



Anxiety and Depression
Association of America

PRELIMINARY PROGRAM

Anxiety and Depression:

Personalized Treatments for
Anxiety and Mood Disorders

March 27-30, 2014

Chicago Marriott Downtown
Magnificent Mile
Chicago, Illinois



www.adaa.org

For information,
call 240-485-1032

Preliminary program information subject to change

Welcome

From the Conference Co-Chairs

We are honored to be the co-chairs of the Anxiety and Depression Conference 2014. We are proud to be part of ADAA's rich tradition of bringing together a diverse community focusing on children and adults with anxiety disorders, OCD, PTSD, and depression. We invite you to attend the **best meeting of the year**.

Here are our top three reasons you should attend:

- 1. Learn and earn.** The sessions offer CE and CME for the very best in research and practice.
- 2. Engage.** Participate in the most dynamic multidisciplinary conference attracting professionals, trainees, and students from diverse disciplines with a common interest in advancing treatment and understanding of anxiety, OCD, PTSD, and depression.
- 3. Network.** Take advantage of the numerous opportunities to meet and mingle with colleagues who do what you do.

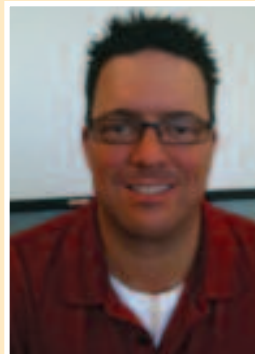
The conference theme is *Personalized Treatments for Anxiety and Mood Disorders*. We are looking forward to hearing from two leaders in our field: keynote speaker Jordan Smoller, MD, and Zindel Segal, PhD, this year's Jerilyn Ross Lecturer. The 17th Annual Scientific Research Symposium will include experts addressing the very timely topic Suicide Prevention and Treatment: Biological and Psychosocial Risk Factor Identification, Assessment, and Therapy. Kick off the conference on Thursday morning with Master Clinician sessions and NIMH and PCORI grant-writing and funding workshops. These are just a few highlights of the more than 150 sessions and two poster sessions included in your registration fee.

Making time to attend meetings is tough. But this one is worth it. Attendees return year after year and say the same thing: Spending time talking to people who share your interests is invaluable. Whether you provide clinical care or conduct research, you have to be here.

So join us in Chicago for the best meeting of 2014. And take a little time to sample some of the city's bests: Chicago-style pizza, the view from the top of the Hancock Building, and laughs at Second City. It is all accessible from the conference hotel on the Magnificent Mile.

See you in Chicago!

Mark Powers, PhD, and Jasper Smits, PhD
University of Texas at Austin



Mark Powers, PhD



Jasper Smits, PhD

2014 Conference Committee

Coordinator:

Risa Weisberg, PhD

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Jitender Sareen, MD

Ashley Smith, PhD

Franklin Schneier, MD

A Unique Conference

The Anxiety and Depression Conference is the only professional meeting focusing on anxiety disorders, OCD, PTSD, and depression in children and adults.

The numbers add up to incredible value.

- 400 posters
- 150+ top-notch peer-reviewed workshops, symposia, and roundtables
- Up to 29 CME and CE credits
- 2 tracks: practice and research

Who Should Attend?

All professionals involved with practice and research of anxiety disorders, OCD, PTSD, and depression from diverse disciplines, including psychiatrists, psychologists, social workers, marriage and family therapists, behavioral health counselors, physicians, nurses, and others should register. Individuals with anxiety disorders, OCD, PTSD, and depression and their loved ones are also welcome to attend.

Top 5 Reasons to Attend This Conference

1. Meet the leaders in the fields of anxiety disorders, OCD, PTSD, and depression.
2. Build networks that last a lifetime.
3. Acquire new practice strategies and techniques.
4. Translate and disseminate new basic and clinical research.
5. Earn CE or CME credits.

Social Media



Find us on [Facebook: ADAA Conference](#).

Twitter @ADAAConference: Follow us live during the conference #ADAA2014

Learn more about ADAA and join our dynamic network of professionals, and visit our website: www.adaa.org.

About ADAA

ADAA is the leading nonprofit 501(c)(3) organization solely dedicated to advancing science and clinical care of anxiety disorders, OCD, PTSD, and depression. ADAA brings together researchers, clinicians, trainees, residents, students, fellows, and patients to advocate for improving the lives of those with anxiety disorders, OCD, PTSD, and depression; disseminate research and best practices; and advance the field.

General Information

Get Started

1. **Register online** or **download Individual Registration form** (pdf) to send with payment.
2. **Download Group Registration form** (pdf).
(Four or more current professional members from the same practice or institution)
3. **Reserve your hotel room** at the Chicago Marriott.
4. Create your personal itinerary with the [Online Program Planner](#).
5. Visit the [ADAA website](#) for updates.

Here's how:

1. Download the membership application to your computer. *(For best results, make sure you are using the most recent version of Adobe Reader.)*
2. Type in all the highlighted fields, including typing your name in the "Authorizing signature" and "Print name clearly" fields.
3. Save, rename, and **e-mail as an attachment**.

Conference Registration Rates & Policies

Attendees, speakers, and poster presenters must register and pay the appropriate registration fee for the Anxiety and Depression Conference 2014. Registration includes admission to all sessions and posters (except ticketed or invitation-only events), Welcome Reception, continental breakfast on Friday through Sunday, daily breaks, final program, and materials.

| Registration Rates | Until February 28, 2014 | | After March 1, 2014, and on-site | |
|--|--------------------------------|-------------------------------|----------------------------------|-------------------------------|
| | Members* | Nonmembers | Members* | Nonmembers |
| Professionals | \$460 | \$735 + \$55 for CE or CME | \$510 | \$795 + \$55 for CE or CME |
| Trainees/Postdoctoral Fellows/Residents | \$250 | \$375 | \$270 | \$395 |
| Students | \$160 | \$235 | \$190 | \$265 |
| ADAA Institute: Improv for Anxiety (Thursday, March 27; 9:00 am-5:00 pm; includes lunch) With conference registration | \$100 | \$150 | \$110 | \$160 |
| ADAA Institute: Improv for Anxiety ONLY (Thursday, March 27; 9:00 am-5:00 pm; includes lunch) | \$150 | \$195 + \$55 for CE or CME | \$175 | \$205 + \$55 for CE or CME |
| Groups (four or more current professional members from the same practice or institution) | \$380 | | \$450 | |
| Guests | \$75 (through March 30, 2014) | | | |
| Consumers | \$100 (through March 30, 2014) | | | |

*Current membership must be paid through March 31, 2014, to qualify for member-discounted rates. **Become a member now and receive the discounted fees.**

How to Register

- **Register online.**
- **Download Individual Registration form** (pdf).
- **Download Group Registration form** (pdf).
(Four or more current professional members from the same practice or institution)
- Need assistance? Call 240-485-1030.

Payment Policies

- Payment in full is required at time of registration.
- Membership must be paid through March 31, 2014, to qualify for member-discounted rates.
- Student registration rate is available to research assistants who are recent undergraduates; all eligible individuals must provide a written letter or proof from registrar.
- Group rates are available to **four or more active ADAA members from the same practice or institution.**
- ADAA accepts VISA or MasterCard and checks or money orders in U.S. dollars (\$30 charge for checks returned for insufficient funds).
- ADAA **does not accept** purchase orders, American Express, or Discover.
- After March 17, 2014, registration will be available on-site only.

ADAA Justification Tool Kit

ADAA understands that budgets are tight and making time in your demanding schedule takes more coordination and planning than ever before.

