45th Annual Conference

26th-28th July 2017

University of Manchester
UK
BABCP Organisation

Scientific Committee
Manchester 2017

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Colin Blowers, Co-Chair, Brighton
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Dear Delegates

Welcome to Manchester and the 45th BABCP Annual Conference and Workshops. This is the sixth time that we have held our conference in Manchester at the University which makes it our most popular venue and host city. This is not surprising since we know Manchester can guarantee an excellent programme and hospitality and you will be joining 1000 delegates who will be taking advantage of what we have on offer at this year's conference.

The conference scientific committee has once again worked hard to bring you a programme that has both quality and diversity and has been successful in attracting first class presenters. The programme will provide BABCP members and non-members with an excellent opportunity for continuing professional development, networking and the exchange of ideas. As with previous conferences the timetable of symposia, panel debates, and clinical roundtables is organised into streams that cover the breadth of science and practice of cognitive behavioural therapy. There are prominent contributions from leaders in the field of cognitive and behavioural psychotherapies in each of these areas. To follow a stream check out the ‘Conference at a Glance’ insert in your registration pack.

Our 2017 conference programme includes 17 Keynote speakers, 16 Skills classes, 53 symposia, 4 Clinical Round Tables and 43 posters so it is an excellent programme. 227 papers are being presented in the symposia and there will be 33 discussants so we are looking at over 300 presentations. Once again the conference will be hosting meetings of a number of BABCP special interest groups and BABCP's Annual General Meeting that is being held on Thursday 27th July at lunchtime. If you are not a member then do visit the BABCP stand in the exhibition area and find out more information about joining.

Many of you will be attending not only the conference but also one of the thirteen pre-conference workshops on Tuesday 25th July. Our one day pre-conference workshop programme continues to be very popular and this programme together with the regular BABCP spring programme and an increasing number of workshops run by our Branches and Special Interest Groups have expanded continued professional development opportunities at a national and local branch level for all BABCP members. Meet the Branches and Special Interest groups at the Opening Reception and find out what they have to offer.

Enjoy your time in Manchester where there is plenty to see and do so that you have the opportunity to enjoy your evenings and join us for the social programme we have put together for you.

Glenn Waller  
Co-Chair Conference Scientific Committee

Colin Blowers  
Co-Chair Conference Scientific Committee

Rod Holland  
Chair Conference Organising Committee
The Conference programme will last two and a half days and will finish at lunchtime 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 08:00-12:30

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 09:00-12:30

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 Thursday 27th 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, special interest groups and future national and international conferences on CBT.
**General Information**

**Going Green/Abstracts**
Abstracts are available to download online 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.

**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. Please visit the BABCP website for further information.

**Audio and Video Recording**
All delegates are asked to request permission from the presenter(s) to audio or video-record a session. If anyone is found recording without permission they will be asked to leave the session. All recordings are for private purposes only.

**Wi-Fi**
Wifi is available in University Place for all delegates. Wifi codes will be provided at registration

**Do not forget to wear your badge**
You must wear your badge at all times during the Conference. A strict admissions policy will be operating and admission to symposia and other events will be restricted to badge holders only. You will also need your badge to collect your lunch and for the social events.

If you lose your badge a replacement fee of £25 will be made along with proof of registration. We apologise for any inconvenience this may cause but trust that delegates will understand the need to restrict entry to bona fide delegates only.

**No Smoking Policy**
In line with laws on smoking, no smoking is allowed in any enclosed public areas of the Conference.
Throughout the Conference there will be an exhibition of **books and journals**, organised by Wisepress, in the Exhibition area of The Drum, University Place.

**Exhibitors**

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<th>BABCP</th>
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<td>British Isle DBT Training ltd</td>
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<td>IESO Digital Health</td>
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You will find information on BABCP Branches & Special Interest Groups, EABCT Congresses and WCBCT2019 Berlin in the Exhibition area of The Drum, University Place.
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 | 18.00 – 20.00
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. This year, the President’s Welcome will be followed by the Fellowship awards for Dr Grainne Fadden, Dr Shamill David Wanigaratne and Professor Sarah Corrie.

Those who wish to carry on socialising can continue by exploring the City. Visit the Manchester Branch stand at the Opening Reception for information on where to go to eat, drink and party with the other delegates.

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There is no charge for this event but admission is by your conference badge which you will have collected at registration.

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 | 18.30 - 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. Admission is by invitation ticket that you will have applied for when you registered and is included in your delegate bag. A few tickets may be available at registration subject to availability.

Thursday 27th July | 20.30 - until late
Band on stage 21.00
The Rebellion Evening (not to be missed!)
Join us at Rebellion (next to Deansgate at 2B Whitworth St, West Manchester M1 5WZ) and come and hear Bedlam - a 15-piece band of which half are BABCP members, including Trudy Chalder, David Veale, Simon Damley and Helen Macdonald. They will rock you with one set of disco covers and one set of rock/blues/soul from the 60-70s. When the band isn’t playing the disco will keep you dancing. If you want to eat before you join us there are plenty of restaurants in the Deansgate areas for you to enjoy.

Entrance is by ticket which you can purchase at registration during the conference. The price of the ticket is £5 and includes one free drink.
Pre-Conference Workshops

A programme of one-day Workshops will be held on Tuesday 25th July. The workshops will run from 9.30-17.00.

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
If it is your first time attending a BABCP Conference, you may feel a little overwhelmed by the Conference programme. To make it easier for you to navigate the different events and decide which presentations to attend, we have prepared this short guide.

The Conference consists of a full day of pre-Conference Workshops, and then a three-day programme involving keynote addresses, symposia, debates and roundtables, skills classes, open paper sessions, and poster presentations.

**Streams**... The whole Conference programme is organised into 10 streams, which are broad areas within psychology, such as Adult Mental Health. All presentations will be colour coded by stream in the Conference programme. Where possible, presentations within a stream will be scheduled at different times to allow delegates interested in a specific area to attend most or all of the relevant presentations. Some sessions this year are across two colour streams and colour coded accordingly.

... ‘But how do I decide what to attend? ’...

If you are interested in the latest research in an area, posters, symposia and keynotes will be of particular interest to you. However, if you need to broaden or update your skill base then Workshops and skills classes are most appropriate. If you are skilled in one specific area in CBT, you may want to go to something completely outside this competence. Alternatively, you may want to stay with what is relevant to your work and just top up and get the latest ideas.

Symposia, open paper sessions, and poster presentations can be really useful for networking and meeting people working in similar fields...especially in the coffee breaks! Alternatively, you may just want to attend events by well-known presenters who you have never had a chance to hear, in which case you will find the keynotes, and perhaps the debates and roundtables most interesting.

In addition to all this, there are book exhibitions, information stalls, special interest group meetings and of course the social programme, all of which carry more opportunities for new learning!

You will probably get the most out of the Conference if you take half an hour or so at the start to sit quietly with the programme to go through it and then plan your own individual itinerary/schedule.

We hope this is helpful, please do ask any of the organisers if you have any questions during the Conference, and above all, enjoy!
‘What exactly are the different types of presentations at the Conference?’

Workshops… These are whole day events focused on both skills and theory. They are scheduled on the day before the conference and on the first day of the congress. A separate registration fee applied to these workshops and they must be booked in advance.

Keynotes… Keynote speakers are typically clinical researchers who are well known nationally or internationally. They usually attract large audiences, and are a whole hour with one speaker, including time for questions. They usually cover research and clinical issues. The keynote presentations are scheduled after the symposium sessions, in both the morning and the afternoon, and generally there will be four or five on different topics in parallel.

Symposia… These are collections of talks, perhaps 4 or 5, focusing on a specific topic or subject area. Some papers can be very data-focused, centred on new studies and trials and their outcomes. Others are more applied, looking at service or skills-related subjects. Speakers may range from presenters at an early stage in their careers presenting their own work, to leaders in the world of CBT. Symposia often have a discussant at the end where time is allowed for audience participation.

Panel Debates… These are events where speakers are encouraged to debate a topic with each other, and actively with the audience. There are generally 4 or 5 speakers, and often these events feature nationally or internationally recognised researchers or clinicians.

Clinical Roundtables… These are events where clinicians discuss how they would approach treating a specific case, for example, treatment-resistant depression. These involve well-known clinicians, and audience involvement is encouraged.

Posters… Posters report on research studies, service evaluations, clinical case reports etc., and the presenter will usually stand with their poster and answer any questions. Posters will be on display all day and you are free to walk around and interact with the presenters.

