

The Child & Adolescent Anxiety

SIG Newsletter

Advancing the Science and Practice of Youth Anxiety

September 2016

Dear SIG members,

September is here, and with the 50th annual ABCT convention fast approaching, the CAASIG executive committee has been busy preparing for a great conference! We are happy to be continuing our tradition of hosting an annual preconference prior to ABCT. As luck would have it, this year ABCT overlaps with the American Academy of Child and Adolescent Psychiatry (AACAP) meeting in New York City, giving us the opportunity to have psychiatrists in the child anxiety field join us for a panel discussion on combination care and multidisciplinary collaboration in clinical practice. It should be an exciting preconference, so register soon because space is limited.

This newsletter contains a helpful schedule of conference presentations relevant to child anxiety. Also included is an update on the expanding child anxiety program at the University of Houston and a brief summary of preliminary results from CAMELS, the long-term follow up to CAMS. On the lighter side, we have a very entertaining compilation of humorous exposure experiences. You'll also find instructions on renewing your membership and registering for the preconference. Thank you to the newsletter editors and student representatives for putting together a great newsletter edition!

I am very excited to announce that we will soon be posting the first video in our group update video series. A big thank you goes out to Phil Kendall's team at the Temple University Child and Adolescent Anxiety Disorders Clinic for taking the leap and kicking it off! Watch your inbox for this video debut, coming soon. If you are interested in creating a brief video to let your colleagues know about your latest work in a fun and relaxed format, please contact me.

We are now accepting nominations for our executive committee positions, including leader-elect and newsletter co-editor. Becoming a member of the executive committee is a great way to connect with others in our field and see firsthand how much excellent work is happening worldwide in the service of improving the lives of youth with anxiety and their families. I encourage anyone interested in contributing to SIG activities and expanding their professional network to consider running. As always, we welcome suggestions for how to improve the SIG and make our resources as useful as possible.

Looking forward to seeing you soon at ABCT in New York!

Best,

Cara Settipani

SIG Leader

Happy
September! In
this issue
you'll find...

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-- Published by the Child and Adolescent Anxiety SIG. The contents of this newsletter have not been reviewed, approved, or endorsed by the Association for the Advancement of Behavior and Cognitive Therapy.

SIG Announcements

Congratulations to Anna Swan, M.A.! **Recipient of the 2016 Child & Adolescent Anxiety SIG Student Travel Award**

For her project entitled:
"Functional Outcomes of Youths Treated for Pediatric Anxiety Disorders: A Naturalistic 3-12 Year Follow Up"

Conducted in collaboration with Drs. Philip Kendall and Thomas Olin of Temple University and the CAMELS team.

Anna will present her work at our SIG annual meeting on Saturday, October 29 from 4:30-5:30 PM

SIG Upcoming Events:

Child & Adolescent SIG Pre-conference (at ABCT)

Thursday, October 27
1:00 PM -5:00 PM
Harlem Room, 7th floor
New York Marriott Marquis, NYC

Child & Adolescent Anxiety SIG Annual Meeting (at ABCT)

Saturday, October 29th
4:30 PM -5:30 PM
Majestic & Music Box Rooms, 6th floor
New York Marriott Marquis, NYC

Child & Adolescent SIG Poster Expo

Friday, October 28th
6:30 PM- 8:30 PM
Broadway Ballroom, 6th floor
New York Marriot Marquis

SIG Elections:**President-Elect**

This position will be held from November 2016 to November 2017, at which point the President-Elect will assume the President position. Primary responsibilities include assisting the President in the oversight of all SIG-related matters, including planning conference activities, contributing to the SIG website and newsletter, coordinating SIG awards and poster presentations, and member recruitment and outreach.

Newsletter Co-Editor

This position will be held from November 2016 to November 2018. The co-editor will assist in preparing the tri-annual SIG newsletter and will serve on the SIG executive committee.

If you are interested in running for either of these elected positions, please e-mail your self-nomination to cara.settipani@temple.edu by **October 7**. Voting will take place online prior to the ABCT conference and election results will be announced at the SIG annual meeting.

