

50th Annual Convention



HONORING the past | ENVISIONING the future

Sunday
October 30

October 27–30, 2016
ABCT | New York City
Marriott Marquis

Sunday

8:00 a.m. – 9:30 a.m.

O'Neill, Floor 4

Symposium 82

A Transdiagnostic, Multimethod Examination of the Role of Specific Emotions and Emotion Regulation Strategies in Risky, Self-Destructive, and Health-Compromising Behaviors

CHAIRS: *Katherine L. Dixon-Gordon, Ph.D.*, University of Massachusetts Amherst

Nicole H. Weiss, Ph.D., Yale University School of Medicine

DISCUSSANT: *Terri L. Messman-Moore, Ph.D.*, Miami University

Primary Category: Addictive Behaviors

Key Words: *Emotion, Emotion Regulation, Risky Behaviors*

Physical Aggression and Emotion Dysregulation Explain the Relation of BPD Symptoms to Criminal Justice System Involvement

Kelly E. Moore, Matthew Tull, Kim Gratz, University of Mississippi Medical Center

Meta-Analysis of Behavioral Outcomes of Emotion Regulation

Kara A. Christensen, Ilana Seager, Amelia Aldao, The Ohio State University

Clarifying the Directionality of the Associations Among Specific Emotion Regulation Strategies and Substance Use Outcomes

Nicole H. Weiss, Krysten Bold, Tami Sullivan, Yale University School of Medicine

Stephen Armeli, Fairleigh Dickinson University

Howard Tennen, University of Connecticut

The Context Dependent Nature and Correlates of Risk-Taking Among Substance Dependent Patients With PTSD

Matthew T. Tull, Kim Gratz, University of Mississippi Medical Center

Symposium 83

Developmental Trajectory of Social Cognition in High-Risk and Early Psychosis in Relation to Typical Development and Resilience: Applying Cognitive Science to Transdiagnostic Treatment Targets

CHAIR: *Charlie A. Davidson, Ph.D., Yale University*

DISCUSSANT: *Morris D. Bell, Ph.D., ABPP, Yale School of Medicine*

Primary Category: Schizophrenia / Psychotic Disorders

Key Words: *Schizophrenia, Adolescents, Psychosis / Psychotic Disorders*

Social Exclusion: Strangers, Familiars, and Transdiagnostic Considerations

Michael J. Crowley, Yale Child Study Center

The Role of Emotion and Emotion Regulation on the Pathway From Stress to Psychotic Symptoms in Individuals With an Increased Risk of Psychosis

Tania Lincoln, University of Hamburg

Combined Cognitive and Social Cognitive Therapy to Improve Functional Outcome in Clinical High Risk: Behavioral and Neural Indicators of Social Cognitive Change

Christine Hooker, Rush University Hospital

Mentalizing Ability in Individuals at Clinical High Risk for Psychosis: Comparisons to Schizophrenia and First-Episode Psychosis

Jimmy Choi, Hartford Hospital / Institute of Living

Melanie Lucas, Ferkauf Graduate School of Psychology

Joanna Fiszdon, Vinod Srihari, Yale School of Medicine

Melissa Deasy, Jennifer Callaghan, The Institute of Living at Hartford Hospital

Lawrence Haber, The Institute of Living at Hartford Hospital

David Roberts, University of Texas Health Science Center at San Antonio

William Horan, UCLA Geffen School of Medicine

Michal Assaf, The Institute of Living at Hartford Hospital

Godfrey Pearson, Yale School of Medicine

Symposium 84

Utilizing Mood Disorders Constructs to Advance the Development and Implementation of Youth Interventions

CHAIR: *Dikla Eckshtain, Ph.D., Massachusetts General Hospital/
Harvard Medical School*

DISCUSSANT: *Joel Sherrill, Ph.D., National Institute of Mental Health/NIH*

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Child Depression, Bipolar Disorder, Evidence-Based Practice*

Anhedonia and Reward Responsivity in Adolescent Depression

Elizabeth McCauley, Gretchen Gudmundsen, Kelly Schloretd, Seattle Children's Research Institute/University of Washington

Examining the Role of Cognitive Self-Regulatory Processes in the Association Between Psychosocial Stress and Depression Symptoms in Early Adolescence

Rachel Vaughn-Coaxum, John Weisz, Harvard University

Parental Depression as a Predictor of Outcome in the Treatment of Child Depression

Dikla Eckshtain, Massachusetts General Hospital/Harvard Medical School

Lauren Marchette, Cambridge Health Alliance, Harvard Medical School

Jessica Schleider, Harvard University

John Weisz, Harvard University

Families Matter: Treating Mood Disorders in Youth

Mary Fristad, The Ohio State University Wexner Medical Center

Intervention Targets in Youth at Risk for Bipolar Disorder: Pre-/Posttreatment Changes in Neural Activity During a Problem-Solving Task

David J. Miklowitz, Patricia Walshaw, Casey Armstrong, UCLA Semel Institute

Amy Garrett, Manpreet Singh, Kiki Chang, Stanford University School of Medicine

Symposium 85

**On Common Ground: The Overlap and Interplay
Between Anxiety and Eating Pathology**

CHAIR: *Laurie J. Zandberg, Psy.D.*, University of Pennsylvania

DISCUSSANT: *Carolyn B. Becker, Ph.D.*, Trinity University

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Eating Disorders, Anxiety*

Addressing Anxiety in Eating Disorders: Comorbidity, Effects on Symptom Severity, and Preliminary Promise for Transdiagnostic Treatment

Hallie M. Espel, Drexel University

Heather Thompson-Brenner, Boston University

James Boswell, University of Albany, SUNY

Gayle Brooks, The Renfrew Center

Michael Lowe, Drexel University

Prevalence and Predictors of Comorbid Eating Disorder Impairment Among Patients Seeking Specialized Treatment for Anxiety

Laurie J. Zandberg, Yinyin Zang, Anu Asnaani, Edna Foa, University of Pennsylvania

Do Emotion Dysregulation Difficulties Underlie the Co-Occurrence of Eating Disorder and Anxiety Symptoms?

Kathryn Gordon, Mun Yee Kwan, Allison Minnich, North Dakota State University

Sensory Sensitivity as a Mediator of the Relationship Between Anxiety and Symptoms of Avoidant/Restrictive Food Intake Disorder

Hana Zickgraf, Martin Franklin, University of Pennsylvania

Symposium 86

Partnering and Parenting in the Presence of PTSD

CHAIR: *Steffany J. Fredman, Ph.D.*, Pennsylvania State University

DISCUSSANT: *Candice M. Monson, Ph.D.*, Ryerson University

Primary Category: PTSD

Key Words: *PTSD (Posttraumatic Stress Disorder), Couples / Close Relationships, Families*

Daily Associations of Intimacy and Accommodation in Couples Affected by PTSD

Sarah B. Campbell, Sarah Carter, Keith Rensaw, George Mason University

A Dyadic Perspective on the Associations Among PTSD Symptoms, Perceived Couple Functioning, and Parenting Stress

Steffany J. Fredman, Yunying Le, Amy Marshall, Timothy Brick, Mark Feinberg, Pennsylvania State University

Mothers' Parental Buffering in the Context of Husband PTSD

Elizabeth S. Allen, University of Colorado Denver

Keith Renshaw, George Mason University

Steffany Fredman, Pennsylvania State University

PTSD Symptoms and Parenting in Service Members and Their Partners

Keith D. Renshaw, George Mason University

Sarah Thomas, George Mason University

Elizabeth Allen, University of Colorado Denver

Symposium 87

Neuromarkers and Neuromodulation of Attention Bias Modification

CHAIRS: *Nader Amir, Ph.D.*, San Diego State University
Arturo R. Carmona, B.A., San Diego State University

DISCUSSANT: *Nader Amir, Ph.D.*, San Diego State University

Primary Category: Cognitive-Affective Processes

Key Words: *Anxiety, Information Processing, Neuroscience*

The Impact of Attention Bias Modification on Error-Related Brain Activity

Brady Nelson, Stony Brook University
Nader Amir, San Diego State University
Greg Hajcak, Stony Brook University

Specificity of an Adaptive Attention Bias Modification Program in Reducing Error-Related Negativity

Arturo R. Carmona, Nader Amir, Shaan McGhie, D'Amico Alessandro, Ieshia Brown, San Diego State University

Reducing Attentional Bias for Threat Using Transcranial Direct Current Stimulation: A Proof-of-Concept Study Among Individuals With SAD

Alexandre Heeren, Harvard University
Joël Billieux, Pierre Philippot, Université catholique de Louvain, Louvain-la-Neuve, Belgium
Rudi de Raedt, Chris Baeken, Ghent University, Ghent, Belgium
Philippe de Timary, Université catholique de Louvain, Louvain-la-Neuve, Belgium
Pierre Maurage, Université catholique de Louvain, Louvain-la-Neuve, Belgium
Marie-Anne Vanderhasselt, Université catholique de Louvain, Louvain-la-Neuve, Belgium

A Neural Marker of Contingency Rule Learning in Attention Bias Modification

Gal Arad, Rany Abend, Yair Bar-Haim, Tel Aviv University

Symposium 88

But Will It Change My Life?: CBT's Impact on Broad Domains of Outcome in Anxiety and Related Disorders

CHAIR: *Alexander C. Kline, M.A., Case Western Reserve University*

DISCUSSANT: *Mark B. Powers, Ph.D., University of Texas at Austin*

Primary Category: Treatment - CBT

Key Words: *Psychotherapy Outcome, Randomized Controlled Trial, Anxiety*

Changes in Quality of Life During and Following CBT for SAD

Michelle L. Davis, University of Texas at Austin

David Rosenfield, Southern Methodist University

Mark Pollack, Rush University

Stefan Hofmann, Boston University

Jasper Smits, University of Texas

PTSD Treatment Effects on Social Functioning

Natalia M. Garcia, Belinda Graham, University of Washington

Hannah Bergman, Norah Feeny, Case Western Reserve University

Lori Zoellner, University of Washington

Effects of Sertraline and Prolonged Exposure on Physical Pain in PTSD

Michele Bedard-Gilligan, Belinda Graham, Anna Franklin, Lori Zoellner, University of Washington

Norah Feeny, Case Western Reserve University

Secondary Outcomes From a Randomized Controlled Trial of Behavior Therapy for Pediatric Trichotillomania

Martin Franklin, Sarah Morris, Hana Zickgraf, Madelyn Silber, University of Pennsylvania

Symposium 89

Recent Advances in the Study of Health Anxiety

CHAIRS: *Alison C. McLeish, Ph.D., University of Cincinnati*
Emily M. O'Bryan, B.S., University of Cincinnati

DISCUSSANT: *Bunmi Olatunji, Ph.D., Vanderbilt University*

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Health Anxiety, Anxiety Sensitivity, Attention*

An Examination of the Incremental Contribution of Anxiety Sensitivity to Health Anxiety Beyond Specific Facets of Distress Tolerance

Joseph R. Bardeen, Auburn University

Thomas A. Fergus, Baylor University

Holly K. Orcutt, Northern Illinois University

The Indirect Effect of Anxiety Sensitivity in Terms of Intolerance of Uncertainty and Health Anxiety

Emily M. O'Bryan, Alison C. McLeish, University of Cincinnati

Examining Attentional Bias in Health Anxiety: Null Findings From the Dot Probe Paradigm

Ryan J. Jacoby, University of North Carolina at Chapel Hill

Michael G. Wheaton, Yeshiva University

Jonathan S. Abramowitz, University of North Carolina at Chapel Hill

The Association Between Health Anxiety and Primary Care Service Utilization: Examining the Impact of Age and Race/Ethnicity

Thomas A. Fergus, Baylor University

Jackson O. Griggs, Heart of Texas Community Health Center

Scott C. Cunningham, Baylor University

Lance P. Kelley, Heart of Texas Community Health Center

The Effects of a Computerized Anxiety Sensitivity Intervention on Health Anxiety

Aaron M. Norr, Nicholas P. Allan, Norman B. Schmidt, Florida State University

Mini Workshop 16

Self-Criticism and Self-Compassion: Risk and Resilience for Psychopathology

Ricks Warren, Ph.D., University of Michigan

Basic level of familiarity with the material

Primary Category: Treatment - CBT

Key Words: *Compassion / Empathy*

Self-criticism is a pernicious personality trait that confers risk for diverse forms of psychopathology and is an impediment to treatment. Self-compassion, in contrast, an antidote to self-criticism, is associated with a vast array of mental health benefits and is being increasingly integrated into traditional CBT and third-wave approaches to treatment. Kristin Neff has demonstrated the effectiveness of a mindful self-compassion intervention in increasing self-compassion and mindfulness in a randomized controlled trial with community volunteers. Paul Gilbert has developed compassion-focused therapy, and research has demonstrated effectiveness in reducing self-criticism, shame, and other debilitating emotions in diverse clinical conditions; including personality disorders, depression, eating disorders, social anxiety, psychosis, and patients with acquired brain injury. After an update on this literature, a sample of techniques for reducing self-criticism and developing self-compassion will be presented, with instructor modeling and participants engaging in these interventions. A motivation interviewing style will be presented as a way to address client resistance to and fear of letting go of self-criticism and gaining self-compassion.

