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British Association for Behavioural and Cognitive
Psychotherapies

Annual Conference & Workshops

University of Sussex • 12th-14th September 2007

Dear Delegates,

Welcome to Brighton, the University of Sussex and the 35th Annual Conference of BABCP. In spite of the competing attraction of a World Congress of Behaviour and Cognitive Therapy in Barcelona only a few months ago BABCP have still succeeded in organising a conference that continues to demonstrate the wealth of clinical practice and research that is a hallmark of CBT in the UK. The Conference Scientific Committee can once again congratulate itself on the quality and diversity of the programme and the opportunity that it has allowed us to draw on exciting developments that are taking place in the United Kingdom and further afield.

There was a very positive response to the call for papers with submissions from over 100 people who will be presenting their work to over 700 delegates. 400+ delegates will have also attended one of the pre-conference workshops held immediately prior to the conference. At a time when funding for training and development is increasingly limited this must reflect both the quality of the programme and the recognition amongst behavioural and cognitive therapists of the value of continuing professional development and the exchange of ideas.

The programme itself is designed around 8 key themes which are set out in this final programme:

- **Adult Mental Health**
- **Psychosis**
- **Children and Adolescents**
- **Intellectual Disabilities**
- **Behavioural Medicine**
- **Addictive Disorders**
- **Therapeutic and Clinical Applications**
- **Basic Processes**


There are prominent contributions from leaders in the field of cognitive and behavioural psychotherapies in each of these areas and, to follow a theme, check out the 'conference at a glance' page in the programme.

Enjoy your short time in Brighton and do take advantage of the social programme that is an important part of the annual conference and which enable delegates to meet, socialise and enjoy the company of their colleagues from across the UK and beyond.

Beyond Brighton, we hope that your experience here will encourage you to attend future Annual BABCP Conferences and events. Remember to check out the BABCP website for future events and join us in Edinburgh in 2008.

Philip Tata
Chair
Scientific Committee

Rod Holland
Conference Organiser



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General Information

The Conference Site

The conference scientific sessions will take place on the University of Sussex Campus situated on the outskirts of Brighton. The centre of the Conference will be the Meeting House where you will find the book exhibition, the poster session, coffee and the registration/information desk. Some of the scientific sessions will also take place here but most will be held in lecture rooms within easy walking distance of the Meeting House. Signs will direct you to the various rooms listed in the programme 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.

Room Capacity

Delegates must respect the limits on the numbers of delegates that can be accommodated in particular lecture theatres and symposia rooms. These limits are there for obvious fire and other 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 you 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.

Information Centre

Message boards are situated in the Meeting House and Bramber House where a number of the scientific sessions are taking place. These will give details of any programme changes and will be the pick up point for any messages that have been left for delegates.

Exhibition Area

The book exhibition will take place in the Meeting House and will be open at the opening reception on Wednesday and throughout the duration of the Conference. Here you can spend time relaxing, meeting friends and colleagues, as well as looking at (and purchasing) the latest titles from a number of publishers who will be present.

Eating and Drinking

Coffee and tea are provided free of charge to all delegates in the morning and afternoon in the Meeting House and Bramber House. Lunch is also included in your registration fee and will be served in Bramber House. Admission to the dining room will only be allowed to those wearing a badge. To facilitate the number of people who will be eating in the dining room we have extended the lunch break from 12 noon to 13.30.

Dinner is only available on the Tuesday evening for those people who have pre-booked it. We will also be serving a Bar-b-Q on the Wednesday evening at Falmer House from 20.00. Delegates will have had the opportunity to buy a ticket for the BBQ prior to the congress and there may be a few tickets available at the registration desk on arrival.

Lost Badges

You must wear your badge at all times during the Conference. A STRICT ADMISSION POLICY will be operating and admission to symposia and other events will be restricted to BADGE HOLDERS ONLY. Do not forget to wear your badge. If you lose your badge a replacement fee of £25 will be made along with proof of registration. We apologise for any inconvenience caused by this policy but trust that delegates will accept the need to restrict entry to bona fide delegates only.

No Smoking Policy

In line with the new laws on smoking no smoking is allowed in any enclosed public areas of the Conference. Please respect this.

Social Programme

In the usual tradition of BABCP Conferences there will be plenty of opportunities for you to meet colleagues in relaxed and convivial surroundings. The following social activities have been arranged for your participation and enjoyment.

Wednesday 12th September 18.00

BABCP 2007 Opening Reception: The Meeting House

The opening reception will be held in Meeting House where you can enjoy a glass of wine and some canape. Visit the Book Exhibition and "Meet Your Branch Representative" during the opening reception.

Wednesday 12th September 20.00

BABCP 2007 BBQ and Opening Party: Falmer House

If you have a ticket you will be able to enjoy the BABCP BBQ in Falmer House from 20.00. If you haven't got a ticket then you can still take advantage of the cash bar and the free disco and dancing until midnight or beyond.

Thursday 13th September 16.45

Book Exhibition and Poster Session Reception

Join us for a glass of wine and a look around the book exhibition and posters in the Meeting House. Sponsored by Sage and Harcourt Assessment.

Thursday 13th September 19.00

Conference Party and Fish Supper on Brighton Pier 19.00 - midnight

We will be taking you by coach to a special party on the famous Brighton Pier where you will be welcomed by a special guest, served Brighton famous Fish and Chips, have the opportunity to ride on the dodgems and other rides and dance the night away in Horatio's Bar on the Pier.



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Wisepress.com, Europe's leading conference bookseller, has a complete range of books and journals relevant to the themes of the meeting. Books can be purchased at the stand or, if you would rather not carry them, posted to you – Wisepress will deliver worldwide. In addition to attending 250 conferences per year, Wisepress has a comprehensive medical and scientific bookshop online with great offers, some up to 40% off the publisher list prices.

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EUROPE'S LEADING CONFERENCE BOOKSELLER

Conference at a Glance

Wednesday 12th September

18.00 - Midnight

Opening Reception: Meeting House

Meet your Branch representative

Opening BBQ and Disco: Falmer House

Thursday 13th September

9.00 - 11.15

Symposium 1	Personality Disorders: Trials, Experiments and Doing CBT
Symposium 2	Self-help: How Does the Theory Work Out in Practice?
Symposium 3	Theoretical Advances in Bipolar Disorder
Symposium 4	New Advances in Obsessive Compulsive Disorder Research and Treatment
Symposium 5	Translating Experimental Findings into Innovative Treatments for Clinical Disorders
Symposium 6	Child Anxiety: Causes, Effects and Cures
Symposium 7	Women's Health: Cognitive Behavioural Interventions in Gynaecology
Symposium 8	Should We Rename Schizophrenia, or Can We Abolish the Concept Altogether?
Open Papers 1	Improving Service Delivery in Minority Groups
Panel Debate	NICE & Beyond
Discussion Group	Developing and Ensuring the Quality of Introductory Courses in CBT

11.15 - 12.15

Invited Speaker	Professor Kate Davidson
Invited Speaker	Professor Adam Radomsky
Invited Speaker	Dr Luci Wiggs

12.30 - 13.30

Acceptance and Commitment Therapy: Special Interest Branch
Annual General Meeting

13.00 - 18.00

Congress Poster Session
The Meeting House

13.30 - 15.30

Symposium 9	Factors Affecting Engagement in CBT for Clients with Psychosis
Symposium 10	Basic Mechanisms of Perseveration in Psychopathology
Symposium 11	Improving Access to Psychological Therapies: Progress to Date from the Pilot Sites
Symposium 12	Cognitive and Pharmacological Approaches to Understanding Depression
Symposium 13	Severe, Chronic, Refractory Obsessive-Compulsive Disorder
Symposium 14	Cognitive Bias Modification
Symposium 15	Child and Adolescent Psychopathology
Symposium 16	Chronic Fatigue Syndrome: Cognitive Behavioural Model and Treatment
Symposium 17	Meeting the NICE Guidelines for Schizophrenia: Training in CBT for Psychosis
Symposium 18	Models & Clinical Practice Developments Responsive to the Needs of Older Adults
Roundtable	CBT Competences and Their Implications on Training and Accreditation
Open Papers 2	Considerations in the Delivery of Therapy and Parenting Issues



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Conference at a Glance

13.30 - 16.30

Workshop 1	Treating Eating Disorders in the Age of Size Zero
Workshop 2	Using Free Online Computerised CBT Packages for Depression and Anxiety
Workshop 3	Stepped-care Services for the Common Mental Health Problems

