENERAL INFORMATION

BADGES

Your conference badge is required for admission to all sessions, meals, and receptions. Please wear it during the conference and remove it whenever you leave the hotel.

BREAKFAST AND BREAKS

Friday, March 29 and Saturday, March 30

Open to all attendees

Exhibit Hall, Chicago Ballroom 6, Ballroom Level 4

- 7:30 – 8:30 am Networking Breakfast with light breakfast, coffee and tea
- 10:00 – 10:30 am Networking Coffee Break featuring hot and cold coffee and tea options
- 3:00 – 3:30 pm Networking Reboot Break including refreshments and light snacks

Friday, March 29

First-Time Attendee Breakfast

- 7:00 – 8:00 am, Fountainview, Meeting Room Level 2

Sunday, March 31

Meeting Room Level 2 Foyer

- 7:30 – 8:00 am Networking Breakfast with light breakfast, coffee and tea
- 10:00 – 11:00 am Networking Coffee Break featuring hot coffee, tea and light snacks

BUSINESS CENTER

Full-service copying and shipping; located on Lobby Level 3 of the hotel; the FedEx Office Business Center hours are 7:00 am – 6:00 pm Monday thru Friday, 8:00 am – 3:00 pm

Saturday and Sunday with 24 hour self-service for computers, copying and faxing. Call: (312) 755-0314 (Direct).

SPEAKER READY ROOM

Please note that the Speaker Ready Room is located in Bridgeport, Lobby Level 3. Speakers/presenters can enjoy a quiet area to review their presentation.

CELL PHONES

Please set your phones and other mobile devices to silent when entering all sessions.

EMERGENCY INFORMATION

For all emergencies, please call the security department at extension #6918 for the operator.

INTERNET ACCESS

All ADAA hotel guests at the Sheraton Grand Chicago will receive free wireless Internet access in their rooms and the main hotel lobby; password-protected complimentary wireless Internet will be available in all ADAA function rooms on the Meeting Rooms – Level 2, Lobby – Level 3, and Ballroom – Level 4. The Wi-Fi password is **ADAA2019** (please note that the password is case sensitive) and the network name is **ADAAConference**.

DINING IN THE GRAND SHERATON HOTEL

Grab-n-Go Stations: Purchase from a variety of sandwiches, salads, snacks and beverages at the Grab-n-Go stations located in the Exhibit Hall on Level 4.

Link@Cafe: Offers your favorite Starbucks® coffee drinks, as well as pastries, healthy snacks, soup and sandwiches. Phone: 312-933-5708.

LB Bistro and Patisserie: Breakfast & lunch fare including omelets, salads & crêpes served in an upscale, modern deco setting. Phone: 312-464-1000; ext 5900.



LUNCH

- Grab-n-go sandwiches, salads, snacks and beverages are available for purchase:
Thursday: Meeting Room Level 2
Friday and Saturday: Exhibit Hall Level 4
- Students, Trainees, Postdocs, and Residents only are invited to a complimentary luncheon on Saturday, 12:00 – 1:15 pm, in the Chicago Ballroom 10 (Level 4). Please show your ticket. *First-Come, First-Served*

MESSAGE BOARD

Located near Registration, Ballroom Level 4. To contact conference participants, you may leave a message on the board. Please use the conference mobile app to connect with other attendees.

RECORDING OR PHOTOGRAPHING

Attendees may not record, via video or audio, or photograph presentations without prior permission from the chair and speakers.

ADAA reserves the right to use any photograph/video taken at any event sponsored by ADAA, without the expressed written permission of those included within the photograph/video. ADAA may use the photograph/video in publications or other media material produced, used or contracted by ADAA including but not limited to: marketing materials, future conference outreach, brochures, invitations, books, newspapers, magazines, television, websites, social media platforms, videos, etc.

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Thank you for your understanding and cooperation.

SESSION AND MEETING ROOMS (LEVEL 2)

All session and meeting rooms are located on level 2 with the exception of Columbus, Fountainview Room, Gold Coast, Lakeview, Old Town and Pullman located on Lobby Level 3.

POSTER SETUP, RIVERWALK B (LEVEL 1)

Session I (Friday, 7:00 – 8:15 pm) Setup between 4:00 – 5:00 pm on Friday.

Session II (Saturday, 6:45 – 8:00 pm) Setup between 4:00 – 5:00 pm on Saturday.

You must be registered and have your badge to hang your poster. Please remove your poster at the end of your session, or the hotel will dispose of it.

REGISTRATION, BALLROOM PROMENADE (LEVEL 4)

Open daily: Thursday, 7:30 am – 6:00 pm;

Friday, 7:00 am – 6:00 pm;

Saturday, 7:30 am – 6:00 pm;

Sunday, 7:30 am – 6:00 pm, Meeting Room, Level 2 Foyer

NEW THIS YEAR! EXHIBITOR TREASURE HUNT

(Exhibit Hall, Ballroom Level 4)

Visit 20 Exhibitors and be entered to win a prize! Exhibitor treasure hunt cards will be handed out at registration. While you're networking with exhibitors, make sure to ask them to mark your card to validate that you have visited their booth. Return your complete treasure hunt card to Registration (Ballroom Level 4) on Saturday afternoon and be entered for 3 prize drawings which will be announced via the mobile app on Sunday morning.

Grand Prize: Half off registration for a future conference of your choice: 2020 San Antonio, 2021 Boston, 2022 Denver and one free hotel night

Second Prize: Visa gift card

Third Prize: Starbucks gift card

HOTEL INFORMATION

Sheraton Grand Chicago
301 East North Water Street
Chicago, Illinois 60611
312-464-1000

THANK YOU TO THE ADAA COMMITTEES AND SPECIAL INTEREST GROUPS

ADAA COMMITTEES

Career Development Leadership Program (CDLP) Committee

Paul Holtzheimer, MD, MSCR – Board Liaison and Chair Basic Neuroscience/Clinical Research
Alicia E. Meuret, PhD - Co-Chair Basic Neuroscience/Clinical Research
Kimberly Morrow, LCSW – Chair Practice
Rebecca Sachs, PhD – Co-Chair, Practice

Conference Committee

Ned H. Kalin, MD – Chair
Carmela Alcantara, PhD – Coordinator
Luana Marques, PhD – Board Liaison

Membership Committee

Brian Schmaus, PhD – Chair

Scientific Council

Douglas Mennin, PhD – Chair
Martin Paulus, MD – Vice Chair

Professional Education Committee

Elizabeth DuPont Spencer, LCSW-C – Chair
Liza Bonin, PhD – Vice-Chair
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Risa Weisberg, PhD – Board Liaison

Public Education Committee

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Neal Sideman – Co-Chair
Karen Cassiday, PhD – Board Liaison

ADAA'S SPECIAL INTEREST GROUPS (SIGS)

Child and Adolescent

Krystal Lewis, PhD – Co-Chair
Ruth Lippin, LCSW, JD – Co-Chair
Liza Bonin, PhD – Vice-Chair
Julia Burch, PhD – Vice-Chair

Complementary and Integrative Health

Joan Kaylor, MSEd, LPC, DCEP – Co-chair
Kimberly Morrow, LCSW – Co-chair

Early Career Professionals and Students

Stephanie Woodrow, LCPC, NCC – Chair
Ashley Clausen, PhD – Vice-Chair
Krystal Lewis, PhD – Vice-Chair

Sheila Rauch, PhD, ABPP – SIG Board Liaison

Genetics and Neuroscience

Lynnette A. Averill, PhD – Co-Chair
Karmel Choi, PhD - Co-Chair
Sahib Khalsa, MD, PhD - Co-Chair
Sanne JH van Rooij, PhD - Co-Chair

Multicultural Advances

Jessica Graham-LoPresti, PhD – Co-chair
Karen G. Martinez, MD, MSC – Co-chair

OCD and Related Disorders

Angela Wai Mon Chiu, PhD – Chair
Jarell Myers, PhD – Co-Chair
Elaina Zendegui, PsyD – Co-Chair

PTSD

Cassidy Gutner, PhD – Co-chair
Michelle Bovin, PhD – Co-chair

Social Anxiety

Lauren Neaman, PsyD, ACT – Co-Chair
Celeste Conlon, PhD – Co-Chair
Noah Clyman, LCSW-R, ACT – Vice-Chair
Randy Weiss, LCSW – Vice-Chair

