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Dear Delegates,

Welcome to Warwick and the 34th Annual Conference of BABCP. You will see that the scientific programme that has been assembled continues to celebrate the wealth of clinical practice and research that has come to be a hallmark of BABCP Conferences. The Conference Scientific Committee once again takes pride in 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.



20-21 JULY 2006

We are pleased at the positive response we have had with submissions from well over 100 people who will be presenting their work to over 1000 delegates who will be attending the pre-conference workshop and conference programme in Warwick. 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**
- **Eating and Impulse Control**
- **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' colour-coded chart in your registration folder.

Enjoy your short time in Warwick and do take advantage of the social programme which will enable delegates to meet, socialise and enjoy the company of their colleagues from across the UK and beyond.

Beyond Warwick, 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 Brighton in 2007.

Philip Tata
Chair
Scientific Committee

Rod Holland
Organising Committee

General information

The Conference Site

The conference scientific sessions will take place on the University of Warwick Campus mainly in the Arts Center and Ramphal Building although some sessions will take place in Scarman House and the Library Building. Signs will direct you to the various rooms listed in the programme. If you get lost ask for direction at the registration desk which will be located in the Rootes Building or ask 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 will be situated in the Arts Centre and the Ramphal Building where most of the sessions are taking place. This 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 is located in the Mead Gallery in the Arts Centre and will be open throughout the Conference and at the end of the Pre-conference Workshops. 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. A drinks reception will be held at the book exhibition on Thursday evening

Eating and Drinking

Coffee and tea are provided free of charge to all delegates in the morning (9.45 - 10.15) and afternoon (2.45 - 3.15) in the Arts Centre, Ramphal Building and Scarman House. Lunch is also included in your registration fee and will be served in the Rootes Building where you will have registered. Admission to the dining room will only be allowed to those wearing a badge.

Dinner is only available if it has been pre-booked and will also be served in the Rootes building. Admission is by ticket only.

Dinner will be available between 6.30 to 8.30pm.

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

A no smoking policy operates in all public areas of the Conference. Please respect this.



Social programme



Kenilworth Castle

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 19th July 6.30 to 8pm

BABCP 2006 Opening Reception

The opening reception will be held in Mead Gallery in the Arts Building and will be followed by a bar and disco that will be open until midnight for delegates in the Rootes Building. There is no charge for entrance to this event and a cash bar will be open.

Thursday 20th July 5.30 to 6.30pm

Book Exhibition and Poster Session Reception

Join us for a glass of wine and a look around the book exhibition and posters in the Mead Gallery

Thursday 20th July 7 to 10pm

Conference BBQ Kenilworth Castle 7.00 - 10.00

A visit to the nearby historic Kenilworth Castle for a BBQ and an opportunity to walk around the Castle. Coaches will leave the Campus from 6.45. Places are limited and you will be allocated a ticket on a first come first served basis. For those delegates unable to attend or who wish to stay on Campus dinner in the Rootes building will be offered. There is no charge for either of these events

Thursday 20th July 10.00 pm to late

University Disco Party

Students Union, Warwick University

For those people returning from Kenilworth Castle and those who have remained on campus can join the BABCP Board and conference organisers at the Union located next to the Rootes Building to say farewell until next year in Brighton 2007.



20-21 JULY 2006

In-conference workshops

Thursday 20th – Friday 21st July

Paid for In-conference Workshops

Delegates attending the BABCP Congress will be able to attend one or more of the paid for in-conference workshops (2.5 hours approx.). There is a small extra charge of £22 for each of these workshops. You can make a booking in advance by using the booking form. Alternatively you can register on site when you arrive at the University. Places will be limited for each workshop and will be allocated on a first come first served basis.

Thursday 20th July 1.15pm - 3.30pm

Workshop 1

Ramphal R0.12

Using CBT techniques to supervise CBT therapy

Maggie Gray, Cullen Centre, Royal Edinburgh Hospital and Forbes Craig, Insight Associates in Training

Workshop 2

Ramphal R1.15

When telling stories is helpful, and when it is not

Gillian Butler, Oxford Cognitive Therapy Centre, and Oxfordshire Mental Health Care NHS Trust

Workshop 3

Ramphal R3.41

Contemporary Rational Emotive Behaviour Therapy. Theoretical And Clinical Advancements

John Blackburn, Specialist Psychotherapy Services, Sheffield Care Trust

Workshop 4

Scarmen Lecture Room 9

Schema-Focused Therapy for Borderline Personality Disorder

Arnoud Arntz, Maastricht University, The Netherlands and Marjon Nadort, VU Medical Center/GGZ Buitendamstel, Amsterdam

Friday 21st July 9am - 11.20am

Workshop 5

Library LT Lib 1

Working with flashbacks linked to type I and Type II trauma

Helen Kennerley and Deborah Lee, Oxford Cognitive Therapy Centre

Workshop 6

Ramphal R0.12

Is the mind/body really able to heal itself?

