

Keynote Speakers

Wednesday, November 9, 6:30 p.m. - 8:00 p.m.
Atrium Ballroom B/C
Silence the Shame

Shanti Das, BA

Silence the Shame, Atlanta, Georgia, USA

In this fireside chat with Shanti Das, CEO of the non-profit organization *Silence the Shame*, we will have an in-depth conversation about her personal journey as a high-profile music industry executive, her life experiences with unresolved trauma and grief, and her journey towards healing and reconciliation. We will further discuss the ways that her personal life experiences across the life course inspired the development of Silence the Shame; a nonprofit organization that partners with celebrities, influencers, clinicians, and industry to curate and normalize community conversations about mental health and wellness among marginalized populations. We will conclude our discussion with reflection points from Shanti Das on ways to promote and solidify collaborative connections between researchers, clinicians, advocates, and non-profit organizations to promote enduring mental health wellness for disenfranchised communities.



Shanti Das, BA is an accomplished entertainment industry veteran, speaker, author and Philanthropist. Shanti worked in the entertainment business for over 25 years. Her music industry career (from intern to Executive Vice President) included positions at Capital Records, LaFace Records, Columbia records, Sony Urban Music and Universal Motown where she worked directly with some of music's top talent like OutKast, Usher, Prince, TLS, Toni Braxton, Erykah Badu, and more. As a result of Shanti's extensive community work in the 2000 decade, she decided to establish her very own nonprofit, The Hip-Hop Professional Foundation, Inc. The foundation was rebranded under the name Silence the Shame, Inc., the mental health movement that led the way since 2016. Shanti has suffered from depression/anxiety over the years and has also experienced loved ones affected with mental health disorders. Silence the Shame, Inc. has received global awareness and has become a commonly used hashtag to normalize the conversation in America. Shanti's foundation curates community conversations, offers wellness trainings, creates content and broadens awareness & education around mental health and wellness. (In 2019, Silence the Shame was awarded one of five awards by the American Psychiatric Association Foundation for advancing minority mental health). In addition to running her nonprofit, Shanti is a public speaker. She speaks live at companies/universities sharing her inspiring story and now facilitating virtual webinars around mental wellness with licensed mental health clinicians. Companies include: Warner Chappell Publishing, National Geographic, SB Projects, Translation agency, NBA, Sony ATV, EA Sports, LVMH, Sony Music UK, Warner Medica, Warner Music Group, Def Jam records, Freddie Mac, Dillard University, Syracuse University, Alabama A&M and more.

Awards and Honors:

- 2019 – Shanti was named a Top Changemaker in the World (#7 out of 100) by a UK publication called The Big Issue!
- 2019 – The American College of Neuropsychopharmacology (ACNP) has named Shanti Das as the recipient of the 2019 Media Award for her program entitled, Silence the Shame, which openly addressed the stigmas and misconceptions on mental health.
- 2020 – NAMI (National Alliance on Mental Health) awarded Shanti Das their 2020 Multicultural Award.
- 2020 Named an Essence magazine Essential Hero in Mental Health
- 2021 – Culture Creators Health and Wellness Award

Keynote Speakers *(continued)*

Thursday, November 10, 8:00 a.m. – 9:20 a.m.

Atrium Ballroom B/C

Trauma, Stress-Related Disorders and Disease Development – a Nordic Contribution to the Knowledgebase

Unnur A. Valdimarsdóttir, PhD

University of Iceland, Reykjavík, Iceland

The science of the health implications of trauma will, by necessity, never be based on randomized controlled trials which currently are the golden standard in modern medicine and other health sciences. Therefore, refined observational study designs are needed in trauma sciences to enhance validity and thereby general acceptance and implications of the findings. With complete follow-up of health care utilization and family-links of all residents, the Nordic registers offer unique opportunities for improved understanding of the role of trauma and stress-related disorders in general health and disease development across the lifespan. Leveraging these resources and family-based designs, inherently controlling for familial factors (e.g. genetic and early environment), has led to new insights and in some cases consolidated conclusions of earlier works on the health implications of a wide range of trauma types and stress-related disorders, e.g. in the development of cardiovascular disease, autoimmune disease, neurodegenerative disease and life-threatening infections. These findings will be reviewed along with the novel initiative of establishing a nationwide trauma cohort among Icelandic women, the SAGA cohort, demonstrating a high prevalence of violence and corresponding health implications among women in a Nordic welfare state.



