Anxiety disorders are common and impairing, yet many affected individuals do not receive care. Additional effective and accessible treatment options are needed for anxiety disorders. This presentation will discuss recent research examining two integrative health approaches, yoga and mindfulness based stress reduction classes, for adults with anxiety disorders.

Dr. Simon’s major clinical and research interests include optimizing initial and next step psychotherapy and medication treatments for anxiety and stress related disorders, and understanding the presentation and the biological impact of trauma, loss and anxiety disorders. She has served as a principal investigator or co-investigator on numerous studies aimed at improving our understanding and treatment of post-traumatic stress disorder, panic disorder, generalized anxiety disorder, social anxiety disorder, and the syndrome of complicated grief. As Chief Medical Officer at Home Base, she guided development of a novel clinical care model and the Home Base Training Institute through a public private partnership with MGH and the Red Sox Foundation to address the unmet needs of returning veterans and their families impacted by deployment related stress, PTSD, and traumatic brain injury. Dr. Simon has been a member of ADAA since 2003 and has held the position of Chair of the Scientific Council.

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Examining Yoga and Mindfulness Approaches for Anxiety Disorders

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Vice Chair, Faculty Development and Engagement, Department of Psychiatry

Wednesday, November 2nd, 2022
11:00am – 12:30pm
https://weillcornell.zoom.us/j/92812036154
Meeting ID: 928 1203 6154
Password: 12345

*S.5 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture.

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Abstract:
Anxiety disorders are common and impairing, yet many affected individuals do not receive care. Additional effective and accessible treatment options are needed for anxiety disorders. This presentation will discuss recent research examining two integrative health approaches, yoga and mindfulness based stress reduction classes, for adults with anxiety disorders.

Learning Objectives:
1. Understand recent data examining the relative efficacy of yoga for generalized anxiety disorder (GAD)
2. Understand recent data examining the relative efficacy of Mind Body Stress Reduction (MBSR) compared to an antidepressant medication for anxiety disorders
3. Learn about ongoing research into potential mechanisms of action of MBSR for GAD.

References: