

## SCHEDULE - DETAILED VIEW

### ADAA 2026 Conference

WEDNESDAY, APRIL 08

ADAA Board of Directors (Invitation Only)

Wed 2 PM - 5 PM • Mayfair (Level 2)

THURSDAY, APRIL 09

Speaker Ready Room

Thu 7 AM - 4:30 PM • Ohio (Level 2)

Registration

ADAA gratefully acknowledges this year's lanyard sponsor:

**Definium**   
THERAPEUTICS

Thu 7 AM - 7 PM • Chicago Promenade East (Level 4)

Morning Refreshments

Thu 7:30 AM - 8 AM • Foyer (Level 2)

Concurrent Sessions: Roundtables and Workshops

Sessions with Ethics Credit:

*From Scroll to Support: Navigating Ethics in Telehealth and Social Media*

Thu 8 AM - 9 AM

When Every Patient is a Research Participant: Embedding Research in Clinical Practice to Improve Personalized Medicine

Thu 8 AM - 9 AM • Roundtable • Erie (Level 2)

Rachel Hershenberg, ABPP, Ph.D. *Chair*

Emory University School of Medicine

**Alex Rothbaum, M.P.H., Ph.D. *Presenter***

Skyland Trail

When Every Patient is a Research Participant: Embedding Research in Clinical Practice to Improve Personalized Medicine

**Philip Held, Ph.D. *Presenter***

Rush University Medical Center

When Every Patient is a Research Participant: Embedding Research in Clinical Practice to Improve Personalized Medicine

**Michelle Bovin, Ph.D. *Presenter***

National Center for PTSD at VA Boston Healthcare System

When Every Patient is a Research participant: Embedding Research in Clinical Practice to Improve Personalized Medicine

**Lauren Sippel, Ph.D. *Presenter***

Geisel School of Medicine at Dartmouth and Dartmouth Health

When Every Patient is a Research Participant: Embedding Research in Clinical Practice to Improve Personalized Medicine

## From Scroll to Support: Navigating Ethics in Telehealth and Social Media

Thu 8 AM - 9 AM • Workshop • Huron (Level 2)

**Emily Bailey, PSYD *Chair***

Atlanta OCD and Anxiety Treatment, LLC

Dr. Emily Bailey's clinical interests include OCD, anxiety, and mood disorders in children, adolescents, and adults. Recently, she completed her postdoctoral training at McLean OCD Institute//Houston and is working at a private practice in Atlanta, Georgia. She emphasizes integrating families and parents into her therapeutic work with children and adolescents. Dr. Bailey has worked in a variety of mental health treatment facilities, including anxiety clinics, a residential treatment facility, a hospital setting, a Child Advocacy Center, and an autism clinic. She has experience working with a diverse population and in using evidence-based treatments such as Cognitive Behavioral Therapy, Exposure and Response Prevention, and Trauma-Focused Cognitive Behavioral Therapy. Dr. Bailey is passionate about helping her patients achieve a more meaningful, satisfying, and valued life.

8 AM - 8:10 AM

**Katie O'Dunne, D.Min *Presenter***

Stick with the Ick

From Scroll to Support: Navigating Ethics in Telehealth and Social Media

Rev. Dr. Katie O'Dunne (she/her) is an ordained minister in the United Church of Christ and founder of Stick with the Ick, a virtual inclusive interfaith community app for those navigating faith and OCD, offering resources across

traditions. She spent seven years as Academy Chaplain and Chair of Religious Studies at Woodward Academy in Atlanta while consulting on interfaith programming nationwide. Katie now educates clinicians and clergy on culturally responsive treatment across religious/spiritual contexts, leads the IOCDF Faith & OCD Action Council, and consults with OCDI Texas on Religion & OCD. She received Vanderbilt's Doctor of Ministry Award for Distinction in Integrative Care Practices.

**Jenna Overbaugh, M.A., LCPC *Presenter***

Jenna Overbaugh, LLC

From Scroll to Support: Navigating Ethics in Telehealth and Social Media

Jenna Overbaugh is a licensed professional counselor and has been working with people who have OCD and anxiety since 2008. Previously, she worked at world renowned facilities including Johns Hopkins Hospital and Rogers Memorial Hospital, where she treated some of the most debilitating cases of OCD and anxiety in the world. She has contributed to several peer reviewed literature articles as well as spoken at national conferences on OCD, anxiety, hoarding, and related issues. She is the host of the "All The Hard Things" podcast and the creator of her signature program "The OCD and Anxiety Recovery Blueprint".

**Guillaume Riesen, Ph.D. *Presenter***

Worldview Studio

From Scroll to Support: Navigating Ethics in Telehealth and Social Media

Guillaume is a science engagement designer, artist and dog dad living in Denver. He works to connect people with ideas through exciting and interactive experiences. His educational YouTube channel has nearly 4 million views and he has designed materials for museums and Universities. He holds a BS in cognitive neuroscience (Brown University) and a PhD in neuroscience (Stanford University).

**Juli Sherry, M.B.A. *Presenter***

Worldview Studio

From Scroll to Support: Navigating Ethics in Telehealth and Social Media

## Artificial Intelligence, Virtual Reality, and Augmented Reality: A New Era in PTSD and Anxiety Treatment

Thu 8 AM - 9 AM • Timely Topic • Mayfair (Level 2)

**Arash Javanbakht, M.D. *Chair***

Wayne State University School of Medicine

I am a psychiatrist and serves as the director of the Stress, Trauma, and Anxiety Research Clinic (STARC). His work is focused on anxiety, trauma, and PTSD. I helps civilians, refugees, and first responders with PTSD.

I study risk and resilience in refugees and first responders.

I am inventor of award winning ExpandXR, and AI enhanced augmented reality technology for PTSD and anxiety disorders.

I am the author of "AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety".

my work has been featured on the WaPo, CNN, PBS, Lancet, GMA and tens of more media. .

**Arash Javanbakht, M.D. *Presenter***

Wayne State University School of Medicine

Welcome to the Matrix: AI, Augmented Reality, and the Next Generation of Transdiagnostic Interventions for PTSD and Anxiety Disorders

I am a psychiatrist and serves as the director of the Stress, Trauma, and Anxiety Research Clinic (STARC). His work is focused on anxiety, trauma, and PTSD. I helps civilians, refugees, and first responders with PTSD.

I study risk and resilience in refugees and first responders.

I am inventor of award winning ExpandXR, and AI enhanced augmented reality technology for PTSD and anxiety disorders.

I am the author of "AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety".

my work has been featured on the WaPo, CNN, PBS, Lancet, GMA and tens of more media. .

**Albert Rizzo, Ph.D. *Presenter***

University of Southern California

Virtual Reality Goes to War: Advances in the Treatment of PTSD Due to Military and Sexual Trauma

Albert "Skip" Rizzo is a clinical psychologist and Director of Medical Virtual Reality at the University of Southern California Institute for Creative Technologies. He is also a Research Professor with the USC Dept. of Psychiatry and at the USC Davis School of Gerontology. His career began as a clinician providing rehabilitative services for persons with traumatic brain injuries and stroke. Over the last 25 years, Skip has conducted research on the design, development and evaluation of Virtual Reality systems targeting the areas of clinical assessment, treatment and rehabilitation across the domains of psychological, cognitive and motor functioning in both healthy and clinical populations. This work has focused on PTSD, TBI, Autism, ADHD, Alzheimer's disease, stroke and other clinical conditions. In spite of the diversity of these clinical R&D areas, the common thread that drives all of his work with digital technologies involves the study of how interactive and immersive Virtual Reality simulations can be usefully applied to address human healthcare needs beyond what is possible with traditional 20th Century tools and methods.

**Adapting Exposure Therapy for Complex Youth With Emotion Dysregulation: Programmatic and Clinical Perspectives**

Thu 8 AM - 9 AM • Roundtable • Michigan A (Level 2)

**Julianne Wilner, Ph.D. *Chair***

Harvard Medical School/McLean Hospital

**Abigail Stark, Ph.D. *Presenter***

McLean Hospital

Adapting Exposure Therapy for Complex Youth With Emotion Dysregulation: Programmatic and Clinical Perspectives

**Michelle Silverman, Ph.D. *Presenter***

Harvard Medical School McLean Hospital

Adapting Exposure Therapy for Complex Youth with Emotion Dysregulation: Programmatic and Clinical Perspectives

Jamie Micco, Ph.D., ABPP *Presenter*

The Concord Center

Adapting Exposure Therapy for Complex Youth With Emotion Dysregulation: Programmatic and Clinical Perspectives

Sara Haddadi, LCSW *Presenter*

McLean Hospital

Clinical Social Worker

From Campus to Clinic: Teaching the Hidden Link Between Anxiety, Depression, and Addiction in Youth

Thu 8 AM - 9 AM • Workshop • Michigan B (Level 2)

Poorvanshi Alag, M.D. *Chair*

Texas Tech University Health Sciences Center School of Medicine

Roderick Olivas, M.D. *Presenter*

Texas Tech University Health Sciences Center School of Medicine

From Campus to Clinic: Teaching the Hidden Link between Anxiety, Depression, and Addiction in Youth

Arsalan SHAH, M.D. *Presenter*

TTUHSC -Lubbock TX

From Campus to Clinic: Teaching the Hidden Link between Anxiety, Depression, and Addiction in Youth

Capacity to Act With Eco-Anxiety: Building Resilience in the Face of the Climate Crisis

Thu 8 AM - 9 AM • Workshop • Ontario (Level 2)

Katy Rothfelder, LCPC *Chair*

Anxiety Treatment Center of Austin

Saharah Shrout, LPC-S *Presenter*

OCD & Anxiety Treatment of Houston

Capacity to Act With Eco-Anxiety: Building Resilience in the Face of the Climate Crisis

Saharah Shrout, MA, LPC-S is the Owner and Clinical Director of OCD & Anxiety Treatment of Houston (OATH Therapy). Since 2003, she has specialized in the treatment of OCD, OC-spectrum disorders, and anxiety disorders, beginning her career at The Menninger Clinic's OCD Program and later serving as Program Manager at the Houston OCD Program. She is trained in SPACE (Supportive Parenting for Anxious Childhood Emotions), the Bergen 4-Day Treatment (B4DT) model, and is a graduate of the IOCDF's Behavior Therapy Training Institute (BTTI). Sarahah is dedicated to advancing evidence-based care and reducing the stigma surrounding mental health.

Andrea Alvarez, LCPC *Presenter*

AMA Behavioral Therapy

Capacity to Act with Eco-Anxiety: Building Resilience in the Face of the Climate Crisis

**Azul Gomez, M.A. *Presenter***

Capital OCD & Anxiety Practice

Capacity to Act with Eco-Anxiety: Building Resilience in the Face of the Climate Crisis

## **Bridging Mind, Body, and Technology: Integrative Approaches to Treating Health Anxiety**

Thu 8 AM - 9 AM • Roundtable • Superior A (Level 2)

**Molly Schiffer, LCPC *Chair***

Sheppard Pratt Hospital

Molly Schiffer, LCPC, is the Associate Director of The Center for OCD and Anxiety, Sheppard Pratt's private pay, outpatient treatment center for individuals experiencing obsessive-compulsive and anxiety disorders. Prior to joining The Center for OCD and Anxiety, Molly specialized in the treatment of OCD and related disorders at the OCD and Anxiety Center of Greater Baltimore. She earned a Master of Science in Applied Psychology with a concentration in Counseling Psychology from the University of Baltimore. Molly is an active member of the International OCD Foundation and the Anxiety and Depression Association of America and has presented at national conferences on OCD-related topics. She is licensed to practice in Maryland and is a board-approved supervisor of LGPCs in Maryland.

**Michelle Massi, M.A. *Presenter***

Anxiety Therapy LA

Bridging Mind, Body, and Technology: Integrative Approaches to Treating Health Anxiety

Michelle Massi is a licensed Marriage and Family Therapist and has been treating OCD and OC Spectrum Disorders for more than 15 years. Ms. Massi has a private practice in Los Angeles, CA. She also provides teletherapy to clients in Florida, Georgia and Arizona. In addition to her private practice, Michelle is an IOCDF BTTI faculty member and provides consultations to other clinicians. In the past, Ms. Massi was the Associate Clinical Director at the UCLA OCD IOP, worked in the Childhood UCLA OCD, Anxiety and Tic Disorders Program as well as the UCLA Adult Anxiety Research Program.

**Michael Young, M.D. *Presenter***

Sheppard Pratt

Addressing Somatic Concerns and Health Anxiety With Wise Mind: A Physician's Perspective

**Shauna Pichette, LCPC, NCC *Presenter***

NOCD

Bridging Mind, Body, and Technology: Integrative Approaches to Treating Health Anxiety

## **"You Can't Sit With Us!": CBT for Social Anxiety During the Tumultuous Teen Years**

Thu 8 AM - 9 AM • Workshop • Superior B (Level 2)

**Jami Socha, Ph.D. *Chair***

University of Michigan

Emily Bilek, ABPP, Ph.D. *Presenter*

University of Michigan Health System

Cbt for Social Anxiety During the Tumultuous Teen Years

Morgan Bolen, PSYD *Presenter*

University of Michigan

"You Can't Sit With Us!": Cbt for Social Anxiety During the Tumultuous Teen Years

## 2026 Career Leadership Development Program (Invitation Only)

ADAA gratefully acknowledges our 2026 Alies Muskin Career Development Program sponsor

# VUMEDI

Thu 8 AM - 10 AM • Chicago Ballroom 10 (Level 4)

## Concurrent Sessions: Symposia and State-of-the-Art Clinician Sessions

Session with Suicide Credit:

*Using Experimental Measures of Social Motivation Dysfunction to Better Understand and Predict Suicidal Thoughts and Behaviors*

Thu 9:15 AM - 10:45 AM

From Lab to Real World: Development of a Smartphone-Delivered Interpretation Bias Intervention for Anxiety

Thu 9:15 AM - 10:45 AM • Symposia • Erie (Level 2)

Courtney Beard, Ph.D. *Chair*

McLean Hospital/Harvard Medical School

9:15 AM - 9:24 AM

Courtney Beard, Ph.D. *Presenter*

McLean Hospital/Harvard Medical School

Rationale and Development of HabitWorks: A Personalized, Smartphone-Delivered Interpretation Bias Intervention for Anxiety

9:24 AM - 9:42 AM

Kobe Huynh, B.A. *Presenter*

Arizona State University

A Randomized Controlled Trial of an Interpretation Bias Modification Smartphone App for Anxious Parents

9:42 AM - 10 AM

Alexandra Silverman, M.A., Ph.D. *Presenter*

McLean Hospital/Harvard Medical School

Randomized Controlled Trial of Smartphone-Based Interpretation Bias Intervention in a Community Sample

10 AM - 10:18 AM

IreLee Ferguson, B.S. *Presenter*

University of Vermont

Participant-Level Predictors of Engagement With a Smartphone-Delivered Interpretation Bias Intervention

10:18 AM - 10:36 AM

Risa Weisberg, Ph.D. *Discussant*

Private Practice / Boston University

10:36 AM - 10:45 AM

## Applications of Generative AI to Mental Health: Assessment, Prediction, and Intervention Development

Thu 9:15 AM - 10:45 AM • Symposia • Huron (Level 2)

Yinru Long, M.S. *Chair*

Vanderbilt University

9:15 AM - 9:24 AM

Zilin Ma, Ph.D. *Presenter*

Harvard Business School

Access is Not Care: LLM Mental Health Support Through the Law of Amplification

9:24 AM - 9:42 AM

Yinru Long, M.S. *Presenter*

Vanderbilt University

Adapting and Testing a Generative AI–Powered Chatbot for Delivering a Brief Positive Emotion Intervention to College Students

9:42 AM - 10 AM

Yunzhen Liang, M.A. *Presenter*

Vanderbilt University

Generative AI for Assessing Suicide Risk in Social Media: Transformer-Based Detection of Suicide-Related Reddit Posts

10 AM - 10:18 AM

**Adithya V Ganesan, M.S. *Presenter***

Stony Brook University

Explaining Gpts' Schema of Depression: A Machine Behavior Analysis

10:18 AM - 10:36 AM

### Transforming Threat Into Challenge: Harnessing Self-Talk to Power Exposure Success

Thu 9:15 AM - 10:45 AM • Special Workshop: Reid Wilson • Mayfair (Level 2)

**Reid Wilson, Ph.D. *Presenter***

Anxiety Disorders Treatment Center

Reid Wilson, PhD, a Founding Clinical Fellow, served in leadership positions within ADAA for 30 years, including 3 years as Chair of the National Conference and 13 years as a member of the Board of Directors. In 1991, he co-authored with Dr. Edna Foa the first self-help book on ERP for OCD, STOP OBSESSING! In 1986 he authored the first professionally-written self-help book on panic disorder: DON'T PANIC. He has received the Jerilyn Ross Clinical Advocate Award & the Member of Distinction Award from ADAA and the Patricia Perkins Service Award from the International OCD Foundation. His newest book, QUIET YOUR OCD BRAIN, will be released in June by New Harbinger.

### Screening and Treatment for Trauma and Related Psychopathology During the Perinatal Period

Thu 9:15 AM - 10:45 AM • Symposia • Michigan A (Level 2)

**Jordan Thomas, Ph.D. *Chair***

University of Kansas

9:15 AM - 9:24 AM

**Jordan Thomas, Ph.D. *Presenter***

University of Kansas

Depressive Symptom Trajectories Among Adversity-Exposed Women Enrolled in an Innovative Group Prenatal Care Intervention

9:24 AM - 9:42 AM

**Abigail Powers, ABPP, Ph.D. *Presenter***

Emory University School of Medicine

Comparing Two Posttraumatic Stress Disorder Screening Approaches to Improve Health Outcomes in Pregnancy

9:42 AM - 10 AM

**Yael Nillni, Ph.D. *Presenter***

National Center for PTSD, Women's Health Sciences Division and Boston University School of Medicine

Expanding Access to PTSD Treatment During Pregnancy: Comparing Therapeutic Processes Across Clinician and Community Health Worker Delivery of Written Exposure Therapy

10 AM - 10:18 AM

**Ada Moses, M.S. *Presenter***

Feinberg School of Medicine, Northwestern University, Chicago

Understanding Perceptions of Perinatal Trauma in a Diverse Sample: Preliminary Steps to Inform an Enhancement of Mothers and Babies

10:18 AM - 10:36 AM

**Sierra Carter, Ph.D. *Discussant***

University of Georgia

10:36 AM - 10:45 AM

**Using Experimental Measures of Social Motivation Dysfunction to Better Understand and Predict Suicidal Thoughts and Behaviors**

Thu 9:15 AM - 10:45 AM • Symposia • Michigan B (Level 2)

**Travis Evans, Ph.D. *Chair***

Auburn University

9:15 AM - 9:24 AM

**Brian Albanese, Ph.D. *Co-chair***

Department of Psychological and Brain Sciences, Texas A&M University

**Travis Evans, Ph.D. *Presenter***

Auburn University

Developing and Validating a Translational Experimental Paradigm to Measure the Sensitivity of Social Motivation Systems

9:24 AM - 9:42 AM

**Abigail Pleiman, M.P.H. *Presenter***

Louisiana State University

Social Motivation Dysfunction is Associated With Social Avoidance Behavior in Individuals With Probable Post-Traumatic Stress Disorder

9:42 AM - 10 AM

**Emma Truchan, B.S. *Presenter***

Auburn University

Social Motivation Dysfunction is Associated With Interpersonal Risk Factors for Suicide in a U.S. Representative Sample

10 AM - 10:18 AM

**Brian Albanese, Ph.D. *Presenter***

Department of Psychological and Brain Sciences, Texas A&M University

Suicidal Thoughts and Behaviors Are Associated With Social Motivation Dysfunction: Cross-Sectional and Prospective Prediction Across Independent Samples

10:18 AM - 10:36 AM

**Charles Taylor, Ph.D. *Discussant***

University of California - San Diego, Department of Psychiatry

10:36 AM - 10:45 AM

### Extending Mental Health Care Beyond the Clinic: Innovations in Digital Monitoring and Intervention

Thu 9:15 AM - 10:45 AM • Symposia • Superior A (Level 2)

**Tao Lin, Ph.D. *Chair***

Perelman School of Medicine University of Pennsylvania

9:15 AM - 9:24 AM

**Jeremy Tyler, PSYD *Co-chair***

Department of Psychiatry, University of Pennsylvania

**Lily Brown, Ph.D. *Presenter***

Department of Psychiatry, University of Pennsylvania

Maximizing Capacity for CBT Using a Digital, Adaptive Tool

9:24 AM - 9:42 AM

**Marin Kautz, Ph.D. *Presenter***

Department of Psychiatry, University of Pennsylvania

The feasibility, Usability, and Safety of an Asynchronous, Digital Cognitive Control Training Intervention for Adults With HIV and Recent Suicidal Ideation

9:42 AM - 10 AM

**Jeremy Tyler, PSYD *Presenter***

Department of Psychiatry, University of Pennsylvania

Beating OCD and Learning Digitally (BOLD): An Open Trial of a Therapist-Supported, Self-Guided Exposure and Response Prevention App for Adults With Ocd

10 AM - 10:18 AM

**Tao Lin, Ph.D. *Presenter***

Perelman School of Medicine University of Pennsylvania

Predicting Next-Day Suicidal Urges, Depression, and PTSD Symptoms Using Ecological Momentary Assessments and

Passive Sensing of Sleep

10:18 AM - 10:36 AM

**Sabine Wilhelm, Ph.D. *Discussant***

Harvard Medical School

Sabine Wilhelm, Ph.D., is a Professor at Harvard Medical School (HMS) and Chief of Psychology as well as Director of the Center for Obsessive Compulsive and Related Disorders (CORD) at Massachusetts General Hospital (MGH). She is also the Director of the Center for Digital Mental Health in Psychiatry at MGH.

Dr. Wilhelm is recognized as a leading researcher in obsessive-compulsive and related disorders (OCD). Her recent research focuses on using cutting-edge technology to improve and personalize mental health care for a range of mental health concerns. For example, she is currently working on smartphone-based treatments for OCD, depression, and body dysmorphic disorder. Her ultimate goal is to use technology-based interventions to enhance global access to high-quality mental health interventions.

Dr. Wilhelm has published over 330 papers and chapters, as well as nine books. She has also given more than 290 talks on these subjects, locally, nationally, and internationally. Dr. Wilhelm has mentored more than 50 junior investigators in the field. She has been the principal investigator of numerous NIMH- and foundation funded clinical research grants investigating medication, cognitive-behavioral therapy, digital services, and other treatments for a range of psychiatric disorders in children and adults.

Dr. Wilhelm is the Vice-Chair of the Scientific Advisory Board of the International OCD Foundation. She serves on the Scientific Council for the Anxiety and Depression Association of America and the Tourette Syndrome Association Behavioral Science Consortium. She is the past president of the Association for Behavioral and Cognitive Therapies (ABCT) and was an Associate Editor for the journals *Depression and Anxiety* and *Behavior Therapy*. Dr. Wilhelm currently serves on eight editorial boards. She was the Scientific Program Chair of the World Congress of Behavioral and Cognitive Therapies held in Boston in June 2010. Additionally, Dr. Wilhelm is a fellow of the Association for Psychological Science. Dr. Wilhelm received many awards for her work, including the distinguished Aaron T. Beck Award from the Academy of Cognitive Therapy. She was also awarded the Peter K. Ranney Innovation Award from the World Medical Innovation Forum and she is the recipient of the 2023 NAMI Scientific Research Award.

10:36 AM - 10:45 AM

### **Desirable Difficulties: Optimizing Exposure Therapy Through Inhibitory Learning**

Thu 9:15 AM - 10:45 AM • State-of-the-Art Clinician Session • Superior B (Level 2)

**Jonathan Abramowitz, Ph.D. *Presenter***

University of North Carolina at Chapel Hill

9:15 AM - 9:45 AM

**Ryan Jacoby, Ph.D. *Presenter***

Harvard Medical School/Massachusetts General Hospital

Desirable Difficulties: Optimizing Exposure Therapy Through Inhibitory Learning

Ryan Jane Jacoby, Ph.D. is Assistant Director of the Center for OCD and Related Disorders (CORD) at Massachusetts

General Hospital (MGH) and an Assistant Professor of Psychology (Psychiatry) at Harvard Medical School (HMS). Dr. Jacoby completed her undergraduate studies at Williams College and her Ph.D. in Clinical Psychology at the University of North Carolina at Chapel Hill. She completed her clinical internship and post-doctoral training at MGH/HMS. Dr. Jacoby is a licensed clinical psychologist who sees patients through CORD. Her clinical and research interests are broadly focused on the nature and treatment of OCD and anxiety disorders, including specific interests in psychological mechanisms of change in exposure-based therapies as well as treatment augmentation strategies that capitalize on these mechanisms (e.g., inhibitory learning approaches, repetitive negative thinking). She is also interested in improving the understanding and behavioral/psychophysiological measurement of transdiagnostic psychological processes (e.g., intolerance of uncertainty, attentional/cognitive control) utilizing multi-method approaches (e.g., attentional disengagement eye-tracking tasks, behavioral economic decision-making paradigms, biometric indices of autonomic arousal). Dr. Jacoby is currently funded by a Career Development Award (K23) from the National Institute of Mental Health examining attentional/cognitive control as a mechanism in the transdiagnostic treatment of repetitive negative thinking. She was a 2017 recipient of the International OCD Foundation (IOCDF) Young Investigator Research Award and a 2018 recipient of the Anxiety and Depression Association of America (ADAA) Alies Muskin Career Development Leadership Program Award.

9:45 AM - 10:15 AM

## CDLP Clinical Track (Invitation Only)

Thu 10 AM - 11 AM • Lincoln (Level 3 - Lobby)

## CDLP Research Track (Invitation Only)

Thu 10 AM - 11 AM • Chicago Ballroom 10 (Level 4)

## Networking Break

Thu 10:45 AM - 11 AM • Foyer (Level 2)

## Concurrent Sessions: Symposia and State-of-the-Art Clinician Sessions

Session with Suicide Credit:

*The Many Roles of Technology for Understanding and Preventing Suicide*

Thu 11 AM - 12:30 PM

Neuroticism and Transdiagnostic Psychopathology Across the Lifespan: Advancements in Understanding, Preventing, and Treating Internalizing Disorders

Thu 11 AM - 12:30 PM • Symposia • Erie (Level 2)

Daniel Teplow, M.A. *Chair*

Northwestern University

11 AM - 11:09 AM

**Richard Zinbarg, Ph.D. *Presenter***

Northwestern University

Does an Online Mindfulness Program for Adolescents at Elevated Risk for Internalizing Disorders Reduce Neuroticism?

11:09 AM - 11:27 AM

**Daniel Teplow, M.A. *Presenter***

Northwestern University

Longitudinal Relationships Among Neuroticism and Transdiagnostic Symptom Dimensions in Adolescents

11:27 AM - 11:45 AM

**Madison Schmidt, M.S. *Presenter***

Northwestern University

A Head-To-Head Comparison of Two Theories of Neuroticism

11:45 AM - 12:03 PM

**Alexander Williams, Ph.D. *Presenter***

Boston University

Change in Neuroticism and Beliefs About Emotions in Transdiagnostic Treatment for Comorbid Anxiety and Alcohol Use Disorder

12:03 PM - 12:21 PM

## A Comprehensive Demonstration of Inference-Based Cognitive Behavioral Therapy (I-CBT) for OCD: A Step-By-Step Walkthrough of the 12-Module Protocol

Thu 11 AM - 12:30 PM • State-of-the-Art Clinician Session • Huron (Level 2)

**Stephanie Woodrow, LPC *Presenter***

National Anxiety and OCD Treatment Center

11 AM - 11:30 AM

**Amanda Petrik-Gardner, LCPC *Presenter***

Amanda Petrik-Gardner, LCPC

A Comprehensive Demonstration of Inference-Based Cognitive Behavioral Therapy (I-CBT) for OCD: A Step-By-Step Walkthrough of the 12-Module Protocol

Amanda Petrik-Gardner, LCPC, LPC, LIMHP specializes in the treatment of Obsessive Compulsive and Related Disorders, including OCD, Body Dysmorphic Disorder, Hoarding, Trichotillomania and Excoriation. Amanda is currently in the doctoral program at Kansas State University. Amanda is the creator of the OCD Exposure Coloring Books and The Compulsive Reassurance Workbook, and is on the board for OCD Kansas, an affiliate of the IOCDF (International OCD Foundation). She has completed the Behavioral Therapy Training Institute through the IOCDF and the Professional Training Institute through the TLC Foundation for BFRBs (Body-Focused Repetitive Behaviors). Amanda currently provides Teletherapy to the states of Kansas, Colorado, Nebraska, Missouri, Michigan, Maine, and Florida.

11:30 AM - 12 PM

**Angela Henry, LCSW *Presenter***

The Center for Collaborative Healing, LLC

A Comprehensive Demonstration of Inference-Based Cognitive Behavioral Therapy (I-CBT) for OCD: A Step-By-Step Walkthrough of the 12-Module Protocol

Angela M. Henry, LCSW is a Licensed Clinical Social Worker with over 20+ years of clinical experience. She is the owner of The Center for Collaborative Healing; a private practice in Indiana and specializes in the treatment of OCD, anxiety-related disorders, body-focused repetitive behaviors (BFRB's), Tourette Syndrome, as well as trauma. Angela has sought extensive training in her areas of specialty and has completed the Behavioral Therapy Training Institute through the IOCDF (International OCD Foundation) and is a graduate of the Professional Training Institute through the TLC Foundation for BFRBs (Body-Focused Repetitive Behaviors). She also completed specialized training from the Behavioral Therapy Institute (TS-BTI) in Comprehensive Behavioral Intervention for Tics (CBIT) for Tourette Syndrome, is a certified EMDR therapist and holds memberships with the IOCDF, TLC Foundation, ADAA, EMDRIA, and the NASW. Angela As an early adopter of I-CBT in the United States, Angela has received training and participates in on-going consultation from Dr. Frederick Aardema. She currently offers a bi-weekly consultation group to therapists wanting to enhance their I-CBT skills and also offers individual consultation services as well. Using a very down to earth and approachable teaching style; Angela helps fellow therapists gain trust in their own skills as they provide healing and bring their own gifts to the collaborative therapeutic table. For more information, contact Angela at [angelahenrylcsw.com](http://angelahenrylcsw.com).

12 PM - 12:30 PM

## The Many Roles of Technology for Understanding and Preventing Suicide

Thu 11 AM - 12:30 PM • Invited Symposium • Mayfair (Level 2)

**Jill Harkavy-Friedman, Ph.D. *Chair***

American Foundation for Suicide Prevention

**Kevin Kuehn, Ph.D. *Presenter***

University of California San Diego

Developing and Testing a Brief, Personalized Intervention for Suicidal Thoughts and Behaviors

Dr. Kuehn is an Assistant Professor in the Department of Psychiatry at UC San Diego. Dr. Kuehn's research focuses on the development and evaluation of personalized interventions for suicidal thoughts and behaviors. He received his Ph.D. in clinical psychology from the University of Washington and completed his clinical internship at the San Diego Veteran's Affairs Healthcare System. He completed his postdoctoral fellowship in the Department of Medicine at UCSD on the HIV and Other Pandemics (HOPE) T-32. Dr. Kuehn's research has been published in *Nature Human Behaviour*, the *Journal of Consulting and Clinical Psychology*, and *Suicide and Life-Threatening Behavior*. His research is currently funded by the National Institute of Mental Health and the American Foundation for Suicide Prevention.

**Jazmin Reyes-Portillo, Ph.D. *Presenter***

Montclair State University

Supporting Technology Engagement for Prevention: An Open Trial With College Students At-Risk for Suicide

**Heather Schatten, Ph.D. *Presenter***

Butler Hospital, Alpert Medical School of Brown University

Feasibility, Acceptability, and Pilot Testing of the Mobile Application to Prevent Suicide (MAPS)

**Marisa Marraccini, Ph.D. *Presenter***

The University of North Carolina at Chapel Hill

Youth Partnerships Informing the Development of a Virtual Reality Intervention to Enhance Suicide Prevention During Psychiatric Hospitalization

## OCPD and Overcontrol in the Context of Depression and Anxiety: Measurement and Treatment

Thu 11 AM - 12:30 PM • Symposia • Michigan A (Level 2)

**Molly Steinhoff, M.A. *Chair***

Washington University in St. Louis

11 AM - 11:09 AM

**Kirsten Gilbert, Ph.D. *Co-chair***

Washington University in St. Louis

**Kirsten Gilbert, Ph.D. *Presenter***

Washington University in St. Louis

Preliminary Feasibility of a Novel Medication-Assisted Psychotherapy: Ketamine Enhanced Radically Open Dialectical Behavior Therapy (RO DBT) for Treatment Resistant Depression

11:09 AM - 11:27 AM

**Lindsey Dewaelsche, B.A. *Presenter***

Purdue University

Measuring Overcontrol Traits and Their Connection to Anxiety and Depression

11:27 AM - 11:45 AM

**Molly Steinhoff, M.A. *Presenter***

Washington University in St. Louis

Obsessive-Compulsive Personality Disorder (OCPD) in Radically Open Dialectical Behavior Therapy (RODBT) for Treatment-Refractory Depression (TRD)

11:45 AM - 12:03 PM

**Ashley Jennings, Ph.D. *Presenter***

Children's Minnesota

Development and Initial Validation of the Pathological Obsessive-Compulsive Personality Scale for Children (POPS-C)

12:03 PM - 12:21 PM

Ellen Astrachan-Fletcher, Ph.D. *Discussant*

EAF reCenter

Ellen Astrachan-Fletcher, PhD, FAED, CEDS-S, has a wealth and breadth of experience treating adults and adolescents with mood, anxiety and eating disorders. She is owner of EAF reCenter, she is Lecturer at Northwestern University's Feinberg School of Medicine, Department of Psychiatry and Behavioral Sciences, and Associate Professor of Clinical Psychology in the Department of Psychiatry at the University of Illinois at Chicago.

She has over 30 years of clinical and teaching experience in the field of eating disorders and women's mental health issues and has taught and supervised Psychiatry residents and fellows as well as Clinical Psychology interns and externs for over three decades. She was named Teacher of the Year by the Clinical Psychology Internship and Fellowship Program at the Northwestern University Feinberg School of Medicine in 2013.