Unnur A. Valdimarsdóttir, PhD, is a professor of Epidemiology at the University of Iceland, visiting senior researcher at the Unit of Integrative Epidemiology, Karolinska Institute in Stockholm, Sweden, and adjunct professor at the Department of Epidemiology, Harvard TH Chan School of Public Health. Her research program focuses on the bidirectional relationship between trauma, stress-related disorders and major somatic diseases. She has led or co-authored more than 200 scientific papers and as principal investigator received several international grants supporting her ongoing research, e.g. from the European Research Council (StressGene) and NordForsk (COVIDMENT).

Keynote Speakers (continued)

Friday, November 11, 8:00 a.m. – 9:20 a.m.

Atrium Ballroom B/C

Discrimination and Racial Trauma: Beyond the Mind to the Body

Tené Lewis, PhD

Emory University, Atlanta, Georgia, USA

Over the past two decades, research examining the impact of self-reported experiences of discrimination and racial trauma on mental and physical health has increased dramatically. Early research focused primarily on mental health and self-reported physical health outcomes, but more recent studies have documented consistent, robust associations between discrimination and other forms of racial trauma and the body. Using examples from several different cohorts of women, the current presentation will highlight a program of research documenting linkages between discrimination and racial trauma and a range of risk factors for cardiovascular disease, with an emphasis on African-American women. Implications for cardiovascular disease prevention and intervention will also be discussed.



Tené T. Lewis, PhD, is an Associate Professor in the Department of Epidemiology in the Rollins School of Public Health at Emory University. Her research focuses on understanding how psychological and social factors contribute to the disproportionately high rates of cardiovascular disease morbidity and mortality observed in African-American women compared to women of other racial/ethnic groups. She is currently Principal Investigator of two NIH-funded R01 cohorts examining the effects of discrimination and other psychosocial factors on various indices of cardiovascular health in healthy African-American women and African-American women with Systemic Lupus Erythematosus. She was also dual-PI of a project funded by the American Heart Association (AHA) focused on understanding cardiovascular resilience in African-Americans. Dr. Lewis' scientific work has received honors from the American Psychosomatic Society and the American Psychological Association and has been featured in the *Washington Post*, *USA Today*, *Essence Magazine*, *JET magazine* and on *National Public Radio (NPR)*. She is also a fellow of the American Heart Association, the Academy of Behavioral Medicine Research and is current President of the American Psychosomatic Society.

Keynote Speakers *(continued)*

Saturday, November 12, 8:20 a.m. – 9:20 a.m.

Atrium Ballroom B/C

Understanding and Treating Post-Traumatic Stress Disorder: A Cognitive Approach

Anke Ehlers, PhD

University of Oxford, Oxford, Oxfordshire, State, United Kingdom

Ehlers and Clark (2000) suggested that PTSD develops if trauma survivors process traumatic events in a way that lead to a sense of serious current threat. The perceived threat can be internal (e.g., 'I am a bad person') or external (e.g., 'I will be attacked again') and has two sources: First, people with chronic PTSD show excessively negative appraisals of their traumas and/or trauma sequelae. Second, the nature of trauma memories leads to easy cue-driven trauma memories that lack the awareness of the self in the past. Furthermore, the patients' appraisals motivate a series of unhelpful coping behaviours and cognitive strategies that are intended to reduce the sense of current threat but maintain the disorder. The presentation will review studies testing these factors. Cognitive Therapy for PTSD (CT-PTSD, <https://oxcadatresources.com>) uses this model to develop an individualized case formulation. Procedures aim at updating trauma memories (i.e., accessing worst moments of the trauma and actively incorporating information that updates their meanings) and training patients to discriminate between the stimuli that were present during the trauma (then) and the innocuous triggers of re-experiencing symptoms (now). Unhelpful appraisals and cognitive and behavioural coping strategies are modified. Randomised controlled trials in adults and children and dissemination studies showed that CT-PTSD is highly acceptable, and more effective than self-help or equally credible nontrauma-focused psychological treatments. A recent clinical trial found that a therapist-assisted internet-delivered version of the treatment is also highly effective.



