

The Child & Adolescent Anxiety SIG Newsletter

Advancing the Science and Practice of Youth Anxiety

November 2011

Hello SIG members:

It is that time of year again! ABCT is right around that corner and as such, we are happy to present to you the annual pre-conference Newsletter. Inside you will find helpful information about relevant events related to child/adolescent anxiety at ABCT. We are also pleased to announce that the 2011 conference will kick-off with the 3rd annual Child & Adolescent Anxiety SIG Pre-Conference Meeting to be held on Thursday, November 10th from 9:00am - 5:00pm. This year's theme is "**The Next Decade of Child Anxiety Research**" and we are thrilled that Dr. Deborah Beidel, Professor and Director of Clinical Training of Psychology at the University of Central Florida, will be our keynote speaker. Dr. Beidel's presentation, titled "*Emotion Regulation in Selective Mutism: Can They Really Be So Anxious If They Look So Calm?*", will provide CAASIG members with a look forward at the DSM-V committee's proposal on Selective Mutism. Other exciting presentations by our members will follow (see Page 2). We hope to see you there for the entire pre-conference meeting, but encourage you to at least stop by at some point during the day.

The regular CAASIG meeting will be held on Friday, November 11th from 11:30am to 1:00pm (in Wentworth). During the meeting we will present this year's Winner, Cara Settiani, with the 2011 Student Travel Award. Ms. Settiani will present her award-winning study titled, "*Youth Anxiety and Parent Factors over time: Directionality of Change among Youth Treated for Anxiety Disorders*" at the meeting. As usual we also will announce this year's student poster award winner. Congratulations to all of the CAASIG poster presenters (see Page 4) who will present their research during the SIG Expo and cocktail party on Friday November 11th from 6:30 – 8:30pm.

We also want to extend a big THANK YOU to our SIG Leader, Muniya Khanna who will complete her term at the 2011 meeting. Muniya's leadership and commitment to the CAASIG have been tremendous and we deeply appreciate all of her efforts. Additionally, we would like to officially welcome Aleta Angelosante as the new SIG leader! We look forward to seeing everyone in Toronto.

Sincerely,

Candice A. Alfano, Ph.D., (caalfano@uh.edu)

Adam S. Weissman, Ph.D., (DrAdamWeissman@gmail.com)

In this issue:

Features:

3 rd Annual ABCT Child & Adolescent Anxiety SIG Pre-Conference Meeting	p2
A Letter from SIG leader, Muniya Khanna	P3
Call for Newsletter Co-Editor Applications	p7
ABCT 2012 Call for Papers	p7

ABCT Toronto:

2011 CAASIG posters	p4
ABCT Symposia of Interest	p5
Student Travel Award Winner	p7
Student Corner	p6

In Every Issue:

Letter from the Newsletter Co-editors	p1
Renew Your SIG Membership	p8

-- 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.

The 3rd Annual
Child & Adolescent Anxiety SIG Pre-Conference Meeting

"The Next Decade of Child Anxiety Research"

Thursday, November 10th from 9:00am - 5:00pm,
Dominion Ballroom South

Join us at the **2011 Child & Adolescent Anxiety SIG Pre-Conference Meeting** on **Thursday, November 10th**. This year's theme: **"The Next Decade of Child Anxiety Research."**

Keynote Address, 9 – 10am:

Deborah C. Beidel, Ph.D., ABPP

**"Emotion Regulation in Selective Mutism:
Can They Really Be So Anxious If They Look So Calm?"**

Here are some of the other presentations to look forward to:

Marrying pathways to fear: something old, something new, something borrowed, lots to do
Andy Field

Update on Research at CHAAMP - *Michelle Rozenman & Megan Jeffreys*

Using eye-tracking to assess attentional bias in preschool aged children - *Helen Dodd*

Interpersonal factors in anxiety: The development of the co-worry scale
Kathleen Herzig-Anderson, Caitlin V. Dombrowski, and Kimberli Treadwell

Technology in the dissemination of evidence based practice in child anxiety
Aubrey Edson and Muniya Khanna

Exciting new projects underway at the Child Study Center
Kristy Benoit, Krystal Lewis, and Maria Fraire

Are children with 'pure' generalized anxiety disorder functionally impaired? - *Candice A. Alfano*

Anxiety in youth on the autism spectrum: Ongoing studies - *Jeffrey Wood*

Development and Validation of treatment integrity measures - *Bryce McLeod*

Refreshments will be served throughout the day. We look forward to seeing you there!