Skills Classes… These are opportunities to learn and practise a particular skill. Skills classes focus on a specific clinical or research skill or therapeutic approach. For example this year we have skills classes focusing on topics from reliving PTSD to how to become a happier therapist. These classes generally involve quite large groups, and are led by a well-known clinician. Depending on the numbers, these may be more or less didactic or interactive, but there will often be opportunity for delegates to get involved, and practice their skills.
THE PROGRAMME

WEDNESDAY 26th – FRIDAY 28th JULY

Keynote Addresses
Symposia
Clinical Roundtables
Clinical Skills Classes
Poster Sessions
Please note the Conference organisers reserve the right to make amendments to the programme schedule at any point.

Symposia 09.00-11.00

Symposium 1 – Adult Mental Health – University Place, Room 1.219
Treating complex trauma reactions in refugees: a series of case presentations
Chair: Craig Steel, University of Reading

09.00 “The pain is gone! The pain is gone!” Using imagery re-scripting to facilitate a sense of personal resolution and healing.
Kerry Young, Forced Migration Trauma Service, CNWL NHS Foundation Trust and University College London and Reem Shafiq, The Havens Whitechapel, King’s College Hospital NHS Foundation Trust

09.30 Developing compassionate trauma narratives
Adele Stevens, Forced Migration Trauma Service, CNWL NHS Foundation Trust and Berkshire Healthcare NHS Foundation Trust and Theresa Schwaiger, Southwark Carelink, South London and Maudsley NHS Foundation Trust

10.00 “I feel powerful”: treating PTSD in refugees using Imagery Re-scripting
Sameena Akbar, Woodfield Trauma Service CNWL NHS Foundation Trust, London

10.30 Discussion

Symposium 2 – Basic Processes – University Place, Lecture Theatre A
Targeting Intolerance of Uncertainty in the treatment of anxiety: Rationale, description and preliminary outcomes
Chair: Mark Freeston, Newcastle University
Discussant: David Veale, Kings College, London

09.00 Appraisal of situational threat and situational intolerance of uncertainty in anxiety-provoking situations of personal concern: An evidenced-based rationale for targeting IU in treatment?
Sara Milne, Newcastle University; Northumberland Tyne and Wear NHS Foundation Trust

09.25 Understanding and targeting intolerance of uncertainty for autistic adults: Development of the Adult Coping with Uncertainty in Everyday Situations (CUES-A)© Programme
Renske Herrema, Newcastle University

09.50 Developing a module to target intolerance of uncertainty in the transdiagnostic treatment of anxiety: Design, treatment, and preliminary outcomes
Ashley Tiplady, Newcastle University; Northumberland Tyne and Wear NHS Foundation Trust

10.15 Developing a module to target intolerance of uncertainty in the transdiagnostic treatment of anxiety: Conceptual, clinical, and practical challenges
Sally Askely-Jones, Newcastle University and Northumberland, Tyne & Wear NHS Foundation Trust

10.40 Discussion

Symposium 3 – Basic Processes – University Place, Lecture Theatre B
Control and Awareness in Anxiety: What Might be the Factors Underlying Effective Exposure?
Chair: Warren Mansell, University of Manchester

09.00 Exposure and reorganization: The what and how of effective psychotherapy
Tim Carey, Flinders University, Australia

09.20 Stances towards emotion across diverse therapies: What have they all in common?
Sadie Hassall, University of Manchester

09.40 Anxiety and the perception of control
Gary Brown and Oliver Schauman, Royal Holloway, University of London

10.00 The role of control in computerised exposure in spider phobia
Andrew Healey, University of Manchester

10.20 Avoidance is not a learned behaviour: Studies of distance control in spider phobia
Warren Mansell, University of Manchester

10.40 Discussion
Symposium 4 – Behavioural Medicine – University Place, Room 3.205
Chronic fatigue syndrome: co-morbid fatigue and distress, predictors of outcome, mechanisms of change during CBT
Chair: Trudie Chalder, King’s College London
09.00 Depression and anxiety in adolescents with CFS/ME
Maria Loades, University of Bath
09.30 Fatigue, disability and the experience of severe CFS/ME in young people
Sheila Ali, South London and Maudsley NHS Trust
10.00 Understanding the Mechanisms of Change in Cognitive-Behavioural Therapy for Chronic Fatigue Syndrome: A Structural Equation Modelling Approach
Trudie Chalder, King’s College London
10.30 Immediate and Early Gains in Cognitive Behavioural Therapy for Chronic Fatigue Syndrome
Elyse Couch, King’s College London

Symposium 5 – Child and Adolescent – University Place, Room 2.218
Negative self-concept as a transdiagnostic process in disorders of adolescence and young adulthood
Chair: Faith Orchard, University of Reading
Discussant: Joanne Hodgekins, University of East Anglia
09.00 The specificity of positive and negative self evaluation in healthy and depressed adolescents
Faith Orchard, University of Reading
09.25 Self-concept in adolescent depression
Emily Green, University of Reading
09.50 ‘I do a rather poor caricature of myself’: the self-concepts of young adults recovering from first-episode psychosis with and without persistent negative symptoms
Brioney Gee, Norfolk and Suffolk NHS Foundation Trust and University of East Anglia
10.15 Possible selves and the importance of hope in psychosis and youth mental health
Joanne Hodgekins, Norwich Medical School, University of East Anglia
10.40 Discussion

Symposium 6 – Cultural and Diversity Issues/Training – University Place, Room 3.209
Psychotherapeutic Provision in Iraq: Clinical Intervention and Training Development for Mental Health Practitioners
Chair: Annie Shamsi, Central and North West London NHS Foundation Trust
09.00 Implementing a CBT training model in a conflict zone - Iraq experience
Saleh Dhurnad, Central and North West London NHS Foundation Trust
09.25 Improving distance learning in conflict zones
Hasanen Al-Taiar, Oxford Health NHS Foundation Trust
09.50 Adaptation of CBT for religious/spiritual inclusivity: An experience of CBT training in Iraq
Sarfraz Jeraj, SLAM NHS Foundation Trust and University of Surrey
10.15 Incorporating Iraqi Islamic religious understanding of grief into CBT based intervention
Yasmin al Asady, Central and North West London NHS Foundation Trust
10.40 Use of brief intervention CBT in makeshift medical camps in Karbala and Najaf, Iraq
Annie Shamsi, Central and North West London NHS Foundation Trust

Symposium 7 – Eating Disorders and Impulse Control – University Place, Room 3.204
Time for change: Where does change matter in the course of CBT for eating disorders
Chair: Glenn Waller, University of Sheffield
09.00 CBT for eating disorders: The impact of early changes in eating pathology on later changes in personality pathology, anxiety and depression
Hannah Turner, Southern Health NHS Trust
09.30 Evidence-based CBT for eating disorders in primary care settings: Effectiveness with non-underweight cases
Charlotte Rose, Avon and Wiltshire Mental Health Partnership NHS Trust
10.00 The role of sudden change in brief CBT for non-underweight eating disorders
Emma Whitty, Southern Health NHS Trust
10.30 The importance of (very) early change in brief CBT for eating disorders
Glenn Waller, University of Sheffield
Symposium 8 – Severe and Enduring Problems – University Place, Room 4.204

Dissociation in Psychosis: mechanisms and intervention

Chair: Elaine Hunter, Institute of Psychiatry, Psychology and Neuroscience
Discussant: Fiona Kennedy, GreenWood Mentors Ltd

09.00 The link between dissociation and hallucinatory experiences: From basic research to therapy
Filippo Varese, University of Manchester

09.25 The role of dissociation in sub-clinical psychosis
Charles Cole, University of Southhampton

09.50 Findings from a feasibility trial of brief CBT for Depersonalisation Disorder in Psychosis
Simone Farrelly, Institute of Psychiatry, Psychology and Neuroscience

10.15 Working with psychosis and dissociation in clinical practice – where do we start?
Katherine Newman-Taylor, University of Southampton

10.40: Discussion

Symposium 9 - Severe and Enduring Issues - University Place, Room 3.210

Measurement and enhancement of recovery in bipolar disorder

Chair: Alyson Dodd, Northumbria University
Discussant: Steven Jones, Lancaster University

09.00 Service Users experiences of recovery- a mixed method study
Barbara Mezes, Lancaster University

09.25 Psychological processes underlying personal recovery
Alyson Dodd, Northumbria University

09.50 Recovery focused CBT for older adults with bipolar disorder
Elizabeth Tyler, Lancaster University

10.15 Recovery in relatives of people with bipolar and psychosis
Heather Robinson, Lancaster University

10.40: Discussion

Symposium 10 – Therapeutic Techniques and Processes - Simon Building, Lecture Building A

Adapting Behavioural Activation (BA) for different populations

Chair: Laura Pass, University of Reading
Discussant: Shirley Reynolds, University of Reading

09.00 Which treatment manages depression spikes better? CBT or BA?
Claire Harris, University of Exeter

09.30 Adapting Brief Behavioural Activation for adolescents with depression: pilot and plans for the future
Laura Pass, University of Reading