Anke Ehlers, PhD, is a Professor of Experimental Psychopathology and Wellcome Trust Principal Research Fellow at the Department of Experimental Psychology, University of Oxford, UK, and co-director of the Oxford Centre for Anxiety Disorders and Trauma. She is interested in psychological processes involved in the onset and maintenance of posttraumatic stress disorder and anxiety disorders, and implications for treatment. With her colleagues she developed Cognitive Therapy for PTSD, one of the evidenced-based first-line interventions for PTSD recommended by International Society for Traumatic Stress Studies (2019), National Institute for Care and Clinical Excellence (2018), and the American Psychological Association (2017). She is a Fellow of the British Academy, Academy of Medical Sciences, the German Academy of Sciences Leopoldina, and Academia Europaea. She has received several awards for her work, including the German Psychology Prize (2013), Oswald-Külpe-Prize for the Experimental Study of Higher Mental Processes (2013), the

American Psychological Association Award for Distinguished Contributions to Clinical Psychology (2014), and the Wilhelm Wundt-William James Award (European Federation of Psychology Associations and the American Psychological Foundation, 2015).

Presidential Panel

Saturday, November 12, 1:45 p.m. – 3:00 p.m.

Atrium Ballroom B/C

How the Traumatic Stress Community Can Assist Those Effected by the War in Ukraine

Ananda Amstadter, PhD¹; Iryna Frankova, MD, PhD²; Marit Sijbrandij, PhD²; Vitalii Klymchuk, PhD, ScD³; Pieter Ventevogel, MD, PhD⁴

¹Virginia Commonwealth University, Richmond, Virginia, USA

²Vrije Universiteit Amsterdam, The Netherlands, Amsterdam, Netherlands

³Institution Mental Health for Ukraine Project; University of Luxembourg, Luxembourg

⁴UNHCR, Geneva, Switzerland

This panel will highlight ways in which traumatic stress professionals can assist those effected by the war in Ukraine. Dr. Frankova will discuss current needs of forcibly displaced people and digital interventions developed for people under stress. Next, Dr. Sijbrandij will focus on scalable psychological strategies to prevent or address common mental health problems of people affected by the war in Ukraine. Dr. Klymchuk will discuss community-based mental health services and scalable interventions for prevention and treatment of PTSD being deployed by the Ukrainian Ministry of Health. Finally, Dr. Ventevogel will present an overview of how mental health and psychosocial support is integrated in the humanitarian response for Ukrainian refugees. Time will be allotted for questions from participants.



Ananda Amstadter, PhD
ISTSS President
Virginia Commonwealth University



Iryna Frankova, MD, PhD
Vrije Universiteit Amsterdam, The
Netherlands



Marit Sijbrandij, PhD
Vrije Universiteit Amsterdam,
The Netherlands



Vitalii Klymchuk, PhD, ScD
Institution Mental Health for Ukraine
Project;
University of Luxembourg



Pieter Ventevogel, MD, PhD
UNHCR

Invited Speakers

Thursday, November 10, 9:30 a.m. – 10:45 a.m.

Atrium Ballroom B/C

Accelerating Research with Google Tools

Andrew Bakarar, BAh, MS

Google Health AI, USA

Google has developed a number of tools that are available for commercial use, that can support a broad range of research initiatives. This talk will focus on sharing these publicly-available tools, to accelerate research for health and wellbeing.



