

BIRMINGHAM

B A B C P 2 0 1 4

42nd Annual Conference

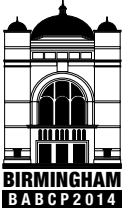
23rd-25th July 2014

University of Birmingham

British Association for Behavioural
and Cognitive Psychotherapies

BABCP Organisation

British Association for Behavioural and Cognitive Psychotherapies
42nd Annual Conference & Workshops
22nd-25th July 2014 | University of Birmingham



Scientific Committee Birmingham 2014

Roz Shafran, Co-Chair, London
Glenn Waller, Co-Chair, Sheffield
Janine Turner, Administrator, Reading
Simon Blackwell, Cambridge
Trudie Chalder, London
Kate Davidson, Glasgow
Bill Davidson, Lay member
Sarah Halligan, Bath
Gillian Hardy, Sheffield
Nick Hawkes, London
Lalitha Iyadurai, Oxford
Ken Laidlaw, Norwich
Pamela Myles, Reading
Heather O'Mahen, Exeter
Shirley Reynolds, Reading
Craig Steel, Reading
Nicole Tang, Warwick
Philip Tata, London
John Taylor, Newcastle
Jennifer Wild, Oxford
Michael Worrell, London

Conference Organisers

Rod Holland, Conference Coordinator,
London
Roz Shafran, Scientific Committee, London
Glenn Waller, Scientific Committee, Sheffield
Janine Turner, Conference Administrator,
Reading
John Kentish, Conference WebMaster,
London
Hayley Dare, Steward Coordinator, London

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Ian Preston	Finance Manager
Stephen Gregson	Communications Development Officer



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Charity No 1098704

Dear Delegates

Welcome to Birmingham and the Annual BABCP Conference. Surprisingly this is the first time we have held the conference in Birmingham in spite of it being a centre for behaviour therapy even before BAB(C)P was founded back in 1972. The West Midlands Behaviour Therapy Association was one of the local organisations that came together to start the national association.

Many of you will be attending not only the conference but also one of the 16 pre-conference workshops on Tuesday 22nd July. Our summer one day 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 regional level.

This year's Conference itself will offer 37 symposia, 5 panel discussions, 3 clinical roundtables, poster sessions and 18 keynote addresses. We are again including 13 skills classes since these have continued to be a popular addition to the programme over the last few years. The Conference will also be hosting the meetings of a number of BABCP Special Interest Groups and BABCP's Annual General Meeting that is being held on Thursday 24th July after the afternoon keynote presentations.

The Conference Scientific Committee has once again worked hard to bring you a programme that has both quality and diversity and will provide members and non-members with an excellent opportunity for continuing professional development, networking and the exchange of ideas.

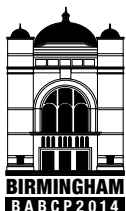
As with previous Conferences, the timetable of symposia, panel debates, and clinical roundtables is organised into streams that cover the breadth of science and practice of cognitive behavioural therapy. There are prominent contributions from leaders in the field of cognitive and behavioural psychotherapies in each of these areas and, to follow a stream, check out the 'Conference at a Glance' insert in your registration pack.

Enjoy your time in Birmingham and make sure you take advantage of the social programme that is an important part of the Annual Conference. We hope that you have an enjoyable and stimulating time at Conference.

Roz Shafran and **Glenn Waller**
Co-Chairs Scientific Committee
Rod Holland
Conference Organiser

General Information

The Conference will run over two and a half days and will finish at lunchtime on Friday 25th July.



The Conference Site

The scientific programme and workshops will take place on the campus of the University of Birmingham. A central point of the conference will be the Great Hall where refreshments will be served each day and lunch will be serviced each day except Friday when the conference finishes before lunch. This will also be the location for registration, the exhibition and the poster sessions. All the workshop and lecture theatres are within a short walking distance of the Great Hall and signs will direct you to the various buildings but if you get lost then ask for directions at the registration desk or from one of the Conference stewards who will be recognisable by their Conference T-shirt.



Registration

The Conference & Workshop registration desk will be located in the Great Hall and will be open at the following times:

Tuesday 22 July 08:00 – 20:00 | **Wednesday** 23 July 08:00 – 17:00

Thursday 24 July 08:00 – 17:00 | **Friday** 25 July 08:00 – 12:00

In the Great Hall you will also find a message board which will give details of any programme changes and will be the 'Pick Up Point' for any messages that have been left for delegates. The Twitter Help Desk will be located here.

Exhibition Area

The book exhibition will take place in the Great Hall until Thursday evening. Make sure you visit this area and browse through (and purchase) the latest titles from a number of publishers who will be present. There will also be details of the activities of BABCP Regional Branches and Special Interest Groups.

Going Green

To further protect the planet please return your badge at the end of the Conference to the registration desk or to one of the stewards so that it can be recycled for a future event.

General Information

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 obvious fire and other health and safety reasons. Conference organisers will restrict access to rooms when their capacity has been reached. The 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.

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.

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 after the end of each symposium. There will be various serving points where the scientific programme is taking place. A packed lunch is included in your registration fee and will be available 12.30-14.00.

No evening catering has been organised other than the social activities arranged for the BBQ on Wednesday 23 July and the Gala Dinner on Thursday 24 July. There are many restaurants in Birmingham for delegates who wish to make their own arrangements.

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.

Conference Secretariat

Eyas Limited

7 Temple Bar Business Park,
Strettington Lane, Strettington,
Nr Chichester, West Sussex PO18 0LA

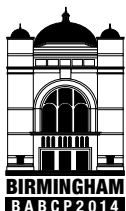
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F: +44 (0)1243 776738

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Exhibition

Throughout the Conference there will be an exhibition of **books and journals**, organised by Wisepress, in the exhibition area of the Conference



Exhibitors

Pulse
CheckWare AS
Routledge
South London & Maudsley NHS
Foundation Trust
Minddistrict Ltd
Sage Publications
Private Practice Hub
Wiley-Blackwell

Intergral Business Support Ltd
Mayden
Cambridge University Press
Five Areas Ltd
PsychologyOnline
BABCP
Constable & Robinson Ltd
Wisepress Ltd

Visit the display of BABCP Branches & Special Interest Groups

An Accreditation Information Desk to answer queries across the spectrum (practitioner, supervisor, and trainer), and training, as well as membership services, will be open throughout the Conference in the Great Hall.

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. The BABCP 2014 programme in Birmingham is designed to ensure that there will be plenty of opportunities to meet people in a relaxed and informal setting. Whether this is wining and dining together, dancing and partying into the early hours or just in a relaxed conversation at the end of a busy day, we know that the conference will help forge new friendships and contacts.

We do hope that you will take advantage of the social programme we have put together for the conference.

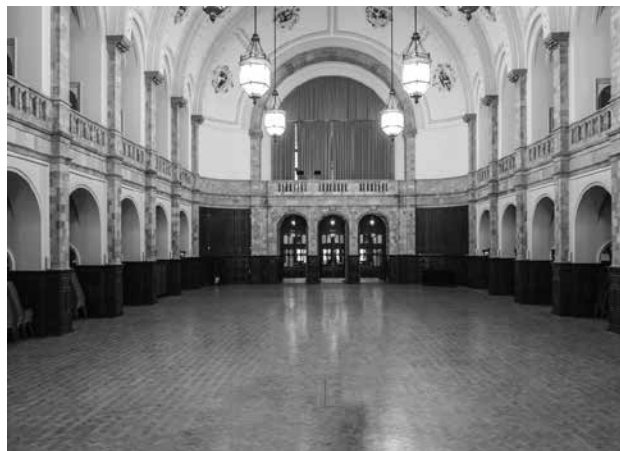
Tuesday 22nd July | 18.30 – 20.30

Opening Reception

Venue: Great Hall, University of Birmingham

Come and enjoy a glass of wine and some canapés. Visit the Book Exhibition and “Meet your Branch Representative” during the opening reception.