Everything's Bigger in Texas: Expanding the Child Anxiety Program at the University of Houston

Written by Michelle A. Clementi, M.A.¹.

In an effort to facilitate communication and collaboration across labs within the CAA SIG, the executive committee will provide periodic updates from child anxiety-focused research groups. Our first piece highlights the research and collaboration between Dr. Candice Alfano and Dr. Andres Viana at the University of Houston (UH).

Houston, Texas is the fourth largest city in the U.S., one of the most ethnically diverse cities in the nation, and home to numerous research institutions in the Texas Medical Center. The possibilities for culturally diverse research and collaboration seem endless. Drawn to these opportunities, in addition to the potential for collaboration among existing anxiety researchers at UH, Dr. Viana joined the UH Psychology Department in the fall of 2015. Dr. Viana's relocation also afforded the opportunity to bolster the existing child anxiety program at UH, which was established with the opening of Dr. Alfano's Sleep and Anxiety Center of Houston in 2011.

Eager to continue to ***expand the child anxiety research produced from UH***, Drs. Alfano and Viana published a paper during Dr. Viana's first year in Houston comparing clinical characteristics of anxious children recruited for research to those who were treatment-seeking (De Los Reyes, Alfano, Clementi, & Viana, 2016). Findings indicated that in a sample of youth with primary generalized anxiety disorder, those enrolled in a treatment study displayed higher anxiety severity and worry than those enrolled in a non-treatment research study, thus highlighting important theoretical and research implications for studies of client comparability.

Future collaborations between Drs. Alfano and Viana will involve examining child anxiety with a focus on each of their areas of expertise (Dr. Alfano's on sleep, and Dr. Viana's on parenting and cognitive mechanisms). Broadly, this research will examine the role of culture in the context of child

¹ University of Houston and Texas Children's Hospital, Houston, TX

anxiety disorders, particularly for Latino populations. Specifically, future studies will examine parental biases that could reinforce or contribute to bedtime problems in anxious children.

Both research labs are also busy with their respective studies broadly addressing mechanisms of anxiety disorders in youth. Current projects in Dr. Alfano's *Sleep and Anxiety Center of Houston (SACH)* include:

- An experimental sleep restriction study examining how sleep loss impacts children's emotional responses and risk for the development of later anxiety disorders.
- A pilot randomized controlled trial examining an integrated sleep and anxiety intervention compared to an anxiety-only intervention for children with generalized anxiety disorder.

The primary project in Dr. Viana's *Child Temperament, Thoughts, and Emotions Lab* involves:

- A study examining anxious mother-child dyads to understand cognitive mechanisms implicated in the development of anxiety disorders. Behavioral observations, psychophysiological data, and subjective report are being used to determine how child behavior and parent-child interactions change following an interpretation bias manipulation in anxious mothers.

Effective research partnerships are imperative for scientific advancement.

Collaboration increases creativity and productivity, and allows for a wider range of techniques/approaches to address questions of interest. Professors, postdoctoral fellows, and graduate students alike are encouraged to utilize opportunities for collaboration available through the CAA SIG to fulfill the group's primary goal of facilitating advancements in the field of child and adolescent anxiety disorders.

References

De Los Reyes, A., Alfano, C. A., Clementi, M. A., & Viana, A. (2016). Are the clinical characteristics of anxious youths participating in non-treatment-related research comparable to those of youths receiving treatment? *Child & Youth Care Forum*. doi: 10.1007/s10566-016-9355-0

CAMELS: Brief Summary of Preliminary Results

Written by Christopher La Lima, M.A.², and edited by Golda Ginsburg³, Ph.D.

The Child/Adolescent Anxiety Multimodal Study (CAMS) helped to strengthen our understanding of evidence-based treatments for children and adolescents with anxiety disorders, as well as to begin addressing gaps in the literature for this population. Specifically, it was the first randomized controlled trial (RCT) to compare cognitive behavioral therapy (CBT), medication (sertraline), the combination of CBT and medication, and a pill placebo for treating anxious youth (Ginsburg et al., 2011; Walkup et al., 2008). Participants in this study were 7-17 years of age and diagnosed with separation, social, and/or generalized anxiety disorder at baseline. Additionally, it included a robust sample size [N = 488] and independent evaluators to assess outcomes.

