

University of Pennsylvania

Child & Adolescent OCD, Tic, Trich, and Anxiety Group (COTTAGEe)

Clinical Training Workshop Series

The Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGE) in the Department of Psychiatry at the University of Pennsylvania is pleased to announce our 2009-2010 Clinical Training Workshop Series. Dr. Martin Franklin and faculty from the COTTAGE will provide intensive instruction in the use of empirically-supported assessment and treatment techniques for pediatric OCD, Anxiety, Tic Disorders, and Trichotillomania, including Cognitive-Behavioral Therapy (CBT) for childhood Anxiety, Exposure and Response Prevention (EX/RP) for childhood OCD, and Habit Reversal Training (HRT) for childhood Tic Disorders and Trichotillomania.

These intensive workshops are designed for mental health professionals who would like to sharpen their knowledge of and fundamental skills in providing empirically-supported treatments for these disorders to children and adolescents in their own treatment setting. Prior knowledge of CBT and childhood OCD is recommended for Master Clinician Workshops (#1 and #4).

Participants will receive treatment materials used in providing the therapy and supporting resources for use with patients and families. Refreshments will also be provided. This workshop will be co-sponsored by the Philadelphia Behavior Therapy Association (PBTA). PBTA is approved by the American Psychological Association to sponsor continuing education for psychologists. PBTA is also an authorized provider for Continuing Education credits for Professional Counselors, Marriage and Family Therapists and Clinical Social Workers licensed in the state of Pennsylvania. This program provides fourteen (14) hours of CE credits. Those interested in receiving continuing education credits (CEs) through the Philadelphia Behavior Therapy Association (PBTA), can pay a \$25 fee (to the association) to receive credits.

**PRESENTERS:**

**Martin Franklin, Ph.D.**

*Associate Professor of Clinical Psychology in Psychiatry at the University of Pennsylvania  
Director, Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGE)*

Dr. Martin Franklin is Associate Professor of Clinical Psychology in Psychiatry at the University of Pennsylvania, and Director of the Child & Adolescent OCD, Tic, Trich, and Anxiety Group (COTTAGE). Dr. Franklin has devoted his career to the study of OCD, anxiety and body-focused repetitive behaviors (such as chronic tic disorders and trichotillomania) in children and adults. His scholarly publications include scientific articles and book chapters on the treatment of adult and pediatric OCD, social phobia, trichotillomania, tic disorders, PTSD, and readiness for behavior change.

Currently, Dr. Franklin is a principal investigator of several multicenter studies funded by the National Institute of Mental Health (NIMH). Dr. Franklin is one of the Principal Investigators of the Pediatric OCD Treatment Study II (POTS II) and the ongoing Family Based Treatment of Early Childhood OCD Study (POTS Jr.). The POTS team has set the precedent for the development of new practice guidelines for the treatment of OCD in youth and is continuing to set the standards of care for children and adolescents with OCD. He was also a member of the Expert Consensus Panel for Obsessive Compulsive Disorder that assisted with the development of treatment guidelines for adult and pediatric OCD.

With respect to TTM specifically, Dr. Franklin has published theoretical, clinical, and empirical papers and chapters, as well as a treatment manual. He also serves as the Research Committee Chair on the Scientific Advisory Board of the Trichotillomania Learning Center (TLC), and in that capacity, spearheaded the Trichotillomania Impact Project, a web-based exploration of phenomenology, functional impairment, and treatment utilization that reached over 1600 individuals. He is currently conducting an NIMH funded research study investigating the effectiveness of behavioral therapy for pediatric Trichotillomania in youths age 10-17, and has recently completed a multi-site pilot study with Dr. Scott Compton at Duke University Medical Center examining habit reversal training (HRT) and Acceptance and Commitment Therapy (ACT) for tic disorders in adolescents and young adults funded by the Tourette Syndrome Association (TSA).

Dr. Franklin is a licensed clinical psychologist, actively engaged in the training of mental health professionals at the post-degree levels. He is a clinical supervisor at the University of Pennsylvania for psychology interns and for residents and fellows in psychiatry. The University of Pennsylvania's School of Medicine recently awarded Dr. Franklin the Dean's Award for Excellence in Medical Student Teaching by an Allied Health Professional. Dr. Franklin is a frequent invited lecturer around the United States and abroad.