You will learn:

- The transdiagnostic effect of self-criticism and self-compassion on emotional disorders.
- Techniques for reducing self-criticism and fostering self-compassion.
- A therapy style that will address resistance and fear of letting go of self-criticism and gaining self-compassion.

Recommended Readings: Gilbert, P. (2010). *Compassion focused therapy: Distinctive features*. London: Routledge. Gilbert, P., & Procter, S. (2006). Compassionate mind training for people with high shame and self-criticism: Overview and pilot study of a group therapy approach. *Clinical Psychology & Psychotherapy*, 13(6), 353-379. Kannan, D., & Levitt, H. M. (2013). A review of client self-criticism in psychotherapy. *Journal of Psychotherapy Integration*, 23(2), 166. Leaviss, J., & Utley, L. (2014). Psychotherapeutic benefits of compassion-focused therapy: An early systematic review. *Psychological Medicine*, 12(1-19). MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology Review*, 32(6), 545-552. Neff, K. D. (2011). *Self-compassion: The proven power of being kind to yourself*. New York: Harper-Collins. Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the Mindful Self-Compassion Program. *Journal of Clinical Psychology*, 69(1), 28-44. Shahr, G. (2015). *Erosion: The psychopathology of self-criticism*. New York: Oxford University Press. Smeets, E., Neff, K., Alberts, H., & Peters, M. (2014). Meeting suffering with kindness: Effects of a brief self-compassion intervention for female college students. *Journal of Clinical Psychology*, 70(9), 794-807. Warren, R., Smeets, E., & Neff, K. (in press). Self-criticism and self-compassion: Risk and resilience for psychopathology. *Current Psychiatry*.

Soho Complex, Floor 7

Research and Professional Development 7

**NIH Office of Behavioral and Social Sciences Research
Strategic Prospectus: Implications for Research on
Behavioral and Cognitive Therapies**

PRESENTER: *G. Stephane Philogene, Ph.D.*, National Institutes of Health

Primary Category: Professional Issues

Key Words: *Research Funding, Professional Issues, Research Methods*

The NIH Office of Behavioral and Social Sciences Research (OBSSR) was established by Congress over 20 years ago to coordinate social and behavioral research supported by the NIH and to identify research gaps and needs. OBSSR recently released its third strategic plan. In addition to the foundational processes that have been core to its mission since its inception (communication, program coordination, training, and policy/evaluation), the 2016 Strategic Plan highlights three scientific priorities: 1) Improve the synergy of basic and applied behavioral and social sciences research, 2) Enhance the methods, measures, and data infrastructure approaches that encourage a more cumulative and integrated approach to behavioral and social sciences research, and 3) Facilitate the adoption of behavioral and social sciences research findings in health research and in practice. These scientific priorities will be described in detail, and the implications for research in the behavioral and cognitive theories discussed.

You will learn:

- To describe the mission of the National Institutes of Health (NIH) Office of Behavioral and Social Sciences Research (OBSSR).
- To describe in detail the NIH OBSSR 2016 Strategic Plan and its three scientific priorities.
- To discuss implications for research in the behavioral and cognitive theories and therapies.

Sunday, 8:00 a.m. – 9:30 a.m.



Harlem, Floor: 7

SIG Meeting

Trauma and PTSD

Key Words: *Trauma, PTSD (Posttraumatic Stress Disorder)*

Trauma and PTSD

Broadway Ballroom North, Floor 6

Panel Discussion 28

Where We've Been and Where We're Going: Our Evolving Understanding of How CBT Works

MODERATOR: *Carmen P. McLean, Ph.D., University of Pennsylvania*

PANELISTS: *Stefan G. Hofmann, Ph.D., Boston University*

Edna B. Foa, Ph.D., University of Pennsylvania

Kate Wolitzky-Taylor, Ph.D., University of California, Los Angeles

David F. Tolin, Ph.D., Institute of Living/Hartford Hospital Anxiety Disorders Center

Richard J. McNally, Ph.D., Harvard University

Primary Category: Treatment - CBT

Key Words: *Therapy Process, Mediation / Mediators, Anxiety*

The advent of ABCT's 50th anniversary encourages us to step back and take stock of our progress as a field, lest we forget just how far we have come! The development of CBT ushered in a new era of science-based interventions and transformed the landscape of clinical psychology. From the beginning, CBT researchers have strove to understand not only *whether* CBT works, but *how* it works. Understanding the mechanisms of therapeutic recovery is critical to guiding treatment refinements that could enhance outcomes.

Collectively, the panelists are experts in the behavioral, cognitive, and neurological mechanisms of CBT for anxiety disorders. Dr. Stefan Hofmann's work focuses on identifying the active ingredients of CBT and how can we translate knowledge from basic neuroscience into clinical techniques to enhance treatments for anxiety disorders. Dr. Edna Foa is the developer of emotional processing theory and has generated a large body of research examining the hypotheses emanating from this theory. Dr. Kate Wolitzky-Taylor is an expert in fear extinction mechanisms of exposure therapy and her work aims to identify mediators of behavioral treatments for anxiety disorders. Dr. David Tolin's research examines the cognitive processes that underlie anxiety disorder treatments, particularly dysfunctional beliefs and mechanisms of information processing, as well as the neural mechanisms of CBT in hoarding disorder. Dr. Richard McNally's experimental psychopathology research has helped illuminate the cognitive and neural mechanisms of recovery from anxiety disorders.

This panel discussion provides the opportunity to hear leading experts in the treatment of anxiety disorders share their perspectives on the most important theoretical developments and empirical studies of CBT mechanisms to date, as well as their take on which methods hold the most promise for uncovering new secrets about how CBT works. The past five decades have witnessed monumental developments in our understanding of the mechanisms of CBT. Now is the perfect time to critically evaluate the state of the science and to make bold predictions about where research on CBT mechanisms is headed next.

Panel Discussion 29

Common Problems in Methodology and Data Analysis

MODERATOR: *Alessandro S. De Nadai*, University of South Florida

PANELISTS: *Scott A. Baldwin, Ph.D.*, Brigham Young University

Scott N. Compton, Ph.D., Duke University School of Medicine

Robert Gallop, Ph.D., West Chester University

Lance M. Rappaport, Ph.D., Virginia Commonwealth University

Primary Category: Research Methods and Statistics

Key Words: *Research Methods, Statistics, Publishing*

Methodology can facilitate new discoveries in cognitive behavioral research, and conversely it can serve as a bottleneck to the publication and dissemination of otherwise outstanding work. Accordingly, it can serve as a major differentiator of research quality. Indeed methodological quality is the strongest predictor of NIH grant impact scores when accounting for all grant sections (e.g., significance, innovation, investigator, etc.; Rockey, 2011). While the effective use of research methods and data analysis are critical to research, behavioral data present with many unique difficulties not found in other areas of science (Fanelli & Ioannidis, 2013), and methodological curricula have not kept pace with many new developments.

Given this background, the objective of this panel discussion is to bring together methodological experts in cognitive behavioral research to identify common barriers to methodological application and suggest ways to address them. Our expert panel has served as methods consultants and also as reviewers for numerous manuscripts/grants, and will disseminate information via panel discussion about best practices as well through addressing audience questions. Panelists will address problems noticed when writing and reviewing grants and manuscripts, and will identify actionable ways address these issues, with the objective of improving the validity and impact of research. These points will be discussed in the context of increasing requirements from journals regarding transparency and standardization of reporting, and recent concerns about replicability in psychological science (Open Science Collaboration, 2015). Content will be tailored to both senior and junior investigators, with advice provided to improve the likelihood of research funding, facilitate research design and execution, and identify strategies for personal skill development and working with methodological experts.

Marquis Ballroom A & B, Floor 9

Panel Discussion 30

The Future Is Integrated Care: Mental and Behavioral Health Service Delivery in Primary Care Settings

MODERATOR: *Jennifer Langhinrichsen-Rohling, Ph.D., University of South Alabama*

PANELISTS: *Kirk D. Strosahl, Ph.D., Central Washington Family Medicine*
Patricia J. Robinson, Ph.D., Mountainview Consulting Group, Inc.

Miriam Ehrensaft, Ph.D., Duke University School of Medicine

John Friend, Ph.D., University of South Alabama

Keri Johns, M.A., University of South Alabama

Kevin Hamberger, Ph.D., Medical College of Wisconsin

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Integrated Care, Evidence-Based Practice, Education and Training - Graduate*

This panel will address three topics.

One: Challenges with delivering MBH interventions in PC settings. Challenges include choice of integrative model; patients with multiple physical and MBH conditions; and patients with reduced motivation. In the face of constraints (EMR, time, resources), standard application of evidence-based manualized treatments and expression of traditional clinical training are often a poor fit in PC. Panelists will describe the Primary Care Behavioral Health (PCBH) model of integration (Robinson & Reiter, 2007, 2015) and how this model addresses barriers.

Two: Ways to prepare and train clinicians for work within an integrated setting. CBT, with its focus on behavioral change, has much to offer the PC setting; however, most students completing traditional graduate training are unprepared to work within a fast-paced, team-oriented, physical health focused setting. Panelists will discuss how to prepare future clinicians for entrance into integrated health and address shifts in evidence based practice (including a focus on mindfulness/ACT: Drs. Strosahl, Robinson, and Friend) as well as their evolving roles on integrated health teams.

Three: Methods of delivering symptom-specific MBH interventions in an integrated setting. Panelists will discuss their own clinical and research efforts that focus on the delivery of specific MBH evidence-based interventions which will address depression, trauma, parenting, ADHD and IPV (Drs. Ehrensaft and others). Sufficient time will be allotted for questions/group discussion.

Symposium 90

Unpacking the Sleep and Suicide Relationship: The Influence of Sleep Disruption on Suicidal and Self-Injuring Behavior

CHAIR: *Skye Fitzpatrick, M.A.*, Ryerson University

DISCUSSANT: *Rachel Manber, Ph.D.*, Stanford University Medical Center

Primary Category: Suicide and Self-Injury

Key Words: *Suicide, Sleep, Transdiagnostic*

The Role of Sleep Disturbance in Suicidal and Nonsuicidal Self-Injurious Behavior Among Adolescents

Eleanor McGlinchey, Columbia University Medical Center/New York State Psychiatric Institute

Elizabeth Courtney-Seidler, Cognitive Behavioral Consultants

Miguelina German, Montefiore Medical Center

Alec Miller, Montefiore Medical Center/Albert Einstein College of Medicine

The Role of Emotional Dysregulation in Explaining the Relationship Between Sleep and Suicide/Depression

Kimberly O'Leary, Melanie Bozzay, Edelyn Verona, Johnathan Rottenberg, University of South Florida

The Influence of Sleep Disruptions in Suicidal Reactivity and Regulation in BPD

Skye Fitzpatrick, Ryerson University

Sonya Varma, University of Toronto

Janice Kuo, Ryerson University

Adolescent Sleep Disruption: Impact on Self-Injury and Treatment Outcomes

Molly C. Adrian, University of Washington

Joan Asarnow, UCLA

Elizabeth McCauley, University of Washington

Michele Berk, Stanford University

Claudia Avina, UCLA

Kathryn Korslund, Yeugeny Botanov, Behavior Research and Therapy Clinics

Marsha Linehan, University of Washington

Symposium 91

Evaluating Biological Predictors of Treatment Efficacy and Mechanisms of Change in CBT for Depression and Anxiety

CHAIR: *David C. Rozek, M.A., University of Notre Dame*

DISCUSSANT: *Anne D. Simons, Ph.D., University of Notre Dame*

Primary Category: 2016 Program Theme - Neuroscience and Psychological Treatment

Key Words: *Neuroscience, Depression, Anxiety*

Identification of Biomarkers and Mechanisms of Change in CBT for Major Depression

W. Edward Craighead, Helen S Mayberg, Emory University School of Medicine

Charles B Nemeroff, University of Miami

Boadie W Dunlop, Elisabeth Binder, Emory University School of Medicine

Neural Mechanisms of Change Over the Course of CBT in Generalized SAD

Heide Klumpp, Kerry Kinney, Julia Roberts, Amy E Kennedy, Stewart A Shankman, Scott A

Langenecker, K. Luan Phan, University of Illinois at Chicago

Breaking Down CBT: The Effects of Thought Records on Neuroendocrine Response to Psychosocial Stress