Andrew Bakarar, Bah, MS, is a Product Manager at Google, focusing on translational research and product development for behavioral and mental health. Bakarar's passion for Mental & Behavioral Health began with his own journey managing AD/HD. He got his BAh in Economics, and his MS in Symbolic Systems, both from Stanford, where my research helped me understand the extent of the public needs for improved mental and behavioral health initiatives. He worked at Mindstrong for 2 years as one the first Product Manager, before joining Google in 2019 as a PM. Bakarar helped launch 5 products across Mindstrong and Google, all around the core theme of empowering folks to own, understand and improve their mental and behavioral health.

Invited Speakers (continued)**Thursday, November 10, 3:15 p.m. – 4:30 p.m.****Atrium 601****Transdiagnostic Behavior Therapy: A transdiagnostic psychotherapy for the symptoms of depression, anxiety, and PTSD****Daniel Gros, PhD***Charleston VA Medical Center, Charleston, South Carolina, USA*

Many challenges exist in the current diagnostic practices, including heterogeneity within disorders, problematic boundaries across disorders, and high rates of comorbidity among disorders, that may negatively contribute to the treatment of patients with emotional disorders (including the trauma and stress-related disorders). In response, there has been a growing interest in the development and investigation of transdiagnostic treatment approaches that target the common, underlying symptoms of these disorders, rather than on a single diagnosis or set of symptoms. Transdiagnostic Behavior Therapy (TBT) is one example of these transdiagnostic approaches to treatment. TBT was designed to treat overall psychiatric well-being and rehabilitation through reengagement in significant activities, relationships, and community involvement. The unifying transdiagnostic symptom targeted by TBT is avoidance via integrated behavioral techniques (e.g., exposure and activation). This presentation will discuss the TBT treatment approach and how it is applied to patients with various diagnostic presentations and related comorbidities. In addition, the supporting literature and ongoing studies of TBT will be reviewed with a focus on future directions of the transdiagnostic literature.



Daniel Gros, Ph.D. is a Psychology Program Manager in the Mental Health Service Line and Office of Research and Development Principal Investigator in the Research Service Line at the Ralph H. Johnson Veteran Affairs Medical Center. Dr. Gros also has an appointment as a Professor in the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina. Dr. Gros completed his Honors B.S. in Psychology at Virginia Commonwealth University and his M.A. and Ph.D. in Clinical Psychology at the University at Buffalo. He completed his clinical psychology internship at the Charleston Consortium Psychology Internship Program. Dr. Gros's clinical and research experiences have focused on the diagnosis, assessment, and treatment of the emotional disorders and related conditions, with particular attention to the development of transdiagnostic practices. The primary example of this work is Dr. Gros's development of Transdiagnostic Behavior Therapy (TBT). Dr. Gros has over 120 published manuscripts and chapters and has received federal funding from the Department of Veterans Affairs and Department of Defense in support of his work on psychotherapy outcomes in Veterans.

Invited Speakers (continued)

Friday, November 11, 9:30 a.m. – 10:45 a.m.

Atrium 601

War-Related Trauma Exposure, Psychosocial Stressors, and Sexual Health Among Youth in Liberia: Developing and Piloting a Cognitive-Behavioral Mindfulness-Infused Evidence-Based Intervention

Tamora Callands, PhD

University of Georgia, Athens, Georgia, USA

Civilians, particularly young men and women living in countries with a history of armed conflict, are at risk for several problems resulting from adverse psychosocial conditions. Armed conflict disrupts health care services, limits access to food and safe drinking water, displaces families, and increases poverty rates through property damage, unemployment, and displacement [8]. In many countries affected by armed conflict, high poverty rates and war-related trauma exposure have been linked to increased rates of intimate partner violence (IPV) and sexual and mental health problems, including STI symptoms, sexual risk behavior, PTSD, stress, alcohol abuse, and depression. For example, Liberia, a country in West Africa, suffered from 14 years of armed conflict. Between 1989 and 2003, nearly 250,000 people were killed in Liberia's civil wars—making it one of the deadliest wars in African history. Liberia's war history is critical in understanding the incidence and prevalence of intimate partner violence, sexual health problems, and mental health conditions. Thus, this presentation aims to highlight the link between exposure to war-related trauma, psychosocial conditions, and sexual and mental health problems among young men and women in Liberia. Findings from two different studies and samples, young men and women and young pregnant women, are outlined to provide a rationale for developing a cognitive-behavioral mindfulness-infused group-based mental and sexual health intervention to reduce the impact of trauma exposure on sexual and mental health conditions. The presentation will discuss the intervention's development and preliminary open trial results.



