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#### Cancellation Policy

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#### SAVE THE DATE

June 12, 2015

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# CBT FOR **PEDIATRIC ANXIETY** AND **RELATED CONDITIONS**

presented by

**MARTIN FRANKLIN, Ph.D.**  
University of Pennsylvania  
School of Medicine

Director: Child/Adolescent OCD, Tics,  
Trichotillomania & Anxiety Group

**FRIDAY, FEBRUARY 27, 2015**

at the

**Nemours/A.I.duPont Hospital for  
Children Lecture Hall**  
1600 Rockland Road  
Wilmington, DE 19803

**Six (6) Continuing Education Credits**

#### Program Agenda

8:00 - 8:30 AM	Registration and Continental Breakfast
8:30 AM - Noon	Morning Program Session
Noon - 1:00 PM	Lunch
1:00 - 4:00 PM	Afternoon Program Session

## □ ABOUT THE PRESENTERS □

**Martin Franklin, Ph.D.**, is Associate Professor of Clinical Psychology in Psychiatry at the University of Pennsylvania School of Medicine and Director of Penn's Child/Adolescent OCD, Tics, Trichotillomania, & Anxiety Group (COTTAGe). He received his Ph.D. in clinical psychology in 1993 from the University of Rhode Island, where he studied the psychophysiology of blood-injury and snake fears. He joined the Center for the Treatment and Study of Anxiety's faculty in 1992. Over the past two decades, Dr. Franklin has conducted clinical research projects on OCD, trichotillomania, Tourette Syndrome, and related disorders across the developmental spectrum. He was PI on three recently completed NIMH-funded randomized controlled trials: 1) a multi-center study in pediatric OCD examining CBT augmentation in SRI partial responders (Freeman et al., 2010; Freeman et al., 2011; Franklin et al., 2011b); 2) a multi-center study in pediatric OCD examining treatments for children ages 5-8 (Freeman et al., 2014); and 3) a single site study examining treatments for trichotillomania in children and adolescents ages 10 – 17. In collaboration with colleagues at Duke University Medical Center, he also completed a pilot study of CBT for Tourette's Disorder in adolescents and young adults (Franklin et al., 2011a). Dr. Franklin has also collaborated previously with colleagues in Norway on the NORDLOTS project (Ivarsson et al., 2010) where he served as a CBT therapist trainer for pediatric OCD and project consultant, and more recently has assisted with manuscript preparation for the acute phase of the project (Torp et al., in press). Dr. Franklin is also centrally involved in therapist training for Norway's National Implementation Program in collaboration with Drs. Bjarne Hansen and Gerd Kvale. Dr. Franklin has lectured nationally and internationally on the psychopathology and treatment of OCD and related conditions across the developmental spectrum, and remains active clinically in the treatment of patients suffering from these conditions.

## □ PROGRAM DESCRIPTION □

Many studies have documented the significant functional impairment and comorbidity associated with anxiety and related conditions in children and adolescents. Fortunately, cognitive-behavioral therapy (CBT) protocols have been developed and tested that reduce OCD and related symptoms and improve functioning. In this presentation, Dr. Franklin will: 1) describe the epidemiology, clinical presentation, and consequences of untreated anxiety and related conditions in children and adolescents; 2) present a cognitive-behavioral conceptualization of anxiety and discuss evidence for the efficacy of treatment protocols based on this approach; and 4) demonstrate treatment planning and implementation with youth suffering from anxiety and related disorders. In addition, Dr. Franklin will discuss how anxiety can affect families, the contribution of parent anxiety to presentation and treatment in anxious youth, and will discuss the implications of treating anxiety problems in youth when parents also suffer from similar concerns. In this interactive format, ample opportunity will be provided for discussion of audience members' clinical and conceptual questions.

## □ LEARNING OBJECTIVES □

This workshop is designed to help you:

1. Recognize the symptoms of the various anxiety disorders in youth;
2. Describe empirical findings regarding the efficacy and effectiveness of CBT, medication, and their combination in the treatment of anxiety and related conditions in youth;
3. Describe the general features of evidence-based CBT intervention strategies for pediatric anxiety and related conditions;
4. Recognize when parent anxiety is interfering with CBT for pediatric anxiety disorders, and describe treatment modifications that may help reduce the impact of parent anxiety on child outcomes.

In the event of inclement weather, please check the DPA website or listen to WDEL 1150 AM radio for cancellation information.

## □ REGISTRATION □

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Name (as it should appear on name tag)

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