10.00 Adapting Behavioural Activation for people with Intellectual Disabilities: A randomised control trial
Andrew Jahoda, University of Glasgow

10.30 Discussion

Symposium 11 – Therapeutic Techniques and Processes – Simon Building, Lecture Building B

Therapist and service factors in delivering CBT

Chair: Stephen Kellett, University of Sheffield

09.00 The competencies required to assess and treat using low intensity CBT by Psychological Wellbeing Practitioners
Stephen Kellett, University of Sheffield

09.20 The misappraisal of the role of the therapist in therapy: An update to psychotherapist self-assessment bias
Zachary Parker, University of Northampton

09.40 Eating As Treatment (EAT): A Health Behaviour Change Intervention to Improve Treatment Outcomes for Head and Neck Cancer Patients Undergoing Radiotherapy
Amanda Baker, University of Newcastle

10.00 Identifying and overcoming barriers older people face in accessing CBT for severe mental health problems
Katherine Berry, University of Manchester

10.20 Compassionate Mind Training enhances Cognitive Behavioural Psychotherapy training for students
Gillian Rayner, University of Salford
Clinical Skills Classes

Clinical Skills Class 1 – University Place, Room 1.218
Repairing anhedonia in depression; How to identify and work with positive dampening appraisals
Barney Dunn, University of Exeter

Clinical Skills Class 2 – University Place, Room 4.205
Cultivating Self-Compassion in Meditation-Based Interventions
Thorsten Barnhofer, University of Exeter

Clinical Skills Class 3 – University Place, Room 2.219
Socratic Methods – the why and when of guided discovery
Helen Kennerley, Oxford Cognitive Therapy Centre

Keynote Addresses, 11.30-12.30

Nusrat Hussain, University of Manchester
Cultural Therapy for the Prevention of Self Harm: Turning the World Upside Down
Chair: Andrew Beck, East Lancashire CAMHS and Manchester University
University Place, Room 1.219

Barney Dunn, University of Exeter
Positive mood and wellbeing in depression
Chair: Simon Blackwell, Ruhr-Universität Bochum, Bochum, Germany
University Place, Lecture Theatre A

Katharine Rimes, King’s College London
Chronic fatigue syndrome: Emotional processing and stress vulnerability
Chair: Trudie Chalder, King’s College London
University Place, Rooms 2.219/2.220

Lars-Göran Öst, Stockholm University, Sweden
Brief, intensive, and concentrated CBT for anxiety disorders
Chair: Glenn Waller, University of Sheffield
University Place, Lecture Theatre B

Lunchtime meetings

BABCP IT SIG
University Place, Room 3.209

BABCP Supervision SIG
University Place, Room 3.205

BABCP Course Director
University Place, Room 1.218

BABCP Couples SIG
University Place, Room 4.204

BABCP Equality & Culture SIG
University Place, Room 2.210

BABCP Journal
University Place, Room 3.211

Symposia 13.30-15.30

Symposium 12 – Adult Mental Health – University Place, Room 3.210
Bipolar disorder: enriching theory, developing treatment
Chair: Kim Wright, University of Exeter
13.30 Post-Traumatic Stress Disorder, Appraisals and Bipolar Disorder Symptoms
Laura Frost, University of Manchester
13.55 Exploring extreme positive and negative beliefs about sleep: A Delphi study with professionals
Lydia Pearson, University of Manchester
14.20 The ‘Button Question’ in Bipolar Disorder
Siri Fostad, University of Manchester
14.45 A Pilot Randomised Controlled Trial of a Novel Cognitive Therapy for Bipolar Disorder - Think Effectively About Mood Swings (TEAMS)
Warren Mansell and Sara Tai, University of Manchester
15.10 What are people’s experiences of a novel cognitive behavioural therapy for bipolar disorders? A qualitative investigation with participants on the TEAMS trial
Emmeline Joyce, Greater Manchester West Mental Health NHS Foundation Trust and University of Manchester

Symposium 13 – Adult Mental Health – Simon Building, Lecture Theatre B
Delivering cognitive behavioural interventions for suicide prevention in acute settings: key issues and complexities
Chair: Gillian Haddock, University of Manchester
13.30 A qualitative exploration of suicidal psychiatric inpatients’ views, perceptions and expectations of psychological therapy in an acute ward setting
Yvonne Awenat, University of Manchester
14.00 Staff and patients’ views of acute mental health wards and their relationship with inpatient adverse events
Kamelia Harris, University of Manchester
14.30 The therapeutic alliance in providing Cognitive Behavioural Suicide Prevention Therapy (CBSP) on inpatient wards
Daniel Pratt, University of Manchester
15.00 A pilot study to investigate the feasibility and acceptability of a cognitive behavioural suicide prevention therapy for people in acute psychiatric wards
Gillian Haddock, University of Manchester

Symposium 14 – Basic Processes – University Place, Lecture Theatre A
Broadening perspectives on Intolerance of Uncertainty
Chair: Mark Freeston, Newcastle University
13.30 Worry, intolerance of uncertainty and culture among Saudi men and women: Initial findings
Khulood Almansour, King Saud University, Saudi Arabia
13.55 Worry and intolerance of uncertainty among older adults: Potential impact on healthy ageing
Anna Hodgson, Newcastle University
14.20 The association between intolerance of uncertainty, emotion regulation, impulsivity, and general distress in patients with Borderline Personality Disorder: Preliminary evidence
Gioia Bottesi, Padua University, Italy
14.45 What do CBT therapists know about their own reactions to uncertainty in everyday life?
Mark Freeston, Newcastle University
15.10 Discussion

Symposium 15 – Cultural and Diversity Issues – University Place, Room 3.209
Improving Access, Engagement and Outcomes for British South Asian Communities
Chair: Andrew Beck, East Lancashire CAMHS and Manchester University
13.30 Addressing Muslim clients’ beliefs in djinn, magic and the supernatural in therapy
Ghazala Mir, University of Leeds
13.55 How do we develop services that British South Asians want to engage with?
Saiqa Naz, Sheffield IAPT and Andrew Beck, University of Manchester
14.20 ‘There is nothing physically wrong with you’ Me: ‘Yes there is doctor, I am sure something has been missed’: The Assessment and Treatment of Medically Unexplained Symptoms in British South Asians
Nadeem Gire, University of Central Lancashire
14.45 Co-Production: Culturally Adapted CBT Group for Tamil refugees and asylum seekers in South West London
Meera Bahu, ICOPe Islington Psychological Therapies & Well-being Service, Camden & Islington NHS Foundation Trust
15.10 Discussion

Symposium 16 – Child and Adolescent – University Place, Room 2.218
Parental Experiences, Perceptions and Well-being
Chair: Monika Parkinson, University of Reading
13.30 Barriers and facilitators to seeking and accessing professional help for anxiety disorders in children: What do parents think?
Tessa Reardon, University of Reading
13.50 Mothers’ experiences of having an adolescent child with depression: An interpretative phenomenological analysis
Monika Parkinson, University of Reading

14.10 How CFS/ME is experienced and perceived by parents and families
Maria Loades, University of Bath

14.30 What about anxiety? Examining how trajectories of maternal anxiety influence offspring internalising and externalising outcomes
Asha Ladwa, University of Exeter

14.50 Father-child interactions at 3-months and 2 years: contributions to children’s cognitive development at 2 years
Vaheshta Sethna, Institute of Psychiatry, King’s College London

15.10 Discussion

Symposium 17 – Child and Adolescent – University Place, Room 4.205

Underlying Mechanisms of Adolescent Anxiety and Depression
Chair: Anke Klein, University of Amsterdam
Discussant: Shirley Reynolds, University of Reading

13.30 Biases of self-evaluation, interpretation and memory
Faith Orchard, University of Reading

13.55 Overgeneral autobiographical memory and executive control in adolescent depression
Jennifer Fisk, University of Reading

14.20 Biases in attention and interpretation in adolescents with varying levels of anxiety and depression
Anke Klein, University of Amsterdam

14.45 Two sites of one coin: Intolerance of uncertainty and relationships with adolescence-related anxiety and risk taking
Laura Dekkers, University of Amsterdam

15.10 Discussion

Clinical Roundtable 1 – Eating Disorders and Impulse Control – University Place, Room 3.204

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

Symposium 18 – New Developments – Simon Building, Lecture Theatre A

Mindfulness-Based Cognitive Therapy for Depressed Treatment Non-Responders
Chair: Thorsten Barnhofer, University of Exeter
Discussant: Richard Morris, University of Nottingham

13.30 MBCT for acute depression: a review
Barney Dunn, University of Exeter

13.55 A feasibility study of MBCT for depressed treatment non-responders
Emily Windall, University of Exeter

14.20 Neural effects of mindfulness training in chronically depressed patients
Thorsten Barnhofer, University of Exeter

14.45 Using mindfulness with young people suffering from symptoms of depression: a systemic approach
Jerry Fox and Tamsin Ford, University of Exeter

15.10 Discussion
Symposium 19 – New Developments/Therapeutic Techniques – University Place, Lecture Theatre B

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

**Chair:** Emily Holmes, Karolinksa Institutet, Sweden

**Discussant:** Emily Holmes, Karolinksa Institutet, Sweden

13.30 Intrusive memories following an analogue trauma: insights from experimental psychopathology

   **Elle James,** MRC Cognition and Brain Sciences Unit, Cambridge

13.50 A cognitive-task therapeutic to mitigate the occurrence of intrusive (but not deliberate) memories of trauma event(s): What are the mechanisms of action?

