

BABCP Conference Glasgow Programme, 18th-20th July

Please note the Conference organisers reserve the right to make amendments to the programme schedule at any point.

Wednesday 18th July, 09.00-11.00

Symposia

Symposium 1 – Adult Mental Health -

Delivering novel formats of evidence-based treatments for PTSD: Early Issues & Solutions

Chair: Anke Ehlers, University of Oxford

09.00 Internet-delivered cognitive therapy for PTSD: a development pilot series

Jennifer Wild, University of Oxford

09.30 Intensive Cognitive Therapy for PTSD in routine clinical practice

Hannah Murray, University of Oxford

10.00 Panic attacks versus Panic Disorder in PTSD

Alice Kerr, Kings College London

10.30 Discussion

Symposium 2 – Child and Adolescent -

Sleep and Psychopathology in Young People

Chair: Faith Orchard, University of Reading

Discussant: Alice Gregory, Goldsmith's University

09.00 How do adolescent sleep habits relate to mental health symptomology, wellbeing and emotional regulation?

Eilidh Smith, University of Edinburgh

09.25 The mindful sleeper: How mindfulness and symptoms of insomnia, depression and anxiety are related and the role genes and environment play

Mel Schneider, Goldsmiths, University of London

09.50 Does early life adversity exacerbate neural vulnerabilities associated with evening chronotype in late adolescence?

Erika Forbes, University of Pittsburgh, USA

10.15 Feasibility and acceptability of brief CBT-I for depressed adolescents

Faith Orchard, University of Reading

10.40 Discussion

Symposium 3 – Older People -

How to work with older people in IAPT and Stroke settings: adjustments and innovations

Chair: Shonagh Scott, University of Sheffield

09.00 Improving Access for Older Adults: The Sheffield Experience

Shonagh Scott, University of Sheffield

09.20 Reaching out to Older Adults in the North Yorkshire IAPT Service

Alison Hobbs, Tees Esk and Wear Valley Foundation Trust

09.40 Formulating the older person

Katharina Reichelt, NTW NHS Foundation Trust

10.00 Behavioural activation therapy for depression after stroke (BEADS): a feasibility randomised controlled trial

Shirley Thomas, University of Nottingham

- 10.20 Cognitive and behavioral interventions for people with stroke: a modified CBT framework that shows promise
Ian Kneebone, University of Technology Sydney, Australia
- 10.40 Discussion

Panel Discussion 1 – Training and Professional Issues -

Research waste, rigor and transparency in research on psychological therapies

Chair: Ioana Cristea, Babes-Bolyai University, Romania
Panel: Gary Brown, Royal Holloway University of London
Michelle Craske, University of California at Los Angeles, USA
Ioana Cristea, Babes-Bolyai University, Romania
Stirling Moorey, King's College London

Clinical Roundtable 1- Therapeutic Techniques -

Clinical dilemmas in couple therapy

Chair: Marion Cuddy, South London and Maudsley NHS Foundation Trust
Speakers: Dan Kolubinski, Reconnect UK
Michael Worrell, Central and North West London Mental Health NHS Foundation Trust
Rozina Thaci, City and West Psychology

Clinical Roundtable 2 – Therapeutic Techniques -

Launching the Special issue of the Cognitive Behaviour Therapist on the Cultural Adaptation of CBT

Chair: Lydia Stone, Oxfordshire County Council
Michelle Brooks, Insight Healthcare East Midlands
Maja Jankowska, University of Bedfordshire, Bedfordshire Wellbeing Service, East London NHS Foundation Trust
Saiqa Naz, Chair of BABCP Equality and Culture Special Interest Group & Sheffield IAPT
Raphael Kada, Greater Manchester Mental Health NHS Foundation Trust

Symposium 4 – Therapeutic Techniques -

Adaptations and new developments in CBT

- Chair: Glenn Waller, University of Sheffield
- 09.00 An ACT-based Group Psychoeducation Intervention – Evaluation of Clinical Changes
Neil Frude, Cardiff University
- 09.20 Development of an Islamic Trauma Healing program and Initial Pilot Data
Belinda Graham, University of Oxford
- 09.40 A mixed-methods approach to understanding and treating intrusive mental imagery
Sophie Homer, University of Plymouth
- 10.00 The Role of Simulation in Imagery Rescripting for Posttraumatic Stress Disorder: A Single Case Series
Kathy Looney, University College Dublin (UCD)
- 10.20 Memory-focused Cognitive Therapy for Cocaine Use Disorder: rationale, development, and preliminary efficacy
John Marsden, King's College London
- 10.40 Discussion