After 12 weeks of CAMS treatments, Ginsburg et al. (2011) found that combination treatment had significantly higher remission rates (defined as a loss of all study-entry anxiety disorder diagnoses) compared to all other treatment groups, that CBT and medication groups had higher remission rates than placebo, and that CBT and medication groups did not have significantly different rates of remission from one another. The authors identified predictors of remission at 12 weeks to be younger age, nonminority status, lower baseline anxiety severity, absence of comorbid disorders, and absence of social phobia.

While the CAMS began to address gaps in evidence-based youth anxiety treatment, previous studies have not compared long-term outcomes of CBT, medication, and combined treatments (Ginsburg et al., 2014). Therefore, the Child/Adolescent Anxiety Multimodal Extended Long-term Study (CAMELS) was designed to evaluate naturalistic longitudinal outcomes following the CAMS. Dr. Golda Ginsburg and the CAMELS research team collected outcome data over five years, beginning at a mean of six years post-randomization of the initial treatment phase. The primary research aims of the CAMELS were to examine if effective early treatment and/or treatment type (CBT vs. medication vs. combination) were protective

² Hofstra University

³ UConn Health

against long-term clinical and functional disability, and to evaluate predictors of long-term outcomes. Data collection across the five study years is complete, with a total of 319 youth from the CAMS being enrolled in the CAMELS and having completed at least one visit.

Outcomes from the first CAMELS visit are published in an article by Ginsburg et al. (2014). This was the first study to examine long-term outcomes (> 1 year) of CBT, medication, and combination treatments in anxious youths. At this time point, 46.5% of the sample was in remission, and the assigned active treatment arm was found to be unrelated to outcomes. Though a modest effect size, the authors found that youths who responded to the initial 12 weeks of treatment were more likely to be in remission six years following randomization. Of these responders, about half (48%) relapsed. The authors also examined predictors of remission, anxiety severity, and functioning at the follow up. They found better family functioning at baseline, male sex, and lower baseline anxiety severity to be predictive of remission. They concluded male sex, higher SES, fewer negative life events, and not using mental health services during the follow-up period to be predictive of lower anxiety severity. Additionally, they found higher SES, a lack of comorbid externalizing disorders (e.g. attention-deficit/hyperactivity disorder and oppositional defiant disorder), fewer negative life events, and not using mental health services during the follow-up period to be predictive of higher functioning.

Recently, at the 2016 APA national convention in Denver, Dr. Golda Ginsburg and the CAMELS team presented preliminary results for CAMELS data points during years one through five (beginning a mean of six years post-randomization). They examined if initial treatment responders were more likely to be in remission at follow-up, if treatment type predicted remission at follow-up, and a number of other demographic, clinical, and environmental covariates. For years one through four, they found remission rates ranging from 42-49%. They concluded that CAMS responder status was significantly associated with an increased likelihood of remission for CAMELS years one, two, and three. Additionally, they found that active treatment condition (CBT, medication, and combined CBT and medication) was unrelated to long-term outcomes.

At this presentation, the CAMELS research team revealed that 224 youths completed evaluations for at least three CAMELS follow-up time points, and were divided into consistent remitters (21.4%; did not relapse/meet criteria for a DSM-IV-TR anxiety diagnosis), chronically ill (29.9%; did not remit/always met criteria for a DSM-IV-TR anxiety

diagnosis), and waxed and waned (48.7%; remitted and relapsed/moved in and out of diagnostic criteria over time). They stated that CAMS non-responders were significantly more likely to be chronically ill relative to the consistent remitters group. Additionally, they found that CAMS treatment arm did not predict which of these three groups participants would fall into. However, they noted that demographic variables (age and gender), CAMS participant baseline variables (anxiety severity and functioning), family functioning, and life events following the initial CAMS trial did. Specifically, younger participants were more likely to be consistent remitters than chronically ill, and males were more likely to be consistent remitters compared to the other two groups. Participants with lower baseline anxiety severity, higher global functioning, higher family functioning, and fewer negative life events were more likely to be consistent remitters than chronically ill. Additionally, participants were more likely to be chronically ill if they had poorer family functioning relative to the waxed and waned group. The CAMELS team did not find minority status, SES, primary anxiety disorder, comorbid internalizing or externalizing disorders, parent global distress, or parent anxiety to predict which group participants would end up in.