Dr. Astrachan-Fletcher is a senior RO DBT clinician, training directly under Tom Lynch and she is a nationally recognized expert in the field of DBT, FBT (Family-Based Treatment), and is a frequent presenter at national eating disorders conferences. Dr. Astrachan-Fletcher has helped to make empirically based and innovative treatments translatable for the private sector. She co-authored *The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life* (2009), and the *Radically Open DBT Workbook for Eating Disorders: From Overcontrol and Loneliness to Recovery and Connection* (2022). Both workbooks are used at eating disorders treatment facilities throughout the country.

12:21 PM - 12:30 PM

## Associations Between Sleep Disturbance and Posttraumatic Stress Disorder Symptoms After Interpersonal Violence: New Insights and Implications for Prevention and Treatment

Thu 11 AM - 12:30 PM • Symposia • Michigan B (Level 2)

Nicole Short, Ph.D. *Chair*

University of Nevada Las Vegas

11 AM - 11:09 AM

Rebecca Cox, Ph.D. *Presenter*

Washington University in St. Louis

Nightly Sleep Disruption Predicts Next-Day PTSD Symptoms: An Ecological Momentary Assessment Study in Sexual Assault Survivors With and Without PTSD

11:09 AM - 11:27 AM

Christine So, Ph.D. *Presenter*

Washington State University

Presleep Hyperarousal is Differentially Associated With Device-Based and Self-Reported Metrics of Sleep Among Trauma-Exposed Women With a History of Childhood Trauma

11:27 AM - 11:45 AM

Ashby Boland, B.S. *Presenter*

University of Nevada Las Vegas

Nightmares and PTSD in the Acute Post-Trauma Phase: A Six-Week Longitudinal Ecological Momentary Assessment

## Study in Women Following Sexual Assault

11:45 AM - 12:03 PM

**Anthony Reffi, Ph.D. *Presenter***

Henry Ford Health System

Posttraumatic Nightmares Prospectively Predict Fear of Sleep Within the Acute Aftermath of Interpersonal Violence

I am a licensed clinical psychologist and Co-Director of the Sleep and Traumatic Stress Institute at Henry Ford Health in Detroit, MI. My program of research is focused on the intersection of sleep and trauma using prospective observational designs and leveraging behavioral sleep medicine to promote resilience to and recovery from trauma exposure.

12:03 PM - 12:21 PM

**Alan Peterson, ABPP *Discussant***

The University of Texas at San Antonio

Alan L. Peterson is a Professor and the Chief of the Division of Behavioral Medicine in the Department of Psychiatry & Behavioral Sciences at the University of Texas Health Science Center at San Antonio. He is the Director of the STRONG STAR Consortium, which includes over 150 research collaborators and 50 institutions worldwide. STRONG STAR collaborators have collectively secured more than \$225 million in research funding over the past 16 years. Dr. Peterson retired from the U.S. Air Force in 2005 after 21 years of active duty service including deployments in support of Operations Noble Eagle, Enduring Freedom, and Iraqi Freedom. He has clinical and research expertise in the areas of behavioral medicine, psychological trauma, and resiliency. He has published 9 books, more than 400 scientific manuscripts, and given over 700 presentations and invited addresses at national and international meetings.

12:21 PM - 12:30 PM

## Improving and Extending Empirically Supported Treatments: Examples From Anxiety and OCD Across the Developmental Spectrum

Thu 11 AM - 12:30 PM • Symposia • Ontario (Level 2)

**Martin Franklin, Ph.D. *Chair***

Rogers Behavioral Health

I have spent the last 30+ years treating and studying OCD, anxiety, and related conditions, including 20 in the Department of Psychiatry at the University of Pennsylvania School of Medicine, where I am now Associate Professor Emeritus. I have over 250 publications on these topics (research articles, book chapters, and books), and continue with training, clinical, and research activities at Rogers Behavioral Health.

11 AM - 11:09 AM

**Stephan Siwec, Ph.D. *Presenter***

Rogers Behavioral Health

Measuring Meaningful Change: Application of Measurement-Based Care for Adults Receiving Intensive Treatment for Obsessive-Compulsive Disorder

Clinical Psychologist with 5+ years of experience. My area of expertise is in providing empirically supported care to individuals suffering with high levels of impairment and distress in the areas of obsessive-compulsive and related disorders, anxiety disorders, and depressive disorders. My specific expertise includes leading and supervising staff at the residential, partial hospitalization (PHP), and intensive outpatient (IOP) levels of care. I have been directly involved

in shaping the evidence based services and manuals these programs provide to our patients, as well as overseeing and interpreting markers of treatment progress and success (outcome measures, exposure completion, hierarchy development/implementation). Finally, I have engaged in research and produced several manuscripts and book chapters on the topics of residential OCD outcome predictors, cognitive bias modification approaches, and implementing technology to bolster clinical outcomes.

11:09 AM - 11:27 AM

**Galen McNeil, Ph.D. *Presenter***

University of California, Los Angeles

A Novel Intervention for Positive Emotion Enhancement in Anxious, School-Aged Youth

11:27 AM - 11:45 AM

**Jeffrey Engelmann, Ph.D. *Presenter***

Rogers Behavioral Health

Event-Related Potential Predictors of Outcomes in Patients Seeking Intensive Treatment for Obsessive-Compulsive Disorder

12:03 PM - 12:21 PM

**John Piacentini, ABPP, Ph.D. *Discussant***

Semel Institute for Neuroscience & Human Behavior at UCLA

John Piacentini PhD ABPP is Professor of Psychiatry and Biobehavioral Sciences in the David Geffen School of Medicine at UCLA. He is also Director of the Child OCD, Anxiety and Tic Disorders Program, Tourette Association of America (TAA) Center of Excellence, and Center for Child Anxiety, Resilience, Education and Support (CARES) at the UCLA Semel Institute. A board-certified clinical child and adolescent psychologist, Dr. Piacentini's work focuses on the development and dissemination of treatments for youth with OCD, anxiety, tic and body-focused repetitive disorders. He has served as Principal Investigator for multiple NIMH and foundation-funded treatment grants, and authored over 350 scientific publications, including nine books and treatment manuals. Dr. Piacentini is a Past-President of the American Board of Professional Psychology and the Society for Clinical Child and Adolescent Psychology and a current board member for multiple mental health foundations and organizations

12:21 PM - 12:30 PM

## Improving Care in the Treatment and Assessment of Bipolar Disorder: A Multi-Pronged Approach

Thu 11 AM - 12:30 PM • Symposia • Superior A (Level 2)

**Susan Conroy, M.D., Ph.D. *Chair***

Indiana University School of Medicine

11 AM - 11:09 AM

**Stephen Strakowski, M.D. *Co-chair***

Indiana University School of Medicine

**Alyssa Smith, M.D. *Presenter***

Indiana University

Quality Improvement in Mood Disorders

11:09 AM - 11:27 AM

**Allison Meyer, Ph.D. *Presenter***

Indiana University School of Medicine

Incorporating a Bipolar Specific Measurement Based Care Into Clinical Practice in an Academic Health Center

11:27 AM - 11:45 AM

**Evangelia Argyriou, Ph.D. *Presenter***

Indiana University School of Medicine

Advancing Guideline-Informed Care for Bipolar Disorder

11:45 AM - 12:03 PM

**Susan Conroy, M.D., Ph.D. *Presenter***

Indiana University School of Medicine

Periodic Diagnostic Re-Screening in Bipolar Disorder

12:03 PM - 12:21 PM

## Empowering Mothers, Safeguarding Futures: Breakthrough Clinical Strategies for Perinatal and Postpartum Mental Health

Thu 11 AM - 12:30 PM • State-of-the-Art Clinician Session • Superior B (Level 2)

**Jenny Yip, ABPP, PSYD *Presenter***

Renewed Freedom Center for Rapid Anxiety Relief

Dr. Yip is a board certified clinical psychologist, author, speaker, media contributor, and a nationally recognized OCD, anxiety, and parenting expert. She developed the Strategic Boundaries to Productive Parenting, and has treated severe OCD & anxiety disorders for over two decades. She's been featured in various media venues, and co-hosts the StressLess Life Podcast. In 2008, she found the Renewed Freedom Center, and in 2016, she established the Little Thinkers Center – Los Angeles. Dr. Yip is Board Certified in Behavioral & Cognitive Psychology, and is Clinical Assistant Professor of Psychiatry at USC Keck School of Medicine. She is on the Board of Directors of the International OCD Foundation (IOCDF) where she co-chairs the Diversity Advisory Council and facilitates the Perinatal OCD Task Force. She is a Clinical Fellow of the Anxiety & Depression Association of America (ADAA) where she also serves on the Public Education Committee, is a Medical Advisor for the mental health nonprofit Made-of-Million, and was a Clinical Advisor at the inception of the NOCD app. She authored "Productive, Successful You: End Procrastination by Making Anxiety Work for You Rather Than Against You".

11 AM - 11:30 AM

## Lunch Break - On Your Own

Thu 12:30 PM - 1:45 PM

## Early Career Professionals and Students (ECP/S) SIG Meeting

All attendees are welcome.

Thu 12:40 PM - 1:40 PM • Ontario (Level 2)

## Artificial Intelligence (AI) SIG Meeting

All attendees are welcome.

Thu 12:40 PM - 1:40 PM • Mayfair (Level 2)

## Multicultural Advances SIG Meeting

All attendees are welcome.

Thu 12:40 PM - 1:40 PM • Michigan B (Level 2)

## Genetics & Neuroscience SIG Meeting

All attendees are welcome.

Thu 12:40 PM - 1:40 PM • Michigan A (Level 2)

## Concurrent Sessions: Roundtables and Workshops

Session with Ethics Credit:

*Integrating AI in Mental Health: New Frontiers in Research and Clinical Care*

Thu 1:45 PM - 2:45 PM

### Body-Focused Repetitive Behaviors and Treatment: The Basics

Thu 1:45 PM - 2:45 PM • Roundtable • Erie (Level 2)

Ellen Crupi, B.A. *Chair*

[www.habitaware.com](http://www.habitaware.com)

Ellen Crupi is the Director of Awareness at HabitAware and in trichotillomania recovery. Ellen is dedicated to reducing the stigma around mental health and body-focused repetitive behaviors (BFRBs) trichotillomania (hair pulling), dermatillomania (skin-picking) and onychophagia (nail-biting). Ellen educates, presents and coaches those living with these disorders, professionals treating these disorders, hair stylists, and schools. Ellen is passionate about healthy living, exercise, and really good coffee.

Hilary Weingarden, Ph.D. *Presenter*

HabitAware, Inc.

Body-Focused Repetitive Behaviors and Treatment: The Basics

Ruth Golomb, LCPC *Presenter*

The Behavior Therapy Center of Greater Washington

### Body-Focused Repetitive Behaviors and Treatment: The Basics

Ruth Goldfinger Golomb, LCPC, is a senior clinician, supervisor, and a co-director of the training program at the Behavior Therapy Center of Greater Washington, where she has worked since the mid 1980's. Ms. Golomb specializes in treatment of anxiety disorders in children and adults. She has conducted numerous workshops and seminars, and participated as an expert in panel discussions covering many topics including Tourette Syndrome, Obsessive Compulsive Disorder, Trichotillomania and other Body Focused Repetitive Behaviors (BFRBs), and providing cognitive behavior therapy (CBT) for anxious adults. In addition to publishing articles for professional journals and newsletters, Ms Golomb is an author of "The Hair Pulling 'Habit' and You: How to Solve the Trichotillomania Puzzle," "Stay Out of My Hair" and "A Parent Guide to Hair Pulling Disorder: Effective Parenting Strategies for Children with Trichotillomania." Ms Golomb is also an author of "Psychological Interventions for Children with Sensory Dysregulation" and "Helping Your Child with Sensory Regulation." She is a member of the Scientific Advisory Board for The TLC Foundation for Body Focused Repetitive Behaviors.

### Jacob Cross, M.D. *Presenter*

Curious Minds: Psychiatry and Psychotherapy

Body-Focused Repetitive Behaviors and Treatment: The Basics

Hello! I'm Dr. Jacob Cross, a Yale-trained, board-certified psychiatrist and the founder of Curious Minds. I created this practice to offer something that can be hard to find in mental health care: a place where expertise meets empathy and where your story is met with curiosity, not judgment. I specialize in severe anxiety disorders such as Body-Focused Repetitive Behaviors, OCD, and PTSD. Curious Minds offers virtual psychiatric services to adults in Illinois.

For more information please visit <https://www.curiousmindspsychiatry.com/>

## Unmasking Autism: Untangling Implications of Autism Within Anxiety Treatment

Thu 1:45 PM - 2:45 PM • Workshop • Huron (Level 2)

### Sarah Haider, PSYD *Chair*

GamePlan Therapy

Dr. Haider specializes in the treatment of severe pediatric anxiety, OCD and behavioral problems. In addition to CBT and exposure-based therapies, she has extensive training in biofeedback and a knowledge of the mind-body connection. She also has a background in school psychology and is keenly aware of the impact anxiety can have on school and work. In addition to working directly with patients, Dr. Haider volunteers within the community to educate groups about the impact of anxiety on individuals and family members. Her passion is training others- including family members of people with anxiety- to treat and manage anxiety. Dr. Haider has chaired the Los Angeles County Psychological Association Convention (LACPA), sat on the LACPA Board, presents regularly at local and national conventions, conferences, teacher in-services, and parent trainings provided by schools and within the community. She has facilitated and lead well over 100 community-based lectures. In 2018 she founded Gameplan Therapy, which promotes a team-based approach for CBT treatment of anxiety and behavioral disorders.

### Michelle Witkin, Ph.D. *Presenter*

Private Practice

Unmasking Autism: Untangling Implications of Autism Within Anxiety Treatment

## Integrating AI in Mental Health: New Frontiers in Research and Clinical Care

Thu 1:45 PM - 2:45 PM • Timely Topic • Mayfair (Level 2)

### **Martin Paulus, M.D. *Chair***

Laureate Institute for Brain Research

Dr. Paulus graduated from the Johannes Gutenberg University in Mainz studying medicine in 1985. From 1985 until 1986 he worked as a Research Fellow in the Department of Psychiatry at the University of Mainz. He received a fellowship from the German Federation of Research to study translational animal models for mania with Dr. Karen Britton at the University of California San Diego (UCSD). Following his fellowship, he continued with Dr. Arnold Mandell working on the utility of nonlinear dynamical systems approaches to quantify human and animal behavior. In 1993 he continued his training in psychiatry as an intern at the Long Island Jewish Medical Center – Hillside Hospital in New York. He returned to San Diego to complete his residency in psychiatry in 1997, when he joined the faculty as an Assistant Professor in the Department of Psychiatry at UCSD. He also joined the Veterans Affairs San Diego Health Care System as a staff psychiatrist focusing on mood and anxiety disorders. Until his departure in 2014, Dr. Paulus treated Veterans as an outpatient psychiatrist and via telemental health in community-based outpatient clinics. During that time, he received continuous funding from both NIH and the Department of Veterans Affairs. His primary interest focused on individuals with stimulant use as well as – in collaboration with Dr. Murray Stein - patients with anxiety disorders. He used functional magnetic resonance imaging to better understand the underlying brain processes of these disorders and to use functional neuroimaging to identify novel treatment targets or prognostic biomarkers. Dr. Paulus has been the Scientific Director and President of the Laureate Institute for Brain Research (LIBR) in Tulsa, OK since May 2014. Dr. Paulus has a Google Scholar h-index of 110 and has published over 450 peer-reviewed publications (some in top tier journals like Science, Nature Reviews Neuroscience, PNAS, JAMA Psychiatry, Lancet Psychiatry, Biological Psychiatry, Neuropsychopharmacology, and the American Journal of Psychiatry). Dr. Paulus is the Deputy Editor of JAMA Psychiatry, a Series Editor for Current Topics in Behavioral Neuroscience, and is on several editorial boards of top-tier psychiatric journals. He has served on numerous NIH and International Study Sections and is currently on the National Institute of Mental Health Board of Scientific Councilors. Dr. Paulus is also on the Board of Directors of Anxiety and Depression Association of America, ADAA. The goal for LIBR is to identify disease-modifying processes (DMP) based on circuits, behavior, or other levels of analysis, which – when modulated – change (1) the risk for, (2) the severity of, or (3) the recurrence of a disease such as mood, anxiety, or substance use disorder. Dr. Paulus' program of research is to delineate DMPs and provide pathways towards the development of process-specific transdiagnostic interventions that have pragmatic utility, i.e. improve a patient's condition faster with fewer side effects and fewer recurrences, and explanatory value, i.e. refine our understanding of the causal relationships between specific processes and a mental health condition.

### **Martin Paulus, M.D. *Presenter***

Laureate Institute for Brain Research

AI and Mental Health in 2026: Evidence, Guardrails, and the Path Toward Mechanistic, Personalized Care

Dr. Paulus graduated from the Johannes Gutenberg University in Mainz studying medicine in 1985. From 1985 until 1986 he worked as a Research Fellow in the Department of Psychiatry at the University of Mainz. He received a fellowship from the German Federation of Research to study translational animal models for mania with Dr. Karen Britton at the University of California San Diego (UCSD). Following his fellowship, he continued with Dr. Arnold Mandell working on the utility of nonlinear dynamical systems approaches to quantify human and animal behavior. In 1993 he continued his training in psychiatry as an intern at the Long Island Jewish Medical Center – Hillside Hospital

in New York. He returned to San Diego to complete his residency in psychiatry in 1997, when he joined the faculty as an Assistant Professor in the Department of Psychiatry at UCSD. He also joined the Veterans Affairs San Diego Health Care System as a staff psychiatrist focusing on mood and anxiety disorders. Until his departure in 2014, Dr. Paulus treated Veterans as an outpatient psychiatrist and via telemental health in community-based outpatient clinics. During that time, he received continuous funding from both NIH and the Department of Veterans Affairs. His primary interest focused on individuals with stimulant use as well as – in collaboration with Dr. Murray Stein - patients with anxiety disorders. He used functional magnetic resonance imaging to better understand the underlying brain processes of these disorders and to use functional neuroimaging to identify novel treatment targets or prognostic biomarkers. Dr. Paulus has been the Scientific Director and President of the Laureate Institute for Brain Research (LIBR) in Tulsa, OK since May 2014. Dr. Paulus has a Google Scholar h-index of 110 and has published over 450 peer-reviewed publications (some in top tier journals like Science, Nature Reviews Neuroscience, PNAS, JAMA Psychiatry, Lancet Psychiatry, Biological Psychiatry, Neuropsychopharmacology, and the American Journal of Psychiatry). Dr. Paulus is the Deputy Editor of JAMA Psychiatry, a Series Editor for Current Topics in Behavioral Neuroscience, and is on several editorial boards of top-tier psychiatric journals. He has served on numerous NIH and International Study Sections and is currently on the National Institute of Mental Health Board of Scientific Councilors. Dr. Paulus is also on the Board of Directors of Anxiety and Depression Association of America, ADAA. The goal for LIBR is to identify disease-modifying processes (DMP) based on circuits, behavior, or other levels of analysis, which – when modulated – change (1) the risk for, (2) the severity of, or (3) the recurrence of a disease such as mood, anxiety, or substance use disorder. Dr. Paulus' program of research is to delineate DMPs and provide pathways towards the development of process-specific transdiagnostic interventions that have pragmatic utility, i.e. improve a patient's condition faster with fewer side effects and fewer recurrences, and explanatory value, i.e. refine our understanding of the causal relationships between specific processes and a mental health condition.

### The One About I-CBT

Thu 1:45 PM - 2:45 PM • Workshop • Michigan A (Level 2)

#### *Angela Henry, LCSW Chair*

The Center for Collaborative Healing, LLC

Angela M. Henry, LCSW is a Licensed Clinical Social Worker with over 20+ years of clinical experience. She is the owner of The Center for Collaborative Healing; a private practice in Indiana and specializes in the treatment of OCD, anxiety-related disorders, body-focused repetitive behaviors (BFRB's), Tourette Syndrome, as well as trauma. Angela has sought extensive training in her areas of specialty and has completed the Behavioral Therapy Training Institute through the IOCDF (International OCD Foundation) and is a graduate of the Professional Training Institute through the TLC Foundation for BFRBs (Body-Focused Repetitive Behaviors). She also completed specialized training from the Behavioral Therapy Institute (TS-BTI) in Comprehensive Behavioral Intervention for Tics (CBIT) for Tourette Syndrome, is a certified EMDR therapist and holds memberships with the IOCDF, TLC Foundation, ADAA, EMDRIA, and the NASW. Angela As an early adopter of I-CBT in the United States, Angela has received training and participates in on-going consultation from Dr. Frederick Aardema. She currently offers a bi-weekly consultation group to therapists wanting to enhance their I-CBT skills and also offers individual consultation services as well. Using a very down to earth and approachable teaching style; Angela helps fellow therapists gain trust in their own skills as they provide healing and bring their own gifts to the collaborative therapeutic table. For more information, contact Angela at [angelahenrylcsw.com](http://angelahenrylcsw.com).

*Amanda Petrik-Gardner, LCPC Presenter*

Amanda Petrik-Gardner, LCPC

The One About I-CBT

Amanda Petrik-Gardner, LCPC, LPC, LIMHP specializes in the treatment of Obsessive Compulsive and Related Disorders, including OCD, Body Dysmorphic Disorder, Hoarding, Trichotillomania and Excoriation. Amanda is currently in the doctoral program at Kansas State University. Amanda is the creator of the OCD Exposure Coloring Books and The Compulsive Reassurance Workbook, and is on the board for OCD Kansas, an affiliate of the IOCDF (International OCD Foundation). She has completed the Behavioral Therapy Training Institute through the IOCDF and the Professional Training Institute through the TLC Foundation for BFRBs (Body-Focused Repetitive Behaviors). Amanda currently provides Teletherapy to the states of Kansas, Colorado, Nebraska, Missouri, Michigan, Maine, and Florida.

**Mike Heady, LCPC *Presenter***

Anxiety and Stress Disorders Institute

The One About I-CBT

Mike Heady, LCPC is the co-owner and co-director of the Anxiety and Stress Disorders Institute (ASDI) of Maryland. He is a Clinical Fellow with the Anxiety & Depression Association of America, a faculty member with the International OCD Foundation's Behavior Therapy Training Institute and is on the Advisory Board for OCD Training School. For over 15 years, he has utilized evidence-based treatments for clients with anxiety disorders, OCD, and related conditions. He is a former adjunct professor of psychology at McDaniel College and has been featured in numerous podcasts and public education webinars discussing OCD, Anxiety Disorders, and shame. He is a regular presenter at the International OCD Foundation and the Anxiety & Depression Association conferences. For the last few years, Mike has been working to increase evidence-based treatment options to those suffering with OCD and has been instrumental building awareness about and training clinicians in Inference-Based CBT in the United States.

### The Sleep SIG Presents: How to Measure Sleep- Best Practices for Ambulatory Monitoring

Thu 1:45 PM - 2:45 PM • Workshop • Michigan B (Level 2)

**Rebecca Cox, Ph.D. *Chair***

Washington University in St. Louis

**Anthony Reffi, Ph.D. *Presenter***

Henry Ford Health System

My Patient Filled Out the Sleep Diaries ... Now What?

I am a licensed clinical psychologist and Co-Director of the Sleep and Traumatic Stress Institute at Henry Ford Health in Detroit, MI. My program of research is focused on the intersection of sleep and trauma using prospective observational designs and leveraging behavioral sleep medicine to promote resilience to and recovery from trauma exposure.

**Bethel Ataro, M.D. *Presenter***

Washington University in St. Louis

Sleep Diaries Vs Actigraphy: Agreement Across Core Sleep Metrics in Young Adults With OCD

Bethel Ataro is a second-year Master of Public Health and Master of Social Work student at Washington University in St. Louis. She received her Doctor of Medicine from Addis Ababa University in Ethiopia, where she gained clinical and research experience addressing healthcare access and the social and behavioral factors that influence health.

Bethel's research interests center on the intersection of mental health and vulnerable populations. She has worked as a project manager on community-based programs supporting women and children, as well as research assistant roles spanning clinical medicine, global health, and social development. She is currently interested in exploring non-pharmacological approaches to the treatment of mental health disorders, with a particular focus on how behavioral and lifestyle interventions can support well-being and improve treatment outcomes for vulnerable populations. She is also drawn to implementation science, especially in understanding how research findings can be translated into sustainable, real-world practices that benefit those most in need.

## Reducing Parental Accommodations for Selective Mutism

Thu 1:45 PM - 2:45 PM • Workshop • Ontario (Level 2)

**Steven Kurtz, ABPP, Ph.D. *Chair***

Kurtz Psychology Consulting P.C.

**Rachel Busman, ABPP, PSYD *Presenter***

Cognitive and Behavioral Consultants

Reducing Parental Accommodations for Selective Mutism

Rachel Busman, PsyD, ABPP is a licensed clinical psychologist and the Senior Director of the Child & Adolescent Anxiety and Related Disorders Program at Cognitive and Behavioral Consultants (CBC). Dr. Busman has extensive experience providing cognitive behavioral therapy (CBT) and other evidenced-based treatment to children, teenagers and young adults struggling with anxiety disorders and other related mental health disorders. She also has a specific interest and expertise in the evaluation and treatment of selective mutism, obsessive-compulsive disorder, separation anxiety disorder, social anxiety disorder and specific phobias.

Dr. Busman has worked with children and adolescents in both inpatient and outpatient settings at a major academic medical center, where she directed a multidisciplinary team, and at a private mental health institute. She has taught and supervised psychology trainees, psychiatry residents and child psychiatry fellows, and lectured extensively on a variety of topics, including the evidence-based assessment and treatment of anxiety disorders in children and teens.

Prior to joining CBC, Dr. Busman was the senior director of the Anxiety Disorders Center and Director of the Selective Mutism Service at the Child Mind Institute, in addition to the Director of Brave Buddies, an internationally recognized intensive program for children with Selective Mutism (SM). Dr. Busman is the former president of the Selective Mutism Association, the nation's largest network of professionals, families, and individuals with selective mutism. She is certified in PCIT-SM and is a within agency trainer. Dr. Busman is also certified by the American Board of Professional Psychology in Clinical Psychology and Clinical Child and Adolescent Psychology.

**Carmen Tumialan Lynas, Ph.D. *Presenter***

Advanced Therapeutic Solutions for Anxiety

Reducing Parental Accommodations for Selective Mutism

Carmen M. Tumialan Lynas, Ph.D. received her Master's and Doctorate degrees from Palo Alto University, completed her internship at Northwestern University Medical School, and furthered her training as a postdoctoral fellow at Shared Vision Psychological Services. In 2009, Dr. Lynas founded Advanced Therapeutic Solutions for Anxiety (ATSA), focusing on treatment of selective mutism with the mission to increase awareness of selective mutism, increase availability of effective treatment, train educators and clinicians, and decrease the number of children and their

families who suffer for longer than they should. She founded Adventure Camp in 2011, the first intensive group exposure treatment program for selective mutism in the Chicago area. Currently, Dr. Lynas serves as the Director of the Selective Mutism Program at ATSA, where she provides outpatient treatment, in-service trainings, outreach to schools, professional consultation, supervision of doctoral students, and continues to run both Adventure Camp and Winter Adventure Camp.

## Understanding and Applying Idiosyncratic Outcomes in Clinically Intricate Case Formulations: How to Use Treatment Data to Inform Progression of Care

Thu 1:45 PM - 2:45 PM • Roundtable • Superior A (Level 2)

### **Amanda Heins, PSYD *Chair***

Rogers Behavioral Health, OCD and Anxiety Center, Adolescent Residential Care

Amanda Heins, Psy.D., joined Rogers Behavioral Health in 2015 and serves as the supervising psychologist for the OCD and Anxiety Center, Adolescent Residential Care in Oconomowoc, WI.

Dr. Heins' professional career has been dedicated to working with children, adolescents, and families. She has specialized clinical training in treating anxiety disorders, obsessive-compulsive disorder (OCD), Tourette's, OC-spectrum disorders, ADHD, depression, trauma, autism spectrum disorder, and other emotional/behavioral concerns. Dr. Heins has provided consultation to local school districts and has presented to clinical, academic, and parental audiences across the country.

### **Martin Franklin, Ph.D. *Presenter***

Rogers Behavioral Health

Understanding and Applying Idiosyncratic Outcomes

I have spent the last 30+ years treating and studying OCD, anxiety, and related conditions, including 20 in the Department of Psychiatry at the University of Pennsylvania School of Medicine, where I am now Associate Professor Emeritus. I have over 250 publications on these topics (research articles, book chapters, and books), and continue with training, clinical, and research activities at Rogers Behavioral Health.

### **Stephan Siwec, Ph.D. *Presenter***

Rogers Behavioral Health

Understanding and Applying Idiosyncratic Outcomes in Clinically Intricate Case Formulations: How to Use Treatment Data to Inform Progression of Care

Clinical Psychologist with 5+ years of experience. My area of expertise is in providing empirically supported care to individuals suffering with high levels of impairment and distress in the areas of obsessive-compulsive and related disorders, anxiety disorders, and depressive disorders. My specific expertise includes leading and supervising staff at the residential, partial hospitalization (PHP), and intensive outpatient (IOP) levels of care. I have been directly involved in shaping the evidence based services and manuals these programs provide to our patients, as well as overseeing and interpreting markers of treatment progress and success (outcome measures, exposure completion, hierarchy development/implementation). Finally, I have engaged in research and produced several manuscripts and book chapters on the topics of residential OCD outcome predictors, cognitive bias modification approaches, and implementing technology to bolster clinical outcomes.

### **Sarah Lee, Ph.D. *Presenter***

Rogers Behavioral Health

Understanding and Applying Idiosyncratic Outcomes in Clinically Intricate Case Formulations: How to Use Treatment Data to Inform Progression of Care

Sarah Lee, PhD, LP, is a licensed psychologist and clinical supervisor at Rogers in Oconomowoc, Wisconsin. She provides supervision and training to behavior specialists and therapists working with children and adolescents in the residential level of care. Her primary areas of clinical interest include obsessive-compulsive disorder, anxiety disorders, culturally sensitive exposure-based treatment, and the treatment of children and adolescents in higher levels of care.

Dr. Lee received her Bachelor of Science from the University of Illinois at Urbana-Champaign. She received her doctoral degree in clinical psychology from Northern Illinois University in DeKalb, Illinois. Dr. Lee completed her predoctoral internship at Rogers, in OCD and Anxiety Adult Residential Care.

She values topics related to ethics and diversity, equity and inclusion; and incorporates these topics into training and supervision.

### Mind on Scroll: The Psychological and Cognitive Impact of Digital Overconsumption

Thu 1:45 PM - 2:45 PM • Workshop • Superior B (Level 2)

Oanh Nguyen, M.S. *Chair*

Renewed Freedom Center

Jennifer Lynch, PSYD *Presenter*

Renewed Freedom Center

Mind on Scroll: The Psychological and Cognitive Impact of Digital Overconsumption

Akshay Trisal, M.A. *Presenter*

The Chicago School - Los Angeles

Mind on Scroll: The Psychological and Cognitive Impact of Digital Overconsumption

## Networking Break

Thu 2:45 PM - 3 PM • Foyer (Level 2)

## Concurrent Sessions: Symposia and State-of-the-Art Clinician Sessions

Sessions Eligible for Suicide Credit:

*ADAA SSI SIG: Intra- And Interpersonal Social and Affective Real-Time Processes of Individuals at Risk for Suicide*

*Leveraging Technology to Transform Mental Health Care for Veterans: Innovations in Depression, Suicide, and Anxiety*

*Talk Saves Lives: An Introduction to Suicide Prevention*

Thu 3 PM - 4:30 PM

From Apps to Wearables: Advancing Evidence-Based Mental Health Care Through Technology

Thu 3 PM - 4:30 PM • Symposia • Erie (Level 2)

**Kiran Kaur, M.S. *Chair***

Massachusetts General Hospital & Harvard Medical School

3 PM - 3:09 PM

**Kiran Kaur, M.S. *Presenter***

Massachusetts General Hospital & Harvard Medical School

Innovations in Digital Care for Emetophobia: Findings From Bia, a Self-Guided Program

3:09 PM - 3:27 PM

**Ryan Jacoby, Ph.D. *Presenter***

Harvard Medical School/Massachusetts General Hospital

Neurocognitive Mechanisms of CBT for OCD: Examining Response Inhibition and Cognitive Flexibility

Ryan Jane Jacoby, Ph.D. is Assistant Director of the Center for OCD and Related Disorders (CORD) at Massachusetts General Hospital (MGH) and an Assistant Professor of Psychology (Psychiatry) at Harvard Medical School (HMS). Dr. Jacoby completed her undergraduate studies at Williams College and her Ph.D. in Clinical Psychology at the University of North Carolina at Chapel Hill. She completed her clinical internship and post-doctoral training at MGH/HMS. Dr. Jacoby is a licensed clinical psychologist who sees patients through CORD. Her clinical and research interests are broadly focused on the nature and treatment of OCD and anxiety disorders, including specific interests in psychological mechanisms of change in exposure-based therapies as well as treatment augmentation strategies that capitalize on these mechanisms (e.g., inhibitory learning approaches, repetitive negative thinking). She is also interested in improving the understanding and behavioral/psychophysiological measurement of transdiagnostic psychological processes (e.g., intolerance of uncertainty, attentional/cognitive control) utilizing multi-method approaches (e.g., attentional disengagement eye-tracking tasks, behavioral economic decision-making paradigms, biometric indices of autonomic arousal). Dr. Jacoby is currently funded by a Career Development Award (K23) from the National Institute of Mental Health examining attentional/cognitive control as a mechanism in the transdiagnostic treatment of repetitive negative thinking. She was a 2017 recipient of the International OCD Foundation (IOCDF) Young Investigator Research Award and a 2018 recipient of the Anxiety and Depression Association of America (ADAA) Alies Muskin Career Development Leadership Program Award.

3:27 PM - 3:45 PM

**Adam Jaroszewski, Ph.D. *Presenter***

Harvard Medical School, Massachusetts General Hospital

Feasibility of Using Chatgpt to Generate Exposure Hierarchies for Treating Obsessive Compulsive Disorder

3:45 PM - 4:03 PM

**Hilary Weingarden, Ph.D. *Presenter***

HabitAware, Inc.

