

ADAA 2023

Anxiety & Depression **CONFERENCE**

*From Science and Technology to
Evidence-Based Practice: Enhancing
Access Through Integration*

April 13-16, 2023

DIGITAL PROGRAM GUIDE



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Sage Therapeutics and Biogen
look forward to connecting
with you at the interactive
pavilion during the ADAA 2023
Annual Conference



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From Charles B. Nemeroff, MD, PhD

ADAA President

Matthew P. Nemeroff Professor and Chair, Department of Psychiatry and Behavioral Sciences

Director, Institute for Early Life Adversity Research, Dell Medical School, The University of Texas at Austin.



On behalf of the Anxiety and Depression Association of America (ADAA) Board of Directors and myself—welcome to ADAA’s 2023 Conference. We look forward to an excellent program that is designed to meet the education needs of our multidisciplinary and diverse network of clinicians and basic and clinical anxiety and depression researchers with backgrounds in medicine, psychology, social work, counseling, nursing, neuroscience, genetics, epidemiology, and other disciplines. We have also added new networking opportunities to the program, as we know that networking remains a key component to your conference experience.

It is my honor to be a part of such a diverse organization. I want to thank our members, program supporters, donors, and wonderful [2023 conference committee](#) for making the conference possible. I especially want to thank our conference co-chairs Jonathan Alpert, MD, PhD, and Simon Rego, PsyD, ABPP, A-CBT, and our conference Board Liaison Martin Paulus, MD, for their time and commitment.

I would also like to thank the many prominent speakers who are willing to share their expertise and time. I hope that each of our attendees will take part in as many conversations as possible with our speakers and each other. The collegiality of practitioners and scientists dedicated to the improvement of patient care for these devastating disorders combined with the adherence to evidence-based research and treatment makes ADAA a wonderful environment for clinicians and investigators. I look forward to hearing from ADAA members about their thoughts on how to make our beloved organization even better, including how we can provide more evidence-based content to our more than 7 million annual unique website visitors.

I know firsthand how invaluable it is to belong to such a cutting-edge mental health association. I have been a member since 1999 and know that ADAA is a unique organization. I encourage you to introduce yourself to me, the other Board of Director members as well as the staff, committees, and special interest group members throughout the conference and beyond. [Here is the link](#) to our Board of Directors’ page which includes our pictures. We hope to be able to meet as many of you, our guests, as possible.

We are all eager to welcome you and to make sure that you get the most out of your conference experience. And we hope that you make ADAA your professional home. Thank you for your support of ADAA’s mission.

See you soon.

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- PH15 for cognition improvement
- PH284 for appetite-related disorders

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Changing the Trajectory of Mental Health Care - One Mind at a Time

From Jonathan A. Alpert, MD, PhD, and Simon A. Rego, PsyD, ABPP, A-CBT

ADAA 2023 Conference Co-Chairs

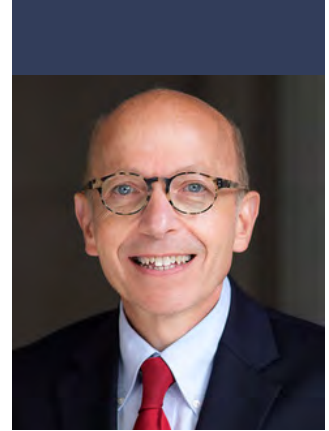
The ADAA Conference is a wonderful way to learn and network. As you know, we hold the only annual interdisciplinary meeting, uniting leaders in the clinical and research community from across the U.S. and internationally across all mental health disciplines and all levels of experience.

This year's meeting theme, "From Science and Technology to Evidence-Based Practice: Enhancing Access through Integration," addresses the growing and urgent need, nationally and globally, for better access to quality mental health treatments. The theme recognizes the expanding range of promising avenues to meet that need including digital and other technologies, integrated care in medical settings and in non-traditional community settings, care to underserved populations, and care provided through clinical research. This year's meeting offers us an opportunity to focus our multidisciplinary expertise on expanding mental health access to the individuals and communities who most need it.

We look forward to hearing from our presenters who will highlight new research and who will share the latest updates in clinical practice. In addition, we are excited to participate in the many poster sessions that help infuse energy and excitement to the conference each year. We also want to thank our event sponsors and other supporters who continue to support the unique mission of ADAA.

Finally, we would like to thank the members of the [2023 Conference Committee](#) who have worked tirelessly to offer you this unique learning and networking experience. We anticipate an exceptionally dynamic, timely, and high yield conference.

It is our sincere hope that you enjoy the conference and leave with new ideas and a renewed inspiration for the important work that you do.



THANK YOU TO THE 2023 CONFERENCE COMMITTEE

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Simon A. Rego, PsyD, ABPP, A-CBT

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Depression

Mark Frye, MD

Jerry Halverson, MD

Professional Education Development

Barbara Kamholz, PhD, ABPP

THANK YOU TO OUR ADAA 2023 CONFERENCE SESSION REVIEWERS

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Stephanie Woodrow, LCPC, NCC
Briana Woods-Jaeger, PhD

ADAA CONFERENCE APP

Navigate the event like a pro
with the ADAA 2023 mobile app!

Search for "ADAA 2023" and download the app to
view the agenda.

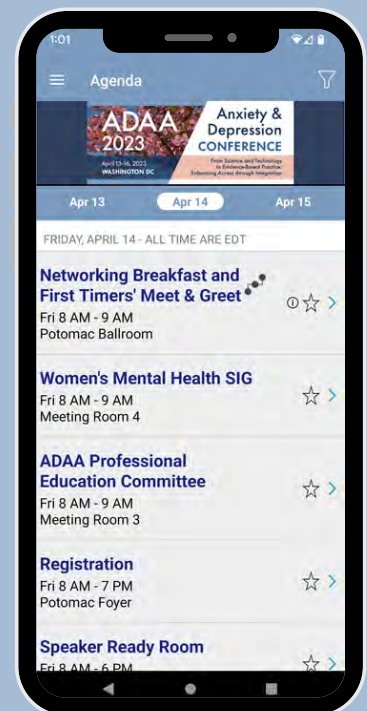
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We are pleased to be a sponsor of the **ADAA 2023 43rd Annual Conference.**

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GENERAL INFORMATION

Badges

Your conference badge is required for admission to all sessions, meals, posters, and receptions. Please wear it during the conference and remove it whenever you leave the hotel. Those without a badge may be asked to leave the conference space.

Breakfast and Breaks

Refreshments are available daily throughout the conference. Please refer to the Schedule at a Glance for specific time and location information each day.

First Time Attendees are welcomed to enjoy make-your-own avocado toast and coffee on Friday, April 14, from 8:30 am-9:00 am in the Potomac Ballroom.

Business Center

Located on the Ballroom Level, the FedEx Office Business Center hours are 8:00 am-6:00 pm, Monday - Friday, Saturday 8:00 am-1:00 pm, and closed on Sunday. Services include printing, copying, and shipping. Phone (202) 789-1015.

Cell Phones

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

Emergency Information

In case of emergency, please use any house phone and dial 0 for assistance. Hotel operators will send security to attend. Please do not call 9-1-1 unless hotel has already been contacted.