**Muniya Khanna, Ph.D.**

***Assistant Professor***

***Clinical Director, Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGE)***

Dr. Khanna is Assistant Professor of Clinical Psychology in Psychiatry and Clinical Director of the Child & Adolescent OCD, Tic, Trich, and Anxiety Group (a.k.a. "COTTAGEe") in the University Of Pennsylvania School Of Medicine. Prior to joining COTTAGE, Dr. Khanna completed her doctoral degree at Temple University, clinical internship at the UCLA Neuropsychiatric Institute, and NIH-sponsored postdoctoral research fellowship at Columbia University, College of Physicians & Surgeons.

Dr. Khanna is a licensed clinical psychologist specializing in the cognitive-behavioral treatment of childhood anxiety disorders, obsessive-compulsive disorder (OCD), as well as OC-spectrum disorders including Tic Disorders and Trichotillomania. Her research interests are in the development and evaluation of cognitive-behavioral treatments for childhood anxiety and OCD with particular focus on the role of technology in the dissemination and implementation of evidence-based treatments. Her scholarly publications include scientific articles and book chapters on the treatment of generalized anxiety disorder, social phobia, separation anxiety, and OCD in youth. Dr. Khanna is a coauthor of "*The C.A.T. Project*," a cognitive-behavioral treatment for anxious teens, "*Camp Cope-A-Lot*," the first computer-assisted cognitive-behavioral treatment for anxious children, and "*CBT4CBT: Computer-Based Training to become a Cognitive Behavioral Therapist for anxious youth*," the first computer-based clinician training program in cognitive behavioral therapy for anxiety in youth. She is also currently president-elect of the Child Anxiety Special Interest Group of the American Association of Behavioral and Cognitive Therapies (ABCT).

**Diana Antinoro, Psy.D.**

***Postdoctoral Fellow in Clinical Psychology in the Psychiatry Department at the University of Pennsylvania***

***Clinician, Child and Adolescent OCD, Tic, Trich, and Anxiety Group(COTTAGE)***

Dr. Diana Antinoro is a postdoctoral fellow and clinician at the University of Pennsylvania's Child & Adolescent OCD, Tic, Trich, and Anxiety Group. She received her B.A. in psychology from New York University and her doctorate in clinical psychology from Rutgers University. Her training, clinical experiences and research have focused on working with those affected by anxiety and related disorders, in addition to behavioral difficulties. She has conducted individual, family, and group therapy, has consulted to schools, and has worked extensively with both adults and children.

Dr. Antinoro has trained and provided clinical services in a number of treatment facilities including the Children's Hospital of Philadelphia, Jersey Shore University Medical Center, Rutgers University Clinic, the Youth Anxiety and Depression Clinic at Rutgers University, the Douglass Developmental Disabilities Center, the Tourette Syndrome Clinic at Rutgers University, and UMDNJ-EOHSI. Her clinical and research interests include providing therapy for children and adults with anxiety, OCD, Tic Disorders, and Trichotillomania, as well as investigating treatment effectiveness.

**LOCATION:**

The workshops will take place at the University of Pennsylvania in Philadelphia, PA.

**Address:**

University of Pennsylvania  
Department of Psychiatry  
Center for the Treatment and Study of Anxiety  
3535 Market Street, Suite 600  
Philadelphia, PA 19104  
P: 215-746-3327  
F: 215-746-3311

COTTAGEe WORKSHOP REGISTRATION FORM 2009-2010

<b>Last Name:</b>	<b>First Name:</b>
<b>Work Agency:</b>	<b>Title:</b>
<b>Degree and License # (if applicable):</b>	

**\*If unlicensed, name of licensed supervisor:**

<b>Work Address:</b>	<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>Work Phone:</b>	<b>Ext:</b>		
<b>Home Address:</b>	<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>Email Address:</b>			