Women's Mental Health

Karen Cassiday, PhD – Co-Chair
Beth Salcedo, MD – Co-Chair

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Thursday March 28, 2019

8:00 AM - 4:30 PM

Alies Muskin Career Development Leadership Program (CDLP) – invitation only

Support provided by Amita Health
(Columbus, Level 3)

7:00 - 8:15 PM

Welcome Reception and Exhibit Hall Grand Opening - Open to All Registered Participants

Support provided by the Sheraton Grand Chicago
(Chicago Ballroom 6, Level 4)

Friday March 29, 2019

7:00 - 8:30 AM

Depression and Anxiety Journal Editorial Board Meeting – invitation only

(Arkansas, Level 2)

7:00 - 8:00 AM

Breakfast for First-Time Attendees

Support provided by Barn Life Recovery
(Fountainview Room, Level 3)

11:35 AM – 12:50 PM

Scientific Council Meeting – invitation only
(Michigan, Level 2)

12:00 - 1:00 PM

Special Interest Group Brown Bag Lunch Meetings:

- Child and Adolescent (Superior B, Level 2)
- Genetics & Neuroscience (Arkansas, Level 2)
- Women's Mental Health (Huron, Level 2)

7:30 PM

Dine-Arounds

(Sign up at Registration Thursday/Friday and meet at arranged location in the Sheraton Lobby)

A special thank you to ADAA member Ken Goodman, LCSW for organizing this year's dine-arounds

8:00 PM

Off-Site Event: Therapy Players (The Skokie Theatre, 7924 Lincoln Avenue in Skokie, IL)

Special Invite to Attendees at the ADAA Conference!

Purchase tickets at: www.therapyplayers.com and enter the code "ADAA" for discounted tickets.

Saturday March 30, 2019

7:00 - 8:00 AM

2020 Conference Committee Meeting (Old Town, Level 3) – invitation only

7:00 – 8:00 AM

Complementary and Integrative Health (Arkansas, Level 2)

12:00 – 1:00 PM

Public Education Committee Meeting (Lakeview, Level 3) – invitation only

Professional Education Committee Meeting (Illinois Boardroom, Level 2) – invitation only

Career Development Leadership Program Committee Meeting (Mayfair, Level 2) – invitation only

12:00 – 1:15 PM

Membership Committee Meeting (Pullman, Level 3) – invitation only

12:00 - 1:15 PM

Early Career Professionals and Students Lunch and Program – complimentary for Students, Post-Docs, Residents and Trainees (Chicago Ballroom 10, Level 4)
First come - first served.

12:00 – 1:15 PM

Special Interest Group Brown Bag Lunch Meetings:

- Multicultural Advances (Old Town, Level 3)
- OCD (Fountainview Room, Level 3)
- PTSD (Huron, Level 2)
- Social Anxiety (Superior B, Level 2)





> SCHEDULE AT A GLANCE

Thursday, March 28

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|--------------------|------------------------------------|---|---|
| 7:30 AM - 6:00 PM | Chicago Registration Desk, Level 4 | REG | Registration Open (Supported by Sage Therapeutics) |
| 8:00 AM - 4:30 PM | Columbus, Level 3 | CDLP | Alies Muskin Career Development Leadership Program – invitation only (Supported by Amita Health) |
| 8:30 AM - 11:30 AM | Gold Coast, Level 3 | MC001 | Cognitive Behavioral Therapies for Social Anxiety Disorder: An Integrative Strategy |
| | Mayfair | MC002  | Treating PTSD and Suicide Risk: Separating Myth from Fact |
| 9:00 AM - 9:30 AM | Meeting Room, Level 2 Foyer | | Networking Coffee Break (Supported by Anxiety.org) |
| 9:30 AM - 11:30 AM | Ontario | MC003   | Developing Skills to Promote Effective Racial Dialogue in Therapy |
| | Superior | MC004 | The SPACE Program: How Parents Can Help Children Overcome Anxiety |
| | Arkansas | MC005 | Strategic Pressure for OCD: The Treatment of Last Resort |
| 10:00 AM - 3:30 PM | Michigan | SPP  | Suicide Prevention Program: Why Do People Kill Themselves?: Advancing Suicide Prevention Through Science and Practice |
| 11:30 AM - 1:00 PM | Meeting Room, Level 2 Foyer | | Lunch Break – Grab-n-Go Available for Purchase |
| 1:00 PM - 2:00 PM | Huron | TT01 | The Therapeutic Potential of MDMA: Does It Help, and Can It Hurt? |
| 1:00 PM - 3:00 PM | Gold Coast, Level 3 | MC006 | An Integrative Cognitive Behavioral Approach to the Management of Treatment-Interfering Behavior |
| | Mayfair | MC007  | Cultural Adaptation of Mindfulness-Based Interventions |
| | Ontario | MC008 | Emotion-Focused Therapy for Depression: An Experiential Workshop |
| | Superior | MC009 | OCD: Best Treatment Strategies for Children & Adolescents |
| | Arkansas | MC010 | The Anxious Moment and How to Handle It |

 Student Friendly Session  Diversity Focused Session



Thursday, March 28 *continued*

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|-------------------|------------------------------|---|--|
| 3:00 PM - 3:30 PM | Meeting Room, Level 2 Foyer | | Networking Coffee Break (Supported by Anxiety.org) |
| 3:30 PM - 4:30 PM | Huron | TT02 | MDMA-Assisted Psychotherapy for PTSD: To Phase 3 and Beyond |
| 3:30 PM - 5:30 PM | Gold Coast, Level 3 | MC011 | Increasing Cultural Competence in Practice with Sexual Minority Clients |
| | Mayfair | MC012 | Targeting Emotional Parenting Behaviors and Reinforcing Adaptive Parenting Behaviors using the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children (UP-C) |
| | Ontario | MC013 | The Mindful Way of Doing What Matters: An Advanced Workshop in Values Clarification and Values-Consistent Action |
| | Superior | MC014  | The Modular Act & Adapt Program for Depression: Engaging Youth of Ethnic Minority Backgrounds and their Providers |
| | Arkansas | MC015 | Treatment Resistant Panic-Disorder: Identifying and Overcoming Barriers to Recovery |
| 5:45 PM - 7:00 PM | Chicago Ballroom 10, Level 4 | KEY* | Opening Session and Keynote Address: Potential Drugs of Abuse as Antidepressants and Anxiolytics: Pluses and Minuses (Support provided by Rogers Behavioral Health) (Chicago Ballroom 10, Level 4) |
| 7:00 PM - 8:15 PM | Chicago Ballroom 6, Level 4 | | Welcome Reception and Exhibit Hall Grand Opening - Open to All Registered Participants (Support provided by Sheraton Grand Chicago) (Chicago Ballroom 6, Level 4) |

 Student Friendly Session  Diversity Focused Session

Did You Know?

ADAA members receive a complimentary annual online subscription to *Depression and Anxiety* – ADAA’s official online journal. Also – ADAA’s professional webinars are free for members and members receive a discount on CEs and CMEs.