Internet Access

All ADAA hotel guests at the Renaissance receive complimentary wireless internet in their guestrooms with a Marriott Bonvoy account.

Wireless internet is available throughout the meeting space:

Network: Renaissance_Conference
Password: ADAA2023

Lunch

Attendees are on their own for lunch each day, but check the Schedule at a Glance for lunchtime programming.

A list of nearby restaurant options is available at Registration and in the meeting app.

Speaker Ready Room

Located in Foundry Branch, Ballroom Level. Visit the Speaker Ready Room to view and practice your presentation. Open Thursday-Sunday, from 8:00 am. Check the Schedule at a Glance for closing times.

Dining in the Renaissance

Stir: Open Monday-Friday, 6:30 am-10:00 am and Saturday/Sunday, 7:00 am-11:00 am, located on the second floor above the staircase.

Starbucks: Open daily on the Lobby Level

Liberty Market: Open daily on the Lobby Level for lunch and dinner with grab 'n' go salads, sandwiches, and snacks.

Remixx: Open daily 5:00 pm-10:00 pm in the Lobby for beverages and small bites.



Poster Sessions - Potomac Ballroom

Session 1 (Friday, 4:15 pm–5:15 pm)

Setup between 12:00 pm–3:00 pm on Friday.

Session 2 (Saturday, 5:15 pm–6:15 pm)

Setup between 8:00 am–3:00 pm on Saturday.

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

Registration, Potomac Foyer

Registration is open during the following hours. Check here for lost and found items.

Thursday, 8:00 am – 7:00 pm

Friday, 8:00 am – 7:00 pm

Saturday, 8:00 am – 7:00 pm

Sunday, 8:00 am – 12:00 pm

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 and our affiliates 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, videographer, 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 or image used by ADAA, you are agreeing to release, defend, hold harmless and indemnify ADAA from any and all claims involving the use of your picture or likeness.

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

Thank you for your understanding and cooperation.



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

Anti-Harassment Policy

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

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

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

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

ADAA CONFERENCE CODE OF CONDUCT

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

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

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

Unacceptable Behavior is Defined as:

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

sexual images in public spaces or in presentations, or threatening or stalking any attendee, speaker, volunteer, exhibitor, sponsor, ADAA staff member, service provider, or other meeting guest.

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

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

Disclaimer On Recording

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

Questions about this Code of Conduct or Recording Disclaimer should be directed to Susan Gurley, Executive Director, at sgurley@adaa.org.



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Anxiety and Depression Association of America (ADAA)



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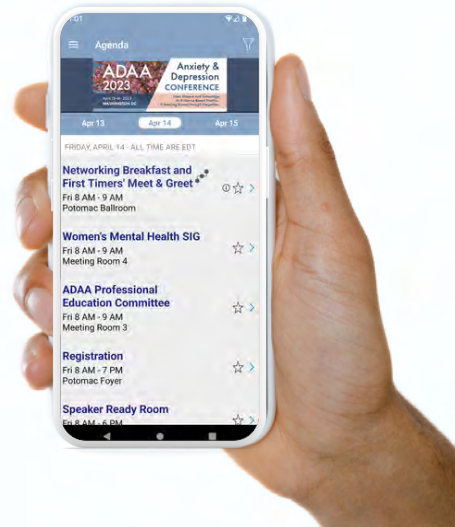


anxietyanddepression_adaa



@ADAA_Anxiety

STAY CONNECTED!



Share your conference experience and engage with fellow attendees using #ADAA2023

Thank You!



A special thank you to Rogers Behavioral Health for sponsoring the Opening Keynote, #ADAA2023 Welcome Reception, and the Early Career Reception.

We are grateful for your ongoing support and collaboration.



All Times Listed are United States Eastern Daylight Time. *Schedule subject to change.

THURSDAY, APRIL 13

LL = Lobby Level, MR=Meeting Room Level, BR=Ballroom Level

TIME	LOCATION	SESSION ID	TITLE
8:00 am-7:00 pm	BR, Potomac Foyer		Registration
8:00 am-5:00 pm	BR, Foundry Branch		Speaker Ready Room
8:30 am-10:00 am	BR, Potomac Foyer		Networking Coffee Break
9:00 am-2:00 pm	MR, Meeting Room 16	C301	SPECIAL WORKSHOP: The Metacognitive and Strategic Treatment of OCD
9:00 am-10:30 am	MR, Meeting Room 2	C101E	Playing Nice in the Sandbox: How to Stay In, and When to Get Out
9:00 am-10:30 am	BR, Anacostia F	C102S	Nightmares: Causes, Correlates, and Treatments
9:00 am-10:30 am	MR, Meeting Room 8/9	R201	Digital Tools, Daily Rhythms and Developmental Psychopathology: Exploring Naturalistic Associations with Affective Dynamics
9:00 am-10:30 am	BR, Anacostia D	R202	It's Rarely That Simple: Case Conference on Complexity and Family Involvement in Childhood Anxiety and OCD
9:00 am-10:30 am	BR, Anacostia E	R203S	Innovations in Multi-Level Suicide Risk Assessment Using Novel Behavioral, Neuroimaging, and Inflammatory Markers
9:00 am-10:30 am	LL, RedBud	R204E	Exposures or Experiments: Cognitive-Behavioral Therapies for Social Anxiety Disorder
9:00 am-10:30 am	MR, Meeting Room 15	R301	Capturing the Context of Emotion and Emotion Regulation in Psychopathology: Recent Innovations and Future Directions
10:30 am-11:00 am	BR, Potomac Foyer		Networking Coffee Break
11:00 am-12:00 pm	MR, Meeting Room 8/9	B205	Everything All Together All At Once: A Novel Treatment When Sensory Dysregulation Affects Anxiety
11:00 am-12:00 pm	LL, RedBud	B206	Out of the Box Uses of Exposure
11:00 am-12:00 pm	BR, Anacostia E	C207D	Me Talk Funny One Day: Teaching Social Skills for Social Anxiety and Other Disorders
11:00 am-12:00 pm	BR, Anacostia F	C208	The Phenomenological Overlap & Diagnostic Comorbidity of Obsessive-Compulsive Disorder and Anorexia Nervosa
11:00 am-12:00 pm	MR, Meeting Room 2	C209*	MDMA-Assisted Therapy for PTSD: Current Evidence, Translational Science, and Cultural Considerations
11:00 am-12:00 pm	BR, Anacostia D	C302DE	Navigating and Leading DEI in the Context of Mental Health Paradigm Change
12:00 pm-1:00 pm			Lunch on Own

Session ID Key:

C=Clinical 100=Beginner D=Diversity
 R=Research 200=Intermediate E=Ethics
 B=Both 300= Advanced S= Suicide Education

*indicates a session that is not eligible for CE credit.

**indicates a session that is not eligible for ASWB credit.



All Times Listed are United States Eastern Daylight Time. *Schedule subject to change.

THURSDAY, APRIL 13 (cont.)