Clinical Skills Classes

Clinical Skills Class 1 –

Creating and implementing effective behavioural experiments

Freda McManus, University of Stirling

Clinical Skills Class 2 –

Cognitive Therapy: From Action to Insight and Back Again

Steve Hollon, Vanderbilt University, USA

Clinical Skills Class 3 –

How to Teach DBT Skills to Adults and Young People – Focus on Emotion Regulation and Distress Tolerance

Catherine Parker, Derbyshire Healthcare NHS Foundation Trust and Marie Wassberg, North London Priory Hospital

Keynote Addresses 11.30-12.30

Anke Ehlers University of Oxford

Treating posttraumatic stress disorder effectively and efficiently: A cognitive approach

Chair: Jennifer Wild, University of Oxford

Alice Gregory Goldsmiths University

Nodding Off: The importance of sleep for child and adolescent mental health

Chair: Shirley Reynolds, University of Reading

Ian James NTW NHS Foundation Trust & University of Bradford

Use of therapeutic lies in therapy

Chair: Katharina Recheilt, NTW NHS Foundation Trust

Poster Presentations

Posters will be displayed between 09.00-17.00. Presenters will be standing with their Posters throughout the breaks.

- 1. Tailored CBT to treat experiential avoidance in an adult with offending behaviours**
Lucy Armstrong, University of Bath
- 2. Exploring the barriers to the implementation of Cognitive Behavioural Therapy for Psychosis (CBTp) in NHS Lothian.**
Fiona Switzer, NHS Lothian
- 3. Rumination and metacognitive beliefs in depressed and anxious patients**
Beatriz Rueda, National University of Distance Education, Spain
- 4. Evaluating the therapeutic effects for people with long-term conditions and their family caregivers attending mindfulness-based interventions together: a systematic review**
Ben Parkinson, Glasgow Caledonian University
- 5. Relationship between clinical variables and positive self-thought in patients with schizophrenia.**

Takeda Tomoya, Graduate School of Medical Sciences, The University of Tokushima, Japan

6. **Evaluating the therapeutic effects for stroke survivors and their family-caregivers using an online mindfulness-based intervention together: a protocol**
Ben Parkinson, Glasgow Caledonian University
7. **A systematic review of the effectiveness of Acceptance and Commitment Therapy for women with anxiety**
Munirah Alshebali, Princess Nourah Bint Abdulrahman University, Saudi Arabia
8. **Evaluating the Stepps Programme in Renfrewshire**
Sandra Johnston, Greater Glasgow and Clyde NHS
9. **Reflective practice is key to promoting psychologically informed care. Are there ways in which reflective practice could be better integrated into Recovery Team working?**
Holly Panting, University of Bath
10. **Supporting the Supporters: A CBT and CFT Case Study with a Military Wife Exposed to Trauma**
Daisy Walters, AWP Veterans Mental Health Services
11. **An investigation into the efficacy of a CBT group for low self-esteem in a primary care setting**
Sarah Beattie, Buckinghamshire New University
12. **An investigation into the mediating effect of anxiety on the relationship between low self-esteem and depression**
Sarah Beattie, Buckinghamshire New University
13. **Service evaluation of the effectiveness and acceptability of Cognitive Behavioural Analysis Systems of Psychotherapy (CBASP)**
Jonathan Linstead, South West Yorkshire Foundation Trust
14. **Can cognitive-behavioural interventions for low self-esteem effectively improve symptoms of depression and anxiety? A systematic review.**
Jennifer Malik, NHS Greater Glasgow & Clyde, University of Stirling and University of Dundee
15. **ExPRESS-ing my symptoms: service user experiences of using a symptom monitoring app for six months**
Emily Eisner, University of Manchester
16. **Enhancing engagement in a clinical CBT service: audit of conventional vs new “therapeutic engagement” letter which utilises CBT engagement strategies.**
Chris Williams, University of Glasgow
17. **What is Anhedonia? A Qualitative Study Exploring Loss of Interest and Pleasure in a Community Sample of Adolescents**
Rebecca Watson, University of Reading
18. **Brief Psychological Interventions for Anxiety and Depression in a Secondary Adult Mental Health Service: An Evaluation.**

Kate Roberts, University of East Anglia

19. An evaluation of a Distress Tolerance Brief Psychological Intervention delivered by non-psychologists within a CMHT

Isobel Wright, University of East Anglia

20. Reaching out to Carers of Someone with Schizophrenia or Psychosis: A Model for an Online Intervention to Improve Carer Wellbeing and Quality of Life

Amy Johnson, Northumbria University

21. Investigating the efficacy of a bipolar psycho-education group in a community setting for moderate to severe mental health difficulties

