Welcome from the Program Chair — ii
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45th Annual Convention
November 10–13, 2011
Welcome to Toronto and the 45th Annual Convention of ABCT! We are thrilled to have the convention in Canada for the first time in several years. Toronto is a vibrant and diverse city with many excellent cultural, dining, and sightseeing opportunities.

ABCT is a growing organization, with approximately 5,000 members (including almost 300 in Canada). The convention has expanded over the years and has taken on an international flavor. This year we received over 1,800 submissions from the U.S. and 19 other countries. To accommodate this growth, for the first time, events are scheduled in two hotels: the Sheraton Centre Toronto and the Toronto Hilton. The walk between them takes a brief 4 minutes and may be done underground in inclement weather in about 10 minutes.

This year’s theme is Dissemination in the 21st Century. We return to that theme after a decade that has brought advances in theory and research on models of dissemination, innovative technological approaches to treatment delivery, new ways of assessing dissemination outcomes, and novel methods of disseminating proven interventions through education and training. These themes are reflected in many of the excellent presentations at this year’s convention.

Other highlights of the meeting will include Debra Hope’s Presidential Address and our four Invited Addresses (Thomas Bradbury; Zindel Segal; Bonnie Spring; and a special panel, chaired by Linda Sobell, honoring the late Alan Marlatt’s life and research).

In addition to the tried-and-true presentations we have come to expect, this year brings the introduction of a new presentation format: Spotlight Research Presentations. These 60-minute sessions will allow researchers to debut especially innovative or groundbreaking findings and offer a more in-depth research presentation than is permitted by symposia or other formats.

A successful convention is the product of many people’s hard work. I would like to thank the coordinators and members of the Convention and Education Issues committees; Mary Ellen Brown at ABCT, who works tirelessly behind the scenes to make the convention happen; Assistant Program Chairs Rosy Maldonado and Laura Watkins, who worked many hours scheduling, responding to inquiries, and handling numerous details. I also appreciate the many members of the Program Committee who each reviewed a large number of submissions. Finally, I thank Deb Hope for entrusting me with the privilege of serving ABCT as this year’s Program Chair.

Best wishes for a stimulating and productive convention!
Clinical Intervention Trainings

2-Day:  
Wednesday & Thursday

▷ 8:30 a.m. - 5:00 p.m.

CLINICAL INTERVENTION TRAINING 1

Deepening Your Work as a Contextual Cognitive Behavior Therapist: Applying the Psychological Flexibility Model
Steven C. Hayes, University of Nevada

CLINICAL INTERVENTION TRAINING 2

Bringing Exposure Procedures Into Dialectical Behavior Therapy
Marsha M. Linehan and Melanie S. Harned, University of Washington

Invited Addresses

PRESIDENTIAL ADDRESS

Exploring the Interaction of Learning, Culture and Hormones in Anxiety
Debra A. Hope, University of Nebraska-Lincoln

INVITED ADDRESS

Relationship Science and the Improvement of Preventive and Educational Interventions for Couples
Thomas Bradbury, UCLA

INVITED ADDRESS

What’s Next for Mindfulness-Based Cognitive Therapy? Moving Beyond Efficacy to Mechanisms and Dissemination
Zindel Segal, University of Toronto

INVITED ADDRESS

Evidence-Based Practice: What’s New and How It Can Help You
Bonnie Spring, Northwestern University

INVITED PANEL

A Tribute to Dr. G. Alan Marlatt
MODERATOR: Linda Sobell, Nova Southeastern University

• Effects of Alcohol Using the Balanced Placebo and Taste-Test Procedures
Dennis Donovan, University of Washington School of Medicine

• Relapse Prevention
Katie Witkiewitz, Washington State University

• Harm Reduction
Mary Larimer, University of Washington

• Mindfulness
Sarah Bowen, University of Washington
Workshops provide participants with up-to-date integration of theoretical, empirical, and clinical knowledge about specific issues or themes.

**Friday**

▷ 9:00 a.m. - 12 noon

**WORKSHOP 1**

*Working With Bipolar Disorder in Children and Adolescents: Clinical Presentation, Assessment Strategies, and Treatment*
Eric Youngstrom and Melissa Jenkins, *University of North Carolina at Chapel Hill*

**WORKSHOP 2**

*Enhancing Treatment Outcomes in Dialectical Behavior Therapy for Borderline Personality Disorder*
Shireen Rizvi, *Rutgers University*

**WORKSHOP 3**

*Designing Contingency Management Interventions for Health Behaviors*
Jeremiah Weinstock, *St. Louis University,* and Carla Rash, *University of Connecticut Health Center*

**WORKSHOP 4**

*Brief Management of Suicide Risk*
Craig Bryan, *University of Texas Health Science Center*

**WORKSHOP 5**

*An Integrated CBT Approach for Anxiety and Depression Comorbidity*
Neil Rector, *University of Toronto,* and John Riskind, *George Mason University*

▷ 1:30 p.m. - 4:30 p.m.

**WORKSHOP 6**

*Modern Cognitive Behavior Therapy*
Stefan Hofmann, *Boston University*

**WORKSHOP 7**

*Assessment and Treatment of Late-Life Depression*
Dimitris Kiosses, Jo Anne Sirey, and Victoria Wilkins, *Weill-Cornell Institute of Geriatric Psychiatry*

**WORKSHOP 8**

*Treating Narcissistic Personality Disorder: The Patient That We Like to Dislike*
Arthur Freeman, *Midwestern University*

**WORKSHOP 9**

*Civil Commitment: Ethical Breach or Prudent Care?*
Wayne Bowers, Arnold Anderson, and Janeta Tansey, *University of Iowa*

**WORKSHOP 10**

*Facilitating the Development of Emotion Regulation Skills for Youth with Autism Spectrum Disorders: Focusing on Therapy Readiness and CBT Interventions*
Shana Nichols and Samara Tetenbaum, *ASPIRE Center for Learning and Development*
Saturday

