

# VCU

V i r g i n i a C o m m o n w e a l t h U n i v e r s i t y

Department of Psychiatry, Division of Child and Adolescent Psychiatry  
Virginia Treatment Center for Children  
and  
Commonwealth Institute for Child and Family Studies

*Present*

**3<sup>rd</sup> ANNUAL CHILD PSYCHIATRY FALL CONFERENCE**

## **Anxious and Acting Out: Treating Anxiety in Troubled Children**

SEPTEMBER 23, 2005  
8:00 a.m. – 12:30 p.m.

VIRGINIA COMMONWEALTH UNIVERSITY  
JONAH L. LARRICK STUDENT CENTER (MCV Campus)  
641 North 8<sup>th</sup> Street – Richmond, Virginia



***Anxiety disorders are often an unrecognized part of child and adolescent emotional and behavioral problems.***

**By attending this conference you will have the opportunity to learn:**

- How to assess anxiety disorders in youth who may present with both internalizing and externalizing problems
- Use of “gold standard” instruments for assessing anxiety
- Utilization of various treatment modalities for anxiety disorders
- Use of exposure therapy to treat specific anxieties

**NEW!** CEUs (for 3 contact hours) now Available!

See the Web site at <http://www.cicfs.vcu.edu> for details.

# The Third Annual Fall Conference in Child Psychiatry September 23, 2005 – Virginia Commonwealth University

## Conference Agenda

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- 8:00 – 9:00      *Registration and Continental Breakfast*
- 9:00 – 9:15      **Welcome and Introductions**
- 9:15 – 10:00    **Keynote Presentation, Part I**  
**Assessing Anxiety in Children and Adolescents**  
*Michael A. Southam-Gerow, Ph.D., Co-Director, VCU Anxiety Clinic*
- 10:00 – 10:15   **Medication Issues in Treating Anxiety Disorders: A Brief Overview**  
*Aradhana Sood, M.D., Medical Director, Virginia Treatment Center for Children*
- 10:15 – 10:30   *Break*
- 10:30 - 11:30    **Keynote Presentation, Part II**  
**Treating Anxiety in Children and Adolescents**  
*Michael A. Southam-Gerow, Ph.D., Co-Director, VCU Anxiety Clinic*
- 11:30 - 12:30   **Case Presentation and Discussion**  
*Bryce McLeod, Ph.D. and Roxann Roberson-Nay, Ph.D.,  
Co-directors, VTCC Child and Adolescent Anxiety Center*
- 12:30            *Conference Adjourns*

## Keynote Presentation Details

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*Michael A. Southam-Gerow, Ph.D.*

### **Part I: Assessing Anxiety in Children and Adolescents**

This talk will review some basic information about assessing anxiety and anxiety disorders in children and adolescents. Models for conceptualizing anxiety will be covered, including but not limited to DSM diagnostic categories. Instruments used to assess anxiety will be discussed. An emphasis of the talk will be on how to avoid overlooking anxiety in an assessment. Demonstrations of the use of some of the instruments discussed will provide the participant with hands-on experience with anxiety measurement.

### **Part II: Treating Anxiety in Children and Adolescents**

This talk will provide a basic overview of the treatments for anxiety in children and adolescents with the best empirical support. Individual, group, and family-based treatments will be discussed. Participants will have the opportunity to practice some of the treatment techniques presented.

### **Bryce D. McLeod, Ph.D.**

Dr. Bryce D. McLeod is an Assistant Clinical Professor in the Department of Psychiatry at VCU. Dr. McLeod received a Ph.D. in clinical psychology from the University of California, Los Angeles under the mentorship of Dr. John Weisz, specializing in the treatment of childhood anxiety disorders in community mental health care settings. He received clinical training under the guidance of Dr. John Piacentini at the UCLA Child OCD, Anxiety, and Tic Disorders Program, a nationally renowned clinic that provides efficacious cognitive-behavioral treatments for children experiencing debilitating anxiety related problems. Dr. McLeod's areas of clinical and research specialization include risk and protective factors associated with the development and maintenance of childhood anxiety disorders, and the development and evaluation of family-focused evidence-based treatments for childhood anxiety disorders.

