

45th Annual Conference & Workshops

25th-28th July 2017

University of Manchester
UK



BRITISH ASSOCIATION FOR BEHAVIOURAL
AND COGNITIVE PSYCHOTHERAPIES

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About this programme

British Association for Behavioural and Cognitive Psychotherapies
45th Annual Conference & Workshops 25th-28th July 2017 | University of Manchester

Please note this is a provisional programme and the content can be subject to change. The open paper and poster sessions will be added and further details on the timing of the conference sessions will be published on the conference page of the BABCP website.

The conference programme will last two and a half days and will finish at lunch time on Friday 28th July.

The Conference Site

All the Pre-conference Workshops will take place in University Place at the University of Manchester as will most of the scientific programme for the Conference. We will also be using a couple of lecture theatres in the Simon Building next door on Wednesday and Thursday. Signs will direct you to the various lecture rooms but if you get lost then ask for direction at the registration desk or from one of the conference stewards who will be recognisable by their conference t-shirt.

Registration

The EYAS registration desk will be located in University Place, Oxford Road, M13 9PL and will be open at the following times:

Conference & Workshop Registration

Tuesday, 25th July	08:00 -18:00
Wednesday, 26th July	08:00-17:00
Thursday, 27th July	08:00-17:00
Friday, 28th July	08:00-12:00

Start and Finish Times for Conference& Workshop

Tuesday, 25th July	09:30 -17:00
Wednesday, 26th July	09:00-17:00
Thursday, 27th July	09:00-17:00
Friday, 28th July	09:00-12:00

Exhibition Area

The Exhibition Area will be located at University Place in the main foyer - known as 'The Drum'. It will be open from the opening reception on Tuesday 25th to Friday 28th July. Make sure you visit this area and browse through (and purchase) the latest titles from a number of publishers who will be present. There will also be details of the activities of BABCP regional Branches and special interest groups.

Going Green/Abstracts

Abstracts are available to download on line at the BABCP website www.babcp.com there will be no printed versions. To further protect the planet please return your badge at the end of the conference to the registration desk or one of the stewards so that these can be recycled for a future event.

Room Capacity

Delegates must respect the limits on the numbers of people who can be accommodated in the lecture theatres and symposia rooms. These limits are there for health and safety reasons. Conference organisers will have to restrict access to rooms when their capacity has been reached. BABCP cannot therefore guarantee that space will be available for all delegates who wish to attend each session, so it is recommended that you arrive early or on time for the sessions that you particularly wish to attend.

Entry and Exit

To avoid disruption to presenters and other delegates, you may only enter and exit the lecture room at appropriate times (i.e. between presentations). You may therefore have to wait, either outside or inside the room and please follow the instructions of the session chair and/or conference stewards. Please turn off mobile phones.

Security

Please do not leave valuables in the lecture and seminar rooms during the refreshment and lunch breaks unless arrangements are made to secure the room.

Continued on following page

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Eating and Drinking

Coffee and tea are provided free of charge to all delegates in the morning and afternoon at the times indicated in the programme. There will be various serving points where the scientific programme is taking place. Lunch is included in your registration fee and will be available 12.30-14.00.

No evening catering has been organized but there are many excellent restaurants available for delegates in the city. For more information on Manchester as a destination please log onto www.visitmanchester.com

Here you will discover all things to do in Manchester - from events and attractions to fine dining and a great night out.

Accommodation in Manchester

Visit Manchester is the official accommodation provider for the 45th BABCP Annual Conference 2017.

All rooms are held on an on-line system, allowing you to book and secure your own accommodation using either pro-forma invoices or credit/debit card. If you require any assistance with your reservation, support is available via the Accommodation Booking Team.

Book Accommodation for BABCP 2017

To book accommodation for this event, please click the box or use the following <https://aws.passkey.com/go/BABCP2017>

Negotiated rates will be available to book until the end of the day on the 26th June 2017, so please book as soon as possible to guarantee a room. If you require accommodation beyond this date or you have any queries about the website, please contact Visit Manchester.