▷ 9:00 a.m. - 12 noon

WORKSHOP 11
Interpersonal Psychotherapy for Depressed Adolescents: Techniques and Implementation
Laura Mufson, Columbia University, and Jami Young, Rutgers University

WORKSHOP 12
Acceptance and Change in Couple Therapy: Integrative Behavioral Couple Therapy
Andrew Christensen, UCLA

WORKSHOP 13
Psychotherapy for the Interrupted Life: An Evidence-Based Treatment for Adult Survivors of Childhood Abuse
Tamar Gordon and Christie Jackson, New York University, Susan Trachtenberg Paula, Martha K. Selig Institute, and Marylene Cloitre, New York University

WORKSHOP 14
Silence to Sound: Understanding and Implementing a Treatment Approach for Selective Mutism
Sandra Mendlowitz and Suneeta Monga, University of Toronto

WORKSHOP 15
Empirically Based CBT Supervision: Making Supervision More Effective
Robert Reiser, Palo Alto University, Donna Sudak, Drexel University, and Derek Milne, Newcastle University

▷ 1:30 p.m. - 4:30 p.m.

WORKSHOP 16
Exposure Therapy for Anxiety: Basics and Beyond
Jonathan Abramowitz, University of North Carolina at Chapel Hill, Brett Deacon, University of Wyoming, and Stephen Whiteside, Mayo Clinic

WORKSHOP 17
Regulation of Cues for Childhood Overeating: The Regulation of Cues Intervention
Kerry Boutelle, University of California, San Diego

WORKSHOP 18
New Thinking in Treatment-Resistant Depression: Targeting Emotional Overcontrol
Thomas Lynch, University of Exeter

WORKSHOP 19
Paradigms for Disseminating Contextual Cognitive Behavioral Therapy Strategies
Patricia Robinson, Mountainview Consulting Group

WORKSHOP 20
Introduction to Cognitive Behavioral Therapy for Insomnia
Michael Perlis, University of Pennsylvania, Donn Posner, Brown University, and Robert Meyers, St. John’s University

WORKSHOP 21
Difficult to Treat? Not Anymore! Cognitive Therapy for OCD
Adam Radomsky, Concordia University
These seminars involve the presentation of case material, session videotapes, and discussion to enable participants to further understand the application of cognitive and behavioral techniques.

**Friday**

➤ 8:00 a.m. - 10:00 a.m.

MASTER CLINICIAN SEMINAR 1
Cognitive-Behavior Therapy for Children and Adolescents With Obsessive-Compulsive Disorder
Dean McKay, Fordham University, and Stephen Whiteside, Mayo Clinic

➤ 10:15 a.m. - 12:15 p.m.

MASTER CLINICIAN SEMINAR 2
Problem-Solving Therapy for Depression: Recent Revisions
Arthur Nezu and Christine Nezu, Drexel University

➤ 12:30 p.m. - 2:30 p.m.

MASTER CLINICIAN SEMINAR 3
Integrating Sexual Interventions Into Couple and Individual Cognitive Behavioral Therapy
Barry McCarthy, American University

➤ 2:45 p.m. - 4:45 p.m.

MASTER CLINICIAN SEMINAR 4
Case Conceptualization Approach to Insomnia for Non-Sleep Specialty Treatment Settings
Rachel Manber, Stanford University, and Colleen Carney, Ryerson University

**Saturday**

➤ 8:00 a.m. - 10:00 a.m.

MASTER CLINICIAN SEMINAR 5
Improving Your Socratic Savvy
Priscilla Schulz, Uniformed Services University of the Health Sciences, and Candice Monson, Ryerson University

➤ 10:15 a.m. - 12:15 p.m.

MASTER CLINICIAN SEMINAR 6
Using Exposure Strategies in Acceptance and Commitment Therapy
John Forsyth, SUNY-Albany

➤ 12:30 - 2:30 p.m.

MASTER CLINICIAN SEMINAR 7
Buried in Treasures: The Treatment of Compulsive Hoarding
David Tolin, Institute of Living and Yale University School of Medicine, and Randy Frost, Smith College

➤ 2:45 p.m. - 4:45 p.m.

MASTER CLINICIAN SEMINAR 8
Treating Tourette's Syndrome and Trichotillomania Across the Developmental Spectrum
Nancy Keuthen, Massachusetts General Hospital and Harvard Medical School, Douglas Woods, University of Wisconsin-Milwaukee, and Martin Franklin, University of Pennsylvania School of Medicine
Thursday

Institute 1

8:30 a.m. - 5:00 p.m.

Introduction to Motivational Interviewing
Daniel McNeil, West Virginia University

Institute 2

8:30 a.m. - 5:00 p.m.

The Inclined Heart: A Mindfulness and Values Focused Institute
Kelly Wilson, University of Mississippi, and Emily Sandoz, University of Louisiana

Institute 3

1:00 p.m. - 6:00 p.m.

Behavioral Activation for Treating Depression: Putting Guided Action Into Action
Christopher Martell, University of Washington, and David Pantalone, Suffolk University

Institute 4

1:00 p.m. - 6:00 p.m.

Concurrent Treatment for Alcohol Dependence and Posttraumatic Stress Disorder
David Yusko and Edna Foa, University of Pennsylvania

Institute 5

1:00 p.m. - 6:00 p.m.

Dialectical Behavior Therapy for Emotion Dysregulation and Nonsuicidal Self-Injury in Adolescents
Lorie Ritschel and W. Edward Craighead, Emory University School of Medicine

Institute 6

1:00 p.m. - 6:00 p.m.

Mindfulness- and Acceptance-Based Behavioral Therapies in the Treatment of Anxiety and Related Disorders
Susan Orsillo, Suffolk University, and Lizabeth Roemer, University of Massachusetts, Boston

Institute 7

1:00 p.m. - 6:00 p.m.

Pushing Past Perfectionism: Using Cognitive-Behavioral Strategies to Treat Perfectionism Across the Anxiety Disorders in Children and Adolescents
Deborah Ledley and Lynne Siqueland, Children’s Center for OCD and Anxiety

Institute 8

1:00 p.m. - 6:00 p.m.

