

## **Anxiety: Advanced Techniques for Primary Care and Psychiatry**

Friday – Saturday • November 6-7, 2020 • Virtual

### **WELCOME**

On behalf of the entire Massachusetts General Hospital Department of Psychiatry, we are proud to welcome you to our conference *Anxiety: Advanced Techniques for Primary Care and Psychiatry*.

This conference offers advanced guidance on how to treat and manage patients who have anxiety disorders. In mental health and primary care practices, patients with anxiety disorders are not only common, they often need more of your time and resources to manage their conditions.

During this conference, our faculty focus on advanced concepts that go far beyond the basics. Their guidance is 100% practical and ready for use in any primary care and mental health setting. They focus on advanced psychopharmacology for anxiety and related conditions; advanced use of cognitive behavioral therapy and other behavioral interventions; insights on how to navigate medical conditions affected by anxiety and vice versa, and much more.

In every session and discussion, our faculty strive to help you assess, treat and manage your patients in the best possible way.

Please enjoy the conference and join us in conversation about issues and questions that are important to your practice.

### **TARGET AUDIENCE**

The target audience for this event is primary care physicians, family medicine physicians, general medicine physicians, internal medicine physicians, psychiatrists, psychologists, registered nurses, nurse practitioners, social workers, and other health care professionals.

### **EVALUATION FORMS/CME/CEU CERTIFICATES**

Every participant needs to complete the activity evaluation online to claim CME/CEU credits for this course. Please refer to the **Evaluation and CME Information** document in the syllabus for more information. We strongly encourage you to complete the evaluation, even if you do not require a certificate. Your comments are important to us as we plan future programs. The link to claim credit is as follows: [lms.mghcme.org/anxiety](https://lms.mghcme.org/anxiety)

### **QUESTIONS**

Opportunity for questions will be provided at the end of each module during the panel discussion. Please write your questions in the chat box on Zoom. Experience has shown that this method is preferable to that of spontaneous questions.

### **COPYRIGHT**

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### **CONTACT INFORMATION**

For questions or comments, please contact MGH Psychiatry Academy member services at 866-644-7792 or [mghcme@mgh.harvard.edu](mailto:mghcme@mgh.harvard.edu).

### **LEARNING OBJECTIVES**

At the end of this educational activity, participants should be able to:

- Identify rational, evidence-based pharmacologic and non-pharmacologic therapies for patients with anxiety disorders.
- Demonstrate the ability to discuss second- and third-line treatments following an unsuccessful first SSRI trial.
- Discuss the developmental trajectories of anxiety.
- Compare the assessment, psychopharmacology, and evidence-based psychotherapies for panic disorder, PTSD, OCD and related disorders, and somatoform disorders.
- Review the course of medical conditions as they are affected by anxiety.
- Recognize advanced CBT strategies and when to apply them.

### **ACCREDITATION**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of McLean Hospital and Massachusetts General Hospital. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

McLean Hospital designates this live activity for a maximum of **14.50 *AMA PRA Category 1 Credits***<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### **PSYCHOLOGISTS**

The Massachusetts General Hospital Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education (CE) for psychologists. The Massachusetts General Hospital Department of Psychiatry maintains responsibility for this program and its content. This offering meets the criteria for **14.50** Continuing Education (CE) credits for psychologists.

### **REGISTERED NURSES**

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for **14.50** contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

### **SOCIAL WORKERS**

This program has been approved for **14.0** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 81691.

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**Other CE Licenses:** Other Providers can claim a Participation Certificate upon successful completion of this course. Participation Certificates will specify the title, location, type of activity, date of activity, and number of *AMA PRA Category 1 Credits*<sup>™</sup> associated with the activity. Providers should check with their regulatory agencies to determine ways in which *AMA PRA Category 1 Credits*<sup>™</sup> may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents.