Contacts

For all accommodation enquiries please call the Accommodation Booking Team

telephone: 0161 238 4563 / 4514

email: abs@visitmanchester.com

Maps

[Download a printable version of the city centre map](#)

Transport

For city transport information please see tfgm.com



Pre-Conference Workshops

Tuesday 25th July 2017

A programme of one-day Workshops will be held on Tuesday 25th July. The workshops will run from 9.30-17.00. These workshops offer participants an opportunity to develop practical skills in the assessment and treatment of a range of problems.

A full description and abstract of each workshop is available on the conference page of the BABCP website at www.babcpconference.com Please note this is a provisional programme and workshops may be subject to change.

You can register by clicking on the link above www.babcpconference.com
The number of places are limited so early application is advised to avoid disappointment.

- Workshop 1 Imagery Rescripting: a transdiagnostic technique to address problems related to traumatic and other negative experiences**
Arnoud Arntz, University of Amsterdam
- Workshop 2 Difficult-to-treat depression: an integrated approach**
Stephen Barton, Newcastle University
- Workshop 3 A new translational treatment for persecutory delusions: The Feeling Safe Programme**
Daniel Freeman, Felicity Waite and Bryony Sheaves, University of Oxford
- Workshop 4 One-session treatment of specific phobias (including live treatment session)**
Lars-Göran Öst, Stockholm University
- Workshop 5 “Voices within four walls” – Culturally competent CBT for South Asians**
Nusrat Hussain, University of Manchester, Nadeem Gire, Central Lancashire and Farah Lunat, Lancashire Care NHS Foundation Trust
- Workshop 6 The ABC of CBT: reviewing basic CBT skills and applications**
Helen Kennerley, Oxford Cognitive Therapy Centre
- Workshop 7 CBT for Clinical Perfectionism: The good, the bad and the reality**
Roz Shafran, University College London, Great Ormond Street Institute of Child Health
- Workshop 8 Sharpening skills for seriously slick supervisors**
Blake Stobie, South London and Maudsley NHS Foundation Trust
- Workshop 9 Rumination-focused Cognitive Behavioural Therapy**
Ed Watkins, University of Exeter
- Workshop 10 Group-based interventions for couples: A cost-effective way of enhancing relationships and treating relationship distress**
Marion Cuddy, South London & Maudsley NHS Foundation and Dan Kolubinski, Efficacy and Reconnect UK
- Workshop 11 State of the art delivery: Maximising outcomes in low intensity interventions for people with common mental health difficulties**
Christopher Williams, University of Glasgow and Joanne Woodford, University of Exeter
- Workshop 12 Beyond fear: Understanding and treating military trauma**
Martina Mueller, Oxford Cognitive Therapy Centre
- Workshop 13 Queering CBT: Working with people who do not identify as straight or cisgender**
Matt Bristow, Anna Hutchinson and Hannah Waters, Gender Identity Development Service, Tavistock and Portman NHS Foundation Trust
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Keynote Addresses

26th, 27th, 28th July 2017

Arnoud Arntz, University of Amsterdam

Imagery Rescripting: a method to process memories of traumatic and other negative experiences

Stephen Barton, Newcastle University

CBT for depression: it's time to integrate

Rachel Calam, University of Manchester

Working with parents to make a difference: from local to global and back again

Barney Dunn, University of Exeter

Positive mood and wellbeing in depression

Peter J. de Jong, University of Groningen

The dirt road to psychopathology: Disgust-based mechanisms and their relevance for CBT

Colin Espie, University of Oxford

What is sleep ... and why does it matter?

Daniel Freeman, The University of Oxford

Persecutory delusions: understanding and treating excessive mistrust

Sarah Halligan, University of Bath

Child trauma and posttraumatic stress disorder

Emily Holmes, Karolinska Institutet, Sweden

Mental Imagery and Mental Health Science: From a Hospital to a Refugee Camp

Nusrat Hussain, University of Manchester

Cultural Therapy for the Prevention of Self Harm: Turning the World Upside Down

Andrew Jahoda, University of Glasgow

The art of the possible: behavioural activation for adults with learning disabilities

