ADAA 2023
Anxiety & Depression CONFERENCE
From Science and Technology to Evidence-Based Practice: Enhancing Access Through Integration
April 13-16, 2023
DIGITAL PROGRAM GUIDE
www.adaa.org  |  #ADAA2023  |  @ADAAConference
When you join Rogers Behavioral Health, you’ll work in a collaborative environment with an interdisciplinary team of colleagues as dedicated to evidence-based behavioral health treatment as you are. You’ll also gain access to:

- A history of more than 115 years of high-quality treatment.
- Opportunities to work with child, adolescent, and adult patients in a wide range of treatment programs and levels of care.
- Highly competitive base salary and comprehensive benefits package.
- 401(k) with matching contributions.
- Loan relief, tuition reimbursement, and scholarship opportunities.
- Locations nationwide, relocation allowance.
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Sage Therapeutics and Biogen look forward to connecting with you at the interactive pavilion during the ADAA 2023 Annual Conference
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.
In developing safe and effective treatments, we aim to improve mental health care with better outcomes for patients, caregivers, advocates and communities.

Vistagen is a late clinical-stage biopharmaceutical company aiming to transform the treatment landscape for individuals living with anxiety, depression and other CNS disorders.

Vistagen's pipeline includes multiple product candidates with potential to be safer, more effective, non-systemic, and convenient alternatives to currently approved treatments for multiple disorders:

- fasedienol (formerly PH94B) for treatment of social anxiety disorder (SAD)
- itruvone (formerly PH10) for treatment of major depressive disorder (MDD)
- PH15 for cognition improvement
- PH284 for appetite-related disorders

More information:

- www.Vistagen.com
- @Vistagen

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

CO-CHAIRS
Jonathan A. Alpert, MD, PhD
Simon A. Rego, PsyD, ABPP, A-CBT

SUBCOMMITTEES
State-of-the-Art Clinicians and Social Media and Marketing
Stephanie Woodrow, LCPC, NCC

Career Development and Ethics
Laurel Sippel, PhD

Scientific Council Liaison
Victoria Risbrough, PhD

Practice
Rachel Busman, PsyD, ABPP
Julia Martin Burch, PhD
Robert Brady, PhD
Lillian Reuman, PhD

Research
Ashley Clausen, PhD
Mbemba Jabbi, PhD
Michael Wheaton, PhD

ADAA Board Liaison
Martin Paulus, MD

Poster
Sandra Llera, PhD
Abigail Powers Lott, PhD
Amy Przeworski, MD

Depression
Mark Frye, MD
Jerry Halverson, MD

Professional Education Development
Barbara Kamholz, PhD, ABPP
THANK YOU TO OUR ADAA 2023
CONFERENCE SESSION REVIEWERS

Cindy Aaronson, LCSW, PhD
Emily Belleau, PhD
Alex Bettis, PhD
Julia Burch, PhD
Rachel Busman, ABPP, PsyD
Karen Cassiday, ACT, PhD
Kelly Caver, PhD
Suma Chand, PhD
Ashley Clausen, PhD
Jeffrey Cohen, PSYD
Darius Dawson, PhD
Marla Deibler, ABPP, PsyD
Jill Emanuele, PhD
Cynthia Epperson, MD
Sarah Garnaat, PhD
Ken Goodman, LCSW
Lana Grasser, PhD
Heather Greenawalt, LCSW
Joanna Hardis, LCSW
Sage Hawn, PhD
Cecilia Hinojosa, PhD
Melissa Hunt, ACT, PhD
Mbemba Jabbi, PhD
Arash Javanbakht, MD
Allison LoPilato, PhD
Abigail Lott, ABPP, PhD
Courtney Louis, MA
Amy Mariaskin, PhD
Karen Martinez-Gonzalez, MD
Sanjay Mathew, MD
Alicia Meuret, PhD
Vasiliki Michopoulos, PhD
Kathariya Mokrue, PhD
Kimberly Morrow, LCSW
Reut Naim, PhD
D. Jeffrey Newport, MD
Amy Przeworski, PhD
Sheila Rauch, ABPP, PhD
Kimberly Rockwell-Evans, PhD
Andrew Rosen, ABPP, FACP, PhD
Brian Schmaus, PhD
Stacy Shaup, PhD
Helen Blair Simpson, MD
Lauren Sippel, PhD
Lyne Siqueland, PhD
Jami Socha, PhD
Elizabeth Spencer, LCSW
Leah Susser, MD
Kristin Szuhany, PhD
Stephnie Thomas, LCPC
Taylor Wilmer, ABPP, PhD
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.
Login with your registration email and password to chat with attendees, customize your schedule, and view e-posters.