Katherine Parkin, Cambridge Adult Mental Health Locality Team

22. Patient Reported Outcome Measures in Community Mental Health: Pragmatic Evaluation of PHQ-9, GAD-7 and SWEMWBS

Paul Blenkiron, Tees Esk and Wear Valleys NHS Foundation Trust

23. Getting to Eating Disorders Earlier: Does Primary Care Hold the Answer?

Paul Jenkins, University of Reading

24. Cultural adaptations within the British Jewish Orthodox Community

Raphael Kada, Manchester

Symposia 13.30-15.30

Symposium 5 – New Developments -

New cognitive and behavioural interventions to prevent PTSD and depression in at risk groups

Chair: Jennifer Wild, University of Oxford

Discussant: Judy Garber, Vanderbilt University, USA

13.30 An evaluation of an existing group-based resilience intervention for high risk occupational groups

Shama El-Salahi, University of Oxford

13.55 Development and evaluation of a cognitive-based resilience intervention for emergency workers: A randomized controlled trial

Gabriella Tyson, University of Oxford

14.20 Daily planning ahead to improve the mental health of student paramedics: A randomised controlled trial

Hjordis Lorenz, University of Oxford

14.45 Adolescent resilience after childhood adversity

Anna-Laura Van Harmalen, University of Cambridge

15.10 The science of resilience: Where do we go from here?

Judy Garber, Vanderbilt University, USA

Symposium 6 – Behavioural Medicine -

CBT and ACT for people with physical disease

Chair: Michael Worrell, Central and North West London Mental Health NHS Foundation Trust

13.30 An overview of the psychological problems associated with cancer

Stirling Moorey, South London and Maudsley Trust and Marc Serfaty, University College London

- 13.55 Empathy and validation in the therapeutic relationship in palliative care
Kathy Burns, St Christopher's Hospice, London
- 14.20 CBT for depression in advanced cancer: the CanTalk trial
Marc Serfaty, University College London and Stirling Moorey, South London and Maudsley Trust
- 14.45 A pragmatic approach to measuring adherence in treatment delivery in psychotherapy and Acceptance and Commitment Therapy in advanced cancer: the CanAct trial
Marc Serfaty, University College London
- 15.10 Discussion

Symposium 7 – Behavioural Medicine -

Developing cognitive behavioural treatments for chronic pain: A tribute to Professor Stephen Morley

Chair and Discussant: Stephen Barton, Newcastle CBT Centre

- 13.30 Cognitive Biases in Chronic Pain: Summary and Synthesis
Tamar Pincus, Royal Holloway, University College London
- 13.55 Meta-Analysis of Psychological Treatments for Chronic Pain
Matthew Price, Leeds University
- 14.20 Conceptualising Clinical Improvement: A Systematic Review
Dean McMillan, York University
- 14.45 Applying Single Case Designs: Developing Treatments for Chronic Pain
Ciara Masterson, Leeds University
- 15.10 Discussion

Symposium 8 – Child and Adolescent -

Cognitive biases in youth depression: Novel measures of assessing attention, interpretation and memory biases and their interaction with each other

Chair: Belinda Platt, LMU Munich, Germany

- 13.30 The role of attention biases in youth depression: consequence and/or risk-factor?
Belinda Platt, LMU Munich, Germany
- 14.00 Cognitive biases predict symptoms of depression, anxiety and wellbeing above and beyond neuroticism in adolescence
Eilidh Smith, University of Edinburgh
- 14.30 Parent-Child Agreement on Symptoms of Adolescent Depression
Faith Orchard, University of Reading
- 15.00 Exploring connectivity amongst cognitive biases with a psychometric network approach
Sam Parsons, University of Oxford

Panel Discussion 2– Older Adults -

Schema and personality change across the life-span: Why we need to radically reconceptualise our views of schema and core beliefs

Chair: Ian James, Northumberland, NTW NHS Foundation Trust

Arjan Videler, Tilburg University, the Netherlands

Alan Howarth, Northumberland, NTW NHS Foundation Trust

Ian Kneebone, University of Technology Sydney, Australia

Laura Bell, Northumberland Community Team, NTW NHS Trust

Symposium 9 – Severe and Enduring -

The role of developmental processes in psychological adaptation to psychosis

Chair: Alice Thomson, The University of Edinburgh

- 13.30 Putting relationships at the heart of mental health services

- Matthias Schwannauer, The University of Edinburgh.
- 13.55 Tracking young people's responses to daily hassles - The impact of developmental factors on stress sensitivity in young people at-risk of psychosis
Laura MacLean, The University of Edinburgh
- 14.20 The role of attachment processes in the development of social withdrawal for young people with psychosis
Alice Thomson, The University of Edinburgh
- 14.45 Working with adolescents distressed by psychosis: focus on anhedonia and 'negative symptoms'
Helen Griffiths, NHS Lothian Early Psychosis Support service and University of Edinburgh
- 15.10 Discussion