15.45 - 16.45

Keynote Speaker	Professor Gillian Haddock
Keynote Speaker	Professor Graham Davey
Keynote Speaker	Professor Graham Turpin

17.00

BABCP AGM	BABCP Members Only
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Friday 14th September

9.00 - 11.15

Symposium 19	Cognitive Therapy in Chronic Physical Illness
Symposium 20	Cognitive Behavioural Therapy for Preventing Psychosis
Symposium 21	Understanding Compensatory Behaviours in the Eating Disorders
Symposium 22	Service Delivery Innovations in Primary Care 1
Symposium 23	Cognitive Behaviour Therapy in the Acute Psychiatric Inpatient Unit
Symposium 24	The Transdiagnostic Approach: Advances in Research, Treatment and Theory
Symposium 25	Empowering People to Help Themselves
Symposium 26	Where's the 'C' in CBT for People with Intellectual Disabilities?
Open Papers 3	Depression: Exploring the Role of Cognition and Behaviour

9.00 - 12.30

Workshop 4	Treatment of Substance Abuse with Comorbid Mental Health Disorders
Workshop 5	Bringing Interpersonal Process into Mainstream CBT

11.15 - 12.15

Keynote Speaker	Dr Stirling Moorey
Keynote Speaker	Professor Glenn Waller
Keynote Speaker	Professor Nigel Beail

13.30 - 15.00

Symposium 27	Ruminative Processing in Depression: Developing New Paradigms
Symposium 28	Service Delivery Innovations in Primary Care 2
Symposium 29	The Role of the Body in Mood Disorder and Brain Injury
Symposium 30	Developing Appropriate Interventions with People with Asperger's Syndrome
Panel Debate	Implications of Computerised Cognitive Behaviour Therapy for CBT Therapists
Open Papers 4	Evaluating Psychological Interventions across Disorders
Open Papers 5	Psychosis
Open Papers 6	Clinical Perfectionism, Body Image and Eating Disorders

15.45 - 16.45

Keynote Speaker	Dr Gillian Butler
Keynote Speaker	Dr Edward Watkins



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In-Conference Workshops

Delegates attending the BABCP Conference will be able to attend one or more of the in-conference workshops (3 hours approx.). Although there is no charge for these this year it is necessary to book in advance since places will be limited and some may have been fully subscribed in advance. You can check out the details at the In-congress desk in Bramber House on Wednesday or in the Meeting House on Thursday and Friday.

Workshop 1

Treating eating disorders in the age of "Size Zero": Working with ambivalence, values and personality

Lucy Serpell, Dept of Clinical Health Psychology, CNWL/St Mary's Hospital

Eating disorders remain some of the most challenging psychological disorders to treat. Many people with eating disorders fail to engage in treatment, drop out early or fail to improve. One of the main reasons for such treatment failures is ambivalence about recovery. This can be frustrating and frightening for clinicians and families.

Recent developments in the treatment of eating disorders have offered a well-specified and comprehensive cognitive behavioural model which aims to apply to all eating disorders (Fairburn, Cooper & Shafran, 2003).

There is a growing evidence base for the use of such an approach. However, this workshop aims to explore some of the issues which may prevent some individuals from benefiting from such approaches.

Firstly, reasons for treatment ambivalence will be explored. Research into pro-eating disorder beliefs suggests that cultural, interpersonal and intrapersonal issues may be implicated (Serpell *et al*, 1999; 2004) and that each may need to be addressed as part of any cognitive behavioural treatment (Schmidt & Treasure, 2006, Lavender & Schmidt, 2006).

A further issue which may impede recovery is personality in eating disorders this tends to involve either impulsive or rigid and perseverative traits (Serpell *et al*, 2006, Serpell *et al*, submitted). Methods for addressing these traits will also be explored.

Key Learning Objectives

1. To understand cognitive behavioural approaches to common eating disorders.
2. To develop additional skills to address complex issues in eating disorders including ambivalence and working with values.
3. To understand how personality features may impede treatment and to develop ways of harnessing such features to improve therapy outcomes.

Lucy Serpell is a Clinical Psychologist who has worked with eating disordered individuals since 1995. She has conducted extensive research in the field and was awarded her PhD entitled "Anorexic Thinking": Cognitive Processes in Anorexia Nervosa' in 2000. Her specific interests in the field include treatment resistance, motivation and personality. She also runs edr.org.uk, an eating disorders website providing information to mental health professionals and people struggling with eating problems. She currently works in a clinical/research post with individuals with HIV, many of whom struggle with eating and body image issues. She also works with eating disorders in private practice.

Key References

FLavender, A., & Schmidt, U. (2006). Cognitive-Behavioural Case Formulation in Complex Eating Disorders. In N. Tarrrier (Ed.), Case formulation in Cognitive Behaviour Therapy (pp. 238-262): Routledge.

Schmidt, U., & Treasure, J. (2006). Anorexia nervosa: valued and visible. A cognitive-interpersonal maintenance model and its implications for research and practice. Br J Clin Psychol, 45(Pt 3), 343-366.

Serpell, L., Teasdale, J., Troop, N., & Treasure, J. (2004). The development of the P CAN: a scale to operationalise the pros and cons of anorexia nervosa. International Journal of Eating Disorders, 36, 416-433.

Serpell, L., Livingstone, A., Neiderman, M., & Lask, B. (2002). Anorexia nervosa: Obsessive compulsive disorder, obsessive compulsive personality or neither. Clinical Psychology Review, 22, 647-669.

Workshop 2

Using free online computerised CBT packages for depression and anxiety

Chris Williams, University of Glasgow and Paul Farrand, Univ Plymouth

The NICE computerised CBT (CCBT) review recommends Beating the Blues and Fearfighter as treatments for depression and anxiety respectively. A recent review for the Care Services Improvement Partnership (CSIP) produced by BABCP has identified that free online sites like Mood Gym and Livinglifetothefull.com offer promise as effective treatments available at no cost.

Key Learning Objectives

This mini-workshop will:

Review the current evidence base for Mood Gym and Living Life to the Full.

Based on CSIP recommendations consider how free resources can be included in the options available to mental health services.

Review practical ways of delivering such resources in primary, community and specialist mental health settings.

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In-Conference Workshops

Dr Chris Williams is a senior lecturer in psychiatry at the University of Glasgow and manages the self-help treatment access resource team (START) in Glasgow. Dr Paul Farrand is senior lecturer at the University of Plymouth and leads the South West Book Prescription scheme.

Key References

1. Gellatly J, Bower P, Hennessy S, Richards D, Gilbody S & Lovell K. What makes self help interventions effective in the management of depressive symptoms? Meta analysis and meta regression. *Psychological Medicine*: In press.
2. National Institute for Clinical Excellence. Technology appraisal 51. Computerised cognitive behaviour therapy for depression and anxiety. London: National Institute for Clinical Excellence 2000

Workshop 3

Stepped-care Services for the Common Mental Health Problems: Going Beyond the Tip of the Iceberg

Jim White, Greater Glasgow and Clyde NHS

While CBT approaches are strongly recommended for the treatment of common mental health problems, the reality is that these services are scarce, relatively low volume, typically involve high drop-out and significantly poorer outcomes at the routine clinic level than at the research centre level. Long waiting lists are the rule in the NHS. Services, even at the primary care level, tend to focus on well-entrenched problems and little preventative or early intervention work is carried out. While the Layard proposals appear to be gathering influence, they are only one approach to the needs of primary care. There is a need to look at altering the way we provide services.

This workshop will look at the problems found at the primary care level and discuss a range of pragmatic solutions within a CBT framework. We will focus on the work of the Glasgow NHS STEPS primary care mental health team. This service, a Scottish Executive Exemplar project, offers stepped-care intervention at six levels: individual, group, single contact, non-face-to-face, working with others and population level work. We have developed a high volume multi-level/multi-purpose service that attempts to tackle the above problems. At the clinic level, we offer individual therapy and Rapid Access Services (RAS) that offer a real alternative to prescribing and allow user choice. Currently, these RAS include Stress Control large group (100+) evening classes, Advice Clinics and Advice Lines, Mental health sections in public libraries, book prescribing schemes, support groups run by an expert patient, self-help book series, website (www.glasgowsteps.com), podcasts, exercise and well-being options. At the community level, we are working with, and training, others, e.g. Muslim faith leaders, going into schools and developing awareness raising approaches (Good Mood Week, DVD, StressMaster days, etc).