Thanks and Farewell from Dr. Khanna

In my last letter to the membership as SIG Leader, I'd like to start off by saying thank you. It's been an honor to serve as SIG Leader for these last two years. What a pleasure to know and work with many of you and be able to organize the meetings that have allowed us to gather each year. It was at a Child & Adolescent SIG Preconference meeting 10 years ago that I began my work on developing technologies to support implementation of evidence-based treatment in the community and it has since become a passion of mine and the focus of my work. Mine is just one example of how inspirational this group can be. I am privileged to have been given the opportunity to give back.

Our strength lies in our membership. With over 200 members, one of the largest SIGs at ABCT, we are certainly among the SIGs with the most visibility and representation throughout the conference - from master clinician workshops to poster exhibitions. While number of submissions to ABCT has continued to rise and percentage of acceptances decline, our numbers continue to hold strong. The integrity and rigor of the work put forth by our members is difficult to deny, as is the impact of the pioneers of our field, and the high degree of involvement in ABCT board and committee activities of SIG members.

One of my favorite projects as Leader was building our new website. I will continue to make every effort to keep it current and exciting so it can function as a valuable resource for our members and for the public. I was very lucky to have a great team helping to make things come together: Anthony Puliafico who continues to work tirelessly as our treasurer and membership coordinator; Jonathan Comer, Adam Weissman and Candice Alfano who put together terrific Newsletters throughout the years; our Listserv manager and Emeritus Leader, Jennifer Hudson who has been a stronghold of the executive committee since the day she founded this SIG in 2002; our Past-President, Jill Ehrenreich, who was always there for support and guidance; our terrific Student Reps, Emily Bilek, Laura Skriner, and Emily Laird, who have all made valuable contributions to the executive committee, the meetings, and in producing the Student Corner for the student members each quarter in the newsletter; and our newly posted webmaster, Aubrey Edson who has helped me to make our website a reality, overseeing its maintenance and continually updating its content. I know the SIG will be in good hands with our elected Leader, Aleta Angelosante, from NYU Child Study Center. Aleta has been involved in the SIG since its conception. She has trained and worked in some of the strongest programs in Child Anxiety, both clinically and in research and has dedicated her career to this field. She has all the talent AND the energy to take this SIG to its next level.

I look forward to continuing on as a member where I know I will continue to learn and be inspired by you all. See you in Toronto for another terrific Child & Adolescent SIG Preconference Meeting (Nov 10) and Annual Meeting (Nov 11) and SIG Poster Expo (Nov 11). This issue of the newsletter has all the details as well as our website, www.childanxietysig.com.

Thanks again,
Muniya

2011 CAASIG POSTERS
ABCT SIG POSTER EXPO AND COCKTAIL RECEPTION
Friday, November 11th, 6:30 - 8:30pm

1. "Initial Reliability of the CBT for Youth Anxiety Therapist Adherence Scale (ADH-CBT-YA)"

C Arnold, A Rodríguez, M Southam-Gerow, B McLeod, Virginia Commonwealth University

2. "Differences in Clinical Presentation Between High and Low SES Families Seeking Specialty Care for Childhood Anxiety Disorders"

T Chou, K Gallo, C Cooper-Vince, D Pincus, J Comer, Boston University

3. "Parenting behavior, childhood anxiety, and treatment outcome: An observational study"

C Cummings, M Gere, P Kendall, Temple University

4. "Anxiety Disorder NOS or GAD?: Patterns and Correlates of Anxiety Disorders Not Otherwise Specified Resembling Generalized Anxiety Disorder in Youth"

K Gallo, D Pincus, J Comer, Boston University

5. "The Fear of Positive Evaluation Scale in a Community Sample of Adolescents: Psychometric Properties and Relationship to Social Anxiety"

E Hirsch, C Stewart, S Lackovic, J Fox, D Colognori, J Ryan, R Kim, C Masia Warner, NYU Child Study Center

6. "Attention Bias in Phobic Youth: Relations with Fear, Attentional Control, and Anxiety Severity"

K Lewis, K Austin, T Ollendick, Virginia Tech Child Study Center

7. "Rates of Service Utilization in Socially Anxious Adolescents: Does severity predict help-seeking?"

