

SIG Newsletter

Advancing the Science and Practice of Youth Anxiety

September 2014

Dear colleagues,

I hope you have all had an enjoyable and restful summer!

Since my days in graduate school, I have been impressed with the collegiality exhibited by child anxiety researchers and clinicians. The collaborations among colleagues in our area of study are numerous, and often transcend institution and country. It's safe to say that this collegiality and open collaboration has helped propel our understanding of childhood anxiety and its treatments.

Recent technological advances have made it that much easier to stay connected and collaborate with colleagues. Those of us living on different continents can connect and share ideas instantly over the internet. For years, the Child & Adolescent Anxiety SIG has used our website, www.childanxietysig.com, to easily provide information and resources to SIG members and those interested in child anxiety. One resource on the website is a working list of recent publications in the area of child and adolescent anxiety. Over the last year, we have entered the social media universe to quickly distribute news and research findings in the area of child anxiety, and to further our ability to collaborate and network. These efforts include:

- Development of a Facebook page: www.facebook.com/ABCTchildanxietySIG
- Creation of a LinkedIn group for the Child & Adolescent Anxiety SIG

While we are still learning how to use these resources most effectively, I am confident that they will facilitate our collaborations and networking in the years to come. So when you have a few moments, please check out the SIG on Facebook and LinkedIn. And please use these forums to post updates about recent publications, clinical updates, and other relevant news!

Thanks,

Tony Puliafico, SIG Leader

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ABCT Child & Adolescent Anxiety SIG

2014 Conference

In Philadelphia, PA



SIG Preconference Meeting November 20, 2014 1-5pm

Keynote presentation: "The dissemination and implementation of anxiety services for youth", Philip Kendall, Ph.D. ABPP

More details to follow soon!

Register now at www.childanxietysig.com

Things To Do In Philly

Aubrey Carpenter, M.A., and Monica Wu, M.A.

Philadelphia is the home of the Fresh Prince of Bel-Air, the cheesesteak, the sitcom *It's Always Sunny in Philadelphia*, and the Liberty Bell. Despite the ubiquitous teasing of Philly for its lewd Eagles fans and decision to claim Cheez Whiz to be the best cheesesteak topping, it's actually a phenomenal city bursting with rich history and amazing restaurants, many of which are BYOB. The conference hotel is situated right in the heart of Center City at 12th and Market, meaning it sits among many of the city's best restaurants, museums, and local attractions. Below are just a few spots to check out while you're here for the conference.

LET'S EAT

Barbuzzo Mediterranean kitchen and bar featuring daily lunch and dinner. Grab a cheese board and some wine after a long day at the conference! 13th and Sansom, Center City. www.barbuzzo.com

Di Bruno Brothers is an Italian grocery store that offers delectable pastries, espresso, and gourmet lunch to go. This is also the place to go for that obscure olive oil you've been hunting for or the gallon sized tub of Nutella! 18th and Chestnut, Center City. www.dibruno.com

El Vez should be on your must-see list if you like guacamole and margaritas. This Stephen Starr restaurant is well worth the wait for famed Mexican. 13th and Sansom, Center City. www.elvezrestaurant.com

Federal Donuts is a must-see stop for counter-style homemade donuts and fried chicken if you happen to be down in Old City checking out the Liberty Bell a few blocks away or exploring the waterfront where the Delaware River separates Philly from New Jersey. 2nd and Manton, Old City. www.federaldonuts.com

Four Rivers is a highly recommended BYOB Chinese spot in Chinatown, which is just a few blocks from the conference hotel. 10th and Race, Chinatown. www.fourriverschinese.com

Honey's Sit 'N Eat is an amazing breakfast diner in Old City serving Southern and Jewish fare – be sure to try the biscuits and jam before strolling back to the conference by way of Betsy Ross's historical home and the surrounding Old City historical charm. 4th and Brown, Old City. www.honeysitneat.com

La Colombe Torrefaction is a must for strong espresso lovers. Grab a latte to go and stroll through nearby Rittenhouse Square, or bring some freshly ground beans home as a souvenir! 19th and Walnut, Center City. www.lacolombe.com

Little Baby's Ice Cream is a bit of hike away in artsy Fishtown, but it's delicious if anyone is feeling a pull to explore the hipster area near Temple University. Frankford Ave. and East Dauphin St., Fishtown. www.littlebabysicecream.com