**Please check the workshop(s) you would like to attend:**

<b>#1 APRIL 29-30, 2010</b> <b>ANXIETY &amp; OCD:</b> <input type="checkbox"/>	<b>#2 JUNE 10-11, 2010</b> <b>OCD MASTER CLINICIAN:</b> <input type="checkbox"/>
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**Briefly describe prior treatment experience:**

<b>Form of Payment:</b> \$500/workshop; \$450/workshop for PBTA and NJASP members
<input type="checkbox"/> <b>Check</b>
<input type="checkbox"/> <b>Money Order</b>
<b>Please make check or money order payable to "CPUP" and mail to:</b> <b>Center for Treatment and Study of Anxiety</b> <b>ATTN.: Dr. Khanna</b> <b>3535 Market Street, 6<sup>th</sup> Floor</b> <b>Philadelphia, PA 19104</b>

*Please note: There is limited space available, so please reserve your space early.*

**WORKSHOP #1**

**COGNITIVE-BEHAVIORAL TREATMENT OF PEDIATRIC ANXIETY DISORDERS AND OCD**

**APRIL 29 – 30, 2010**

**AGENDA:**

**Day 1:**

Objective #1: To gain fluency in the diagnosis of pediatric Anxiety Disorders (GAD, Social Phobia, Separation Anxiety, Panic, Specific Phobia), including a strong working knowledge of assessment tools and the considerations needed for differential diagnosis and comorbid diagnoses.

Objective #2: To briefly review the current empirical evidence on the treatment of pediatric Anxiety Disorders.

Objective #3: To gain in-depth knowledge of the principles and session-by-session content of Cognitive-Behavioral Treatment (CBT) for childhood Anxiety Disorders.

**Day 2:**

Objective #4: To gain fluency in the diagnosis of pediatric OCD including a strong working knowledge of assessment tools and the considerations needed for differential diagnosis and comorbid diagnoses.

Objective #5: To briefly review the current empirical evidence on the treatment of pediatric OCD.

Objective #6: To gain in-depth knowledge of the principles and session-by-session content of Cognitive-Behavioral Therapy (CBT) with Exposure and Response Prevention (EX/RP) for OCD.

**ATTENDEES:** 25 person limit

**REGISTRATION:** Please call [Aubrey Edson or Michelle Wilson at 215-746-3327](tel:215-746-3327) to reserve your place in the workshop. You may then mail in a completed registration form and your payment to the address below, with attention to Dr. Muniya Khanna.

**TIME:** 9:00 am to 5:00 pm daily (8:30 am for check-in and continental breakfast)

**COST:** \$500 (15 contact hours)/\$450 for PBTA and NJASP members. Fee covers cost of workshop, handouts and supporting materials, and refreshments during breaks.

**CONTINUING EDUCATION CREDIT: \$25**

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**WORKSHOP #32**

**COGNITIVE-BEHAVIORAL TREATMENT OF PEDIATRIC OCD  
MASTER CLINICIAN WORKSHOP**

**JUNE 10 – 11, 2010**

**AGENDA:**

Objective #1: To gain fluency in the diagnosis of pediatric obsessive compulsive disorder (OCD), including the use of evidence-based diagnostic interviews and questionnaires, and to develop a strong understanding of considerations needed for differential diagnosis and comorbid diagnoses.

Objective #2: To briefly review the current empirical evidence on the treatment of pediatric OCD.

Objective #3: To gain in-depth knowledge of the principles and session-by-session content of Cognitive-Behavioral Therapy (CBT) with Exposure and Response Prevention (EX/RP) for OCD.

Objective #4: To refine fundamental CBT skills with an emphasis on successful hierarchy development and implementation of exposure & response prevention techniques.

**ATTENDEES:** 25 person limit

**REGISTRATION:** Please call Aubrey Edson or Michelle Wilson at 215-746-3327 to reserve your place in the workshop. You may then mail in a completed registration form and your payment to the address below, with attention to Dr. Muniya Khanna.

**TIME:** 9:00 am to 5:00 pm daily (8:30 am for check-in and continental breakfast)

**COST:** \$500 (15 contact hours)/\$450 for PBTA and NJASP members. Fee covers cost of workshop, handouts and supporting materials, and refreshments during breaks.

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