Ecological Momentary Assessment of Hair Pulling to Build Just-In-Time Interventions

4:03 PM - 4:21 PM

## Leveraging Technology to Transform Mental Health Care for Veterans: Innovations in Depression, Suicide, and Anxiety

Thu 3 PM - 4:30 PM • Symposia • Huron (Level 2)

**Rahel Pearson, Ph.D. *Chair***

Central Texas VA Health Care System

3 PM - 3:09 PM

**Maxwell Levis, Ph.D. *Presenter***

White River Junction, VAMC

Reduction in Suicide Risk in the Interval Leading up to Death by Suicide: Using Nlp to Evaluate Suicide Risk Trajectories for Veterans Affairs Patients

3:09 PM - 3:27 PM

**Allison Metts, Ph.D. *Presenter***

Central Texas Veterans Healthcare System

Interventions Targeting the Impact of Stress on Stress-Related Mental Health Outcomes in Military Personnel and Veterans: A Systematic Review

3:27 PM - 3:45 PM

**Rahel Pearson, Ph.D. *Presenter***

Central Texas VA Health Care System

Adapting a Self-Guided Digital Intervention for Depression in Veterans: Feasibility, Acceptability, and Preliminary Outcomes From a Pilot Evaluation

3:45 PM - 4:03 PM

**Alexandra Caloudas, Ph.D. *Presenter***

Michael E. DeBakey VA Medical Center & Baylor College of Medicine

Innovating Access: A Technology-Enhanced Facilitation Model for Rural Veterans With Serious Mental Illness

Alexandra Caloudas, PhD, is a licensed psychologist, investigator at the Center for Innovations in Quality, Effectiveness, and Safety and the South Central Mental Illness Research, Education, and Clinical Center at the Michael E. DeBakey VA Medical Center, and an Assistant Professor at Baylor College of Medicine in Houston, Texas. Dr. Caloudas' primary research interests include rural Veterans' access to mental health care, psychological interventions to address sexual problems, and community engaged research approaches. Given the mental health access barriers associated with rural residence, she is especially interested in using innovative technologies and delivery systems such as mobile health apps, video telehealth, and web-based programs to increase access to care. She is currently working on a Rural Health Career Development Award funded by the VA Office of Rural Health.

4:03 PM - 4:21 PM

**Paul Pfeiffer, M.D. *Discussant***

University of Michigan/VA Ann Arbor Healthcare System

4:21 PM - 4:30 PM

The Women's Mental Health SIG Presents Reproductive Psychiatry Across the Lifespan: Practical Clinical Guidance for Mental Health Professionals

Thu 3 PM - 4:30 PM • State-of-the-Art Clinician Session • Mayfair (Level 2)

**Lucia Cheng, M.D. *Presenter***

Phoenix Progressive Psychiatric Services

3 PM - 3:30 PM

**Nicole Allen, M.D. *Presenter***

Columbia University Medical Center

The Women's Mental Health Sig Presents Reproductive Psychiatry Across the Lifespan: Practical Clinical Guidance for Mental Health Professionals

3:30 PM - 4 PM

**Sharon Batista, M.D. *Discussant***

Icahn School of Medicine At Mount Sinai

Dr. Sharon Batista, MD, is a Board-Certified Psychiatrist and Assistant Clinical Professor of Psychiatry at The Mount Sinai Hospital. She and is a Distinguished Fellow of the American Psychiatric Association, Fellow of the American Medical Women's Association, and Fellow the Academy of Consultation-Liaison Psychiatry. She is currently in private telepsychiatry practice based in New York City serving patients in NY,NJ,CA,CT, FL,IL,OH,PA,TX & VA. In addition to her clinical work, Dr. Batista has committed her professional career to teaching psychotherapy to psychiatry trainees and mentoring. Dr. Batista is passionate about the integration of psychodynamic and cognitive-behavioral interventions into psychiatric and medical care of diverse populations, including medically complex patients, and women across the lifespan.

ADAA SSI SIG: Intra- And Interpersonal Social and Affective Real-Time Processes of Individuals at Risk for Suicide

Thu 3 PM - 4:30 PM • Symposia • Michigan A (Level 2)

**Felix Yirdong, M.A. *Chair***

The Graduate Center, The City University of New York

Felix is a Fulbright student alumni and doctoral student in the Health Psychology and Clinical Science Program at The Graduate Center, City University of New York (CUNY). He holds a double master's degree in Clinical Health Psychology (MPhil) and Psychology (MA) from the University of Cape Coast, Ghana and The New School for Social Research, New York, respectively.

His overarching research focus is to examine the circumstances under which a desire for death emerges and what are the culturally specific factors that convey risk for suicidal ideations versus attempts among youth from ethnoracially minoritized youth. He is also interested in understanding the extent to which childhood adversities and emotional regulation interact to elevate risk for suicide behaviors while unpacking the nuances in these interactions.

His current research explores adolescent suicide risk in the context of social connections. Specifically, he examines when and for who is social connectedness serves as a protective factor or, conversely, increases the risk of adolescent suicide behaviors, as well as the potential pathways underlying these differential outcomes.

3 PM - 3:09 PM

**Nadia Al-Dajani, Ph.D. *Co-chair***

University of Louisville

**Kiera James, Ph.D. *Presenter***

University of Pittsburgh

Day-To-Day Social Connectedness With Parents and Peers in Adolescent Girls: Links to Suicidal Thoughts and Behaviors

3:09 PM - 3:27 PM

**Daniel Coppersmith, Ph.D. *Presenter***

University of Massachusetts Amherst

Social Stressors, Social Support, and Suicidal Thinking: A Daily Diary Study

3:27 PM - 3:45 PM

**Jonah Hickman, M.S. *Presenter***

University of Louisville

Contextual Antecedents of Suicidal Ideation: Evidence From a 14-Day EMA Study

I hold a Bachelor's degree in psychology from Utah State University and held a post-baccalaureate research assistant position at the University of Utah. I completed my 2-year Master's degree in Experimental Psychology at William & Mary where I worked on three studies, two of which I designed. I researched topics such as suicidality, emotion regulation flexibility, help-seeking behavior, and internalizing psychopathology.

I aim to contribute to the advancement of empirically-driven psychological science and practice through my research and education, and am currently pursuing my Clinical Psychology PhD at the University of Louisville under the direction of Dr. Nadia Al-Dajani. My primary area of research is on suicide and suicide prevention. I intend to pursue a professorship or professional research position following my doctorate.

3:45 PM - 4:03 PM

**Nadia Al-Dajani, Ph.D. *Presenter***

University of Louisville

Negative Reinforcement, Emotional Cascades, or Both? An Exploration of the Bidirectional Relationship Between Momentary Negative Affect and Suicidal Ideation

4:03 PM - 4:21 PM

**Ewa Czyn, Ph.D. *Discussant***

University of Michigan

4:21 PM - 4:30 PM

## Low-Intensity Focused Ultrasound Neuromodulation for Anxiety and Depression: Towards Translational Targets and Human Evidence

Thu 3 PM - 4:30 PM • Symposia • Michigan B (Level 2)

**Wynn Legon, D.Phil. *Chair***

Fralin Biomedical Research Institute at Virginia Tech Carilion

3 PM - 3:09 PM

**Gregory Fonzo, Ph.D. *Presenter***

Department of Psychiatry & Behavioral Sciences, University of Texas at Austin Dell Medical School

Non-Invasive Amygdala Neuromodulation in Humans With Focused Ultrasound: Neurobiological and Clinical Effects in Mood, Anxiety, and Trauma-Related Disorders

3:09 PM - 3:27 PM

**Amanda Arulpragasam, Ph.D. *Presenter***

Alpert Medical School, Brown University

Tuning Out the Amygdala in Depressed Patients With Low Intensity Focused Ultrasound

3:27 PM - 3:45 PM

**Salvador Guinjoan, M.D. *Presenter***

Laureate Institute for Brain Research

Low-Intensity Focused Ultrasound of Deep White Matter Tracts in Depression: Approaching Brain Circuit–Symptom Causal Links to Improve Patient Outcomes

I am a board-certified psychiatrist and physician-scientist with over 25 years of clinical experience and a deep, sustained commitment to advancing translational neuropsychiatric research. My primary focus has been on understanding and modulating brain circuits involved in treatment-resistant depression (TRD), with particular emphasis on maladaptive negative thinking patterns such as rumination, and anhedonia.

At the Laureate Institute for Brain Research, I direct a research program that integrates multimodal neuroimaging, neuromodulation, and computational modeling to clarify the causal role of deep white matter circuits in mood regulation. My current work leverages low-intensity focused ultrasound (LIFU), a noninvasive and anatomically precise neuromodulation technique, to test dose-response relationships and achieve targeted engagement of deep white matter tracts. These studies aim to define the mechanistic basis of TRD and support the development of personalized, circuit-specific treatments.

In addition to my primary work on depression, I have extensive experience conducting research on Alzheimer's disease and related neurocognitive disorders. Earlier in my career, I led studies examining early cognitive markers and autonomic dysfunction in Alzheimer's disease using structural and functional neuroimaging modalities, including MRI and PET (FDG and PiB). Notably, I was responsible for organizing and leading the clinical core of the only Latin American site participating in the Alzheimer's Disease Neuroimaging Initiative (ADNI), which provided me with invaluable experience in coordinating large-scale, multinational dementia research. I have also received funding for studies examining both depression and Alzheimer's disease risk, applying multimodal imaging to understand shared

and distinct neural mechanisms.

These complementary lines of research reflect my commitment to addressing the interconnected challenges of mood disorders and neurodegenerative conditions in aging populations. I believe that a mechanistic, circuit-based approach to understanding psychiatric and cognitive disorders will be essential for developing truly personalized interventions for patients with depression of all ages.

Beyond my research, I have a strong record of mentorship and collaborative leadership. I have supervised medical students, residents, graduate students, and postdoctoral fellows in clinical, teaching, and research settings. I am dedicated to fostering interdisciplinary collaboration and training the next generation of clinician-scientists who will bridge neuroscience and clinical practice to improve mental health care for older adults.

3:45 PM - 4:03 PM

**Sahib Khalsa, M.D., Ph.D. *Discussant***

Semel Institute for Neuroscience & Human Behavior at UCLA

Sahib Khalsa, M.D., Ph.D., is an Associate Professor and the Director of Anxiety Disorders Research in the Department of Psychiatry and Biobehavioral Sciences at UCLA. He is a supervisor in the UCLA Anxiety Disorders Clinic and in the UCLA-Veterans Affairs (VA) Anxiety Disorders Clinic, where he teaches psychiatrists being trained in the clinical management of anxiety disorders and co-occurring mental health disorders. He is the founding Director of the UCLA Healthy Hearts Behavioral Medicine Program, an interdisciplinary endeavor started with the UCLA Cardiac Arrhythmia Center, focusing on treating anxiety and stress-related disorders in individuals with cardiac arrhythmias and other medical conditions. Dr. Khalsa is a board-certified psychiatrist and physician scientist who completed his training in Medicine and Neuroscience at the University of Iowa Medical Scientist Training Program with subsequent training in adult psychiatry at the UCLA Neuropsychiatric Institute. Dr. Khalsa leads an active program of research on the neurobiology of interoception and mental health funded by the NIMH. His studies leverage pharmacological and non-pharmacological approaches, functional neuroimaging, electroencephalography, computational modeling, and digital tools to understand the neural mechanisms underlying internal body perception in anxiety and related disorders and to develop novel treatments for these conditions.

4:03 PM - 4:12 PM

## What Does It Mean to Have Depression? Experimental Insights From Community, Patient, and Provider Perspectives

Thu 3 PM - 4:30 PM • Symposia • Ontario (Level 2)

**Elizabeth Kneeland, Ph.D. *Chair***

Amherst College

3 PM - 3:09 PM

**Elizabeth Kneeland, Ph.D. *Presenter***

Amherst College

What Does Depression Mean? Dimensional Framing Impacts Perceptions of Treatment, Stigma, Agency, & Recovery

3:09 PM - 3:27 PM

**Hans Schroder, Ph.D. *Presenter***

University of Michigan Medical School

A Web-Based Intervention Framing Depression as a Signal: User-Centered Design

3:27 PM - 3:45 PM

**Janet Acker, Ph.D. *Presenter***

SUNY Plattsburgh

Factorial Surveys of Licensed Clinical Social Workers' Treatment Recommendations of Depression

3:45 PM - 4:03 PM

**Melissa Murphy, Ph.D. *Presenter***

Temple University College of Public Health

Factorial Surveys of Licensed Clinical Social Workers' Treatment Recommendations of Depression

4:03 PM - 4:21 PM

### Talk Saves Lives: An Introduction to Suicide Prevention

Thu 3 PM - 3:45 PM • Mini Session • Superior A (Level 2)

**Luma Bonilla-Webster, N/A *Chair***

American Foundation for Suicide Prevention

Luma Bonilla-Webster (She/Ella) is the programs manager for the American Foundation for Suicide Prevention's Illinois Chapter. She has expertise in program management through grassroots community building, movement organizing, recruitment, and group facilitation. Having dealt with her own lived experience, as well as supporting friends and family through mental health challenges, Luma is dedicated to the cause of mental health awareness and suicide prevention. She is trained in Mental Health First Aid and LivingWorks ASIST. Luma is currently pursuing a degree in Sociology.

3 PM - 3:10 PM

### Optimizing Treatment Dose: Translating Evidence for Brief and Intensive CBT Into Practice

Thu 3 PM - 4:30 PM • Symposia • Superior B (Level 2)

**Stephanie Grimaldi, Ph.D. *Chair***

NYSPI/Columbia University

3 PM - 3:09 PM

**Jeremy Tyler, PSYD *Co-chair***

Department of Psychiatry, University of Pennsylvania

**Jeremy Tyler, PSYD *Presenter***

Department of Psychiatry, University of Pennsylvania

Abbreviated Exposure and Response Prevention (EX/RP) for Obsessive-Compulsive Disorder: Evaluating Outcomes and Opportunities for Shorter Treatment Courses

3:09 PM - 3:27 PM

Emily Becker-Haimes, Ph.D. *Presenter*

Department of Psychiatry, University of Pennsylvania

Predictors of Briefer Treatment Success in a Naturalistic, Community-Based Sample of Treatment-Seeking Anxious Youth

3:27 PM - 3:45 PM

Stephanie Wells, Ph.D. *Presenter*

Durham VA Health Care System

Massed Posttraumatic Stress Disorder Treatment (PTSD) Offers Benefits That Overcome Common Barriers to PTSD Care: Veterans' Perceptions and Experiences With Massed PTSD Treatment

3:45 PM - 4:03 PM

Christopher DeJesus, Ph.D. *Presenter*

Pace University

How Brief is Too Brief? Lessons From the Mixed-Methods Study of Written Exposure Therapy for Posttraumatic Stress Disorder

4:03 PM - 4:21 PM

Helen Blair Simpson, M.D. *Discussant*

College of Physicians & Surgeons, Columbia University

4:21 PM - 4:30 PM

## Transforming Neuropsychiatric Research Through Scalable Dry EEG Technology

Thu 3:45 PM - 4:30 PM • Mini Session • Superior A (Level 2)

Leland Fleming, Ph.D. *Chair*

McLean Hospital - Harvard Medical School

Leland is a postdoctoral researcher and NIH F99/K00 fellow in the Ressler Lab where he examines the enduring impact of stress-related disorders on brain structure and function. Leland earned his B.S. in Neuroscience from Baylor University. He then went on to earn his Ph.D. in Biomedical Sciences with focus in Neuroscience from the University of Alabama at Birmingham. Leland's graduate work focused on using neuroimaging approaches to understand adult cortical plasticity following central vision loss in patients with macular degeneration. As a postdoctoral fellow, Leland continues to explore cortical plasticity of sensory systems in the context of development and stress-related disorders through a combination of human neuroimaging and bioinformatics approaches. His current work is supported through the NIH Diversity Specialized Predoctoral to Postdoctoral Advancement in Neuroscience (D-SPAN) Award.

3:45 PM - 3:55 PM

Mohammad Sendi, Ph.D. *Presenter*

Harvard Medical School, McLean Hospital

From High-Density to Portable EEG: Mapping Neural Mechanisms and Treatment Plasticity in PTSD

Dr. Mohammad Sendi is an Assistant Neuroscientist at McLean Hospital and an Instructor in Psychiatry at Harvard Medical School, renowned for his work on neuroimaging biomarkers for PTSD and depression. Holding dual Ph.D.

degrees in Biomedical Engineering and Electrical and Computer Engineering from Georgia Tech and Emory University, Dr. Sendi conducts innovative research that merges functional MRI (fMRI), structural MRI (sMRI), and genetic data to enhance neuropsychiatric treatments. He has made significant contributions by developing machine learning models to discover biomarkers from brain network dynamics. His pivotal research on deep brain stimulation (DBS) in depression, which has the potential to revolutionize DBS therapies. At McLean Hospital and Harvard Medical School, he investigates dynamic functional network connectivity and polygenic risk scores with the aim of predicting PTSD severity and advancing personalized treatment paradigms in neuropsychiatry. As the chair of the Genetics and Neuroscience Special Interest Group at the Anxiety and Depression Association of America (ADAA), Dr. Sendi demonstrates his commitment to integrating neuroimaging and genetic data to advance neuropsychiatric therapies. Collaborating with colleagues who focus on the genetic foundations of mental disorders enriches his work on genetic and brain biomarkers at McLean Hospital and Harvard Medical School. Dr. Sendi aims to improve the treatment of complex psychiatric conditions through interdisciplinary collaboration.

**Nicola Sharp, B.A., M.S. *Presenter***

Harvard Medical School McLean Hospital

Implementing Dry EEG in a Trauma Therapy Context: Preliminary Outcomes and Participant Perspectives

## Networking Break

Thu 4:30 PM - 5 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Visit with Sponsors and Exhibitors

Thu 4:30 PM - 7 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Opening Keynote and Awards Presentation

Presentation of the 2026 Member of Distinction Award and the 2026 Jerilyn Ross Clinician Advocate Award

Thu 5 PM - 6 PM • Chicago Ballroom 8-9 (Level 4)

2026 ADAA Opening Keynote: Making Digital Mental Health Work in the Real World

Thu 5 PM - 6 PM • Keynote

**Olusola Ajilore, M.D., Ph.D. *Chair***

University of Illinois

**David Mohr, Ph.D. *Presenter***

Feinberg School of Medicine, Northwestern University, Chicago

Making Digital Mental Health Work in the Real World

David C. Mohr, Ph.D. is a Professor of Preventive Medicine in Northwestern University's Feinberg School of Medicine, with appointments in Departments of Psychiatry and Medical Social Sciences. He is the founder of the Center for Behavioral Intervention Technologies (CBITs), a leading center for digital mental health research, and he directs the Multidisciplinary Postdoctoral Fellowship in Digital Mental Health. Dr. Mohr's research lies at the intersection of

behavioral science, technology, and clinical research, focusing on the design, evaluation, and implementation of digital mental health technologies and services. Dr. Mohr is also a founder of the Society for Digital Mental Health and a Fellow of several organizations, including the American Psychological Association. His research has been continuously funded for more than 30 years by the NIH, other federal agencies, and numerous foundations, resulting in over 350 peer-reviewed publications, and more than 25 book chapters.

## Welcome Reception

*sponsored by*



Thu 6 PM - 7 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## FRIDAY, APRIL 10

### Sleep SIG Meeting

All attendees are welcome

Fri 7:15 AM - 8:15 AM • Mayfair (Level 2)

### Yoga Flow Session

Join Laurie Schlosser of The Yoga Room for this 30-minute Yoga Flow session, suitable for all ability levels. Bring your water bottle and towel. Attendees will need to complete a short waiver to participate.

Fri 7:30 AM - 8 AM • Arkansas (Level 2)

### Morning Refreshments

Fri 8 AM - 8:30 AM • Sheraton-Chicago Ballroom 4-7 (Level 4)

### Speaker Ready Room

Fri 8 AM - 5 PM • Ohio (Level 2)

### Registration

ADAA gratefully acknowledges this year's lanyard sponsor:



Fri 8 AM - 6 PM • Chicago Promenade East (Level 4)

## Visit with Sponsors and Exhibitors

Fri 8 AM - 7:15 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Concurrent State-of-the-Art Clinician Sessions

Sessions Eligible for Suicide Credit:

*Digital Adaptations and Extensions of the Safety Planning Intervention for Suicide Risk*

*Implementation Science in Action: Translating Tools for Suicide Prevention and Mental Health Across Contexts*

Fri 8:30 AM - 10 AM

Worry, Worry, Worry: Diagnosis and Treatment of Anxiety Disorders

Fri 8:30 AM - 10 AM • State-of-the-Art Clinician Session • Chicago Ballroom 10 (Level 4)

Charles Nemeroff, M.D. *Presenter*

Department of Psychiatry & Behavioral Sciences, University of Texas at Austin Dell Medical School

Advances in Positive Emotion-Focused Interventions for Internalizing Psychopathology: Preventative Approaches, Targets and Prediction of Treatment Outcome

Fri 8:30 AM - 10 AM • Symposia • Erie (Level 2)

Annmarie MacNamara, Ph.D. *Chair*

Texas A&M University

Hannah Berg, Ph.D. *Presenter*

Laureate Institute for Brain Research

Making Happier Decisions: Neural Mechanisms by Which Behavior Therapies Alter Approach-Avoidance Conflict Arbitration, Reduce Symptoms, and Increase Positive Affect

I investigate anxiety from a decision-making perspective, with the goal of contributing brain-based insights that improve the conceptualization and treatment of psychopathology.

I received a Bachelor's degree in psychology and music from Vanderbilt University, completed a postbaccalaureate research training fellowship at the National Institute of Mental Health, and received a PhD in clinical psychology from the University of Minnesota.

My current work at LIBR investigates the neural underpinnings of threat-related behavior in obsessive-compulsive disorder, with the aim of identifying treatment targets and informing future interventions. This program of research

builds on my prior work applying functional magnetic resonance imaging and fear conditioning to investigate maladaptive avoidance and approach-avoidance conflict in clinical anxiety.

**Isabella Spaulding, M.S. *Presenter***

SDSU/UCSD Joint Program

Targeting Social Craving in Depression and Anxiety: Changes in Ventral Striatum Activation and Loneliness Following Amplification of Positivity vs. Stress Management Training

**Annmarie MacNamara, Ph.D. *Presenter***

Texas A&M University

A Two-Session Positive Emotion Focused Treatment for Internalizing Psychopathology: Neurobiological Target and Outcome Prediction

**Autumn Kujawa, Ph.D. *Presenter***

Vanderbilt University

Enhancing Positive Emotions in Families to Promote Mental Health in Children of Mothers With Depression

## Effective (and Ineffective) Use of Technology to Enhance the Treatment of Anxiety and Trauma-Related Disorders

Fri 8:30 AM - 10 AM • Symposia • Huron (Level 2)

**Lauren Edwards, M.D. *Chair***

University of Nebraska Medical Center

**Alicia Meuret, Ph.D. *Presenter***

SMU

"Just Breathe" (and Start Hyperventilating): Adverse Effects of Applewatch "Breathe" App on Respiratory Gas Exchange

**Arash Javanbakht, M.D. *Presenter***

Wayne State University School of Medicine

AI and Mixed Reality for Directly Addressing Real World Dysfunction in PTSD

I am a psychiatrist and serves as the director of the Stress, Trauma, and Anxiety Research Clinic (STARAC). His work is focused on anxiety, trauma, and PTSD. I helps civilians, refugees, and first responders with PTSD.

I study risk and resilience in refugees and first responders.

I am inventor of award winning ExpandXR, and AI enhanced augmented reality technology for PTSD and anxiety disorders.

I am the author of "AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety".

my work has been featured on the WaPo, CNN, PBS, Lancet, GMA and tens of more media. .

**Albert Rizzo, Ph.D. *Presenter***

University of Southern California

Virtual Reality Goes to War: Advances in the Treatment of PTSD Due to Military and Sexual Trauma

Albert "Skip" Rizzo is a clinical psychologist and Director of Medical Virtual Reality at the University of Southern California Institute for Creative Technologies. He is also a Research Professor with the USC Dept. of Psychiatry and at the USC Davis School of Gerontology. His career began as a clinician providing rehabilitative services for persons with traumatic brain injuries and stroke. Over the last 25 years, Skip has conducted research on the design, development and evaluation of Virtual Reality systems targeting the areas of clinical assessment, treatment and rehabilitation across the domains of psychological, cognitive and motor functioning in both healthy and clinical populations. This work has focused on PTSD, TBI, Autism, ADHD, Alzheimer's disease, stroke and other clinical conditions. In spite of the diversity of these clinical R&D areas, the common thread that drives all of his work with digital technologies involves the study of how interactive and immersive Virtual Reality simulations can be usefully applied to address human healthcare needs beyond what is possible with traditional 20th Century tools and methods.

**Justin Weeks, Ph.D. *Presenter***

University of Nebraska Medical Center; Nebraska Medicine

"Be Calmed for Medical Care": Using Technology-Facilitated Exposures to Treat Claustrophobia of Magnetic Resonance Imaging (MRI) Scans and Deep Brain Stimulation (DBS) Surgery

**Martin Paulus, M.D. *Discussant***

Laureate Institute for Brain Research

Dr. Paulus graduated from the Johannes Gutenberg University in Mainz studying medicine in 1985. From 1985 until 1986 he worked as a Research Fellow in the Department of Psychiatry at the University of Mainz. He received a fellowship from the German Federation of Research to study translational animal models for mania with Dr. Karen Britton at the University of California San Diego (UCSD). Following his fellowship, he continued with Dr. Arnold Mandell working on the utility of nonlinear dynamical systems approaches to quantify human and animal behavior. In 1993 he continued his training in psychiatry as an intern at the Long Island Jewish Medical Center – Hillside Hospital in New York. He returned to San Diego to complete his residency in psychiatry in 1997, when he joined the faculty as an Assistant Professor in the Department of Psychiatry at UCSD. He also joined the Veterans Affairs San Diego Health Care System as a staff psychiatrist focusing on mood and anxiety disorders. Until his departure in 2014, Dr. Paulus treated Veterans as an outpatient psychiatrist and via telemental health in community-based outpatient clinics. During that time, he received continuous funding from both NIH and the Department of Veterans Affairs. His primary interest focused on individuals with stimulant use as well as – in collaboration with Dr. Murray Stein - patients with anxiety disorders. He used functional magnetic resonance imaging to better understand the underlying brain processes of these disorders and to use functional neuroimaging to identify novel treatment targets or prognostic biomarkers. Dr. Paulus has been the Scientific Director and President of the Laureate Institute for Brain Research (LIBR) in Tulsa, OK since May 2014. Dr. Paulus has a Google Scholar h-index of 110 and has published over 450 peer-reviewed publications (some in top tier journals like Science, Nature Reviews Neuroscience, PNAS, JAMA Psychiatry, Lancet Psychiatry, Biological Psychiatry, Neuropsychopharmacology, and the American Journal of Psychiatry). Dr. Paulus is the Deputy Editor of JAMA Psychiatry, a Series Editor for Current Topics in Behavioral Neuroscience, and is on several editorial boards of top-tier psychiatric journals. He has served on numerous NIH and International Study

Sections and is currently on the National Institute of Mental Health Board of Scientific Councilors. Dr. Paulus is also on the Board of Directors of Anxiety and Depression Association of America, ADAA. The goal for LIBR is to identify disease-modifying processes (DMP) based on circuits, behavior, or other levels of analysis, which – when modulated – change (1) the risk for, (2) the severity of, or (3) the recurrence of a disease such as mood, anxiety, or substance use disorder. Dr. Paulus' program of research is to delineate DMPs and provide pathways towards the development of process-specific transdiagnostic interventions that have pragmatic utility, i.e. improve a patient's condition faster with fewer side effects and fewer recurrences, and explanatory value, i.e. refine our understanding of the causal relationships between specific processes and a mental health condition.

### Doing Exposure and Response Prevention: A Live Demonstration Focusing on Identity-OCD

Fri 8:30 AM - 10 AM • State-of-the-Art Clinician Session • Mayfair (Level 2)

**Jeffrey Cohen, PSYD *Presenter***

Columbia University

Jeff Cohen is an Associate Professor at Columbia University, where he directs the Cognitive Behavior Therapy course in the Psychiatry Residency Training Program and teaches courses on Psychopathology and Mindfulness in the Department of Psychology. He also provides supervision and clinical care at CUIMC in Manhattan and at CUCARD Westchester in Tarrytown, New York.

**Jenny Shen, Ph.D. *Presenter***

UCLA

Doing Exposure and Response Prevention: A Live Demonstration Focusing on Identity-Ocd

### Digital Adaptations and Extensions of the Safety Planning Intervention for Suicide Risk

Fri 8:30 AM - 10 AM • Symposia • Michigan A (Level 2)

**Adam Horwitz, Ph.D. *Chair***

University of Michigan Medical School

**Jonah Meyerhoff, Ph.D. *Presenter***

Feinberg School of Medicine, Northwestern University, Chicago

Evaluating the Usability of PlanSafe: A Co-Designed Digital Safety Planning Tool for Young Adults

**Edwin Boudreaux, Ph.D. *Presenter***

University of Massachusetts Chan Medical School

ReachCare: Enabling Delivery of Evidence-Based Suicide Prevention in Crisis Settings

**Justin Lavner, Ph.D. *Presenter***

University of Georgia

Couple-Based Crisis Safety Planning via Telehealth to Reduce Suicide Crisis Symptoms and Suicide Risk

**Adam Horwitz, Ph.D. *Presenter***

University of Michigan Medical School

Electronic Safety Planning and Text-Message Support (eSATS): A Micro-Randomized Trial to Develop an Adaptive Text-Based Intervention for Discharged Emergency Patients

Ewa Czyz, Ph.D. *Discussant*

University of Michigan

## Innovations in Treatment-Resistant Depression: At the Intersection of Neuroplasticity, Psychotherapy, and Novel Treatments

Fri 8:30 AM - 10 AM • Symposia • Michigan B (Level 2)

**Jennifer Jones, M.D. *Chair***

Medical University of South Carolina Dept of Psychiatry & Behavioral Sciences

Jennifer Jones, M.D. is a board-certified psychiatrist and clinical researcher. She is passionate about bringing cutting edge, evidence-based treatments into clinical practice. She has and continues to be highly active in research, including the use of medication-assisted therapy for treatment-refractory conditions. Dr. Jones delivers compassionate care by providing a non-judgmental space for clients to share their experiences and goals for treatment. She believes in an integrated treatment approach, emphasizing the wholeness and wellness of an individual. Dr. Jones has clinical and research expertise in the treatment of mood and anxiety disorders, substance use disorders, and post-traumatic stress disorder. With comprehensive and formal training in Ketamine-Assisted Psychotherapy (KAP), she can offer this and other unique, personalized treatment options to her patients. She believes Ketamine-Assisted Psychotherapy can be a remarkable tool for breaking maladaptive habits and facilitating long-lasting positive change. Dr. Jones is proactive in this emerging field of therapy and stays abreast of best practices in the use of ketamine and other novel medications such as MDMA and psilocybin. Dr. Jones moved to Charleston from the Midwest after she and her husband fell in love with the historic beauty of the city and its welcoming residents. She is a lifelong equestrian and she loves riding and spending time with her two horses. She greatly enjoys trips to the ocean and jogging with her two dogs.

**Jennifer Jones, M.D. *Presenter***

Medical University of South Carolina Dept of Psychiatry & Behavioral Sciences

Restoring Neuroplasticity in Depression: Opening the Therapeutic Window for Change

Jennifer Jones, M.D. is a board-certified psychiatrist and clinical researcher. She is passionate about bringing cutting edge, evidence-based treatments into clinical practice. She has and continues to be highly active in research, including the use of medication-assisted therapy for treatment-refractory conditions. Dr. Jones delivers compassionate care by providing a non-judgmental space for clients to share their experiences and goals for treatment. She believes in an integrated treatment approach, emphasizing the wholeness and wellness of an individual. Dr. Jones has clinical and research expertise in the treatment of mood and anxiety disorders, substance use disorders, and post-traumatic stress disorder. With comprehensive and formal training in Ketamine-Assisted Psychotherapy (KAP), she can offer this and other unique, personalized treatment options to her patients. She believes Ketamine-Assisted Psychotherapy can be a remarkable tool for breaking maladaptive habits and facilitating long-lasting positive change. Dr. Jones is proactive in this emerging field of therapy and stays abreast of best practices in the use of ketamine and other novel medications such as MDMA and psilocybin. Dr. Jones moved to Charleston from the Midwest after she and her

husband fell in love with the historic beauty of the city and its welcoming residents. She is a lifelong equestrian and she loves riding and spending time with her two horses. She greatly enjoys trips to the ocean and jogging with her two dogs.

**Charles Taylor, Ph.D. *Presenter***

University of California - San Diego, Department of Psychiatry

Broadening the Concept of Treatment Resistant: A Positive Psychotherapy Perspective

**Lucinda Orsini, M.P.H., *Other Presenter***

Compass Pathways

Contemporary Estimates of the Direct Medical Cost Burden and Treatment Patterns in Treatment-Resistant Depression

**Brandon Kitay, M.D., Ph.D. *Presenter***

Emory University School of Medicine, Dept. of Psychiatry & Behavioral Sciences

Bridging Access and Equity: Applying the Principles of Integrated Care to Treatment-Resistant Depression (TRD)

Brandon Kitay, MD, PhD is an Assistant Professor of Psychiatry and Behavioral Sciences and the Director of Behavioral Health Integration for Emory Healthcare. In 2020, Dr. Kitay Emory Healthcare established the Integrated Behavioral Health (IBH) Program as a commitment to improving access and quality of behavioral health services across the enterprise. The Program's efforts have included implementation of the Collaborative Care Model (CoCM) serving a population of over 37,000 primary care patients at four sites and promoting efforts to scale expertise through promoting measurement-based care and inter-professional "e-Consultation." The IBH Program is also leading innovation through application of integrated care services in novel specialty populations and leveraging digital mental health technologies (DMHTs) to benefit scalability and sustainability.

