

# **INNOVATIONS IN TREATMENTS OF ANXIETY DISORDERS**

Holiday Inn Vancouver Centre,  
Vancouver B.C.  
April 22-24, 2010

**Anxiety Disorders Association of Canada  
Scientific and Academic Conference 2010**



Thursday, April 22 Pre-Conference Workshops

Friday, April 23 Conference Day 1

Saturday, April 24 Conference Day 2

*Coffee Breaks and Lunch are included*

## ***Thank you to our Conference Review Committee***

Martin Antony, PhD, Ryerson University

Gord Asmundson, PhD, University of Regina

Edouard Auger, M.D., Clinique TSO du CHUQ

Stéphane Bouchard, PhD, Université du Québec en Outaouais

Dave Clark, PhD, University of New Brunswick

Lynn Miller, PhD, University of British Columbia

Adam Radomsky, PhD, Concordia University

Richard Swinson, M.D., McMaster University

Michael Van Ameringen, M.D. McMaster University

John Walker, PhD, University of Manitoba

Sheila Woody, PhD, University of British Columbia

Registration forms can be found at

[www.anxietycanada.ca](http://www.anxietycanada.ca)

Email: [conferences@anxietycanada.ca](mailto:conferences@anxietycanada.ca)

for hotel information

# Anxiety Disorders Association of Canada

## Scientific and Academic Conference 2010

### INNOVATIONS IN TREATMENTS OF ANXIETY DISORDERS

#### Pre-Conference Workshops

Thursday, April 22

	Workshop 1	Workshop 2
9:00 a.m. - 4:00 p.m.		
Title	<b>CBT for OCD:</b>	<b>Virtual Reality Treatment of Anxiety Disorders:</b>
Speakers	<p><a href="#">Stanley Jack Rachman</a>, University of British Columbia Department of Psychology</p> <p><a href="#">Roz Shafran</a>, School of Psychology and CLS, University of Reading, Berkshire, Great Britain</p> <p><a href="#">Adam Radomsky</a>, Concordia University, Montreal</p>	<p><a href="#">Stéphane Bouchard</a>, Université du Québec en Outaouais</p>
Room	<i>Arbutus Ballroom West and Centre</i>	<i>Arbutus Ballroom East</i>



Anxiety Disorders Association of Canada  
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## Conference Day 1

### Friday, April 23

9:00 a.m. -  
9:30a.m.

#### Welcome address

Speakers [Ms. Sherry Holt](#), M.Ed., President Anxiety Disorders Association of Canada  
[Ms. Shelly Jones](#), President AnxietyBC

Room *Arbutus Ballroom*

9:30 a.m.-  
10:30a.m.

#### Keynote Speech    **TRANSDIAGNOSTIC TREATMENTS FOR ANXIETY DISORDERS**

Speaker [Martin M. Antony, PhD](#)

Professor and Graduate Program Director in the Department of Psychology at Ryerson University in Toronto. He is also Director of Research at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario, and President of the Canadian Psychological Association.

Room *Arbutus Ballroom*

10:30a.m. -  
11:00a.m.

