

# Anxiety and Obsessive-Compulsive Disorder: Diagnosis and Management in General Pediatrics

Thursday, November 13, 2025

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## Course Overview

Primary care providers are often the front-line of identifying and managing anxiety and obsessive-compulsive disorder (OCD) and therefore need skills in the diagnosis and management of these conditions. In this course, we will explore diagnostic criteria, therapeutic approaches (including CBT and SSRIs), and related conditions (such as PANS).

## Course Objectives

Participants will be able to:

- Describe the diagnostic criteria for anxiety and obsessive-compulsive disorder (OCD) and where there is overlap in these conditions
- Determine the appropriate treatment approach for anxiety and OCD based on symptom severity level
- Explore the complexity of a Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS) diagnosis and identify when referral is needed.
- Evaluate shared care models for interdisciplinary management of pediatric mental health

## Registration and General Information

The registration fee includes access to the conference live stream, online presentations, and CME credits. The registration fee is \$75.

## Joint Accreditation Statement



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In support of improving patient care, Children's Hospital of Philadelphia is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team..

## Designation of Credit

**Physicians:** Children's Hospital of Philadelphia designates this live activity for a maximum of 3.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This program provides 3.25 ANCC contact hours.

## Cancellation and Refund Policy

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. Cancellations must be received in writing by Monday, November 3, 2025.

# PROGRAM

## Anxiety and Obsessive-Compulsive Disorder: Diagnosis and Management in General Pediatrics

### VIRTUAL CONFERENCE

#### Thursday, November 13, 2025

- 8:15 a.m.      **Welcome and Introduction**  
*Katie Lockwood, MD, MEd; Jennifer Keller, DNP, CPNP, PMHS*
- 8:30 a.m.      **Diagnosing Anxiety and Obsessive-compulsive Disorder (OCD)**  
*Yesenia Marroquin, PhD*
- 9:00 a.m.      **Overview of Therapeutic Options for Anxiety and OCD**  
*Molly Seltzer, PhD*
- 9:30 a.m.      **Integrative Approaches to Mental Health**  
*Bridget Garmisa, MSN, MS, CRNP, RD*
- 10:00 a.m.      **Break**
- 10:15 a.m.      **Psychopharmacology for Anxiety and OCD Management**  
*Stephanie Davidson, MD*
- 11:00 a.m.      **Selective Serotonin Reuptake Inhibitor (SSRI) Q&A**  
*Stephanie Davidson, MD*
- 11:15 a.m.      **Pediatric Acute-onset Neuropsychiatric Syndrome (PANS)**  
*Sanjeev Swami, MD*
- 12:00 p.m.      **Adjourn**

*Unless otherwise noted, faculty is from Children's Hospital of Philadelphia. Academic affiliation is with the Perelman School of Medicine at the University of Pennsylvania.*

## Course Directors

**Jennifer Keller, DNP, CPNP, PMHS**

*Certified Pediatric Nurse Practitioner/ Certified Pediatric Mental Health Specialist  
APP Professional Advancement Program Clinical Leader: Master  
CHOP Primary Care Autism Champion*

**Katie Lockwood, MD, MEd**

*Attending Physician, CHOP Primary Care Network in Flourtown  
Associate Professor of Pediatrics  
Distinguished Endowed Chair in the Department of Pediatrics as the Director of Behavioral  
Health Education in the Pediatric Residency Program, CHOP  
Director of Education, CHOP Primary Care Network*

## Course Faculty

**Stephanie Davidson, MD**

*Attending psychiatrist, Department of Psychiatry and Behavioral Sciences  
Assistant Professor of Clinical Psychiatry*

**Bridget Garmisa, MSN, MS, CRNP, RD**

*Nurse practitioner, Karabots Pediatric Primary Care Center  
APP Well-being Program Lead*

**Yesenia Marroquin, PhD**

*Clinical Psychologist, Department of Child and Adolescent Psychiatry and Behavioral Sciences*

**Molly Seltzer, PhD**

*Clinical Psychologist, Division of Child and Adolescent Psychiatry and Behavioral Sciences*

**Sanjeev Swami, MD**

*Attending physician, Division of Infectious Diseases  
Director, Outpatient Infectious Disease Clinic  
Associate Professor of Clinical Pediatrics*



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