Take back your life.

Empowering patients with OCD and anxiety through evidence-based care to return to live the life they deserve.

HOUSTON OCD PROGRAM
Quality care. Compassionate atmosphere.

RESIDENTIAL SUPPORT • INTENSIVE OUTPATIENT PROGRAM • OUTPATIENT CARE
713-526-5055 • houstonocdprogram.org
FROM LUANA MARQUES, PhD
ADAA President

On behalf of the Board of Directors and myself — welcome to the 2020 ADAA Conference — celebrating our 40th anniversary!

This year’s meeting promises to deliver another amazing four days of great learning and sharing. #ADAA2020’s theme “Resilience: From Research to Practice” is the focus of more than 25 sessions and workshops this year. These sessions cover a wide range of exciting research and treatment topics and present opportunities for all attendees to learn and share with old and new friends.

As a proud member of ADAA since 2008, I know firsthand how invaluable it is to belong to such a cutting-edge mental health association. From networking with one’s peers, to collaborating and sharing research and treatment advances, to innovative continuing education opportunities, to the ability to share one’s expertise directly with those who are struggling with anxiety and depression, ADAA is truly my professional “home” and has contributed greatly to my professional development.

I know that many of you attending #ADAA2020 share that pride and excitement.

The ADAA conference is engaging and energizing. Our attendees describe it as scholarly, yet friendly and accessible. I can tell you that the time spent talking and networking with people who share your interests is priceless. There is no substitute for putting a name to a face or sharing an experience. We hope you’ll take advantage of the many conference networking opportunities to engage with colleagues between sessions, during the poster sessions, at SIG brown bag events or over breakfast, lunch, or dinner. And please join us for our main stage event celebrating ADAA’s 40th anniversary on Saturday evening. This festive evening will feature great music and dancing, award recognitions, tributes to our longtime ADAA members, a memorable culinary experience, opportunities to meet and network with ADAA members and peers, and more. And watch out for the "ADAA Sur-Prize" squad throughout the Conference — you might just be the next lucky winner of a special ADAA gift!

Many thanks to Cindy J. Aaronson, PhD and Adriana Feder, MD — this year’s Conference Committee Co-Chairs, and to all the members of the Conference Committee. Their dedication and commitment to ensuring that this year’s event is the best it can be is inspiring. A special thanks the ADAA Board of Directors and to the small but mighty ADAA staff who have worked so hard all year to bring us together.

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

p.s. Make sure you Save the Date for #ADAA2021 in Boston (March 18-21). We hope you will join us for another wonderful conference in Beantown!
FROM CINDY J. AARONSON, PHD AND ADRIANA FEDER, MD

ADAA 2020 Conference Co-Chairs

Welcome! We are honored to be this year’s Conference Co-Chairs and are excited about the many “not-to-miss” sessions, workshops, roundtables, new offerings, and special events available for attendees here in the Lone Star state. The consistent quality and innovative nature of the research and clinical sessions presented at this conference are some of the many reasons we are proud to call ADAA our professional home.

ADAA holds the only meeting of its kind, which unites leaders in the research community from across the U.S. and internationally with clinicians from all mental health disciplines. This year’s meeting theme – “From Research to Resilience” – is particularly exciting as many of our 140+ sessions will focus on the biopsychosocial determinants of resilience as demonstrated through translational studies, human subjects research, and clinical interventions and applications. Many sessions will focus on identifying the genetic, epigenetic, neurobiological, developmental, and psychosocial underpinnings of resilience. Session attendees will be exposed to preventive and treatment interventions aimed at enhancing resilience across the lifespan.

This year’s keynote address by Ann S. Masten, PhD, “Resilience in Science and Practice: Pathways to the Future” and the Jerilyn Ross Lecture “State of the Art of Toxic Stress and Resilience Research: Implications for Best Practices with Vulnerable Populations,” featuring Joan Kaufman, PhD, are two highlights of #ADAA2020. Be sure to also attend Friday’s 23rd Annual Research Symposium “Resilience: From Research to Practice.” This year’s “Science Spotlights” features two sessions that will highlight present cutting edge, topical research with invited speakers Daniela Schiller, PhD, and James Murrough, MD, PhD, who are conducting paradigm shifting research that will help shape new directions in understanding and treating depression and anxiety disorders. The 2020 Clinical Practice Symposium will focus on “The Nuts and Bolts of Working with PTSD, Depression, and Micro-Aggressions with Minority Clients Through the Lenses of CBT, ACT & FAP.”

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

We would both like to thank the members of this year’s Conference Committee who worked tirelessly over the past year to ensure a robust and stellar program. A special thank you to our Conference speakers, poster presenters, other committee members, event sponsors and exhibitors, and the ADAA staff without whom this meeting could not take place.

Please remember to save the date for ADAA’s 41st Conference next year in Boston (March 18-21). The theme will be “Bridging the Gap: Expanding Access Through Integration.” We’re delighted to announce that Jonathan Alpert, MD, PhD and Simon Rego, PsyD, ABPP, ACT - both from Montefiore Medical Center, Albert Einstein College of Medicine, NY - will be co-chairing the ADAA 2021 Conference Committee. We look forward to collaborating with Jonathan and Simon in the months ahead.

It is our sincere hope that you enjoy #ADAA2020 and leave with renewed inspiration for the important research and/or clinical work you do.
Thank you to the 2020 Conference Committee:

CINDY J. AARONSON, PHD
ADRIANA FEDER, MD
ADAA 2020 Co-Chairs

CARMELA ALCANTARA, PhD
Conference Coordinator

Chadi G. Abdallah, MD
Courtney Beard, PhD
Kate Bentley, PhD
Jill M. Emanuele, PhD
Sarah Hayes-Skelton, PhD
Dawn Ionescu, MD
Barbara Kamholz, PhD, ABPP
Sandra Llera, PhD

Julia Martin Burch, PhD
Douglas Mennin, PhD – Scientific Council Board Liaison
James Murrough, MD, PhD
Amy Przeworski, PhD
Ellen Teng, PhD
Patricia Zurita-Ona, PsyD
Sanjay Mathew, MD – ADAA Board Liaison

Hats off to our 2020 session and poster reviewers!

Allison Bonifay, MA, LPC
Michelle J Bovin, PhD
Robert Brady, PhD
Julia Martin Burch, PhD
Katie Burkhouse, PhD
Rachel Busman, PsyD, ABPP
Lauren M Bylsma, PhD
Karen Cassiday, PhD, ACT
Julie Chilton, MD
Ashley N Clausen, PhD
Sarah Crawley, PhD
Joan Davidson, PhD
Terri deRoon-Cassini, PhD
Jill Ehrenreich-May, PhD
Jill Emanuele, PhD
Brigette A. Erwin, PhD
Angela Fang, PhD
Adriana Feder, MD
Nicholas R Forand, PhD
Rochelle I Frank, PhD
Julia Gallegos-Guajardo, PhD
Sarah Garnaat, PhD
Brandon Gibb, PhD
Cassidy Gutner, PhD
Greg Hajcak, PhD
Paul Holtzheimer, MD
Ashley N. Howell, PhD
Kean J. Hsu, PhD
Melissa G. Hunt, MD
Micah Ioffe, PhD
Dawn F. Ionescu, MD
Ryan Jancey Jacoby, PhD
Tejal Jakatdar, PhD
Arash Javanbakht, MD
Tanja Jovanovic, PhD
Baekhkim Kadriu, MD
Barbara Kamholz, PhD, ABPP
Terence M Keane, PhD
Nancy Kocovski, PhD
Rachel Leonard, PhD
Sarah Hope Lincoln, PhD
Sandra Llera, PhD
Charles S. Mansuetu, PhD
Marie-France Marin, PhD
Brian Martis, MD
Holly Mash, PhD
Patrick B. McGrath, PhD
Dean McKay, PhD
Alison C. McLeish, PhD
Douglas Mennin, PhD
Alicia Meuret, PhD
Vasiliki Michopoulos, PhD
Amanda Morrison, PhD
Kimberly Morrow, LCSW
James Murrough, MD, PhD
Michelle Newman, PhD
Bith Patterson, BScN, RN, MSc
Andrew D. Peckham, PhD
Lorraine Mary Pirro, LCSW
Roxanne Pratt, MS, LMHC, MPH, NCC, CHES
Amy Przeworski, PhD
Sheila A.M. Rauch, PhD, ABPP
Kim Evonne Rockwell-Evans, PhD
Andrew Rosen PHD, ABPP
Barbara O. Rothbaum, PhD, ABPP
Michelle Rozenman, PhD
Dara Sakolsky, MD, PhD
Brian Schmaus, PhD
Franklin Schneider, MD
Robert R Selles, PhD
H. Blair Simpson, MD, PhD
Angela Smith, PhD
Ashley J. Smith, PhD
Jami Socha, PhD
Jane Soislion, PhD
Elizabeth DuPont Spencer, LCSW-C
Shari Steinman, PhD
Lindsey Stone, PhD
Eric A Storch, PhD
Jennifer Sy, PhD
Lousia Sylvia, PhD
Kristin Szuhany, PhD
Gerald Tarlow, PhD
Charles Taylor, PhD
Ellen Teng, PhD
Patricia Thornton, PhD
Enn Tone, PhD
David Valentinor, PhD
Michael Van Ameringen, MD FRCPC
Sanne van Rooij, PhD
Anka A. Vujanovic, PhD
Hilary Weingarden, PhD
Michael Grady Wheaton, PhD
Taylor Wilmer, PhD
Michelle Wilkin, PhD
Jenny C Yip, PsyD, ABPP
Soo Jeong Youn, PhD

Navigate the event like a pro
with the ADAA 2020 mobile app, powered by Core-apps

AVAILABLE AT:

Download the App is Easy!

SCAN:
Use your device’s QR code scanner to quickly find the ADAA Annual Events app.

SEARCH:
The App Store or Google Play for “ADAA 2020” or “ADAA Events”

FOR ALL OTHER DEVICE TYPES: (including Blackberry, Windows, and other web browser-enabled devices): point your mobile browser to l.core-apps.com/adaa2020 to be directed to the proper download version for your device. Once you have downloaded and opened the app, choose ADAA 2020 and tap Download. If you already have the ADAA 2019 app on your device, click on the wheel in the top right corner of your dashboard and then click “Exit to Show List”. Choose ADAA 2020 then tap download. Compatibility: Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Requires Android 4.3 and up.

Should you have any questions, please stop by the registration desk or contact support@core-apps.com
BADGES
Your conference badge is required for admission to all sessions, meals, and receptions. Please wear it during the conference and remove it whenever you leave the hotel.

BREAKFAST AND BREAKS
Daily hot breakfast, coffee, and tea are served 7:30 – 8:30 am on Friday and Saturday in the Partner Solutions Hall (Salon I) for all registered attendees and from 8:00 – 8:30 am on Sunday in the Salon I Foyer.

A light breakfast, coffee and tea, will be served from 7:30 – 8:30 am for all First Time Attendees on Friday in Salon C.

Refreshment breaks are scheduled AM and PM (refer to your program) in the Partner Solutions Hall (Salon I)

BUSINESS CENTER
Full-service copying and shipping; located on Level 3 of the hotel; the FedEx Office Business Center hours are 7:00 am – 7:00 pm Monday thru Friday, 7:00 am – 3:00 pm Saturday and Sunday with 24 hour self-service for computers, copying and faxing. Call: (210) 248-0760.

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

EMERGENCY INFORMATION
For all emergencies, please call the security department at extension #6070 on a house phone. Do not call 911.

INTERNET ACCESS
All ADAA hotel guests at the Marriott Rivercenter 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 Level 3 [Password: ADAA2020]

LUNCH
Attendees are on their own for lunches on Friday and Saturday but check the chronological listing in this program for lunchtime programming. Grab-n-go snacks and beverages are available at the Fresh Bites on the Lobby Level. **Students, Trainees, Postdocs, and Residents who have already RSVP’ed only are invited to a complimentary luncheon on Saturday, 11:45am – 12:45 pm, in Salon E. Your badge is your ticket.**

SPEAKER READY ROOM
Conference Room 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 – 11:30 am.