OCD and ERP in the Real World: Sources of and Solutions for Treatment Compliance/Resistance Issues
Jonathan Grayson, Anxiety and OCD Treatment Center of Philadelphia
Advanced Methodology and Statistics Seminars (AMASS) are for applied researchers, presented by renowned research scientists.

**Thursday**

- **AMASS 1**
  - 8:30 a.m. - 5:00 p.m.
  - Developing Dynamic, Sequential Interventions That Optimize Mental Health Outcomes: Novel Clinical Trial Design and Data Analysis Strategies
  - Susan Murphy and Daniel Almirall, University of Michigan

- **AMASS 2**
  - 2:00 p.m. - 6:00 p.m.
  - Item Response Theory: Fundamentals and Application of Modern Psychometric Analysis
  - James Henson and Abby Braitman, Old Dominion University

**Sunday**

- **AMASS 3**
  - 8:30 a.m. - 12:30 p.m.
  - An Introduction to Modern Missing Data Handling Techniques
  - Craig Enders, Arizona State University

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**Spotlight Research**

These 60-minute sessions are intended for in-depth presentations of especially innovative or groundbreaking findings.

**Friday**

- **SPOTLIGHT 1**
  - Reaching the Underserved: An Adapted CBT Treatment for Postpartum Depression in Early Childhood Prevention Programs
  - Moderator: Robert T. Ammerman, Cincinnati Children’s Hospital Medical Center

- **SPOTLIGHT 2**
  - Emotion Regulation Therapy for Complex and Refractory Presentations of Anxiety and Depression
  - Moderators: Douglas S. Mennin, CUNY-Hunter David M. Fresco, Kent State University

**Saturday**

- **SPOTLIGHT 3**
  - Transdiagnostic CBT for Anxiety: Efficacy, Acceptability, and Beyond
  - Moderator: Peter J. Norton, University of Houston

- **SPOTLIGHT 4**
  - Bounce Back: Reclaim Your Health—A New Provincewide, Telephone-Supported, CBT-Based Self-Help Program for Primary Care Patients With Mild to Moderate Depression
  - Moderator: Mark Lau, University of British Columbia
Clinical Round Tables

**AGING**

Disseminating Behavioral and Cognitive Interventions for Older Adults to Providers in a Continuum of Care Settings

*Chair:* Ann Steffen  
*Panelists:* Jeffrey Buchanan, Leah Dick-Siskin, Sean Lauderdale, Kristen Sorocco

**COGNITIVE PROCESSES**

Transdiagnostic Cognitive Vulnerability Factors: Where Have We Been and Where Do We Go From Here?  

*Chair:* Alison McLeish  
*Panelists:* Gordon J. Asmundson, Norman Schmidt, Wendy Silverman, Jasper Smits, Carl Lejuez, Bunmi Olatunji

**DISSEMINATION**

Bridging the Gap: Dissemination of Evidence-Based Practices From the Lab to the Clinic

*Chair:* Marissa Morris-Jones  
*Panelists:* Melissa Grady, Erica Eugenio, Jennifer Bellamy, David Klonsky, Andrew Ekblad, Bruce Chorpita

**EDUCATION AND TRAINING**

Seven Questions for Highly Effective Trainers: Learning How They Train Student Therapists to Deliver Mindfulness-Based Approaches Competently

*Chair:* LeeAnn Cardaciotto, Jennifer Lerner  
*Panelists:* Nikki Rubin, Cara Fuchs, Kelsey Schraufnagel, Dennis Tirch, Steven Hickman, Lizabeth Roemer

**HEALTH PSYCHOLOGY**

Treatment Dissemination in Health Care Settings: Innovations and Outreach Practices

*Chair:* Kathy Sexton-Radix  
*Panelists:* Christina Nash, Jacqueline Kloss, Shelby Freedman Harris, Lisa Uebelacker, Jason Ong

**OCD/OCD SPECTRUM**

Animal Hoarding: Characteristics, Commonalities, and Clinical Challenges

*Chair:* Simon Rego  
*Panelists:* Daniel Moran, Randy Frost, Gail Steketee

**SEVERE MENTAL ILLNESS**

Innovative Applications of CBT for Psychosis in Practice: Working Across Different Levels of Symptoms and Functioning

*Chair:* Kate Hardy  
*Panelists:* Kate Hardy, Dimitri Perivoliotis, Sally Riggs, Neal Stolar

**TREATMENT**

I Know They Work, but How Do I Do It? Strategies for Integrating Evidence-Based Treatments Into Your Practice

*Chair:* Simon Rego  
*Panelists:* Keith Dobson, G. Terence Wilson, Stefan Hofmann, Martin Antony

Models of Successful Dissemination of Evidence-Based Therapies for PTSD in U.S. Department of Defense Clinics

*Chair:* Priscilla Schulz  
*Panelists:* David Mather, Marjorie Weinstock, Carie Rodgers, Kelly Crowe, Bradley Wolf, Suzanne Dundon

Membership Panels

**MEMBER PANEL DISCUSSION 1**

Getting in and Succeeding in Graduate School in Clinical Psychology

*Panelists:* Karen Christoff, Debora J. Bell, Lauren Cox, David Hansen, Richard G. Heimberg, Mitchell Prinstein, Jennifer Veilleux, and Sheila Woody

**MEMBER PANEL DISCUSSION 2**

What Professionals Look for When They Hire New Employees

*Panelists:* Hilary Vidair, Martin Antony, Mitchell L. Scharf, Anne Marie Albano, Antonette M. Zeiss, and Kristine Doyle

Panel Discussions

**ADDCITIVE BEHAVIORS**

The Reorganization of Addictions Research at NIH: What Does it Mean for Behavioral Research?

*Chair:* Barbara McCrady  
*Panelists:* Dennis Donovan, Peter Monti, Linda Sobell, Kenneth Leonard

**ADULT DEPRESSION/DYSTHYMIA**

Lessons Learned in Treatment-Resistant Depression: Where Do We Go From Here?