David C. Rozek, Anne D Simons, Scott M Monroe, University of Notre Dame

The Effects of Cognitive Control on Neuroendocrine Response to Stress in GAD

Joelle LeMoult, The University of British Columbia

Randi E McCabe, Atayeh Hamedani, St. Joseph's Healthcare, Hamilton & McMaster University

K. Lira Yoon, University of Notre Dame

Symposium 92

**Dissemination of Evidence-Based Practices for Children:
Real-World Outcomes in Real-World Settings**

CHAIR: *Elissa J. Brown, Ph.D.*, St. John's University

DISCUSSANT: *Michael A. de Arellano, Ph.D.*, Medical University of South Carolina

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Trauma, Evidence-Based Practice, Trauma*

Evaluation of an Efficient and Low-Cost Statewide Evidence-Based Treatment Training Program for Common Childhood Disorders

Lucy Berliner, Harborview Center for Sexual Assault/Traumatic Stress

Shannon Dorsey, University of Washington

Treatment of Complex Trauma Reactions for Chronically Traumatized Youth Receiving Trauma-Specific CBT: Preliminary Results of an Open Trial in a Community-Based Clinic

Stephanie Ross, Elissa J. Brown, Komal Sharma-Patel, St. John's University

Preliminary Findings From a Community-Based Randomized Trial of Alternatives for Families: A CBT for Family Violence

Elissa J. Brown, St. John's University

Vanessa Rodriguez, NYU School of Medicine Bellevue Hospital

Maria C. Jimenez, St. John's University

Komal Sharma-Patel, St. John's University

Children's Advocacy Centers as a Point of Early Access to Empirically Supported Trauma Treatments to Reduce the Negative Long-Term Health Consequences of Child Maltreatment

Carole C. Swiecicki, Kathryn R. Quiñones, Elizabeth R. Ciesar, Rachael J. Garrett, Dee Norton, Lowcountry Children's Center

Symposium 93

**Distress Intolerance: Novel Approaches With
Transdiagnostic Implications**

CHAIR: *Jennifer C. Veilleux, Ph.D., University of Arkansas*

DISCUSSANT: *Teresa Leyro, Ph.D., Rutgers University*

Primary Category: Cognitive-Affective Processes

Key Words: *Distress Tolerance, Transdiagnostic*

Distress Tolerance Task-Based Neural Connectivity Among Substance Users

Elizabeth Reese, Jennifer Yi, Ryan Bell, University of North Carolina at Chapel Hill

Thomas Ross, Elliot Stein, NIDA

Stacey Daughters, University of North Carolina at Chapel Hill

Tolerance to Negative Emotional Images

Jennifer C. Veilleux, Garrett Pollert, Melissa Zielinski, University of Arkansas

Jennifer Shaver, University of Washington

**Attention to Negative Emotion and Stress Reactivity in Distress Intolerance: An
Eye-Tracking Study**

*Richard Macatee, Kate McDermott, Brian Albanese, Norman Schmidt, Jesse Cogle, Florida
State University*

Distress Tolerance Treatment for Substance Users: Preliminary Results

*Marina Bornovalova, Troy Webber, Stacey Ryan, Christa Trenz-Brower, Kristina Volgenou,
University of South Florida*

Clinical Roundtable 4

Addressing Stigma, Prejudice, and Discrimination Through CBT

MODERATOR: *Andrew Jeon, M.A., M.Ed., University of Nebraska-Lincoln*

PANELISTS: *Tahiriah Abdullah, Ph.D., University of Massachusetts Boston*

Jessica R. Graham, Ph.D., Salem State University

John E. Pachankis, Ph.D., Yale University

David Pantalone, Ph.D., University of Massachusetts Boston

Barbara Warren, Psy.D., Mount Sinai Health System

Primary Category: *Gay / Lesbian / Bisexual / Transgender Issues*

Key Words: *Stigma, Diversity, L / G / B / T*

Stigma has been described as a process whereby an individual is labeled with undesirable characteristics that result in marginalization (Goffman, 1963). Minority stress models have demonstrated associations between stigma exposure and adverse mental and physical health (e.g., Jones, Peddie, Gilrane, King, & Gray, 2013; Meyer, 2003; Schmitt, Branscombe, Postmes, & Garcia, 2014; Pascoe & Smart-Richman, 2009). Clear cognitive and behavioral targets exist that could improve coping with discrimination for stigmatized individuals, but few evidence-based treatments address specific mechanisms that link stigma and discrimination to poor psychological and physical health outcomes. In this clinical roundtable, panelists will discuss the health impacts and clinical implications of stigma toward diverse sexual orientations, gender identities, races/ethnicities, cultures, HIV/AIDS status, and disabilities as well as their intersections. Tahiriah Abdullah will discuss mental illness stigma, impacts of racial discrimination, and implications for mental health treatment. Jessica Rose Graham will discuss the impact of discrimination and prejudice and adaptation of CBT treatments such as mindfulness to improve the mental health of African American clients. John Pachankis will discuss cognitive, affective, and behavioral mechanisms linking stigma to adverse mental health outcomes and a CBT-based, transdiagnostic treatment for minority stress on sexual minority individuals that he developed. David Pantalone will discuss stigma toward sexual minorities and those living with HIV/AIDS as well as his CBT/DBT intervention development work to improve coping with intersectional discrimination. Barbara Warren will discuss clinical and policy implications of stigma for sexual and gender minority individuals, including her work as the director of behavioral health services at the LGBT Community Center of New York City and as director for LGBT Programs and Policies at Mount Sinai Health System. Finally, panelists will discuss the impact of stigma on diagnosis, case conceptualization, therapeutic alliance, and treatment.

Panel Discussion 31

Spirituality and Religion in CBT: What Clinicians Can Learn From the Teachings of Different Religions

MODERATOR: *Jeremy Cummings, Ph.D.*, Southeastern University

PANELISTS: *Mehmet Sungur, Ph.D.*, Marmora University

Dennis Tirch, Ph.D., Center for Compassion Focused Therapy

David Rosmarin, Ph.D., McLean Hospital, Harvard Medical School

E. Thomas Dowd, Ph.D., Kent State University

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Spirituality and Religion, Case Conceptualization / Formulation, Therapy Process*

While CBT has grown by leaps and bounds over the past five decades, one important yet unexplored frontier pertains to spirituality/religion. This is not inconsequential, as most clients possess some religious and/or spiritual beliefs and practices but only a minority of CBT clinical practitioners are religiously- or spiritually-oriented (Rosmarin, Pirutinsky, Green & McKay, 2013). As such, there is often a disconnect between the worldviews of clinicians and their clients regarding these issues. At best clinicians may not understand spiritual/religious aspects of their clients' lives; at worst practitioners may approach religious and spiritual views with scorn or condescension. In addition, religious clients may mistrust secular-oriented psychotherapists until therapists demonstrate an understanding and appreciation for spiritual/religious concerns. This panel discussion will inform clinicians of the central spiritual/religious tenets and constructs behind four major world religious groups: Sufism, Buddhism, Judaism, and Christianity. Moreover, a focus will be provided on clinically-relevant facets of these faith traditions to inform clinicians how CBT can be provided to religious/spiritual clients in a culturally sensitive manner. This information is essential to disseminate CBT to religious clients.

The presenters are all experts in religiously and spiritually oriented CBT. Dr. Mehmet Sungur, a Turkish psychiatrist, is knowledgeable in Sufism and is President-Elect of the International Association for Cognitive Psychotherapy. Dr. Dennis Tirch is co-author of *Buddhist psychology and Cognitive-Behavioral Therapy; A clinician's guide* (Guilford, 2016). Dr. David H. Rosmarin, Director of the Spirituality and Mental Health Program at McLean Hospital, has written extensively on Judaism and mental health. Dr. Thomas Dowd is co-editor of *The psychology in religion: Working with the religious client* (Springer, 2006).

Panel Discussion 32

Scholarly Journals in Clinical Psychology: Their Role in an Evolving Health Care Market and Evidence-Based Practice

MODERATOR: *Philip C. Kendall, Ph.D.*, Temple University

PANELISTS: *Andres De Los Reyes, Ph.D.*, University of Maryland at College Park

Anne Marie Albano, Ph.D., Columbia University Medical Center

J. Gayle Beck, Ph.D., University of Memphis

Brian C. Chu, Ph.D., Rutgers University

Joanne Davila, Ph.D., Stony Brook University

Denise M. Sloan, Ph.D., VA National Center for PTSD

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Dissemination, Evidence-Based Practice, Professional Issues*

Movements in evidence-based practices (EBP) factor prominently in informing procedures in health care broadly and mental health care in particular. Practitioners and researchers turn to scholarly journals for up-to-date information about these procedures. Over the last 50 years of the history of the Association for Behavioral and Cognitive Therapies, peer-reviewed scholarly journals traversing several organizations in Clinical Psychology have played increasingly greater roles in efforts toward disseminating knowledge about EBP in mental health care. This panel discussion will create a forum for Editors of these journals to both highlight the roles these journals have in our field but specifically to discuss the promotion and dissemination of EBP and securing the future of Clinical Psychology in the health care research and clinical marketplace.

Editors from Behavior Therapy (BT), Cognitive and Behavioral Practice (C&BP), Journal of Consulting and Clinical Psychology (JCCP), Clinical Psychology: Science and Practice (CP:SP), Journal of Clinical Child and Adolescent Psychology (JCCAP) and Evidence-Based Practice in Child and Adolescent Mental Health (EBPCAMH) will briefly describe the aims and scopes of these journals. As Moderator, Dr. Philip C. Kendall, himself a past editor of JCCP and CP:SP, will pose questions to these Editors about the roles these journals have played over the years in bringing the empirical bases of cognitive behavioral therapy (CBT) and EBP into the healthcare arena. The panel discussion will also focus on the evolution of practice-oriented and scholarly review-oriented journals (C&BP, CP:SP, EBPCAMH) as bridges for translating primary findings published in empirical journals (BT, JCCP, JCCAP) to practical application for clinicians. In outlining the general trends toward acceptance and dissemination of CBT and EBP, we will discuss the future role scholarly journals play in securing Clinical Psychology's leadership in EBP going forward, and the novel formats that must evolve with journals for reaching a wider and more tech-savvy audience of scientist-practitioners. A meaningful portion of the time during this panel discussion will be made available to address questions from the audience.

Symposium 94

Understanding Complexity: Using Multiple Levels of Analysis to Improve the Transdiagnostic Understanding and Treatment of Suicidal Thoughts and Behaviors Across the Life Span

CHAIR: *Aliona Tsytes, M.S.*, Binghamton University (SUNY)

DISCUSSANT: *Brandon Gibb, Ph.D.*, Binghamton University (SUNY)

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Suicide, Self-Injury, Transdiagnostic*

Selective Attention Toward Emotional Faces in Children With a History of Suicidal Ideation

Aliona Tsytes, Max Owens, Brandon Gibb, Binghamton University (SUNY)

Expressed Emotion as a Moderator of the Relation Between Children's History of Suicidal Ideation and Physiological Reactivity During Positive and Negative Parent-Child Interactions

Kiera James, Mary Woody, Cope Feurer, Brandon Gibb, Binghamton University (SUNY)

Subjective and Objective Measures of Affect and Information Processing During a Continuous Painful Proxy for Nonsuicidal Self-Injury

Caroline S. Holman, Margaret Andover, Fordham University

The Role of Early Life Stress and 5-HTTLPR in the Relationship Among Brooding, Negative Urgency, and Suicidal Behavior

Jorge Valderrama, CUNY Graduate Center

Regina Miranda, The Graduate Center and Hunter College, CUNY

Latent Class Models of Laboratory-Evoked Emotion Reactivity in Suicidal Patients

Michael Armev, Butler Hospital & The Warren Alpert Medical School of Brown University

Nicole Nugent, Valerie Knopik, Rhode Island Hospital & The Warren Alpert Medical School of Brown University

John McGeary, Providence V.A. Medical Center, Rhode Island Hospital, and The Warren Alpert Medical School of Brown

Lawrence Price, Heather Schatten, Ivan Miller, Butler Hospital & The Warren Alpert Medical School of Brown University

Symposium 95

Integrated Interventions for Comorbid Nicotine Dependence and PTSD

CHAIR: *Lindsey B. Hopkins, Ph.D., University of California, San Francisco*

DISCUSSANT: *Conall M. O’Cleirigh, Ph.D., Massachusetts General Hospital/ Harvard University*

Primary Category: Comorbidity - Substance Use and Other

Key Words: *Smoking, PTSD (Posttraumatic Stress Disorder), Treatment Development*

Trauma-Focused Smoking Cessation for Smokers Exposed to the World Trade Center Disaster: A Randomized Clinical Trial

Adam Gonzalez, Fred Friedberg, Xiaotong Li, Stony Brooke University School of Medicine