Modo Mio was described by a Philly local as cash-only, BYOB, "crazy delicious Italian food" in the Northern Liberties area if you're willing to explore outside of Center City. On Sundays they have a family style meal where the chef makes four surprise courses of his choice. www.modomiorestaurant.com

Pat's and Geno's are the two rival cheesesteak operations in Philly, so some may consider it sacrilege to include them both on one line. Every local Philadelphian is loyal to one of the two for varying reasons, so try both and compare – just don't be caught with a Pat's cheesesteak wrapper on the Geno's side of the street or vice versa, or else be willing to subject yourself to the ruthless Philly taunting seen in the stands of Eagles games! 12th and South, South Philadelphia. www.patskingofsteaks.com / www.genosteaks.com

Penang is the spot to go to try that Malaysian food you've always wanted to try! 10th and Arch St., Chinatown. www.penangusa.com

Pizza Brain is a BYOB pizza spot right next to Little Baby's Ice Cream in Fishtown and known as the first pizza museum, so pick up some local Yuengling or Victory and come grab a slice while checking out famous pizza

Reading Terminal is by far THE best place to go with that group of friends that wants to catch up but can't decide what kind of food they're in the mood for. The Reading Terminal is a gigantic warehouse filled to the brim with food vendors of every type of food, so you'll be able to find gelato, sushi, baby back ribs, and soft pretzels and bread being made by Amish farmers right in front of you. 12th and Filbert, Center City. www.readingterminalmarket.org

Sabrina's Café is notorious for its amazing brunch near the Italian Market in South Philly, but be prepared to wait for an hour on Saturdays. 9th and Christian. www.sabrinascfe.com

Tea Talk is a cozy spot for bubble tea in Chinatown. 10th and Spring, Chinatown. *No website.*

Zahav has amazing cocktails and Israeli cuisine if you happen to be exploring Old City; try the hummus or if you're feeling adventurous, the lamb tasting menu. 2nd and Dock St., Old City. www.zahavrestaurant.com

LET'S HAPPY HOUR

Bob and Barbara's Cocktail Lounge is the original Philly dive bar where PBR was famous before the hipster claimed it – picture scenes from *It's Always Sunny in Philadelphia* and you'll get the vibe. 15th and South, South Philly. www.bobandbarbaras.com

Bru Craft and Wurst is a German beer garden just a block from the conference center. 13th and Chestnut, Center City. www.bruphill.com

Dirty Frank's is another iconic, eclectic Philly dive bar. 13th and Pine, Center City. www.dirtyfranksbar.com

Frankford Hall is a great beer garden, a short cab ride away in Fishtown, that will be especially cozy in November with their fire pits and s'mores. Frankford Ave. and E. Girard, Fishtown. www.frankfordhall.com

Franklin Mortgage & Investment Company is an underground speakeasy with prohibition history. The well-hidden spot features expensive cocktails that are well worth it, though smaller groups are recommended since the whole establishment only seats about 20 people. 18th and Sansom, Center City. www.thefranklinbar.com

Good Dog Bar and Restaurant is a cozy, non-pretentious bar whose walls are covered with pictures of dogs. If that's not enough to entice you, know that happy hour can easily turn into dinner here – try the truffled cheesesteak empanadas. 15th and Locust, Center City. www.gooddogbar.com

Hop Sing Laundromat is another speakeasy with delightful cocktails and historical charm. 10th and Race, Center City. www.hopsinglaundromat.com

Monks is known as “the soul of Belgium in Philadelphia” for boasting an impressive beer list and amazing mussels. 16th and Spruce St., Center City. <http://www.monkscafe.com>

Tria is a cozy bar where wine lovers and beer lovers can unite over small cheese plates. 12th and Spruce, Center City. www.triacafe.com

LET'S EXPLORE

The Barnes Foundation is an amazing and unique art museum in the Fairmount art museum area, featuring works by Cezanne, Matisa, and Picasso. The museum was the center of controversy when it was first built – check out the Netflix documentary, *The Art of the Steal*, in advance of your visit. 20th and Benjamin Franklin Parkway, Fairmount Area. www.barnesfoundation.org

Eastern State Penitentiary is a spooky old prison where Al Capone was held for years. It's one of the most popular Halloween ghost tour destinations in the country, so be prepared to get spooked! 20th and Fairmount Ave., Fairmount Area. www.easternstate.org