Dr. Kitay is also a physician-scientist engaged in health services research and clinical trials involving implementation of care delivery models and novel therapeutics. As an "Interventional Psychiatrist" his clinical expertise in treatment refractory psychiatric disorders includes the provision of subspecialty consultation and practice of ketamine/esketamine therapy, electroconvulsive therapy (ECT), and other neuromodulation techniques.

## Advancing Mental Healthcare: Technological Innovations in Diagnosis, Monitoring, and Treatment

Fri 8:30 AM - 10 AM • Symposia • Ontario (Level 2)

**David Zakariaie, B.S. *Chair***

Senseye

**Nathaniel Harnett, Ph.D. *Presenter***

McLean Hospital - Harvard Medical School

Mega-Analysis Identifies Early Visual Cortex as a Reproducible Biomarker of PTSD

**Caitlin Limonciello, Ph.D. *Presenter***

Senseye

Oculomotor Biomarkers via a Smartphone Application for the Diagnosis and Severity Assessment of Post-Traumatic Stress Disorder

Jessica Maples-Keller, Ph.D. *Presenter*

Emory University School of Medicine

Extinction Learning and Recall Within Prolonged Exposure Therapy for PTSD in Veterans: A Fear Potentiated Startle Study

Nicola Polizzotto, M.D. *Presenter*

The University of Texas Health Science Center At Houston

Integrating Wearable-Based Autonomic Monitoring and Neuromodulation to Track Real-Time Symptom Intensity Dynamics in Inpatient Settings

Michelle Patriquin, ABPP, Ph.D. *Discussant*

The University of Texas Health Science Center At Houston

## Implementation Science in Action: Translating Tools for Suicide Prevention and Mental Health Across Contexts

Fri 8:30 AM - 10 AM • Symposia • Superior A (Level 2)

Yael Apter Levy, Ph.D. *Chair*

Mount Sinai Hospital

I am a postdoctoral fellow in the department of psychiatry at the Galynker Suicide prevention lab, Mount Sinai hospital. My initial academic experience was in the field of child development in the context of parental depression under the mentoring of Dr. Ruth Feldman, in the Center for Developmental Social Neuroscience, Reichman University. My Doctoral Dissertation subject was the Impact of maternal depression across the first 6 years of life on the child's mental health, social engagement, and empathy, with the moderating role of oxytocin. I had the privilege of being a central participant in some ground breaking studies looking at how parental depression impacts childhood development and the mechanisms by which this occurs. These mechanisms included the relationship between hormonal activity in fathers and mothers, and childhood psychopathology. In addition, on the synchronicity of brain physiological activity such as EEG between different members of the family, objective measures of depression, anxiety and distress. On the basis of these studies, I was a leading member of the team who developed a focused treatment protocol for childhood depression and anxiety. This effort included much work on understanding the contribution of parents to their child's distress and the bio-social-physiological interactions involved. In completion of my undergraduate and postgraduate studies I was appointed to direct the outpatient clinical psychology department at Riechman University in Israel. In this role my tasks included directing clinical services and training both junior and senior staff. During this time Israel underwent a period of great stress and the referrals to our clinic increased exponentially. We were thus confronted with many referrals for depression and suicidal thoughts and behaviors. My initial collaboration in working on this field was with Dr. Anat Klomek a leader in the field of suicide prevention and depression research and therapy. This experience led me to change the focus of my career from understanding,

treating and preventing distress in general to a more specific interest working in the field of suicide prevention. In addition, I have much experience in training both in dynamically oriented psychotherapy and in structured models of therapy such as interpersonal therapy. Thus, I have spent much time thinking about the relationship between patient and therapists. Although I have not had much experience in empirical research in this field, I do have a great deal of personal and supervisory experience in the nature of transference and counter transference, and I believe that this dynamic experience make me able to make a unique contribution to this project.

On the basis of my previous academic experience, I was fortunate enough to obtain a postdoctoral fellowship focusing specifically on suicide research

**Milton Wainberg, M.D. *Co-chair***

Columbia University

Dr. Milton L. Wainberg is a Professor of Clinical Psychiatry and Director of the Division of Translational Epidemiology and Implementation Science in the Department of Psychiatry at Columbia University and the New York State Psychiatric Institute (NYSPI). He also serves as Director of the Columbia University Community Mental Wellness Center and is the founding Chair of the American Psychiatric Association's Caucus on Global Mental Health & Psychiatry. He is a member of the American Psychiatric Association Committee for the DSM-VI.

Through multiple research and training grants, Dr. Wainberg has built a global career bringing research to practice to sustainably close the mental health and substance use treatment gaps across the U.S., Asia, Sub-Saharan Africa, South America, and the Middle East, while training the next generation of implementation scientists.

A hallmark of his work is the use of digital technology and task-shifted stratified care models to ensure fidelity, scalability, and sustainability in community-based mental health delivery. He developed the Mental Wellness Tool and the Community Mental Wellness Tool which are available in eight languages to support early detection, early intervention, triage, and evidence-based treatment. His ENGAGE model integrates these tools into a digitized, stratified, measurement-based care system delivered by trained paraprofessionals, expanding access to care for depression, anxiety, PTSD, substance use, and suicide risk.

**Fred Miller, M.D. *Presenter***

Endeavor Health System

Implementing the Suicide Crisis Syndrome Checklist in Emergency Department Assessments

**Orit Cohen Shtiler, M.A. *Presenter***

University of Haifa

Implementation Feasibility and Acceptability of a Stratified-Stepped Care Model for Youth Suicidality: Addressing Systemic Barriers Through Paraprofessional Task-Sharing

**Kathryn Lovero, Ph.D. *Presenter***

Columbia University Mailman School of Public Health

Adaptation and Implementation of Brief Screening and Intervention for Suicide Risk in Mozambican Primary Care and Community Settings

**Ortal Shimon-Raz, Ph.D. *Presenter***

Mount Sinai School of Medicine

The Perception and Reality of Implementing Suicide Crisis Syndrome (SCS) in the Health System

Igor Galynker, M.D., Ph.D. *Discussant*

Icahn School of Medicine At Mount Sinai

### From Unpredictability to Psychopathology: How Childhood Adversity Calibrates Reward Circuits and Risk for Mood and Anxiety Disorders

Fri 8:30 AM - 10 AM • Symposia • Superior B (Level 2)

Victoria Risbrough, Ph.D. *Chair*

San Diego VA Healthcare System

Christopher Hunt, Ph.D. *Presenter*

VA San Diego Healthcare System

Anhedonia Underlies the Association Between Childhood Unpredictability and Adult PTSD Symptoms: Evidence From Three Independent Longitudinal Cohorts

Daniel Stout, Ph.D. *Presenter*

Department of Veterans Affairs

Early-Life Unpredictability Moderates Striatal Reward Prediction Error in Adults With Elevated Anhedonia

Dale Zhou, Ph.D. *Presenter*

University of California, Irvine

Early-Life Unpredictability and the Neural and Computational Timescales of Integration

Steven Granger, Ph.D. *Presenter*

Harvard Medical School McLean Hospital

Resting State Connectivity of Social Approach-Avoidance Circuits Predicts Passive Digital Phenotyping of Social Behavior in Trauma-Exposed Adolescents and Young Adults

## Scientific Research Symposium

Fri 8:30 AM - 10:30 AM • Chicago Ballroom 8-9 (Level 4)

### Using AI to Uncover Mechanisms and Guide New Treatments for Anxiety and Depression

Fri 8:30 AM - 10:30 AM • Scientific Research Symposium • Chicago Ballroom 8-9 (Level 4)

Sahib Khalsa, M.D., Ph.D. *Chair*

Semel Institute for Neuroscience & Human Behavior at UCLA

Sahib Khalsa, M.D., Ph.D., is an Associate Professor and the Director of Anxiety Disorders Research in the Department of Psychiatry and Biobehavioral Sciences at UCLA. He is a supervisor in the UCLA Anxiety Disorders Clinic and in the

UCLA-Veterans Affairs (VA) Anxiety Disorders Clinic, where he teaches psychiatrists being trained in the clinical management of anxiety disorders and co-occurring mental health disorders. He is the founding Director of the UCLA Healthy Hearts Behavioral Medicine Program, an interdisciplinary endeavor started with the UCLA Cardiac Arrhythmia Center, focusing on treating anxiety and stress-related disorders in individuals with cardiac arrhythmias and other medical conditions. Dr. Khalsa is a board-certified psychiatrist and physician scientist who completed his training in Medicine and Neuroscience at the University of Iowa Medical Scientist Training Program with subsequent training in adult psychiatry at the UCLA Neuropsychiatric Institute. Dr. Khalsa leads an active program of research on the neurobiology of interoception and mental health funded by the NIMH. His studies leverage pharmacological and non-pharmacological approaches, functional neuroimaging, electroencephalography, computational modeling, and digital tools to understand the neural mechanisms underlying internal body perception in anxiety and related disorders and to develop novel treatments for these conditions.

8:30 AM - 8:35 AM

**Roy Perlis, M.D. *Presenter***

Harvard Medical School, Massachusetts General Hospital

A New Generation of Risk Stratification and Decision Support Tools With Language Models

8:35 AM - 9:05 AM

**Millard Brown, M.D. *Presenter***

Spring Health

Lessons Learned Using Technology and Ai to Scale Quality Mental Health Care Delivery Nationwide

9:10 AM - 9:40 AM

**Karthik Sarma, M.D., Ph.D. *Presenter***

UCSF

Accelerating the Science of Large Language Models for Behavioral Health

9:45 AM - 10:15 AM

## Networking Break

sponsored by  **Neumora**

Fri 10 AM - 10:45 AM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Headshot Photo Studio at Booth #110

Update your professional look with a new headshot photo, courtesy of ADAA.

Fri 10 AM - 1:15 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Therapeutic Pipeline Session

Chair: Alnardo Martinez, LMHC

Fri 10:45 AM - 11:45 AM • Michigan B (Level 2)

### Mdma-Assisted Therapy for Social Anxiety Disorder: Results From a Phase-2 Randomized Clinical Trial

Fri 10:45 AM - 10:55 AM • Therapeutic Pipeline

**Brian Pilecki, Ph.D. *Presenter***

Portland Psychotherapy

Brian Pilecki, PhD: Dr. Brian Pilecki is the Clinical Services Manager and an Associate Scientist at the Portland Institute of Psychedelic Science, a subsidiary of Portland Psychotherapy Therapy Clinic, Research, and Training Center. Dr. Pilecki is also an instructor for Fluence, a leading psychedelic training organization where he provides training to psilocybin facilitators in state-level programs or to study therapists in clinical trials across the country. He is co-founder of Perspective Retreats which offers group psilocybin retreats in the Netherlands, and provides psilocybin facilitation to individuals and groups in the state of Oregon. Brian is a co-founder of Portland Integration Network, a network of professionals offering specialized care related to psychedelics in Oregon. He is also the author of the book ACT-Informed Exposure for Anxiety and co-host of Altered States of Context, a podcast about psychotherapy and psychedelics.

### Savoring-Supported Behavioral Activation: Procedures and Pilot Trial Results

Fri 10:55 AM - 11:05 AM • Therapeutic Pipeline

**Lucas LaFreniere, Ph.D. *Presenter***

Skidmore College

Dr. LaFreniere is lead investigator of the Technological Research on Enjoyment and Anxiety Treatment (TREAT) laboratory and an assistant professor at Skidmore College. He specializes in developing and researching efficient interventions for worry, anxiety, and comorbid anxiety and depressive disorders with smartphone technologies. His research aims to design treatments targeting understudied processes of psychopathology, test their efficacy, and examine their mechanisms. Along with winning the sole Distinguished Dissertation in Clinical Psychology Award (APA Division 12) in 2019, he has published in outlets such as Journal of Consulting and Clinical Psychology and Depression and Anxiety. His basic research has revealed Generalized Anxiety Disorder (GAD) deficits in learning the probabilities of future outcomes, reinforcement response under uncertainty, and extended engagement with positive emotions. In his applied research, he has developed and tested efficient interventions for correcting these problems via smartphone with worry tracking and savoring. His Worry Outcome Journal (WOJ) intervention employed an enhanced form of worry outcome monitoring. The efficacious WOJ guided users with GAD to see the high costs, low benefits, and inaccuracies of their worries in daily life via smartphone. His recent SkillJoy intervention led clients to learn and practice extended enjoyment of positive experiences, mindful appreciation of good aspects of the present moment, and exposure to being "off guard." He continues to study the application of savoring practices as a transdiagnostic intervention for comorbid GAD and depression. [www.linkedin.com/in/lucas-lafreniere-722aa778](http://www.linkedin.com/in/lucas-lafreniere-722aa778)

### Feasibility and Acceptability of Cephalic Electrical Stimulation as a Non-Pharmaceutical Alternative for Managing Pre-Meal Anxiety in an Inpatient Eating Disorder Program

Fri 11:05 AM - 11:15 AM • Therapeutic Pipeline

**Hana Zickgraf, Ph.D. *Presenter***

Rogers Behavioral Health

### Turning Obstacles Into Opportunities: Leveraging Technology to Disseminate Evidence-Based Trauma Care in Humanitarian Crises

Fri 11:15 AM - 11:25 AM • Therapeutic Pipeline

Phyupannu Khin, Ph.D. *Presenter*

Harvard Medical School, Massachusetts General Hospital

Dr. Phyu "Pannu" Khin is a licensed clinical psychologist providing evidence-based care at Mass General Hospital and Mass Eye and Ear Infirmary. Dr. Pannu also serves as an instructor in psychology at Harvard Medical School, and supervises clinical fellows. Dr. Pannu specializes in treating trauma, posttraumatic stress disorder (PTSD), and the psychological adjustment to medical conditions and disabilities.

### Inhaled Mebufotenin (GH001) for Treatment Resistant Depression: Acute and Six Month Outcomes

Fri 11:25 AM - 11:35 AM • Therapeutic Pipeline

Michael Thase, FAPA *Presenter*

University of Pennsylvania

## Concurrent Sessions: Roundtables and Workshops

Sessions with Ethics Credit:

*Ethics of AI Use in Mental Health Treatment*

*The PTSD SIG Presents: Navigating Artificial Intelligence in PTSD: Applications and Cautions of Using AI in Research, Clinical Practice, and Health Systems*

Fri 10:45 AM - 11:45 AM

### The PTSD SIG Presents: Navigating Artificial Intelligence in PTSD: Applications and Cautions of Using AI in Research, Clinical Practice, and Health Systems

Fri 10:45 AM - 11:45 AM • Roundtable • Chicago Ballroom 10 (Level 4)

Lauren Sippel, Ph.D. *Chair*

Geisel School of Medicine at Dartmouth and Dartmouth Health

Philip Held, Ph.D. *Presenter*

Rush University Medical Center

The PTSD SIG Presents: Navigating Artificial Intelligence in PTSD: Applications and Cautions of Using AI in Research, Clinical Practice, and Health Systems

M. Kay Jankowski, Ph.D. *Presenter*

Dartmouth Health

The PTSD SIG Presents: Navigating Artificial Intelligence in PTSD: Applications and Cautions of Using AI in Research,

Clinical Practice, and Health Systems

M. Kay Jankowski, Ph.D. is an Associate Professor at Geisel School of Medicine at Dartmouth, Director of the Dartmouth Trauma Interventions Research Center and Lead Psychologist in the Department of Psychiatry at Dartmouth Health. She has focused most of her career on trying to improve the lives of at-risk and trauma-affected children, youth and families. Dr. Jankowski is currently leading a number of large federally funded demonstration projects to increase access to high quality youth mental health services. She also is a certified trainer in Trauma-Focused Cognitive Behavioral Therapy, supports psychology and psychiatry trainees, and maintains a clinical practice treating individuals across the lifespan with trauma related disorders.

**Sahib Khalsa, M.D., Ph.D. *Presenter***

Semel Institute for Neuroscience & Human Behavior at UCLA

Integrating AI Into PTSD Research and Clinical Practice

Sahib Khalsa, M.D., Ph.D., is an Associate Professor and the Director of Anxiety Disorders Research in the Department of Psychiatry and Biobehavioral Sciences at UCLA. He is a supervisor in the UCLA Anxiety Disorders Clinic and in the UCLA-Veterans Affairs (VA) Anxiety Disorders Clinic, where he teaches psychiatrists being trained in the clinical management of anxiety disorders and co-occurring mental health disorders. He is the founding Director of the UCLA Healthy Hearts Behavioral Medicine Program, an interdisciplinary endeavor started with the UCLA Cardiac Arrhythmia Center, focusing on treating anxiety and stress-related disorders in individuals with cardiac arrhythmias and other medical conditions. Dr. Khalsa is a board-certified psychiatrist and physician scientist who completed his training in Medicine and Neuroscience at the University of Iowa Medical Scientist Training Program with subsequent training in adult psychiatry at the UCLA Neuropsychiatric Institute. Dr. Khalsa leads an active program of research on the neurobiology of interoception and mental health funded by the NIMH. His studies leverage pharmacological and non-pharmacological approaches, functional neuroimaging, electroencephalography, computational modeling, and digital tools to understand the neural mechanisms underlying internal body perception in anxiety and related disorders and to develop novel treatments for these conditions.

**Lauren Sippel, Ph.D. *Presenter***

Geisel School of Medicine at Dartmouth and Dartmouth Health

The PTSD SIG Presents: Navigating Artificial Intelligence in PTSD: Applications and Cautions of Using AI in Research, Clinical Practice, and Health Systems

The ADAA Early Career Professionals & Students SIG Presents: The ABCs of CBTs (Cognitive Behavioral Techniques) for Depression—Live Clinical Demonstrations and an Expert-Guided Workshop

Fri 10:45 AM - 11:45 AM • Workshop • Chicago Ballroom 8-9 (Level 4)

**Stanley Seah, Ph.D. *Chair***

Miami University

**Marina Zhukova, Ph.D. *Presenter***

The University of Texas Health Science Center At Houston

The ADAA Early Career Professionals & Students SIG Presents: The ABCs of CBTs (Cognitive Behavioral Techniques) for Depression—Live Clinical Demonstrations and an Expert-Guided Workshop

Simon Rego, ABPP, PSYD *Presenter*

Montefiore Medical Center

The ADAA Early Career Professionals & Students SIG Presents: The ABCs of CBTs (Cognitive Behavioral Techniques) for Depression—Live Clinical Demonstrations and an Expert-Guided Workshop

### Please “Like” Me: CBT for Social Media-Driven Anxiety

Fri 10:45 AM - 11:45 AM • Workshop • Erie (Level 2)

Brian Schmaus, Ph.D. *Chair*

Anxiety Treatment Center of Greater Chicago

Dr. Brian Schmaus is a clinical psychologist at the Anxiety Treatment Center of Greater Chicago. He earned his Ph.D. in Clinical Psychology from Rosalind Franklin University of Medicine and Science. Dr. Schmaus has received training from leading experts in the fields of anxiety and related disorders. He uses empirically supported treatments and tailors every treatment plan to the specific clinical needs of the patient. Dr. Schmaus has extensive experience working with anxious patients on the Autism Spectrum, and he has given several presentations at national conferences on the topic. He has also presented on anxiety and anxiety related disorders and has authored publications in peer-reviewed journals. He teaches patients how to manage their worries and fears so they can learn how to tolerate uncertainty. Dr. Schmaus is the chair of the ADAA Membership Committee.

Debra Kissen, Ph.D. *Presenter*

Light On Anxiety

Please “Like” Me: CBT for Social Media-Driven Anxiety

Dr. Debra Kissen is a licensed clinical psychologist and the CEO and founder of Light On Anxiety CBT Treatment Centers. With a passion for making evidence-based mental health care accessible, she has dedicated her career to helping clients effectively manage anxiety, stress, and related disorders through Cognitive Behavioral Therapy (CBT). Dr. Kissen is an internationally recognized speaker and author, committed to translating clinical research into practical tools for her clients and the broader community. She has co-authored several books, including *Overcoming Parental Anxiety*, *The Panic Workbook for Teens*, *Rewire Your Anxious Brains for Teens: Using CBT, Neuroscience, and Mindfulness to Help You End Anxiety, Panic, and Worry* and *Break Free from Intrusive Thoughts: An Evidence-Based Guide for Managing Fear and Finding Peace* and regularly shares insights on strategies to rewire anxious thinking patterns, cultivate resilience, and improve overall well-being.

Alison Alden, Ph.D. *Presenter*

The Anxiety Treatment Center of Greater Chicago

Please “Like” Me: CBT for Social Media-Driven Anxiety

Dr. Alison Alden earned her Ph.D. from Northwestern University in Evanston, IL, where she focused on researching and treating anxiety. She also completed a post-doctoral fellowship at Northwestern Memorial Hospital. She has extensive training and experience in cognitive behavioral therapy for anxiety, OCD, and mood disorders in both adults and children. She utilizes a lot of exposure in her practices, and also integrates mindfulness, ICBT and dialectical behavior therapy (DBT) as needed. Dr. Alden has published several research articles and book chapters on anxiety, depression, and emotion regulation, and has presented talks and posters to state and national professional organizations. She enjoys spending time with her husband and 9-year-old son.

### Ethics of AI Use in Mental Health Treatment

Fri 10:45 AM - 11:45 AM • Timely Topic • Huron (Level 2)

Grace Berman, LCSW *Chair*

The Ross Center

Olusola Ajilore, M.D., Ph.D. *Presenter*

University of Illinois

Ethics of AI Use in Mental Health Treatment

Gregory Muller, Ph.D., Prof. *Presenter*

The University of Texas At Austin

Ethics of AI Use in Mental Health Treatment

Greg Muller, PhD, is a licensed psychologist at UT Health Austin's Mulva Clinic for the Neurosciences. He specializes in obsessive compulsive disorder (OCD) and anxiety disorders. Additionally, Dr. Muller is an assistant professor in the Dell Medical School Department of Psychiatry & Behavioral Sciences. Dr. Muller completed both his undergraduate and graduate education at the University of Florida. He finished an APA-approved predoctoral internship at Centerstone Consortium in Bradenton, Florida, and completed his postdoctoral fellowship at the University of Florida's Division of Psychology, where he served as the Chief Postdoctoral Associate and received the Excellence in Peer Supervision Award. Dr. Muller has clinical experience with children and adults across a continuum of care ranging from school-based to acute inpatient facilities. He has considerable expertise in cognitive-behavioral therapy (CBT) for a variety of psychological disorders and proficiency in educational, psychological, and neuropsychological assessment. Dr. Muller developed a clinical specialty in CBT with exposure at the University of Florida's Division of Psychology through his work in the anxiety/obsessive-compulsive disorder intensive outpatient program. Dr. Muller has previously participated in UF's Fear Facers Summer Camp and served as the camp's Assistant Clinical Coordinator in 2021. Dr. Muller's primary interests include clinical research examining factors that impact treatment outcomes in OCD and anxiety disorders, with a focus on the area of improving treatment outcomes for youth and adults with these disorders. Dr. Muller is a licensed psychologist at UT Health Austin.

### Positive Psychology Interventions for Anxiety and Mood Disorders

Fri 10:45 AM - 11:45 AM • Workshop • Mayfair (Level 2)

Ricks Warren, Ph.D. *Chair*

Univ. of Michigan Health System

George Whiteley, LMSW *Presenter*

Anxiety and OCD Treatment Center of Ann Arbor

Positive Psychology Interventions for Anxiety and Mood Disorders

### The Child and Adolescent SIG Presents: Advocacy and Education

Fri 10:45 AM - 11:45 AM • Workshop • Michigan A (Level 2)

Lana Grasser, Ph.D. *Chair*

Wayne State University

Dr. Lana Ruvolo Grasser (she/her) is an Assistant Professor in the Department of Psychology and the Ben L. Silberstein Institute for Brain Health at Wayne State University. Dr. Grasser recently completed her postdoctoral training with the Neuroscience and Novel Therapeutics Unit (NNT) within the Emotion and Development Branch at the National Institute of Mental Health. She received her BS from Michigan State University and her Ph.D. from Wayne State University, where her NIMH-funded dissertation project, "Biomarkers of Risk and Resilience to Trauma in Syrian Refugee Youth", identified skin conductance response to trauma interview and fear potentiated startle as candidate biomarkers of trauma-related psychopathology in youth exposed to civilian war trauma and forced migration. Dr. Grasser received the 2022 International Society for Developmental Psychobiology Dissertation Award for this work. Dr. Grasser has extended this work to query efficacy and underlying mechanisms of creative arts and movement therapies to address trauma-related psychopathology in families resettled as refugees of Syria, Iraq, the DRC, Afghanistan, and Ukraine. She has led efforts to extend these programs to the virtual space for schoolchildren and to neighborhoods across Detroit for youth and caregivers. Dr. Grasser is also passionate about science policy and advocacy. She has published in the *Journal of Science Policy and Governance*, is a member of the National Science Policy Network, and is the faculty advisor for the local SciPol Detroit chapter. Most recently, Dr. Grasser received a travel award from the American College of Neuropsychopharmacology and an Emerging Leader Award from the Anxiety and Depression Association of American in recognition of her research and advocacy.

**Jonathan Updike, M.D., M.P.H. *Presenter***

Stanford University School of Medicine, Department of Psychiatry

The Child and Adolescent SIG Presents: Advocacy and Education

**Stephnie Thomas, LCPC *Presenter***

Anxiety & Stress Disorders Institute

The Child and Adolescent SIG Presents: Advocacy and Education

Mrs. Thomas provides psychotherapy to older children, adolescents and adults, utilizing mindfulness-based cognitive behavioral therapy. She specializes in utilizing exposure therapy for anxiety spectrum disorders. She offers individual therapy for fear of flying. She is a graduate of Loyola College in Maryland's Pastoral Counseling Program. Stephnie has worked at ASDI for over 25 years and also has a private practice in Westminster, Md

**Are We Teaching Would-Be Mothers OCD? Perinatal Anxiety, Contaminant Avoidance, and the Double-Edged Sword of Digital Tools**

Fri 10:45 AM - 11:45 AM • Roundtable • Ontario (Level 2)

**Anna Edwards, Ph.D. *Chair***

New York Anxiety Treatment

Dr. Edwards is committed to providing cutting edge treatment for OCD and anxiety disorders. Specializing in anxiety disorders and OCD throughout her career and training, Dr. Edwards constantly seeks ways to improve treatment outcomes and increase treatment access for those suffering. She is devoted to training new generations of psychologists, psychiatrists and other mental health practitioners in best practices for treating anxiety disorders, OCD and related disorders.

Dr. Edwards has been involved in various treatment outcome trials as a therapist and a researcher and has published her work in peer-reviewed journals and presented it at national conferences. She is a Clinical Assistant Professor at

Weill Cornell Medicine and is Past President of the New York City Cognitive Behavioral Therapy Association. She completed her education at Temple University (Ph.D.) and Duke University (B.A.) and her predoctoral internship and postdoctoral fellowship at Weill Cornell Medicine/New York Presbyterian Hospital.

**Susan Karabell, M.D. *Presenter***

Weill Cornell Medicine

Are We Teaching Would-Be Mothers OCD? Perinatal Anxiety, Contaminant Avoidance, and the Double-Edged Sword of Digital Tools

**Allison David, LCSW *Presenter***

New York Anxiety Treatment

Are We Teaching Would-Be Mothers OCD? Perinatal Anxiety, Contaminant Avoidance, and the Double-Edged Sword of Digital Tools

**Sharon Batista, M.D. *Presenter***

Icahn School of Medicine At Mount Sinai

Are We Teaching Would-Be Mothers OCD? Perinatal Anxiety, Contaminant Avoidance, and the Double-Edged Sword of Digital Tools

Dr. Sharon Batista, MD, is a Board-Certified Psychiatrist and Assistant Clinical Professor of Psychiatry at The Mount Sinai Hospital. She and is a Distinguished Fellow of the American Psychiatric Association, Fellow of the American Medical Women's Association, and Fellow the Academy of Consultation-Liaison Psychiatry. She is currently in private telepsychiatry practice based in New York City serving patients in NY,NJ,CA,CT, FL,IL,OH,PA,TX & VA. In addition to her clinical work, Dr. Batista has committed her professional career to teaching psychotherapy to psychiatry trainees and mentoring. Dr. Batista is passionate about the integration of psychodynamic and cognitive-behavioral interventions into psychiatric and medical care of diverse populations, including medically complex patients, and women across the lifespan.

## Exposure Therapies in Virtual Intensive Outpatient Treatment of Avoidant Restrictive Food Intake Disorder and Comorbid Anxiety Disorders

Fri 10:45 AM - 11:45 AM • Workshop • Superior A (Level 2)

**Deborah Michel, Ph.D. *Chair***

Eating Recovery Center/ Pathlight Mood and Anxiety Center

Dr. Michel is a licensed clinical psychologist with 30 years of experience in the treatment of eating disorders, mood disorders and anxiety disorders. She is also a Certified Eating Disorders Specialist Supervisor. She has been involved in prevention, education, and advocacy efforts throughout her career.

In 2008, Dr. Michel founded and directed The Woodlands Eating Disorders Center in The Woodlands, Texas. She partnered with Eating Recovery Center in 2015 to expand the scope of services in the greater Houston area and later opened Pathlight Mood and Anxiety Center. She has served as a Regional Clinical Director, South Region, and Regional Clinical Director of Virtual Services. She was most recently appointed to National Clinical Director of Virtual Care.

Dr. Michel presents educational lectures to professionals, schools, and the general community. She founded eating disorder post-doctoral psychology fellowship programs in her region as well as programs for psychiatry fellows in the

Texas Medical Center. She also publishes articles in professional journals as well as in community magazines and co-authored the book, *When Dieting Becomes Dangerous: A Guide to Understanding Anorexia and Bulimia*. Dr. Michel maintains her status as a clinical faculty member at Tulane University School of Medicine, Department of Psychiatry and Behavioral Sciences. She is a founding member and Past-President of Houston Eating Disorders Specialists and continues to serve on the Executive Board. She is an elected Fellow in the Academy for Eating Disorders (AED). She has served on the AED Medical Care Standards Committee as a member and advisor. She was also past Co-Chair of AED's Advocacy and Communications Committee. Dr. Michel is also a member of The American Psychological Association and The International Association of Eating Disorder Professionals (IAEDP) in addition to other professional organizations.

### Cognitive Behavioral Precision Therapy (CBPT) for Anxiety and Depression

Fri 10:45 AM - 11:45 AM • Workshop • Superior B (Level 2)

**Matthew McKay, Ph.D. *Chair***

The Wright Institute

Co-director of Bay Area Trauma Recovery Clinic; professor at the Wright Institute in Berkeley, CA, founder in 1973 of New Harbinger Publications, licensed clinical psychologist for 40+ years, co-author of more than 40 psychology professional and self-help books including "Self-Esteem," "Thoughts & Feelings," "The Relaxation & Stress Reduction Workbook," "Emotion Efficacy Therapy," and "The Dialectical Behavior Therapy Workbook."

**Erica Pool, PSYD *Presenter***

The Wright Institute

Cognitive Behavioral Precision Therapy (CBPT) for Anxiety and Depression

### JMAD Editorial Board (invitation only)

Fri 10:45 AM - 11:45 AM • Missouri (Level 2)

### Lunch - On Your Own

Fri 11:45 AM - 1:15 PM

### Concurrent Midday Sessions: Roundtables & Workshops

Looking for extra credit? Bring your own lunch and join one of these focused learning sessions during the lunch break. Check out the Conference Info for a list of lunchtime food options at the hotel.

Fri 12 PM - 1 PM

**"Distress is Just Part of Life": The Role of Social Media, Societal Anxiety, and Systemic Trauma in the Over-Identification With Mental Health Symptoms and Decreased Motivation for Treatment**

Fri 12 PM - 1 PM • Workshop • Mayfair (Level 2)

**Briana Petters, LCSW, M.S.W. *Chair***

Cascade Programs

Briana Petters leads the Cascade Home clinical team with over 12 years of experience in the mental health field with over three years as a specialty clinician in anxiety and OCD. Briana is an LCSW who found her passion for psychology and psychotherapy early in her undergraduate degree while working as a supervisor in an adolescent treatment center for teen girls. She completed her MSW from the University of Utah with an emphasis in clinical mental health. She has utilized and increased her skillset in many levels of care and with a variety of diverse clients.

Briana is deeply committed to the importance of supporting adolescents healing from OCD and anxiety. She has always had a passion for helping clients at critical moments of their lives. As a dedicated Clinical Director, her mission is to provide compassionate and effective care while promoting mental wellness and resilience. Briana specializes in developing and implementing comprehensive treatment programs tailored to the unique needs of adolescents struggling with OCD and anxiety. By integrating evidence-based therapies and individualized support, Briana strives to empower young individuals to overcome their challenges and increase effective strategies that are essential for creating lasting change and impactful self-efficacy.

**Briana Petters, LCSW, M.S.W. *Presenter***

Cascade Programs

"Distress is Just Part of Life": The Role of Social Media, Societal Anxiety, and Systemic Trauma in the Over-Identification With Mental Health Symptoms and Decreased Motivation for Treatment

Briana Petters leads the Cascade Home clinical team with over 12 years of experience in the mental health field with over three years as a specialty clinician in anxiety and OCD. Briana is an LCSW who found her passion for psychology and psychotherapy early in her undergraduate degree while working as a supervisor in an adolescent treatment center for teen girls. She completed her MSW from the University of Utah with an emphasis in clinical mental health. She has utilized and increased her skillset in many levels of care and with a variety of diverse clients.

Briana is deeply committed to the importance of supporting adolescents healing from OCD and anxiety. She has always had a passion for helping clients at critical moments of their lives. As a dedicated Clinical Director, her mission is to provide compassionate and effective care while promoting mental wellness and resilience. Briana specializes in developing and implementing comprehensive treatment programs tailored to the unique needs of adolescents struggling with OCD and anxiety. By integrating evidence-based therapies and individualized support, Briana strives to empower young individuals to overcome their challenges and increase effective strategies that are essential for creating lasting change and impactful self-efficacy.