> SCHEDULE AT A GLANCE

Friday, March 29

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|---------------------|------------------------------------|-----------|--|
| 7:00 AM - 8:00 AM | Fountainview, Level 3 | | Breakfast for First-Time Attendees (Supported by Barn Life Recovery) |
| 7:00 AM - 8:30 AM | Arkansas | | Depression and Anxiety Journal Editorial Board Meeting (invitation only) |
| 7:00 AM - 6:00 PM | Chicago Registration Desk, Level 4 | REG | Registration Open (Supported by Sage Therapeutics) |
| 7:30 AM - 8:30 AM | Chicago Ballroom 6, Level 4 | | Networking Breakfast with Exhibitors |
| 7:30 AM - 5:00 PM | Chicago Ballroom 6, Level 4 | | ADAA Exhibits Open |
| 8:00 AM - 10:00 AM | Chicago Ballroom 10, Level 4 | CPS | The Nuts and Bolts of Working with BDD, Rumination, and Suicidal Ideation (Supported by Sage Therapeutics) |
| 8:30 AM - 11:30 AM | Michigan | SRS | New Developments in Stress and Inflammation (Supported by Janssen Research and Development) |
| 10:00 AM - 10:30 AM | Chicago Ballroom 6, Level 4 | | Networking Coffee Break with Exhibitors |
| 10:30 AM - 12:00 PM | Ontario | 100C | Treating Reassurance Junkies: Overcoming The Compulsive Need to Know for Sure |
| | Missouri | 106C | Treating Co-Occurring Anxiety and Substance Abuse: It Can Be Done |
| | Erie | 115C | Cognitive Behavioral Therapy for Hoarding Behaviors in Childhood and Adolescence |
| | Superior B | 117C | Tailoring Treatment for BFRBs – How to Individualize Treatment for the Most Successful Outcomes with Hair Pulling and Skin Picking |
| | Mayfair | 124C | Brief Behavioral Intervention for Preschool Anxiety Disorders: A Parent Management Training Program |
| | Ohio | 145C | Promoting Trauma Informed Parenting Skills to Address Traumatic Stress in Foster Families |
| | Mississippi | 157C | Depression and Obesity: Exploring the Bidirectional Relationship Through Shared Sociodemographic and Biological Factors |

Student Friendly Session Diversity Focused Session

Friday, March 29 *continued*

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|---------------------|-----------------------------|--|---|
| 10:30 AM - 12:00 PM | Gold Coast, Level 3 | 161C   | Treating Anxiety and Depression in Sexual and Gender Minority Clients |
| | Superior A | 170C   | One Family, Two Languages: The Middle Path Towards a Bilingual Adaptation of Dialectical Behavior Therapy Multifamily Skills Group |
| | Colorado | 172C | Successful Use of Exposure Therapy for Choking Phobia, Choking Phobia/OCD, and ARFID |
| | Huron | 176C | Ten Things Every OCD Therapist Should Know About Tourette and Tic Disorders |
| | Columbus, Level 3 | 138C | Augmented Reality, Telepsychiatry, Cue Generalization, and Contextualization of Safety Learning: Bringing Exposure Therapy to Real Life Context |
| | Arkansas | PRES  | Board President Invited Session: If Elephants Could Talk: Racial Literacy for Healing Racial Stress in Relationships |
| 11:35 AM - 12:50 PM | Michigan | | Scientific Council Meeting (invitation only) |
| 12:00 PM - 1:00 PM | Arkansas | SIG001 | Genetics and Neuroscience Special Interest Group: Brown Bag Lunch Meeting and Program |
| | Huron | SIG002 | Women's Mental Health Special Interest Group: Brown Bag Lunch Meeting |
| | Superior B | SIG004 | Child and Adolescent Special Interest Group: Brown Bag Lunch Meeting and Program |
| | Chicago Ballroom 6, Level 4 | | Lunch Break – Grab-n-Go Available for Purchase |
| 1:00 PM - 2:00 PM | Michigan | 160C  | Mastering the Internship Match: How to Get the Internship that Best Fits Your Needs |
| | Mississippi | 166C   | Does CBT Transcend Culture, Race, Gender, and Socioeconomic Status? Challenges We Face Working with People Who Identify with Multiple Marginalized Groups |
| 1:00 PM - 3:00 PM | Mayfair | 329R | Biomarkers for the Diagnosis and Treatment of Bipolar Disorder: A Path to Precision |
| | Gold Coast, Level 3 | 105C | Intensive Family-Based Cognitive-Behavioral Therapy (CBT) with Exposure and Response Prevention (ERP) for Pediatric Anxiety Disorders |
| | Ontario | 114C | Imminent Suicide Risk Assessment in High-Risk Individuals Denying Suicidal Ideation or Intent: Introduction and Training |

 Student Friendly Session  Diversity Focused Session

"C" Clinical/Practice ■ "R" Research ■ "B" Clinical/Practice and Research
*Ethics Session ■ **SAMOC Credits for Psychiatrists



➤ SCHEDULE AT A GLANCE

Friday, March 29 *continued*









Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|-------------------|------------------------------|-----------|---|
| 1:00 PM - 3:00 PM | Superior A | 336R | Trauma Exposure and Anxiety During Development and Biological and Psychological Outcomes in Children and Adolescents |
| | Huron | 162C | Appreciating Treatment Options for Refractory OCD |
| | Ohio | 171C | Treating Pediatric Anxiety and Depression in the Context of Autism Spectrum Disorders |
| | Superior B | 349R | The Use of Cognitive and Affective Neuroscience to Inform Novel Interventions for Mood and Anxiety Disorders: A Lifespan Perspective |
| | Arkansas | 107C | CBT for Chronic GI Disorders |
| | Columbus, Level 3 | 309R | Emotion Regulation in Daily Life: Understanding Emotional Disorders and Emotional Wellbeing Through Experience Sampling and Wearable Monitoring |
| | Erie | 311R | Neuroendocrine Risk Pathways for Trauma- and Stress-Related Disorders in Women |
| | Missouri | 312R | Recognizing Transdiagnostic 'Overcontrol' in Patients with Treatment Refractory Depression and Anxiety: Identifying and Targeting an Overcontrolled Personality |
| | Colorado | 313R | Neural Predictors of Internalizing Disorders: Response, Course, and Biotypes |
| 2:00 PM - 3:00 PM | Michigan | 144C | Creating Change in Systems of Care and Professional Settings to Address Systemic Inequities |
| | Mississippi | TT03 | Emerging Treatments for Depression: Ketamine and Beyond |
| 3:00 PM - 3:30 PM | Chicago Ballroom 6, Level 4 | | Networking Reboot Break with Exhibitors |
| 3:30 PM - 5:00 PM | Chicago Ballroom 10, Level 4 | ROSS | Ketamine and Mind-Altering Drugs in Treating Anxiety and Depression: Potential Roles and Pitfalls (Supported by VistaGen Therapeutics) |

Student Friendly Session Diversity Focused Session

Friday, March 29 *continued*

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|-------------------|--|--|---|
| 5:15 PM - 6:45 PM | Superior A | 321R  | Augmented Reality and Telepsychiatry: Bringing Exposure Therapy to Real Life Context |
| | Columbus, Level 3 | 328R** | Neurobiological Factors Underlying Resilience to Stress and Adversity |
| | Michigan | 103C | Overcoming Therapy-Interfering Behaviors in CBT |
| | Colorado | 334R | Patterns of Symptom and Functioning Changes in CPT for PTSD |
| | Missouri | 133C  | Differential Diagnosis and Treatment of Body Dysmorphic Disorder (BDD) with Comorbid Disorders |
| | Huron | 136C | All In: Incorporating the Family System in the Treatment of Childhood OCD |
| | Mississippi | 340R  | Sensitive Periods in Development Shaping Risk for Depression |
| | Gold Coast, Level 3 | 149C   | Cultural Crossroads: Incorporating Spirituality into Treating Anxiety and Depression Within the South Indian Hindu Population |
| | Ontario | 151C | Exposure and Response Prevention with Emotionally Dysregulated Patients: Using Dialectical Behavioral Therapy to Supplement OCD Treatment |
| | Mayfair | 169C  | "You Want My Kid to Do What?!": Effective Parent and Family Interventions to Enhance Exposure Therapy for Anxiety Disorders |
| | Ohio | 173C | A Culturally-Sensitive Alliance Building Dropout Management Program to Reduce Attrition: Outcomes and Methods |
| | Erie | 351R  | Examining Assumptions Across PTSD Treatment |
| Arkansas | 204B  | Having it 'All' and Where to Put it: Living Your Values at Work and at Home | |
| Superior B | 316R | Innovations in the Measurement of Affect Intolerance: Tools for Efficiently Capturing Distress Tolerance and Anxiety Sensitivity Across Disorders and Ages | |
| 7:00 PM - 8:15 PM | Riverwalk B, Level 1 | S1 | New Research Poster Session 1 (Supported by VistaGen Therapeutics) |







