

SCHEDULE - DETAILED VIEW

ADAA 2025 Conference

WEDNESDAY, APRIL 02

ADAA Board of Directors (Invitation Only)

Wed 2 PM - 5 PM • Conference Room 2-3

Speaker Ready Room

Wed 3 PM - 5 PM • Conference Room 1

THURSDAY, APRIL 03

Registration

Thu 7:30 AM - 6 PM • Convention Foyer

Speaker Ready Room

Thu 8 AM - 5 PM • Conference Room 1

Concurrent Sessions

Thu 8:30 AM - 10 AM

Novel Approaches to Examining Avoidance-Based Decision-Making in Anxiety and Fear-Related Disorders

Thu 8:30 AM - 10 AM • Symposia • Ballroom D

Robin Aupperle, Ph.D. *Chair*

Laureate Institute for Brain Research

Jony Sheynin, Ph.D. *Presenter*

Texas A&M University College of Medicine

Greater Avoidance Behavior in Individuals with Anxiety Vulnerabilities

Lisa Anderson, Ph.D. *Presenter*

University of Minnesota Medical School

Altered Decision-Making during Approach-Avoidance conflict: A Key Process Driving Restrictive Eating Pathology

Hannah Berg, Ph.D. *Presenter*

Laureate Institute for Brain Research

Generalization of Repetitive Threat-Neutralization Behavior: Associations with Anxiety, Impulsivity and Compulsivity

I investigate anxiety from a decision-making perspective, with the goal of contributing brain-based insights that improve the conceptualization and treatment of psychopathology.

I received a Bachelor's degree in psychology and music from Vanderbilt University, completed a postbaccalaureate research training fellowship at the National Institute of Mental Health, and received a PhD in clinical psychology from

the University of Minnesota.

My current work at LIBR investigates the neural underpinnings of threat-related behavior in obsessive-compulsive disorder, with the aim of identifying treatment targets and informing future interventions. This program of research builds on my prior work applying functional magnetic resonance imaging and fear conditioning to investigate maladaptive avoidance and approach-avoidance conflict in clinical anxiety.

Robin Aupperle, Ph.D. *Presenter*

Laureate Institute for Brain Research

Approach-Avoidance Conflict and Exploratory Behavior in Relation to Anxiety and Behavioral Treatment Outcome.

Navigating Treacherous Waters in Pediatric OCD: Common Clinical Barriers and Empirically Informed Recommendations

Thu 8:30 AM - 10 AM • State-of-the-Art Clinician Session • Ballroom E

Martin Franklin, Ph.D. *Presenter*

Rogers Behavioral Health

I have spent the last 30+ years treating and studying OCD, anxiety, and related conditions, including 20 in the Department of Psychiatry at the University of Pennsylvania School of Medicine, where I am now Associate Professor Emeritus. I have over 250 publications on these topics (research articles, book chapters, and books), and continue with training, clinical, and research activities at Rogers Behavioral Health.

Amanda Heins, PSYD *Presenter*

Rogers Behavioral Health, OCD and Anxiety Center, Adolescent Residential Care

Navigating Treacherous Waters in Pediatric OCD: Common Clinical Problems and Empirically Informed Recommendations

Amanda Heins, Psy.D., joined Rogers Behavioral Health in 2015 and serves as the supervising psychologist for the OCD and Anxiety Center, Adolescent Residential Care in Oconomowoc, WI.

Dr. Heins' professional career has been dedicated to working with children, adolescents, and families. She has specialized clinical training in treating anxiety disorders, obsessive-compulsive disorder (OCD), Tourette's, OC-spectrum disorders, ADHD, depression, trauma, autism spectrum disorder, and other emotional/behavioral concerns. Dr. Heins has provided consultation to local school districts and has presented to clinical, academic, and parental audiences across the country.

Let's Talk about depression: How Can Clinicians Best Motivate and Reduce Stigma for Our patients?

Thu 8:30 AM - 10 AM • Symposia • Ballroom F

Hans Schroder, Ph.D. *Chair*

University of Michigan Medical School

Elizabeth Kneeland, Ph.D. *Co-chair*

Amherst College

Hans Schroder, Ph.D. *Presenter*

University of Michigan Medical School

Healthcare Providers and the Dissemination of the "chemical imbalance" Explanation

Sarah Bommarito, M.D. *Presenter*

University of Michigan Health System

Physician Responses to Patient Depression Depend on the Presence of a Precipitating Trigger

Isaac Ahuvia, M.A. *Presenter*

Stony Brook University

Do My Experiences "Count" as Depression? Depression Concept Breadth as a Predictor of Self-Labeling

Elizabeth Kneeland, Ph.D. *Presenter*

Amherst College

An Experimental Study Examining the Causal Impact of Framing a Biological Cause of Depression as Functional or Dysfunctional

My Parents Are Toxic: Managing Family Alienation and Estrangement in a Culture of Individualism and Self-Affirmation

Thu 8:30 AM - 10 AM • State-of-the-Art Clinician Session • Ballroom G

Karen Cassiday, ACT, Ph.D. *Presenter*

The Anxiety Treatment Center of Greater Chicago

Dr Karen Cassiday is a lively, sought-after speaker and commentator on national media such as Nightline, The Today Show, Animal Planet, The Joy Behar Show, Huffington Post, public radio and many more. She has two books, *The No Worries Guide for Raising Your Anxious Child* and *Freedom from Health Anxiety*. She specializes in treating anxiety disorders in young children through adults using evidence-based and innovative treatments. She is the host of the *Moms Without Worry* radio show featured on IHeart Radio. She is a TEDx speaker who shared her personal experience as a mother overcoming her own anxious perfectionism in the middle of Walt Disney World! She is the host of the *Moms Without Worry* radio show. She served as the President of the Anxiety and Depression Association of America and is the founder of the Anxiety Treatment Center of Greater Chicago, the longest-running clinic to first use modern exposure-based treatment for anxiety disorders in the Chicago region.

She won the Anxiety and Depression Association of America's prestigious Clinician of Distinction Award and is a Clinical Fellow of the Anxiety and Depression Association of America. She is also a Diplomate and Founding Fellow of the Academy of Cognitive Therapy, served as Chair of the Scientific Advisory Board of the Chicago OCD Foundation/Beyond OCD, and has been listed on numerous Who's Who lists. She has published numerous scientific articles and articles on parenting and managing anxiety.

Dr. Cassiday is dedicated to helping everyone overcome the cultural pressure to be perfect and to raise perfect kids. She enjoys using her expertise from over thirty years in the field to help you learn to live well in a high-stress digital world. Her goal is to help all parents of anxious children embrace the messy hilarity of parenting with unshakable self-confidence so they can raise kids who thrive!

Opportunities to Leverage Sleep and Circadian Medicine in the Treatment of Internalizing Disorders

Thu 8:30 AM - 10 AM • Symposia • Pavilion 4

Rebecca Cox, Ph.D. *Chair*

Washington University in St. Louis

Caroline Hoyniak, Ph.D. *Presenter*

Washington University School of Medicine

The Effect of Behavioral Sleep Intervention on Childhood Anxiety Symptoms: Evidence from a Pilot Study in a Real-World Pediatric Sleep Clinic

Delaine Wescott, M.S. *Presenter*

University of Pittsburgh School of Medicine Department of Psychiatry

Designing Chronotherapeutic Interventions to Target Sleep and Circadian Rhythm Disruptions in Depression

Rebecca Cox, Ph.D. *Presenter*

Washington University in St. Louis

Targeting Circadian Rhythms to Treat Obsessive-Compulsive Disorder (OCD): Results from a Pilot Randomized Controlled Trial of Light Therapy

Strategic Treatment of OCD: The Game in 6 Moments

Thu 8:30 AM - 10 AM • Special Workshop: Reid Wilson • Pavilion 5

Reid Wilson, Ph.D. *Presenter*

Anxiety Disorders Treatment Center

Reid Wilson, PhD, a Founding Clinical Fellow, served in leadership positions within ADAA for 30 years, including 3 years as Chair of the National Conference and 13 years as a member of the Board of Directors. In 1991, he co-authored with Dr. Edna Foa the first self-help book on ERP for OCD, *STOP OBSESSING!* In 1986 he authored the first professionally-written self-help book on panic disorder: *DON'T PANIC*. He has received the Jerilyn Ross Clinical Advocate Award from ADAA and the Patricia Perkins Service Award from the International OCD Foundation.

Examining the Characteristics of Trauma-Exposed Populations: A Latent Analysis Approach to Understanding Resilience

Thu 8:30 AM - 10 AM • Symposia • Pavilion 6

Mattea Pezza, B.S. *Chair*

University of Nevada, Las Vegas

Joseph Cohen, Ph.D. *Presenter*

University of Illinois Urbana-Champaign

Beyond PTSD: Using Person-Centered Analyses to Identify Holistic Mental Health Profiles in Adversity-Exposed Adolescents

Mattea Pezza, B.S. *Presenter*

University of Nevada, Las Vegas

A Latent Profile Analysis of Resilience to Childhood Trauma exposure: Examining Pain and Mental Health Outcomes among Trauma-Exposed Young Adults

Benjamin Trachik, Ph.D. *Presenter*

RAND

Characterizing Ptsd Symptom Profiles in Special Forces Operators and Support Personnel

Benjamin Trachik is a behavioral scientist and licensed clinical psychologist at RAND. Trachik's career spans various roles, including serving in the U.S. Department of Veterans Affairs and as an active duty Army research psychologist. He has led several large-scale research efforts in the areas of suicide prevention, leadership strategy, and organizational reform with the goal of improving psychological health and wellbeing. Trachik's work has been instrumental in shaping policies related to mental health and military readiness with his research cited in various media outlets and congressional policy recommendations.

Trachik also maintains a robust publication record and serves as a scientific advisor for DARPA and The Military Health and Readiness Consortium. He also actively engages in collaborations with government organizations, universities, and private industry.

Collectively, the goal of Trachik's research is to identify organization and policy level strategies that promote protective factors with downstream effects on psychological health. His ongoing research and clinical work continue to influence both military and civilian sectors, aiming to improve therapeutic outcomes and facilitate mental health through organization and systems level approaches. Trachik's scholarly contributions are enriched by his teaching roles and his participation in numerous conferences and working groups aimed at disseminating research findings and improving mental health interventions.

Tanja Jovanovic, Ph.D. *Presenter*

Wayne State University

Neurobiological Biomarkers of Resilience after Trauma

Bunmi Olatunji, Ph.D. *Discussant*

Vanderbilt University

Networking Break

Thu 10 AM - 10:30 AM • Convention Foyer

Concurrent Sessions

Thu 10:30 AM - 12 PM

Treatment of Anxiety Disorders during Peri-Adolescence: Insights from the Child Anxiety Treatment Study

Thu 10:30 AM - 12 PM • Symposia • Ballroom D

Cecile Ladouceur, Ph.D. *Chair*

University of Pittsburgh

Samantha Sorid, B.S. *Presenter*

Temple University, Department of Psychology

Influential Factors in the Formation and Maintenance of Therapeutic Alliance for Youth with Anxiety Disorders

Cecilia Westbrook, M.D., Ph.D. *Presenter*

University of Pittsburgh School of Medicine Department of Psychiatry

Reward-Associated Brain Activity, Treatment Response, and Later Depressive Symptoms in Early Adolescents with Anxiety Disorders

Amanda Baker, Ph.D. *Presenter*

Florida International University

Targeting Sleep to Mitigate Adolescent Anxiety: Neurophysiological Mechanisms and Intervention Strategies

Kate Fitzgerald, M.D. *Discussant*

Columbia University/New York State Psychiatric Institute

Kate D. Fitzgerald, M.D. is the Ruane Professor of Child and Adolescent Psychiatry at the Columbia University College of Physicians & Surgeons and New York State Psychiatric Institute (NYSPI). At Columbia University, she serves as Director of Pediatric Clinical Studies in the Center for OCD and Related Disorders and co-leads NIMH-funded T32 and R25 training grants to cultivate the next generation of child and adolescent psychiatry researchers. At NYSP, she serves as Director of Research on the Children's Day Unit. Dr. Fitzgerald's clinical and research expertise is in pediatric obsessive compulsive and anxiety disorders. Her research has implicated alterations of neural substrate for task control in affected children, adolescents and adults. Currently, she is conducting research to elucidate developmentally sensitive mechanisms of cognitive behavioral therapy (CBT) for patients at different ages. Dr. Fitzgerald is also studying play-based cognitive training strategy designed to reduce early childhood anxiety by increasing brain capacity for cognitive control. She has published extensively on these topics in general and child psychiatric journals.

Doing Affirmative Cognitive Behavior Therapy with LGBTQ+ Youth and Their Families

Thu 10:30 AM - 12 PM • State-of-the-Art Clinician Session • Ballroom E

Jeffrey Cohen, PSYD *Presenter*

Columbia University Medical Center

The Genetics and Neuroscience SIG Presents "Bridging the Gap: From Healthy Brain Imaging to Insights into Disease Mechanisms."

Thu 10:30 AM - 12 PM • Symposia • Ballroom F

Mohammad Sendi, Ph.D. *Chair*

Harvard Medical School, McLean Hospital

Dr. Mohammad Sendi is an Assistant Neuroscientist at McLean Hospital and an Instructor in Psychiatry at Harvard Medical School, renowned for his work on neuroimaging biomarkers for PTSD and depression. Holding dual Ph.D. degrees in Biomedical Engineering and Electrical and Computer Engineering from Georgia Tech and Emory University, Dr. Sendi conducts innovative research that merges functional MRI (fMRI), structural MRI (sMRI), and genetic data to enhance neuropsychiatric treatments. He has made significant contributions by developing machine learning models to discover biomarkers from brain network dynamics. His pivotal research on deep brain stimulation (DBS) in depression, which has the potential to revolutionize DBS therapies. At McLean Hospital and Harvard Medical School, he investigates dynamic functional network connectivity and polygenic risk scores with the aim of predicting PTSD severity and advancing personalized treatment paradigms in neuropsychiatry. As the chair of the Genetics and Neuroscience Special Interest Group at the Anxiety and Depression Association of America (ADAA), Dr. Sendi demonstrates his commitment to integrating neuroimaging and genetic data to advance neuropsychiatric therapies. Collaborating with colleagues who focus on the genetic foundations of mental disorders enriches his work on genetic and brain biomarkers at McLean Hospital and Harvard Medical School. Dr. Sendi aims to improve the treatment of complex psychiatric conditions through interdisciplinary collaboration.

Leland Fleming, Ph.D. *Co-chair*

McLean Hospital - Harvard Medical School

Leland is a postdoctoral researcher and NIH F99/K00 fellow in the Ressler Lab where he examines the enduring impact of stress-related disorders on brain structure and function. Leland earned his B.S. in Neuroscience from Baylor University. He then went on to earn his Ph.D. in Biomedical Sciences with focus in Neuroscience from the University of Alabama at Birmingham. Leland's graduate work focused on using neuroimaging approaches to understand adult

cortical plasticity following central vision loss in patients with macular degeneration. As a postdoctoral fellow, Leland continues to explore cortical plasticity of sensory systems in the context of development and stress-related disorders through a combination of human neuroimaging and bioinformatics approaches. His current work is supported through the NIH Diversity Specialized Predoctoral to Postdoctoral Advancement in Neuroscience (D-SPAN) Award.

Mohammad Sendi, Ph.D. *Presenter*

Harvard Medical School, McLean Hospital

Exploring Cognitive Flexibility and Emotion Regulation Networks in PTSD: Insights from Healthy and Trauma-Exposed Cohorts

Dr. Mohammad Sendi is an Assistant Neuroscientist at McLean Hospital and an Instructor in Psychiatry at Harvard Medical School, renowned for his work on neuroimaging biomarkers for PTSD and depression. Holding dual Ph.D. degrees in Biomedical Engineering and Electrical and Computer Engineering from Georgia Tech and Emory University, Dr. Sendi conducts innovative research that merges functional MRI (fMRI), structural MRI (sMRI), and genetic data to enhance neuropsychiatric treatments. He has made significant contributions by developing machine learning models to discover biomarkers from brain network dynamics. His pivotal research on deep brain stimulation (DBS) in depression, which has the potential to revolutionize DBS therapies. At McLean Hospital and Harvard Medical School, he investigates dynamic functional network connectivity and polygenic risk scores with the aim of predicting PTSD severity and advancing personalized treatment paradigms in neuropsychiatry. As the chair of the Genetics and Neuroscience Special Interest Group at the Anxiety and Depression Association of America (ADAA), Dr. Sendi demonstrates his commitment to integrating neuroimaging and genetic data to advance neuropsychiatric therapies. Collaborating with colleagues who focus on the genetic foundations of mental disorders enriches his work on genetic and brain biomarkers at McLean Hospital and Harvard Medical School. Dr. Sendi aims to improve the treatment of complex psychiatric conditions through interdisciplinary collaboration.

Leland Fleming, Ph.D. *Presenter*

McLean Hospital - Harvard Medical School

Modeling the Effects of Childhood Abuse and Neglect during Sensitive Periods on Brain Aging in Adulthood

Leland is a postdoctoral researcher and NIH F99/K00 fellow in the Ressler Lab where he examines the enduring impact of stress-related disorders on brain structure and function. Leland earned his B.S. in Neuroscience from Baylor University. He then went on to earn his Ph.D. in Biomedical Sciences with focus in Neuroscience from the University of Alabama at Birmingham. Leland's graduate work focused on using neuroimaging approaches to understand adult cortical plasticity following central vision loss in patients with macular degeneration. As a postdoctoral fellow, Leland continues to explore cortical plasticity of sensory systems in the context of development and stress-related disorders through a combination of human neuroimaging and bioinformatics approaches. His current work is supported through the NIH Diversity Specialized Predoctoral to Postdoctoral Advancement in Neuroscience (D-SPAN) Award.

Shalaila Haas, Ph.D. *Presenter*

Icahn School of Medicine At Mount Sinai

Leveraging Large-Scale Normative Models of Brain Morphometry to Parse Heterogeneity in the Psychosis Spectrum

Bradley Baker, Ph.D. *Presenter*

Georgia State University

Template-Driven Methods for Studying Medication Response in Major Depressive and Bipolar Disorders

Roselinde Kaiser, Ph.D. *Discussant*

The University of Colorado Boulder

Strategic Treatment of OCD: Pattern Disruption

Thu 10:30 AM - 12 PM • Special Workshop: Reid Wilson • Ballroom G

Reid Wilson, Ph.D. *Presenter*

Anxiety Disorders Treatment Center

Reid Wilson, PhD, a Founding Clinical Fellow, served in leadership positions within ADAA for 30 years, including 3 years as Chair of the National Conference and 13 years as a member of the Board of Directors. In 1991, he co-authored with Dr. Edna Foa the first self-help book on ERP for OCD, STOP OBSESSING! In 1986 he authored the first professionally-written self-help book on panic disorder: DON'T PANIC. He has received the Jerilyn Ross Clinical Advocate Award from ADAA and the Patricia Perkins Service Award from the International OCD Foundation.