**Alejandra Sequeira, Ph.D. *Presenter***

Houston OCD & Anxiety, PLLC

"Distress is Just Part of Life": The Role of Social Media, Societal Anxiety, and Systemic Trauma in the Over-Identification With Mental Health Symptoms and Decreased Motivation for Treatment

Dr. Alejandra "Ally" Sequeira is a Counseling Psychologist, licensed in Texas and California. She also has Authority to Practice Interjurisdictional Telepsychology (APIT) granted by the PSYPACT® Commission. Dr. Sequeira is the owner of Houston OCD & Anxiety where she provides individualized, evidence-based treatment for children, adolescents, and adults with OCD, OCD-related disorders, anxiety disorders, disordered eating, trauma, depression, parenting-related challenges, and other life stressors. She is fluent in Spanish and provides treatment in both languages.

**Cultural Influences on OCD: The Role of the Socio-Political Climate in Shaping Morality-Based Obsessions**

Fri 12 PM - 1 PM • Roundtable • Michigan B (Level 2)

**Paulina Syracuse, M.S., PSYD *Chair***

Center for Hope & Health, LLC.

**Jenna DiLossi, ABPP, PSYD *Presenter***

Center for Hope & Health, LLC.

Cultural Influences on OCD: The Role of the Socio-Political Climate in Shaping Morality-Based Obsessions

Licensed clinical psychologist, board certified specialist in behavioral & cognitive psychology, and trainer/consultant for the academy of cognitive & behavioral therapies. Specializing in cognitive-behavioral treatments for eating disorders, anxiety disorders, and OCD.

**Daniel Chazin, ABPP, ACT, Ph.D. *Presenter***

Center for Anxiety, OCD, and Cognitive Behavioral Therapy

Cultural Influences on OCD: The Role of the Socio-Political Climate in Shaping Morality-Based Obsessions

**Paulina Syracuse, M.S., PSYD *Presenter***

Center for Hope & Health, LLC.

Cultural Influences on OCD: The Role of the Socio-Political Climate in Shaping Morality-Based Obsessions

## Targeting Emotional Loneliness via Radically Open Dialectical Behavior Therapy's Transdiagnostic Mechanisms of Change: Increasing Openness and Social Connectedness and Application to Various Populations

Fri 12 PM - 1 PM • Workshop • Ontario (Level 2)

**Kirsten Gilbert, Ph.D. *Chair***

Washington University in St. Louis

**Michael Maslar, PSYD *Presenter***

The Family Institute at Northwestern University

Targeting Emotional Loneliness via Radically Open Dialectical Behavior Therapy's Transdiagnostic Mechanisms of Change: Increasing Openness and Social Connectedness and Application to Various Populations

Michael Maslar Psy.D., is a Licensed Clinical Psychologist, clinical supervisor, and clinical trainer, who is Director of the Mindfulness and Behavior Therapies program at the Family Institute of Northwestern University. He previously coordinated psychology training and Dialectical Behavior Therapy (DBT) services at Northwestern Memorial Hospital's Outpatient Psychiatric Rehabilitation Program, and has worked with challenging problems in a variety of other outpatient, inpatient, and residential settings. A graduate of the Chicago School of Professional Psychology, he practices mindfulness-based therapies, therapies rooted in Zen practice, Standard DBT, Radically Open DBT, Acceptance and Commitment Therapy, and other "Third Wave" behavioral therapies. He received instruction as a clinician and trainer from the original developers of DBT, Marsha Linehan's Behavioraltech. He also serves as a member of the Midwest DBT Team Leaders Group, and the Chicago DBT Consortium. He received his training in Radically Open DBT from the original developer, Tom Lynch, PhD. He is an approved Senior Clinician, Approved Trainer, and Certified RO DBT therapist. He specializes in the treatment of Borderline Personality Disorder, other disorders of emotion dysregulation, disorders related to an overcontrolled coping style, trauma, anxiety disorders, and

high conflict couples and families.

Dr. Maslar has had a personal practice of yoga and Buddhist and Sufi meditation, including mindfulness, lovingkindness, self-enquiry, and concentrative forms, for over twenty years. He has instructed general audiences, as well as well as people in educational, business, and the helping professions, in these practices for over 30 years.

**Ellen Astrachan-Fletcher, Ph.D. *Presenter***

EAF reCenter

Targeting Emotional Loneliness via Radically Open Dialectical Behavior Therapy's Transdiagnostic Mechanisms of Change: Increasing Openness and Social Connectedness and Application to Various Populations

Ellen Astrachan-Fletcher, PhD, FAED, CEDS-S, has a wealth and breadth of experience treating adults and adolescents with mood, anxiety and eating disorders. She is owner of EAF reCenter, she is Lecturer at Northwestern University's Feinberg School of Medicine, Department of Psychiatry and Behavioral Sciences, and Associate Professor of Clinical Psychology in the Department of Psychiatry at the University of Illinois at Chicago.

She has over 30 years of clinical and teaching experience in the field of eating disorders and women's mental health issues and has taught and supervised Psychiatry residents and fellows as well as Clinical Psychology interns and externs for over three decades. She was named Teacher of the Year by the Clinical Psychology Internship and Fellowship Program at the Northwestern University Feinberg School of Medicine in 2013.

Dr. Astrachan-Fletcher is a senior RO DBT clinician, training directly under Tom Lynch and she is a nationally recognized expert in the field of DBT, FBT (Family-Based Treatment), and is a frequent presenter at national eating disorders conferences. Dr. Astrachan-Fletcher has helped to make empirically based and innovative treatments translatable for the private sector. She co-authored *The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life* (2009), and the *Radically Open DBT Workbook for Eating Disorders: From Overcontrol and Loneliness to Recovery and Connection* (2022). Both workbooks are used at eating disorders treatment facilities throughout the country.

## LGBTQ+ SIG Meeting

All attendees are welcome.

Fri 12 PM - 1 PM • Superior A (Level 2)

## ADAA Scientific Council

Fri 12:40 PM - 1:40 PM • Missouri (Level 2)

## Concurrent Symposia

Session Eligible for Suicide Credit:

*AI and the Language of Suicide – From Theory to Clinical Application*

Session Not Eligible for Credit:

*The PTSD SIG Presents: From Talk to Transformation: Do Psychedelics and THC Boost Gold Standard PTSD Interventions*

Fri 1:15 PM - 2:45 PM

## Traumatic Stress across the Globe: Common and Unique Cultural and Biological Factors

Fri 1:15 PM - 2:45 PM • Symposia • Chicago Ballroom 10 (Level 4)

**Tanja Jovanovic, Ph.D. *Chair***

Wayne State University

1:15 PM - 1:24 PM

**Kathy Trang, Ph.D. *Presenter***

Harvard Medical School/Massachusetts General Hospital

A Network Comparison of Trauma and Mental Health Outcomes among Male and Female Youths in Sixteen Countries

1:24 PM - 1:42 PM

**Luis Garcia Lopez, B.A. *Presenter***

Wayne State University

Prevalence, severity, and sociodemographic correlates of generalized anxiety and related coping styles across U.S.-based adults from 27 countries

1:42 PM - 2 PM

**Lana Grasser, Ph.D. *Presenter***

Wayne State University

Examining the Impact of Civilian War Trauma and Forced Migration through a Biopsychosocial Lens

Dr. Lana Ruvolo Grasser (she/her) is an Assistant Professor in the Department of Psychology and the Ben L. Silberstein Institute for Brain Health at Wayne State University. Dr. Grasser recently completed her postdoctoral training with the Neuroscience and Novel Therapeutics Unit (NNT) within the Emotion and Development Branch at the National Institute of Mental Health. She received her BS from Michigan State University and her Ph.D. from Wayne State University, where her NIMH-funded dissertation project, "Biomarkers of Risk and Resilience to Trauma in Syrian Refugee Youth", identified skin conductance response to trauma interview and fear potentiated startle as candidate biomarkers of trauma-related psychopathology in youth exposed to civilian war trauma and forced migration. Dr. Grasser received the 2022 International Society for Developmental Psychobiology Dissertation Award for this work. Dr. Grasser has extended this work to query efficacy and underlying mechanisms of creative arts and movement therapies to address trauma-related psychopathology in families resettled as refugees of Syria, Iraq, the DRC, Afghanistan, and Ukraine. She has led efforts to extend these programs to the virtual space for schoolchildren and to neighborhoods across Detroit for youth and caregivers. Dr. Grasser is also passionate about science policy and advocacy. She has published in the Journal of Science Policy and Governance, is a member of the National Science Policy Network, and is the faculty advisor for the local SciPol Detroit chapter. Most recently, Dr. Grasser received a travel award from the American College of Neuropsychopharmacology and an Emerging Leader Award from the Anxiety and Depression Association of American in recognition of her research and advocacy.

**Tanja Jovanovic, Ph.D. *Presenter***

Wayne State University

Fear-Potentiated Startle and Posttraumatic Stress Symptoms in Uganda: Comparison of African and African-

American Women

2:18 PM - 2:36 PM

**Seth Norrholm, Ph.D. *Discussant***

Wayne State University School of Medicine, Dept of Psychiatry

2:36 PM - 2:45 PM

### Learning by Doing: Evidence for “Exposure to Exposure” Training Approaches

Fri 1:15 PM - 2:45 PM • Symposia • Erie (Level 2)

**Emily Bilek, ABPP, Ph.D. *Chair***

University of Michigan Health System

1:15 PM - 1:24 PM

**Hannah Frank, Ph.D. *Presenter***

Alpert Medical School, Brown University

When Experience Changes Minds: Comparing Experiential and Didactic Approaches to Exposure Training

1:24 PM - 1:42 PM

**Elena Pokowitz, B.S., M.S., *Other Presenter***

University of Michigan

Evaluating an Exposure-To-Exposure Training Model Informed by Learning Sciences

1:42 PM - 2 PM

**Joshua Kemp, Ph.D. *Presenter***

Alpert Medical School, Brown University

Developing a Virtual Reality Training Platform for Exposure Therapy: A Randomized Pilot Trial

2 PM - 2:18 PM

**Emily Becker-Haimes, Ph.D. *Presenter***

Department of Psychiatry, University of Pennsylvania

Extending Exposure to Exposure Models to Help Clinicians Improve Delivery of Recommended Suicide Prevention Practices

2:18 PM - 2:36 PM

**Martin Franklin, Ph.D. *Discussant***

Rogers Behavioral Health

I have spent the last 30+ years treating and studying OCD, anxiety, and related conditions, including 20 in the Department of Psychiatry at the University of Pennsylvania School of Medicine, where I am now Associate Professor Emeritus. I have over 250 publications on these topics (research articles, book chapters, and books), and continue

with training, clinical, and research activities at Rogers Behavioral Health.

2:36 PM - 2:45 PM

## The LGBTQ+ SIG Presents: New Voices, New Data on Risk and Resilience in Anxiety and Depression Among LGBTQ+ People

Fri 1:15 PM - 2:45 PM • Symposia • Huron (Level 2)

**Jeffrey Cohen, PSYD *Chair***

Columbia University

Jeff Cohen is an Associate Professor at Columbia University, where he directs the Cognitive Behavior Therapy course in the Psychiatry Residency Training Program and teaches courses on Psychopathology and Mindfulness in the Department of Psychology. He also provides supervision and clinical care at CUIMC in Manhattan and at CUCARD Westchester in Tarrytown, New York.

1:15 PM - 1:20 PM

**Cecilia Westbrook, M.D., Ph.D. *Co-chair***

University of Pittsburgh School of Medicine Department of Psychiatry

**Charlie Giraud, M.S. *Presenter***

University of Cincinnati

Resilience as a Protective Factor for Mental Health Among Sexual and Gender Minority Youth

1:20 PM - 1:45 PM

**Chantal Kasch, M.Sc. *Presenter***

Philipps-University Marburg

Culture and Queerness: Implications of Collectivism and Individualism on LGBTQIA+ Individuals Mental Health

1:45 PM - 2:10 PM

**Yinru Long, M.S. *Presenter***

Vanderbilt University

Effects of Friend and Parent Support on Daily SI in High-Risk Sexual and/or Gender Minority Adolescents: A 90-day Daily Survey Study

2:10 PM - 2:35 PM

**Brian Feinstein, Ph.D. *Discussant***

Rosalind Franklin University of Medicine and Science

2:35 PM - 2:45 PM

## Estrogen is a Neuroendocrine Hormone: Crucial Considerations for Mental Health in Midlife

Fri 1:15 PM - 2 PM • Mini Session • Mayfair (Level 2)

**Michelle Witkin, Ph.D. *Presenter***

Private Practice

1:15 PM - 1:30 PM

**Harita Raja, M.D. *Presenter***

Bethesda Women's Mental Health

Estrogen is a Neuroendocrine Hormone: Crucial Considerations for Mental Health in Midlife

1:30 PM - 1:45 PM

**Elizabeth Spencer, LCSW *Presenter***

Anxiety Training

Estrogen is a Neuroendocrine Hormone: Crucial Considerations for Mental Health in Midlife

1:45 PM - 2 PM

### The PTSD SIG Presents: From Talk to Transformation: Do Psychedelics and THC Boost Gold Standard PTSD Interventions

Fri 1:15 PM - 2:45 PM • Symposia • Michigan A (Level 2)

**Sheila Rauch, ABPP, Ph.D. *Chair***

Atlanta VAMC/Emory University School of Medicine

1:15 PM - 1:24 PM

**Leslie Morland, PSYD *Presenter***

Department of Psychiatry, UCSD School of Medicine

Healing Together: MDMA Assisted Cognitive Behavioral Conjoint Therapy for PTSD

1:24 PM - 1:42 PM

**Jessica Maples-Keller, Ph.D. *Presenter***

Emory University School of Medicine

Massed Exposure Therapy Enhanced With MDMA for PTSD

1:42 PM - 2 PM

**Paula Schnurr, Ph.D. *Presenter***

National Center for PTSD

MDMA-Assisted Prolonged Exposure for PTSD in Veterans

2 PM - 2:18 PM

**Christine Rabinak, Ph.D., M.B.A. *Presenter***

Wayne State University

Adjunctive  $\Delta$ 9-Tetrahydrocannabinol to Enhance Prolonged Exposure Therapy for PTSD: Translational Insights From a Randomized Clinical Trial

2:18 PM - 2:36 PM

Barbara Rothbaum, Ph.D. *Discussant*  
Emory University School of Medicine

2:36 PM - 2:45 PM

### Neural Biomarkers of Treatment Response and Risk Across Internalizing Disorders

Fri 1:15 PM - 2:45 PM • Symposia • Michigan B (Level 2)

Delaney Davey, B.S. *Chair*  
University of Illinois At Chicago

1:15 PM - 1:24 PM

Kai Zhang, Ph.D. *Presenter*  
The University of Texas Health Science Center At Houston  
Functional Connectivity Predicting Transdiagnostic Treatment Outcomes in Internalizing Psychopathologies

1:24 PM - 1:42 PM

Delaney Davey, B.S. *Presenter*  
University of Illinois At Chicago  
Rostral Anterior Cingulate Cortex Activity During Attentional Control: A Transdiagnostic Predictor of Treatment Outcome

1:42 PM - 2 PM

Cope Feurer, Ph.D. *Presenter*  
University of North Carolina at Chapel Hill  
Peer Chronic Stress and Depression Symptoms in Adolescent Girls: The Moderating Role of sgACC Response to Peer Feedback

2 PM - 2:18 PM

Matt Mattoni, M.A. *Presenter*  
University of Illinois-Chicago  
Child Anxiety Treatment Response Associations to a Positive Mood Induction Task

2:18 PM - 2:36 PM

### Leveraging Technology to Improve Accessibility, Acceptability, and Effectiveness for Youth Experiencing Internalizing Difficulties

Fri 1:15 PM - 2:45 PM • Symposia • Ontario (Level 2)

Jennifer Blossom, Ph.D. *Chair*

University of Maine

1:15 PM - 1:24 PM

**Puneet Parmar, B.A. *Presenter***

University of Maine

Innovative Approaches to Improving Access to Youth Depression Care: User-Testing of a Self-Guided Digital Intervention for Depression Delivered by a Paraprofessional Workforce

1:24 PM - 1:49 PM

**Jessica Jenness, Ph.D. *Presenter***

University of Washington

Design and User Testing of a Digital Just-In-Time Adaptive Intervention (JITAI) for Adolescent Depression Treatment in Primary Care

1:49 PM - 2:14 PM

**Hannah Milius, M.S. *Presenter***

University of Maine

A Preliminary Evaluation of the Effectiveness, Accessibility, and Acceptability of a Self-Guided, Virtual Anxiety Treatment for Rural Youth

I am a first year doctoral student in Clinical Psychology at the University of Maine. My research interests largely center around community-based approaches and implementation science interventions for youth and families, and understanding the intergenerational risk of suicide within the family system.

2:14 PM - 2:39 PM

## Multi-Modal Biomarkers to Quantify Depression and Predict Therapeutic Response

Fri 1:15 PM - 2:45 PM • Symposia • Superior A (Level 2)

**Mark Rasenick, Ph.D. *Chair***

University of Illinois At Chicago & Jesse Brown VA Medical Center

1:15 PM - 1:24 PM

**Alex Leow, M.D., Ph.D. *Co-chair***

Psychiatric Institute, University of Illinois At Chicago

**Alex Leow, M.D., Ph.D. *Presenter***

Psychiatric Institute, University of Illinois At Chicago

A Naturalistic Assessment of Reaction Time and Impulsivity in Individuals With Mood Disorders

1:24 PM - 1:42 PM

**Mark Rasenick, Ph.D. *Presenter***

University of Illinois At Chicago & Jesse Brown VA Medical Center

Biomarker-Driven Platforms for Quantitation of Depression and Prediction of Therapeutic Response

1:42 PM - 2 PM

**Teddy Akiki, M.D. *Presenter***

Stanford University

A Neuroimaging Foundation Model for Predicting Antidepressant Treatment Outcomes

2 PM - 2:18 PM

**Aksu Gunay, B.Sc. *Presenter***

University of Illinois At Chicago

From Blood to Brain: Structural Network Modularity Correlates With Platelet Biomarker in Depression

2:18 PM - 2:36 PM

## AI and the Language of Suicide – From Theory to Clinical Application

Fri 1:15 PM - 2:45 PM • Symposia • Superior B (Level 2)

**Igor Galynker, M.D., Ph.D. *Chair***

Icahn School of Medicine At Mount Sinai

1:15 PM - 1:24 PM

**Rony Kapel Lev-ari, Ph.D. *Presenter***

Columbia University & New York State Psychiatric Institute

From Prediction to Prevention: Passive Digital Phenotyping for Detecting Short-Term Symptom Dynamics and Suicide Risk

1:24 PM - 1:42 PM

**Maxwell Levis, Ph.D. *Presenter***

White River Junction, VAMC

Assessing Psychotherapy Utilization Patterns for Veterans Affairs Patients Diagnosed With MDD who Die by Suicide

1:42 PM - 2 PM

**Igor Galynker, M.D., Ph.D. *Presenter***

Icahn School of Medicine At Mount Sinai

Linguistic Markers of Suicide Crisis Syndrome Across Attempt Type and Attempter Status: A Natural Language Processing Study

2 PM - 2:18 PM

**Yael Apter Levy, Ph.D. *Presenter***

Mount Sinai Hospital

Scalable Detection of Suicide Crisis Syndrome and Suicidal Narrative in Military Medical Records Using Human and AI

## Coding

I am a postdoctoral fellow in the department of psychiatry at the Galynker Suicide prevention lab, Mount Sinai hospital. My initial academic experience was in the field of child development in the context of parental depression under the mentoring of Dr. Ruth Feldman, in the Center for Developmental Social Neuroscience, Reichman University. My Doctoral Dissertation subject was the Impact of maternal depression across the first 6 years of life on the child's mental health, social engagement, and empathy, with the moderating role of oxytocin. I had the privilege of being a central participant in some ground braking studies looking at how parental depression impacts childhood development and the mechanisms by which this occurs. These mechanisms included the relationship between hormonal activity in fathers and mothers, and childhood psychopathology. In addition, on the synchronicity of brain physiological activity such as EEG between different members if the family, objective measures of depression, anxiety and distress. On the basis of these studies, I was a leading member of the team who developed a focused treatment protocol for childhood depression and anxiety. This effort included much work on understanding the contribution of parents to their child's distress and the bio-social-physiological interactions involved. In completion of my undergraduate and postgraduate studies I was appointed to direct the outpatient clinical psychology department at Riechman University in Israel. In this role my tasks included directing clinical services and training both junior and senior staff. During this time Israel underwent a period of great stress and the referrals to our clinic increased exponentially. We were thus confronted with many referrals for depression and suicidal thoughts and behaviors. My initial collaboration in working on this field was with Dr. Anat Klomek a leader in the filed of suicide prevention and depression research and therapy. This experience led me to change the focus of my career from understanding, treating and preventing distress in general to a more specific interest working in the field of suicide prevention. In addition, I have much experience in training both in dynamically oriented psychotherapy and in structured models of therapy such as interpersonal therapy. Thus, I have spent much time thinking about the relationship between patient and therapists. Although I have not had much experience in empirical research in this field, I do have a great deal of personal and supervisional experience in the nature of nature of transference and counter transference, and I believe that this dynamic experience make me able to make a unique contribution to this project.

On the basis of my previous academic experience, I was fortunate enough to obtain a postdoctoral fellowship focusing specifically on suicide research

2:18 PM - 2:36 PM

### From Avoidance to Resilience: Helping Our Clients Overcome Financial Anxiety

Fri 2 PM - 2:45 PM • Mini Session • Mayfair (Level 2)

#### **Kimberly Morrow, LCSW *Chair***

Anxiety Training

Kimberly Morrow, LCSW helps people live well with anxiety using compassionate, evidenced-based treatment. She has been in private practice in Erie, PA for almost 30 years. Kimberly earned the Clinician Outreach Award and the Member of Distinction Award from Anxiety and Depression Association of American (ADAA). She is a graduate of the International Obsessive-Compulsive Foundation's Behavior Therapy Institute. She has served on the board for OCD Pennsylvania. She authored Face It and Feel It: 10 Simple (But Not Easy) Ways to Live Well with Anxiety and co-authored CBT for Anxiety: A Step-By-Step Training Manual for the Treatment of Fear, Panic, Worry and OCD.

2 PM - 2:05 PM

#### **Elizabeth Spencer, LCSW *Presenter***

Anxiety Training

From Avoidance to Resilience: Helping Our Clients Overcome Financial Anxiety

2:05 PM - 2:25 PM

**Kimberly Morrow, LCSW *Presenter***

Anxiety Training

From Avoidance to Resilience: Helping Our Clients Overcome Financial Anxiety

Kimberly Morrow, LCSW helps people live well with anxiety using compassionate, evidenced-based treatment. She has been in private practice in Erie, PA for almost 30 years. Kimberly earned the Clinician Outreach Award and the Member of Distinction Award from Anxiety and Depression Association of American (ADAA). She is a graduate of the International Obsessive-Compulsive Foundation's Behavior Therapy Institute. She has served on the board for OCD Pennsylvania. She authored *Face It and Feel It: 10 Simple (But Not Easy) Ways to Live Well with Anxiety* and co-authored *CBT for Anxiety: A Step-By-Step Training Manual for the Treatment of Fear, Panic, Worry and OCD*.

2:25 PM - 2:45 PM

## Clinical Practice Symposium

Fri 1:15 PM - 3:15 PM • Chicago Ballroom 8-9 (Level 4)

**What's New in the Clinical Landscape for Treatment Resistant Depression? Innovations, Pitfalls and Controversies**

Fri 1:15 PM - 3:15 PM • Clinical Practice Symposium

**Cecilia Westbrook, M.D., Ph.D. *Chair***

University of Pittsburgh School of Medicine Department of Psychiatry

1:15 PM - 1:20 PM

**Rachel Busman, ABPP, PSYD *Co-chair***

Cognitive and Behavioral Consultants

Rachel Busman, PsyD, ABPP is a licensed clinical psychologist and the Senior Director of the Child & Adolescent Anxiety and Related Disorders Program at Cognitive and Behavioral Consultants (CBC). Dr. Busman has extensive experience providing cognitive behavioral therapy (CBT) and other evidenced-based treatment to children, teenagers and young adults struggling with anxiety disorders and other related mental health disorders. She also has a specific interest and expertise in the evaluation and treatment of selective mutism, obsessive-compulsive disorder, separation anxiety disorder, social anxiety disorder and specific phobias.

Dr. Busman has worked with children and adolescents in both inpatient and outpatient settings at a major academic medical center, where she directed a multidisciplinary team, and at a private mental health institute. She has taught and supervised psychology trainees, psychiatry residents and child psychiatry fellows, and lectured extensively on a variety of topics, including the evidence-based assessment and treatment of anxiety disorders in children and teens.

Prior to joining CBC, Dr. Busman was the senior director of the Anxiety Disorders Center and Director of the Selective Mutism Service at the Child Mind Institute, in addition to the Director of Brave Buddies, an internationally recognized intensive program for children with Selective Mutism (SM). Dr. Busman is the former president of the Selective

Mutism Association, the nation's largest network of professionals, families, and individuals with selective mutism. She is certified in PCIT-SM and is a within agency trainer. Dr. Busman is also certified by the American Board of Professional Psychology in Clinical Psychology and Clinical Child and Adolescent Psychology.

**Brian Mickey, M.D., Ph.D. *Presenter***

University of Utah

Ultrasonic Neuromodulation for Treatment-Resistant Depression

1:20 PM - 1:40 PM

**Andrea Graham, Ph.D. *Presenter***

Department of Medical Social Sciences, Northwestern University Feinberg School of Medicine

Leveraging Digital Interventions to Treat Depression in New Ways and Increase Access to Care

1:45 PM - 2:05 PM

**Charles Nemeroff, M.D. *Presenter***

Department of Psychiatry & Behavioral Sciences, University of Texas at Austin Dell Medical School

Updates in Treatment Resistant Depression: New Agents, Psychedelics and Neuromodulation

2:10 PM - 2:30 PM

**Jennifer Penberthy, ABPP *Presenter***

University of Virginia School of Medicine

Cognitive Behavioral Analysis System of Psychotherapy and Radically Open DBT for Persistent Depression

J. Kim Penberthy, PhD, is the Chester F. Carlson Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine. She is a board-certified clinical psychologist and researcher who earned her undergraduate degree and M.S. in Experimental Psychology from Wake Forest University and her PhD in Clinical Psychology from Virginia Commonwealth University. She completed her clinical internship at Eastern Virginia Medical School and her postdoctoral fellowship at UVA's Department of Psychiatry & Neurobehavioral Sciences.

Dr. Penberthy has published extensively, with scores of peer-reviewed manuscripts and multiple books. A central, long-standing focus of her scholarly work is persistent depressive disorder (PDD), including research and clinical writing that clarifies mechanisms that maintain chronic depressive symptoms and informs evidence-based assessment and treatment planning. This work is synthesized in her book *Persistent Depressive Disorder*, published by Hogrefe, which integrates contemporary clinical science with practical guidance for clinicians working with enduring depression.

In addition to her depression-focused scholarship, Dr. Penberthy's research explores the therapeutic impact of mindfulness based and contemplative based interventions and the clinical application of altered states of consciousness. She has also published on the clinical impact of meditation, mindfulness, and mystical-type experiences, including her most recent book, *Living Mindfully Across the Lifespan: An Intergenerational Guide*, co-authored with her daughter, Morgan Penberthy. She has presented nationally and internationally, including for the International Association of Near-Death Studies, the International Society for Contemplative Research, the Science of Consciousness Conference, the American Psychological Association, the World Bank, and as a featured speaker at South by Southwest. She is currently leading a clinical trial investigating psilocybin-assisted therapy for individuals with prolonged grief disorder.

2:35 PM - 2:55 PM

## Networking Break

*sponsored by*



Fri 2:45 PM - 3:30 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Meet ADAA's Special Interest Groups (SIGs)

*sponsored by*



Special Interest Groups (SIGs) are a way for ADAA members with shared interests to connect, learn, and network. Come to this casual networking event and meet the leaders/members of ADAA's eleven SIGs. We encourage all conference attendees to enjoy the opportunity to ask questions, request programming, and learn more about all the SIGs have to offer for everyone from students starting their careers to experienced clinicians and researchers. If you're interested in joining any of the SIGs, please email [sigs@adaa.org](mailto:sigs@adaa.org).

The current ADAA SIGs are:

Artificial Intelligence

Child & Adolescent

Early Career Professionals & Students

Genetics & Neuroscience

LGBTQ+

Multicultural Advances

OCD & Related Disorders

PTSD

Sleep

Suicide and Self-Injury

Women's Mental Health

Fri 2:45 PM - 3:30 PM • Chicago Promenade East (Level 4)

## Headshot Photo Studio at Booth #110

Update your professional look with a new headshot photo, courtesy of ADAA.

Fri 2:45 PM - 4:45 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Concurrent Sessions: Roundtables and Workshops

Session with Ethics Credit:

*Panel Discussion: Varied Perspectives on AI in Clinical Practice – From Early Adoption to Skepticism in a Field Without Consensus*

Fri 3:30 PM - 4:30 PM

Panel Discussion: Varied Perspectives on AI in Clinical Practice – From Early Adoption to Skepticism in a Field Without Consensus

Fri 3:30 PM - 4:30 PM • Roundtable • Chicago Ballroom 8-9 (Level 4)

**Sharon Batista, M.D. *Chair***

Icahn School of Medicine At Mount Sinai

Dr. Sharon Batista, MD, is a Board-Certified Psychiatrist and Assistant Clinical Professor of Psychiatry at The Mount Sinai Hospital. She and is a Distinguished Fellow of the American Psychiatric Association, Fellow of the American Medical Women's Association, and Fellow the Academy of Consultation-Liaison Psychiatry. She is currently in private telepsychiatry practice based in New York City serving patients in NY,NJ,CA,CT, FL,IL,OH,PA,TX & VA. In addition to her clinical work, Dr. Batista has committed her professional career to teaching psychotherapy to psychiatry trainees and mentoring. Dr. Batista is passionate about the integration of psychodynamic and cognitive-behavioral interventions into psychiatric and medical care of diverse populations, including medically complex patients, and women across the lifespan.

**Lucia Cheng, M.D. *Presenter***

Phoenix Progressive Psychiatric Services

Panel Discussion: Varied Perspectives on AI in Clinical Practice – From Early Adoption to Skepticism in a Field Without Consensus

**Allison LoPilato, Ph.D. *Presenter***

Emory University School of Medicine

Varied Perspectives on AI in Clinical Practice – From Early Adoption to Skepticism in a Field Without Consensus

**Rebecca Schneider, Ph.D. *Presenter***

Emory University School of Medicine

Panel Discussion: Varied Perspectives on AI in Clinical Practice – From Early Adoption to Skepticism in a Field Without Consensus

Rebecca Schneider, PhD is an Assistant Professor and licensed psychologist at the Emory University School of Medicine. She is the Director of the Child OCD Program at Emory (COPE), a telehealth-based intensive outpatient program for youth with OCD. Dr. Schneider received her PhD from the University of Colorado Boulder and completed her postdoctoral fellowship at the OCD Institute for Children and Adolescents (OCDI Jr.) at McLean Hospital/Harvard Medical School. Her clinical and research interests focus on using acceptance and commitment therapy (ACT) to enhance exposure treatment for OCD and anxiety in youth. Dr. Schneider has published several research papers and

given numerous presentations on ACT, emotion dysregulation, and OCD and anxiety in youth.

**Sharon Batista, M.D. *Presenter***

Icahn School of Medicine At Mount Sinai

Panel Discussion: Varied Perspectives on AI in Clinical Practice – From Early Adoption to Skepticism in a Field Without Consensus

Dr. Sharon Batista, MD, is a Board-Certified Psychiatrist and Assistant Clinical Professor of Psychiatry at The Mount Sinai Hospital. She and is a Distinguished Fellow of the American Psychiatric Association, Fellow of the American Medical Women's Association, and Fellow the Academy of Consultation-Liaison Psychiatry. She is currently in private telepsychiatry practice based in New York City serving patients in NY,NJ,CA,CT, FL,IL,OH,PA,TX & VA. In addition to her clinical work, Dr. Batista has committed her professional career to teaching psychotherapy to psychiatry trainees and mentoring. Dr. Batista is passionate about the integration of psychodynamic and cognitive-behavioral interventions into psychiatric and medical care of diverse populations, including medically complex patients, and women across the lifespan.

**Kathryn Hecht, Ph.D. *Presenter***

Anxiety Treatment Resources

Panel Discussion: Varied Perspectives on AI in Clinical Practice – From Early Adoption to Skepticism in a Field Without Consensus

## Engaging With the National Institute of Mental Health

Fri 3:30 PM - 4:30 PM • Workshop • Erie (Level 2)

**Serena Chu, Ph.D. *Chair***

National Institute of Mental Health

Dr. Serena Chu is a Program Officer (PO) at the National Institute of Mental Health (NIMH) in the Division Services and Intervention Research (DSIR). She manages applications in the Adult Psychosocial Interventions Research Program. She is also the Program Director of Social Determinants of Health in the Office of Diversity and Workforce Development. Prior to her work as a PO, Dr. Chu served as a Scientific Review Officer (SRO) for over 18 years at both the National Institute of Mental Health (NIMH) and the Center for Scientific Review (CSR). Dr. Chu has also worked at the Department of Veterans Affairs. She served as the Equity and Mental Health Portfolio Manager at Health Services Research and Development at the Office of Research and Development. She also served as a Program Analyst in the Office of Rural Health where she served as the subject matter expert in rural mental health for minority and women Veterans. Serena received her PhD in Counseling Psychology from Southern Illinois University at Carbondale. She then completed a Post-Doctoral Fellowship in Health Services Research at Baylor College of Medicine and the Houston VA Medical Center. She is a licensed psychologist.

**Jennifer Humensky, Ph.D. *Presenter***

NIMH

Understanding the NIH Grant Application Process

**Belinda Sims, Ph.D. *Presenter***

National Institute of Mental Health

Early Career Opportunities at the National Institute of Mental Health

Serena Chu, Ph.D. *Presenter*

National Institute of Mental Health

NIH Peer Review

Dr. Serena Chu is a Program Officer (PO) at the National Institute of Mental Health (NIMH) in the Division Services and Intervention Research (DSIR). She manages applications in the Adult Psychosocial Interventions Research Program. She is also the Program Director of Social Determinants of Health in the Office of Diversity and Workforce Development. Prior to her work as a PO, Dr. Chu served as a Scientific Review Officer (SRO) for over 18 years at both the National Institute of Mental Health (NIMH) and the Center for Scientific Review (CSR). Dr. Chu has also worked at the Department of Veterans Affairs. She served as the Equity and Mental Health Portfolio Manager at Health Services Research and Development at the Office of Research and Development. She also served as a Program Analyst in the Office of Rural Health where she served as the subject matter expert in rural mental health for minority and women Veterans. Serena received her PhD in Counseling Psychology from Southern Illinois University at Carbondale. She then completed a Post-Doctoral Fellowship in Health Services Research at Baylor College of Medicine and the Houston VA Medical Center. She is a licensed psychologist.