*Chair:* Thomas Lynch  
*Panelists:* Steven Hollon, Michael Thase, Zindel Segal, Jacqueline Persons
Dissemination of CBTs to the Public on a Shoestring Budget: Old Problem, New Solutions?

Chair: Amanda Russo, Kristin Herzberg

Panelists: Harold Robb, Matthew McKol, Adam Weissman, Tara Mehta, Rinad Beidas, Bradley Karlin

Dissemination With and Without Technology: How Can We Better Reach the Masses?

Chair: Beverly Fortson

Panelists: Lisa Ware, Shannon Self-Brown, Georganna Sedlar, Lisa Witter

Leaders in Dissemination Reflect on the Past Year’s Conferences and Look Ahead to the Future of Our Field

Chair: Cara Lewis

Panelists: Jacque Brown, David Chambers, Robert McMahon, Katherine Comtois

The Growth and Evolution of CBT Over the Past 35 Years

Panelists: Gerald Davison, Marvin Goldfried

Transporting CBT From the Research Clinics to the Providers and Consumers Who Want and Need Them: What We Have Done and What We Still Need to Do

Chair: Maureen Whittal

Panelists: Mark Lau, Chris Williams, Steven Hollon, Larry Lynd

Educational And Training

Practice-Based Research: How to Conduct Meaningful Research in Clinical Practice

Panelists: Kelly Koerner, Travis Osborne, Jason Luoma, Jacqueline Persons

Training a New Generation of Dissemination and Implementation Scientists

Chair: Ann Garland

Panelists: Ryan Beveridge, Marc Atkins, Erin Accurso, Timothy Fowles, Adele Hayes, Lauren Brookman-Freeze, Rinad Beidas

Personality & Borderline Personality Disorder

BPD and Emotional Dysfunction: Translating and Disseminating the Science to Improve Health Care

Chairs: M. Zachary Rosenthal, Nathaniel Herr


Professional Issues

Careers in Clinical Psychology: Which Path Makes Sense for Me?

Chair: Jedediah Siev

Panelists: Simon Rego, Sabine Wilhelm, Matthew Nock, Randy Frost, Antonette Zeiss

“Get a Life”: Or Does Being a CBT Professional Allow for One?

Thoughts From Dual-Career Couples

Chair: Arthur Nezu

Panelists: Linda Craighead, Edward Craighead, Keith Shaw, Patricia Resick, Robert Zeiss, Antonette Zeiss, Christine Nezu

Professional Issues

Assessing Sexual Orientation and Other Methodological Issues in Research With Sexual Minority Participants

Chairs: Luis Morales Knight, Debra Hope

Panelists: Miriam Smith, Steven Safren, Trevor Hart, Gary Gates, John Pachankis

Severe Mental Illness

Disseminating Behavior Therapies in Institutional Settings for Patients With Severe Mental Illness: Methods, Challenges, and Successes

Chair: Daniel Hoffman

Panelists: Nadine Chang, Michael Merritt, Rochelle Robbins, Alicia Michelle Marsh, Bradley Riemann, Mitchell Schiare

Dissemination of Cognition-Targeted Treatment Techniques for Schizophrenia-Spectrum Disorders

Chair: Will Spaulding

Panelists: Robert Drake, Volker Roder, Alice Medalia, David Penn

When Stabilization Is Not Enough: Dissemination of Best Practices for Recovery in Serious Mental Illness

Chair: Jason Vogler

Panelists: Mary Sullivan, Jennifer Snyder, William Spaulding

Treatment

Art of Exposure Therapy: Reality Beyond the Guidebooks

Chair: Mitchell Schare

Panelists: Jonathon Grayson, Dean McKay, Jonathan Abramowitz

CBT in the Age of Telehealth: Can Videoconferencing Increase Access to Care?

Chairs: Debra Hope, Brandon Weiss

Panelists: Amy Przeworski, Jodi Polaha, Nathan Miller, Stephanie Bouchard, Brandon Weiss, Brandon Weiss

Legal and Clinical Perspectives in Using Teleconferencing in CBT

Chair: Katia Moritz

Panelists: Jeff Szymanski, Junko Tanaka-Matsumi, Jonathan Hoffman, James Herbert

Psychophysiology, Neuroimaging, and Neuropsychology for the Clinic: How Close Are We?

Chairs: Christen Deveney, Greg Siegle

Panelists: Adam Weissman, Jan Mohlman, Thilo Deckersbach

When Speaking to Our Clients More Directly Isn’t Working: Using Stories, Metaphors, Paradox, and Analogies to Increase the Clinical Impact of Newer and More Traditional CBTs

Chairs: Kristin Herzberg, John Forsyth, Simon Rego

Panelists: Dennis Tirch, Joanna Arch, Susan Orsillo, Robyn Walser, Michael Otto, Steven Hayes, Christopher Fairburn, G. Terence Wilson, David Barlow

Why Did You Say That? Why Not Say This, Instead? Comparing Verbal Interventions in ACT, CT, and REBT

Chair: Stevan Nielsen

Panelists: Robyn Walser, Raymond DiGiuseppe, Robert Leahy
Sympois

ADJECTIVE BEHAVIORS

Disseminating Brief Interventions to College Student Drinkers
Chair: Christopher Correia, James Murphy
Discussant: Kate Carey

ADHD

Advancing the Guidelines for Evidence-Based Assessment of ADHD
Chair: Julie Owens, Yuko Watabe
Discussant: Gregory Fabiano

Co-Occurrence of Mood Disturbances and ADHD: Patterns, Explanations, and Treatment
Chair: Courtney Beard
Discussant: Richard McNally

Gender Differences in the Clinical Presentation, Treatment, and Outcome of Children With ADHD
Chair: Erika Coles
Discussant: Cynthia Hartung

ADOLESCENT DEPRESSION

Innovative Cognitive-Behavioral Family-Based Approaches for the Prevention and Treatment of Adolescent Suicidal Behavior
Chair: Kim Gratz, Alexander Chapman
Discussant: Thomas Lynch