Liberty Bell is an iconic historical staple of Philadelphia in Old City, though lines for tours can sometimes drive you to abandon the effort and just explore the surrounding historical area. 5th and Market, Old City. <http://www.nps.gov/inde/liberty-bell-center.htm>

Magic Gardens are an excellent photo opportunity in South Philly. The space is an indoor/outdoor garden made entirely of mosaics by one man, whose family maintains the space. 10th and South, South Philadelphia. <http://www.phillymagicgardens.org/>

Mutter Museum is an absurd museum full of strange and historical medical equipment – not for the faint of heart, this may be an appropriate place to visit in the few weeks after Halloween. 22nd and Ludlow, Center City. <http://muttermuseum.org/>

Philadelphia Museum of Art is home of the Rocky steps, so if you don't have time to make it inside then definitely stop by for a quick photo opportunity. Take the scenic route and walk up Walnut or Chestnut St. and get on the bike path by the Schuylkill River (pronounced "skoo-kill"), which leads you directly to the museum. 26th and Benjamin Franklin Parkway, Fairmount Area. www.philamuseum.org



Students' Corner

By: Christine Cooper-Vince & Dana Hodkin

How to Avoid Common Dissertation Pitfalls

1. **Establish a good team.** Once you have begun to formulate a dissertation idea, it's important to then carefully consider which faculty you would like to ask to be on your committee. Think about which faculty members have relevant expertise for your topic, and how each committee member's expertise may complement one another (incorporating members from other departments or institutions can many times provide a unique perspective that greatly enhances your work). Additionally, it is important to consider different individuals working/mentoring style, and how this will interact with your own work style and goals for the project. "I wanted someone who I could feel comfortable going to for help and someone who was really validating and positive, but also someone who would give me the feedback I needed," said Deanna Spoto, doctoral student at St. John's University and Child Anxiety SIG member, when discussing how she chose a committee chair for her dissertation.
2. **Carefully consider your timeline.** When designing your study and defining the scope of your dissertation, think carefully about your timeline. When creating your timeline, it may be helpful to consider questions such as: When do you want to go on internship? Do you want to defend your dissertation before you leave for internship? (The answer is, "yes!") Once you have a sense of when you want to have defended your dissertation, work backwards to create a timeline for yourself. This is not the time to be overly optimistic; budget lots of extra time for each step of the process. Remember there are some aspects of the study timeline you will have less control over, e.g., participant flow of clinical populations, access to shared equipment, availability of study staff, and that there are some times in graduate school that might be busier than others (internship applications, traveling for interviews). Also leave extra time for steps you have more control over, i.e., writing. "Let your writing have some "breathing room," says Dr. Gregory, "This means after you write a section, give it a few days. Return to it and then edit it again. Keep sculpting the argument, so to speak." It's better to be pleasantly surprised when you are ahead of schedule than frantically scrambling at the last minute. To keep yourself on track, "Break your dissertation into smaller parts and take each part on as a mini-project to make it all more manageable" suggests Dr. Anne Gregory, Associate Professor at the Rutgers Graduate School of Applied and Professional Psychology, "Set mini-deadlines with your chair or your peers when possible to hold yourself accountable".

Also use your timeline to inform the scope of your project. Although you may be passionate about piloting a new 8-week intervention for XYZ disorder, use your timeline to see if a project of this size is really feasible. Remember, a good dissertation is a done dissertation.

3. **Get funding!** Having funding for your dissertation work can make a world of difference. If you are able to offer remuneration to your participants, purchase necessary supplies, and offer payment to other study staff, this is going to make your dissertation progress much more quickly and smoothly. There are a variety of funding opportunities out there to support dissertation work. Funding mechanisms range from larger scale funding such as the NRSA to organizational awards (e.g., APA and foundations) to university based awards. Keep an eye on listserv emails, do a little Googling, and consult your mentor and other students to learn more about relevant funding opportunities. Apply to as many funding opportunities as you can! Don't let yourself get discouraged just because you don't get one award, because you may get the next one, so just keep trying.
4. **Don't forget the details.** Once you've proposed your dissertation, obtained IRB approval, and set up your study, you're finally ready to begin recruitment. Even though you're excited to start running participants, take some time to review your procedures and make sure what you're doing matches your proposal. If you are using any computer programs or online surveys to collect data, double check them to make sure everything has been programmed accurately. You don't want to find out at the end of your study that your online survey was missing questions, or your computer stimulus presentation was programmed incorrectly. Additionally, if you have RAs or other study staff helping you out with the project, keep the lines of communication open. Check in regularly to make sure your project is being run according to the protocol and study staff are able to talk to you about any issues before they become large-scale problems.
5. **You can do multiple things at once.** Throughout your dissertation work there are times when you are busier than others. Use your "down time" wisely. For example, while you are waiting for your IRB approval, you can be preparing your study materials so you are ready to hit the ground running once you get approval. Also, while you are in the data collection phase, especially at times when recruitment is slow, you can be preparing for analyses and writing by devoting some time to data cleaning, database preparation, and writing/revising your introduction and methods sections.
6. **Know when to stop analyzing.** Many dissertations will generate data that will allow for analyses beyond the scope of your dissertation project. While some additional analyses can be very interesting and informative, for the purposes of the dissertation project there is a point when you need to stop analyzing and start writing. Remember, a good dissertation is a done dissertation! From the beginning, "Strive to pick a topic about which you are