 Student Friendly Session  Diversity Focused Session



> SCHEDULE AT A GLANCE

Saturday, March 30









Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|--------------------|------------------------------------|--|---|
| 7:00 AM - 8:00 AM | Arkansas | SIG003 | Complementary and Integrative Health Special Interest Group Meeting |
| | Old Town, Level 3 | | 2020 Conference Committee Meeting (invitation only) |
| 7:30 AM - 8:30 AM | Chicago Ballroom 6, Level 4 | | Networking Breakfast with Exhibitors |
| 7:30 AM - 5:00 PM | Chicago Ballroom 6, Level 4 | | ADAA Exhibits Open |
| 7:30 AM - 6:00 PM | Chicago Registration Desk, Level 4 | REG | Registration Open (Supported by Sage Therapeutics) |
| 8:00 AM - 9:00 AM | Ontario | 203B  | Demystifying Careers in Leadership and Administration |
| | Mayfair | SS01 | Science Spotlight: Computational Psychiatry: Promises and Challenges (Supported by VistaGen Therapeutics) |
| 8:00 AM - 10:00 AM | Colorado | 318R | How to Augment and Extend the Rapid-Acting Antidepressant Effects of Ketamine in Treatment-Resistant Depression and PTSD? |
| | Arkansas | 323R | Neural Response to Social and Non-Social Information: Associations with Anxiety and Depression Symptoms during Childhood through Late Adolescence |
| | Mississippi | 123C  | Think Positive: Using Interventions from Positive Psychology to Supplement Traditional Treatment for Depression and Anxiety |
| | Ohio | 126C  | The Fear of Vomit: How to Successfully Treat Emetophobia |
| | Superior A | 127C  | Integrating Mindfulness and Yoga into a CBT Practice |
| | Erie | 343R | Suicide Risk Identification: Novel Constructs and Innovative Methods to Investigate Risk Factors of Suicide |
| | Gold Coast, Level 3 | 163C  | Anxiety Goes to School: Collaborative Interventions with Clinicians, Family, and Educators |
| | Missouri | 179C  | It's Dope: Understanding Cannabinoids and its Therapeutic Implications in Your Practice |
| | Huron | 180C | Same or Similar? ACT and Inhibitory Learning Approaches to Exposure/Response Prevention for Pediatric OCD |

 Student Friendly Session  Diversity Focused Session

Saturday, March 30 *continued*

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|---------------------|-----------------------------|--|--|
| 8:00 AM - 10:00 AM | Columbus, Level 3 | 302R  | The Role of Executive Functioning and Other 'Cold' Cognitive Domains in Anxiety and Depressive Disorders |
| | Michigan | 139C  | Behavioral Activation for Adolescents |
| | Superior B | 305R  | Maladaptive Perfectionism: Taking a Closer Look at its Relationship with Psychopathology, Transdiagnostic Mechanisms, and Treatment |
| 9:00 AM - 10:00 AM | Ontario | 174C | Intensive Treatment for OCD in Diverse Settings: Can It Be Improved? |
| | Mayfair | SS02 | Science Spotlight: Neurodevelopmental Mechanisms Linking Childhood Adversity with Anxiety and Depression (Supported by VistaGen Therapeutics) |
| 10:00 AM - 10:30 AM | Chicago Ballroom 6, Level 4 | | Networking Coffee Break with Exhibitors |
| 10:30 AM - 12:00 PM | Missouri | 102C   | Multifaceted Approaches to Addressing the Opioid Epidemic |
| | Superior B | 327R | The Role of Neuroactive Steroid Hormones in Psychological and Psychophysiological Symptoms of Anxiety |
| | Michigan | 116C | Coexisting Anxiety and ADHD: Addressing Challenges in Diagnosis and Treatment |
| | Colorado | 337R** | Therapeutic Potential of GABA-A Receptor Positive Allosteric Modulators in Major Depressive Disorders |
| | Ontario | 200B | Counting what Counts: Selection and Reporting of Outcomes in Major Depressive Disorder |
| | Mayfair | 152C | Dismantling "Deprecationism": A Collaborative Behavioral Approach to Treating Perfectionism-Driven Depression |
| | Huron | 164C | Treating OCD and Eating Disorders Together: Utilizing Exposure-Based CBT |
| | Superior A | 346R  | Self-Compassion: New Research and Clinical Applications with Anxiety and Mood Disorders |
| | Gold Coast, Level 3 | 177C | Don't Believe Everything You Think: Addressing Dysfunctional "Thoughts about Thoughts" in the Treatment of OCD and GAD |
| | Mississippi | 304R | The Most Evidence-Based, Yet the Least Used: Why Clinicians Avoid Exposure Therapy and What We Can Do About It |
| | Erie | 306R   | Establishing Community Partnerships to Address Mental Health Disparities Among High-Risk Populations: Research and Implementation |
| | Columbus, Level 3 | 310R | Applied Developmental Psychopathology: Reconsidering Screening Initiatives for Adolescent Depression |
| | Ohio | 202B  | Service Dogs: A Complementary Treatment for Post-Traumatic Stress Disorder (PTSD) |
| 12:00 PM - 1:00 PM | Mayfair | | CDLP Committee Meeting (invitation only) |
| | Illinois Boardroom | | Professional Education Committee Meeting (invitation only) |
| | Lakeview, Level 3 | | Public Education Committee Meeting (invitation only) |
| | Chicago Ballroom 6, Level 4 | | Lunch Break – Grab-n-Go Available for Purchase |

 Student Friendly Session  Diversity Focused Session

"C" Clinical/Practice ■ "R" Research ■ "B" Clinical/Practice and Research
 *Ethics Session ■ **SAMOC Credits for Psychiatrists



> SCHEDULE AT A GLANCE

Saturday, March 30 *continued*

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|--------------------|-------------------------------------|-----------|--|
| 12:00 PM - 1:15 PM | Old Town, Level 3 | SIG005 | Multicultural Advances Special Interest Group: Brown Bag Lunch Meeting |
| | Fountainview, Level 3 | SIG006 | OCD Special Interest Group: Brown Bag Lunch Meeting |
| | Huron | SIG007 | PTSD Special Interest Group: Brown Bag Lunch Meeting |
| | Superior B | SIG008 | Social Anxiety Special Interest Group: Brown Bag Lunch Meeting and Program |
| | Pullman, Level 3 | | Membership Committee Meeting (invitation only) |
| | Chicago Ballroom 10, Level 4 | | Early Career Professionals and Students Lunch and Early Career Special Interest Group Program Meeting (complimentary for Students, Post-Docs, Residents, Trainees) First come – first served. |
| 1:30 PM - 3:00 PM | Erie | 319R | Cognitive and Behavioral Correlates of Suicidal Thoughts and Behaviors Across Development |
| | Superior A | 330R | Optimizing Outcomes in Complicated Grief: Targeting Attachment, Typical Beliefs, and Sleep |
| | Missouri | 111C | The Art of Clinical Consultation: What Works? |
| | Arkansas | 333R | Interventions to Prevent Suicide: Reaching People Where They Are |
| | Mississippi | 131C | Redefining Anxiety and Pregnancy from Preconception to Postpartum |
| | Ohio | 132C | Challenges in Treating Social Anxiety Disorder |
| | Michigan | 134C | Mental Health Apps and Social Media for Patients with Depression: What Role in the Therapy Session? |
| | Mayfair | 135C | Effective Treatment of Depression and Anxiety Symptoms with Forensic Clients |
| | Huron | 142C | When OCD Hits Below The Belt: Targeting Taboo Themes and Embarrassing Impairments in OCD That Involves Private Areas |
| | Gold Coast, Level 3 | 153C | Understanding and Targeting Symptom Accommodation for Anxiety and Depression |
| | Colorado | 350R | Cultural and Contextual Moderators of Anxiety and Depression Treatment Effects |
| | Ontario | 352R** | Novel Targets – Novel Treatments: Next-Generation Intervention Research in Childhood Anxiety and Related Disorders |










Student Friendly Session Diversity Focused Session

“C” Clinical/Practice • “R” Research • “B” Clinical/Practice and Research
*Ethics Session • **SAMOC Credits for Psychiatrists