Symposium 10 – Therapeutic Techniques -

Effective elements in CBT

Chair: TBC

- 13.30 Cognitive Behaviour Therapists' Self-Assessment of Competence: Accuracy and impact of training
Sarah Beale, King's College London, Institute of Psychiatry, Psychology & Neuroscience
- 13.55 Modifying key illness beliefs in early psychosis carers: Pilot study of a Sole-Session group format plus comparison with a Three-Session format
Natasha Lyons, Harrow and Hillingdon Early Intervention Service, Central & North West London NHS Foundation Trust
- 14.20 The components of a talking therapy designed to explicitly target suicidal thoughts and acts : Cognitive Approaches to coMbatting Suicidality (CARMS)
Daniel Pratt, University of Manchester
- 14.45 Acceptability, Efficacy and Effectiveness of Group Behavioural Activation for Depression among Adults: A Meta-Analysis
Mel Simmonds-Buckley, University of Sheffield
- 15.10 Discussion

Clinical Skills Classes

Clinical Skills Class 4 – XXXXX

Behavioural experiments in PTSD treatment - why, when and how?

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

Clinical Skills Class 5 – XXXXX

Working with Adolescents with Eating Disorders: Making CBT and Family Based Treatment (FBT) Work Together

Glenn Waller, University of Sheffield and Mirin Craig, NHS Greater Glasgow and Clyde

Clinical Skills Class 6 – XXXXX

The Strong & Curious CBT Therapist. Using the Self-Practice & Self-Reflection Approach to develop Loving-Kindness and Healthy Self-Doubt

Jim Lucas, University of Birmingham

Keynote Addresses 16.00-17.00

Rory O'Connor University of Glasgow

Understanding the transition between suicidal thoughts and suicidal attempts

Chair: Shirley Reynolds, University of Reading

J.D Smith Northwestern University Feinberg School of Medicine, USA

Single-case research in the 21st century: A scientific approach to understanding clinical cases

Chair: Gary Brown, Royal Holloway, University of London

Christopher Eccleston Bath University

The psychology of physical sensation

Chair: Trudie Chalder, King's College London

Linda Clare University of Exeter

Cognitive rehabilitation for people with dementia: a behavioural approach to supporting everyday functioning

Chair: Ian James, Northumberland, NTW NHS Foundation Trust

Thursday 19th July

Symposia 09.00-11.00

Symposium 11 – Adult Mental Health -

Understanding and working with Hoarding Disorder across contexts: research, primary care and secondary care

Chair: James Gregory, University of Bath and Claire Lomax, University of Newcastle

09.00 The Role of Intrusive Imagery in Hoarding Disorder

Nick Stewart, University of Bath

09.25 Investigating categorisation in Compulsive Hoarding Disorder: making it meaningful

Alice Kilvert, University of Bath

09.50 Emotions and hoarding: a Q-method exploration

Stephen Kellett, University of Sheffield

10.15 Treating Hoarding Disorder in IAPT and the development of a multiagency approach

Helen Lofthouse, Brighton and Hove Wellbeing service, Sussex Partnership NHS Trust

10.40 Innovative partnership work between social care and secondary care mental health for hoarding problems

Victoria Bream, South London and Maudsley NHS Foundation Trust

Symposium 12 – Adult Mental Health -

Examining cultural influences in the development, presentation and treatment of psychopathology

Chair: Graham Thew, University of Oxford

Discussant: Hannah Murray, University of Oxford

09.00 Cultural Influences on Self-Defining Autobiographical Memory Specificity

Lawrence Yu, University of Oxford

09.25 Nothing's gonna stop me: Post-event processing in social phobia

Osamu Kobori, Swansea University

09.50 Adaptations to and the efficacy of cognitive behavioural therapy for social anxiety disorder in Japan

Naoki Yoshinaga, University of Miyazaki, Japan

10.15 Disseminating Internet-based Cognitive Therapy for Social Anxiety Disorder: A pilot case series in Hong Kong

Graham Thew, University of Oxford

10.40 Discussion

Symposium 13– Adult Mental Health -

Psychopathology and treatment of anxiety-based disorders

Chair: Jo Daniels, University of Bath

- 09.00 Tracking Symptom and Process Change in Generalized Anxiety Disorder: Evidence from CBT and Mindfulness Meditation
Maree Abbott, The University of Sydney, Australia
- 09.25 Banning Pre-Event Rumination in Social Anxiety Disorder: A Preliminary Randomized Trial
Maree Abbott, The University of Sydney, Australia
- 09.50 Do emotion regulation difficulties affect PTSD outcomes and improve with cognitive processing therapy for PTSD?
Jenna Boyd, McMaster University, Canada
- 10.15 Adult attachment, worry and reassurance seeking: the mediating role of intolerance of uncertainty
Gavin Clark, University of New England, Australia
- 10.40 Prevalence and treatment of Health Anxiety in Chronic Fatigue Syndrome/ME
Jo Daniels, University of Bath