MESSAGE BOARD
Located near Registration (Salon Foyer). To contact conference participants, you may leave a message on the board. Please use the conference mobile app to connect with other attendees.

DINING IN THE MARRIOTT RIVER CENTER
Grab-n-Go Stations: Purchase from a variety of sandwiches, salads, snacks and beverages at the Grab-n-Go stations located in the Partner Solutions Hall on Level 3.

Fresh Bites: Offers coffee drinks, as well as pastries, healthy snacks, and grab-n-go items.

Tributary: Offers coffee drinks, as well as pastries, healthy snacks, and grab-n-go items.
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 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.

POSTER SESSIONS – SALON F
Session I (Friday, 6:30-7:45 pm)
Setup between 4:00 – 5:00 pm on Friday.
Session II (Saturday, 12:45-2:00 pm) Setup between 10:30 am – 11:30 am on Saturday.
- You must be registered and have your badge to hang your poster. Please remove your poster at the end of your session, or the hotel will dispose of it.

REGISTRATION, SALON FOYER
Thursday, 8:00 am – 6:00 pm;
Friday, 7:00 am – 5:30 pm;
Saturday, 7:30 am – 5:30 pm;
Sunday 8:00 am – 12:00 pm.

HOTEL INFORMATION
San Antonio Marriott Rivercenter
101 Bowie Street, San Antonio, Texas 78205
+1 210-223-1000

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.

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) immediately. All reports will remain confidential.
Thursday, March 19, 2020

8:00 AM – 4:30 PM
Career Development Leadership Program — invitation only
Conference Room 1

9:00 AM – 11:00 AM
Trending Topic – "Cannabis, Anxiety and Depression" with Staci Gruber, PhD and Diana Martinez, MD, Salon L

9:00 AM – 1:15 PM
Timely Topics for Clinicians, Conference Room 8

4:45 PM – 6:00 PM
Keynote Address – "Resilience in Science and Practice: Pathways to the Future" with Anne S. Masten, PhD
Special Address – "Building a More Resilient Mental Health Workforce" with Jerry Halverson, MD, FACPysch, DFAPA
– Rogers Behavioral Health
Open to All Registered Participants
Sponsored by Rogers Behavioral Health, Salon E

6:00 PM – 7:30 PM
Welcome Reception and Partner Solutions Hall Grand Opening
Join us for a complimentary "beverage of choice" and hors d’oeuvres in the Partner Solutions Hall. Each attendee will be provided with a coupon for one complimentary drink upon entering.
Sponsored by Rogers Behavioral Health, Salon I

Friday, March 20, 2020

7:30 AM – 8:30 AM
Breakfast for First-Time Attendees, Salon C

8:30 AM – 11:30 AM
23rd Annual Scientific Research Symposium – "Resilience: From Research to Practice"
Sponsored by Janssen Neuroscience, Salon E

11:30 AM – 12:30 PM
Special Interest Group Brown Bag Lunch Meetings:
ADAA Genetics and Neuroscience, Conference Room 15
ADAA OCD and Related Disorders, Conference Room 11
ADAA PTSD, Conference Room 8
ADAA Women’s Mental Health, Conference Room 6

12:30 PM – 1:30 PM
ADAA Child and Adolescent, Conference Room 3

12:30 PM – 1:30 PM
Clinical Practice Symposium: "The Nuts and Bolts of Working with PTSD, Depression, and Micro-Aggressions with Minority Clients Through the Lenses of CBT, ACT & FAP" with Mathew Kinta, Phd, Janina Scarlet, PhD, and Jillian Shiperd, PhD
Sponsored by Sage Therapeutics
Salon E

12:30 PM – 1:30 PM
Scientific Council Meeting, Salon C

1:00 PM – 2:00 PM
Membership Committee Meeting – open to all attendees,
Conference Room 5

3:15 PM – 4:45 PM
Sponsored by VistaGen Therapeutics, Salon E

6:30 PM – 7:45 PM
New Research Poster Session 1
Sponsored by VistaGen Therapeutics, Salon F
Saturday, March 21, 2020

7:30 AM – 8:30 AM
Depression and Anxiety Journal Editorial Board Meeting – invitation only, Conference Room 5

7:30 AM – 8:30 AM
Special Interest Group Meetings:
ADAA Integrative Behavioral Health, Conference Room 6
ADAA Social Anxiety, Conference Room 11

8:30 AM – 10:30 AM
Science Spotlights
"Targeting Biological Mechanisms of Resilience to Identify New Therapeutics for Depression and PTSD" with James Murrough, MD and "A Walk Through the Lifecycle of the Memory Engram" with Daniella Schiller, PhD
Sponsored by VistaGen Therapeutics, Salon D

11:45 AM – 12:45 PM
Early Career Professionals Luncheon, Salon E

12:00 PM – 1:00 PM
Special Interest Group Brown Bag Lunch Meeting
ADAA Multicultural Advances, Conference Room 8

12:00 – 1:00 PM
Public Education Committee Meeting Salon B – open to all attendees
Professional Education Committee Meeting, Conference Room 5 – invitation only
CDLP Committee Meeting, Conference Room 11 – invitation only

12:30 PM – 1:00 PM
“Beyond Therapy: Deep TMS for Treatment-Resistant MDD & OCD Patients” presented by Caleb Lack, PhD of Brainsway, Salon L.

12:45 PM – 2:00 PM
New Research Poster Session 2, Salon F
Sponsored by VistaGen Therapeutics

1:00 PM – 2:00 PM
Conference Committee Debrief, Conference Room 6 – invitation only

7:00 PM – 9:00 PM
ADAA 40th Anniversary Celebration, Salon E
Each attendee will be provided with two coupons for two complimentary drinks upon entering.

Unless otherwise noted, all meeting rooms on this page are located on Level 3

Join us on Saturday evening at 7:00 pm in Salon E to celebrate ADAA’s 40th Anniversary!

This fun and festive celebration will honor long-time members, recognize this year’s member award recipients and toast to another 40 years! Enjoy local cuisine and great music — grab your dancing shoes (or boots) and be sure to take photos with your friends at the photo booth to commemorate the evening!

We’ll see you there!
**SCHEDULE AT A GLANCE**

**Wednesday, March 18, 2020**

ADAA Board of Directors Meeting, 10:00 AM - 5:00 PM, Conference Room 20

**Thursday March 19, 2020**

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM - 9:00 AM</td>
<td>Salon Foyer</td>
<td></td>
<td>Coffee Break</td>
</tr>
<tr>
<td>8:00 AM - 6:00 PM</td>
<td>Salon Foyer</td>
<td></td>
<td>Registration</td>
</tr>
<tr>
<td>8:00 AM - 4:30 PM</td>
<td>Conference Room 1</td>
<td></td>
<td>Special Event: Alies Muskin Career Development Leadership Program (CDLP)</td>
</tr>
<tr>
<td>9:00 AM - 11:00 AM</td>
<td>Conference Room 21</td>
<td>MC005</td>
<td>Don’t Go Down the Rabbit Hole! A Clinical Approach to Unanswerable Questions and the Quest for Certainty</td>
</tr>
<tr>
<td></td>
<td>Conference Room 15</td>
<td>MC003</td>
<td>Evaluation and Management of Treatment-Resistant Post-Traumatic Stress Disorder</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>MC001</td>
<td>The ABCs and 123s of CBT for Anxiety Disorders!</td>
</tr>
<tr>
<td></td>
<td>Conference Room 14</td>
<td>MC002</td>
<td>The Practice of Cultural Humility: Addressing Privilege, Stereotypes, Biases, and Microaggressions in the Therapeutic Context.</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>MC004</td>
<td>Working with Problematic Beliefs in Complicated Grief Treatment</td>
</tr>
<tr>
<td>9:00 AM - 10:00 AM</td>
<td>Conference Room 8</td>
<td>TT01</td>
<td>Timely Topics for Clinicians: Culturally Responsive Approaches to the Treatment of Anxiety (Educational Support for Timely Topics provided by Anxiety.org)</td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td></td>
<td>Treating Topic - Cannabis: Cannabis, Anxiety, and Depression: Cause for Pause or Peace of Mind?</td>
</tr>
<tr>
<td>10:15 AM - 11:15 AM</td>
<td>Conference Room 8</td>
<td>TT02</td>
<td>Timely Topics for Clinicians: Counseling Individuals and Families Bereaved by Suicide (Educational Support for Timely Topics provided by Anxiety.org)</td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td></td>
<td>Treating Topic - Cannabis: Medical Marijuana: the Evidence and Promises of CBD</td>
</tr>
<tr>
<td>12:15 PM - 2:15 PM</td>
<td>Conference Room 21</td>
<td>MC010</td>
<td>Contextual Behavioral Approaches to Reducing Minority Stress Among Sexual and Gender Minority Clients</td>
</tr>
<tr>
<td>continued next page</td>
<td>Conference Room 14</td>
<td>MC007</td>
<td>Improving Interracial Relationships in Therapy: Contemplative Approaches to Working with Clinicians’ Racial Anxiety and Avoidance</td>
</tr>
</tbody>
</table>

*Student Friendly Session  Ethics Session*
**Thursday March 19, 2020 continued**

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:15 PM - 2:15 PM continued</td>
<td>Conference Room 20</td>
<td>MC009</td>
<td>Interpersonal Psychotherapy (IPT) for Posttraumatic Stress Disorder</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>MC006</td>
<td>Resilience Interventions for Children and Teens Across Settings: Private Practice and Schools</td>
</tr>
<tr>
<td></td>
<td>Conference Room 15</td>
<td>MC008</td>
<td>The Ups and Downs of Perfectionism: Acceptance and Commitment Skills for Doing Things Right and Perfect!</td>
</tr>
<tr>
<td>12:15 PM - 1:15 PM</td>
<td>Conference Room 8</td>
<td>TT03**</td>
<td>Timely Topics for Clinicians: The Perpetual Risk of Suicide in Police, Military, and Veterans: What Every Clinician Needs to Know (Educational Support for Timely Topics provided by Anxiety.org)</td>
</tr>
<tr>
<td>2:30 PM - 4:30 PM</td>
<td>Conference Room 14</td>
<td>MC012</td>
<td>A Global and Cultural Psychotherapy Workshop: A Clinical Illustration with an Undocumented Latinx Woman</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>MC011</td>
<td>Beyond Anxiety and Depression: Using the Unified Protocols with Children, Adolescents and their Caregivers to Achieve Optimal Results with Complex and Challenging Populations</td>
</tr>
<tr>
<td>2:30 PM - 4:00 PM</td>
<td>Conference Room 8</td>
<td>318R</td>
<td>Novel Technology Based Assessment of Psychopathology</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>320R</td>
<td>Physiological and Neural Biomarkers of Stress Resilience Following Emergency Department Trauma: Preliminary Findings from the AURORA Study</td>
</tr>
<tr>
<td></td>
<td>Conference Room 15</td>
<td>319R</td>
<td>Genetic and Brain Anatomical Markers of Mood Disorder Morbidity</td>
</tr>
<tr>
<td></td>
<td>Conference Room 21</td>
<td>325R</td>
<td>I’m Still Standing: Risk and Protective Factors Relevant for Suicide and Depression</td>
</tr>
<tr>
<td></td>
<td>Salon D</td>
<td>312R</td>
<td>Leveraging Neuroscience to Examine Predictors and Mechanisms of Treatment in Anxiety and Related Disorders</td>
</tr>
<tr>
<td>4:00 PM - 4:45 PM</td>
<td>Salon Foyer</td>
<td></td>
<td>Reboot Break</td>
</tr>
<tr>
<td>4:45 PM - 6:00 PM</td>
<td>Salon E</td>
<td></td>
<td>Keynote Address: Resilience in Science and Practice: Pathways to the Future (Educational Support provided by Rogers Behavioral Health)</td>
</tr>
<tr>
<td>6:00 PM - 7:30 PM</td>
<td>Salon I</td>
<td></td>
<td>Special Event: Welcome Reception &amp; Partner Solutions Hall Grand Opening (Sponsored by Rogers Behavioral Health)</td>
</tr>
</tbody>
</table>