ADOLESCENT DEVELOPMENT

The Validity of BPD in Youth: Evidence From Real-World Settings
Chair: Carla Sharp
Discussant: Jennifer Tackett

ADULT ANXIETY

Attentional Biases and Anxiety: Data From Treatment Outcome Research
Chair: Erin Tone, Page Anderson

Cross-Cultural and Racial Variants in Social Anxiety and SAD
Chair: Ashley Howell
Discussant: Lynn Alden

Delineating Core Mechanisms Associated With Disgust and Its Disorders
Chair: Bunmi Olatunji
Discussant: David Tolin

Exploring Disgust and Its Role in the Pathogenesis of Clinical Disorders
Chair: Danielle Maack
Discussant: Kevin Connolly

Implicit Cognition in Anxiety Disorders: Development, Maintenance, and Treatment
Chair: Allison Ouimet, Adam Radomsky
Discussant: Rudi de Raedt

Mechanisms of Change in CBT for Anxiety Disorders
Chair: Carmen McLean
Discussant: Edna Foa

Prospective Examination of the Self-Medication Hypothesis: How Drinking to Cope Is Associated With Traumatic Stress, PTSD Symptom Clusters, and Risk for Sexual Assault
Chair: Terri Messman-Moore
Discussant: Sherry Stewart

Psychophysiological Biomarkers of Distress Disorders: Improving Diagnostic Classification and Informing Treatment
Chair: Jessica Flynn, David Fresco
Discussant: Stefan Hofmann

ADULT DEPRESSION/DYSTHYMIA

From Cortex to Context: New Strategies and Refined Targets in the Interventions of Mood Disorders
Chair: Amanda Calkins, Thilo Deckersbach
Discussant: Michael Otto

Investigations of the Role of Perceived Burdensomeness on Variables Associated With Risk for Suicide in Adults
Chair: Kelly Cukrowicz
Discussant: Tracy Witte

ASSESSMENT

Dimensional Classification of Psychopathology: Proposals for the

Emotional, Externalizing, and Personality Disorders
Chair: Anthony Rosellini
Discussant: David Barlow

Dissemination of Evidence-Based Assessment: Progress and Challenges
Chair: Michael Southam-Gerow, Cassidy Arnold
Discussant: Marc Atkins

AUTISM

Co-Occurring Psychological and Behavioral Problems in Adolescents and Adults With Autism Spectrum Disorder: Assessment and Characteristics
Chair: Nicole Kreiser, Cara Pugliese
Discussant: John Richey

BIPOLAR DISORDER

Bipolar Disorder: Current Hot Topics in Psychological Research
Chair: Thilo Deckersbach, Louisa Sylvia

Bipolar Disorder: From Childhood Risk Factors to Prevention and Intervention
Chair: Dina Hirshfeld-Becker
Discussant: Michael Otto

Psychological Treatment and Assessment of Bipolar Disorder in Children and Adults: Effective Translation From Research to Clinical Practice
Chair: Steven Jones
Discussant: Steven Hollon

CHILD

Longitudinal Explorations of the Therapeutic Alliance and Other Treatment Processes in Youth Psychotherapy
Chair: Marc Karver
Discussant: Brian Chu

Perceptual Bias of Competence in Externalizing Disorders: Clinical Presentation, Theoretical Explanations, and Treatment Implications
Chair: Thordildur Halldorsdottir, Thomas Ollendick
Discussant: Laura Seligman

Bringing Evidence-Based Behavioral Interventions to Head Start: Lessons Learned in Developing.
Implementing, and Evaluating Evidence-Based Behavioral Practices in a National Early Childhood Setting
Chair: Katie Hart, William Pelham
Discussant: Christopher Lonigan

Early Life Stress and Trauma
Chair: Pia Pechtel, Randy Auerbach

How to Keep From Getting Schooled: Dissemination and Implementation of Empirically Based Programs for Children and Adolescents in Educational Settings
Chair: Richard Gallagher

CHRONIC MENTAL ILLNESS
New Developments in Neurocognitive Enhancement: Novel Treatment Strategies and Challenges Across Mental Disorders
Chair: Christopher Bowie
Discussant: Will Spaulding

COGNITIVE PROCESSES
Cognitive Bias Modification: Dissemination and Expansion to New Populations
Chair: Courtney Beard
Discussant: Richard McNally

Distress Tolerance and Substance Use: Recent Findings and Treatment Implications
Chair: Alison McLeish
Discussant: Stacey Daughters

The Relationship Between Cognitive Biases and Rumination
Chairs: Blair Wisco, Lori Hilt
Discussant: Lauren Alloy

COUPLES/CLOSE RELATIONSHIPS
Five-Year Follow-Up Data on a Comparison of Two Couple Therapies
Chair: Lisa Benson
Discussant: Douglas Snyder

COUPLES/FAMILIES/RELATIONSHIPS
Beyond Satisfaction: An Examination of the Associations Between Depression, Stress, and New Domains of Relationship Health
Chairs: C. J. Eubanks Fleming, Katherine Williams Baucom
Discussant: Sarah Whitton

Disseminating Couple Interventions in the 21st Century: Harnessing Technology to Intervene on a Large Scale
Chair: Brian D. Doss
Discussant: James Cordova

Positive Factors That Promote Relationship Well-Being
Chair: Cameron Gordon
Discussant: Douglas Snyder

Translating Research Into Practice: Empirically Validated Family Prevention Programs
Chair: Melinda Morrill

Intimate Partner Functioning and Health
Chair: Mark Whisman

DEPRESSED/ DYSTHymIA
The Role of Meditative Practice in Mindfulness-Based Treatment for Depression
Chair: Lance Hawley
Discussant: Zindel Segal

Novel Interventions for Perinatal Depression
Chair: Cynthia Battle
Discussant: Mark Whisman

DISORDERED EATING
Comorbid Anxiety and Disordered Eating: Research Findings and Implications for Treatment
Chair: Cheri Levinson
Discussant: Bethany Teachman

Ecological Momentary Assessment in the Study of Eating-Disordered Beliefs and Behaviors
Chair: Corby Martin
Discussant: Patrick O’Neil