Use the Justification Tool Kit and Talking Points and Tips provided to persuade your employer, chair or mentor to approve your attendance at the 2014 Anxiety and Depression Conference.

Cancellation and Refunds

Cancellations and requests for refunds must be received in writing by March 1, 2014; cancellations by telephone will not be accepted. A \$75 administrative fee will be charged for all refunds. Refunds will be issued after the conference ends. Cancellations will not be accepted after March 1, 2014, for any reason, including medical and travel complications, due to the many costs associated with planning and organizing this conference.

Confirmation and Badges

Registrants will receive confirmation by email. Badges and conference information will be mailed three weeks in advance. Attendees must bring their badges with them to Registration on the 5th floor of the Chicago Marriott to receive badge holder and materials. Badges must be visible during the conference to gain entrance to sessions and events.

Tax Deduction

Registration fees, lodging, transportation, and meals may be tax deductible as educational expenses when attending continuing education sessions. Consult your tax advisor regarding the deductibility of these expenses.

Questions?

About registration, email Membership or phone 240-485-1030.

About the program, email Jennifer Richards or phone 240-485-1032.

**Thank you
to our 2014
Supporters:**

Rogers Memorial Hospital

**Andrew Kukes Foundation
for Social Anxiety**

Hotel Information

The ADAA Annual Conference will be held at the Chicago Marriott Downtown Magnificent Mile, located on Michigan Avenue within walking distance to world-class shopping, restaurants, and attractions. The hotel is easily accessible to Midway and O'Hare Airports. Staying at the conference hotel gives you the most opportunities to network, meet and talk with colleagues.

Chicago Marriott Downtown Magnificent Mile

Book your hotel reservation online or call 1-877-303-0104. Mention ADAA to receive the discounted conference rate before March 1, 2014. All conference attendees are responsible for making their own hotel reservations. ADAA has negotiated special conference rates (plus 16.4% hotel and city taxes) that include complimentary wired Internet access in your room, complimentary wireless Internet in the lobby, and access to the pool and fitness center. Children under 18 stay for free during the conference.

- \$209/night for Single/Double (King or 2 beds)/Triple/Quad
- \$249/night for Executive King
- \$259/night for Club Level

Hotel Cancellation Policy

The Chicago Marriott Downtown requires room cancellation 72 hours in advance, or attendees will be charged one night's room and tax. Do not contact ADAA to cancel your room reservation.



Continuing Education

Up to 29 CE and CME credits are available to registered professional physicians, psychologists, social workers, therapists and counselors. Individuals registered as a guest, student, trainee/postdoctoral fellow/resident, or consumers are not eligible to apply for CE or CME credits. Members do not pay any fee for credits, but must register. Nonmembers must pay for credits. All attendees requesting credits must complete and submit verification and evaluation forms by May 15, 2014, to be awarded credit. No exceptions.

Psychologists

ADAA is approved by the American Psychological Association to sponsor continuing education credits for psychologists. ADAA maintains responsibility for this program and its content. CE credits for psychologists are granted on a 1 credit per contract basis.

Social Workers

ADAA has applied for approval from the National Association of Social Workers (provider #886437837) for social work continuing education contact hours.

Counselors

ADAA has applied for approval by the National Board for Certified Counselors (Approval Number: SP-1991) for continuing education credits.

Physician Assistants and Nurse Practitioners

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

Continuing Medical Education

Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Blackwell Futura Media Service and Anxiety Disorders Association of America (ADAA). Blackwell Futura Media Service is accredited by the ACCME to provide continuing medical education for physicians.

Designation

This activity has been approved for AMA PRA Category 1 Credit™. Blackwell Futura Media Service and ADAA present this activity for educational purposes only and do not endorse any product, content of presentation, or exhibit. Participants are expected to utilize their own expertise and judgment while engaged in the practice of medicine. The content of the presentations is provided solely by presenters who have been selected because of their recognized expertise.

Faculty Disclosure

It is the policy of Blackwell Futura Media Service to plan and implement all of its educational activities in accordance with the ACCME's Essential Areas and Policies to ensure balance, independence, objectivity, and scientific rigor. In accordance with the ACCME's Standards for Commercial Support, everyone who is in a position to control the content of an educational activity certified for AMA PRA Category 1 Credit™ is required to disclose all financial relationships with any commercial interests within the past 12 months that creates a real or apparent conflict of interest. Individuals who do not disclose are disqualified from participating in a CME activity. Individuals with potential for influence or control of CME content include planners and planning committee members, authors, teachers, educational activity directors, educational partners, and others who participate, e.g., facilitators and moderators. This disclosure pertains to relationships with pharmaceutical companies, biomedical device manufacturers, or other corporations whose products or services are related to the subject matter of the presentation topic. Any real or apparent conflicts of interest related to the content of the presentations must be resolved prior to the educational activity. Disclosure of off-label, experimental, or investigational use of drugs or devices must also be made known to the audience.

Preliminary Schedule at a Glance

| | THURSDAY March 27 | FRIDAY March 28 | SATURDAY March 29 | SUNDAY March 30 |
|---|--|--|---|--|
| Registration | 8:00 am–6:00 pm Registration Open | 7:30 am–5:30 pm Registration Open | 7:30 am–5:30 pm Registration Open | 8:00 am–1:30 pm Registration Open |
| Programs | 9:00 am–5:00 pm ADAA Institute Improv for Anxiety Workshop <i>(additional fee required)</i> 10:00 am–5:00 pm Master Clinician Sessions 1:00–5:00 pm NIMH and PCORI Workshops 5:00–6:30 pm Plenary Session and Keynote Address <i>Keynote Speaker Jordan Smoller, MD</i> | 8:00–1:00 pm <i>and</i> 2:00–6:00 pm Concurrent Sessions 10:30–11:30 am Jerilyn Ross Lecture <i>Zindel Segal, PhD</i> 2:00–6:00 pm 17th Scientific Research Symposium | 8:30 am–12:30 pm Concurrent Sessions 2:00–6:00 pm Concurrent Sessions | 8:30 am–1:30 pm Concurrent Sessions |
| Exhibits & Poster Sessions | | 7:30 am–5:00 pm Exhibits Open 6:00–7:30 pm New Research Poster Session I | 7:30 am–5:00 pm Exhibits Open 6:00–7:30 pm New Research Poster Session II | |
| Activities | 3:00–5:00 pm Scientific Council Meeting 6:30–7:30 pm Welcome Reception | 7:30–8:30 am Continental Breakfast 10:00–10:30 am Networking Break 1:00–2:00 pm Lunch on Your Own Awards Luncheon <i>Invitation Only</i> 4:00–4:30 pm Networking Break | 7:30–8:30 am Continental Breakfast 10:00–10:30 am Networking Break 12:30–2:00 pm Lunch on Your Own 4:00–4:30 pm Networking Break | 7:30–9:00 am Continental Breakfast 9:30–10:00 am Networking Break |

Preliminary Program

ADAA offers 150+ concurrent sessions organized into two tracks: **clinical (C)** and **research (R)**. Clinical sessions teach new skills and techniques, and address questions related to improving practice and specific populations of difficult-to-treat patients. Research sessions present the latest findings on basic and clinical research. All sessions are included in registration fee except *ADAA Institute: Improv for Anxiety Workshop*, which requires an additional fee.

Conference Highlights

Keynote Address | Thursday, March 27

Will Genetic Research Help Us Find Better Treatments?