### **AGENDA**

#### **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

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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**

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### 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

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- 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**

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### FACULTY

#### COURSE DIRECTORS

##### **Aude Henin, PhD**

Co-Director, Child Cognitive-Behavioral Therapy Program  
Department of Psychiatry  
Massachusetts General Hospital  
Assistant Professor of Psychology  
Harvard Medical School

##### **Jefferson Prince, M.D.**

Vice-Chair Department of Psychiatry  
*North Shore Medical Center*  
Director, Child Psychiatry  
Medical Director, Inpatient Pediatric Psychiatry  
*MassGeneral for Children at North Shore Medical Center*  
Medical Co-Director, Massachusetts Child Psychiatry Access Project, Eastern Team  
Staff, Child Psychiatry  
*Massachusetts General Hospital*  
Instructor in Psychiatry  
*Harvard Medical School*

##### **David H. Rubin, MD** (*Reviewer*)

Director, Child and Adolescent Psychiatry Residency Training  
Massachusetts General Hospital and McLean Hospital  
Director, Postgraduate Medical Education, Department of Psychiatry  
Executive Director, Massachusetts General Hospital Psychiatry Academy  
Massachusetts General Hospital

##### **Susan Sprich, PhD** (*Psychologist Review*)

Director, Postgraduate Psychology Education  
Director, Cognitive Behavioral Therapy Program  
Massachusetts General Hospital  
Assistant Professor of Psychology  
Harvard Medical School

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##### **Robert R. Althoff, MD, PhD**

Associate Professor of Psychiatry, Psychology and Pediatrics

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Vice Chair for Clinical Affairs  
Director, Adirondack Division  
Department of Psychiatry  
Larner College of Medicine at the University of Vermont

### **Theodore A. Stern, MD**

Chief Emeritus, Avery D. Weisman Psychiatry Consultation Service,  
Director, Thomas P. Hackett Center for Scholarship in  
Psychosomatic Medicine,  
Director, Office for Clinical Careers,  
Massachusetts General Hospital;  
Ned H. Cassem Professor of Psychiatry in the field of  
Psychosomatic Medicine/Consultation,  
Harvard Medical School;  
Editor-in-Chief, *Psychosomatics*

### **Lisa M. Zakhary, MD, PhD**

Medical Director, MGH OCD and Related Disorders Program  
Director of Psychopharmacology, MGH Excoriation Clinic and Research Unit

## **FACULTY DISCLOSURE STATEMENTS**

In accord with the disclosure policy of McLean Hospital as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, all people in control of educational content, including speakers, course directors, planners, and reviewers, have been asked to disclose all relevant financial relationships with commercial interests of both themselves and their spouses/partners over the past 12 months, as defined below:

### **Commercial Interest**

The ACCME defines a “commercial interest” as any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests. For more information, visit [www.accme.org](http://www.accme.org).

### **Financial relationships**

Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received, or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

### **Relevant financial relationships**

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minimal dollar amount for relationships to be significant. Inherent in any amount is the incentive to maintain or increase the value of the relationship. The ACCME defines “relevant’ financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest.

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### **Speakers:**

Robert R. Althoff, MD, PhD

Investigator: NIMH, NIDA

Grand Funds (Medical Student Training Program Faculty Sponsor and PI) : Klingenstein Third Generation Foundation

Ownership Equity (Partner): WISER Systems, LLC

Aude Henin, PhD

Royalties (Book Authorship): Oxford University Press

Jefferson Prince, MD

Author Fee: Harvard Health Publications

Susan Sprich, PhD

Royalties (Co-Author): Oxford University Press

Royalties (Co-Edited Book): Springer

Associate Editors for “Cognitive and Behavioral Practice”: Association for Behavioral and Cognitive Therapies (ABCT)

Theodore A. Stern, MD

Editor of Psychosomatics: Academy of Consultation-Liaison Psychiatry

Royalties: Elsevier

Lisa M. Zakhary, MD, PhD

Research Support: Promentis Pharmaceuticals, Inc.

**All other individuals including course directors, planners, reviewers, faculty, staff, etc., who are in a position to control the content of this educational activity have, on behalf of themselves and their spouse or partner, reported no financial relationships related to the content of this activity.**