Unless otherwise noted, all meeting rooms on this page are located on Level 3
### SCHEDULE AT A GLANCE

**Friday March 20, 2020**

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM - 5:30 PM</td>
<td>Salon Foyer</td>
<td></td>
<td>Registration</td>
</tr>
<tr>
<td><strong>7:30 AM - 12:45 PM</strong></td>
<td>Salon I</td>
<td></td>
<td>Special Event: Partner Solutions Hall (Sponsored by Rogers Behavioral Health)</td>
</tr>
<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Salon I</td>
<td></td>
<td>Networking Breakfast in Partner Solutions Hall</td>
</tr>
<tr>
<td></td>
<td>Salon C</td>
<td></td>
<td>Special Event: First Time Attendee Breakfast</td>
</tr>
<tr>
<td><strong>8:30 AM - 11:30 AM</strong></td>
<td>Salon E</td>
<td></td>
<td>Scientific Research Symposium: Resilience: From Research to Practice (Educational Support provided by Janssen Neuroscience)</td>
</tr>
<tr>
<td>9:30 AM - 10:00 AM</td>
<td>Salon I</td>
<td>100C</td>
<td>Coffee Break in Partner Solutions Hall</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>Salon B</td>
<td>100C</td>
<td>A Crash Course in Starting a Successful Group Private Practice</td>
</tr>
<tr>
<td></td>
<td>Conference Room 1</td>
<td>129C</td>
<td>Acceptance-Based Behavioral Interventions in Novel Contexts: Promoting Health, Empowerment and Resilience in College Students and Beyond</td>
</tr>
<tr>
<td></td>
<td>Conference Room 14</td>
<td>154C</td>
<td>Blunted Reward Processing and Psychoimmunological Correlates of PTSD: Symptomatic Manifestations and Novel Treatment Perspectives</td>
</tr>
<tr>
<td></td>
<td>Conference Room 16</td>
<td>156C</td>
<td>Building Resilience in Clients with OCD: Addressing Hidden Traps that Can Sabotage Recovery</td>
</tr>
<tr>
<td></td>
<td>Salon M</td>
<td>142C</td>
<td>CBT for Depression: Basics and Beyond</td>
</tr>
<tr>
<td></td>
<td>Salon D</td>
<td>133C</td>
<td>Comprehensive and Novel Approaches to Evidence-Based Treatment During the Postpartum Period</td>
</tr>
<tr>
<td></td>
<td>Salon C</td>
<td>169C</td>
<td>Feeling Wrong Never Felt So Right: Reducing the Risk of Depression in Children by Using ACT and Interoceptive Exposures to Address Emotion Dysregulation and Distress Intolerance</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>157C</td>
<td>Imminent Suicide Risk Assessment in High-Risk Individuals Denying Suicidal Intent</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>130C</td>
<td>The Use of Metaphor in Translating Complicated Clinical Concepts into Relatable Language</td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td>139C**</td>
<td>Treatment of Anxiety and Depression Among Youth with Autism Spectrum Disorder</td>
</tr>
<tr>
<td></td>
<td>Salon A</td>
<td>227B</td>
<td>Unpacking PTSD Treatments: Examining Predictors and Processes Underlying Change</td>
</tr>
</tbody>
</table>

*Student Friendly Session  Ethics Session

**C** Clinical/Practice  **R** Research

**B** Clinical/Practice and Research  **SAMOC Credits for Psychiatrists**

Unless otherwise noted, all meeting rooms on this page are located on Level 3
<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 AM - 12:30 PM</td>
<td>Conference Room 15</td>
<td></td>
<td>ADAA Genetics and Neuroscience Special Interest Group</td>
</tr>
<tr>
<td></td>
<td>Conference Room 11</td>
<td></td>
<td>ADAA OCD and Related Disorders Special Interest Group</td>
</tr>
<tr>
<td></td>
<td>Conference Room 8</td>
<td></td>
<td>ADAA PTSD Special Interest Group</td>
</tr>
<tr>
<td></td>
<td>Conference Room 6</td>
<td></td>
<td>ADAA Women’s Mental Health Special Interest Group</td>
</tr>
<tr>
<td>12:30 PM - 1:30 PM</td>
<td>Salon C</td>
<td></td>
<td>Scientific Council Meeting – <em>invitation only</em></td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td></td>
<td>ADAA Child and Adolescent Special Interest Group</td>
</tr>
<tr>
<td>12:30 PM - 2:30 PM</td>
<td>Salon E</td>
<td></td>
<td>Clinical Practice Symposium: The Nuts and Bolts of Working with PTSD, Depression, and Micro-Aggressions with Minority Clients Through the Lenses of CBT, ACT &amp; FAP (Sponsored by Sage Therapeutics)</td>
</tr>
<tr>
<td>12:45 PM - 1:45 PM</td>
<td>Salon D</td>
<td>303R</td>
<td>Childhood Maltreatment, Neuroinflammatory Markers and Ketamine Response</td>
</tr>
<tr>
<td></td>
<td>Salon A</td>
<td>300R</td>
<td>Cognitive Control Processes and Internalizing Disorders: Evidence From Behavioral and Electrophysiological Paradigms Across the Lifespan</td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td>306R</td>
<td>Enhancing Youth Resilience with Evidence-Based Interventions in Schools</td>
</tr>
<tr>
<td></td>
<td>Conference Room 16</td>
<td>212B**</td>
<td>How Long Does It Take to Treat PTSD? Preliminary Findings and Insights from PTSD Treatments Delivered Over the Course of a Single Week</td>
</tr>
<tr>
<td></td>
<td>Conference Room 14</td>
<td>203B</td>
<td>Improving the Public Health Impact of Pediatric Anxiety Intervention: Novel Models of Care</td>
</tr>
<tr>
<td></td>
<td>Conference Room 1</td>
<td>311R</td>
<td>Interpersonal Anxiety and Individual Differences in the Ways We Keep Threats at Bay</td>
</tr>
<tr>
<td></td>
<td>Salon B</td>
<td>200B</td>
<td>Mentoring Women in the Context of Gender, Racial, Ethnic, and Sexual Power Barriers</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>217B</td>
<td>Parental Factors in Treatment Response Amongst Youth and Teens with Selective Mutism</td>
</tr>
<tr>
<td>1:00 PM - 2:00 PM</td>
<td>Conference Room 5</td>
<td></td>
<td>Membership Committee Meeting – <em>open to all attendees</em></td>
</tr>
</tbody>
</table>

*Student Friendly Session  
Ethics Session

*“C” Clinical/Practice  •  “R” Research  
“B” Clinical/Practice and Research  •  **SAMOC Credits for Psychiatrists*
**SCHEDULE AT A GLANCE**

Friday March 20, 2020  

**TIME** | **LOCATION** | **SESSION #** | **TITLE**  
--- | --- | --- | ---  
2:00 PM - 3:00 PM | Salon A | 301R | A Randomized Controlled Trial of Yoga, Cognitive Behavioral Therapy and Stress Education for Generalized Anxiety Disorder  
Conference Room 14 | 214B | Breastfeeding and Peripartum Mental Health  
Conference Room 3 | 218B | Data, Technology, and People: Systematic Outcomes Implementation in Inpatient Psychiatric Care  
Conference Room 1 | 213B | Implementation of Evidence-based Psychotherapy: a Closer Look at the Key Players  
Salon L | 207B | Ketamine and Esketamine for Treatment Resistant Depression and Other Conditions (PTSD, OCD): Evidence and Implementation  
Salon M | 208B | Maternal Mental Health: Issues in Research and Clinical Care  
Salon D | 307R | Posttraumatic Stress and Complicating Sequelae: Physical Experiences in the Context and Aftermath of Psychological Trauma  
Salon B | 304R | The Role of Positive Affect in Depression: Relationships Revealed Across Days, Weeks, and Months  
Conference Room 16 | 216B | Best Practices for Addressing Systemic Inequities in Systems of Care: Continuing the Dialogue  
2:45 PM - 3:15 PM | Salon I | Reboot Break in Partner Solutions Hall  
2:45 PM - 7:45 PM | Salon I | Special Event: Partner Solutions Hall (Sponsored by Rogers Behavioral Health)  

**DID YOU KNOW?**

ADAA members receive a complimentary annual online subscription to *Depression and Anxiety* – ADAA’s official online journal. Also – ADAA’s professional webinars are free for members and members receive a discount on CEs and CMEs.
## Friday March 20, 2020 continued

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 PM - 6:30 PM</td>
<td>Conference Room 1</td>
<td>228B</td>
<td>From Biology to Populations; Prospective Examinations of Trauma Exposure and Early Intervention in Large Urban Samples of Underserved Populations</td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td>143C</td>
<td>From Reactive Moves to W.I.S.E. M.O.V.E.S: Act and Erp Blended Together to Augment Your Exposures!</td>
</tr>
<tr>
<td></td>
<td>Conference Room 16</td>
<td>219B</td>
<td>Frontiers of Executive and Neurocognitive Functioning in Psychopathology Research and Treatment</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>313R</td>
<td>Increasing Access to Gold-standard Care for Pediatric Anxiety, Depression, and OCD through Cost-effectiveness Research</td>
</tr>
<tr>
<td></td>
<td>Conference Room 14</td>
<td>321R</td>
<td>Intergenerational Transmission of Traumatic Stress: Identifying Mechanisms and Pathways Across Development</td>
</tr>
<tr>
<td></td>
<td>Salon D</td>
<td>140C</td>
<td>Keeping the Patients Who Keep You Up at Night: Cultivating Compassion for Complex, Comorbid, Hard to Treat Conditions</td>
</tr>
<tr>
<td></td>
<td>Salon M</td>
<td>155C</td>
<td>Managing Barriers to Reduce Family Accommodation in Pediatric OCD</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>223B**</td>
<td>Pharmacogenomic Testing in Psychiatric Practice: Does It Deliver What It Promises?</td>
</tr>
<tr>
<td></td>
<td>Salon B</td>
<td>138C</td>
<td>Preventing Co-Occurring Conditions: Resilience Factors for ASD/Mood Across the Lifespan</td>
</tr>
<tr>
<td></td>
<td>Salon A</td>
<td>128C</td>
<td>SPACE: How Parents Can Help Children Overcome Anxiety</td>
</tr>
</tbody>
</table>
| 6:30 PM - 7:45 PM | Salon F | Session 1 | Poster Session 1 (Sponsored by VistaGen Therapeutics)                                                                                                                                                 

* Student Friendly Session  
* Ethics Session  

**B** Clinical/Practice and Research  
**R** Research  
**C** Clinical/Practice  
**SAMOC** Credits for Psychiatrists

---

**BECOME AN ADAA BLOGGER!**

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

ADAA shares your blog posts on our website, social media platforms, monthly consumer e-newsletter and our bi-weekly professional e-newsletter. Email membership@adaa.org for more info.
## Schedule at a Glance