Steve Kellet, University of Sheffield

10 years of IAPT - an overview of clinical and organisational lessons learnt

Colin MacLeod, The University of Western Australia

TBC

Lars-Göran Öst, Stockholm University, Sweden

Brief, intensive, and concentrated CBT for anxiety disorders

**Roz Shafran, University College London,
Great Ormond Street Institute of Child Health**

Is the Devil in the Detail? Translating theory into practice in the treatment of perfectionism

Kate Rimes, King's College London

Chronic fatigue syndrome: Emotional processing and stress vulnerability

Ed Watkins, University of Exeter

Understanding and Enhancing Treatment and Prevention of Depression

Social Programme

Conferences organised by BABCP are well known for the quality of the scientific programme and for the opportunity provided in the social programme for delegates to meet, socialise and enjoy themselves. **We do hope that you will take advantage of the social programme we have put together for the conference.**

Tuesday 25th July | 18.30 – 20.30

Opening Reception

Venue: University Place - The Drum

Come and enjoy a glass of wine and some canapés. Visit the Book Exhibition and “Meet your Branch Representative” during the opening reception. There is no charge for this event but admission is by your conference badge which you will have collected at registration.

Those who wish to carry on socialising can continue by exploring the City using the Conference Guide that is being put together by the Manchester Branch, this will give you information on where to go to eat, drink and party with the other delegates.



The Deaf Institute, Manchester

Wednesday 26th July | 19.30 - Late

Pies and Peas Manchester Style

Venue: The Deaf Institute, 135 Grosvenor Street

Come and enjoy a drink followed by pie and peas, live music by the Smiths Tribute Band and dancing until 23.30.

Ticket Cost: £15 per head.

Thursday 27th July | 19.30 - 19.30

Civic Drinks Reception

Venue: Manchester Town hall, Albert Square
Hosted by Manchester City and the Lord Mayor

There is no charge for this event but you will need to apply for a ticket on your registration form

The Manchester Branch are working on a programme of events in the city that delegates will be able to pick and choose from that will include music, dancing, theatre, eating and drinking and will all culminate at the end of the evening with a farewell bash at one of Manchester's best known venues

All delegates will be welcome and there is no charge for this event. You pay for what you do.



Manchester Town Hall

**The AGM of the Association will be held on Thursday 27th July 12.30 to 13.30
The venue will be announced in the final programme**

ADULT MENTAL HEALTH

Bipolar disorder: enriching theory, developing treatment

Convenor: Kim Wright, University of Exeter

Speakers: Laura Frost, University of Manchester
Lydia Pearson, University of Manchester
Siri Folstad, University of Manchester
Emmeline Joyce, Psychosis Research Unit, University of Manchester
Warren Mansell and Sara Tai, University of Manchester

New developments in cognitive behavioural therapy for psychosis

Convenor: Jasper Palmier-Claus, Greater Manchester West Mental Health NHS Foundation Trust

Speakers: Filippo Varese, University of Manchester
Jasper Palmier-Claus, Greater Manchester West Mental Health NHS Foundation Trust
Lisa Wood, North East London NHS Foundation Trust
Rory Byrne, Greater Manchester West Mental Health NHS Foundation Trust
Anthony Morrison, Greater Manchester West Mental Health NHS Foundation Trust

Recent research and clinical developments in hoarding disorder

Convenor: Claire Lomax, Newcastle University

Discussant: Victoria Bream, King's College London

Speakers: Mark Banham, Newcastle University
Claire Lomax, Newcastle University
Catherine Reid, Newcastle University
James Gregory, Newcastle University

Systemic approaches to embedding Cognitive-Behavioural interventions within acute inpatient settings

Convenor: Pamela Jacobsen, King's College London

Discussant: Isabel Clarke, Southern Health NHS Foundation Trust

Speakers: Humza Khan, King's College London
Catherine Clark, Christchurch Canterbury University
Olwyn Matier, Northern Health and Social Care Trust
Catherine Donaldson, Belfast Health and Social Care Trust

Treating complex trauma reactions in refugees: a series of case presentations

Convenor: Kerry Young, Forced Migration Trauma Service, CNWL NHS Foundation Trust and University College London

