

# ADAA

# 2022

March 17–20, 2022  
DENVER

## Anxiety & Depression CONFERENCE

Common Psychopathology: What Can  
the Past Tell us About the Future?

# PROGRAM

**ADAA**

Anxiety & Depression  
Association of America  
Triumphing Through Science, Treatment, and Education



[www.adaa.org](http://www.adaa.org) | [#ADAA2022](https://twitter.com/ADAA2022) | [@ADAAConference](https://www.linkedin.com/company/adaa)



You are cordially invited to access ADAA 2022 presentations from Sage Therapeutics, Inc. and Biogen, Inc. at <https://medical.sagerx.com/>

Sage Therapeutics, Inc. and Biogen, Inc. are Proud Platinum-Level Sponsors of the Anxiety & Depression Association of America (ADAA) 2022 Conference.

## FROM CHARLES B. NEMEROFF, MD, PhD

### *ADAA President*

On behalf of the ADAA Board of Directors and myself—welcome to ADAA's 2022 Conference focusing on **Common Psychopathology: What Can the Past Tell us About the Future?** As always, we look forward to an excellent program that is designed to meet the educational needs of our diverse network of clinicians as well as our basic and clinical anxiety and depression researchers with backgrounds in medicine, psychology, social work, counseling, nursing, neuroscience, genetics, epidemiology, and other disciplines.



It is my honor to be a part of such a diverse organization. I want to thank our members, program supporters, donors, and wonderful [2022 conference committee](#) for making the conference possible. I especially want to thank our conference co-chairs, Chadi G. Abdallah, MD and Lynnette Averill, PhD, and our conference Board Liaison Sanjay Mathew, MD for their time and commitment.

I would also like to thank the many prominent speakers who are willing to share their expertise and time. I hope that each of our attendees will take part in as many conversations as possible with our speakers and each other. The collegiality of practitioners and scientists dedicated to the improvement of patient care for these serious disorders combined with the adherence to evidence-based research and treatment makes ADAA a wonderful environment for clinicians and investigators. I look forward to hearing from ADAA members about their thoughts on how to make our beloved organization even better, including how we can provide more evidence-based content to our annual website visitors of 11 million+.

I know firsthand how invaluable it is to belong to such a cutting-edge mental health association. I have been a member since 1999 and know that ADAA is a unique organization. I encourage you to introduce yourself to me, the other Board of Director members as well as the staff, committees, and special interest group members throughout the conference and beyond. We are all eager to welcome you and to make sure that you get the most out of your conference experience. And we hope that you make ADAA your professional home. Thank you for your support of ADAA's mission.

#### **ADAA BOARD OF DIRECTORS**

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 Sasha Sicard, *Manager, Membership and Education*  
 Tana Stellato and Christina Pino, *Meeting Planners*  
 Micaiah Kimble, *Scott Circle Communications*

# FROM LYNNETTE AVERILL, PhD AND CHADI G. ABDALLAH, MD

## ADAA 2022 Conference Co-Chairs

ADAA holds the only annual meeting of its kind, uniting leaders in the research community from across the U.S. and internationally with clinicians and other experts from all mental health disciplines. This year's meeting theme **Common Psychopathology: What Can the Past Tell us About the Future?** is important as it highlights the overlap across mental illnesses and guides the field going forward to provide more comprehensive and personalized treatment options.

The ADAA Conference is a great way to learn and network. We look forward to showcasing new research and the latest updates in clinical practice at this year's annual conference and we look forward to hearing from our prominent speakers.

We would both like to thank the members of the [2022 Conference committee](#) who worked tirelessly to offer you this wonderful learning and networking experience.

A special thank you to our Conference speakers, poster presenters, other committee members, event sponsors, and supporters, and especially the ADAA staff without whom this meeting could not take place.

It is our sincere hope that you enjoy the conference and leave with renewed inspiration for the important research and/or clinical work you do.



## THANK YOU TO THE 2022 CONFERENCE COMMITTEE

### 2022 CONFERENCE COMMITTEE CO-CHAIRS

Chadi G. Abdallah, MD Baylor  
College of Medicine and VA  
Medical Center, Houston  
Lynnette Averill, PhD  
Baylor College of Medicine  
and VA Medical Center, Houston

### SUBCOMMITTEES

#### Master Clinician Sessions

Jill M. Emanuele, PhD  
Child Mind Institute

#### Practice

Robert Brady, PhD  
Dartmouth-Hitchcock Medical  
Center  
Rachel Busman, PsyD, ABPP  
Cognitive & Behavioral  
Consultants  
Lillian Reuman, PhD  
Stonehill College

#### Practice Symposium

Prakash Chandra, MD  
University of Missouri,  
Kansas City

#### Career Development

Lauren Sippel, PhD  
National Center for PTSD and  
Geisel School of Medicine at  
Dartmouth

#### Research

Ashley Clausen, PhD  
St. Vincent Hospital  
Mbemba Jabbi, PhD  
University of Texas Dell Medical  
School  
James Murrough, MD, PhD  
Icahn School of Medicine at  
Mount Sinai  
Michael Wheaton, PhD  
Barnard College

#### Posters

Sandra Llera, PhD  
Towson University  
Amy Przeworski, PhD  
Case Western Reserve  
University

#### Depression

Jerry Halverson, MD  
Rogers Behavioral Health

#### Ethics

Jill M. Emanuele, PhD  
Child Mind Institute

#### Scientific Council Liaison

Martin Paulus, MD  
Laureate Institute for Brain  
Research

#### Professional Development Committee Liaison

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Boston University School of  
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Kamholz Clinical Psychology  
Services, LLC

#### ADAA Board Liaison

Sanjay Mathew, MD  
Baylor College of Medicine

#### 2023 Conference Co-Chairs

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Montefiore Medical Center,  
Albert Einstein College of  
Medicine  
Simon Rego, PsyD, ABPP, ACT  
Montefiore Medical Center,  
Albert Einstein College of  
Medicine

# THANK YOU TO OUR ADAA 2022 CONFERENCE SESSION REVIEWERS

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Kristy Allen, PhD  
Lynnette Averill, PhD  
Shelley Avny, PhD  
Kelly Banneyer, PhD  
Allison Bonifay, MA  
Elle Brennan, PhD  
Rachel Busman, PsyD, ABPP  
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Cristina Cusin, MD  
Joan Davidson, PhD  
Darin Dougherty, MD  
Jill Emanuele, PhD  
Jennifer Erickson, PhD  
Elizabeth Eustis, PhD  
Kristina Feldman, PhD  
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Greg Fonzo, PhD

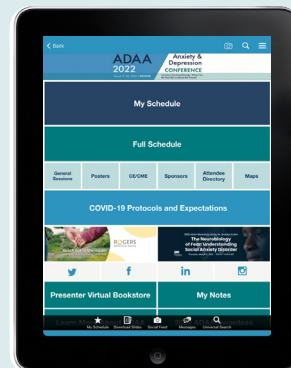
Rochelle Frank, PhD  
Melissa G. Hunt, PhD  
Julieanna Gonsalves, MA  
Ashley Hart, PhD  
Jack Hettema, MD, PhD  
Paul Holtzheimer, MD  
Micah Ioffe, PhD  
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Tam Roblek, PhD  
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Ashley Smith, PhD  
Beverly Smith, PhD  
Jami Socha, PhD  
Jane Sosland, PhD  
Anais Stenson, PhD  
Monika Stojek, PhD  
Laurel Sugden, PsyD, MPH  
Kristin Szuhany, PhD  
Sukhpreet Tamana, PhD  
Michael Van Ameringen, MD, FRCPC  
Michael Weinberg, PhD  
Risa Weisberg, PhD  
Michael Wheaton, PhD  
Taylor Wilmer, PhD  
Stephanie Woodrow, MS, LCPC, NCC  
Lira Yoon, PhD

## YOUR CONFERENCE APP:

Navigate the event like a pro  
with the **ADAA 2022** mobile app,  
powered by **CadmiumCD**



AVAILABLE AT:



### Downloading the eventScribe app is easy!

**1. Find the App:** Scan the QR Code or go to the Apple App Store or Google Play and search for **eventScribe**.

**2. Install and Open the eventScribe App:** Find your event icon in the Upcoming Events (bottom row) or search for **ADAA 2022**. Tap the event icon to launch your event's app.



**3. Login to the App:** Already have an account? Tap **Login** and enter your username (email address) and password (access key) that was emailed to you. Don't have an account? Tap **Create Account**.

### APP TIPS:

- Download the app before you go! Wi-Fi connection on-site can affect the functionality of the app.
- Browse the event information and create a personal schedule by tapping on the star next to presentation titles.

**Should you have any questions, please stop by the registration desk.**

## GENERAL INFORMATION

### Badges

Your conference badge is required for admission to all sessions, meals, and receptions. Please wear it during the conference and remove it whenever you leave the hotel. Your badge is also how ADAA knows you have followed the required COVID-19 protocols. Those without a badge may be asked to leave the conference space.

### Breakfast and Breaks

Daily hot breakfast, coffee, and tea are served from 8:30 am – 9:30 am on Friday and Saturday in the Plaza Foyer for all registered attendees and from 8:00 am – 8:30 am on Sunday in the Plaza Foyer.