During their presentation, Dr. Ginsburg and the CAMELS team noted that these preliminary results may highlight the benefits of CBT, medication, and combination treatments, as well as the importance of improving available treatments for chronically anxious youth, assessing for identified predictors of poor outcome, and developing relapse prevention strategies. During a brief phone interview, Dr. Golda Ginsburg stated that future analyses aim to target the onset of depressive symptoms and substance use disorders, as well as functional outcomes (educational and occupational achievement) and patterns of mental health service utilization over time across the three remission groups.

References

- Ginsburg, G. S., Becker, E. M., Keeton, C. P., Sakolsky, D., Piacentini, J., Albano, A. M., ... & Peris, T. (2014). Naturalistic follow-up of youths treated for pediatric anxiety disorders. *JAMA psychiatry*, 71(3), 310-318.
- Ginsburg, G. S., Kendall, P. C., Sakolsky, D., Compton, S. N., Piacentini, J., Albano, A. M., ... & Keeton, C. P. (2011). Remission after acute treatment in children and adolescents with anxiety disorders: findings from the CAMS. *Journal of consulting and clinical psychology*, 79(6), 806.
- Walkup, J. T., Albano, A. M., Piacentini, J., Birmaher, B., Compton, S. N., Sherrill, J. T., ... & Iyengar, S. (2008). Cognitive behavioral therapy, sertraline, or a combination in childhood anxiety. *New England Journal of Medicine*, 359(26), 2753-2766.

Chicken Soup for the Anxiety Clinician's Soul: Humorous and Unusual Exposure Stories

Compiled by Dana Hodkin, Psy.D.⁴

As clinicians working with children and adolescents with anxiety disorders, many of us spend a good portion of our time helping our clients complete anxiety exposures. These exposures can, on occasion, have unexpected and funny outcomes.

Here are several stories of exposures from real clinicians. Thank you to all those clinicians who submitted their stories. We welcome future contributions. Please email your humorous/unusual exposure story to yardanagaller@gmail.com.

The Therapist with the Bunions

“I was once working with a 15 year-old male who had social anxiety. After completing many of the exposures on his fear hierarchy, we began working on ‘embarrassment’ exposures. As part of these exposures, I walked into a nearby nail salon with my teenage client, who, in front of all manicurists and customers, was instructed to ask in a loud voice, ‘DO YOU REMOVE BUNIONS HERE?’

Needless to say, the entire store (including all customers and manicurists) gave us a long, knowing, look. To this day, whenever I pass this nail salon near my office, I see the employees looking at me with big knowing smiles on their faces and pointing, perhaps wondering when I will finally come in to remove my many bunions.”

The Car Trunk

“A clinician that I once worked under told me that she had been working with a female client who had claustrophobia. And, being locked in the trunk of a parked car was at the top of this client’s fear hierarchy. When they finally made it to that particular exposure, the clinician walked the patient out of the office (on a busy street in midtown Manhattan) and proceeded to have her patient climb into the trunk of her car. The clinician locked the car.

⁴ The Child Study Center at NYU Langone Medical Center

As soon as the patient was in the locked trunk, a policeman walked over to the parked car.

The policeman stood there, talking to the clinician, for a few minutes before walking away. The clinician tried to pretend as if everything was normal. When the coast was finally clear, the clinician proceeded to unlock the trunk door. The client emerged from the trunk, completely exuberant that she had completed her exposure. 'I did it, and nothing bad even happened!' she beamed with excitement."

The Horn Honker

"When I was a first year graduate student in Boston, the most senior student in our lab was out on the streets of Boston in Kenmore Square working with a teenage boy who had a specific phobia of loud noises. As part of his exposure plan, the clinician was sitting in a car and randomly honking as the boy walked up and down the block. Eventually, a ROTC officer came out of his building to find out what was going on. He went out to the clinician and asked, "Is everything O.K.?" The clinician didn't want to disclose what she was doing as she felt that she would violate the patient's privacy, so she just responded, "Yes." The officer walked back to his building and she continued to honk the horn intermittently. I always wondered what the officer thought was going on there."

