

Center for the Study and Treatment of Anxious Youth (CSTAY)

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The Center for the Study and Treatment of Anxious Youth (CSTAY) is a research lab emphasizing a cognitive behavioral approach to childhood anxiety disorders. CSTAY seeks to integrate clinical service, research, and training. Current topics include CBT approaches to social anxiety, separation anxiety, generalized anxiety, and obsessive compulsive disorder. Additionally, the use of technology (mobile phone, computer applications) to CBT treatment for anxiety disorders in youth. There is considerable interest in using the Multi-dimensional Anxiety Scale for Children-2 (MASC-2) the Screen for Child Anxiety Related Emotional Disorders (SCARED), emotional regulation paradigms, and interpretation of threat stimuli. CSTAY makes use of vertical teams where lab members hold varying levels of responsibilities for on-going projects. Lab members are expected to focus their dissertation around a CBT conceptualization of childhood anxiety disorders. Applicants should submit a letter of interest, their vita, and a brief writing sample.

Below is a brief sample of projects completed since Fall 2011

Schmeling, B., Thordarson, M., Hoyman, L.C., & Friedberg, R.D. (2013, July). Do practicing clinicians act in accordance with their theoretical orientations: A preliminary study. Poster presentation to be presented at the annual convention of the American Psychological Association, Honolulu, HI.

Friedberg, R.D., Pacholec, N.M., & Tamas, M.T. (2013, May). *The role of developmental theory in psychiatry training*. Presentation to be delivered as part of the symposium The importance of developmental issues in psychiatric and pediatric training, In R.D. Friedberg, & M.T. Tamas (Chairs), Annual meeting of the American Psychiatric Association, San Francisco, CA.

Hoyman, L. Friedberg, R.D., Tamas, M.T., Poggesi, R.M., Pacholec, N.M., Schmeling, B., Chow, N., & Weatheree, L.W. (2013, Feb). *Self-monitoring in CBT with youth: Everything counts!* Paper presentation to be delivered at the 2nd Annual International Conference on Cognitive and Behavioral Psychology, Singapore.

Pacholec, N.M., Friedberg, R.D., Tamas, M.T., Hoyman, L., Poggesi, R.M., & Tabbarah, S. (2013, Feb). *Separation anxiety disorder: Assessment and treatment recommendations*. Paper presentation to be delivered at the 2nd Annual International Conference on Cognitive and Behavioral Psychology, Singapore.

Poggesi, R.M., Friedberg, R.D., Tabbarah, S., Hoyman, L., Tamas, M., Thordarson, M., Pacholec, N.M., & Chow, N. (2013, Feb). *Exposure and experiments: Attitudes, affect, and action in CBT with youth*. Paper presentation to be delivered at the 2nd Annual International Conference on Cognitive and Behavioral Psychology, Singapore.

Tamas, M.T., Friedberg, R.D., Pacholec, N., Poggesi, R.M., Hoyman, L., & Schmeling, B. (2013, Feb). *Developmental changes in anxious children's cognitions: Implications for research and practice*. Paper presentation to be delivered at the 2nd Annual International Conference on Cognitive and Behavioral Psychology, Singapore.

Friedberg, R.D., & Nunan-Saah, J. (2012, Oct). Overview of culturally responsive CBT with youth. Presentation as part of the clinical roundtable, *CBT with Diverse Children and Compelling Recommendations* (R.D. Friedberg, Chair) to be delivered at the annual meeting of the American Academy of Child and Adolescent Psychiatry, San Francisco, CA.

Friedberg, R.D., & Poggesi, R.M. (2012, Oct.). Patience, presence, procedures and processes in therapeutic exposures and experiments:4 P's in a pod. Presentation as part of the clinical roundtable, ***Closer looks at the Therapeutic Relationship in CBT with youth*** (R.D. Friedberg, Chair) to be delivered at the annual meeting of the American Academy of Child and Adolescent Psychiatry, San Francisco, CA..

Schmeling, B. Friedberg, R.D., DelZenero, Y., Wetherbee, L., & Cadigan, J. (2012, Apr.). ***Unpacking selection of theoretical orientation among continuing education conference attendees***. Poster presentation to be made at the Western Psychological Association, annual meeting, San Francisco, CA.

Friedberg, R.D., Pacholec, N., & Chow, N. (2011, Oct). ***A pilot study of anxiety and depression scores in a pediatric behavior health outpatient population: Shared and unique variance***. Poster presented at the American Psychiatric Association Institute for Psychiatric Services, San Francisco, CA.