#### Coffee Break



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**Conference Day 1**

11:00a.m.- 12:30p.m.	<b>Symposium 1</b>	<b>Panel Discussion 1</b>	<b>Skills Building 1</b>
Title	<b>PROVIDING THE INFORMATION CONSUMERS WANT ABOUT TREATMENT CHOICES FOR ANXIETY</b>	<b>SCIENCE INFORMING CLINICAL PRACTICE: USING COGNITIVE-BEHAVIOURAL THEORETICAL MODELS TO IDENTIFY AND TREAT ATYPICAL ANXIETY-CLINICAL CASE EXAMPLES</b>	<b>TRAUMA-RELATED EXPOSURE THERAPY FOR POSTTRAUMATIC STRESS DISORDER</b>
Speakers	<p>Chair, <a href="#">John R. Walker</a>, Department of Clinical Health Psychology, University of Manitoba</p> <p><b>First Paper: Making Treatment Decisions For Child Anxiety: What do Parents Want to Know?</b> <a href="#">Leanne Mak</a>, Department of Clinical Health Psychology, University of Manitoba</p> <p><b>Second Paper: Young Adults Considering Help For Stress or Anxiety: What Information Do They Want and How Do they Prefer to Receive it?</b> <a href="#">Kimberley Ryan-Nicholls</a>, Dept. of Psychiatric Nursing, Brandon University</p> <p><b>Third Paper: The Mental Health Information Preferences of Distressed and Marginalized Young Adults</b> <a href="#">Madalyn Marcus</a>, Department of Psychology, York University &amp; the Mobilizing Minds Research Group</p> <p><b>Fourth Paper: Developing Information Aids to Help Consumers and Providers With Decisions Concerning Treatment of Anxiety Disorders</b> <a href="#">John R. Walker</a>, Department of Clinical Health Psychology, University of Manitoba</p> <p>Discussant, <a href="#">Lynn Miller</a>, Faculty of Education, University of British Columbia</p>	<p>Chair, <a href="#">Maureen L. Whittal</a>, Vancouver CBT Centre</p> <p><a href="#">Melisa Robichaud</a>, Vancouver CBT Centre</p> <p><a href="#">David Jacobi</a>, Child &amp; Adolescent Center and Child Center - Rogers Memorial Hospital</p> <p><a href="#">Susan Daflos</a>, University of Nevada - Reno</p>	<p><a href="#">Jaye Wald</a>, Department of Psychiatry, University of British Columbia</p>
Rooms	<i>Arbutus Ballroom West</i>	<i>Arbutus Ballroom Centre</i>	<i>Arbutus Ballroom East</i>

12:30p.m.-  
1:30p.m.

**Lunch:** Buffet main hall, lunch in Arbutus Ballroom



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### Conference Day 1

1:30 p.m -  
3:00 p.m.

Title

Speakers

Rooms

	<b>Symposium 2</b>	<b>Symposium 3</b>	<b>Skills Building 2</b>
	<b>RECENT DISCOVERIES ABOUT COGNITION AND OCD</b>	<b>MANAGEMENT OF COMPLICATED ANXIETY DISORDERS</b>	<b>ABCs OF CBT: MAKING CBT FUN</b>
	<p>Chair, <a href="#">Gillian M. Alcolado</a>, Department of Psychology, Concordia University</p> <p><b>First Paper: Trust Your Memory: Memory Distrust Increases Checking Behaviour</b> <a href="#">Gillian M. Alcolado</a>, Department of Psychology, Concordia University</p> <p><b>Second Paper: An Experimental Analysis of Memory Biases in Mental Contamination</b> <a href="#">Corinna M. Elliott</a>, Department of Psychology, Concordia University</p> <p><b>Third Paper: The Persistence of Compulsive Checking: The Role of Distrust in Attention and Perception</b> <a href="#">Bianca Bucarelli</a>, Department of Psychology, University of Waterloo</p> <p><b>Fourth Paper: To Be or Maybe: The Question of Doubt in OCD</b> <a href="#">Kieron O'Connor</a>, University of Montreal and University of Quebec in Outaouais</p> <p>Discussant, <a href="#">Roz Shafran</a>, Department of Psychology, University of Reading</p>	<p>Chair, <a href="#">Martin Katzman</a>, Northern Ontario School of Medicine, Department of Psychology, Lakehead University, Department of Psychiatry, University of Toronto</p> <p><b>First Paper: Difficulties in the Diagnosis of Anxiety Disorders with Complicated Comorbidities,</b> <a href="#">Irvin Epstein</a>, Department of Psychiatry, University of Toronto</p> <p><b>Second Paper: Pharmacotherapy for Complicated and Cormibid Anxiety Disorders,</b> <a href="#">Martin Katzman</a>, Northern Ontario School of Medicine, Department of Psychology, Lakehead University, Department of Psychiatry, University of Toronto</p> <p><b>Third Paper: Cognitive Behavioural Therapy and Other Therapies for Complicated Anxiety Disorders with Comorbidities</b> <a href="#">Monica Vermani</a>, Department of Psychology, Lakehead University</p>	<p><a href="#">Lynn D. Miller</a>, University of British Columbia</p> <p><a href="#">Stephenie Gold</a> Private practice, Vancouver</p>
	<i>Arbutus Ballroom West</i>	<i>Arbutus Ballroom Centre</i>	<i>Arbutus Ballroom East</i>

3:00p.m. -  
3:30p.m.