Risk Factors for Problematic Substance Use among Diverse Populations with Trauma Exposure or PTSD

Thu 10:30 AM - 12 PM • Symposia • Pavilion 4

Nicole Short, Ph.D. *Chair*

University of Nevada Las Vegas

Hannah Fraley, Ph.D. *Presenter*

University of Nevada Las Vegas

Parents' Emotional Social Support and Youth Mental Health in Four Latin American Countries

Dr. Fraley is a Nurse Scientist and Associate Professor of Nursing at the University of Las Vegas Nevada, School of Nursing. Her research program centers on the intersection of health and human rights, vulnerable populations, health equity, health disparities, and youth violence prevention. She particularly focuses on domestic youth trafficking prevention and sexual violence research, the impacts of trauma, mental health, and PTSD/C-PTSD. She is a mixed methodologist using community based participatory research approaches with school communities in U.S. to develop sustainable trafficking prevention interventions. She also focuses on developing equitable school based discipline strategies for disabled school youth, a highest risk group for all forms of violence. Dr. Fraley holds a PhD in Population Health and Health Policy Nursing from the University of Massachusetts Boston, a MSN with concentration in Psychiatric Mental Health Nurse Practitioner from Hawai'i Pacific University, a MSN in Nursing Leadership from California State University Fullerton, and is nationally board certified in Public Health and is a nationally board certified Nurse Educator.

Brian Albanese, Ph.D. *Presenter*

Department of Psychological and Brain Sciences, Texas A&M University

Disruptions in Social Approach-Avoidance Decision-Making among Trauma-Exposed Individuals who Use Tobacco or Nicotine

Nicole Short, Ph.D. *Presenter*

University of Nevada Las Vegas

Pre-Trauma Insomnia and Posttraumatic Alcohol and Cannabis Use in the Aurora Observational Cohort Study of Adult Trauma Survivors

Bryce Clausen, B.S. *Presenter*

Texas A&M University

Racial/Ethnic Discrimination and Racial Trauma: Concurrent Evaluation among Black Adults who Smoke in the United States

Sheila Rauch, ABPP, Ph.D. *Discussant*

Atlanta VAMC/Emory University School of Medicine

Bridging Gaps in Veteran Suicide Prevention: Innovative Approaches to Delivery, Dissemination, and Adaptation Within and Beyond the Mental Health System

Thu 10:30 AM - 12 PM • Symposia • Pavilion 5

Julia Lejeune, M.A. *Chair*

University of Illinois At Chicago

Julia Lejeune, M.A. *Presenter*

University of Illinois At Chicago

Mental Health Service Use, Unmet Need, and Barriers to Care among Veterans with Suicidal Thoughts and Behaviors: Results from the National Survey on Drug Use & Health

David Rozek, Ph.D., ABPP *Presenter*

The University of Texas Health Science Center At San Antonio

Training Mental Health Allies and Clinicians to Implement Evidence-Based Suicide Prevention Strategies

Lindsey Monteith, Ph.D. *Presenter*

VA

Preventing Firearm Suicide among Women Veterans: Research to Inform a Gender-Tailored Approach

Philip Held, Ph.D. *Presenter*

Rush University Medical Center

Impact of Accelerated Cognitive Processing Therapy on Suicidal Ideation in Veterans

Rajeev Ramchand, Ph.D. *Discussant*

RAND Epstein Family Veterans Policy Research Institute

Innovative Experimental Therapeutics in Trauma and Stress-Related Disorders

Thu 10:30 AM - 12 PM • Symposia • Pavilion 6

Nicholas Murphy, Ph.D. *Chair*

Baylor College of Medicine

Sanjay Mathew, M.D. *Co-chair*

Baylor College of Medicine

Lynnette Averill, Ph.D. *Presenter*

Baylor College of Medicine & Michael E. DeBakey VA Medical Center

Breakthrough Therapies: Harnessing Psychoplastogens to Combat PTSD in Veterans

Gregory Fonzo, Ph.D. *Presenter*

Department of Psychiatry & Behavioral Sciences, University of Texas at Austin Dell Medical School

Low-Intensity Transcranial Focused Ultrasound (tFUS) Amygdala Neuromodulation: An fMRI Target Engagement Study and Unblinded Clinical Trial in Mood, Anxiety, and Trauma-Related Disorders

Nicholas Murphy, Ph.D. *Presenter*

Baylor College of Medicine

Glutamate Modulation to Treat Core Symptoms of Ptsd

Jeff burgdorf, Ph.D. *Presenter*

Gate Neurosciences Inc.

Zelquistinel, a Novel NMDAR Modulator with Rapid-Acting & Sustained Effects: Optimizing Dose and Dose Interval Based on Translational Measures of Synaptic Plasticity

Charles Nemeroff, M.D. *Discussant*

Department of Psychiatry & Behavioral Sciences, University of Texas at Austin Dell Medical School

Youth Independence as a Transdiagnostic Resiliency Factor across Community and Clinical Settings

Thu 10:30 AM - 12 PM • Roundtable • Pavilion 8

Julia Martin Burch, Ph.D. *Chair*

Do What Works: Evidence-Based Therapy and Consulting

R. Meredith Elkins, Ph.D. *Presenter*

Harvard Medical School McLean Hospital

Youth Independence as a Transdiagnostic Resiliency Factor across Community and Clinical Setting

Camilo Ortiz, Ph.D. *Presenter*

Long Island University-Post

Please See Dr. Martin Burch's Submission

Camilo Ortiz, PhD, is a clinical psychology fellow at the Archbridge Institute's Human Flourishing Lab. Dr. Ortiz is also an associate professor in the clinical psychology doctoral program at Long Island University-Post. His scholarship focuses on parenting, disruptive behavior problems in children, child anxiety, and elimination disorders. He is the developer of Independence Therapy for child and adolescent anxiety.

Dr. Ortiz is a licensed psychologist in New York, New Jersey, and Florida and maintains a private psychology practice where he sees adults and children.

Andrea Keith, B.A. *Presenter*

other- Let Grow

Youth Independence as a Transdiagnostic Resiliency Factor across Community and Clinical Settings

Amy Wolfe, Clark County School District *Presenter*

Clark County School District

Youth Independence as a Transdiagnostic Resiliency Factor across Community and Clinical Settings

My passion lies in creating supportive learning environments that promote mental well-being and resilience among students. I am dedicated to bridging the gap between psychological theory and practical application in schools, ensuring that every child has the opportunity to thrive. Through research and advocacy, I aim to contribute to a more holistic approach to education that prioritizes both academic success and emotional wellbeing. I have 16 years of experience in education, am pursuing a Ph.D. in Educational Psychology through the University of Nevada Las Vegas, am a member of the Leadership Institute of Nevada's Teacher Leadership Academy, and support research projects through the Nevada Institute for the Advancement of Education.

Lunch on Your Own

Thu 12 PM - 1:30 PM

Chair Yoga Session

Join Laurie Schlosser of The Yoga Room for this 5-minute stretch break, suitable for all ability levels. Attendees will need to complete a short waiver to participate.

Thu 1:15 PM - 1:20 PM • Pavilion 5

Concurrent Sessions

Thu 1:30 PM - 2:30 PM

Too Many Cooks? Streamlining Interdisciplinary Efforts in OCD Treatment

Thu 1:30 PM - 2:30 PM • Roundtable • Ballroom D

Sharon Batista, M.D. *Chair*

Icahn School of Medicine At Mount Sinai

Dr. Sharon Batista, MD, is a Board-Certified Psychiatrist and Assistant Clinical Professor of Psychiatry at The Mount Sinai Hospital. She and is a Distinguished Fellow of the American Psychiatric Association, Fellow of the American Medical Women's Association, and Fellow the Academy of Consultation-Liaison Psychiatry. She is currently in private telepsychiatry practice based in New York City serving patients in NY,NJ,CA,CT, FL,IL,OH,PA,TX & VA. In addition to her clinical work, Dr. Batista has committed her professional career to teaching psychotherapy to psychiatry trainees and mentoring. Dr. Batista is passionate about the integration of psychodynamic and cognitive-behavioral interventions into psychiatric and medical care of diverse populations, including medically complex patients, and women across the lifespan.

Anna Edwards, Ph.D. *Presenter*

New York Anxiety Treatment

Too Many Cooks? Streamlining Interdisciplinary Efforts in Ocd Treatment

Dr. Edwards is committed to providing cutting edge treatment for OCD and anxiety disorders. Specializing in anxiety disorders and OCD throughout her career and training, Dr. Edwards constantly seeks ways to improve treatment outcomes and increase treatment access for those suffering. She is devoted to training new generations of

psychologists, psychiatrists and other mental health practitioners in best practices for treating anxiety disorders, OCD and related disorders.

Dr. Edwards has been involved in various treatment outcome trials as a therapist and a researcher and has published her work in peer-reviewed journals and presented it at national conferences. She is a Clinical Assistant Professor at Weill Cornell Medicine and is Past President of the New York City Cognitive Behavioral Therapy Association. She completed her education at Temple University (Ph.D.) and Duke University (B.A.) and her predoctoral internship and postdoctoral fellowship at Weill Cornell Medicine/New York Presbyterian Hospital.

Ali Hartman, Ph.D. *Presenter*

New York Anxiety Treatment

Too Many Cooks? Streamlining Interdisciplinary Efforts in Ocd Treatment

Patrick McGrath, Ph.D. *Presenter*

NOCD

Too Many Cooks? Streamlining Interdisciplinary Efforts in OCD Treatment

Patrick B. McGrath, Ph.D., is a clinical psychologist and the Chief Clinical Officer of NOCD, an online platform focused on the treatment of OCD and OCD Related Disorders. Dr. McGrath is the author of, "The OCD Answer Book," and , "Don't Try Harder, Try Different." He was featured on the documentary, "Panic," for the Discovery Health Channel, and on three episodes of, "Hoarding: Buried Alive," for The Learning Channel. Dr. McGrath is a member of the Scientific Advisory Board of the International OCD Foundation and a Fellow of ABCT.

Sharon Batista, M.D. *Presenter*

Icahn School of Medicine At Mount Sinai

Too Many Cooks? Streamlining Interdisciplinary Efforts in Ocd Treatment

Dr. Sharon Batista, MD, is a Board-Certified Psychiatrist and Assistant Clinical Professor of Psychiatry at The Mount Sinai Hospital. She and is a Distinguished Fellow of the American Psychiatric Association, Fellow of the American Medical Women's Association, and Fellow the Academy of Consultation-Liaison Psychiatry. She is currently in private telepsychiatry practice based in New York City serving patients in NY,NJ,CA,CT, FL,IL,OH,PA,TX & VA. In addition to her clinical work, Dr. Batista has committed her professional career to teaching psychotherapy to psychiatry trainees and mentoring. Dr. Batista is passionate about the integration of psychodynamic and cognitive-behavioral interventions into psychiatric and medical care of diverse populations, including medically complex patients, and women across the lifespan.

Rapid Gains and Long-Lasting Improvement: State of the Science behind the Bergen 4-Day Treatment

Thu 1:30 PM - 2:30 PM • Roundtable • Ballroom E

Throstur Bjorgvinsson, ABPP, Ph.D. *Chair*

OCD and Anxiety Program of Southern California

Thröstur Björgvinsson, Ph.D., ABPP, is the co-director of the OCD & Anxiety Program of Southern California. He is also the director of the International Dissemination of Evidence Based Approaches (IDEA lab) at McLean Hospital; associate professor of psychology at the department of psychiatry, Harvard Medical School; adjunct professor, department of psychology, University of Bergen. Also he is the founder and senior advisor of Texas OCD Institute (formerly Houston OCD Program).

Dr. Björgvinsson has developed a national and international reputation as a clinical innovator, particularly in the implementation of cognitive behavior therapy (CBT) for the treatment of severe anxiety and obsessive compulsive disorders. His research interests focus on treatment outcomes, seeking to establish the effectiveness of CBT for a wide range of psychiatric disorders, particularly OCD. He is a certified therapist in providing the Bergen 4 Day Treatment (B4DT) and he led the first pilot study of the B4DT in the USA. Currently, he is co-leading the international dissemination (clinical training and research) of the B4DT with Bjarne Hansen (PI). He has published over 150 scholarly articles and given or over 400 presentations and workshops, nationally and internationally, on evidence-based treatments for OCD, anxiety disorders and depression.

Bjarne Hansen, Ph.D. *Presenter*

University of Bergen, Dept of Psychiatry

Rapid Gains and Long-Lasting Improvement: State of the Science behind the Bergen 4-Day Treatment

Bjarne Hansen, PhD is the director of Bergen Center for Brain Plasticity and the director of the Bergen 4 Day Clinic at the Haukeland University Hospital, Bergen, Norway. He is also a professor in Clinical Psychology at University of Bergen, Norway.

Dr. Hansen's main dedication is to ensure OCD patient's access to evidence based treatment. He initiated and directed the Norwegian National OCD Project creating 30 OCD teams throughout Norway, completed in 2016. He, with his colleague Gerd Kvale, developed the Bergen 4 Day Treatment for OCD (B4DT), and over 3000 patients have now completed the treatment. The B4DT approach has received tremendous attention around the world. For example, in October of 2018, Drs. Hansen and Kvale were selected by Time magazine as two of "The Health Care 50: Fifty People Transforming Health Care in 2018." Currently, he is leading the international dissemination of the B4DT with his colleague Dr. Thröstur Björgvinsson, PhD. Teams from the following countries have signed up to deliver the B4DT: Sweden, Iceland, Germany, Finland, Singapore, Ecuador, Kenya, Nairobi, and Australia. Dr. Hansen has published over 70 articles and given over 200 presentations, nationally and internationally, on evidence-based treatments for OCD.

Kristen Hagen, Prof. Dr. *Presenter*

Bergen Center Brain Plasticity

Rapid Gains and Long-Lasting Improvement: State of the Science behind the Bergen 4-Day Treatment

Michael Wheaton, Ph.D. *Presenter*

Barnard College

Rapid Gains and Long-Lasting Improvement: State of the Science behind the Bergen 4-Day Treatment

**The Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents:
Using One Protocol to Deliver Evidence-Based Practices for Anxiety, Depression, and Related Emotional
Concerns with Flexibility and Fidelity**

Thu 1:30 PM - 2:30 PM • Workshop • Ballroom F

Danielle Ibarra, PSYD *Chair*

University of Miami

Dr. Ibarra is a postdoctoral fellow at the University of Miami's Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program. She received her undergraduate degree in Psychology and Criminology from The University of Miami, her master's degree in Forensic Psychology from The George Washington University, and her Psy.D. in Clinical

Psychology from Nova Southeastern University. Dr. Ibarra is passionate about treating children and adolescents with depression, anxiety, and trauma-related disorders. Throughout her doctoral training, she has conducted psychological assessments and provided therapy for youth and their families in English and Spanish across community, inpatient, residential, and juvenile justice settings. Dr. Ibarra has been trained in providing evidence-based treatments including the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C/A), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), and The Seven Challenges Program for substance abuse.

Chelsea Dale, Ph.D. *Presenter*

University of Miami

The Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents: Using One Protocol to Deliver Evidence-Based Practices for Anxiety, Depression, and Related Emotional Concerns with Flexibility and Fidelity

The Child & Adolescent SIG Presents: Planes, Trains and Automobiles: Transportation Fears that Bring Families to a Standstill

Thu 1:30 PM - 2:30 PM • Workshop • Pavilion 4

Stephnie Thomas, LCPC *Chair*

Anxiety & Stress Disorders Institute

Mrs. Thomas provides psychotherapy to older children, adolescents and adults, utilizing mindfulness-based cognitive behavioral therapy. She specializes in utilizing exposure therapy for anxiety spectrum disorders. She offers individual therapy for fear of flying. She is a graduate of Loyola College in Maryland's Pastoral Counseling Program. Stephnie has worked at ASDI for over 25 years and also has a private practice in Westminster, Md

Dawn Huebner, Ph.D. *Presenter*

self employed

Planes, Trains and Automobiles: Transportation Fears that Bring Families to a Standstill

Stephnie Thomas, LCPC *Presenter*

Anxiety & Stress Disorders Institute

Buckle up: Fears of planes, trains, Cars and more: Utilizing Act to Supplement ERP and CBT for Travel Phobias in Youth
Mrs. Thomas provides psychotherapy to older children, adolescents and adults, utilizing mindfulness-based cognitive behavioral therapy. She specializes in utilizing exposure therapy for anxiety spectrum disorders. She offers individual therapy for fear of flying. She is a graduate of Loyola College in Maryland's Pastoral Counseling Program. Stephnie has worked at ASDI for over 25 years and also has a private practice in Westminster, Md

Childhood Internalizing Problems and Brain Response to Errors: Neural Markers of Risk and Treatment Response

Thu 1:30 PM - 2:30 PM • Symposia • Pavilion 5

Kate Fitzgerald, M.D. *Chair*

Columbia University/New York State Psychiatric Institute

Kate D. Fitzgerald, M.D. is the Ruane Professor of Child and Adolescent Psychiatry at the Columbia University College

of Physicians & Surgeons and New York State Psychiatric Institute (NYSPI). At Columbia University, she serves as Director of Pediatric Clinical Studies in the Center for OCD and Related Disorders and co-leads NIMH-funded T32 and R25 training grants to cultivate the next generation of child and adolescent psychiatry researchers. At NYSPI, she serves as Director of Research on the Children's Day Unit. Dr. Fitzgerald's clinical and research expertise is in pediatric obsessive compulsive and anxiety disorders. Her research has implicated alterations of neural substrate for task control in affected children, adolescents and adults. Currently, she is conducting research to elucidate developmentally sensitive mechanisms of cognitive behavioral therapy (CBT) for patients at different ages. Dr. Fitzgerald is also studying play-based cognitive training strategy designed to reduce early childhood anxiety by increasing brain capacity for cognitive control. She has published extensively on these topics in general and child psychiatric journals.

