

Anxiety, Trauma, and Effective Recovery



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Christina DiChiara, Psy.D. is the Director of Education Center for Anxiety & Behavior Therapy in Pennsylvania, overseeing the local and international training and dissemination of evidence-based therapies for Posttraumatic Stress Disorder (PTSD) and Obsessive-Compulsive Disorder (OCD). She received a master's degree in

Counseling and Clinical Health Psychology, as well as her doctoral degree in Clinical Psychology, from the Philadelphia College of Osteopathic Medicine. Dr. DiChiara has extensive experience with Prolonged Exposure (PE) therapy for PTSD, and is a certified PE provider and supervisor by Dr. Edna Foa. She is similarly experienced in Cognitive Processing Therapy (CPT) for PTSD and is a certified CPT provider and a co-investigator in ongoing CPT research at the VA in Philadelphia. She is a recognized expert in treating PTSD, OCD, and the full range of anxiety disorders.

Training Description:

Anxiety is a hallmark feature of how humans respond to traumatic events, but it is one of many possible responses. Understanding the similarities and differences of how anxiety is experienced and expressed in posttraumatic stress versus other anxiety disorders and obsessive-compulsive disorders is essential for clinicians to be able to make good recommendations for treatment. This program will focus on clinical tips and tricks for differential diagnosis between PTSD, OCD, and anxiety disorders. This program will also present the most updated information about clinical best practices for treating PTSD, once it has been accurately diagnosed.

Learning Objectives:

1. Participants will be able to identify at least one clinical feature per disorder that distinguishes PTSD from other anxiety disorders
2. Participants will recognize the core therapy components of the frontline treatments for PTSD supported by the current APA Clinical Practice Guidelines