### Saturday, March 21, 2020

**Unless otherwise noted, all meeting rooms on this page are located on Level 3**

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM - 5:30 PM</td>
<td>Salon Foyer</td>
<td></td>
<td>Registration</td>
</tr>
<tr>
<td><strong>7:30 AM - 2:00 PM</strong></td>
<td>Salon I</td>
<td>110C</td>
<td>Special Event: Partner Solutions Hall (Sponsored by Rogers Behavioral Health)</td>
</tr>
<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Salon I</td>
<td></td>
<td>Networking Breakfast in Partner Solutions Hall</td>
</tr>
<tr>
<td>7:30 AM - 8:30 AM</td>
<td>Conference Room 6</td>
<td>112C</td>
<td>ADAA Integrative Behavioral Health Special Interest Group</td>
</tr>
<tr>
<td></td>
<td>Conference Room 11</td>
<td>110C</td>
<td>ADAA Social Anxiety Special Interest Group</td>
</tr>
<tr>
<td></td>
<td>Conference Room 5</td>
<td></td>
<td>Depression and Anxiety Journal Committee – invitation only</td>
</tr>
<tr>
<td>8:30 AM - 10:00 AM</td>
<td>Conference Room 14</td>
<td>105C</td>
<td>Ethical Applications of Telehealth for Evidence-Based Treatments for Anxiety and Depression</td>
</tr>
<tr>
<td></td>
<td>Conference Room 16</td>
<td>127C</td>
<td>Transdiagnostic Worry, Do You Get into the Content of It or Out of It?</td>
</tr>
<tr>
<td>8:30 AM - 10:30 AM</td>
<td>Conference Room 20</td>
<td>229B</td>
<td>Non-Exposure Treatments for Posttraumatic Stress Disorder</td>
</tr>
<tr>
<td>8:30 AM - 9:30 AM</td>
<td>Salon M</td>
<td>112C</td>
<td>¿Cómo Se Dice? The Art and Practice of Working with Interpreters</td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td>110C</td>
<td>A Review of Parent-Child Interaction Therapy (PCIT) Adaptations for Treating Anxiety in Preschoolers</td>
</tr>
<tr>
<td></td>
<td>Salon B</td>
<td>119C</td>
<td>Clinical Supervision of Moral Injury and Trauma in Military Populations: Practical Strategies to Optimize Evidenced-Based Treatment</td>
</tr>
<tr>
<td></td>
<td>Conference Room 1</td>
<td>114C</td>
<td>From Research to Practice Stuck Points in CBT Training in Community Mental Health: A Framework for Learning and Using Socratic Strategies to Treat Anxiety and Depression</td>
</tr>
<tr>
<td></td>
<td>Salon D</td>
<td>SS01</td>
<td>Science Spotlight: Targeting Biological Mechanisms of Resilience to Identify New Therapeutics for Depression and PTSD (Educational Support provided by VistaGen Therapeutics)</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>123C</td>
<td>The Comorbid Presentation of Obsessive-Compulsive Disorder and Anorexia Nervosa: Complications and Challenges Faced in Clinical Practice</td>
</tr>
<tr>
<td></td>
<td>Salon A</td>
<td>108C</td>
<td>The Role of Medication in the Treatment of Anxiety, OCD, and Related Disorders: Facts, Strategies, and Barriers for Prescribing and Non-Prescribing Clinicians</td>
</tr>
</tbody>
</table>

* Student Friendly Session  
* Ethics Session  
* “C” Clinical/Practice  
* “R” Research  
* “B” Clinical/Practice and Research  
* **SAMOC Credits for Psychiatrists
<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 AM - 10:30 AM</td>
<td>Salon L</td>
<td>111C</td>
<td>Constructing Resilient Stories through Narrative Therapy</td>
</tr>
<tr>
<td></td>
<td>Conference Room 1</td>
<td>115C</td>
<td>Depression and Opioid Use Disorder: Strategies for Assessment and Treatment</td>
</tr>
<tr>
<td></td>
<td>Salon B</td>
<td>120C</td>
<td>Promoting Resilience and Skill Acquisition During Trauma-Focused, Intensive Treatment Programs with Veterans and Active Duty Service Members</td>
</tr>
<tr>
<td></td>
<td>Salon D</td>
<td>SS02</td>
<td>Science Spotlight: A Walk Through the Lifecycle of the Memory Engram (Educational Support provided by VistaGen Therapeutics)</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>124C</td>
<td>So What If You Are Gay? Uncovering the Mystery behind HOCD a Misunderstood Form of OCD</td>
</tr>
<tr>
<td></td>
<td>Salon M</td>
<td>113C</td>
<td>Tweens, Teens, and Social Media. Making Sure Device Use and Classroom Practice Promote Mental Health: Understanding How Our Responses to Technology Can Undermine or Build Coping Strategies</td>
</tr>
<tr>
<td>10:45 AM - 11:45 AM</td>
<td>Salon M</td>
<td>125C</td>
<td>ACT Your Way: Acceptance &amp; Commitment Therapy (ACT) for Youth with Psychopathology</td>
</tr>
<tr>
<td></td>
<td>Salon A</td>
<td>121C</td>
<td>ADHD: Diagnostic and Treatment Implications in Children, Adolescents, and Emerging Young Adults</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>209B</td>
<td>Fail Better! Deriving Insights and Inspiration from Treatment-Resistant Cases</td>
</tr>
<tr>
<td></td>
<td>Conference Room 16</td>
<td>204B</td>
<td>Intolerance of Uncertainty: Emerging Trends and the Role of Technology</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>305R</td>
<td>Methodological Innovations in Studying Depression-Relevant Attentional Biases in Youth</td>
</tr>
<tr>
<td></td>
<td>Salon D</td>
<td>122C</td>
<td>Outdoor Behavioral Healthcare in the Treatment of Adolescents with Emotional Disorders</td>
</tr>
<tr>
<td></td>
<td>Conference Room 14</td>
<td>308R</td>
<td>Risk and Resilience to PTSD: Evidence from Humans and Rodents</td>
</tr>
<tr>
<td></td>
<td>Salon B</td>
<td>107C</td>
<td>The Ethics of Hope: Working with Long-Term Clients and Refractory Conditions</td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td>163C</td>
<td>Treating ARFID Utilizing Exposure Based CBT</td>
</tr>
<tr>
<td></td>
<td>Conference Room 1</td>
<td>202B</td>
<td>Why Are There So Few New Medications in Development for Generalized Anxiety Disorder?</td>
</tr>
</tbody>
</table>
### Schedule at a Glance

**Saturday, March 21, 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Session #</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM - 1:00 PM</td>
<td>Conference Room 8</td>
<td></td>
<td>ADAA Multicultural Advances Special Interest Group</td>
</tr>
<tr>
<td></td>
<td>Conference Room 11</td>
<td></td>
<td>CDLP Committee – invitation only</td>
</tr>
<tr>
<td></td>
<td>Conference Room 5</td>
<td></td>
<td>Professional Education Committee – invitation only</td>
</tr>
<tr>
<td></td>
<td>Salon B</td>
<td></td>
<td>Public Education Committee – open to all attendees</td>
</tr>
<tr>
<td>11:45 AM - 12:45 PM</td>
<td>Salon E</td>
<td></td>
<td>Special Event: Early Career Professionals Luncheon</td>
</tr>
<tr>
<td>12:30 PM - 1:00 PM</td>
<td>Salon L</td>
<td></td>
<td>Product Pavilion: Brainsway Presents: Beyond Therapy: Deep TMS for Treatment-Resistant MDD &amp; OCD Patients</td>
</tr>
<tr>
<td>12:45 PM - 2:00 PM</td>
<td>Salon F</td>
<td>Session 2</td>
<td>Poster Session 2 (Sponsored by VistaGen Therapeutics)</td>
</tr>
<tr>
<td>1:00 PM - 2:00 PM</td>
<td>Conference Room 6</td>
<td></td>
<td>2020 Conference Committee Debrief – invitation only</td>
</tr>
<tr>
<td>2:00 PM - 3:30 PM</td>
<td>Salon L</td>
<td>152C</td>
<td>A Preventative Trauma-Informed Resilience Intervention for College Students</td>
</tr>
<tr>
<td></td>
<td>Salon M</td>
<td>159C</td>
<td>Adapting CBT with ERP for Youth with OCD and Anxiety Disorders: A Resilience-Based Approach</td>
</tr>
<tr>
<td></td>
<td>Salon D</td>
<td>141C</td>
<td>KSADS-COMP and Computer-Assisted Psychiatric Diagnoses of Children and Adolescents</td>
</tr>
<tr>
<td></td>
<td>Conference Room 16</td>
<td>220B</td>
<td>Novel Adaptations and Applications of CBT for Youth</td>
</tr>
<tr>
<td></td>
<td>Salon B</td>
<td>135C</td>
<td>Ready Player One: Utilizing Gaming Mentality in Preparing Clients for E/RP</td>
</tr>
<tr>
<td></td>
<td>Conference Room 14</td>
<td>322R</td>
<td>Relationships Can Hurt or Heal: Social-Cognitive Processes and Outcomes Among Trauma-Exposed Individuals</td>
</tr>
<tr>
<td></td>
<td>Conference Room 1</td>
<td>233B</td>
<td>Resilience Through Suicide Prevention: From Identifying Risk and Protective Factors to Implementation</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>224B</td>
<td>Sweat the Fret: Exploring Exercise Interventions for Depression and Anxiety-Related Symptoms</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>315R</td>
<td>Translating How Humans Learn and Process Fear to Clinical Populations</td>
</tr>
<tr>
<td></td>
<td>Salon C</td>
<td>167C</td>
<td>Treating OCD with ASD: You Are Better Prepared Than You Think!</td>
</tr>
<tr>
<td></td>
<td>Salon A</td>
<td>150C</td>
<td>Treating Toileting Concerns in Young Children with Anxiety and Other Common Pediatric Mental Health Concerns</td>
</tr>
</tbody>
</table>

Unless otherwise noted, all meeting rooms on this page are located on Level 3.
### Saturday March 21, 2020 continued