Jason Moser, Ph.D. *Co-chair*

Michigan State University

Jason Moser, Ph.D. *Presenter*

Michigan State University

Effortful Control Training as a Mechanistic Treatment for Clinically Anxious Preschoolers: Clinical and Neurobehavioral Outcomes

Ann Iturra-Mena, Ph.D. *Presenter*

Columbia University Department of Psychiatry

Data-Driven Identification of Brain-Behavioral and Sociodemographic Predictors of Anxiety Severity in Children Using Machine Learning

Jennifer Suor, Ph.D. *Presenter*

University of Illinois Chicago Department of Psychiatry

Maternal childhood maltreatment, authoritarian parenting, and offspring error-related negativity: A developmental cascade model of adolescent depression risk

Emilio Valadez, Ph.D. *Presenter*

University of Southern California

Integrating Multimodal Assessments of Error Monitoring to Improve Anxiety Prediction among Adolescents

Cecile Ladouceur, Ph.D. *Discussant*

University of Pittsburgh

Decoding the Future: What's next for the DSM?

Thu 1:30 PM - 2:30 PM • Roundtable • Pavilion 6

Simon Rego, ABPP, PSYD *Chair*

Montefiore Medical Center

Jonathan Alpert, M.D., Ph.D. *Presenter*

Montefiore Medical Center and Albert Einstein College of Medicine

Integrating Function and Social Determinants of Mental Health in the Future DSM

Jonathan E. Alpert MD PhD is the Dorothy and Marty Silverman University Chair of the Department of Psychiatry and Behavioral Sciences and Professor of Psychiatry, Neuroscience and Pediatrics at the Albert Einstein College of Medicine and Montefiore Medical Center. He is also Chair of the Council on Research at the American Psychiatric Association and Vice Chair of the DSM Strategic Planning Committee. Dr. Alpert graduated from Yale College summa cum laude with majors in Psychology and Philosophy. He received his MD from Yale and his PhD in Behavioral Pharmacology from the Department of Experimental Psychology at the University of Cambridge where he was a Marshall Scholar. He completed residency training in Pediatrics at Boston Children's Hospital and in Psychiatry at McLean Hospital at Harvard Medical School. Before joining Montefiore Einstein in 2017, Dr. Alpert served at the Massachusetts General Hospital for 24 years where his roles included Director of the Depression Clinical and Research Program and Associate Chief of Psychiatry. He was an IRB Chair at the Massachusetts General Hospital and Brigham and Women's Hospital and Director of Medical Student Education in Psychiatry at Harvard Medical School. He was the first incumbent of the Joyce R. Tedlow Endowed Chair in the Field of Depression Studies at Harvard Medical School. He is a Distinguished Fellow of the American Psychiatric Association and a member of the American Association of Chairs of Departments of Psychiatry, the Anxiety and Depression Association of America, the American Society of Clinical Psychopharmacology, and the Society of Biological Psychiatry. He serves on the editorial boards of the Journal of the Academy of Consultation-Liaison Psychiatry and of Psychiatric Research and Clinical Practice. Dr. Alpert has received numerous awards for excellence in teaching and mentorship, scholarship and patient care including from Harvard Medical School, Massachusetts General Hospital, Partners HealthCare, the American Psychiatric Association and the Depression and Bipolar Support Alliance. The author of over 250 publications, his academic interests include treatment resistant depression, treatment of depression with comorbid conditions, mental health disparities, ethical issues in research design, and medical education.

Bruce Cuthbert, Ph.D. *Presenter*

NIMH

The Future of the DSM: Contributions from the Research Domain Criteria

Dr. Bruce Cuthbert is the Senior Member of the Research Domain Criteria (RDoC) Unit at NIMH, involving a translational research framework for psychopathology. He first joined NIMH in 1998 after seventeen years at the University of Florida, serving as Chief of the Adult Psychopathology Branch. He returned to NIMH in 2009 after four years at Minnesota to initiate the RDoC program while directing the Division of Adult Translational Research until 2014, serving as NIMH Acting Director from 2015 to 2016. Dr. Cuthbert has a Ph.D. in clinical psychology and psychophysiology from the University of Wisconsin-Madison, emphasizing translational research on emotions and anxiety disorders.

Nitin Gogtay, M.D. *Presenter*

American Psychiatric Association

Future of the Dsm

Adaptations for Pcit-Sm with Multicultural Families

Thu 1:30 PM - 2:30 PM • Workshop • Pavilion 8

Melissa Giglio, PSYD *Chair*

Child Development Team- Hong Kong; Brave Mighty Minds

Clinical psychologist in Hong Kong serving as the clinic director of a multidisciplinary team. I specialize in the treatment of anxiety disorders, ADHD, and selective mutism.

Daisy Geddes, M.Sc. *Presenter*

Child Development Team, Central Health Partners, Hong Kong

Adaptations for PCIT-SM with Multicultural Families.

Networking Break

Thu 2:30 PM - 3 PM • Convention Foyer

Concurrent Sessions

Thu 3 PM - 4 PM

Ai in Action: Making Treatment More Engaging & Effective for Youth

Thu 3 PM - 4 PM • Workshop • Ballroom D

Rebecca Schneider, Ph.D. *Chair*

Emory University School of Medicine

Rebecca Schneider, PhD is an Assistant Professor and licensed psychologist at the Emory University School of Medicine. She is the Director of the Child OCD Program at Emory (COPE), a telehealth-based intensive outpatient program for youth with OCD. Dr. Schneider received her PhD from the University of Colorado Boulder and completed her postdoctoral fellowship at the OCD Institute for Children and Adolescents (OCDI Jr.) at McLean Hospital/Harvard Medical School. Her clinical and research interests focus on using acceptance and commitment therapy (ACT) to enhance exposure treatment for OCD and anxiety in youth. Dr. Schneider has published several research papers and given numerous presentations on ACT, emotion dysregulation, and OCD and anxiety in youth.

Allison LoPilato, Ph.D. *Presenter*

Emory University School of Medicine

Ai in Action: Making Treatment More Engaging & Effective for Youth

Counseling Individuals & Families Bereaved by Suicide:

A Practical Interventions in Providing Counseling for Survivors of Suicide Loss including an Introduction to the Development of a Comfort and Safety Plan.

Thu 3 PM - 4 PM • Workshop • Ballroom E

Joy Giorgio, M.A. *Chair*

Joy Counseling and Consulting

Michael Weinberg, Ph.D. *Presenter*

Semi retired

Counseling Individuals & Families Bereaved by Suicide:

A Practical Interventions in Providing Counseling for Survivors of Suicide Loss including an Introduction to the Development of a Comfort and Safety Plan

When Anxiety Affects Education: Treating School Avoidance in both Autistic and Neurotypical Youth

Thu 3 PM - 4 PM • Workshop • Ballroom F

Jonathan Dalton, Ph.D. *Chair*

Center for Anxiety and Behavioral Change

Brain Based Interventions

Thu 3 PM - 4 PM • Timely Topic • Pavilion 4

Paul Croarkin, Prof. Dr. *Presenter*

Mayo Clinic, Dept. Psychiatry and Psychology

Christine Conelea, Ph.D. *Presenter*

University of Minnesota

Tms to Target Tics and Compulsivity in Youth: What We're Finding and where We're Going

How to Make a PB&J Sandwich: Using Cognitive Flexibility as a Treatment Target in Eating Disorders and Related Conditions

Thu 3 PM - 4 PM • Workshop • Pavilion 5

Emily Hemendinger, LCSW, M.P.H. *Chair*

University of Colorado

Emily Hemendinger, LCSW, MPH, CPH, ACS is currently an Assistant Professor, Clinical Director, and DBS Coordinator with the OCD and Anxiety Program, at the University of Colorado. Emily completed her dual degree program (MSW/MPH) from the University of Pittsburgh. She has over 10 years of clinical experience working with OCD, anxiety disorders, perfectionism, body image concerns, and eating disorders. Emily has a background in behavioral and community health sciences, health education, and health promotion. She is dedicated to combining her mental health and public health work to increase access to affordable and inclusive specialized mental health care. Her other passions include smashing mental health stigma, climbing mountains, and spending time with her aussie-corgi mix, Harrison Ford Hemendinger.

Emily Hemendinger, LCSW, M.P.H. *Presenter*

University of Colorado

How to Make a PB&J Sandwich: Using Cognitive Flexibility as a Treatment Target in Eating Disorders and Other Conditions

Emily Hemendinger, LCSW, MPH, CPH, ACS is currently an Assistant Professor, Clinical Director, and DBS Coordinator with the OCD and Anxiety Program, at the University of Colorado. Emily completed her dual degree program

(MSW/MPH) from the University of Pittsburgh. She has over 10 years of clinical experience working with OCD, anxiety disorders, perfectionism, body image concerns, and eating disorders. Emily has a background in behavioral and community health sciences, health education, and health promotion. She is dedicated to combining her mental health and public health work to increase access to affordable and inclusive specialized mental health care. Her other passions include smashing mental health stigma, climbing mountains, and spending time with her aussie-corgi mix, Harrison Ford Hemendinger.

Stephanie Lehto, PSYD *Presenter*

University of Colorado Anschutz Medical Campus
Cognitive Remediation Therapy Activities and Practice

The Adaa Child and Adolescent Sig Presents... Special Considerations: Treating Youth Suffering with Obsessive Compulsive Disorder (OCD)

Thu 3 PM - 4 PM • Workshop • Pavilion 6

Angela Henry, LCSW *Chair*

The Center for Collaborative Healing, LLC

Angela M. Henry, LCSW is a Licensed Clinical Social Worker with over 20+ years of clinical experience. She is the owner of The Center for Collaborative Healing; a private practice in Indiana and specializes in the treatment of OCD, anxiety-related disorders, body-focused repetitive behaviors (BFRB's), Tourette Syndrome, as well as trauma. Angela has sought extensive training in her areas of specialty and has completed the Behavioral Therapy Training Institute through the IOCDF (International OCD Foundation) and is a graduate of the Professional Training Institute through the TLC Foundation for BFRBs (Body-Focused Repetitive Behaviors). She also completed specialized training from the Behavioral Therapy Institute (TS-BTI) in Comprehensive Behavioral Intervention for Tics (CBIT) for Tourette Syndrome, is a certified EMDR therapist and holds memberships with the IOCDF, TLC Foundation, ADAA, EMDRIA, and the NASW. Angela As an early adopter of I-CBT in the United States, Angela has received training and participates in on-going consultation from Dr. Frederick Aardema. She currently offers a bi-weekly consultation group to therapists wanting to enhance their I-CBT skills and also offers individual consultation services as well. Using a very down to earth and approachable teaching style; Angela helps fellow therapists gain trust in their own skills as they provide healing and bring their own gifts to the collaborative therapeutic table. For more information, contact Angela at angelahenrylcsww.com.

Karan Lamb, PSYD *Presenter*

Lamb Psychological Services

The ADAA Child and Adolescent SIG Presents, Empowering Families: Mechanisms of Change for Treatment of Youth with Obsessive Compulsive Disorder (OCD)

Dr. Lamb is a Florida licensed psychologist with experience treating children, adolescents, and adults in individual, family, and group therapy. She received her doctoral degree from George Washington University. Dr. Lamb has spent the past 20 years working with families with OCD and anxiety-related issues. She worked as a clinical interviewer for the Johns Hopkins University's OCD Family study, and transitioned to working in private practice at Alvord, Baker & Associates, before opening a private practice in Tampa, Florida. She is an Adjunct Clinical Supervisor at the University of South Florida in the Psychology Department, and the President of the Bay Chapter of the Florida Psychological Association. She enjoys time with her family, travel and photography.

Amanda Petrik-Gardner, LCPC *Presenter*

Amanda Petrik-Gardner, LCPC

The Adaa Child and Adolescent Sig Presents... Special Considerations: Treating Youth Suffering with Obsessive Compulsive Disorder (OCD)

Amanda Petrik-Gardner, LCPC, LPC, LIMHP specializes in the treatment of Obsessive Compulsive and Related Disorders, including OCD, Body Dysmorphic Disorder, Hoarding, Trichotillomania and Excoriation. Amanda is the creator of the OCD Exposure Coloring Books and is on the board for OCD Kansas, an affiliate of the IOCDF (International OCD Foundation). She has completed the Behavioral Therapy Training Institute through the IOCDF and the Professional Training Institute through the TLC Foundation for BFRBs (Body-Focused Repetitive Behaviors). Amanda currently provides Teletherapy to the states of Kansas, Colorado, Nebraska, Missouri, Michigan, Maine, Arizona, and Florida.

Stephnie Thomas, LCPC *Presenter*

Anxiety & Stress Disorders Institute

Considerations in the Use of Space to Reduce Parental Accommodations in the Treatment of Childhood Ocd

Mrs. Thomas provides psychotherapy to older children, adolescents and adults, utilizing mindfulness-based cognitive behavioral therapy. She specializes in utilizing exposure therapy for anxiety spectrum disorders. She offers individual therapy for fear of flying. She is a graduate of Loyola College in Maryland's Pastoral Counseling Program. Stephnie has worked at ASDI for over 25 years and also has a private practice in Westminster, Md

On courage, fear, and playing-it-safe moves: an ACT process-based approach to anxiety struggles!

Thu 3 PM - 4 PM • Workshop • Pavilion 8

Patricia Zurita Ona, PSYD *Chair*

East Bay Behavior Therapy Center

Networking Break

Thu 4 PM - 4:30 PM • Ballroom ABC

Opening Keynote Session

Thu 4:30 PM - 5:30 PM • Pavilion 2

Social Media and Its Benefits/Dangers for Young People

Thu 4:30 PM - 5:30 PM • Keynote • Pavilion 2

Candice Odgers, Prof. *Presenter*

University of California, Irvine

Candice Odgers is the Associate Dean for Research and Professor of Psychological Science and Informatics at the University of California Irvine. She also co-directs the Child & Brain Development Program at the Canadian Institute for Advanced Research.

She received her PhD in developmental and quantitative psychology at the University of Virginia and completed a

postdoctoral fellowship at the Social, Genetic and Developmental Psychiatry at Kings College London. Her research focuses on how early experiences and social inequalities influence child and adolescent development, with an emphasis on how digital technologies can be leveraged to understand and improve the lives of young people.

Odgers was a William T. Grant Scholar and the recipient of early career awards from the American Psychological Association, the Society for Research in Child Development, the Royal Society of Canada, and the Association for Psychological Science. She was also awarded the Distinguished Contributions to Psychology in the Public Interest Early Career Award and the Jacobs Foundation Advanced Research Fellowship.

She is the author of over 100 scientific publications and has been named a Clarivate Highly Cited Researcher for articles appearing in journals such as Nature, the Proceedings of the National Academies of Sciences, and Psychological Science. Her research has also been disseminated widely via outside of academia in outlets such as the Economist, New York Times, London Times, Scientific American, and the Washington Post.

More information about her work can be found on adaptilab.org

Welcome Reception

Thu 5:30 PM - 7 PM • Ballroom ABC

FRIDAY, APRIL 04

Yoga Flow Session

Join Laurie Schlosser of The Yoga Room for this 30-minute Yoga Flow session, suitable for all ability levels. Attendees will need to complete a short waiver to participate.

Fri 7:30 AM - 8 AM

ADAA Professional Education Committee

Fri 7:45 AM - 8:45 AM • Conference Room 9, 2nd Floor

ADAA Journal of Mood and Anxiety Disorders (JMAD) Editorial Board Meeting (Invitation Only)

Fri 8 AM - 9 AM • Conference Room 2-3

Speaker Ready Room

Fri 8 AM - 4 PM • Conference Room 1

Registration

Fri 8 AM - 6 PM • Convention Foyer

Concurrent Sessions

Fri 9 AM - 10:30 AM

Task Shifting the Delivery of Youth Anxiety Interventions to Non- Mental Health Specialists: Intervention Development and Preliminary Outcomes

Fri 9 AM - 10:30 AM • Symposia • Ballroom D

Golda Ginsburg, Ph.D. *Chair*

University of Conn Health Center

Lillian Blanchard, B.S. *Presenter*

University of Conn Health Center

Enhancing the Capacity of School Nurses to Help Students with Anxiety: Results from the CALM Study

Emilie Butler, Ph.D. *Presenter*

University of Connecticut Health Center

The Development and Preliminary Outcomes of a Brief Primary Care Provider-Delivered Intervention for Youth Anxiety

Golda Ginsburg, Ph.D. *Presenter*

University of Conn Health Center

Teacher Anxiety Program for Elementary Students (TAPES): Intervention Development and Preliminary Outcomes

Emily Becker-Haimes, Ph.D. *Discussant*

Department of Psychiatry, University of Pennsylvania

ICBT 101 for ERP Therapists

Fri 9 AM - 10:30 AM • State-of-the-Art Clinician Session • Ballroom E

Michael Parker, LCSW *Presenter*

Mike Parker, LCSW, LLC

I am a therapist in private practice specializing in the treatment of Obsessive Compulsive Disorder (OCD) for teens and adults. I utilize a variety of evidence-based treatment approaches to individualize treatment for each client I work with, including Inference-Based Cognitive Behavioral Therapy or I-CBT, Exposure and Response Prevention, and Acceptance and Commitment Therapy.

I am the author of The OCD Travel Guide, a self-help book approaching OCD recovery primarily through the lens of Acceptance and Commitment Therapy (ACT) and Exposure and Response Prevention (ERP).

I maintain an active Youtube channel called OCD SPACE focused primarily on the Inference-Based CBT approach to OCD treatment, which is a newer approach bringing a great deal of exciting new ideas for those living with OCD. You can watch my videos on this website or directly on Youtube.

I am based in the U.S. city of Pittsburgh, PA. When I'm not helping my clients recover from OCD, I enjoy hiking, reading, biking, and exploring the Steel City with my family.

Mike Heady, LCPC *Presenter*

Anxiety and Stress Disorders Institute

Icbt 101 for ERP Therapists

Mike Heady, LCPC is the co-owner and co-director of the Anxiety and Stress Disorders Institute (ASDI) of Maryland. He is a Clinical Fellow with the Anxiety & Depression Association of America, a faculty member with the International OCD Foundation's Behavior Therapy Training Institute and is on the Advisory Board for OCD Training School. For over 15 years, he has utilized evidence-based treatments for clients with anxiety disorders, OCD, and related conditions. He is a former adjunct professor of psychology at McDaniel College and has been featured in numerous podcasts and public education webinars discussing OCD, Anxiety Disorders, and shame. He is a regular presenter at the International OCD Foundation and the Anxiety & Depression Association conferences. For the last few years, Mike has been working to increase evidence-based treatment options to those suffering with OCD and has been instrumental building awareness about and training clinicians in Inference-Based CBT in the United States.