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



Wednesday 23rd July | 20.00 - Late

BBQ and Party by the Lake

Venue: The Duck and Scholar at the University

Join delegates for a conference BBQ and party into the night.

Ticket Cost:

There is no charge for this event.



Thursday 24th July | 19.30 - Late

Gala Dinner

Venue: The Noble Room, University of Birmingham

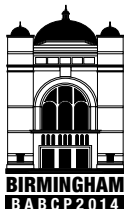
Ticket Cost: £45.00



Pre-Conference Workshops

TUESDAY 22ND JULY

A programme of one-day Workshops will be held on Tuesday 22 July. The Workshops will run from 9.30 - 17.00.



Workshop 1

Using Behavioural Experiments and Imagery to Create New Ways of Being

James Bennett-Levy, University of Sydney, Australia

Workshop 2

MBCT In Clinical Practice, Including Anxious Clients

Sandra Coffman, University of Washington, USA

Workshop 3

Assessing and Treating Insomnia in Everyday Clinical Practice

Colin Espie, University of Oxford, UK

Workshop 4

DBT for Personality Disorders and Beyond

Janet Feigenbaum, University College, London, UK

Workshop 5

Thinking the Way Out of Addiction

Matt Field, University of Liverpool and Frank Ryan, Imperial College, London, UK

Workshop 6

Developments in CBT for Persecutory Delusions

Daniel Freeman, Katherine Pugh and Felicity Waite, University of Oxford, UK

Workshop 7

An Introduction to Compassion Focused Therapy

Paul Gilbert, University of Oxford

Workshop 8 |

CBT for Emotional Problems After Stroke

Ian Kneebone, University of Western Sydney, Australia

Workshop 10

Brief Behavioral Activation for Depression

Carl Lejuez, University of Maryland, USA

Workshop 11

Integrative Behavioral Couple Therapy in Clinical Settings

Christopher Martell, University of Wisconsin, USA

Workshop 12

Complications in the Treatment of Anxiety Disorders: Addressing Co-Occurring Substance Use Disorder

Kathryn McHugh, Harvard Medical School, USA

Pre-Conference Workshops

TUESDAY 22ND JULY

Workshop 13

Emotion Regulation Therapy: Chronic Anxiety and Recurring Depression

Doug Mennin, City University of New York and David Fresco, Kent State University, USA

Workshop 15

Skills for Psychological Recovery: Trauma Survivors

Josef Rusek, VA Palo Alto Health Care System, USA

Workshop 16

How to be a better CBT therapist

Jasper Smits, The University of Texas at Austin, USA

Workshop 17

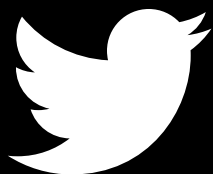
The Treatment and Prevention of Anxiety in Children and Young People

Paul Stallard, University of Bath, UK

Workshop 19

Cognitively focused treatment of OCD: The Paradox of Thought Control and Other Cognitive Dimensions

Maureen Whittal, University of British Columbia



Twitter Us

For the first year at conference we are going to be live tweeting from the conference venue. This will include information about the programme, changes in the programme and your comments on the conference as it is happening.

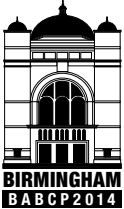
Please follow us @BABCP and use the hashtag #BABCP14 to find conference related tweets.

Tweet us after the conference as well as your thoughts, experiences and questions during conference.

If you need a hand signing up with Twitter at the conference, our friendly communications team will be on hand near the registration desk in the Great Hall to help you.

Lauren Callaghan and Patricia Murphy

Beginner's Guide to the BABCP Annual Conference



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 12 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.

Themes... Each year there are also specific themes. These are chosen to encourage submissions on certain topics that are particularly timely within CBT, or showcase the regional expertise.

... *'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!

Beginner's Guide to the BABCP Annual Conference

'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 compulsive checking to therapeutic change. 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.

A black and white photograph of a Gothic church spire in the foreground, with a large, modern geodesic dome structure in the background. The sky is overcast with light clouds. The church spire is tall and pointed, with a cross on top. The dome is composed of many small, rounded panels. The church has intricate Gothic architecture with pointed arches and a large rose window.

The Programme

WEDNESDAY 23RD –
FRIDAY 25TH JULY

Keynote Speakers

Symposia

Panel Discussions

Clinical Roundtables

Skills Classes

Poster Sessions

Special Interest Group meetings

Programme

WEDNESDAY 23RD JULY

Symposium 1 – Adult Mental Health and New Developments – University Centre, Avon Room

The Role of Compassion in Mental Health

- Chair: Anke Karl, University of Exeter
- 09.00 Psychophysiology of self-compassion and the role of individual differences
Hans Kirschner, University of Exeter
- 09.30 Overcoming self-critical attitudes and promoting self-compassion through virtual reality
Caroline Falconer, University College, London
- 10.00 Does self-compassion attenuate reactivity in people at risk from depression?
Willem Kuyken, University of Exeter
- 10.30 What is compassion?
Paul Gilbert, University of Derby

Symposium 2 – Adult Mental Health - Arts Building, Lecture Room 2

Elucidating the Mechanisms and Moderators of Meditation Enriched Treatments: At the Confluence of CBT, Affective Science, and Contemplative Practice

- Chair: David Fresco, Kent State University, USA
- 09.00 Decentering from distress: Regulating negative emotion by increasing psychological distance
David Fresco, Kent State University, USA
- 09.30 Responding mindfully to depression: Does mindfulness-based cognitive therapy reduce the risk for depression to escalate into suicidal thinking?
Thorsten Barnhofer, Oxford Mindfulness Centre
- 10.00 Intensive prospective experience sampling study of a mindfulness preventive intervention: Illuminating the development and mechanisms of present moment attention and awareness over time
Amit Bernstein, University of Haifa, Israel
- 10.30 The impact of MBCT on positive emotions: the moderating role of genes, childhood adversity and antidepressant medication
Marieke Wichers, Maastricht University, the Netherlands

Symposium 3 – Adult Mental Health – Arts Building, Main Lecture Theatre

Uncovering the Role of Safety Seeking Behaviours in Anxiety disorders: An Update on Recent Clinical Findings and the Therapist's Role

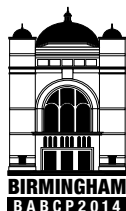
- Chair: Freda McManus, University of Stirling
- Discussant: Paul Salkovskis, University of Bath
- 09.00 The lives of therapists: Reassurance seeking and giving in the context of emotional problems
Brynjar Halldorsson, University of Bath
- 09.20 Reassurance seeking in the digital age: Does searching for health information on the Internet fuel health anxiety?
Kate Muse, University of Oxford
- 09.40 Function over form. Therapists' recommendations can maintain anxiety if the subtle, idiosyncratic theory behind advice is ignored
Fjola Helgadóttir, University of Oxford
- 10.00 Performance-oriented safety behaviours in social anxiety disrupt coordination between conversation partners
Clare Mein, University of Oxford
- 10.20 Discussion

Symposium 4 – Adult Mental Health and Severe and Enduring – Arts Building, Lecture Room 7

CBT for Complex Trauma Reactions: A Series of Case Presentations

- Chair: Nick Grey, Centre for Anxiety Disorders, South London and Maudsley NHS Foundation Trust
- 09.00 Treating PTSD using trauma-focused CBT in the context of very severe dissociation
Millay Vann and Kerry Young, Forced Migration Trauma Service, CNWL NHS Foundation Trust
- 09.30 The treatment of PTSD in a victim of human trafficking with complex needs
Katy Robjant, Helen Bamber Foundation
- 10.00 "The abuse never ends and there's nothing I can do": Using trauma-focused CBT to intervene with post-traumatic stress in psychosis
Amy Hardy, Institute of Psychiatry and South London & Maudsley NHS Foundation Trust