Tamora A. Callands, Ph.D., is an Associate Professor at the University of Georgia, College of Public, Department of Health Promotion and Behavior. She was trained as a clinical-community psychologist receiving her Ph.D. in clinical psychology from Purdue University. She received specialized training in clinical community research through a T32 postdoctoral fellow in the Division of Prevention and Community Research within the Department of Psychiatry at Yale University School of Medicine. Dr. Callands' research explores facilitators and barriers to ameliorating mental and sexual health disparities among youth and emerging adults exposed to poverty and violence in low-resource settings both domestically and internationally. Her international clinical work has supported the development of intervention implementation

strategies, research and clinical training techniques, and evaluation methods in Sierra Leone, Ghana, and Liberia. Dr. Callands' international research program began with the acquisition of an NIH/Fogarty International Center International Research Scientist Development K01 award. She developed a mental and sexual health intervention for young pregnant women in Liberia. She managed, trained, and supervised local research teams and mental health clinicians in Sierra Leone and Liberia on mental health and sexual risk behavior among war-exposed and at-risk youth. She recently completed her role as the capacity-building lead for an NIMH U19 award for research partnership for scaling up mental health interventions in low- and middle-income countries, entitled Youth Functioning and Organizational Success for West African Regional Development (Youth FORWARD). Youth FORWARD is a coordinated plan to establish model research partnerships and a regional hub for advancing implementation science focused on scaling up evidence-based mental health interventions for youth exposed to war, community violence, and other adversities in West Africa. In 2018, Dr. Callands was awarded a University of Georgia Faculty Research Grant for a project that utilized social technology to build social support systems for postpartum pregnant women experiencing mental health problems in rural communities in Georgia. Currently, Dr. Callands is the Training and Evaluation Coordinator for the African Programming and Research Initiative to End Slavery (APRIES), which is an international consortium of anti-slavery researchers and policy advocates from the University of Georgia (and the University of Liverpool) through the UGA's Center on Human Trafficking Research and Outreach. ARIES aims to reduce

Invited Speakers (continued)

the prevalence of modern slavery in Sub-Saharan Africa by transforming the capacity of community-engaged agencies to implement prevention, prosecution, and protection strategies. She is a co-investigator of a US Department of State, Office to Monitor and Combat Trafficking in Persons grant entitled Measuring the Prevalence of Trafficking around the World: Implications for Research, Programming, and Policy, where she explores the impact of trafficking on mental health outcomes. Dr. Callands' recently submitted grant focused on using innovative technological approaches to exploring the effects of discrimination on prenatal mental health among African American pregnant women in Georgia.



Invited Panels

Thursday, November 11, 11:00 a.m. – 12:15 p.m.

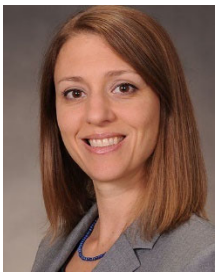
Atrium Ballroom B/C

National Institutes of Health: Mission, Priorities and the Road Ahead

Rebecca Campo, MS, PhD¹; Joshua Gordon, MD, PhD¹; Valerie Maholmes, PhD, CAS¹; Mariela Shirley, PhD¹;
Janine Simmons, MD, PhD¹

¹National Institutes of Health, Bethesda, Maryland, USA

This virtual panel will include key leaders from a variety of institutes within the National Institutes of Health. These leaders will discuss key priorities of their institutes and opportunities for funding that are applicable to the trauma community.



Rebecca Campo, MS, PhD
National Institutes of Health



Joshua Gordon, MD, PhD
National Institutes of Health



Valerie Maholmes
National Institutes of Health



Mariela Shirley, PhD
National Institutes of Health



Janine Simmons, MD, PhD
National Institutes of Health

Invited Panels (continued)

Thursday, November 10, 4:45 p.m. – 6:00 p.m.