Jordan W. Smoller, MD, ScD

Jerilyn Ross Lecture | Friday, March 28

What Is the Role of Mindfulness Meditation in the Treatment of Anxiety Disorders? Indicators, Caveats, and Empirical Status

Zindel V. Segal, PhD

17th Annual Scientific Research Symposium | Friday, March 28

Suicide Prevention and Treatment: Biological and Psychosocial Risk Factor Identification, Assessment, and Therapy

Jeremy Coplan, MD; Victoria Risbrough, PhD; Ronald Kessler, PhD;

Murray Stein, MD, MPH; Sanjay Mathew, MD; Lena Brundin, MD, PhD;

Thomas Joiner, PhD; Victoria Arango, PhD

SPECIAL ONE-DAY SESSION

ADAA Institute: Improv for Anxiety Workshop

Thursday, March 27

Mark Pfeffer, MS, LMFT; Becca Barish, MSW; Kerry Sheehan, Second City

CE or CME: 7 credits

Learn the fundamentals of improvisation and how to combine it with cognitive-behavioral therapy as a viable therapeutic tool for people with social anxiety disorder. Improv can also help clinicians think outside of the box, take risks, and become more comfortable with the uncertainties of nontraditional treatment methods. This may be the only workshop that requires you to be unprepared.

Online Program Planner



The ADAA Online Program Planner is a searchable directory of the conference that allows you to review the abstract, learning objectives, speakers, and CE or CME credits for each session. Search for sessions by category, topic, presenter, date, and time to create an individual program based on your interests, which you can save and print out as your own itinerary. A printed final program will be available at the conference.

Sessions by Category

Clinical (C) and Research (R)

Note: The letter C or R following each session number identifies its track.

The symposia and workshops below are organized by category, and sessions may be cross-listed under disorder or demographic group to help you find sessions of interest. Abstracts, learning objectives, dates, and times are searchable in the [Online Program Planner](#). Individual oral presentations and posters are not included in this Preliminary Program, but will be listed in the final program. *Note: All sessions are eligible for CE or CME unless otherwise indicated.*

Anxiety and Depression

MC002—Stuck? Enhancing Treatments for Anxiety and Depression Using Principles From Dialectical Behavior Therapy
(Intermediate)

Jennifer Taitz, PsyD

MC007—Special Considerations in the Management of Anxiety and Depression in College Students

(Experienced Clinician)

Victor Schwartz, MD

MC008—A Transdiagnostic Approach to the Treatment of Adult Emotional Disorders

Todd Farchione, PhD

183C—Key Changes for DSM-5 and Their Relevance to Clinical Practice: Depressive Disorders, Anxiety Disorders, Obsessive-Compulsive and Related Disorders, and Trauma- and Stressor-Related Disorders

(Intermediate)

Terence Keane, PhD; Katharine Phillips, MD; Jan Fawcett, MD; Michelle Craske, PhD; Daniel Pine, MD

161C—Exploring the Collaborative Care Model in a Private-Practice Setting

(Advanced)

Avy Stock, PsyD; Azin Bekhrad, MD; Greta Hirsch, PhD; Mary Salcedo, MD

166C—Pharmacotherapy Challenges of Managing Treatment Refractory Anxiety and Depression

(Experienced Clinician)

John Worthington; Joao Busnello, MD, PhD; Michael Ostacher, MD, MPH, MMSc; John Worthington, MD

341C—Enhancing the Impact of CBT: Novel Strategies for Making CBT Faster, More Effective, and More Accessible

(Intermediate)

Alyson Zalta, PhD; Marylene Cloitre, PhD; Karen Cassiday, PhD, ACT; Stephen Schueller, PhD; Mark Pollack, MD

102C—Involving Family Members in the Treatment of Anxiety and Depression

(Introductory)

Rachel Leonard, PhD; Keri Brown, PhD; Nathaniel Van Kirk, MS; Angela Smith, MA; Susan Heffelfinger, PhD

147C—CBT Models of Anxiety and Depression in the Treatment of Psychosis

(Intermediate)

Noah Lazar, PhD; Eilenna Denisoff, PhD

149C—What's Getting in the Way? Integrating DBT for Individualized Treatment of Anxiety and Depression With the Complicated Client

(Advanced)

Kay Segal, PsyD

165C—Treating Anxiety and Depression in Primary Care

(Introductory)

Risa Weisberg, PhD; Cara Fuchs, PhD

162C—The Role of Development and the Family in the Treatment of Anxiety, OCD, and Depression in Youth

(Intermediate)

Shannon Bennett, PhD; John Piacentini, PhD, ABPP; John Walkup, MD; Jonathan Comer, PhD; Anne Marie Albano, PhD, ABPP; Martha Tompson, PhD

163C—Anxiety and Depression Rounds

(Experienced Clinician)

Robert Ackerman, MSW; Thröstur Björgvinsson, PhD; Cindy Aaronson, PhD, MSW; Roberta Shiffman, MSW; Robert Schacter, PhD

167C—The “Tyranny of the Shoulds”: The Debilitating Effects of Self-Criticism on Anxiety and Mood Disorders. Can Self-Compassion Make a Difference?

(Introductory)

Ricks Warren, PhD, ABPP

175C—Tailoring Treatment for Complex Cases Using Cognitive-Behavioral Case Formulations and Functional Analytic Clinical Case Diagrams

(Intermediate)

Gregory Mumma, PhD



197C—Life Beyond Relapse Prevention: How to Help Patients Really Live a Good Life

(Experienced Clinician)
Alexandra Laris, PsyD; Karen Cassidy, PhD, ACT; Julieanne Pojas, PsyD

304R—Clinical Implications of Panic Symptoms Across Anxiety, Mood, and Related Disorders

(Intermediate)
Carrie Potter, BA; Amanda Raines, BS; Lily Brown, MA; Bunmi Olatunji, PhD; Michelle Craske, PhD; Daniel Capron, MS

305R—Anxiety and Depression: Specificity, Overlap, and Interrelatedness

(Intermediate)
Michelle Newman, PhD; David Watson, PhD; Lauren Szkodny, MS; Nicholas Jacobson, BS; Jessica Hamilton, BA; Kristin Naragon-Gainey, PhD; Lauren Alloy, PhD

306R—Using Individual Differences to Improve Treatments for Anxiety and Depression: Combining Clinical and Genetic Information

(Intermediate)
Thalia Eley, PhD, MSc; Anne Marie Albano, PhD, ABPP; Silvia Schneider, PhD; Karen Hodgson, MS, BSc; Hannah Brown, MS

307R—The Neurobiology of Early-Life Anxiety

(Intermediate)
Daniel Pine, MD; Andrew Fox, MS; Alexander Shackman, PhD; Ned Kalin, MD; Jennifer Blackford, PhD; Dylan Gee, MA

309R—Executive Dysfunction in Anxiety and Depression: Implications for Intervention

(Intermediate)
Robin Nusslock, PhD; Rebecca Silton, PhD; Stewart Shankman, PhD; Wendy Heller, PhD

310R—The Role of Glutamate-Related Functions in the Stress Response: Preclinical Models

(Advanced)
Luc Ver Donck, PhD; Anantha Shekhar, MD, PhD; Justine Kent, MD; Jeremy Coplan, MD; Jack Gorman, MD

357R—Meditation, Inflammation, and Sleep: Improvements in Biomarkers of Acute and Chronic Anxiety and Stress

(Introductory)
Elizabeth Hoge, MD; Melissa Rosenkranz, PhD; Thaddeus Pace, PhD; Jason Ong, PhD

361R—Neurobiology of GAD and MDD: Impact of Childhood Maltreatment and Correlates of Antiglutamatergic Therapies

(Advanced)
Jeremy Coplan, MD; Sanjay Mathew, MD; Chadi Abdallah, MD; Jack Gorman, MD