LL = Lobby Level, MR=Meeting Room Level, BR=Ballroom Level

TIME	LOCATION	SESSION ID	TITLE
1:00 pm-2:00 pm	MR, Meeting Room 15	B210	Effective Consulting: Senior Clinicians Explore the History, Topography and Possibilities of Clinician-To-Clinician Support and Guidance
1:00 pm-2:00 pm	MR, Meeting Room 8/9	B214D	Implementing Evidence-Based Mental Health Interventions in Black Churches
1:00 pm-2:00 pm	LL, RedBud	C211	Kids Have Imaginations Too: Inferential Based-CBT and Its Application for Youths and Parents
1:00 pm-2:00 pm	BR, Anacostia D	C212E**	Creating Hope for the FUTURE: Developing Clinical Competencies & Avoiding Common Pitfalls for Early Career Professionals
1:00 pm-2:00 pm	BR, Anacostia F	C213	Developing a Virtual Village: Coordinating Outpatient Care with Virtual Intensive Outpatient Programming
1:00 pm-2:00 pm	MR, Meeting Room 2	C303	A Deep Dive into Treating Social Anxiety Disorder: Often-Overlooked Nuances to Enhance Treatment Effectiveness
1:00 pm-2:00 pm	BR, Anacostia E	C304	Hacking Burnout for Professionals who Do Too Much
2:00 pm-2:30 pm	BR, Potomac Foyer		Networking Break
2:30 pm-4:00 pm	MR, Meeting Room 15	C103	The Class Pass of Life: Helping Our Clients Navigate the Pitfalls in Failing to Launch
2:30 pm-4:00 pm	LL, RedBud	R104E	Direct Electrical/Magnetic Brain Stimulation for Mood Disorders
2:30 pm-4:00 pm	BR, Anacostia D	R215	Understanding Emotion-Related Risk Factors for PTSD and Comorbid Concerns: Roles of Emotional Vulnerabilities, Coping, and Emotion Regulation
2:30 pm-4:00 pm	BR, Anacostia E	R216D	Diversifying Research on the Genetics of Anxiety and Obsessive-Compulsive Disorders
2:30 pm-4:00 pm	MR, Meeting Room 8/9	R217	Clinical Considerations in Comorbid PTSD and OCD
2:30 pm-4:00 pm	MR, Meeting Room 2	R305*	Parsing through Syndromic Heterogeneity in Youths with Mental Illness to Identify Neurocircuit Mechanisms and Develop Novel Treatments
2:30 pm-4:00 pm	BR, Anacostia F	R306	Conceptualizing and Treating OCD with Inference-Based CBT (I-CBT): An Evidence-Based, Non-Exposure Model
4:00 pm-4:30 pm	BR, Potomac Ballroom		Networking Break and Refreshments sponsored by Sage Therapeutics and Biogen
4:00 pm-7:30 pm	BR, Potomac Ballroom		Exhibits
4:30 pm-5:30 pm	BR, Rock Creek Ballroom	B205*	Opening Keynote Addressing Mental Health: A Time That's Come with Luci Baines Johnson sponsored by Rogers Behavioral Health
5:30 pm-7:00 pm	BR, Potomac Ballroom		Welcome Reception sponsored by Rogers Behavioral Health

FRIDAY, APRIL 14

LL = Lobby Level, MR=Meeting Room Level, BR=Ballroom Level

TIME	LOCATION	SESSION ID	TITLE
8:00 am-7:00 pm	BR, Potomac Foyer		Registration
8:00 am-6:00 pm	BR, Foundry Branch		Speaker Ready Room
8:00 am-5:15 pm	BR Potomac Ballroom		Exhibits
8:00 am-9:00 am	MR, Meeting Room 3		ADAA Professional Education Committee Meeting
8:00 am-9:00 am	MR, Meeting Room 4		Women's Mental Health SIG Meeting
8:30 am-9:00 am	BR, Potomac Ballroom		Networking Breakfast and First Timers' Meet & Greet sponsored by Cohen Veterans Network
9:00 am-10:30 am	BR, Rock Creek Ballroom	R106	2023 Scientific Research Symposium Precision Medicine and Device-Based Treatments for Depression
10:30 am-11:00 am	BR, Potomac Foyer		Networking Coffee Break sponsored by Axsome Therapeutics
10:45 am-11:45 am	MR, River Birch A	B223D	Enhancing Use of Validation in Psychotherapy With Marginalized People
10:45 am-12:15 pm	BR, Anacostia D	B308	New Vistas in the Treatment of Depression
10:45 am-11:45 am	MR Meeting Room 2	C107E**	Behind the Veil: Business Tips for Building a Mental Health Private Practice
10:45 am-11:45 am	MR, Meeting Room 16	C219	Leveraging the Parent-Child Relationship in Young Child Anxiety Treatment
10:45 am-11:45 am	MR, Meeting Room 8/9	C220D	Person-Centered, Culturally Responsive Assessment for Youth with Anxiety and Related Disorders to Optimize Treatment Conceptualization and Delivery
10:45 am-11:45 am	BR, Anacostia E	C222E	Am I Doing This Right?: Steps to Take When Exposures Are Not Working
10:45 am-11:45 am	BR, Anacostia F	C224	What about Depression Does Not Go Away? A Neuroscience-Informed Discussion of Chronicity and Recurrence
10:45 am-11:45 am	MR, Meeting Room 4	C307	BFRB Recovery: Advancing Evidence-Based Practices
10:45 am-11:45 am	MR, Meeting Room 15	R218DE	OCD and the Therapeutic Relationship: Structure, Boundaries, and Other Wobbly Things
10:45 am-11:45 am	MR, River Birch B	R221	How Tackling Three Transdiagnostic Factors Can Improve CBT for Adults and Teens
12:00 pm-1:00 pm			Lunch on Own
12:00 pm-1:00 pm	MR, River Birch B		Child and Adolescent Anxiety SIG Meeting
12:00 pm-1:00 pm	MR, Meeting Room 4		Membership Committee Meeting
12:00 pm-1:00 pm	MR, Meeting Room 3		Scientific Council Meeting
12:00 pm-1:00 pm	MR, River Birch A		Social Anxiety SIG Meeting
1:00 pm-2:30 pm	BR, Rock Creek Ballroom	C319	2023 Clinical Practice Symposium Affirmative Mental Health Care for Transgender and Gender Diverse Youth: A Clinical Guide sponsored by Vistagen Therapeutics
1:00 pm-2:30 pm	BR, Anacostia D	B225	Cognitive and Behavioral Treatments for Anxiety and Depression: Advances toward Personalized Care
1:00 pm-2:30 pm	BR, Anacostia E	B229S	Virtual Humans in Clinician Training for Work with Suicidal Patients: The Present and the Roadmap for the Future

Session ID Key:

C=Clinical 100=Beginner D=Diversity
 R=Research 200=Intermediate E=Ethics
 B=Both 300= Advanced S= Suicide Education

*indicates a session that is not eligible for CE credit.

**indicates a session that is not eligible for ASWB credit.

All Times Listed are United States Eastern Daylight Time. * Schedule subject to change.

FRIDAY, APRIL 14 (cont.)