Key Learning Objectives

- To look at the range of needs found at the primary care and community level.
- To explore ways to move from a traditional individual therapy-based service to a multi-level/multi-purpose stepped-care service.
- To look at ways to improve both efficiency and effectiveness.

Jim White is a consultant clinical psychologist and STEPS team leader. He has worked for many years in primary care, developing services to better fit the needs of this heterogeneous population. He has presented numerous workshops and papers at national and international conferences.

Key References

- White, J. (2000) *Treating anxiety and stress*. Wiley (Chapters 1 and 3).
Bower, P. and Gilbody, S. (2005). Stepped care in psychological therapies: access, effectiveness and efficiency. *British Journal of Psychiatry*, 186, 11-17.

Workshop 4

Cognitive Behavioural Therapy for the Treatment of Substance Abuse with Comorbid Mental Health Disorders

Renuka Arjundas and Patrick Roycroft Northumberland, Tyne and Wear NHS Trust

Substance use disorders commonly coexist with mental health disorders such as Depression, Anxiety disorders, Schizophrenia and Mania. The relationship between substance abuse and mental health disorders can be complex and substance abuse can affect the treatment outcome and prognosis of these disorders.

The effectiveness of Cognitive Behavioural Therapy (CBT) in various mental health problems is well established. CBT has also been widely studied and shown to be effective in the treatment of substance use disorders, such as the abuse of tobacco, alcohol and cocaine.

This workshop aims to help the participants understand the interrelationship between substance abuse and mental health disorders and to use this understanding to develop formulations informed by theoretical disorder-specific CBT models. Another aim is to demonstrate the application of appropriate cognitive behavioural interventions derived from the formulation. The emphasis of the workshop will be on evidence-based approaches for substance use disorders such as Motivational Enhancement Therapy (MET) and CBT. The use of Transtheoretical stage of change model to assess readiness to change and inform interventions for co occurring disorders will be demonstrated. Newer treatment approaches such as Mindfulness Meditation for relapse prevention of substance abuse will also be briefly discussed.



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In-Conference Workshops

The department of health recommends that mental health practitioners develop skills in assessing and treating substance use disorders. This workshop is relevant to generic mental health practitioners and to specialist practitioners in the field of addiction who wish to enhance their skills for the treatment of substance abuse with comorbidity. Specific training in the field of addictions is not required but it is assumed that participants have knowledge and experience of application of CBT in generic mental health problems.

Key Learning Objectives

At the end of this workshop participants would be able to:

- a. Assess substance use disorders and their interaction with comorbid mental health disorders.
- b. Understand models of therapy that underpin common cognitive behavioural interventions for substance use disorders.
- c. Develop a idiosyncratic case formulation of substance abuse and comorbidity.
- d. Understand the application of evidence based approaches such as MET and CBT.

Dr Renuka Arjundas is a Consultant Psychiatrist in CBT. She has worked in the field of addictions, written and presented on CBT for substance use disorders in young people and supervises specialist practitioners in addictions on the use of CBT in comorbid disorders. Dr Patrick Roycroft is a Consultant Clinical Psychologist who has over 10 years' experience working with substance abuse and mental health problems. He is involved in the training and supervision of Psychological Therapists, Counselling and Clinical Psychologists.

Key References

Beck, A.T., Wright, F.D., Newman, C.F and Liese, B.S (1993). *Cognitive Therapy of Substance Abuse*. New York: Guilford Press.
Marlatt, G.A. and Gordon, J.R. (1985). *Relapse prevention: Maintenance strategies in the treatment of addictive behaviours*. New York: Guilford Press.
Miller, W.R. and Rollnick, S. (2002). *Motivational Interviewing: Preparing people for change*. New York: Guilford Press.

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Workshop 5

Bringing Interpersonal Process into Mainstream CBT: a new conceptual model for understanding ruptures/stuckness in CBT

Vivien Twaddle and Peter Armstrong, Newcastle Cognitive and Behavioural Therapies Centre and University of Newcastle upon Tyne

This workshop is aimed at people with experience treating complex emotional disorders (in adults) with CBT. Although mainstream cognitive therapy recognises the importance of interpersonal process (IPP), the level of specification has generally been lower than in some other psychological models. Our collective experience of IPP is that much of the understanding remains implicit, there is a pull towards pathologising some aspects of these processes and that we often rely on concepts from other therapeutic traditions that have a high resonance, but a low level of specification. In Newcastle we have been developing a framework and concepts that are more consistent with the cognitive behavioural approach – in that they are explicit, normalising and more highly specified.

Learning objectives: Participants will (i) learn about the conceptual framework and how it has been developed; (ii) learn how to identify and work with relevant process markers using a new therapist and patient measure; (iii) learn about some general guiding therapeutic principles when working with IPP within CBT.

Vivien Twaddle (Consultant Clinical Psychologist/cognitive behavioural therapist) and Peter Armstrong (Clinical Nurse Specialist/cognitive behavioural therapist) work in the Newcastle Cognitive and Behavioural Therapies Centre – a regional specialist NHS centre for CBT in the North East of England. They are both highly experienced therapists who work with broad-ranging and complex emotional disorders and have substantial experience of training and supervising others in CBT. They have a particular interest in how to work explicitly with interpersonal processes to overcome ruptures/stuckness in CBT. More specifically. Over the last three years, they have been working with colleagues throughout the United Kingdom to develop this IPP framework for CBT.

Thursday 13th September

9.00 - 11.15

Symposium 1

Chichester Lecture Theatre

Personality Disorders: Trials, Experiments and Doing Cognitive Behaviour Therapy

Convenor & Chair: Kate Davidson, University of Glasgow

- 9.00 Influence of therapist competence and quantity of CBT on suicidal behaviour and inpatient hospitalisation in a randomised controlled trial of cognitive behaviour therapy in borderline personality disorder. Further analyses of treatment effects in the BOScot study
John Norrie, Centre for Healthcare Randomised Trials (CHaRT), University of Aberdeen
- 9.25 Certainty and uncertainty of identity in Borderline Personality Disorder
Marc Obonsawin, University of Strathclyde
Coffee
- 10.10 The MASCOT Trial: a randomised controlled trial of cognitive behaviour therapy for violent men with antisocial personality disorder
Kate Davidson, University of Glasgow
- 10.30 CBT for antisocial personality disorder, The Therapist Experience
Judith Halford, NHS Greater Glasgow and Clyde



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Symposium 2

Arts Lecture Theatre 2

Self-help: How Does the Theory Work Out in Practice?

Convenor & Chair: Christopher Williams, University of Glasgow

- 9.00 Can people read self-help manuals for depression? – A challenge for the stepped care model and book prescription schemes
Rebeca Martinez, University of Glasgow
- 9.20 Internet-based CBT for Bulimia – the ACCESS Project: identifying and treating the 'iceberg' of unmet need
Calum Munro, Institute of Psychiatry, London
- 9.40 Guided self-help provided by mental health workers with limited training and experience: An uncontrolled evaluation
Paul Farrand, University of Plymouth
Coffee
- 10.20 How to deliver guided self help within stepped care: the Newham IAPT model
Ben Wright, Newham Psychological Treatment Centre, London

Symposium 3

Theoretical Advances in Bipolar Disorder

Lecture Room 1A7 Pevensey Building

Convenor & Chair: Matthias Schwannauer, University of Edinburgh

- 9.00 Regulating Positive Emotion to Normative and Idiographic Stimuli in Bipolar Disorder
June Gruber, University of California, Berkeley, USA
- 9.25 The Ups and Downs of Hypomanic Personality: Inspiration, Positive Self Appraisal and Substance Use
Steven Jones, University of Manchester
Coffee
- 10.10 Affect Regulation and Mixed States in Adolescent Onset Bipolar Disorder
Matthias Schwannauer, University of Edinburgh
- 10.30 An Integrative Cognitive Model of Mood Swings and Bipolar Disorders
Warren Mansell, University of Manchester