Irene Tubbs, Chair AREBT

Workshop 7

Ramphal R1.13

Working with Dissociation and Dissociative Identity Disorder

Vivia Cowdrill, Hampshire Partnership NHS Trust, Fiona Kennedy and Janine Day, Isle of Wight Healthcare NHS Trust

Friday 21st July 1.15pm - 3.30pm

Workshop 8

Ramphal R0.14

Using computer and web-based treatments for bulimia

Christopher Williams, University of Glasgow and Ulrike Schmidt, Institute of Psychiatry, South London and Maudsley NHS Trust

Workshop 9

Ramphal R1.15

What's a Nice Therapist like You doing in a Place like This? The Challenge of Delivering CBT Focused Return to Work Programmes Within a Political/Economic Agenda

Simon Darnely, Prisma Health Ltd



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In-conference workshops

Workshop 10

Ramphal R0.12

Cognitive-behavioural strategies for working with difficult and resistant clients

Wayne Froggatt, New Zealand Centre for Cognitive Behaviour Therapy

Workshop 11

Scarmen Lecture Room 5

Therapeutic Factors in CBT with Personality Disorders and Complex Trauma

Claudia Herbert, The Oxford Development Centre Ltd

Complimentary In-conference Workshops

In addition the Scientific Committee have this year included within the conference programme, and therefore conference registration, 6 complimentary in-conference workshops (2.5 hours approx.). These workshops will operate on a first come first served basis and will take a maximum of 35 attendees each. Please note that it is only possible to register for one complimentary in-programme in-conference workshop per person. If you wish to attend a complimentary in-conference workshop then you will need to register and collect a ticket on site at the University where there will be a desk in the registration area of the Rootes Building. Please note that we cannot guarantee that you will be able to register for the workshop of your choice. Admission to these complimentary in-conference workshops will be strictly by ticket only.



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Thursday 1.15 – 3.30pm

Workshop 12

Scarmen Lecture Room 8

Beyond Simple Techniques in the Treatment of Medically Unexplained Symptoms

Trudie Chalder, Institute of Psychiatry, London

Workshop 13

Scarmen Lecture Room 10

Enhancing Exposure Efficacy: Strategies for Improving Anxiety Interventions

Michael Otto, Center for Anxiety and Related Disorders at Boston University, USA

Friday 9.00 – 11.20am

Workshop 14

Scarmen Lecture Room 8

Anger Assessment and Treatment

Raymond Novaco, University of California, Irvine, USA

Workshop 15

Scarmen Lecture Room 10

Focusing on What Works with Mindfulness and Metacognition: An Introduction to the Method of Levels

Tim Carey, Fife Primary Care Trust, NHS

Friday 1.15pm – 3.30pm

Workshop 16

Scarmen Lecture Room 9

CBT for OCD in Children and Adolescents

Polly Waite and Catherine Gallop University of Reading

Workshop 17

Scarmen Lecture Room 10

The Power of Affect: Principles of Emotion-focused Therapy

Diana Wais, AEDP Institute

The conference schedule

Wednesday 19th July,

17.15 - 18.30

Special Invited Address and Panel & Audience Discussion

The Layard Report: Increasing Access to Evidence Based Psychological Treatment

Thursday 20th July

9.00 - 11.15

Symposium 1	Bipolar Disorder
Symposium 2	Modular Treatments for Depression.
Symposium 3	Real Life CBT for Psychosis
Symposium 4	The Development of Anxiety Across the Lifespan
Symposium 5	Remembering Trauma
Symposium 6	Using Self-help
Symposium 7	Moving Beyond Diagnosis in Eating Disorder Research
Symposium 8	Therapist and Patient Factors in the Treatment of Chronic Fatigue Syndrome
Symposium 9	Life Events, Trauma Impact and Treatment in People with Intellectual Disabilities
Symposium 10	The Therapeutic Relationship in Complex Cases

Panel Debate 1 Implementing the NICE Guideline for OCD and BDD

Open Papers 1 Issues in Enhancing Treatment Delivery

11.30 - 12.30

Keynote Speaker	Dr Roz Shafran
Keynote Speaker	Professor Tim Dalgleish
Keynote Speaker	Dr John Read
Keynote Speaker	Professor Mark Williams