LL = Lobby Level, MR=Meeting Room Level, BR=Ballroom Level

TIME	LOCATION	SESSION ID	TITLE
1:00 pm-2:30 pm	MR, River Birch B	B310	Premenstrual Mood and Anxiety Symptoms Across Reproductive Stages
1:00 pm-2:30 pm	MR, Meeting Room 2	C226D	Understanding the Impact of Mindfulness on Anxiety, Trauma and Racism-Related Stress
1:00 pm-2:30 pm	MR, Meeting Room 8/9	R227	New Insights into Processes and Predictors in Treatments for Social Anxiety Disorder
1:00 pm-2:30 pm	MR, Meeting Room 16	R228D	Emerging Understandings of Anxiety and Depression Profiles, Mechanisms, and Treatment in Sexual and Gender Minority Populations
1:00 pm-2:30 pm	BR, Anacostia F	R309	Unpredictable Care and Sensory Signals: A Newly Described Form of Early-Life Adversity and its Contribution to Reward Circuit maturation, Anhedonia and Associated Symptoms
1:00 pm-2:00 pm	MR, River Birch A	R108	Poster Spotlight Session
2:30 pm-3:00 pm	BR, Potomac Ballroom		Networking Break and Refreshments sponsored by Rogers Behavioral Health
3:00 pm-4:00 pm	BR, Anacostia D		Therapeutic Pipeline Report
4:00 pm-5:00 pm	BR, Potomac Ballroom		Poster Session 1 sponsored by Janssen Neuroscience
5:15 pm-6:15 pm	MR, River Birch A	B110D*	Early Career SIG - Taking the Next Step: Initiating Involvement in ADAA as a Student or Early Career Member
5:15 pm-6:15 pm	BR, Anacostia E	B234D	Addressing the Paucity of Evidence-Based Treatment in Black and African American Women with Perinatal and/or Postpartum Anxiety
5:15 pm-6:15 pm	MR, Meeting Room 8/9	C230	Scared Sick: How to Successfully Treat Health Anxiety
5:15 pm-6:15 pm	MR, Meeting Room 2	C231DE	Identity Affirming Care: Ensuring Equitable Outcomes for Gender and Sexual Minority Youth
5:15 pm-6:15 pm	MR, Meeting Room 16	C232E	What We Learned When Things Did Not Go Well
5:15 pm-6:15 pm	BR, Anacostia F	C233	Not All that Glitters is Gold: Skills Use and Misuse in Adolescent Treatment
5:15 pm-6:15 pm	BR, Anacostia D	C235DS	Narrative Crisis Model of Suicide as a Comprehensive Transcultural Framework for Suicide Prevention
5:15 pm-6:15 pm	MR, River Birch B	R109D	Doing Affirmative Cognitive Behavior Therapy with Gender Diverse Youth & Their Families: A Live Demonstration
6:15 pm-7:30 pm	LL, RedBud		Early Career Professionals & Students Networking Reception Sponsored by Rogers Behavioral Health (Invitation only)

Session ID Key:

C=Clinical 100=Beginner D=Diversity
R=Research 200=Intermediate E=Ethics
B=Both 300=Advanced S=Suicide Education

*indicates a session that is not eligible for CE credit.

**indicates a session that is not eligible for ASWB credit.

All Times Listed are United States Eastern Daylight Time. *Schedule subject to change.

SATURDAY, APRIL 15

LL = Lobby Level, MR=Meeting Room Level, BR=Ballroom Level

TIME	LOCATION	SESSION ID	TITLE
8:00 am-7:00 pm	BR, Potomac Foyer		Registration
8:00 am-6:15 pm	BR, Potomac Ballroom		Exhibits
8:00 am-5:00 pm	BR, Foundry Branch		Speaker Ready Room
8:00 am-9:00 am	BR, Potomac Ballroom		Keynote Breakfast sponsored by Skyland Trails
9:00 am-10:00 am	BR, Rock Creek Ballroom	B236D	President's Keynote Recovery is Not Linear: Insights From Studies of DBS for Depression
10:30 am-11:00 am	BR, Potomac Foyer		Networking Coffee Break
10:30 am-12:00 pm	MR, Meeting Room 2	B237	Novel Strategies to Optimize Prevention and Treatment of Child Anxiety
10:30 am-12:00 pm	BR, Anacostia F	B239E	Using Apps in Care with Your Patients: Selection, Engagement, and Integration Considerations
10:30 am-12:00 pm	BR, Anacostia D	B314S	Suicide Prevention in Clinical Work: From Research to Practice
10:30 am-12:00 pm	MR, River Birch A	C238	Biopsychosocial Mechanisms of Fear and Anxiety Across the Lifespan
10:30 am-12:00 pm	MR, River Birch B	C312	Neural and Psychological Mechanisms of Mind-Body / Interoceptive-Metacognitive Treatments for Trauma-, Dissociative-, and Distress-Related Conditions
10:30 am-12:00 pm	MR, Meeting Room 4	R111	Intensive Outpatient Programs for PTSD
10:30 am-12:00 pm	BR, Anacostia E	R112E	The Ethics of Termination in Evidence-Based Practice
10:30 am-12:00 pm	MR, Meeting Room 8/9	R311	Digital Phenotyping: Leveraging Technology to Characterize Psychopathology Across the Lifespan
10:30 am-12:00 pm	MR, Meeting Room 16	R313	Utilizing Motivational Interviewing to Increase Patient Engagement in Treatment for Obsessive-Compulsive Related Disorders
12:00 pm-1:00 pm			Lunch on Own
12:00 pm-1:00 pm	MR, River Birch B		Multicultural SIG Meeting
12:00 pm-1:00 pm	MR, Meeting Room 2		PTSD SIG Meeting
12:00 pm-1:00 pm	MR, Meeting Room 3		Public Education Committee Meeting
1:00 pm-2:00 pm	BR, Rock Creek Ballroom	B315DE	2023 Jerilyn Ross Lecture Improving Access to Psychological Therapies (IAPT): Science, Practice, Economics, and Politics sponsored by Sage Therapeutics/Biogen
2:15 pm-3:15 pm	MR, Meeting Room 15	B114D	Increasing Access by Bringing Dialectical Behavior Therapy (DBT) to Schools
2:15 pm-3:15 pm	BR, Anacostia D	C113	Mastering the Psychology Doctoral Internship Match: Tips and Tools to Set You Up for Success! (APA Credit Only)
2:15 pm-3:15 pm	MR, Meeting Room 4	C240D	Understanding Pain: Providing Biopsychosocial Pain Education to our Patients for Therapeutic "Buy-In", Engagement and Successful Treatment Outcomes

All Times Listed are United States Eastern Daylight Time. * Schedule subject to change.

SATURDAY, APRIL 15 (cont.)