Thursday 13th September

Arts Lecture Theatre 1

Symposium 4

New Advances in Obsessive Compulsive Disorder Research and Treatment

Chair/Convenor: Adam S. Radomsky, Concordia University, Montreal, Canada

- 9.00 The Impact of Interpersonal Beliefs About Responsibility on Compulsive Checking
Adam Radomsky, Concordia University, Canada
- 9.25 "Stopping" criteria in compulsive checking: An investigation into the factors that mediate the termination of compulsive checking in the naturalistic setting
Alice Hooper, South West London and St Georges Mental Health Trust
Coffee
- 10.10 A qualitative investigation into the acceptability of intensive cognitive behaviour therapy (CBT) for obsessive-compulsive disorder (OCD)
Anna Bevan, Institute of Psychiatry, London
- 10.30 A 10 year review of a UK specialist service for young people with obsessive compulsive disorder (OCD)
Isobel Heyman, Institute of Psychiatry, London

The Gallery: Bramber House

Symposium 5

From the Laboratory to the Clinic: Translating Experimental Findings into Innovative Treatments for Clinical Disorders

Convenor & Chair: Michelle Moulds, The University of New South Wales, Australia

- 9.00 Reducing intrusive image memories after watching trauma: considering "flashbacks" in trauma and "flashforwards" in depression
Emily Holmes, University of Oxford
- 9.20 Intrusive memories in depression
Michelle Moulds, The University of New South Wales, Australia
- 9.40 Verbal comparisons during positive interpretation bias training
Tamara J. Lang, University of Oxford
Coffee
- 10.20 The Influence of Emotional Valence on Perceived Duration of Autobiographical Memory Narratives
Leah A. Campbell, University of Oxford
- 10.40 The Impact of Rumination on Self-Referent Encoding in Depression
Eva Kandris, The University of New South Wales, Australia

Room EDB121: Arts Complex

Symposium 6

Child Anxiety: Causes, Effects and Cures

Convenor & Chair: Andy Field, University of Sussex

- 9.00 Verbal threat information and physiological responses to novel animals in children: the mediating effect of temperament
Khanya Price-Evans, University of Sussex
- 9.20 The effects of child temperament and parental rearing styles on the verbal information pathway to children's fear
Helen Barker, University of East Anglia
- 9.40 The Interaction of Pathways To Fear in Childhood Anxiety: A Preliminary Study
Andy Field, University of Sussex
Coffee
- 10.20 The peer reputation of children and adolescents with social fears
Robin Banerjee, University of Sussex
- 10.40 Can Rachman's indirect pathways be used to counter-condition fear? The effect of positive verbal information and modelling a non-anxious response on fear beliefs and behavioural avoidance in children
Vicky Hurst, University of East Anglia

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Thursday 13th September

Lecture Room 1A6: Pevensey Building

Symposium 7

Women's Health: Cognitive Behavioural Interventions in Gynaecology

- Convenor: Myra Hunter, Institute of Psychiatry, London
Chair: Pauline Slade, University of Sheffield
Discussant: Myra Hunter, Institute of Psychiatry., London
- 9.00 Cognitive Therapy for Menstrual Cycle Symptoms
Pauline Slade, University of Sheffield
- 9.20 Beliefs about menopausal hot flushes: development of the hot flush beliefs scale (HFBS)
Melanie Rendall, Canterbury Christ Church University College
- 9.40 Cognitive behavioural therapy for menopausal symptoms: a viable alternative to HRT?
Myra Hunter, Institute of Psychiatry, King's College London
Coffee
- 10.20 Pelvic Pain: a review of conceptualisations of pain, treatment efficacy and service models
Emma Harrold, Guy's & St Thomas Foundation Trust
- 10.40 Discussant

Room 252-254: Bramber House

Symposium 8

Should We Rename Schizophrenia, or Can We Abolish the Concept Altogether?

- Convenor: Paul Hammersley, Manchester University
- 9.00 Introduction: Should We Rename Schizophrenia, or Can We Abolish the Concept Altogether?
Paul Hammersley, University of Manchester
- 9.25 Service users' experience of the schizophrenia diagnosis
Jaqueline Dillon, Hearing Voices Network UK
Coffee
- 10.10 Subtypes of psychosis
David Kingdon, University of Southampton
- 10.35 Panel Discussion

Terrace Room: Bramber House

Panel Debate 1

NICE & Beyond

- Convenor & Chair: Rob Dudley, University of Newcastle upon Tyne
- Speakers: Tony Roth, University College London
Graham Turpin, University of Sheffield
Glennys Parry, University of Sheffield
Dave Richards, University of York

Seminar Room: Bramber House

Open Paper 1

Improving Service Delivery in Minority Groups

- Chair: Nick Maguire, University of Southampton
- 9.00 Deprivation and its impact on attendance at individual therapy appointments
Arlene Watts, Greater Glasgow and Clyde NHS Trust
- 9.25 Primary care and ethnic minority mental health: dilemmas and solutions
Ruth Jamieson, Greater Glasgow and Clyde NHS Trust
- 10.00 CBT training and intervention in an Indian context
Fiona Kennedy, Isle of Wight NHS Trust
- 10.25 Coffee
- 10.45 Cognitive behavioural therapy and the reduction of repeat homelessness
Nick Maguire, University of Southampton

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Pevensey Room 2A12

Discussion Group

Developing and Ensuring the Quality of Introductory Courses in CBT

Convenor: BABCP Training and Accreditation Committee

Invited Addresses

11.15 - 12.15

Professor Kate Davidson

University of Glasgow

Developments in CBT for Personality Disorders: Translating the Learning from Research Trials

Chichester Lecture Theatre

Professor Adam Radomsky

Concordia University, Canada

Compulsive Checking, From Start to Never-finished

Arts Lecture Theatre 2

Dr Luci Wiggs

Oxford Brookes University

Sleeplessness in Children and Adolescents

Arts Lecture Theatre 1

12.15 - 13.00 : Acceptance & Commitment Therapy: Special Interest Branch: AGM (Bramber Seminar R 1)

12.30 - 13.00 : Royal College of Psychiatrists CBT Forum (Bramber Seminar Room 2)

13.00 - 13.30: Behavioural Activation & Functional Analysis Meeting (Bramber Seminar Room 3)

1.00 - 6.00

Congress Poster Session

The Meeting House

Adult Mental Health

1. Psychological Processes in Bipolar Disorder

Emma Van der Gucht, University of Leeds; Richard Morriss, University of Nottingham; Richard Bentall, University of Manchester; Peter Kinderman, University of Liverpool; Gill Lancaster, University of Liverpool

2. Cross-cultural study of conviction subtype Taijin Kyofu: proposal and reliability of Nagoya-Osaka diagnostic criteria for social anxiety disorder

Yoshihiro Kinoshita, University of Southampton; Junwn Chen, University of Gifu, Japan; Ronald M. Rapee, Macquarie University, Australia; Susan Bogels, University of Amsterdam, The Netherlands; Franklin R. Schneier, New York Psychiatric Institute, Toshihiko Nagata, Osaka City University, Japan; Toshi A. Furukawa, Nagoya City University, Japan

3. The relationships between self and informant-rated anxious and avoidant attachment styles and self and informant-rated therapeutic alliance

Lydia Morris, Katherine Berry and Alison Wearden, University of Manchester

4. Facilitating a Bipolar Disorder Psycho-education group in a Community setting

Clare Brizzolara, Dipty Reavley, Julia Hedley, Katherine Jenkins, Nirai Ahuia and Stuary Watson, Northumberland, Tyne and Wear NHS Trust

5. Psychological therapies for generalised anxiety disorder: Cochrane systematic review

Vivien Hunot, and Rachel Churchill, Institute of Psychiatry; Vanessa Teixeira and Mauricio Silva da Lima, Universidade Federal de Pelotas & Universidade Católica de Pelotas, Brazil

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6. How should we treat patients with severe resistant obsessive-compulsive disorder (OCD)?