A light hot breakfast, coffee and tea, will be served from 8:30 am – 9:30 am for all First Time Attendees on Friday in Plaza Ballroom F.

### Business Center

Full-service copying and shipping; located on the Lobby Level of the hotel; the FedEx Office Business Center hours are 8:00 am – 5:00 pm Monday–Friday, 8:00 am – 12:00 pm Saturday and closed on Sunday. Call: (303) 218-5465.

### Cell Phones

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

### Emergency Information

For all emergencies -Pick up any house phone in the meeting space or public areas and you will be connected to PBX who will call Security to attend.

Do not call 911

### Internet Access

All ADAA hotel guests at the **Sheraton** and the **Sonesta** will receive free wireless Internet access in their rooms and the main hotel lobby; password-protected complimentary wireless Internet will be available in all ADAA function rooms on Concourse Level.

Network: MarriottBonvoy\_Conference  
Access code: ADAA2022

### Lunch

Attendees are on their own for lunch but check the chronological listing in this program for lunchtime programming. **Students, Trainees, Postdocs, and Residents who have received a confirmed ticket** are invited to a complimentary luncheon on Saturday, 12:00 – 1:00 pm, in Plaza Ballroom C. Pre-registration is required.

### Speaker Ready Room

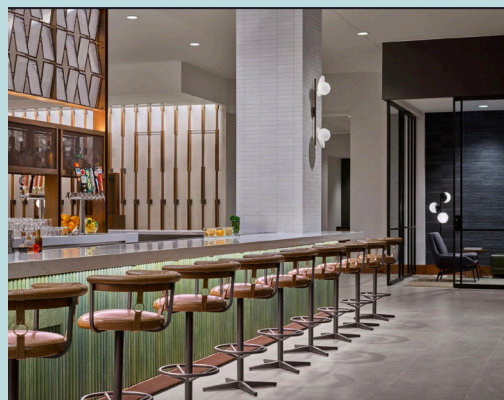
**Governor's Square 9.** Visit the Speaker Ready Room to view and practice your presentation. Open Thursday – Saturday from 7:30 am – 5:30 pm and on Sunday from 7:30 am – 9:30 am.

## DINING IN THE SHERATON

All accessible via Lobby Level

**16th Street Commons Coffee Bar:** Open daily from 6 am – 10 pm, start your day with a Starbucks® and end the evening with a local beer. All food and beverages, including beer and wine, are available to-go.

**Yard House – Dine-In & Takeout:** Open daily from 11 am – 9 pm. Stop by Yard House, our downtown Denver restaurant showcasing a robust menu of sizzling steaks and fresh-caught fish. Pair your meal with a craft, local or imported beer. Happy Hour specials and a late-night menu help you unwind in Denver, CO.



## Poster Sessions – Plaza Foyer

**Session I** (Friday, 5:30 pm – 6:30 pm)

Setup between 12:00 pm – 2:00 pm on Friday.

**Session II** (Saturday, 3:00 pm – 4:00 pm)

Setup between 12:00 pm – 2:00 pm on Saturday.

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

## Registration, Plaza Foyer

Thursday, 8:00 am – 6:00pm

Friday, 7:30 am – 5:30 pm

Saturday, 7:30 am – 5:30 pm

Sunday, 8:00 am – 12:00 pm

## Hotel Information

### Sheraton Downtown Denver

1550 Court Pl, Denver, CO 80202  
(303) 893-3333

### The Sonesta

1450 Glenarm Pl, Denver, CO 80202

## Recording or Photographing

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

ADAA reserves the right to use any photograph/video taken at any event sponsored by ADAA, without the expressed written permission of those included within the photograph/video. ADAA may use the

photograph/video in publications or other media material produced, used or contracted by ADAA including but not limited to: marketing materials, future conference outreach, brochures, invitations, books, newspapers, magazines, television, websites, social media platforms, videos, etc.

A person attending an ADAA event who does not wish to have their image recorded for distribution should make their wishes known to the photographer, and/or the event organizers, and/or contact ADAA at [media@adaa.org](mailto:media@adaa.org) or 8701 Georgia Avenue, Suite 412, Silver Spring, MD 20910 in writing of his/her intentions and include a photograph. ADAA will use the photo for identification purposes and will hold it in confidence.

By participating in an ADAA event or by failing to notify ADAA, in writing of your desire to not have your photograph used by ADAA, you are agreeing to release, defend, hold harmless and indemnify ADAA from any and all claims involving the use of your picture or likeness.

Any person or organization not affiliated with ADAA may not use, copy, alter or modify ADAA photographs, graphics, videography or other, similar reproductions or recordings without the advance written permission of an authorized designee from ADAA.

Thank you for your understanding and cooperation.



Anxiety & Depression  
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## Anti-Harassment Policy

ADAA strives to provide an environment in which our diverse members may learn, network, and share information freely with their colleagues. As such, ADAA is committed to providing a safe and harassment-free conference experience for all participants (presenters, attendees, exhibitors, guests, and staff) regardless of age, race, sex, ethnicity, national origin, religion, language, sexual orientation, gender identity or gender expression, or disability. In further support of this commitment, ADAA will not tolerate harassment of any conference participant in any form.

ADAA's anti-harassment policy applies to in-person as well as virtual events. During virtual events, behaviors such as spam posts (reposting the same content repeatedly or soliciting business, etc.) which are disruptive to the event will be cause for removal from the event. Negative comments or posts about race/ethnicity, gender and gender identity, sexual orientation, disability, age, religion, physical appearance or other protected categories or sharing inappropriate or explicit material will also be cause for removal from the virtual platform.

All participants are expected to abide by ADAA's anti-harassment policy. Any participant found to be in violation of the policy or otherwise disruptive to the event may be sanctioned or expelled from the current or future events at the discretion of ADAA staff.

If you are being harassed, notice that someone is being harassed, or have other concerns, contact ADAA's Executive Director Susan Gurley ([sgurley@adaa.org](mailto:sgurley@adaa.org)) immediately. All reports will remain confidential.

# ADAA CONFERENCE CODE OF CONDUCT

The Anxiety and Depression Association of America (ADAA) is committed to providing a safe, productive, and welcoming environment for all conference participants and ADAA staff. All participants, including, but not limited to, attendees, speakers, volunteers, exhibitors, sponsors, ADAA staff members, service providers, and all others are expected to abide by this Code of Conduct. This Policy applies to all ADAA meeting-related events and webinars, on public or private platforms, including those sponsored by organizations other than ADAA but held in conjunction with ADAA events.

ADAA has a zero-tolerance policy regarding any form of discrimination or harassment by participants or our staff at our meetings. Zero-tolerance means that the Association will not tolerate any conduct by or towards any meeting participant and ADAA staff during the conference that singles out an individual or group of individuals for different treatment than others based on a legally protected characteristic, that is intended to or has the effect of unreasonably interfering with another's participation in or that creates an intimidating, hostile, or offensive conference.

If you experience harassment or hear of any incidents of unacceptable behavior, ADAA requests that you inform ADAA Executive Director Susan Gurley ([sgurley@adaa.org](mailto:sgurley@adaa.org)) so appropriate action can be taken.

## Unacceptable Behavior is Defined as:

- Harassment, intimidation, or discrimination in any form, including but not limited to sexual harassment.
- Verbal or written abuse of any attendee, speaker, volunteer, exhibitor, sponsor, ADAA staff member, service provider, or other meeting guest.
- Examples of verbal abuse include, but are not limited to, verbal comments related to gender, sexual orientation, disability, physical appearance, body size, race, religion, national origin, inappropriate use of nudity and/or sexual images in public spaces or in presentations, or threatening or stalking any attendee, speaker, volunteer, exhibitor, sponsor, ADAA staff member, service provider, or other meeting guest.

- Disruption of presentations during sessions, in the exhibit hall, or at other events organized by ADAA throughout the meeting. All participants must comply with the instructions of the moderator and any ADAA event staff.

ADAA reserves the right to take any action deemed necessary and appropriate, including immediate removal from the meeting without warning or refund, in response to any incident of unacceptable behavior, and ADAA reserves the right to prohibit attendance at any future meeting, virtually or in person.

## Disclaimer On Recording

By participating in ADAA events, including webinars, the Fall Forum, and the Annual Conference, you acknowledge that these events will be recorded for future use by ADAA. Attendees automatically agree to authorize recording of audio and visual content (including public Q&A chat functions) presented during the event and consent to subsequent use of the recording in the public domain by ADAA unless otherwise stated. While presenter information such as name, credentials, title, and affiliation will be shared, attendee personal information will not be displayed in the recording or available in the public domain after the conclusion of the event. Please direct any concerns to Vickie Spielman, Associate Director of Membership and Education, at [vspielman@adaa.org](mailto:vspielman@adaa.org) or 240-485-1030.

Questions about this Code of Conduct or Recording Disclaimer should be directed to Vickie Spielman, Associate Director of Membership and Education, at [vspielman@adaa.org](mailto:vspielman@adaa.org) or 240-485-1030.