- 10.30 Treating complex PTSD with compassion focussed therapy:
A phase based treatment approach
Deborah Lee and Carmen Chan, Berkshire Traumatic Stress Service, Berkshire Healthcare
NHS Foundation Trust



Symposium 5 – Basic Processes – Arts Building, Lecture Room 1

Basic Processes in Depression

- Chair: Christopher Martell, University of Wisconsin, USA
- 09.00 “She called her partner - hence she is needy”: Depressed patients show increased tendencies to make spontaneous trait inferences
Benjamin Boecking, Institute of Psychiatry, King’s College London
- 09.25 Development of a transdiagnostic measure of abstract and concrete repetitive thinking
Suraj Samtani, University of New South Wales
- 09.50 Observer vantage perspective and positive autobiographical memories in depression
Ly Huynh, University of New South Wales, Australia
- 10.15 Effects of a brief behavioural activation intervention on approach and avoidance tendencies in acute depression
Farjana Nasrin, King’s College London
- 10.40 Comparing the interpretation of hypothetical scenarios in depressed and non-depressed adolescents
Faith Orchard, University of Reading

Symposium 6 – Behavioural Medicine – Muirhead Building, Room 112

Re-visiting What Works for Whom: A Work in Progress in a Chronic Pain Service

- Chair: Elenor McLaren, University College London Hospitals
- 09.00 In the beginning.... why integrate?
Kelley Corcoran, University College London NHS Foundation Trust
- 09.30 Integrating traditional CBT and ACT: conceptual, clinical and practical issues
Elenor McLaren, University College London Hospitals
- 10.00 Mindfulness based Cognitive Therapy (MBCT) for neuropathic pain
Diarmuid Denny, University College London Hospitals
- 10.30 Birmingham and beyond
Anna Ferguson and Elenor McLaren, University College London NHS Foundation Trust

Symposium 7 – Child and Adolescent – Arts Building, Lecture Room 4

School Based Mental Health Interventions

- Chair: Paul Stallard, University of Bath
- 09.00 The effectiveness and cost effectiveness of a school based cognitive behaviour therapy programme (FRIENDS) in the reduction of anxiety and improvement in mood in children aged 9-10
Paul Stallard, University of Bath
- 09.30 Evaluating the efficacy of the Promoting Alternative Thinking Strategies (PATHS) curriculum in promoting social and emotional wellbeing among children in primary schools
Neil Humphrey, School of Education, University of Manchester
- 10.00 The effectiveness and cost effectiveness of the Incredible Years’ teacher classroom management programme in primary school children
Kate Allen and Anna Price, University of Exeter Medical School

Symposium 8 – Older Adults – Arts Building, Lecture Room 8

Psychological Care for Older People - Everybody’s Business

- Chair: Ken Laidlaw, University of East Anglia
- 09.00 Adapting therapy for older people
Wendy Spence, Belfast Health and Social Care Trust
- 09.30 Working with older people who are experiencing long term conditions
Sarah Butchard, Mersey Care NHS Trust
- 10.00 Supporting carers
Julia Boot, Cheshire and Wirral Partnership NHS Foundation Trust

Symposium 9 – Therapeutic Techniques - Arts Building, Lecture Room 3

Widening Delivery: Stepped Care and Occupational Interventions

- Chair TBC
- 09.00 Provision of ‘Stress Control’, a large group intervention at step 2; evidence of effectiveness
Paul Burns and Gill Donohoe, University of Sheffield
- 09.25 An evaluation of the clinical and occupational outcomes of a military group behavioural activation programme
Matthew Wesson, Ministry of Defence
- 09.50 Talking Heads: case study of guided self-help CBT, adapted for brain injury
Sian Newman and Rebecca Minton, Lancashire Care NHS Foundation Trust
- 10.15 Expanding the reach of low intensity interventions; the experience of training physical health staff as Psychological Wellbeing Practitioners
Maggie Speake, Cumbria Partnership NHS Foundation Trust
- 10.40 Too stressed to decide? The evaluation of a CBT self-help programme for dentists
Helen Chapman, Paul Lowe Dentistry/University of Lincoln

Symposium 10 – Training and Professional Issues – Muirhead Building, Main Lecture Theatre

The impact of Self-Practice/Self-Reflection (SP/SR) CBT Programmes in Low-and High-Intensity Training and Professional Development Contexts

- Chair James Bennett-Levy, University of Sydney, Australia
- 09.00 Self-practice/self-reflection (SP/SR): An introduction
James Bennett-Levy, University of Sydney, Australia
- 09.20 The relationship between reflective ability and clinical competency: Implications for the role of SP/SR within CBT training
Marie Chellingsworth, University of Exeter
- 09.40 Developing artistry in low intensity CBT interventions: Implementing a Self-Practice and Self-Reflection programme for experienced Psychological Wellbeing Practitioners (PWPs)
Richard Thwaites, Cumbria Partnership NHS Foundation Trust
- 10.00 Enhancing the cognitive behavioural therapist: Is skill acquisition the real benefit of SP/SR?
Craig Chigwedere, Trinity College, Dublin
- 10.20 Engaging the self in SP/SR: evidence with experienced practitioners
Melanie Davis, Darlington NHS Foundation Trust

09.00 – 11.00

Clinical Skills Classes

Skills Class 1 – Arts Building, Lecture Room 5

Cognitive Therapy for Social Anxiety Disorder in Adolescents

David M Clark, University of Oxford and Eleanor Leigh, King's College, London

Skills Class 2 – Arts Building, Lecture Room 6

Skills for Working with Compulsive Checking and/or Pathological Doubt

Adam Radomsky, Concordia University, Canada

11.30-12.30

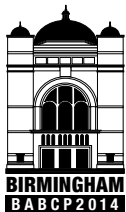
Keynote Addresses

Professor Adele Hayes, University of Delaware, USA

The Process of Change in Psychotherapy

Chair: Heather O'Mahen, University of Exeter

Arts Building, Main Lecture Theatre



Professor Paul Stallard, University of Bath, UK

Can School-based CBT Programmes Prevent Anxiety and Depression in Children?

Chair: Cathy Cresswell, University of Reading

Arts Building, Lecture Room 1

Professor Colin Espie, University of Oxford, UK

The Past, Present and Future of Psychological Therapy for Insomnia Disorder

Chair: John Cape, University College, London

University Centre, Avon Room

Professor Josef Rusek, VA Palo Alto Health Care System, USA

Improving Care for Veterans with PTSD

Chair: Emily Holmes, University of Oxford

Muirhead Building, Main Lecture Theatre

12.30 –13.15

You can pick up a packed lunch from the Great Hall to take to these meetings

CBASP Special Interest Group Meeting

Arts Building, Lecture Room 2

Training Special Interest Group Meeting

Arts Building, Lecture Room 4

13.30-15.30

Symposium 11 – Adult Mental Health – Arts Building, Lecture Room 1

New Advances in Behavioural Activation

Chair Christopher Martell, University of Wisconsin, USA

13.30 Brief Behavioural Activation for Trauma Broadly Defined

Carl Lejuez, University of Maryland, USA

14.00 Adapting Behavioural Activation protocols for use with depressed adolescents: A review

Christopher Martell, University of Wisconsin, USA

14.30 A blended therapy (Behavioural Activation + telephone support) for postnatal depression

Heather O'Mahen, University of Exeter

15.00 Cost and Outcome of Behavioural Activation (COBRA): A randomised controlled trial of behavioural activation versus cognitive behaviour therapy for depression