Synergism of Ketamine with Digital and Psychotherapeutic Interventions for depression, Ptsd and Suds

Fri 9 AM - 10:30 AM • Symposia • Ballroom F

Brittany O'Brien, Ph.D. *Chair*

Baylor College of Medicine & Michael E. DeBakey VA Medical Center

Sanjay Mathew, M.D. *Co-chair*

Baylor College of Medicine

Ilan Harpaz-Rotem, ABPP, Ph.D. *Presenter*

Yale University

Attenuating the Traces of Trauma Memories with Ketamine

Manish Jha, M.D. *Presenter*

The University of Texas Southwestern Medical Center, Department of Psychiatry

Ketamine for Alcohol and Substance Use Disorders: Narrative Review and Rationale for a Randomized Controlled Trial for Methamphetamine Use Disorder

Rebecca Price, Ph.D. *Presenter*

University of Pittsburgh

A Novel, Custom-Fit Digital Training Extends the Durability of a Single Dose of Intravenous Ketamine

Sandhya Prashad, M.D. *Discussant*

Houston Center for Advanced Psychiatric Treatment

Sandhya Prashad, MD is a board-certified psychiatrist specializing in interventional modalities for treatment resistant disorders with a particular interest and expertise in ketamine therapy. She completed both medical school and psychiatry residency at Baylor College of Medicine. She has been in private practice in the Houston area since 2011 and has been utilizing intravenous ketamine since 2016. Dr Prashad has personally administered over 20,000 treatments with ketamine or esketamine. In addition to treatment with ketamine and esketamine, Dr. Prashad also offers deep TMS and ketamine assisted psychotherapy in her practice. She is particularly interested in combining treatment modalities to improve response to treatment.

Dr. Prashad has also been appointed as a clinical assistant professor at Baylor College of Medicine in the Menninger Department of Psychiatry and Behavioral Sciences. Dr. Prashad is involved on an international level with furthering awareness and education regarding the safe and effective use of ketamine. She is a founder and the current president of the American Society of Ketamine Physicians, Psychotherapists and Practitioners (ASKP3, www.ASKP.org) Dr. Prashad presents frequently on a national level both to the public and to other physicians regarding the use of ketamine for psychiatric disorders. She also serves on several advisory panels for ketamine related research and her private practice is a site for a PCORI funded trial comparing IV ketamine to intranasal spravato.

Illustration of Cognitive Behavioral Treatment of Body Dysmorphic Disorder in Adolescents

Fri 9 AM - 10:30 AM • State-of-the-Art Clinician Session • Ballroom G

Fugen Neziroglu, ABPP, Ph.D. *Presenter*

Bio Behavioral Institute

Sony Khemlani-Patel, Ph.D. *Presenter*

Bio Behavioral Institute

Illustration of Cognitive Behavioral Treatment of Body Dysmorphic Disorder in Adolescents

Sony Khemlani-Patel, Ph.D. is the Clinical Director at the Bio Behavioral Institute in Great Neck, NY where she has specialized in the evidence based treatment of OCD and related disorders for over 20 years. She is on the Scientific and Clinical Advisory Board of the International OCD Foundation (IOCDF) and Vice President of OCD-NY, the NY State Affiliate of the IOCDF. Dr. Khemlani has co-authored three books, the most recent called "Body Dysmorphic Disorder," which is a clinical guide for professionals.

Anxiety and Depression Associations in America: Treating OCD and Anxiety Symptoms in Patients with Mood Disorders

Fri 9 AM - 10:30 AM • State-of-the-Art Clinician Session • Pavilion 1

Jonathan Hershfield, M.A. *Presenter*

Sheppard Pratt

Jon Hershfield, MFT is the director of the Center for OCD and Anxiety at Sheppard Pratt in Towson, Maryland, where he specializes in the treatment of OCD and related disorders in both outpatient and residential settings. He is the author of When a Family Member Has OCD, Overcoming Harm OCD, and The OCD Workbook for Teens, and co-

author of Everyday Mindfulness for OCD and The Mindfulness Workbook for OCD. Jon is a member of the scientific and clinical advisory board of the International OCD Foundation and on the faculty of their Behavioral Therapy Training Institute.

Michael Young, M.D. *Presenter*

Sheppard Pratt

Treating OCD and Anxiety Symptoms in Patients with Mood Disorders

Jason Kropf, Ph.D. *Presenter*

New England Center for OCD and Anxiety

Treating Ocd and Anxiety in Patients with Mood Disorders

Bridging the Gap: Expanding Youth Mental Health Care through Primary Care and Community Access

Fri 9 AM - 10:30 AM • Symposia • Pavilion 4

Emine Ayyaci, M.D. *Chair*

UTSW

Yael Dvir, M.D. *Presenter*

UMASS Chan Medical School

Massachusetts Child Psychiatry Access Program

Katherine Lane Foshee, B.S. *Presenter*

Baylor College of Medicine

Feasibility and Acceptability of Safety-A Youth Suicide Risk Intervention and Training for Primary Care Providers in Texas

Joseph Guillory, M.D. *Presenter*

The University of Texas Southwestern Medical Center, Department of Psychiatry

Bridging the Gap: Expanding Youth Mental Health Care through Primary Care and Community Access - Recovery through Inspiration, Support, and Empowerment (RISE) Program

Mili Khandheria, M.D., M.B.A. *Presenter*

The University of Texas Southwestern Medical Center, Department of Psychiatry

Bridging the Gap: Expanding Youth Mental Health Care through Primary Care and Community Access

Healing Across Generations: Race-Related Stress, Trauma, and Health in Black Women During the Perinatal Period – From Biomarkers to Innovative Treatments

Fri 9 AM - 10:30 AM • Symposia • Pavilion 5

Abigail Powers, ABPP, Ph.D. *Chair*

Emory University School of Medicine

Vasiliki Michopoulos, Ph.D. *Co-chair*

Emory University School of Medicine

Mariana Rocha, B.S. *Presenter*

Emory University School of Medicine, Dept. of Psychiatry & Behavioral Sciences

The Impact of Childhood Trauma on Psychophysiological Mechanisms Contributing to Prenatal PTSD and Perinatal Cardiometabolic Health

Anna Constantino-Pettit, LCSW, Ph.D. *Presenter*

Washington University in St. Louis

Effects of Discrimination and Race-Related Stress on Postpartum Depression among Black Mothers

Anna Constantino-Pettit (she/her) is a social work researcher whose work is dedicated to disrupting intergenerational cycles of trauma and psychopathology. Anna is principally focused on alleviating aspects of perinatal mental health – specifically, mood dysregulation, suicidality, and drug use – that are significantly affected by social determinants of health, and that impact both caregiver and early infant health and wellbeing. Anna is a clinical social worker with nearly ten years of experience utilizing evidence-based interventions to address pervasive emotion dysregulation, suicidality, and drug use. She plans to leverage her clinical expertise to develop and implement innovative methods in dissemination and implementation science that increase behavioral health equity for perinatal individuals and their children. Ultimately, Anna is interested in translating her research findings into preventive interventions, clinical recommendations, and policy recommendations that can collectively decrease disparities in perinatal and infant mental health care.

Jordan Thomas, Ph.D. *Presenter*

National Center for PTSD, VA Boston Healthcare System

Racial Discrimination, Racial Socialization, and Manifestations of PTSD Symptomatology in Black Women during the Postpartum Period

Rebecca Lipschutz, Ph.D. *Presenter*

Emory University School of Medicine

Feasibility and Acceptability of Mothers and Babies Intervention in Trauma-Exposed Postpartum Women

Reaching Youth with Lived Experience with Suicide: Substance use, SOGI and Bereavement

Fri 9 AM - 10:30 AM • Symposia • Pavilion 6

Jill Harkavy-Friedman, Ph.D. *Chair*

American Foundation for Suicide Prevention

Candice Biernesser, M.S.W., M.P.H., Ph.D. *Presenter*

University of Pittsburgh

Developing and Testing Flourish: A Digital Suicide Prevention Intervention for LGBTQ+ Youth Experiencing Online Victimization

Christina Sellers, LCSW, Ph.D. *Presenter*

Simmons University

Development of an Integrated Suicide Intervention for Teens who Use Substances: Findings from Qualitative Interviews with Outpatient Substance Use Providers

Christina M. Sellers is a licensed clinical social worker and researcher. Dr. Sellers has expertise in clinical interventions with at-risk youth and training in intervention research and implementation science. Her research is at the intersection of substance use and suicide. The goal of her program of research is to develop and test interventions for substance use and suicide among adolescents in a variety of different settings and to develop and test pedagogical approaches to training social workers in suicide prevention skills.

Melanie Hom, Ph.D. *Presenter*

Stanford University School of Medicine

Reducing Help-Seeking Stigma in Young Adults at Elevated Suicide Risk: A Randomized Controlled Trial

Scientific Research Symposium

Fri 9 AM - 11 AM • Pavilion 2

Developmental Mechanisms and Treatments for Anxiety/Depression in Youth (Animal, Basic, and Clinical Talk)

Fri 9 AM - 11 AM • Scientific Research Symposium • Pavilion 2

Krystal Lewis, Ph.D. *Chair*

Emotion and Development Branch, NIMH

Daniel Pine, M.D. *Co-chair*

National Institute of Mental Health

Regina Sullivan, Ph.D. *Presenter*

NYU Langone Medical Center

Infant Neurobehavioral Processing of Trauma and the Parent

Chad Sylvester, M.D., Ph.D. *Presenter*

Washington University in St. Louis

Development of Attention-Related Brain Networks from Birth to Early Childhood and Risk for Anxiety Disorders

Robin Weersing, Ph.D. *Presenter*

SDSU/UC San Diego Joint Doctoral Program in Clinical Psychology

Psychosocial Interventions for Anxiety and Depression in youth: State of the Science

Catherine Monk, Ph.D. *Presenter*

Columbia University

The Science — and Clinical Opportunities —of Fetal Origins of Future Child Health

Networking Break

Fri 10:30 AM - 11:15 AM • Ballroom ABC

Concurrent Sessions

Fri 11:15 AM - 12:15 PM

The Child & Adolescent SIG presents: Intrusive Thoughts and Family Complexity in Pediatric OCD: Conceptual and Practical Guidance for Managing Challenges in Treatment

Fri 11:15 AM - 12:15 PM • Workshop • Ballroom D

Liza Bonin, Ph.D. *Chair*

Baylor College of Medicine, Department of Pediatrics

Dr. Bonin provides assessment and treatment of obsessive-compulsive disorder and anxiety. She specializes in providing individualized exposure-based cognitive behavior therapy (ERP+CBT) that is family focused. Her academic interests include improving OCD treatment effectiveness, family resilience, quality improvement, and excellence in clinical training.

Dr. Bonin provides outpatient services through the OCD & Anxiety Disorders program at Texas Children's Hospital. In her BCM Pediatrics faculty role she serves as Training Director for Psychology Division's doctoral psychology internship training program and is a champion for implementation of quality improvement principles and practices.

Aureen Wagner, Ph.D. *Presenter*

The Anxiety Wellness Center

Exposure-Based CBT for Intrusive Thoughts in Pediatric OCD

Felicity Sapp, Ph.D. *Presenter*

OCD and Anxiety Psychological Services

Navigating Complex Family Factors / Family Accommodation in Pediatric OCD

Dr. Felicity Sapp, Clinical Director/Owner of OCD and Anxiety Psychological Services in Calgary, Canada specializes in evidence-based assessment/treatment of OCD and anxiety based disorders. She has extensive experience treating children, teens, and adults. She received her PhD (Clinical Psychology) from Queen's University, Canada. She is an active volunteer Board Member of the Scientific Advisory Committee of Anxiety Canada; on faculty for the pediatric

BTTI for IOCDF; supervises early career psychologists in Alberta and the USA; helped create the Tourette OCD Alberta Network; presents annual webinars and workshops; and is a credentialed member of the Canadian Association of CBT.

Liza Bonin, Ph.D. *Presenter*

Baylor College of Medicine, Department of Pediatrics

Additional Considerations / Augmenting Strategies for Pediatric OCD

Dr. Bonin provides assessment and treatment of obsessive-compulsive disorder and anxiety. She specializes in providing individualized exposure-based cognitive behavior therapy (ERP+CBT) that is family focused. Her academic interests include improving OCD treatment effectiveness, family resilience, quality improvement, and excellence in clinical training.

Dr. Bonin provides outpatient services through the OCD & Anxiety Disorders program at Texas Children's Hospital. In her BCM Pediatrics faculty role she serves as Training Director for Psychology Division's doctoral psychology internship training program and is a champion for implementation of quality improvement principles and practices.

From Clinic and Lab to Headline: Why Science Communication Matters, and How to Effectively Engage Media for Maximum Impact

Fri 11:15 AM - 12:15 PM • Workshop • Ballroom E

Arash Javanbakht, M.D. *Chair*

Wayne State University School of Medicine

I am a psychiatrist and serves as the director of the Stress, Trauma, and Anxiety Research Clinic (STARC). His work is focused on anxiety, trauma, and PTSD. He often helps civilians, refugees, and first responders with PTSD.

I study the environmental and biological factors of risk and resilience in refugees and first responders. I also utilize augmented reality and AI technologies for treatment of PTSD.

I am the author of "AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety". AFRAID is on many aspects of fear and anxiety, covering evolution, brain and body, why we love to be scared, fear and bravery, meaning, creativity, diseases of fear and trauma and their cutting-edge treatments, and politics of fear and media.

Managing Grief and Prolonged Grief Disorder: Intersecting Perspectives of Clinical and Spiritual Care

Fri 11:15 AM - 12:15 PM • Roundtable • Ballroom F

Daniella Spencer-Laitt, M.A. *Chair*

Boston University

Rachel Zack Ishikawa, Ph.D. *Presenter*

Massachusetts General Hospital

Multidisciplinary Approaches to Supporting Grief and Prolonged Grief Disorder across the Lifespan

Dr. Rachel Zack Ishikawa is a clinical psychologist at Massachusetts General Hospital. She is the director of clinical

training and clinical supervisor at the MGH Center for Anxiety and Traumatic Stress Disorders, a geropsychologist at the Geriatric Psychiatry Clinical and Research Program, and an instructor in psychiatry at Harvard Medical School. She has written articles and book chapters on the subjects of evidence-based treatments of older adults, trauma-focused treatments, and mental health treatment disparities. Dr. Ishikawa received her PhD in clinical psychology from Clark University, and completed post-doctoral training at the Victims of Violence program at the Cambridge Health Alliance/Harvard Medical School.

Benjamin Perlstein, Rabbi *Presenter*

Weill Cornell Medical College/NewYork-Presbyterian Hospital

Multidisciplinary Approaches to Supporting Grief and Prolonged Grief Disorder across the Lifespan

Rabbi Benjamin Perlstein is a staff chaplain at NewYork-Presbyterian Hospital, serving primarily in psychiatric and acute care settings on the Weill Cornell Medical Center campus and as site leader for spiritual care and chaplaincy at Gracie Square Hospital. Ben received rabbinical ordination from the Jewish Theological Seminary, where he also completed an M.A. in Jewish Thought, focused on mysticism and ethics. He graduated summa cum laude from Tufts University with a B.A. in Political Philosophy and has worked in a range of international contexts, especially involving Jewish history and the Holocaust.

Christopher Magoon, M.D. *Presenter*

Harvard Medical School, Massachusetts General Hospital

Multidisciplinary Approaches to Supporting Grief and Prolonged Grief Disorder across the Lifespan

Dan Wolfson, PSYD *Presenter*

Wolfson Therapy Group

Multidisciplinary Approaches to Supporting Grief and Prolonged Grief Disorder across the Lifespan

Personalizing Psychological Interventions: Necessary But Disruptive

Fri 11:15 AM - 12:15 PM • Special Session • Pavilion 2

Steven Hayes, Ph.D. *Presenter*

University of Nevada, Reno

CBT with pediatric patients: Infusing the approach with play, metaphors, and experiential learning

Fri 11:15 AM - 12:15 PM • Workshop • Pavilion 4

Robert Friedberg, ABPP, Ph.D. *Chair*

Self

From Victim to Victor: Responding to and Preventing Bullying

Fri 11:15 AM - 12:15 PM • Workshop • Pavilion 5

Alison Alden, Ph.D. *Chair*

The Anxiety Treatment Center of Greater Chicago

Dr. Alison Alden earned her Ph.D. from Northwestern University in Evanston, IL, where she focused on researching

and treating anxiety. She also completed a post-doctoral fellowship at Northwestern Memorial Hospital. She has extensive training and experience in cognitive behavioral therapy for anxiety, OCD, and mood disorders in both adults and children. She utilizes a lot of exposure in her practices, and also integrates mindfulness, ICBT and dialectical behavior therapy (DBT) as needed. Dr. Alden has published several research articles and book chapters on anxiety, depression, and emotion regulation, and has presented talks and posters to state and national professional organizations. She enjoys spending time with her husband and 9-year-old son.

Ying Hsu, Med *Presenter*

The Anxiety Treatment Center of Greater Chicago

Victim to Victor: Strategies for Preventing and Responding to Bullying

Ying completed her Master of Education from the Pennsylvania State University – Clinical Mental Health in Schools and Communities program. She has been trained in Cognitive Behavior Therapy (CBT), Acceptance and Commitment Therapy (ACT), and solution-focused therapy. She also has experience working with the BIPOC and LGBTQ+ populations and is a member of the American Counseling Association (ACA) and Chi Sigma Iota (CSI). Ying has previously worked as a therapist in the Penn State University counseling center, high school district counseling center, college of education and equity office of PSU, and career center.

Brian Schmaus, Ph.D. *Presenter*

Anxiety Treatment Center of Greater Chicago

From Victim to Victor: Responding to and Preventing Bullying

Dr. Brian Schmaus is a clinical psychologist at the Anxiety Treatment Center of Greater Chicago. He earned his Ph.D. in Clinical Psychology from Rosalind Franklin University of Medicine and Science. Dr. Schmaus has received training from leading experts in the fields of anxiety and related disorders. He uses empirically supported treatments and tailors every treatment plan to the specific clinical needs of the patient. Dr. Schmaus has extensive experience working with anxious patients on the Autism Spectrum, and he has given several presentations at national conferences on the topic. He has also presented on anxiety and anxiety related disorders and has authored publications in peer-reviewed journals. He teaches patients how to manage their worries and fears so they can learn how to tolerate uncertainty. Dr. Schmaus is the chair of the ADAA Membership Committee.