Symposium 14 – New Developments -

New developments and applications of Cognitive Bias Modification in addictions

Chair: Mike Rinck, Radboud University Nijmegen, The Netherlands

- 09.00 Relapse prevention in abstinent alcoholics by cognitive bias modification: Modification of approach bias, attention bias, or both?
Mike Rinck, Radboud University Nijmegen, The Netherlands
- 09.25 Modification of Automatic Alcohol-Approach Tendencies in Alcohol-Dependent Patients with Mild or Major Neurocognitive Disorder
Eni Becker, Radboud University Nijmegen, The Netherlands
- 09.50 Combining avoidance training with go/no-go training to prevent relapse in alcohol-dependent patients
Edwin Schenkel, Radboud University Nijmegen, The Netherlands
- 10.15 Nicotine-avoidance training as an add-on treatment to achieve smoking cessation
Charlotte Wittekind, Ludwig-Maximilians-University Munich, Germany
- 10.40 "Push it!" or "Hold it!": Comparing nicotine-avoidance training to nicotine-inhibition training in smokers motivated to quit smoking
Alla Machulska, Ruhr-University Bochum, Germany

Symposium 15 – New Developments -

Digital Delivery of Imagery Based Interventions

Chair: Stella Chan, The University of Edinburgh

- 09.00 Computerized positive mental imagery training as an adjunct to inpatient mental health treatment: a feasibility trial
Simon Blackwell, Ruhr-Universität Bochum, Germany
- 09.25 Imaginator: a brief intervention for young people who self-harm supported by a smartphone app
Martina Di Simplicio, Imperial College London
- 09.50 Project Soothe: A research and public engagement hybrid creating a bank of soothing images for use in psychotherapy
Stella Chan, University of Edinburgh
- 10.15 Affect and Imagery
Matthias Schwannauer, University of Edinburgh

- 10.40 The use of Project Soothe images in patients with brain injury: An Evaluation Study
Fiona Ashworth, Oliver Zangwill Centre and Anglia Ruskin University

Panel Discussion 3 – IAPT and Primary Care -

A process of change: integrating physical and mental health into IAPT

Chair: Trudie Chalder, King's College London

Jo Hudson, King's College London

Georgina Miles, University of Sheffield

Nicholas Wilkinson, Sheffield IAPT Health and Wellbeing Service

Trudie Chalder, King's College London

Symposium 16 – Severe and Enduring -

Using Imagery when working with Psychosis: Recent Developments and Case Examples

Chair: Craig Steel, University of Reading

- 09.00 iMAgery focused psychological therapy for persecutory delusions in PSychosis (iMAPS): a case series

Christopher Taylor, University of Manchester & Pennine Care NHS Foundation Trust

- 09.30 Imagery Rescripting and Psychosis

Craig Steel, University of Reading

- 10.00 The Nightmare Intervention Study (NIteS): a pilot randomised controlled trial treating nightmares for patients with persecutory delusions

Bryony Sheaves, University of Oxford

- 10.30 Attachment-based imagery with voices and paranoia: A case example

Katharine Newman Taylor, University of Southampton & Southern Health NHS Foundation Trust

Trust

Panel Debate 3 – Training and Professional Issues -

Working toward “win-win”: Pragmatic approaches to integrating research into clinical practice

Chair: Gary Brown, Royal Holloway University of London

Shirley Reynolds, University of Reading

J.D Smith, Northwestern University, USA

Jaime Delgado, University of Sheffield

Stephen Kellett, University of Sheffield

Suzy Syrett, University of Glasgow

Clinical Skills Classes

Clinical Skills Class 7 –

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

Richard Bennett, University of Birmingham and Joe Oliver, University College London

Clinical Skills Class 8 –

Cognitive Behavioural Anger Treatment – Intellectual Disabilities and Beyond

Ray Novaco, University of California, USA and John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust

Keynote Addresses 11.30-12.30

Michelle Craske University of California, Los Angeles

Neuroscience informed approaches to psychological treatments for anxiety and depression
Chair: Heather O'Mahen, University of Exeter

John Taylor Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
The evidence for psychological therapies for adults with intellectual disabilities
Chair: Ray Novaco, University of California, USA

Michaela Swales, Bangor University
Treating personality disorders: Meeting the conceptual and practical challenge
Chair: Kate Davidson, University of Glasgow

Gail Steketee, Boston University, USA
Advancing CBT Research and Practice for Hoarding Disorder
Chair: Glenn Waller, University of Sheffield

Poster Presentations

Posters will be displayed between 09.00-17.00. Presenters will be standing with their Posters throughout the breaks.