Speakers: Kerry Young, Forced Migration Trauma Service, CNWL NHS Foundation Trust and University College London
Reem Shafiq, The Havens Whitechapel, King's College Hospital NHS Foundation Trust
Sameena Akbar, Forced Migration Trauma Service, CNWL NHS Foundation Trust
Adele Stevens, Forced Migration Trauma Service, CNWL NHS Foundation Trust and Berkshire Healthcare NHS Foundation
Theresa Schwaiger, Southwark Carelink, South London and Maudsley NHS Foundation Trust

Symposia

26th, 27th, 28th July 2017

Motivation and Affect Regulation in Mental Health

Convenor: Joanne Dickson, Edith Cowan University

Discussant: Peter Taylor, University of Manchester

Speakers: Joanne Dickson, Edith Cowan University
Peter Taylor, University of Manchester
Rodrigo Becerra, Edith Cowan University
Alyson Dodd, University of Northumbria

LGB Mental Health in Young People and Adults: UK Research

Convenor: Katharine Rimes, King's College London

Speakers: Olakunle Oginni, King's College London
Sandhya Shivakumar, King's College London
Billy Gazard, King's College London
David Hambrook, South London and Maudsley NHS Foundation Trust

Measurement and enhancement of recovery in bipolar disorder

Convenor: Alyson Dodd, Northumbria University

Discussant: Steven Jones, Lancaster University

Speakers: Barbara Mezes, Lancaster University
Elizabeth Tyler, Lancaster University
Heather Robinson, Lancaster University
Alyson Dodd, Northumbria University

Delivering cognitive behavioural interventions for suicide prevention in acute settings: key issues and complexities

Convenor: Yvonne Awenat, University of Manchester

Speakers: Yvonne Awenat, University of Manchester
Kamelia Harris, University of Manchester
Daniel Pratt, University of Manchester
Emma Evans, Mersey Care NHS Foundation Trust
Gillian Haddock, University of Manchester

Clinical Roundtable:

Adapting Engagement and Therapy to Challenging Contexts.

Convenor: Sara Tai, University of Manchester

Speakers: Sara Tai, University of Manchester
Vyv Huddy, University College London
Robert Griffiths, University of Manchester
Susan McCormack, Mode Rehabilitation
Sarah Alsawy, University of Manchester

Evaluating unusual interventions for adult anxiety and depression using single case methodology

Convenor: Fiona Challacombe, Centre for Anxiety Disorders and Trauma

Discussant: David Veale, Centre for Anxiety Disorders & Trauma

Speakers: David Hambrook, South London and Maudsley NHS Trust
Rhani Allen-Crooks, King's College London
Alexandra Keyes, King's College London
Sarah Miles, Royal Holloway, University of London

BASIC PROCESSES AND NEW DEVELOPMENTS

Innovations in the assessment of anxiety-linked attentional bias to threat

Convenors: Lies Notebaert and Ben Grafton, University of Western Australia, Australia

Discussant: Colin MacLeod, University of Western Australia, Australia

Speakers: Sam Parsons, University of Oxford
Lies Notebaert, University of Western Australia, Australia
Ben Grafton, University of Western Australia, Australia
Patrick Clarke, Curtin University, Australia

Trauma and intrusive memories: emerging approaches to prevention and early intervention

Convenor: Lalitha Iyadurai, University of Oxford

Discussant: Emily Holmes, Karolinska Institutet, Sweden

Speakers: Alex Lau-Zhu, King's College London
Kate Porcheret, University of Oxford
Lalitha Iyadurai, University of Oxford

Researching and Utilising a Core Process of Change in Therapy

Convenor: Warren Mansell, University of Manchester

Speakers: Warren Mansell, University of Manchester
Harry Horgan, University of East Anglia
Lydia Morris, Six Degrees Social Enterprise
Vanessa McIntyre, University of Manchester

Cognitive Processes in Repetitive Thought Across Mood Disorders

Convenor: Ann Martin, University of New South Wales

Discussant: Colin MacLeod, University of Western Australia, Australia

Speakers: Ben Grafton, University of Western Australia
Martin Möbius, Behavioural Science Institute, Radboud University
Ann Martin, University of New South Wales
Nessa Ikani, Behavioural Science Institute, Radboud University