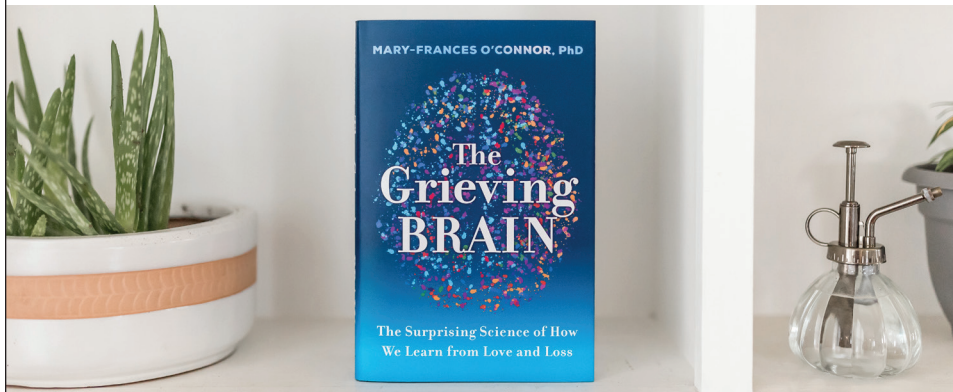
## Backed by research and neuroscience, a new paradigm for understanding love, loss and learning

"Anyone who's been through a loss, is going through a loss, or just wants to know how bereavement works, this wonderful book is for you."

— George Bonanno, author of *The End of Trauma*

"We will all be touched by loss. To understand grief is to understand a fundamental human experience. This book is a powerful and comprehensive exploration of grief, the best I have read."

— Roshi Joan Halifax, PhD, pioneer in the end-of-life care field and author of *Standing at the Edge* and *Being with Dying*



MARY-FRANCES O'CONNOR is an associate professor of psychology at the University of Arizona, where she directs the Grief, Loss, and Social Stress (GLASS) Lab in investigating the effects of grief on the brain and the body. Her work has been published in the *American Journal of Psychiatry*, *Biological Psychiatry*, and *Psychological Science* and featured in *Newsweek*, *The New York Times*, *NPR* and *The Washington Post*.



Photo by Bevin Christina Dunn

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Share your expertise and increase your visibility with our 11 million annual unique visitors and with your fellow members and broader professional community.

ADAA shares your [blog posts on our website](#), social media platforms, monthly public e-newsletters and in our bi-weekly professional e-newsletter. It's a great way to market your practice or institution!

# SPECIAL EVENTS, INVITED SPEAKERS AND MEETINGS

All sessions are on the Concourse Level unless otherwise specified. See the conference app for the most current listings.

All Times Listed are United States Mountain Time.  
\*Schedule subject to change.

## Thursday, March 17, 2022

### 10:00 am – 4:30 pm

Alies Muskin Career Development Leadership Program – Invitation Only

**PLAZA BALLROOM F**

### 1:30 pm – 2:30 pm

Timely Topic – Suicide Risk and Prevention: Emerging Findings Regarding Experience, Perspectives, and Underlying Neurobiological Mechanisms with Lynnette Averill, PhD, Baylor College of Medicine, Michael E. DeBakey VA Medical Center, and Lindsey Monteith, PhD, Rocky Mountain MIRESS and University of Colorado Anschutz Medical Campus

**GOVERNOR'S SQUARE 12**

### 4:45 pm – 6:00 pm

Keynote Address – Leadership in Times of Crisis and Beyond with Patrice A. Harris, MD, MA, eMed  
Special Address—What the Past Can Tell us About the Future: Impact of Telehealth on Access During COVID-19 with Stephanie C. Eken, MD, Rogers Behavioral Health

Open to All Registered Participants

Educational Support Provided by Rogers Behavioral Health

**PLAZA BALLROOM C**

### 6:00 pm – 7:30 pm

Welcome Reception

Join us for light fare and drinks in the Plaza Foyer just outside of the general session room. Each attendee will be provided with two coupons for two complimentary drinks with their badge.

Sponsored by Rogers Behavioral Health

**PLAZA FOYER**

## Friday, March 18, 2022

### 8:00 am – 9:00 am

Child and Adolescent SIG Meeting

**GOVERNOR'S SQUARE 11**

Genetics and Neuroscience SIG Meeting

**GOVERNOR'S SQUARE 10**

### 8:30 am – 9:30 am

Complimentary Head Shot Station

Sponsored by: McLean Hospital

**PLAZA FOYER**

First Time Attendee Breakfast

Sponsored by Magventure

**PLAZA BALLROOM F**

### 8:30 am – 9:30 am

ADAA Hosted Breakfast

**PLAZA FOYER**

### 8:45 am – 8:55 am

10-Minute Rise & Shine Chair Yoga

**PLAZA COURT 1**

### 9:10 am – 9:20 am

10-Minute Rise & Shine Chair Yoga

**PLAZA COURT 1**

### 9:30 am – 11:30 am

Scientific Research Symposium: From Fun to Flourishing: Why Positive Emotions are Needed for Anxiety and Depression (Now More Than Ever) with Charles Taylor, PhD, University of California, San Diego and San Diego State University; Jeffrey Burgforf, PhD, Northwestern University; Erika Forbes, PhD, University of Pittsburgh; June Gruber, PhD, University of Colorado Boulder

Educational Support Provided By Janssen Pharmaceutical Companies

**PLAZA BALLROOM C**

### 11:30 am – 12:30 pm

Complimentary Head Shot Station

Sponsored by: McLean Hospital

**PLAZA FOYER**

### 11:30 am – 12:30 pm

Professional Education Committee Meeting

**PLAZA COURT 3**

Women's Mental Health SIG Meeting

**PLAZA COURT 2**

**12:30 pm – 2:30 pm**

Clinical Practice Symposium: Working with Pregnant Mothers with Perinatal Mood and Anxiety Disorders and Exploring the impact of Prenatal Adversities on Future Psychopathology with Lauren Osborne, MD, Johns Hopkins School of Medicine, Martin Maldonado-Dura, MD, Baylor College of Medicine, and Prakash Chandra, MD, University of Missouri-Kansas City

Educational Support Provided By Sage Therapeutics, Inc./Biogen, Inc.

**PLAZA BALLROOM C**

**2:30 pm – 3:00 pm**

Complimentary Head Shot Station

Sponsored by: McLean Hospital

**PLAZA FOYER**

**3:00 pm – 4:00 pm**

Jerilyn Ross Lecture: Do Psychedelics Have a Role in the Treatment of Depression with David Nutt, FMedSci, Imperial College London

**PLAZA BALLROOM C**

**5:30 pm – 6:30 pm**

Poster Session

Please join us for light hors d'oeuvres and drinks. Each attendee will be provided with one coupon for a complimentary drink with their badge.

Educational Support Provided by American Foundation for Suicide Prevention

**PLAZA FOYER**

**Saturday, March 19, 2022****8:00 am – 9:00 am**

Membership Committee Meeting

**PLAZA COURT 4**

Public Education Committee Meeting

**PLAZA COURT 3**

**8:30 am – 9:30 am**

Complimentary Head Shot Station

Sponsored by: American Foundation for Suicide Prevention

**PLAZA FOYER**

ADAA Hosted Breakfast

**PLAZA FOYER**

**8:45 am – 8:55 am**

10-Minute Rise & Shine Chair Yoga

**PLAZA COURT 1**

**9:10 am – 9:20 am**

10-Minute Rise & Shine Chair Yoga

**PLAZA COURT 1**

**9:30 am – 10:30 am**

President's Keynote: Some Thoughts on the Genetic Tsunami in Psychiatry with Daniel Weinberger, MD, Johns Hopkins University School of Medicine

Educational Support Provided By Vistagen Therapeutics

**PLAZA BALLROOM C**

**12:00 pm – 1:00 pm**

Complimentary Head Shot Station

Sponsored by: American Foundation for Suicide Prevention

**PLAZA FOYER**

Early Career and Students Luncheon – by ticket only

**PLAZA BALLROOM C**

**3:00 pm – 3:30 pm**

Complimentary Head Shot Station

Sponsored by: American Foundation for Suicide Prevention

**PLAZA FOYER**

**3:00 pm – 4:00 pm**

Poster Session

Please join us for light hors d'oeuvres and fun mocktails.

Educational Support Provided By American Foundation for Suicide Prevention

**PLAZA FOYER**

**6:15 pm – 7:30 pm**

Awards and Closing Night Celebration

Join us for hors d'oeuvres and drinks as we celebrate the 2022 Award recipients and being together again after 2 years. Each attendee will be provided with two coupons for two complimentary drinks with their badge.

Sponsored by Vistagen Therapeutics

**PLAZA BALLROOM C**



# SCHEDULE AT A GLANCE

All sessions are on the Concourse Level unless otherwise specified. See the conference app for the most current listings.

## Thursday, March 17, 2022

All Times Listed are United States Mountain Time.  
\*Schedule subject to change.