- 1. Decades of Generalized Anxiety Disorder – A Case Study**
Man Hon Chung, School of Nursing, The Hong Kong Polytechnic University, Hong Kong
- 2. Assessing the Usability and Acceptability of FaceIT@home: an online Intervention for People with Visible Differences**
Alyson Norman, University of Plymouth
- 3. A preventive intervention for safety behavior in students with subclinical social anxiety: A pilot study**
Honami Arai, Graduate School of Doshisha University, Japan
- 4. Preliminary Evaluation of a programme devised for IAPT non -responders, delivered within italk (Hampshire IAPT) between 2016 and end 2017.**
Peter Phiri, Southern Health NHS Foundation Trust
- 5. Understanding the neurophysiological basis of interpretation in worry: ERP evidence of interpretation bias in high and low worriers**
Yachun Feng, King's College London
- 6. “Put on your oxygen mask on before assisting others”: A CBT-based group for NHS hospital staff experiencing sleep difficulties**
Sareeta Vyas, North Bristol NHS Trust
- 7. A long-term effectiveness of universal psycho-educational program about traumatic memory recall: A 18-month follow-up**
Kaori Osawa, Department of Human Sciences, Konan University, Japan
- 8. Coherence between attentional disengagement bias and state rumination following a negative lab event in formerly depressed adults: pilot data from a prospective eye-tracking design**

Lara von Koch, Humboldt-Universität zu Berlin, Germany

- 9. The Efficacy of Imagery Rescripting Compared to Cognitive Restructuring for Social Anxiety Disorder**
Maree Abbott, The University of Sydney, Australia
- 10. Anxiety and depression in Chronic Fatigue Syndrome: prevalence and effect on treatment, a meta-analysis**
Amy Caswell, University of Bath
- 11. Working with social anxiety in an adolescent with comorbid depression and low self-esteem: a case study**
Samantha Lloyd, University of Bath
- 12. Effects of a Training in Mental Imagery on worry: Pilot study for Japanese undergraduates**
Nanami Tomori, University of the Ryukyus, Japan
- 13. Self-pity mediates the relationship between shame and binge eating**
Yu Nagahama, Tokyo Seitoku University, Japan
- 14. Effectiveness and feasibility of group CBT for Hoarding Disorder in secondary care**
Helena Drury, South London and Maudsley NHS Trust
- 15. Therapy for childhood OCD in the context of a complicated grief reaction**
Nick Stewart, University of Bath
- 16. It's better together; health professionals working with patient tutors to deliver an ACT based course to support women recovering from breast cancer**
Sareeta Vyas, North Bristol NHS Trust
- 17. The Effectiveness of ACT for Improving Wellbeing and Psychological Flexibility among Employees in a Hospital Setting**
Sareeta Vyas, North Bristol NHS Trust
- 18. Does the severity of anxiety, depression and sleep difficulties impact the effectiveness of CBT for menopausal symptoms?**
Lauren Cudney, McMaster University, Canada
- 19. Emotion dysregulation as a mediator of perinatal anxiety/depression and negative social outcomes during the perinatal period**
Arela Agako, McMaster University, Canada
- 20. Investigating the role of intrusive mental imagery in the social confidence of autistic people**
Juliette Attwood, University of Bath
- 21. The Effects of Mindfulness-Based Cognitive Therapy for Japanese Human Service Professionals. Part 2: Focusing on Work Stress and Mental Health Index**
Marika Shiokawa, University of the Ryukyus, Japan

22. The Effect of Mindfulness-Based Cognitive Therapy for Japanese Human Service Professionals. Part 1: Focusing on Index Associated with Mindfulness

Mika Aniya, University of the Ryukyus, Japan

23. Rumination in China: Different structure, different consequences for depression

Andrew Ryder, Concordia University, Canada

Symposia 13.30-15.30

Symposium 17 – Adult Mental Health -

The loss of interest and pleasure – What is it, what are its affects and how can we change it?

Chair: Shirley Reynolds, University of Reading

13.30 What is Anhedonia? Exploring Loss of Interest and Pleasure in Adolescents

Rebecca Watson, University of Reading

14.00 The impact of dampening and amplifying appraisals on positive emotion experience in young people

Merve Yilmaz, University of Exeter

14.30 Looking forward to the future: targeting positive future imagery in adolescent depression

Victoria Pile, King's College London

15.00 How Does Mindfulness Based Cognitive Therapy Bolster Positive Affect and How is This Related To the Prevention of Depressive Relapse?