Michael Zvolensky, The University of Houston

Evelyn Bromet, Brittain Mahaffey, Stony Brooke University School of Medicine

Anka Vujanovic, The University of Houston

Benjamin Luft, Roman Kotov, Stony Brooke University School of Medicine

The Efficacy of Smoking Cessation Alone or Integrated With Prolonged Exposure Therapy for Smokers With PTSD

Mark B. Powers, Eunjung Lee-Furman, University of Texas at Austin

Brooke Kauffman, The University of Houston

Jasper Smits, The University of Texas at Austin

Michael Zvolensky, The University of Houston

David Rosenfield, Southern Methodist University

Concurrent Varenicline and Prolonged Exposure for Patients With Nicotine Dependence and PTSD: A Randomized Controlled Trial

Edna B. Foa, Anu Asnaani, Laurie Zandberg, University of Pennsylvania

David Rosenfield, Southern Methodist University

Peter Gariti, Patricia Imms, University of Pennsylvania

Associations Among Smoking Status, Posttraumatic Stress Symptoms, and Extinction Retention in a Trauma-Exposed Sample

Lindsey B. Hopkins, Thomas Metzler, Thomas Neylan, Sabra Inslicht, University of California, San Francisco

Symposium 96

Network Analysis as an Innovative Approach to Understanding Eating Behavior: Identifying Key Treatment Targets in Eating and Weight Disorders

CHAIRS: *Helen B. Murray, B.A., Drexel University*

Brittney Evans, B.A., Drexel University

DISCUSSANT: *Kelsie Forbush, University of Kansas*

Primary Category: Research Methods and Statistics

Key Words: *Statistics, Obesity / Overweight, Eating Disorders*

Is Preoccupation With Body Shape and Weight a “Core” Symptom of Disordered Eating?: A Network Perspective on Eating Disorder Symptoms

Russell DuBois, Rachel Rodgers, Debra Franko, Northeastern University

Donald Robinaugh, Massachusetts General Hospital, Harvard Medical School

Using Network Analysis to Explain Eating Disorder and OCD Symptom Overlap

Cheri Levinson, University of Louisville

Laura Fewell, McCallum Place Eating Disorder Centers

Leigh Brosorf, Washington University in St. Louis

Characteristics of Success in Sustaining Weight Loss Efforts: Using Network Analyses to Identify Intervention Targets in Group-Based Weight Loss Treatment

Daniel Flack, Helen Murray, Brittney Evans, Stephanie Manasse, Meghan Butryn, Adrienne

Juarascio, Evan Forman, Drexel University

Think Slim! Using Network Analyses for Tailoring CBT-Based Weight Loss Treatment

Anne Roefs, Bastiaan Boh, Gerasimos Spanakis, Lotte Lemmens, Chantal Nederkoom,

Gerhard Weiss, Anita Jansen, Maastricht University

Symposium 97

The Dissemination and Implementation of CBT and Motivational Interviewing Into Forensic Settings

CHAIR: *Raymond Chip Tafrate, Ph.D.*, Central Connecticut State University

DISCUSSANT: *Michael Wydo, Psy.D.*, U.S. Department of Justice, Federal Bureau of Prisons

Primary Category: Criminal Justice / Forensics

Key Words: *Criminal Justice, Motivational Interviewing*

Dissemination of CBT Principles to Probation Officers: An Education Intervention

Frank L. Gardner, Touro College

A Randomized Clinical Trial of a Brief Motivational Intervention for Incarcerated Drinkers

Mandy D. Owens, Barbara McCrady, University of New Mexico

Changes in the Style and Content of Probation Supervision Sessions Following Completion of a Probation Officer CBT Training Program

Damon Mitchell, Raymond Chip Tafrate, Central Connecticut State University

Symposium 98

Are We Barking Up the Right Tree?: Mapping Out the Future of Cognitive Bias Modification

CHAIRS: *Charlotte E. Wittekind, Ph.D.*, Ludwig Maximilian University of Munich

Alexandre Heeren, Ph.D., Harvard University

DISCUSSANT: *Ernst H.W. Koster, Ph.D.*, Ghent University

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Cognitive Biases / Distortions, Translational Research, Information Processing*

Investigating the Effectiveness of Online-Based Cognitive Bias Modification in Gambling Using an Approach-Avoidance Task

Charlotte E. Wittekind, Ludwig Maximilian University of Munich

Julia Bierbrodt, University Medical Center Hamburg-Eppendorf

Iver Hand, MVZ Falkenried

Steffen Moritz, University Medical Center Hamburg-Eppendorf

Investigating D-Cycloserine as a Potential Pharmacological Enhancer of Cognitive Bias Modification in Analogue Posttraumatic Stress

Marcella L. Woud, Ruhr-Universität Bochum, Germany

Simon E. Blackwell, MRC Cognition & Brain Sciences Unit

Susann Steudte-Schmiedgen, Technical University of Dresden

Michael Browning, University of Oxford

Emily Holmes, MRC Cognition & Brain Sciences Unit

Catherine Harmer, University of Oxford

Jürgen Margraf, Ruhr-Universität Bochum

Andrea Reinecke, University of Oxford

Untangling Attention Bias Modification From Emotion: A Double-Blind Randomized Experiment With Individuals With SAD

Alexandre Heeren, Harvard University

Charlotte Coussement, Université Catholique de Louvain

Richard J McNally, Harvard University

Emotion in Motion: A Novel Approach for the Modification of Attentional Bias

Ben Grafton, *Lies Notebaert*, *Colin MacLeod*, University of Western Australia

Symposium 99

The Role of Disgust in Psychopathology: New Insights From Contemporary Learning Theory

CHAIR: *Thomas Armstrong, Ph.D.*, Whitman College

DISCUSSANT: *Bram Vervliet, Ph.D.*, Harvard Medical School, Massachusetts General Hospital

Primary Category: Adult Anxiety

Key Words: *Disgust, Anxiety, Eating Disorders*

Individual Differences in Disgust Learning and Eating Disorder Symptoms: Examination of Specific Associations

Bunmi Olatunji, Vanderbilt University

Learning to Look Away: The Acquisition of Oculomotor Avoidance and Its Relation to Disgust Sensitivity

Thomas Armstrong, Whitman College

Effects of Dual-Tasking on Disgust Memory and Conditioned Responses

Iris Engelhard, University of Utrecht

“If I Feel Disgusted, I Must Be Getting Ill?”: A Computerized Training to Reduce Disgust-Based Emotional Reasoning in Contamination Fear

Peter de Jong, Rijksuniversiteit Groningen

Symposium 100

Looking to the Future: A Presentation of Novel Extensions and Implementations of Exposure-Based Techniques

CHAIRS: *Lisa M. Anderson, Ph.D., University at Albany, SUNY*

Matteo Bugatti, M.A., University at Albany, SUNY

DISCUSSANT: *David H. Barlow, Ph.D., Boston University*

Primary Category: Treatment - CBT

Key Words: *Exposure, Anxiety, Depression*

Intraexposure Patterns of Anxious Arousal and Interpersonal Processes in a Lab-Based Intervention for Fear of Public Speaking

Matteo Bugatti, James Boswell, University at Albany, SUNY

Facing Fear With Meaning: Using ACT Strategies and Operant Principles to Decrease Avoidance of Feared Stimuli

Timothy R. Ritzert, John Forsyth, University at Albany, SUNY

A Case Series Examining the Effects of Interoceptive Exposure on Anxiety and Eating Disorder Symptoms

Lisa M. Anderson, Erin Reilly, Drew Anderson, University at Albany, SUNY

Facilitating Emotional Processing in Depression: The Application of Exposure Principles

Adele M. Hayes, University of Delaware

Martin Grosse Holtforth, University of Bern

Carly Yasinski, University of Delaware

Symposium 101

Programs for Preventing Depression: Impact on Parents' and Children's Depression

CHAIR: *Judy Garber, Ph.D., Vanderbilt University*

DISCUSSANT: *V. Robin Weersing, Ph.D., SDSU-UCSD JDP in Clinical Psychology*

Primary Category: Child / Adolescent - Depression

Key Words: *Adolescent Depression, Prevention, Families*

Examining the Benefits of Adding Parent Groups to a Cognitive-Behavioral Depression Prevention Program for Adolescents: Effects on Parent-Reported Outcomes

Jane Gillham, Swarthmore College

The Family Talk Depression Prevention Program: Changes in Parents' Depression and Children's Internalizing Symptoms Over Time

Tracy Gladstone, Wellesley College

William Beardslee, Harvard University

Prevention of Depression in At-Risk Youth: Relations Between Parents' and Adolescents' Depressive Symptoms Over Time

Judy Garber, Vanderbilt University

Chrystyna Kouros, Southern Methodist University

Robin Weersing, SDSU

Greg Clarke, Kaiser Permanente Center for Health Research

David Brent, University of Pittsburgh

Willia Beardslee, Harvard University

Steven Hollon, Vanderbilt University

Tracy Gladstone, Wellesley College

Frances Lynch, Kaiser Permanente Center for Health Research

Dynamics of Change in Parent and Child Symptoms of Depression in a Preventive Intervention

Alex Bettis, Vanderbilt University

Rex Forehand, University of Vermont

Bruce Compas, Vanderbilt University

Mini Workshop 17

Intensive CBT for Adolescent School Avoidance

Jamie A. Micco, Ph.D., Massachusetts General Hospital/Harvard Medical School

Moderate level of familiarity with the material
Primary Category: Child / Adolescent - Anxiety

Key Words: *Adolescents, Anxiety, Depression*

Approximately 2% to 5% of youth avoid school because of anxiety or depression. Though outpatient CBT has been shown to reduce rates of school avoidance, there is evidence that adolescents have a poorer treatment response than pre-adolescents. Meanwhile, school avoidance in adolescents is associated with a range of deleterious outcomes, including poorer academic performance, increased social stress, and family conflict.

An individualized, developmentally sensitive approach maximizes treatment outcome. Tailored treatment takes into account the diagnoses, but also such factors as chronicity and severity of school avoidance, motivation, potential secondary gain, cognitive level and presence of learning disorder, and family stress or conflict. Individualized CBT has shown promise in reducing symptoms of anxiety/depression and frequency of school avoidance. However, given the urgency that often accompanies school refusal in adolescents, intensive CBT protocols (i.e., longer, more frequent sessions delivered over a shorter period of time) may be especially helpful. Intensive CBT may address functional impairments associated with school avoidance more rapidly, leading to less overall developmental disruption.

Based on an intensive CBT model (daily treatment for 1 to 2 weeks), attendees will be provided with the foundational skills to work successfully with this complex population. An individually tailored treatment protocol, including components of motivational interviewing, ACT, collaborative problem solving, and standard CBT, will be presented. Potential benefits of massed exposures will also be discussed. Learning will be facilitated by case examples and discussion, skill demonstrations, and provided worksheets.

You will learn:

- To perform a functional analysis of individual factors maintaining adolescent school avoidance.
- To determine which adolescents/families are likely to benefit from an intensive CBT approach.
- To develop and implement a tailored treatment plan for adolescents with school avoidance.

Recommended Readings: Heyne, D., Sauter, F. M., van Widenfelt, B. M., Vermeiren, R., & Westenberg, P. M. (2011). School refusal and anxiety in adolescence: Non-randomized trial of a developmentally-sensitive cognitive behavioral therapy. *Journal of Anxiety Disorders*, 25, 870-878. Kearney, C.A. (2002). Identifying the function of school refusal behavior: A revision of the School Refusal Assessment Scale. *Journal of Psychopathology and Behavioral Assessment*, 24, 235-245. Tolin, D.F., Whiting, S., Maltby, N., Diefenbach, G.J., Lothstein, M.A., Hardcastle, S., . . . Gray, K. (2009). Intensive (daily) behavior therapy for school refusal: A multiple baseline case series. *Cognitive and Behavioral Practice*, 16, 332-344



SIG Meeting

Autism Spectrum and Developmental Disorders

Key Words: *Autism Spectrum Disorders*

We will begin with an introduction and progress report from the past year, followed by a Keynote presentation by a scientific leader in the field, and the presentation of awards. The winner of the Best ASDD Poster from the SIG Expo will then present their research. We will conclude with a discussion of the strategic plan and goals for next year.

9:45 a.m. – 11:15 a.m.