Addressing Unmet Mental Health Needs through Teacher Consultation: Increasing Use of Evidence-Based Prevention and Intervention Strategies in the Classroom

Fri 11:15 AM - 12:15 PM • Workshop • Pavilion 6

Julie Worley, Ph.D. *Chair*

Department of Psychiatry, University of Pennsylvania

Courtney Wolk, Ph.D. *Presenter*

Perelman School of Medicine, University of Pennsylvania

Addressing Unmet Mental Health Needs through Teacher Consultation: Increasing Use of Evidence-Based Prevention and Intervention Strategies in the Classroom

The Will and the Way: Using Data to Promote Evidence-Based Care across Systems and Populations

Fri 11:15 AM - 12:15 PM • Roundtable • Pavilion 8

Lauren Sippel, Ph.D. *Chair*

Northeast Program Evaluation Center

Paul Holtzheimer, M.D. *Presenter*

VA National Center for PTSD

The Will and the Way

Maria Fraire, Ph.D. *Presenter*

McLean Hospital - Harvard Medical School

Using Data to Promote Evidence-Based Care across Systems and Populations

Maria G Fraire, PhD, is the program director of the OCD Institute for Children & Adolescents (OCDI Jr.) at McLean Hospital. She was the first post-doctoral fellow of OCDI Jr. when it opened in 2015. In 2017, Dr. Fraire became the clinical director of the McLean-Franciscan Community-Based Acute Treatment (CBAT) program. In 2020, she returned to OCDI Jr. and in her current role she oversees administrative aspects of the program including program development and operations. She also provides clinical training and supervision. Dr. Fraire is a licensed clinical psychologist and specializes in the treatment of severe anxiety, OCD, and co-occurring disorders, specifically using cognitive behavior therapy and exposure and response prevention.

Alethea Varra, Ph.D. *Presenter*

Lyra Health

The Will and the Way: Using Data to Promote Evidence-Based Care across Systems and Populations

Dr. Alethea Varra is a licensed clinical psychologist and Senior Vice President of Clinical Care for Lyra Health. She serves as the senior clinical leader for therapy programs and is responsible for driving overall clinical strategy and oversight of clinical quality, training, and service delivery. Alethea received her bachelor's degree from Dartmouth College and doctorate degree in clinical psychology from the University of Nevada, Reno. She completed her internship training at VA Puget Sound Healthcare System and a research fellowship at the Mental Illness Research and Education Center (MIRECC) in Seattle. She has over 20 years of experience in mental health and clinical operations. Her focus is on healthcare innovation and program development and she is passionate about improving access to evidenced based mental health care, especially to underserved populations.

Alex Rothbaum, M.P.H., Ph.D. *Co-chair*

Skyland Trail

Poster Spotlight #1

Fri 11:15 AM - 12:15 PM • Pavilion 1

Lunch on Your Own

Fri 12:15 PM - 1:30 PM

PTSD Special Interest Group Meeting

Fri 12:20 PM - 1:20 PM • Ballroom D

Women's Mental Health SIG Meeting

Fri 12:20 PM - 1:20 PM • Ballroom E

Child & Adolescent SIG Meeting

Fri 12:20 PM - 1:20 PM • Ballroom F

The OCD SIG Meeting

Fri 12:20 PM - 1:20 PM • Ballroom G

Chair Yoga Session

Join Laurie Schlosser of The Yoga Room for this 5-minute stretch break, suitable for all ability levels. Attendees will need to complete a short waiver to participate.

Fri 1:15 PM - 1:20 PM • Pavilion 5

Concurrent Sessions

Fri 1:30 PM - 3 PM

Bridging Neuroscience and Novel Transdiagnostic Treatments for Mood, Anxiety, and Traumatic Stress Symptoms

Fri 1:30 PM - 3 PM • Symposia • Ballroom D

Jessica Bomyea, Ph.D. *Chair*

UC San Diego

Katia Harle, Ph.D. *Presenter*

UCSD School of Medicine

Neurocomputational Markers of Anhedonia and Their Relationship to Treatment Response in Trauma-Exposed Veterans

Andrea Spadoni, Ph.D. *Presenter*

University of California - San Diego

Neural Correlates of Trauma Informed Guilt Reduction Therapy

Robin Aupperle, Ph.D. *Presenter*

Laureate Institute for Brain Research

Impact of a Substance Use Treatment Program for Women on Negative and Positive Urgency and Relationships to Striatal Responsivity to Reward

Jessica Bomyea, Ph.D. *Presenter*

UC San Diego

A Randomized Controlled Trial of Computerized Cognitive Training to Improve Working Memory in Individuals with Elevated Repetitive Negative Thinking: Evidence for Target Engagement on Behavioral and Neural Outcomes

Leveraging Multimethod Assessment Approaches to Advance Understanding and Prediction of Depression

Fri 1:30 PM - 3 PM • Symposia • Ballroom E

Christian Bean, Ph.D. *Chair*

Vanderbilt University

Christian Bean, Ph.D. *Presenter*

Vanderbilt University

Integrating Multimodal Measures of Low Positive Emotionality in Depression: A Psychoneurometric Approach

Anna Weinberg, Ph.D. *Presenter*

McGill University

Associations between Laboratory Measures of Reward Sensitivity and Real-World Measures of Affective Functioning.

Brandon Gibb, Ph.D. *Presenter*

Binghamton University (SUNY)

Attentional Biases in Offspring of Mothers with Major Depression: Evidence from Screen-Based versus Mobile Eye Tracking

Ambra Coccaro, Ph.D. *Presenter*

University of Colorado Boulder

Mapping the Landscape of Mood Disorders in Adolescents: Exploring Biotypes of Risk

When OCD, Trauma, and Psychosis Converge: Insights into Treatment for Complex Comorbidity

Fri 1:30 PM - 3 PM • Symposia • Ballroom F

Jamie Micco, ABPP *Chair*

The Concord Center

Amy Mariaskin, Ph.D. *Presenter*

Nashville OCD & Anxiety Treatment Center

Poor Insight, Bipolar, or Psychosis? Case Study of a 27-Year-Old Man with OCD+

Psychologist and Founding Director/Owner of the Nashville OCD & Anxiety Treatment Center

Jonathan Hershfield, M.A. *Presenter*

Sheppard Pratt

OCD is Never Caused by Repressed Trauma Unless It Is

Jon Hershfield, MFT is the director of the Center for OCD and Anxiety at Sheppard Pratt in Towson, Maryland, where he specializes in the treatment of OCD and related disorders in both outpatient and residential settings. He is the author of *When a Family Member Has OCD*, *Overcoming Harm OCD*, and *The OCD Workbook for Teens*, and co-author of *Everyday Mindfulness for OCD* and *The Mindfulness Workbook for OCD*. Jon is a member of the scientific and clinical advisory board of the International OCD Foundation and on the faculty of their Behavioral Therapy Training Institute.

Jamie Micco, ABPP *Presenter*

The Concord Center

Silent Trauma: A Case Study of OCD and Dissociative Identity Disorder

Jason Krompinger, Ph.D. *Presenter*

New England Center for OCD and Anxiety

When OCD, Trauma, and Delusions Collide: Insights into Treatment for Complex Comorbidity

Nathaniel Van Kirk, Ph.D. *Discussant*

McLean Hospital

Beyond the evidence base: Practice based research to guide exposure therapy for anxious youth underrepresented in clinical trials research

Fri 1:30 PM - 3 PM • Symposia • Pavilion 1

Emily Becker-Haimes, Ph.D. *Chair*

Department of Psychiatry, University of Pennsylvania

Sasha Flowers, M.A. *Presenter*

George Mason University

Adaptations and Augmentations to Exposure-Based CBT in a Community Clinic Serving Primarily Youth on Medicaid

Ashley Shaw, Ph.D. *Presenter*

University of New England

Community Therapists' Qualitative Reports of Culturally-Responsive Modifications Made and Recommended Changes to a Transdiagnostic Cognitive Behavioral Therapy for Diverse Teens in an Effectiveness Trial

Dr. Ashley M. Shaw is an Assistant Professor of Clinical Psychology in the School of Social and Behavioral Sciences (SSBS). Dr. Shaw is also a Licensed Clinical Psychologist in both Maine and Florida. She received her B.A. from University of North Carolina at Chapel Hill (go Tar Heels!), and went on to receive her Ph.D. in Clinical Psychology in the adult division from University of Miami (UM). She completed her clinical psychology internship training in the cognitive-

behavior therapy (CBT) elective at Massachusetts General Hospital/Harvard Medical School. She completed a two-year postdoctoral fellowship in the child division at UM. Between 2019 and 2022, she was a Clinical Assistant Professor at Florida International University, where she was the Clinical Director of the Mental Health Interventions and Technology (MINT) Anxiety Program and founded and directed the MINT Dialectical Behavior Therapy (DBT) for Adolescents Program. From Fall, 2022 to Spring, 2023, Dr. Shaw was a Visiting Assistant Professor at Bowdoin College. Dr. Shaw's program of research seeks to increase access to transdiagnostic evidence-based treatments (e.g., CBT and DBT) for emotional disorders (i.e., anxiety, depression, OCD, PTSD) in children and adults. She seeks to achieve these goals by reducing barriers to care (e.g., via technology) and studying and aiding in the dissemination and implementation of these interventions with diverse providers and families in the community.

Chelsea Dale, Ph.D. *Presenter*

University of Miami

Using Key Stakeholder Feedback to Adapt the Unified Protocol for Adolescents within Under Resourced Schools: The U-PEACE Program

Emily Bilek, ABPP, Ph.D. *Presenter*

University of Michigan Health System

Survey Says: Expert Perspectives on the Integration of Relaxation and Mindfulness into Psychotherapy for Youth Anxiety

Protecting and Promoting Children's Mental Health in the Context of High Conflict Separation/Divorce

Fri 1:30 PM - 3 PM • Symposia • Pavilion 4

Karey O'Hara, Ph.D. *Chair*

Arizona State University

Karey O'Hara, Ph.D. *Presenter*

Arizona State University

From Basic Science to Intervention: Targeting Children's Responses to Interparental Conflict and Developing Usable Interventions for Families Post-Separation/Divorce

Michelle Yang, M.S. *Presenter*

Arizona State University

Human-Centered Design of Digital Interventions for Children and Parents Coping with Post-Separation/Divorce Interparental Conflict: Two Mixed-Methods Studies

Michelle Y. Yang is currently volunteering as a Research Assistant at George Mason University, working with Dr. Amanda Sanchez, and at Arizona State University, working with Dr. Karey O'Hara and plans to begin attending graduate school in Fall 2025. With a background in economics, administration, and marketing, Michelle has found herself in a unique position of weaving her interdisciplinary skills into her Research Assistant roles. Her transition into the field of Psychology is motivated by a desire to better understand how to improve on and promote culturally responsive care in clinical settings, increase mental health accessibility in marginalized communities, and tackle mental health stigmas by promoting more widespread mental health education, particularly for children and youth.

The Women's Mental Health SIG Presents: The Unique Challenges Puberty Presents to the Mental Health of Adolescent Females

Fri 1:30 PM - 3 PM • Symposia • Pavilion 5

Sohye Kim, Ph.D. *Chair*

University of Massachusetts Medical School

Stephanie Woodrow, LCPC, NCC *Co-chair*

National Anxiety and OCD Treatment Center

Dakota McNamara, PSYD *Presenter*

Kansas City Center for Anxiety Treatment

Obsessive-Compulsive Disorder Across the Reproductive Spectrum: Insights from a Case Study of an Adolescent Female

Rachel Busman, ABPP, PSYD *Presenter*

Cognitive and Behavioral Consultants

Treatment of Teenage Depression In An Achievement Focused Culture

Rachel Busman, PsyD, ABPP is a licensed clinical psychologist and the Senior Director of the Child & Adolescent Anxiety and Related Disorders Program at Cognitive and Behavioral Consultants (CBC). Dr. Busman has extensive experience providing cognitive behavioral therapy (CBT) and other evidenced-based treatment to children, teenagers and young adults struggling with anxiety disorders and other related mental health disorders. She also has a specific interest and expertise in the evaluation and treatment of selective mutism, obsessive-compulsive disorder, separation anxiety disorder, social anxiety disorder and specific phobias.

Dr. Busman has worked with children and adolescents in both inpatient and outpatient settings at a major academic medical center, where she directed a multidisciplinary team, and at a private mental health institute. She has taught and supervised psychology trainees, psychiatry residents and child psychiatry fellows, and lectured extensively on a variety of topics, including the evidence-based assessment and treatment of anxiety disorders in children and teens.

Prior to joining CBC, Dr. Busman was the senior director of the Anxiety Disorders Center and Director of the Selective Mutism Service at the Child Mind Institute, in addition to the Director of Brave Buddies, an internationally recognized intensive program for children with Selective Mutism (SM). Dr. Busman is the former president of the Selective Mutism Association, the nation's largest network of professionals, families, and individuals with selective mutism. She is certified in PCIT-SM and is a within agency trainer. Dr. Busman is also certified by the American Board of Professional Psychology in Clinical Psychology and Clinical Child and Adolescent Psychology.

Jill Emanuele, Ph.D. *Presenter*

Urban Yin Psychology, PLLC

DBT-A for an Adolescent Girl with Significant Emotional and Behavioral Dysregulation Following the Onset of Puberty

Karen Cassiday, ACT, Ph.D. *Discussant*

The Anxiety Treatment Center of Greater Chicago

Dr Karen Cassiday is a lively, sought-after speaker and commentator on national media such as Nightline, The Today Show, Animal Planet, The Joy Behar Show, Huffington Post, public radio and many more. She has two books, *The No Worries Guide for Raising Your Anxious Child* and *Freedom from Health Anxiety*. She specializes in treating anxiety disorders in young children through adults using evidence-based and innovative treatments. She is the host of the *Moms Without Worry* radio show featured on IHeart Radio. She is a TEDx speaker who shared her personal experience as a mother overcoming her own anxious perfectionism in the middle of Walt Disney World! She is the host of the *Moms Without Worry* radio show. She served as the President of the Anxiety and Depression Association of America and is the founder of the Anxiety Treatment Center of Greater Chicago, the longest-running clinic to first use modern exposure-based treatment for anxiety disorders in the Chicago region.

She won the Anxiety and Depression Association of America's prestigious Clinician of Distinction Award and is a Clinical Fellow of the Anxiety and Depression Association of America. She is also a Diplomate and Founding Fellow of the Academy of Cognitive Therapy, served as Chair of the Scientific Advisory Board of the Chicago OCD Foundation/Beyond OCD, and has been listed on numerous Who's Who lists. She has published numerous scientific articles and articles on parenting and managing anxiety.

Dr. Cassiday is dedicated to helping everyone overcome the cultural pressure to be perfect and to raise perfect kids. She enjoys using her expertise from over thirty years in the field to help you learn to live well in a high-stress digital world. Her goal is to help all parents of anxious children embrace the messy hilarity of parenting with unshakable self-confidence so they can raise kids who thrive!

The Early Career Professionals and Students SIG Presents: "What's Your Why?" Navigating Mentorship towards Your Career Goals in Mental Health Research and Treatment

Fri 1:30 PM - 3 PM • Symposia • Pavilion 6

Liza Hinchey, M.A. *Chair*

Wayne State University

Liza Hinchey is a fifth-year doctoral candidate in Counseling Psychology at Wayne State University, and a Graduate Research Fellow in the Stress, Trauma, and Anxiety Research Clinic (STARC) lab and the Pernice Recovery Research lab. Her current research focuses on understanding sex-specific relationships among trauma, psychosocial processes (e.g., stress and social interactions), and neuroendocrine function (e.g., HPA axis related processes), as well as investigating psychosocial rehabilitation models for promoting recovery in persons with serious mental illness (SMI). She also works as a psychotherapist at her private practice in metro Detroit.

Connect with her on Twitter: @LizaHinchey

Tien Hong Stanley Seah, Ph.D. *Co-chair*

University of Pittsburgh

Ruth Lippin, LCSW *Presenter*

Conquer Anxiety and OCD

What's Your Why: Defining Your Path in the Field of Anxiety and Depression

Arash Javanbakht, M.D. *Presenter*

Wayne State University School of Medicine

Let's All be Bosses: When Your Mentees Can Be Your Partners in Research

I am a psychiatrist and serves as the director of the Stress, Trauma, and Anxiety Research Clinic (STARC). His work is focused on anxiety, trauma, and PTSD. He often helps civilians, refugees, and first responders with PTSD.

I study the environmental and biological factors of risk and resilience in refugees and first responders. I also utilize augmented reality and AI technologies for treatment of PTSD.

I am the author of "AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety". AFRAID is on many aspects of fear and anxiety, covering evolution, brain and body, why we love to be scared, fear and bravery, meaning, creativity, diseases of fear and trauma and their cutting-edge treatments, and politics of fear and media.

Allegra Anderson, Ph.D. *Presenter*

Alpert Medical School, Brown University

Managing Mentorship Relationships to Meet Personal and Professional Needs

Dominique La Barrie, M.S. *Presenter*

University of Georgia

Defining Our "Why": Navigating Academic Brokering and Building Resilience in Academia

Rachel Siciliano, Ph.D. *Discussant*

Medical University of South Carolina

T32 Postdoctoral fellow, Medical University of South Carolina

Doctoral Degree, Vanderbilt University

Clinical Internship, Vanderbilt University Medical Center

Adapting Evidence-Based PTSD Treatment for Vulnerable Patient Populations

Fri 1:30 PM - 3 PM • Symposia • Pavilion 8

Rebecca Sripada, Ph.D., ABPP *Chair*

University of Michigan

Sheila Rauch, ABPP, Ph.D. *Presenter*

Atlanta VAMC/Emory University School of Medicine

Impact of Face 2 Face, Video, or Telephone Session Modality on Processing Emotions in Primary Care (PE-PC; Aka Prolonged Exposure for Primary Care)

Karin Nylocks, Ph.D. *Presenter*

Emory University School of Medicine, Dept. of Psychiatry & Behavioral Sciences

Messy Memories: A Mobile Intervention Designed to Improve Wellbeing in Frontline Healthcare Workers.