TIME	LOCATION	SESSION #	TITLE
9:00 am – 10:00 am	Plaza Foyer		<b>Networking Coffee Break</b>
9:30 am – 11:00 am	Plaza Ballroom E	MC001	Self-Injurious Behavior in Adolescents with OCD and Related Disorders: A Process-Based Treatment Approach <b>REC</b>
9:30 am – 11:00 am	Plaza Ballroom D	MC002	PTSD: From Neurobiology To Treatment of Special Civilian Populations and its Challenges <b>REC</b>
9:30 am – 11:00 am	Governor's Square 14	MC003	Cognitive Behavioral Therapy for Body Dysmorphic Disorder
9:30 am – 11:00 am	Governor's Square 15	MC004	What to do When Nothing Has Worked: RO DBT, OC Temperament and the Treatment of Chronic Depression and Anxiety <b>REC</b>
10:00 am – 4:30 pm	Plaza Ballroom F		Alies Muskin Career Development Leadership Program (invitation only)
11:15 am – 12:45 pm	Plaza Ballroom E	MC005	Put the Fun Back in Panic Treatment: Paradox, Defusion, and Acceptance
11:15 am – 12:45 pm	Governor's Square 14	MC006	Maternal Health from Pre- to Postnatal Wellness: Empowering Mothers with OCD & Anxiety
11:15 am – 12:45 pm	Governor's Square 15	MC007	Radically Open Dialectical Behavior Therapy: Adaptations for Adolescents
12:30 pm – 1:30 pm			<b>Lunch Break (on own)</b>
1:30 pm – 2:30 pm	Governor's Square 12	TT001	Suicide Risk and Prevention: Emerging Findings regarding Experiences, Perspectives, and Underlying Neurobiological Mechanisms
1:30 pm – 3:00 pm	Plaza Ballroom E	MC010 ●	Using the Suicide Crisis Syndrome, Suicidal Ideation, and Clinicians' Emotions for the Assessment of Imminent Suicide Risk in Acute Clinical Settings <b>REC</b>
1:30 pm – 3:00 pm	Plaza Ballroom D	MC011 ⊕	Doing Dialectical Behavior Therapy with Sexual & Gender Minority People; A Live Demonstration <b>REC</b>
1:30 pm – 3:00 pm	Governor's Square 14	MC009	Tourettic OCD: Fifteen Years of Guiding Clinical Practice
1:30 pm – 3:00 pm	Governor's Square 15	MC012	Therapist Factors for Better Outcomes in Cognitive Processing Therapy for PTSD

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 ⊕ Student Friendly ⊕ Ethic ● Suicide Credit ⊕ Diversity Credit



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## Thursday, March 17, 2022 *continued*

All Times Listed are United States Mountain Time.  
\*Schedule subject to change.

TIME	LOCATION	SESSION #	TITLE	
3:15 pm – 4:15 pm	Plaza Ballroom E	115C	Your Therapist Asked You To Do What? Utilizing ERP While Respecting Religious Practices When Treating Scrupulosity	
3:15 pm – 4:15 pm	Plaza Ballroom D	141C	Applying Discovery-Oriented Care to Engage Young Adults with Serious Mood & Anxiety Disorders In Multidisciplinary Mental Health Treatment	
3:15 pm – 4:15 pm	Governor's Square 14	101C	The Role of Cognitive and Emotional Schemas in Transdiagnostic Formulations for Anxiety and OCD: Possible Make-or-Break Factors when Implementing Treatment	
3:15 pm – 4:15 pm	Governor's Square 15	201B	Designing for Dissemination: Bridging the Gap Between Translation to Implementation.	
3:15 pm – 4:15 pm	Governor's Square 12	149C	Incorporating ACT Interventions to Supplement CBT	
3:15 pm – 4:15 pm	Governor's Square 10	150C	Swamps, Buckets, and Hedgehogs: Using Acceptance-based Strategies to Increase Patient and Practitioner Engagement in Interoceptive Exposures Across Pediatric Emotional and Behavioral Disorders	
3:15 pm – 4:15 pm	Governor's Square 11	151C	Virtual Reality Exposure Therapy for Phobias	
3:15 pm – 4:15 pm	Governor's Square 16	227B	Mastering the Psychology Internship Match: "Insider" Advice	
3:15 pm – 4:15 pm	Governor's Square 17	228B	Special Session: The Neurobiology of Fear: Understanding Social Anxiety Disorder	
4:00 pm – 4:30 pm	Plaza Foyer		<b>Networking Reboot Break</b>	
4:45 pm – 6:00 pm	Plaza Ballroom C	KN001	<b>Opening Session and Keynote Address</b>	
6:00 pm – 7:30 pm	Plaza Foyer		<b>Welcome Reception</b>	



## DID YOU KNOW?

ADAA members receive a **complimentary annual online subscription to *Depression and Anxiety*** — ADAA's official online journal. [Learn how to submit.](#)

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# SCHEDULE AT A GLANCE

All sessions are on the Concourse Level unless otherwise specified. See the conference app for the most current listings.

## Friday, March 18, 2022

All Times Listed are United States Mountain Time.  
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TIME	LOCATION	SESSION #	TITLE
8:00 am – 9:00 am	Governor's Square 10		Genetics and Neuroscience SIG Meeting
8:00 am – 9:00 am	Governor's Square 11		Child and Adolescent Anxiety SIG Meeting
8:30 am – 9:30 am	Plaza Ballroom F		<b>Breakfast for First-Time Attendees</b>
8:30 am – 9:30 am	Plaza Foyer		<b>Networking Breakfast</b>
8:30 am – 9:30 am	Plaza Foyer		<b>Headshot Open Hours</b>
8:45 am – 8:55 am	Plaza Court 1		10-Minute Rise & Shine Chair Yoga
9:10 am – 9:20 am	Plaza Court 1		10-Minute Rise & Shine Chair Yoga
9:30 am – 11:30 am	Plaza Ballroom C	SRS001	25th Annual Scientific Research Symposium—From Fun to Flourishing: Why Positive Emotions are Needed for Anxiety and Depression (Now More Than Ever) <b>REC</b>
10:00 am – 11:00 am	Plaza Ballroom E	202B	The Future of Mental Health Treatment: Prescription Digital Therapeutics, Cyberpsychology, and Care Intelligence Solutions <b>REC</b>
10:00 am – 11:00 am	Plaza Ballroom F	203B	OCD and Dementia: What Memory Disorders Can Tell Us About Compulsive Behaviors <b>REC</b>
10:00 am – 11:00 am	Plaza Ballroom D	124C <b>E</b>	Contextual Behavioral Approaches to Reducing Minority Stress Among Sexual and Gender Minority Clients <b>REC</b>
10:00 am – 11:00 am	Governor's Square 10	103C	Teaching Patients How To Sit In Discomfort—It's Harder Than You Think It Is....
10:00 am – 11:00 am	Governor's Square 11	104C	Transdiagnostic Exposure and Response Prevention: Applying the Principles of Exposure to Generalized Anxiety Disorder
10:00 am – 11:00 am	Governor's Square 12	105C	Intensive Exposure-Based Therapy in Acute Care Settings for Children and Adolescents
10:00 am – 11:00 am	Governor's Square 14	106C	In Vivo Or Not To In Vivo? Practical Tips And Tricks From 25 Years Of Doing In Vivo Exposure Work
10:00 am – 11:00 am	Governor's Square 15	107C	Gag Reflections: Effectively Using Exposure Therapy to Treat a Fear of Vomit
10:00 am – 11:00 am	Governor's Square 16	108C	Shifting to Measurement-Based Care: Tools for implementing a training model

**C:** Clinical/Practical | **R:** Research | **B:** Clinical/Practice and Research  
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## Friday, March 18, 2022 *continued*

All Times Listed are United States Mountain Time.  
\*Schedule subject to change.

TIME	LOCATION	SESSION #	TITLE	
10:00 am – 11:00 am	Governor's Square 17	102C	Disruptive Behavior, Emotion Dysregulation, and Anxiety: Balancing the Evidence and the Art of Clinical Decision Making for Interventions for Children Under 12	
11:00 am – 12:30 pm			<b>Lunch Break (on own)</b>	
11:30 am – 12:30 pm	Plaza Foyer		<b>Headshot Open Hours</b>	
11:30 am – 12:30 pm	Plaza Court 2		Women's Health SIG Meeting	
11:30 am – 12:30 pm	Plaza Court 3		Professional Education Committee Meeting	
12:30 pm – 2:30 pm	Plaza Ballroom C	CPS001	Clinical Practice Symposium: Working with Pregnant Mothers with Perinatal Mood and Anxiety Disorders and Exploring the Impact of Prenatal Adversities on Future Psychopathology	● REC
12:30 pm – 2:00 pm	Plaza Ballroom E	300R	Randomized Controlled Trial of Escitalopram versus Mindfulness Meditation for the Treatment of Anxiety (TAME study)	
12:30 pm – 2:00 pm	Plaza Ballroom F	301R	Risk Trajectories of Depression, Anxiety, and Suicidality during the COVID-19 Pandemic in the Diverse Sample of the All of Us Research Program	● REC
12:30 pm – 2:00 pm	Plaza Ballroom D	303R	The Mental Health Consequences of Racism for Black Individuals: Examining Moderators, Mechanisms, and Mindfulness-Based Interventions	● REC
12:30 pm – 2:00 pm	Governor's Square 10	110C	Collaborative Care for Chronic GI Disorders—Integrating Psychotherapy, Psychiatry and Gastroenterology	
12:30 pm – 2:00 pm	Governor's Square 11	302R	The COVID-19 Pandemic as a Context for Deepening our Understanding of Anxiety: Diagnostic Overlaps, Links to Health Behaviors, and Considerations for Treatment	
12:30 pm – 2:00 pm	Governor's Square 12	111C	Mind-Body Interventions in Trauma-Exposed Populations: Exploring Treatment Response Predictors, Mechanisms of Change, and Outcomes	
12:30 pm – 2:00 pm	Governor's Square 14	204B	Obsessive Compulsive Symptoms in Asian American Women: How to Improve Treatment Through Cultural Competency	
12:30 pm – 2:00 pm	Governor's Square 15	205B	The Impact of Environmental Deprivation and Threat on Pathological Disorders Related to Emotion and Cognition—A Neurodevelopmental Perspective	