   **Alex Lau-Zhu,** King’s College London

14.10 Sleep and intrusive memories after psychological trauma

   **Kate Porcheret,** University of Oxford

14.30 Proof-of-concept randomised controlled trial of a simple cognitive task intervention post-trauma in a hospital emergency department

   **Lalitha Iyadurai,** University of Oxford

14.50 Development of an early intervention to prevent posttraumatic stress symptoms after traumatic childbirth

   **Antje Horsch,** University Hospital Lausanne, Lausanne, Switzerland

15.10 Discussion

Symposium 20 – Severe and Enduring Problems – University Place, Room 4.204

**Cognitive-behavioural interventions for psychosis within acute inpatient settings**

**Chair:** Pamela Jacobsen, King’s College London

**Discussant:** Daniel Freeman, University of Oxford

13.30 Systematic Review of Psychological Therapies for Psychosis in Acute Psychiatric Inpatient Settings

   **Kathleen Hodkinson,** Webster University, Austria

13.55 A case series of psychosis formulations

   **Catherine Donaldson,** Belfast Health and Social Care Trust

14.20 Stabilising sleep for patients admitted at acute crisis to a psychiatric hospital: the Oxford Ward sLeep Solution (OWLS) Trial

   **Bryony Sheaves,** University of Oxford

14.45 Mindfulness-Based Crisis Interventions for patients with psychotic symptoms on acute psychiatric wards (amBITION study): A feasibility randomised controlled trial

   **Pamela Jacobsen,** King’s College London

15.10 Discussion

Symposium 21 Therapeutic Techniques – University Place, Room 1.219

**New Randomised Control Trials in CBT**

**Chair:** Colin Blowers, Independent Practice

13.30 Internet-delivered Cognitive Behavior Therapy for OCD: A randomized controlled trial

   **Reham Aly,** Egyptian Association of Cognitive Behavior Therapy, Egypt

13.50 Online CBT, Delivered Via Synchronous Written Communication within IAPT. A Randomised Control Trial

   **Sarah Bateup,** Anglia Ruskin University

14.10 Cognitive Behavioural Therapy vs Meta Cognitive Therapy for Depression: A randomised Clinical Trial

   **Pia Callesen,** University of Manchester

14.30 Functional Imagery Training; RCT of a new motivational intervention for weight loss

   **Linda Solbrig,** University of Plymouth

14.50 Results from a randomised controlled trial of Memory Flexibility training in major depressive disorder

   **Caitlin Hitchcock,** MRC Cognition and Brain Sciences Unit

15.10 Treating Procrastination using Cognitive Behavior Therapy: A Pragmatic Randomized Controlled Trial Comparing Treatment Delivered via the Internet or in Groups

   **Alexander Rozental,** Stockholm University, Sweden
Clinical Skills Classes 13.30-15.30

Clinical Skills Class 4 – University Place, Room 3.205
Key skills in CBT for chronic fatigue across high and low intensity settings
Katharine Rimes, King’s College London

Clinical Skills Class 5 – University Place, Room 1.218
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

Clinical Skills Class 6 – University Place, Room 2.219
Engagement and Cognitive Behavioural Therapy for hoarding disorder
(Reclaiming your space and life)
Satwant Singh, Waltham Forest Talking Therapies

Keynote Addresses 16.00-17.00

Arnoud Arntz, University of Amsterdam, The Netherlands
Imagery Rescripting: a transdiagnostic technique to address problems related to traumatic and other negative experiences
Chair: Jennifer Wild, University of Oxford
University Place, Lecture Theatre B

Steve Kellet, University of Sheffield
10 years of IAPT - an overview of clinical and organisational lessons learnt
Chair: Jon Wheatley, Homerton University Hospital
Simon Building, Lecture Theatre A

Colin MacLeod, The University of Western Australia
Anxiety-linked Attentional Bias and its Modification: Critical Reflections and New Directions
Chair: Colette Hirsch, King’s College London
University Place, Lecture Theatre A

POSTERS 17.00-18.00
Posters will be displayed in the foyer of University Place

1. Functional Imagery Training versus Motivational Interviewing: Effects on motivation and self-efficacy to lose weight and increase physical activity
   Linda Solbrig, Plymouth University and NIHR CLHARC South West Peninsula

2. The Relationship of the Components of Rumination to Depression and Anxiety
   Jennifer Prentice, University of Calgary, Canada

3. Treating thunderstorm phobia in an individual with a learning disability
   Nick Stewart, University of Bath

4. The effect of negative thoughts on QOL in patients with schizophrenia
   Tomoya Takeda, Tokushima University Graduate School, Japan

5. Cognitive behavioural therapy for anger in an adult with a learning disability: a single case experimental design
   Dawn Lindsay, University of Bath

6. The cognitive behavioural treatment of social anxiety in the context of paediatric Chronic Fatigue Syndrome (CFS/ME): A case study
   Hannah Rapley, University of Bath

7. Assessing the impact of co-produced group CBT self-management programmes in cancer recovery
   Sareeta Vyas, North Bristol NHS Trust
8. ‘It’s Just what We Do’: Integrating Bio-Psychosocial Formulation into Day-to-Day Practice on an Acute Inner-City Ward
   Julie Owen and David King, Mersey Care NHS Foundation Trust

9. Cognitive Behavioural Therapy for Co-morbid Depression, Anxiety and Insomnia in Adolescence – A Single Case Study Design
   Rosalind Cooper, University of Bath

10. When Beck meets Bowlby: A case study demonstrating attachment-informed cognitive behavioural therapy with an older adult
    Hannah Shilling, University of Bath

    Rachel Phillips, University of Bath

12. Cognitive-Behavioural Treatment of Medically Unexplained Symptoms (MUS) in a Patient with Co-morbid Schizophrenia and Obsessive Compulsive Disorder (OCD)
    Priya Patel, University of Bath

13. A case study integrating CBT with Narrative Therapy externalising techniques with a child with OCD: How to flush away the Silly Gremlin. A Single-Case Experimental Design
    Rosemary Banting, University of Bath

14. Transdiagnostic CBT for comorbid adolescent depression and mixed anxiety: A single case experimental design
    Jara Falkenburg, University of Bath

15. CBT for child separation anxiety: The role of parental involvement when there is parent-child disagreement about the presenting problem
    Dawn Lindsay, University of Bath

16. Cognitive Behavioural Therapy for distressing visual hallucinations in Lewy Body Dementia: a case study
    Juliette Attwood, University of Bath

17. A critical review of the application of Clark and Wells’ social anxiety model to adolescents, with a case illustration
    Taruna Jamalamadaka, University of Bath

18. The two-part framework underlying CBT, and how understanding it is essential in the development of effective cognitive treatments for children: A review
    John Latham, Oxford University

19. Group CBT for Anxiety & Depression in Older Adults
    Manreesh Baines, Sheffield Health & Social Care Trust

20. The Modular Protocol for Mental Health: Study protocol for a pilot randomised clinical trial of a transdiagnostic treatment for mood and anxiety disorders in adults
    Melissa Black, MRC Cognition and Brain Sciences Unit and Cambridgeshire and Peterborough NHS Foundation Trust

21. Video-conferencing to Augment Asynchronous Therapist Contact in Internet-Delivered Cognitive-Behavioural Therapy for Generalised Anxiety Disorder: A Pilot Study
    Lauren Rossi, National eTherapy Centre, Swinburne University of Technology, Australia

22. Naturalistic Evaluation of “Made-4-Me”: An Internet-Delivered, Multi-Disorder Cognitive-Behavioural Treatment Program Tailored to Client Age and Gender
    Lauren Rossi, Swinburne University of Technology, Australia

23. “Turtling up” Through 30 Years of Troubles: A Condition Management Programme Case Study
    Ann O’Hanlon, South Eastern Health and Social Care Trust, Northern Ireland
Symposia 09.00-11.00