### Positive Affect Treatment for Depression and Anxiety

Fri 3:30 PM - 4:30 PM • Workshop • Huron (Level 2)

Alicia Meuret, Ph.D. *Chair*

SMU

Alicia Meuret, Ph.D. *Presenter*

SMU

Positive Affect Treatment for Depression and Anxiety

### Supporting Youth Emotional Responses to Cultural Stress

Fri 3:30 PM - 4:30 PM • Timely Topic • Mayfair (Level 2)

Ryan DeLapp, Ph.D. *Presenter*

Empower CBT

Supporting Youth Emotional Responses to Cultural Stress

Ryan DeLapp, Ph.D. *Chair*

Empower CBT

### Trapped in the Feed: Technology-Related Obsessions in OCD

Fri 3:30 PM - 4:30 PM • Workshop • Michigan A (Level 2)

Rebecca Berman, LCSW *Chair*

Anxiety Institute

**Jon Hershfield, M.A. *Presenter***

Sheppard Pratt

Trapped in the Feed: Technology-Related Obsessions in OCD

Jon Hershfield, MFT, is the director of the Center for OCD and Anxiety at Sheppard Pratt in Towson, Maryland, where he specializes in the treatment of OCD and related disorders in both outpatient and residential settings. He is the author of *When a Family Member Has OCD*, *Overcoming Harm OCD*, and *The OCD Workbook for Teens*, and co-author of *Everyday Mindfulness for OCD* and *The Mindfulness Workbook for OCD*. Jon is a member of the scientific and clinical advisory board of the International OCD Foundation and on the faculty of their Behavioral Therapy Training Institute.

**Robert Hudak, M.D. *Presenter***

University of Pittsburgh School of Medicine Department of Psychiatry

Trapped in the Feed: Technology-Related Obsessions in OCD

Robert Hudak, MD is a Professor of Psychiatry at the University of Pittsburgh School of Medicine. He graduated from the Northeastern Ohio Universities College of Medicine in 1992 and completed his residency in Psychiatry at the University Hospitals of Cleveland in 1996. He then joined the Cleveland VA Medical Center where he formed the OCD Clinic for Veterans. He has been full-time faculty at the University of Pittsburgh Medical Center in 1999 and in 2000 became the medical director of the Center for Treatment of Obsessive-Compulsive and Related Disorders at Western Psychiatric Hospital. He is a member of the International Obsessive-Compulsive Disorder Foundation and is the co-chair for their Special Interest Group for the Treatment of OCD in patients with Autism Spectrum Disorder as well as a member of the Scientific and Clinical Advisory Board. He has authored numerous articles and book chapters on OCD and has edited an OCD textbook. He is the current co-author of "Handbook of Psychiatric Disorders in Adults in the Primary Care Setting". He lectures on OCD in numerous university and community settings across the United States, and has given numerous interviews in the popular press, both local and national, on OCD topics as well as Anxiety Disorders, Autism, and other related topics.

**Amy Mandelberg, LCPC *Presenter***

Sheppard Pratt

Trapped in the Feed: Technology-Related Obsessions in OCD

**Implementing Technology in the Clinic: What's Enough, What's Too Much, and What Does the Future Hold**

Fri 3:30 PM - 4:30 PM • Roundtable • Michigan B (Level 2)

**Alex Rothbaum, M.P.H., Ph.D. *Chair***

Skyland Trail

**Rachel Hershenberg, ABPP, Ph.D. *Presenter***

Emory University School of Medicine

Implementing Technology in the Clinic: What's Enough, What's Too Much, and What Does the Future Hold

**Autumn Kujawa, Ph.D. *Presenter***

Vanderbilt University

Implementing Technology in the Clinic: What's Enough, What's Too Much, and What Does the Future Hold

**Brandon Kitay, M.D., Ph.D. *Presenter***

Emory University School of Medicine, Dept. of Psychiatry & Behavioral Sciences

Implementing Technology in the Clinic: What's Enough, What's Too Much, and What Does the Future Hold

Brandon Kitay, MD, PhD is an Assistant Professor of Psychiatry and Behavioral Sciences and the Director of Behavioral Health Integration for Emory Healthcare. In 2020, Dr. Kitay Emory Healthcare established the Integrated Behavioral Health (IBH) Program as a commitment to improving access and quality of behavioral health services across the enterprise. The Program's efforts have included implementation of the Collaborative Care Model (CoCM) serving a population of over 37,000 primary care patients at four sites and promoting efforts to scale expertise through promoting measurement-based care and inter-professional "e-Consultation." The IBH Program is also leading innovation through application of integrated care services in novel specialty populations and leveraging digital mental health technologies (DMHTs) to benefit scalability and sustainability.

Dr. Kitay is also a physician-scientist engaged in health services research and clinical trials involving implementation of care delivery models and novel therapeutics. As an "Interventional Psychiatrist" his clinical expertise in treatment refractory psychiatric disorders includes the provision of subspecialty consultation and practice of ketamine/esketamine therapy, electroconvulsive therapy (ECT), and other neuromodulation techniques.

**Matthew Price, Ph.D. *Presenter***

University of Vermont

Implementing Technology in the Clinic: What's Enough, What's Too Much, and What Does the Future Hold

**Margaret Anton, Ph.D. *Presenter***

Two Chairs

Implementing Technology in the Clinic: What's Enough, What's Too Much, and What Does the Future Hold

**Breakthroughs in Bipolar Disorder: The BD2 Model for Research, Care, and Community**

Fri 3:30 PM - 4:30 PM • Workshop • Ontario (Level 2)

**Suzanne Baber, LCSW *Chair***

Depression and Bipolar Support Alliance

Suzanne Baber, MSW, LCSW, is Director of Peer Support Services at the Depression and Bipolar Support Alliance (DBSA), where she leads national peer support initiatives focused on mental health recovery and resilience. With nearly 20 years in the nonprofit sector, Suzanne's background includes experience in program development and evaluation, community mental health, and healthcare quality improvement. Suzanne completed her BA at UCLA and earned a master's degree in Social Service Administration from the University of Chicago. She is a Licensed Clinical Social Worker and holds certificates in Program Evaluation, Trauma-Informed Practice & Policy, and Healthcare Quality Improvement. Suzanne is a passionate advocate for person-centered, evidence-based approaches that promote healing and wellness across diverse communities.

**Mark Frye, M.D. *Presenter***

Mayo Clinic

Breakthroughs in Bipolar Disorder: The BD2 Model for Research, Care, and Community

### Clinical Perspectives on Patient Use of Artificial Intelligence: Excessive Reassurance Seeking to Extreme Avoidance

Fri 3:30 PM - 4:30 PM • Roundtable • Superior A (Level 2)

Dianne Hezel, Ph.D. *Chair*

Columbia University & New York State Psychiatric Institute

Daniel Chazin, ABPP, ACT, Ph.D. *Presenter*

Center for Anxiety, OCD, and Cognitive Behavioral Therapy

Clinical Perspectives on Patient Use of Artificial Intelligence: Excessive Reassurance Seeking to Extreme Avoidance

Marina Gershkovich, Ph.D. *Presenter*

Private Practice

Clinical Perspectives on Patient Use of Artificial Intelligence: Excessive Reassurance Seeking to Extreme Avoidance

Dianne Hezel, Ph.D. *Presenter*

Columbia University & New York State Psychiatric Institute

Clinical Perspectives on Patient Use of Artificial Intelligence: Excessive Reassurance Seeking to Extreme Avoidance

Michael Wheaton, Ph.D. *Presenter*

Barnard College

Roundtable on Patient Use of Artificial Intelligence

### Integrating Virtual Reality into Behavioral Health: Advancing Mindfulness and Exposure-Based Treatment

Fri 3:30 PM - 4:30 PM • Workshop • Superior B (Level 2)

Heather Jones, Ph.D. *Chair*

Rogers Behavioral Health

Erik Ulland, M.D. *Presenter*

Rogers Behavioral Health

Integrating Virtual Reality into Behavioral Health: Advancing Mindfulness and Exposure-Based Treatment

Erik Ulland, MD is a general and child & adolescent psychiatrist with 20 years of experience working in higher levels of care. He served as Medical Director of inpatient psychiatry for a hospital system in Wisconsin, US prior to co-creating a comprehensive adolescent DBT residential. He has been the Medical Director of this residential for the past 10 years and serves as the Medical Director of DBT Services in the same system. He wrote the program parent manual for DBT, created DBT Parent University and trains staff in DBT across programs. Dr. Ulland has a total of 15 years of experience at a residential level of care treating clients with severe anxiety disorders, self-destructive and suicidal behaviors, ADHD, OCD, trauma, personality, substance use disorders and eating disorders. He is currently researching

the use of virtual reality for mindfulness, and the connection between sleep and heart rate variability with changes in emotion regulation.

Dr. Ulland is also co-creator and co-host of the international DBT podcast "All Therapists Are Jerks." He has provided community presentations on DBT and stigma in mental health nationally and internationally in New Zealand. He is the co-author of "What's Wrong with My Daughter? The Bewildering Array of Symptoms of Emotion Dysregulation," with Lisa Ellerson. He values educating others and empowering them to make changes that improve their quality of life and finds DBT the most effective modality for a diverse array of mental and behavioral health presentations.

**Victoria Sardella, M.S. *Presenter***

Rogers Behavioral Health

Integrating Virtual Reality into Behavioral Health: Advancing Mindfulness and Exposure-Based Treatment

**Kelly Piacsek, Ph.D. *Presenter***

Rogers Behavioral Health

Integrating Virtual Reality into Behavioral Health: Advancing Mindfulness and Exposure-Based Treatment

## Poster Spotlight Session

Chairs: Cecilia Hinojosa & Grace Berman

Fri 3:30 PM - 4:30 PM • Chicago Ballroom 10 (Level 4)

Artificial Intelligence Literacy for Mental Health Scale (ALMA): Initial Reliability and Validity

Fri 3:30 PM - 3:40 PM • Poster

**Yara Charif, B.A. *Presenter***

University of Houston - Clear Lake

Leveraging Machine Learning Algorithms for Personalized Medicine: Machine Learning Models Outperform Traditional Model Building Techniques for Predicting Antidepressant Response

Fri 3:40 PM - 3:50 PM • Poster

**Colin Xu, Ph.D. *Presenter***

University of Idaho

Improvement in Suicide Crisis Syndrome Symptoms Reduces Psychiatric Readmission

Fri 3:50 PM - 4 PM • Poster

**Shiyu Chen, B.A. *Presenter***

Teachers College, Columbia University

Adolescents With Lower Social Reward Responsiveness Show Slower Declines in Depressive Symptoms Over

### Two Years

Fri 4 PM - 4:10 PM • Poster

Stefanie Gonçalves, Ph.D. *Presenter*

The Catholic University of America

### Sleep as a Mediator Between Social Media Use Motivations and Anxiety Among Adolescents

Fri 4:10 PM - 4:20 PM • Poster

Blake Upshaw, B.A. *Presenter*

University of Mississippi

### Elucidating the Relationships Between Daily Stress, Ovarian Hormone Flux, and Rejection Sensitivity in Peripubertal Females

Fri 4:20 PM - 4:30 PM • Poster

Peyton Miyares, B.A. *Presenter*

University of North Carolina at Chapel Hill

## Concurrent Sessions: Roundtables and Workshops

Session with Ethics Credit:

*The AI SIG Presents: An Unregulated Innovation: Guiding Patient Use of Generative AI in Anxiety and Depression Treatment*

Session Not Eligible for Credit:

*Psychedelic-Assisted Therapy in Practice: From Interest to Involvement - What Clinicians Must Know*

Fri 4:45 PM - 5:45 PM

### Innovations and Best Practices in Screening and Brief Intervention for Traumatic Stress Across Settings

Fri 4:45 PM - 5:45 PM • Workshop • Chicago Ballroom 10 (Level 4)

Jason Lang, Ph.D. *Chair*

Child Health and Development Institute (CHDI)

Shannon Chaplo, Ph.D. *Presenter*

University of Utah

Innovations and Best Practices in Screening and Brief Intervention for Traumatic Stress Across Settings

### The AI SIG Presents: An Unregulated Innovation: Guiding Patient Use of Generative AI in Anxiety and Depression Treatment

Fri 4:45 PM - 5:45 PM • Roundtable • Chicago Ballroom 8-9 (Level 4)

Grace Berman, LCSW *Chair*

The Ross Center

Erika Nurmi, MD, PhD *Presenter*

David Geffen School of Medicine at UCLA

The Ai Sig Presents: An Unregulated Innovation: Guiding Patient Use of Generative Ai in Anxiety and Depression Treatment

Karthik Sarma, M.D., Ph.D. *Presenter*

UCSF

Consumer-Facing AI Chatbot Use in Mental Illness: The Informatics Perspective

Brian A Zabolski, ABPP, Ph.D. *Presenter*

Yale University

The Ai Sig Presents: An Unregulated Innovation: Guiding Patient Use of Generative Ai in Anxiety and Depression Treatment

## Differentiating Symptoms and Tailoring Exposure Therapy For Neurodivergent Children and Adolescents

Fri 4:45 PM - 5:45 PM • Workshop • Erie (Level 2)

Jennifer Lynch, PSYD *Chair*

Renewed Freedom Center

Ashley Bramhall, M.A. *Presenter*

Renewed Freedom Center for Rapid Anxiety Relief

Differentiating Symptoms and Tailoring Exposure Therapy for Neurodivergent Children and Adolescents

Ashley Bramhall is the Program Director at the Renewed Freedom Center in Los Angeles, CA. She earned her Master of Arts in Clinical Psychology from Pepperdine University and specializes in the treatment of pediatric anxiety, OCD, and related disorders using CBT, exposure and response prevention (ERP), and mindfulness techniques.

Being a previous college athlete struggling with performance anxiety and OCD, her areas of focus also include sports psychology in order to help athletes and performers reach their fullest potential while overcoming social/performance anxiety. Ashley regularly attends and speaks at national conferences on anxiety and OCD to provide the most advanced evidence-based practices to her patients and families.

## Intervening with Families of the Treatment-Reluctant: An Underutilized Therapeutic Option

Fri 4:45 PM - 5:45 PM • Roundtable • Huron (Level 2)

Melanie VanDyke, Ph.D. *Chair*

Saint Louis Behavioral Medicine Institute

**Alec Pollard, Ph.D. *Presenter***

Saint Louis Behavioral Medicine Institute

Addressing the Needs of Families Dealing with a Treatment-Refuser

Dr. Pollard is Founding Director of the Center for OCD and Anxiety-Related Disorders at Saint Louis Behavioral Medicine Institute and Professor Emeritus of Family and Community Medicine at Saint Louis University. He is a licensed psychologist who works with a range of obsessive-compulsive and anxiety-related disorders, with a special interest in patients ambivalent about or resistant to treatment. He is on the Scientific and Clinical Advisory Board of the International OCD Foundation and chairs the organization's Training Committee, including an international training initiative called the Behavior Therapy Training Institute. Dr. Pollard also serves on the Scientific Advisory Committee of the Canadian Institute for Obsessive-Compulsive Disorders and the Obsessive-Compulsive Cognitions Working Group research collaborative. He is former chair of the Clinical Advisory Board of the Anxiety and Depression Association of America. He serves as a reviewer for several professional journals and conference program committees and has authored over 100 publications, including 2 books: *The Agoraphobia Workbook* and *Dying of Embarrassment: Help for Social Anxiety & Phobia*.

**Eli Lebowitz, Ph.D. *Presenter***

Yale Child Study Center

Intervening with Families of the Treatment-Reluctant: An Underutilized Therapeutic Option

**Jonathan Grayson, Ph.D. *Presenter***

The Grayson LA Treatment Center for Anxiety & OCD

Intervening with Families of the Treatment-Reluctant: An Underutilized Therapeutic Option

Jonathan B. Grayson, Ph.D. is a licensed psychologist (PSY26643) and director of the Grayson LA Treatment Center for Anxiety & OCD. Dr Grayson has been specializing in the treatment of obsessive compulsive disorder (OCD) for more than 40 years and is a nationally recognized expert and author of *Freedom from Obsessive Compulsive Disorder: a Personalized Recovery Program for Living with Uncertainty*, a self-help guide for sufferers. In 2010, the International OCD Foundation awarded Dr. Grayson the Patty Perkins Lifetime Achievement Award for his devotion and contributions to the treatment of those with OCD. In October of 2010, the Association of Behavioral and Cognitive Therapies gave his book, *Freedom from Obsessive Compulsive Disorder, the Self Help Book of Merit Award*, recognizing his book as providing sufferers with the highest level of information about the best practices treatment for OCD. Dr. Grayson has presented workshops and written numerous articles and book chapters for both professional and lay audiences, including two manual/ videotape sets made for the International OCD Foundation (*The GOAL Handbook: Running a Successful Support Group for OCD* and *How to Recognize and Respond to Obsessive-Compulsive Disorder in School Age Children*). His work and expertise has been featured in national media including, *People Magazine*, *The Oprah Winfrey Show* and *Nightline*. He serves on both the Scientific Advisory Board and the Speakers Bureau of the International OCD Foundation. In 1981, along with Gayle Frankel (the former president of the Philadelphia Affiliate of the OC Foundation), he started the first support group in the country for OCD. In 2015, helped to form and donate his time to a free GOAL support group in LA. Finally, he has the distinction of being the first professional to run a yearly OCD camping trip.

**Gregory Chasson, Ph.D., ABPP *Presenter***

The University of Chicago, Department of Psychiatry and Behavioral Neuroscience

Intervening with Families of the Treatment-Reluctant: An Underutilized Therapeutic Option

Gregory S. Chasson, Ph.D. ABPP is a licensed clinical psychologist, board-certified cognitive-behavioral therapist, Associate Professor, and Director of Behavioral Interventions of the Obsessive-Compulsive and Related Disorders Clinic in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago.

### **Bridging the Digital Gap: Rebuilding Trust in Evidence-Based OCD and Anxiety Treatment**

Fri 4:45 PM - 5:45 PM • Workshop • Mayfair (Level 2)

**Elizabeth McIngvale, M.B.A., M.S.W., Ph.D. *Chair***

OCD Institute Texas

Elizabeth McIngvale, Ph.D., LCSW is the director of the OCD Institute of Texas, Co-Founder of MHNTI and adjunct faculty at Baylor College of Medicine. A nationally and internationally recognized authority on obsessive-compulsive disorder (OCD), Dr. McIngvale has published over 35 peer-reviewed journal articles, multiple textbook chapters and is a sought-after contributor to national expert panels, media, and conferences. Dr. McIngvale founded the Peace of Mind Foundation and OCDChallenge.org, one of the first widely used online self-help tools for OCD, both now housed within the IOCDF. She has delivered over 250 public lectures, talks and keynotes, facilitated dozens of national and international webinars—including the IOCDF's flagship educational series—and served on several expert panels including NIH and SAMHSA panels. She is also a faculty instructor for the IOCDF's Behavioral Therapy Training Institute. Known for her bold public advocacy and engaging speaking style, Dr. McIngvale is a trusted voice in OCD treatment, education, and policy. Diagnosed with OCD at age 12, Dr. McIngvale brings a unique dual perspective as both a clinician and someone with lived experience. She was the first-ever national spokesperson for the International OCD Foundation (IOCDF), where she now serves as a board member. She remains deeply committed to advancing clinical research and expanding access to high-quality care for those living with OCD, Anxiety Disorders and related disorders.

**Victoria Lane, LMSW *Presenter***

OCD Institute of Texas

Bridging the Digital Gap: Rebuilding Trust in Evidence-Based OCD and Anxiety Treatment

**Cali Werner, Ph.D. *Presenter***

OCD Institute of Texas

Bridging the Digital Gap: Rebuilding Trust in Evidence-Based OCD and Anxiety Treatment

Cali Werner, Ph.D., LCSW, CMPC is the Director of Referral Relations and behavior therapist at the OCD Institute of Texas. As an undergraduate from Rice University, Cali competed as a Division I collegiate distance runner winning nine conference titles, and an Honorable Mention All-American in the 10k while battling OCD. Her most recent athletic success was competing in the 2020 U.S. Olympic Trials in the marathon and placing as first female Houstonian in the 2023 Houston Marathon. Cali's personal experience with OCD led her to specializing her career to help others obtain evidence-based care. Cali is passionate about anxiety, OCD, and mental health in athletes, which led her to starting Athlete Rising, LLC, where she sees athletes with OCD and related anxiety disorders, in addition to working to help improve performance mindsets. Cali has written a Children's book titled *Anxious Annie*, for the purpose of helping children learn to vocalize anxious feelings. She is dedicated to informing the public through advocacy and education on mental illness and evidence-based treatment.

**Katy Rothfelder, LCPC *Presenter***

Anxiety Treatment Center of Austin

Bridging the Digital Gap: Rebuilding Trust in Evidence-Based OCD and Anxiety Treatment

Mallory Eads, M.S.W. *Presenter*

OCD Institute Texas

Bridging the Digital Gap: Rebuilding Trust in Evidence-Based OCD and Anxiety Treatment

### Virtual Reality, Real Progress: Using Virtual Reality for Anxiety and OCD Treatment

Fri 4:45 PM - 5:45 PM • Workshop • Michigan A (Level 2)

Dina Nunziato, Ph.D. *Chair*

Anxiety Institute, LLC

Dr. Dina Nunziato has spent over two decades working with adolescents and young adults in clinical and educational settings. Prior to joining Anxiety Institute as Chief Clinical Officer, Dina was the Director of Counseling & Psychological Services at Sarah Lawrence College and served as an adjunct professor of Clinical Practice at New York University's Silver School of Social Work.

Dina specializes in the treatment of anxiety and related disorders in young adults. Her research and publications include the use of evidenced-based mindfulness techniques to support anxiety management, academic success, and emotional well-being.

Rebecca Berman, LCSW *Presenter*

Anxiety Institute

Virtual Reality, Real Progress: Using Virtual Reality for Anxiety and OCD Treatment

Stacy Santacroce, LCSW *Presenter*

Anxiety Institute

Virtual Reality, Real Progress: Using Vr for Anxiety and OCD Treatment

Over the last sixteen years, Stacy Santacroce has worked with clients of all ages providing care for mental health and substance use disorders in outpatient, partial and intensive outpatient settings. For more than six years, Stacy served as Executive Director at High Focus Centers, adding to more than ten years of experience at intensive outpatient programs. In this role, Stacy was responsible for the overall clinical and administrative management of the facility, responsible for employees and therapy programs.

In recent years, Stacy has honed a specialization in the treatment of adolescent and young adult anxiety, mood, and co-occurring disorders. Stacy maximizes the efficacy of cognitive-behavioral therapy using an individualized, strengths-based approach.

### Psychedelic-Assisted Therapy in Practice: From Interest to Involvement - What Clinicians Must Know

Fri 4:45 PM - 5:45 PM • Roundtable • Michigan B (Level 2)

Jill Emanuele, Ph.D. *Chair*

Urban Yin Psychology, PLLC

Jonathan Schettino, Ph.D. *Presenter*

Johns Hopkins University, Center for Psychedelics and Consciousness Research

Psychedelic-Assisted Therapy in Practice: From Interest to Involvement—What Clinicians Must Know

Licensed psychologist who identifies as a scientist-practitioner and specializes in CBT for anxiety disorders, OCD, and depression. I maintain a private practice that provides psychotherapy as well as psychoeducational and personality assessment. I serve as a research psychologist for Johns Hopkins School of Medicine Center for Psychedelic and Consciousness Research. I completed my training and education in psychology at Princeton University, UCLA, Saint Elizabeths Hospital, and Otto-Friedrich University in Bamberg.

**Berra Yazar-Klosinski, Ph.D. *Presenter***

Yazar Lab, LLC

Mdma as an Adjunct to Therapy for Treatment of PTSD

Berra Yazar-Klosinski, Ph.D., the Chief Scientific Officer of Lykos Therapeutics (formerly MAPS PBC), is responsible for regulatory affairs, pharmacovigilance, medical affairs, pharmacology and toxicology. Berra began working on the clinical development of MDMA-assisted therapy in 2009 and has been with Lykos since its inception in 2014. Over the years she has supported the various stages of clinical development and regulatory affairs, while authoring numerous publications on MDMA-assisted therapy, LSD-assisted psychotherapy, cannabis, and ibogaine. Berra has developed a strong track record of success with FDA, EMA and other regulatory agencies. Prior to Lykos, Berra gained clinical research experience working in laboratories at Geron Corporation and Millennium Pharmaceuticals. She earned her B.S. in Biology with a minor in Drama from Stanford University and her Ph.D. in Molecular, Cell, and Developmental Biology from the University of California, Santa Cruz.

**Kari Gregory, LCPC *Presenter***

ADAA

Psychedelic Assisted Therapy in Practice: From Interest to Involvement What Clinicians Must Know

Anxiety, Panic and OCD Specialist. Passionate about the possibility of psychedelic assisted psychotherapy.

**Azin Bekhrad, M.D. *Presenter***

Johns Hopkins School of Medicine Department of Psychiatry and Behavioral Sciences

Psychedelic-Assisted Therapy in Practice: From Interest to Involvement—What Clinicians Must Know

Dr. Azin Elizabeth Bekhrad is a physician who specializes in child, adolescent and general adult psychiatry. She has expertise in the comprehensive assessment and treatment of children, adolescents and adults suffering from mood disorders, including major depression and bipolar disorder, Anxiety disorders, ADHD, behavioral challenges, OCD, eating disorders, trauma/PTSD, women's health and reproductive psychiatry needs, neurodevelopmental disabilities, POTS/Dysautonomia and other complex medical needs. She blends best practices from evidence-based medicine with an integrative, holistic approach. She is skilled in cognitive behavioral therapy, dialectical behavioral therapy, interpersonal psychotherapy, family systems therapy, culturally sensitive approaches to treatment, as well as the use of exercise, nutrition, mindfulness, meditation, Eastern medicine and creative endeavors to support symptom relief and wellness.

With expertise in the pharmacological management of patients, including complex and treatment refractory patients, Dr. Bekhrad helps patients navigate the benefits, risks and alternatives to medications in a way that respects each individual's unique needs and life circumstance. She is proficient in functional medicine, integrative psychiatry and precision medicine and uses these approaches when indicated to identify and treat root causes of illness.

In addition to her clinical duties at Johns Hopkins Personalized Care, Dr. Bekhrad serves as a research physician in the Center for Psychedelics at Consciousness Research at Johns Hopkins Bayview Hospital. She works as a facilitator/therapist for several clinical trials participants, performs medical coverage, and collaborates with researchers on ongoing trials. She has recently launched a clinic, the Johns Hopkins Post-Psychedelics Difficulties Clinic with a mission to provide comprehensive psychiatric assessment and treatment for patients in naturalistic or clinical settings who may be suffering from challenging experiences after psychedelic use.

Dr. Bekhrad graduated Summa Cum Laude, Phi Beta Kappa with a BS in Physiology, Health and Humanities from Michigan State University, obtained her medical degree at Wayne State University School of Medicine and completed one year of residency in Obstetrics-Gynecology at Northwestern University Feinberg School of Medicine. She completed her general adult psychiatry residency and child/adolescent psychiatry fellowship at the Johns Hopkins University School of Medicine and stayed on serving various clinical and supervisory roles as faculty instructor. From 2007-2024, she worked in various private practice roles, including staff psychiatrist at The Ross Center in Washington, DC, in addition to her own solo practice in Chevy Chase, MD. In 2024, Dr. Bekhrad returned to Johns Hopkins with the above clinical and research roles.

### When CBT Isn't Enough: Recognizing Emotion Dysregulation and Knowing When to Consider a DBT Referral

Fri 4:45 PM - 5:45 PM • Workshop • Ontario (Level 2)

**Victoria Sardella, M.S. *Chair***

Rogers Behavioral Health

**Erik Ulland, M.D. *Presenter***

Rogers Behavioral Health

When CBT Isn't Enough: Recognizing Emotion Dysregulation and Knowing When to Incorporate DBT

Erik Ulland, MD is a general and child & adolescent psychiatrist with 20 years of experience working in higher levels of care. He served as Medical Director of inpatient psychiatry for a hospital system in Wisconsin, US prior to co-creating a comprehensive adolescent DBT residential. He has been the Medical Director of this residential for the past 10 years and serves as the Medical Director of DBT Services in the same system. He wrote the program parent manual for DBT, created DBT Parent University and trains staff in DBT across programs. Dr. Ulland has a total of 15 years of experience at a residential level of care treating clients with severe anxiety disorders, self-destructive and suicidal behaviors, ADHD, OCD, trauma, personality, substance use disorders and eating disorders. He is currently researching the use of virtual reality for mindfulness, and the connection between sleep and heart rate variability with changes in emotion regulation.

Dr. Ulland is also co-creator and co-host of the international DBT podcast "All Therapists Are Jerks." He has provided community presentations on DBT and stigma in mental health nationally and internationally in New Zealand. He is the co-author of "What's Wrong with My Daughter? The Bewildering Array of Symptoms of Emotion Dysregulation," with Lisa Ellerson. He values educating others and empowering them to make changes that improve their quality of life and finds DBT the most effective modality for a diverse array of mental and behavioral health presentations.

**Elizabeth Wall, NP *Presenter***

Rogers Behavioral Health

When CBT Isn't Enough: Recognizing Emotion Dysregulation and Knowing When to Incorporate DBT

Dr. Elizabeth Wall is a board-certified psychiatric nurse practitioner specializing in the treatment of mood and anxiety disorders in adolescents. With 14 years of experience, she has a particular interest in nonsuicidal self-injurious behaviors and suicidal ideations, specifically occurring within the context of emotional dysregulation. Dr. Wall takes a collaborative approach to treatment, which includes helping lead a multidisciplinary treatment team that practices high-fidelity Dialectical Behavior Therapy on an adolescent residential treatment facility. She is committed to providing compassionate and effective care to help patients and their families build a life worth living.

**Jo Fritz, LCPC *Presenter***

Rogers Behavioral Health

When CBT Isn't Enough: Recognizing Emotion Dysregulation and Knowing When to Incorporate DBT

Jolie Fritz (Jo) LPC Jo graduated from Alverno College, Milwaukee, WI, US with a Master's Degree in Community Psychology. She received intensive DBT training at the first Linehan Certified Clinic in the US, The Center For Behavioral Medicine, Brookfield, WI, US. The majority of Jo's career has been at a residential level of care. She was the Lead Therapist at a comprehensive adolescent DBT residential in Wisconsin. Jo currently serves as the of The Clinical Services Supervisor at the same residential and is responsible for training and supervision of the therapists, skills trainers and support staff. She also maintains a full caseload in a comprehensive outpatient practice with Healthy Foundations Group and The DBT Center of Greater Washington in the DC area. Jo has provided community presentations on mental health, DBT and reducing stigma in Wisconsin and internationally in New Zealand. Jo is also co-creator and co-host of the international DBT podcast "All Therapists Are Jerks." She works with individuals, families and the community to help reduce stigma, increase understanding and empower individuals and communities to create meaningful change.

**Recognizing and Responding to Autism in the Context of Anxiety Care**

Fri 4:45 PM - 5:45 PM • Workshop • Superior A (Level 2)

**Julie Worley, Ph.D. *Chair***

Department of Psychiatry, University of Pennsylvania

**Alyssa Hernandez, M.A. *Presenter***

Department of Psychiatry, University of Pennsylvania

Recognizing and Responding to Autism in the Context of Anxiety Care

**Keiran Rump, Ph.D. *Presenter***

Department of Psychiatry, University of Pennsylvania

Recognizing and Responding to Autism in the Context of Anxiety Care

**Maya McNealis, M.A. *Presenter***

University of Pennsylvania

Recognizing and Responding to Autism in the Context of Anxiety

Care

**Kick at the Darkness Till it Bleeds Daylight: CBT, ACT, Pharmacotherapy, and Neurostimulation for Treatment-**

## Resistant Depression

Fri 4:45 PM - 5:45 PM • Roundtable • Superior B (Level 2)

**Simon Rego, ABPP, PSYD *Chair***

Montefiore Medical Center

**Jonathan Alpert, M.D., Ph.D. *Presenter***

Montefiore Medical Center and Albert Einstein College of Medicine

When Less is More: Team-Based Approaches to Antidepressant Deprescribing

Jonathan E. Alpert MD PhD is the Dorothy and Marty Silverman University Chair of the Department of Psychiatry and Behavioral Sciences and Professor of Psychiatry, Neuroscience and Pediatrics at the Albert Einstein College of Medicine and Montefiore Medical Center. He is also Chair of the Council on Research at the American Psychiatric Association and Vice Chair of the DSM Strategic Planning Committee. Dr. Alpert graduated from Yale College summa cum laude with majors in Psychology and Philosophy. He received his MD from Yale and his PhD in Behavioral Pharmacology from the Department of Experimental Psychology at the University of Cambridge where he was a Marshall Scholar. He completed residency training in Pediatrics at Boston Children's Hospital and in Psychiatry at McLean Hospital at Harvard Medical School. Before joining Montefiore Einstein in 2017, Dr. Alpert served at the Massachusetts General Hospital for 24 years where his roles included Director of the Depression Clinical and Research Program and Associate Chief of Psychiatry. He was an IRB Chair at the Massachusetts General Hospital and Brigham and Women's Hospital and Director of Medical Student Education in Psychiatry at Harvard Medical School. He was the first incumbent of the Joyce R. Tedlow Endowed Chair in the Field of Depression Studies at Harvard Medical School. He is a Distinguished Fellow of the American Psychiatric Association and a member of the American Association of Chairs of Departments of Psychiatry, the Anxiety and Depression Association of America, the American Society of Clinical Psychopharmacology, and the Society of Biological Psychiatry. He serves on the editorial boards of the Journal of the Academy of Consultation-Liaison Psychiatry and of Psychiatric Research and Clinical Practice. Dr. Alpert has received numerous awards for excellence in teaching and mentorship, scholarship and patient care including from Harvard Medical School, Massachusetts General Hospital, Partners HealthCare, the American Psychiatric Association and the Depression and Bipolar Support Alliance. The author of over 250 publications, his academic interests include treatment resistant depression, treatment of depression with comorbid conditions, mental health disparities, ethical issues in research design, and medical education.

