



The Child & Adolescent Anxiety SIG Newsletter

Advancing the Science and Practice of Youth Anxiety

August 2010

Letter from the SIG Leader and Newsletter Editors

Welcome to a special summer edition of our CAASIG *Newsletter*! We have some important updates and news about the terrific SIG events coming up at ABCT San Francisco. First and foremost, we are proud to announce the unveiling of the new CAASIG website, www.childanxiety.org! Check out the SIG-related news, events, articles, resources, and child anxiety referral network, all under construction online. Due to popular demand, we will also be including a special web installment of the "Student Corner", which will feature relevant news and announcements for students as well as articles to help students navigate through graduate school and in their early careers. The website also offers a convenient way to start or renew your membership (no more faxing forms!) under the "Join" tab.

We will be sending out email updates over the next few months with calls for input and/or on updates to the website. In the mean time, we encourage you all to contribute content or ideas for improving the website, as it is still very much a work in progress. Please see p.2 for instructions on adding your clinic information to the referral network and sending us ideas for new content for the website. It is also our pleasure to introduce our new website manager for 2010-2012, Aubrey Edson, from University of Pennsylvania. And a special thanks to Muniya and Aubrey, for their hard work in getting www.childanxiety.org up and running!

In addition to our exciting website updates, we are also busily preparing for our 2nd Annual Child & Adolescent Anxiety SIG Pre-Conference, "**Recent Advances in Child Anxiety Treatment Dissemination and Implementation**," to be held on **Thursday, November 18th**, at ABCT. We are pleased to announce that **Dr. Bruce Chorpita**, UCLA, will be delivering the keynote address: "*Designing for Change by Changing Design: Repackaging Knowledge about EBTs for Childhood Anxiety (and Everything Else)*." As in our last pre-conference, we would like to invite members to present their own recent work related to dissemination and implementation of EBT for child anxiety. This is a good opportunity to present work that is in progress and/or has not yet completed data collection and analyses. **Deadline for receipt of submissions is August 30, 2010** (see p. 3 for details).

Also in this issue, our terrific student representatives, Laura Skriver, Emily Laird, & Shelly Gonzales provide summaries of key child anxiety-related symposia and presentations from this year's WCBCT conference in Boston in our "Student Corner: World Congress Edition". We also give a hearty congratulations to our talented group of student finalists whose posters have been accepted for our 2010 CAASIG Student Poster Competition.

As you read about the exciting changes and growth happening in our SIG and the cutting edge child anxiety research presented at WCBCT, we hope you are all getting excited for our upcoming conference and CAASIG activities in San Francisco! We encourage you to renew your membership, to be able to participate in these great events, by completing the Renewal Form (with a convenient PayPal option) either online or by fax p. 9. To post to the CAASIG listserv simply send an email to caasig@listmail.temple.edu. Thank you all so much for your continued support of our SIG, enjoy the rest of your summer, and we look forward to seeing everyone in November!

Sincerely,

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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.

www.childanxietysig.com

We are pleased to present the new website for the Child & Adolescent Anxiety SIG!

Don't forget to add to your Favorites: www.childanxietysig.com

Here are just a few of the new and exciting features under construction:

ANNOUNCEMENTS:

Continuously updated SIG related news and announcements including call for submissions and award announcements.

CALENDAR OF EVENTS:

Upcoming events, presentations, and workshops relevant to child anxiety treatment and research.
ABCT Conference Itinerary for child anxiety SIG and related events

RESOURCES FOR PROFESSIONALS AND THE PUBLIC:

The latest articles and publications in child anxiety treatment and research
Links and information on upcoming professional development opportunities
Books for clinicians, parents, and kids

STUDENT CORNER:

Page which will feature archives and news of student poster and award opportunities, student and training-related news and resources, and articles written by students to help other students navigate the world of graduate school and early career in child anxiety treatment and research.

REFERRAL NETWORK:

What we hope will be an invaluable resource for members, professionals, and the public; our referral network will include a listing of clinical services and research opportunities offered by CAASIG members.

