



## THE ROSENBERRY CONFERENCE

# Pediatric Anxiety: Exploring Innovative Evidence Based Treatments

**May 3, 2024**

Children's Hospital Colorado  
Anschutz Medical Campus

**Provided by**

Children's Hospital Colorado, Pediatric Mental Health Institute



**Children's Hospital Colorado**



Affiliated with  
**University of Colorado**  
Anschutz Medical Campus

# The Rosenberry Conference

## Course Overview and Target Audience

Anxiety disorders are the most common class of mental disorders, worldwide nearly one third of youth will meet criteria for an anxiety disorder at some point during adolescence. Worldwide, anxiety disorders are the 6th leading cause of disability between ages 10-24 and anxiety disorders predict later mental health problems including depression and substance use. Left untreated, anxiety disorders follow a chronic course with impairment across several domains of life: physical, occupational, social, family functioning.

Parenting interventions and exposure therapy have been found to be helpful with treating pediatric anxiety disorders. This conference will review innovative and evidence-based treatment for youth and explore the nuances of different anxiety presentations and treatment approaches including individual and group psychotherapy. This conference will be of interest to Physicians, Psychologists, Advanced Practice Providers, Social Workers, Counselors, Family Navigators, School Behavioral Health Providers, Nurses, and Health Professions.

## Learning Objectives

Explore an evidence-based parent led anxiety treatment program, Supportive Parenting for Anxious Childhood Emotions (SPACE).

Identify adaptations of SPACE with special pediatric populations and strategies to enhance quality of life and overall functioning.

Examine evidence for the central role of exposure with response prevention (ERP) in the treatment of pediatric obsessive-compulsive disorder (OCD) and anxiety disorders.

Review the advantages and challenges of implementing ERP in a group therapy modality and explore group-based activities utilized in treatment.

## Agenda

### Friday, May 3, 2024

7:30a	<b>Check-In – Breakfast (provided)</b>
8:00	<b>Welcome</b> <i>Marisa Simoni, PhD</i> <i>Ron-Li Liaw, MD</i>
8:15	<b>Introduction to SPACE</b> <i>Eli R. Lebowitz, PhD</i>
9:45	<b>Break</b>
10:00	<b>Adaptions of SPACE for Children with ARFID</b> <i>Eli R. Lebowitz, PhD</i>
11:45	<b>Lunch (provided)</b>
12:30	<b>Facing Fears While Having Fun: Group-Based Exposure for Youth with Anxiety and OCD</b> <i>Benjamin C. Mullin, PhD,</i> <i>Allie Morford, PhD</i>
2:00	<b>Introduction to Failure to Launch and Anxiety</b> <i>Eli R. Lebowitz, PhD</i>
3:30	<b>Closing Comments</b>
3:45	<b>Evaluation and Adjourn</b>

## Guest Faculty



### **Eli R. Lebowitz, PhD**

Associate Professor, Child Study Center  
Director Program for Anxiety Disorders  
Yale School of Medicine  
New Haven, CT

Professor Lebowitz studies and treats childhood and adolescent anxiety and is Director of the Program for Anxiety Disorders at the Yale Child Study Center. His research focuses on the development, neurobiology, and treatment of anxiety and related disorders, with special emphasis on cross-generational and familial influences in these disorders. Dr. Lebowitz is the lead investigator on multiple funded research projects and is the author of numerous research papers and of books and chapters on childhood and adolescent anxiety. He is also the father of three great boys.

## Local Faculty

### **Benjamin C. Mullin, PhD**

Associate Professor, University of Colorado School of Medicine  
Leslie and William Vollbracht Family Chair in Stress and Anxiety Disorders  
Clinical Psychologist, Children's Hospital Colorado

Dr. Mullin is a clinical psychologist with expertise in treating pediatric anxiety disorders. He is an associate professor in the Department of Psychiatry at the University of Colorado School of Medicine. He is the Leslie and William Vollbracht Family Chair in Stress and Anxiety Disorders at Children's Hospital Colorado.

### **Allie Morford, PhD**

Psychology Post-doctoral Fellow, Children's Hospital Colorado

Allie Morford, PhD is the anxiety and OCD post-doctoral fellow at Children's Hospital Colorado, Pediatric Mental Health Institute. Her clinical focus is providing evidence-based treatment to youth struggling with anxiety and related disorders. An additional interest is utilizing caregiver interventions to support youth outcomes.

## Acknowledgement

The Rosenberry Conference is an annual event held in honor of Walter S. Rosenberry III, a former board member and benefactor of Children's Hospital Colorado. Mr. Rosenberry's support of Children's Hospital Colorado and Department of Psychiatry and Behavioral Sciences provides us with an opportunity to recognize and honor those individuals who have made significant contributions to the field of psychology and behavioral sciences.



## Registration

[Register Here](#)

This conference is being hosted in-person in the Conference Center at Children's Hospital Colorado. A virtual option is also available for those unable to join us live at Children's Hospital Colorado.

**Register Early!** A confirmation email will be sent with important details after registering.

Live registration will close at maximum capacity.

Select your location carefully, as onsite is limited.

### Registration Fees: Live or Virtual

Community Professionals - \$100.00

Children's Hospital Colorado/Anschutz - \$75.00

Verified Students\* - \$50.00

\*Email student status verification to [shaun.ayon@childrenscolorado.org](mailto:shaun.ayon@childrenscolorado.org) within two days of registering.

Virtual attendees will be provided with course access link 1-3 days prior to the course.

### Payment and Cancellation Policy

Online credit card payment is required at the time of registration. The registration fee is non-refundable, however if you are unable to attend, you may send a substitute (notification required). The Planning Committee reserves the right to modify the agenda or cancel this conference in the event of an unforeseen circumstance or of minimum acceptable registration is not attained by April 19, 2024, with a full refund to participants.

### Continuing Education Credit

**Medical:** Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Children's Hospital Colorado designates this Live activity for a maximum of 6.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Licensed Clinical Social Work:** An application to award NASWCO Continuing Education Credits has been submitted. NASWCO CE credit is approved.

**Other:** Upon completion of the evaluation, a general certificate of attendance is available to all other providers.

### Parking

Free parking in our conference visitor parking lot located in Visitor Lot 10. Enter from Victor Street. Directions to Children's Colorado – Aurora.

<https://www.childrenscolorado.org/locations/anschutz-medical-campus-aurora/>

### Further Information

For questions or to request arrangements to accommodate a disability, contact Shaun Ayon at 720-777-2700 or [shaun.ayon@childrenscolorado.org](mailto:shaun.ayon@childrenscolorado.org) at least 3 weeks prior to the conference.

**SAVE THE DATE**

**May 2, 2025**