

**Anxiety: Advanced Techniques for Psychiatry and Primary Care 2020**  
***Virtual***  
**November 6-7, 2020**

**FRIDAY, NOVEMBER 6, 2020**

**DAY ONE: ADVANCED PSYCHOTHERAPEUTICS AND PSYCHOPHARMACOLOGY**

**8:00-8:10 AM**            **Introduction and Welcome**  
David H. Rubin, MD

**Module 1: A Very Brief Review of the Basic Science of Anxiety**

**8:10-8:30 AM**            **Anxiety Across the Lifespan**  
David H. Rubin, MD

**8:30-8:50 AM**            **The Neuroscience of Anxiety**  
Robert R. Althoff, MD, PhD

**8:50-9:10 AM**            **Genetic and Environmental Contributions to Anxiety**  
Robert R. Althoff, MD, PhD

**Module 2: Mastering the Core of CBT: Advanced Practice with Exposure and Cognitive Techniques**

**9:10-9:30 AM**            **Assessment and Phenomenology**  
Robert R. Althoff, MD, PhD

**9:30- 9:50 AM**            **BREAK**

**9:50 -10:25 AM**            **Effective Use of Exposure: Novel use of an old tool**  
Aude Henin, PhD

**10:25- 11:00AM**            **Novel Advanced Cognitive Techniques: Third Wave and Beyond**  
Susan Sprich, PhD

**11:00-11:30 AM**            **Panel**  
Moderator: David H. Rubin, MD  
Panelists: Robert R. Althoff, MD, PhD, Aude Henin, PhD, Susan Sprich, PhD

**11:30-12:30 PM**            **LUNCH**

**Module 3: Medical Comorbidity**

**12:30-12:50 PM**            **Management of Anxiety in Cardiac Care**  
Theodore A. Stern, MD

**12:50-1:10 PM**            **CBT for Invasive Medical Interventions**  
Aude Henin, PhD

- 1:10-1:30 PM**            **Respiratory Illness and Anxiety**  
Theodore A. Stern, MD
- 1:30-1:50 PM**            **CBT for Management of Chronic Medical Conditions**  
Susan Sprich, PhD
- 1:50-2:10 PM**            **The Intersection of GI disorders and Anxiety – A Way Forward**  
Theodore A. Stern, MD
- 2:10-2:50 PM**            **Panel**  
Moderator: Aude Henin, PhD  
Panelists: Theodore A. Stern, MD, Susan Sprich, PhD
- 2:50-3:10 PM**            **BREAK**

#### Module 4: Advanced Psychopharmacology

- 3:10-3:30 PM**            **Benzodiazepine: Are they all the same, are they all bad?**  
Jefferson B. Prince, MD
- 3:30-3:50 PM**            **Antidepressants: Advancing Past the Single SSRI Trial**  
David H. Rubin, MD
- 3:50-4:10 PM**            **Plans C, D, and E: Moving down the treatment algorithm for refractory anxiety**  
Jefferson B. Prince, MD
- 4:10-4:50 PM**            **Panel**  
Moderator: Robert R. Althoff, MD, PhD  
Panelists: Jefferson B. Prince, MD, David H. Rubin, MD
- 4:50 PM**                    **Adjourn for Day**

#### SATURDAY, NOVEMBER 7, 2020

#### DAY 2: ENHANCING TREATMENT FOR SPECIFIC ANXIETY CLUSTERS

- 8:00-8:10 AM**            **Introduction and Welcome**  
David H. Rubin, MD

#### Module 5: PTSD

- 8:10-8:30 AM**            **Psychopharmacology of PTSD**  
Robert R. Althoff, MD, PhD
- 8:30-8:50 AM**            **CBT for PTSD**  
Aude Henin, PhD

**8:50-9:20 AM**                    **Panel**  
Moderator: David H. Rubin, MD  
Panelists: Robert R. Althoff, MD, PhD, Aude Henin, PhD

### Module 6: Panic Disorder

**9:20-9:40 AM**                    **Psychopharmacology of Panic Disorder**  
Jefferson B. Prince, MD

**9:40-10:00 AM**                    **CBT for Panic Disorder**  
Aude Henin, PhD

**10:00-10:30 AM**                    **Panel**  
Moderator: David H. Rubin, MD  
Panelists: Jefferson B. Prince, MD, Aude Henin, PhD

**10:30-10:50 AM**                    **BREAK**

### Module 7: OCD and Related Disorders

**10:50-11:10 AM**                    **Psychopharmacology of OCD**  
Lisa M. Zakhary, MD, PhD

**11:10-11:30 AM**                    **Body Dysmorphic Disorder**  
Lisa M. Zakhary, MD, PhD

**11:30-11:50 AM**                    **CBT for OCD and Related Disorders**  
Susan Sprich, PhD

**11:50-12:10 PM**                    **Trichotillomania, Skin Picking, Hoarding**  
Lisa M. Zakhary, MD, PhD

**12:10-12:40 PM**                    **Panel**  
Moderator: Robert R. Althoff, MD, PhD  
Panelists: Lisa M. Zakhary, MD, PhD, Susan Sprich, PhD

**12:40-1:40 PM**                    **LUNCH**

### Module 8: Somatic Symptom and Related Disorders

**1:40-2:00 PM**                    **Somatic Symptom Disorder & Illness Anxiety Disorder**  
Theodore A. Stern, MD

**2:00-2:20 PM**                    **Assessment and Management of Sleep Disorders in the Context of Anxiety**  
Jefferson B. Prince, MD

**2:20-2:40 PM**                    **Conversion Disorder**  
Theodore A. Stern, MD

**2:40-3:00 PM**            **CBT for Somatic Symptom and Related Disorders**  
Susan Sprich, PhD

**3:00-3:30 PM**            **Panel**  
Moderator: Jefferson B. Prince, MD  
Panelists: Theodore A. Stern, MD, Jefferson B. Prince, MD, Susan Sprich, PhD

**3:30-3:50 PM**            **BREAK**

**Module 9: Enhancing Treatment Outcomes: Augmenting CBT**

**3:50-4:10 PM**            **Motivational Interviewing to Engage the Anxious Patient**  
Aude Henin, PhD

**4:10-4:30 PM**            **Mindfulness and Relaxation**  
Susan Sprich, PhD

**4:30-5:00 PM**            **Panel**  
Moderator: David H. Rubin, MD  
Panelists: Aude Henin, PhD, Susan Sprich, PhD

**5:00 PM**                    **Adjourn**