Anusha Pillay, Lynne Drummond, Shashi Rani, Peter Kolb, South West London & St George's Mental Health NHS Trust

7. Hypomania and Its Psychological Correlates in a Saudi Sample

Ahmad Al-Shayee and Steven Jones, The University of Manchester

8. Sleep Disorders and Obsessive-Compulsive Disorder

Lynne Drummond and Shashi Ran, South West London and St George's Mental Health NHS Trust; Katharina Wulff, Imperial College, University of London; Josephine Sibanda, South West London and St George's Mental Health NHS Trust; Sarah White, St George's, University of London; Naomi Fineberg, Herts Partnership Trust; Hamid Ghodse, St George's, University of London

9. Client evaluation of a new anger treatment programme for mentally disordered offenders

Hayley Cooper, Les McClelland and Jo Darby, Nottinghamshire Healthcare NHS Trust

Adult Psychosis

10. MIDAS Trial – An Evaluation of Combined Motivational Interviewing and CBT for Schizophrenia and Substance use

Thomas Craig, Institute of Psychiatry; Linda Davies, Gillian Haddock, Shon Lewis, Jan Moring, Nick Tarrier and Chrisine Barrowclough, University of Manchester; Til Wykes, Institute of Psychiatry, London

11. An Investigation of the Impact of Illness Perceptions on Treatment Adherence with Forensic Patients Diagnosed with Psychosis

Prveen Shah, University of Birmingham; Tim Hull, South Staffordshire Healthcare NHS Trust

12. The Impact of Traumatic Stress on Suicide in Schizophrenia

Alicia Picken and Nicholas Tarrier, University of Manchester

Child and Adolescent Mental Health

13. Cognitive style and symptoms of insomnia in children and adolescents

Thomas Willis, Amanda Bye, Megan Crawford, Goldsmiths College, University of London; Jessica Holland; University of Bath, Allison Harvey, University of California, Berkeley, USA and Alice Gregory, Goldsmiths College, University of London

14. Examining implicit associations towards sleep in children using the sleep "IAT"

Megan R. Crawford, Institute of Psychiatry/Goldsmiths; Thalia C. Eley, Institute of Psychiatry; Jessica E. H. Holland, Institute of Psychiatry/University of Bath, Alice M. Gregory, Goldsmiths College, University of London

15. Investigating Interpretive Bias in Insomnia in Children

Jessica E. H. Holland, The Institute of Psychiatry/The University of Bath; Thalia C. Eley, The Institute of Psychiatry; Allison G. Harvey, University of California Berkeley; Megan R. Crawford, The Institute of Psychiatry/The University of Surrey; Alice M. Gregory, The Institute of Psychiatry/Goldsmiths

16. Systematic review of psychological interventions for postnatal mental health

Heather Counsell, Brighton and Sussex Medical School; Susan Ayers and Daniel Wright, University of Sussex

17. Post-traumatic stress and psychosocial adjustment in siblings of leukaemia survivors

Shoshanah Lyons, Gary Brown, Sophie Gosling, Royal Holloway, University of London; Diane Melvin and Alison Leiper, Great Ormond Street Children's Hospital, London

Eating Disorders:

18. Narcissistic personality features, self-reported anger and eating attitudes among non-clinical college population: An explorative study of underlying constructs

Konstantina Kolonia and Jacqui Farrants, City University, London

New Developments:

19. Developments in Stepped-Care

Arlene Watts and Ruth Jamieson, STEPS, Primary Care Mental Health Team, Greater Glasgow & Clyde NHS

Therapeutic and Applied

20. A revision of the CBT concept of schemas: What are the consequences in terms of therapeutic targets and techniques?

Alan Howarth, University of Newcastle-upon-Tyne; Ian Andrew James, Centre for the Health of the Elderly, Newcastle General Hospital, Mark Freeston, University of Newcastle-upon-Tyne

21. Training practitioners in the use of Cognitive Behaviour Therapy based self-help workbooks for common mental health disorders: the SPIRIT project

Rebeca Martinez, Sheraz Ahmed, Sally McVicar, Susan Ross and Chris Williams, University of Glasgow

22. "All Train, No Gain?": What effect does experience of CBT Skills Training have on a Psychiatric Trainee's Actual Clinical Practice?

Susie Easton, GMC, Southern General Hospital, Glasgow

23. Self-help Access in Routine Primary Care (SHARP) Project

Mike Lucock, University of Huddersfield and South West Yorkshire Mental Health Trust; Mike Lawson, South West Yorkshire Mental Health Trust; Kenneth Stuart Lloyd, Ash Grove Surgery, Knottingly, West Yorkshire

24. Cognitive vulnerability after an Internet based Cognitive Behavioural Therapy

Ian W. Ross, Andrew Guppy and Helen L. Page, Psychology Dept., University of Chester

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13.30 - 15.30

Chichester Lecture Theatre

Symposium 9

Factors Affecting Engagement in CBT for Clients with Psychosis

Convenor: Gillian Haddock, University of Manchester

- 13.30 The contribution of psychosis, anger and substance use to aggression and violence in schizophrenia: implications for engagement in CBT
Gillian Haddock, University of Manchester
- 13.55 Command hallucinations, factors affecting compliance and the implications for treatment
Alastair Barrowcliff, 5 Boroughs Partnership NHS Trust
Coffee
- 14.40 Engaging clients in CBT within high secure services
Celia Vishnick, Ashworth Hospital, MerseyCare NHS Trust
- 15.05 People with learning disabilities and psychosis: factors affecting engagement in therapy and outcome
Steve Oathamshaw, Cheshire and Wirral Partnership NHS Trust

Terrace Room: Bramber House

Symposium 10

Basic Mechanisms of Perseveration in Psychopathology

Convenor & Chair: Graham Davey, University of Sussex

- 13.30 Catastrophic worry and persecutory beliefs
Helen Startup, Institute of Psychiatry, London
- 13.55 Dieting stop rules as predictors of pathological eating patterns
Graham Davey, University of Sussex
Coffee
- 14.40 Specific negative moods as information for perseverative worrying and checking
Frances Meeton, University of Sussex
- 15.05 What ends a worry bout? An analysis of changes in mood and stop rule use across the catastrophising interview
Benie MacDonald, University of Sussex

Arts Lecture Theatre 2

Symposium 11

Improving Access to Psychological Therapies: Progress to Date from the Pilot Sites

Convenor: Rob Dudley, University of Newcastle Upon Tyne

- 13.30 An independent evaluation of the IAPT experiment
Glennys Parry, University of Sheffield
- 14.00 High-Volume Psychological Therapies: Data from the First Year of The Doncaster Increasing Access to Psychological Therapies Demonstration Site
Dave Richards, University of York
- 14.30 Coffee
- 14.45 One year on: an update of the Newham IAPT Demonstration Site
Ben Wright, Newham Psychological Treatment Centre, London

Lecture Room 1A7: Pevensey Building

Symposium 12

Can We Integrate Cognitive and Pharmacological Approaches to Understanding Depression?

Convenor & Chair: Catherine Harmer, University of Oxford

- 13.30 Repeated Recreational Use of MDMA ('XTC') and Cognitive Vulnerability to Depression
Willem Van Der Does, Department of Psychology, Leiden University, Belgium
- 13.50 Effects of a new method of acute tryptophan depletion on memory, emotions, and EEG
Anke Sambeth, Maastricht University, The Netherlands

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- 14.10 Psychological mechanisms of antidepressant drug action
Catherine Harmer, University of Oxford
Coffee
- 14.50 Antidepressants and the early processing of threat
Susie Murphy, University of Oxford
- 15.10 A serotonergic antidepressant enhances cooperative communication
Wai S. Tse, City University of Hong Kong, China

Arts Lecture Theatre 1

Symposium 13

Severe, Chronic, Refractory Obsessive-Compulsive Disorder: The Development of a New National Treatment Network

- Convenor: Lynne Drummond, St George's, University of London
Chair: Peter Kolb, South-West London and St George's Mental Health NHS Trust
Discussant: Edmund Jessop, Department of Health, UK
- 13.30 Introduction to the concept of the NCG Service
Peter Kolb, South-West London and St George's Mental Health NHS Trust
- 13.40 The View from The National Commissioning Group of the Department of Health
Edmund Jessop, Department of Health, UK
- 14.00 Refractory OCD and BDD in Children and Adolescents
Isobel Heyman, Institute of Psychiatry, London
- 14.20 The role of Psychopharmacology in combination with CBT for refractory patients
Naomi Fineberg, QEii Hospital Welwyn Garden City & Annette Hughes, Institute of Psychiatry
- 14.40 Alternative ways of working with refractory patients
Paul Salkovskis, Institute of Psychiatry, London & David Veale, South London and Maudsley NHS Trust & Institute of Psychiatry
- 15.00 Inpatient treatment for refractory OCD/BDD patients who require 24 hour nursing care at BCPU SW London and St George's Mental Health NHS Trust
Lynne Drummond, St George's, University of London
- 15.20 Discussion

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The Gallery: Bramber House

Symposium 14

Cognitive Bias Modification: Influencing Cognitions in Anxiety, Depressions and Intrusions