Apple App Store
Google Play Store

8 ★ FOLLOW US: #ADAA2023
We are pleased to be a sponsor of the ADAA 2023 43rd Annual Conference.

To learn more, visit afsp.org
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.

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.

Wireless internet is available throughout the meeting space:
**Network:** Renaissance_Conference
**Password:** ADAA2023

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.

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.
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.
Creating a future where disease is a thing of the past.

We are Janssen, the Pharmaceutical Companies of Johnson & Johnson. Bold thinkers. Big dreamers. Fearless advocates on behalf of patients. So that one day, the world’s most daunting diseases will be found only in the pages of history books. Learn more at www.janssen.com.

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Share your expertise and increase your visibility with our 7 million unique visitors and with your fellow members and broader professional community.

ADAA shares your blog posts on our website, social media platforms, monthly public e-newsletters, and in our bi-weekly professional e-newsletter. It’s a great way to market your practice or institution!
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.
### Thursday, April 13

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

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

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

**LL = Lobby Level, MR=Meeting Room Level, BR=Ballroom Level**
## Schedule at a Glance

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

R= Research

200= Intermediate

D= Diversity

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.
### FRIDAY, APRIL 14 (cont.)

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

**Session ID Key:**
- C=Clinical
- R=Research
- B=Both
- D=Diversity
- 100=Beginner
- 200=Intermediate
- 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.

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

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18 ★ FOLLOW US: #ADAA2023
## SATURDAY, APRIL 15