Broadway Ballroom North, Floor 6

Panel Discussion 33

The Past, Present, and Future of Personalized Medicine in Mental Health: A Panel Discussion of the Proceedings of the 2016 Treatment Selection Idea Lab

MODERATOR: *Zachary D. Cohen, M.A., University of Pennsylvania*

PANELISTS: *Aaron Fisher, Ph.D., University of California, Berkeley*
Stefan G. Hofmann, Ph.D., Boston University
Marcus J.H. Huibers, Ph.D., VU University Amsterdam
Thomas H. Ollendick, Ph.D., Virginia Tech
Greg J. Siegle, Ph.D., University of Pittsburgh
Patricia Resick, Ph.D., Duke University

Primary Category: 2016 Program Theme - Technology and Treatment

Key Words: *Clinical Utility, Health Care System, Translational Research*

In June of 2016, the “Treatment Selection Idea Lab” (TSIL) will bring together researchers from around the world to discuss the future of personalized medicine in mental health. At the TSIL, experts from diverse areas including treatment research, neuroimaging, genetics, oncology, statistics, implementation and primary care will present work relevant to the important question of “What works for whom.” The topic, of great importance and increasing interest, has yet to generate substantial systematic, empirical findings that can inform treatment selection. The meeting will cover topics ranging from methods to build the most powerful statistical models to implementing personalized medicine in real world settings. The panelists will discuss the major conclusions of TSIL 2016, and propose recommendations for how the field can move forward into increasingly translational work that maximizes the potential of research to inform and improve mental health treatment.

Panel Discussion 34

Overcoming Traditional Barriers Only to Encounter New Ones: Doses of Caution as the Exciting Field of Behavioral Telehealth Begins to “Go Live”

MODERATOR: *Laura J. Bry, B.A.*, Florida International University

PANELISTS: *David C. Mohr, Ph.D.*, Northwestern University
Kenneth R. Weingardt, Ph.D., Northwestern University
Jonathan S. Comer, Ph.D., Florida International University
Lynn Bufka, Ph.D., American Psychological Association
Tommy Chou, B.A., M.A., Florida International University

Primary Category: 2016 Program Theme - Technology and Treatment

Key Words: *Technology / Mobile Health, Service Delivery, Dissemination*

The advent of increasingly sophisticated technologies has brought with it enormous potential for transforming mental health care and improving reach of supported treatments (Kazdin & Blasé, 2011). However, while technology-based efforts are being leveraged to overcome *traditional* barriers to care (e.g., geographic obstacles and mental health workforce shortages), these approaches have introduced *new* challenges at multiple stakeholder levels. These *new barriers* include, among others: limitations in technological literacy and accessibility among potential patients and providers, matters of licensure and practice jurisdiction associated with remote care, unclear reimbursement and privacy guidelines, and the struggle to conduct comprehensive evaluations of treatment products amidst a rapidly shifting technological landscape that outpaces traditional RCT-to-practice timelines.

This multidisciplinary panel will offer a forum for leading experts to present their experiences advancing the telehealth agenda to overcome traditional barriers to care, with emphasis on *new* barriers encountered in doing so. Dr. Mohr will draw on his experience as Director of the Center for Behavioral Intervention Technologies and the challenges related to developing and evaluating tech-based treatments. Dr. Weingardt will describe his previous role as National Director of Mental Health Web Services for the VA to discuss barriers associated with scalability and broad dissemination of telehealth interventions. Dr. Comer will describe his role as Director of the Mental Health Interventions and Technology Program and PI for randomized trials evaluating videoconferencing formats for the remote delivery of real-time care. Dr. Bufka of the APA will detail policy-level hurdles that impact telehealth service provision, and relevant practice guidelines and policy. Lastly, Tommy Chou, M.A. will discuss his role as a provider of telehealth services, that which is lost in translation, and complications related to low tech-literacy. The discussion will focus on strategic recommendations for overcoming newly encountered barriers in order to optimize technology’s full potential for transforming the scope and reach of supported care models.

Symposium 102

Nothing to Lose Sleep Over: New Advances in Understanding Sleep Problems Among Anxious Youth

CHAIRS: *Bridget Poznanski, B.Sc., Florida International University*
Danielle Cornacchio, B.S., Florida International University

DISCUSSANT: *Dana McMakin, Ph.D., Florida International University*

Primary Category: Child / Adolescent - Anxiety

Key Words: *Child Anxiety, Sleep*

Vigilance as a Predictor of Sleep Disturbance in Early Adolescent Anxious and Nonanxious Youth

Emily Ricketts, UCLA

Rebecca B. Price, Greg J. Siegle, Jennifer S. Silk, Erika E. Forbes, Cecile D. Ladouceur,
University of Pittsburgh

Allison Harvey, University of California, Berkeley

Neal D. Ryan, University of Pittsburgh

Ronald E. Dahl, University of California, Berkeley

Dana McMakin, Florida International University

Variability in Sleep Architecture Relates to Symptom Profiles in Children With GAD

Cara Palmer, Sleep and Anxiety Center of Houston at the University of Houston

Candice A. Alfano, University of Houston

Sleep Mediates the Relationship Between Anxiety and Irritability Among Clinically Anxious Youth

Bridget Poznanski, Florida International University

Danielle Cornacchio, Florida International University

Donna B Pincus, Boston University

Jonathan S. Comer, Florida International University

Heart Rate Variability and Sleep Problems in Youth: Getting to the Heart of Anxiety-Sleep Relations

Brandon Scott, Montana State University

Justin Russell, Iowa State University

Candice A. Alfano, University of Houston

Carl Weems, Iowa State University

The Effects of CBT on Sleep Problems of Anxious Youth

Jeremy Peterman, UCSD School of Medicine

Matthew Carper, Temple University

Meredith Elkins, Boston University

Jonathan S. Comer, Florida International University

Nicole DiCrecchio, Temple University

Phillip C. Kendall, Temple University

Symposium 103

The History and Future of Dissemination of CBT for Psychosis in Community Mental Health in Washington State: Implications for U.S. Sustainability

CHAIRS: *Sarah L. Kopelowich, Ph.D., University of Washington*
Maria Monroe-DeVita, Ph.D., University of Washington

DISCUSSANT: *Piper S. Meyer-Kalos, Ph.D., University of Minnesota*

Primary Category: Schizophrenia / Psychotic Disorders

Key Words: *Psychosis / Psychotic Disorders, Schizophrenia, Implementation*

Responding to a Call to Action: Our Approach to Training a CBT for Psychosis Workforce

Corinne Cather, Massachusetts General Hospital

Jennifer Gottlieb, Boston University

Adapting the Learning Collaborative Model to CBT for Psychosis

Sarah L. Kopelowich, University of Washington

CBT for Psychosis: Learning Collaborative Implementation Outcomes and Modification

Maria Monroe-DeVita, Jeffery Roskelley, University of Washington

Utilizing Technology to Enhance Uptake and Sustainment of CBT for Psychosis Practice in Community Mental Health

MacKenzie Hughes, Roselyn Peterson, University of Washington

Symposium 104

Enhancing Implementation of Youth Mental Health Interventions: Real-Time Adaptations, Workforce Expansions, and Staging

CHAIR: *Kimberly D. Becker, Ph.D., University of Maryland School of Medicine*

DISCUSSANT: *Kimberly E. Hoagwood, Ph.D., New York University School of Medicine*

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Implementation, Service Delivery, Child*

Preaching to the Choir?: Implementing Modular Evidence-Based Treatment and a Measurement Feedback System as Continuing Quality Improvement in an Outpatient Behavioral Health Clinic

Abby Bailin, The University of Texas at Austin

Sarah Kate Bearman, University of Texas at Austin

David Heckler, University of Texas at Austin/Texas Child Study Center

Jane Gray, University of Texas at Austin/Texas Child Study Center

Workforce Capacity Building in After-School Settings: Training Paraprofessionals to Promote Youth Mental Health

Angela Blizzard, Stacy Frazier, Florida International University

Use of the Managing and Adapting Practice (MAP) Curriculum in Two Child Psychiatry Fellowship Sites to Enhance Psychotherapy Practices and Clinical Decision Making

Kimberly D. Becker, University of Maryland School of Medicine

Sheryl Kataoka, UCLA Semel Institute for Neuroscience & Human Behavior

Sarah Edwards, University of Maryland School of Medicine

April Donohue, University of Maryland School of Medicine

Karin Best, UCLA Semel Institute for Neuroscience & Human Behavior

Bruce Chorpita, UCLA Department of Psychology

A Mixed-Methods Study of the Stages of Implementation for an Evidence-Based School Trauma Intervention

Erum Nadeem, Yeshiva University

Lisa Saldana, Holle Schaper, Mark Campbell, Oregon Social Learning Center

Symposium 105

Positive Affect, Anxiety, and Depression

CHAIR: *Tomislav D. Zbozinek, M.A., UCLA*

DISCUSSANT: *Richard E. Zinbarg, Ph.D., Northwestern University*

Primary Category: Adult Anxiety

Key Words: *Anxiety, Depression*

Positive Affect as a Moderator of the Effects of Stressful Life Events on Anxiety Symptoms

Amy Sewart, Tomislav Zbozinek, UCLA

Richard Zinbarg, Susan Mineka, Northwestern University

Michelle Craske, UCLA

Trait Positive Affect and Negative Affect Uniquely Predict Emotion Regulation Strategy Utilization: A Cross-Sectional and Prospective Study

Richard T. LeBeau, UCLA

Peter McEvoy, Curtin University

Andrew Page, University of Western Australia

Michelle Craske, UCLA

The Effect of Positive Mood Induction Before Extinction on Rapid Reacquisition of Fear

Tomislav D. Zbozinek, Michelle Craske, UCLA

Examining the Effectiveness of a Self-Guided Version of Positive Affect Treatment

Amanda G. Loerinc, Michelle Craske, UCLA

Symposium 106

**Do Traditional Models of Intimate Relationships
and Couple Interventions Translate to Understudied
Groups?**

CHAIR: *Eliza M. Weitbrecht, M.A., University of Cincinnati*

DISCUSSANT: *Joanne Davila, Ph.D., Stony Brook University*

Primary Category: *Couples / Close Relationships*

Key Words: *Couples / Close Relationships, Cross Cultural / Cultural Differences,
Treatment Development*

**Does the “Marriage Benefit” to Mental Health Extend to the Romantic
Relationships of LGBT Youth?**

Sarah W. Whitton, University of Cincinnati

Michael Newcomb, Northwestern University

Brian Mustanski, Northwestern University

Romantic Relationships and Health in Arab American Couples

*Michelle Leonard, Aymna Ftouni, Farah Elsis, David Chatkoff, University of Michigan
Dearborn*

**Disengagement During Couple Conflict and Relationship Distress at the
Intersections of Race and Social Economic Status**

*Robin A. Barry, Eileen Barden, Chandra Khalifian, Jennifer Lorenzo, Adam Hanna, Rupsha
Singh, Alicia Wiprovnick, University of Maryland, Baltimore County*

**Relationship Adjustment and Depressive Symptoms: Investigating Within-Person
Associations and Moderating Effects in the Nonmarital Relationships of Young
Adults**

Eliza M. Weitbrecht, University of Cincinnati

Sarah Whitton, University of Cincinnati

Galena Rhoades, University of Denver Center for Marital and Family Studies

**The Influence of the Marriage Checkup on Attitudes Toward Help Seeking
Among Same-Sex Couples**

Elizabeth W. Ollen, Tatiana Gray, James Córdova, Clark University

Symposium 107

Behavioral Activation Is Behavior Therapy Past, Present, and Future: Basic Science, Translational Neuroscience, Treatment Outcomes, and Dissemination

CHAIRS: *W. Edward Craighead, Ph.D.*, Emory University

Anahi Collado, Ph.D., Emory University

DISCUSSANT: *Steven Hollon, Ph.D.*, Vanderbilt University

Primary Category: Adult Depression / Dysthymia

Key Words: *Behavioral Activation, Depression, Dissemination*

Rodent Models of the Impairments in Behavioral Activation and Effort-Related Processes That Are Seen in Psychopathology: Pharmacological and Neurochemical Studies

John Salamone, University of Connecticut

Merce Correa, Universitat de Jaume I

Samantha Yohn, University of Connecticut

Laura Lopez-Cruz, Universitat de Jaume I

Noemi San Miguel-Segura I, Universitat de Jaume I

Jen-Hau Yang, University of Connecticut

Blunted Striatal Effort Anticipation Signals During Effort-Based Decision Making in Depression

Michael Treadway, Emory University

Daniel Cole, Emory University

Justin W. Martin, Harvard University

Robert L. Tennyson, University of Washington, Seattle

Richard C. Shelton, University of Alabama

David Zald, Vanderbilt University

The Efficacy, Effectiveness, and Dissemination of Behavioral Activation as a Treatment for Depression

Sona Dimidjian, University of Colorado-Boulder

The Efficacy of Behavioral Activation Among Depressed Spanish-Speaking Latinos: Results From a Randomized Controlled Trial

Anahi Collado, Emory University

Laura MacPherson, University of Maryland, College Park

Cynthia Ramirez, Emory University

Symposium 108

Beyond the Disease Model: Contemporary Research on Understanding and Combating Mental Illness Stigma

CHAIR: *Caitlin Chiupka, M.A., Suffolk University*

DISCUSSANT: *Robert Klepac, Ph.D., University of Texas Health Science Center at San Antonio*

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Stigma, Etiology, Professional Issues*

Examining the Impact of Pejorative Language and Etiological Conceptualization on Mental Illness Stigma