Manifestations of Body-Checking Behaviors Across Diverse Populations
Chair: Brooke Whisenhunt
Discussant: Corby Martin

Sex Differences in the Manifestation, Diagnosis, and Treatment of Eating Pathology
Chair: Cortney Warren
Discussant: Brooke Whisenhunt

Understanding Eating Pathology Utilizing Experimental Methodologies
Chair: Cortney Warren
Discussant: Marisol Perez

DISSEMINATION
Brief Psychotherapy Outside the Mental Health Clinic: Evidence and Innovations for Expanding Access to Care
Chair: Jason Nieuwsma
Discussant: Carolyn Pepper

Building a Two-Way Bridge Between Research and Practice: Disseminating Clinical Experiences in Conducting Empirically Supported Treatments
Chair: Jeffrey Magnavita
Discussant: Linda Sobell

Comparing Usual Care and Evidence-Based Care for Children and Adolescents: Advancing Dissemination in the 21st Century
Chair: Charmaine Higa-McMillan
Discussant: Ann Garland

Consultation: A Critical Component of Dissemination and Implementation of ESTs
Chair: Jeremy Petit
Discussant: Peter Jensen

Getting the Word Out: Dissemination and Clinical Application of Findings From Contemporary Women’s Health Research
Chair: Pamela Geller
Discussant: Heather Flynn

Measurement in Dissemination and Implementation Science
Chair: Rinad Beidas
Discussant: Sonja Schoenwald

Mental Health Service Utilization in Youth: Deficiencies of Availability, Awareness, and Use of Evidence-Based Treatments
Chairs: Rebecca Blais, Matthew Jakupcak
Discussant: Sonja Batten

Moving Outside the Ivory Tower: The Learning Collaborative Approach to the Implementation of Best Practice in Community Settings
Chair: Rhea Chase
Discussant: Esther Deblinger
New Developments to Increase Access to CBT for Primary Care Patients With Depression  
Chair: Mark Lau  
Discussant: Steven Hollon

Novel Interventions for Perinatal Depression: Improving Dissemination by Addressing Issues of Treatment Acceptability and Accessibility  
Chair: Cynthia Battle  
Discussant: Mark Whisman

TAU Factors Affecting Evidence-Based Practice Dissemination and Implementation  
Chair: Cameo Borntrager  
Discussant: Gregory Aarons

Using Stakeholder Input to Refine Evidence-Based Treatments for Dissemination  
Chair: Joshua Langberg  
Discussant: Joel Sherrill

DIVERSITY ISSUES

But Words Will Never Hurt Me? The Impact of Microaggression on Mental Health and Health-Risk Behaviors  
Chair: Debra Kaysen  
Discussant: Steven Safren

Developing Culturally Attuned Evidence-Based Practices With American Indian and Alaskan Native People  
Chair: Alicia Mousseau, Carrie Winterowd  
Discussant: Daniel McNeil

New Advances in Minority Stress Conceptualizations of Sexual Minority Individuals’ Well-Being  
Chair: Brian Feinstein, John Pachankis  
Discussant: Marvin Goldfried

Nonsuicidal Self-Injury in Underrepresented Populations: Issues of Ethnicity, Gender, and Psychopathology  
Chair: Katherine Bracken-Minor  
Discussant: Kim Gratz

EDUCATION AND TRAINING

Addressing the Theory-Practice Gap in CBT: A Perspective From All Three Waves  
Chair: Brian Pilecki, Dean McKay

Beyond Train and Hope: Active Learning, Supervision, and Consultation to Improve Clinical Skills  
Chair: Charmaine Higa-McMillan  
Discussant: Kimberly Hoagwood

Design and Implementation of Web-Based CBT Training: Identifying Critical Elements in a Randomized Intervention Study With Veterans Administration Mental Health Providers  
Chair: Josef Ruzek  
Discussant: G. Terence Wilson

EMOTION REGULATION

Early Changes in Emotion Regulation Processes During CBT for Emotional Disorders: Psychological Markers of Treatment Success?  
Chair: David Moscovitch, Jonathan Huppert  
Discussant: Zindel Segal

Emotion Dysregulation in Suicide: Evidence of a Robust and Paradoxical Relationship  
Chair: Michael Anestis  
Discussant: Matthew Nock

Getting Clear About Emotional Clarity: Construct, Measurement, and Implications for Emotion Regulation and Psychopathology  
Chair: Vera Vine  
Discussant: Lizabeth Roemer

Innovative Investigations of Emotion Regulation as a Mechanism of Change in Treatments for BPD and Related Pathology  
Chair: Candice Chow, Courtney Weiner  
Discussant: Brian Chu

FAMILY RELATIONSHIPS

When a Parent, Child, or Partner Has BPD: Understanding the Impact on Families and Improving Interventions  
Chair: Nathaniel Herr  
Discussant: M. Zachary Rosenthal

HEALTH CARE SYSTEM

Mental Health Care Utilization in OEF/OIF Veterans: Understanding Treatment Barriers and Mechanisms of Treatment Engagement  
Chair: Rebecca Blais, Matthew Jakupcak  
Discussant: Sonja Batten

HEALTH PSYCHOLOGY

Exercise for Physical and Mental Health: Targets for Intervention and Dissemination for CBT Therapists  
Chair: Michael Otto, Jasper Smits  
Discussant: Matthew Martens

Expanding the Application of Anxiety Sensitivity to Health Behaviors: Enhancing Treatment Across Diverse Domains  
Chair: Bridget Hearon  
Discussant: Jasper Smits

Laying the Groundwork for Dissemination: Developing Evidence-Based Behavioral Interventions for HIV/AIDS  
Chair: David Pantalone  
Discussant: Steven Safren

Understanding Psychological Distress in View of Dissemination: Social and Cognitive Factors Cutting Across Medical Illness  
Chair: Stacey Hart, David Pantalone  
Discussant: Frank Andrasik