Broadening perspectives on Intolerance of Uncertainty

Convenor: Mark Freeston, Newcastle University

Speakers: Khulood Almansour, King Saud University, Saudi Arabia
Anna Hodgson, Newcastle University
Gioia Bottesi, Padua University, Italy
Mark Freeston, Newcastle University

Negative self-concept as a transdiagnostic process in disorders of adolescence and young adulthood

Convenor: Faith Orchard, University of Reading

Discussant: Joanne Hodgekins, University of East Anglia

Speakers: Faith Orchard, University of Reading
Emily Green, University of Reading
Brioney Gee, University of East Anglia
Joanne Hodgekins, University of East Anglia

Symposia

26th, 27th, 28th July 2017

New advances in understanding the nature and role of emotional processing biases in maintaining clinical problems

Convenor: Charlotte Krahé, King's College London
Discussant: Colette Hirsch, King's College London
Speakers: Charlotte Krahé, King's College London
Alicia Hughes, King's College London
Valentina Cardi, King's College London
Lonneke van Tuijl, King's College London

Positive emotion regulation in psychopathology: From basic science to clinical practice

Convenor: Barney Dunn, University of Exeter
Speakers: Barney Dunn, University of Exeter
Kim Wright, University of Exeter
Thorsten Barnhofer, University of Exeter
Anke Karl, University of Exeter

Do complex cases need complex treatment?

Convenor: Claire Lomax, Newcastle University
Discussant: Stephen Barton, Newcastle University
Speakers: Helen Kennerley, Oxford Cognitive Therapy Centre
Oliver Sundermann, King's College London
James Gregory, University of Bath
Glenn Waller, University of Sheffield

The Role of Goal Structure in Personal and Occupational Wellbeing: Mechanisms and Research Directions

Convenor: Vyv Huddy, University College London
Speakers: Vyv Huddy, University College London,
Joanne Dickson, Edith Cowan University, Australia
Sam Russ, University College London
Nick Moberly, University of Exeter
Leyanne Edwards, University of Exeter

Cognitive Bias Modification: Novel avenues to enhance its effects on cognitive bias and anxiety

Convenor: Elske Salemink, University of Amsterdam, the Netherlands
Speakers: Lies Notebaert, University of Western Australia
Patrick Clarke, Curtin University, Australia
Mae Nuijs, University of Amsterdam, the Netherlands
Marcella Woud, Ruhr-Universität Bochum, Germany
Elske Salemink, University of Amsterdam, the Netherlands

Underlying Mechanisms of Adolescent Anxiety and Depression

Convenor: Anke Klein, University of Amsterdam
Discussant: Shirley Reynolds, University of Reading
Speakers: Faith Orchard, University of Reading
Jennifer Fisk, University of Reading
Anke Klein, University of Amsterdam
Laura Dekkers, University of Amsterdam

Control and Awareness in Anxiety: What Might be the Factors Underlying Effective Exposure?

Convenor: Warren Mansell, University of Manchester

Speakers: Tim Carey, Flinders University, Australia
Gary Brown, Royal Holloway, University of London
Oliver Schauman, Royal Holloway, University of London
Sadie Hassall, University of Manchester
Andrew Healey, University of Manchester

Mindfulness-Based Cognitive Therapy for Depressed Treatment Non-Responders

Convenor: Thorsten Barnhofer, University of Exeter

Speakers: Barney Dunn, University of Exeter
Alison Evans, University of Exeter
Thorsten Barnhofer, University of Exeter

Patient-led Appointment Scheduling: An efficient way of optimising resources to improve patient access to services.

Convenor: Tim Carey, Flinders University

Speakers: Tim Carey, Flinders University
Rob Griffiths, Salford Early Intervention Team
Louise Mansell, Rochdale CAMHS
Sara Tai, Manchester University

BEHAVIORAL MEDICINE

From Health anxiety to Medically Unexplained Symptoms and onwards...