Symposium 22 – Adult Mental Health – University Place, Lecture Theatre B
Evaluating unusual interventions for adult anxiety and depression using single case methodology
Chair: Fiona Challacombe, Centre for Anxiety Disorders and Trauma, London
Discussant: David Veale, Centre for Anxiety Disorders & Trauma, London
09.00 Cognitive Behavioural Therapy for Paruresis (“Shy Bladder Syndrome“): A Case Study
David Hambrook, South London and Maudsley NHS Trust
09.25 Cognitive Behaviour Therapy for Olfactory Reference Disorder (ORD): a case study
Rhani Allen-Crooks, King’s College London
09.50 Time Intensive Cognitive Behavioural Therapy for Specific Phobia of Vomiting using a Single Case Experimental Design
Alexandra Keyes, King’s college London
10.15 An investigation of Time intensive behavioural activation for depression using single case design
Sarah Miles, Royal Holloway, University of London
10.40 Discussion

Symposium 23 – Adult Mental Health – Simon Building, Lecture Theatre A
Developments in treating anxiety
Chair: Roz Shafran, UCL Great Ormond Street Institute of Child Health
09.00 A complex interplay: Cognitive Behavioural Therapy for severe health anxiety in Addison’s Disease to reduce Emergency Department admissions
Jo Daniels, University of Bath
09.20 Group CBT for Older Adults with Generalised Anxiety Disorder
Shonagh Scott, Sheffield Health & Social Care Trust
09.40 Metacognition and Social Anxiety: A Prospective Study
Styliani Gkika, University of Manchester
10.00 Treatment of co-occurring depression and anxiety in routine clinical practice
Roz Shafran, UCL Great Ormond Street Institute of Child Health
10.20 Cognitive bias modification reduces social anxiety symptoms in socially anxious adolescents with mild intellectual disabilities
Anke Klein, University of Amsterdam, the Netherlands
10.40 A pilot controlled trial of a cross-diagnostic, CBT-based, psychological model of care for acute mental health inpatients
Charlotte Paterson, Edinburgh Napier University and Sean Harper, NHS Lothian

Symposium 24 – Basic Processes – University Place, Lecture Theatre A
Cognitive Processes in Repetitive Thought Across Mood Disorders
Chair: Michelle Moulds, University of New South Wales, Sydney, Australia
Discussant: Colin MacLeod, University of Western Australia, Australia
09.00 The Cognitive Mechanisms that Underpin Individual Differences in Retrospective Cognition about Past Bad Events
Ben Grafton, University of Western Australia, Australia
09.25 Effects of an Eye-Tracking Based Attention Bias Modification Training in Dysphoric Individuals
Martin Möbius, Behavioural Science Institute, Radboud University, The Netherlands
09.50 The content-specificity of trasndiagnostic deficits in attentional disengagement that are implicated in repetitive thought
Ann Martin, University of New South Wales, Australia
10.15 Cognitive training to modify maladaptive schemas
Nessa Ikani, Behavioural Science Institute, Radboud University, The Netherlands
10.40 Discussion

Symposium 25 – Basic Processes – University Place, Room 2.219
The Role of Goal Structure in Personal and Occupational Wellbeing: Mechanisms and Research Directions
Chair: Vyv Huddy, University College London
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<tr>
<th>Time</th>
<th>Topic</th>
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<tr>
<td>09.00</td>
<td>The emergence of goal conflict during mental simulation of personal goals and its association with perceptions of goal progress and life stress</td>
<td>Vyv Huddy, University College London</td>
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<td>09.20</td>
<td>Goal self-discancements and perseverative thinking in anxiety and depression</td>
<td>Joanne Dickson, Edith Cowan University, Australia</td>
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<td>09.40</td>
<td>The structure of therapist goals and its relationship to perceptions of goal attainment and occupational stress</td>
<td>Sam Russ, University College London</td>
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<td>10.00</td>
<td>Goal conflict, ambivalence, and psychological distress: Elaboration of the nomological net</td>
<td>Nick Moberly, University of Exeter</td>
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<td>10.20</td>
<td>Approach/avoidance goal framing and rumination</td>
<td>Leyanne Edwards, University of Exeter</td>
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<td>09.00</td>
<td>Extending Cognitive-Behavioural Theory and Therapy to medically unexplained symptoms and long-term physical conditions: an overview</td>
<td>Paul Salkovskis, University of Bath</td>
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<td>09.25</td>
<td>Understanding and treating “Medically Unexplained Symptoms” in the context of work rehabilitation</td>
<td>Sigrun Olafsdottir and Jon Fridrik Sigurdsson, University of Reykjavik, Iceland</td>
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<td>09.50</td>
<td>Screening for medically unexplained symptoms in general practice</td>
<td>Emily Neal and James Gregory, University of Bath</td>
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<td>10.15</td>
<td>Practicalities of delivering CBT for MUS</td>
<td>Alison Sedgwick-Taylor, Lets Talk (2gether NHS Trust), Gloucester</td>
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<td>09.00</td>
<td>A cluster randomised controlled trial of an intervention to improve the mental health support and training available to secondary school teachers – the WISE (Wellbeing in Secondary Education)</td>
<td>Judi Kidger, University of Bristol</td>
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<td>09.25</td>
<td>Brief Behavioural Activation (Brief BA) in secondary schools delivered by an Educational Psychologist: A pilot study</td>
<td>Michelle Sancho, West Berkshire Council</td>
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<td>09.50</td>
<td>Supporting teachers and children in schools: the effectiveness and cost-effectiveness of the incredible years teacher classroom management programme in primary school children</td>
<td>Tamsin Ford, University of Exeter</td>
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<td>10.15</td>
<td>Learning what teachers need to support and educate about mental health effectively: The development of an online training resource for school staff</td>
<td>Lucas Shelemy, University of Reading</td>
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<td>10:40</td>
<td>Discussion</td>
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<td>09.00</td>
<td>NICE guidance and quality standards for people with intellectual disabilities and mental health problems and challenging behaviours: Implications for practice</td>
<td>John Taylor, Northumbria University and Northumberland, Tyne &amp; Wear NHS Foundation Trust</td>
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<td>09.25</td>
<td>Who said it wasn’t possible? Delivering psychological therapies for a large scale randomised control trial (BEAT-IT) involving people with intellectual disabilities</td>
<td>Andrew Jahoda, University of Glasgow</td>
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<td>09.50</td>
<td>A comprehensive approach to fidelity in research on psychological therapies for people with intellectual disabilities: Examples from the BEAT-IT study</td>
<td>Dave Dagnan, Cumbria Partnership NHS Foundation Trust &amp; Lancaster University</td>
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Self-harm and related behaviour: The involvement of anger and emotional instability among male forensic patients with intellectual disabilities
Ray Novaco, University of California, Irvine, USA

Discussion

Symposium 29 – IAPT and Primary Care – University Place, Room 1.219

Predictors of patient outcomes in IAPT: Outputs from the North West London Data Collaboration
Chair: Ruth Dennis, West London Mental Health NHS Trust
Discussant: David Clark, University of Oxford
09.00 Predictors of patient outcomes in IAPT: Outputs from the North West London Data Collaboration
John Green, Central and North West London NHS Foundation Trust
09.25 Ethnicity and IAPT
Federica Amati, Imperial College and CLAHRC NW London
09.50 Employment
Sophie Jones, University of East London
10.15 Predictors
Joseph Landsberg, West London Mental Health NHS Trust
10.40 Discussion

Symposium 30 – New Developments – University Place, Room 4.205

Do complex cases need complex treatment?
Chair: Claire Lomax, Newcastle University
Discussant: Stephen Barton, Newcastle University
09.00 CBT for Adult Survivors of Complex Developmental Trauma
Helen Kennerley, Oxford Cognitive Therapy Centre
09.25 Complexity in Obsessive Compulsive- and Body Dysmorphic Disorder
Oliver Sundermann, King’s College London
09.50 Complexity is in the eye of the beholder: using compulsive hoarding disorder as a case example
James Gregory, University of Bath
10.15 Complexity in eating disorders: A case for simplicity of CBT?
Glenn Waller, University of Sheffield
10.40 Discussion

Symposium 31 – New Developments – University Place, Room 3.205

Patient-led Appointment Scheduling: An efficient way of optimising resources to improve patient access to services
Chair: Tim Carey, Flinders University, Australia
09.00 Patient-led Appointment Scheduling: An empirical and theoretical overview
Tim Carey, Flinders University, Australia
09.25 Using patient-led scheduling to improve access to psychological interventions for people using Early Intervention in Psychosis services
Robert Griffiths, Salford Early Intervention Team
09.50 Innovations in Practice: A new Consultation, Assessment and Reflection Model (CARM) used in Child and Adolescence Mental Health Services (CAMHS)
Louise Mansell, Nurture-Psychology Services, Rochdale
10.15 Facilitating control and choice through patient-led appointment scheduling on in-patient units
Sara Tai, Manchester University

