



# HARVARD MEDICAL SCHOOL

## DEPARTMENT OF CONTINUING EDUCATION

# ANXIETY DISORDERS

## CHILDREN/ADOLESCENTS/ADULTS

### DECEMBER 11-12, 2009

**BOSTON PARK PLAZA HOTEL**

offered by  
**THE DEPARTMENT OF PSYCHIATRY**  
**CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION**

under the direction of  
**Judy Reiner Platt**

The objective of this course is to present the latest research findings and clinical applications for the diagnosis and treatment of anxiety disorders throughout the lifecycle. As a result of attending this course, participants will be able to describe the biological, psychological, cultural, and sociological influences effecting anxiety. They will be able to explain different treatment approaches including integrative, cognitive-behavioral, psychodynamic, and spiritual/holistic.

**For further information contact:** Cambridge Health Alliance Physicians Organization (CHAPO-CME) P.O. Box 398075-Inman Square, Cambridge, MA 02139 by Phone: 617-503-8445, Fax: 617-503-8460, Email: [cme@challiance.org](mailto:cme@challiance.org) or Web: [www.cambridgecme.org](http://www.cambridgecme.org)

**FRIDAY - DECEMBER 11, 2009**

Moderator: Gustavo Kinryst

**8:00 - 8:45 REGISTRATION AT THE BOSTON PARK PLAZA HOTEL**

**8:45 - 12:45 MORNING PROGRAM**

- Neurobiology of Anxiety: Insights from Neuroimaging ..... Karleyton C. Evans
- Managing Anxiety: Defensive Pessimism vs Strategic Optimism..... Julie K. Norem
- Reinventing the Body, Resurrecting the Soul: How to Create a New Self ..... Deepak Chopra

**12:45 - 2:00 BREAK**

**2:00 - 5:00 AFTERNOON PROGRAM**

- An Integrated Approach to Treating Anxiety Disorders..... Martin M. Antony
- Treating Anxious Children..... Jennifer Freeman, Abbe Marrs Garcia
- Breaking the Cycle of Anxiety:  
 Practical Approaches for Helping Children and their Families ..... Deborah Hirschland

**SATURDAY - DECEMBER 12, 2009**

Moderator: Patricia A. Harney

**8:45 - 12:45 MORNING PROGRAM**

- Health-Related Anxiety:  
 Helping Patients Manage Hypochondriasis and Related Disorders ..... Arthur J. Barsky
- Assessment and Treatment of Sleep Disturbances Associated with Anxiety .... J. Gila Lindsley
- Strategies for Working with Multi-Problem Anxious Patients ..... Jeff Szymanski
- Healing Anxiety with Positive Emotion..... Margaret Baim

**12:45 - 2:00 BREAK**

**2:00 - 5:00 AFTERNOON PROGRAM**

- The Role of Culture in Therapy and Practice..... Jordana Muroff
- Adolescence, Anxiety, and the Obsessive-Compulsive Spectrum:  
 An Insider's Perspective ..... Jared Douglas Kant
- The Anxiety of Impending Adulthood: Case Studies ..... Alan E. Siegel, Laura M. Warren

**ANXIETY DISORDERS**

**December 11-12, 2009**

Course #291505

**Physicians' Fee: \$350 (USD)**

**All Others\*: \$275 (USD)**

(\*Including Residents and Fellows with letter of verification)

(Please Print Clearly - All Fields Required.)

Full Name \_\_\_\_\_  
 First Middle Last

Mailing Address \_\_\_\_\_  
 Street City State Zip Code

Daytime Phone (\_\_\_\_) \_\_\_\_\_ Fax Number (\_\_\_\_) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Please check if you want to be **excluded** from receiving email notices of future Harvard Medical School Department of Continuing Education Programs. (circle one):

Physician Psychologist Nurse Social Worker Family Therapist Counselor Educator Student Other \_\_\_\_\_

**Check is enclosed:** Please make your check payable to *Harvard Medical School* and mail with this registration form to:

**Harvard Medical School Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825**

Payment by Credit Card (Visa or Mastercard) is **only** accepted at [www.cme.hms.harvard.edu/courses/anxiety](http://www.cme.hms.harvard.edu/courses/anxiety)

Telephone, fax, or mailed registrations by credit card are not accepted

Online registrants - add the first three characters of the source code found here → Source Code: A B C D E F G H X Z

## GENERAL INFORMATION

### REGISTRATION:

**Physicians - \$350 (USD) All Others - \$275 (USD) (including Residents and Fellows in Training with letter of verification)**

