

2021 STAR-Center Conference

May 14, 2021

Name, Credentials, Position Title	Christina Kirsch, Psy.D., Licensed Psychologist Kelsey Johnson, LPC, NCC
Affiliation:	UPMC Western Psychiatric Hospital, STAR-Center
<p>Dr. Christina Kirsch joined the STAR Clinic of UPMC in 2015. She currently serves as a psychologist at the Center for Pediatric Neuropsychology and as adjunct faculty at Carlow University. Christina obtained her Psy.D. in Counseling Psychology from Carlow University. She completed a pre-doctoral internship in pediatric acute care at Nationwide Children’s Hospital in Columbus, OH and her post-doctoral fellowship at the Center for Pediatric Neuropsychology in Pittsburgh, PA. Christina specializes in the assessment and treatment of children and adolescents with complex psychiatric presentations. She specializes in providing therapy services for children and families with mood and anxiety disorders.</p>	
<p>Kelsey Johnson, LPC, NCC, joined STAR Clinic in June 2018 as a Behavioral Health Therapist. At STAR, Kelsey leads group for the STAR Intensive Outpatient Program (IOP), provides individual therapy, co-leads the Social Anxiety Group for STAR outpatients, and helps with data collection and research projects at STAR. Prior to joining STAR as a therapist, Kelsey completed a year-long internship at STAR as Graduate Intern. Kelsey received her master’s degree in Counseling Psychology from Chatham University. During her graduate studies, Kelsey participated on a research team for Gender Research Studies and assisted in implementing a youth participatory action research project for local adolescents.</p>	
<p>Title of Presentation Approaching Social Anxiety: Leading an Exposure-Based Group</p>	
<p>Description This presentation will review the application of exposure-based interventions as a group treatment for social anxiety in adolescents. Special attention will be given to relevant skill development, the logistics of identifying, planning, and conducting exposures, engaging parents in exposures, and challenging patterns of family dynamics that may reinforce avoidant behaviors.</p>	
<p>Level of Presentation Introductory <input type="checkbox"/> Intermediate <input checked="" type="checkbox"/> Advanced <input type="checkbox"/></p>	
<p>Learning Objectives: At the conclusion of this session, participants should be able to:</p> <ol style="list-style-type: none"> 1. Apply a distress tolerance coping model to reduce patterns of behavioral avoidance in socially anxious teenagers 2. Identify, construct, and execute exposures for socially anxious teenagers 3. Coach parents in implementing community-based exposures to promote generalization of skills and reduce the reinforcement of avoidant behaviors 	
<p>Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation. (See next page).</p> <ol style="list-style-type: none"> 1. Albano, A.M. & DiBartolo, P.M. (2015). <i>Stand Up, Speak Out: Client Workbook</i>. Oxford University Press. DOI: 10.1093/med:psych/9780195308945.001.0001 2. Thomassin, K., Jones, A., and Suveg, C. (2017). “You Want Me to Do What?!” <i>Ethical Considerations When Conducting Exposure Tasks With Youth With Anxiety</i>. <i>Evidence-Based Practice in Child and Adolescent Mental Health</i>. 2(1), 30-42. 3. Hofman, S. and Otto, M. (2018). <i>Cognitive Behavioral Therapy for Social Anxiety Disorder</i>. New York, NY: Routledge. 	