Atrium 601

Perspective Discourses On...Ongoing Exposure to Trauma: A Transdiagnostic Perspective

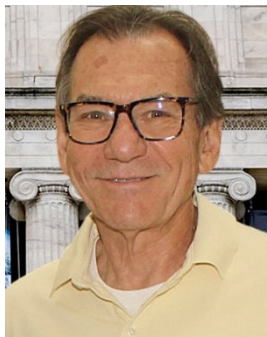
Marc Atkins, PhD¹; Rochelle Hanson, PhD²; Nkiru Nnawulezi, PhD³

¹University of Illinois Chicago, Chicago, Illinois, USA

²Medical University of South Carolina, Columbia, South Carolina, USA

³University of Maryland, Baltimore County, Maryland, USA

Perspective Discourses On...Ongoing Exposure to Trauma: A Transdiagnostic Perspective will follow and extend Invited Speaker Dr. Daniel Gros's presentation on Transdiagnostic Behavior Therapy. Drs. Rochelle Hanson, Marc Atkins, and Nkiru Nnawulezi will present brief research presentations addressing ongoing and pervasive exposure to trauma from a transdiagnostic perspective. They bring expertise in multipronged intervention research with diverse populations and transdiagnostic perspectives on strengths and limitations of current practices utilized in communities experiencing continuous exposure to adversity.



Marc Atkins, PhD
University of Illinois Chicago



Rochelle Hanson, PhD
Medical University of South Carolina



Nkiru Nnawulezi, PhD
University of Maryland

Invited Panels (continued)

Friday, November 11, 11:00 a.m. – 12:15 p.m.

Atrium 601

Perspective Discourses On...Intergenerational Transmission of Trauma: A Biological Perspective

Anke Huels, PhD¹; Tanja Jovanovic, PhD²; Andrea Roberts, PhD³

¹*Rollins School of Public Health, Emory University, Atlanta, Georgia, USA*

²*Wayne State University School of Medicine, Detroit, Michigan, USA*

³*Harvard TH Chan School of Public Health, Boston, Massachusetts, USA*

Perspective Discourses On...Intergenerational Transmission of Trauma: A Biological Perspective will follow and extend Invited Speaker Dr. Tamora Callands' presentation on the intergenerational impact of trauma, including interpersonal violence, on health from a global perspective. Drs. Tanja Jovanovic, Andrea Roberts, and Anke Huels will complement Dr. Callands' session with brief research presentations and discussions on the intergenerational effects of trauma, specifically from a biological perspective.



Anke Huels, PhD
Rollins School of Public Health



Tanja Jovanovic, PhD
Wayne State University School of Medicine



Andrea Roberts, PhD
Harvard TH Chan School of Public Health

Invited Panels (continued)**Friday, November 11, 1:45 p.m. – 3:00 p.m.****Atrium 601****Perspective Discourses On...Trauma and Mental Health in Youth: A Strengths-based****Maryam Kia-Keating, PhD¹; Zuleka Henderson , PhD, LMSW²; Briana Woods-Jaeger, PhD³**¹*University of California, Santa Barbara, Santa Barbara, California, USA*²*The Center for Black WellBeing, New York, New York, USA*³*Emory University, Atlanta, Georgia, USA*

Perspective Discourses On...Trauma and Mental Health in Youth: A Strengths-based Perspective will continue the theme of how strengths can be harnessed in the aftermath of trauma, as highlighted by the conference's opening session Spotlight Speaker, Shanti Das (founder of the non-profit organization Silence the Shame). Drs. Maryam Kia-Keating, Briana Woods-Jaeger, and Zuleka Henderson will share their perspectives on aligning, partnering, and working with diverse communities to promote strength-based interventions for youth and families exposed to trauma and chronic stress.



Maryam Kia-Keating, PhD
University of California, Santa Barbara



Zuleka Henderson , PhD, LMSW
The Center for Black WellBeing



Briana Woods-Jaeger, PhD
Emory University