Barney Dunn, University of Exeter

Symposium 18 – Basic Processes -

Optimizing extinction learning mechanisms to enhance exposure therapy

Chair: Simon Blackwell, Ruhr-Universität Bochum, Germany

Discussant: Michelle Craske, University of California, Los Angeles

13.30 Timing is everything: How stress at different times affects the return of extinguished fear

Shira Meir Drexler, Ruhr-Universität Bochum, Germany

13.55 Angiotensin regulation of amygdala response to threat in high-trait anxious individuals

Andrea Reinecke, University of Oxford

14.20 The Role of Hours-Since-Waking and Sleep Quality in Facilitating Fear Extinction Learning and Reinstatement in PTSD

Daniel Zuj, Swansea University

14.45 Self-efficacy as a potential mechanism to promote emotional learning in the therapy context

Armin Zlomuzica, Ruhr-Universität Bochum, Germany

15.10 Discussion

Symposium 19 – New Developments -

Bringing Network Science into Cognitive Behavioural Therapy and Research

Chair: Gary Brown, Royal Holloway, University of London

13.30 Potential applications of the network paradigm to familiar clinical research problems

Gary Brown, Royal Holloway, University of London

13.55 Personalized network analysis and risk for suicide: A case series of bereaved adults with complicated grief and suicidal thoughts

Donald Robinaugh, University of Amsterdam, the Netherlands

14.20 Network models for clinical practice?

Laura Bringmann, University of Groningen, the Netherlands

- 14.45 Getting a grip on your mood: Implementing personalized feedback using experience sampling methodology (ESM) in the treatment of bipolar disorder
Fionneke Bos, Department of Psychology, University of Groningen, the Netherlands
- 15.10 Discussion

**Symposium 20 – IAPT and Primary Care -
New developments in IAPT services**

Chair: Georgina Miles, University of Sheffield

- 13.30 Using technology to help us understand what good CBT looks like in IAPT: Introducing the '8 Stage Model'
Sarah Bateup, Anglia Ruskin University
- 13.55 "I'm not well" - Resilience building; ignorance, arrogance or common sense
Elaine Davies, Coventry University
- 14.20 IAPT LTC Training: An overview and evaluation of the courses to date
Georgina Miles, University of Sheffield
- 14.45 Accessible Depression and Anxiety Psychological Therapies for Long term Conditions (ADAPT for LTCs)
Leeanne Nicklas, NHS Education for Scotland
- 15.10 An investigation into the predictors of burnout in IAPT therapists
Lucy Turnpenny, University of Southampton

**Symposium 21 – Intellectual and Developmental Disabilities -
Clinical and service level interventions and outcomes for people with intellectual disabilities who offend**

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

- 13.30 Anger treatment for offenders with intellectual disabilities: Effects of therapist experience on outcomes.
Raymond Novaco, University of California, USA
- 14.00 Developing transdiagnostic CBT for adults with intellectual disabilities
Markku Wood, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
- 14.30 Art therapy for the treatment of aggression in people with intellectual disabilities in secure care
Simon Hackett, Newcastle University and Northumberland, Tyne & Wear NHS Foundation Trust
- 15.00 Service outcome domains in secure intellectual disability services: The Northgate service outcome 250 study
John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust

**Symposium 22 – Severe and Enduring -
How does attachment theory enrich CBT for psychosis?**

Chair: Katherine Newman-Taylor, University of Southampton & Southern Health NHS Foundation Trust

- 13.30 Why and how might attachment theory facilitate CBT for psychosis?
Katherine Newman-Taylor, University of Southampton & Southern Health NHS Foundation Trust
- 14.00 The impact of imagery on non-clinical paranoia
Alison Bennetts, University of Southampton
- 14.30 Attachment-based imagery for people with first episode psychosis: A single case series

Cathryn Pitfield, University of Southampton

- 15.00 Using attachment theory to inform whole team formulation: A prospective study
Andrew Gumley, University of Glasgow

Symposium 23 – Therapeutic Techniques -

Online Cognitive Behavioural Therapy: Examining its acceptability, effectiveness, and implementation in UK care contexts

Chair and Discussant: Joanna Hudson, King's College London

- 13.30 'Reboot Online': Results from a Randomised Controlled Trial comparing an online, multi-disciplinary pain management programme to Usual Care for chronic pain
Jess Smith, King's College London
- 13.50 "I see myself as a little warrior": Patient perceptions of online-CBT for distress in haemodialysis
Joanna Hudson, King's College London
- 14.10 Regul8: Web-based cognitive behavioural therapy (CBT) for treating irritable bowel syndrome (IBS)
Rona Moss-Morris, King's College London
- 14.30 Assessing therapist delivered cognitive behavioural therapy and web-based self-management versus treatment as usual in irritable bowel syndrome (ACTIB): a randomized trial
Trudie Chalder, King's College London
- 14.50 Clinical-effectiveness, cost effectiveness and acceptability of low-intensity interventions in the management of obsessive-compulsive disorder: the Obsessive Compulsive Treatment Efficacy Trial (OCTET)
Judith Gellatly, University of Manchester
- 15.10 Discussion