Heather O'Mahen, University of Exeter

Symposium 12 – New Developments and Severe and Enduring –

Muirhead Building, Main Lecture Theatre

Advances in the Experimental Investigation of Paranoia

Chair: Lyn Ellett, Royal Holloway, University of London

13.30 A new paradigm for the study of paranoia: The Prisoner's Dilemma Game

Lyn Ellett, Royal Holloway, University of London

14.00 Self-awareness and nonclinical paranoia

Jessica Kingston, Royal Holloway, University of London

14.30 Adult attachment and paranoia: An experimental investigation

Jane Owens, University of Manchester

15.00 An exploratory investigation of real-world reasoning in paranoia

Gary Brown, Royal Holloway, University of London

Symposium 13 – Behavioural Medicine – University Centre, Avon Room

Advancing Understanding and Management of Insomnia

Co-Chairs Simon Kyle, University of Manchester and Nicole Tang, University of Warwick

- 13.30 Group CBT for insomnia delivered by IAPT low intensity workers: a randomised controlled pragmatic trial
John Cape, University College, London
- 14.00 Natural history of insomnia in breast cancer patients: An exploration of prevalence and risk factors
Leanne Fleming, University of Glasgow
- 14.30 Practical approaches to sleep and insomnia management in chronic conditions
Kevin Morgan, Loughborough University
- 15.00 Assessing the real-world experience and impact of online CBT for insomnia
Simon Kyle, University of Manchester

Roundtable 1 – Child and Adolescent - Arts Building, Lecture Room 4

Cognitive Therapy for Young People

Chair Shirley Reynolds, University of Reading

- Discussants Polly Waite, University of Reading
Paul Stallard, University of Bath
Peter Langdon, University of Kent
Charlotte Wilson, Trinity College, Dublin
Eleanor Leigh, University of Oxford

Symposium 14 – IAPT and Primary Care – Arts Building, Main Lecture Theatre

Talking the Talk: Ensuring the language of IAPT is accessible for all

Chair and

Discussant Kevin Jarman, NHS England

- 13.30 Understanding and developing access to IAPT for people with learning disabilities
Dave Dagnan, Cumbria Partnership NHS Foundation Trust
- 14.00 Raising awareness of IAPT within diverse communities
Ajit Shah, University of Central Lancashire
- 14.30 Therapy across languages (with and without an interpreter)
Beverley Costa, Mothertongue multi-ethnic counselling service
- 15.00 Using the IAPT older people's access toolkit to improve older peoples access to psychological therapies
Steve Davies, IAPT Older Peoples' National Advisor

Roundtable 2 – Eating Disorders and Impulse Control – Arts Building, Lecture Room 2

Using Supervision to Improve Clinical Services for Individuals with Eating Problems

Chair Glenn Waller, University of Sheffield

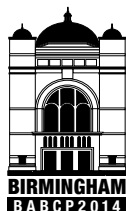
- Discussants Denise Ratcliffe, Central and North West London NHS Trust
Madeleine Tatham, Norfolk Community Eating Disorders Service
Hannah Turner, Southern Health NHS Foundation Trust

Symposium 15 - Older Adults - Arts Building, Lecture Room 3

Psychological Therapies of Mood Disorder Following Stroke

Chair Ken Laidlaw, University of East Anglia

- 13.30 Treating anxiety after stroke using relaxation training
Ian Kneebone, University of Sydney, Australia
- 14.00 Communication and Low Mood (CALM) study: a randomised controlled trial evaluating behaviour therapy for low mood in people with aphasia after stroke
Shirley Thomas, Nottingham University
- 14.30 Motivational interviewing for mood disorders after stroke
Caroline Watkins and Elizabeth Lightbody, University of Central Lancashire
- 15.00 Psychological skills training for IAPT and stroke staff in Oxfordshire
Vivienne Purcell, University of Reading



Roundtable 3 – Severe and Enduring – Arts Building, Lecture Room 8

Working with Distressing Voices: New Developments and Future Directions

Chair Craig Steel, University of Reading

Discussants Katherine Berry, University of Manchester

Alan Meaden, University of Birmingham

Dirk Corstens, RIAGG group, Maastricht, Netherlands

Mark Hayward, Sussex Partnership NHS Foundation Trust and University of Sussex

Charles Heriot-Maitland, Kings College London

Rufus May, Bradford Hearing Voices Group

Symposium 16 – Therapeutic Techniques – Muirhead Building, Room 112

Optimising Clinical Practice: Engagement, Assessment and Treatment Approaches

Chair James Binnie, Bromley Healthcare and London South Bank University

13.30 Client perceptions of helpfulness: A study of the therapeutic relationship

Alexandra Cocklin, University of Manchester

14.00 Session by session monitoring in CAMHS: What are clinicians thoughts?

Kirsty James, University of Bath

14.30 An investigation into non-attendance at psychological therapy appointments

James Binnie, Bromley Healthcare and London South Bank University

15.00 CBT for Hoarding Disorder in people with Intellectual Disabilities

Stephen Kellett, University of Sheffield

Panel Discussion 1 – Training and Professional Issues - Arts Building, Lecture Room 7

Despite the Evidence, Why are we not Creating More Trauma Informed Mental Health Services?

Chair Suzanna Rose, Berkshire Healthcare Foundation Trust

Panelists Farooq Ahmad, Berkshire Healthcare Foundation Trust

Gwen Bonner, Berkshire Healthcare Foundation Trust

Sue MacLaughlin, Berkshire Healthcare Foundation Trust

Simon Proudlock, Berkshire Healthcare Foundation Trust

13.30-15.30

Clinical Skills Classes

Skills Class 3 - Arts Building, Lecture Room 6

Optimising Video Feedback for Social Anxiety Disorder: Face-to-Face and Virtual Techniques

Jennifer Wild, University of Oxford

Skills Class 4 – Arts Building, Lecture Room 5

How to Engage Young People with Mental Health Problems in Mindfulness

Brenda Davis, Sussex Partnership NHS Foundation Trust

16.00-17.00

Keynote Addresses

Professor Matt Field, University of Liverpool, UK

Cognitive Processes in Addiction: New Directions and Clinical Implications

Chair: Frank Ryan, Imperial College London

Muirhead Building, Main Lecture Theatre

Professor Ian Kneebone, University of Western Sydney, Australia

Cognitive and Behavioural Management of Emotional Problems After Stroke

Chair: Ken Laidlaw, University of East Anglia

Arts Building, Lecture Room 1

Dr Emmanuelle Peters, King's College, London, UK

Do Cognitive Models of Psychosis Differentiate Individuals with Psychotic Experiences with and without a 'Need-for-care'? Implications for CBT for Psychosis

Chair: Daniel Freeman, University of Oxford
Arts Building, Main Lecture Theatre

Associate Professor James Bennett-Levy, University of Sydney,

Australia Why CBT Therapists Need to Take a Good Look at Themselves Chair: Gillian Butler, Oxford Cognitive Therapy Centre

University Centre, Avon Room

17.00-18.00

Poster Presentation session

The Great Hall

1. The Effectiveness of the STEPPS Group Within a UK Secondary Care Setting: A Case Study

Sinead Lambe, University of Bath

2. Cognitive Behaviour Therapy: A South Asian service users' perspective

Richard Bennett, University of Birmingham

3. "All these negative thoughts come flooding in": the phenomenology of rumination in young people with depression

Jeremy Oliver, Royal Holloway, University of London

4. Effectiveness of CBT for Obsessive Compulsive Disorder (OCD) in a young person with PANDAS

Sarah Mills, University of Bath

5. The impact of secure electronic video submissions for students undertaking CBT training

Megan Edwards, University of York

6. Treatment of Post Traumatic Stress Disorder in a person with Autism Spectrum Disorder and a Learning Disability: a Case Study

