



#ADAA2021Virtual – March 18-19, 2021

SCHEDULE AT A GLANCE WITH LIVE AND SIMU-LIVE SESSIONS*

Live and Simu-live sessions offer live Q&A time with presenters following the presentations. Simu-live presenters will also be available via chat box during their presentation times. “Both Tracks” refer to a session that includes both a clinical and research focus.

All Times Listed are United States Eastern Standard Time

Thursday, March 18, 2021

- 9:30 am **Welcome to #ADAA2021Virtual – Conference Platform Opens**
- 10:00 am – 11:30 am **Live - Welcome Remarks**
 Luana Marques, PhD, ADAA Board President
- Live - Keynote Address: Resilience in Science and Practice: Pathways to the Future**
 Ann Masten, PhD
- Enhancing Your Patients Resilience in a Pandemic**
 Jerry Halverson, MD, FACPsych, DFAPA
- 11:30 am – 2:00 pm **Partner Solutions Hall Open**
Poster Hall Open (Posters Searchable by Topic)
- 12:00 pm – 1:15 pm **Master Clinician and Track Sessions (Simu-Live with Live Q&A)**
 Curiosity Training: The Important of EXTERNAL Mindfulness in CBT for Social Anxiety (Master Clinician)
 Beyond Cultural Competency: Contemplative Approaches to Working with Clinicians’ Racial Anxiety and Avoidance in Therapy (Master Clinician)
 Contextual Behavioral Approaches to Reducing Minority Stress Among Sexual and Gender Minority Clients (Master Clinician)
 Cannabis, Anxiety, and Depression: Cause for Pause of Peace of Mind? (Special Topic Session)
 Anxiety and Depression Rounds: Challenging Cases in the Real Work of Psychotherapy (Both Tracks)
 “I Feel Stuck”: Helping Kids Manage Anxiety and Remain Productive with Remote with Remote Learning (Both Tracks)



The COVID-19 Pandemic and Mental Health: Risk Factors and Changes in Internalizing Symptoms Across the Lifespan (Both Tracks)
 Building Resilience to Prevent Suicide: New interventions (Both Tracks)
 Developmental Biology of Resilience and Vulnerability: Genetics, Endocrines, Neuroimaging, and Inflammation (Both Tracks)
 Using Digital Health Technology to Bridge Access to Care for Obsessive Compulsive Disorder (OCD) and Anxiety Disorders (Both Tracks)

1:15 pm – 1:45 pm

Small Discussion Groups

1:15 pm – 1:45 pm

Meet the Board Chat Opportunity

2:00 pm – 3:30 pm

Live - Scientific Research Symposium: Resilience: From Research to Practice

Translational Approaches to Understanding Stress Resilience –

Tallie Baram, MD, PhD

Resilience and Psychotherapy-Training Resilience and Enhancing Extinction –

Michelle G. Craske, PhD

Neuroimmune Mechanisms of Stress Resilience from a Preclinical Perspective –

Scott Russo, PhD

2:00 pm – 3:15 pm

Master Clinician and Track Sessions (Simu-Live with Live Q&A)

Counseling Individuals and Families Bereaved by Suicide (Master Clinician)

Don't Go Down the Rabbit Hole! A Clinical Approach to Unanswerable Questions and the Quest for Certainty (Master Clinician)

The ABCs and 123s of CBT for Anxiety Disorders (Master Clinician)

Resilience Interventions for Children and Teens Across Settings: Private Practice and Schools (Clinical Track)

The Ethics of Hope: Working with Long-Term Clients and Refractory Conditions (Clinical Track)

Falling Down and Getting Back Up: Normalizing Experiences of Failure in Your Career (Clinical Track)

Resilience Within: Tools for Managing Clinicians' Own Anxieties (Clinical Track)

Clinical Research Perspectives on Fostering Resilience in Underserved

Populations Through the Implementation and Dissemination of

Psychosocial Interventions in Real-World Settings (Research Track)

Leaving Protocols Behind: Building Resilience Via a Transdiagnostic Model for Treating Depression and Its Related Problems (Clinical Track)