Saturday, March 30 *continued*

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|-------------------|-----------------------------|--|--|
| 1:30 PM - 3:00 PM | Columbus, Level 3 | 307R  | Improving PTSD Treatment Access and Retention: Insights and Outcomes from the First 3 Years of the Warrior Care Network's Intensive PTSD Treatment Programs |
| | Superior B | 317R | Cutting-Edge Research to Optimize Fear Extinction Processes |
| 3:00 PM - 3:30 PM | Chicago Ballroom 6, Level 4 | | Networking Reboot Break with Exhibitors |
| 3:30 PM - 5:00 PM | Erie | 339R   | Identifying Effective Treatments for Traumatized Individuals from Underserved Populations |
| | Superior A | 341R  | Contextualizing the Impact of Community Violence Exposure on Treatment Seeking Youth Residing in Urban and Border Settings |
| | Columbus, Level 3 | 345R | Multi-Level Modeling in Event-Related Potential Research: Implications for Understanding Anxiety-Related Psychopathology |
| | Superior B | 347R  | A Cultural Perspective on the Role of Family in the Expression and Treatment of Internalizing Disorders Among Underrepresented Youth and Families |
| | Colorado | 303R | Emotion-Driven Impulsivity: Transdiagnostic Mechanisms and Implications for Treatment |
| 3:30 PM - 5:30 PM | Missouri | 101C | Using Skillful Creativity to Enhance Client Motivation, Build Collaboration, and Individualize Treatment: Tailoring Therapy to Clients' Needs Through Media, Imagery, Metaphor, and So Much More! |
| | Michigan | 108C**  | Anxiety and Depression Rounds |
| | Mayfair | 112C | Kids and Families are Rarely Simple: Addressing Complex Presentations in Child and Adolescent OCD and Anxiety and Barriers to Treatment |
| | Ohio | 120C  | Generalization in Selective Mutism Treatment- From Playdates to Community Exposures & How to Guide Parents |
| | Huron | 121C* | Effective and Ethical Exposure Strategies for Obsessive Fear of Bodily Fluids |
| | Ontario | 122C | Elevating Exposure Expertise |
| | Gold Coast, Level 3 | 146C   | Culturally Responsive Approaches to the Treatment of Anxiety |
| | Mississippi | 158C | Translating an Evidence-Based Treatment for Emotional Disorders in Adolescents (the Unified Protocol for Adolescents) into Real-World Clinical Settings: Understanding and Addressing the Challenges |

 Student Friendly Session  Diversity Focused Session

"C" Clinical/Practice ■ "R" Research ■ "B" Clinical/Practice and Research

*Ethics Session ■ **SAMOC Credits for Psychiatrists



**A Special Thank You to our Partners at Anxiety.org
for their Ongoing Support and Collaboration**



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by one of our #ADAA2019 session presenters?**



Click on the Virtual Bookstore icon in the Conference mobile app to download a clickable PDF alphabetical listing of presenters and their book titles.

Saturday, March 30 *continued*

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|-------------------|----------------------|--|--|
| 3:30 PM - 5:30 PM | Arkansas | 165C | ACTifying Your Exposures for OCD with Flexibility and Tons of Shaping! |
| 5:15 PM - 6:45 PM | Superior A | 324R  | Self-Regulatory Processes, Mental Health, and Help Seeking in Racial/Ethnic Minorities |
| | Colorado | 348R   | Black Infant Mortality: Race-based Stress and Anxiety among Black Expectant Mothers |
| | Superior B | 301R | Recent Findings in Assessing and Modifying Cognitive Biases |
| | Erie | 308R | Identifying Biomarkers of Childhood Trauma |
| 5:15 PM - 7:15 PM | Columbus, Level 3 | 325R | What Works and How: Primary Outcomes and Mechanisms of PTSD Treatment in Veterans from the PROGRESS Trial |
| 5:45 PM - 6:45 PM | Gold Coast, Level 3 | 150C | Demystifying "Failure to Launch": Debunking Myths and Illuminating Strategies to Foster Independence in Young Adults |
| | Missouri | 155C  | Flexible Evidence-Based Treatments for Depression and Anxiety in Schools: Implementation, Challenges, Innovations, and Future Directions |
| | Huron | 156C | Pray the Gay to Stay: Treating Diverse Themes of OCD |
| | Mississippi | 344R  | Implementation Science: Translating Science to Practice Across Diverse Settings |
| | Ohio | 167C  | Whether We 'Like' it or Not, We Need to Embrace Social Media |
| | Michigan | 168C  | Growing Your Solo Anxiety-Focused Practice into a Group Practice: What We Know Now and What We Wish We Knew Then |
| 6:45 PM - 8:00 PM | Riverwalk B, Level 1 | S2 | New Research Poster Session 2 (Supported by VistaGen Therapeutics) |

 Student Friendly Session  Diversity Focused Session





SCHEDULE AT A GLANCE

Sunday, March 31







Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|--------------------|-----------------------------|-----------|--|
| 7:30 AM - 8:00 AM | Meeting Room, Level 2 Foyer | | Networking Breakfast |
| 7:30 AM - 8:00 AM | Meeting Room, Level 2 Foyer | REG | Registration Open (Supported by Sage Therapeutics) |
| 8:00 AM - 9:00 AM | Superior A | 128C | Do's and Don'ts When Treating Anxiety with Multicultural Families |
| | Erie | 130C | Adjunctive Treatment to Trauma-Focused Therapy for Interpersonal Trauma Survivors |
| | Gold Coast, Level 3 | 137C | The Early Career Professionals and Students Special Interest Group Presents: Getting Your Guide – The Importance of Identifying Supervisors and Mentors as Early Career Trainees and Professionals |
| | Superior B | 147C | Complex Trauma: Exploring Mental Health Outcomes Among Immigrants Due to Systemic Stress |
| | Columbus, Level 3 | 148C* | Do You Skype, Zoom, or VSee?: Ethical Telehealth with Children, Adolescents, and Young Adults |
| | Colorado | 159C** | Does 1+1 Always Equal 3? An Update on Combining Psychotherapy with Medications |
| 8:00 AM - 10:00 AM | Huron | 331R | Toward Understanding Avoidance in Clinical Anxiety: The Value of Experimental Choice Paradigms |
| | Mississippi | 335R | Remote Delivery of Treatments for Anxiety and Depression: Examining Outcomes, Adherence, and Predictors of Response |
| | Missouri | 338R | Overcoming Treatment Barriers for Online Mental Health Programs |
| | Ontario | 140C | Practical Application of the Integration of Motivational Interviewing with Cognitive-Behavioral Therapy for Depression |
| | Michigan | 141C | Exposure to Exposure: An Interactive Workshop |
| | Ohio | 315R | Beyond Suicidal Ideation and Intent Self-Report: New Approaches to the Assessment of Imminent Suicide Risk |
| 9:15 AM - 10:45 AM | Superior A | 322R | Innovative Mental Health Treatment Engagement Initiatives for Latino Families |
| | Columbus, Level 3 | 326R | Emotional Impact of Trauma: Informing Models of Emotional Experience and Emotion Regulation within Posttraumatic Stress Disorder |

Student Friendly Session Diversity Focused Session

Sunday, March 31 *continued*

Unless otherwise noted, all meeting rooms on this page are located on Level 2

| TIME | LOCATION | SESSION # | TITLE |
|---------------------|-----------------------------|--|---|
| 9:15 AM - 10:45 AM | Superior B | 332R  | Clinical Applications of Courage: What It Means, How to Measure It, and How to Increase It |
| | Colorado | 154C  | Game On! Bringing a Gaming Mentality to Therapy |
| | Gold Coast, Level 3 | 181C | ERP or ACT/ERP: When to Do What! |
| 10:00 AM - 11:00 AM | Meeting Room, Level 2 Foyer | | Networking Reboot Break |
| 11:00 AM - 1:00 PM | Erie | 320R  | Neurobiological and Behavioral Markers of Suicidality in Veterans with PTSD |
| | Ohio | 104C** | Neurostimulation in the Evolving Treatment Paradigm for Depression and Anxiety |
| | Ontario | 109C  | An Introduction to the Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents |
| | Huron | 110C  | Social-Signaling Matters: Using Radically Open Dialectical Behavior Therapy to Enhance Social Connectedness |
| | Michigan | 118C  | Treatment is Not Working! When the Presence of Sensory Dysregulation Impacts the Treatment of Anxiety |
| | Gold Coast, Level 3 | 129C  | Phenomenon of Gaming and its Relationship to Anxiety and Depression |
| | Missouri | 143C  | Cognitive Behavioral Therapy for Groups: A More Accessible Treatment Approach |
| | Colorado | 201B  | Are We There Yet? The Current Landscape, Challenges, and Strategies of Utilizing Digital Mental Health Tools |
| | Superior A | 342R | Novel Positive Valence Targets and Treatment Approaches for Anxiety and Depression |
| | Mississippi | 175C  | The Application of Acceptance and Commitment Therapy in Addressing Microaggressions in Clients of Color |
| | Mayfair | 178C   | Recruiting and Retaining Minorities in the Profession, in the Practice and in the Research: Barriers and Solutions Part Two |
| | Columbus, Level 3 | 300R | Multilevel Mechanism of Treatment Effect for Youth with Internalizing Problems |
| | Superior B | 314R  | Discrimination: Effects, Coping Strategies, and Treatment Implications in Multiple Marginalized Populations |