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Student Friendly Ethic Suicide Credit Diversity Credit



# SCHEDULE AT A GLANCE

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## Friday, March 18, 2022 *continued*

*All Times Listed are United States Mountain Time.  
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TIME	LOCATION	SESSION #	TITLE
12:30 pm – 2:00 pm	Plaza Court 2	305R	Mechanisms of Prolonged Grief Disorder: Advances in Neuroimaging, Genetic, Cognitive and Intervention Research
12:30 pm – 2:00 pm	Governor's Square 16	206B	When ghosts of the past meet hormones of the present: Effects of early life stress in women across the lifespan
12:30 pm – 2:00 pm	Governor's Square 17	304R ●	Stress and Suicide Risk: Perspectives from Minoritized and Cross-Cultural Populations
2:00 PM – 3:00 PM	Plaza Foyer		<b>Networking Reboot Break</b>
2:30 PM – 3:00 pm	Plaza Foyer		<b>Head Shot Open Hours</b>
3:00 PM – 4:00 pm	Plaza Ballroom C	JRL001 ●	<b>Jerilyn Ross Lecture: Do Psychedelics Have a Role in the Treatment of Depression?</b> ●REC
4:15 PM – 5:15 PM	Plaza Ballroom E	200B	Navigating the Pandemic's Remote Job Market during Times of Uncertainty: Tips and Strategies for Early Career Members ●REC
4:15 PM – 5:15 PM	Plaza Ballroom F	118C ○	Rainbow Case Conference: Treating Anxiety and Depression in LGBTQ+ People ●REC
4:15 PM – 5:15 PM	Plaza Ballroom D	123C ○ ●	Perinatal and Postpartum Mental Healthcare in Black and African American Women During and Prior to the Covid-19 Pandemic ●REC
4:15 PM – 5:15 PM	Governor's Square 10	112C	Me Time: De-Stress Strategies to Prevent Burnout and Improve Work-Life Balance
4:15 PM – 5:15 PM	Governor's Square 11	133C	This, That, Neither, Both? Helping Providers Differentiate SM, Autism and Other Diagnoses
4:15 PM – 5:15 PM	Governor's Square 12	114C	A new approach to an old problem: Building successful collaboration to better treat anxiety and mood disorders
4:15 PM – 5:15 PM	Governor's Square 14	117C	Fixin to Get Ready to Do That Darn Tootin ERP....and other reasons why therapy is not happening....
4:15 PM – 5:15 PM	Governor's Square 15	207B	Language Matters: How Changes In Language From Reactionary and Inflexible To Accepting and Fluid Have Impacted Patients And Treatment
4:15 PM – 5:15 PM	Governor's Square 16	226B	CBT for Chronic Gastrointestinal Disorders
4:15 PM – 5:15 PM	Governor's Square 17	120C	Coaching During ERP Therapy: Strategies for Helping Patients Face Their Biggest Fears
5:30 PM – 6:30 pm	Plaza Foyer		<b>Poster Session</b>

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# SCHEDULE AT A GLANCE

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## Saturday, March 19, 2022

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\*Schedule subject to change.

TIME	ROOM	SESSION #	TITLE
8:00 AM – 9:00 AM	Plaza Court 3		Public Education Committee Meeting
8:30 AM – 9:30 AM	Plaza Court 4		Membership Committee Meeting
8:30 AM – 9:30 AM	Plaza Foyer		<b>President's Keynote Breakfast</b> (Open to All)
8:30 AM – 9:30 AM	Plaza Foyer		<b>Head Shot Open Hours</b>
8:45 am – 8:55 am	Plaza Court 1		10-Minute Rise & Shine Chair Yoga
9:10 am – 9:20 am	Plaza Court 1		10-Minute Rise & Shine Chair Yoga
9:30 AM – 10:30 am	Plaza Ballroom C	KN002	<b>President's Keynote: Some Thoughts on the Genetic Tsunami in Psychiatry</b> ●REC
9:30 AM – 10:30 am	Plaza Ballroom E	221B	Addressing Accessibility in Digital Mental Health Care
9:30 AM – 10:30 am	Plaza Ballroom F	139C ○	Bugs, Dogs, and Monsters, Oh My! A Guide on Treating Childhood Phobias. ●REC
9:30 AM – 10:30 am	Plaza Ballroom D	122C	Process-based CBT: A Treatment Beyond Diagnostic Labels
9:30 AM – 10:30 am	Governor's Square 11	210B	Paruresis (Shy Bladder Syndrome): Its Current Treatment and Workshop Data Results
9:30 AM – 10:30 am	Governor's Square 12	211B	Past Trauma or Current Exposure? The Diagnostic and Clinical Utility of the Secondary Traumatic Stress Clinical Algorithm
9:30 AM – 10:30 am	Governor's Square 14	119C	Anxiety and Depression Rounds: What to Do when a Client Won't Do Exposures: Challenging Cases in the Real World
9:30 AM – 10:30 am	Governor's Square 15	125C	Understanding the Compensatory Role of Ruminative Cognitive Processes in the Management of Anxiety and Uncertainty.
9:30 AM – 10:30 am	Governor's Square 16	126C	Ten Things Every OCD Therapist Should Know About Tic Disorders
9:30 AM – 10:30 am	Governor's Square 17	127C	Personality Disorders in Youth: Enhancing Conceptualization and Treatment
10:45 am – 11:45 am	Plaza Ballroom E	137C	Enhancing Family-Based CBT for Pediatric OCD: Beyond the Basics ●REC
10:45 am – 11:45 am	Plaza Ballroom F	129C	Selecting the Right Exposure: An Interactive Demonstration of ERP in Action ●REC
10:45 am – 11:45 am	Plaza Ballroom D	130C	Conducting exposure therapy when clients are reluctant: Lessons from the trenches and from wide-ranging research

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## Saturday, March 19, 2022

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TIME	ROOM	SESSION #	TITLE
10:45 am – 11:45 am	Governor's Square 10	131C	Clinical Directors in the Private Sector: Training the Next Generation of Anxiety/OCD Specialists and Expanding the Reach of EBP's
10:45 am – 11:45 am	Governor's Square 11	132C	Danger Zone—Differential Diagnosis and Treatment When Considering Self Harm OCD and Depression With Suicidal Ideation
10:45 am – 11:45 am	Governor's Square 12	113C	Understanding Misophonia and Incorporating Behavioral Treatment Methods into Cognitive Behavioral Therapy for Misophonia
10:45 am – 11:45 am	Governor's Square 15	135C ●	Past and Present: Lessons from the COVID-19 Pandemic in the Treatment of Social Anxiety, Selective Mutism, and Related Disorders in Children, Teens, and Young Adults
10:45 am – 11:45 am	Governor's Square 16	136C ●	From Avengers to Zombies: The Power of Pop Culture Metaphors to Engage CBT Consumers and Enhance CBT Outcomes Across Disorders
10:45 am – 11:45 am	Governor's Square 17	116C ●	Ethical Considerations when Implementing Exposure Therapy in the Covid-19 Pandemic
12:00 PM – 1:00 PM	Plaza Ballroom C		<b>Early Career Professionals and Student Lunch</b>
12:00 PM – 1:00 PM			<b>Lunch Break (on own)</b>
12:00 PM – 1:00 PM	Plaza Foyer		<b>Head Shot Open Hours</b>
1:30 PM – 3:00 PM	Plaza Ballroom E	312R	Innovations in Digital Mental Health: The State and Future of Mobile App-Based Therapy <b>●REC</b>
1:30 PM – 3:00 PM	Plaza Ballroom F	212B ●	Refugee Mental Health: Context, Neurobiology, Interventions, and Predictors of Psychopathology <b>●REC</b>
1:30 PM – 3:00 PM	Plaza Ballroom D	213B ●	Clinically Relevant Cognitive and Affective Factors to Consider in the Development and Maintenance of PTSD and Depression Symptom Severity in Trauma-Exposed Individuals
1:30 PM – 3:00 PM	Governor's Square 10	214B ●	Childhood Maltreatment, Neuroinflammatory Markers and Ketamine Response
1:30 PM – 3:00 PM	Governor's Square 11	215B ●●	Addressing Lethal Means For Suicide at the Individual, Clinician, and Community Level
1:30 PM – 3:00 PM	Governor's Square 12	308R	Computational Approaches to Understanding Transdiagnostic Alterations in Information Seeking and Decision-Making in Anxiety, Compulsive, and Mood Disorders

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Saturday, March 19, 2022 *continued*