**Unless otherwise noted, all meeting rooms on this page are located on Level 3**

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3:45 PM - 5:15 PM</strong></td>
<td><strong>Salon B</strong></td>
<td>136C</td>
<td>Anxiety and Depression Rounds: Challenging Cases in the Real World of Psychotherapy</td>
</tr>
<tr>
<td></td>
<td><strong>Salon M</strong></td>
<td>232B</td>
<td>Building Resilience to Prevent Suicide: New interventions</td>
</tr>
<tr>
<td></td>
<td><strong>Salon C</strong></td>
<td>168C</td>
<td>CBT for Chronic GI Disorders</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 3</strong></td>
<td>314R</td>
<td>Combining Human and Non-human Primate Studies to Characterize the Pathophysiological Alterations that Underlie the Childhood Risk to Develop Anxiety Disorders</td>
</tr>
<tr>
<td></td>
<td><strong>Salon A</strong></td>
<td>151C</td>
<td>Conceptualizing and Treating the Effects of Trauma within Muslim War-torn Refugee Communities</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 1</strong></td>
<td>230B**</td>
<td>Developmental Biology of Resilience and Vulnerability: Genetics, Endocrines, Neuroimaging, and Inflammation</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 14</strong></td>
<td>323R</td>
<td>Heterogeneity in Effectiveness: Examining the Implementation of PTSD Treatments in Routine Clinical Care</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 16</strong></td>
<td>221B</td>
<td>Multi-disciplinary Training for the Unified Protocol: Real-world Applications Across Clinical Settings</td>
</tr>
<tr>
<td></td>
<td><strong>Salon L</strong></td>
<td>153C</td>
<td>Tailoring Treatment for BFRBs: How to Individualize Treatment for the Most Successful Outcomes with Hair Pulling and Skin Picking</td>
</tr>
<tr>
<td></td>
<td><strong>Salon D</strong></td>
<td>149C</td>
<td>To Keep or Not to Keep</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 20</strong></td>
<td>225B</td>
<td>Using Digital Health Technology to Bridge Access to Care for Obsessive Compulsive Disorder (OCD) and Anxiety Disorders</td>
</tr>
<tr>
<td><strong>5:30 PM - 6:30 PM</strong></td>
<td><strong>Conference Room 16</strong></td>
<td>205B</td>
<td>Advances in Child Anxiety and Related Disorders - From Biology to Behavior</td>
</tr>
<tr>
<td></td>
<td><strong>Salon A</strong></td>
<td>116C</td>
<td>All Aboard: Engaging Parents in Adolescent Treatment for Depression</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 1</strong></td>
<td>126C</td>
<td>Behavioral Treatment of Tourette’s Disorder</td>
</tr>
<tr>
<td></td>
<td><strong>Salon M</strong></td>
<td>117C</td>
<td>Challenging the Status Quo: Building Successful Collaboration to Better Treat Anxiety and Mood Disorders</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 3</strong></td>
<td>302R</td>
<td>Cognitive Bias Modification: from Lab to Clinic</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 20</strong></td>
<td>215B</td>
<td>Promoting Resilience Using Novel Interventions Among Individuals at Risk</td>
</tr>
<tr>
<td></td>
<td><strong>Salon B</strong></td>
<td>102C</td>
<td>Resilience Within: Tools for Managing Clinicians’ Own Anxieties</td>
</tr>
<tr>
<td></td>
<td><strong>Conference Room 14</strong></td>
<td>309R</td>
<td>Risk, Resilience, and Mental Health in the Wake of Hurricane Harvey</td>
</tr>
<tr>
<td></td>
<td><strong>Salon L</strong></td>
<td>106C</td>
<td>Suicide and Suicide Prevention: Ethical and Legal Perspectives</td>
</tr>
<tr>
<td></td>
<td><strong>Salon D</strong></td>
<td>210B</td>
<td>Uncovering Effective Components of Cognitive Behavioral Therapy in Preventing and Treating Depression Among Youth</td>
</tr>
<tr>
<td><strong>7:00 PM - 9:00 PM</strong></td>
<td><strong>Salon E</strong></td>
<td>Special Event: ADAA 40th Anniversary Celebration</td>
<td></td>
</tr>
<tr>
<td>TIME</td>
<td>LOCATION</td>
<td>SESSION #</td>
<td>TITLE</td>
</tr>
<tr>
<td>--------------------------</td>
<td>-----------------</td>
<td>-----------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>8:00 AM - 12:00 PM</td>
<td>Salon Foyer</td>
<td></td>
<td>Registration</td>
</tr>
<tr>
<td>8:00 AM - 8:30 AM</td>
<td>Salon I Foyer</td>
<td></td>
<td>Networking Breakfast</td>
</tr>
<tr>
<td>8:30 AM - 10:00 AM</td>
<td>Conference Room 3</td>
<td>148C</td>
<td>A Peek Behind the Closed Door: The Art and Nuance of ERP for OCD</td>
</tr>
<tr>
<td></td>
<td>Conference Room 13</td>
<td>316R**</td>
<td>Boosting Positivity to Treat Anxiety, Depression and Suicidality: New Treatment Developments</td>
</tr>
<tr>
<td></td>
<td>Conference Room 16</td>
<td>158C</td>
<td>Building Resilience in Children/Teens with Anxiety and Depression and Comorbid Behavior Difficulties</td>
</tr>
<tr>
<td></td>
<td>Salon K</td>
<td>131C</td>
<td>Don’t Get Lost in The Content; From Automatic Thoughts to Working with Underlying Assumptions</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>160C</td>
<td>Exposure Lab: Increasing Active Practice to Encourage Patient Resiliency and Support Individual Treatment</td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td>137C</td>
<td>Improv for Anxiety: Letting the Fun Override the Fear</td>
</tr>
<tr>
<td></td>
<td>Salon M</td>
<td>144C</td>
<td>Leaving Protocols Behind: Building Resilience Via a Transdiagnostic Model for Treating Depression and Its Related Problems</td>
</tr>
<tr>
<td></td>
<td>Conference Room 14</td>
<td>324R</td>
<td>The Consortium to Alleviate Posttraumatic Stress Disorder: Results from Multiple Treatment Trials</td>
</tr>
<tr>
<td></td>
<td>Salon J</td>
<td>104C</td>
<td>The Scope of Expertise: Identifying and Navigating One’s Clinical Abilities</td>
</tr>
<tr>
<td></td>
<td>Conference Room 1</td>
<td>146C</td>
<td>White Coat: When Health Anxiety Causes Fear and Avoidance of Routine Medical Care</td>
</tr>
<tr>
<td>10:15 AM - 11:15 AM</td>
<td>Conference Room 16</td>
<td>166C</td>
<td>An Introduction to Implementation Science for Anxiety / Depression Researchers and Community Partners</td>
</tr>
<tr>
<td></td>
<td>Conference Room 20</td>
<td>170C</td>
<td>BDD: The Disease of Self-Perceived Ugliness and its Relationship to OCD</td>
</tr>
<tr>
<td></td>
<td>Conference Room 14</td>
<td>211B</td>
<td>Capnometry Guided Respiratory Intervention(CGRI) in Clinical Practice</td>
</tr>
<tr>
<td></td>
<td>Conference Room 3</td>
<td>310R</td>
<td>Clinical Research Perspectives on Fostering Resilience in Underserved Populations through the Implementation and Dissemination of Psychosocial Interventions in Real-World Settings</td>
</tr>
</tbody>
</table>

* Student Friendly Session  
* Ethics Session

Unless otherwise noted, all meeting rooms on this page are located on Level 3.
<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION #</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15 AM - 11:15 AM</td>
<td>Salon L</td>
<td>201B</td>
<td>Demystifying the Psychology Internship Application: Successful</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Strategies for Applicants</td>
</tr>
<tr>
<td></td>
<td>Salon K</td>
<td>164C</td>
<td>Don’t Worry, Be Happy: Applied Positive Psychology in the Treatment</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>of Anxiety and Depression Disorders</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Perspective on Common Clinical Phenomena with Treatment Implications</td>
</tr>
<tr>
<td></td>
<td>Conference Room</td>
<td>206B</td>
<td>So You Want to Specialize in the Treatment of Anxiety, OCD and Related</td>
</tr>
<tr>
<td></td>
<td>Room 13</td>
<td></td>
<td>Disorders? Career Paths and Processes for Specialization in Anxiety</td>
</tr>
<tr>
<td></td>
<td>Conference Room</td>
<td>165C</td>
<td>Working with Rigidity with Selective Mutism Patients- Using Clinical</td>
</tr>
<tr>
<td></td>
<td>Room 1</td>
<td></td>
<td>Flexibility and Innovative Techniques to Inspire Change</td>
</tr>
<tr>
<td>11:45 AM - 12:45 PM</td>
<td>Salon Foyer</td>
<td></td>
<td>Reboot Break</td>
</tr>
<tr>
<td>11:45 AM - 1:15 PM</td>
<td>Conference Room</td>
<td>162C</td>
<td>Changing the OCD Mindset - Rapidly</td>
</tr>
<tr>
<td></td>
<td>Room 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salon K</td>
<td>145C</td>
<td>Dialectical Behavior Therapy’s Approach to Building Resilience:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Teaching ABC PLEASE Skills to Clients</td>
</tr>
<tr>
<td></td>
<td>Salon M</td>
<td>161C</td>
<td>Just Thinking: Helping Clients (and Therapists) Catch and Abandon</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Subtle Mental Rituals</td>
</tr>
<tr>
<td></td>
<td>Conference Room</td>
<td>226B</td>
<td>Meditative Practices to Enhance Resilience and Recovery in the</td>
</tr>
<tr>
<td></td>
<td>Room 16</td>
<td></td>
<td>Aftermath of Trauma</td>
</tr>
<tr>
<td></td>
<td>Conference Room</td>
<td>222B</td>
<td>Novel Methods for Advancing Research on Depression Treatment and</td>
</tr>
<tr>
<td></td>
<td>Room 14</td>
<td></td>
<td>Prevention</td>
</tr>
<tr>
<td></td>
<td>Conference Room</td>
<td>231B</td>
<td>Resilience and Stress as Moderators of Suicide Risk</td>
</tr>
<tr>
<td></td>
<td>Room 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salon L</td>
<td>147C</td>
<td>The Weight of Trauma: A Pivotal Look at PTSD, Obesity, and Eating</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Disorders</td>
</tr>
<tr>
<td></td>
<td>Salon J</td>
<td>134C</td>
<td>Virtual Reality Exposure Therapy: Using VR to Increase Resilience by</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Treating Fear, Trauma, and Anxiety</td>
</tr>
<tr>
<td></td>
<td>Conference Room</td>
<td>317R</td>
<td>Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social,</td>
</tr>
<tr>
<td></td>
<td>Room 13</td>
<td></td>
<td>and Emotional Processing, and Identifying Novel Biomarkers</td>
</tr>
</tbody>
</table>

* Student Friendly Session  
* Ethics Session
Our Vision: Everyone affected by anxiety disorders and depression can obtain the resources that they need to live healthier and more productive lives.

The Anxiety and Depression Association of America (ADAA) is a national, nonprofit organization that has been leading the fight to improve research, education, and treatment to find the cure for anxiety disorders and depression for the past 40 years.

Today we recognize anxiety disorders as the most common mental health disorders and among the most treatable. It is easy to forget how far our views have come since the first phobia meeting was held in 1978 in White Plains, New York. The term “anxiety disorder” had not yet been coined. Most anxiety disorders were called phobias. The clinicians and patients who attended the early phobia meetings discussed the need for a national organization to promote awareness of treatments for phobias. The new treatments, so-called contextual or exposure therapies, seemed promising.

By 1980 a small dedicated group founded the Phobia Society of America. These founders could only begin to imagine what impact unraveling the mysteries of anxiety would have in terms of diagnostic practice and future treatment options: Robert L. DuPont, MD; Nancy Flaxman, Arthur Hardy, MD; Jerilyn Ross, MA; Martin Seif, PhD; Harley Shands, MD; and Manuel Zane, MD.

NEW DIRECTIONS, NEW NAMES
In the 1980s researchers discovered links between panic attacks and abnormal blood flow in the brain, learned that anxiety disorders are associated with pervasive social and health consequences, and discovered and tested various therapies and medications to treat anxiety disorders. ADAA grew to become one of the first mental health organizations to incorporate patient education, advocacy, clinician education, and dissemination of science into its mission. The organization became the Anxiety Disorders Association of America in 1990 to reflect the changing and growing field.

In 2012 ADAA changed its name again – to the Anxiety and Depression Association of America. Anxiety and depression are often “two sides of the same coin” for millions of people, and this name clearly reflects the nature of many people’s experiences. It also reflects the realities of clinical practice and acknowledges the prevalence, impact, and importance of anxiety disorders and depression and their comorbidity. Nearly 29% of people in the U.S. will meet criteria for an anxiety disorder in their lifetime and 20.8% for a mood disorder like depression.
TODAY AND THE FUTURE

ADAA is the only organization solely dedicated to informing the public, health care professionals, the media, and legislators that anxiety disorders and depression are real, serious and treatable. We focus on reducing the cultural stigma that surrounds anxiety and depression and other mental health disorders.

ADAA is the most inclusive organization of its kind. ADAA has evolved into a unique hybrid organization with a growing professional membership of clinicians, basic and clinical scientists, clinician researchers and students.

We have forged a unique partnership that includes psychiatrists, psychologists, social workers, counselors, primary care physicians, and other health care and research professionals and organizations. ADAA also partners with corporations, journalists, educators, individuals who struggle with an anxiety disorder or depression, and their families and friends. Together we provide a unified voice for the millions across the US and around the globe whose lives have been impacted by these disorders, as well as to the thousands of health professionals who study and treat them.

This year, ADAA will launch its new 5-year strategic plan which will further focus on helping people struggling with anxiety disorders and depression through the alignment of science and treatment; launching a public “friends of ADAA” initiative, strengthening and enhancing our multi-disciplinary member programming for early career professionals; and expanding our reach by enhancing internal capacity and staff.

ADAA is deeply indebted to our 1,800 professional members many of whom spend hundreds of hours a year serving on the board, committees and special interest groups working tirelessly every day to educate the public about the latest research and treatment options, bringing together the greatest minds in the field to raise awareness and work toward wellness.

As we look ahead to the next 40 years, ADAA is excited to continue building bridges and improving the lives of people suffering from anxiety, depression, OCD, PTSD, and related disorders. Together – through education, research, and practice – we will triumph over anxiety and depression!

by Robert L. DuPont, MD

ADAA began as the Phobia Society of America (PSA) in 1980. It grew out of a professional environment very different from today. The anxiety disorders then were defined as “neuroses” and mental health was largely psychoanalytical. In 1978 I was seeing a few private patients in my home after I had spent the previous decade working on the problems with addiction to heroin and other drugs on a local and national level. One of my patients was a young schoolteacher who was unable to drive to and from work and she brought me an article from *Glamour Magazine* touting a new form of treatment for “agoraphobia” which produced dramatic benefits. Only at her insistence did I contact the psychiatrist who led this program, Manuel Zane, MD in White Plains, New York. Impressed by what I heard from him I traveled to New York to learn from the program. I was fascinated by the remarkable and rapid recoveries that I saw in the group meetings of the White Plains Phobia Program. When I came back to Washington, Dr. Zane, who was then very much in the media, referred patients to me. I needed help managing this growing practice, so I hired a young woman with a master’s degree in psychology. She had been treated for a crippling phobia of heights at a spin-off phobia program at the Roosevelt Hospital in New York. That was Jerilyn Ross, and together we founded the Phobia Program of Washington. Our approach, like that of Dr. Zane was to find practical solutions to crippling anxiety which involved explanation of the physiology of anxiety and methods of reducing its terror and power. This approach was quite different from the dominant psychoanalytic approach but we were able to demonstrate early success.