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

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

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>SESSION ID</th>
<th>TITLE</th>
</tr>
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<tbody>
<tr>
<td>8:00 am-12:00 pm</td>
<td>BR, Potomac Foyer</td>
<td>Registration</td>
<td></td>
</tr>
<tr>
<td>8:00 am-12:00 pm</td>
<td>BR, Foundry Branch</td>
<td>Speaker Ready Room</td>
<td></td>
</tr>
<tr>
<td>8:00 am-3:00 pm</td>
<td>MR, Meeting Room 3</td>
<td>Unattended Luggage Storage (at own risk)</td>
<td></td>
</tr>
<tr>
<td>8:30 am-9:00 am</td>
<td>BR, Potomac Foyer</td>
<td>Networking Breakfast</td>
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<tr>
<td>9:00 am-10:00 am</td>
<td>MR, Meeting Room 2</td>
<td>B253</td>
<td>Treating Toileting Concerns in Young Children with Anxiety and Other Common Pediatric Mental Health Concerns</td>
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<tr>
<td>9:00 am-10:00 am</td>
<td>BR, Anacostia D</td>
<td>C119E</td>
<td>The OCD &amp; Related Disorders Special Interest Group Presents to Tell or Not: The Pros and Cons of OCD Self-Disclosure</td>
</tr>
<tr>
<td>9:00 am-10:00 am</td>
<td>BR, Anacostia E</td>
<td>C120D</td>
<td>Practical Skills for Implementing the Collaborative Care Model in Real-World and Diverse Practice Settings</td>
</tr>
<tr>
<td>9:00 am-10:00 am</td>
<td>MR, River Birch B</td>
<td>C121</td>
<td>Psychological First Aid to Foster Resilience in the Wake of Traumatic Events</td>
</tr>
<tr>
<td>9:00 am-10:00 am</td>
<td>MR, Meeting Room 4</td>
<td>C252E**</td>
<td>How to Get the Most from Your Mentoring Experience</td>
</tr>
<tr>
<td>9:00 am-10:00 am</td>
<td>MR, Meeting Room 8/9</td>
<td>C254</td>
<td>Mental Behavior in OCD, Mood Disorders, and More: Psychotherapeutic and Pharmacological Perspectives</td>
</tr>
<tr>
<td>9:00 am-10:00 am</td>
<td>MR, River Birch A</td>
<td>C255</td>
<td>Integrating Digital Mental Health (DMH) Apps into Real-World Clinical Care: Practical Considerations and Strategies</td>
</tr>
<tr>
<td>9:00 am-10:00 am</td>
<td>BR, Anacostia F</td>
<td>C256**</td>
<td>Focus of Control: Strategies to Manage Challenges on Attention and Increase Positive Outcomes for Clinicians and Patients</td>
</tr>
<tr>
<td>9:00 am-10:00 am</td>
<td>MR, Meeting Room 16</td>
<td>C257</td>
<td>Family Wellbeing Approach to Addressing Treatment Refusers with Anxiety and Depression</td>
</tr>
<tr>
<td>9:00 am-10:00 am</td>
<td>MR, Meeting Room 15</td>
<td>C317</td>
<td>Process-Based Workshop</td>
</tr>
<tr>
<td>10:00 am-10:50 am</td>
<td>BR, Potomac Foyer</td>
<td>Networking Coffee Break</td>
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<tr>
<td>10:30 am-12:00 pm</td>
<td>BR, Anacostia E</td>
<td>B123D</td>
<td>Engaging Hard to Reach Populations in Treatment for Depression and Anxiety: Understanding How to Make Our Interventions Culturally-Responsive and Accessible</td>
</tr>
<tr>
<td>10:30 am-12:00 pm</td>
<td>MR, River Birch A</td>
<td>B258DE</td>
<td>Data Driven Trauma Informed healthcare: Increasing Knowledge and Understanding at the patient, provider, and Contextual Levels</td>
</tr>
<tr>
<td>10:30 am-12:00 pm</td>
<td>BR, Anacostia F</td>
<td>B261E</td>
<td>Sleep and Mental Health: Evidence-Based In-Person, Digital, and Hybrid Interventions</td>
</tr>
<tr>
<td>10:30 am-12:00 pm</td>
<td>MR, Meeting Room 2</td>
<td>B262</td>
<td>Where’s the C in ERP: Processing Exposure in the Treatment of OCD</td>
</tr>
<tr>
<td>10:30 am-12:00 pm</td>
<td>MR, River Birch B</td>
<td>C260</td>
<td>Enhancing CBT for OCD: Results from Clinical, Pharmacological and Neurocognitive Approaches</td>
</tr>
<tr>
<td>10:30 am-12:00 pm</td>
<td>BR, Anacostia D</td>
<td>R122DE</td>
<td>Racism Within a Pandemic: Anti-Asian Discrimination’s Effect on Mental Health during COVID-19</td>
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<tr>
<td>10:30 am-12:00 pm</td>
<td>MR, Meeting Room 16</td>
<td>R259</td>
<td>Using Telehealth Treatments to Improve Access to Adult and Pediatric Mental Health Services</td>
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<tr>
<td>10:30 am-12:00 pm</td>
<td>MR, Meeting Room 15</td>
<td>R318*</td>
<td>The Clinical Utility of Novel Therapeutics &amp; Technology in Treatment-Resistant Mood and Anxiety Disorders: An Approach to Personalized Healthcare</td>
</tr>
</tbody>
</table>

**Session ID Key:**

C = Clinical  
D = Diversity  
R = Research  
B = Both  
S = Suicide Education  

*indicates a session that is not eligible for CE credit.  
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ADAA's NEW
Journal of Mood & Anxiety Disorders
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As an introductory offer, all papers submitted and accepted through December 31, 2023, will be published fully open access at no cost.
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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.