LL = Lobby Level, MR=Meeting Room Level, BR=Ballroom Level

TIME	LOCATION	SESSION ID	TITLE
2:15 pm-3:15 pm	MR, Meeting Room 2	C241E	Healthy Boundaries: Juggling Professional Responsibilities and Motherhood Demands
2:15 pm-3:15 pm	BR, Anacostia E	C242D	Three Tiers of Evidence-Based Support for Student Mental Health
2:15 pm-3:15 pm	MR, Meeting Room 8/9	C243D	Obsessive Compulsive Disorder and Perfectionism in Athletes
2:15 pm-3:15 pm	MR, River Birch A	C244	"Mind Playing Tricks on Me": Is It GAD? OCD? or a Phobia? Determining the Proper Course of Treatment in the Context of Emetophobia
2:15 pm-3:15 pm	BR, Anacostia F	C245	Tourettic OCD: A Conceptual Framework for Treating a Common OCD Subtype
2:15 pm-3:15 pm	MR, River Birch B	R115D	Beyond Brick and Mortar: Leveraging Technology to Extend the Reach and Scope of Supported Care for Childhood Anxiety Disorders
3:15 pm-3:45 pm	BR, Potomac Ballroom		Networking Break and Refreshments sponsored by Neurostar
3:45 pm-5:15 pm	BR, Anacostia E	B117*	The Roads Not Taken: Perspectives on Diverse Careers in the Anxiety and Depression Field
3:45 pm-5:15 pm	MR, Meeting Room 4	B247	Digital Mental Health Interventions for Adolescents: Leveraging Technology to Address the Increasing Need for Mental Health Care in Youth
3:45 pm-5:15 pm	BR, Anacostia F	B249	Evidence-Based Practice via Virtual Reality: Using Immersive Technology to Increase Access and Engagement
3:45 pm-5:15 pm	BR, Anacostia D	B250	Innovations in Addressing the Psychosocial Needs and Resilience of Health Care Workers
3:45 pm-5:15 pm	MR, Meeting Room 16	C118D	When Anxiety Affects Education: Evidence-Based Treatment of School Refusal
3:45 pm-5:15 pm	MR, River Birch B	C251D	When It's More Than the Baby Blues: Perinatal Anxiety, OCD, and PTSD
3:45 pm-5:15 pm	MR, Meeting Room 15	R246D	Employing Intensive Brief Evidence-Based Treatment Programs to Combat the Current Mental Health Crisis
3:45 pm-5:15 pm	MR, Meeting Room 2	R248	Antidepressant versus Mindfulness Meditation Treatments across Anxiety disorders: Predictors of response, Impact on Physiological Response to threat, Patient-Centered outcomes, and Impact of Delivery Modality
3:45 pm-5:15 pm	MR, Meeting Room 8/9	R316D	Self-Injurious Behavior in Adolescents with OCD and Related Disorders: A Process-Based Treatment Approach
3:45 pm-4:45 pm	MR, River Birch A	B116	Poster Spotlight Session
5:15 pm-6:15 pm	BR, Potomac Ballroom		Poster Session 2 sponsored by Janssen Neuroscience
6:15 pm-7:30 pm	BR, Rock Creek Ballroom		2023 Closing Awards Celebration & Reception sponsored by American Foundation for Suicide Prevention

SUNDAY, APRIL 16**LL = Lobby Level, MR=Meeting Room Level, BR=Ballroom Level**

TIME	LOCATION	SESSION ID	TITLE
8:00 am-12:00 pm	BR, Potomac Foyer		Registration
8:00 am-12:00 pm	BR, Foundry Branch		Speaker Ready Room
8:00 am-3:00 pm	MR, Meeting Room 3		Unattended Luggage Storage (at own risk)
8:30 am-9:00 am	BR, Potomac Foyer		Networking Breakfast
9:00 am-10:00 am	MR, Meeting Room 2	B253	Treating Toileting Concerns in Young Children with Anxiety and Other Common Pediatric Mental Health Concerns
9:00 am-10:00 am	BR, Anacostia D	C119E	The OCD & Related Disorders Special Interest Group Presents to Tell or Not: The Pros and Cons of OCD Self-Disclosure
9:00 am-10:00 am	BR, Anacostia E	C120D	Practical Skills for Implementing the Collaborative Care Model in Real-World and Diverse Practice Settings
9:00 am-10:00 am	MR, River Birch B	C121	Psychological First Aid to Foster Resilience in the Wake of Traumatic Events
9:00 am-10:00 am	MR, Meeting Room 4	C252E**	How to Get the Most from Your Mentoring Experience
9:00 am-10:00 am	MR, Meeting Room 8/9	C254	Mental Behavior in OCD, Mood Disorders, and More: Psychotherapeutic and Pharmacological Perspectives
9:00 am-10:00 am	MR, River Birch A	C255	Integrating Digital Mental Health (DMH) Apps into Real-World Clinical Care: Practical Considerations and Strategies
9:00 am-10:00 am	BR, Anacostia F	C256**	Focus of Control: Strategies to Manage Challenges on Attention and Increase Positive Outcomes for Clinicians and Patients
9:00 am-10:00 am	MR, Meeting Room 16	C257	Family Wellbeing Approach to Addressing Treatment Refusers with Anxiety and Depression
9:00 am-10:00 am	MR, Meeting Room 15	C317	Process-Based Workshop
10:00 am-10:30 am	BR, Potomac Foyer		Networking Coffee Break
10:30 am-12:00 pm	BR, Anacostia E	B123D	Engaging Hard to Reach Populations in Treatment for Depression and Anxiety: Understanding How to Make Our Interventions Culturally-Responsive and Accessible
10:30 am-12:00 pm	MR, River Birch A	B258DE	Data Driven Trauma Informed healthcare: Increasing Knowledge and Understanding at the patient, provider, and Contextual Levels
10:30 am-12:00 pm	BR, Anacostia F	B261E	Sleep and Mental Health: Evidence-Based In-Person, Digital, and Hybrid Interventions
10:30 am-12:00 pm	MR, Meeting Room 2	B262	Where's the C in ERP: Processing Exposure in the Treatment of OCD
10:30 am-12:00 pm	MR, River Birch B	C260	Enhancing CBT for OCD: Results from Clinical, Pharmacological and Neurocognitive Approaches
10:30 am-12:00 pm	BR, Anacostia D	R122DE	Racism Within a Pandemic: Anti-Asian Discrimination's Effect on Mental Health during COVID-19
10:30 am-12:00 pm	MR, Meeting Room 16	R259	Using Telehealth Treatments to Improve Access to Adult and Pediatric Mental Health Services
10:30 am-12:00 pm	MR, Meeting Room 15	R318*	The Clinical Utility of Novel Therapeutics & Technology in Treatment-Resistant Mood and Anxiety Disorders: An Approach to Personalized Healthcare

Session ID Key:

C=Clinical 100=Beginner D=Diversity
 R=Research 200=Intermediate E=Ethics
 B=Both 300= Advanced S= Suicide Education

*indicates a session that is not eligible for CE credit.

**indicates a session that is not eligible for ASWB credit.

Thank you!

2023 CONFERENCE EDUCATIONAL SUPPORT SPONSORS

DIAMOND LEVEL



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Thank you!