The Kiddie Pool Exposure

"During this past winter, I worked with a young boy who had a specific phobia (natural environment type) and was terrified of having water touch his face. He would sometimes even refuse to take a bath at home. As we proceeded through many exposures on his fear hierarchy involving water, he finally felt ready to do exposures in a kiddie pool. However, it was the middle of an especially cold winter, and there were no indoor swimming pools available. We ended up spreading a blue tarp on the floor of the conference room, blowing up a kiddie pool, and filling the pool with alternating cups of hot and cold water from the office's water cooler. It was well worth the effort- the young client did a fantastic job with the exposures, and now take baths, swims and goes to the beach without any issues. His mother called me recently to let me know that this summer, he has taken up swimming lessons and has been very active around the local pools.

She reported with a smile that on occasion, when he comes up to take a breath after an especially rewarding lap, he shouts 'Thank you, Doctor!'

ABCT 2016- Child Anxiety Related Presentations

Compiled by Rachel Terry, M.S.⁵

We are looking forward to a great collection of child anxiety-related presentations at the ABCT conference this year! To help facilitate the process of identifying presentations of interest to CAASIG members, we've included a sampling below. Please note that you can now access the ABCT 2016 Itinerary Planner at <https://www.eventscribe.com/2016/ABCT/> to find further information about the events below and the full conference schedule.

Pre-Convention / Ticketed Sessions:

Child and Adolescent Anxiety Disorders: A Developmental and Family-Based CBT Model

Type of event: Clinical Intervention Training

Time: Thursday, 10/27, 8:30 AM – 5:30 PM **Location:** Fl. 5, Broadhurst & Belasco Rm.

Presenter: **Anne Marie Albano, Ph.D.**, Professor of Medical Psychology, Director of Columbia University Clinic for Anxiety and Related Disorders, Columbia University Medical Center, New York, New York

Adapted Parent-Child Interaction Therapy for Early Childhood Anxiety

Type of event: Institute

Time: Thursday, 10/27, 1:00 PM – 6:00 PM **Location:** Fl. 4, Odets Rm.

Presenters: **Jonathan S. Comer Ph.D.**, Associate Professor of Psychology and Psychiatry, Florida International University, Miami, Florida; **Jami M. Furr Ph.D.**, Director, Selective Mutism Program at the Center For Children and Families, Florida International University, Miami, Florida; **Donna B.**

⁵ Yeshiva University

Pincus Ph.D., Professor of Psychology, Boston University, Boston, Massachusetts; **Anthony C. Puliafico Ph.D.**, Columbia University Medical Center, New York

Clinical Roundtables:

Exposure and Response Prevention, Distress Tolerance, Mindfulness, and Acceptance: Expert Perspectives on Treating Anxiety Disorders

Time: Saturday, 10/29, 9:15 AM - 10:45 AM **Location:** Fl. 9, Marquis Ballroom

Moderator(s): **Jessica Renz**, Staff Psychologist, Cognitive & Behavioral Consultants of Westchester & Manhattan, Manhattan, New York; Efthimia Rigogiannis

Postdoctoral Fellow, Cognitive & Behavioral Consultants of Westchester & Manhattan, Douglaston, New York

Presenters: **Jonathan B. Grayson Ph.D.**, Director, The Grayson LA Treatment Center for Anxiety & OCD, Pasadena, California; **James Herbert**, Dean, Graduate College / Executive Vice Provost / Professor of Psychology, Drexel University, Philadelphia, Pennsylvania; **Lata McGinn**, Program Director, Ferkauf Graduate School of Psychology, White Plains, New York; **Alec L. Miller**, Co-Founder and Clinical Director, Cognitive & Behavioral Consultants, White Plains, New York

Mini Workshops:

**When Anxiety Traps Emerging Adults and Their Parents:
Developmentally Informed CBT for "Failure"**

Time: Friday, 10/28, 4:30 PM – 6:00 PM **Location:** Fl. 4, Wilder Rm.