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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.

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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 Mgbewokere, MSW, LCSW; Manessa Riser, BS; Jenny Shen, MA; and Shimarith Wallace, BS
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](https://www.healthwellfoundation.org/disease-funds)
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.
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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.

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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).

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/](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](mailto:conference@adaa.org), or call 615-324-2365. You can also stop by the registration desk at the Conference with any questions.

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

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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. If interested in learning more, please email sguerley@adaa.org.

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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.
Thank you to the ADAA Committees and Special Interest Groups

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Journal of Mood & Anxiety Disorders

Official Publication of the Anxiety & Depression Association of America

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Journal of Mood and Anxiety Disorders — the Anxiety and Depression Association of America’s (ADAA) official journal - welcomes original clinical, translational, and basic research as well as synthetic review articles covering neurobiology (genetics and neuroimaging), epidemiology, experimental psychopathology, pathophysiology and treatment (psychotherapeutic, neuromodulation, and pharmacologic) aspects of mood and anxiety disorders. We encourage original research submissions from basic neuroscientists and pharmacologists as well as all clinical investigators to establish a platform for translational advances and discussion. To advance this discussion, review papers focusing on current treatment advances as well as those providing innovative and cutting-edge reviews of key areas and issues guiding mood and anxiety disorder science will be prioritized. We encourage submissions from international experts. All submissions will be peer reviewed.

Available on ScienceDirect.com and JMoodAnxDisorders.org

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Uri Berger
Grace Berman
Heather Bernstein
Katie Berry
Andreas Bezahler
Julia Bickerstaff
Jennifer Bienstock
Kelly Bijanki
Emily Bilek
Michael Bloch
Gerson Borroto
Eliane Boucher
Beth Brawley
Melissa Brotman
Virginia Brown
William Buerger
Natalie Burns
Rachel Busman
Amber Calloway
Sulamita Camargo
Tim Campellone
Julia Carbonella
Per Carlbring
Karen Cassidy
Daniel Chazin
Shuquan Chen
Cherise Chin Fatt
David Clark
Noah Clyman
Larry Cohen
Elisabeth Collins
Jonathan Comer
Zorina Costello
Sara Cott
Keith Cox
Wesley Cray
Joshua Curtiss
Jonathan Dalton
Suzanne Davino
Marla Deblinger
Celenia DeLapp
Zhi-De Deng
Jonathan DePierro
Christina DiChiara
Jenna DiLossi
Ashley Doukas
Lediya Dumessa
Ben Eckstein
Robyn Ellis
Abdelrahman ElTohamy
Jill Emanuele
Cynthia Epperson
Irvin Epstein
Erin Etzel
Liz Eustis
Spencer Evans
Michelle Evans-Chase
Negar Fani
Julie Farrington
Brian Feinstein
Abigail Findley
Kate Fitzgerald
Elliot Fowble
Martin Franklin
Igor Galynker
Sequoia Gayer
Afsoon Gazor
Ramari German
Paola Giusti Rodriguez
Kate Gliske
Laura Glynn
Tina Goldstein
Ruth Golomb
Alexandre Gomes de Siqueira
Ken Goodman
Alisa Gutman
Morgan Hagner
Sarah Haider
Kayla Hall
Jill Harkavy-Friedman
Melissa Harrison
Sarah Hayes-Skelton
Michael Heady
Philip Held
Aaron Heller
Lauren Henry
Jonathan Hershfield
Cecilia Hinojosa
Scarlett Ho
Elizabeth Hoge
Margaret Howard
Ashley Howell
Mbemba Jabbi
Tejal Jakatdar
Aron Janssen
Manish Jha
Luci B Johnson
Atasha Jordan
Tanja Jovanovic
Johanna Kaplan
Martin Katzman
Reilly Kayser
Jelena Kecmanovic
Maggie Keogh
Sony Khemlani-Patel
Anthony King
Katharina Kircanski
Brian Klassen
Heide Klumpp
Nancy Kocovski
Jason Krompinger
Tetyana Krutsik
Jennie Kuckertz
Erika Kuzminkskait
Rachel LaFleur
Jessica Lake
Karan Lamb
Steven Lamontagne
Robert Lasser
Emma Lathan
Hannah Lawrence
Richard LeBeau
Scott Leibowitz
Rachel Leonard
Krystal Lewis
Jenny Lin
Jan Lindsay
Rachel Lippin-Foster
Charles Liu
Allison LoPilato
Lorenzo Lorenzo-Luaces
Abigail Lott
Dara Lovitz
Jake Lowe
Aurelie Lucette
Naoise Mac Giollabhui
Anjeli Macaranas
Natalia Macrynikola
Michelle Maloney
Charles Mansueto
Jessica Maples-Keller
Timothy Mariano
Amy Mariaskin
Octavio Martinez
Karen Martinez-Gonzalez
Carrie Masia
Michelle Massi
Sanjay Mathew
Helen Mayberg
Lata McGinn
Patrick McGrath
Matthew McKay
Michelle McMahon
Clare McNutt
Mihray Mete
Alicia Meuret
Jamie Micco
Deborah Michel
Vasiliki Michopoulos
Alec Miller
Benjamin Mitchell
Akiko Mizuno
Scott Monroe
Thank you! 2023 ADAA SESSION PRESENTERS

