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;
- Compare and contrast eastern and western interventions.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 390075-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........ Rebeca Drill and Srini 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. De Jong

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?.............. David Zelaya
Race and Ethnicity ...................................................................................... Nicole Christian-Brathwaite
Supporting the Mental Health of Immigrants and Refugees.............................. Saib 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

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REGISTRATION: Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amerex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check sub-
mission 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.

CONFERENCE 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 January 7 – 10. After this date, rooms will be released. If you are enrolling in this course to receive a conference rate, or a direct link: 

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 Medical Malpractice 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 Society for Social Work in New England for 14 clock hours, Provider ACEP #5444, for PDP Educator for 14 credits.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Harvard Medical School. Medical Elderly Home Health Nurses and the policy of the Massachusetts Home Healthcare Program (MHHHCEX) do not recognize CEUs for programs presented by providers outside Massachusetts. 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 toward the end of improving health outcomes for the public as mandated by Massachusetts Regulation 244 CMR 0.00 toward relicensing requirements. This course is approved for 14 clock hours, Provider ACEP #5444, and is also approved for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator for 14 credits.

NURSE PRACTITIONERS: The Harvard Medical School designates this live activity for a maximum of 14 AMA PRA Category 1 Credits™. Nurse practitioners should claim only the credit commensurate with the extent of their participation in the activity.

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

NURSE ANESTHETISTS: The American Association of Nurse Anesthetists designates this continuing education activity for a maximum of 14 hours. The American Association of Nurse Anesthetists requires that providers offering continuing education maintain control and influence over the content of the educational activity. 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 toward the end of improving health outcomes for the public as mandated by Massachusetts Regulation 244 CMR 0.00 toward relicicensing 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 School’s 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 Depression Research (CADR) and Combined Child, 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

MAHAN GABRIEL, MD, Clinical Director, SCHC and Batesville Ambulatory Care Center; Adjunct Clinical Associate Professor, Department of Psychiatry, Harvard Medical School (part-time), Harvard Medical School; Founder and Senior Advisor, Elenorn Wellness Program, Arlington; Advisor; StrongMinds, Mental Health Africa; Ayurvedic Consultant; Kripalu-certified; Culinary Education Health Fundamentals (CHEF) Coach, The Institute of Lifestyle Medicine; Cambridge Health Alliance, Psychiatry Continuing Education Division

NICOLE CHRISTIAN-BRAITHWAITE, MD, Director and CEO, Wels Consulting Company; Medical Director, Riverside Community Care, Dedham

ROBIN COOK-NOBLES, EBD, Director of Counseling Services, The Stone Center, Wellesley College; Publications include: “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, Harvard Medical School; Senior Consultant, 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 Healthcare

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


SUDIP GUPTA, MD, Clinical Director, Executive Office, HealthPaceBusiness; 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; Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Skills Training for Therapists 2nd Ed.

TRACIE LEWIS WHITLOCK, MD, Associate Professor of Psychiatry, Yale School of Medicine; Director, Child and Adolescent Psychiatry Residency, Faculty: Boston Psychoanalytic Clinic, Massachusetts Institute of Psychoanalysis, and Psychoanalytic Couples and Family Institute New England; Private Practice, Chestnut Hill; Author: The Good Father: On Men, Masculinity and Life in the Family; The Mamege Benefit

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, Department of Publishing, Brown University; Adjunct Assistant Professor, Brown University School of Medicine, Rhode Island; Clinical Research Psychologist, Department of Psychiatry, Brown University School of Medicine, Rhode Island; Publications include: Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide; Cognitive Behavioral Treatment of Insomnia: A Guide for Clients; and others

DAVID ZELAYA, PhD, Assistant Professor, Psychology Department, Merrimack College; Research Fellow, Harvard Medical School; Private Practice, Concord; American Psychological Association Minority Fellow; Recipient of numerous social justice awards; Author: Journal of Counseling Psychology, Psychology of Women’s Quarterly, and others