

# Turning Fear into Power: Understanding and managing anxiety



**Tuesday, April 11, 2017  
6:00 – 7:30 p.m.**

The Joseph B. Martin Conference Center  
The New Research Building  
Harvard Medical School  
77 Avenue Louis Pasteur  
Boston, MA 02115



**HARVARD**  
MEDICAL SCHOOL

## Turning Fear into Power: Understanding and managing anxiety

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**Isabelle Rosso, PhD**

Director, Anxiety and Traumatic Stress Disorders Laboratory  
McLean Hospital



**Courtney Beard, PhD**

Assistant Professor of Psychology  
Harvard Medical School  
Assistant Director of Research  
Behavioral Health Partial Hospital  
McLean Hospital



**Gregory Fricchione, MD**

Mind Body Medical Institute Professor of Psychiatry  
Harvard Medical School  
Director of Benson-Henry Institute  
Mind Body Medicine  
Director of Divisions of Psychiatry and Medicine  
Director of Pierce Division of Global Psychiatry  
Massachusetts General Hospital

## About the Speakers:

### Isabelle Rosso, PhD

Dr. Rosso has a doctoral degree in clinical psychology from the University of Pennsylvania and a Bachelor's degree from Dartmouth College. Dr. Rosso's Anxiety and Traumatic Stress Disorders Laboratory studies neurobiological phenotypes of emotional disorders, and relates them to behavioral and clinical phenotypes. Psychiatric research has reached an exciting juncture where the neuroscience knowledge and methods exist that can lead to a mechanistic understanding of psychopathology—particularly using NIMH's dimensional research framework known as RDoC. In this vein, her laboratory is studying PTSD using magnetic resonance methods, and relating brain changes with fundamental behavioral dimensions such as fear extinction. Dr. Rosso's current research is representative of a longstanding interest in neurobehavioral markers of risk and disease processes in psychiatric illness. This started with graduate school study of neurodevelopmental precursors of schizophrenia at the University of Pennsylvania, continued with a neuroimaging fellowship at Harvard, and hopefully will culminate with significant contributions to understanding risk and resilience in stress- and anxiety-related syndromes.

### Gregory Fricchione, MD

Dr. Gregory Fricchione has been on faculty at Harvard Medical School (HMS) since 1993 and is the Mind Body Medical Institute Professor of Psychiatry at HMS. He first came to Massachusetts General Hospital (MGH) in 1982 as a psychosomatic medicine fellow. Since July 2002 he has been associate chief of Psychiatry at MGH and director of the Division of Psychiatry and Medicine. He directs a large staff of attending psychiatrists and psychosomatic medicine fellows taking care of the psychiatric problems of over 5000 medically and surgically ill patients each year. In 2000, he joined the Carter Center in Atlanta, Georgia, while on leave of absence from Harvard Medical School (HMS). While there he worked with former President Jimmy and former First Lady Mrs. Rosalynn Carter on public and international mental health issues and policy. He was the founding director of the MGH Chester M. Pierce Division of Global Psychiatry. In 2006 he became director of the Benson Henry Institute for Mind Body Medicine at MGH succeeding Dr. Herbert Benson.

### Courtney Beard, PhD

Courtney Beard, PhD, is a clinical psychologist with expertise in anxiety disorders, cognitive biases, cognitive behavior therapy, and treatment outcome research. She is assistant director of the clinical research program at McLean Hospital's Behavioral Health Partial (BHP) Hospital Program. Dr. Beard's research aims to delineate cognitive mechanisms underlying psychiatric disorders and to develop treatments to target these mechanisms. She is internationally known for her work on cognitive bias modification. She devotes much of her time to supervising and mentoring students and trainees. Dr. Beard has a small private practice focused on delivering exposure therapy for anxiety disorders. Dr. Beard is a past recipient of an NIH Post-Doctoral Fellowship grant, in which she tested a cognitive bias modification (CBM) computerized treatment for social anxiety disorder. Her current NIMH funded R34 project aims to develop a transdiagnostic, personalized, online cognitive bias modification treatment for anxiety disorders, as well as the methods for primary care practices to prescribe and deliver this treatment.

## **Turning Fear into Power: Understanding and managing anxiety**

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Fear is one of the most important survival mechanisms in all species. But for the millions of Americans living with anxiety disorders, this healthy defense system has a dark side. In this seminar, Harvard Medical School scientists will explore the roots and origins of anxiety and how it can be managed.

### **Articles**

#### **Relaxation response proves positive**

Sue McGreevey, Harvard Gazette

[news.harvard.edu/gazette/story/2015/10/relaxation-response-proves-positive/](http://news.harvard.edu/gazette/story/2015/10/relaxation-response-proves-positive/)

#### **Anxiety and physical illness**

Harvard Women's Health Watch, Harvard Health Publications

[health.harvard.edu/staying-healthy/anxiety\\_and\\_physical\\_illness](http://health.harvard.edu/staying-healthy/anxiety_and_physical_illness)

#### **Overcoming Anxiety**

Harvard Men's Health Watch, Harvard Health Publications

[health.harvard.edu/mind-and-mood/overcoming-anxiety](http://health.harvard.edu/mind-and-mood/overcoming-anxiety)

#### **Who Should Help Pay for Yoga?**

Marlynn Wei, Huffington Post

[http://www.huffingtonpost.com/marlynn-wei-md-jd/who-should-help-pay-for-yoga\\_b\\_8583708.html](http://www.huffingtonpost.com/marlynn-wei-md-jd/who-should-help-pay-for-yoga_b_8583708.html)

#### **When to worry about worrying**

Harvard Health Publications

<http://www.health.harvard.edu/mind-and-mood/when-to-worry-about-worrying>

### **Videos**

#### **The Health Burden of Stress: What We Can Do About It**

The Forum at HSPH, Harvard University

Fricchione speaks at (15:30 – 19:51) and (34:00 - 37:28)

<https://www.youtube.com/watch?v=76CZX6CzCOI>

#### **Gregory L. Fricchione, MD, Discusses Mind and Body Medicine**

AJMCtv

<https://www.youtube.com/watch?v=xKEzg3rQVj4>