 Student Friendly Session  Diversity Focused Session

"C" Clinical/Practice ■ "R" Research ■ "B" Clinical/Practice and Research
*Ethics Session ■ **SAMOC Credits for Psychiatrists

THANK YOU TO OUR 2019 CONFERENCE EXHIBITORS AND PARTNERS!

VISIT OUR PARTNERS AND EXHIBITORS IN CHICAGO BALLROOM 6 (LEVEL 4) ON THURSDAY EVENING, FRIDAY AND SATURDAY, 7:30 AM – 5:00 PM

| | |
|--|---|
| Admera Health | ITSE |
| Advanced Ketamine Care | IV Solution/Ketamine Centers of Chicago |
| Alcoholics Anonymous World Services, Inc. | McLean Hospital |
| Alpine Academy | Mountain Valley Treatment Center |
| Alsana | National Library of Medicine |
| Ambit Medical Professional Services | Philips Respironics |
| American Foundation for Suicide Prevention | Picking Me Foundation NFP |
| AMITA Health Behavioral Medicine | Postpartum Support International |
| Anxiety Sisters, LLC | Psychological Health Center of Excellence |
| ART International Training & Research | Renewed Freedom Center for Rapid Anxiety Relief |
| Barn Life Recovery | Rogers Behavioral Health |
| Beck Institute for Cognitive Behavior Therapy | Skyland Trail |
| BrainsWay | The Anxiety Treatment Center of Greater Chicago |
| Chicago CBT Center | The OCD & Anxiety Center |
| Eating Recovery Center/Insight Behavioral Health | The OCD & Anxiety Treatment Center |
| Footprints to Recovery | Thought Technology |
| HPR Treatment Centers | Timberline Knolls |
| Houston OCD Program | Upper Midwest Telehealth Resource Center |
| IN VIRTUO | Yellowbrick Consultation and Treatment |
| Innovative Neurological Devices | |
| International OCD Foundation | |

As of March 8, 2019

NEW THIS YEAR! EXHIBITOR TREASURE HUNT (EXHIBIT HALL, BALLROOM LEVEL 4)

Visit 20 Exhibitors and be entered to win a prize!

Exhibitor treasure hunt cards will be handed out at registration. While you're networking with exhibitors, make sure to ask them to mark your card to validate that you have visited their booth. Return your complete treasure hunt card to Registration (Ballroom Level 4) on Saturday afternoon and be entered for 3 prize drawings which will be announced via the mobile app on Sunday morning.

Grand Prize: Half off registration for a future conference of your choice: 2020 San Antonio, 2021 Boston, 2022 Denver and one free hotel night

Second Prize: Visa gift card

Third Prize: Starbucks gift card



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THANKS FOR YOUR SUPPORT!

VISIT OUR PARTNERS AND EXHIBITORS IN CHICAGO BALLROOM 6 (LEVEL 4)

Diamond Level:

Rogers Behavioral Health



Gold Level:

Sage Therapeutics

VistaGen Therapeutics, Inc.



THANKS FOR YOUR SUPPORT!

VISIT OUR PARTNERS AND EXHIBITORS IN CHICAGO BALLROOM 6 (LEVEL 4)

Silver Level:

American Foundation for Suicide Prevention
The Houston OCD Program
Janssen Research and Development LLC



**American
Foundation
for Suicide
Prevention**



Bronze Level:

AMITA Health Behavioral Medicine
Anxiety.org
Barn Life Recovery
Beck Institute for Cognitive Behavior Therapy
McLean Hospital
Wiley



WILEY



CONTINUING EDUCATION

OVERVIEW

The conference aims to leverage its broad audience to synthesize cutting-edge knowledge, accelerate dissemination, and translate scientific evidence to practice by engaging clinicians.

The ADAA Annual Conference is innovative and serves to advance knowledge in unique ways:

- 1) fostering dissemination and collaboration among basic and behavioral researchers;
- 2) encouraging researchers and clinicians to discuss practical applications in real-life settings;
- 3) accelerating translation of research to practice with hands-on training of empirically tested treatments;
- 4) involving early career investigators, students, and trainees in research and learning; and
- 5) providing opportunities for professionals to hear patient perspectives. The conference engages all of these audiences, building bridges and supporting these networks throughout the year.

STATEMENT OF NEED

The annual conference of the Anxiety and Depression Association of America (ADAA) is designed to meet the educational needs of member and nonmember clinicians and researchers by providing training, dissemination of evidence-based treatments, and translation of the latest research. Anxiety disorders and depression are common and disabling. Anxiety disorders comprise a diagnostic category that includes generalized anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), social anxiety disorder, and phobias. Lifetime prevalence estimates for all anxiety disorders and major depression are 28.8 percent and 16.6 percent, respectively. Mental illnesses account for more than half as many disability days as all physical illnesses, with anxiety and depressive disorders being the major causes

of disability. More than 40 million adults have one or more anxiety disorder, and 19 million adults have depression; anxiety disorders are the most common mental illnesses in children.

Research has long documented the high comorbidity between anxiety disorders and depression; the latest data continues to highlight the importance of understanding the overlap between these disorders, not only with respect to their etiology, but also in terms of treatment course. In 50 percent of diagnoses, individuals have comorbid anxiety and depression. Additionally, anxiety and depression are the primary illnesses associated with suicide. To continue leading the field, ADAA has broadened its mission and vision to encompass anxiety and depressive disorders.

The desired results for the conference are that attendees are aware of the latest developments in preclinical and clinical research, are able to translate this knowledge to clinical practice, apply evidence-based research to practice, discuss real-world clinical experiences to influence research, and develop new skills and techniques to improve diagnosis, prevention, and treatment of anxiety and depressive disorders. It is also expected that researchers and clinicians will discuss how specific diagnoses manifest in the clinic and the reality of implementation of evidence-based and novel treatments in real world settings. Additionally, participants will evaluate and discuss how to use new technologies and social media in research and clinical practice, thus advancing the dissemination and implementation of empirically based and novel treatments.

CONFERENCE EDUCATIONAL OBJECTIVES

After participating in the 2019 Anxiety and Depression Association of America Conference, attendees should be able to:

- Apply new strategies for evidence-based treatments for anxiety and depressive disorders

- Understand the scientific underpinnings of the pathophysiology underlying anxiety and depression
- Identify and discuss new experimental treatment approaches that are being pursued
- Recognize treatment resistance and develop strategies for optimizing responses
- Develop the ability to integrate psychotherapy with pharmacotherapy and other neuromodulatory treatments
- Recognize the importance of cultural, racial, and socioeconomic issues in developing effective treatment strategies

CE and CME credits are available to registered professional physicians, psychologists, social workers, counselors, therapists and nurses. **Members do not pay an additional fee;** nonmembers can receive credits for an additional fee of \$60 per discipline. Only professional attendees can receive CE or CME credits; those paying guest, student, post-doc, trainee or consumer fees cannot apply for CE or CME credits. Online attendance verification, individual session evaluations, overall conference evaluation, and printed certificate must be completed by **May 15, 2019** to be eligible for credit.

CE CREDITS

CE Credits are available for professionals through these organizations:

Psychologists:

This course is co-sponsored by Amedco and Anxiety and Depression Association of America (ADAA). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. Max 29.5 hours.