378R—The Role of Providers' Variables in the Implementation of EBTs for Anxiety and Depressive Disorders

(Introductory)
Afsoon Eftekhari, PhD; Courtney Benjamin, PhD; Luana Marques, PhD; Shannon Wiltsey-Stirman, PhD

384R—The Role of Estradiol in Mediating Sex Differences in Depression and Anxiety

(Intermediate)
Neill Epperson, MD; Lori McMahon, PhD; Mohammed Milad, PhD; Paul Newhouse, MD

386R—Racial, Ethnic, and Sociodemographic Considerations in the Search for Personalized Treatments for Anxiety and Mood Disorders

(Introductory)
Luana Marques, PhD; Denise Chavira, PhD; Carmela Alcantara, PhD; Inger Burnett-Zeigler, PhD; Karen Martinez, MD, MS

358R—The Biomedical Approach to Understanding and Treating Anxiety and Depression: Outcomes, Controversies, and Future Directions

(Intermediate)
Brett Deacon, PhD; Dean McKay, PhD; Mark Powers, PhD; Kerry Ressler, MD, PhD; Wayne K. Goodman, MD

Anxiety Disorders

MC012—Anxiety and Substance Abuse

(Intermediate)
Seth Eisenberg, MD

125C—The Antidepressant Primer

(Introductory)
Peter Roy-Byrne, MD

169C—Managing the Whole Patient: Examining Anxiety, Bipolarity, ADHD, and Cognitive Dysfunction

(Experienced Clinician)
Martin Katzman, MD, FRCPC; Irvin Epstein, MD, FRCPC; Isaac Szpindel, MD, Dipl. Neurolog

170C—Anxiety Disorders and Comorbidity: Unique Treatment Barriers and How to Overcome Them

(Intermediate)
Nathaniel Van Kirk, MS; Emily Anderson, PhD; Keri Brown, PhD; Maria Fraire, MS; George Clum, PhD

103C—Brief Strategic Treatment of the Anxiety Disorders

(Intermediate)

Reid Wilson, PhD

105C—Productive, Successful YOU! End Procrastination by Conquering Perfectionism Anxiety

(Introductory)

Jenny Yip, PsyD, ABPP

106C—The Art of Questioning: Skillfully Building Motivation Toward Exposure Therapy

(Intermediate)

Jenny Yip, PsyD, ABPP; Sarah Haider, PsyD

107C—Undoing the Anxiety Trick: The End of Anti-Anxiety

(Advanced)

David Carbonell, PhD

108C—It's Not Just a Cookbook! How to Tailor Essential Ingredients to Enhance ERP With Adults

(Advanced)

Jennifer Keller, PhD; Kevin Gyoerkoe, PsyD; Erica Wagner-Heimann, PsyD

109C—The Rise and Fall of Habituation: Alternative Models and Clinical Procedures Base on Inhibitory Learning

(Introductory)

Michael Treanor, PhD; Ricks Warren, PhD, ABPP

111C—Anxious in Love: Five Keys to Treating Couples When One Partner Has Anxiety

(Experienced Clinician)

Lissah Lorberbaum, MA; Carolyn Daitch, PhD

115C—Using Both Cortex-Based and Amygdala-Based Strategies in Anxiety Treatment: Don't Choose Half-Brained Treatment Approaches!

(Experienced Clinician)

Catherine Pittman, PhD; Elizabeth Karle, MLIS

131C—Using Virtual Reality in the Treatment of Anxiety Disorders (Excluding Phobias)

(Intermediate)

Stephane Bouchard, PhD; Georgina Cardenas-Lopez, PhD

340C—Integration of Care in Community Mental Health Clinics

(Introductory)

Alex Keuroghlian, MD; Luana Marques, PhD; David Zepeda, PhD; Mary Lyons Hunter, PsyD

314R—Understanding Process in Exposure-Based Treatment for Children: Implications for Clinical Settings

(Intermediate)

Kristen Benito, PhD; Nicole Caporino, PhD; Alexandra Hoff, BA; Hannah Frank, BA

320R—Exploring the Neurobiology of Pediatric Anxiety Disorders

(Intermediate)

Johnna Swartz, PhD; Do Tromp, MSc; Jacqueline Clauss, BA; Johanna Jarcho, PhD; Daniel Pine, MD

321R—Functional MRI Predictors of Response to Cognitive-Behavioral Therapy in Adult and Pediatric Patients With Anxiety Disorders

(Intermediate)

Heide Klumpp, PhD; Andrea Reinecke, PhD; K. Luan Phan, MD; Robin Aupperle, PhD; Stefan Hofmann, PhD; Rebecca Price, PhD

322R—Lace Up Your Shoes, Hop on Your Bike, and Roll Out Your Mat: Physical Exercise as Interventions for Anxiety, Obsessive-Compulsive, and Trauma-Related Disorders and Associated Risk Factors

(Introductory)

Mathew Fetzner, MA; Ana Abrantes, PhD; Margo Watt, PhD; Sherry Stewart, PhD; Johnna Medina, MA

325R—Recent Advances in Understanding the Relationship Between Stress and Affective Disorders

(Advanced)

Kiara Timpano, PhD; Lindsey DeBoer, MA; Samantha Farris, MA; Richard Macatee, BA; Michael Zvolensky, PhD

326R—Treatment Parameters and Sample Characteristics Associated With Outcome Efficacy in Anxiety and Depression: Implications for Treatment Decision-Making and Evidence-Based Practice

(Intermediate)

George Clum, PhD; Neville Galloway-Williams, MS; Nathaniel Van Kirk, MS

330R—Effects of Prenatal and Postnatal Environment on Neurobiological Risk Factors during Development

(Intermediate)

Tanja Jovanovic, PhD; Vasiliki Michopoulos, PhD; Dorthie Cross, MA; Bekh Bradley, PhD; Dylan Gee, MA

336R—Strategies for Increasing Cultural Competency in Research on Anxiety and Depressive Disorders

(Introductory)

Sarah Hayes-Skelton, PhD; Lauren PageWadsworth, BA; Monnica T. Williams, PhD; Angela M. Neal-Barnett, PhD; Alvaro Camacho, MD, MPH; Lucas Paul Karwika Morgan, MA



337R—Neurocognitive Vulnerability to Anxiety: Emotional Distraction and Anticipation of Threat

(Intermediate)

Florin Dolcos, PhD; Luiz Pessoa, PhD; Daniel Stout, MS; Dan Grupe, PhD; Christine Larson, PhD

353R—The Search for What Is Wrong With the Brain of Anxious Individuals — Is There a Problem?

