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 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............. Rebecca Drill and Sriniv 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? .......... 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 .......... Alexi 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 |
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 sub-
mmission 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 29-January 31, 2020. Rooms are in the $229 range and include all conference amenities. Rates include a $10 daily resort fee that will be assessed directly to your room. The Fairmont Copley Plaza Hotel

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 refunds 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 (ACME) to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 16.8 AMA PRA Category 1 Credits™. Physicians 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 Provider and may offer NBCC approved clock hours for events that meet NBCC require-
ments. 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 approved 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 Cambridge Health Alliance (assistance level) toward the renewal of certification as a Family Nurse Practitioner (FNP) or Nurse Midwife (CNM). 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 for the end of improving health outcomes. A statement is made by the Massachusetts Board of Registration in Nursing Public Health care provider. This provider is approved for 12.3 CEUs.

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.

UNIFIED PROTOCOLS

DAVID ZELAYA, PhD, Co-Editor, Department of Psychiatry, Harvard Medical School

PRESIDENTS

MARK O’CONNELL, PhD, Editor, Department of Psychiatry, Harvard Medical School

TODD FARCHIONE, PhD, Editor, Department of Psychiatry, Harvard Medical School

REBECCA DRILL, PhD, Editor, Department of Psychiatry, Harvard Medical School

DANIELLE FARRIS, PhD, Editor, Department of Psychiatry, Harvard Medical School

TODD ZWICK, PhD, Editor, Department of Psychiatry, Harvard Medical School

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 refunds will be made thereafter. “No-Shows” are subject to the full course fee.