All Times Listed are United States Mountain Time.  
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TIME	ROOM	SESSION #	TITLE
1:30 PM – 3:00 PM	Governor's Square 14	309R	Considering the Role of Ovarian Hormones in Anxiety, Depression, and Related Cognitive Outcomes
1:30 PM – 3:00 PM	Governor's Square 15	310R	Through the Darkness: Examining Relationships Between PTSD, Nightmares, and Sleep
3:00 pm – 3:30 pm	Plaza Foyer		<b>Head Shot Open Hours</b>
3:00 pm – 4:00 pm	Plaza Foyer		<b>Poster Session II</b>
4:15 PM – 5:45 PM	Plaza Ballroom E	311R ●	The Role of Caregivers in Interventions for Youth Depression and Suicidality ●REC
4:15 PM – 5:45 PM	Plaza Ballroom F	307R	Sex Critically Impacts PTSD Symptom Course and Predictive Neurobiological Factors Across Longitudinal Emergency Department Studies ●REC
4:15 PM – 5:45 PM	Plaza Ballroom D	220B ○	Why Exercise? Psychological, Cognitive, and Neurobiological Mechanisms of Acute Exercise and their Impact on Transdiagnostic Treatment Targets ●REC
4:15 PM – 5:45 PM	Governor's Square 10	216B	Examining Neurocognitive Pathways to Posttraumatic Stress
4:15 PM – 5:45 PM	Governor's Square 11	217B	The Contrast Avoidance Model: New Directions for the Understanding and Treatment of Generalized Anxiety Disorder
4:15 PM – 5:45 PM	Governor's Square 12	218B	Group Based Trajectory Modeling—Clinical Implications of a Data Driven Outcomes Analytic Method
4:15 PM – 5:45 PM	Governor's Square 14	313R	The Role of Brain-Based Correlates of Positive and Negative Emotion Processing in the Prospective Prediction of Depression and Anxiety in Youth
4:15 PM – 5:45 PM	Governor's Square 15	314R	Targeted Cognitive Interventions for Anxiety, Depression, and Related Disorders: Promoting New Frontiers for Translational Science
4:15 PM – 5:45 PM	Governor's Square 16	315B	It Depends: Contextual Factors Influence the Link between Emotion Regulation and Internalizing Psychopathology
4:15 PM – 5:45 PM	Governor's Square 17	316R	What Do We Know About Comorbid Social Anxiety and Depression? Investigating Shared and Distinct Factors
6:15 PM – 7:30 PM	Plaza Ballroom C		<b>Awards Celebration and Closing Reception</b>

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## Sunday, March 20, 2022

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TIME	ROOM	SESSION #	TITLE
8:00 am – 8:30 AM	Plaza Foyer		<b>Networking Breakfast</b>
8:30 AM – 9:30 am	Plaza Ballroom E	143C <span style="color: green;">●</span>	Rebuilding Therapeutic Relationships: Helping Patients Make Progress After Past Negative Experiences in Treatment <span style="color: red;">●</span> <b>REC</b>
8:30 AM – 9:30 am	Plaza Ballroom F	144C	Addressing Emotional Distress Due to Physical Illness: Applications of CBT in the Wake of the Pandemic <span style="color: red;">●</span> <b>REC</b>
8:30 AM – 9:30 am	Plaza Ballroom D	138C	Treating Comorbid Psychiatric Conditions Using a Multidisciplinary Approach in a Residential Setting
8:30 AM – 9:30 am	Governor's Square 10	121C <span style="color: blue;">●</span>	Targeting Dropout: Use of a Racially and Culturally Sensitive Alliance Building Dropout Prevention Program
8:30 AM – 9:30 am	Governor's Square 11	140C	Treating Fear in the Context: Augmented Reality Might Be the Future of Exposure Therapy for Phobias and PTSD
8:30 AM – 9:30 am	Governor's Square 14	142C	Family Matters: Empowering Support Systems with Behavioral Strategies in Anxiety Disorder Treatment
8:30 AM – 9:30 am	Governor's Square 15	145C	When Health Anxiety Negatively Impact Wellness
8:30 AM – 9:30 am	Governor's Square 16	146C	OCD, Relationships and Sexual Intimacy
8:30 AM – 9:30 am	Governor's Square 17	147C	Not-Just-Right OCD: A New Perspective on a Common and Perplexing Subtype
9:45 AM – 11:15 AM	Plaza Ballroom E	219B	Interoceptive Modulation in Anxiety and Depression: A Reboot <span style="color: red;">●</span> <b>REC</b>
9:45 AM – 11:15 AM	Plaza Ballroom F	306R	Exploring the Role of Cognitive Control and Self-Regulation in Pediatric Anxiety Across Development <span style="color: red;">●</span> <b>REC</b>
9:45 AM – 11:15 AM	Governor's Square 10	222B <span style="color: black;">●</span>	Suicide Prevention: Transdiagnostic considerations and approaches
9:45 AM – 11:15 AM	Governor's Square 11	223B	Enhancing Fear Extinction Learning: Novel Targets and Novel Interventions
9:45 AM – 11:15 AM	Governor's Square 12	224B	Emotion Beliefs and Mental Health: Mechanisms and Psychiatric Outcomes

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**Sunday, March 20, 2022** *continued*

*All Times Listed are United States Mountain Time.  
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TIME	ROOM	SESSION #	TITLE
9:45 AM - 11:15 AM	Governor's Square 14	225B	Anxiety and Gastrointestinal (GI) Disorders: Leveraging the Bidirectional Relationship to Understand Illness Adaptation and Tailor CBT Interventions for Patients with GI Disorders
9:45 AM - 11:15 AM	Governor's Square 16	317R	Using Patients' Perspectives to Assess Change, or Improve the Current Methods in Assessing Change, from Treatment for Depression



**LIGHTS—CAMERA—SMILE!**

**Professional Head Shots**

Get Your **FREE** Professional Head Shot in the Plaza Foyer

Head shots courtesy of: Photography G, Denver, CO

**BOOTH HOURS:**

**Friday, March 18:**

8:30 am - 9:30 am  
11:30 am - 12:30 pm  
2:30 pm - 3:00 pm

**Saturday, March 19:**

8:30 am - 9:30 am  
12:00 pm - 1:00 pm  
3:00 pm - 3:30 pm

First Come, First Served

*Thank you to our Head Shot Sponsors: McLean Hospital and the American Foundation for Suicide Prevention (AFSP)*



## PAST PRESIDENTS' QUOTES

“ Leading ADAA as president was one of the greatest joys of my professional career because of the organization’s focus on science and practice; its ability to make all of us feel welcome; and because I was able to learn and work closely with the most gifted mental health professionals. ”

– Luana Marques, PhD, Associate Professor, Department of Psychiatry, Harvard Medical School  
Clinical Psychologist, Massachusetts General Hospital

“ One of the best professional decisions I have ever made was to join ADAA and then to get involved in its leadership. I expected to be fulfilled professionally, and certainly was. What surprised me is how much ADAA has meant to me personally. It has been an honor to work and serve with such amazing and talented people, and I am forever grateful for the incredible gift of friendship ADAA has given me. Easily one of the best decisions of my life. ”

– Beth Salcedo, MD, Medical Director, The Ross Center for Anxiety & Related Disorders

“ ADAA and its annual meeting has been my go-to organization for professional development, networking and continuing education. I cannot think of a friendlier, more dedicated group to join in our mutual effort to serve people everywhere who suffer from mental illness related to anxiety, depression and trauma. ”

– Karen L. Cassidy, PhD, Clinical Director and Owner, The Anxiety Treatment Center

“ One of the key reasons that I was keen to devote energy and time for the ADAA was not just my interest in anxiety disorders and depression but that it was one of the few organizations that reflected the values of my home department, a place for clinician investigators, both psychologists and psychiatrists, to collaborate and partner on understanding and treating these often disabling and painful conditions. ”

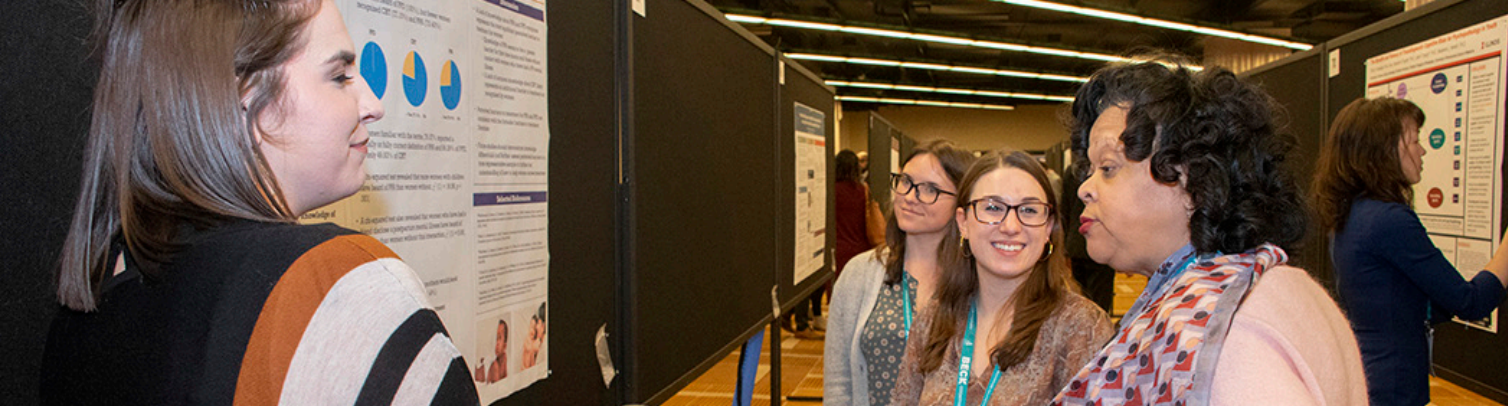
– Jerrold F. Rosenbaum, MD, Psychiatrist-in-Chief Emeritus  
Director, Center for Anxiety and Traumatic Stress Disorders (CATSD),  
Massachusetts General Hospital Stanley Cobb Professor of Psychiatry, Harvard Medical School

