



THE AGE OF ANXIETY

Assessment and Treatment

JANUARY 24-25, 2020

FAIRMONT COPLEY PLAZA HOTEL
BOSTON, MASSACHUSETTS

offered by

THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION

under the direction of

Xenia Johnson Bhembe

Rebecca Drill

Judy Reiner Platt

We will offer an update on the latest research findings and clinical applications for the diagnosis and treatment of anxiety disorders throughout the lifecycle. The treatment of anxiety is ever changing as new treatments are discovered to alleviate the stress and anxiety of the patient. Topics will include biological, psychological, cultural, and sociological influences of anxiety disorders. Different and new evidence-based treatment approaches will be presented through lectures, case studies, panel discussions, and question and answer sessions. The course is intended for all health and mental health clinicians interested in the prevention and treatment of anxiety and its related disorders. **Learning Objectives:** Upon completion of this activity participants will be able to: evaluate the neurobiological and psychodynamic understanding of anxiety; incorporate a unified protocol for anxiety treatment, as well as interventions for sleep disorders, trauma, and stress; determine risks and benefits of technology and psychopharmacotherapy; define issues of anxiety surrounding sexual orientation, gender identity, ethnicity, race, or immigration status; identify anxiety around parenting and sexual development of youth; and compare and contrast eastern and western interventions.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY – JANUARY 24, 2020

7:45 - 8:30 REGISTRATION AT FAIRMONT COPLEY PLAZA HOTEL, BOSTON

8:30 - 12:45 MORNING PROGRAM - Moderator: Kerry-Ann Williams

Brain Science and Psychodynamic Psychotherapy:

An Innovative and Research-Based Approach to Treatment Resistant Anxiety.... Rebecca Drill and Srin Pillay

Unified Protocol for Emotional Disorders: Core Treatment Strategies Todd Farchione

Treating Anxiety in a Digitized World:

Potential Risks and Benefits of Technology Sandra M. DeJong

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Treniece Lewis Harris

Strategies for Managing the Stressors Faced Today Robin Cook-Nobles

Sharing Clinical Experiences around Anxiety and Identity: Who Am I?

Sexual Orientation/Gender Identity David Zelaya

Race and Ethnicity Nicole Christian-Brathwaite

Supporting the Mental Health of Immigrants and Refugees Saida M. Abdi

SATURDAY – JANUARY 25, 2020

8:30 - 12:45 MORNING PROGRAM - Moderator: Xenia Johnson Bhembe

Sleep and Anxiety Disorders: Conceptualization for CBT-1 Donn Posner

Treatment of Anxiety in Trauma-Focused Psychotherapy..... Robin Zachary

Psychopharmacotherapy of Anxiety Disorders: An Update T.H. Eric Bui

Integrating East and West in the Treatment of Anxiety Marni Chanoff

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Rebecca Drill

The Impact of Traumatic Overstimulation on Young People's

Relationship with Love and Sex Mark O'Connell

Managing Anxiety While Doing the Hardest Job in the World: Parenting Alexis Davis

Discussion Faculty

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

TREATING ANXIETY (#732505-2002)

Registration Fees:

Physicians \$425

All Others: \$310

Plus a processing fee of \$10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at

<https://cmeregistration.hms.harvard.edu/Anxiety2020> (directly into browser) or www.cambridgecme.org

Inquiries may be made to Harvard Medical School - Department of Continuing Education at 617-384-8600 (Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPrograms@hms.harvard.edu or

Cambridge CME at 617-806-8770; email: cme@challiance.org

2019-2020 CAMBRIDGE/HARVARD CALENDAR

November 1-2

Treating Couples

January 24-25

Treating Anxiety

November 15-16

Sex, Sexuality, & Gender

February 7-8

School Mental Health

December 6-7

Integrated Care

March 6-7

Addictions

May 1-2

Meditation & Psychotherapy

GENERAL INFORMATION

REGISTRATION: Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check submission form. A “pending” email will be sent to you. Final confirmation will be received after processing your check. All foreign payments must be made by a draft on a United States bank or paid by credit card. *Telephone and fax registrations are not accepted.*

COURSE LOCATION AND ACCOMMODATIONS: All sessions will be held at **The Fairmont Copley Plaza Hotel**, 138 St. James Avenue, Boston, MA 02116 (617) 267-5300 or (866) 540-4417. **Rooms in Boston are limited; you are urged to make your reservation early.** A block of rooms has been reserved at the Fairmont Copley Plaza until **January 8, 2020**. Please specify you are enrolled in this course to receive a conference rate. For a direct link: <https://book.passkey.com/go/anxiety2020>

REFUND POLICY: Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. "No-Shows" are subject to the full course fee.

CONTINUING EDUCATION:

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 14 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

RISK MANAGEMENT: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 6 credits of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.

PSYCHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division, maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: Application has been made to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work and to the New England Association for Family and Systemic Therapy for LMFT professional continuing education, for a total of 14 credits, (7 credits/hours per day). The States of CT and RI accept NBCC (see below) and NASW approval for marriage and family therapists. The Division of Continuing Education at Cambridge Health Alliance/CHA Physicians Organization is recognized by the **New York State** Education Department's State Board for Social Work as an Approved Provider (#0038), of continuing education for licensed social workers; 14 contact hours have been approved.

COUNSELORS and EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is an Approved Continuing Education Provider and may offer NBCC approved clock hours for events that meet NBCC requirements. The Cambridge Health Alliance solely is responsible for all aspects of the program. This program is approved for 14 clock hours, Provider ACEP #5444, and is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator for 14 credits.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers a total of 16.8 hours.