- 3:15 pm – 3:45 pm **Small Discussion Groups**
- 3:15 pm – 3:45 pm **Meet the Board Chat Opportunity**
- 3:30 pm – 4:30 pm **Poster Session** (Posters Searchable by Topic, Poster Presenters Available for Live Chat.)
- 4:45 pm – 6:00 pm **Track Sessions (Simu-Live with Live Q&A)**
 - A Crash Course in Starting a Successful Group Private Practice (Clinical Track)
 - Fail Better! Deriving Insights and Inspiration from Treatment Resistant Cases (Both Tracks)
 - Fostering Resilience in a School Setting: Perspectives on Implementing Evidence-Based Practices (Clinical Track)
 - From Fraud to Fierce: How Acceptance and Commitment Therapy Helped Us Overcome Imposter Syndrome (and Can Help You Too!) (Clinical Track)
 - Improv for Anxiety: Letting Fun Override the Fear (Clinical Track)
 - Maternal Mental Health: Issues in Research and Clinical Care (Both Tracks)
 - Neuromodulation as a New Avenue to Recovery from Treatment Resistant PTSD (Research Track)
 - Promoting Resilience Using Novel Interventions Among Individuals at Risk (Both Tracks)
 - Working with Rigidity with Selective Mutism: Using Clinical Flexibility and Innovation to Inspire Change (Clinical Track)
 - The Scope of Expertise: Identifying and Navigating One’s Clinical Abilities (Clinical Track)

Friday, March 19, 2021

- 10:00 am – 10:45 am **Live Keynote Address**
Resilience to Adversity and the Origins of Disease
 Gene Howard Brody, PhD
- 10:45 am – 11:30 am **Live Keynote Address**
Centering a Resilience Perspective in Work with Marginalized Groups
 Noelle Hurd, PhD
- 11:30 am – 2:00 pm **Partner Solutions Hall Open**
Poster Hall Open (Posters Searchable by Topic)



- 12:00 pm – 1:30 pm **Live – Clinical Practice Symposium: The Nuts and Bolts of Working with PTSD, Depression, and Micro-Aggressions with Minority Clients Through the Lenses of CBT, ACT & FAP**
 Janina Scarlet, PhD
 Matthew Skinta, PhD
- 12:00 pm – 1:15 pm **Track Sessions (Simu-Live with Live Q&A)**
 Intergenerational Transmission of Traumatic Stress: Identifying Mechanisms and Pathways Across Development (Research Track)
 Suicide Risk Identification: Examining the Impact of Transdiagnostic Risk Factors on Suicidality (Research Track)
 Leveraging Neuroscience to Examine Predictors and Mechanisms of Treatment in Anxiety and Related Disorders (Research Track)
 Engaging Digital Technologies to Promote Resilience and Recovery (Both Tracks)
 The Role of Positive Affect in Emotional Disorders (Both Tracks) Demystifying the Psychology Internship Application: Successful Strategies for Applications (Both Tracks)
 Physiological and Neural Biomarkers of Stress Resilience Following Emergency Department Trauma: Preliminary Findings from the AURORA Study (Research Track)
- 1:15 pm – 1:45 pm **Small Discussion Groups**
- 1:15 pm – 1:45 pm **Meet the Board Chat Opportunity**
- 2:00 pm – 3:15 pm **Master Clinician and Track Sessions (Simu-Live with Live Q&A)**
 The Ups and Downs of Perfectionism: Acceptance and Commitment Skills for Doing Things Right, Fears of Being a Failure, and Harsh Criticisms (Master Clinician)
 Working with Problematic Beliefs in Complicated Grief Treatment (Master Clinician)
 Evaluation and Management of Treatment-Resistant Post-Traumatic Stress Disorder (Master Clinician)
 Providing Psychosocial Staff Support in the COVID-19 Pandemic: Lessons Learned (Clinical Track)



Shame and Self-Criticism vs. Self-Compassion: Risk and Resilience in Mental and Physical Health (Clinical Track)
Best Practices for Addressing Systemic Inequities in Systems of Care: Continuing the Dialogue (Both Tracks)
Coping with COVID-19: Identifying Transdiagnostic and Modifiable Risk and Resilience Factors Among Adolescents (Both Tracks)
Ketamine Treatment in Real World, Clinical Settings (Both Tracks)
The Problem is I Can't Stop Thinking: Examining the Mechanisms and Treatment of Repetitive Negative Thinking (Research Track)

3:30 pm – 4:30 pm

Live - Jerilyn Ross Lecture: The State of the Art of Toxic Stress and Resilience Research: Policy and Practice Implications
Joan Kaufman, PhD

*Schedule subject to change.

More than 100 on demand sessions will be offered through the virtual platform in a recorded format. ADAA anticipates that more than 100 sessions will be CE/CME eligible with several sessions also eligible for Cross-Cultural Competency Diversity Credits and Suicide Credits. There will also be sessions providing ethics related content.

Visit www.adaa.org for more conference information.

Have a question? Please email conference@adaa.org.