INFORMATION PROCESSING

Integrating Cognitive and Genetic Models of Psychopathology: Addressing the “Missing Heritability” Problem  
Chair: Brandon Gibb  
Discussant: Valerie Knopik

NEUROSCIENCE

CBT for Anxiety Disorders: Utilization of Neuroimaging as a Treatment Outcome Assessment Tool  
Chair: Steven Bruce  
Discussant: Richard McNally

OCD/OCD SPECTRUM

Believed-In Imaginings in OCD: New Experimental and Clinical Findings  
Chair: Kieron O’Connor  
Discussant: Adam Radomsky
Diagnostic Considerations in the Classification of Body Dysmorphic Disorder: Symptoms Across Anxiety Disorders
Chair: Cassidy Gutner
Discussant: Sabine Wilhelm

Family Members of Those With OCD: Accommodation, Attritions, and Treatment
Chairs: Keith Renshaw, Catherine Caska
Discussant: Steffany Fredman

Highlights From Recent Advances in Understanding Hoarding: A Focus on Phenomenology and Treatment
Chair: Kiara Timpano
Discussant: Gail Steketee

The Persistence of Compulsions
Chair: Christine Purdon
Discussant: Gail Steketee

Understanding and Treating Religious and Sexual Obsessions
Chair: John Dehlin
Discussant: Jonathan Huppert

PTSD
Anxiety Sensitivity in PTSD: Specificity, Incremental Validity, and Treatment
Chair: Frank Farach
Discussant: Jonathan Abramowitz

Beyond Fear: Understanding Negative Emotion in the Psychopathology and Treatment of PTSD
Chair: J. Beck
Discussant: Patricia Resick

How Does Change Work? Exploring Mechanisms of Treatment Change in PTSD
Chairs: Aileen Echiverri-Cohen, Michele Bedard-Gilligan
Discussant: Sheila Rauch

Novel Treatments for Comorbid PTSD and Substance Use Disorders
Chair: Seth Gillihan
Discussant: Edna Foa

Patient and Therapist Factors in the Dissemination and Implementation of Evidence-Based Treatment for PTSD
Chair: Shannon Kehle
Discussant: Edna Foa

PAR
Implementing Home-Based Parent-Child Interaction Therapy: Clinical Considerations, Adaptations, and Outcomes
Chairs: Amanda Costello, Cheryl McNeil
Discussant: Sheila Eyberg

Methodological Approaches for Examining the Dissemination and Implementation of Behavioral Parent-Training Programs Targeting Child Maltreatment Prevention
Chair: Shannon Self-Brown
Discussant: John Lutzker

RESEARCH
Doing More With Less: Increasing the Efficiency, Impact, and Reach of CBT Through Processes of Change Research in ACT and Mindfulness-Based Stress Reduction Outcome Trials
Chairs: Sean Sheppard, John Forsyth
Discussant: Steven Hayes

Examining Differences Between Research and Clinical Samples: Should We Be Concerned About the Generalizability of Evidence-Based Treatments?
Chair: Amanda Jensen-Doss
Discussant: V. Robin Weersing

Exploration of the Relationship Between Physiological Arousal and Treatment Outcome in Anxiety Disorders
Chair: Kristy Benoit
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Longitudinal Models for Clinical Research: Overview and Recommendations
Chairs: Aaron Fisher, David Atkins
Discussant: Scott Baldwin

Measuring Associative Networks Over the Course of CBT: New Methods for Studying the Process of Change
Chairs: Adele Hayes, Keith Dobson
Discussant: Christopher Beevers

Studying the Nature and Course of Anxiety Disorders in African American, Latino, and Caucasian Samples: The Harvard/Brown Anxiety Research Project-Phase II
Chairs: Risa Weisberg, Courtney Beard
Discussant: Angela Neal-Barnett

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Is CBT Really Just for Outpatients? Examining Treatment Outcomes in Acute Psychiatric Settings
Chair: Megan Hughes
Discussant: Edmund Neuhaus

SLEEP
Perspectives on Treating Insomnia in the Context of Comorbid Disorders
Chair: Christopher Fairholme
Discussant: Charles Morin

SOCIAL PHOBIA/SOCIAL ANXIETY
Embracing the Digital Age: Methodological Innovations in the Study of Social Anxiety
Chairs: Katya Fernandez, Cheri Levinson
Discussant: Stefan Hofmann

Eye-Tracking Studies of Attention Biases in Social Phobia and Depression
Chair: Casey Schofield
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Social Anxiety and Health-Risk Behaviors in Adolescents and College Students
Chair: Amie Schry
Discussant: Deborah Beidel
Understanding Social Anxiety's Role in Risky Alcohol and Marijuana Use: Clinical Implications of Research Data  
Chair: Julia Buckner  
Discussant: Sherry Stewart

**Substance Use**

Understanding Substance Use Among Medically Vulnerable Populations  
Chair: Alison McLeish  
Discussant: Carl Lejuez

**Technology**

Disseminating Mindfulness-Based Interventions in the Workplace: Using the Internet or Telephone to Increase Access to Mindfulness-Based Cognitive Therapy and MBSR  
Chair: Mark Lau  
Discussant: Zindel Segal

Dissemination Efforts in Behaviorally Focused HIV Prevention Among High-Risk Youth: From Bench to Desktop to Africa and Beyond  
Chair: Carla Danielson  
Discussant: Lisa Marsch

Internet-Based Psychological Services: Legal, Ethical, and Clinical Issues  
Chairs: James Herbert, John Forsyth

Technology's Role in the Dissemination of Parenting Programs  
Chair: Jessica Cuellar  
Discussant: Robert McMahon

**Translational**

A Transdiagnostic Examination of the Biosocial Model of Emotion Dysregulation: Evidence From BPD and Beyond  
Chair: Ann Haynos  
Discussant: Kim Gratz

How We Think About How We Feel: Beliefs About Emotions and Emotion Regulation  
Chairs: Katherine Dixon-Gordon, Amelia Aldao  
Discussant: Robert Leahy

