

A photograph of the Westmead Health Precinct building, a modern multi-story structure with a glass and steel facade. The text 'Westmead Health Precinct' is visible on the upper part of the building. In the foreground, there are some green plants and a few people walking.

Sydney Anxiety and OCD Conference

11 – 12 September 2025

SCIENTIFIC PROGRAM – SYDNEY ANXIETY, OCD AND RELATED DISORDERS CONFERENCE 2025

Day 1

DAY 1 – Thursday 11th September 2025

8:30am – Registration

9:00am – Welcome and Acknowledgment of Country – Prof Vlasios Brakoulis

9:05am – Special Guest to Open the Conference –Mental Health Commissioner of NSW, Jennifer Black.

Thursday	Presenter	Title of talk
RAPID UPDATES 1 – Chaired by Vladan Starcevic		
9:15am	Richard Bryant	PTSD - Key developments and issues
9:45am	Ross Menzies	OCD – Key developments and issues
10:15am	Alice Norton	Social Anxiety - Key developments and issues
10:45am MORNING TEA (45 minutes)		
RAPID UPDATES 2 – Chaired by Alison Mahoney		
11:30am	Maree Abbott	GAD – Key developments and issues
12:00pm	Melissa Norberg	Hoarding - Key developments and issues
12:30pm - LUNCH AND POSTERS (One hour)		

INNOVATION IN PSYCHOLOGICAL TREATMENTS – Chaired by Evelyn Kandris

1:30pm	Isaac Sabel	Imagery rescripting for hoarding
1:50pm	Emily Dewar	Family interventions for hoarding
2:10pm	Andrew Phipps	Schema informed CBT
2:30pm	Yasmeen El Masry and Evelyn Kandris	Transdiagnostic group therapy

2:50pm - AFTERNOON TEA (30 minutes)

TECHNOLOGICAL ADVANCES AND THEIR APPLICATIONS – Chaired by Vlasios Brakoulis

3:20pm	Mike Millard	TWU clinic – Internet based CBT
3:40pm	Anthony Joffe	Patient-facing AI interventions
4:00pm	Erika Penney	GenAI, psychological practice and ethics
4:20pm	Gary Galambos	Virtual reality for OCD

***600pm - Networking dinner (venue not yet confirmed).**

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Day 2

Friday	Presenter	Title of talk
RAPID UPDATES 3 – Chaired by Mike Millard		
8:30am	Jill Newby	Health Anxiety – Key developments and issues
9:00am	Vlasios Brakoulias	An update on diagnostic classification
9:30am	Vladan Starcevic	Pharmacotherapy update for anxiety, OCD and related disorders
10:00am	Janardhan Narayanaswamy	Update on stimulation therapies for anxiety – TMS, DBS, tDCS
10:30am- MORNING TEA (30 minutes)		
COMPLEX AND CHALLENGING CLINICAL PRESENTATIONS – Chaired by Denise Milicevic		
11:00am	Valsa Eapen	Tics, ASD and anxiety in childhood
11:20am	Elizabeth Mason	Sleep and anxiety
11:40am	Lexine Stapinski	The link between anxiety and substance use disorders, and implications for treatment.
12:00pm	Leah Curran	Anxiety and end-stage cancer
12:20pm	Jessamine Chen	Anxiety in old age
12:40pm - LUNCH AND POSTERS (One hour)		
HOT TOPICS – Chaired by Yasmeen El Masry		
1:40pm	David Castle	Psychedelics and Anxiety Disorders
2:20pm	Lynne Mason	Neurodivergence and Anxiety Disorders
2:50pm	Peter Heffernan	Anxiety Disorders and ADHD
3:20pm - AFTERNOON TEA (30 minutes)		
<i>Announcement of poster winner</i>		
PANEL DISCUSSION WITH CASE PRESENTATIONS – Chaired by Vlasios Brakoulias		
3:50pm	1. Panic disorder	Brief vignettes presented by junior clinicians/
	2. Separation anxiety	trainees with discussion points.
	3. Trichotillomani a/ Skin-picking	Aiming to cover disorders not covered elsewhere.
450pm	Vlasios Brakoulias	CLOSE CONFERENCE