NEWSLETTER:

Page featuring links to past editions of our newsletters

JOIN:

Our easy online portal for starting or renewing membership to the Child and Adolescent Anxiety SIG.

We are pleased to introduce and give special thanks to our new website manager, Aubrey Edson, from the University of Pennsylvania; aedson@mail.med.upenn.edu.

Contributing to www.childanxietysig.com:

One of our first orders of business is to update our Referral Network. We would like to include the contact information for clinics and research opportunities offered by our members.

Please send information that you would like to have posted as well as any ideas you have on content you'd like to see on childanxietysig.com to: aedson@mail.med.upenn.edu to be listed on our referral network page. Please specify population served, services offered, and details on research opportunities.

CALL FOR ABSTRACTS

Recent Advances in Child Anxiety Treatment Dissemination and Implementation

**2ND ANNUAL CHILD ANXIETY SIG PRE-CONFERENCE MEETING
SAN FRANCISCO, CA, NOVEMBER 18, 2010**

Please join us at the **2010 Child & Adolescent Anxiety SIG Pre-Conference Meeting** on **Thursday, November 18th**, at ABCT. The theme of this year's meeting will be: "**Recent Advances in Child Anxiety Treatment Dissemination and Implementation.**"

Keynote Address: Dr. Bruce Chorpita, UCLA

*Designing for Change by Changing Design: Repackaging Knowledge
about EBTs for Childhood Anxiety (and Everything Else)*

As in our last pre-conference, we would like to invite members to present their own recent work related to dissemination and implementation of EBT for child anxiety. This is a good opportunity to present work that is in progress and/or has not yet completed data collection and analyses. Possible topics include:

- CBT for Child Anxiety in Unique Populations
- CBT for Child Anxiety in Unique Settings
- Improving Adherence and Sustainability in the Community
- Research Methods: Evaluating Feasibility, Adherence, and Sustainability in Community Settings
- Novel Approaches to Maximize Dissemination of CBT for Child Anxiety
- Recent Advances in Clinician Training
- Converting Science into Organizational Change and Policy

This will be a full day meeting which will also provide opportunities for discussion and networking.

If you are interested in presenting at this year's pre-conference meeting, please submit an abstract (no longer than 100 words) describing your presentation. Send abstracts to:
muniya@mail.med.upenn.edu

Deadline for receipt of submissions: August 30, 2010.

A registration e-mail will be sent out soon to the Listserve for those interested in attending the pre-conference meeting. Thank you, and look forward to seeing you at the Pre-Conference!

ACCEPTED CAASIG POSTERS for the ABCT 2010 SIG POSTER EXPO AND COCKTAIL RECEPTION Friday, November 19

1. Noel, V., Francis, S., *A Meta-analytic Review of the Role of Child Anxiety Sensitivity in Child Anxiety*
2. Regan, J., Ebesutani, C., Smith, A., Tung, I., Reise, S., Chorpita, B.F., Higa-McMillan, C. *Application of item response theory to the Positive and Negative Affect Schedule for Children, child and parent versions: A 5-item PA scale for efficient assessment of anxious and depressed youth*
3. Hitchcock, C.A., Chavira, D.A., Letamendi, A.M., Sung, S.C., Sullivan, S., Shipon-Blum, E., Stein, M.B., *Selective Mutism: Relationship with Sensory Integration Problems*
4. Waechter, V.E., Miller, L.D., *Promoting Resiliency in Children by Fostering Emotional Intelligence*
5. Chan, P.T., Leyfer, O., Pincus, D.B., *Family and Clinical Characteristics of Children and Youth Diagnosed with Generalized Anxiety Disorder*
6. Hayes, L.P., Allen, L.B., Tsao, J.C.I., Zeltzer, L.K., *Correlates of Anxiety and Depression in a Pediatric Chronic Pain Sample*
7. Letamendi, A.M., Hitchcock, C.A., Ball, T.M., Chavira, D.A., Stein, M.B. *A Family Study of PTSD: Predictors of Anxiety in Children of OIF/OEF Soldiers with Posttraumatic Stress Disorder (Preliminary Findings)*
8. Sweeney, C., Ochner, E., Lerner, A.B., Reitman, E., Kim, R.E., Ludwig, K., Ryan, J.L., & Masia Warner, C., *Effects of a Group CBT Intervention for Parents of Preschool-Aged Children with Anxiety: An Open Pilot of Strengthening Early Emotional Development (SEED)*
9. Rowley, A.M., Simpson, G.R., Laugeson E., Wood, J.J., Ehrenreich-May, J., *A Multiple Baseline, Pilot Study of a Cognitive Behavioral Treatment for Anxiety in Older Adolescents and Young Adults with High-Functioning Autism*
10. Dunbeck, K.M., Lewis, K.M., & Ollendick, T.H., *Does Anxiety Sensitivity Moderate the Relationship Between Maternal Overprotection and Child Levels of Fear and Anxiety in Clinically Anxious Children?*
11. Madden, M.M., Lewis, K.M., & Ollendick, T.H., *Do Parent-Child Interaction Styles affect Child Anxiety and Approach Behavior during the Behavioral Approach Task (BAT)?*
12. Ebesutani, C., Regan, J., Smith, A., Kim, H., Reise, S., Chorpita, B.F., Higa-McMillan, C. *Comparison of the Revised Child Anxiety and Depression Scale (RCADS) Anxiety Total scale and Generalized Anxiety scale in measuring the general factor of anxiety in youth: Are both scales really necessary?*