Symposium 32 – Severe and Enduring Problems – University Place, Room 4.204

Avatar therapy for distressing voices- lessons from the AVATAR trial for how we think about and work with voices
Chair: Philippa Garety, King’s College London
09.00 The AVATAR clinical trial: introduction, methodology and therapy set-up
Mar Rus-Calafell, Institute of Psychiatry, King’s College London
09.20 AVATAR therapy for distressing voices: Identifying mechanisms of change
Miriam Fornells-Ambrojo, University College London
09.40 Characterising voices: a phenomenological investigation with implications for relational therapies
Rachel Lister, Institute of Psychiatry, King’s College London
Programme
Thursday 27th July

10.00  An analysis of the key relational and interpersonal processes observed during AVATAR therapy dialogue
Conan O’Brien, University College London

10.20  AVATAR therapy in action
Thomas Ward, Institute of Psychiatry, King’s College London

10.40  Engaging with the communicative aspect of voice hearing (a linguistics perspective)
Felicity Deamer, Durham University

Symposium 33 – Severe and Enduring Problems – University Place, Room 3.209
Understanding psychosis and related phenomena
Chair: Kate Davidson, University of Glasgow
09.00  What makes Black groups in the UK ‘hard-to-reach’? Examining potential predictors of engagement with mental health services in Black African and Caribbean people with psychosis
Amy Degnan, University of Manchester

09.20  Cognitive Attachment model of Voices (CAV): how attachment theory and dissociation can develop understanding of distressing voices
Sandra Bucci, University of Manchester

09.40  Barriers and facilitators to ‘moving on’ from Early Intervention in Psychosis Services
Sarah Woodward, University of Manchester

10.00  Can cognitive-affective mechanisms explain the link between sleep quality and paranoia?
Jack Barton, University of Manchester

10.20  Two-Session Cognitive Bias Modification Training; Exercise Interpretation Bias
Charlotte Clarke, University of Essex

10.40  Discussion

Clinical Skills Classes 09.00-11.00

Clinical Skills Class 7 – University Place, Room 3.211
Burnout in Cognitive Behaviour Therapists: using supervision to prevent, identify and reduce its impact
Andrew Beck, East Lancashire CAMHS and Manchester University

Clinical Skills Class 8 – University Place, Room 1.218
Using positive mental imagery in CBT: overcoming barriers to engagement
Simon Blackwell, Ruhr-Universität Bochum, Bochum, Germany

Clinical Skills Class 9 – University Place, Room 3.204
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

Keynote Addresses 11.30-12.30

Colin Espie, University of Oxford
What is sleep ... and why does it matter?
Chair: Kate Davidson, University of Glasgow
University Place, Lecture Theatre A

Sarah Halligan, University of Bath
Child trauma and posttraumatic stress disorder
Chair: Glenn Waller, University of Sheffield
University Place, Room 2.218

Stephen Barton, Newcastle University
CBT for depression: it's time to integrate
Chair: Barney Dunn, University of Exeter
University Place, Lecture Theatre B

Andrew Jahoda, University of Glasgow
The art of the possible: behavioural activation for adults with learning disabilities
Chair: John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
University Place, Room 1.219

Lunchtime meetings

BABCP CBT for Medics SIG
University Place, Room 3.209

BABCP Control Theory SIG
Coupland One Building, Turing Room
### Symposia 13.30-15.30

**Clinical Roundtable 2 – Adult Mental Health** – University Place, Room 4.205  
**Adapting Engagement and Therapy to Challenging Contexts**

**Chair:** Sara Tai, University of Manchester  
A principles based approach to adapting engagement and therapy within inpatient settings.  
Sara Tai, University of Manchester  
Trans-diagnostic therapy in prison and inpatient settings: adopting principles that address some common obstacles  
Vvy Huddy, University College London  
The Next Level study: Method of Levels therapy for people experiencing a first-episode of psychosis  
Robert Griffiths, University of Manchester  
Why I used Method of Levels on death row  
Susan McCormack, Mode Rehabilitation  
People living with dementia reflect on their experiences of communication using video methodology: A thematic analysis  
Sarah Alsawy, University of Manchester

**Symposium 34 – Adult Mental Health** – University Place, Room 4.204  
**Motivation and Affect Regulation in Mental Health**

**Chair:** Joanne Dickson, Edith Cowan University, Australia  
**Discussant:** Peter Taylor, University of Manchester  
**13.30** Understanding subclinical anxiety, depression and hypomania from an integrative motivational perspective  
Joanne Dickson, Edith Cowan University, Australia  
**13.55** Impulsivity and self-harm: It doesn’t do what it says on the tin  
Peter Taylor, University of Manchester  
**14.20** Assessing emotional reactivity and its association with emotion regulation  
Rodrigo Becerra, Edith Cowan University, Australia  
**14.45** Beliefs about automatic mood regulation: Links to psychopathology  
Alyson Dodd, University of Northumbria  
**15.10** Discussion

**Symposium 35 – Adult Mental Health** – University Place, Room 3.211  
**Imagery and Metaphors**

**Chair:** Mathew Pugh, Central and North West London NHS Foundation Trust  
**13.30** Virtuoso CBT: Attending to client metaphors to enhance conceptualisation  
Fiona Mathieson, University of Otago, Wellington, New Zealand  
**13.50** Does the internal “anorexic voice” play a role in anorexia nervosa?  
Matthew Pugh, Central and North West London NHS Foundation Trust  
**14.10** An adapted imaginal exposure approach to traditional methods used within trauma-focused cognitive behavioural therapy trialled with a veteran population  
Manveer Kaur, Combat Stress, The Veterans’ Mental Health Charity  
**14.30** Naturally occurring mental imagery and state emotional experience in dysphoria  
Julie Lin Ji, MRC Cognition & Brain Sciences Unit, University of Cambridge  
**14.50** Functional Imagery Training: RCT of a new motivational intervention for weight loss  
Linda Solbrig, University of Plymouth  
**15.10** Discussion

**Symposium 36 – Basic Processes** – University Place, Lecture Theatre B  
**Positive emotion regulation in psychopathology: From basic science to clinical practice**

**Chair:** Barney Dunn, University of Exeter
13.30 Mindfulness training increases hedonic processing in chronically depressed patients
Thorsten Barnhofer, University of Exeter

14.00 Mindfulness-based cognitive therapy helps recurrent depressed individuals to access and activate the positive affiliative affect system when invited to direct compassion towards the self
Hans Kirschner, University of Exeter

14.30 DBT-Informed Therapy for mood instability and problematic high mood within Bipolar Spectrum Disorder: An open feasibility trial
Kim Wright, University of Exeter

15.00 Development and case series evaluation of Augmented Depression Therapy (ADepT): A positive affect and wellbeing focused treatment for acute depression
Barney Dunn, University of Exeter

Symposium 37 – Behavioural Medicine – Simon Building, Lecture Theatre B
What psychological processes should be targeted in the context of medically unexplained symptoms and long term conditions
Chair: Trudie Chalder, King's College London
13.30 The competence framework for people with LTCs and ‘MUS’
Tony Roth, University College London

13.55 The role of high expectations of self and social desirability in emotional processing in individuals with Irritable Bowel Syndrome: A qualitative study
Alice Sibelli, King's College London

14.20 Mechanisms of Cognitive Behavioural Therapy Efficacy in Irritable Bowel Syndrome
Sula Windgassen, King's College London

14.45 Cognitive Behavioural Therapy focusing on beliefs and behaviours around emotional expression in participants with IBS: Single Case Experimental Design
Hannah Bowers and Abigail Wroe, Royal Holloway, University of London

15.10 Discussion

Symposium 38 – Child and Adolescent – University Place, Room 2.218
Low intensity interventions for children and young people with anxiety and/or depression
Chair: Shirley Reynolds, University of Reading
13.30 Introducing PWP into mainstream CAMHs: an evaluation
James Murray, Guernsey Health Service

13.50 Developing a low intensity service for children and young people
Ray Percy, University of Reading

14.10 Effectiveness of low intensity CBT for child anxiety
Peter Lawrence, University of Reading

14.30 Development and outcomes of low intensity treatment for adolescent depression
Laura Pass and Monica Parkinson, University of Reading

14.50 Our experiences of working as a PWP in CAMHS
Simon Brett and Mona James, University of Reading

Symposium 39 – Cultural and Diversity Issues – University Place, Room 3.205
LGBT Mental Health in Young People and Adults: UK Research
Chair: Katharine Rimes, King’s College London
13.30 Through the Rainbow Lens
A short film about LGBT, King’s College London

14.10 Psychosocial factors associated with suicide attempts, ideation and future risk in lesbian, gay and bisexual youth: The Youth Chances Study
Sandhya Shivakumar, King’s College London

14.35 Mental health among UK inner city non-heterosexuals: the role of risk factors, protective factors and place
Billy Gazzard, King’s College London

