



CBT SEMINAR SERIES:

“Launching Emerging Adults Program (LEAP)”



Thursday, June 27th, 2024
12:00pm - 1:00pm



<https://weillcornell.zoom.us/j/95987937902>



Speaker Disclosure: Dr. Levitt has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Madeline Levitt, Ph.D

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Madeline Levitt, Ph.D. is a licensed clinical psychologist specializing in evidence-based treatment for anxiety, obsessive-compulsive disorder (OCD), mood, and related disorders in children, adolescents, and young adults. Dr. Levitt is a member of the Center for Youth Mental Health and holds appointments as an Assistant Attending Psychologist at NewYork-Presbyterian and Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine. Dr. Levitt offers individual and group psychotherapy services including cognitive behavioral therapy (CBT), exposure and response prevention (ERP), and acceptance and commitment therapy (ACT) for youth with anxiety and related disorders (e.g., social anxiety disorder, generalized anxiety disorder, panic disorder, OCD, and school refusal). She also provides parent management training (PMT) to further support families in individual and group settings. She is expertly trained in the Supportive Parenting for Anxious Childhood Emotions (SPACE) intervention, a parent-based treatment for youth with anxiety disorders. In her research, Dr. Levitt examines associations among parenting approaches, youth motivation, and anxiety.

ABSTRACT

The Launching Emerging Adults Program (LEAP) is a developmentally informed cognitive-behavioral treatment model that aims to simultaneously reduce anxiety symptoms and promote independence in emerging adults (ages 18-28). Background on the life stage of emerging adulthood will be provided, including the creation of the theory, common misperceptions about emerging adults, and statistics about young adult milestones (e.g., moving back in with parents, career path). The presentation will outline the stages of the LEAP intervention including psychoeducation, social skills training and cognitive restructuring, therapeutic exposure, and relapse prevention. Specific focus will be given to the concept of developmental milestones of emerging adulthood, and how to use a hierarchal approach to supporting adults in meeting these milestones and increasing their independent functioning (e.g., living situation, finances, self-care, education, work). Parent involvement in treatment will be discussed as well, including how parents of emerging adults can reduce accommodation, provide appropriate scaffolding, and promote their child's independence.

LEARNING OBJECTIVES

1. Describe the life stage of emerging adulthood.
2. List four developmental domains of emerging adulthood
3. Describe how to make an independence hierarchy using the LEAP model.
4. Identify three components of parent involvement in treatment of emerging adults using the LEAP model.

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REFERENCES

1. Hoffman, L. J., Guerry, J. D., & Albano, A. M. (2018). Launching Anxious Young Adults: a Specialized Cognitive-Behavioral intervention for transitional aged youth. *Current Psychiatry Reports/Current Psychiatry Reports*, 20(4). <https://doi.org/10.1007/s11920-018-0888-9>
2. Syed, M. (2015). Emerging adulthood. In Oxford University Press eBooks. <https://doi.org/10.1093/oxfordhb/9780199795574.013.9>
3. Kranzler, A., Elkins, R. M., & Albano, A. M. (2019). Anxiety in Emerging Adulthood: A Developmentally Informed Treatment model. In Elsevier eBooks (pp. 499–519). <https://doi.org/10.1016/b978-0-12-813004-9.00022-0>

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