(Intermediate)

Lauren White, PhD; Mohammed Milad, PhD; Robin Aupperle, PhD; Martin Paulus, MD; Gregory Fonzio, PhD; Charles Taylor, PhD

364R—Transdiagnostic Group Cognitive-Behavioral Therapy for Anxiety Disorders: Outcomes and Mechanisms

(Introductory)

Michelle Craske, PhD; Natalie Castriotta, PhD; Terri Barrera, PhD; Alexander Talkovskiy, BA; Emmanuel Espejo, PhD

365R—Emotion Regulation Flexibility in the Anxiety Disorders: From Basic Science to Interventions

(Intermediate)

Amelia Aldao, PhD; Douglas Mennin, PhD; David Klemanski, PsyD; Saren Seeley, BA; Joshua Curtiss, BA

370R—Advances in the Genetics of Anxiety Disorders

(Intermediate)

Jordan Smoller, MD Sc; Karestan Koenen, PhD; Jack Hettema, MD; Kerry Ressler, MD, PhD; Carol Mathews, MD

380R—Augmentative Strategies for Exposure Therapy for Anxiety Disorders

(Advanced)

Kerry Ressler, MD, PhD; Michael Telch, PhD; Michelle Davis, BS; Alicia Meuret, PhD; Peter Tuerk, PhD

Autism Spectrum Disorders

003—NIMH Grant-Writing Workshop

(Introductory)

Holly Ann Garriock, PhD; Joel Sherrill, PhD, Michael J. Kozak, PhD

117C—Autism Plus: How to Help Clients With Autism Plus Comorbid Conditions

(Intermediate)

Sherrie Vavrichek, MSW

118C—Assessment and Treatment of OCD in People With Autism Spectrum Disorders

(Intermediate)

Ailsa Russell, PhD, MSc

Body Dysmorphic Disorder

327R—Latest Advances in Body Dysmorphic Disorder: Conceptualization and Treatment

(Intermediate)

Fugen Neziroglu, PhD, ABPP, ABPP; Sabine Wilhelm, PhD; Dean McKay, PhD; ABPP, Katharine Phillips, MD

Career Development

002R—PCORI and ADAA: Promoting Patient-Centered Research for Anxiety and Depressive Disorders

(Introductory)

Romana Hasnan-Wynia, PhD

300R—Research Priorities for Divisions at NIMH

(Intermediate)

Michael Kozak, PhD; Joel Sherrill, PhD; Holly Garriock, PhD

301R—Developing Your Research Career: A Primer on F and K Series Training and Career Development Awards

(Early Career & Student)

Katharina Kircanski, PhD; Risa Weisberg, PhD; Jessica Lipsbitz, MA; Maria Mancebo, PhD; Karleyton Evans, MD

328R—Alternatives to Federal Research Funding: Strategies for Success

(Intermediate)

Katharina Kircanski, PhD; Adam Lewin, PhD, ABPP; Jill Harkavy-Friedman, PhD; Bruce Rollman, MD, MPH; Jamie Micco, PhD

173C—Maximizing Your Chances of Matching to the Clinical Psychology Internship of Your Choice

(Early Career & Student)

Marie Bragg, MS; Simon Rego, PsyD, ABPP, ACT; Michelle Blackmore, PhD

148C—Co-Compulsing: Seductive and Unproductive Therapy Conversations

(Intermediate)

Martin Seif, PhD, ABPP; Sally Winston, PsyD

Children & Adolescents

MC001—A Developmental Approach to Treating Anxiety and Depression in the Transitional Years (Ages 18–25)

(Intermediate)

Anne Marie Albano, PhD

MC003—Pharmacotherapy of Depression and Anxiety Disorder in Children and Adolescents

(Advanced)

John Walkup, MD

MC004—The Emotion Detectives Approach: Using the Unified Protocol for the Treatment of Anxiety and Depression in Children

(Introductory)

Jill Ehrenreich-May, PhD

MC009—Moody Anxious: What to Do? Treating Comorbid Bipolar and Anxiety Disorders in Children

(Intermediate)

Mary Fristad, PhD

MC010—Treatment of Depressed, Suicidal Adolescents

(Introductory)

Anthony Spirito, PhD

119C—School Refusal: An Individualized Approach to Treatment for Children Based on Function of School Refusal Diagnosis

(Experienced Clinician)

Zakieh Bigio, BA; Erika Rooney, MA; Rachel Busman, PsyD

121C—Parent Training for Childhood and Adolescent Anxiety

(Intermediate)

Eli Lebowitz, PhD

130C—Flexibly Implementing Exposure Therapy for Children: Lessons Learned in Intensive OCD Treatment

(Intermediate)

Bradley Riemann, PhD; Chelsea Ale, PhD, Christine Conelea, PhD; Adam Lewin, PhD, ABPP; Kristen Benito, PhD

137C—Personalization and Improvement of Patient Care for Pediatric OCD

(Experienced Clinician)

Liza Bonin, PhD

141C—Designing and Implementing Exposures to Target Obsessions Related to Harm and Sexual Themes in Children and Adults With OCD

(Advanced)

Amy Jacobsen, PhD; Lindsey Murray, MA; Ashley Smith, PhD; William Oakley, PsyD

150C—Helping Therapists Implement Trauma-Focused CBT for Children in Usual Community Settings

(Intermediate)

Judith Cohen, MD

174C—Making Exposure and Ritual Prevention for Pediatric OCD Work for You and Your Patients

(Intermediate)

Jessica Schubert, MA; Meredith Coles, PhD

196C—Distress Tolerance and Skills-Building in Adolescents

(Intermediate)

Sarosh Khalid-Khan, MD, DABP; Anita Peter, MSW, RS

302R—Aberrant Information Processes Implicated in Youth Emotional Disorders: The Role of Parental Factors

(Advanced)

Nader Amir, PhD; Brandon Gibb, PhD; Jennie Kuckertz, BA; Michelle Rozenman, PhD; John Piacentini, PhD; Jennie Kuckertz, BA; Greg Proudfit, PhD

303R—Family Risk Factors of Cognitive Vulnerability to Child Anxiety and Depression

(Advanced)

Dina Hirshfeld-Becker, PhD; Brandon Gibb, PhD; Andres Viana, PhD; Jamie Micco, PhD; Kristy Allen, PhD

311R—Family Factors in the Development, Maintenance, and Treatment for Childhood Anxiety

(Intermediate)

Nicholas Affrunti, MA; Chiaying Wei, MA; Tara Peris, PhD; Kelly Drake, PhD; Laura Niditch, MS; Thomas Ollendick, PhD

313R—Enhancing Interventions for Anxious Youth: Parenting Behaviors as Mediators of Treatment Response

(Intermediate)

Sonja Breinholst, PhD, MSc; Barbara Esbjorn, PhD; Sarah Williams, PhD; Kelly Drake, PhD; Megan Hughes, PhD

329R—Research Updates from the Child/Adolescent Anxiety Multimodal Study

(Introductory)

Jessica Schleider, BA; Courtney Keeton, PhD; Golda Ginsburg, PhD; Emily Becker, MS; John Walkup, MD; Thomas Ollendick, PhD

362R—Peer Relationships in Childhood Anxiety

(Introductory)

Candice Alfano, PhD; Lindsay Scharfstein, MS; Carla Marin, PhD; Kimberly Dunbeck, MA; Amy Przeworski, PhD



360R—Prospective Approaches to the Study of Vulnerabilities for the Emotional Disorders: Prospective Results From the Youth Emotion Project

(Advanced)
Richard Zinbarg, PhD; Michelle Craske, PhD; Lyuba Bobova, PhD; Susan Mineka, PhD

381R—Children’s Responses to Social Challenge: Linking Early Dispositional Characteristics to the Development of Anxiety

(Intermediate)
Kalina Michalska, PhD; Kristin Buss, PhD; Olga Walker, PhD; Johanna Jarcho, PhD; Koralyn Perez-Edgar, PhD

387R—Understanding and Helping Suicidal Children and Teens: Recent Findings

(Intermediate)
Jeff Bridge, PhD; Brian Mustanski, PhD, Sally Weinstein, PhD
Sponsored by the American Foundation for Suicide Prevention

332R—Remission of Parental Depression: Impact on Children

(Intermediate)
Daniel Pilowsky, MD, MP; Judy Garber, PhD; Holly Swartz, MD; Kristina Reigstad, PsyD; Myrna Weissman, PhD; Boris Birmaher, MD

339R—Advances in Clinical, Neuropsychological, and Phenomenological Research in Pediatric OCD: Implications for Assessment and Treatment