Caitlin Chiupka, Michael Suvak, Suffolk University

Endorsing a Biological Versus Cognitive-Behavioral Etiology of SAD: Effects on Self-Stigmatizing Attitudes

Nicholas Farrell, Rogers Memorial Hospital

Aaron Lee, University of Mississippi Medical Center

Christine McKibbin, University of Wyoming

Brett Deacon, University of Wollongong

Using Personification and Agency Reorientation to Reduce Mental-Health Clinicians' Stigmatizing Attitudes Toward Patients

Matthew Lebowitz, Woo-Kyoung Ahn, Yale University

Reducing the Stigma Related to Mental Illness and Mental Health Treatment in a College Population: Results From Two Intervention Studies

Laura Boucher, VA Puget Sound Health Care System

Symposium 109

Monitoring Progress in Psychotherapy: Why and How

CHAIR: *Jacqueline B. Persons, Ph.D.*, Cognitive Behavior Therapy and Science Center

DISCUSSANT: *John Hunsley, Ph.D.*, University of Ottawa

Primary Category: 2016 Program Theme - Technology and Treatment

Key Words: *Assessment, Psychotherapy Outcome, Longitudinal*

The Surprising Effects of Formally Tracking Patient Treatment Response on Mental Health Outcomes: Technology Finds a Place in Routine Practice

Michael J. Lambert, Brigham Young University

Measurement Feedback and Beyond: The Place for Evidence in Clinical Decision Support

Bruce F. Chorpita, Alayna Park, Todd Brown, UCLA

Katherine Tsai, Five Acres ~ The Boys' and Girls' Aid Society of Los Angeles County

Andrew Moskowitz, UCLA

Eric Daleiden, PracticeWise, LLC

Promoting Public Transparency About the Outcomes of Psychological Therapies: Lessons From the English LAPT Programme

David M. Clark, University of Oxford

Early Response and Depression Remission in Naturalistic and Standardized Cognitive Therapy

Jacqueline B. Persons, Cognitive Behavior Therapy and Science Center

Broadway Ballroom South, Floor 6

Panel Discussion 35

Staying Relevant in the “Brain Age”: How to Incorporate Biological Measures and Mechanisms to Fund Your Psychosocial Research

MODERATOR: *Ryan J. Jacoby, M.A.*, University of North Carolina at Chapel Hill

PANELISTS: *Lauren B. Alloy, Ph.D.*, Temple University
Stacey B. Daughters, Ph.D., University of North Carolina at Chapel Hill
Mitchell J. Prinstein, Ph.D., University of North Carolina at Chapel Hill
David F. Tolin, Ph.D., Institute of Living/Hartford Hospital Anxiety Disorders Center
Sabine Wilhelm, Ph.D., Harvard Medical School

Primary Category: Professional Issues

Key Words: *Research Funding, Professional Development, Career Development*

Ever since the “decade of the brain,” grant funding initiatives (along with the general zeitgeist of the mental health field) have begun to prioritize biological explanatory mechanisms of psychopathology. Thus, in order to be successful in the current biopsychosocial funding climate, psychological researchers have needed to adapt and expand their areas of expertise in order to integrate biological components in their grant proposals. Members of the present roundtable have incorporated neuroimaging, psychophysiological measures, technology (e.g., smart phones), and pharmacological agents (e.g., d-cycloserine) into their work, and as a result have had numerous successful grants funded by agencies such as NIMH. Members of this panel study a diverse range of psychopathology (e.g., OCD, substance use) and populations (e.g., child, adult) and include: (a) Lauren Alloy, a renowned researcher of psychological and neurobiological processes in the development of mood disorders, (b) Stacey Daughters, a leader in the field of addictions, whose transdisciplinary research integrates behavioral, biological, and neural assessments, (c) Mitchell Prinstein, an expert in adolescent peer relations, whose work incorporates psychophysiological measures to understand depression, stress, and self-injury from a neuroscientific approach, and (d) David Tolin and Sabine Wilhelm, both prominent researchers in the area of obsessive-compulsive and related disorders whose recent grants have investigated neural aspects of hoarding (Dr. Tolin) and neurobiological mechanisms of change during exposure for OCD (Dr. Wilhelm). This panel of experts will be asked to share the specific ways in which they have incorporated biological components into their research and to reflect on how this has changed with the shifting funding environment (i.e., how they’ve adapted to remain relevant in the “brain age”) and how it may evolve in the future (in concert with this year’s conference theme). They will also share their experiences forming productive collaborations with neurobiological specialists, and how they reconcile their psychological background with their biological work. Audience participation and questions will be encouraged.

Symposium 110

**Expanding the Reach of Evidence-Based Treatments:
Recent Innovations in Guided Self-Help Interventions**

CHAIR: *Laurie J. Zandberg, Psy.D., University of Pennsylvania*

DISCUSSANT: *G. Terence Wilson, Ph.D., Rutgers University*

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Technology / Mobile Health, Implementation, Psychotherapy Outcome*

Development and Initial Evaluation of a Behavioral Activation Guided Self-Help Protocol for Mild to Moderate Depression

Carey Schwartz, Graduate School of Applied and Professional Psychology, Rutgers University

G. Terence Wilson, Rutgers University

Randomized Controlled Trial Comparing Smartphone Assisted Versus Traditional Guided Self-Help for Adults With Binge Eating

Tom Hildebrandt, Patrycja Klimek, Robyn Sysko, Icahn School of Medicine at Mount Sinai

Dianna Mackinnon, Andreas Michaelides, Noom Inc.

Rebecca Greif, Icahn School of Medicine at Mount Sinai

Implementation of a Novel Internet Intervention With Videoconferencing for SAD

Marina Gershkovich, Columbia University Medical Center/New York State Psychiatric Institute

James Herbert, Evan Forman, Laura Fischer, Leah Schumacher, Drexel University

Symposium 111

**Innovations in Methodological Approaches for
Research With Lesbian, Gay, Bisexual, Transgender, and
Other Sexual and Gender Minority (LGBTQ) Individuals**

CHAIR: *Michael Newcomb, Ph.D., Northwestern University*

DISCUSSANT: *David Pantalone, Ph.D., University of Massachusetts Boston*

Primary Category: Gay / Lesbian / Bisexual / Transgender Issues

Key Words: L / G / B / T, Measurement, Research Methods

Comparing Strategies for Recruitment of Adolescent Men Who Have Sex with Men: Implications for Implementation and Sample Composition

Michael Newcomb, Antonia Clifford, Brian Mustanski, Northwestern University

Development and Implementation of a Technology-Based Minority Stress and Substance Use Risk Monitoring Application for LGBT Individuals

Nicholas Livingston, Bryan Cochran, University of Montana

Construction and Validation of Psychological Measures for Use With Nonheterosexual Individuals

Brent Schneider, Oklahoma State University

Measuring Gender Nonconformity in Psychological Research

Kathryn Oost, University of Montana

Developing a New Measure of HIV Prevention Resilience Resources

Hamish Gunn, University of Massachusetts Boston

Eva Woodward, Central Arkansas Veterans Healthcare System

Kimberly Nelson, Brown University

David Pantalone, University of Massachusetts Boston

Symposium 112

Disseminating Novel and Accessible Mindfulness- and Acceptance-Based Interventions for College Students

CHAIRS: *Ashlyne Mullen, M.S., Kean University*

Donald R. Marks, Psy.D., Kean University

DISCUSSANT: *Jacqueline Pistorello, Ph.D., University of Nevada, Reno*

Primary Category: Treatment - Mindfulness

Key Words: *Mindfulness, College Students, Acceptance*

Fostering State Mindfulness in an Acceptance-Based Behavioral Workshop Within the College Curriculum: Perceived Most and Least Helpful Elements and Their Prediction of Toronto Mindfulness Scale Scores

Jed Seltzer, Larissa Redziniak, Ariana Dichiara, Ashlyne Mullen, Karolina Kowarz, Jennifer Block-Lerner, Kean University

The Mindful Way Through the Semester Online: Examining the Feasibility and Effectiveness of an Online Program for First-Year Undergraduates

Sara Danitz, Alison Sagon, Susan Orsillo, Suffolk University

Web-Based Self-Help for College Students: Evaluating a Transdiagnostic ACT Program

Michael Levin, Jack Haeger, Benjamin Pierce, Jameson Daines, Michael Twohig, Utah State University

Examination of Patterns of Daily Values Engagement Over a Semester-Long Course Based in ACT Training

Ashlyne Mullen, Kean University

Emily Sandoz, Owen Rachel, Rebecca Copell, Bronwyn Frederick, University of Louisiana at Lafayette

Symposium 113

The Development and Implementation of Exercise Interventions for Individuals With Serious Mental Illness

CHAIR: *Julia Browne, B.A., University of North Carolina at Chapel Hill*

DISCUSSANT: *Kim T. Mueser, Ph.D., Boston University*

Primary Category: Schizophrenia / Psychotic Disorders

Key Words: *Severe Mental Illness, Exercise, Implementation*

The Development and Implementation of a Pilot Walking Intervention for Individuals With Schizophrenia Spectrum Disorders

Julia Browne, University of North Carolina at Chapel Hill

David Penn, University of North Carolina at Chapel Hill

Kelsey Ludwig, University of North Carolina at Chapel Hill

Implementation and Dissemination of Individualized Fitness Programming for People With Serious Mental Illness

Sarah Pratt, The Geisel School of Medicine at Dartmouth

Stephen Bartels, The Geisel School of Medicine at Dartmouth

Implementation of Community-Based Group Exercise for Adults With Serious Mental Illness

Gerald Jerome, Towson University

Deborah Young, Kaiser Permanente Department of Research & Evaluation

Stacey Goldsholl, Gail Daumit, Johns Hopkins University School of Medicine

Enhancing Cognitive Functioning in People With Schizophrenia: The Impact and Implementation of Aerobic Exercise Programs

David Kimhy, Columbia University Medical Center/New York State Psychiatric Institute

Marquis Ballroom A & B, Floor 9

Symposium 114

Rethinking Attentional Dysregulation in Affective Disorders

CHAIR: *Ernst H.W. Koster, Ph.D.*, Ghent University

DISCUSSANT: *Jutta Joormann, Ph.D.*, Yale University

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Attention, Depression, Cognitive Vulnerability*

Self-Referential Schemas and Attentional Bias Predict Severity and Naturalistic Course of Depression Symptoms

Seth Disner, University of Texas at Austin

Attention Training Through Gaze-Contingent Feedback: Effects in Attentional Mechanisms and Transfer to Reappraisal Processes of Negative Emotions' Repair

Alvaro Sanchez, Jonas Everaert, Ernst Koster, Ghent University

Meta-Awareness of Biased Attentional Processing: A Signal Detection Theory Approach

Amit Bernstein, Liad Ruimi, Ariel Zvielli, Yuwal Hadash, University of Haifa, Israel

Applying the Attentional Scope Model to Depressive Rumination

Ernst H.W. Koster, Lin Fang, Ghent University

Odets, Floor 4

Mini Workshop 18

Core Competencies in CBT: Becoming an Effective and Competent Cognitive-Behavioral Therapist

Cory F. Newman, Ph.D., University of Pennsylvania

Basic to Moderate level of familiarity with the material

Primary Category: Professional Issues

Key Words: *Professional Issues, Training / Training Directors*

Specifically designed for graduate students, early-career clinicians, and newcomers to ABCT and/or CBT practice, this mini-workshop will identify and illustrate some of the essential means by which to deliver CBT competently. Regardless of whether participants

expect to follow set, manualized protocols, or conduct principle-based, individually conceptualized CBT, this mini-workshop will communicate the core components of effective CBT practice. Special emphasis will be placed on creating good session structure with a flexible agenda, establishing an atmosphere of collaborative empiricism, improving the therapeutic relationship as a value in its own right and using it as an aid toward conceptualization and intervention, and utilizing specific CBT techniques both in session and for homework. Participants will learn to infuse all of the above with cultural awareness and adherence to professional and humanistic ethics. The mini-workshop will also describe and discuss some of the core values at the heart of CBT, including ways to openly communicate and model these values to clients. Further, participants will learn the importance of using and practicing CBT methods on themselves, as well as becoming skilled at self-reflection, so that their actions with clients are mindful, congruent, and beneficent. An additional focus will be the ways in which competent therapists achieve higher levels of proficiency by making CBT sessions more memorable and inspirational to clients.

You will learn:

- To establish well-organized, well-focused, productive CBT sessions.
- To implement several key CBT techniques, including cognitive and behavioral monitoring, guided discovery, rational responding, and role-playing.
- To ask clients key questions that lead to the development of a culturally informed, CBT case conceptualization.
- To engage in self-reflection, so that your clinical methods are more mindful and empathic.