FACULTY

SAIDA M. ABDI, LICSW, PhD, Associate Director, Community Relations, Refugee Trauma and Resilience Center, Boston Children's Hospital; Adjunct Professor, Boston College School of Social Work; Assistant Professor, School of Social Work, University of Minnesota Twin Cities

XENIA JOHNSON BHEMBE, MD, Director, Community Minority Affairs Office, Staff Psychiatrist, and Recipient of the Medical Staff Lifetime Achievement Award, Cambridge Health Alliance; Assistant Professor of Psychiatry, Harvard Medical School

T.H. ERIC BUI, MD, PhD, Assistant Professor of Psychiatry, Harvard Medical School; Associate Director, Center for Anxiety and Traumatic Stress Disorders and Complicated Grief, Massachusetts General Hospital; Board of Directors, International Society for Traumatic Stress Studies; Associate Editor, *European Journal of Psychotraumatology*; Editor, *Clinical Handbook of Bereavement and Grief Reactions*; Co-Editor, *Clinical Handbook of Anxiety Disorders*

MARNI CHANOFF, MD, Director of Wellness, McLean OnTrack Program, McLean Hospital; Lecturer on Psychiatry (part-time), Harvard Medical School; Founder and Senior Advisor, Ellenhorn Wellness Program, Arlington; Advisor, StrongMinds, Mental Health Africa; Ayurvedic Consultant, Kripalu-certified; Culinary Health Education Fundamentals (CHEF) Coach, The Institute of Lifestyle Medicine; Private Practice, Cambridge

NICOLE CHRISTIAN-BRATHWAITE, MD, Founder and CEO, Well Minds Consulting Company; Medical Director, Riverside Community Care, Dedham

ROBIN COOK-NOBLES, EdD, Director of Counseling Services, The Stone Center, Wellesley College; Publications include contributions to *The Complexity of Connection*; *Women's Growth in Diversity*; and others

ALEXIS DAVIS, LICSW, Clinician, Outpatient Psychiatry Department, Tufts Medical Center; Parent Guidance Consultant

SANDRA M. DEJONG, MD, MSc, Senior Consultant, Child and Adolescent Psychiatry Training Program, Cambridge Health Alliance; Assistant Professor of Psychiatry, Harvard Medical School; Secretary, Board of Trustees, American Psychiatric Association; Past-President, American Association of Directors of Psychiatric Residency Training; Author, *Blogs and Tweets, Texting and Friending: Social Media and Online Professionalism in Health Care*

REBECCA DRILL, PhD, Clinical Director, Program for Psychotherapy and Co-Principal Investigator, Psychodynamic Psychotherapy Outcome and Process Investigation, Cambridge Health Alliance; Assistant Professor of Psychology, Department of Psychiatry (part-time), Harvard Medical School; Private Practice, Wellesley

TODD FARCHIONE, PhD, Research Associate Professor, Center for Anxiety and Related Disorders, Department of Psychological and Brain Sciences, Boston University; Publications include: *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide* 2nd Ed.; *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook*, 2nd Ed.; *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*

TRENIECE LEWIS HARRIS, PhD, Staff Psychologist, Director of Child Psychology Outpatient Training, and Chair of the Diversity Council, Cambridge Health Alliance; Assistant Professor of Psychology (part-time), Department of Psychiatry, Harvard Medical School; Private Practice, Brockton

MARK O'CONNELL, PhD, Faculty: Boston Psychoanalytic Clinic, Massachusetts Institute of Psychoanalysis, and Psychodynamic Couples and Family Institute New England; Private Practice, Chestnut Hill; Author: *The Good Father: On Men, Masculinity and Life in the Family*; *The Marriage Benefit*

SRINI PILLAY MD, Founder and Chief Executive Officer, NeuroBusiness Group; Former Director, Outpatient Anxiety Disorders Research Service Program and Panic Disorders Research Program in the Brain Imaging Center, McLean Hospital; Assistant Professor of Psychiatry (part-time), Harvard Medical School; LinkedIn Learning Instructor: *Depression in the Workplace*; *Anxiety in the Workplace*; *Applications of Neuroscience to the Workplace*; Author: *Tinker, Dabble, Doodle, Try: Unlock the Power of the Unfocused Mind*; *Life Unlocked: 7 Revolutionary Ways to Overcome Fear*; *Your Brain and Business: The Neuroscience of Great Leaders*

JUDY REINER PLATT, EdD, Director, Continuing Education in Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

DONN POSNER, PhD, Founding Member and Diplomate, Society of Behavioral Sleep Medicine; Clinical Research Psychologist, Palo Alto Veterans Administration; Adjunct Clinical Associate Professor, Department of Psychiatry, Stanford University School of Medicine, Palo Alto, California; National Consultant on behavioral sleep medicine programs and mobile applications; Publications include: *Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide*; *Cognitive Behavioral Therapy for Insomnia in Those with Depression: A Guide for Clinicians*; Contributor to *Behavioral Treatments for Sleep Disorders: A Comprehensive Primer of Behavioral Sleep Medicine Interventions*

KERRY-ANN WILLIAMS, MD, Psychiatrist, Justice Resource Center; Instructor in Psychiatry (part-time), Harvard Medical School at Cambridge Health Alliance; Private Practice, Concord

ROBIN ZACHARY, LICSW, Trauma Specialist, Psychiatry Access Service, Cambridge Health Alliance; Private Practice, Brookline

DAVID ZELAYA, PhD, Assistant Professor, Psychology Department, Merrimack College; Research Fellow, Harvard Medical School at Cambridge Health Alliance; American Psychological Association Minority Fellow; Recipient of numerous social justice awards; Contributor to *Journal of Counseling Psychology*, *Psychology of Women's Quarterly*, and others