All foreign payments must be made by a draft on a United States bank or by Visa or Mastercard. If paying by check, make it payable to *Harvard Medical School and mail with completed registration form to Harvard Medical School Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825*. If paying by credit card, please register online at [www.cme.hms.harvard.edu/courses/anxiety](http://www.cme.hms.harvard.edu/courses/anxiety) Telephone, Fax, or mailed registrations by credit card are not accepted. Inquiries should be directed to the above address, made by phone, (617) 384-8600, Monday-Friday, 10 a.m. to 4 p.m. (EST) or by e-mail: [hms-cme@hms.harvard.edu](mailto:hms-cme@hms.harvard.edu). Upon receipt of registration, a confirmation letter will be mailed to the address listed on the form. **Program changes/substitutions may be made without notice.**

### ONLINE INFORMATION:

To ensure proper registration, please add the first *three* letters of the source code found at the bottom of the registration form. To register or to view course information online, visit our home page: [www.cme.hms.harvard.edu/courses/anxiety](http://www.cme.hms.harvard.edu/courses/anxiety)

### REFUND POLICY:

A handling fee of \$60 (USD) is deducted for cancellation. Refund requests must be received by mail or fax (617) 384-8686 one week prior to the course. **No refund will be made thereafter.**

### COURSE LOCATION AND ACCOMMODATIONS:

All sessions will be held at the **Boston Park Plaza Hotel**. Rooms in Boston are limited; you are urged to make your reservations early. A block of rooms has been reserved at the Boston Park Plaza, 64 Arlington Street, Boston, MA 02116 (617) 426-2000 or 800-225-2008 until November 17, 2009. Please specify that you are enrolled in this course to receive a reduced room rate of \$179 (excluding taxes). A map of Boston listing local hotels will be sent with your confirmation of enrollment. For additional housing assistance, please call Boston Reservations at (617) 332-4199 or [BostonReservations.com](http://BostonReservations.com)

### TRAVEL INFORMATION:

Please do not make non-refundable airline reservations until your enrollment in the course has been confirmed. Reservations may be made by calling the HMS Travel Desk toll free 1 (877) 4-HARVMD (1-877-442-7863) Monday-Friday 9 a.m. - 8 p.m. (EST). From outside the U.S., Canada and Virgin Islands, please call (617) 559-3764.

### CONTINUING EDUCATION:

**PHYSICIANS:** Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Harvard Medical School designates this educational activity for a maximum of 14 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. **APPROVED FOR 14 RISK MANAGEMENT CREDITS.**

**PSYCHOLOGISTS:** The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division, maintains responsibility for the program and its content. This course offers 14 credits.

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

**NURSES:** The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers 16.8 hours.

**SOCIAL WORKERS and FAMILY THERAPISTS:** Application for continuing education credit has been made to the Massachusetts Chapter of the National Association of Social Workers, and the CT, MA, and RI Chapters of The Association for Marriage and Family Therapy. 14 credits are pending.

## 2009-2010 CAMBRIDGE/HARVARD CALENDAR

November 6-7	Couples	March 5-6	Addictions
November 20-21	Autism	April 9-10	Child Psychotherapy
December 11-12	Anxiety Disorders	May 7-8	Meditation and Psychotherapy
January 29-30	School Mental Health		

## FACULTY

**MARTIN M. ANTONY, Ph.D.**, Graduate Program Director, and Professor of Psychology, Ryerson University, Toronto, Ontario; Director of Research, Anxiety Treatment and Research Centre, St. Joseph's Healthcare, Hamilton, Ontario; President, Canadian Psychological Association; Author/Co-Author of over 25 books and 130 scientific articles including: *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions*; *Oxford Handbook of Anxiety and Related Disorders*; *10 Simple Solutions to Shyness*; *When Perfect isn't Good Enough*; *Shyness and Social Anxiety Handbook*; *10 Simple Solutions to Panic*; *Psychological Treatment of OCD*; *Mastering Your Fears and Phobias*; *Improving Outcomes and Preventing Relapse in Cognitive Behavioral Therapy*

**MARGARET BAIM, MS, NP**, Clinical Nurse Practitioner, Researcher, and Director, Lighten Up; Director, Medical Symptom Reduction Program, and Clinical Director, Center for Training, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital; Associate in Medicine, Harvard Medical School; Adjunct Clinical Instructor, Graduate Programs in Primary Health Care Nursing, Simmons College

**ARTHUR J. BARSKY, M.D.**, Director of Psychiatric Research, Brigham and Women's Hospital; Professor of Psychiatry, Harvard Medical School; Author: *Worried Sick*; Co-Author: *Feeling Better*; *Stop Being Your Symptoms and Start Being Yourself*

**DEEPAK CHOPRA, M.D.**, Founder and President, The Alliance for New Humanity; Founder, Chopra Center for Well Being, Carlsbad, California; Adjunct Professor, Kellogg School of Management, Northwestern University; Senior Scientist, Gallup Organization; Recipient of numerous awards and honors including *Time Magazine* "Top 100 Heroes and Icons of the Century"; Author of over 50 books and 100 audio and video titles including numerous *New York Times* bestsellers in both fiction and nonfiction categories