In 1979 the White Plains Phobia Program held a meeting to which 50 or so mental health professionals were invited. Jerilyn and I presented at the meeting describing our new work and sharing enthusiasm with the other attendees. I had spent the prior decade helping to lead the nation’s efforts to combat addiction and was part of a group of professionals who established what had become a very large annual national meeting at which addiction professionals from all over the country came to present their findings and to learn from our other colleagues. I recognized that we could follow this model by establishing an annual meeting dealing with the treatment of phobias. Along with Jerilyn I recruited the husband of one of our first phobia group members, an attorney heading one of Washington’s premier law firms, to incorporate the Phobia Society of America in 1980. Jerilyn and I reached out to two other leaders in this new field, both of whom were highly visible in the national media coverage of this new form of treatment, Drs. Manuel Zane from White Plains and Arthur Hardy from the program he called TERRAP, from Menlo Park, California. We were the leaders of PSA; I served as President. Our first project in 1980 was to hold a national meeting of PSA in Washington, DC. In 1982 we published a book from the proceedings of that meeting which we called the second annual meeting, following the inspiration of the earlier 1979 meeting in White Plains.

It is hard today to appreciate just what a radical change this organization represented. We advocated a new form of treatment which was big news at the time. There was a sustained and intense national media interest in phobias and their treatment as it became clear how many people suffered but were not getting effective treatment. In 1977 *60 Minutes* produced a one-hour show to this treatment featuring Drs. Zane and Hardy and many of their patients. It was re-aired because it drew a bigger audience than any other show in the history of *60 Minutes* at that time. Our Phobia Program of Washington was also featured on television and the radio within the Washington/Baltimore area for several years. One of our patients was featured in a two-page story in *The Washington Post* reporting how she had been housebound for 35 years, never venturing out in that time. But with our help she
was liberated. This is where Jerilyn Ross and I had the opportunity to shine a very public light on the anxiety disorders and their treatment. For a number of years, we were frequent guests on local and national news shows and gave countless interviews for papers and magazines.

What we did not realize at the time was that our new professional organization and the national attention it brought was instrumental for the recognition of the anxiety disorders as illnesses that were both serious and treatable. PSA brought together professionals from many areas including but certainly not limited to medicine, psychology, and social work. But, right from the beginning we also welcomed "consumers," people who were struggling with anxiety disorders. Together we helped define the diagnosis and brought clinical experience and academic rigor to a population who had been largely ignored. This new form of treatment we pioneered had been inspired by the books written by the Australian general practitioner Claire Weekes, MD. A brilliant biography of her has just been published in the United States: *The Woman Who Cracked the Anxiety Code: the extraordinary life of Dr. Claire Weekes* by Judith Hoare. Dr. Weekes’ books were global bestsellers as she wrote easily accessible explanations of how people were "tricked by their nerves." When Dr. Weekes came to the United States, she had ready access to the major television networks and newspapers because she was a celebrity. Her thinking, which was that individuals could be taught how to manage their own anxiety, inspired me and PSA. She was the featured speaker at the PSA meeting in New York in 1983.

Many mental health professionals who were part of PSA in its first decade remain active in ADAA today. In those early years, there was very little psychopharmacology in treatment programs, no sign of interest from pharmaceutical companies, and little attention was paid to the anxiety disorders by medical schools or other professional organizations. The popular phrase "panic attack" was barely used, and little understood by patients or practitioners. Like members of ADAA today, we were dedicated to educating, advocating for, and treating our patients. We were inspired by the dramatic improvement in their lives that we helped them achieve. It is wonderful to see how far our organization has come, and how many lives have been improved by our work during the past four decades – thanks to the ADAA and to its amazing growth since that modest beginning.
PAST PRESIDENTS’ QUOTES

“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. Cassiday, 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, M.D., Psychiatrist-in-Chief Emeritus
Director, Center for Anxiety and Traumatic Stress Disorders (CATSD), Massachusetts General Hospital
Stanley Cobb Professor of Psychiatry, Harvard Medical School

“The 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.

Martin Paulus, MD – Chair
Victoria Risbrough, PhD – Vice Chair
James Abelson, MD, PhD
Anne Marie Albano, PhD, ABPP
Candace Alfano, PhD
Gordon J.G. Asmundson, PhD
James C. Ballenger, MD — Emeritus
Christopher Beevers, PhD
Meredith Coles, PhD
Jeremy Coplan, MD
Edward Craighead, MD
Michelle Craske, PhD
Kathleen Delaney, PhD, PMH-NP, FAAN
JoAnn Difede, PhD
Darin Dougherty, MD
Jill Ehrenreich-May, PhD
Norah Feeny, PhD
Edna Foa, PhD
Brendan Gibb, PhD
Golda Ginsburg, PhD
Andrew W. Goddard, MD
Wayne Goodman, MD
Greg Hajcak, PhD
Richard Heimberg, PhD
John Hettema, MD, PhD
Dina Hirshfeld-Becker, PhD
Stefan G. Hofmann, PhD
Elizabeth Hoge, MD
Eric Hollander, MD
Paul Holtzheimer, MD
Ned Kalin, MD
Terence M. Keane, PhD
Ronald C. Kessler, PhD
Joseph LeDoux, PhD — Emeritus
Michael R. Liebowitz, MD
Dean McKay, PhD
Alison C. McLeish, PhD
Douglas S. Mennin, PhD
Alicia Meuret, PhD
Charles B. Nemeroff, MD, PhD
Fugen Neziroglu, PhD, ABPP
Thomas Ollendick, PhD
Katharine A. Phillips, MD
John Piacentini, PhD
Daniel S. Pine, MD
Diego Pizzagali, PhD
Mark H. Pollack, MD
Mark H. Rapaport, MD
Scott Rauch, MD
Sheila Rauch, PhD
Kerry Ressler, MD, PhD
Jerrold F. Rosenbaum, MD
Barbara O. Rothbaum, PhD, ABPP
Peter Roy-Byrne, MD
Jitender Sareen, MD
Franklin Schneier, MD
M. Katherine Shear, MD
Naomi Simon, MD, MSc
H. Blair Simpson, MD, PhD
Jasper Smits, PhD
Jordan W. Smoller, MD, ScD
Noam Soreni, MD
Dan J. Stein, MD, PhD
Murray B. Stein, MD, MPH
Michael Telch, PhD
Michael Edward Thase, MD
Michael Van Ameringen, MD FRCPC
Karen Wagner, MD, PhD
John Walkup, MD
Risa Weisberg, PhD
Myrna M. Weissman, PhD
Julie Wetherell, PhD
Sabine Wilhelm, PhD
Lori Zoellner, PhD
THANK YOU TO OUR 2020 CONFERENCE EXHIBITORS AND PARTNERS!

VISIT THEM IN THE PARTNER SOLUTION HALL THURSDAY, MARCH 19, 6:00 PM - 7:30 PM; FRIDAY, MARCH 20, 7:30 AM - 12:45 PM AND RE-OPEN 2:45 PM - 7:45 PM; SATURDAY, MARCH 21, 7:30 AM - 2:00 PM

Alcoholics Anonymous
Alpine Academy
American Foundation for Suicide Prevention (AFSP)
Army Medical Department Physician Recruiting
Beck Institute
BrainsWay
Eating Recovery Center/Insight Behavioral Health Centers
Emory Healthcare Veterans Program
Epilepsy Foundation
IER BioPharma Medical
Kennedy Krieger Institute, KSADS-COMP, LLC
Lido Ridge Treatment Center
Lido Wellness Center
MagVenture
McLean Hospital
Menninger Clinic
Mountain Valley Treatment Center
OCD Texas
Psychological Health Center of Excellence
Renewed Freedom Center
Rogers Behavioral Health
Skyland Trail
ThinkMed Consulting
Willow Springs Center

In memoriam

Donald F. Klein, MD (1928-2019)

Donald F. Klein revolutionized psychiatric thinking through his discovery in the early 1960s that imipramine, a recently developed psychotropic medication, was effective in blocking panic attacks. Dr. Klein’s early contribution to the development of the DSM in large part gave birth to the modern branch of medical science dealing with the classification of disease of anxiety disorders. Many in the field considered him “the father of psychopharmacology.” His early findings also heralded in the era of childhood anxiety disorders as biochemical disorders when he discovered that imipramine blocked childhood separation anxiety disorders. In later years, Dr. Klein developed a compelling evolutionary-based hypothesis accounting for the etiology of panic disorders, which he terms “the false suffocation alarm theory of panic disorders.” His work remains relevant and topical to the present. Dr. Klein was the recipient of the 2005 ADAA Lifetime Achievement Award. The Anxiety and Depression Association of American (ADAA) has for many years annually recognized Donald Klein’s outsized contributions to anxiety disorders research through the awarding of the Donald F. Klein Early Career Investigator Award for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression.

“Don’s stories about the discovery of psychopharmacology or unusual experiences in life are my favorites. He was a great person, and, like all great people, his memory will inspire long beyond his time on our planet.”
- Daniel S. Pine, MD

“It is hard to provide a perspective on how influential Don’s work was on those of us who began our careers in the past century, interested in the neurobiology of anxiety and related disorders. Don was a mentor to many of the senior investigators who now populate this area of research.” – Murray F. Stein, MD, MPH
CONGRATULATIONS TO THE 2020 ADAA Awardees

Join us Saturday evening to honor this year’s awardees.

THE 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 Awardees
Kimberly Arditte Hall, PhD
Elise Cardinale, PhD
Wei-li Chang, MD, PhD
Cope Feurer, MS
Gregory Fonzo, PhD
Fallon Goodman, PhD
Simone Haller, PhD
Nathaniel Harnett, PhD
Mbemba Jabbi, PhD
Sonalee Joshi, MS
Antonia Kaczkurkin, PhD
Amanda Khan, PhD
Morganne Kraines, PhD

Clinical Track Awardees
Hilary Marusak, PhD
Yara Mekawi, PhD
Kelley O’Donnell, MD, PhD
Heather Rusch, MS
Temilola Salami, PhD
Hans Schroder, PhD
Anais Stenson, PhD
Danielle Taylor, MS
Evan White, PhD
James Whitworth, PhD
Mary Woody, PhD
Soo Jeong Youn, PhD

Thank you to the 2020 CDLP Committee
James Abelson, MD, PhD
Jeremy D. Coplan, MD
Edward Craighead, PhD
Jill Ehrenreich-May, PhD
Jill Emavenele, PhD
Kari Gregory, MS, LPC
Paul Holtzheimer, MD
Dawn F. Ionescu, MD
Tanja Jovanovic, PhD
Douglas Mennin, PhD
Alicia Meuret, PhD
Sheilla Rauch, PhD, ABPP
Kerry J., Ressler, MD, PhD
Naomi Simon, MD, MSc

2020 Member Recognition Award

Carmela Alcantara, PhD
Saraha Hayes-Skelton, PhD
Jamie A. Micco, PhD, ABPP
Ellen Teng, PhD

2020 Jerilyn Ross Clinician Advocate Award

Angela Neal-Barnett, PhD

2020 Special Recognition Award

Eda Gorbis, PhD, LMFT
Lizabeth Roemer, PhD

2020 Visionary Award

Robert DuPont, MD

Founders Award

Cindy J. Aaronson, MSW, PhD
James L. Abelson, MD, PhD
Robert Ackerman MSW, LCSW
Stan D. Arkow, MD
David H. Barlow, PhD
Edna B. Foa, PhD
Abby J. Fyer, MD
Jack M. Gorman, MD
Eric Hollander, MD
Michael Leibowitz, MD
Marty Seif, PhD, ABPP
Reid Wilson, PhD
Sally Winston, PsyD

A Special Thank You to the CDLP Committee and the 2020 Program Mentors for Their Dedication and Collaboration.