**Christopher Austelle, M.D. *Presenter***

Stanford University School of Medicine

Kick at the Darkness till It Bleeds Daylight: CBT, ACT, Pharmacotherapy, and Neurostimulation for Treatment-Resistant Depression

**Steven Hollon, D.Phil. *Presenter***

Vanderbilt University

Kicking down the Doors: Innovative Perspectives in Depression and Its Implications for Treatment

**Robert Zettle, Ph.D. *Presenter***

Wichita State University

Kick at the Darkness till It Bleeds Daylight  
Full professor and former DCT at Wichita State University

## Poster Session 1

*ADAA gratefully acknowledges today's poster session sponsor:*



Fri 5:45 PM - 7:15 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Women's Mental Health SIG Meeting

All attendees are welcome.

Fri 6:30 PM - 7 PM • Mayfair (Level 2)

## Early Career Professionals & Students Reception

Fri 7:15 PM - 8:15 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## President's Reception (Invitation Only)

Fri 7:45 PM - 9 PM • Chicago Ballroom 10 (Level 4)

# SATURDAY, APRIL 11

## OCD SIG Meeting

All attendees are welcome.

Sat 7:15 AM - 8:15 AM • Ontario (Level 2)

## Yoga Flow Session

Join Laurie Schlosser of The Yoga Room for this 30-minute Yoga Flow session, suitable for all ability levels. Bring your water bottle and towel. Attendees will need to complete a short waiver to participate.

Sat 7:30 AM - 8 AM • Arkansas (Level 2)

## Morning Refreshments

Sat 8 AM - 8:30 AM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Speaker Ready Room

Sat 8 AM - 4:30 PM • Ohio (Level 2)

## Registration

ADAA gratefully acknowledges this year's lanyard sponsor:



Sat 8 AM - 6 PM • Chicago Promenade East (Level 4)

## Visit with Sponsors and Exhibitors

Sat 8 AM - 6:30 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## President's Keynote

\*Session Not Eligible for CE

Sat 8:30 AM - 9:30 AM • Chicago Ballroom 8-9 (Level 4)

2026 ADAA President's Keynote: Extending Ketamine's Suicide-Prevention Benefits with Low-Dose Buprenorphine: Emerging Clinical Insights

Sat 8:30 AM - 9:30 AM • Keynote • Chicago Ballroom 8-9 (Level 4)

Sanjay Mathew, M.D. *Chair*

Texas A&M University College of Medicine

Alan Schatzberg, M.D. *Presenter*

Stanford University

Extending Ketamine's Suicide-Prevention Benefits with Low-Dose Buprenorphine: Emerging Clinical Insights

## Headshot Photo Studio at Booth #110

Update your professional look with a new headshot photo, courtesy of ADAA.

Sat 9:30 AM - 12:30 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Concurrent Sessions: Symposia and State-of-the-Art Clinician Sessions

Sat 9:45 AM - 11:15 AM

The LGBTQ+ Sig Presents, "Beyond Minority Stress: The Role of Intraminority and Intersectional Stressors on Depression and Anxiety among LGBTQ+ Populations"

Sat 9:45 AM - 11:15 AM • Symposia • Chicago Ballroom 10 (Level 4)

Zachary Soulliard, Ph.D. *Chair*

Miami University

9:45 AM - 9:54 AM

Brian Feinstein, Ph.D. *Co-chair*

Rosalind Franklin University of Medicine and Science

Brian Feinstein, Ph.D. *Presenter*

Rosalind Franklin University of Medicine and Science

The Roles of Anti-Bisexual Discrimination and Other Identity-Based Stressors in the Mental Health of Diverse Bisexual+ Individuals

9:54 AM - 10:12 AM

Roberto Renteria, Ph.D. *Presenter*

University of Massachusetts Boston

A Network Analysis of Depression and Intersectional Discrimination Among Latiné Sexual Minority Adults

10:12 AM - 10:30 AM

Zachary Soulliard, Ph.D. *Presenter*

Miami University

Associations Between Gay Community Stress and Symptoms of Depression and Social Anxiety Among Racially/Ethnically Diverse Sexual Minority Men

10:30 AM - 10:48 AM

Stanley Seah, Ph.D. *Presenter*

Miami University

Two-Way Street: Bidirectional Effects of Identity and Disorder-Specific Stigma on Mood Symptoms in Bi+ Youth With Bipolar Spectrum Disorder

10:48 AM - 11:06 AM

The Role of Self-Referential Thoughts and Mastery in CBT for Anxiety and Irritability in Youth

Sat 9:45 AM - 11:15 AM • Symposia • Erie (Level 2)

Krystal Lewis, Ph.D. *Chair*

Emotion and Development Branch, NIMH

9:45 AM - 9:54 AM

**Rebecca Etkin, Ph.D. *Presenter***

Yale Child Study Center

Changes in Child Self-Efficacy in Child- And Parent-Based Therapy for Anxiety Disorders

9:54 AM - 10:12 AM

**Krystal Lewis, Ph.D. *Presenter***

Emotion and Development Branch, NIMH

Self-Efficacy Change as a Mechanism of Anxiety Reduction Across Treatment

10:12 AM - 10:30 AM

**Ramaris German, Ph.D. *Presenter***

Emotion and Development Branch, NIMH

The Influence of Self-Efficacy in Exposure-Based Cognitive Behavioral Therapy for Irritability

10:30 AM - 10:48 AM

**Mary Alvord, Ph.D. *Presenter***

Alvord, Baker & Associates

Self-Efficacy and Resilience in a School-Based Population

Mary K. Alvord, PhD, is a psychologist with more than 40 years of clinical experience and is director of Alvord, Baker & Associates. She specializes in treating children, adolescents, and adults using evidenced-based therapies. She is adjunct associate professor of psychiatry and behavioral sciences at The George Washington University School of Medicine and Health Sciences. Fellow of both the American Psychological Association (APA) and of the Association for Behavioral and Cognitive Therapies, she is also a Clinical Fellow of the Anxiety and Depression Association of America. In 2016, she founded a 501 C3 non-profit, Resilience Across Borders, Inc. with a mission to promote mental health. She is co-author of Conquer Negative Thinking for Teens, Resilience-BUILDER Program for Children and Adolescents, and Action Mindset Workbook for Teens.

10:48 AM - 11:06 AM

**Wendy Silverman, Ph.D. *Discussant***

Yale Child Study Center

11:06 AM - 11:15 AM

## Innovations in Technology to Enhance Health Behavior and Mental Health: Real-Time Assessment and Digital Platforms in Anxiety and Depression

Sat 9:45 AM - 11:15 AM • Symposia • Huron (Level 2)

**Mary Schadegg, Ph.D. *Chair***

University of South Alabama

9:45 AM - 9:50 AM

Kristin Szuhany, Ph.D. *Co-chair*

New York University School of Medicine, Dept of Psychiatry

Mary Schadeegg, Ph.D. *Presenter*

University of South Alabama

Everyday Emotions, Everyday Choices: A Daily Diary Study of Gad Symptoms and Adaptive Health Behaviors

9:50 AM - 10:15 AM

Kristin Szuhany, Ph.D. *Presenter*

New York University School of Medicine, Dept of Psychiatry

Innovative Strategies to Understand Acute Changes in Mood Following Home-Based Exercise in Patients With Anxiety Disorders

10:15 AM - 10:40 AM

Louisa Sylvia, Ph.D. *Presenter*

Harvard Medical School, Massachusetts General Hospital

Leveraging a Novel Online Platform to Support Physical Activity in Older Adults

10:40 AM - 11:05 AM

Doug Mennin, Ph.D. *Discussant*

Teachers College, Columbia University

11:05 AM - 11:15 AM

## From Biology to Behavior: Pathways of PTSD Risk Across Generations and Development

Sat 9:45 AM - 11:15 AM • Symposia • Mayfair (Level 2)

Abigail Powers, ABPP, Ph.D. *Chair*

Emory University School of Medicine

9:45 AM - 9:54 AM

Vasiliki Michopoulos, Ph.D. *Co-chair*

Emory University School of Medicine

Abby Britt, Ph.D. *Presenter*

Columbia College of Physicians and Surgeons

Relationships Among Posttraumatic Stress Disorder, DNA Methylation and Labor Dystocia Outcomes in a Cohort of Black Pregnant People

9:54 AM - 10:12 AM

**Sara Heyn, Ph.D. *Presenter***

University of Wisconsin-Madison

Contrasting Patterns of Neural Activity, Physiology, and Autonomic Synchrony During Vicarious Threat Extinction in Trauma-Exposed Adolescents With and Without Posttraumatic Stress Symptoms

Sara is a clinical and developmental neuroscientist and lawyer who is passionate about understanding brain-body mechanisms underlying links between early life trauma, structural and functional brain development, and internalizing and externalizing behaviors. She is particularly interested in the relationship between trauma and delinquent behavior that leads to involvement in the juvenile criminal justice system, as well as the development of trauma-informed treatment interventions. Sara earned her bachelor's degree in psychology from Colorado State University in 2014 studying jury decision-making processes under Dr. Matthew Rhodes. Next, she graduated from the Neuroscience and Public Policy Program at the University of Wisconsin-Madison, where she earned a JD from the UW Law School in 2016, followed by a PhD in Neuroscience under the mentorship of Dr. Ryan Herringa. Sara currently works as a research scientist in the Department of Psychiatry where she utilizes structural and functional neuroimaging and in-depth clinical and trauma assessment tools to identify biomarkers of trauma sequelae and is in the development and implementation of mindfulness-based interventions in youth and families, virtual-reality biofeedback for emotion regulation skills, and neuroplatinogen-assisted psychotherapy in youth with PTSD.

10:12 AM - 10:30 AM

**Nicolas Murgueitio, Ph.D. *Presenter***

Emory University School of Medicine

Early Threat Experiences and Irritability in Early Childhood: Trajectories and Protective Factors

10:30 AM - 10:48 AM

**Rebecca Lipschutz, Ph.D. *Presenter***

Emory University School of Medicine

Maternal vmPFC Reactivity to Infant Cues Links Posttraumatic Stress Symptoms and Infant Emotion Regulation in the Postpartum Period

10:48 AM - 11:06 AM

## Off the Beaten Path in Anxiety: New Directions in Mechanisms of Symptomatology and Treatment

Sat 9:45 AM - 11:15 AM • Symposia • Michigan A (Level 2)

**Cecilia Westbrook, M.D., Ph.D. *Chair***

University of Pittsburgh School of Medicine Department of Psychiatry

9:45 AM - 9:54 AM

**Dana Diaz, Ph.D. *Presenter***

Columbia University Department of Psychiatry

Compensatory Frontoparietal Activation During Errors Predicts CBT Response in Pediatric Anxiety Disorders

9:54 AM - 10:12 AM

**Cecilia Westbrook, M.D., Ph.D. *Presenter***

University of Pittsburgh School of Medicine Department of Psychiatry  
Neural Correlates of Sustained Attention During Disengagement From Repetitive Thought

10:12 AM - 10:30 AM

**Stefanie Russman Block, Ph.D. *Presenter***

University of Michigan

The Effects of Real-Time fMRI Neurofeedback on Emotion Regulation in Adults With and Without Anxiety: A Pilot Study

10:48 AM - 11:06 AM

### Social Media and Adolescent Social Anxiety: Associations Across Contexts and Timescales

Sat 9:45 AM - 11:15 AM • Symposia • Michigan B (Level 2)

**Adelaide Graham, B.S. *Chair***

University of Pittsburgh

Adelaide graduated from Cornell University in 2024 with a Bachelor of Science in Human Development and a minor in Inequality Studies with a Health Equity Track. She currently holds a post-baccalaureate position in the Families, Emotions, Neuroscience, & Development Lab at the University of Pittsburgh where she serves as the primary research coordinator for the Teen SCREEN Study, a longitudinal NIH-funded study investigating social and neural predictors of suicide risk in adolescent girls. Adelaide is broadly interested in developing and testing developmentally-informed, scalable interventions to prevent depression and suicide among adolescents.

9:45 AM - 9:54 AM

**Julianne Griffith, Ph.D. *Presenter***

University of Pittsburgh

Daily-Life Digital Social Threat and Symptoms of Social Anxiety in At-Risk Girls: Evidence for Both Momentary and Prospective Associations

9:54 AM - 10:12 AM

**Adelaide Graham, B.S. *Presenter***

University of Pittsburgh

**#PicturePerfect: Appearance-Related Social Media Experiences and Adolescent Social Anxiety Symptoms**

Adelaide graduated from Cornell University in 2024 with a Bachelor of Science in Human Development and a minor in Inequality Studies with a Health Equity Track. She currently holds a post-baccalaureate position in the Families, Emotions, Neuroscience, & Development Lab at the University of Pittsburgh where she serves as the primary research coordinator for the Teen SCREEN Study, a longitudinal NIH-funded study investigating social and neural predictors of suicide risk in adolescent girls. Adelaide is broadly interested in developing and testing developmentally-informed, scalable interventions to prevent depression and suicide among adolescents.

10:12 AM - 10:30 AM

**Anna Tierney, B.A. *Presenter***

University of Virginia

Digital Approval Anxiety Moderates the Relationship Between Social Media Comparison and Negative Self-Schema in

Late Adolescents

10:30 AM - 10:48 AM

**Melanie Grad-Freilich, M.S. *Presenter***

University of Pittsburgh

Amygdala Reactivity to Social Feedback Moderates the Association between Negative Affect during Daily Peer Social Threat and the Development of Depressive and Social Anxiety Symptoms over Three Years

10:48 AM - 11:06 AM

### Cultivating Compassion: Group Mindful Self-Compassion Interventions for Anxiety, Depression, and PTSD

Sat 9:45 AM - 11:15 AM • Symposia • Ontario (Level 2)

**Annie-Lori Joseph Denk, Ph.D. *Chair***

Massachusetts General Hospital

9:45 AM - 9:50 AM

**Amanda Baker, Ph.D. *Co-chair***

Harvard Medical School/Massachusetts General Hospital

**Kristin Cirulli, M.S. *Presenter***

Massachusetts General Hospital

Adapting a Mindful Self-Compassion Group for Veterans With PTSD: A Pilot Protocol

9:50 AM - 10:15 AM

**Annie-Lori Joseph Denk, Ph.D. *Presenter***

Massachusetts General Hospital

Mindful Self-Compassion for Veterans With PTSD: Acceptability, Feasibility, and Efficacy of a Pilot Group Treatment

10:15 AM - 10:40 AM

**Elizabeth Hoge, M.D. *Presenter***

Georgetown University Medical Center, Dept of Psychiatry

Mindful Self-Compassion Training for Anxiety Disorders and Depression

10:40 AM - 11:05 AM

**Naomi Simon, M.D. *Discussant***

NYU Grossman School of Medicine

11:05 AM - 10:10 AM

Do as I Say, Not as I Fear: Overcoming Therapist Avoidance and Systemic Barriers to Utilizing Exposure

## Therapy

Sat 9:45 AM - 11:15 AM • State-of-the-Art Clinician Session • Superior A (Level 2)

**David Yusko, PSYD** *Presenter*

Center for Anxiety & Behavior Therapy

9:45 AM - 10:15 AM

**Steven Tsao, Ph.D.** *Presenter*

Center for Anxiety & Behavior Therapy

It's Not You, It's Me: Therapist Factors That Impact Effective ERP for OCD

10:15 AM - 10:45 AM

**Sheila Rauch, ABPP, Ph.D.** *Presenter*

Atlanta VAMC/Emory University School of Medicine

What's in a Name? Processing Emotions as PE

10:45 AM - 11:15 AM

## Using Innovative Tools and Strategies to Advance and Inform Parenting Interventions for Childhood Irritability

Sat 9:45 AM - 11:15 AM • Symposia • Superior B (Level 2)

**Amy Roy, Ph.D.** *Chair*

Fordham University

9:45 AM - 9:54 AM

**Meryl Rueppel, B.A.** *Co-chair*

Fordham University

**Meryl Rueppel, B.A.** *Presenter*

Fordham University

Daily Dynamics of Child Emotional Outbursts and Maternal Mood, Self-Efficacy, and Executive Functioning

9:54 AM - 10:12 AM

**Cristina Nardini, M.A.** *Presenter*

Fordham University

Maternal Executive Functioning Buffers Emotional Flooding and Promotes Supportive Parenting During Tantrums in Everyday Life

10:12 AM - 10:30 AM

**Jordan Lee, Ph.D.** *Presenter*

Northwestern University, Feinberg School of Medicine

Community Perspectives on Irritability-Related Screening and Intervention in Toddlerhood: Implications for

Implementation

10:30 AM - 10:48 AM

**Lauren Henry, Ph.D. *Presenter***

National Institute of Mental Health

Measuring and Targeting Parenting Behaviors in Real Time to Support Therapeutic Change in Parent Management Training for Pediatric Irritability: Integrating Quantitative and Qualitative Approaches

10:48 AM - 11:06 AM

**Melissa Brotman, Ph.D. *Discussant***

National Institute of Mental Health

Dr. Melissa A. Brotman leads the Neuroscience and Novel Therapeutics Unit (NNT) in the Emotion and Development Branch at the National Institute of Mental Health (NIMH) Intramural Research Program (IRP). Dr. Brotman received her PhD in clinical psychology from the University of Pennsylvania, where she specialized in cognitive behavioral therapy for mood and anxiety disorders.

After completing her clinical internship at the Veterans Affairs Maryland Health Care System/University of Maryland-Baltimore, she completed post-doctoral training in neuroscience, focusing on functional magnetic resonance imaging (fMRI) and clinical phenotyping of severe irritability in youth.

Her neurodevelopmental, translational research integrates basic and clinical approaches to the study of mood disorders in children and adolescents. Specifically, she uses affective neuroscience techniques to understand the brain-based mechanisms underlying severe irritability in youth and leverages that pathophysiological knowledge to guide the development of novel targeted interventions.

Dr. Brotman is Principal Investigator on two NIMH protocols: 02-M-0021 and 15-M-0182. In these studies, her team is examining the brain-bases of irritability and is developing treatments for severe irritability in youth.

Dr. Brotman is a Member of the American College of Neuropsychopharmacology (ACNP) and Past Chair of the ACNP Membership Advisory Task Force. She has received multiple research awards, including the NIMH IRP Seymour S. Kety Memorial Training Award, Society of Biological Psychiatry Travel Award, ACNP Young Investigator Memorial Travel Award, and Career Development Institute Award. She has been awarded two NIH Bench-to-Bedside grants, is a consultant on numerous extramural grants, and is on the Editorial Board of the Journal of Affective Disorders and PLOS ONE. Finally, mentoring is a focal aspect of her career, and her mentorship has been recognized through the NIMH Outstanding Mentor Award.

11:06 AM - 11:15 AM

## Networking Break

Sat 11:15 AM - 11:30 AM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Health Innovator Lecture: Ipsit Vahia

Sat 11:30 AM - 12:30 PM • Chicago Ballroom 8-9 (Level 4)

2026 Health Innovator: The Gentle Art and Subtle Science of Digital Health for Older Adults

Sat 11:30 AM - 12:30 PM • Keynote • Chicago Ballroom 8-9 (Level 4)

Heide Klumpp, Ph.D. *Chair*

The Ohio State University

Ipsit Vahia, M.D. *Presenter*

Harvard Medical School McLean Hospital

The Gentle Art and Subtle Science of Digital Health for Older Adults

## Concurrent Sessions: Roundtables and Workshops

Sessions with Ethics Credit:

*Navigating Bias and Fairness in Machine Learning and Artificial Intelligence: What Every Psychiatrist Should Know*

*The AI SIG Presents: Expanding the Exposure Toolkit: Creative Uses of AI in ERP*

Sat 11:30 AM - 12:30 PM

Treatment of Depression in People with Substance Use Disorders: From Medications to Neuromodulation

Sat 11:30 AM - 12:30 PM • Timely Topic • Erie (Level 2)

Hamed Ekhtiari, M.D. *Presenter*

The University of Texas Southwestern Medical Center, Department of Psychiatry

Treatment of Depression in People with Substance Use Disorders: From Medications to Neuromodulation

Dr. Ekhtiari received his MD and Ph.D. in Neuroimaging from Tehran University. He did his psychiatry residency in University of Minnesota and research fellowship on neuroimaging and neuromodulation at Laureate Institute for Brain Research, Tulsa, OK, USA. He was Associate Director of Clinical Studies on the Medical Discovery Team on Addiction and an Assistant Professor of Psychiatry at University of Minnesota. He is currently associate professor and division chief of addiction psychiatry at University of Texas Southwestern in Dallas. Dr. Ekhtiari is a board member and Distinguished Fellow of the International Society for Addiction Medicine (ISAM) and Scientific Director of its Global Innovation Day in Addiction Therapeutics. Dr Ekhtiari is also co-chair of addiction psychiatry section at World Psychiatry Association (WPA).

Dr. Ekhtiari's research interests include Neural Target Engagement (NTE) Informed Treatment Development and Precision Medicine for People with Substance Use Disorder, using fMRI as an NTE measure, brain stimulation for NTE, and cognitive intervention for augmenting NTE. He has published more than 200 academic papers in his career. As a division chief, Dr. Ekhtiari focuses on extending innovative and research-based care, faculty development, academic trajectory, and professionalism for the Addiction division.

**Hamed Ekhtiari, M.D. *Chair***

The University of Texas Southwestern Medical Center, Department of Psychiatry

Dr. Ekhtiari received his MD and Ph.D. in Neuroimaging from Tehran University. He did his psychiatry residency in University of Minnesota and research fellowship on neuroimaging and neuromodulation at Laureate Institute for Brain Research, Tulsa, OK, USA. He was Associate Director of Clinical Studies on the Medical Discovery Team on Addiction and an Assistant Professor of Psychiatry at University of Minnesota. He is currently associate professor and division chief of addiction psychiatry at University of Texas Southwestern in Dallas. Dr. Ekhtiari is a board member and Distinguished Fellow of the International Society for Addiction Medicine (ISAM) and Scientific Director of its Global Innovation Day in Addiction Therapeutics. Dr Ekhtiari is also co-chair of addiction psychiatry section at World Psychiatry Association (WPA).

Dr. Ekhtiari's research interests include Neural Target Engagement (NTE) Informed Treatment Development and Precision Medicine for People with Substance Use Disorder, using fMRI as an NTE measure, brain stimulation for NTE, and cognitive intervention for augmenting NTE. He has published more than 200 academic papers in his career. As a division chief, Dr. Ekhtiari focuses on extending innovative and research-based care, faculty development, academic trajectory, and professionalism for the Addiction division.

**One Case, Three Approaches: Exploring ERP, ACT, and I-CBT in OCD Treatment**

Sat 11:30 AM - 12:30 PM • Workshop • Huron (Level 2)

**Stephanie Woodrow, LPC *Chair***

National Anxiety and OCD Treatment Center

**Karen Cassiday, ACT, Ph.D. *Presenter***

The Anxiety Treatment Center of Greater Chicago

OCD Didactic

Dr Karen Cassiday is a lively, sought-after speaker and commentator on national media such as Nightline, The Today Show, Animal Planet, The Joy Behar Show, Huffington Post, public radio and many more. She has two books, *The No Worries Guide for Raising Your Anxious Child* and *Freedom from Health Anxiety*. She specializes in treating anxiety disorders in young children through adults using evidence-based and innovative treatments. She is the host of the *Moms Without Worry* radio show featured on IHeart Radio. She is a TEDx speaker who shared her personal experience as a mother overcoming her own anxious perfectionism in the middle of Walt Disney World! She is the host of the *Moms Without Worry* radio show. She served as the President of the Anxiety and Depression Association of America and is the founder of the Anxiety Treatment Center of Greater Chicago, the longest-running clinic to first use modern exposure-based treatment for anxiety disorders in the Chicago region.

She won the Anxiety and Depression Association of America's prestigious Clinician of Distinction Award and is a Clinical Fellow of the Anxiety and Depression Association of America. She is also a Diplomate and Founding Fellow of the Academy of Cognitive Therapy, served as Chair of the Scientific Advisory Board of the Chicago OCD Foundation/Beyond OCD, and has been listed on numerous Who's Who lists. She has published numerous scientific articles and articles on parenting and managing anxiety.

Dr. Cassiday is dedicated to helping everyone overcome the cultural pressure to be perfect and to raise perfect kids.

She enjoys using her expertise from over thirty years in the field to help you learn to live well in a high-stress digital world. Her goal is to help all parents of anxious children embrace the messy hilarity of parenting with unshakable self-confidence so they can raise kids who thrive!

### The AI SIG Presents: Expanding the Exposure Toolkit: Creative Uses of AI in ERP

Sat 11:30 AM - 12:30 PM • Workshop • Mayfair (Level 2)

**Grace Berman, LCSW *Chair***

The Ross Center

**Gabriel Bach, LMFT *Presenter***

Community West

The AI SIG Presents: Expanding the Exposure Toolkit: Creative Uses of AI in ERP

Gabriel Bach is a Licensed Marriage and Family Therapist in California. He earned his Master's in Clinical Psychology from Pepperdine University and his Bachelor's in Psychology from UCLA. With over a decade of experience across diverse treatment settings, Gabriel specializes in complex OCD, OC-spectrum disorders, anxiety disorders, and ADHD, often with co-occurring conditions. He integrates evidence-based approaches, including exposure and response prevention (ERP), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), executive functioning–focused interventions, and mindfulness, to tailor treatment to each client's unique needs.

At Community West, Gabriel serves as Assistant Clinical Director of the Anxiety & OCD-Spectrum Program, where he helps strengthen program integrity and supports clinician development to ensure services remain of the highest quality. He also serves as Clinical Innovation Strategist, leading initiatives that responsibly integrate emerging technologies to enhance treatment outcomes. In addition, Gabriel maintains a private practice in West Los Angeles, working with individuals and their families.

**Rebecca Schneider, Ph.D. *Presenter***

Emory University School of Medicine

Expanding the Exposure Toolkit: Creative Uses of AI in ERP

Rebecca Schneider, PhD is an Assistant Professor and licensed psychologist at the Emory University School of Medicine. She is the Director of the Child OCD Program at Emory (COPE), a telehealth-based intensive outpatient program for youth with OCD. Dr. Schneider received her PhD from the University of Colorado Boulder and completed her postdoctoral fellowship at the OCD Institute for Children and Adolescents (OCIDI Jr.) at McLean Hospital/Harvard Medical School. Her clinical and research interests focus on using acceptance and commitment therapy (ACT) to enhance exposure treatment for OCD and anxiety in youth. Dr. Schneider has published several research papers and given numerous presentations on ACT, emotion dysregulation, and OCD and anxiety in youth.

### The Call is Coming From Inside the House: Fear of Internal Bodily Sensations, and Applying Interoceptive Exposures in OCD, PTSD, and Emetophobia

Sat 11:30 AM - 12:30 PM • Workshop • Michigan A (Level 2)

**Steven Tsao, Ph.D. *Chair***

Center for Anxiety & Behavior Therapy

**David Yusko, PSYD *Presenter***

Center for Anxiety &amp; Behavior Therapy

Interoceptive Exposure in the Treatment of Emetophobia

**Christina DiChiara, PSYD *Presenter***

Center for Anxiety and Behavior Therapy

Fear of Internal Bodily Sensations and Applying Interoceptive Exposures in PTSD Treatment

Dr. DiChiara is an expert in evidence-based treatments for trauma, anxiety, and obsessive-compulsive disorders. She joined the Center for Anxiety & Behavior Therapy in 2016 and currently serves as the Director of Education, overseeing the local and international training and dissemination of evidence-based treatments for Obsessive-Compulsive Disorder (OCD) and Posttraumatic Stress Disorder (PTSD). Dr. DiChiara has extensive experience with Prolonged Exposure (PE) therapy for PTSD, and is a certified PE therapist and PE supervisor by Dr. Edna Foa, the developer of PE. She is similarly experienced in Cognitive Processing Therapy (CPT) for PTSD, is a certified CPT therapist by the Veteran's Administration (VA), and is a co-investigator in ongoing CPT research at the VA in Philadelphia. Dr. DiChiara developed her expertise in Exposure and Response Prevention (ERP) for OCD during her training, research, and practice at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania. She also specializes in cognitive-behavioral and exposure therapies for a broad range of anxiety disorders and obsessive-compulsive related disorders. In addition to her work at CABT, Dr. DiChiara served the veteran population through the VA in Philadelphia, both as a psychologist on the PTSD Clinical Team, as well as the Military Sexual Trauma (MST) Coordinator, the Evidence-Based Psychotherapy (EBP) Coordinator, and as Telemental Health Champion. She has been dedicated to the training and supervision of psychology trainees and licensed mental health professionals worldwide through individual and group supervision and consultation. She received a master's degree in Counseling and Clinical Health Psychology, as well as her doctoral degree in Clinical Psychology, from the Philadelphia College of Osteopathic Medicine.

**When Less is More: Team-Based Approaches to Antidepressant Deprescribing**

Sat 11:30 AM - 12:30 PM • Roundtable • Michigan B (Level 2)

**Simon Rego, ABPP, PSYD *Chair***

Montefiore Medical Center

**Jonathan Alpert, M.D., Ph.D. *Presenter***

Montefiore Medical Center and Albert Einstein College of Medicine

Kick at the Darkness till It Bleeds Daylight: CBT, ACT, Pharmacotherapy, and Neurostimulation for Treatment-Resistant Depression

Jonathan E. Alpert MD PhD is the Dorothy and Marty Silverman University Chair of the Department of Psychiatry and Behavioral Sciences and Professor of Psychiatry, Neuroscience and Pediatrics at the Albert Einstein College of Medicine and Montefiore Medical Center. He is also Chair of the Council on Research at the American Psychiatric Association and Vice Chair of the DSM Strategic Planning Committee. Dr. Alpert graduated from Yale College summa cum laude with majors in Psychology and Philosophy. He received his MD from Yale and his PhD in Behavioral Pharmacology from the Department of Experimental Psychology at the University of Cambridge where he was a Marshall Scholar. He completed residency training in Pediatrics at Boston Children's Hospital and in Psychiatry at McLean Hospital at Harvard Medical School. Before joining Montefiore Einstein in 2017, Dr. Alpert served at the

Massachusetts General Hospital for 24 years where his roles included Director of the Depression Clinical and Research Program and Associate Chief of Psychiatry. He was an IRB Chair at the Massachusetts General Hospital and Brigham and Women's Hospital and Director of Medical Student Education in Psychiatry at Harvard Medical School. He was the first incumbent of the Joyce R. Tedlow Endowed Chair in the Field of Depression Studies at Harvard Medical School. He is a Distinguished Fellow of the American Psychiatric Association and a member of the American Association of Chairs of Departments of Psychiatry, the Anxiety and Depression Association of America, the American Society of Clinical Psychopharmacology, and the Society of Biological Psychiatry. He serves on the editorial boards of the Journal of the Academy of Consultation-Liaison Psychiatry and of Psychiatric Research and Clinical Practice. Dr. Alpert has received numerous awards for excellence in teaching and mentorship, scholarship and patient care including from Harvard Medical School, Massachusetts General Hospital, Partners HealthCare, the American Psychiatric Association and the Depression and Bipolar Support Alliance. The author of over 250 publications, his academic interests include treatment resistant depression, treatment of depression with comorbid conditions, mental health disparities, ethical issues in research design, and medical education.

**Manish Jha, M.D. *Presenter***

The University of Texas Southwestern Medical Center, Department of Psychiatry  
Findings From the Ascp Task Force on Antidepressant Deprescribing

**John Walkup, M.D. *Presenter***

Lurie Children's Hospital of Chicago  
Discussant

## Adapting Clinical Training to a Virtual Space

Sat 11:30 AM - 12:30 PM • Roundtable • Superior A (Level 2)

**Shauna Pichette, LCPC, NCC *Chair***

NOCD

**Patrick McGrath, Ph.D. *Presenter***

NOCD

Motivating New Clinicians to Use Erp

Patrick B. McGrath, Ph.D., is a clinical psychologist and the Chief Clinical Officer of NOCD, an online platform focused on the treatment of OCD and OCD Related Disorders. Dr. McGrath is the author of, "The OCD Answer Book," and , "Don't Try Harder, Try Different." He was featured on the documentary, "Panic," for the Discovery Health Channel, and on three episodes of, "Hoarding: Buried Alive," for The Learning Channel. Dr. McGrath is a member of the Scientific Advisory Board of the International OCD Foundation and a Fellow of ABCT.

**Chad Wetterneck, Ph.D. *Presenter***

Compass Health Center

Adapting Clinical Training to a Virtual Space

**Katie Torres, LCSW *Presenter***

Compass Health Center

### Adapting Clinical Training to a Virtual Space

Katie Torres, LCSW

Katie is a licensed clinical social worker, with over 15 years of experience in the mental health field. Katie received her undergraduate and MSW degrees from the University of Illinois at Urbana-Champaign. Katie currently serves as a Director of the Center of Excellence at Compass Health Center, focusing on training, curriculum development and program oversight for OCD and Anxiety PHP and IOP programs. Prior to joining Compass in 2024, Katie worked at a Chicagoland Hospital leading their PHP/IOP programs. Katie has spent her entire career treating children, adolescents and adults with Obsessive Compulsive Disorder and Anxiety Disorders and is passionate about utilizing exposure response prevention to help patients decrease avoidance and live a value aligned life!

### Navigating Bias and Fairness in Machine Learning and Artificial Intelligence: What Every Psychiatrist Should Know

Sat 11:30 AM - 12:30 PM • Workshop • Superior B (Level 2)

Jessica Hao, M.D. *Chair*

University of Michigan

Henry Chai, Ph.D. *Presenter*

University of Michigan

Navigating Bias and Fairness in Machine Learning and Artificial Intelligence: What Every Psychiatrist Should Know

### Lunch - On Your Own

Sat 12:30 PM - 1:15 PM

### Child & Adolescent SIG Meeting

All attendees are welcome.