Congratulations on having your poster accepted for the SIG Poster Expo!
Presenters, poster guidelines are available online at:

<http://www.abct.org/Conv2010/>

click on "Poster Guidelines"

ITINERARY PLANNER

SIG EVENTS AT THE 2010 ABCT CONVENTION

THURSDAY, NOVEMBER 18

CHILD & ADOLESCENT ANXIETY SIG PRE-CONFERENCE MEETING

9AM – 5PM (REGISTRATION REQUIRED)

Recent Advances in Child Anxiety Treatment Dissemination and Implementation

Keynote Address: Bruce Chorpita, Ph.D., UCLA

Designing for Change by Changing Design: Repackaging Knowledge about EBTs for Childhood Anxiety (and Everything Else)

AM Session:

CBT for Child Anxiety in Unique Populations

CBT for Child Anxiety in Unique Settings

Novel Approaches to Maximize Dissemination of CBT for Child Anxiety

Research Methods: Evaluating Feasibility, Adherence, and Sustainability in Community Settings

PM Session:

Improving Adherence and Sustainability in the Community

Recent Advances in Clinician Training

Converting Science into Organizational Change and Policy

An email will be sent out on the CAASIG Listserve for those interested in attending the pre-conference meeting

FRIDAY, NOVEMBER 19

FRIDAY NIGHT WELCOMING COCKTAIL PARTY/SIG POSTER EXPOSITION

6:30PM – 8:30PM

SATURDAY, NOVEMBER 20

CHILD AND ADOLESCENT ANXIETY SIG ANNUAL MEETING

3:30PM – 5:00PM, UNION SQUARE 1 & 2

Keynote Address: Jeffrey Wood, Ph.D., UCLA

Exploring the Function and Treatment of Anxiety in the Autism Spectrum

Award recognition of CAA SIG Student Travel and Student Poster Award Winners

Presentation by SIG Student Travel Award Winner

PLEASE MARK YOUR CALENDARS. THESE EVENTS MAY NOT APPEAR IN
YOUR ABCT ONLINE ITINERARY PLANNER

San Francisco Songs

Believe it or not, there have been over 1,000 songs written about San Francisco. Here are some timeless favorites our membership might recognize!