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.

2020 Klein Awardee
Sanne van Rooij, PhD

2020 Klein Runner-Up
Autumn Kujawa, PhD

Thank you to the 2020 Donald F. Klein Reviewers:
Charles B. Nemeroff, MD, PhD
Naomi M. Simon, MD

2020 Member Recognition Award

Cindy J. Aaronson, MSW, PhD
James L. Abelson, MD, PhD
Robert Ackerman MSW, LCSW
Stan D. Arkow, MD
David H. Barlow, PhD
Edna B. Foa, PhD
Abby J. Fyer, MD
Jack M. Gorman, MD
Eric Hollander, MD
Michael Leibowitz, MD
Marty Seif, PhD, ABPP
Reid Wilson, PhD
Sally Winston, PsyD
THANKS FOR YOUR SUPPORT!

VISIT OUR PARTNERS AND EXHIBITORS IN THE PARTNER SOLUTION HALL THURSDAY, MARCH 19, 6:00 PM - 7:30 PM; FRIDAY, MARCH 20, 7:30 AM - 12:45 PM AND RE-OPEN 2:45 PM - 7:45 PM; SATURDAY, MARCH 21, 7:30 AM - 2:00 PM TO LEARN MORE AND THANK THEM IN PERSON.

Diamond Level:
Rogers Behavioral Health

Gold Level:
Janssen Pharmaceutical Companies
Sage Therapeutics
VistaGen Therapeutics, Inc.
THANKS FOR YOUR SUPPORT!

Silver Level:
American Foundation for Suicide Prevention (AFSP)

Bronze Level:
Anxiety.org
Beck Institute
Cohen Veterans Network
McLean Hospital
Marriott International
Wiley

American Foundation for Suicide Prevention

Anxiety.org
Beck
Cohen Veterans Network
McLean Hospital
Marriott International
Wiley
Our evidence-based books provide powerful tools for improving treatment outcomes

**The Anxiety & Phobia Workbook**
EDMUND J. BOURNE, PhD
ISBN: 978-1684034833 | US $25.95

**Show Your Anxiety Who’s BOSS**
JOEL MINDEN, PhD

**Outsmart Your Anxious Brain**
David A. Carbonell, PhD

**Needing to Know for Sure**
Martin N. Selig, PhD | Sally M. Westen, PhD

**Bouncing Back from Rejection**
LISLE BECKER-SHILLING, PhD

**The Anxiety Skills Workbook**
STEFAN G. HOFMANN, PhD
ISBN: 978-1684034529 | US $24.95

Learn more about evidence-based continuing education and training with [PRAXIS](praxisct.com)
OVERVIEW
The conference aims to leverage its broad audience to synthesize cutting-edge knowledge, accelerate dissemination, and translate scientific evidence to practice by engaging clinicians.

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

STATEMENT OF NEED
The annual conference of the Anxiety and Depression Association of America (ADAA) is designed to meet the educational needs of member and nonmember clinicians and researchers by providing training, dissemination of evidence-based treatments, and translation of the latest research. Anxiety disorders and depression are common and disabling. Anxiety disorders comprise a diagnostic category that includes generalized anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), social anxiety disorder, and phobias. Lifetime prevalence estimates for all anxiety disorders and major depression are 28.8 percent and 16.6 percent, respectively. Mental illnesses account for more than half as many disability days as all physical illnesses, with anxiety and depressive disorders being the major causes of disability. More than 40 million adults have one or more anxiety disorder, and 19 million adults have depression; anxiety disorders are the most common mental illnesses in children.

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

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

CONFERENCE EDUCATIONAL OBJECTIVES
After participating in the 2020 Anxiety and Depression Association of America Conference, attendees should be able to:

• Apply new strategies for evidence-based treatments for anxiety and depressive disorders
• Understand the scientific underpinnings of the pathophysiology underlying anxiety and depression
• Identify and discuss new experimental treatment approaches that are being pursued
• Recognize treatment resistance and develop strategies for optimizing responses
• Develop the ability to integrate psychotherapy with pharmacotherapy and other neuromodulatory treatments
• Understand the meaning of resilience, as demonstrated through translational models, human subjects research, and clinical applications
• Identify the genetic, epigenetic, neurobiological, developmental, and psychosocial underpinnings of resilience
• Be exposed to preventive and treatment interventions aimed at enhancing resilience across the life span

CE and CME credits are available to registered professional physicians, psychologists, social workers, counselors, therapists and nurses. Members do not pay an additional fee; nonmembers can receive credits for an additional fee of $65 per discipline for the full conference or $35 for a one day registration. Only professional attendees can receive CE or CME credits; those paying guest, student, post-doc, trainee or consumer fees cannot apply for CE or CME credits. Online attendance verification, individual session evaluations, overall conference evaluation, and printed certificate must be completed by May 6, 2020 to be eligible for credit.

CE CREDITS
CE Credits are available for professionals through these organizations:

Psychologists:
This course is co-sponsored by Amedco and Anxiety and Depression Association of America (ADAA). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. Max 25.75 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 25.75 clinical continuing education credits.

Social Workers in New York State: Amedco SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0115.

California Marriage and Family Therapists, Licensed Clinical Social Workers, Licensed Clinical Counselors, and Licensed Educational Psychologists:
The CA MFT Board and BBS accept credits from providers approved by the National Board of Certified Counselors (NBCC) and the American Psychological Association (APA). ADAA is an NBCC provider and is co-sponsoring with Amedco, an APA provider.

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

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

The American Board of Psychiatry and Neurology accepts Category 1 Credit™ from accredited providers by the American Council for Continuing Medical Education (ACCME). Category 1 Credit™ will be available at the Anxiety and Depression Conference 2020.

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

Amedco LLC designates this live activity for a maximum of 25.75 AMA PRA Category 1 Credits™ for physicians. Learners should claim only the credit

continued next page
commensurate with the extent of their participation in the activity.

**Maintenance of Certification for Psychiatrists**
The American Board of Psychiatry and Neurology accepts Category 1 CME CreditsTM from accredited providers by the American Council for Continuing Medical Education (ACCME). Category 1 CME CreditsTM will be available at the Anxiety and Depression Conference 2020.

**Self-Assessment Maintenance of Certificate Session Assessment (SAMOC Sessions)**
The following sessions are eligible for SAMOC credits:
- 230B Developmental Biology of Resilience and Vulnerability: Genetics, Endocrines, Neuroimaging, and Inflammation (Saturday, March 21, 3:45 pm – 5:15 pm)
- 223B Pharmacogenomic Testing in Psychiatric Practice: Does it Deliver What it Promises? (Friday, March 20, 5:00 pm – 6:30 pm)
- 212B How Long Does it Take to Treat PTSD? Preliminary Finding and Insights from PTSD Treatments Delivered Over the Course of a Single Week (Friday, March 20, 12:45 pm – 1:45 pm)
- TT03 The Perpetual Rick of Suicide in Police, Military, and Veterans: What Every Clinician Needs to Know (Thursday, March 19, 12:15 pm – 1:15 pm)
- 139C Treatment of Anxiety and Depression Among Youth with Autism Spectrum Disorder (Friday, March 20, 10:00 am – 11:30 am)
- 316R Boosting Positivity to Treat Anxiety, Depression, and Suicidality: New Treatment Developments (Sunday, March 22, 8:30 am – 10:00 am)

**To Earn Self-Assessment MOC Credits:**
- Login to the CE/CME portal with the information provided via email before the conference, or ask at the registration desk for help.
- Click on “List Self-Assessments” and “Add Self Assessments” to add the session and complete the assessment.

**HOW TO APPLY FOR CE AND CME CREDITS**

1. You should have received an e-mail before the ADAA Conference with your current login for the submission database, which is the same system used for the CE and CME credit process. If you registered on-site, you will receive the email during the week following the conference.

2. At the conclusion of each session, complete the individual session evaluation for all sessions you attended, complete an overall conference evaluation, and then print, download or email your official certificate. Ethics credits earned will be indicated on the certificate. ABPN certificates will be sent separately in May following the verification of completion of all assessment activities.

3. Use the printed “Schedule at a Glance” or the “Itinerary” option in the Conference Mobile App to track the sessions you attend. This will assist you in the online evaluation process. You do not need to return any forms to ADAA.

**All steps above must be completed by May 6, 2020 per Amedco and cannot be extended.**

Direct all questions regarding CE or CME to conference@adaa.org, or call 240-485-1030. You can also stop by the registration desk at the Conference with any questions.
### ADAA COMMITTEES

- **Career Development Leadership Program (CDLP) Committee**
  - Tanja Jovanovic, PhD – Research Track Co-Chair
  - Alicia E. Meuret, PhD – Research Track Co-Chair
  - Paul Holtzheimer, MD, MSCR – Board Liaison
- **Conference Committee**
  - Cecily Adams, PhD – Co-Chair
  - Harup Mathur, MD – Board Liaison
- **Child and Adolescent**
  - Krystal Lewis, PhD – Co-Chair
  - Ruth Lippin, LCSW, JD – Co-Chair
  - Liza Bonin, PhD – Vice-Chair
  - Julia Burch, PhD – Co-Chair
- **Early Career Professionals and Students**
  - Ashley Clausen, PhD – Co-Chair
  - Kristal Lewis, PhD – Co-Chair
  - Alex Bettis, PhD – Vice-Chair
  - Stephanie Woodrow, LCPC, NCC – Chair Emanus
- **Genetics and Neuroscience**
  - Lynnette A. Altovin, PhD – Co-Chair
  - Namik Kirlic, PhD – Co-Chair
  - Daniel Levey, PhD – Co-Chair
- **Integrative Behavioral Health**
  - Melissa G. Hunt, PhD – Co-Chair
  - Laura Rhodes Levin, MF, LMFT – Co-Chair
- **Multicultural Advances**
  - Lauren Wadsworth, PhD – Co-Chair
  - Briana Woods-Jaeger, PhD – Co-Chair
- **OCD and Related Disorders**
  - Elena Zendegui, PsyD – Chair
  - Briana Woods-Jaeger, PhD – Co-Chair
  - Laura Rhodes Levin, MF, LMFT – Co-Chair
- **PTSD**
  - Lauren Sippel, PhD – Co-Chair
  - Michelle Bovin, PhD – Co-Chair
- **Social Anxiety**
  - Sheila Rauch, PhD, ABPP – SIG Board Liaison
- **Women’s Mental Health**
  - Karen Martinez, MD, MSc – Chair
  - Andrew Rosen, PhD, ABPP – Vice-Chair
  - Noah Clyman, LCSW-B, ACT – Vice-Chair

### ADAA’S SPECIAL INTEREST GROUPS (SIGS)

- **ADAA COMMITTEES**
  - **Membership Committee**
    - Brian Schmaus, PhD – Chair
  - **Professional Education Committee**
    - Jamie Micro, PhD, ABPP – Chair
    - Liza Bonin, PhD – Vice-Chair
    - Nina Rijkind, LCSW, ACS – Vice-Chair
    - Lisa Weisberg, PhD – Board Liaison
  - **Public Education Committee**
    - Debra Kissin, PhD, MHSA – Co-Chair
    - Neal Sideman – Co-Chair
    - Ken Goodman, LCSW – Board Liaison
  - **Scientific Council**
    - Martin Paulus, MD – Chair
    - Victoria Risbrough, PhD – Chair

- **ADAA’S SPECIAL INTEREST GROUPS (SIGS)**
  - **Multicultural Advances**
    - Lauren Wadsworth, PhD – Co-Chair
    - Briana Woods-Jaeger, PhD – Co-Chair
  - **OCD and Related Disorders**
    - Elena Zendegui, PsyD – Chair
    - Briana Woods-Jaeger, PhD – Co-Chair
    - Laura Rhodes Levin, MF, LMFT – Co-Chair
  - **PTSD**
    - Lauren Sippel, PhD – Co-Chair
    - Michelle Bovin, PhD – Co-Chair
  - **Social Anxiety**
    - Sheila Rauch, PhD, ABPP – SIG Board Liaison

### A Special Thank You to the ADAA Committees and Special Interest Groups

- **Thank you** to the ADAA Committees and Special Interest Groups for their ongoing support and collaboration.