Rebecca Sripada, Ph.D., ABPP *Presenter*

University of Michigan

Provider Perceptions of Barriers and Facilitators to Implementing Stepped-Care PTSD Treatment in Federally Qualified Health Centers

T.H. Eric Bui, M.D., Ph.D. *Presenter*

University of Caen Normandy

Training Community Providers in Prolonged Exposure: Outcomes of a French Consultation Program

Naomi Simon, M.D. *Discussant*

NYU Grossman School of Medicine

Clinical Practice Symposium

Fri 1:30 PM - 3:30 PM • Pavilion 2

Networking Break

Fri 3 PM - 4 PM • Ballroom ABC

Concurrent Sessions

Fri 4 PM - 5 PM

From Passenger to Driver's Seat: The Importance of Locus of Control in OCD and Anxiety Treatment

Fri 4 PM - 5 PM • Workshop • Ballroom D

Lauren Rosen, M.A. *Chair*

The Center for the Obsessive Mind

Lauren Rosen is a psychotherapist and the director of the Center for the Obsessive Mind, an outpatient clinic serving individuals in California, Florida, Utah, Nevada, Oregon and Pennsylvania. Lauren specializes in treating OCD, Anxiety Disorders & Eating Disorders and supports people using Mindfulness-Based Cognitive Behavioral Therapy, Exposure & Response Prevention and Acceptance and Commitment Therapy. Lauren has her BA and MA in Psychology from UCLA and Antioch university, trained at the OCD Center of LA and is a certified Intuitive Eating Counselor. In addition to her work as a therapist, Lauren co-hosts the Purely OCD Podcast and does social media advocacy.

Amy Mariaskin, Ph.D. *Presenter*

Nashville OCD & Anxiety Treatment Center

From Passenger to Driver's Seat: The Importance of Locus of Control in OCD and Anxiety Treatment

Psychologist and Founding Director/Owner of the Nashville OCD & Anxiety Treatment Center

Rethinking the Etiology, Presentation, and Interventions of Selective Mutism in Marginalized Children

Fri 4 PM - 5 PM • Workshop • Ballroom E

Cara Judkins, B.S. *Chair*

George Washington Professional Psychology Program

Alicia Lamkin, B.A. in progress *Presenter*

Scripps College

Rethinking the Etiology, Presentation, and Interventions of Selective Mutism in Marginalized Children

Takira Ward, B.A. *Presenter*

George Mason University: Department of Psychology

Rethinking the Etiology, Presentation, and Interventions of Selective Mutism in Marginalized Children

The Kids Are Not Alright: Using Emotion Focused Family Therapy with Youth to Maximize Positive Outcome in Telebehavioral Healthcare

Fri 4 PM - 5 PM • Workshop • Ballroom F

Deborah Michel, Ph.D. *Chair*

Eating Recovery Center/ Pathlight Mood and Anxiety Center

Dr. Michel is a licensed clinical psychologist with 30 years of experience in the treatment of eating disorders, mood disorders and anxiety disorders. She is also a Certified Eating Disorders Specialist Supervisor. She has been involved in prevention, education, and advocacy efforts throughout her career.

In 2008, Dr. Michel founded and directed The Woodlands Eating Disorders Center in The Woodlands, Texas. She partnered with Eating Recovery Center in 2015 to expand the scope of services in the greater Houston area and later opened Pathlight Mood and Anxiety Center. She has served as a Regional Clinical Director, South Region, and Regional Clinical Director of Virtual Services. She was most recently appointed to National Clinical Director of Virtual Care.

Dr. Michel presents educational lectures to professionals, schools, and the general community. She founded eating disorder post-doctoral psychology fellowship programs in her region as well as programs for psychiatry fellows in the Texas Medical Center. She also publishes articles in professional journals as well as in community magazines and co-authored the book, *When Dieting Becomes Dangerous: A Guide to Understanding Anorexia and Bulimia*. Dr. Michel maintains her status as a clinical faculty member at Tulane University School of Medicine, Department of Psychiatry and Behavioral Sciences. She is a founding member and Past-President of Houston Eating Disorders Specialists and continues to serve on the Executive Board. She is an elected Fellow in the Academy for Eating Disorders (AED). She has served on the AED Medical Care Standards Committee as a member and advisor. She was also past Co-Chair of AED's Advocacy and Communications Committee. Dr. Michel is also a member of The American Psychological Association and The International Association of Eating Disorder Professionals (IAEDP) in addition to other professional organizations.

Kaila Peak-Rishel, LCSW *Presenter*

Eating Recovery Center & Pathlight Mood and Anxiety Center

The Kids Are Not Alright: Using Emotion Focused Family Therapy with Youth to Maximize Positive Outcome in Telebehavioral Healthcare

Kaila Peak-Rishel is a licensed clinical social worker, licensed marriage and family therapist, and a Certified Eating Disorder Specialist Supervisor. Kaila has about 10 years of eating disorder experience with children and adolescents as well as gender and sexuality therapy across the lifespan.

Kaila is passionate about social justice, advocacy, and helping patients find accessible treatment. She is the lead for Eating Recovery Center & Pathlight's Diversity, Inclusion, and Belonging Council in the virtual space. Kaila presents and consults about inclusive care for marginalized populations including University of Colorado Psychiatry Hospital Grand Rounds. She uses these skills to grow inclusive and evidence-based programming for children and their families in VIOP.

Kaila obtained her undergraduate degree in Psychology, Women's Studies, and LGBT Studies. She went on to receive her Master of Social Work from University of Denver and earned her Marriage and Family Therapist Certification from Denver Family Institute where she specialized in couples and families within the LGBTQ+ and polyamorous population. At this same time, Kaila was training at Children's Hospital in Colorado on the Eating Disorder Unit, specializing in the Madsen Method.

Findings from Big Data

Fri 4 PM - 5 PM • Timely Topic • Ballroom G

Deanna Barch, Ph.D. *Presenter*

Washington University

Colin Walsh, M.D. *Presenter*

Vanderbilt Medical Center

Findings from Big Data on Depression and Anxiety in Young People

A Cognitive-Behavioral Foundational Model for Life Skills Development: Preparing Our Youth to Launch Successfully and Independently into Adulthood

Fri 4 PM - 5 PM • Workshop • Pavilion 1

Johanna Kaplan, Ph.D. *Chair*

Washington Anxiety Center of Capitol Hill

Bringing Avoidant Restrictive Food Intake Disorder (ARFID) to the Table: An Anxiety-Focused Approach to Conceptualization and Treatment

Fri 4 PM - 5 PM • Workshop • Pavilion 4

Rebecca Berman, LCSW *Chair*

Anxiety Institute

Stacy Santacroce, LCSW *Presenter*

Anxiety Institute

Bringing Avoidant Restrictive Food Intake Disorder (ARFID) to the Table: An Anxiety-Focused Approach to Conceptualization and Treatment

Over the last sixteen years, Stacy Santacroce has worked with clients of all ages providing care for mental health and substance use disorders in outpatient, partial and intensive outpatient settings. For more than six years, Stacy served as Executive Director at High Focus Centers, adding to more than ten years of experience at intensive outpatient programs. In this role, Stacy was responsible for the overall clinical and administrative management of the facility, responsible for employees and therapy programs.

In recent years, Stacy has honed a specialization in the treatment of adolescent and young adult anxiety, mood, and co-occurring disorders. Stacy maximizes the efficacy of cognitive-behavioral therapy using an individualized, strengths-based approach.

Treatment Resistant Depression in the Transition from Adolescence to Young Adulthood

Fri 4 PM - 5 PM • Roundtable • Pavilion 5

Rachel Hershenberg, ABPP, Ph.D. *Chair*

Emory University School of Medicine

Alex Rothbaum, M.P.H., Ph.D. *Presenter*

Skyland Trail

Treatment Resistant Depression in the Transition from Adolescence to Young Adulthood

Patricio Riva Posse, M.D. *Presenter*

Emory University, Department of Psychiatry and Behavioral Sciences

Treatment Resistant Depression in the Transition from Adolescence to Young Adulthood

Allison LoPilato, Ph.D. *Presenter*

Emory University School of Medicine

Treatment Resistant Depression in the Transition from Adolescence to Young Adulthood

Sina Nikayin, M.D. *Presenter*

Yale University

Treatment Resistant Depression in the Transition from Adolescence to Young Adulthood

The PTSD SIG Presents: Being Choosy about Choosing: Using Shared Decision-Making for PTSD Treatment in Clinical Practice (ADAA PTSD SIG)

Fri 4 PM - 5 PM • Roundtable • Pavilion 6

Christina DiChiara, PSYD *Chair*

Center for Anxiety and Behavior Therapy

Dr. DiChiara is an expert in evidence-based treatments for trauma, anxiety, and obsessive-compulsive disorders. She joined the Center for Anxiety & Behavior Therapy in 2016 and currently serves as the Director of Education, overseeing the local and international training and dissemination of evidence-based treatments for Obsessive-Compulsive Disorder (OCD) and Posttraumatic Stress Disorder (PTSD). Dr. DiChiara has extensive experience with Prolonged Exposure (PE) therapy for PTSD, and is a certified PE therapist and PE supervisor by Dr. Edna Foa, the developer of PE. She is similarly experienced in Cognitive Processing Therapy (CPT) for PTSD, is a certified CPT therapist by the Veteran's Administration (VA), and is a co-investigator in ongoing CPT research at the VA in Philadelphia. Dr. DiChiara developed her expertise in Exposure and Response Prevention (ERP) for OCD during her training, research, and practice at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania. She also specializes in cognitive-behavioral and exposure therapies for a broad range of anxiety disorders and obsessive-compulsive related disorders. In addition to her work at CABT, Dr. DiChiara served the veteran population through the VA in Philadelphia, both as a psychologist on the PTSD Clinical Team, as well as the Military Sexual Trauma (MST) Coordinator, the Evidence-Based Psychotherapy (EBP) Coordinator, and as Telemental Health Champion. She has been dedicated to the training and supervision of psychology trainees and licensed mental health professionals worldwide through individual and group supervision and consultation. She received a master's degree in Counseling and Clinical Health Psychology, as well as her doctoral degree in Clinical Psychology, from the Philadelphia College of Osteopathic Medicine.

Kristin Taylor, Ph.D. *Presenter*

Department of Veterans Affairs

Being Choosy about Choosing: Using Shared Decision-Making for Ptsd Treatment in Clinical Practice

Marta MacDougall, PSYD *Presenter*

Corporal Michael J Crescenz VAMC

The ADAA PTSD SIG presents: Being Choosy about Choosing: Using Shared Decision-Making for Ptsd Treatment in Clinical Practice

Marta MacDougall, PsyD has been a Psychologist on the PTSD Clinical Team at the Michael J. Crescenz VAMC since 2007, where she has been active in training and has served as a study therapist in a number of clinical trials and has extensive experience administering EBTs for PTSD, including PE, CPT, EMDR, and Written Exposure Therapy (WET) and Narrative Exposure Therapy (NET). She also has a trauma focused Private Practice in Jenkintown, PA.

Alisa Gutman, M.D. *Presenter*

Perelman School of Medicine, University of Pennsylvania

Being Choosy about Choosing: Using Shared Decision-Making for Ptsd Treatment in Clinical Practice

Sofia Jensen, M.D. *Presenter*

Private Practice

Being Choosy about Choosing: Using Shared Decision-Making for Ptsd Treatment in Clinical Practice

It's Simple but Not convenient: Integrating Exposure Activities into Daily Life and Recognizing the Need for High Repeatable Behaviors to Overcome Anxiety and Build Confidence.

Fri 4 PM - 5 PM • Workshop • Pavilion 8

Kevin Ashworth, M.A. *Chair*

NW Anxiety Institute

Kevin Ashworth is a co-founder, licensed therapist, and Clinical Director of NW Anxiety Institute, a specialty anxiety clinic in Portland, Oregon. For the past 15 years, Kevin has worked with individuals who live with anxiety disorders. He specializes in the delivery of cognitive-behavioral therapy (CBT), and exposure therapies. Kevin presents regularly on topics of anxiety, parenting, and CBT and is passionate about helping individuals overcome their fears and change their relationships with anxiety. Kevin provides continuing education training to therapists and supervisors licensed therapists and graduate students. Kevin has advanced certificates from the Behavior Training Therapy Institute (BTTI) of the International Obsessive-Compulsive Disorder Foundation (IOCDF) in Obsessive-Compulsive Disorder and Hoarding Disorder. He has taught as an adjunct professor at the University of Portland and was the founding president of OCD Oregon.

Mara Esber, PSYD *Presenter*

NW Anxiety Institute

It's Simple but Not Convenient: Integrating Exposure Activities into Daily Life and Recognizing the Need for High Repeatable Behaviors to Overcome Anxiety and Build Confidence.

Mara completed her Doctorate in Clinical Psychology at Roosevelt University in Chicago, Illinois, where her dissertation explored parents' involvement in their child's OCD treatment. Mara went on to complete her predoctoral internship and postdoctoral fellowship at the University of Wisconsin-Madison School of Medicine & Public Health. Here, her experience focused on treating children and adolescents with a wide range of concerns. She further honed her skills in diverse specialties, including working with individuals with eating disorders, facilitating Dialectical Behavior Therapy (DBT) groups for adults, and providing care in a child OCD residential center. Mara was a staff psychologist at UW Health for a year, while working part-time virtually at NW Anxiety Institute. She is now a full-time Senior Clinician at NW Anxiety, where she works with individuals with OCD and anxiety disorders in outpatient treatment and in the intensive outpatient program.

Dannah Lougen, M.A. *Presenter*

NW Anxiety Institute

It's Simple but Not convenient: Integrating Exposure Activities into Daily Life and Recognizing the Need for High Repeatable Behaviors to Overcome Anxiety and Build Confidence.

Azul Lozoya Gomez, B.A. *Presenter*

NW Anxiety Institute

It's Simple but Not convenient: Integrating Exposure Activities into Daily Life and Recognizing the Need for High Repeatable Behaviors to Overcome Anxiety and Build Confidence.

Poster Session 1

Fri 5 PM - 6 PM • Ballroom ABC

SATURDAY, APRIL 05

Yoga Flow Session

Join Laurie Schlosser of The Yoga Room for this 30-minute Yoga Flow session, suitable for all ability levels. Attendees will need to complete a short waiver to participate.

Sat 7:30 AM - 8 AM

Speaker Ready Room

Sat 8 AM - 4 PM • Conference Room 1

Registration

Sat 8 AM - 6 PM • Convention Foyer

President's Keynote

Sat 9 AM - 10 AM • Pavilion 2

Networking Break

Sat 10 AM - 10:15 AM • Ballroom ABC

Concurrent Sessions

Sat 10:15 AM - 11:45 AM

At the Interface of Research and the Real World: Pragmatic Precision from the Va National Transcranial Magnetic Stimulation Program

Sat 10:15 AM - 11:45 AM • Symposia • Ballroom D

Noah Philip, M.D. *Chair*

Alpert Medical School, Brown University

Divya Rajasekharan, B.S. *Presenter*

Stanford University School of Medicine, Department of Psychiatry

Precision Within Reach: Scalp-Based Targeting Engages Key Network Relationships in Clinical TMS for Depression

Noah Philip, M.D. *Presenter*

Alpert Medical School, Brown University

What about the protocol? a Multisite Examination of Transcranial Magnetic Stimulation Parameters for Posttraumatic

Stress Disorder

F Andrew Kozel, M.D. *Presenter*

Florida State University

Impact of Medications on Clinical Outcome of Transcranial Magnetic Stimulation Treatment of Depression and PTSD in the Va Clinical TMS Program

Michelle Madore, Ph.D. *Presenter*

Stanford University/VA Palo Alto Health Care System

Accelerated Transcranial Magnetic Stimulation for the Rural Frontier: Implementation and Outcomes from the Mobile Medical Unit

Unreal Becoming Real: Artificial Intelligence, Virtual Humans, and Augmented Reality for Treatment of PTSD, Suicide Prevention, and Social Dysfunction

Sat 10:15 AM - 11:45 AM • Symposia • Ballroom E

Arash Javanbakht, M.D. *Chair*

Wayne State University School of Medicine

I am a psychiatrist and serves as the director of the Stress, Trauma, and Anxiety Research Clinic (STARC). His work is focused on anxiety, trauma, and PTSD. He often helps civilians, refugees, and first responders with PTSD.

I study the environmental and biological factors of risk and resilience in refugees and first responders. I also utilize augmented reality and AI technologies for treatment of PTSD.

I am the author of "AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety". AFRAID is on many aspects of fear and anxiety, covering evolution, brain and body, why we love to be scared, fear and bravery, meaning, creativity, diseases of fear and trauma and their cutting-edge treatments, and politics of fear and media.

Albert Rizzo, Ph.D. *Presenter*

University of Southern California

Suicide Safety Planning Training with a Virtual Standardized Patient: Initial Development & Testing

Albert "Skip" Rizzo is a clinical psychologist and Director of Medical Virtual Reality at the University of Southern California Institute for Creative Technologies. He is also a Research Professor with the USC Dept. of Psychiatry and at the USC Davis School of Gerontology. His career began as a clinician providing rehabilitative services for persons with traumatic brain injuries and stroke. Over the last 25 years, Skip has conducted research on the design, development and evaluation of Virtual Reality systems targeting the areas of clinical assessment, treatment and rehabilitation across the domains of psychological, cognitive and motor functioning in both healthy and clinical populations. This work has focused on PTSD, TBI, Autism, ADHD, Alzheimer's disease, stroke and other clinical conditions. In spite of the diversity of these clinical R&D areas, the common thread that drives all of his work with digital technologies involves the study of how interactive and immersive Virtual Reality simulations can be usefully applied to address

human healthcare needs beyond what is possible with traditional 20th Century tools and methods.

Sharon Mozgai, Ed.M. *Presenter*

USC Institute for Creative Technologies

Human-Centered Design for Virtual Human-Led Mhealth Suicide Prevention

Liza Hinchey, M.A. *Presenter*

Wayne State University

Bringing Technology to Your Therapy Room: Clinician Experiences with a Novel Augmented Reality Intervention

Liza Hinchey is a fifth-year doctoral candidate in Counseling Psychology at Wayne State University, and a Graduate Research Fellow in the Stress, Trauma, and Anxiety Research Clinic (STARC) lab and the Pernice Recovery Research lab. Her current research focuses on understanding sex-specific relationships among trauma, psychosocial processes (e.g., stress and social interactions), and neuroendocrine function (e.g., HPA axis related processes), as well as investigating psychosocial rehabilitation models for promoting recovery in persons with serious mental illness (SMI). She also works as a psychotherapist at her private practice in metro Detroit.

Connect with her on Twitter: @LizaHinchey

Arash Javanbakht, M.D. *Presenter*

Wayne State University School of Medicine

AI-Enhanced Augmented Reality for Social and Occupational Dysfunction in First Responders with PTSD

I am a psychiatrist and serves as the director of the Stress, Trauma, and Anxiety Research Clinic (STARC). His work is focused on anxiety, trauma, and PTSD. He often helps civilians, refugees, and first responders with PTSD.