Convenor: Paul Salkovskis, University of Bath

Speakers: James Gregory, University of Bath
Sigrun Olafsdottir, University of Reykjavik
Alison Sedgwick-Taylor, Lets Talk (2gether NHS Trust)
Paul Salkovskis, University of Bath

What psychological processes should be targeted in the context of medically unexplained symptoms and long term conditions

Convenor: Trudie Chalder, King's College London

Speakers: Tony Roth, University College London
Sula Windgassen, King's College London
Alice Sibelli, King's College London
Abigail Wroe, Royal Holloway, University of London

Chronic fatigue syndrome: co-morbid fatigue and distress , predictors of outcome, mechanisms of change during CBT

Convenor: Trudie Chalder, King's College London

Speakers: Maria Loades, University of Bath
Sheila Ali, South London and Maudsley NHS Trust
Trudie Chalder, King's College London
Elyse Couch, King's College London

Symposia

26th, 27th, 28th July 2017

CULTURAL ISSUES AND DIVERSITY

Improving Access, Engagement and Outcomes for British South Asian Communities

Convenor: Andrew Beck, University of Manchester

Speakers: Ghazala Mir, University of Leeds

Saiqa Naz, Sheffield IAPT and Andrew Beck, University of Manchester

Nadeem Gire, University of Central Lancashire

Shikainah Champion-Samuel, UPLIFT IAPT Service

CHILD AND ADOLESCENT

Parental Experiences, Perceptions and Well-being

Convenor: Monika Parkinson, University of Reading

Speakers: Emily Stapley, University College London

Monika Parkinson, University of Reading

Maria Loades, University of Bath

Tessa Reardon, University of Reading

Asha Ladwa, University of Exeter

Low intensity interventions for children and young people with anxiety and/or depression

Convenor: Shirley Reynolds, University of Reading

Speakers: James Murray, Guernsey Health Service

Peter Lawrence, University of Reading

Laura Pass, University of Reading

Simon Brett, University of Reading

Mona Jones, University of Reading

School staff as an early intervention for mental health disorders in childhood and adolescence

Convenor: Lucas Shelemy, University of Reading

Speakers: Judi Kidger, University of Bristol

Laura Pass, University of Reading

Tamsin Ford, University of Exeter

Lucas Shelemy, University of Reading

EATING DISORDERS

Time for change: Where does change matter in the course of CBT for eating disorders

Convenor: Glenn Waller, University of Sheffield

Speakers: Hannah Turner, Southern Health NHS Trust

Charlotte Cooper, Avon and Wiltshire Mental Health Partnership NHS Trust

Emma Whitty, Southern Health NHS Trust

Glenn Waller, University of Sheffield

**Clinical Roundtable: Treating eating disorders across the lifespan:
The impact and implementation of the NHS and NICE guidelines**

Speakers: Hannah Turner, Southern Counties Health NHS Trust
Rachel Bryant- Waugh, Great Ormond Street Hospital
Glenn Waller, University of Sheffield

INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

CBT for people with intellectual disabilities: National guidance, controlled studies and self-harming behaviour

Convenor: John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust

Speakers: John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
Andrew Jahoda, University of Glasgow
Dave Dagnan, Cumbria Partnership NHS Foundation Trust & Lancaster University
Ray Novaco, University of California, Irvine, USA

IAPT AND PRIMARY CARE

Predictors of patient outcomes in IAPT: Outputs from the North West London Data Collaboration

Convenor: John Green, Central and North West London NHS Foundation Trust
Speakers: John Green, Central and North West London NHS Foundation Trust
Federica Amati, Imperial College and CLAHRC NW London
Sophie Jones, University of East London
Joseph Landsberg, West London Mental Health

**New innovations in low intensity CBT:
Enhancing engagement and improving outcomes**

Convenor: Joanne Woodford, University of Exeter
Discussant: Chris Williams, University of Glasgow
Speakers: Joanne Woodford, University of Exeter
Jeff Lambert, University of Exeter
Chris Williams, University of Glasgow
Scott Duncan, University of Glasgow

OLDER ADULTS

Clinical Roundtable: Interventions for older people: should we use therapeutic lies to help people who lack capacity?