15.00 Treatment outcomes for lesbian, gay, bisexual and heterosexual individuals receiving a primary care psychological intervention in Improving Access to Psychological Treatment (IAPT) services in four South London boroughs
David Hambrook, South London and Maudsley NHS Foundation Trust

15.20 Discussion
Symposium 40 – IAPT and Primary Care – University Place, Lecture Theatre A
New innovations in low intensity CBT: Enhancing engagement and improving outcomes
Chair: Joanne Woodford, University of Exeter
Discussant: Chris Williams, University of Glasgow
13.30 The development and pilot evaluation of a web based intervention for physical activity and depression
Jeff Lambert, University of Exeter
13.55 A qualitative analysis of interviews with community health workers delivering a group based intervention to Somali refugees, in Minnesota.
Scott Duncan, University of Glasgow
14.20 Behavioural activation self-help to improve mood and quality of life in people with dementia supported by informal carers: The PROMOTE Study
Joanne Woodford, University of Exeter
14.45 A community-based pilot randomised controlled study of life skills classes for individuals with low mood and depression
Chris Williams, University of Glasgow
15.10 Discussion

Symposium 41 – New Developments – Simon Building, Lecture Theatre A
Innovations in the assessment of anxiety-linked attentional bias to threat
Chair: Lies Notebaert, University of Western Australia, Australia
Discussant: Colin MacLeod, University of Western Australia, Australia
13.30 Do individuals allocate more attention to fear cues with high versus low efficacy?
Sam Parsons, University of Oxford
13.55 Misaligning your bias: impaired alignment between attentional bias and variation in controllability of danger in heightened trait anxiety
Lies Notebaert, University of Western Australia, Australia
14.20 Anxiety-linked variability in attentional bias: the importance of controlling for variability in raw reaction times
Ben Grafton, University of Western Australia, Australia
14.45 Attentional Bias Mediates the Effect of Transcranial Direct Current Stimulation on Emotional Reactivity to Stress
Patrick Clarke, Curtin University, Australia
15.10 Discussion

Symposium 42 – New Developments – University Place, Room 3.209
New advances in understanding the nature and role of emotional processing biases in maintaining clinical problems
Chair: Lonneke van Tuijl, King’s College London
Discussant: Colette Hirsch, King’s College London
13.30 Attentional bias and Interpretation bias in High Worrying People with Parkinson’s Disease
Lonneke van Tuijl, King’s College London
13.55 A longitudinal investigation of information processing biases and self-reported cognitions and behaviours in chronic fatigue syndrome
Alicia Hughes, King’s College London
14.20 Cognitive biases towards social information in people with eating disorders
Valentina Cardi, King’s College London
14.45 Investigating the role of negative interpretation bias in maintaining worry and rumination in generalised anxiety disorder and depression
Charlotte Krahé, King’s College London
15.10 Discussion

Clinical Roundtable 3 – Older Adults – University Place, Rooms 2.219/2.220
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
Symposium 43 – Severe and Enduring Problems – University Place, Room 3.204
Voices in context: understanding and working with auditory hallucinations in relation to experience and internal representations
Chair: Neil Thomas, Swinburne University of Technology, Australia
13.30 Pilot findings of SAVVy
Imogen Bell, Swinburne University of Technology, Australia
13.55 Voice Dialogue: A Case Series
Craig Steel, University of Reading
14.20 Understanding the role of Self in Voice Content
Monique Scott, Swinburne University of Technology, Australia
Filippo Varese, University of Manchester
15.10 Are voices shaped by fragments of the past? The role of trauma memory fragmentation in psychosis
Sophie Marsh-Picksley, Barnet, Enfield and Haringey Mental Health Trust

Clinical Skills Classes 13.30-15.30
Clinical Skills Class 10 - University Place, Room 1.218
Assessing and treating insomnia in everyday clinical practice
Colin Espie, University of Oxford
Clinical Skills Class 11 - University Place, Room 1.219
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
Clinical Skills Class 12 - University Place, Room 3.210
An introduction to BeatIt; an adapted behavioural activation intervention for people with learning disabilities and depression
Andrew Jahoda, University of Glasgow

Keynote Addresses 16.00-17.00
Emily Holmes, Karolinska Institutet, Sweden
Mental Imagery and Mental Health Science: From a Hospital to a Refugee Camp
Chair: Lalitha Iyadurai, University of Oxford
University Place, Lecture Theatre B

Ed Watkins, University of Exeter
Understanding and Enhancing Treatment and Prevention of Depression
Chair: Warren Mansell, University of Manchester
University Place, Lecture Theatre A

Rachel Calam, University of Manchester
Working with parents to make a difference: from local to global and back again
Chair: Shirley Reynolds, University of Reading
Simon Building, Lecture Theatre B

Peter J. de Jong, University of Groningen, The Netherlands
The dirt road to psychopathology: Disgust-based mechanisms and their relevance for CBT
Chair: Glenn Waller, University of Sheffield
Simon Building, Lecture Theatre A
POSTERS 17.00-18.00
Posters will be displayed from 8.30am in the foyer of University Place

1. Let's Talk! Increasing Access to Psychological Therapies in Wales
   Euan Hails, Aneurin Bevan University Health Board, Wales

2. Case Report: Brief Trans-diagnostic CBT for Distressed Carers of Service User with First Episode Psychosis Distress
   Miv Riley, Lancashire Care Foundation Trust

3. Advancement and retention of the PWP role
   Ashleigh Kettlewell, Talking Matters Northumberland

   Jade Bamford, Northumberland Tyne and Wear NHS Foundation Trust

5. Frequency of Shape Checking as a Purported Mediator of the Effect of Enhanced Cognitive Behaviour Therapy on Concern about Shape in Eating Disorders
   Katy Sivyer, University of Oxford

6. Process evaluation of a DBT-informed interpersonal effectiveness intervention delivered to people with intellectual disabilities and their support staff as co-participants
   Kristina Bennert, University of Bath

7. Flexible Delivery of the ‘Coping Cat’ Programme Guided by Systemic CBT Case Conceptualisation for a Young Child with Separation Anxiety
   Kristina Bennert, University of Bath

8. A preliminary validation of the Young Schema Questionnaire in older adults
   Ian Kneebone, University of Technology Sydney, Australia

9. The Impact of Exposure to Fashion Blogs on Young Females’ Self-Representations, Physical Appearance Anxiety, Self-Esteem, and Affect
   Christina Parrington Hansen, University of the Arts, London

10. Psychologists’ Use of and Attitudes towards Cognitive Behaviour Therapy Based Technology in Clinical Practice
    Angela McNaught, Massey University, New Zealand

11. Adapted CBT for Emotion Regulation Difficulties: A Single Case Experimental Design in Learning Disabilities
    Charlotte Whittle, University of Bath

12. Emotion Recognition and its Underlying Mechanisms in Males high on Psychopathic Tendencies
    Anna Dapprich, Radboud University Nijmegen, The Netherlands

13. Mannequin Phobia and rapid treatment with CBT
    Lisa Bluff, University of Salford

    Emily Norris, University of Bath

15. A cognitive model of psychological resilience: current research and future directions
    Sam Parsons, University of Oxford

16. Expert consensus on the clinically effective components of CBT: a Delphi study
    Abigail Taylor, Centre for Academic Mental Health, University of Bristol

17. Brief BA for depressed adolescents delivered by PWPs: Two case studies
    Mona Jones and Simon Brett, University of Reading

18. Barriers to Accessing Psychological Therapies for Ethnic Minorities Residing in Western Countries: A Systematic Review
    Kanza Khan, University of Manchester

19. Sub-types of Safety Behaviours and their Effects on Social Anxiety Disorder
    Emily Gray, University of Oxford

20. Apparent Emotional Expression Predicts Perceived Trustworthiness with Changes of Head Posture, but a Measure of Facial Width Does Not
    Dongyu Zhang, Dalian University of Technology, China

21. An evaluation of a compassion-focused therapy (CFT) group within acute clinical settings
    Jude Elder, Oxford Health NHS Foundation Trust

22. Communication Challenges with Autism: A Condition Management Programme Case Study
    Catherine Shane, South Eastern Health and Social Care Trust, Northern Ireland
Symposia 09.00-11.00

Symposium 44 – Adult Mental Health – University Place, Room 2.219
Recent research and clinical developments in hoarding disorder
Chair: Claire Lomax, Newcastle University
Discussant: Victoria Bream, King’s College London
09.00 An investigation into the profiles and processes associated with Hoarding Disorder
Mark Banham, Newcastle University
09.25 The relationship between traumatic life events, attachment styles and symptom onset in Hoarding Disorder
Claire Lomax, Newcastle University
09.50 An exploration of beliefs and experiences of individuals with current or past hoarding problems regarding treatment and hoarding behaviour
Catherine Reid, Newcastle University
10.15 Making space in life, in the mind and in the home – An empirically grounded intervention for Hoarding Disorder
James Gregory, University of Bath
10.40 Discussion