Neil Carrigan, University of Bath

7. The impact of victims' responses to bullying on peer bystander attitudes and behaviours

Nicole Sokol, Macquarie University, Australia

8. Differences in physical sensation reporting following mood induction in relation to alexithymia and medically unexplained symptoms

Faith Martin, University of Bath

9. ACT & Adoption: Application of the Acceptance and Commitment Therapy model to support adoptive parents pre- and post-placement

Stephanie Hutton, Staffordshire University

10. Fighting Fear: A preliminary evaluation of a novel trans-diagnostic CBT and mindfulness group treatment for anxiety disorders

Saquib Ahmad, West London Mental Health Trust

11. PTSD in sub-Saharan Africa: Reviewing the Applicability and Success of Cognitive Models and Interventions

Faith Martin, University of Bath

12. Psychological interventions for children with long-term physical conditions and psychiatric comorbidities

Sophie Bennett, UCL Institute of Child Health

13. CBT for common mental health problems in children with neurological and cognitive difficulties

Daniel Stark, Great Ormond Street Hospital

14. The role of Self-Practice/Self-Reflection (SP/SR) in the training of Psychological Wellbeing Practitioners (PWPs)

Allán Laville, Charlie Waller Institute, University of Reading

15. Is offering choice over treatment a realistic option for early intervention services? Views from service-users and an early intervention for psychosis team staff

Felicity Cowdrey, University of Bath

16. Service user perspectives on the use of outcome measures in psychological therapy

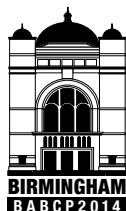
Graham Thew, University of Bath

17. Polyvagal Theory: practical implications for CBT practice

Brian Pope, University of Derby

Programme

THURSDAY 24TH JULY



Symposia 17 – Adult Mental Health – Arts Building, Lecture Room 8

NICE Guidelines for Mental Health: Evidence Updates

- Chair Anna Coughtrey, University of Reading
- 09.00 NICE Evidence Update for Alcohol Use Disorders
Colin Drummond, Kings College London
- 09.30 NICE Evidence Update for OCD
David Veale, South London and Maudsley NHS Foundation Trust and Kings College London
- 10.00 NICE Evidence Update for PTSD
Jennifer Wild, University of Oxford

Panel Discussion 2 – Adult Mental Health - Arts Building, Lecture Room 7

Behind the Research Curtain: Do Research Treatments Apply to Real World Settings?

- Chair Christopher Martell, University of Wisconsin, USA
- Panelists Sandra Coffman, Private Practice and University of Washington Seattle, USA
Zafra Cooper, University of Oxford
Heather O'Mahen, University of Exeter

Symposium 18 – Adult Mental Health – Arts Building, Main Lecture Theatre

Intrusive Memories in PTSD: Formation, Prevention, and Treatment

Part I: Formation of Intrusions After Traumatic Experiences: Which Cognitive Processes Explain Intrusion Development?

- Chair Tanja Michael, Saarland University, Germany
- 09.00 Experimental induction of intrusions of warning signals
Juliane Sachschal, University of Oxford
- 09.25 Forget about it: Interindividual differences in memory control predict PTSD-like memories after an analogue trauma
Markus Streb, Saarland University, Germany,
- 09.50 “Mindreading” flashback formation: Using neuroimaging to predict flashbacks
Ian A. Clark, University of Oxford
- 10.15 Intrusive memories and fear conditionability: Investigation of their relationship using a novel conditioned-intrusion paradigm in women
Melanie Wegerer, Salzburg University, Austria

Symposium 19 – Adult Mental Health and New Developments – Arts Building, Lecture Room 6

Understanding and Treating Disturbances in Positive Mood in Mood Disorders: From Basic Science to Clinical Intervention

- Chair Barney Dunn, Mood Disorders Centre, University of Exeter
- 09.20 The relationship between mindfulness and positive emotional experience.
Barney Dunn, Mood Disorders Centre, University of Exeter
- 09.40 The regulation of positive emotion in depression
Grace Fisher, Mood Disorders Centre, University of Exeter
- 10.00 Bringing positive imagery online: a randomised controlled trial of internet-delivered imagery cognitive bias modification in depression
Simon Blackwell, MRC Cognition and Brain Sciences Unit, Cambridge
- 10.20 Person-tailored insights into positive affective experience in depressed patients: a RCT
Marieke Wichers, Maastrich University, The Netherlands
- 10.40 Do wanting, liking and learning predict psychopathology in a community sample?
Henrietta Roberts, Mood Disorders Centre, University of Exeter

Symposium 20 – Adult Mental Health and Children and Adolescents – Arts Building, Lecture Room 1

New Developments in Intolerance of Uncertainty Part 1: Children, Young People, and Development

- Chair Mark Freeston, Newcastle University
- 09.00 A randomized controlled trial of cognitive therapy for Generalized Anxiety Disorder in youth: The role of intolerance of uncertainty in symptom change
Sean Perrin, Lund University, Sweden
- 09.30 Intolerance of Uncertainty as a Framework for Understanding Anxiety in Children and Adolescents with Autism Spectrum Disorders
Christina Boulter, Newcastle University/NTW Trust

- 10.00 Coping with Uncertainty in Everyday Situations (CUES): A parent based group intervention for children with Autism Spectrum Disorder
Jacqui Rodgers, Newcastle University
- 10.30 The Role of Childhood Attachment and Behavioural Inhibition in Predicting Intolerance of Uncertainty in Adulthood
Magdalena Zdebik, Université du Québec à Montréal, Canada

Symposium 21 – Basic Processes – Muirhead Building, Room 112

New Directions in Attentional Bias Research

- Chair Ernst Koster, Ghent University, Belgium
- Discussant Nazanin Derakshan, Birkbeck College London, UK
- 09.00 Attention Feedback Awareness and Control Training (A-FACT): Experimental test of a novel intervention paradigm targeting attentional bias
Amit Bernstein, University of Haifa, Israel
- 09.25 The effect of sad mood on engagement and disengagement of angry faces
Lonneke van Tuijl, University of Groningen, The Netherlands
- 09.50 Changing attentional bias in anxiety: New ideas and procedures
Stephanie Stevens, University of Western Australia, Australia
- 10.15 New directions in attentional bias modification
Ernst Koster, Ghent University, Belgium
- 10.40 Discussion

Symposium 22 – Basic Processes – Arts Building, Lecture Room 3

Cognitive Mechanisms in Anxiety and Somatic Complaints

- Chair Trudie Chalder, King's College London
- 09.00 How does exposure work? The role of over-prediction of fear and under-prediction of coping
Anouk Vanden Bogaerde, Ghent University, Belgium
- 09.30 Catastrophizing misinterpretations of physical symptoms are predictive of new onsets of somatoform disorder: A potential target for early cognitive intervention?
Marcella Woud, Ruhr University Bochum, Germany
- 10.00 Brief biopsychosocial treatment for non-cardiac chest pain: a pilot evaluation of a stepped-care approach
Elizabeth Marks, University College London Hospital
- 10.30 Behavioural experiments in the treatment of intolerance of uncertainty
Elizabeth Hebert, Concordia University, Canada

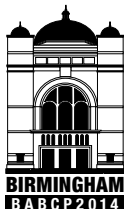
Symposium 23 – Severe and Enduring – Muirhead Building, Main Lecture Theatre

Cognitive Therapy for People with Psychosis who Choose Not to Take Antipsychotics: Findings From a Randomised Controlled Trial