**KARLEYTON C. EVANS, M.D., M.Sc.**, Staff Psychiatrist, Division of Neurotherapeutics, Massachusetts General Hospital; Instructor in Psychiatry, Harvard Medical School; Contributor to numerous publications including: *Neuropsychopharmacology*; *Depression and Anxiety*; *Annals of Clinical Psychiatry*; *Journal of Neurophysiology*

**JENNIFER FREEMAN, Ph.D.**, Outpatient Director, Child and Adolescent Psychiatry, and Co-Director, Pediatric Anxiety Research Clinic, Rhode Island Hospital, Providence; Assistant Professor (Research), Department of Psychiatry and Human Behavior, Brown Medical School; Author of numerous publications including co-author: *Family Based Treatment for Young Children with OCD*; Contributing author: *Treatments in Psychiatric Disorders*; *Essentials of Child and Adolescent Psychiatry*; *Anxiety Disorders in Children and Adolescents*

**ABBE MARRS GARCIA, Ph.D.**, Assistant Director, Child and Adolescent Psychiatry, and Co-Director, Pediatric Anxiety Research Clinic, Rhode Island Hospital, Providence; Assistant Professor (Research), Department of Psychiatry and Human Behavior, Brown Medical School; Author of numerous publications including co-author: *Family Based Treatment for Young Children with OCD*; Contributing author: *Psychological Treatment of OCD: Fundamentals and Beyond*; *Treatments of Psychiatric Disorders*; *Psychiatric Clinics of North America*

**PATRICIA A. HARNEY, Ph.D.**, Associate Director of Psychology and Psychology Training, and Director, Psychology Internship Training, Cambridge Health Alliance; Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Private Practice, Cambridge; Author of numerous articles

**DEBORAH HIRSCHLAND, LICSW**, Senior Consultant and Staff Trainer, Together for Kids Project, Worcester; Early Childhood Consultant, Cambridge Human Services Preschools; Faculty, Connected Beginnings Training Institute, Boston; Private Practice, Newton; Author: *Collaborative Intervention in Early Childhood: Consulting with Parents and Teachers of 3- to 7-Year-Olds*

**JARED DOUGLAS KANT, BA**, Speakers Bureau, Obsessive-Compulsive Foundation; Graduate Student, Simmons School of Social Work; Author: *The Thought that Counts: One Teenager's Experience with Obsessive-Compulsive Disorder*

**GUSTAVO KINRYS, M.D.**, Director, Depression and Anxiety Disorders Research Program, Department of Psychiatry, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School; Co-Editor: *Understanding Anxiety: Neurobiological Basis and Treatment*; Author: *Clinical Manual of Anxiety Disorders*

**J. GILA LINDSLEY, Ph.D.**, Assistant Professor, Department of Psychiatry, Tufts University School of Medicine; Senior Adjunct Faculty: Lesley College, and Antioch New England; Private Practice, SleepWell, Lexington; Contributing Author: *Lifestyle Medicine*; *The Psychotherapist's Guide to Neuropsychiatry*; *Disorders of Movement in Psychiatry and Neurology*

**JORDANA MUROFF, Ph.D., LICSW**, Assistant Professor, Boston University School of Social Work; Contributing Author: *Cognitive Behavior Therapy in Clinical Social Work Practice*; Contributor to: *General Hospital Psychiatry*; *Depression and Anxiety*; *Behavior Research and Therapy*; *Cultural Diversity and Ethnic Minority Psychology*

**JULIE K. NOREM, Ph.D.**, Margaret Hamm Professor of Psychology, and Chair, Department of Psychology, Wellesley College; President, Association of Research in Personality; Author: *The Positive Power of Negative Thinking*; *The Gender Psychology Reader*; Contributor to: *Judgments over Time*; *Handbook of Methods in Positive Psychology*; *Optimism and Pessimism: Implications for Theory, Research and Practice*; *Self-Criticism and Self-Enhancement*

**JUDY REINER PLATT, Ed.D.**, Director, Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

**ALAN E. SIEGEL, Ed.D.**, Chief of Mental Health, MIT Medical, Cambridge; Assistant Clinical Professor of Psychology, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance

**JEFF SZYMANSKI, Ph.D.**, Executive Director, Obsessive Compulsive Foundation; Clinical Associate, McLean Hospital; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Private Practice, Cambridge; Consultant, ABCNews.com OnCall+ Mind & Mood - Anxiety Disorders Center

**Laura M. Warren, M.D.**, Staff Psychiatrist, Mt. Auburn Hospital