Speakers: Ian James, Northumberland, Tyne and Wear NHS Foundation Trust
Roberta Caiazza, Northumberland, Tyne and Wear NHS Foundation Trust
Ruth Elvish, The University of Manchester

Symposia

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SEVERE AND ENDURING PROBLEMS

Psychosis, decision-making and the ‘jumping to conclusions’ reasoning bias: Recent developments and clinical implications.

Convenor: Robert Dudley, Newcastle University
Speakers: Ryan McKay, Royal Holloway, University of London
Peter Taylor, University of Manchester
Paul Hutton, Edinburgh Napier University
Philippa Garety, Institute of Psychiatry

Visual hallucinations in psychosis: prevalence, causes and treatments

Convenor: Robert Dudley, Newcastle University
Speakers: Simon McCarthy-Jones, Trinity College Dublin
Charlotte Aynsworth, Northumberland, Tyne & Wear NHS Foundation Trust
Rea Wilson, Northumberland, Tyne & Wear NHS Foundation Trust
David Smailes, University of Sunderland
Robert Dudley, Newcastle University

Cognitive-behavioural interventions for psychosis within acute inpatient settings

Convenor: Pamela Jacobsen, King's College London
Discussant: Daniel Freeman, University of Oxford
Speakers: Kathleen Hodkinson, Webster University
Catherine Donaldson, Belfast Health and Social Care Trust
Bryony Sheaves, University of Oxford
Pamela Jacobsen, King's College London

Dissociation in Psychosis: mechanisms and intervention

Convenor: Elaine Hunter, Institute of Psychiatry, Psychology and Neuroscience
Discussant: Fiona Kennedy, Greenwood Mentors Ltd
Speakers: Charles Cole, University of Southampton
Filippo Varese, University of Manchester
Katherine Newman-Taylor, University of Southampton
Simone Farrelly, Institute of Psychiatry, Psychology and Neuroscience

Developments in research with families with a parent living with serious mental illness

Convenor: Rachel Calam, The University of Manchester
Speakers: Penny Bee, The University of Manchester
Clare Backer, Greater Manchester Mental Health NHS Foundation Trust
Steven Jones, Lancaster University
Lauren Stockton, The University of Manchester

Avatar therapy for distressing voices- lessons from the AVATAR trial for how we think about and work with voices.

Convenor: Thomas Ward, Institute of Psychiatry, Psychology and Neuroscience, King's College London

Speakers: Thomas Ward, Institute of Psychiatry, Psychology and Neuroscience, King's College London
Mar Rus-Calafell, Institute of Psychiatry, Psychology and Neuroscience, King's College London
Rachel Lister and Conan O'Brien, Institute of Psychiatry, Psychology and Neuroscience, King's College London
Miriam Fornells-Ambrojo, University College London
Felicity Deamer, Durham University

Voices in context: understanding and working with auditory hallucinations in relation to experience and internal representations

Convenor: Neil Thomas, Swinburne University of Technology, Australia; and Sandra Bucci, University of Manchester

Speakers: Sophie Marsh-Picksley, Barnet, Enfield and Haringey Mental Health Trust
Filippo Varese, University of Manchester
Monique Scott, Swinburne University of Technology, Australia
Imogen Bell, Swinburne University of Technology, Australia
Craig Steel, University of Reading

THERAPUETIC TECHNIQUES

The role of compassion in phased-based treatment of Complex Trauma

Convenor: Jo Billings, Berkshire Traumatic Stress Service

Speakers: Jo Billings, Berkshire Traumatic Stress Service
Deborah Lee, Berkshire Traumatic Stress Service
Carmen Chan, Oxford Health

Targeting Intolerance of Uncertainty in the treatment of anxiety: Rationale, description and preliminary outcomes

Convenor: Mark Freeston, Newcastle University

Discussant: David Veale, Kings College, London

Speakers: Sara Milne, Newcastle University
Renske Herrema, Institute of Neuroscience, Newcastle University
Ashley Tiplady, Newcastle University and N Northumberland, Tyne & Wear NHS Foundation Trust
Sally Askey-Jones, Newcastle University and Northumberland, Tyne & Wear NHS Foundation Trust