Presenters: **Anne Marie Albano, Ph.D.**, Professor of Medical Psychology, Director of Columbia University Clinic for Anxiety and Related Disorders, Columbia University Medical Center, New York, New York; **Shannon Bennett Ph.D.**, Assistant Professor, Weill Cornell Medical College, New

York, New York; **Bridget Poznanski**, Doctoral Student, Florida International University, Miami, Florida

Intensive CBT for Adolescent School Avoidance

Time: Sunday, October 30, 2016 from 9:45 AM – 11:15 AM **Location:** Fl. 4, Odets Rm.

Presenter: Jamie A. Micco Ph.D., Clinical Psychologist/Assistant Professor of Psychology, Massachusetts General Hospital/Harvard Medical School, Boston, Massachusetts

Panel Discussions:

How to Develop and Disseminate Intensive Treatment for Pediatric Anxiety Disorders and OCD

Time: Saturday, October 29, 2016 from 8:00 AM - 9:30 AM

Location: Floor 6, Room: Plymouth & Royale

Moderator: Kaitlin P. Gallo, Clinical Psychologist/Instructor, McLean Hospital/Harvard Medical School, Cambridge, Massachusetts

Panelists: Kaitlin P. Gallo, Clinical Psychologist/Instructor, McLean Hospital/Harvard Medical School, Cambridge, Massachusetts; **Lindsey Bergman**, Associate Clinical Professor of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles, Los Angeles, California; **Adam B. Lewin**, Associate Professor of Pediatrics & Psychiatry/Director of the OCD, Anxiety and Related Disorders Program, University of South Florida, St. Petersburg, Florida; **Jamie A. Micco Ph.D.**, Clinical Psychologist/Assistant Professor of Psychology, Massachusetts General Hospital/Harvard Medical School, Boston, Massachusetts; **Jacqueline Sperling**, Clinical Psychologist/Instructor in Psychology, McLean Hospital/Harvard Medical School, Cambridge, Massachusetts; **Eric A. Storch**, Professor, College Of Medicine Pediatrics, University of South Florida, St. Petersburg, Florida

Where We've Been and Where We're Going: Our Evolving Understanding of How CBT Works

Time: Sunday, 10/30, 8:00 AM – 9:30 AM **Location:** Fl. 6, Broadway Ballroom North

Moderator: **Carmen P. McLean**, Assistant Professor, University of Pennsylvania, Millbrae, California

Panelists: **Edna B. Foa, Ph.D.**, Professor, University of Pennsylvania, Philadelphia, Pennsylvania; **Stefan G. Hofmann, Ph.D.**, Professor, Boston University, Boston, Massachusetts; **Richard J. McNally**, Professor, Harvard University, Cambridge, Massachusetts; **David F. Tolin**, Director, Institute of Living/Hartford Hospital Anxiety Disorders Center, Hartford, Connecticut; **Kate Wolitzky-Taylor**, Associate Professor, University of California - Los Angeles, Los Angeles, California

Symposia:

Symposium 10 – Anxiety in ASD: Next questions regarding the construct and cognitive-behavioral treatment

Time: Friday, 10/28, 9:45 AM - 11:15 AM **Location:** Fl. 4, Wilder Rm.

Presenters: **Jeffrey J. Wood**, Professor, UCLA, Los Angeles, California; **Adam B. Lewin**, Associate Professor of Pediatrics & Psychiatry/Director of the OCD, Anxiety and Related Disorders Program, University of South Florida, St. Petersburg, Florida; **Lauren Moscovitz**, Assistant Professor, St. John's University, Garden City, New York; **Connor Kerns**, Assistant Research Professor, A. J. Drexel Autism Institute, Drexel University, Philadelphia, Pennsylvania

Symposium 18 – Attention and learning processes underlying pediatric anxiety: A mechanistic approach to improve diagnosis and to enhance treatment

Time: Fri., 10/28, 11:30 AM - 1:00 PM, **Location:** Fl. 5, Lyceum, Carnegie, & Alvin Rm.