Danielle Moskow
Sarosh Motivala
Suzanne Mouton-Odum
Michael Nadorff
Hadar Naftalovich
Reut Naim
Lauren Neaman
Charles Nemeroff
D. Jeffrey Newport
Erik Nook
Lindsay Oberman
Kristina Orlova
Linda Oshin
Cara Palmer
Jennifer Park
Dina Patel
Michele Pato
Margot Paul
Sarah Perrett
Caitlin Pinciotti
Alec Pollard
Sriramya Potluri
Carrie Potoff
Mona Potter
Nicholas Powers
Sheila Rauch
Meghna Ravi
Simon Rego
Renae Reinardy
Jazmin Reyes-Portillo
Monique Reynolds
Victoria Risbrough
Albert Rizzo
Carl Robbins
Abigail Romirowsky
Anna Rosenhauer
Barbara Rothbaum
Mikael Rubin
Stefanie Russman Block
Beth Salcedo
Amanda Sanchez
Molly Schiffer
Jessica Schleider
Rebecca Schneider
Franklin Schneier
Ilana Seager van Dyk
Martin Seif
Danielle Shayani
Andrea Sheckler
Christopher Shepard
Joel Sherrill
Nicole Short
Dustin Siegel
Greg Siegle
Naomi Simon
Helen Blair Simpson
Lauren Sippel
Lynne Siqueland
Colleen Sloan
Leah Sorcher
Andrea Spadoni
Phillip Spaeth
Elizabeth Spencer
Jacqueline Sperling
Jesse Spiegel
Briana Spivey
Ginny Sprang
Anais Stenson
Tia Sternat
Avery Stock
Sarah Elizabeth Stoeckl
Daniel Stout
Marlene Strege
Sarah Sullivan
Leah Susser
Ryan Sutton
Paulina Syracuse
Kristin Szuhany
Hani Talebi
Joseph Taliercio
Casey Tallent
Charles Taylor
Jordyn Tipsword
Madhukar Trivedi
Steven Tsao
Michael Twohig
Jeremy Tyler
Rachel Van Boxtel
Nathaniel Van Kirk
Sanne van Rooij
Melanie VanDyke
Anna Villavicencio
Bernadine Waller
Christian Webb
Shau-Ming Wei
Risa Weisberg
Nicole Weiss
Cali Werner
Michael Wheaton
Alik Widge
Nolan Williams
Reid Wilson
Sally Winston
Stephanie Woodrow
LaTrice Wright
Jenny Wu
Jenny Yip
K. Lira Yoon
Matt B. Young
David Yusko

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.
Save the Date
April 11-14, 2024
Boston, MA