- Convenor/Chair: Bundy Mackintosh, University of East Anglia, MRC Cognition & Brain Sciences Unit
- 13.30 The specificity and timing of induced attentional bias
Mike Browning, University of Oxford
- 13.50 The distress from intrusions following an analogue trauma event can be altered using Cognitive Bias Modification Methods
Peggy Postma, University of East Anglia
- 14.10 Cognitive bias training: Thinking about positive events doesn't always make you happy
Emily Holmes, University of Oxford
Coffee
- 14.50 Cognitive Bias Modification: the role of imagery and active generation
Laura Hoppitt, University of East Anglia
- 15.10 The specificity of experimentally induced biases in interpretation and their influence on vulnerability to anxiety
Bundy Mackintosh, UEA and MRC Cognition and Brain Sciences Unit, Cambridge

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Room EDB121: Arts Complex

Symposium 15

Child and Adolescent Psychopathology: Current Issues and Their Implications for Treatment

Convenor & Chair: Celia Essau, Roehampton University, London

- 13.30 Cognitive Style and Symptoms of Insomnia in Children
Alice Gregory, Goldsmiths, University of London
- 13.50 An experimental manipulation of responsibility in children: A test of the inflated responsibility model of obsessive-compulsive disorder
Jennifer Reeves, University of East Anglia
- 14.10 How stable is major depression in non-referred adolescents?
Cecilia Essau, Roehampton University
- Coffee
- 14.50 Autistic Spectrum Disorders and Obsessive Compulsive Disorder: Perspectives from practice
Tim Williams, University of Reading
- 15.10 Metacognition in adolescents and their families. The relationship with anxiety
Sam Cartwright-Hatton, University of Manchester

Lecture Room 1A6: Pevensey Building

Symposium 16

Chronic Fatigue Syndrome: Cognitive Behavioural Model and Treatment

Convenor: Trudie Chalder, Institute of Psychiatry, London

Chair: Kate Rimes, Institute of Psychiatry, London

- 13.30 Psychological vulnerability factors for chronic fatigue syndrome
Kate Rimes, Institute of Psychiatry, London
- 13.50 A prospective study investigating the role of perfectionist beliefs and behaviours in the development of fatigue
Antonia Dittner, South London and Maudsley NHS Trust
- 14.10 Cognitive, behavioural and emotional predictors of outcome after CBT for chronic fatigue syndrome in a specialist setting
Trudie Chalder, Institute of Psychiatry, London
- Coffee
- 14.50 Treatment considerations for working with severely affected adolescents with chronic fatigue syndrome
Mary Burgess, South London and Maudsley NHS Trust
- 15.10 Families' experience of Cognitive Behavioural Therapy and Psycho-education for Childhood Chronic Fatigue Syndrome: A Qualitative study
Laura Dennison, University of Southampton

Room 252-254: Bramber House

Symposium 17

Meeting the NICE Guidelines for Schizophrenia: Training in CBT for Psychosis

Convenor: Suzanne Jolley, Institute of Psychiatry, London

Chair: Juliana Onwumere, Institute of Psychiatry, London

- 13.30 Implementing the NICE schizophrenia guideline: Training in CBT for Psychosis
Alison Brabban, University of Sunderland
- 13.50 Implementing the NICE Guideline for Schizophrenia: An Evaluation of the training and supervision of Mental Health Workers in Cognitive Behaviour Therapy for Psychosis
Pauline Callcott, Newcastle Cognitive and Behavioural Therapies Centre
- Coffee
- 14.30 CBT Psychosis training: PG Diploma Programme at University of Southampton
Nick McGuire, University of Southampton
- 14.50 Meeting the NICE schizophrenia guideline in the South London & Maudsley NHS Foundation Trust (SLaM)
Sharon Wellington, Zoe Wiseman & Anna Moriarty, South London & Maudsley NHS Foundation Trust

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Room 2A12: Pevensey

Symposium 18

Older Adults Special Interest Group: Innovative Models and Clinical Practice Developments Responsive to the Needs of Older Adults

- Convenor: Gwyn Higginson, North Staffordshire Combined Health Care NHS Trust
Chair: Grainne Sheridan, Nottingham NHS Trust
- 13.30 The cognitive correlates of co-occurring anxiety and depression in later life
Chris Rewston and Chris Clarke, Humberside NHS Trust
- 13.55 Cognitive Behaviour Therapy, Older Adults and Generalised Anxiety Disorder
Grainne Sheridan, Nottingham NHS Trust
Coffee
- 14.40 Compassionate Mind training for individuals experiencing shame and self attacking in response to memory lapses related to vascular dementia in the early stages
Gwyn Higginson, North Staffordshire Combined Healthcare Trust
- 15.05 Discussion

Seminar Room 5: Bramber House

Roundtable

Improving Access to Psychological Therapies: The Development of CBT Competences and Their Implications on Training and Accreditation

- Convenor: Rod Holland, West London Mental Health NHS Trust and BABCP
Speakers: Tony Roth, University College London
Graham Turpin, University of Sheffield
Amanda Cole, BABCP Accreditation and Registration Committee

Seminar Room 1: Bramber House

Open Papers 2

Considerations in the Delivery of Therapy and Parenting Issues

- Chair: James Bennett-Levy, Oxford Cognitive Therapy Centre
- 13.30 Woolly no more: A conceptual framework for understanding empathy in CBT
James Bennett-Levy, Oxford Cognitive Therapy Centre
- 13.50 Acceptance and Commitment Therapy and Stress Inoculation Training at Work
Paul Flaxman, City University, London
- 14.10 Coaching Psychology and CBT: Old Wine in New Bottles? A guide for the perplexed
Waseem Alladin, Centre for Cognitive Neuropsychology Therapy/Autism Care UK
- 14.30 Therapy and Poetry: a practising poet looks at his day job
Peter Armstrong, Newcastle Cognitive & Behavioural Therapies Centre
- 14.50 A cognitive explanation of PTSD in women following childbirth
Elizabeth Ford, University of Sussex
- 15.10 Promoting the transition to parenthood: The effects of cognitive models of anticipatory guidance on the transition to first-time parenthood
Michael Killoran Ross, Greater Glasgow and Clyde NHS

In-Congress Workshops

13.30 - 17.00

Seminar Room 2: Bramber House

Workshop 1

Treating Eating Disorders in the Age of Size Zero: Working with Ambivalence, Values and Personality
Lucy Serpell, Dept of Clinical Health Psychology, Central and NWLondon NHS Trust/St Mary's Hospital, London

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Seminar Room 3: Bramber House

Workshop 2

Using Free Online Computerised CBT Packages for Depression and Anxiety

Chris Williams, University of Glasgow and Paul Farrand, University of Plymouth

Seminar Room 4: Bramber House

Workshop 3

Stepped-care Services for the Common Mental Health Problems: Going Beyond the Tip of the Iceberg

Jim White, Greater Glasgow and Clyde NHS Trust, Scotland

Invited Addresses

15.45 - 16.45

Professor Gillian Haddock

University of Manchester

Violence and Psychosis: Myth or Reality and the Implications for Psychological Treatment

Chichester Lecture Theatre

Professor Graham Davey

University of Sussex

Converting Life Stress into Specific Psychopathologies: Why Become a Worrier When You Could Develop a Compulsion, a Phobia, an Eating Disorder, and More?

Arts Lecture Theatre 2

Professor Graham Turpin

University of Sheffield

Improving Access to Psychological Therapies: Do Mind the Quality but Also Feel the Width!