I left My Heart in San Francisco—Tony Bennett

Christmas in San Francisco—Vic Damone

(Sittin' On) The Dock of the Bay—Otis Redding

Fisherman's Wharf—Peggy Lee

Frisco Blues—Peggy Lee

Lights—Journey

San Francisco Blues—Peggy Lee

San Francisco Days—Chris Isaak

San Francisco—Judy Garland

San Francisco—Jeanette MacDonald

San Francisco Blues—Scott McKenzie

Streets Of San Francisco Blues—Sanford Clark

We Built This City—Starship

San Francisco Teardrops—Marty Robbins

Hello, San Francisco—Buddy Guy

Let's Go To San Francisco—Flowerpot Men

San Francisco (You've Got Me)—Village People

Little Boxes (Ticky Tacky)—Pete Seeger

Got The Date On The Golden Gate—Mel Torme

San Francisco Bay Blues—Jesse Fuller

San Francisco Rose—Jim Nemeth

Sausalito—Maureen Brill

On a San Francisco High—Sony Holland

The Golden Gate

In San Francisco (wake me up)—Matthew Langlois



Students' Corner

A Recap of Child Anxiety-Related Presentations from this Year's WCBCT Conference in Boston

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

The 6th World Congress of Behavioral and Cognitive Therapies (WCBCT) triennial conference was held this past June in Boston, Massachusetts. True to its name, the conference brought together prominent child anxiety researchers from all over the globe, representing a myriad of countries including Australia, the United Kingdom, the Netherlands, Germany, Switzerland, Canada, Denmark, Norway, Mexico, and the United States. These diverse researchers came to WCBCT with a common goal: to present, discuss and learn about the current state of child anxiety research. Opportunities to do so were plentiful, with 15 symposia, 2 keynote speeches, a round table and an open paper session all specifically highlighting research in child anxiety. Within this domain, the presentation topics were varied and offered insight into a plethora of cutting edge research. For example, Dr. Susan Bögels gave a keynote address discussing the often forgotten role of fathers in childhood anxiety disorders. She offered insight into an evolutionary theory supporting the notion that fathers may be implicated in the development of a child's anxiety as much as or more so than mothers. Fathers may also be an invaluable resource during treatment for childhood anxiety. In another keynote address, Dr. Tom Ollendick discussed the potential of promising new approaches in the treatment of children and adolescents with anxiety disorders, including computer-assisted treatment as well as more idiographic treatment strategies that may help address the needs of traditional CBT non-responders. These talks, among others, set the stage for an inspiring WCBCT.

In this edition of the Student Corner, student representative, Laura Skriner, summarizes a few notable presentations she attended this year:

At the World Congress I had the opportunity to learn about numerous lines of research being conducted around the globe which I could likely write about for pages on end. However, since I cannot comment on all of the relevant child anxiety research presented, here is a brief recap of just a few presentations I was able to attend.

Information Processing and Cognitive Biases

Two symposia ("Modification of Cognitive Biases in Anxious Youth: Change in Attention, Interpretation, Behavior, and Anxiety," and "Development of Information-Processing Biases in Children") showcased some of the exciting, cutting edge research in the area of social information processing and cognitive biases in anxious youth. The role of cognitive biases in the development and maintenance of anxiety disorders has recently become a bit of a "hot topic." Social information processing models propose that anxious children selectively attend to threatening information (attentional bias) and have a tendency to interpret ambiguous situations in a negative way (interpretation bias). Across these two symposia, researchers from the Netherlands, Australia, the United Kingdom, and the United States presented data on the presence, development, behavioral consequences, and modification of attentional and interpretive biases in anxious youth. The studies they presented employed a range of novel approaches including computerized dot-probe tasks and behavioral tasks measuring approach and avoidance of novel animals. In a presentation on the

presence and development of cognitive biases, Dr. Peter Muris from the Erasmus University of Rotterdam discussed the role of parents in a child's acquisition of fear-related biases. In this investigation, parents were provided either threatening or positive information about a novel animal and then asked to describe the animal to their child. Results indicate that parents can indeed install reasoning biases in their children via verbal information. Dr. Kathryn Lester from the University of Sussex described research using a "go, no-go task," to assess attentional reactivity and control in pediatric Obsessive-Compulsive Disorder (OCD). Compared with non-anxious youth and youth with other anxiety disorders, the OCD group showed greater difficulty inhibiting responses on angry faces.

"...it seems likely that in years to come [Cognitive Bias Modification] CBM procedures will serve as powerful and cost effective tools in the treatment of anxious youth."