Social Workers:

As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social workers completing this course receive 29.5 clinical continuing education credits.

Social Workers in New York State:

Amedco SW CPE is recognized by the New York State

Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115.

California Marriage and Family Therapists, Licensed Clinical Social Workers, Licensed Clinical Counselors, and Licensed Educational Psychologists

The CA MFT Board and BBS accept credits from providers approved by the National Board of Certified Counselors (NBCC) and the American Psychological Association (APA). ADAA is an NBCC provider and is co-sponsoring with Amedco, an APA provider.

Counselors:

Anxiety and Depression Association of America (ADAA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6872. Programs that do not qualify for NBCC credit are clearly identified. ADAA is solely responsible for all aspects of the programs.

Physicians' assistants and nurse practitioners:

AMA PRA Category 1 Credit™ can only be awarded to MDs or DOs (or physicians with equivalent degrees from other countries). Non-physicians may not be awarded *AMA PRA Category 1 Credit™*. Non-physicians may, however, receive a certificate of attendance/participation that acknowledges the activity was designated for *AMA PRA Category 1 Credit™* in order to apply their participation toward re-licensure.

The American Board of Psychiatry and Neurology accepts *Category 1 Credit™* from accredited providers by the American Council for Continuing Medical Education (ACCME). *Category 1 Credit™* will be available at the Anxiety and Depression Conference 2019.

CME CREDITS

Accreditation

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Anxiety and Depression Association of America (ADAA) unless stated otherwise. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Amedco LLC designates this live activity for a maximum of 29.5 AMA PRA *Category 1 Credits™* for

[continued next page](#)

> CONTINUING EDUCATION *continued*

physicians. Learners should claim only the credit commensurate with the extent of their participation in the activity.

Maintenance of Certification for Psychiatrists

The American Board of Psychiatry and Neurology accepts *Category 1 CME Credits™* from accredited providers by the American Council for Continuing Medical Education (ACCME). *Category 1 CME Credits™* will be available at the Anxiety and Depression Conference 2019.

Self-Assessment Maintenance of Certificate Session Assessment (SAMOC Sessions)

The following sessions are eligible for SAMOC credits:

- 104C: Neurostimulation in the Evolving Treatment Paradigm for Depression and Anxiety (Sunday, 11:00 AM - 1:00 PM)
- 108C: Anxiety and Depression Rounds (Saturday, 3:30 - 5:30 PM)
- 337R: Therapeutic Potential of GABA-A Receptor Positive Allosteric Modulators in Major Depressive Disorders (Saturday, 10:30 AM - 12:00 PM)
- 159C: Does 1+1 Always Equal 3? An Update on Combining Psychotherapy with Medications (Sunday, 8:00 - 9:00 AM)
- 352R: Novel Targets - Novel Treatments: Next-Generation Intervention Research in Childhood Anxiety and Related Disorders (Saturday, 1:30 - 3:00 PM)
- 328R: Neurobiological Factors Underlying Resilience to Stress and Adversity (Friday, 5:15 - 6:45 PM)

To earn Self-Assessment MOC Credits:

- Login to the CE/CME portal with the information provided via email before the conference, or ask at the registration desk for help.
- Click on "List Self Assessments" and "Add Self Assessments" to add the session and complete the assessment.

- Once you have attended the session, or viewed the presentations in the online program, you can complete the post-test assessment as you apply for CME credits and follow the process outlined in "How to Apply for CE and CME Credits."

HOW TO APPLY FOR CE AND CME CREDITS

- 1) You should have received an e-mail before the ADAA Conference with your current login for the submission database, which is the same system used for the CE and CME credit process. If you registered on-site, you will receive the email during the week following the conference.
- 2) At the conclusion of each session, complete the individual session evaluation for all sessions you attended, complete an overall conference evaluation, and then print, download or email your official certificate. Ethics credits earned will be indicated on the certificate. ABPN certificates will be sent separately in May following the verification of completion of all assessment activities.
- 3) Use the printed "Schedule at a Glance" or the "Itinerary" option in the Conference Mobile App to track the sessions you attend. This will assist you in the online evaluation process. You do not need to return any forms to ADAA.

All steps above must be completed by May 15, 2019.

Direct all questions regarding CE or CME to conference@adaa.org, or call 240-485-1031.



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CYNTHIA HARRISON, PsyD
Licensed Clinical Psychologist



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"I have been in practice for 10 years specializing in anxiety disorders."

Age groups

Adolescents
Adults

Speciality

Anxiety disorders and related conditions

Address

3251 Washington St.

DISCLOSURE REPORT 2019

Listed below is information disclosed by presenters.

Any real or apparent conflicts of interest related to the content of their presentations have been resolved.

G = Grant Support

C = Consultant

S = Speaker's Bureau

M = Major Stock Shareholder

O = Other

Modest (<\$5,000) Significant (>=\$5,000)

Name: Financial Interest, Organization(s)

S. Aaronson: Modest G: Neuronetics, Significant G: LivaNova, Modest C: Neuronetics, Alkermes, Modest C: Genomind, Modest S: Sunovion, Otsuka, **C. Abdallah:** Modest C: Other, **T. Adams:** Significant G, NIMH, Modest G: IOCDF, Veterans Administration, **O. Ajilore:** Modest C: Other, Modest G: Otsuka, **J. Alpert:** Modest G: PCORI, Otsuka, **M. Alvord:** Modest R: Research Press Publishers, **N. Amir:** Modest G: NIMH, **S. Anderson:** Modest G: NIMH, NIDA, **R. Aupperle:** Modest G: NIH, **C. Badour:** Modest G: NIDA, **C. Beard:** Modest G NIMH, **S. Bennet:** Modest R: UpToDate, Inc. **B. Bonasera:** Significant G: Biohaven Pharmaceuticals, **L. Bonin:** Modest C: UpToDate, Inc. **D. Brent:** Modest G: NIMH, AFSP, Once Upon a Time Foundation, Modest C: Healthwise, McKesson, Modest R: Guilford Press, **L. Brown:** Modest G: Dept. of Defense, NIMH, **C. Bryan:** Significant G: Dept. of Defense, Significant G: Other, Modest C: Other, **K. Burkhouse:** Modest G: Klingenstein Third Generation Foundation, Significant G: NIMH, Modest G: BBRF, **L. Bylsma:** Significant G: NIMH, **C. Cha:** Modest G: NIMH, **A. Chevance:** Significant G: Fondation pour la Recherche Medicale, **E. Craighead:** Significant G: NIMH, Modest R: Wiley, **R. Dantzer:** Modest G: Ajinomoto, Significant C: Danone Nutricia Research, **K. Deligiannidis:** Modest G: SAGE Therapeutics, NIMH, Modest C: SAGE Therapeutics, Modest R: NIH, **P. DiBartolo:** Modest R: Oxford U Press, **D. Dillon:** Significant G: NIMH, NIH, McLean Hospital, **D. Dougherty:** Modest G: Medtronic, **E. Duval:** Modest G: NIMH, **J. Ehrenreich-May:** Modest R: Oxford U Press, Significant R: NIMH, Modest C: Other, Significant C: Other, **T. Eisenlohr-Moul:** Modest G: NIMH, Modest C: Other, **C. Epperson:** Modest G: Other, Modest C: Other, **I. Epstein:** Modest G: Janssen, Pristiq **N. Fani:** Significant G: NIMH, **A. Feder:** Modest G: BBRF, Other, **A. Forinash:** Significant R: Other, **I. Galynker:** Modest G: Amer Foundation for Suicide Prevention, **R. Gibbons:** Modest G: Other, Significant M: Founder of Adaptive Testing Technologies, **K. Gilbert:** Significant G: NIMH, **R. Golomb:** Modest R: Guilford Press, **M. Gonsalves:** Modest G: NIMH, **L. Grasser:** Modest G: Other, **B. Greenwood:** Modest G: NIMH, **R. Griffiths:** Significant G: Heffter Research Institute, **F. Gunning:** Significant G: NIMH, **C. Gutner:** Modest G: NIMH, **A. Halaris:** Modest S: Allergan, **E. Haroon:** Significant G: NIMH, **R. Hempel:** Modest M: Shareholder, Significant M: Radically Open Ltd, **J. Hershfield:** Modest R: New Harbinger Publications, **J. Humensky:** Modest G: New York Community Trust, NIMH, **C. Johnson:** Significant G: NIMH, Modest G: Veterans Health Administration, **T. Jovanovic:** Modest G: NARSAD, Significant G: NIH, **N. Karnik:** Modest G: NIH, SAMSHA, Other, **M. Katzman:** Modest S: Astra Zeneca, Biotics, Bristol-Myers, Eli Lilly, Allergan, Janssen, Lundbeck, Merck, Pfizer, Purdue, Shire, Sunovion, Glaxo-Smith-Kline, Bedrocan, Modest G: Canadian Institute of Health, Canadian Psychiatric Research Foundation, Foundation, Modest C: Glaxo-Smith-Kline, Lundbeck, Eli Lilly, AstraZeneca, Janssen, Bristol Myers-Squibb, Shire, Sunovion, Canopy, Otsuka, Boehringer Ingelheim, Organon, Modest S: Organon, Janssen Ortho, Solvay, Boehringer Ingelheim, Modest G: Sick Kids-Foundation, Center