S Lackovic, C Stewart, E Hirsch, D Colognori, J Fox, J Ryan, R Kim, R.E., C Masia Warner, NYU Child Study Center

8. "Daily Speech Changes Across an Intensive Group Behavioral Treatment Program for Early Childhood Selective Mutism"

H Sacks, University of Pennsylvania, J Comer, J Furr, D Pincus, Boston University, S Kurtz, Child Mind Institute

9. "Trajectory and Predictors of Alliance in Cognitive Behavioral Therapy for Youth Anxiety"

L Skriver, L Zandberg, B Chu, Rutgers University

10. "Worry in Interpersonal Relationships: Co-worry and its Relation to Anxiety and Co-rumination In Late Adolescence"

C Dombrowski, K Herzig, K Treadwell, University of Connecticut

11. "Using the Subtle Avoidance Frequency Examination (SAFE) to Distinguish Between Adolescents Referred and Not Referred for a Social Anxiety Screening"

S Daruwala, K Goepel, S Thomas, A De Los Reyes University of Maryland at College Park; A Aldao, Yale University; A Swan, Temple University; M Van Wie, Binghamton University; W Lechner, Oklahoma State University

12. "Acceptance and Commitment Therapy for Adolescent OCD"

A Armstrong, M Twohig, K Morrison, Utah State University

ABCT 2011 SYMPOSIA OF INTEREST

Longitudinal Explorations of the Therapeutic Alliance and Other Treatment Processes in Youth Psychotherapy

Chair: Marc Karver

Discussant: Brian Chu

How to Keep From Getting Schooled: Dissemination and Implementation of Empirically Based Programs for Children and Adolescents in Educational Settings

Chair: Richard Gallagher

Translating Research into Practice: Empirically Validated Family Prevention Programs

Chair: Melinda Morrill

New Directions in the Treatment of Adolescents with Mental Health Disorders

Chairs: William Pelham, Margaret Sibley

Discussant: Joel Sherrill

Innovative Treatments for Anxiety Disorders in Youth: Examining Predictors, Moderators, and Mediators of Treatment Outcome

Chairs: Candice Chow, Courtney Weiner

Discussant: Brian Chu

Modeling the Shape and Sequence of Changes in the Treatment of Youth Anxiety: Moving Beyond Traditional Two-Wave Evaluations

Chairs: Jonathan Comer, Kaitlin Gallo

Discussant: Anne Marie Albano

Comparing Usual Care and Evidence-Based Care for Children and Adolescents: Advancing Dissemination in the 21st Century

Chair: Charmaine Higa-McMillan

Discussant: Ann Garland

Consultation: A Critical Component of Dissemination and Implementation of ESTs

Chair: Jeremy Pettit

Discussant: Peter Jensen

Social Anxiety and Health-Risk Behaviors in Adolescents and College Students

Chair: Amie Schry

Discussant: Deborah Beidel

Examining Treatment Trajectories: Predictors, Outcomes, and Implications for Child and Adult Samples

Chairs: Halina Dour, Jennifer Regan

Discussant: Kimberly Hoagwood

Partnering with Healthcare Settings to Improve Mental Health Services for Children and Adults

Chair: Denise Chavira

Discussant: Michael Murphy

Beyond Attention Bias: Understanding the Role of Attentional Mechanisms in the Development and Treatment of Anxiety in Youth

Chairs: Amanda Morrison, Richard Heimberg

Discussant: Meredith Coles

Reducing Child and Youth Anxiety through Mindfulness and Acceptance-Based Treatment Components: Linking Research to Practice

Chairs: Priscilla Chan, Donna Pincus

Discussant: Lizabeth Roemer

Who Gets Better in Individual CBT for Child Anxiety? Preliminary Findings from the Child Anxiety Treatment Study

Chairs: Jennifer Silk, Greg Siegle

Discussant: Deborah C. Beidel

Students' Corner

By Emily Bilek, B.A., Shelly Gonzales, M.S., & Laura Skriner, M.A.

This year, ABCT is all about Dissemination. So we wouldn't be doing right by you if we didn't 'disseminate' some great ideas for conference activities and local attractions. So this edition's *Student Corner* takes you through a [sample itinerary for Friday, November 11th](#).

And remember, what happens at ABCT, ~~stays at ABCT~~ should really be disseminated!