Sat 12:40 PM - 1:10 PM • Mayfair (Level 2)

### ADAA Public Education Committee

Sat 12:45 PM - 1:15 PM • Missouri (Level 2)

### Jerilyn Ross Lecture: Emily Lattie

Sat 1:15 PM - 2:15 PM • Chicago Ballroom 8-9 (Level 4)

2026 ADAA Jerilyn Ross Lecture: Realizing the Future of Depression and Anxiety Treatment: The Role of Technology in Shaping Effective and Efficient Mental Health Care

Sat 1:15 PM - 2:15 PM • Keynote • Chicago Ballroom 8-9 (Level 4)

Sheila Rauch, ABPP, Ph.D. *Chair*

Atlanta VAMC/Emory University School of Medicine

Grace Berman, LCSW *Co-chair*

The Ross Center

Emily Lattie, Ph.D. *Presenter*

Lyra Health

Realizing the Future of Depression and Anxiety Treatment: The Role of Technology in Shaping Effective and Efficient Mental Health Care

## Networking Break

*sponsored by*



Sat 2:15 PM - 2:30 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Headshot Photo Studio at Booth #110

Update your professional look with a new headshot photo, courtesy of ADAA.

Sat 2:15 PM - 4:15 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Concurrent Sessions: Symposia and State-of-the-Art Clinician Sessions

Session Eligible for Suicide Credit:

*Digital Approaches for Youth Suicide Research and Prevention*

Sat 2:30 PM - 4 PM

The OCD SIG Presents: From Hesitant to All In: Using Motivational Interviewing (MI) to Help Exposures Succeed

Sat 2:30 PM - 4 PM • State-of-the-Art Clinician Session • Chicago Ballroom 10 (Level 4)

Christina DiChiara, PSYD *Presenter*

Center for Anxiety and Behavior Therapy

Dr. DiChiara is an expert in evidence-based treatments for trauma, anxiety, and obsessive-compulsive disorders. She joined the Center for Anxiety & Behavior Therapy in 2016 and currently serves as the Director of Education, overseeing the local and international training and dissemination of evidence-based treatments for Obsessive-Compulsive Disorder (OCD) and Posttraumatic Stress Disorder (PTSD). Dr. DiChiara has extensive experience with Prolonged Exposure (PE) therapy for PTSD, and is a certified PE therapist and PE supervisor by Dr. Edna Foa, the developer of

PE. She is similarly experienced in Cognitive Processing Therapy (CPT) for PTSD, is a certified CPT therapist by the Veteran's Administration (VA), and is a co-investigator in ongoing CPT research at the VA in Philadelphia. Dr. DiChiara developed her expertise in Exposure and Response Prevention (ERP) for OCD during her training, research, and practice at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania. She also specializes in cognitive-behavioral and exposure therapies for a broad range of anxiety disorders and obsessive-compulsive related disorders. In addition to her work at CABT, Dr. DiChiara served the veteran population through the VA in Philadelphia, both as a psychologist on the PTSD Clinical Team, as well as the Military Sexual Trauma (MST) Coordinator, the Evidence-Based Psychotherapy (EBP) Coordinator, and as Telemental Health Champion. She has been dedicated to the training and supervision of psychology trainees and licensed mental health professionals worldwide through individual and group supervision and consultation. She received a master's degree in Counseling and Clinical Health Psychology, as well as her doctoral degree in Clinical Psychology, from the Philadelphia College of Osteopathic Medicine.

2:30 PM - 3 PM

**Michelle Drapkin, ABPP, Ph.D. *Presenter***

CBT Center

From Hesitant to All In: Using Mi to Help Exposures Succeed

Dr. Michelle Drapkin has been working in the area of behavior change for over 20 years. She is the Owner/Director of the CBT Center and previously held roles in industry (Johnson and Johnson), academia (University of Pennsylvania and Rutgers) and federal government (Department of Veteran Affairs). She has dedicated her professional career to using psychological research to help people. She is a board-certified Clinical Psychologist and sees patients in her private practice, consults with healthcare tech startups, and delivers trainings and workshops on communication/motivation and health and wellbeing at work and in life. She is the sole author of *The Motivational Interviewing Path to Personal Change: The Essential Workbook for Creating the Life You Want* from New Harbinger Publications.

3 PM - 3:30 PM

## Digital Approaches for Youth Suicide Research and Prevention

Sat 2:30 PM - 4 PM • Symposia • Erie (Level 2)

**Paul Bloom, Ph.D. *Chair***

Columbia University

2:30 PM - 2:39 PM

**Candice Biernesser, M.S.W., M.P.H., Ph.D. *Presenter***

University of Pittsburgh

Application of a Large Language Model Classifier for Detecting Emotional Support From Adolescents' Social Media Data Within a Suicide Prevention Intervention

2:39 PM - 2:57 PM

**Stefanie Sequeira, Ph.D. *Presenter***

University of Virginia

Assessing Black and Latine Youth and Caregivers' Wants, Needs, and Concerns Regarding the Use of Digital Tools to

Monitor and Intervene on Suicide Risk

2:57 PM - 3:15 PM

**Paul Bloom, Ph.D. *Presenter***

Columbia University

Identifying Suicide-Related Language in Smartphone Keyboard Entries Among High-Risk Adolescents

3:15 PM - 3:33 PM

**Isaac Treves, Ph.D., B.A. *Presenter***

Columbia Psychiatry

Detecting Rumination in Teen Smartphone Language: Applications for Suicide Risk Prediction

3:33 PM - 3:51 PM

**Emotion Regulation Across Development: Multilevel Mechanisms of Risk in Youth At-Risk for Depression and Self-Injurious Thoughts and Behaviors**

Sat 2:30 PM - 4 PM • Symposia • Huron (Level 2)

**Cope Feurer, Ph.D. *Chair***

University of North Carolina at Chapel Hill

2:30 PM - 2:39 PM

**Lindsay Taraban, Ph.D. *Presenter***

University of Pittsburgh

Moment-To-Moment Responses to Toddler Negative Affect for Mothers With and Without Depression

2:39 PM - 2:57 PM

**Alexandra Petryczenko, B.A., B.S. *Presenter***

Penn State

Maternal Depression, Emotion Socialization, and Respiratory Sinus Arrhythmia (RSA) Reactivity Patterns in Children

2:57 PM - 3:15 PM

**Kirsten McKone, Ph.D. *Presenter***

University of Minnesota

Who Gets by With Help From Friends? Impacts of Loneliness and Friend Support on Emotion Regulation During COVID-19 in Adolescents With and Without Self-Injury

3:15 PM - 3:33 PM

**Rachel Marlowe, B.A., Other *Presenter***

Vanderbilt University

Examining the Roles of Emotion Regulation Strategy Type, Efficacy, and Coping Flexibility in Adolescent Momentary

Affect After Psychiatric Hospitalization

3:33 PM - 3:51 PM

**Trauma-Informed Technology: Advancing Digital Innovations in the Assessment and Treatment of Mood and Anxiety Disorders Among Individuals With Adverse Childhood Experiences (ACEs)**

Sat 2:30 PM - 3:15 PM • Mini Session • Mayfair (Level 2)

**Victoria Henderson, M.A., M.S., NCC, Prof. *Chair***

Southern New Hampshire University

Victoria J. Henderson is a licensed professional counselor, professor, and doctoral scholar. She possesses two master's degrees, one in crisis and trauma counseling and the other in clinical mental health counseling and is currently pursuing a doctoral degree in counseling education and supervision. Professionally, Victoria works as a therapist and clinical screener as well as an adjunct professor in the Human Service and Psychology department at Southern New Hampshire University and Grand Canyon University.

Victoria has a profound passion for supporting individuals through their grief and trauma. Her dedication to this field is not just professional but deeply personal. She has made it her life's mission to advise, advocate, and affirm everyday people to live beyond what has happened to them. One of her life's mottos is that there is life beyond pain, but we all deserve a safe space to find it. This passion for awareness and treatment stems from her desire for all individuals to experience healing and restoration both mentally and emotionally.

Victoria's work is driven by a commitment to creating safe and supportive environments where individuals can process their grief and trauma. She understands the complexities of these experiences and strives to offer compassionate and effective counseling to those in need. Her academic and professional pursuits are aligned with her mission to empower individuals to overcome their past and embrace a future filled with hope and resilience.

2:30 PM - 2:39 PM

**Victoria Henderson, M.A., M.S., NCC, Prof. *Presenter***

Southern New Hampshire University

**Trauma-Informed Technology: Advancing Digital Innovations in the Assessment and Treatment of Mood and Anxiety Disorders Among Individuals With Adverse Childhood Experiences (ACEs)**

Victoria J. Henderson is a licensed professional counselor, professor, and doctoral scholar. She possesses two master's degrees, one in crisis and trauma counseling and the other in clinical mental health counseling and is currently pursuing a doctoral degree in counseling education and supervision. Professionally, Victoria works as a therapist and clinical screener as well as an adjunct professor in the Human Service and Psychology department at Southern New Hampshire University and Grand Canyon University.

Victoria has a profound passion for supporting individuals through their grief and trauma. Her dedication to this field is not just professional but deeply personal. She has made it her life's mission to advise, advocate, and affirm everyday people to live beyond what has happened to them. One of her life's mottos is that there is life beyond pain, but we all deserve a safe space to find it. This passion for awareness and treatment stems from her desire for all individuals to experience healing and restoration both mentally and emotionally.

Victoria's work is driven by a commitment to creating safe and supportive environments where individuals can process their grief and trauma. She understands the complexities of these experiences and strives to offer compassionate and effective counseling to those in need. Her academic and professional pursuits are aligned with her mission to empower individuals to overcome their past and embrace a future filled with hope and resilience.

2:39 PM - 3:04 PM

### Novel Therapies for Improving Irritability: From Psychotherapy to Neuromodulation and GLP-1RAs

Sat 2:30 PM - 4 PM • Symposia • Michigan A (Level 2)

#### **Melissa Brotman, Ph.D. *Chair***

National Institute of Mental Health

Dr. Melissa A. Brotman leads the Neuroscience and Novel Therapeutics Unit (NNT) in the Emotion and Development Branch at the National Institute of Mental Health (NIMH) Intramural Research Program (IRP). Dr. Brotman received her PhD in clinical psychology from the University of Pennsylvania, where she specialized in cognitive behavioral therapy for mood and anxiety disorders.

After completing her clinical internship at the Veterans Affairs Maryland Health Care System/University of Maryland-Baltimore, she completed post-doctoral training in neuroscience, focusing on functional magnetic resonance imaging (fMRI) and clinical phenotyping of severe irritability in youth.

Her neurodevelopmental, translational research integrates basic and clinical approaches to the study of mood disorders in children and adolescents. Specifically, she uses affective neuroscience techniques to understand the brain-based mechanisms underlying severe irritability in youth and leverages that pathophysiological knowledge to guide the development of novel targeted interventions.

Dr. Brotman is Principal Investigator on two NIMH protocols: 02-M-0021 and 15-M-0182. In these studies, her team is examining the brain-bases of irritability and is developing treatments for severe irritability in youth.

Dr. Brotman is a Member of the American College of Neuropsychopharmacology (ACNP) and Past Chair of the ACNP Membership Advisory Task Force. She has received multiple research awards, including the NIMH IRP Seymour S. Kety Memorial Training Award, Society of Biological Psychiatry Travel Award, ACNP Young Investigator Memorial Travel Award, and Career Development Institute Award. She has been awarded two NIH Bench-to-Bedside grants, is a consultant on numerous extramural grants, and is on the Editorial Board of the Journal of Affective Disorders and PLOS ONE. Finally, mentoring is a focal aspect of her career, and her mentorship has been recognized through the NIMH Outstanding Mentor Award.

2:30 PM - 2:39 PM

#### **Manish Jha, M.D. *Co-chair***

The University of Texas Southwestern Medical Center, Department of Psychiatry

#### **Lana Grasser, Ph.D. *Presenter***

Wayne State University

Changes in Physiological Arousal Over the Course of Exposure-Based Cognitive Behavioral Therapy in Youth With Severely Impairing Irritability

Dr. Lana Ruvolo Grasser (she/her) is an Assistant Professor in the Department of Psychology and the Ben L. Silberstein Institute for Brain Health at Wayne State University. Dr. Grasser recently completed her postdoctoral training with the Neuroscience and Novel Therapeutics Unit (NNT) within the Emotion and Development Branch at the National Institute of Mental Health. She received her BS from Michigan State University and her Ph.D. from Wayne State University, where her NIMH-funded dissertation project, "Biomarkers of Risk and Resilience to Trauma in Syrian Refugee Youth", identified skin conductance response to trauma interview and fear potentiated startle as candidate biomarkers of trauma-related psychopathology in youth exposed to civilian war trauma and forced migration. Dr. Grasser received the 2022 International Society for Developmental Psychobiology Dissertation Award for this work. Dr. Grasser has extended this work to query efficacy and underlying mechanisms of creative arts and movement therapies to address trauma-related psychopathology in families resettled as refugees of Syria, Iraq, the DRC, Afghanistan, and Ukraine. She has led efforts to extend these programs to the virtual space for schoolchildren and to neighborhoods across Detroit for youth and caregivers. Dr. Grasser is also passionate about science policy and advocacy. She has published in the Journal of Science Policy and Governance, is a member of the National Science Policy Network, and is the faculty advisor for the local SciPol Detroit chapter. Most recently, Dr. Grasser received a travel award from the American College of Neuropsychopharmacology and an Emerging Leader Award from the Anxiety and Depression Association of American in recognition of her research and advocacy.

2:39 PM - 3:04 PM

**Paul Croarkin, Prof. Dr. *Presenter***

Mayo Clinic, Dept. Psychiatry and Psychology

1 Hz and 10 Hz Transcranial Magnetic Stimulation Effects on Irritability in Adolescents With Major Depressive Disorder

3:04 PM - 3:29 PM

**Manish Jha, M.D. *Presenter***

The University of Texas Southwestern Medical Center, Department of Psychiatry

Reduction in Irritability With Tirzepatide, a Dual Agonist of Glucagon-Like Peptide 1 and Glucose-Dependent Insulinotropic Peptide Receptors, in Individuals With Moderate or Severe Methamphetamine Use Disorder

3:29 PM - 3:54 PM

## Smart Tools, Smarter Care: How Real-Time Data and Machine Learning Methods Are Enabling Tech-Driven Insights Into Treatment Mechanisms

Sat 2:30 PM - 4 PM • Symposia • Michigan B (Level 2)

**Meghan Byrne, Ph.D. *Chair***

National Institute of Mental Health, National Institutes of Health

2:30 PM - 2:39 PM

**Lauren Henry, Ph.D. *Co-chair***

National Institute of Mental Health

**Meghan Byrne, Ph.D. *Presenter***

National Institute of Mental Health, National Institutes of Health  
 Ecological Momentary Assessment of Targeted and Non-Targeted Symptom Changes in Clinical Anxiety and Irritability Among Children and Adolescents Receiving Cognitive Behavioral Therapy

2:39 PM - 2:57 PM

**Nate Choukas, B.S. *Presenter***

University of Arizona, Psychology Department

Using Digital Therapeutics to Measure Active Treatment Elements in Cognitive Behavioral Therapies for Common Mental Disorders

Nate is a third-year graduate student in clinical psychology under the primary mentorship of Dr. Zachary Cohen. His primary line of research focuses on developing a formal network theory of PTSD, using computational modeling and complex systems science to understand the dynamic mechanisms that maintain posttraumatic distress. He integrates network psychometrics with intensive longitudinal data (ILD) methods, such as ecological momentary assessment (EMA) and passive sensing, to examine real-world symptom dynamics, psychological processes, and individual differences in treatment response. Nate also works on developing and evaluating scalable, personalized digital mental health interventions for diverse populations. In his free time, he enjoys playing golf, making music, exercising, and spending time with family and friends.

2:57 PM - 3:15 PM

**Lauren Henry, Ph.D. *Presenter***

National Institute of Mental Health

From Sound to Signal: Sentiment Analysis of the Early Caregiving Environment to Determine Psychiatric Risk and Intervention Targets

3:15 PM - 3:33 PM

**Brian A Zaboski, ABPP, Ph.D. *Presenter***

Yale University

Toward an Objective Marker for OCD: A Pilot Study in Ai-Based Eeg Classification

3:33 PM - 3:51 PM

**Wendy Silverman, Ph.D. *Discussant***

Yale Child Study Center

3:51 PM - 4 PM

## Leveraging Digital Technologies in the Assessment and Treatment of Internalizing Disorders

Sat 2:30 PM - 4 PM • Symposia • Superior A (Level 2)

**Morgan Caudle, B.A. *Chair***

SDSU/ UC San Diego Joint Doctoral Program

2:30 PM - 2:39 PM

**Amanda Collins, Ph.D. *Presenter***

Massachusetts General Hospital/Harvard Medical School

Application of Natural Language Processing to Forecast Weekly Depressive Symptoms From Daily Diaries

2:39 PM - 2:57 PM

**Raeanne Moore, Ph.D. *Presenter***

Department of Psychiatry, UCSD School of Medicine

Smartphone-Based Assessment of Real-World Cognition, Introspective Accuracy, and Functional Outcomes in Mood Disorders

Dr. Moore, a licensed Clinical Neuropsychologist and Professor of Psychiatry at UCSD, is a leader in digital cognitive health. As Director of UCSD's Mental Health Technology Center (MHTech), Co-Director of the Cognitive Dynamics Lab, and a core investigator at the Center for Wireless and Population Health Systems, she's driving innovation at the intersection of technology and brain health. Her work is improving our understanding and management of cognitive disorders, particularly in aging and psychiatric populations. By extending research beyond traditional clinical settings, Dr. Moore's work is uncovering new insights into cognitive and emotional function in daily life. With more than >180 peer-reviewed publications in high-impact multi-disciplinary journals, she is recognized as an authority in her field. Dr. Moore's innovations include NeuroUX, an NIMH-funded ecological momentary cognitive testing system, enabling real-world cognitive assessments. Her current projects leverage advanced digital phenotyping methods and ML/AI to deliver personalized, data-driven insights into brain health and help better quantify treatment response. Her leadership in the field is significantly advancing personalized mental health care and cognitive assessment techniques, paving the way for more effective interventions and improved quality of life for individuals with cognitive disorders.

2:57 PM - 3:15 PM

**Morgan Caudle, B.A. *Presenter***

SDSU/ UC San Diego Joint Doctoral Program

Increased Neural Activity Observed in Treatment Responders to a Randomized Controlled Trial of Computerized Working Memory Training for Veterans With PTSD

3:15 PM - 3:33 PM

**Delaney Davey, B.S. *Presenter***

University of Illinois At Chicago

Neural Activity During Working Memory Predicts Clinical Response to Computerized Executive Function Training Prior to Cognitive Processing Therapy

3:33 PM - 3:51 PM

**Olusola Ajilore, M.D., Ph.D. *Discussant***

University of Illinois

3:51 PM - 4 PM

## Stressful Experiences and Eclectic Predictors of Psychopathology

Sat 2:30 PM - 4 PM • Symposia • Superior B (Level 2)

**Brianna Byllesby, Ph.D. *Chair***

University of South Dakota

2:30 PM - 2:39 PM

**BreAnne Danzi, Ph.D. *Presenter***

University of South Dakota

The Family Behind the Badge: Secondary Traumatic Stress in Children of First Responders

2:39 PM - 2:57 PM

**Jake Kraft, Ph.D. *Presenter***

University of South Dakota

When the Sky Turns Dark: Self-Report and Physiological Predictors of Weather-Specific Phobia

2:57 PM - 3:15 PM

**Nayda Castillo, B.Sc. *Presenter***

The University of Texas Rio Grande Valley

Associations Between LGBTQ+ Childhood Adversities, Partner Abuse, and Alcohol Use in a Predominantly Latine LGBTQ+ Sample: Moderating Role of LGBTQ+ Community Connectedness

3:15 PM - 3:33 PM

**Brianna Byllesby, Ph.D. *Presenter***

University of South Dakota

Measurement of Subthreshold and Clinically Elevated Posttraumatic Stress Disorder Using the PCL-5 and ITQ

3:33 PM - 3:51 PM

## Concurrent Sessions: Roundtables and Workshops

Sat 4:15 PM - 5:15 PM

From Pilot to Practice: Harnessing AI to Enhance Exposure and Response Prevention in Varied Clinical Contexts

Sat 4:15 PM - 5:15 PM • Roundtable • Erie (Level 2)

**Jingxuan Sun, M.S. *Chair***

Theraloop AI

**Kathryn Boger, ABPP *Presenter***

InStride Health

From Pilot to Practice: Harnessing AI to Enhance Exposure and Response Prevention in Varied Clinical Contexts

Dr. Kathryn "Kat" Boger is a board certified and Harvard-trained child and adolescent clinical psychologist. She is the Chief Clinical Officer and Co-Founder of InStride Health, and co-developed the McLean Anxiety Mastery Program at McLean Hospital. She served as an Assistant Professor of Psychology at Harvard Medical School and has published a

variety of peer-reviewed journal articles, delivered regional and national talks (including a TEDx) and provided training to hospitals, schools and the community.

**Joshua Steinberg, M.A. *Presenter***

Harvard University

From Pilot to Practice: Harnessing AI to Enhance Exposure and Response Prevention in Varied Clinical Contexts

**Abigail Stark, Ph.D. *Presenter***

McLean Hospital

From Pilot to Practice: Harnessing AI to Enhance Exposure and Response Prevention in Varied Clinical Contexts

**Parker Phillips, B.S. *Presenter***

InStride Health

From Pilot to Practice: Harnessing AI to Enhance Exposure and Response Prevention in Varied Clinical Contexts

## Beyond the Guidelines: Harnessing the Power (and Avoiding Setbacks) Associated With Innovation in Technology-Enabled Measurement-Based Care

Sat 4:15 PM - 5:15 PM • Roundtable • Huron (Level 2)

**Heidi Greenberger, Ph.D. *Chair***

InStride Health

Dr. Heidi Greenberger is Vice President of Clinical Research at InStride Health where she guides quality outcomes monitoring and research with focus on clinical excellence and equity. An epidemiologist by training, Dr. Greenberger's career has been grounded in work to identify and overcome disparities in health and well-being through technology-enabled solutions. She is dedicated to rigorous evaluation of real-world data, and clear dissemination of knowledge gained, to ease access to evidence-based, timely, and effective behavioral health care.

**Ajeng Juwita Puspitasari, Ph.D., ABPP *Presenter***

University of Wisconsin-Milwaukee

Beyond the Guidelines: Harnessing the Power (and Avoiding Setbacks) Associated With Innovation in Technology-Enabled Measurement-Based Care

**Jill Donelan, PSYD *Presenter***

Mirah

Beyond the Guidelines: Harnessing the Power (and Avoiding Setbacks) Associated With Innovation in Technology-Enabled Measurement-Based Care

Dr. Jill Donelan brings close to 20 years of experience as a licensed psychologist in direct clinical care, program development and management, and implementation of evidence-based practices. She currently serves as the VP of Clinical Operations at Mirah, a technology company specializing in behavioral health outcomes measurement including Measurement-Based Care (MBC) and Collaborative Care Management (CoCM). Dr. Donelan has successfully worked with diverse behavioral health and medical organizations to optimize treatment outcomes and develop a culture of continuous improvement. Bridging the gap between evidence-based practice and real-life clinical

care, Dr. Donelan contributes to the field of psychology through her leadership, education of healthcare professionals, and professional presentations and publications.

**Margaret Anton, Ph.D. *Presenter***

Two Chairs

Beyond the Guidelines: Harnessing the Power (and Avoiding Setbacks) Associated With Technology-Enabled Measurement-Based Care to Optimize Quality in Scaled Clinical Practice for Depression and Anxiety

**Jamie Micco, Ph.D., ABPP *Presenter***

The Concord Center

Beyond the Guidelines: Harnessing the Power (and Avoiding Setbacks) Associated With Technology-Enabled Measurement-Based Care to Optimize Quality in Scaled Clinical Practice for Depression and Anxiety

### Harnessing Artificial Intelligence in Cognitive-Behavioral Treatment for Anxiety Disorders

Sat 4:15 PM - 5:15 PM • Roundtable • Mayfair (Level 2)

**Emily Juel, M.A. *Chair***

University of North Carolina at Chapel Hill

**Jonathan Abramowitz, Ph.D. *Presenter***

University of North Carolina at Chapel Hill

Harnessing Artificial Intelligence in Cognitive-Behavioral Treatment for Anxiety Disorders

**Eli Lebowitz, Ph.D. *Presenter***

Yale Child Study Center

Harnessing Artificial Intelligence in Cognitive-Behavioral Treatment for Anxiety Disorders

**Ben Eckstein, M.S.W. *Presenter***

Bull City Anxiety & OCD Treatment Center

Harnessing Artificial Intelligence in Cognitive-Behavioral Treatment for Anxiety Disorders

Ben Eckstein, LCSW is a therapist specializing in the treatment of Anxiety, OCD, and OC-Related Disorders. He is the owner and director of Bull City Anxiety in Durham, North Carolina. Ben serves on the board of OCD North Carolina. His first book, "What to Do Instead of Worrying", is scheduled to be published in November 2023.

### Leading with Equity and Inclusion: Navigating Multi-Generational Supervision in Diverse Clinical Settings

Sat 4:15 PM - 5:15 PM • Workshop • Michigan A (Level 2)

**Laura John, LCSW *Chair***

Rogers Behavioral Health

Laura John has worked in the mental health and addiction field for the past 15 years as a clinician, Clinical Supervisor, and now as Senior Director of Addiction Services for Rogers Behavioral Health. Laura started in the field of substance use disorder treatment in 2010 as an intern in the State of Wisconsin Department of Corrections at the Drug Abuse

Correctional Center. From there she worked in residential treatment for 5 years during which she finished her master's degree. While finishing her education she gained experience in working with domestic violence survivors, women involved with the criminal justice system, and with adolescents with mental illness. After completion of her master's degree, she moved into work with patients who were diagnosed with multiple disorders and began working at an inpatient psychiatric unit. After this she started with Rogers Behavioral Health and was able to help lead the launch of their first regional Mental Health and Addiction Recovery Partial Hospitalization program. Laura began the role of Clinical Supervisor in 2020 and oversaw clinical staff working with both adults and adolescents in various specialty mental health programs. She has been with Rogers for over 8 years and currently holds the position of Senior Director of Addiction Services overseeing co-occurring treatment services across the United States including inpatient, residential, and PHP/IOP levels of care. Laura works hard to be involved with the community and engage in both presenting at and attending community education events often. In her free time she enjoys biking, enjoys being outdoors, and spending time with her family.

**Page Feller, LCPC, M.A. *Presenter***

Rogers Behavioral Health

Leading With Equity and Inclusion: Navigating Multi-Generational Supervision in Diverse Clinical Settings

**Laura John, LCSW *Presenter***

Rogers Behavioral Health

Leading With Equity and Inclusion: Navigating Multi-Generational Supervision in Diverse Clinical Settings

Laura John has worked in the mental health and addition field for the past 15 years as a clinician, Clinical Supervisor, and now as Senior Director of Addiction Services for Rogers Behavioral Health. Laura started in the field of substance use disorder treatment in 2010 as an intern in the State of Wisconsin Department of Corrections at the Drug Abuse Correctional Center. From there she worked in residential treatment for 5 years during which she finished her master's degree. While finishing her education she gained experience in working with domestic violence survivors, women involved with the criminal justice system, and with adolescents with mental illness. After completion of her master's degree, she moved into work with patients who were diagnosed with multiple disorders and began working at an inpatient psychiatric unit. After this she started with Rogers Behavioral Health and was able to help lead the launch of their first regional Mental Health and Addiction Recovery Partial Hospitalization program. Laura began the role of Clinical Supervisor in 2020 and oversaw clinical staff working with both adults and adolescents in various specialty mental health programs. She has been with Rogers for over 8 years and currently holds the position of Senior Director of Addiction Services overseeing co-occurring treatment services across the United States including inpatient, residential, and PHP/IOP levels of care. Laura works hard to be involved with the community and engage in both presenting at and attending community education events often. In her free time she enjoys biking, enjoys being outdoors, and spending time with her family.

**Navigating the Digital Age: The Impact of Technology on Social Anxiety Disorder and Therapeutic Interventions**

Sat 4:15 PM - 5:15 PM • Roundtable • Michigan B (Level 2)

**Daniel Chazin, ABPP, ACT, Ph.D. *Chair***

Center for Anxiety, OCD, and Cognitive Behavioral Therapy

**Daniel Chazin, ABPP, ACT, Ph.D. *Presenter***

Center for Anxiety, OCD, and Cognitive Behavioral Therapy

Navigating the Digital Age: The Impact of Technology on Social Anxiety Disorder and Therapeutic Interventions

**Chamin Ajjan, LCSW *Presenter***

Chamin Ajjan Psychotherapy, LCSW PLLC

Navigating the Digital Age: The Impact of Technology on Social Anxiety Disorder and Therapeutic Interventions

Chamin Ajjan, LCSW, A-CBT, CST is the CEO and Clinical Director of Chamin Ajjan Psychotherapy. She completed her undergraduate work at the University of California, Berkeley, and graduate school at Columbia University School of Social Work. She received intensive and rigorous postgraduate training at The Modern Institute for Sex Therapy. She is also the author of the award winning mindfulness based book Seeking Soulmate: Ditch The Dating Game and Find Real Connection.

Chamin has seen how important comfort and connection are to the therapeutic process in her 20+ years of experience. Feeling judged, misunderstood, marginalized and minimized are themes that, if present, will impede progress. Bringing this awareness into each session, informs the way she and the clinicians at Chamin Ajjan Psychotherapy approach therapy and the privilege of supporting you.

Ajjan is certified in CBT, is an Academy of Cognitive and Behavioral Therapies Diplomate, an AASECT Certified Sex Therapist and teaches CBT at Boston University's School of Social Work. She is trained in Mindfulness Based Stress Reduction and is a Certified Workplace Mindfulness Facilitator, providing workplace well-being offerings such as workshops, trainings, keynote speeches and more. She is on the SeekHer and Mindful Leader Advisory Councils and is also a board member of the Plunk Foundation and National Social Anxiety Center (NSAC) and Chamin Ajjan Psychotherapy is one of NSAC's regional clinics. She is a graduate of the Goldman Sachs 10,000 Small Businesses program and has been featured in print, digital and on-camera media and podcasts. Features include CNBC, The Today Show, Katie Couric Media, Fox7 Austin, Newsweek, Essence Magazine, The Root, The Washington Post, Huffington Post, Brides.com, Glamour Magazine, Health Magazine, and more.

**Lauren Neaman, PSYD *Presenter***

Modern Anxiety Solutions, LLC

Navigating the Digital Age: The Impact of Technology on Social Anxiety Disorder and Therapeutic Interventions

**Zach Pacha, LICSW, M.S.W. *Presenter***

The Anxiety and OCD Center of Iowa

Navigating the Digital Age: The Impact of Technology on Social Anxiety Disorder and Therapeutic Interventions

## Neurodivergent Clients With OCD: Integrating Special Interests Into CBT/ERP

Sat 4:15 PM - 5:15 PM • Workshop • Superior A (Level 2)

**Kai Kangas-Dick, Ph.D. *Chair***

E&R Psychology

**Joel Dresnick, M.S.W. *Presenter***

E&R Psychology

Neurodivergent Clients With OCD: Integrating Special Interests Into CBT/ERP

**Alyssa Goodman, PSYD *Presenter***

E&R Psychology

Neurodivergent Clients With OCD: Integrating Special Interests Into CBT/ERP

**Darla DiLorenzo, PSYD *Presenter***

Biobehavioral Institute

Neurodivergent Clients With OCD: Integrating Special Interests Into CBT/ERP

## Shaping Flexibility and Discovery: Enhancing Exposure-Based Treatment With Acceptance and Commitment Therapy

Sat 4:15 PM - 5:15 PM • Workshop • Superior B (Level 2)

**Brian Pilecki, Ph.D. *Chair***

Portland Psychotherapy

Brian Pilecki, PhD: Dr. Brian Pilecki is the Clinical Services Manager and an Associate Scientist at the Portland Institute of Psychedelic Science, a subsidiary of Portland Psychotherapy Therapy Clinic, Research, and Training Center. Dr. Pilecki is also an instructor for Fluence, a leading psychedelic training organization where he provides training to psilocybin facilitators in state-level programs or to study therapists in clinical trials across the country. He is co-founder of Perspective Retreats which offers group psilocybin retreats in the Netherlands, and provides psilocybin facilitation to individuals and groups in the state of Oregon. Brian is a co-founder of Portland Integration Network, a network of professionals offering specialized care related to psychedelics in Oregon. He is also the author of the book ACT-Informed Exposure for Anxiety and co-host of Altered States of Context, a podcast about psychotherapy and psychedelics.

**Brian Pilecki, Ph.D. *Presenter***

Portland Psychotherapy

Shaping Flexibility and Discovery: Enhancing Exposure-Based Treatment With Acceptance and Commitment Therapy  
Brian Pilecki, PhD: Dr. Brian Pilecki is the Clinical Services Manager and an Associate Scientist at the Portland Institute of Psychedelic Science, a subsidiary of Portland Psychotherapy Therapy Clinic, Research, and Training Center. Dr. Pilecki is also an instructor for Fluence, a leading psychedelic training organization where he provides training to psilocybin facilitators in state-level programs or to study therapists in clinical trials across the country. He is co-founder of Perspective Retreats which offers group psilocybin retreats in the Netherlands, and provides psilocybin facilitation to individuals and groups in the state of Oregon. Brian is a co-founder of Portland Integration Network, a network of professionals offering specialized care related to psychedelics in Oregon. He is also the author of the book ACT-Informed Exposure for Anxiety and co-host of Altered States of Context, a podcast about psychotherapy and psychedelics.

## Poster Session 2

Sat 5:15 PM - 6:45 PM • Sheraton-Chicago Ballroom 4-7 (Level 4)

## Awards & Closing Celebration

You'll want to get spiffed up for this shindig... Celebrate this year's award recipients in style at this Roaring '20s celebration. It'll be the bee's knees!

*Thank you to our sponsor*

**Vistagen**

Sat 6:45 PM - 8:45 PM • Chicago Ballroom 8-9 (Level 4)