Arts Lecture Theatre 1

Poster Session Reception

16.45 - 18.00

Sponsored by Sage and Harcourt Assessment

BABCP Annual General Meeting

17.00 - 18.00

The Meeting House, University of Sussex

Conference Party

19.00 - midnight

Brighton Pier



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9.00 - 11.00

Chichester Lecture Theatre

Symposium 19

Cognitive Therapy in Chronic Physical Illness

Convenor & Chair: Stirling Moorey, Institute of Psychiatry, London

- 9.00 Suffering: Its Assessment and Associations
Tom Sensky, Imperial College, London
- 9.25 A Randomised Controlled Trial Of Cognitive Behaviour Therapy For Common Mental Disorders In Patients With Advanced Cancer
Stirling Moorey, Institute of Psychiatry, London
Coffee
- 10.10 The use of Cognitive Behaviour Therapy in the treatment of MS: A Clinical Perspective
Sally Jones, Institute of Psychiatry, London
- 10.35 A multi-centre randomised controlled trial comparing the effectiveness of two psychological treatments with usual diabetes care in improving glycemic control in adults with type 1 diabetes
Trudie Chalder, Institute of Psychiatry, London



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Terrace Room: Bramber House

Symposium 20

Cognitive Behavioural Therapy for Preventing Psychosis: Treatment Approaches with Young People at Ultra High Risk

Convenor & Chair: Amanda Skeate, ED:IT, Birmingham & Solihull MH Trust, Univ of Birmingham

Discussant: Chris Jackson, Univ of Birmingham & Birmingham & Solihull Mental Health Trust

- 9.00 Preventing Transition to Psychosis in a Community Mental Health Setting: The experience of ED:IT, Birmingham, UK
Amanda Skeate, ED:IT, Birmingham & Solihull MH Trust & University of Birmingham
- 9.20 Treatment and Outcome within the OASIS Service
Louise Johns, OASIS Team, Institute of Psychiatry, London
- 9.40 An exploration of European treatment approaches to individuals at high-risk of psychosis from the EPOS project: is prevention of psychosis becoming viable?
Paul Patterson, ED:IT, Birmingham & Solihull MH Trust & University of Birmingham
Coffee
- 10.20 Treating Paranoia in Young People at Ultra High Risk of developing Psychosis
Samantha Bowe, EDIT, Salford, BSTMHT & University of Manchester
- 10.40 Discussant

Arts Lecture Theatre 2

Symposium 21

Understanding Compensatory Behaviours in the Eating Disorders: New Findings and Their Clinical Implications

Convenors: Glenn Waller, Vincent Square Clinic, CNWL Foundation Trust, Institute of Psychiatry

- 9.00 Why think about compensatory behaviours in CBT for the eating disorders?
Glenn Waller, Vincent Square Clinic (CNWL NHS Foundation Trust) Institute of Psychiatry
- 9.25 The impact of the binge-vomit cycle on internal states
Emma Corstorphine, St Georges' Eating Disorders Service
Coffee
- 10.10 Associations between body checking and compensatory behaviours in the eating disorders
Victoria Mountford, St Georges' Eating Disorders Service
- 10.35 Exercise and the eating disorders: To compensate or not to compensate, that is the question
Caroline Meyer, University of Loughborough

Lecture Room 1A7: Pevensey Building

Symposium 22

Service Delivery Innovations in Primary Care: Beyond the Tip of the Iceberg 1

- Convenors: Stephen Kellett, Barnsley PCT NHS Trust
- Chair: Linda Matthews, Barnsley PCT NHS Trust
- 9.00 "Doing Well": delivering stepped care for depression to a defined population
Helen Sandbach, New Sneddon Street Clinic
- 9.25 Effectiveness of CBT self-help delivered in Primary Care – evidence from a large RCT problems
Chris Williams, University of Glasgow
Coffee
- 10.10 Going beyond the tip of the iceberg: a multi-level/multi-purpose service for common mental health
Jim White, Greater Glasgow and Clyde NHS
- 10.35 Identifying the relationship between 'session impact' and outcome in large-group psychoeducative CBT
Suzanne Clarke, Central and North West London Mental Health NHS Trust



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Arts Lecture Theatre 1

Symposium 23

Cognitive Behaviour Therapy in the Acute Psychiatric Inpatient Unit

- Convenor & Chair: Isabel Clarke, AMH Woodhaven, Hampshire Partnership NHS Trust
- 9.00 Designing a CBT Service for an Acute In-patient Setting: A pilot evaluation study
Caroline Durrant, AMH Woodhaven, Totton, Hants
- 9.20 Creating a Therapeutic Milieu in an Acute Psychiatric Hospital
Laura Dannahy, Royal South Hants Hospital, Southampton, Hampshire, UK
- 9.40 CBT Formulation in the Inpatient Setting
Fiona Kennedy, Isle of Wight Healthcare NHS Trust
Coffee
- 10.20 Working with the staff in an acute adult inpatient unit: Using CBT principles to deliver effective staff training
Hannah Wilson, Hampshire Partnership NHS Trust, AMH Woodhaven, Totton, Hants
- 10.40 CBT in Acute Care: An Opportunity for Research?
John McGowan, Sussex Partnership Trust

The Gallery: Bramber House

Symposium 24

The Transdiagnostic Approach: Advances in Research, Treatment and Theory

- Convenor & Chair: Warren Mansell, University of Manchester
- 9.00 Transdiagnostic Cognitive Processes in Bipolar I Disorder, Unipolar Depression, and Somatisation Disorder: A Prospective Study
Sari Saatsi, University of Manchester
- 9.20 Rumination as a transdiagnostic process
Edward Watkins, University of Exeter
- 9.40 Investigating and Extending the Transdiagnostic Approach Using Prospective Designs and Intervention Studies
Warren Mansell, University of Manchester
Coffee
- 10.20 The Measure of Mundane Meaning: A Study to Establish Reliability and Validity
Gary Brown, Royal Holloway, University of London
- 10.40 Examining the Effectiveness of the Method of Levels
Tim Carey, University of Canberra, Australia

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Room EDB121: Arts Complex

Symposium 25

Empowering People to Help Themselves

Convenor & Chair: Fiona Lobban, University of Manchester

Discussant: Fiona Lobban, University of Manchester

- 9.00 The Experience of self management in individuals with bipolar disorder
Emma Van der Gucht, University of Leeds & MDF Bipolar Organisation
- 9.25 Living Life to the Full – Can it reach people currently not engaged in the Clinical Services?
Chris Williams, University of Glasgow
Coffee
- 10.10 Empowerment through education: a service development for patients with bipolar disorder
Dipty Reavley, Newcastle General Hospital
- 10.35 Developing a Guided Self-Help Intervention for Mild to Moderate Depression
Judith Gellatly, University of Manchester

Room 252-254: Bramber House

Symposium 26

Where's the 'C' in CBT for People with Intellectual Disabilities?

Convenor: John L Taylor, Northumbria University

Chair: Ray Novaco, University of California, Irvine, USA

- 9.00 The Relevance of Cognitive Variables in CBT for Offenders who have Intellectual and Developmental Disabilities
Nigel Beail, Sheffield University and Barnsley Primary Care Trust
- 9.25 How to Make CBT Less Mindlessness-Based
Bruce Gillmer, Northumberland, Tyne and Wear NHS Trust
Coffee
- 10.10 Formulation Based Working in a Learning Disability Mental Health In-Patient Unit: Reflections on the Contribution of the 'C' in CBT
Lesley Clarke, Northumberland, Tyne and Wear NHS Trust
- 10.35 Cognitive Ability, Skills and Remediation in CBT for People with Intellectual Disabilities
John L. Taylor, University of Northumbria

Pevensey Room 2A12

Open Papers 3

Depression: Exploring the Role of Cognition and Behaviour

Chair: David Gillanders, University of Edinburgh

- 9.00 Why do bad things keep happening to me? Rumination, goal linking, daily hassles and life events in major depression
Emily McIntosh, NHS Lanarkshire
- 9.20 A test of the interacting cognitive subsystems model using a laboratory analogue of depressive interlock
David Gillanders, University of Edinburgh
- 10.40 Exploring cognitive, behavioural and other elements in dysthymia
Sara Finn Kriger, Behaviour Medicine Associates, Inc.
- 10.00 Coffee
- 10.20 Systematic review and meta-analysis/regression of individual behavioural therapy for depression
David Ekers, Tees, Esk & Wear Valleys NHS Trust
- 10.40 A naturalistic study of Behavioural Activation System "recovery" in Bipolar Disorder
Kim Wright, University of Exeter/Institute of Psychiatry

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In-Congress Workshops

9.00 - 12.00

Seminar Room 1

Workshop 4

CBT for the Treatment of Substance Abuse with Comorbid Mental Health Disorders
Renuka Arjundas and Patrick Roycroft, Northumberland, Tyne and Wear NHS Trust

Seminar Room 2

Workshop 5

Bringing Interpersonal Process into Mainstream CBT: A New Conceptual Model for Understanding Ruptures/stuckness in CBT

Vivien Twaddle and Peter Armstrong, Newcastle Cognitive and Behavioural Therapies Centre and University of Newcastle upon Tyne

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Invited Addresses

11.15 - 12.15

Dr Stirling Moorey

South London and Maudsley Foundation Trust

Facing Death and Finding Life

Chichester Lecture Theatre

Professor Glenn Waller

***Vincent Square Clinic, Central and North West NHS Foundation Trust;
Institute of Psychiatry***

CBT for the Eating Disorders: To Infinity and Beyond, or a Short Walk in the Dark?