actually interested in learning but also a design that is feasible and realistic,” Says Dr. Komal Sharma-Patel of St. John’s University and the Child HELP Partnership. Consider your project aims and original hypotheses, and use this to help you decide what additional analyses are excessive and simply keeping you stuck in the analysis phase. Many times students have given more junior students or RAs who helped with the project an opportunity to run some of these extra analyses, which can be a great way to stay involved with the analyses, give back to those who helped you, and enable yourself to focus your efforts on writing up your results.

7. **Ask for help!** Even though the dissertation is your independent research project, it doesn’t mean you need to be all alone. Of course we all work hard to think through and investigate our questions independently, but sometimes after all of our work, we still find ourselves a little lost. “Students should not try to do too much of the work on their own” says, Dr. Cary Cherniss, Professor at the Rutgers Graduate School of Applied and Professional Psychology. “Almost all principal investigators of research in our field work collaboratively with others -- even the most senior ones. Creativity, for most people anyway, is very much a social process. It has to do with one researcher bouncing ideas off other researchers. And when it comes to planning and implementing the study, even seasoned researchers usually seek out consultation from others at various times.” Throughout the process consult with your committee as their expertise and input will enhance your project and likely save you endless hours attempting to reinvent the wheel when it comes to your study design. In addition to soliciting expert advice, also make use of your fellow students, as many of us run up against the same issues in the dissertation process and we can be a helpful source of ideas for one another.

8. **Social Support and Self-Care:** “Graduate school programs are demanding as they require students to be learning and practicing on multiple levels simultaneously (research, clinical) and across settings (coursework, externships, research labs). In order to successfully complete each of the benchmarks with success and integrity, it is also important to continue to do things that are “outside” of the work (gym, cooking, walking, spending time with family and friends) that help maintain a work-life balance,” notes Dr. Sharma Patel. You can also use your fellow students as a source of motivation and support. However, as Dr. Patel recommends, “be sensitive to others’ feelings when sharing achievements, and be mindful of how competitiveness, although natural, can impact the group.” Small dissertation support groups that meet regularly can be a great way to set short-term dissertation goals and keep yourself honest about progress towards those goals (my group even implemented a weekly reward from our local coffee shop for meeting our goals, which was incredibly motivating!). These groups can also provide great social support and a little comic relief as we all progress through the dissertation journey together.

Membership Renewal Form

If you have not yet renewed your SIG membership for the 2014-2015 academic year, here's your chance! You can either complete and mail this form with your dues check or complete the membership renewal form online at www.childanxietysig.com. Thanks for renewing your membership!

Name: _____

Please check one: ___ I am renewing my SIG membership
 ___ I am joining the SIG

Membership Status: ___ Professional (\$20 annual dues)
 ___ Student (\$10 annual dues)

Address: _____

Phone: _____

Email: _____

Are you currently a member of ABCT? ___ Yes ___ No

(You must be a member of ABCT to be a member of the SIG)

Would you like to be added to the SIG listserv? ___ Yes ___ No

Dues Payment Instructions

Please send a check or money order in US funds), payable to Child and Adolescent Anxiety SIG, to:

Courtney Weiner, Ph.D.
Child & Adolescent OCD, Tic, Trich, and Anxiety Group
University of Pennsylvania
3535 Market Street
Suite 600 North
Philadelphia, PA 19104

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."

ABCT's 48th Annual Convention



48th Annual Convention | Nov. 20–23, 2014

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