



2025 IN-PERSON WORKSHOP

Location: AC Hotel Tallahassee Universities at the Capitol

801 S Gadsden St., Tallahassee, FL 32301

Contact/Questions: orbit.institute@med.fsu.edu or (850) 644-2334

LinkedIn: Center for Translational Behavioral Science

Bsky: [@CTBScience.bsky.social](https://bsky.app/profile/CTBScience.bsky.social)

[#ORBITInstitute2025](#)

Note: The ORBIT Institute will no longer be recording any of the sessions at the in-person workshop.

TUESDAY MAY 13TH 2025

WELCOME

4:00pm – 4:30pm **Check In**

Cash Bar and “Heavy” Hors D'oeuvres (until 7:00pm)

4:30pm – 5:15pm **Welcome (Naar)**

Fellow Introductions “Speed Intros”

INTRODUCTION TO ORBIT MODEL

5:15pm – 6:30pm **Overview of the Revised ORBIT Model (Czajkowski)**

Key Question: What is phased intervention development? Why is it important?

Format: Invigorating Talk (45 min) Q&A (30min)

6:30pm – 7:00pm **Group Kick-off**

Fellows are expected to use this time to introduce their work to ORBIT Faculty and Fellows.

Dinner on your own (or in your group)

WEDNESDAY MAY 14TH 2025

8:15am – 9:15am Breakfast and Networking (provided on-site)

ORBIT PHASE 1A: DEFINE

9:15am – 10:30am Mixed Methods Approaches (Tiro)

Key Question: How do you ensure relevance to target population and key partners?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

10:30am – 10:45am Break

10:45am – 12:00pm Within-subject Methods for Early Phase Studies in the ORBIT Progression (Ridenour)

Key Questions: Compared to traditional early-phase methods, what advantages are there to evaluating potential intervention components using within-subject methods during early ORBIT phases? How can these approaches provide compelling preliminary studies for, or be used in later ORBIT phases?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

12:00pm – 1:00pm Lunch (provided on-site)

ORBIT PHASE 1B: REFINE

1:00pm – 2:15pm Refining for Strength and Efficiency (Spring)

Key Question: Why, when, and how should I refine my intervention? How can I preserve strength while enhancing efficiency?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

2:15pm – 2:30pm Break

2:30pm – 3:45pm Dosing Behavioral Interventions (Voils)

Key Question: How much of the intervention is enough?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

3:45pm – 4:00pm Break

4:00pm – 5:00pm Small Group Discussions with ORBIT Faculty

Key Question: How do I apply ORBIT to my specific research goals & challenges?

6:00pm – 8:00pm Networking Dinner: Connect with ORBIT faculty & fellows

Proof Brewing Company – 1320 S Monroe St., Tallahassee, FL 32301

THURSDAY MAY 15TH 2025

8:15am – 9:15am Breakfast and Networking (provided on-site)

ORBIT PHASE 1B: REFINE (CONTINUED)

9:15am – 10:30am Fidelity and Tailoring for Subpopulations (Spring)

Key Question: How do I know my intervention is being delivered as intended and is feasible and acceptable for a new subpopulation?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

10:30am – 10:45am Break

ORBIT PHASE 2: PRELIMINARY TESTING

10:45am – 12:00am Clinical Significance (Freedland)

Key Questions: What is the difference between statistical and clinical significance? How can I identify clinically significant targets for early-phase studies and clinically significant outcomes for randomized controlled efficacy trials?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

12:00am – 1:00pm Lunch (provided on-site)

1:00pm – 2:15pm Proof of Concept Studies (Powell)

Key Questions: What is a proof-of-concept study and why is it important? When should it be conducted? When do I consider including a control condition?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

2:15pm – 2:30pm Break

2:30pm – 3:45pm Feasibility Studies and Pilot Trials (Freedland)

Key Question: What is the primary purpose of a feasibility study or a pilot trial? How do these studies help pave the way for fully-powered RCTs?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

3:45pm – 4:00pm Break

4:00pm – 5:00pm Small Group Discussions with ORBIT Faculty

Key Question: How do I apply ORBIT to my specific research goals & challenges?

Dinner on Your Own

List of restaurants near AC Hotel in Tallahassee will be provided in the ORBIT booklet.

FRIDAY MAY 16TH 2025

8:00am – 8:30am Breakfast and Networking (provided on-site)

CAREER DEVELOPMENT

**Note there is an earlier start to the last day.*

8:30am – 9:45am Starting with the End in Mind (Powell)

Key Question: Where am I going? What do I want to achieve?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

9:45am – 10:00am Break

10:00am – 11:15am Funding for Early Phase Studies (Czajkowski)

Key Question: How do I find funding? How do I include the ORBIT model? How might reviewers respond?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

11:15pm – 11:45am Train the Trainer Plans & Assignment (Naar)

Train the Trainer assignment instructions are posted on Canvas. Group discussion for Train the Trainer assignment (30 min)

11:45am – 12:00pm Next Steps, Final Words, and Adjourn (Naar)

- “Train the Trainer” Dissemination assignment is **due May 30, 2025**. Submit to Canvas.
- Individual Consultation will be available after in-person workshop.
- Webinars will begin at the beginning of June 2025. Specific dates are posted in Canvas.