Several presenters then discussed studies on whether cognitive bias modification (CBM) procedures could be used as effective interventions for anxious youth. CBM is an emergent field in adult anxiety research and is now gaining momentum in child anxiety research as well. Dr. Eva de Hullu from the University of Groningen presented on a large-scale project aimed at the prevention of social anxiety in secondary school children. High socially anxious children were trained with a CBM procedure designed to train a more positive attentional style and interpretive style. Michelle Rozenman from San Diego State University/UC, San Diego described research using a computerized attention bias modification program as a treatment for youth anxiety disorders. Preliminary results from both projects provide evidence that CBM procedures can successfully change attention and interpretation biases in anxious youth and in some cases, reduce anxiety symptomatology.

Collectively, these novel studies provide evidence that cognitive biases favoring the processing of threatening information do indeed exist in anxious youth and appear to play an important role in the etiology and expression of anxiety. Through experimental and clinical studies, evidence is mounting that both attentional and interpretive biases can be altered in a healthy direction. There is still much work to be done in this area, but based on what I learned at the World Congress it seems likely that in years to come

CBM procedures will serve as powerful and cost effective tools in the treatment of anxious youth.

Another exciting area of research is the development of transdiagnostic approaches to the treatment of youth with anxiety and depression. In a symposium focused on this emerging area of research ("Efficacy and Mediators of Transdiagnostic Approaches to Youth Anxiety and Depression"), findings from four innovative transdiagnostic treatment programs were presented. The presentations focused on describing the transdiagnostic treatment programs, the different implementation strategies utilized, and some preliminary results from initial clinical trials. Researchers discussed the utility of these approaches across diverse settings and with diverse populations of youth, demonstrating the broad applicability of these protocols. Ron Rapee from Macquarie University described a revised version of the Cool Kids program aimed at treating comorbid anxiety and depression. Brian Chu from Rutgers University described preliminary feasibility and efficacy of a group behavioral activation therapy (GBAT) implemented in a school setting. On behalf of Dr. Robin Weersing of San Diego State University, Shelly Gonzalez described a brief behavioral therapy program designed to address anxiety and/or depression in youths and developed for use in pediatric primary care settings. On behalf of Dr. Jill Ehrenreich-May from the University of Miami, Lauren Allen presented data from the Unified Protocol for the Treatment of Emotional Disorders in Youth (UP-Y), an emotion-focused CBT approach for the treatment of adolescent with anxiety and/or depression. Data from an ongoing clinical trial were presented as well as pilot data from a study using the UP-Y protocol with youth suffering from chronic pain. While the clinical trials of these transdiagnostic treatments are still in their early stages, preliminary data across these studies show substantial improvements for youth with anxiety, depression, or their combination. The early success of these treatments offers hope in our ability to address different classes of disorders simultaneously using a single treatment protocol.

All in all, it was a great conference with the WCBCT being host to an impressive gathering of some of the best minds in our field. These notable talks are just the tip of the child anxiety iceberg, and considered together, the child anxiety presentations at this year's WCBCT have raised the bar for future conferences. Will the next WCBCT live up to this year's presentations? Find out for yourself, in July 2013 in Lima, Peru!

Membership/Renewal Form

Name: _____
 Title: _____ Degree _____
 Address: _____

 Phone: _____
 Fax: _____
 Email: _____
 Web Page: _____

Membership Status (check one):
 Professional _____ Student _____
 \$10 (US funds) _____ \$5 (US funds) _____
 for one year for one year

Are you an AABT member or student member?
 YES _____ Note: You must be an ABCT member to join the Child and
 Adolescent Anxiety SIG.
 NO _____

Would you like to join the Child and Adolescent Anxiety SIG Listserve?
 YES _____ (make sure email address is included above)
 NO _____

To initiate your membership:

Please fax membership form to: Anthony Puliafico, Ph.D. at: 212-246-5792. Then send a check or money order (in US funds), payable to Child and Adolescent Anxiety SIG, to Anthony C. Puliafico, Ph.D., 3 Columbus Circle Suite 601, New York, NY 10019

OR

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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."

visit www.childanxietysig.com
 to initiate/renew membership online!

SEE YOU IN NOVEMBER!