Arts Lecture Theatre 2

Professor Nigel Beail

Sheffield University; Barnsley Primary Care Trust

Psychotherapeutic Interventions for People with Intellectual and Developmental Disabilities: Developments in Research and Practice

Arts Lecture Theatre 1

13.00 - 13.30: REBCT Special Interest Group Meeting (Bramber Seminar Room 1)

1.30 - 3.30

Arts Lecture Theatre 1

Panel Debate 2:

Implications of Computerised Cognitive Behaviour Therapy for CBT Therapists

Convenor: Isaac Marks, Institute of Psychiatry, London

Speakers: Isaac Marks, Institute of Psychiatry, London

David Richards, University of York

Chris Williams, University of Glasgow

Kate Cavanagh, University of Newcastle

Amanda Skeate, University of Birmingham

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Arts Lecture Theatre 2

Symposium 27

Ruminative Processing in Depression: Developing New Paradigms

- Convenor: Edward Watkins, University of Exeter
- 13.30 Getting stuck in a mental rut: Some process and experiential attributes
Phil Barnard, MRC Cognition and Brain Sciences Unit, Cambridge
- 13.50 Impaired inhibition and maintained attention for negative information in depression
Rudi De Raedt, Ghent University, the Netherlands
- 14.10 Ruminative self-focus and negative affect in real-time and real-world settings: an experience sampling approach
Nick Moberly, University of Exeter
- Coffee
- 14.50 Reduced concreteness training as a treatment for dysphoria
Edward Watkins, University of Exeter
- 15.10 Mechanisms of change in Mindfulness-Based Cognitive Therapy (MBCT)
Emily Holden, University of Exeter

Lecture Room 1A7 Pevensey Building

Symposium 28

Service Delivery Innovations in Primary Care: Beyond the Tip of the Iceberg 2

- Convenor & Chair: Jim White, Greater Glasgow & Clyde NHSTrust
- 13.30 The role and effectiveness of Graduate Mental Health Workers in a stepped care model
David Ekers, Newcastle NHS Trust
- 13.55 An evaluation of the uptake, attendance and effectiveness of large-group psychoeducational CBT: A session by session picture of clinical change
Kat Baker, University of Sheffield
- Coffee
- 14.40 An evaluation of the impact of a large group psycho-education programme (Stress Control) on patient outcomes: does empathy make a difference?
Anne Joice, Greater Glasgow and Clyde
- 15.05 Getting the message out: use of media in stepped-care services
Sandra Johnston, Greater Glasgow and Clyde

The Gallery: Bramber House

Symposium 29

The Role of the Body in Mood Disorder and Brain Injury: From Basic Science to Clinical Application

- Convenor: Barney Dunn, MRC Cognition and Brain Sciences Unit
- Discussant: Phil Barnard, MRC Cognition & Brain Sciences Unit
- 13.30 Follow your heart? Experimental investigations of the influence of bodily feedback in psychopathology.
Barney Dunn, MRC Cognition and Brain Sciences Unit
- 13.50 Recovery of the embodied self: A novel process account of Anorexia Nervosa with treatment implications
Rebecca Park, University of Oxford
- 14.10 Changes in emotion based decision making following brain injury and clinical implications
Fergus Gracey, The Princess of Wales Hospital
- Coffee
- 14.50 Working with psychosomatic disorders – Tapping into the resources of the body
Margaret Landale, Chiron Centre, London



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Open Papers 4

Evaluating Psychological Interventions across Disorders

- Chair: Despina Learmonth, North Essex Trust/City University
- 13.30 The feasibility, reliability and validity of diaries for the assessment of childhood separation anxiety disorder
Jennifer Allen, University of Basel, Switzerland
- 13.50 The impact of implementing a computer-aided Cognitive Behavioural Therapy intervention for anxiety and depression within a NHS Specialist CBT service
Despina Learmonth, North Essex Trust/City University
- 13.10 Coffee
- 14.25 Blues Begone: A stand-alone computer-based cognitive behavioural treatment package for the treatment of depression and anxiety
David Purves, London Metropolitan University
- 14.45 A preliminary evaluation of integrated treatment for co-existing substance use and severe mental health problems: Impact on teams and service users
Emma Griffith, University of Birmingham/Birmingham and Solihull Mental Health Trust
- 15.05 Group CBT: A new anger treatment programme for mentally disordered offenders in a low secure environment in England
Hayley Cooper, Nottinghamshire Healthcare NHS Trust

Lecture Room 1A7: Pevensey Building

Open Papers 5: Psychosis

- Chair: Olga Luzon, Royal Holloway University of London
- 13.30 Cognitive processes during the acute psychotic state: the role of heightened responsibility
Olga Luzon, Royal Holloway University of London
- 13.50 The role of prolactin-induced somatic sensation in delusions of pregnancy formation
Steve Moorhead, Northumberland, Tyne and Wear NHS Trust/School of Neurology and Psychiatry, Newcastle upon Tyne
- 14.10 Coffee
- 14.30 Adult attachment theory and psychosis: a framework for understanding symptom profiles, interpersonal problems and difficulties in therapeutic relationships
Katherine Berry, University of Manchester
- 14.50 ACT Early: using acceptance and commitment therapy to assist recovery from a first episode of psychosis
Eric Morris, Lambeth Early Onset Services, South London & Maudsley NHS

Room 252-254: Bramber House

Symposium 30

Developing Appropriate Interventions with People with Asperger's Syndrome

Convenor & Chair: Dougal Hare, University of Manchester

- Chair: Chris Cullen, University of Keele, North Staffordshire NHS Trust
- 13.30 Symptomatology, alexithymia, and illness perception in individuals with Asperger's Syndrome (AS) presenting to a specialised AS Service: A comparative study with illness perceptions, appraisals and psychological distress in the carers of AS participants
Frank Chapman, University of Manchester
- 14.10 I wish people were nicer to me; I am doing my best – paranoia and adults who self-identify as having Asperger Syndrome
Pippa Hembry, Royal Holloway, University of London
Coffee
- 14.50 The Cognitive Behavioural Development Programme and autistic spectrum disorders: A systemic approach to support and structure in a secure hospital
Jonathan Jones, Care Principles UK
- 15.10 Outpatient Psychological Services and Treatment in High Functioning Autism Spectrum Disorders – A preliminary evaluation
Ailsa Russell, Institute of Psychiatry, London

Friday 14th September

Pevensey

Open Papers 6

Clinical Perfectionism, Body Image and Eating Disorders

Chair: Freda McManus, Oxford Cognitive Therapy Centre

13.30 The clinical impairment assessment (CIA) questionnaire: a new self-report measure of psychosocial impairment due to eating disorder psychopathology

Kristin Bohn, University of Oxford

14.50 Body checking, size estimation and eating disorder psychopathology

Michelle Lee, University of Reading

14.10 Coffee

14.30 Clinical perfectionism and eating disorder psychopathology

Michelle Lee, University of Reading

14.50 An extension of the Cognitive Errors Questionnaire for use in perfectionism

Anna Coughtrey, University of Oxford

Invited Addresses

15.45 - 16.45

Dr Gillian Butler

Oxford Cognitive Therapy Centre

Approaching Problems of Identity from a Cognitive Behavioural Perspective

Arts Lecture Theatre 2

Dr Edward Watkins

University of Exeter

Style Before Content: Lessons for the treatment of depression from

Experimental Research into Rumination

Arts Lecture Theatre 1

14

12-14
SEPTEMBER
2007

The British Association for Behavioural and Cognitive Psychotherapies Annual Conference at the University of Sussex are also hosting an exhibition. Visit the exhibition in the Meeting House Quiet Room during coffee, tea and lunch breaks to browse the stands. The following companies are exhibiting:

Wisepress Online Bookshop

Sage Publications Ltd

Harcourt Assessment

Oxford Stress and Trauma Centre

Routledge Ltd

Dr David Purves

Cambridge University Press

John Wiley & Sons Ltd

Constable & Robinson Ltd

UK Mental Health Research Network

The exhibition opening times are as follows:

Wednesday 12th September 1400 – 2000 with the welcome reception in the exhibition area

Thursday 13th September 0900 – 1830 Wine reception from 1730 – 1830

Friday 14th September 0900 - 1600

We would especially like to thank Sage Publications and Harcourt Assessment for their support in co-sponsoring the Wine Reception to be held in the exhibition and poster area on Thursday 13th September from 1730-1830.