“ ADAA serves a critical function in advancing the field of anxiety and depression by providing a unique forum for the exchange of ideas between researchers and clinicians. This rich interchange serves to stimulate both the advance of research as well as the integration of cutting-edge science into the care of our patients. ”

– Mark H. Pollack, MD, Chief Medical Officer, Myriad Neuroscience,  
Professor, Department of Psychiatry and Behavioral Sciences, Rush University Medical Center

“ ADAA’s focus on evidence-based practice permeates the entire program. Prioritizing science and practice across all mental health disciplines is the hallmark of ADAA and separates it from so many other professional organizations. ”

– Terence M. Keane, PhD, Associate Chief of Staff for Research & Development, VA Boston Healthcare System Director:  
Behavioral Sciences Division, National Center for Posttraumatic Stress Disorder  
Professor of Psychiatry & Assistant Dean for Research, Boston University School of Medicine



## ADAA SCIENTIFIC COUNCIL

[ADAA's Scientific Council \(SC\)](#) is comprised of mid- and senior-level basic and clinical researchers committed to the organization.

The SC contributes scientific expertise and mentorship, actively grows membership and encourages participation among colleagues, students and fellows, and volunteers to participate in projects that maintain ADAA's leading edge in research, dissemination, and treatment.

***Victoria Risbrough, PhD – Chair***

***Diego Pizzagalli, PhD – Vice-Chair***

James Abelson, MD, PhD

Anne Marie Albano, PhD, ABPP

Gordon Asmundson, PhD, RD,  
Psych, FRSC

Jeremy Coplan, MD

W. Craighead, PhD

Michelle Craske, PhD

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Julie Wetherell, PhD

Sabine Wilhelm, PhD

Lori Zoellner, PhD

2022 ADAA Workshop

# The Neurobiology of Fear: Understanding Social Anxiety Disorder

## FACULTY



### Andrew J. Cutler, MD

Chief Medical Officer,  
Neuroscience Education Institute  
Clinical Associate Professor of Psychiatry,  
SUNY Upstate Medical University

## DATE & TIME

Thursday, March 17, 2022

3:15 PM - 4:15 PM MT

## LOCATION

**Sheraton Denver Downtown Hotel**

1550 Court Place

Denver, CO 80202

*See Conference App for Room Location*

## LEARNING OBJECTIVES

- Discuss the prevalence of Social Anxiety Disorder (SAD) and its impacts on patients
- Explore strategies for diagnosing and treating SAD in different patient types, highlighting unmet needs in the current SAD treatment paradigm and factors contributing to the under-recognition and under-diagnosis of SAD
- Examine the underlying neurobiology of fear, anxiety, and SAD, including the amygdala as a target for a potential novel therapeutic approach



# CONGRATULATIONS TO THE 2022 ADAA AWARDEES

## 2022 ALIES MUSKIN CAREER DEVELOPMENT LEADERSHIP PROGRAM (CDLP)

The program is designed to encourage early career clinicians and researchers to engage in creative discourse about anxiety, depression, and co-occurring disorders in a diverse, multidisciplinary community. Participants benefit from episodic mentoring, cross-fertilization of disciplines, networking, and the enhancement of skills to become more professionally competitive.

### Research Track

Nakul Aggarwal, BS  
Allegra Anderson, MS  
Emily Bernstein, PhD  
Sarah Bilsky, PhD  
Margaret Davis, PhD  
Monica Federoff, MD, PhD  
Hee Jung Jeong, MS  
Alyssa Jones, PhD  
Hanjoo Kim, PhD  
Emma Lathan, PhD  
Julia Linke, PhD  
Qimin Liu, MS

Nicole Lorenzo, PhD  
Timothy McDermott, MA  
Adam McGuire, PhD  
Nicholas Murphy, PhD  
Reut Naim, PhD  
Lesley Norris, MA  
Gopalkumar Rakesh, MD  
Megan Rogers, PhD  
Jessica Schwartzman, PhD  
Ki Eun (Kay) Shin, PhD  
Nur Hani Zainal, MS

### Clinical Track

Kira Boneff, PhD  
Stephanie Grimaldi, MA  
Alexandra Kovacevich, MD  
Anne Limowski, PhD  
Rachel Lippin Foster, LMSW  
Allison Meyer, PhD  
Abigail Stark, PhD  
Aliza Stein, MA  
Lea Tambellini, LCSW  
Alessandra Zanotti, MA

### Thank you to our 2022 CDLP Committee

Kari Gregory, MS, LPC –  
*Co-chair, Clinical*  
Krystal Lewis, PhD –  
*Co-chair, Clinical*  
Alex Bettis, PhD –  
*Co-chair, Research*  
Tanja Jovanovic, PhD –  
*Co-chair, Research*  
James L. Abelson, MD, PhD  
Jeremy Coplan, MD  
Ed Craighead, PhD  
Lauren Edwards, MD

Jill Ehreulich-May, PhD  
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Sheila Rauch, PhD, ABPP  
Kerry Ressler, MD, PhD  
Naomi Simon, MD, MSc  
Jessica Stern, PhD

**A Special Thank You to the CDLP Committee and the Program Mentors  
for Their Dedication and Collaboration.**

## THE DONALD F. KLEIN EARLY CAREER INVESTIGATOR AWARD

ADAA offers an annual award to an early career investigator for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression. This award is named for Donald F. Klein, MD (1928-2019), who revolutionized psychiatric thinking through his discovery in the early 1960s that imipramine, a recently developed psychotropic medication, was effective in blocking panic attacks.

### 2022 KLEIN AWARDEE

Sage E. Hawn, PhD

## 2022 MEMBER RECOGNITION AWARDEES

The ADAA awards program also recognizes outstanding member participation and commitment to the Association as well as the community through Member Recognition Awards. This award program includes: the ADAA Member of Distinction, the Jerilyn Ross Clinician Advocate Award, Special Recognition, and Emerging Leader awards.

### MEMBER RECOGNITION AWARD

James Ableson, MD, PhD  
Scott Rauch, MD  
Karen Martinez, MD, MSc

### JERILYN ROSS CLINICIAN ADVOCATE AWARD

Suma Chand, PhD

### EMERGING LEADER AWARD

Amy Przeworski, PhD

### SPECIAL RECOGNITION AWARD

Mbemba Jabbi, PhD  
Lillian Reuman, PhD

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**Pathlight.  
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Center**

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## Silver Level

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[McLean Hospital](#)

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[Super Bill](#)



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Network**



**Mass General Brigham  
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**superbill**

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[NW Anxiety Institute and NW Anxiety  
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## CONTINUING EDUCATION

### Overview

The annual conference of the Anxiety and Depression Association of America (ADAA) is designed to meet the educational needs of member and nonmember clinicians and researchers by providing training, dissemination of evidence-based treatments, and translation of the latest research. The ADAA Annual Conference is innovative and serves to advance knowledge in unique ways: 1) fostering dissemination and collaboration among basic and behavioral researchers; 2) encouraging researchers and clinicians to discuss practical applications in real-life settings; 3) accelerating translation of research to practice with hands-on training of empirically tested treatments; and 4) involving early career investigators, students, and trainees in research and learnings. The conference engages all of these audiences, building bridges and supporting these networks throughout the year.

### Statement of Need

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

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

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



## Conference Theme and Education Objectives

### Common Psychopathology: What Can the Past Tell Us About the Future

Depression, anxiety, obsessive-compulsive, and trauma-/stress-related disorders have diverse clinical presentations and are likely to have distinctive underlying pathology. Yet, accumulating evidence over the last few decades underscore the widespread overlap among these disorders in terms of symptoms, predisposing factors (e.g., early life trauma, racial/gender/other minority), putative biomarkers (e.g., reduced hippocampal volume), associated concerns (e.g., suicidality, substance use), and effective treatments (e.g., SSRI and various forms of psychotherapy). The included sessions will review data from translational research, human subjects research, and clinical applications across the lifespan and across common psychopathologies to highlight novel findings, innovative prevention and treatment approaches, and to explore how the past can inform the future of trauma- and stress-related psychiatric disorders.

After participating in the Anxiety and Depression Association of America Conference, attendees will:

- Understand the psychopathology of suicide, as demonstrated through translational models, human subjects research, and clinical applications
- Identify the genetic, epigenetic, neurobiological, developmental, and psychosocial underpinnings of anxiety and depressive disorders
- Be exposed to preventive and treatment interventions aimed at reducing suicidal behavior across the life span

The ADAA 2022 Annual Conference offers a maximum of 20 live CE/CME credits and approximately 40 enduring CE/CME credits or hours to registered professional physicians, psychiatrists,

neurologists, psychologists, social workers, counselors and case managers. Some sessions are eligible for Cross-Cultural Diversity Credits and Suicide Credits. All continuing education credits are provided through Amedco, LLC.