### **Roxann Roberson-Nay, Ph.D.**

Dr. Roxann Roberson-Nay is an Assistant Professor in the Department of Psychiatry at VCU. Before beginning her graduate training in clinical psychology, Dr. Roberson-Nay trained with Drs. Samuel Turner and Deborah Beidel, two leading anxiety treatment researchers, at the Medical University of South Carolina, Anxiety Prevention and Treatment Research Center. Dr. Roberson-Nay received a Ph.D. in clinical psychology from the University of Maine and completed a National Institute of Mental Health (NIMH) fellowship under the direction of Drs. Turner and Beidel at the University of Maryland, specializing in the treatment of childhood anxiety disorders.

In 2003, Dr. Roberson-Nay received an Intramural Training Award from the NIMH to develop expertise in the neuroanatomy and neurophysiology of pediatric anxiety and mood disorders under the mentorship of Dr. Daniel Pine. Dr. Roberson-Nay's broad research interest is in the delineation of biological and psychosocial mechanisms that confer risk for development of childhood anxiety disorders as well as the development of evidence-based treatments for child and adolescent anxiety disorders.

### **Aradhana Sood, M.D., FAACAP**

Aradhana A. (Bela) Sood, M.D., FAACAP, is the Chair of Child and Adolescent Psychiatry and Medical Director for the Virginia Treatment Center for Children. She has served as the Director of the Pediatric Psychopharmacology Research Unit at VTCC for six years. Dr. Sood has been an officer and member in a large number of scientific, honorary, and professional societies such as the American Academy of Child and Adolescent Psychiatry, where she has been a member since 1986. A well-known teacher and lecturer, Dr. Sood has presented nationally and taught a wide range of classes in pediatric psychopharmacology. She has published numerous articles, books, and chapters. She is also a reviewer for many journals, including the Journal of the American Academy of Child and Adolescent Psychiatry. Dr. Sood is currently examining the psychopharmacology of mood disorders in children and adolescents along with studies on a variety of other disorders.

### **Michael A. Southam-Gerow, Ph.D., Keynote Speaker**

Dr. Michael Southam-Gerow is an assistant professor in the psychology department at VCU and the co-director of the VCU Anxiety Clinic, a program in the Center for Psychological Services and Development on the Monroe Park Campus of VCU. Dr. Southam-Gerow's research focuses on the deployment of evidence-based treatments (EBTs) for mental health problems in children and adolescents. He is currently working on an NIMH-funded project designed to adapt EBTs for anxiety and depression in a large public community mental health clinic. Dr. Southam-Gerow also conducts research on emotion processes (e.g., emotion regulation, emotion understanding) in children and adolescents and how these might relate to child psychopathology. Dr. Southam-Gerow is the author of dozens of scholarly papers and is on multiple journal review boards. In addition, Dr. Southam-Gerow currently is the expert child anxiety treatment consultant for a multi-site randomized clinical trial taking place in Boston, MA and Honolulu, HI. Dr. Southam-Gerow is also the incoming president of the board of the Richmond chapter of Agoraphobics Building Independent Lives (ABIL), a national non-profit organization offering services and information to individuals with anxiety disorders.

## **Fees and Registration**

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**PLEASE NOTE THAT REGISTRATIONS CANNOT BE ACCEPTED AFTER SEPTEMBER 16, 2005.**

**Fees for this conference are as follows:**

- **Early Bird Rate:** \$20.00 for registrations completed (submitted online or postmarked) by August 26, 2005. **[Or, \$55.00, if you would like to earn CEUs.]**
- **Regular Rate:** \$30.00 for registrations completed (submitted online or postmarked) after August 26 (no later than September 16, 2005). **[Or, \$65.00 if you would like to earn CEUs.]**

**Registration Options (note above deadline):**

- **Online.** To register online, please visit our website at <http://www.cicfs.vcu.edu>
- **Postal Mail.** To register by postal mail, please complete the form on the last page of this flyer and send with your payment, to: VCU-CICFS – Attn: Fall Conference, PO Box 980489, Richmond, VA 23298-0489.

## **Directions**

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**Arriving from the South or East by Interstate 95N/64W (from Petersburg, Virginia Beach, Williamsburg)**

1. From 95N take Exit #74C for West Broad Street
2. Proceed West on Broad Street for five blocks to 9th Street, take right
3. Drive three blocks to Leigh Street and keep straight
4. The Larrick Center is directly in front of you (round silver domed building).