(Intermediate)
William Taboas, MA; Amitai Abramovitch, PhD; Jon Grant, MD, MPH; Lindsay Scharfstein, PhD; Joseph McGuire, MA

Comorbid Disorders

118C—Assessment and Treatment of OCD in People With Autism Spectrum Disorders

(Intermediate)
Ailsa Russell, PhD, MSc

189C—Comorbidity of OCD and Eating Disorders and Its Implication for Treatment

(Intermediate)
Eda Gorbis, PhD, MFC; Sarah Jade Stevens, PsyD

199C—The OCD/Tourette Interface: Theoretical and Clinical Implications

(Advanced)
Charles Mansueto, PhD

188R—Comorbidity of Trauma, Anxiety, and Depression: Clinical and Research Implications

(Advanced)
W. Edward Craighead, PhD, ABPP; Charles Nemeroff, MD, PhD; Michael Thase, MD; Kerry Ressler, MD, PhD

351R—ICU-Related Disorders

(Intermediate)
Jitender Sareen, MD, FRCPC; O. Joseph Bienvenu, MD, PhD; Shauna Eggertson, RN, BN; Maia Kredentser, MS

Complicated Grief

368R—Approach and Avoidance Behavior in Bereaved Adults With and Without Complicated Grief

(Intermediate)
Donald Robinaugh, MA; Fiona Maccallum, PhD; Nicole Lanouette, MD; Naomi Simon, MD

Depression

100C—Multimodal Approaches to Difficult-to-Treat Depression

(Experienced Clinician)
Rachel Leonard, PhD; Paul Holtzheimer, MD; Darin Dougherty, MD; Jerry Halverson, MD

127C—Cognitive Therapy and Medication in the Treatment of Depression and the Prevention of Subsequent Recurrence

(Experienced Clinician)
John Zajecka, MD; Jay Amsterdam, MD; Steven Hollon, PhD; Robert DeRubeis, PhD; Jan Fawcett, MD

332R—Remission of Parental Depression: Impact on Children

(Intermediate)
Daniel Pilowsky, MD, MP; Judy Garber, PhD; Holly Swartz, MD; Kristina Reigstad, PsyD; Myrna Weissman, PhD; Boris Birmaher, MD

333R—Using Multiple Levels of Analysis to Develop a More Fine-Grained Understanding of Depression Risk: Animal Models, Genetic Influences, Physiology, and Environmental Context

(Intermediate)
Max Owens, PhD; Brandon Gibb, PhD; Anastacia Kudinova, MS; Mary Woody, MS; Katie Burkhouse, MS

334R—Identification of Targets for Personalized Medicine in Major Depressive Disorder

(Intermediate)
Olusola Ajilore, MD, PhD; Sara Weisenbach, PhD; Rachel Jacobs, PhD; Scott Langenecker, PhD; Jon-Kar Zubieta, MD, PhD; Brian Mickey, MD, PhD

335R—Innovations in Computerized Treatments for Depression: A Focus on Cognitive Biases and Affect Tolerance and Sensitivity

(Advanced)

Jutta Joormann, PhD; Daniel Capron, MS; Richard Macatee, BA; Jesse Cogle, PhD; Christopher Beevers, PhD; Nader Amir, PhD

383R—Novel Treatments and the Use of Biomarkers in Depression

(Advanced)

Madhukar Trivedi, MD; Maurizio Fava, MD; Diego Pizzagalli, PhD

Eating Disorders

120C—Disordered Eating in Children: An Exposure-Based Treatment Approach

(Intermediate)

David Jacobi, PhD; Stephanie Eken, MD

189C—Comorbidity of OCD and Eating Disorders and its Implication for Treatment

(Intermediate)

Eda Gorbis, PhD, MFC; Sarah Jade Stevens, PsyD

Ethics

128C—Risk Manager/Patient Advocate: Why They Ask the Questions They Ask

(Advanced)

Patrick McGrath, PhD; Pat Getchell, RN

129C—Apps: The Ethics of Electronics Use in Treatment

(Intermediate)

Judith Callan, PhD, Patrick McGrath, PhD, Joseph Himle, PhD, Shreya Hessler, PsyD, Simon Rego, PsyD, ABPP, ACT

Exposure Therapy

104C—Technology-Enhanced Exposure Therapy: Creative Exposure Opportunities Are Only Clicks Away

(Intermediate)

Debra Kissen, PhD; Bari Goldman Cohen, PhD; Kathi Fine, PhD

156C—Effective Exposure Therapy for Social Anxiety Disorder

(Intermediate)

Jennifer Shannon, MA

174C—Making Exposure and Ritual Prevention for Pediatric OCD Work for You and Your Patients

(Intermediate)

Jessica Schubert, MA; Meredith Coles, PhD

184C—Integrating Mindfulness-Enhanced CBT With ERP for OCD

(Intermediate)

Jonathan Grayson, PhD; Jonathan Hershfield, MFT

369R—Therapist Barriers to the Dissemination of Exposure Therapy

(Intermediate)

Brett Deacon, PhD; Mark Powers, PhD; Joshua Kemp, MS; Shannon Blakey, BS; Nicholas Farrell, MS; Johanna Meyer, BS

Generalized Anxiety Disorder

133C—Acceptance-Based Treatment of Generalized Anxiety Disorder

(Intermediate)

David Carbonell, PhD

361R—Neurobiology of GAD and MDD: Impact of Childhood Maltreatment and Correlates of Antiglutamatergic Therapies

(Advanced)

Jeremy Coplan, MD; Sanjay Mathew, MD; Chadi Abdallah, MD; Jack Gorman, MD

Hoarding

371R—Hoarding and Family Relationships

(Intermediate)

Gail Steketee, PhD; Amy Przeworski, PhD; Valerie Vorstenbosch, MA; Jennifer Park, MA; Kiara Timpano, PhD

134C—Hoarding: Diagnosis, Conceptualization, and Treatment.

(Intermediate)

Dena Rabinowitz, PhD, ABPP

135C—Decisions, Indecision, and Clutter in Hoarding Situations

(Intermediate)

Elspeth Bell, PhD



Military

347C—Private-Public Partnerships in the Service of Veterans: Report From the Major League Baseball and McCormick Foundation “Welcome Back Veterans” Initiative

(Intermediate)

Mark Pollack, MD; Will Beiersdorf, BS, MPA; Naomi Simon, MD, MSc; Anna Laubach, MSW; Terence Keane, PhD; Barbara Rothbaum, PhD

375C—Challenges With Mental Health Treatment for Returning Veterans in a Specialized Private Outpatient Clinic: Lessons Learned From The Red Sox Foundation and Massachusetts General Hospital Home Base Program

(Intermediate)

Naomi Simon, MD; Rebecca Brendel, MD; Eric Bui, MD, PhD; Elizabeth Goetter, PhD; Jerrold Rosenbaum, MD

348R—Key Factors in PTSD Risk and Resilience Across Multi-Era Veterans

(Intermediate)

Sheila Rauch, PhD, ABPP; Barbara Rothbaum, PhD, ABPP; Kristin Lamp, PhD; Rebecca Sripatha, PhD

359R—The Status of Evidence-Based Treatments for Anxiety and Depression in Veterans: A Comparison to Community Samples

(Intermediate)

Juliette Mott, PhD; Terri Barrera, PhD; Paula Schnurr, PhD; Natalie Hundt, PhD; Kathleen Grubbs, PhD

376R—Effective Treatments for PTSD and Comorbid Conditions: Predictors of Treatment Response

(Introductory)