I study the environmental and biological factors of risk and resilience in refugees and first responders. I also utilize augmented reality and AI technologies for treatment of PTSD.

I am the author of "AFRAID: Understanding the Purpose of Fear and Harnessing the Power of Anxiety". AFRAID is on many aspects of fear and anxiety, covering evolution, brain and body, why we love to be scared, fear and bravery, meaning, creativity, diseases of fear and trauma and their cutting-edge treatments, and politics of fear and media.

App-Based Mindfulness Trials for the Treatment or Prevention of Depression and Anxiety in Youth

Sat 10:15 AM - 11:45 AM • Symposia • Ballroom F

Judy Garber, Ph.D. *Chair*

Vanderbilt University

Richard Zinbarg, Ph.D. *Presenter*

Northwestern University

A Randomized Controlled Trial of an Online Mindfulness Program for Adolescents At-Risk for Internalizing Problems

Christian Webb, Ph.D. *Presenter*

Harvard Medical School & McLean Hospital

Predicting which Adolescents with Elevated Rumination Are Well-Suited to App-Based Mindfulness Training

Matthew Hirshberg, D.Phil. *Presenter*

University of Wisconsin - Madison

Smartphone-Based Well-Being Training to Improve Adolescent Mental health: A Mixed Methods Study

Identifying and Evaluating Suicide Risk in Youth with Neurodevelopmental Disorders (NDD)

Sat 10:15 AM - 11:45 AM • Symposia • Ballroom G

Lisa Horowitz, M.P.H., Ph.D. *Chair*

National Institute of Mental Health

Suzanne Rybczynski, M.D. *Presenter*

East Tennessee Children's Hospital

Screening for Suicide Risk among Children with Neurodevelopmental Disabilities

Lisa Horowitz, M.P.H., Ph.D. *Presenter*

National Institute of Mental Health

Effective Identification and Management of Youth at Risk for Suicide

Lindsay Oberman, Ph.D. *Presenter*

NIH/NIMH

Association between Clinician's Determination of Suicide Risk and clinical, comprehension, and Exposure Variables in Children with ADHD

Consulting with Families of Treatment Refusers: How to Help the Neglected Victims of Untreated Anxiety and Depression

Sat 10:15 AM - 11:45 AM • State-of-the-Art Clinician Session • Pavilion 1

Melanie VanDyke, Ph.D. *Presenter*

Dept of Veterans Affairs

Alec Pollard, Ph.D. *Presenter*

Saint Louis Behavioral Medicine Institute

Consulting with Families of Treatment Refusers: How to Help the Neglected Victims of Untreated Anxiety and Depression

Dr. Pollard is Founding Director of the Center for OCD and Anxiety-Related Disorders at Saint Louis Behavioral Medicine Institute and Professor Emeritus of Family and Community Medicine at Saint Louis University. He is a licensed psychologist who works with a range of obsessive-compulsive and anxiety-related disorders, with a special

interest in patients ambivalent about or resistant to treatment. He is on the Scientific and Clinical Advisory Board of the International OCD Foundation and chairs the organization's Training Committee, including an international training initiative called the Behavior Therapy Training Institute. Dr. Pollard also serves on the Scientific Advisory Committee of the Canadian Institute for Obsessive-Compulsive Disorders and the Obsessive-Compulsive Cognitions Working Group research collaborative. He is former chair of the Clinical Advisory Board of the Anxiety and Depression Association of America. He serves as a reviewer for several professional journals and conference program committees and has authored over 100 publications, including 2 books: *The Agoraphobia Workbook* and *Dying of Embarrassment: Help for Social Anxiety & Phobia*.

Texas Childhood Trauma Research Network: Design & Emerging Findings

Sat 10:15 AM - 11:45 AM • Symposia • Pavilion 4

Charles Nemeroff, M.D. *Chair*

Department of Psychiatry & Behavioral Sciences, University of Texas at Austin Dell Medical School

D. Jeffrey Newport, M.D., M.S. *Presenter*

University of Texas at Austin Dell Medical School

Design & Implementation of the TX-CTRN

Jessica Sandoval, M.D. *Presenter*

UT Health Science Center At San Antonio

Associations among Negative Ethnic Racial Identity Affect in Youth, Internalizing symptoms, and Resilience

John Leri, Ph.D. *Presenter*

University of Texas At Austin

Twelve-Month Prospective Risk for PTSD and SUD Based on Latent Classes of Trauma Exposure, PTSD Symptoms, and Substance Use Behaviors among Adolescents in the TX-CTRN

Supportive Parenting for Anxious Childhood – New Implications

Sat 10:15 AM - 11:45 AM • Symposia • Pavilion 5

Uri Berger, Ph.D. *Chair*

Albert Einstein College of Medicine

Dr. Berger received his doctoral degree in Psychology from Bar-Ilan University and his M.A. degrees in psychology (experimental and clinical) are from the universities of Bar-Ilan and Tel-Aviv. Dr. Berger completed his postdoctoral studies at Yale's Child Study Center on a project investigating highly dependent adult children and providing consultation to patients and families.

Rebecca Etkin, Ph.D. *Presenter*

Yale Child Study Center

SPACE for Functional Somatic Symptoms

Rachel Lippin-Foster, LCSW *Presenter*

private practice

Insights from a Virtual Space Group for Supportive Parenting of Anxious Childhood Emotions

Tailoring Exposure and Response Prevention in Adults with OCD

Sat 10:15 AM - 11:45 AM • Symposia • Pavilion 6

Helen Blair Simpson, M.D. *Chair*

College of Physicians & Surgeons, Columbia University

Edna Foa, Ph.D. *Co-chair*

University of Pennsylvania Perelman School of Medicine

Stephanie Grimaldi, Ph.D. *Presenter*

NYSPI/Columbia University

Predictors of Patient Adherence and EX/RP Outcome

Eyal Kalanthroff, Ph.D. *Presenter*

Columbia University Medical Center

Using Automatic Inhibition to Augment Exposure and Response Prevention in Obsessive Compulsive Disorder

Hyunsik Kim, Prof. Dr. *Presenter*

Sogang University

A Network Analysis of How Obsessive-Compulsive Symptoms Change during Exposure and Response Prevention Treatment

Jeremy Tyler, PSYD *Presenter*

Department of Psychiatry, University of Pennsylvania

Comparing Exposure and Response Prevention Treatment Outcome for Obsessive Compulsive Disorder across Primary Obsession Domains

Martin Franklin, Ph.D. *Discussant*

Rogers Behavioral Health

I have spent the last 30+ years treating and studying OCD, anxiety, and related conditions, including 20 in the Department of Psychiatry at the University of Pennsylvania School of Medicine, where I am now Associate Professor Emeritus. I have over 250 publications on these topics (research articles, book chapters, and books), and continue with training, clinical, and research activities at Rogers Behavioral Health.

Utilizing Intensive Longitudinal Designs to Identify Periods of Elevated Suicide Risk in Youth

Sat 10:15 AM - 11:45 AM • Symposia • Pavilion 8

Giana Teresi, B.A. *Chair*

University of Pittsburgh

Paul Bloom, Ph.D. *Presenter*

Columbia University

Exploring Suicide-Related Language in Smartphone Keyboard Inputs among Adolescents

Jaclyn Kirshenbaum, Ph.D. *Presenter*

Columbia University

Using Passive Smartphone Sleep Metrics to Detect Proximal Suicidal Ideation in Adolescents

Emily Hutchinson, M.S. *Presenter*

University of Pittsburgh

Associations among disconnectedness, Positive and Negative affect, and Suicidal Thoughts in Sexual and Gender Minoritized Young Adults

Giana Teresi, B.A. *Presenter*

University of Pittsburgh

The Significance of Time of Day in Youth Suicide Risk

Tina Goldstein, Ph.D. *Discussant*

University of Pittsburgh Medical Center, Western Psychiatric Hospital

Lunch on Your Own

Sat 11:45 AM - 1 PM

ADAA Public Education Committee Meeting

Sat 11:50 AM - 12:50 PM • Conference Room 2-3

Chair Yoga Session

Join Laurie Schlosser of The Yoga Room for this 5-minute stretch break, suitable for all ability levels. Attendees will need to complete a short waiver to participate.

Sat 12:45 PM - 12:50 PM • Pavilion 5

Jerilyn Ross Lecture

Sat 1 PM - 2 PM • Pavilion 2

Single-Session Interventions as a Youth Mental Health Moonshot

Sat 1 PM - 2 PM • Keynote • Pavilion 2

Jessica Schleider, Ph.D. *Presenter*

Northwestern University, Feinberg School of Medicine

Networking Break

Sat 2 PM - 2:15 PM • Ballroom ABC

Concurrent Sessions

Sat 2:15 PM - 3:45 PM

Neural Markers and Treatment Targets for Affective Symptoms Associated with Minority Stress in Sexual and Gender Minority Adolescents and Adults

Sat 2:15 PM - 3:45 PM • Symposia • Ballroom D

Kristen Eckstrand, M.D., Ph.D. *Chair*

University of Pittsburgh School of Medicine

Tien Hong Stanley Seah, Ph.D. *Co-chair*

University of Pittsburgh

Andrew Nicholson, Prof. *Presenter*

University of Ottawa

Identity in Turmoil: Investigating the Morally Injurious Dimensions of Minority Stress

Yinru Long, Ph.D. *Presenter*

Vanderbilt University

Stress Exposure, Neural Responses to Social Stimuli, and Depressive Symptoms in Sexual Minority Adolescents

Carly Lenniger, M.S. *Presenter*

University of Pittsburgh

Neural Response to Reward Moderates Associations between Victimization and Suicidality in Sexual Minority Adolescents.

Tien Hong Stanley Seah, Ph.D. *Presenter*

University of Pittsburgh

A Mixed Methods Evaluation of Affirmative Dialectical Behavior Therapy Skills Training for Sexual and Gender Minority Adults in a Low Resource and High Stigma Context

Brief, Empirically-Supported Treatments for Post-Traumatic Stress Disorder (PTSD)

Sat 2:15 PM - 3:45 PM • Symposia • Ballroom E

Lauren Edwards, M.D. *Chair*

University of Nebraska Medical Center

Erin Walker, PSYD *Presenter*

Rush University Medical Center

Evaluation of Virtual Massed Empirically-Based Psychotherapies for Posttraumatic Stress Disorder via the Psychological Interjurisdictional Compact

Jordan Thomas, Ph.D. *Presenter*

National Center for PTSD, VA Boston Healthcare System

Examining Why Therapists Add Sessions to the Written Exposure Therapy Protocol and Whether It Makes a Difference in Treatment Outcome: A Mixed Methods Analysis

Adam Horwitz, Ph.D. *Presenter*

University of Michigan Medical School

A 4-Week Morning Light Treatment Reduces Reactivity and Clinical Symptoms in Adults with Traumatic Stress

Justin Weeks, Ph.D. *Presenter*

University of Nebraska Medical Center; Nebraska Medicine

Clinical Outcomes and Logistical Implementation of a Written Exposure Therapy Group for Post-Traumatic Stress Disorder (PTSD) in a Hospital Setting

Jasper Smits, Ph.D. *Discussant*

The University of Texas At Austin

Societal-, institutional-, and Individual-Level Exposures to Racial Oppression and Youth Mental health: A Multi-Level Perspective to Inform Treatment.

Sat 2:15 PM - 3:45 PM • Symposia • Ballroom F

Ritika Rastogi, Ph.D. *Chair*

Brigham & Women's Hospital, Harvard Medical School

Genevieve Woolverton, Ph.D. *Presenter*

Brigham & Women's Hospital

Anti-Black and Anti-Asian Vicarious Racial Discrimination and Sleep Problems in Black, Asian, and White Young Adults during the COVID-19 Pandemic

Akilah Patterson, M.P.H. *Presenter*

University of Michigan

Understanding the Problem to Frame the Solution: Student Perceptions of Belonging from the Healthy Minds Study

Jessica LoPresti, Ph.D. *Presenter*

Suffolk University

The Moderating Role of Coping Strategies in the Association between Racial Microaggressions and Trauma Symptoms among a Black American Sample

Jessica LoPresti, Ph.D.¹, Gerson Borrero, M.A.¹, Krystel Frances, M.A.², Tahirah Abdullah-Swain, Ph.D.²

Suffolk University¹, University of Massachusetts Boston²

Chang Zhao, Ph.D. *Presenter*

BWH

Longitudinal Examinations of Discrimination on Mental Health among Racialized Minority Young Adults during COVID-19

Unpacking Psychiatric and Physical Risks among Youth with Mood Disorders: Focus on Sex Differences

Sat 2:15 PM - 3:45 PM • Symposia • Ballroom G

Benjamin Goldstein, FRCP(C), Ph.D. *Chair*

Centre for Addiction and Mental Health

Alysha Sultan, Ph.D. *Presenter*

Centre for Addiction and Mental Health

Higher Cardiovascular Risk is Associated with Substance Use and Substance Use Disorders among Youth with Mood Disorders

Kody Kennedy, Ph.D. *Presenter*

Centre for Addiction and Mental Health

Cardiac Magnetic Resonance Imaging in Youth with Bipolar Disorder in Relation to Clinical Characteristics, Neuroimaging and Genetics

Mikaela Dimick, Ph.D. *Presenter*

Centre for Addiction and Mental Health

Sex Differences in the Clinical Correlates of Suicide Risk among Youth with Mood Disorders

Megan Mio, Ph.D. *Presenter*

Centre for Addiction and Mental Health

Cardiovascular Risk is Adversely Associated with Neuroimaging Metrics in Female Youth with Bipolar Disorder

The Child & Adolescent SIG Presents "Parenting Practices in the Context of Childhood Anxiety and Internalizing Disorders: Research Findings and Clinical Applications"

Sat 2:15 PM - 3:45 PM • Symposia • Pavilion 1

Erika Trent, Ph.D. *Chair*

Baylor College of Medicine

Ogechi Onyeka, Ph.D. *Co-chair*

Department of Psychiatry, Baylor College of Medicine

Daphne Ayton, B.A. *Presenter*

University of Oregon

Comparing Standard Vs. Low-Intensity Parent Interventions for Youth with Anxiety or Obsessive Compulsive Disorder

Whitney Shepherd, B.A. *Presenter*

University of Kansas

Transdiagnostic Correlates of Family Accommodation in Anxious Youth

Ogechi Onyeka, Ph.D. *Presenter*

Department of Psychiatry, Baylor College of Medicine

Exploring the Role of Family Accommodation among Trauma-Exposed Youth in the Context of Cognitive-Behavioral Therapy: Considerations for Treatment

Karina Silva, M.A. *Presenter*

University of Houston

Adapting a Cultural Lens to Parenting Practices: Clinical Solutions to Address Anxiety among Latine Youth

Kristy Benoit Allen, Ph.D. *Discussant*

University of Kansas

Identifying Transdiagnostic Treatment Targets that Can Be Adapted to Optimize Early Evidence-Based Interventions for Anxiety and Stress

Sat 2:15 PM - 3:45 PM • Symposia • Pavilion 4

Kristin Szuhany, Ph.D. *Chair*

New York University School of Medicine, Dept of Psychiatry

Nur Hani Zainal, Ph.D. *Presenter*

National University of Singapore

Daily Stress Reactivity and Risk Appraisal Mediates Childhood Parental Abuse Predicting Adulthood Psychopathology severity: An 18-Year Longitudinal Mediation Analysis

Mary Schadeegg, Ph.D. *Presenter*

NYU Langone Medical Center

Role of Emotion Regulation in Treatment Response to Mbsr or Escitalopram for Individuals with Primary Anxiety Disorders

Amanda Baker, Ph.D. *Presenter*

Harvard Medical School/Massachusetts General Hospital

Social Anxiety Moderates the Relationship between Treatment Type (MBSR Vs. escitalopram) and Self-Compassion Improvement

T.H. Eric Bui, M.D., Ph.D. *Presenter*

University of Caen Normandy

A Class-Based Mind-Body Intervention to Support Resilience among French Medical Students

Naomi Simon, M.D. *Discussant*

NYU Grossman School of Medicine

What Clinicians Need to Know about the State of Psychedelic Research

Sat 2:15 PM - 3:45 PM • State-of-the-Art Clinician Session • Pavilion 5

Charles Nemeroff, M.D. *Presenter*

Department of Psychiatry & Behavioral Sciences, University of Texas at Austin Dell Medical School

Jill Emanuele, Ph.D. *Discussant*

Urban Yin Psychology, PLLC

Re-Imagining the Asylum: The Next Generation of Inpatient Psychiatry

Sat 2:15 PM - 3:45 PM • Symposia • Pavilion 6

Jair Soares, M.D., Ph.D. *Chair*

The University of Texas Health Science Center At Houston

Michelle Patriquin, ABPP, Ph.D. *Co-chair*

The University of Texas Health Science Center At Houston

John Torous, M.D. *Presenter*

Beth Israel Deaconess Med. Ctr. & Harvard Medical School

Digital Interventions on the Inpatient Psychiatric Unit

Jessica Badawi, Ph.D. *Presenter*

UTHealth

The Use of Wearable Technology and Individualized Imagery Scripts on Outcomes of Sleep, Psychosis, and Suicidality among Inpatients

Allie Slemon, Ph.D., RN *Presenter*

University of Victoria

Collaboratively Re-Envisioning Seclusion practices: Centring the Voices of Young People and Mental Health Providers

Katrina Rufino, Ph.D. *Presenter*

University of Houston Downtown

Using Inpatient Outcomes to Better Predict Death by Suicide

Sleep Mechanisms across the Trauma Response and Recovery Trajectory: From the Laboratory to the Clinic

Sat 2:15 PM - 3:45 PM • Symposia • Pavilion 8

Victoria Risbrough, Ph.D. *Chair*

VA Center of Excellence for Stress and Mental Health

Victoria Risbrough, Ph.D. *Presenter*

VA Center of Excellence for Stress and Mental Health

Fear Learning Traits and Sleep Disruption are Pre-trauma Factors Associated with PTSD Symptom Development After Trauma Exposure.

