

A photograph of the Westmead Health Precinct building, a modern multi-story structure with a glass and metal facade. The building's name is visible on the upper part of the facade. 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 11<sup>th</sup> 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, Jennifer Black.**

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

##### INNOVATION IN PSYCHOLOGICAL TREATMENTS – Chaired by Evelyn Kandris

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

##### 2:50pm - AFTERNOON TEA (30 minutes)

##### TECHNOLOGICAL ADVANCES AND THEIR APPLICATIONS – Chaired by Vlasios Brakoulis

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

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



# Sydney Anxiety and OCD Conference

## 11 – 12 September 2025

### Day 2

Friday	Presenter	Title of talk
<b>RAPID UPDATES 3 – Chaired by Mike Millard</b>		
8:30am	Jill Newby	Health Anxiety – Key developments and issues
9:00am	Vlasios Brakoulis	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
<b>10:30am- MORNING TEA (30 minutes)</b>		
<b>COMPLEX AND CHALLENGING CLINICAL PRESENTATIONS – Chaired by Denise Milicevic</b>		
11:00am	Valsa Eapen	Childhood tics and OCD
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 advanced cancer
12:20pm	Jessamine Chen	Anxiety in old age
<b>12:40pm - LUNCH AND POSTERS (One hour)</b>		
<b>HOT TOPICS – Chaired by Yasmeen El Masry</b>		
1:40pm	David Castle	Psychedelics and Anxiety Disorders
2:20pm	Lynne Mason	Neurodivergence and Anxiety Disorders
2:50pm	Gordana Jovanova	Anxiety Disorders and ADHD
<b>3:20pm - AFTERNOON TEA (30 minutes)</b>		
<i>Announcement of poster winner</i>		
<b>PANEL DISCUSSION WITH CASE PRESENTATIONS – Chaired by Vlasios Brakoulis</b>		
3:50pm	1. Panic disorder	Brief vignettes presented by clinicians with discussion points.
	2. Separation anxiety	Aiming to cover disorders not covered elsewhere.
	3. Trichotillomania/ Skin-picking	
450pm	Vlasios Brakoulis	CLOSE CONFERENCE