Continuing education credits are available for all professional level attendees; those paying student, trainee/postdoctoral fellow/resident, guest, or consumer fees cannot apply for CE or CME credits. All registrants who want to claim credits must complete the online continuing education session evaluations, post-test questions (for enduring/on-demand sessions), and overall conference evaluations available during and after the conference. Emails will be sent to registrants eligible for CE or CME one week prior to the conference.

### Continuing Education Credits

In support of improving patient care, this activity has been planned and implemented by Amedco



LLC and Anxiety and Depression Association of America (ADAA). Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), the provide continuing education for the healthcare team.

### Physicians (ACCME)

Amedco LLC designates this live activity for a maximum of 20.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Amedco LLC designates this enduring material for a maximum of 40 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Psychologists (APA) Credit Designation**

This course is co-sponsored by Amedco LLC and Anxiety and Depression Association of American (ADAA). Amedco LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedoc LLC maintains responsibility for this program and its content. 20.00 Live Activity/40 Enduring Material hours.

### **Social Workers**

As a jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social Workers completing this course receive up to 20.00 Live Activity/40 Enduring Material GENERAL continuing education credits.



### **New York Board for Social Workers (NY SW)**

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### **New York Board for Psychology (NY PSY)**

Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031.

### **NBCC**

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

### **CAMFT**

The CAMFT board accepts credits from providers approved by the American Psychological Association (APA).

Some sessions will be eligible for specialty credits including Cross-Cultural Diversity Credits, Ethics, and Suicide Credits. [Please click here for a complete list.](#)

### **How to Apply for Credit**

1. You should have received an e-mail before the ADAA Conference with a link to Amedco's website. All CE/CME Credits are processed by Amedco directly.
2. At the conclusion of each session, complete the individual session evaluation for all sessions you attended, complete an overall conference evaluation, and then print, download, or email your official certificate. Ethics, cross cultural competency, and suicide credits earned will be indicated on the certificate. Attendees do not need to complete all evaluations at once but attendees should print their certificates as the go.
3. Use the "My Schedule" option in the Conference App to track the sessions you attend. This will assist you in the online evaluation process. You do not need to return any forms to ADAA. All steps above must be completed for **live credits by April 16, 2022** per Amedco and cannot be extended. For virtual library sessions, all **enduring credits** must be claimed no more than 30 days after the conclusion of the viewing time period per Amedco.

Direct all questions regarding CE or CME to [conference@adaa.org](mailto:conference@adaa.org), or call 240-485-1030. You can also stop by the registration desk at the Conference with any questions.



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## DID YOU KNOW?

ADAA has a unique interlinked public and professional mission focused on improving quality of life for those struggling with anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. The newly redesigned ADAA website—[www.adaa.org](http://www.adaa.org)—had **more than 11 million unique visits** in 2021 with people seeking treatment information, resources, and support provided by our more than 1,500 professional members.

## DISCLOSURE REPORT 2022

Listed below is information disclosed by presenters. Any real or apparent conflicts of interest related to the content of their presentations have been resolved.

G = Grant Support  
C = Consultant  
S = Speaker's Bureau  
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O = Other  
Modest (<\$5,000)  
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Ashley Meyer, BA	Monique Reynolds, PhD	Ginny Sprang, PhD	Sabine Wilhelm, PhD
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## Congratulations to the 2022 BIPOC Scholarship Recipients

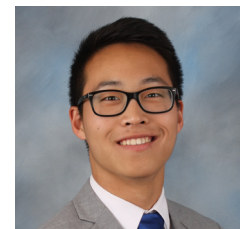
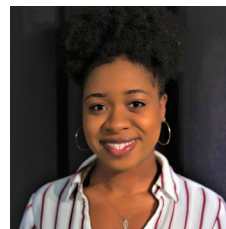
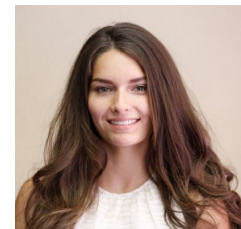
### BIPOC MEMBERSHIP SCHOLARSHIP PROGRAM

ADAA offers annual membership scholarships to students and early career professionals who identify as members of the BIPOC community.

This program allows early career professionals and students who identify as Black, Indigenous, or as a person of color to participate in an evidence-based, interdisciplinary, and mission driven organization bringing the latest in scientific advancement to our professional and public communities.

ADAA's professional community opens the door to enhancing leadership skills and to learning from and networking with a diverse international peer community of mental health professionals and students committed to making a difference in the lives of those struggling with anxiety disorders and depression.

This opportunity offers one-year ADAA Memberships to five to ten graduate degree students (MD, MPH, MS/MSW, NP, PhD, PsyD), interns, residents, postdoctoral fellows, or early career professionals of color who focus on anxiety or depression.



Left to right:  
Darius Dawson, PhD  
Cecilia Hinojosa, PhD  
Courtney Louis, MA  
Jiyoung Song, BA  
Saydra Wilson, MD

# THANK YOU TO THE ADAA COMMITTEES AND SPECIAL INTEREST GROUPS

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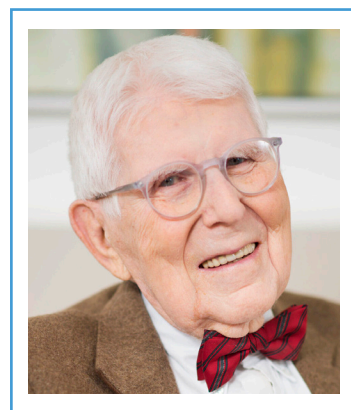
Karen Martinez, MD, MSc – Chair  
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Interested in joining an ADAA  
committee or SIG please email  
[membership@adaa.org](mailto:membership@adaa.org).

## REMEMBERING DR. AARON BECK

ADAA honors Dr. Aaron Beck's memory and mourns the loss of this seminal figure whose science and life work revolutionized mental health treatment through the development of CBT.

Dr. Beck passed away on November 1, 2021, at the age of 100. Widely known as the father of CBT, ADAA celebrates Dr. Beck's legacy and many contributions to the mental health field.



# POSTDOCTORAL FELLOWSHIP

NW Anxiety Institute offers 12-month psychology postdoctoral fellowships specializing in anxiety treatment. Our postdoctoral fellows are valued members of our clinical team and participate at every level of care.

## Fellowships Include:

- Salaried position with full benefit package
- Total weekly hours: 40
- Direct patient care: 20 hours/week
- Individual and group supervision
- Supervising student trainees
- Weekly didactics
- EPPP study/prep time
- Team consultation and CE trainings

## Eligible Candidates:

Candidates must have earned a PhD or PsyD in clinical, counseling, or school psychology from an APA-accredited program. Oregon Board contract approval is required within first week of start date.



## ADAA'S IMPACT IS GROWING!

We invite you to read [ADAA's 2021 Impact Report](#) which provides a "year in review" about our public and professional reach and impact. Through ADAA's focus on the alignment of science, treatment, and education, sharing personal stories about how evidence-based help can positively impact lives, and through partnerships and alliances with like-minded community organizations we are #breakingthestigma around anxiety disorders and depression.



# Read & Publish in **Depression & Anxiety**



**Publishes original research and synthetic reviews in the following areas of mood and anxiety disorders:**

- neurobiology
- epidemiology
- experimental psychopathology
- treatment

## **Reasons to Publish with Us:**

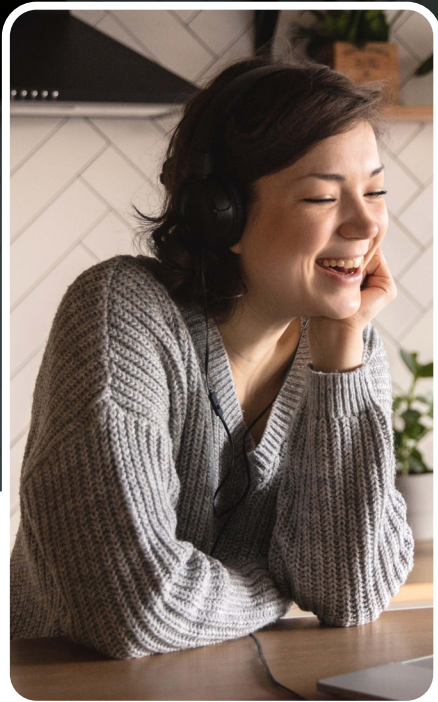
- Publish in the official journal of the Anxiety and Depression Association of America (ADAA)
- Reach a targeted audience of dedicated professionals
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NOCD is a dedicated member of ADAA, ABCT & IOCDF.



### Look out for NOCD's Chief Clinical Officer, Dr. Patrick McGrath at ADAA 2022!

Dr. McGrath has over 20 years of OCD treatment experience. He has developed three Intensive Outpatient Programs, one Partial Hospital Program, and one Residential Treatment Center for OCD.

Patrick B. McGrath, Ph.D., is a Licensed Clinical Psychologist, a member of the Scientific and Clinical Advisory Boards of the IOCDF, a fellow of the Association for Cognitive and Behavioral Therapies, a faculty member for the Behavioral Therapy Training Institute, immediate Past-President of OCD Midwest, and author of 'The OCD Answer Book' and 'Don't Try Harder, Try Different'.



## STAY CONNECTED DURING THE CONFERENCE!



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