**Coffee break**



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**Conference Day 1**

3:30p.m. - 5:00 p.m.      **Keynote Speech      HEALTH ANXIETY: CURRENT ISSUES AND FUTURE DIRECTIONS**

Speaker      [Gordon J. G. Asmundson, Ph.D](#)  
Professor, Department of Psychology, Faculty of Arts, University of Regina; Associate Member, Faculty of Kinesiology and Health Studies, University of Regina; He is also Research Associate, Clinical Research and Development Program, Regina Health District

Room      *Arbutus Ballroom*

7:30p.m.- 9:00 p.m.      **Special Evening Presentation      ANXIETY AND EATING DISORDERS**

Speaker      [Roz Shafran, PhD](#)  
School of Psychology and CLS, University of Reading, Berkshire; Charlie Waller Chair in Cognitive Behavioural Psychotherapy

Room      *Arbutus Ballroom West and Centre*      LIMITED SEATING - not included in conference fees



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**Conference Day 2**

**Saturday, April 24**

9:00 a.m.- 10:00a.m. **Keynote Speech FROM CONDITIONED REFLEXES TO COGNITIONS: The evolution of CBT**

Speaker [Stanley Jack Rachman, PhD](#)

Professor Emeritus of the Department of Psychology at the University of British Columbia; Past Editor in Chief of Behaviour Research and Therapy

Room *Arbutus Ballroom*

10:00a.m. - 10:30a.m. **Coffee Break**

10:30a.m.- 12:00p.m.

Title

Speakers

Rooms

	<b>Presidential Session: Skills Building 3</b>	<b>Symposium 4</b>	<b>Skills Building 4</b>
	<b>MINDFULNESS BASED COGNITIVE BEHAVIORAL THERAPY</b>	<b>NEW ADVANCES IN RESEARCH AND TREATMENT OF ANXIETY DISORDERS IN BC</b>	<b>COGNITIVE-BEHAVIORAL TREATMENT FOR DEATH ANXIETY</b>
	<a href="#">Mark Lau</a> , Research Scientist and Director, BC Cognitive Behaviour Therapy Network with BC Mental Health and Addiction Services,	Chair, <a href="#">Melisa Robichaud</a> , Vancouver CBT Centre  <b>First Paper: Unwanted Intrusions of Sex, Violence and Blasphemy: A Controlled Trial</b> <a href="#">Maureen L. Whittal</a> , Vancouver CBT Centre  <b>Second Paper: Understanding Generalized Anxiety Disorder Through Uncertainty-Driven Behaviours</b> <a href="#">Melisa Robichaud</a> , Vancouver CBT Centre  <b>Third Paper: Social Anxiety Disorder and Social Relationships</b> <a href="#">Lynn Alden</a> , University of British Columbia  <b>Fourth Paper: Early Screening for Identification of Anxiety in Young Children</b> <a href="#">Lynn Miller</a> , University of British Columbia	<a href="#">Patricia Furer</a> , Department of Clinical Health Psychology Anxiety Disorders Program St.Boniface General Hospital  <a href="#">John Walker</a> , Department of Clinical Health Psychology Anxiety Disorders Program St.Boniface General Hospital
	<i>Arbutus Ballroom East</i>	<i>Arbutus Ballroom Centre</i>	<i>Cypress Room (5th Floor)</i>



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**Conference Day 2**

12:00p.m.-  
1:30p.m.

**Lunch: ANXIETY BC PRESENTS: A Collection of Anxiety Disorder DVDs,**

Speaker **Dr. Michael Catchpole,**

Faculty member from North Island College

*Buffet main hall, lunch in Arbutus Ballroom*

1:45p.m.-  
3:30p.m.