Symposium 45 – Basic Processes – University Place, Lecture Theatre B
Researching and Utilising a Core Process of Change in Therapy
Chair: Warren Mansell, University of Manchester
09.00 A core process within a clinical sample of anxiety and depression
Warren Mansell, University of Manchester
09.20 The Cognitive Behavioural Processes Questionnaire: Replication of a single factor in a large diverse mental health sample?
Trishna Patel, University of East Anglia
09.40 Psychometric properties of the Reorganisation of Conflict Scale in clinical and non-clinical samples: investigating the core process of change
Lydia Morris, Six Degrees Social Enterprise
10.00 Using the Hill Counsellor Coding Scheme to Identify the Distinctive Features of Method of Levels Therapy
Vanessa McIntyre, University of Manchester
10.20 A Conversational Analysis of Disruptions in Method of Levels Therapy
Caitlyn Cannon, Six Degrees Social Enterprise, Salford
10.40 Discussion

Symposium 46 – Child and Adolescent – University Place, Room 1.219
Developments in research with families with a parent living with serious mental illness
Chair: Rachel Calam, The University of Manchester
09.00 Community-based interventions aimed at improving or maintaining quality of life in children of parents with serious mental illness: Where are we starting from and what do we know?
Penny Bee, The University of Manchester
09.25 Exploring the experiences of young children and their parents living in families with a parent with bipolar disorder
Clare Backer, Greater Manchester Mental Health NHS Foundation Trust
09.50 Web-based integrated bipolar parenting intervention (IBPI) for parents with bipolar disorder: A randomised controlled pilot trial
Steven Jones, Lancaster University
10.15 Parental Mental Health: Implementation of a Parenting Intervention
Lauren Stockton, The University of Manchester
10.40 Discussion
Symposium 47 – Adult Mental Health - University Place, Lecture Theatre A
New Developments in CBT for Adults
Chair: Jo Daniels, University of Bath
09.00 In IAPT services - what is the non-complex client? Do we know the mild to moderate case presentation?
Elaine Davis, 2gether NHS Foundation Trust
09.25 Cognitive Behavioural Therapy for Insomnia in the Context of Chronic Tinnitus
Elizabeth Marks, University of Bath
09.50 Assessing Regularity of Eating as a Purported Mediator of the Effect of Enhanced Cognitive Behaviour Therapy on Frequency of Binge Eating
Katy Sivyer, University of Oxford
10.15 For better or worse: An individual patient data meta-analysis of deterioration among participants receiving Internet-based cognitive behavior therapy
Alexander Rozental, Stockholm University, Sweden
10.40 Discussion

Symposium 48 – Child and Adolescent Development in CBT for children and young people
Chair: Laura Pass, University of Reading
09.00 Behavioural inhibition, shyness and social withdrawal: Differential risk for adolescent social phobia, generalized anxiety and depression.
Magdalena Zdebik, University of Montreal, Canada
09.20 Resistance to Peer Influence in Adolescents with and without Mild-to-Borderline Intellectual Disability: A Formal Modelling Study
Laura Dekkers, University of Amsterdam, The Netherlands
09.40 Social anxiety in youth with tic disorders: the role of attention biases for social threat
Victoria Pile, King’s College London
10.00 Struggling to imagine a bright future: the role of impoverished positive future imagery in adolescent depression
Victoria Pile, King’s College London
10.20 Therapist flexibility and treatment efficacy in CBT for childhood social anxiety disorder
Liesbeth Telman, University of Amsterdam, the Netherlands
10.40 Randomised controlled trial of the use of the Blue Room virtual reality treatment to reduce situation specific anxiety in young people with ASD
Victoria Grahame, Northumberland Tyne and Wear NHS Foundation Trust

Symposium 49 – IAPT and Primary Care – University Place, Room 1.218
Evaluating and Enhancing CBT IAPT therapy training; Developing an evidence base as trainers and supervisors
Chair: Sarah Corrie, Royal Holloway and Central and North West London NHS Foundation Trust
09.00 What do CBT trainees need to know about other modalities of therapy?
Michael Worrell, Royal Holloway and Central and North West London NHS Foundation Trust
09.25 Professional differences in CBT IAPT Training: Adapting CBT training to make the most of different professions and different abilities
Suzanne Byrne, King’s College London
09.50 A Follow Up Study of CBT IAPT Trainees 2008-2015; CBT competence and clinical outcome post-training
Sheena Liness, King’s College London
10.15 Do Trainee CBT Supervisors Practice What They are Trained To Do?
Rita Woo, Royal Holloway and Central and North West London NHS Foundation Trust
10.40 Developing a Measure of Competence in Behavioural Couple Therapy
Sarah Corrie and Isabelle von Rohr, Royal Holloway and Central and North West London NHS Foundation Trust
Symposium 50 – New Developments – University Place, Room 2.218

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

**Chair:** Elske Salemink, University of Amsterdam, the Netherlands

- **09.00** The relationship between attentional control and change in bias in response to attentional bias modification
  
  Lies Notebaert, University of Western Australia, Australia

- **09.20** Does attention bias modification training under working memory load increase the magnitude of change in attentional bias?
  
  Patrick Clarke, Curtin University, Australia

- **09.40** Online Cognitive Bias Modification Training for Attention Targeting Adults with Heightened Levels of Anxiety: Short- and Long-Term Effects of a Randomized Controlled Trial
  
  Mae Nuijs, University of Amsterdam, the Netherlands

- **10.00** Investigating whether sleep enhances the effects of Cognitive Bias Modification in analog posttraumatic stress
  
  Marcella Woud, Ruhr-Universität Bochum, Germany

- **10.20** Gamification of threat-related Cognitive Bias Modification training: A way to enhance user experience and motivation to train?
  
  Elske Salemink, University of Amsterdam, the Netherlands

- **10.40** Discussion

Symposium 51 – Severe and Enduring Problems – University Place, Room 4.204

**New developments in cognitive behavioural therapy for psychosis**

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

- **09.00** A systematic review of meta-analyses on CBT for Psychosis
  
  Filippo Varese, University of Manchester

- **09.20** CBT for thought disorder in psychosis
  
  Jasper Palmier-Claus, Greater Manchester West Mental Health NHS Foundation Trust

- **09.40** CBT for internalised stigma in psychosis
  
  Lisa Wood, North East London NHS Foundation Trust

- **10.00** The possible adverse effects of CBT for psychosis
  
  Rory Byrne, Greater Manchester Mental Health NHS Foundation Trust

- **10.20** CBT or medication for psychosis – The results of a randomised evaluation
  
  Anthony Morrison, Greater Manchester Mental Health NHS Foundation Trust

- **10.40** Discussion

Symposium 52 – Severe and Enduring Problems – University Place, Room 3.209

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

**Chair:** Pamela Jacobsen, King’s College London

**Discussant:** Isabel Clarke, Southern Health NHS Foundation Trust

- **09.00** Using a timeline tool to help service users make sense of their crisis on admission to an acute psychiatric ward
  
  Humza Khan, King’s College London and Pamela Jacobsen, King’s College London

- **09.25** ‘Give us something to do’: reflections on running a group therapy programme
  
  Catherine Clark, Christchurch Canterbury University

- **09.50** Developing psychological understandings and interventions within acute mental health: Impact of a transdiagnostic staff training programme
  
  Olwyn Matier, Northern Health and Social Care Trust

- **10.15** Depression presentations in an Acute Inpatient Mental Health Unit
  
  Catherine Donaldson, Belfast Health and Social Care Trust

- **10.40** Discussion
Clinical Roundtable 4 – Therapeutic Techniques – University Place, Room 3.204
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

Clinical Skills Classes 09.00-11.00

Clinical Skills Class 13 – University Place, Room 3.210
Enhancing CBT through chairwork: Bringing cognitive therapy to life
Matthew Pugh and Emma Hormoz, Central and North West London NHS Foundation Trust

Clinical Skills Class 14 – University Place, Room 3.214
Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids
Monika Parkinson and Lucy Willets, The University of Reading

Clinical Skills Class 15 – University Place, Room 3.211
Using technology to enhance face-to-face cognitive-behavioural therapy
Richard Stott, King’s College London

Clinical Skills Class 16 – University Place, Room 3.205
Understanding and Managing Dissociation in PTSD
Adele Stevens and Sam Akbar, Central and North West London NHS Foundation Trust

Keynote Addresses 11.30-12.30

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
Chair: Mark Freeston, Newcastle University
University Place, Lecture Theatre A

Daniel Freeman, The University of Oxford
Persecutory delusions: understanding and treating excessive mistrust
Chair: Filippo Varese, University of Manchester
University Place, Lecture Theatre B
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