Presenters: **Tom Barry**, Post doctoral, King's College, London, London, United Kingdom; **Allison Waters**, Associate Professor, Griffith University, Mt Gravatt, Australia; **Lauren White**, Post doctoral, National Institute of Mental Health, Bethesda, Maryland

Symposium 28 – Brief Behavioral Therapy for Anxiety and Depression: Results of a Multi-Site Randomized Trial in Pediatric Primary Care

Time: Friday, 10/28 1:30 PM - 2:30 PM **Location:** Fl. 7, Columbia & Duffy Rm.

Presenters: **V. Robin Weersing**, Associate Professor, SDSU-UCSD JDP in Clinical Psychology, San Diego, California; **John Dickerson**, Assistant Investigator, Kaiser Permanente Center for Health Research, Portland, Oregon; **Michelle Rozenman**, Clinical Instructor, UCLA Semel Institute for Neuroscience and Human Behavior, Los Angeles, California; **Chair:** **V. Robin Weersing**; **Discussant:** **Joel Sherrill**, Ph.D, Deputy Director, Division of Services and Intervention Research, National Institute of Mental Health/NIH, Bethesda, Maryland

Symposium 31 – Moderators and Mediators of Youth Treatment Outcomes: Where to from Here? – Addressing Interfering Anxiety in Youth: The Search For Moderators and Mediators of Outcomes

Time: Friday, 10/28, 2:30 PM - 4:00 PM **Location:** Fl. 9, Marquis Ballroom

Presenter: **Philip C. Kendall**, Distinguished University Professor and Laura H. Carnell Professor of Psychology, Temple University, Philadelphia, Pennsylvania

Symposium 32 – Current Research Advances in Pediatric Obsessive-Compulsive Disorder: Novel Treatment Approaches and Factors Associated with Outcome – Parental and Child Anxiety Sensitivity Predicts Outcome Symptom Outcome in Pediatric OCD

Time: Friday, 10/28, 3:15 PM - 4:45 PM **Location:** Fl. 5, Juilliard & Imperial Rm.

Presenter: Dean McKay, Ph.D., Professor of Psychology, Fordham University, Bronx, NY

Symposium 37 – Pathophysiology of Irritability: Integrating Clinical Psychology and Developmental Neuroscience - Neural Correlates of Threat Bias in Irritability and Anxiety

Time: Friday, 10/28, 5:00 PM - 6:30 PM **Location:** Fl. 5, Lyceum, Carnegie, & Alvin Rm.

Presenter: Katharina Kircanski, Postdoctoral Fellow, Emotion and Development Branch, NIMH, Bethesda, Maryland

Symposium 51 – CBT Interventions for Anxious Young Children

Time: Saturday, October 29, 2016 from 9:30 AM – 11:00 AM

Location: Floor 6, Room: Shubert & Uris

Presenters: Ronald Rapee, Director of the Centre for Emotional Health, Macquarie University, Sydney, Australia; **Dina R. Hirshfeld-Becker,** Associate Professor of Psychiatry, Massachusetts General Hospital, Boston, Massachusetts; **Michal Kahn,** PhD candidate, Tel Aviv University, Herzlia, Israel; **Caroline L. Donovan,** Senior Lecturer, Griffith University, Mt Gravatt QLD, Australia; **Jeremy K. Fox,** Assistant Professor of Psychology, Montclair State University, Montclair, New Jersey

Symposium 69 – New Directions in the Study of Intolerance of Uncertainty as a Transdiagnostic Factor Across Childhood Anxiety Disorders

Time: Saturday, 10/29, 2:15 PM - 3:45 PM **Location:** Fl. 4, O'Neill Rm.

Presenters: **Amanda L. Sanchez**, Doctoral Student, Florida International University, Miami, Florida; **Danielle Cornacchio**, Doctoral Student, Florida International University, Miami, Florida; **Jennifer Cowie**, Doctoral Student, University of Houston, Houston, Texas; **Colette Gramszlo**, Doctoral Student, University of Louisville, Louisville, Kentucky; **Jacqui Rodgers**, Senior Lecturer, Newcastle University, Newcastle, United Kingdom

Symposium 77 - A Stepped Care Treatment Approach for Child and Adolescent Anxiety Disorders

Time: Saturday, 10/29, 3:45 PM - 5:15 PM **Location:** Fl. 9, Cantor & Jolson Rm.