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The following presenters have documented that they have nothing to disclose:

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 (SAD)

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 (entering Phase 3)



AV-101
 (4-chlorokynurenine)
 for MDD
 (in Phase 2)



PH10
 (andorstadienol)
 for MDD
 (in Phase 2)

- ❖ Self-administered nasal spray
- ❖ First-in-class neurosteroid activates nasal chemosensory neurons
- ❖ No hormonal effects
- ❖ Triggers neural impulses to parts of the brain that suppress anxiety
- ❖ PRN treatment
- ❖ Rapid-onset in 10-15 minutes
- ❖ No systemic exposure
- ❖ Non-sedating, non-addictive
- ❖ Exceptionally well-tolerated in multiple clinical trials
- ❖ Potential to be first FDA-approved PRN treatment

- ❖ Oral
- ❖ NMDA receptor glycine site antagonist
- ❖ Inhibits NMDA receptor activity, does not block it
- ❖ Rapid-onset antidepressant effects in preclinical studies
- ❖ Exceptionally well-tolerated in multiple clinical studies
- ❖ No psychological side effects
- ❖ Non-sedating, non-addictive
- ❖ Convenient at-home administration
- ❖ FDA Fast Track designation
- ❖ Potential adjunctive and first line therapy

- ❖ Self-administered nasal spray
- ❖ First-in-class neurosteroid activates nasal chemosensory neurons
- ❖ No hormonal effects
- ❖ Triggers neural impulses in parts of the brain producing antidepressant effects
- ❖ Convenient at-home administration
- ❖ Rapid-onset antidepressant effects
- ❖ No systemic exposure
- ❖ Non-sedating, non-addictive
- ❖ No psychological side effects
- ❖ Potential adjunctive and first-line therapy

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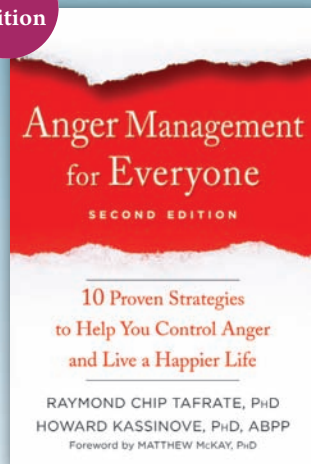


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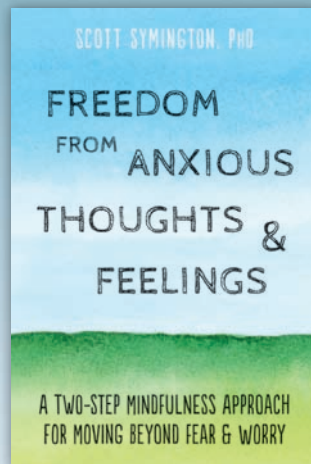
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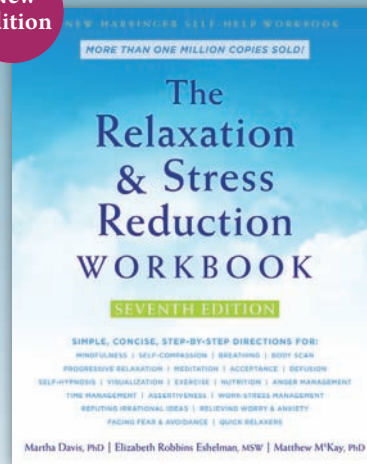
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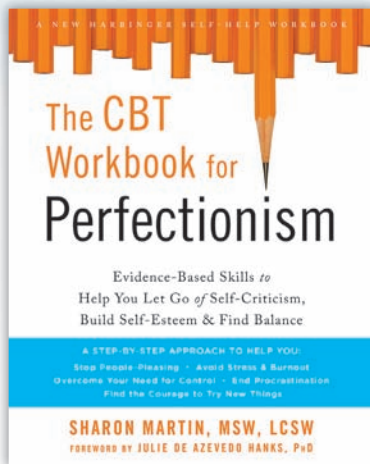


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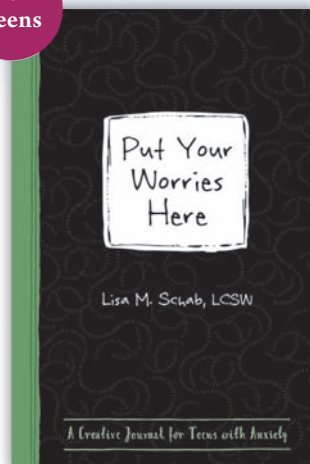


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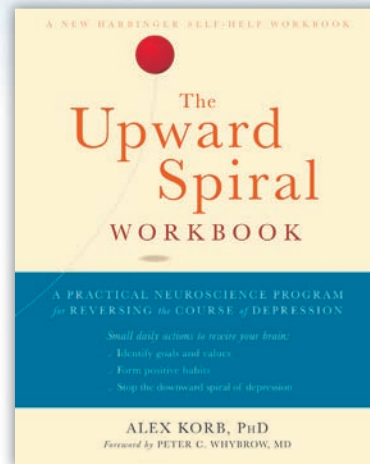


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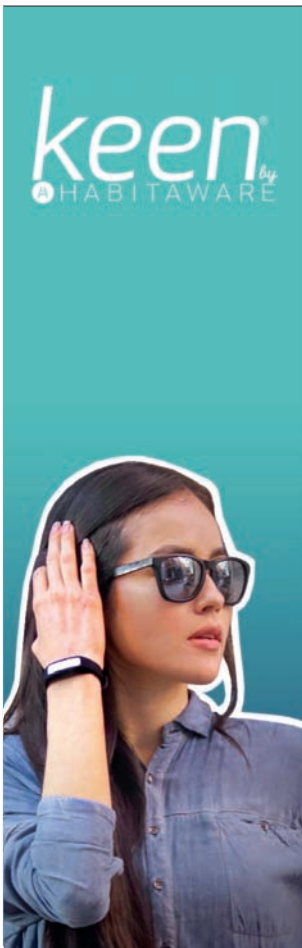
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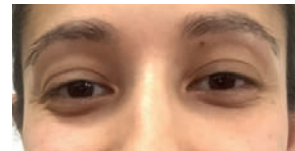


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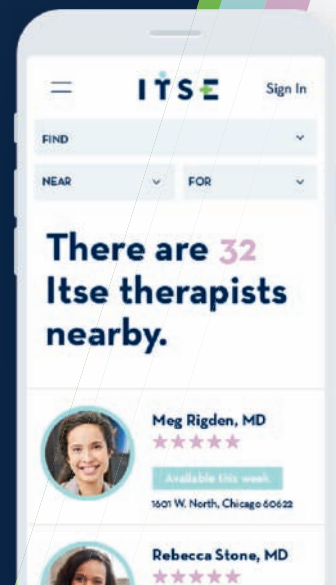
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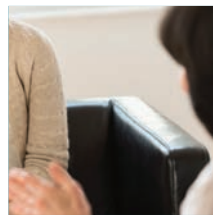
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