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CBT Seminar Series:

When Standard CBT Isn't Enough: Enhancing Outcomes for Generalized Anxiety Disorder

Presented by Megan Hughes Feltenberger, PhD



THURSDAY APRIL 30TH, 2026



12:00PM - 1:00PM

ABSTRACT

In this talk, Dr. Hughes will begin with a brief overview of the measurement of generalized anxiety disorder symptoms and diagnosis. She will then outline the basic cognitive behavioral therapy techniques used to treat GAD. Since only 50% of people respond to traditional CBT interventions for GAD, Dr. Hughes will review several strategies aimed at enhancing basic CBT treatment. These include tools aimed at enhancing interpersonal functioning, increasing positive emotions, and others (Newman et al., 2022). Dr. Hughes will discuss the state of internet-delivered GAD interventions (Eilert et al., 2022). Finally, she will outline limitations of the current state of the research, including a lack of data on diverse groups.

SPEAKER

Megan Hughes Feltenberger, PhD, is a clinical psychologist with over fifteen years of experience specializing in cognitive-behavioral therapy (CBT) for anxiety and related disorders. She earned her Ph.D. in Clinical Psychology from Temple University in 2009. After completing her fellowship at New York Presbyterian Hospital/Weill Cornell Medical College, she joined the faculty as an Assistant Professor and later was the Assistant Director of Education for Psychology. Dr. Hughes is currently a Clinical Assistant Professor of Psychology in Psychiatry at Weill Cornell Medicine and the founder of Hudson River Therapy Psychological Services, a Midtown Manhattan private practice. A recognized expert, Dr. Hughes has published research and presented extensively at national conferences for organizations including the American Psychiatric Association, the Association of Behavioral and Cognitive Therapies, the International Obsessive Compulsive Disorder Foundation, and the Anxiety and Depression Association of America.

LEARNING OBJECTIVES

1. List tools for the assessment of generalized anxiety disorder.
2. Describe the basic CBT strategies used to treat generalized anxiety disorder.
3. Explain at least 2 emerging strategies aimed at enhancing CBT interventions for generalized anxiety disorder.

REFERENCES

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3. Newman, M. G., Basterfield, C., Erickson, T. M., Caulley, E., Przeworski, A., & Llera, S. J. (2022). Psychotherapeutic treatments for generalized anxiety disorder: cognitive and behavioral therapies, enhancement strategies, and emerging efforts. *Expert Review of Neurotherapeutics, 22*(9), 751–770. <https://doi.org/10.1080/14737175.2022.2125800>
4. Papola, D., Miguel, C., Mazzaglia, M., Franco, P., Tedeschi, F., Romero, S. A., Patel, A. R., Ostuzzi, G., Gastaldon, C., Karyotaki, E., Harrer, M., Purgato, M., Sijbrandij, M., Patel, V., Furukawa, T. A., Cuijpers, P., & Barbui, C. (2023). Psychotherapies for generalized anxiety disorder in adults. *JAMA Psychiatry, 81*(3), 250. <https://doi.org/10.1001/jamapsychiatry.2023.3971>