- Chair Tony Morrison, University of Manchester
- 09.00 Cognitive therapy for people with schizophrenia spectrum disorders not taking antipsychotic medication: A randomised controlled trial
Tony Morrison, University of Manchester
- 09.20 Components of therapy as mechanisms of change in cognitive therapy for people with psychosis who choose not to take antipsychotics
Helen Spencer and Douglas Turkington, Newcastle University
- 09.40 Suicide risk factors in people who choose not to take antipsychotics: Findings from the ACTION trial
Paul Hutton, University of Edinburgh
- 10.00 Internalised stereotypes of psychosis, emotional dysfunction and the effects of cognitive therapy on internalised stigma in people with psychosis not taking antipsychotic medication
Melissa Pyle, Greater Manchester West Mental Health NHS Foundation Trust
- 10.20 A qualitative study of participants' experiences of CBT in the ACTION trial
Rory Byrne, Greater Manchester West Mental Health NHS Foundation Trust

Programme

THURSDAY 24TH JULY



Panel Discussion 3 – Therapeutic Techniques – University Centre, Avon Room **Is The Scientist-Practitioner Model Still Relevant in the 21st Century?**

Chair Steve Flatt, Psychological Therapies Unit, Liverpool
Discussant Paul Gilbert, University of Derby
Panelists Steve Flatt, Psychological Therapies Unit, Liverpool
Paul Salkovskis, University of Bath
Michael Scott, Sheffield Hallam University

09.00-11.00

Clinical Skills Classes

Skills Class 5 – Arts Building, Lecture Room 5

Supplementing Brief Behavioral Activation with Functional Analysis

Carl Lejuez, University of Maryland, USA

Skills Class 6 – Arts Building, Lecture Room 4

Group Cognitive Behavioural Therapy for People with Asperger Syndrome

Peter Langdon, University of Kent

Skills Class 7 – Arts Building, Lecture Room 2

Parenting for Anxious Parents

Sam Cartwright Hatton, University of Sussex, UK

11.30-12.30

Keynote Addresses

Professor Doug Mennin, City University of New York, USA

An Emotion Regulation Framework for Emphasising Commonalities in Cognitive-Behavioural Treatments

Chair: Dave Fresco, Kent State University, USA
University Building, Avon Room

Professor Heleen Ripper, VU University, Amsterdam, The Netherlands

Personalised and Embedded Mobile Cognitive Behavioral Therapy for Depression

Chair: Jennifer Wild, University of Oxford
Arts Building, Main Lecture Theatre

Professor Ernst Koster, Ghent University, Belgium

Cognitive Mechanisms Involved in Ruminative Thought

Chair: Roz Shafran, University of Central London
Muirhead Building, Main Lecture Theatre

Professor Chris Hatton, Lancaster University, UK

Subterranean Homesick Blues: How do we Improve the Mental Health of People with Intellectual Disabilities?

Chair: TBC
Arts Building, Lecture Room 1

12.15 –13.15

You can pick up a packed lunch from the Great Hall to take to these meetings

Couples Special Interest Group Meeting

Arts Building, Lecture Room 2

Supervision Special Interest Group Meeting

Arts Building, Lecture Room 4

REBT Special Interest Group Meeting

Arts Building, Lecture Room 6

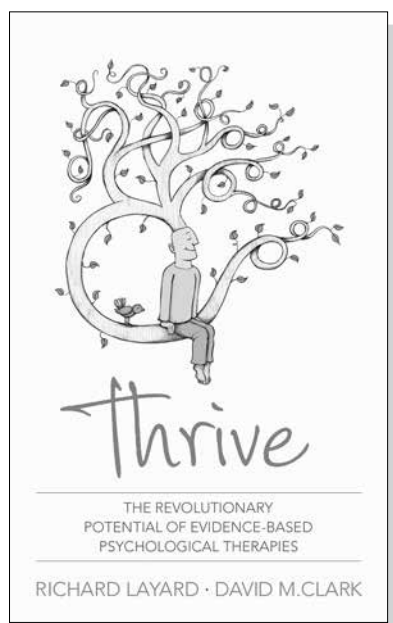
CBT for Medics Special Interest Group Meeting

Arts Building, Lecture Room 3

Compassion Special Interest Group Meeting

Arts Building, Lecture Room 5

12.30



Book signing with Richard Layard and David M Clark

Their new book

‘Thrive: The Power of Evidence-Based Psychological Therapies’.

Available to buy in The Great Hall

13.30-15.30

Symposium 24 – Adult Mental Health – Arts Building, Main Lecture Theatre

Intrusive Memories in PTSD: Formation, Prevention, and Treatment

Part II: Prevention and Treatment Strategies for Intrusive Imagery After Traumatic Experiences

Chair Tanja Michael, Saarland University, Germany

13.30 Developing preventative strategies to reduce flashback development following psychological trauma: From memory consolidation to reconsolidation

Ella James, MRC Cognition and Brain Sciences Unit, Cambridge

14.00 Can cognitive science research on imagery help women and their partners traumatized by an emergency cesarean section?

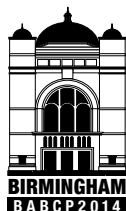
Antje Horsch, University of Lausanne, Switzerland

15.00 Effects of acute cortisol administration on perceptual priming of trauma-related material

Elena Holz, Saarland University, Germany

15.30 An experimental study of the effects of stimulus discrimination training on intrusive memories

Jennifer Wild, University of Oxford



Symposium 25 – Adult Mental Health and New Developments - Arts Building, Lecture Room 1 **New Developments in Intolerance of Uncertainty Part II: Processes and Applications Among Adults**

- Chair Mark Freeston, Newcastle University and Newcastle Tyne and Wear NHS Trust
- 13.30 Testing the psychometric and conceptual validity of the intolerance of uncertainty model in the Italian context: preliminary findings
Gioia Bottesi, University of Padova, Italy
- 14.00 A closer look at the construct of intolerance of uncertainty and its relation with generalized anxiety disorder
Naomi Koerner, Ryerson University, Canada
- 14.30 A little more certain about what intolerance of uncertainty really means? Intolerance of uncertainty in everyday life
Mark Freeston, Newcastle University and Newcastle Tyne and Wear NHS Trust
- 15.00 The intolerable uncertainty of anxiety
Nick Carleton, University of Regina, Canada

Symposium 26 – Adult Mental Health and New Developments – Muirhead Building, Main Lecture Theatre **Mental Imagery Across Disorders: Phenomenology and Treatment**

- Chair Charlotte Weßlau, University of Frankfurt, Germany
- 13.30 The role of visual mental imagery in depressed mood
Charlotte Weßlau, University of Frankfurt, Germany
- 14.00 Changing negative self-images in patients with PTSD
Meike Müller-Engelmann, University of Frankfurt, Germany
- 14.30 Imagery rescripting with flashforwards
Marisol Voncken, University of Maastricht, the Netherlands
- 15.00 Imagery-focused cognitive therapy (ImCT) in a small sample of patients with bipolar disorder: a pilot clinical audit
Martina Di Simplicio, MRC Cognition and Brain Sciences Unit, Cambridge

Symposium 27 – IAPT and Primary Care – Arts Building, Lecture Room 7 **The Economics of Improving Access to Psychological Therapies**

- Chair and Discussant David M Clark, University of Oxford
- 13.30 Why IAPT costs nothing
Lord Richard Layard, London School of Economics and Political Science
- 13.50 IAPT: Cost impact and implications for treating a General Practice population
Arek Hassy, Theale Medical Centre, Berkshire
- 14.10 Cost of IAPT services in the East of England region
Muralikrishnan R. Kartha, King's College, London
- 14.30 Development of an outcomes based payment and pricing system for IAPT services
David Perton, NHS England
- 14.50 Discussion

Symposium 28 – Intellectual and Development Disabilities - Arts Building, Lecture Room 4 **Autism Spectrum Disorders**

