

Exploring Behavioral Medicine: Its Application to Anxiety & Depression Disorders

ADAA 2017 Annual Conference

SAN FRANCISCO, CA, USA, March 22, 2017 /EINPresswire.com/ -- [Anxiety disorders affect 40 million adults and one in eight children in the United States](#). They interfere with daily functioning and often lead to depression, substance use, suicide attempts, and other disorders.

Depressive disorders affect about 19 million American adults. More than 50 percent of people diagnosed with depression also have an anxiety disorder. Coexisting anxiety and depression account for the most disabling mental health disorders in the United States.

One of the most pressing issues facing mental health professionals is behavioral medicine and its application to anxiety and depression disorders – and what this means for patients and their families. Experts will discuss these and other relevant topics when they convene at the Anxiety and Depression 2017 Conference. Sponsored by the Anxiety and Depression Association of America (ADAA), the conference draws more than 1,200 clinicians and researchers who specialize in anxiety, depression, PTSD, OCD and other related disorders. Under the theme “On the Cutting Edge of Wellness,” they will meet April 6-April 9 at the Hilton San Francisco Union Square.



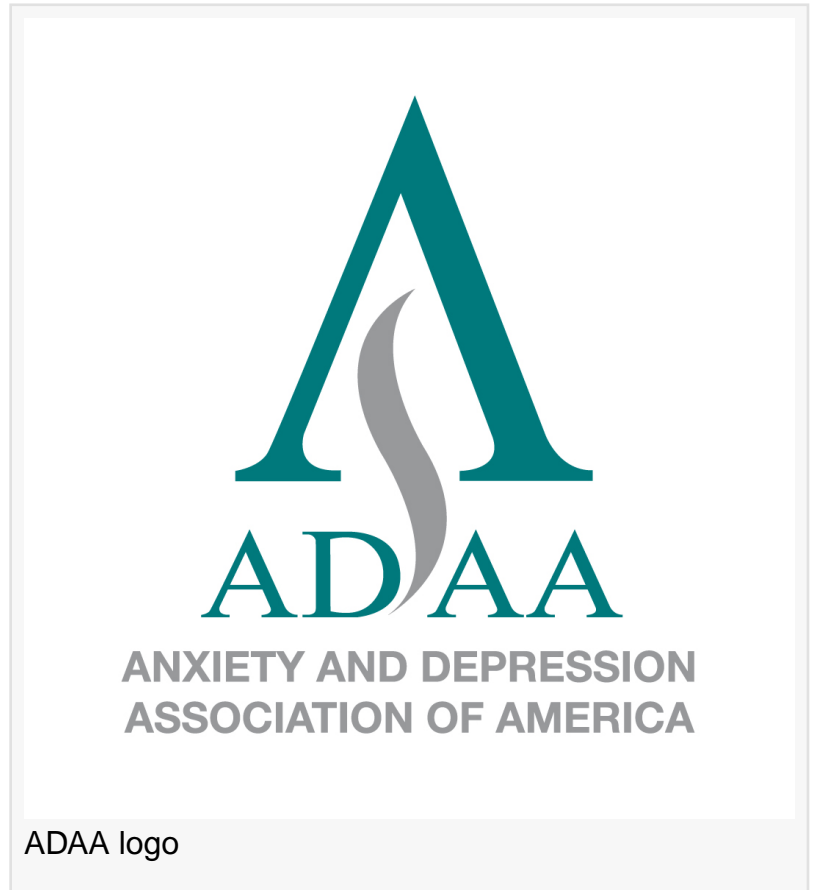
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ADAA President Karen Cassidy, PhD

Distinguished therapists and psychiatrists from around the globe will focus on the challenges facing those who treat anxiety and mood disorders. These are among the best understood brain disorders, and effective evidence-based psychological and pharmacological treatments are available.

“Patients often have questions about whether they are receiving the most appropriate care for mood and anxiety disorders,” says ADAA President Karen Cassidy, PhD, a psychologist at the Anxiety Treatment Center and Rogers Behavioral Health Chicago, “even though a wide range of

evidence-based mental health interventions are available.” She explains, “Scientific research leads to



new and novel treatment approaches, so clinicians are faced with more and more information all the time.” Those who attend the conference will take away a much greater sense of the variety of mental health treatments for their patients who need help now — and in the future.

University of Nevada Foundation Professor of Psychology and one of the world’s most-cited clinical research psychologist and psychotherapy developer, Steven C. Hayes, PhD, will deliver the keynote address, “The Power of Turning Toward: Why Psychological Flexibility Matters for Clients and Practitioners Alike.” Dr. Hayes will describe the science of psychological flexibility as a general model of behavioral development and change and show why it matters to target these processes for change for clients and for the practitioners who serve them.

Many of the world’s most experienced and knowledgeable clinicians and researchers will also address other issues related to anxiety and depression, among them mindfulness, trauma, substance abuse, ketamine therapy, suicide, the use of mental health apps, alternative therapies, telemental health, veteran-focused therapy, new and novel pharmacotherapies, selective mutism, anxious children and culturally sensitive therapy for minority and LGBTQ communities.

For more details on the more than 170 workshops, symposia, and roundtables, visit the ADAA website: www.adaa.org/conference.

The media will have opportunities to interview experts and attend all sessions. A complete list of sessions and new-research posters, including abstracts, is available online.

The Anxiety and Depression Association of America (ADAA) is the leading national nonprofit organization dedicated to promoting the prevention, treatment, and cure of anxiety, depression, PTSD, OCD and related disorders through advocacy, education, training and research. Visit www.adaa.org

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