Shannon Wiltsey-Stirman, PhD; Valerie Vorstenbosch, PhD; Terence Keane, PhD; Blair Wisco, PhD; Paula Schnurr, PhD; Deborah Brief, PhD

Mindfulness

MC006—The Mindful Way Through Anxiety: An Evidence-Based Approach to Treating Generalized Anxiety and Comorbid Disorders

(Introductory)

Susan Orsillo, PhD; Lisbeth Roemer, PhD

178C—Mindfulness-Based Stress Reduction (MBSR): Learning to Live in the Present

(Introductory)

Patricia Normand, MD

Obsessive Compulsive Disorder

MC011—A Model to Promote Rapid Gain in OCD Treatment

(Experienced Clinician)

Reid Wilson, PhD

182C—Key DSM-5 Changes for Obsessive-Compulsive and Related Disorders and Their Relevance to Clinical Practice

(Intermediate)

Eric Hollander, MD; Jon Grant, MD, PhD; J. Sanjay Saxena, MD; H. Blair Simpson, MD, PhD; Katharine Phillips, MD

138C—Treatment of Severe Obsessive-Compulsive Disorder in Intensive Treatment: Sudden Gains and Dropout

(Intermediate)

Emily Anderson, PhD; Kimberly Rinehart, MA; Naomi Zweeker, PhD; Ginny Fullerton, PhD

139C—Management of Treatment-Resistant OCD-Spectrum Conditions

(Intermediate)

Gail Steketee, PhD; Brad Reimann, PhD; C. Alec Pollard, PhD

179C—Getting CBT to Those Who Need It

(Intermediate)

C. Alec Pollard, PhD; Jeff Szymanski, PhD; Denise Stack, MA; Sabine Wilhelm, PhD

181C—Promoting Success in the Treatment of OCD: Bridging the Gap Between Patient and Practitioner

(Introductory)

Nathaniel Van Kirk, MS; Charles Mansueto, PhD; Jeff Szymanski, PhD

144C—Multimodal Approaches to Difficult to Treat Obsessive-Compulsive Disorder

(Experienced Clinician)

Jerry Halverson, MD; Bradley Riemann, PhD; John Greist, MD; Darin Dougherty, MD; Evelyn Stewart, MD

180C—State-of-the-Art Therapeutics for Repetitive-Behavioral Disorders

(Advanced)

Phillip Seibell, MD; Eric Hollander, MD; Christopher Pittenger, MD, PhD; Steven Poskar, MD; Stefano Pallanti, MD, PhD

137C—Personalization and Improvement of Patient Care for Pediatric OCD

(Experienced Clinician)

Liza Bonin, PhD

140C—Integrating Exposure and Response Prevention and Medication Management: Strategies for the Prescribing Clinician

(Advanced)

Megan Hughes, PhD; Phillip Seibell, MD

141C—Designing and Implementing Exposures to Target Obsessions Related to Harm and Sexual Themes in Children and Adults With OCD

(Advanced)

Amy Jacobsen, PhD; Lindsey Murray, MA; Ashley Smith, PhD; William Oakley, PsyD

145C—Psychopharmacology, CBT, and Mindfulness for OCD: An Integrative Approach

(Experienced Clinician)

Margaret Richter, MD, FRCPC; Neil Rector, PhD, C. Psys; Steven Selchen, MD, FRCPC, MS

174C—Making Exposure and Ritual Prevention for Pediatric OCD Work for You and Your Patients

(Intermediate)

Jessica Schubert, MA; Meredith Coles, PhD

184C—Integrating Mindfulness-Enhanced CBT With ERP for OCD

(Intermediate)

Jonathan Grayson, PhD; Jonathan Hershfield, MFT

193C—An introduction to Motivation and Compliance in the Treatment of OCD: Translating Theory and Research to Clinical Practice

(Introductory)

Emily Anderson, PhD; Nathaniel Van Kirk, MS; Thröstur Björgvinsson, PhD, ABPP

199C—The OCD/Tourette Interface: Theoretical and Clinical Implications

(Advanced)

Charles Mansueto, PhD

338R—Current Trends in Obsessive-Compulsive Disorder Family Research and Treatment Implications

(Intermediate)

Gail Steketee, PhD, LCSW; Barbara Van Noppen, PhD, LCSW; Bradley Riemann, PhD; C. Alec Pollard, PhD

339R—Advances in Clinical, Neuropsychological, and Phenomenological Research in Pediatric OCD: Implications for Assessment and Treatment

(Intermediate)

William Taboas, MA; Amitai Abramovitch, PhD; Jon Grant, MD, MPH; Lindsay Scharfstein, PhD; Joseph McGuire, MA

372R—Empirical Evaluation of “Not Just Right Experiences,” Incompleteness, and Harm Avoidance in Obsessive-Compulsive Disorder

(Intermediate)

Christine Conelea, PhD; Ariel Ravid, MS; Katherine Crowe, BA; Jeannette Reid, MA; Dean McKay, PhD, ABPP; Maria Mancebo, PhD

379R—Old and New Treatment Strategies for OCD

(Intermediate)

Moira Rynn, MD; Carolyn Rodriguez, MD, PhD; Darin Dougherty, MD; Wayne Goodman, MD; H. Blair Simpson, MD, PhD

Panic Disorder

146C—Listening to Youth Who Overcome Panic Disorder and PTSD: Individual, Family, and Treatment Factors Impacting Outcomes for Anxious Youth With Complex Needs

(Intermediate)

Sucheta Connolly, MD; David Simpson, PhD, LCSW; Liza Suarez, PhD

202C—Cognitive-Behavioral Treatment of Panic Disorder and Agoraphobia in Youth

(Intermediate)

Donna Pincus, PhD; Jill Ehrenreich-May, PhD

323R—Amygdala and pH-Chemosensitivity in Panic Versus Anxiety

(Advanced)

John Wemmie, MD, PhD; Ryan Lalumiere, PhD; Vincent Magnotta, PhD; Phillip Johnson, PhD; Rene Hurlemann, MD, PhD

PTSD and Trauma

150C—Helping Therapists Implement Trauma-Focused CBT for Children in Usual Community Settings

(Intermediate)

Judith Cohen, MD

152C—PTSD: CBT Interventions That Work

(Intermediate)

Brian Schmaus, PhD; Maha Zayed, PhD

159C—Applications of CBITS for Students With PTSD

(Intermediate)

Jamie Howard, PhD; Margaret Areizaga, MA; Yael Isler, MA; Erika Rooney, MA

355R—Social Support After Trauma: Can I Count on You During the Bad Times?

(Early Career & Student)

Judiann Jones, MS; Terri Messman-Moore, PhD; Sarah Campbell, MS; Kathryn Howell, PhD; J. Gayle Beck, PhD; Marylene Cloitre, PhD

356R—Emotional Functioning and Broad Clinical Phenotypes: Going Beyond PTSD Alone

(Intermediate)

Terri Messman-Moore, PhD; Michelle Lilly, PhD; Terence Keane, PhD; Blair Wisco, PhD; Holly Orcutt, PhD

342R—Novel Methods of Prevention and Intervention for Posttraumatic Stress Disorder

(Intermediate)

Kerry Ressler, MD, PhD; Barbara Rothbaum, PhD; Alex Rothbaum, BS; Lydia Odenat, PhD; Adriana Feder, MD

343R—Candidate Biomarkers for PTSD, Anxiety Disorders, and Major Depressive Disorder

(Advanced)

Robin Aupperle, PhD; Amit Etkin, MD, PhD; Isabelle Rosso, PhD; Jennifer Britton, PhD

344R—Over-Expression of Fear as an (Intermediate) Phenotype of Trauma Exposure and PTSD

(Intermediate)

Seth Norrholm, PhD; Jennifer Stevens, PhD; Roe Admon, PhD; Negar Fani, PhD

345R—Biological and Psychological Predictors of PTSD in Civilians

(Intermediate)

Kerry Ressler, MD, PhD; Vasiliki Michopoulos, PhD, MsC; Bekh Bradley, PhD; Alex Rothbaum, BS; Negar Fani, PhD

346R—Sleep Disturbance and Extinction Memory in Understanding the Neurobiology and Treatment Of PTSD

(Intermediate)

Gina Poe, PhD; Anne Germain, PhD; Edward Pace-Schott, PhD; Edward Wright, PhD; Mohammed Milad, PhD

350R—Identifying and Treating Predispositional Variables Implicated in the Development of PTSD

(Introductory)

Melissa Mitchell, MS; Samantha Horswill, MA; R. Nicholas Carleton, PhD; Jafar Bakhsbaie, MD; Jitender Sareen, MD, FRCPC

377R—Personalizing Treatment After Trauma: The Role of Peritraumatic Reactions

(Introductory)

Nelly Goutaudier, PhD; Charmaine Thomas, MS, PhD; Eric Bui, MD, PhD

Selective Mutism

153C—Tailored Intensive Treatment of Selective Mutism

(Experienced Clinician)

Carmen Lynas, PhD; Steven Kurtz, PhD, ABPP

Social Anxiety Disorder

MC005—Cognitive-Behavioral Treatment for Adults With Social Anxiety Disorder

(Intermediate)

Richard Heimberg, PhD

157C—Increasing the Efficacy of Social Anxiety Disorder Treatment: Using Theory and Research to Address the Idiographic Needs of Patients

(Intermediate)

Justin Weeks, PhD; Richard Heimberg, PhD; Thomas Rodebaugh, PhD; C. Alec Pollard, PhD; Melanie VanDyke, PhD

154C—Compassionate Social Fitness: Compassion-Focused Therapy for Shyness and Social Anxiety Disorder

(Introductory)

Lynne Henderson, PhD

156C—Effective Exposure Therapy for Social Anxiety Disorder

(Intermediate)

Jennifer Shannon, MA

186C—Enhancing the Cultural Sensitivity of Cognitive-Behavioral Therapies for Social Anxiety

(Intermediate)

Sarah Hayes-Skelton, PhD; Jessica Graham, PhD

319R—Enhancing the Focus on Objective Evaluation: Novel Methods for Assessing Social Anxiety Disorder

(Intermediate)

Charles Taylor, PhD; Alison Menatti, MS; Thomas Rodebaugh, PhD; Richard Heimberg, PhD; Stefan Hofmann, PhD; Elizabeth Gordon, PhD; Justin Weeks, PhD

352R—Shyness Mindset: A Metacognition That Affects How We Respond to and Learn From Challenging Social Experiences

(Intermediate)

Kathleen McCraw, BA; Stefan Hofmann, PhD; David Valentiner, PhD; Simon Jencius, MA; Lindsay Miller, BA



Technology

192C—Tech Tips to Transform Your Practice

(Introductory)

Simon Rego, PsyD, ABPP, ACT; Kimberly Morrow, LCSW; Michelle Blackmore, PhD; Raphael Rose, PhD

129C—Apps: The Ethics of Electronics Use in Treatment

(Intermediate)

Judith Callan, PhD; Patrick McGrath, PhD; Joseph Himle, PhD; Shreya Hessler, PsyD; Simon Rego, PsyD, ABPP, ACT

158C—How Can Mobile Connected Technologies Expand Treatment Opportunities for Anxiety Disorders?

(Intermediate)

Robert Goldberg, PhD; Terence Keane, PhD; Luana Marques, PhD; Darin Dougherty, MD; Barbara Rothbaum, PhD

385R—Computerized Therapies: Efficacious, But Do They Work According to Assumptions?

(Introductory)

Andrew Hale, MA; Rachel Padalino, BA; C. Richard Spates, DPhil; Christina Sheerin, PhD; Chelsea Sage, BA

335R—Innovations in Computerized Treatments for Depression: A Focus on Cognitive Biases and Affect Tolerance and Sensitivity

(Advanced)

Jutta Joormann, PhD; Daniel Capron, MS; Richard Macatee, BA; Jesse Cougle, PhD; Christopher Beevers, PhD; Nader Amir, PhD

Trichotillomania & Tic Disorders

160C—State of the Art: Clinical Treatment for Trichotillomania (Compulsive Hair-Pulling) and Other Body-Focused Repetitive Behaviors (BFRBs)

(Intermediate)

Ruth Golomb, MEd, LCPC



The New Rogers OCD Center

Help Has a New

Home

Rogers Memorial Hospital has taken its high-quality care for obsessive-compulsive disorder or related anxiety disorders one step further with the opening of the relocated OCD Center at Cedar Ridge.

- Expanded capacity for care when your patients need it
- Evidence-based care integrating CBT and ERP
- Expertise from a team that is helping define OCD treatment

Opening January 2014: The FOCUS residential program for young adults with depression and mood disorders.

Learn more or make a referral at rogershospital.org or 800-767-4411.



Program Overview and Statement of Need

The annual conference of the Anxiety and Depression Association of America (ADAA) is designed to meet the educational needs of clinicians and researchers by providing training, dissemination of evidence-based treatments, and translation of the latest research.

Anxiety disorders and depression are common and disabling. Anxiety disorders comprise a diagnostic category that includes generalized anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), social anxiety disorder, and phobias. Lifetime prevalence estimates for all anxiety disorders and major depression are 28.8 percent and 16.6 percent, respectively. Mental illnesses account for more than half as many disability days as all physical illnesses, with anxiety and depressive disorders being the major causes of disability. More than 40 million adults have one or more anxiety disorder, and 19 million adults have depression; anxiety disorders are the most common mental illnesses in children.

Research has long documented the high comorbidity between anxiety disorders and depression; the latest data continues to highlight the importance of understanding the overlap between these disorders, not only with respect to their etiology, but also in terms of treatment course. In 50 percent of diagnoses, individuals have comorbid anxiety and depression. Additionally, anxiety and depression are the

primary illnesses associated with suicide. To continue leading the field, ADAA has broadened its mission and vision to encompass anxiety and depressive disorders.

Capitalizing on emerging science on mediators, biomarkers, and moderators of response to intervention, the theme of this conference is personalized interventions for anxiety and depression. There are now well over 400 empirically supported treatments and drugs for anxiety and depression. Thus a new challenge is determining what interventions work for whom, when, and under what circumstances.

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

Conference Educational Objectives

After participating in the 2014 annual conference, attendees should be able to:

- Recognize and assess current and new diagnostic and therapeutic options for children and adults with anxiety disorders, OCD, PTSD, depression, and comorbid conditions.
- Apply evidence-based research, including the integration of treatment matching technologies to improve patient outcomes.
- Identify the etiology, pathophysiology, and neural pathways of anxiety and depressive disorders.
- Apply psycho- and pharmacotherapy interventions alone and in combination to develop treatment plans, predict treatment response, optimize remission, and prevent relapse.
- Discuss and innovate research on anxiety disorders, OCD, PTSD, depression, and comorbid disorders.
- Evaluate the impact of a multidisciplinary approach to the treatment and management of children and adults and use psychosocial and pharmacological treatments as applicable to improve patient outcomes.
- Design effective treatment plans for patients with refractory disorders and help family members of those who refuse treatment.



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