Addressing Treatment Resistance:
When Good Treatment is Not Enough
Panelists

Michelle Craske, PhD
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C. Alec Pollard, PhD
St. Louis Behavioral Medicine Institute, St. Louis
Reid Wilson, PhD
Anxiety Disorders Treatment Center, Chapel Hill
Jeremy Coplan, MD
SUNY Downstate, Brooklyn

Moderator

Cindy J. Aaronson, MSW, PhD
Icahn School of Medicine at Mount Sinai, NY
MRS. X
60-year-old retired widow, lives alone, 4 children

Medical history
- Overweight
- Fibromyalgia, pain all over
- Poor balance, frequent falls
- Sleep difficulties (sleep apnea, can’t tolerate CPAP)
- Graves Disease (treated, but Mrs. X is doubtful)
- Severe back pain in 50s, back surgery, pain continues
- Shingles history, torso pain
- Back & nerve pain interferes with functioning, stays home if “doesn’t feel well”

Psychiatric Symptoms
- Worrier (health, medicine)
- Panic attacks
- Depressed mood
- Loss of interest & pleasure (doesn’t want to do things, like socializing)
- Appetite is poor (lost 30 lbs/yr)
- Trouble concentrating, worse in the am
- Feels worthless and low self-esteem
- Sleep disturbance
- Thoughts of death
  - Low energy (has to push to get out of bed)
Thank you

Marta Muino
Sally Winston
Luana Marques
Jamie Micco
Barbara Kamholtz
Jill Ehrenrich May
Jordan Smoller