- Chair Peter Langdon, University of Kent
- 13.30 Group cognitive behavioural therapy for people with Asperger syndrome who have problems with anxiety: Views of the people with Asperger syndrome
Peter Langdon, University of Kent
- 14.00 Behavioural and cognitive behavioural approaches to severe feeding difficulties in the context of Autism Spectrum Disorders
Fay Murphy, Great Ormond Street Hospital, London
- 14.30 Asperger syndrome, alexithymia and schizotypy
Dougal Hare, University of Manchester

Symposium 29 – New Developments – University Centre, Avon Room

Mindfulness-based Cognitive Therapy: New Applications and Alternative Means of Delivery

- Chair Fergal Jones, Canterbury Christ Church University, Sussex Partnership NHS Foundation Trust & Sussex Mindfulness Centre
- 13.30 Self-help Mindfulness-Based Cognitive Therapy (MBCT): Evidence from two randomised controlled trials
Clara Strauss, University of Sussex, Sussex Partnership NHS Foundation Trust & Sussex Mindfulness Centre
- 14.00 A randomised controlled trial of a brief online mindfulness-based intervention: Replication and extension
Kate Cavanagh, University of Sussex & Sussex Mindfulness Centre
- 14.30 A pilot study of mindfulness training compared to psycho-education for perfectionism
Kirsty James, University of Bath
- 15.00 Offering mindfulness to trainee therapists and NHS staff
Fergal Jones, Canterbury Christ Church University, Sussex Partnership NHS Foundation Trust & Sussex Mindfulness Centre

Symposium 30 – Severe and Enduring – Arts Building, Lecture Room 3

A Multicentre, Randomised Controlled Trial of Cognitive Therapy to Prevent Harmful Compliance with Command Hallucinations ('COMMAND')

- Chair Anthony Morrison, University of Manchester
- Discussant: Anthony Morrison, University of Manchester
- 13.30 CTCH (Cognitive therapy for Command Hallucinations): An overview of the therapy with an illustrative case example
Alan Meaden and Nadine Keen, Birmingham & Solihull and South London & Maudsley NHS Foundation Trusts
- 14.00 A multi-centre randomised controlled trial of cognitive therapy to prevent harmful compliance with command hallucinations
Emmanuelle Peters, Institute of Psychiatry, King's College London
- 14.30 Discussion

Symposium 31 – Therapeutic Techniques – Arts Building, Lecture Room 6

Upscaling and Implementation of Online CBT in Routine Practice

- Chair: Heleen Riper, VU University Amsterdam, the Netherlands
- 13.30 Blending iCBT into routine practice
Heleen Riper, VU University Amsterdam, the Netherlands
- 14.00 Untapped potential? The implementation of online CBT in routine practice
Kate Cavanagh, University of Sussex
- 14.30 The MasterMind EU trial - cCBT at scale
Stella Clark, University of Edinburgh

Panel Discussion 4 – Therapeutic Techniques - Arts Building, Lecture Room 8

Cognitive Behavioural Therapy Approaches to Working with Distressed Couples

- Chair Michael Worrell, Central & North West London NHS Foundation Trust
- Panellists Christopher Martell, University of Wisconsin, USA
Michael Worrell, Central & North West London NHS Foundation Trust
Sarah Corrie, Central & North West London NHS Foundation Trust
Marion Cuddy, South London and Maudsley NHS Foundation Trust
Andre Geel, Central & North West London NHS Foundation Trust

13.30-15.30

Clinical Skills Classes

Skills Class 8 – Arts Building, Lecture Room 2

Beating the Biases - Real Life Demonstrations

Ernst Koster, Ghent University, Belgium

Skills Class 9 – Arts Building, Lecture Room 5

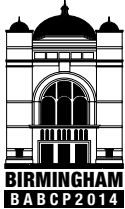
Thinking About Including Self-practice/Self-reflection (SP/SR) in Your CBT Training Programme? Guidelines for Trainers

James Bennett-Levy, University of Sydney, Australia

Skills Class 10 – Muirhead Building, Room 112

Can Principles of Exposure and Emotional Processing from the Treatment of Anxiety Disorders Apply to the Treatment of Depression?

Adele Hayes, University of Delaware, USA



16.00-17.00

Keynote Addresses

Professor Carl Lejuez, University of Maryland, USA

Behavioural Treatments for Depression: Don't Call it a Comeback

Chair: Christopher Martell, University of Wisconsin, USA

Muirhead Building, Main Lecture Theatre

Dr Janet Feigenbaum, University College, London, UK

Dialectical Behavioural Therapy: The Perimeters and Frontiers

Chair: Paul Gilbert, University of Derby

University Centre, Avon Building

Dr Peter Langdon, University of Kent, UK

Group Cognitive Behavioural Therapy for People with Asperger Syndrome and Anxiety Disorders: Findings from the PASA Trial

Chair: Chris Hatton, Lancaster University

Arts Building, Lecture Room 1

Professor Jasper Smits, The University of Texas at Austin, USA

How to Help Clients Get the Most out of Therapy

Chair: Adam Radomsky, Concordia University, Canada

Arts Building, Main Lecture Theatre

17.00-18.00

A Tribute to Gordon Deakin

Arts Building, Lecture Room 2

17.00-18.00

Poster Presentation session

The Great Hall

1. Community Engagement - Eis Ledaber

Raphael Kada, Six Degrees Social Enterprise, Manchester

2. Observer Vantage Perspective and Rumination: Understanding their Relationship in Depression

Ly Huynh, University of New South Wales, Sydney, Australia

3. Assessment of pain-related catastrophic cognitions, fusion, and behaviour change in Acceptance and Commitment Therapy

Lottie Morris, University of Bath

4. Treating childhood fears in children on the higher end of the autism spectrum through drama

Haris Karnezi, Trinity College Dublin

5. Treatment Progress in Medium Secure Settings for Women: Changes in Symptomatology, Personality and Need from Admission to Discharge

Clive Long, St Andrew's University

6. Team formulation: A literature review exploring the practice and evidence base

Valentina Short, Durham University and Tees Esk and Wear Valleys NHS Foundation Trust

7. Is 16 the magic number? A meta-analysis of low intensity CBT for psychosis

Cassie Hazell, University of Sussex

8. Cognitive Behavioural Therapy for Emetophobia and The Role of Negative Beliefs about Emotional Expression

Rosanna Chapman, University of Bath

9. The Treatment of Compulsive Checking in an Older Gentleman with Cognitive Impairment: A Case Presentation

Vera Hughes, University of Bath

10. Assessing event-specific repetitive thought: A subtype-level, transdiagnostic measure

Suraj Samtani, University of New South Wales, Australia

11. Developmental trajectories of childhood internalizing symptoms from 17 months to 8 years of age: Early risk and protective factors for adolescent internalizing problems

Magdalena Zdebik, Université de Montréal, Canada

12. Development and validation of the Japanese version of Responsibility Attitude Scale and Responsibility Interpretations Questionnaire

Ryotaro Ishikawa, Chiba University, Japan

13. Comparing Immediate Recall Memory Biases in Depressed and Non-Depressed Adolescents

Faith Orchard, University of Reading

14. Treating Social Anxiety: A 70 year-old Grandmother Meets a New Social World

Ann O'Hanlon, Queens University Belfast

15. Panic attacks or intrusive memories: an easy diagnostic error?

Vera Hughes, University of Bath

16. An exploration of the construct of bitterness in adults

Sarah Mills, University of Bath

17. Social Inclusion – Recognising the needs of the Polish Community

Gosia Pelikan, Six Degrees Social Enterprise, Manchester

18. Effectiveness of Group CBT in Routine Clinical Practice in a South London IAPT Service

Alexander Sim, Wandsworth Psychological Therapies & Wellbeing Service

19. Can people with anxiety and depression learn mindfulness? A Meta-Analysis

Lizzie Clark, University of Sussex

20. Are elevated manic symptoms in children related to disorder diagnoses? Preliminary results from the Longitudinal Assessment of Manic Symptoms (LAMS) Study