Recommended Readings: Beck, J. S. (2011). *Cognitive-behavior therapy: Basics and beyond* (2nd ed.). New York: Guilford. Newman, C. F. (2010). Competency in conducting cognitive-behavioral therapy: Foundational, functional, and supervisory aspects. [For the Special Section on Psychotherapy Competencies and Supervision of Trainees]. *Psychotherapy: Theory, Research, Practice, Training*, 47, 12-19. Newman, C. F. (2011). Cognitive-behavior therapy for depressed adults. In D. W. Springer, A. Rubin, & C. Beevers (Eds.), *Clinician's guide to evidence-based practice: treatment of depression in adolescents and adults* (pp. 69-111). Hoboken, NJ: Wiley. Newman, C. F. (2012). Core competencies in cognitive-behavioral therapy: Becoming an effective cognitive-behavioral therapist. New York: Routledge. Newman, C.F. (2015). Cognitive restructuring / cognitive therapy. In A.M. Nezu & C.M. Nezu (Eds.), *Oxford handbook of cognitive and behavioral therapies* (pp. 118-141). New York: Oxford University Press.

Panel Discussion 36

**What's Basic Cognitive Science Got to Do With It?:
Contributions, Detractions, Integration, and Future
Directions for Cognitive and Behavioral Therapies**

MODERATOR: *Allison J. Ouimet, Ph.D., University of Ottawa*

PANELISTS: *Nader Amir, Ph.D., San Diego State University*
Brett J. Deacon, Ph.D., University of Wollongong
Greg J. Siegle, Ph.D., University of Pittsburgh
Richard J. McNally, Ph.D., Harvard University
Adam S. Radomsky, Ph.D., Concordia University

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Cognitive Processes, Neuroscience, Evidence-Based Practice*

Historically, researchers have engaged in cognitive science and clinical psychology as distinct disciplines. Innovations in both areas have led clinicians and researchers alike to look towards integration and evidence-based practice. Researchers have applied basic cognitive biases to understanding psychological disorders, leading to novel treatment approaches such as cognitive bias modification. Similarly, clinical issues in cognitive and behavioral therapies (CBT) (e.g., some clients do not improve, or relapse) have propelled integration of advances in cognitive science with effective clinical practice (e.g., inhibitory learning in exposure) to improve treatment. Progress in neuroscience has perhaps contributed most noticeably towards an increased focus on basic cognition in the cause and treatment of psychological disorders, because of its emphasis on brain-behavior connections.

Despite the apparent movement towards integration of cognitive science and CBT, large science-practice gaps remain, in theory and in practice. Do these gaps represent a real divide between CBT practitioners and basic cognitive scientists, an underdeveloped framework for integrating basic cognitive science into CBT practice, or more likely, a combination of multiple factors?

Panelists will address contributions of basic cognitive science to CBT, as well as areas in which it may have been problematic, with the ultimate goal of identifying points of convergence and laying the groundwork for more effective treatment. All of the Panelists are scientist-practitioners conducting research on divergent areas of cognitive science, psychopathology, and CBT. Through this discussion, we hope to answer questions such as: How has cognitive science/neuroscience advanced CBT? Can insights from cognitive science/neuroscience sometimes translate poorly to the CBT clinic, or be difficult for clients to access? How can cognitive science/neuroscience be translated more effectively to CBT practice? What cautions or perspectives are particularly important to attend to? In what ways are behavioral and cognitive therapies evolving without input from cognitive science and neuroscience? How do we better incorporate those insights into cognitive science/neuroscience?

Symposium 115

Can Feeling Good Be Bad?: An Investigation of Positive Emotion Dysfunction in Risky, Self-Destructive, and Health-Compromising Behaviors

CHAIR: *Nicole H. Weiss, Ph.D., Yale University School of Medicine*

DISCUSSANT: *Melissa A. Cyders, Ph.D., Indiana University-Purdue University Indianapolis*

Primary Category: Addictive Behaviors

Key Words: *Emotion Regulation, Emotion, Risky Behaviors*

The Pros of Anorexia in “Pro-Ana” Website Users: Does Endorsement of Positive Aspects of Anorexia Predict Symptomatology?

Maribel Plasencia, Emily Panza, Kiki Fehling, Yasmine Omar, Edward Selby, Rutgers University

Positive Urgency, Positive Affective Instability, and Disordered-Eating Behaviors Among Individuals Who Self-Injure

Emily Panza, Yasmine Omar, Maribel Plasencia, Amy Krantzler, Kara Fehling, Samira Dodson, Kelly Hoyt, Edward Selby, Rutgers University

The Unique Role of Positive Urgency in Alcohol Use and Sexual Behaviors in Men and Women

Ally L. Dir, Melissa Cyders, Indiana University

Exploring the Nature and Consequences of Difficulties Regulating Positive Emotions in PTSD

Nicole H. Weiss, Yale University School of Medicine

Katherine Dixon-Gordon, University of Massachusetts Amherst

Courtney Peasant, Yale University School of Medicine

Tami Sullivan, Yale University School of Medicine

Symposium 116

Life Span and Methodological Perspectives on Interpersonal Emotion Regulation: Implications for Clinical Science

CHAIR: *Kara A. Christensen, M.A., The Ohio State University*

DISCUSSANT: *Michelle Newman, Ph.D., The Pennsylvania State University*

Primary Category: Cognitive-Affective Processes

Key Words: *Emotion Regulation, Social Relationships, Transdiagnostic*

Mothers' and Toddlers' Efforts to Regulate Toddler Distress: The Role of Toddler Risk for Anxiety

Elizabeth Kiel, Julie Premo, Miami University

Identifying Patterns of Maladaptive Interpersonal Emotion Regulation

Katherine L. Dixon-Gordon, Lauren Haliczzer, Colten Karnedy, University of Massachusetts Amherst

Diana Whalen, Washington University School of Medicine

Depression and Excessive Reassurance Seeking in Adolescent Friendships: Correlates and Consequences

Rebecca Schwartz-Mette, Melissa Jankowski, University of Maine

Amanda Rose, University of Missouri

Interpersonal Emotion Regulation Strategies and Maintenance of Worry: An Eight-Week Prospective Study

Thane Erickson, Jamie Lewis, Tara McNeil, Seattle Pacific University

Interpersonal Aspects of Emotion Regulation Mediate Associations Between Psychological Distress and Communication Behavior in Married Couples

Nicholas S. Perry, Alexander Crenshaw, Jasara Hogan, Karena Leo, Katherine Baucom, Brian Baucom, University of Utah

Symposium 117

**Advancing Behavioral Interventions for Tic Disorders:
Refining Assessment and Adapting Approaches to
Treatment**

CHAIR: *Flint M. Espil, Ph.D.*, University of California, San Francisco

DISCUSSANT: *Christine Conelea, Ph.D.*, Alpert Medical School of Brown University

Primary Category: Tic and Impulse Control Disorders

Key Words: *Tic Disorders, Assessment, Technology / Mobile Health*

A Long-Term Follow-Up to a Randomized Controlled Trial of Comprehensive Behavioral Intervention for Tics

Flint M. Espil, University of California, San Francisco

Douglas Woods, Marquette University

Ivar Snorason, University of Wisconsin-Milwaukee

Determining Treatment Response in Clinical Practice in Youth With Tic Disorders

Emily Ricketts, Joseph McGuire, Susanna Chang, Deepika Bose, Madeline Rasch, UCLA

Matthew Specht, Johns Hopkins

John Walkup, Cornell University

Lawrence Scahill, Emory University

Sabine Wilhelm, Harvard Medical School

Alan Peterson, University of Texas Health Science Center

James McCracken, John Piacentini, UCLA

Individualized Response of the Most Bothersome Tics and Tic Characteristics to Behavior Therapy

Joseph F. McGuire, John Piacentini, UCLA

Lawrence Scahill, Emory University

Douglas Woods, Marquette University

Robert Villareal, University of Texas Health Science Center

Sabine Wilhelm, Harvard Medical School

John Walkup, Cornell University

Alan Peterson, University of Texas Health Science Center

Disseminating Comprehensive Behavioral Intervention for Tics: Development and Testing of Tichelper.com

Michael Himle, University of Utah

Douglas Woods, Marquette University

Suzanne Mouton-Odum, PsycTech, Ltd

Loran Hayes, University of Utah

Krishnapriya Ramanujam, University of Utah

Jennifer Alexander, Marquette University

Christopher Bauer, Marquette University

11:45 a.m. – 1:15 p.m.

Lyceum, Carnegie, & Alvin, Floor 5

Symposium 118

Advances in Treatments for Traumatic Stress Disorders and Addictions Using Behavioral and Pharmacologic Approaches in Civilian and Veteran Populations

CHAIR: *Denise Hien, Ph.D., Adelphi University*

DISCUSSANT: *Sonya Norman, Ph.D., University of California, San Diego*

Primary Category: Trauma and Stressor Related Disorders and Disasters

Key Words: *Addictive Behaviors, Trauma, Psychotherapy Outcome*

Does PTSD Change With Combination Therapy Improve Alcohol Use Outcomes?

Denise Hien, Adelphi University

Lesia Ruglass, Teresa Lopez-Castro, City College of New York

Santiago Papini, University of Texas at Austin

Secondary Analyses From a Randomized Controlled Trial of Interventions for Co-Occurring Substance Use and PTSD

Mark McGovern, Chantal Lambert-Harris, Haiyi Xie, Dartmouth Geisel School of Medicine

Elizabeth Saunders, The Dartmouth Institute for Health Policy & Clinical Practice

N-Acetylcysteine in the Treatment of PTSD and Substance Use Disorders

Sudie Back, Kristina Korte, Gros Daniel, Kathleen Brady, Kalivas Peter, Medical University of South Carolina

Combination of Behavioral Therapies With Pharmacotherapy for PTSD and Comorbid Alcohol Use Disorder in Veterans

Ismene Petrakis, Elizabeth Ralevski, Yale School of Medicine

Mayumi Gianoli, Elissa McCarthy, Connecticut VA

Jane Serrita Jane, Albert Arias, Yale School of Medicine

Symposium 119

Emotion Dysregulation in Eating Disorders

CHAIR: *Kimberly Claudat, Ph.D., University of California, San Diego*

DISCUSSANT: *Carol Peterson, Ph.D., University of California, San Diego*

Primary Category: Eating Disorders

Key Words: *Eating Disorders, Emotion Regulation, Ecological Momentary Assessment*

Negative Affect, Emotion Dysregulation, and Disordered-Eating Symptoms in Adolescents With Eating Disorders

Kimberly Claudat, Leslie Anderson, Ana Ramirez, Anne Cusack, Carly Hadjeasgari, Walter Kaye, University of California, San Diego

Out of Touch: Interoceptive Deficits and Emotion Regulations Strategies Are Related to Self-Harm Behaviors in Individuals With Eating Disorders

*April R. Smith, Lisa Velkoff, Lauren Forrest, Dorian Dodd, Miami University
Tracy Witte, Auburn University
Lindsay Bodell, University of Pittsburgh School of Medicine
Nicole Siegfried, Mary Bartlett, Eating Recovery Center Washington
Natalie Goodwin, Castlewood Treatment Centers*

Individual-Level and Momentary Affective Predictors of Cognitive Deconstruction During Binge Eating in Bulimia Nervosa

Jason M. Lavender, Tyler Mason, Li Cao, Ross Crosby, Scott Engel, James Mitchell, Stephen Wonderlich, Neuropsychiatric Research Institute

Integration of Neuroimaging and EMA to Examine Unique Affective Pathways to Binge Eating in Bulimia Nervosa

*Sarah Fischer, Joseph Wonderlich, Lauren Breithaupt, James Thompson, George Mason University
Scott Engel, Ross Crosby, Stephen Wonderlich, Neuropsychiatric Research Institute*

Treating Emotional Eating in Overweight Teens: The Peer Program

Abby Braden, Stephanie Knatz, Martina Cotton, Leslie Anderson, University of California, San Diego

Symposium 120

Mind the Gap: Working to Prevent a Research-Practice Divide in the Emerging Field of Mental Health Technologies for Youth Problems

CHAIR: *Tommy Chou, B.A., M.A., Florida International University*

DISCUSSANT: *Muniya Khanna, Ph.D., University of Pennsylvania*

Primary Category: 2016 Program Theme - Technology and Treatment

Key Words: *Technology / Mobile Health, Service Delivery, Child*

Child Anxiety: A Systematic Review of Available Smartphone Apps for Anxious Youth in the Consumer Marketplace

Laura J. Bry, Tommy Chou, Jonathan Comer, Florida International University

Beyond AOL CD-ROMS: Identifying Modern Intervention Opportunities by Evaluating Technology Use Among Treatment-Seeking Families

Tommy Chou, Laura Bry, Florida International University

Aubrey Carpenter, Boston University

Julio Martin, Jonathan Comer, Florida International University

School-Based Service-Provider Perceptions of Computer-Assisted CBT

Matthew Carper, Hannah Frank, Philip Kendall, Temple University

Brave Self-Help: Consumer Feedback and Outcomes of a Self-Referred, Self-Directed Online CBT Program for Youth Anxiety

Susan H. Spence, Griffith University

Sonja March, University of Southern Queensland

Caroline Donovan, Griffith University

Symposium 121

Minimizing Barriers and Maximizing Reach: The Dissemination of Online Relationship Interventions

CHAIRS: *Dev Crasta, M.A., University of Rochester*
Ronald D. Rogge, Ph.D., University of Rochester

DISCUSSANT: *James V. Córdova, Ph.D., Clark University*

Primary Category: Couples / Close Relationships

Key Words: *Couple Therapy, Technology / Mobile Health, Dissemination*

Cost-Effectiveness Comparison of Traditional Versus Online Relationship-Focused Interventions

Emily J. Georgia, Brian D. Doss, McKenzie K. Roddy, Kathryn M. Nowlan, University of Miami

From Access to Engagement: How Can We Help Couples Make Use of Online Resources?