2023 CONFERENCE EDUCATIONAL SUPPORT SPONSORS

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Visit the Exhibits

POTOMAC BALLROOM

Exhibit Hours:

Thursday, April 13

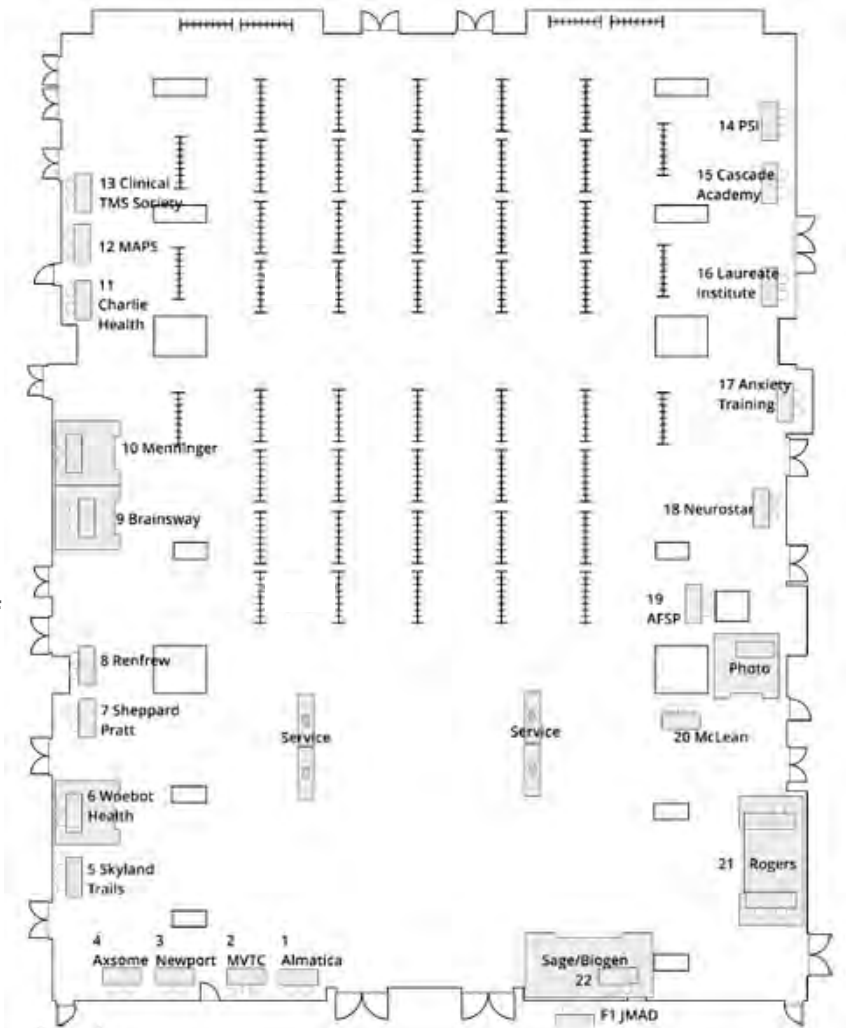
4:00 pm-7:30 pm

Friday, April 14

8:00 am-5:15 pm

Saturday, April 15

8:00 am-6:15 pm



Exhibitor

Exhibitor	Booth #
AFSP	19
Almatica	1
Anxiety Training	17
Axsome Therapeutics	4
Brainsway	9
Cascade Academy	15
Charlie Health	11
Clinical TMS Society	13
Journal Mood & Anxiety Disorders	F1
Laureate Institute for Brain Research	16
MAPS Public Benefit Corp	12
McLean Hospital	20
The Menninger Clinic	10
Mountain Valley Treatment Center	2
Neurostar	18
Newport Healthcare	3
Postpartum Support International	14
The Renfrew Center	8
Rogers Behavioral Health	21
Sage Therapeutics and Biogen	22
Sheppard Pratt	7
Skyland Trails	5
Woebot Health	6

ADAA's NEW Journal of Mood & Anxiety Disorders

Now Accepting Submissions!

As an introductory offer, all papers submitted and accepted through December 31, 2023, will be published fully open access **at no cost.**

Congratulations 2023 ADAA AWARDEES

2023 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

Ziv Ben-Zion, PhD
Hannah Berg, PhD
Katie Bessette, PhD
Ryan Brown, MD
Emilia Cardenas, MS
Samuel Cooper, PhD
Kevin Crombie, PhD
Rotem Dan, PhD
Darius Dawson, PhD
Jennifer Donegan, PhD
Laura Hack, MD, PhD
Cecilia Hinojosa, PhD
Hanna Keren, PhD
Steven Lamontagne, PhD

Meghna Ravi, BS
Anthony Reffi, PhD
Anna Rosenhauer, PhD
Tiffany Rowell, MA
Ilana Seager van Dyk, PhD
Rachel Siciliano, MS
Alexandra Silverman, MA
Ayse Irem Sonmez, MD
Amanda Tamman, PhD
Siena Tugendrajch, PhD
Kate Webb, PhD

Clinical Track

Alexandra Bennett, MSW
Olivia Bogucki, PhD
Elle Brennan, PhD
Pietra Bruni, MS
Samantha Ladell, PSYD
Brianna Morrow, MSW
Danielle Moskow, MA
Kevin Narine, MA
Danielle Novick, MS
Sarah Roane, PhD
Rebecca Schneider, PhD
Alisha Subervi-Vázquez, MD, MPH, MSc
Saydra Wilson, MD

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

Thank you to our 2023 Sponsors [Intra-Cellular Therapies](#) and [Sheppard Pratt](#).

THE DONALD F. KLEIN EARLY CAREER INVESTIGATOR AWARD

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

2023 KLEIN AWARDEE

Emily Belleau, PhD

2023 MEMBER RECOGNITION AWARDEES

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

MEMBER RECOGNITION AWARD

Edward Craighead, PhD, ABPP
Arash Javanbakht, MD

JERILYN ROSS CLINICIAN ADVOCATE AWARD

Beth Salcedo, MD

EMERGING LEADER AWARD

Olivia Bogucki, PhD
Cecilia Hinojosa, PhD
Gopalkumar Rakesh, MD

SPECIAL RECOGNITION AWARD

Barbara Rothbaum, PhD, ABPP
Ashley J. Smith, PhD
Melanie VanDyke, PhD

ADAA CHAMPION

Stephanie Woodrow, LCPC, NCC

Interested in purchasing a book authored by an #ADAA2023 session presenter?



Download the **2023 Annual Conference App** and click the button for the **Presenter Virtual Book Store** for an alphabetical list of book titles authored by our session presenters.



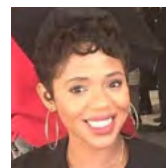
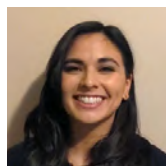
Congratulations to the 2023 BIPOC Scholarship Recipients

BIPOC SCHOLARSHIP PROGRAM

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

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

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



2023 Scholarship Recipients (left to right, from top): Elisa Borrero, MA; Berron Brown, BS; Michelle Fernando, PhD; Davena Mgbeowkere, MSW, LCSW; Manessa Riser, BS; Jenny Shen, MA; and Shimarith Wallace, BS



When health insurance is not enough.®



The HealthWell Foundation recognizes the importance mental health has on our well-being. For many underinsured Americans in need of behavioral health services, the ability to access and pay for them may be unattainable.

To address the unmet needs of individuals living with a behavioral health diagnosis, the HealthWell Foundation offers financial assistance through three distinct behavioral health funds.