**Treatment**

Examining Treatment Trajectories: Predictors, Outcomes, and Implications for Child and Adult Samples  
Chairs: Halina Dour, Jennifer Regan  
Discussant: Kimberly Hoagwood

Homework Compliance and Treatment Enactment in Mindfulness-Based Relapse Prevention for Addictive Behaviors: Does it Happen and Does it Matter?  
Chairs: Sarah Bowen, Katie Witkiewitz

Moderators and Predictors of Psychosocial and Pharmacological Treatments for Anxiety Disorders and Depression  
Chairs: Alicia Meuret, Kate Wolitzky-Taylor  
Discussant: Michelle Craske

New and Novel Approaches to Exposure Therapy  
Chair: Dean McKay  
Discussant: Martin Franklin

New Directions in the Treatment of Adolescents With Mental Health Disorders  
Chairs: William Pelham, Margaret Sibley  
Discussant: Clive Robins

Partnering with Healthcare Settings to Improve Mental Health Services for Children and Adults  
Chair: Denise Chavira  
Discussant: Michael Murphy

Understanding Mechanisms of Successful Treatment  
Chair: Maureen Whittal  
Discussant: G. Terence Wilson

**Violence/Aggression**

Contextual Factors Surrounding College Women's Use of Intimate Partner Violence  
Chairs: Nicole Kreiser, Cara Pugliese  
Discussant: John Richey

Inward- and Outward-Directed Aggression and Violence in Veterans of the Iraq and Afghanistan Wars  
Chairs: Matthew Jakupcak, Rebecca Blais  
Discussant: Candice Monson

Women's Experiences of Sexual Victimization and Postassault Outcomes: Implications for Cognitive Behavioral Interventions  
Chair: Christine Gidycz  
Discussant: Terri Messman-Moore

**Youth Anxiety**

Beyond Attention Bias: Understanding the Role of Attentional Mechanisms in the Development and Treatment of Anxiety in Youth  
Chairs: Amanda Morrison, Richard Heimberg  
Discussant: Meredith Coles

Innovative Treatments for Anxiety Disorders in Youth: Examining Predictors, Moderators, and Mediators of Treatment Outcome  
Chairs: Candice Chow, Courtney Weiner  
Discussant: Brian Chu

Modeling the Shape and Sequence of Changes in the Treatment of Youth Anxiety: Moving Beyond Traditional Two-Wave Evaluations  
Chairs: Jonathan Comer, Kaitlin Gallo  
Discussant: Anne Marie Albano

Reducing Child and Youth Anxiety Through Mindfulness and Acceptance-Based Treatment Components: Linking Research to Practice  
Chairs: Priscilla Chan, Donna Pincus  
Discussant: Lizabeth Roemer

Who Gets Better in Individual CBT for Child Anxiety? Preliminary Findings From the Child Anxiety Treatment Study  
Chairs: Jennifer Silk, Greg Siegle  
Discussant: Philip Kendall

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See you in Toronto!  
To receive the program book prior to the meeting, be sure to register by October 3.
Preregister on-line at www.abct.org or, to pay by check, complete the registration form available in PDF format on the ABCT website. Participants are strongly urged to register by the preregistration deadline of Friday, October 14, 2011. Only those individuals who register by midnight, Monday, October 3, will be mailed the convention program book. All other attendees will receive their program book on-site.

To receive discounted member registration fees, members must renew for 2012 before completing their registration process.

Preconvention Activities

The preconvention activities will be held on Wednesday, November 9, and Thursday, November 10. All preconvention activities are designed to be intensive learning experiences. Preregister to ensure participation.

On-site registration for Wednesday and Thursday activities will be open Wednesday from 7:30 A.M. to 9:00 A.M. and Thursday from 7:30 A.M. to 1:00 P.M.

For sale on Wednesday will be the 2-day (Wed. and Thurs.) Clinical Intervention Training. For sale on Thursday will be the 1-day Clinical Intervention Training (Thurs.), the full-day Institutes, the 5-hour Institutes, the full-day AMASS, and the 4-hour AMASS.

To register, please choose one format:

Registering On-Line

The quickest method is to register on-line at www.abct.org. Use this method for immediate feedback on which ticketed sessions you will be attending. To receive members’ discounted rates, your ABCT dues must be up to date. To get member rates at this conference, your ABCT dues must be paid through October 31, 2012. The ABCT member year is November 1 – October 31.

For those registering on-site, you may renew membership at the ABCT membership booth located in the ABCT registration area.

For preregistration rates, please register before the deadline date of October 14. NO registrations will be accepted in any format from October 15 until November 10, when on-site will open in Toronto.

Registering by Fax

You may fax your completed registration form, along with credit card information and your signature, to (212) 647-1865. If you choose this method please DO NOT send a follow-up hard copy. This will likely cause double payment. For preregistration rates, please register BEFORE the deadline date of October 14. No registrations will be accepted in any format from October 15 until November 10, when on-site will open in Toronto.

Registering by Mail

All preregistrations that are paid by check must be mailed to ABCT, 305 Seventh Avenue, New York, NY 10001. For preregistration rates, forms must be postmarked by the deadline date: October 14. Forms postmarked starting October 15 will not be processed and will be mailed back to the sender. There will be no exceptions.

Confirmation

ABCT will email confirmation shortly after you register. For on-line registration you will receive confirmation the next day. For fax and mail registration, please allow one week. If confirmation is not received, please email Tonya Childers at tchilders@abct.org detailing the date you registered and the fees you paid.

Hotels

This year, the ABCT meeting will take place at two hotels:

Sheraton Centre Toronto (416-361-1000)
Hilton Toronto (416-869-3456)

Activities and sessions will occur across both venues. For example, registration will take place at the Sheraton, and all workshops will occur at the Hilton. Situated in the heart of downtown Toronto, the Sheraton and Hilton hotels are a 2-minute walk across the street from one another. The Hilton and Sheraton are also connected underground (about 5 minutes apart) by PATH, North America’s largest continuous underground pedestrian walkway (www.toronto.ca/path).

To reserve your room go to http://www.abct.org/conv2011 and click HOTEL RESERVATIONS.