Ronald D. Rogge, Dev Crasta, University of Rochester
Andrew Christensen, UCLA

Why Do Couples Seek Relationship Help?: Discrepancies Across In-Person and Online Interventions

McKenzie K. Roddy, Larisa N. Cicila, Brian D. Doss, University of Miami

Computer Based Interventions May Not Only Extend Our Reach, but Allow Us to Promote Lasting Relationship Health

Scott R. Braithwaite, Brigham Young University
Frank Fincham, Florida State University Family Institute

Symposium 122

**Future Directions of Brief Behavioral Activation:
Modifications, Mechanisms, and Measurement**

CHAIR: *Laura Pass, Ph.D., University of Reading, UK*

DISCUSSANT: *Shirley Reynolds, Ph.D., Charlie Waller Institute, University of Reading*

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Behavioral Activation, Treatment Development, Mediation / Mediators*

1-Year Posttreatment Outcomes and Technology Solutions for Improving Adherence for a Behavioral Activation Treatment for Substance Use

Yun Chen, University Of North Carolina -Chapel Hill

C.J. Seitz-Brown, University of Maryland

Jessica Magidson, Massachusetts General Hospital/Harvard Medical School

Stacey Daughters, University of North Carolina, Chapel Hill

Behavioral Activation and Therapeutic Exposure for PTSD: A Noninferiority Trial of Treatment Delivered in Person Versus Home-Based Telehealth

Ron Acierno, Wendy Muzzy, Melba Hernandez-Tejada, Peter Tuerk, University of South Carolina, Charleston

Is Depressive Avoidance a (Specific) Target of Behavioral Activation Treatment? A Preliminary Randomized Control Trial Investigation Among Latinos

Emily Blevins, University of Maryland

Carl Lejuez, University of Kansas

Laura MacPherson, University of Maryland, College Park

Brief Behavioral Activation (BRIEF-BA) for Adolescent Depression: A Pilot Study in the UK National Health Service

Laura Pass, University of Reading, UK

Shirley Reynolds, University of Reading, UK

Behavioral Activation and Avoidance in Youth: Measurement Development and Treatment Mediation

Laura Skriner, University of Pennsylvania

Brian Chu, Rutgers University

Carrie Masia Warner, William Patterson University

Jonathan Kanter, University of Washington

Panel Discussion 37

Beyond the DSM, Envisioning a Dimensional Future of Empirically Supported Processes to Understand and Treat Psychopathology

Moderators: *Maria Karekla, Ph.D.*, University of Cyprus

Georgia Panayiotou, Ph.D., University of Cyprus

PANELISTS: *Steven C. Hayes, Ph.D.*, University of Nevada, Reno

Evan M. Forman, Ph.D., Drexel University

John Forsyth, Ph.D., University at Albany, SUNY

Anthony Rosellini, Ph.D., Harvard Medical School

Todd Farchione, Ph.D., Boston University

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Transdiagnostic, ACT (Acceptance & Commitment Therapy), Diagnosis*

The DSM-5 similar to its predecessors continues to rely on a categorical approach to diagnosis and classification of mental disorders, with the aim to assist clinical practice by providing clear symptom categories, facilitate communication among practitioners, and aid research by providing distinct diagnostic groups against which clinical populations can be compared. However, the reality of clinical practice, along with extensive research findings, document that there is substantial overlap among clinical disorders, explaining in part the high rates of comorbidity, heterogeneity, and unclear boundaries between categories. New approaches to psychopathology propose a more dimensional view and suggest that research should focus on identifying the underlying mechanisms and systems that malfunction and that may be common across disorders. The National Institute of Health proposed the RDoC framework, with a focus on examining psychopathology in light of potential dysfunction in particular neurobiological and behavioral systems, including affective valence systems, cognitive systems, social, attachment processes, and arousal systems. Such dimensional approaches permit the investigation of dysfunction as a continuum of severity, and are in line with treatment findings, where transdiagnostic approaches such as ACT (Hayes et al, 2011) or the Unified Protocol (e.g. Farchione et al., 2012) are found to have beneficial effects for various problems. This panel discussion will bring together experts in this field to discuss these and other key developments and challenges in the future of conceptualizing and treating human problems.

Panel Discussion 38

Status and Future Potential of Youth Transdiagnostic Treatments

MODERATOR: *Andrea B. Temkin, B.A., Rutgers University*

PANELISTS: *Brian C. Chu, Ph.D., Rutgers University*

Jill Ehrenreich-May, Ph.D., University of Miami

John E. Lochman, Ph.D., The University of Alabama

Katharine L. Loeb, Ph.D., Fairleigh Dickinson University

Lorie A. Ritschel, Ph.D., UNC Chapel Hill School of Medicine

Primary Category: 2016 Program Theme - Cognitive Science and Transdiagnostic Principles

Key Words: *Transdiagnostic, Dissemination, Adolescents*

The high number of youth struggling with psychological difficulties and the common co-occurrence of multiple disorders has created a rising need for efficient and effective treatments. While treatment typically consists of single disorder protocols, transdiagnostic treatments have gained momentum as a means of addressing multiple disorders at once. Initially developed for adult populations, there has been growing research on transdiagnostic models for youth. Transdiagnostic theory is particularly well suited for the population given its dimensional framework and ability to account for developmental changes across childhood and adolescence, and its potential to explain convergent and divergent disorder trajectories among youth. A key principle of this approach is that common mechanisms maintain symptoms across multiple disorders, and basic science has provided evidence for a number of cognitive, behavioral, and emotional mechanisms that may be important to target in treatment. There are also theory-based treatment approaches that use a common framework to induce change across disorders. The aim of this panel is to bring together pioneers in the field of youth transdiagnostic research to discuss their efforts towards producing and disseminating transdiagnostic treatments. They will highlight different theories regarding key mechanisms of change, and ways in which their various treatment models are structured to target these mechanisms. Specifically, Dr. Chu, Dr. Ehrenreich May, and Dr. Lochman will review proposed mechanisms of avoidance, emotion regulation, and aggression, respectively. They and Dr. Loeb will discuss their specific transdiagnostic treatment protocols: Group and Individual Behavioral Activation Treatment (GBAT and IBAT), The Unified Protocol for Adolescents (UP-A), The Coping Power Program, and Family-Based Treatment (FBT) for youth at high risk for eating disorders. Dr. Ritschel will focus on the application of Dialectical Behavior Therapy as a transdiagnostic treatment for disorders among youth. The panelists will discuss current dissemination and implementation efforts, note ways in which transdiagnostic models may both address and raise D & I concerns, and outline future directions to aid in these efforts.

Panel Discussion 39

Dissemination of the Unified Protocol in Routine Care: Balancing Flexibility Within Fidelity

MODERATOR: *Shannon Sauer-Zavala, Ph.D.*, Boston University

PANELISTS: *James F. Boswell, Ph.D.*, University at Albany, SUNY

Cassidy A. Gutner, Ph.D., Boston University Medical School

Kate Bentley, M.A., Boston University

Hannah Boettcher, M.A., Boston University

Amantia Ametaj, M.A., Boston University

David H. Barlow, Ph.D., Boston University

Primary Category: 2016 Program Theme - Dissemination and Implementation

Key Words: *Transdiagnostic, Dissemination*

Although empirically supported treatments (ESTs) for many common mental disorders have been established, there is evidence to suggest that they are not commonly implemented in community settings (e.g., Becker et al., 2004; Waller et al., 2012). The purpose of this panel is to discuss strategies for implementing ESTs, specifically the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP; Barlow et al., 2011), beyond the research contexts in which they were developed. The UP's transdiagnostic focus on core vulnerabilities implicated in the development and maintenance of a range of conditions has clear advantages for dissemination (e.g., clinicians need only learn one protocol to provide empirically-supported treatment for numerous common disorders, comorbid conditions can simultaneously be addressed with one treatment). As a result, the UP has been successfully adapted from its standard outpatient format tested in efficacy trials for implementation in several routine care practice settings. Panelists will discuss strategies employed and challenges encountered when implementing the UP in the following diverse treatment settings: 1) veterans within the VA general outpatient service, 2) suicidal patients during a short-term stay on an acute crisis stabilization unit, 3) eating disordered patients during long-term inpatient and intensive outpatient stays, and 4) Colombian conflict victims. Additionally, efforts to disseminate the standard UP to private practice clinicians will also be discussed. By focusing on the wide range of applications within a single evidence-based treatment, this discussion will highlight the flexible and creative ways that one intervention can be modified to meet the demands and challenges of delivery within diverse real world practice settings. In addition, panelists will reflect on the importance of maintaining fidelity to the original, empirically supported version of the treatment within the context of the flexibility that makes dissemination possible, as well as factors to consider related to long term sustainability of ESTs in routine care. Dr. David Barlow, lead developer of the UP, will provide commentary on the diverse ways in which his intervention has been adapted.

Panel Discussion 40

Getting Funding for Research on Women's Health

Moderators: *RaeAnn E. Anderson, Ph.D.*, Kent State University

Laura Seligman, Ph.D., University of Texas Rio Grand Valley

PANELISTS: *Dawn Johnson, Ph.D.*, University of Akron

Sona Dimidjian, Ph.D., University of Colorado-Boulder

Carolyn B. Becker, Ph.D., Trinity University

Kristen Carpenter, Ph.D., Ohio State University Wexner Medical Center

Primary Category: Women's Issues / Gender

Key Words: *Women's Health, Professional Issues, Women's Issues*

Women are overrepresented in graduate training but underrepresented in the faculty and positions of leadership. Areas of research that focus on women or women's issues may be devalued by peers or seen as less serious areas of scholarship. Further barriers may be institutional forces that also value research on women less and therefore reinforce these inequalities (Riley, Frith, Archer, & Veseley, 2006). One institutional force highly relevant to women seeking faculty positions and positions of leadership is the ability to obtain grant funding for their research. Obtaining grant funding is often an implicit and explicit expectation in science oriented careers as well as non-profit centers. Although much research has focused on enhancing women's interest and retaining them in STEM careers, fewer efforts have focused on the institutional pressures regarding the actual topic of research on women's health. Indeed, although NIMH has an office of research on women's health, the NIH priorities for this section focus on sex differences in research rather than research focused on issues that affect women more than men such as eating disorders or sexual violence (with the exception of pregnancy/postpartum research).

For this panel we have invited several scholars in different areas of women's health (eating disorders, intimate partner violence, postpartum health, gynecological cancer) to share their success stories in conducting high quality and funded research on women's health. Panelists have experience in a variety of research areas as well as research methods and projects including conducting collaborative projects involving multiple community agencies, international projects, randomized controlled trials and utilizing biological indicators and neuroscience methods. Panelists will address specific challenges they have faced in their work, compare/contrast these challenges to those faced by investigators outside of women's health (when applicable), and describe how they were successful in overcoming these challenges.

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Personalized Psychotherapy

CHAIR: *Robert J. DeRubeis, Ph.D.*, University of Pennsylvania

DISCUSSANT: *Steven Hollon, Ph.D.*, Vanderbilt University

Primary Category: Health Care System / Public Policy

Key Words: *Psychotherapy Outcome, Psychotherapy Process*

Severity, Duration, and Recurrence in the Treatment of Major Depressive Disorder

Lorenzo Lorenzo-Luaces, Robert DeRubeis, University of Pennsylvania

Erica Weitz, VU Pim Cuijpers, VU University Amsterdam

Personalized Feedback: Client Characteristics as Moderators of the Effect of Type of Feedback on Treatment Outcome

Sigal Zilcha-Mano, University of Haifa, Israel

Paula Errázuriz, Pontificia Universidad Católica de Chile

Not All Gains Are Gains: Patient Traits Moderate the Impact of “Sudden Gains” in Cognitive Therapy for Depression

John Keefe, Ramaris German, University of Pennsylvania

