

# The Alan E. Kazdin Endowed Lecture in Psychology

## Fear and Flexibility: Embracing Uncertainty During Challenging Times

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Contemporary approaches to anxiety and obsessive compulsive disorder in adolescents and young adults have employed a new set of tools for treating these problems. This talk will address the use of acceptance-based tools for treating anxiety and how the use of curiosity, willingness, and flexibility in the presence of fear and anxiety can be used to support young people struggling with anxiety disorders as well as the uncertainty in challenging times.

This talk will discuss evolutionary and behavioral responses to fear, the role of language processes and how they can lead us astray, and how we might learn to embrace uncertainty as part of the human condition while building lives full of meaning and purpose. In particular, the speaker will discuss how this approach might be used to support adolescents and young adults in the time of the COVID-19 pandemic.

**Nov. 5 2020**

**3:00 p.m. - 4:30 p.m.**

**<https://sjsu.zoom.us/j/81139335905>**

**Meeting ID: 811 3933 5905**

This annual lecture is supported by a generous endowment from Alan E. Kazdin, PhD in grateful acknowledgment of the impact that the faculty in Psychology has had on his career and no doubt on the careers of many others. Kazdin is Sterling Professor of Psychology and Child Psychiatry at Yale University and an alumnus of the SJSU Psychology Department (1967).

Each year we invite a distinguished and influential speaker to inspire a new generation of psychologists and shape the future of our field and our society