Title

**JUST IMAGINE....  
THE ROLE OF OUR IMAGINATION IN  
CREATING AND MAINTAINING ANXIETY**

**THE PHOBIA OF IMPERFECTION**

**IDENTIFYING AND TREATING  
GENERALIZED ANXIETY DISORDER: A  
FOCUS ON INTOLERANCE OF  
UNCERTAINTY**

Speakers

**Kieron O'Connor,**  
Fernand-Seguin Research Centre, Louis-H.  
Lafontaine Hospital; Department of Psychiatry  
University of Montreal

**Adrienne Wang,** Vancouver CBT Centre

**Melisa Robichaud,** Vancouver CBT Centre  
**Kristin Buhr,** North Shore Stress and Anxiety  
Clinic

Rooms

*Cypress Room (5th Floor)*

*Arbutus Ballroom Centre*

*Arbutus Ballroom East*



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### Conference Day 2

3:45p.m. -  
6:00p.m.

Poster Session	
Corinna Elliot, Concordia University <b>Winner of the Peter McLean Student Award</b>	MENTAL CONTAMINATION: THE IMPORTANCE OF NEGATIVE APPRAISALS IN INDIVIDUAL DIFFERENCES
Jaye Wald, University of British Columbia	CHRONIC POSTTRAUMATIC STRESS DISORDER FOLLOWING OCCUPATIONAL BLOOD AND BODY FLUID EXPOSURE INJURIES: CASE VIGNETTES AND IMPLICATIONS FOR DEVELOPING EVIDENCE-BASED ASSESSMENT AND TREATMENT GUIDELINES
Alexander Penney, Lakehead University	RELATIONSHIPS BETWEEN SELF-MANAGEMENT SKILLS, BELIEFS ABOUT WORRY, AND GENERALIZED ANXIETY DISORDER SYMPTOMS
Karen Rowa, Anxiety Treatment and Research Centre, St. Joseph's Healthcare, Hamilton	CORRESPONDENCE BETWEEN BEHAVIOURAL, CLINICIAN-RATED, AND SELF-REPORT MEASURES OF SOCIAL PHOBIA
Jennifer Trew, University of British Columbia	COGNITIVE SPECIFICITY AND AFFECTIVE CONFOUNDING IN SOCIAL ANXIETY: THE ROLE OF DEPRESSION IN INTERPRETATION BIASES
Corinna Elliot, Concordia University	INDIVIDUAL DIFFERENCES IN PHYSICAL AND MENTAL FEARS OF CONTAMINATION
Jaye Wald, University of British Columbia	A COGNITIVE-BEHAVIOURAL RETURN TO WORK PROGRAM FOR PERSONS WITH ANXIETY DISORDERS: PROGRAM DEVELOPMENT AND PRELIMINARY FINDINGS
Nancy Lipsky, University of British Columbia	PERINATAL ANXIETY DISORDER PREVALENCE STUDY
Munira Mohamed, York University	PERFECTIONISM AND ITS RELATIONSHIP BETWEEN COPING STRATEGIES, DEGREE OF ANXIETY SENSITIVITY, AND THE CORRELATION TO THE DEGREE OF INTOLERANCE OF UNCERTAINTY
Mihaela Dirlea, University of Toronto	THE DEVELOPMENT OF ANXIETY DISORDERS: PERFECTIONISM, COPING AND INTOLERANCE OF UNCERTAINTY
Dina Tsirgielis, Start Clinic Toronto	MARITAL DISCORD AND ITS RELATIONSHIP WITH ANXIETY SENSITIVITY, ANXIETY SEVERITY AND INTOLERANCE TO UNCERTAINTY
Jaye Wald, University of British Columbia	RELAXATION TRAINING AND TRAUMA-RELATED EXPOSURE THERAPY FOR PTSD: PRELIMINARY FINDINGS ON THE PATTERNS OF TREATMENT RESPONSE, COMPLIANCE, AND OUTCOME FOR A COMBINED TREATMENT PROTOCOL

Room *Arbutus Ballroom West*

4:00p.m. -  
6:00p.m.

### Closing Ceremony - wine and cheese reception

### Peter McLean Student Award

Room *Arbutus Ballroom Centre and East*



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