Jessica Watts, Michael Rutter Centre, Maudsley Hospital

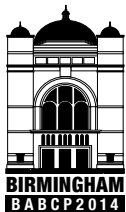
18.15-19.15

BABCP Annual General Meeting

Arts Building, Main Lecture Theatre

Programme

FRIDAY 25TH JULY



Symposium 32 – Adult Mental Health – Arts Building, Main Lecture Theatre

New Advances in CBT for OCD: A Focus on Single Cases

- Chair Adam Radomsky, Concordia University, Canada
- Discussant Mark Freeston, Newcastle University
- 09.00 A single case design of cognitive treatment for obsessions
Maureen Whittal, Vancouver CBT Centre
- 09.30 Imagery re-scripting for body dysmorphic disorder (BDD)
Rob Wilson, Institute of Psychiatry, King's College London
- 10.00 "I feel dirty right under my skin": The treatment of Mental Contamination in OCD
Anna Coughtrey, University College London
- 10.30 Cognitive therapy for compulsive checking: Single cases and treatment development
Adam Radomsky, Concordia University, Canada

Symposium 33 – Adult Mental Health – Arts Building, Lecture Room 7

Understanding and Preventing Adverse Effects of Psychological Therapy

- Chair Glenys Parry, University of Sheffield
- Discussant Shirley Reynolds, University of Reading
- 09.00 Risk of harm in psychological therapies: a re-analysis of deterioration data from randomised controlled trials
Glenys Parry, University of Sheffield
- 09.30 Risk factors for reliable deterioration during therapy and unplanned therapy endings
Dave Saxon, University of Sheffield
- 10.00 Learning from therapists' and patients' experience of failed therapy
Gillian Hardy, University of Sheffield
- 10.30 Discussion

Symposium 34 – Basic Processes and Child and Adolescent – Arts Building, Lecture Room 2

Basic Processes in Child and Adolescent Anxiety

- Chair Sam Cartwright Hatton, University of Sussex
- 09.00 Attentional bias in anxious preschool children: an eye-tracking study
Helen Dodd, University of Reading
- 09.30 Towards the development of an interpersonal model of OCD: Assessment of the role of attachment style in the development of reassurance-seeking behaviours in adolescents with OCD
Sasha Walters, University of Bath,
- 10.00 Prevention of vicarious learning via latent inhibition and immunisation
Gemma Reynolds, Kingston University
- 10.30 Trying to fall asleep while catastrophising: What sleep disordered adolescents think and feel
Rachel Hiller, University of Bath

Symposium 35 – Severe and Enduring – Arts Building, Lecture Room 4

Reasoning and Memory Biases in Psychosis; Recent Advances and Clinical Applications

- Chair Pamela Jacobsen, Institute of Psychiatry, Kings College London
- Discussant Lyn Ellett, Royal Holloway, University of London
- 09.00 Overgeneral autobiographical memory bias in healthy and clinical voice-hearers
Pamela Jacobsen, Institute of Psychiatry, Kings College London
- 09.30 Overgeneral autobiographical memory and social problem solving in people with persecutory delusions
Natasha Vorontsova, Royal Holloway, University of London
- 10.00 Examining the stability of the jumping to conclusions bias over time using an American community sample
Michelle Lim, Swinburne University of Technology, Melbourne, Australia
- 10.30 Targeting reasoning biases in delusions: A pilot study of the thinking well group
Alison Jones, Institute of Psychiatry, Kings College London

Symposium 36 – Severe and Enduring – Arts Building, Lecture Room 3

UNIQUE: Exploring psychotic experiences in non-need for care populations: Findings from the UNIQUE study (UNusual Experiences enQUIry Study)

Chair and

Discussant Antony Morrison, University of Manchester

09.00 Appraisals of experimental analogues of psychotic symptoms in individuals with psychotic experiences with and without a ‘need for care’

Emmanuelle Peters, Institute of Psychiatry, King’s College London

09.30 Embracing uncertainty- the role played by belief flexibility in responding adaptively to psychosis-like experiences

Tom Ward, Institute of Psychiatry, King’s College London

10.00 Victimization in people with psychotic experiences with and without a ‘need for care’

Monica Charalambides, Institute of Psychiatry, King’s College London

10.30 What is benign about benign psychotic experiences?

Mike Jackson and Louise Brookwell, Bangor University

Symposium 37 – Therapeutic Techniques – Muirhead Building, Main Lecture Theatre

Mindfulness: New Developments

Chair Sandra Coffman, University of Washington, USA

09.00 The genetic and environmental influences on mindfulness and its aetiological associations with depression symptoms and anxiety sensitivity.

Monika Waszczuk, King’s College London

09.25 Engagement in mindfulness-based interventions

Moitree Banerjee, University of Sussex

09.50 The effects of mindfulness and relaxation training in reducing vulnerability for depression

Ana Costa, King’s College London

10.15 A meta- analysis examining the psychological benefits of mindfulness-based interventions (MBIs) for healthcare practitioners

Clara Strauss, University of Sussex

10.40 Mindfulness as a novel approach to eating disorder prevention: A preliminary controlled evaluation

Melissa Atkinson, University of West England, Australia

Symposium 38 – Training and Professional Issues – Arts Building, Lecture Room 1

Training and Evaluation: Tools for the Road Ahead

Chair Sarah Rakovshik, Oxford Cognitive Therapy Centre and University of Oxford

Discussant Melanie Fennell, Oxford Cognitive Therapy Centre and University of Oxford

09.00 Expert insight into the assessment of CBT competence: A qualitative exploration of experts’ experiences, opinions and recommendations

Freda McManus, University of Stirling, Scotland

09.30 The supervisor competency scale

Helen Kennerley, Oxford Cognitive Therapy Centre and University of Oxford

10.00 The Assessment of Core CBT Skills (ACCS) – a new tool for assessing CBT competence

Kate Muse, Oxford Cognitive Therapy Centre and University of Oxford

10.30 Training in action: effects of internet-based CBT training on therapists’ competence and patients’ outcomes in a three-armed randomized control trial

Sarah Rakovshik, Oxford Cognitive Therapy Centre and University of Oxford

Programme

FRIDAY 25TH JULY

09.00-11.00

Clinical Skills Classes

Clinical Skills Class 11 – Arts Building, Lecture Room 6

Learning How to Feel Good: How to Build Positivity in Depressed Clients

Barney Dunn, University of Exeter and Richard Moore, Cambridge and Peterborough NHS Foundation Trust

Clinical Skills Class 12 – Muirhead Building, Room 112

CBT for Command Hallucinations

Alan Meaden, University of Birmingham

Clinical Skills Class 13 – Arts Building, Lecture Room 5

Narrative and Metaphor in CBT: Tools for Therapeutic Change

Paul Blenkiron, Leeds and York Partnership NHS Foundation Trust

11.30-13.30

Keynote Addresses

Professor Paul Gilbert, University of Derby, UK

Compassion-Focused Therapy and the Fears of Compassion

Chair: Mary Welford, Compass Therapy Centre

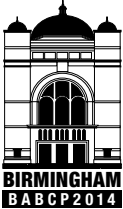
Arts Building, Main Lecture Theatre

Professor Tanja Michael, Saarland University, Germany

Enhancing Extinction-based Therapies of Anxiety Disorders: Cute Dogs and Other (unlikely) Candidates

Chair: David M Clark, University of Oxford

Arts Building, Lecture Room 1







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