- 8:30 am Head to the conference early on Friday morning to check out the **Internship Training Site Overview**. The meeting is in the *Dominion Ballroom North* and will be followed by a meet and greet at 10:00 am in *Churchill*.
- 11:45 All that planning and networking will likely work up your appetite. So head over to the **Sandwich Box** (67th Richmond St. W) just one block west of the Sheraton Hotel. Grab a Tomato, Brie, Avocado and Dijon sandwich (\$4.95) or a Classic Ham and Cheese (\$3.95) before you head back.
- 12:15 If it's not too cold outside, take your lunch and check out **Nathan Phillips Square**. Located just across the street from the Sheraton hotel, this public space has fountains, ponds, and beautiful courtyards. Bring a hot chocolate and discuss an interesting talk, or just catch up with old friends.
- 2:15 After lunch, head back inside the Sheraton for another student focused talk: **Careers in Clinical Psychology: Which Path Makes Sense for Me?** You'll find this talk in Conference Room G.
- 5:00 If you've seen all your top billed talks for the day, bundle up and take a walk to the **CN Tower** about a mile away from the Sheraton hotel (301 Front Street). A major landmark in the Toronto skyline, the CN Tower should not be missed! For a fee (about \$20) you can ride to the top of the tower and see the whole city.
- 6:30 On your way back to the hotel, stop for a little dinner. If you're in the mood for Greek, check out the Estiatorio Volos (133 Richmond St; entrees for \$19-\$28). Or, head over to Little India (255 Queen St.; entrees \$8-\$13).
- 7:45 Walk down to the world-famous **Second City theater** (51 Mercer St) to see "Dreams Really Do Come True! (and other lies)" at 8:00pm. Internationally acclaimed, **Second City** is sure to make you laugh!
- 10:00 Grab an after-show drink nearby at **Rockwood Nightclub** (31 Mercer St) or have a coffee at **Second Cup** (278 King St. W). But don't stay out too late; there are many more exciting talks and activities waiting for you on Saturday!

Congratulations to our
2011 Student Travel Award Winner

Cara Settipani

*"Youth Anxiety and Parent Factors over Time: Directionality of Change
among Youth Treated for Anxiety Disorders"*

**Ms. Settipani will present her award-winning study at the CAASIG meeting on
Friday, November 11th from 11:30am - 1:00pm.**

**Call for Applications:
CAASIG Newsletter Co-Editor**

*If you are interested in applying, please submit a brief bio to
Aleta Angelosante at aleta.angelosante@gmail.com*

ABCT CALL FOR PAPERS

"Principles of Behavior Change: The Compass for CBT"

46th Annual Convention • November 15-18, 2012 • National Harbor, MD

Submissions may be in the form of:

- Symposia: Presentation of data, usually investigating efficacy of treatment protocol or particular research.
- Panel Discussions and Clinical Round Tables: Discussion (sometimes debate) by informed individuals on a current important topic.
- Poster Sessions: One-on-one discussions between researchers, who display graphic representations of the results of their studies, and interested attendees.

Information about the meeting can be found after January 1, 2012, on ABCT's website.

Deadline for submissions is March 1, 2012.

2011 Child and Adolescent Anxiety SIG Pre-conference Meeting

The Next Decade of Child Anxiety Research

Sheraton, Toronto, Canada. November 10, 2011, 9am - 5:30pm

Name: _____ Email: _____

Address: _____

Agency/Institution

Mailing Address

City, State Zip/Postal Code

Country

Phone: () _____ Fax: () _____

I will attend the ABCT Preconference on Child and Adolescent Anxiety

I will attend only the AM session (9-12)

I will attend only the PM session (1-5:30)

I am interested in formally presenting research:

Title: _____

Author(s): _____

Presentation Time (20 minutes suggested length): _____ min.

I am interested in presenting a brief research update:

Title: _____

Clinic/Institution: _____

Presentation Time (15 minutes suggested length): _____ min.

A small financial contribution by each Ph.D., Psy.D. or M.D. participant is requested to defray costs (suggested contribution \$35). Students enrolled in a doctoral program in psychology or similar are also invited to contribute (suggested contribution \$20). All financial contributions should be submitted online or by check sent to the address below:

Directions for online payment:

1. 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 e-mail address.
5. Enter the amount and currency type, then hit "Continue."
6. Enter credit card information, review, and hit "send Money."

Email/Return this form by Friday, September 30 to:

Muniya Khanna, Ph.D.
 Child & Adolescent OCD, Tic, Trich & Anxiety Group (COTTAGE)
 University of Pennsylvania
 3535 Market Street, Suite 600
 Philadelphia, PA 19104
 (P)215-746-3327; (F)215-746-3311; (E)muniya@mail.med.upenn.edu

SEE YOU IN TORONTO!



DISSEMINATION IN THE 21ST CENTURY

ABCT

TORONTO

45th Annual Convention | November 10-13, 2011