---

**Anxiety.org**

A Special Thank You to our Partners at Anxiety.org for their ongoing support and collaboration.

---

**Michael Gleason**

Chairman and CEO,
Consumer Brands, LLC
and ADAA Honorary Board Member

**William N. Topaz**

President, Publishing HealthcareBrands.com

---

**2020 ANXIETY AND DEPRESSION CONFERENCE • 37**
Mental Health offerings for Youth and Adults using a holistic approach with evidenced-based treatment programs.

- Intensive Outpatient (3 hours/3 times a week)
- Day Treatment (6 hours/5 days a week)
- Residential Treatment (24 hours/7 days a week)
- On-site Learning Academy for middle and high school academics
- Wellness Center
- Specialized treatment programs for affective disorders, treatment resistant psychosis, complex trauma, and co-occurring diagnoses (including substance use)

Call today for a tour or free assessment.
Most major insurance and TRICARE accepted.

Serving Florida Since 1970

P: 407-647-0660 • F: 407-637-3069
1650 Park Ave., North • Maitland, FL 32751

www.lamistad.com
THANK YOU TO ALL OF OUR 2020 SESSION PRESENTERS

James Abelson, MD, PhD
Robert Ackerman, MSW, LCSW
Nakul Aggarwal, BS
Loren Aguilar, MD
Nirmala Akula, MS, PhD
Carmela Alcantara, PhD
Jonathan Alpert, MD, PhD
Mary Alvord, PhD
Nadler Amir, PhD
Sarah Anderson, PhD
Jacob Appel, MD
Natalie Arbid, MA
Jeff Baker, PhD
Tali Ball, PhD
Benjamin Banister, MBA, PsyD
Kelly Banneyer, PhD
Tallie Z. Baram, MD, PhD
Andrea Baton, LCPC
Courtney Beard, PhD
Elspeth Bell, PhD
Kathy Benhamou, BA
Jacob Bentley, PhD
Kate Bentley, PhD
Matthew Beristianos, PhD
Robin Bershader, DO
Emily Bilek, PhD
Steven Bistricky, PhD
Rebecca Blais, PhD
Shannon Blakey, PhD
Jennifer Blossom, PhD
Tabatha Blount, PhD
Denise Bodden, PhD
Jessica Bodie, PhD
Liza Bonin, Phd
Robert Brady, PhD
Michael Brennan, PsyD, ABPP
Christina Brooks, PsyD
Adam Brown, PhD
Inger Burnett-Zeigler, PhD
Rachel Busman, PsyD, ABPP
Amber Calloway, PhD
Elise Cardinale, PhD
Emily Carl, MA
Kristin Carothers, PhD
Karen Cassiday, PhD, ACT
Christine Cha, PhD
Doris Chang, PhD
Denise Chavira, PhD
Chieh Chen, PhD
Karmel Choi, PhD
James Clark, PhD
Ashley Clausen, PhD
R. Trent Codd, EdS, LPC, BCBA
Katherine Cody, PsyD
Lisa Cohen, PhD
Jonathan Comer, PhD
Jeremy Coplan, MD
Katherine Corteselli, EdM
Shawn Costello Whoolery, PsyD
Edward Craighed, PhD
Michelle Craske, PhD
Suzannah Creech, PhD
Torrey Creed, PhD
Joshua Cruz, MPA
Colleen Cummings, PhD
Robert Cuyler, PhD
Ewa Czyz, PhD
Jonathan Dalton, PhD
Joan Davidson, PhD
Kaya de Barbaro, PhD
Alessandro De Nadai, PhD
Kimberly Dean, MA
Brynn DeBeer, PhD
Steven DeMille, PhD
Terri DeRoo-Cassini, PhD
Angela Derrick, PhD
Danielle DeVille, MA
Timothy DiGiacomo, PsyD
Jenna DiLossi, PsyD
Janine Domingues, PhD
Joseph Dunsmoor, PhD
Elizabeth Duval, PhD
Anna Edwards, PhD
Lauren Edwards, MD
Lara Effland, LCSW
Jill Ehrenreich-May, PhD
Danielle Einstein, PhD
Stephen Eken, MD
Jill Emanuele, PhD
Irvin Epstein, MD, FRCP
Thane Erickson, PhD
Joseph Etherton, PhD
Rebecca Elkin, PhD
Elizabeth Eustis, PhD
Martha Falkenstein, PhD
Angela Fang, PhD
Negar Fani, PhD
Adriana Feder, MD
Norah Feeny, PhD
Mary Fernandes, MA
Cope Feurer, MS
Brooke Fina, LCSW
Kate Fitzgerald, MD, MS
Rebecca Ford-Paz, PhD
Claire Foster, MS
Peter Fox, MD
Rochelle Frank, PhD
Martin Franklin, PhD
Sydney Frattura Kampschroer, MSW, LSW
Steffany Fredman, PhD
Jami Furr, PhD
Alejandra Gomez, BA
Sanjuana Gomez, PsyD
Isaac Galatzer-Levy, PhD
Thea Gallagher, PsyD, LPC
Matthew Gallagher, PhD
Igor Galyinker, MD, PhD
Nicole Garber, MD
Dellanira Garcia, PhD
Dena Gassner, MSW
Marina Gershkovich, PhD
Brandon Gibb, PhD
Kristen Gilbert, PhD
Joy Giorgio, MA
Elizabeth Goetter, PhD
Ruth Golomb, LCPC
Eric Goodman, PhD
Fallon Goodman, PhD
Marianne Goodman, MD
Eda Gorbis, PhD, LMFT
Galyna Gorbis, BA
Michelle Gorenstein, PsyD
Jennie Grammer, PhD
Jonathan Grayson, PhD
Sean Gregory, MBA, MS, PhD
Cordelia Grimes, LCSW
Staci Gruber, PhD
Cassidy Gutner, PhD
Perihan “Esra” Guvenek-Cokol, MD
Angelos Halaris, MD, PhD
Lauren Hallion, PhD
Danielle Halpern, PsyD
Jerry Halverson, MD
Jill Harkavy-Friedman, PhD
Nathaniel Harnett, PhD
Melissa Harrison, MS, LPC
Caitriona Hayes, PsyD
Sarah Hayes-Skelton, PhD
Michael Heady, MA, LCPC
Philip Held, PhD
Charlotte Heleniak, PhD
Jon Hershfield, MA, LMFT
Marieke Heuvel, MSc
Robert Hindman, PhD
Rebecca Hinrichs, MS
Hans Hofmann, PhD
Stefan Hofmann, PhD
Elizabeth Hoge, MD
Grace Hommel, BS
Lindsey Hopkins, PhD
Karina Hoyen, MSc
Jerzy Hubert, MD, FRCP (C)
Jennifer Hughes, PhD, MPH
Joshua Hunt, PhD
Melissa Hunt, PhD
Micah Ioffe, PhD
Mbemba Jabbi, PhD
Nicholas Jacobson, PhD
Kiera James, MS
Min Eun Jeon, MA
David Jobes, PhD
Clara Johnson, BA
Katherin Johnson, MD
Tanja Jovanovic, PhD
Ned Kalin, MD
Barbara Kamholz, PhD, ABPP
Johanna Kaplan, PhD
Martin Katzman, MD, FRCPC
Joan Kaufman, PhD
Terence Keane, PhD
Sarah Kennedy, PhD
Carolyn Kim, PsyD
Hanjo Kim, MS
Anthony King, PhD
Lights – Camera – Smile!

**Professional Headshots**
Get Your FREE Professional Headshot in the Partner Solutions Hall

Headshots courtesy of:
Craig Skorburg
Owner/Operator of Skorburg & Associates Photography, Chicago, IL

**BOOTH HOURS:**
Friday, March 20: 1:45 – 3:15 pm
Saturday, March 21: 12:30 – 3:30 pm
*First Come, First Served*

Interested in purchasing a book authored by one of our #ADAA2020 session presenters?

Click on the Virtual Bookstore or Event Documents icons in the Conference mobile app to download a clickable PDF alphabetical listing of presenters and their book titles.
At the Janssen Pharmaceutical Companies of Johnson & Johnson, we are working to create a world without disease.

Transforming lives by finding new and better ways to prevent, intercept, treat and cure disease inspires us. We bring together the best minds and pursue the most promising science.

**We are Janssen.** We collaborate with the world for the health of everyone in it. Learn more at www.janssen.com.

Follow us at @JanssenUS

Janssen Neuroscience is part of the Janssen Pharmaceutical Companies of Johnson & Johnson.
Compassionate and Effective OCD Care

From evidence-based treatment to therapy informed by cutting-edge research, McLean creates unique care plans to promote successful recovery.

877.393.2070  mclean.org/ocd
A special thank you to Rogers Behavioral Health for sponsoring the #ADAA2020 Keynote Address and Opening Session and the Partner Solutions Hall Grand Opening

We are grateful for your ongoing support and collaboration
VistaGen’s CNS pipeline includes three new generation clinical-stage drug candidates for neuropsychiatric diseases and disorders related to anxiety and depression. Each of VistaGen’s drug candidates has a differentiated mechanism of action, potential for rapid onset therapeutic effects, and an exceptional safety and tolerability profile in all clinical studies to date.

**PH94B**
**Neuroactive Nasal Spray**

**DEVELOPED FOR**
- Social Anxiety Disorder (SAD)
- Other Anxiety-Related Disorders

- First in class neurosteroid
- Fundamentally different mechanism of action (MOA) from all current SAD drug treatments
  - Binds to nasal chemosensory receptors which activate olfactory bulb (OB) neurons that modulate activity of the limbic-hypothalamic autonomic nervous system, which is involved in the pathophysiology of SAD and multiple other anxiety and mood disorders
- Successful Phase 2 and pilot Phase 3 completed; preparation for pivotal Phase 3 underway
- Rapid onset efficacy (10-15 minutes) with non-systemic microgram dosing (3.2 µg)
- Placebo-like safety and tolerability; non-sedating, non-addictive
- U.S. FDA Fast Track designation; first ever granted by FDA in SAD
- Potential to be first FDA-approved fast-acting PRN treatment for SAD

**PH10**
**Neuroactive Nasal Spray**

**DEVELOPED FOR**
- Major Depressive Disorder (MDD)
- Treatment-Resistant Depression (TRD)
- Suicidal Ideation (SI)

- First in class neurosteroid
- Fundamentally different mechanism of action from all current drug treatments for depression
  - Binds to nasal chemosensory receptors which activate OB neurons that stimulate neurons in the limbic amygdala, releasing norepinephrine and increasing activity of the limbic-hypothalamic sympathetic nervous system
- Successful Phase 2a completed
- Non-systemic microgram dosing
- Rapid onset antidepressant effects
- Well-tolerated, no psychological side effects or SAEs
- Potential fast-acting, at-home, stand-alone and adjunctive therapy for MDD, TRD and SI

**AV-101**
**Oral Administration**

**DEVELOPED FOR**
- Major Depressive Disorder (MDD)
- Suicidal Ideation (SI)

- Oral prodrug; NMDAR glycine site antagonist (full antagonist)
- Fundamentally different MOA from all approved oral drug treatments for MDD and SI
  - Converted in the brain into 7-CI-KYNA, which inhibits NMDAR activity, but does not block it
- Safe and well-tolerated in all clinical studies to date
  - No psychological side effects or drug-related SAEs; non-sedating, non-addictive
- FDA Fast Track designation granted for MDD and neuropathic pain
WILL YOU BE THERE?

2021
BOSTON

2022
DENVER

2023
WASHINGTON, DC
If someone you love is struggling with mental health or addiction, you don’t have to suffer alone. At Rogers Behavioral Health, we can help find a path to recovery. Together, we can not only face your challenges, we can rise above them.