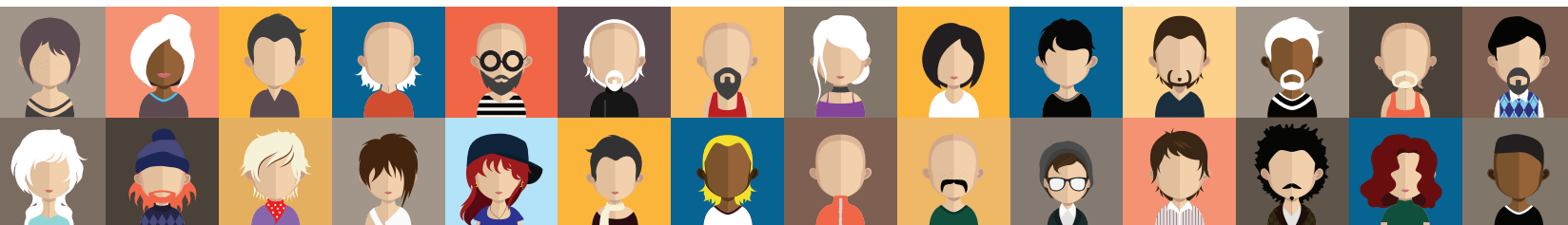
- Through our **Cancer-Related Behavioral Health Fund**, we provide up to \$2,000 in financial assistance to cover out-of-pocket costs for prescription drugs, counseling services, Cognitive Behavioral Therapy, and transportation needed to manage behavioral health issues related to a cancer diagnosis.
- Our **Emergency/Medical Workers Behavioral Health Fund** provides up to \$2,000 to assist emergency (police officers, firefighters, and first responders) and medical workers in covering their out-of-pocket treatment-related copayments for prescription drugs, counseling services, psychotherapy, and transportation needed to manage behavioral health issues related to carrying out their respective roles.
- Our **Neurocognitive Disease with Psychosis – Medicare Access Fund** provides up to \$10,000 in copayment or insurance premium assistance for patients previously diagnosed with one of the following neurocognitive diseases:
 - Alzheimer’s/Dementia
 - Parkinson’s Disease
 - Diffuse Lewy Body Disease
 - Frontotemporal Lobar Degeneration
 - Huntington’s Disease
 - Prion/Creutzfeldt-Jakob Disease
 - Traumatic Brain Injury

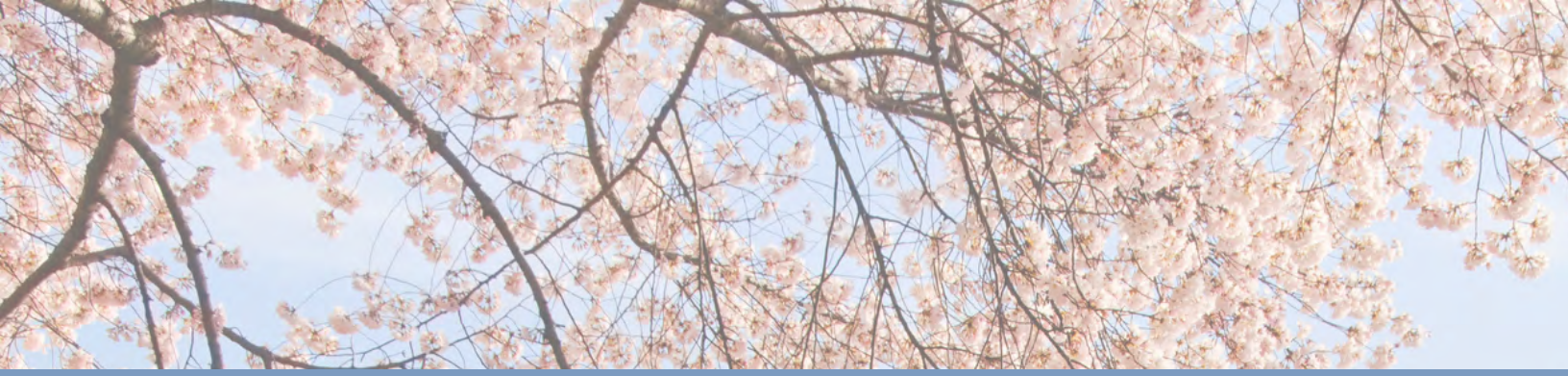
“Understanding the needs of those living with a behavioral health condition is a critical step in helping them access proper treatment. Whether the condition is a result of one’s occupation or a recent cancer diagnosis, many encounter added anxiety, thoughts of helplessness, failure, and fear. Oftentimes, people suffering from these feelings do not seek necessary treatment and counseling, which can lead to more serious situations, including PTSD, and even thoughts of suicide. HealthWell provides vital financial resources through their behavioral health funds so those living with a behavioral health diagnosis can start and adhere to critical treatments they otherwise would not be able to afford.”

– **Susan Gurley**, Executive Director, Anxiety and Depression Association of America

A nationally recognized, independent non-profit organization founded in 2003, the HealthWell Foundation provides financial assistance to adults and children facing medical hardship resulting from gaps in their insurance that cause out-of-pocket medical expenses to escalate rapidly.

To learn more about HealthWell’s behavioral health funds, eligibility, and how to apply, visit our **Disease Funds** page at: <https://www.healthwellfoundation.org/disease-funds>





CONTINUING EDUCATION

Overview

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

Statement of Need

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

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

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

Conference Theme and Education Objectives

From Science and Technology to Evidence-Based Practice: Enhancing Access Through Integration

After participating in the Anxiety and Depression Association of America Conference, participants should be able to:

- Identify and discuss the genetic, epigenetic, neurobiological, developmental, and psychosocial underpinnings of anxiety and depressive disorders;
- Evaluate the latest developments in preclinical and clinical research, and discuss applications to clinical practice; and
- Evaluate and discuss how new technologies and social media can be incorporated into research and clinical practice.

The ADAA 2023 Annual Conference offers a maximum of 18.5 live continuing education credits to registered professional physicians, psychiatrists, neurologists, psychologists, social workers, counselors and case managers. Some sessions are eligible for **Cross-Cultural Diversity Credits, Ethics Credits, and Suicide Education Credits.**

Continuing education credits are available for all professional level attendees; those paying student, trainee/postdoctoral fellow/resident, guest, or consumer fees cannot apply for CE or CME credits. All professional level registrants who want to claim credits must complete the online conference evaluation and attest to session participation to receive credits.

Continuing Education Credits

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



Physicians (ACCME)

Amedco LLC designates this live activity for a maximum of 18.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists (APA) Credit Designation

This course is co-sponsored by Amedco LLC and Anxiety and Depression Association of American (ADAA). Amedco LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco LLC maintains responsibility for this program and its content. 18.50 hours.

Social Workers

As a jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social Workers completing this course receive up to 18.50 GENERAL continuing education credits.





New York Board for Social Workers (NY SW)

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. 18.50 hours.

New York Board for Psychology (NY PSY)

Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. 18.50 hours.

NBCC

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



CAMFT

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

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

How to Apply for Credit

Attendees who are eligible and wish to claim continuing education credits may do so beginning on April 16, 2023, through the conference portal. All education credits must be submitted by May 17, 2023. Any attendee may follow the steps below to download a certificate of attendance. It is helpful to track the sessions you attend. This will assist you in the credit attestation process.