Daniel Stout, Ph.D. *Presenter*

VA San Diego Healthcare System

The Impact of REM Fragmentation on Configural Threat Learning

Anthony Reffi, Ph.D. *Presenter*

Henry Ford Health System

Sleep Reactivity as a Vulnerability to Posttraumatic Stress disorder: Early Identification of Patients At-Risk for Trauma-Induced Insomnia

I am a licensed clinical psychologist and Assistant Scientist in the Trauma Recovery Center and Sleep Research Center at Henry Ford Health in Detroit, MI. My program of research is focused on the intersection of sleep and trauma using prospective observational designs and leveraging behavioral sleep medicine to promote resilience to and recovery from trauma exposure.

Peter Colvonen, Ph.D. *Presenter*

VA San Diego Healthcare System

Cbt-I Integrated with Prolonged Exposure Compared to Sleep Hygiene and Prolonged Exposure: Examining Outcomes and Learning Mechanisms

Concurrent Sessions

Sat 4 PM - 5 PM

The Evolution of Clinical Application of Evidence-Informed Treatments

Sat 4 PM - 5 PM • Roundtable • Ballroom D

Anastasia M. Rose, B.A. *Chair*

Case Western Reserve University

Sally Winston, PSYD *Presenter*

Anxiety and Stress Disorders Institute of Maryland

The Real History of Application of Evidence-Informed Treatments

Founding Fellow of ADAA. Clinical psychologist. Started the Anxiety Disorders Clinic at Sheppard Pratt Hospital in 1978, co-founded the Anxiety and Stress Disorders Institute of Maryland in 1992. Inaugural recipient of the ADAA Jerilyn Ross award. First chair of ADAA's clinical advisory board. Co-author of four books with Dr Martin Seif

Reid Wilson, Ph.D. *Presenter*

Anxiety Disorders Treatment Center

The Evolution of Clinical Application of Evidence-Informed Treatments

Reid Wilson, PhD, a Founding Clinical Fellow, served in leadership positions within ADAA for 30 years, including 3 years as Chair of the National Conference and 13 years as a member of the Board of Directors. In 1991, he co-authored with Dr. Edna Foa the first self-help book on ERP for OCD, STOP OBSESSING! In 1986 he authored the first professionally-written self-help book on panic disorder: DON'T PANIC. He has received the Jerilyn Ross Clinical Advocate Award from ADAA and the Patricia Perkins Service Award from the International OCD Foundation.

Martin Seif, Ph.D. *Presenter*

Private Practice

The Real History of Clinical Application of Evidence-Informed Treatments

Carl Robbins, LCPC *Presenter*

Anxiety and Stress Disorders Institute of Maryland

The Evolution of Clinical Application of Evidence-Informed Treatments

Carl Robbins has over 35 years experience treating anxiety disorders and OC spectrum disorders. He is the Directory of Training at the Anxiety and Stress Disorders Institute of Maryland and on the faculty in the Department of Psychiatry at The University of Maryland School of Medicine, where he teaches and consults with 3rd year psychiatry residents. He is also the co-founder of the International Paruresis Association. Mr. Robbins is one of the first U.S. clinicians to use Inference Based Cognitive Behavioral Therapy in working with clients with OCD; he has been committed to help promote the dissemination of this novel evidence-based treatment in the "lower 48."

Elevating Access to Care: School-Based Models for Prevention and Intervention Mental Health Care

Sat 4 PM - 5 PM • Roundtable • Ballroom E

Janine Domingues, Ph.D. *Chair*

Child Mind Institute

Lata McGinn, Ph.D. *Presenter*

Yeshiva University and Cognitive & Behavioral Consultants

Universal School-Based Model for Prevention in Mental Health Care

Lata K. McGinn, PhD is a tenured Professor and Director of the CBT training program at the Ferkauf Graduate School of Psychology, Yeshiva University and is Co-Founder and Co-Director of Cognitive and Behavioral Consultants (CBC), an evidence-based treatment and training center in White Plains and Manhattan, NY. Dr. McGinn specializes in the vulnerability, prevention, treatment, and dissemination of anxiety, trauma, OCD, and depression using CBT. Her extensive publications span peer-reviewed journal articles, chapters, and her co-authored books, "Treatment of Obsessive-Compulsive Disorder" and "Treatment Plans and Interventions for Depression and Anxiety Disorders." Dr. McGinn is the associate editor of Cognitive Therapy and Research and serves on the editorial board of other peer reviewed journals. She has earned the title of Beck Scholar and is a Fellow of the Association of Behavioral and Cognitive Therapies (ABCT). Dr. McGinn is President-elect of the World Confederation of Cognitive and Behavioral Therapies (WCCBT), is a Founding Fellow, trainer, and a past president of the Academy of CBT, on the Board of Directors of the International Association of CBT (IACBT), and is the Vice-President of the Access Psychology Foundation (APF).

Caroline Mendel, PSYD *Presenter*

Child Mind Institute

Elevating Access to Care: School-Based Models for Prevention and Intervention Mental Health Care

Caroline Mendel, PsyD, is the Senior Director of Clinical Services for School and Community Programs and a psychologist in the ADHD and Behavior Disorders Center at the Child Mind Institute. Dr. Mendel leads a team of clinicians providing mental health prevention and intervention programs in high-need public schools in New York City. She is committed to increasing access to care and promoting the dissemination and implementation of evidence-based interventions, particularly in school settings. She received her BA in Psychology with Distinction from the University of Pennsylvania and her PsyD in Clinical Psychology from the Graduate School of Applied and Professional Psychology at Rutgers University.

Jill Emanuele, Ph.D. *Presenter*

Urban Yin Psychology, PLLC

Elevating Access to Care: School-Based Models for Prevention and Intervention Mental Health Care

School Refusal and OCD: Neurodiversity-Conscious Solutions and Perspectives

Sat 4 PM - 5 PM • Roundtable • Ballroom F

Alison Garza, LCSW *Chair*

University of Colorado School of Medicine

Alie Bernard Garza, LCSW, is a clinician with the OCD Program at the University of Colorado and holds an MSW from the University of Washington in Seattle. Her clinical interests include OCD and Anxiety-related disorders (including

Panic Disorder, Illness Anxiety Disorder, Agoraphobia, Social Anxiety, etc.), providing neurodivergent-affirming care for co-morbidities such as ADHD and ASD, working with youth/parents/families, and taking a collaborative, strengths-based, individualized approach to treatment.

In the past nearly 10 years, she has worked in various clinical roles, including crisis mobile response, youth suicide prevention, IOP, PHP, and Residential treatment for OCD and Anxiety-Related disorders. She has extensive training in Acceptance and Commitment Therapy, Exposure Response Prevention, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Supportive Parenting for Anxious Childhood Emotions, Therapeutic Crisis Intervention, Applied Suicide Intervention Skills Training, and Collaborative Assessment and Management of Suicidality.

Natalia Aiza, LCPC, M.A. *Presenter*

Stanford University/VA Palo Alto Health Care System

School Refusal and OCD: Neurodiversity-Conscious Solutions and Perspectives

Natalia Aíza, LPC, is a seasoned therapist, parent trainer, writer, and entrepreneur. Her core missions are to facilitate awareness and healing for those with OCD, and to amplify OCD competency among mental health practitioners. She is the co-founder of Kairos Wellness Collective, an innovative therapy center that specializes in OCD and Anxiety Disorders. In the last three years, Kairos has expanded to four locations in Colorado and has served over two thousand families and individual clients. Natalia also advocates for OCD awareness and provides free psychoeducation on her popular instagram account @letstalk.ocd. Natalia received her BA in Literature at Harvard University, and MA in Clinical Mental Health Counseling from Palo Alto University.

Matthew Williams, Other, Ph.D. *Presenter*

Kairos Wellness Collective

School Refusal and OCD: Neurodiversity-Conscious Solutions and Perspectives

Matthew Williams is a clinical herbalist with an advanced degree in Traditional Chinese Medicine. His work stems from a deep desire to help people overcome physical as well as emotional challenges to improve their health and well-being.

Matthew was raised near Seoul, South Korea where he learned to prepare traditional herbal medicine from his maternal grandparents. This experience sparked a lifelong passion for using natural medicine to create balance and promote a healthy harmony of mind and body. Matthew is a master herbalist and he offers herbal consultations as well as creates customized teas, tinctures, and traditional Chinese formulas.

Alison Garza, LCSW *Presenter*

University of Colorado School of Medicine

School Refusal and OCD: Neurodiversity-Conscious Solutions and Perspectives

Alie Bernard Garza, LCSW, is a clinician with the OCD Program at the University of Colorado and holds an MSW from the University of Washington in Seattle. Her clinical interests include OCD and Anxiety-related disorders (including Panic Disorder, Illness Anxiety Disorder, Agoraphobia, Social Anxiety, etc.), providing neurodivergent-affirming care for co-morbidities such as ADHD and ASD, working with youth/parents/families, and taking a collaborative, strengths-based, individualized approach to treatment.

In the past nearly 10 years, she has worked in various clinical roles, including crisis mobile response, youth suicide prevention, IOP, PHP, and Residential treatment for OCD and Anxiety-Related disorders. She has extensive training in

Acceptance and Commitment Therapy, Exposure Response Prevention, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Supportive Parenting for Anxious Childhood Emotions, Therapeutic Crisis Intervention, Applied Suicide Intervention Skills Training, and Collaborative Assessment and Management of Suicidality.

Rest Assured: Latest Insights for Addressing Sleep in Anxiety and Depression

Sat 4 PM - 5 PM • Roundtable • Ballroom G

Simon Rego, ABPP, PSYD *Chair*

Montefiore Medical Center

Jonathan Alpert, M.D., Ph.D. *Presenter*

Montefiore Medical Center and Albert Einstein College of Medicine

Medication Side-Effects, Disorder, and Perception: The Challenges of Addressing Disordered Sleep in Anxiety and Depression

Jonathan E. Alpert MD PhD is the Dorothy and Marty Silverman University Chair of the Department of Psychiatry and Behavioral Sciences and Professor of Psychiatry, Neuroscience and Pediatrics at the Albert Einstein College of Medicine and Montefiore Medical Center. He is also Chair of the Council on Research at the American Psychiatric Association and Vice Chair of the DSM Strategic Planning Committee. Dr. Alpert graduated from Yale College summa cum laude with majors in Psychology and Philosophy. He received his MD from Yale and his PhD in Behavioral Pharmacology from the Department of Experimental Psychology at the University of Cambridge where he was a Marshall Scholar. He completed residency training in Pediatrics at Boston Children's Hospital and in Psychiatry at McLean Hospital at Harvard Medical School. Before joining Montefiore Einstein in 2017, Dr. Alpert served at the Massachusetts General Hospital for 24 years where his roles included Director of the Depression Clinical and Research Program and Associate Chief of Psychiatry. He was an IRB Chair at the Massachusetts General Hospital and Brigham and Women's Hospital and Director of Medical Student Education in Psychiatry at Harvard Medical School. He was the first incumbent of the Joyce R. Tedlow Endowed Chair in the Field of Depression Studies at Harvard Medical School. He is a Distinguished Fellow of the American Psychiatric Association and a member of the American Association of Chairs of Departments of Psychiatry, the Anxiety and Depression Association of America, the American Society of Clinical Psychopharmacology, and the Society of Biological Psychiatry. He serves on the editorial boards of the Journal of the Academy of Consultation-Liaison Psychiatry and of Psychiatric Research and Clinical Practice. Dr. Alpert has received numerous awards for excellence in teaching and mentorship, scholarship and patient care including from Harvard Medical School, Massachusetts General Hospital, Partners HealthCare, the American Psychiatric Association and the Depression and Bipolar Support Alliance. The author of over 250 publications, his academic interests include treatment resistant depression, treatment of depression with comorbid conditions, mental health disparities, ethical issues in research design, and medical education.

Andrew Krystal, M.D. *Presenter*

UCSF

Why Are We Not Focusing More on Sleep?!

Simon Rego, ABPP, PSYD *Presenter*

Montefiore Medical Center

Rest Assured: Latest Insights for Addressing Sleep in Anxiety and Depression

Alan Peterson, ABPP *Presenter*

The University of Texas Health Science Center At San Antonio

Rest Assured: Latest Insights for Addressing Sleep in Anxiety and Depression

Alan L. Peterson is a Professor and the Chief of the Division of Behavioral Medicine in the Department of Psychiatry & Behavioral Sciences at the University of Texas Health Science Center at San Antonio. He is the Director of the STRONG STAR Consortium, which includes over 150 research collaborators and 50 institutions worldwide. STRONG STAR collaborators have collectively secured more than \$225 million in research funding over the past 16 years. Dr. Peterson retired from the U.S. Air Force in 2005 after 21 years of active duty service including deployments in support of Operations Noble Eagle, Enduring Freedom, and Iraqi Freedom. He has clinical and research expertise in the areas of behavioral medicine, psychological trauma, and resiliency. He has published 9 books, more than 400 scientific manuscripts, and given over 700 presentations and invited addresses at national and international meetings.

Nicole Short, Ph.D. *Presenter*

University of Nevada Las Vegas

Rest Assured: Latest Insights for Addressing Sleep in Anxiety and Depression

The Child & Adolescent SIG presents: Intrusive Thoughts in Young Children and Teens: Focus on Scrupulosity and Preschool Children

Sat 4 PM - 5 PM • Workshop • Pavilion 4

Stephnie Thomas, LCPC *Chair*

Anxiety & Stress Disorders Institute

Mrs. Thomas provides psychotherapy to older children, adolescents and adults, utilizing mindfulness-based cognitive behavioral therapy. She specializes in utilizing exposure therapy for anxiety spectrum disorders. She offers individual therapy for fear of flying. She is a graduate of Loyola College in Maryland's Pastoral Counseling Program. Stephnie has worked at ASDI for over 25 years and also has a private practice in Westminster, Md

Lynne Siqueland, Ph.D. *Presenter*

Children's and Adult Center for OCD and Anxiety

The Child Anxiety SIG sponsors: Intrusive Thoughts in Children and teens: Focus on Scrupulosity and Preschool Children

Stephnie Thomas, LCPC *Presenter*

Anxiety & Stress Disorders Institute

Intrusive Thoughts in Children & Teens: Focus on Scrupulosity & Preschool Children

Mrs. Thomas provides psychotherapy to older children, adolescents and adults, utilizing mindfulness-based cognitive behavioral therapy. She specializes in utilizing exposure therapy for anxiety spectrum disorders. She offers individual therapy for fear of flying. She is a graduate of Loyola College in Maryland's Pastoral Counseling Program. Stephnie has worked at ASDI for over 25 years and also has a private practice in Westminster, Md

It Doesn't Just Go Away - Treating Older Children and Teens with Selective Mutism

Sat 4 PM - 5 PM • Workshop • Pavilion 5

Rachel Busman, ABPP, PSYD *Chair*

Cognitive and Behavioral Consultants

Rachel Busman, PsyD, ABPP is a licensed clinical psychologist and the Senior Director of the Child & Adolescent Anxiety and Related Disorders Program at Cognitive and Behavioral Consultants (CBC). Dr. Busman has extensive experience providing cognitive behavioral therapy (CBT) and other evidenced-based treatment to children, teenagers and young adults struggling with anxiety disorders and other related mental health disorders. She also has a specific interest and expertise in the evaluation and treatment of selective mutism, obsessive-compulsive disorder, separation anxiety disorder, social anxiety disorder and specific phobias.

Dr. Busman has worked with children and adolescents in both inpatient and outpatient settings at a major academic medical center, where she directed a multidisciplinary team, and at a private mental health institute. She has taught and supervised psychology trainees, psychiatry residents and child psychiatry fellows, and lectured extensively on a variety of topics, including the evidence-based assessment and treatment of anxiety disorders in children and teens.

Prior to joining CBC, Dr. Busman was the senior director of the Anxiety Disorders Center and Director of the Selective Mutism Service at the Child Mind Institute, in addition to the Director of Brave Buddies, an internationally recognized intensive program for children with Selective Mutism (SM). Dr. Busman is the former president of the Selective Mutism Association, the nation's largest network of professionals, families, and individuals with selective mutism. She is certified in PCIT-SM and is a within agency trainer. Dr. Busman is also certified by the American Board of Professional Psychology in Clinical Psychology and Clinical Child and Adolescent Psychology.

Aimee Kotrba, Ph.D. *Presenter*

Thriving Minds Behavioral Health

It Doesn't Just Go Away - Treating Older Children and Teens with Selective Mutism

Empowered by Faith: Tools for Culturally Responsive Youth Mental Health Care

Sat 4 PM - 5 PM • Workshop • Pavilion 6

Emily Bailey, PSYD *Chair*

Atlanta OCD and Anxiety Treatment, LLC

Dr. Emily Bailey's clinical interests include OCD, anxiety, and mood disorders in children, adolescents, and adults. Recently, she completed her postdoctoral training at McLean OCD Institute//Houston and is working at a private practice in Atlanta, Georgia. She emphasizes integrating families and parents into her therapeutic work with children and adolescents. Dr. Bailey has worked in a variety of mental health treatment facilities, including anxiety clinics, a residential treatment facility, a hospital setting, a Child Advocacy Center, and an autism clinic. She has experience working with a diverse population and in using evidence-based treatments such as Cognitive Behavioral Therapy, Exposure and Response Prevention, and Trauma-Focused Cognitive Behavioral Therapy. Dr. Bailey is passionate about helping her patients achieve a more meaningful, satisfying, and valued life.

Katie O'Dunne, D.Min *Presenter*

Stick with the Ick

Empowered by faith: Tools for Culturally Responsive Youth Mental Health Care

New Ways to Think about, Talk about, and Do Exposure Therapy: Emerging Paths for Healing

Sat 4 PM - 5 PM • Roundtable • Pavilion 8

Keith Cox, Ph.D. *Chair*

UNC Asheville

Sheila Rauch, ABPP, Ph.D. *Presenter*

Atlanta VAMC/Emory University School of Medicine

New Ways to Think about, Talk about, and Do Exposure Therapy: Panel Member

Barbara Rothbaum, Ph.D. *Presenter*

Emory University School of Medicine

Let's Approach and Process!

Peter Tuerk, Ph.D. *Presenter*

University of Virginia

New Ways to Think about, Talk about, and Do Exposure Therapy: Emerging Paths for Healing

Poster Spotlight #2

Sat 4 PM - 5 PM • Ballroom D

Employment Challenges and Stigma: Exploring the Impact of Bipolar I and Bipolar II Disclosure on Workplace Outcomes

Sat 4 PM - 5 PM • Poster

Mary Henson, M.S. *Presenter*

Arkansas State University

Poster Session 2

Sat 5 PM - 6 PM • Ballroom ABC

Awards Celebration and Closing Reception

Sat 7:15 PM - 9:15 PM • Pavilion 2