Adapting Behavioural Activation (BA) for different populations

Convenor: Laura Pass, University of Reading

Discussant: Shirley Reynolds, University of Reading

Speakers: Professor Andrew Jahoda, University of Glasgow
Dr Heather O'Mahen, University of Exeter
Dr Laura Pass, University of Reading

Symposia

26th, 27th, 28th July 2017

Clinical Roundtable:

Exploring the similarities and differences between three cognitive-behavioural approaches to psychotherapy: Acceptance and Commitment Therapy (ACT), Method of Levels (MOL) and Motivational Interviewing (MI)

Speakers: Robert Griffiths, Greater Manchester Mental Health NHS Foundation Trust
Rory Allot, Greater Manchester Mental Health NHS Foundation Trust
James Dixon, 5 Boroughs Partnership NHS Foundation Trust
Joe Oliver, University College London
Sara Tai, University of Manchester

TRAINING AND PROFESSIONAL ISSUES

Evaluating and Enhancing CBT IAPT therapy training; Developing an evidence base as trainers and supervisors.

Convenor: Sheena Liness, King's College London

Speakers: Michael Worrell, Royal Holloway and Central and North West London NHS Foundation Trust
Suzanne Byrne, King's College London
Sheena Liness, King's College London
Rita Woo, Royal Holloway and Central and North West London NHS Foundation Trust
Sarah Corrie and Isabelle von Rohr, Royal Holloway and Central and North West London NHS Foundation Trust

Psychotherapeutic Provision in Iraq: Clinical Intervention and Training Development for Mental Health Practitioners

Convenor: Annie Shamsi, Central and North West London NHS Foundation Trust

Speakers: Nazanin Aswad, Central and North West London NHS Foundation Trust
Saleh Dhumad, Central and North West London NHS Foundation Trust
Sarfraz Jeraj, SLAM NHS Foundation Trust and University of Surrey
Annie Shamsi, Central and North West London NHS Foundation Trust

Clinical Skills Classes

26th, 27th, 28th July 2017

Repairing anhedonia in depression; How to identify and work with positive dampening appraisals

Barney Dunn, University of Exeter

Enhancing CBT through chairwork: Bringing cognitive therapy to life

Matthew Pugh, Central and North West London NHS Foundation Trust

Understanding and Managing Dissociation in PTSD

Adele Stevens and Sam Akbar, Central and North West London NHS Foundation Trust

Cultivating Self-Compassion in Meditation-Based Interventions

Thorsten Barnhofer, University of Exeter

Integrating and optimising imagery rescripting in PTSD treatment – from practice to research to practice

Sharif El-Leithy, Traumatic Stress Service and Hannah Murray, Oxford Centre for Anxiety Disorders and Trauma

Burnout in Cognitive Behaviour Therapists: using supervision to prevent, identify and reduce its impact

Andrew Beck, East Lancashire CAMHS and Manchester University

Assessing Client acquisition of Cognitive Behavioural Skills in preparation for Termination of Therapy

Andrew Eagle and Michael Worrell, Central and North West London NHS Foundation Trust

Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids

Monika Parkinson and Lucy Willets, The University of Reading

Using Values to ACTivate Your Practice: Bringing meaning and purpose to therapy

Richard Bennett, The University of Birmingham and Joe Oliver, King's College London

Engagement and Cognitive Behavioural Therapy for hoarding disorder (Reclaiming your space and life)

Satwant Singh, Waltham Forest Talking Therapies

Using technology to enhance face-to-face cognitive-behavioural therapy

Richard Stott, King's College London

An introduction to BeatIt; an adapted behavioural activation intervention for people with learning disabilities and depression

Andrew Jahoda, University of Glasgow

Assessing and treating insomnia in everyday clinical practice

Colin Espie, University of Oxford

Key skills in CBT for chronic fatigue across high and low intensity settings

Kate Rimes, King's College London

Socratic Methods – the why and when of guided discovery

Helen Kennerley, Oxford Cognitive Therapy Centre

Using positive mental imagery in CBT: overcoming barriers to engagement

Simon Blackwell, Ruhr-Universität Bochum, Bochum, Germany