1. Visit the conference portal at <https://adaa.societyconference.com/v2/>
2. Click on "Conference Evaluation" to complete the online conference survey. You must complete the evaluation before you will be able to claim education credits or print a certificate of attendance.
3. Upon submission of the evaluation, click on "Claim Continuing Education Credits" and select which certificate(s) you would like to claim.
4. For each certificate, select which sessions you attended, then complete the attestation questions.
5. Once completed, you will be able to download your certificate(s).

You do not need to return any forms to ADAA. All steps above must be completed **by May 17, 2023**.

Direct all questions regarding education credits and certificates to conference@adaa.org, or call 615-324-2365. You can also stop by the registration desk at the Conference with any questions.

DISCLOSURES

Disclosure of Conflict of Interest

The following table of disclosure information is provided to learners and contains the relevant financial relationships that each individual in a position to control the content disclosed to Amedco. All of these relationships were treated as a conflict of interest, and have been resolved. (C7 SCS 6.1--6.2, 6.5)

All individuals in a position to control the content of CE are listed below.

Ajilore, Olusola:

KeyWise AI: Founder. Embodied Labs: Advisory Board. Blueprint Health: Advisory Board. Sage Therapeutics: Advisory Board

Bilek, Emily:

woebot: Consultant

Bloch, Michael:

Janssen Pharmaceuticals: Contracted Research. Emalex Biosciences: Contracted Research. Tasly Pharmaceuticals: Contracted Research. Bionomics: Contracted Research. Neurocrine Biosciences: Contracted Research

Carlbring, Per:

Lundbeck: Honoraria. Excerpta Medica: Honoraria

Chiauzzi, Emil:

Woebot Health: Employee

Cohen, Jeffrey:

Woebot Health: Advisory Board

DePierro, Jonathan:

Roman Health Ventures Inc: Honoraria. Cambridge University Press: Royalties

Epperson, Cynthia:

Sage Therapeutics: Contracted Research. Asarina Pharma: Advisory Board. BabyScripts: Advisory Board. HealthRhythms: Contracted Research

Epstein, Irvin:

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Eustis, Liz:

Big Health: Employee, Stock / Equity - Privately Held Company

Goldstein, Tina:

Guilford Press: Royalties

Golomb, Ruth:

TLC Foundation for Body Focused Repetitive Behaviors: Advisory Board. Several books: Royalties

Howard, Margaret:

Sage Therapeutics: Advisory Board

Jha, Manish:

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Sage pharmaceuticals: Consultant

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Almatica Pharma: Consultant. BioXcel Therapeutics: Consultant. Clexio Biosciences: Consultant. COMPASS pathways: Consultant. Eleusis: Consultant. Engrail Therapeutics: Consultant. Levo Therapeutics: Consultant. Perception Neurosciences: Consultant. Neumora: Consultant. Neurocrine: Contracted Research. Relmada Therapeutics: Advisory Board. Sage Therapeutics: Consultant. Seelos Therapeutics: Consultant. Sunovion: Consultant

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New Harbinger: Royalties, Stock / Equity - Privately Held Company

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New Harbinger Publications: Royalties

Miller, Alec:

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Mouton-Odum, Suzanne:

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Newport, D. Jeffrey:

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Simon, Naomi:

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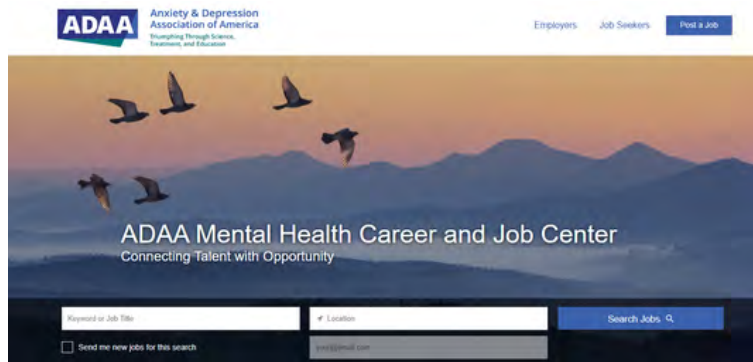
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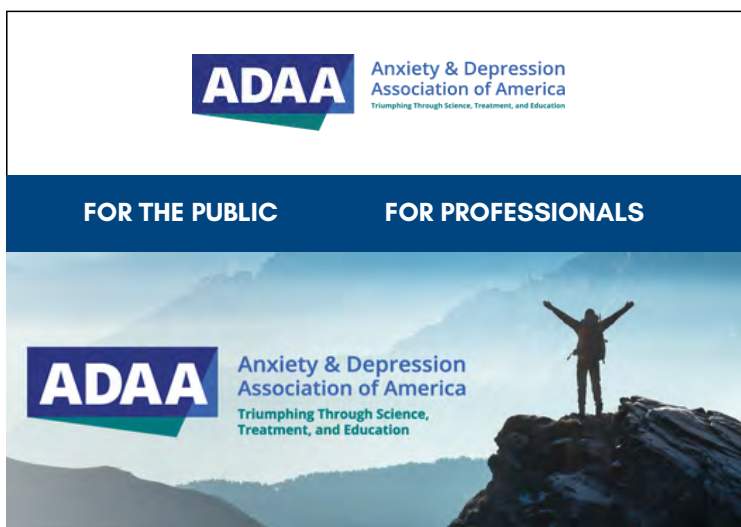
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The ADAA website - www.adaa.org - had more than 7 million unique visits in 2022 with people seeking treatment information, resources, and support provided by our more than 1,500 professional members.

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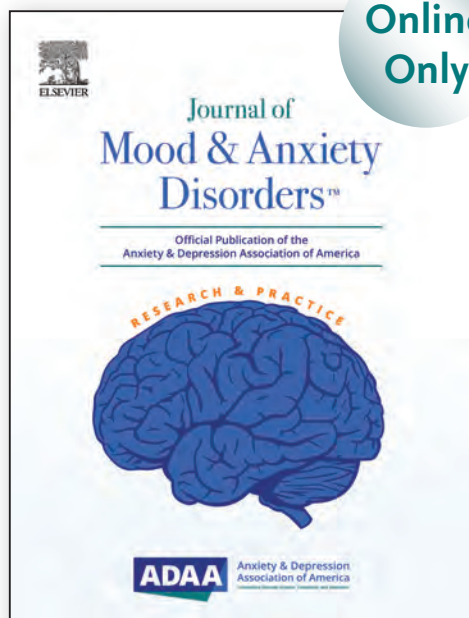
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Carrie Potoff	Joel Sherrill	Hani Talebi	Jenny Yip
Mona Potter	Nicole Short	Joseph Taliercio	K. Lira Yoon
Nicholas Powers	Dustin Siegel	Casey Tallent	Matt B. Young
Sheila Rauch	Greg Siegle	Charles Taylor	David Yusko
Meghna Ravi	Naomi Simon	Jordyn Tipsword	



ADAA'S IMPACT

We invite you to read [ADAA's 2022 Impact Report](#), which provides a "year in review" about our public and professional reach and impact.

Through ADAA's focus on the alignment of science, treatment, and education, sharing personal stories about how evidence-based help can positively impact lives, and through partnerships and alliances with like-minded community organizations, we are #breakingthestigma around anxiety disorders and depression.



Anxiety & Depression

Conference **ADAA** 2024

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