Clinical Skills Classes

Clinical Skills Class 9 –

When Acquiring, Collecting, and Saving become Hoarding Disorder: Models and Interventions

Gail Steketee, University of Boston, USA

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Clinical Skills Class 10 –

How to get the most out of your CBT supervision - how be an effective CBT supervisee

Steve Kellett, Maggie Spark, Dennis Convery and Paul Bliss, University of Sheffield

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Clinical Skills Class 11 –

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

Richard Stott, King's College London

Keynote Addresses 16.00-17.00

Freda McManus, Stirling University

Developments in how we can assess our competence in delivering CBT

Chair: Andrew Beck, University of Manchester

Fredrike Bannink Amsterdam, the Netherlands

Positive Cognitive Behaviour Therapy

Chair: TBC

Andrew Gumley, University of Glasgow

Preventing recurrence of psychosis: Should Cognitive Behavioural Therapy give up or step up?

Chair: Craig Steel, University of Reading

Friday 20th July

Symposia 09.00-11.00

Panel Discussion 4 – Adult Mental Health -

Should we be depressed about the effectiveness of CBT for Depression?

Chair: Jon Wheatley, Homerton University Hospital NHS Trust

Speakers: Stirling Moorey, Kings College London

Shirley Reynolds, Charlie Waller Institute, University of Reading

Barney Dunn, Mood Disorders Centre, University of Exeter

Stephen Barton, University of Newcastle

Ioana Cristea, Babes-Bolyai University, Romania

Steve Hollon, Vanderbilt University, USA

Symposium 24 – Basic Processes -

Experiences of psychological and physical health problems

Chair: TBC

09.00 Culture specific factors related to disordered eating in India and the UK: A qualitative investigation

Latika Ahuja, University of Exeter

09.25 Development and Validation of the Southampton Acceptance Scale (SAS)

Zoe McAndrews, University of Southampton

09.50 Measuring cognitive-affective processing: The critical need for estimation and reporting of reliability

Sam Parsons, University of Oxford

10.15 Volunteers' experiences of helping hoarders and hoarders' experiences of being helped

Kirsty Ryninks, University of Bath

10.40 The association between knowledge of HPV and feelings of shame, depression and anxiety in women with cervical cancer

Amy Caswell, University of Bath

Symposium 25 – Child and Adolescent -

Developing treatments for children and young people

Chair: Andrew Beck, University of Manchester

09.00 First episode psychosis: a comparison of caregiving experiences in parents caring for the same child

Caroline Floyd, Harrow and Hillingdon Early Intervention in Psychosis Service, Central and Northwest London NHS

09.25 Using imagery rescripting to treat spider phobia in a young person with autism: The case of Dame Wash-a-Lot and friends

Mia Foxhall, University of Bath

- 09.50 A pilot controlled trial study of life skills classes for young people with low mood and anxiety in Pakistan
Amna Khalid, Fatima Jinnah Women University, Pakistan
- 10.15 CBT for misophonia in an adolescent: a single case experimental design
Sally McGuire, University of Bath
- 10.40 Killing three birds with one stone: Training teachers and CBT therapists to deliver 'Stress Control' to pupils, parents and teachers
Jim White, Stress Control Ltd

**Clinical Roundtable 4 – Intellectual and Developmental Disabilities -
Contemporary developments and issues in anger treatment and research**

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

Speakers: Raymond Novaco, University of California, USA

Ray DiGiuseppe, St John's University, New York, USA

Clinical Skills Classes

Clinical Skills Class 12

Comprehend, Cope and Connect: Adapted CBT for mental health acute crisis and whole team working

Sean Harper, NHS Lothian and Isabel Clarke, Southern Health Care NHS Trust

Clinical Skills Class 13

Improving CBT outcomes using outcome prediction and feedback methods

Jaime Delgadillo, University of Sheffield

Clinical Skills Class 14

Building working alliances with depressed patients

Stephen Barton, Newcastle University

Clinical Skills Class 15

Using couple-focussed interventions with long term health conditions

Michael Worrell and Sarah Corrie, Central and North West London Foundation NHS Trust

Clinical Skills Class 16

Pictures that Stick: How to transform distressing images linked to death trauma and PTSD

Jennifer Wild, University of Oxford

Keynote Addresses 11.30-12.30

Steve Hollon, Vanderbilt University, USA

Is CBT Enduring or do Antidepressant Medication Prolong the Underlying Episode?

Chair: Jennifer Wild, University of Oxford

Ray di Guiseppe St John's University, New York

Which Cognitions are best to Target in CBT and their Empirical Support

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