**OR**

1. From 64W take Exit #190 for 5th Street and Downtown/Coliseum
2. Turn left onto Leigh Street
3. Turn left onto 9<sup>th</sup> Street
4. The Larrick Center is directly in front of you (round silver domed building).

**Arriving from the North or West by Interstate 95S/64E (from Washington, Fredericksburg, Charlottesville, I-81, etc.)**

1. From 95S take Exit #74C to West Broad Street
2. Follow directions given under "arriving by I-95 North"

**OR**

1. From 64E follow I-64 East which merges with I-95 South
2. Remain on I-95 south to Exit #74C for West Broad Street
3. Proceed West on Broad Street and follow directions given under "arrive by I-95 North"

## **Parking**

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**Please be aware that parking for this event is limited. If you will need parking, you are strongly encouraged to submit your registration as soon as possible – preferably, using the online procedure available through our website at <http://www.cicfs.vcu.edu>.**

Available spaces (which will either be at the N Deck at 10<sup>th</sup> and Leigh, or at the Coliseum Deck at 7<sup>th</sup> and Leigh on the MCV Campus) will be assigned in the order in which registrants request them.

In your registration (online through our website at <http://www.cicfs.vcu.edu>, or via postal mail using the form included with this program), please indicate if you do or do not need parking, or if you are not yet sure.

Those requesting parking will be notified as soon as possible with their parking assignment and appropriate directions.

If parking is requested but spaces are no longer available, you will be contacted within 3 business days with suggested alternatives.

## Registration Form (Postal Mail Option)

You may use this form (ONE FORM PER PERSON) to register for the Fall Conference, however, online registrations are strongly encouraged. Please visit <http://www.cicfs.vcu.edu> and click on "Fall Conference." If you have any questions, please do not hesitate to contact us via email at [cicfs@vcu.edu](mailto:cicfs@vcu.edu), or via phone at (804) 828-4393. Thank you!

Please complete this form and send with your payment, no later than September 16, 2005\*, to:

**VCU-CICFS – Attn: Fall Conference**  
PO Box 980489, Richmond, VA 23298-0489

\* If you are sending your registration on or after September 9 (until the postmark deadline of September 16) please also send us a FAXED copy of this form to (804) 828-2645 to ensure that seats are still available. For additional information, please email [CICFS@VCU.EDU](mailto:CICFS@VCU.EDU) or call (804) 828-4393.

1. Please enter date that you are submitting your registration here: \_\_\_\_/\_\_\_\_/\_\_\_\_ and check by the appropriate fee below.

**Early Bird Rate:** \$20.00 for registrations completed (submitted online or postmarked) by August 26, 2005. [Or, \$55.00, if you would like to earn CEUs.]

**Regular Rate:** \$30.00 for registrations completed (submitted online or postmarked) by September 16, 2005. [Or, \$65.00 if you would like to earn CEUs.]

**NOTE: IF REQUESTING CEU CREDITS, YOU MUST SUPPLY YOUR SOCIAL SECURITY NUMBER HERE:**

2. Please enter your contact information (type or print clearly)

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Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

3. Please select the answer that is most appropriate regarding your parking needs. By submitting this registration, you understand that available parking spaces will be assigned on a first-requested, first-granted basis. Those requesting parking will be notified of their parking assignment as soon as possible following processing of their registration materials.

**I will not need parking, or I already have parking** (e.g., if you are a VCU/VCUHS employee with assigned parking on the MCV campus or are carpooling to the conference, or you will be carpooling with another attendee who will separately request parking).

**I'm not sure if I need parking; please tentatively reserve a spot for me.** (E.g., if you may be carpooling with another attendee, but you aren't sure yet. With this option, we will contact you to confirm or cancel your parking reservation no later than August 26, 2005 – sooner if spaces are filling up.)

**Please assign me a parking space.** (We will contact you with details.)

4. Please make a copy of this form for your records, and send with your payment (noting deadlines) to the address shown above.

***We look forward to seeing you at the Fall Conference!  
Please do not hesitate to contact us with any questions.***