Presenter: **Jeremy W. Pettit**, Professor of Psychology and Psychiatry, Florida International University, Miami, Florida

Symposium 102 – Nothing to Lose Sleep Over: New Advances in Understanding Sleep Problems Among Anxious Youth

Time: Sunday, 10/30, 10:00 AM - 11:30 AM **Location:** Fl. 4, Wilder Rm.

Presenters: **Brandon Scott**, Assistant Professor, Montana State University, Bozeman, Montana; **Jonathan S. Comer Ph.D.**, Associate Professor of Psychology and Psychiatry, Florida International University, Miami, Florida; **Danielle Cornacchio**, Doctoral Student, Florida International University, Miami, Florida; **Dana McMakin**, Associate Professor of Psychology, Florida International University, Miami, Florida; **Donna B. Pincus Ph.D.**, Professor of Psychology, Boston University, Boston, Massachusetts; **Bridget Poznanski**, Doctoral Student, Florida International University, Miami, Florida; **Jeremy Peterman**, Clinical Psychology Intern, UCSD School of Medicine, San Diego, California; **Cara Palmer**, Postdoctoral Research Fellow, Sleep and Anxiety Center of Houston at the University of Houston, Houston, Texas; **Emily Ricketts**, Postdoctoral Fellow, University of California, Los Angeles, Los Angeles, California

Renewing Your Child Anxiety SIG Membership

Do you need to renew your child anxiety SIG membership? If so, please follow the below instructions to pay your annual dues for the new academic year. If you have any questions about your current status, please contact Kendra Read at Kendra.read@gmail.com

- 1) Visit the SIG website: www.childanxietysig.com
- 2) Click on the "JOIN" link.
- 3) Complete the membership renewal form if your affiliation or contact information has changed.
- 4) Follow the dues payment instructions below:
Please send a check or money order in US funds, payable to Child and Adolescent Anxiety SIG, to:

Anthony Puliafico Ph.D.
155 White Plains Road, Suite 200
Tarrytown, NY 10591

OR Use **Paypal** in 5 easy steps:

1. Go to www.paypal.com. To complete the following steps, you must be a registered PayPal member. If you aren't registered already, follow their directions to "Sign Up," then continue with the following steps:
2. Login to your account.
3. Click on the "Send Money" tab.
4. Enter childanxietysig@yahoo.com as the recipient's email address.
5. Enter the amount (\$10 for Students and \$20 for Professionals) and currency type, then hit "Continue."
6. Enter credit card information, review, and hit "Send Money."

SAVE THE DATE!!

ABCT Child & Adolescent Anxiety SIG Pre-Conference

Thursday 10/27

1-5pm

New York Marriott Marquis

Panel Discussion:

“After CAMS: Combination Treatment and Multidisciplinary Collaboration in Clinical Practice”

Panel Leader: Muniya Khanna, Ph.D.

Panelists: James McCracken, MD, Olivia Velting, Ph.D., John Walkup, MD

Keynote Address:

“Delivering Cost-Effective Care to Young People with Anxiety Disorders”

Ron Rapee, Ph.D.

Macquarie University

Research Presentation:

“Guided Self-Help for Anxiety for Young People with Long-Term Conditions”

Sophie Bennett, DClinPsy and Anna Coughtrey, Ph.D., DClinPsy

Great Ormond Street Hospital and UCL Institute of Child Health

PLUS Updates from various child anxiety research groups and Networking

Happy Hour afterward!

Sounds great, how do I sign up?

Seats are limited, so please

visit: <http://www.childanxietysig.com/2473.html>

and register as soon as possible.

Please remember to pay your registration fee for the pre-conference; the registration fee is \$20 for professionals and \$10 for student members (please follow the same payment instructions for membership dues, described on previous page).

We look forward to seeing you all at ABCT!

SAVE THE DATE!!

ABCT 2016 Convention



Thursday, October 27th - Sunday, October 30th
2016

New York Marriott Marquis, NYC

*Please visit www.abct.org/conv2016 for more details and to register