13.30 - 15.30

Symposium 11	Recovery Processes and Relapse Prevention in Bipolar Affective Disorder
Symposium 12	Advances in the Prediction and Treatment of PTSD
Symposium 13	Systemic aspects of CBT - current research and clinical perspectives
Symposium 14	Development of Low-intensity, High-volume Psychological Treatments
Symposium 15	Eating Disorders: Control, Rumination and Other New Avenues
Symposium 16	Developments in the Application of CBT for People with Intellectual Disabilities
Symposium 17	Clinical cognition
Symposium 18	The experience of OCD and its treatment

Panel Debate 2 The Ethics and Politics of CBT for Psychosis

Open Papers 2 Impulsivity, Depersonalisation and Anxiety

13.30 - 18.15

Poster Session CBT Training, Delivery and Acceptability | Psychosis | Child | Basic Processes | CBT Innovations

13.15 - 15.30

Workshop 1	Using CBT techniques to supervise CBT therapy
Workshop 2	When telling stories is helpful, and when it is not
Workshop 3	Contemporary Rational Emotive Behaviour Therapy
Workshop 4	Schema-Focused Therapy for Borderline Personality Disorder

Workshop 12 Treatment of Medically Unexplained Symptoms

Workshop 13 Enhancing Exposure Efficacy



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The conference schedule

15.45 - 16.45

Keynote Speaker	Professor Anke Ehlers
Keynote Speaker	Dr Steven Jones
Keynote Speaker	Professor Michael Otto

17.30

BABCP AGM	BABCP Members Only
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Friday 21st July

9.00 - 11.15

Symposium 19	Models and Treatments for Depression Across the Lifespan
Symposium 20	Cognitive processes in social anxiety: Children, adolescents and young people
Symposium 21	New Directions in Cognitive Remediation Therapy
Symposium 22	Social Cognition Across Psychological Disorders
Symposium 23	Overgeneral Memory: From Marker to Mechanisms
Symposium 24	Factors Associated with Successful Treatment of Borderline Personality Disorder
Symposium 25	Measuring Competence in Cognitive Therapy
Symposium 26	Cognitive Therapy for Individuals at Ultra-high Risk for Psychosis

Panel Debate 3	Possibilities and Pitfalls of Expanding CBT to Return People to Work
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Open Papers 3	Maternal Mental Health and Psychological Interventions in Childhood
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9.00 - 11.20

Workshop 5	Working with flashbacks linked to type I and Type II trauma
Workshop 6	Is the mind/body really able to heal itself
Workshop 7	Working with Dissociation and Dissociative Identity Disorder

Workshop 14	Anger Assessment and Treatment
Workshop 15	Focusing on What Works with Mindfulness and Metacognition

11.30 - 12.30

Keynote Speaker	Professor Arnoud Arntz
Keynote Speaker	Professor Richard Morriss
Keynote Speaker	Professor Trudie Chalder
Keynote Speaker	Professor Patricia Howlin

13.30 - 15.00

Symposium 27	Interpersonal Processes in Cognitive Therapy for Depression
Symposium 28	Older Adults: Theoretical Developments and Improvements in Clinical Practice
Symposium 29	Exploring Users' Experiences of Psychosis and Recovery
Symposium 30	Influencing Emotional Vulnerability
Symposium 31	Experience and Reflection in Cognitive Therapy Training and Consultancy
Symposium 32	Testing Cognitive Models
Symposium 33	Psychological Models of Service Delivery in Cardiac Care
Symposium 34	Disseminating Cognitive Therapy for Anxiety and Related Disorders
Symposium 37	How To Get Funding To Do Clinical Research
Symposium 38	Metacognitive Therapy: Application To Anxiety Disorders And Depression

Open Papers 4	Mechanisms Mediating Psychological Disturbance across Disorders
Open Papers 5	Evaluating Innovative Applications of CBT

Workshop 8	Using Computer and Web-based Treatments for Bulimia
Workshop 9	Delivering CBT Focused Return to Work Programme
Workshop 10	Cognitive-Behavioural Strategies for Working with Difficult and Resistant Clients
Workshop 11	Therapeutic Factors in CBT with Personality Disorders and Complex Trauma



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Wednesday



Special Invited Address and Panel & Audience Discussion

The Layard Report: Increasing Access to Evidence Based Psychological Treatment

The Layard report recommends increasing access to psychological therapies, especially CBT in order to help alleviate the suffering of people with mental health problems. In this invited address Lord Layard will discuss how we can increase access to psychological therapies. Subsequently, panel members will offer comments and views on the implications for the BABCP, training and supervision in CBT, and the limits of the existing evidence base for the treatment of mental health.

Mental Health: Britain's biggest Social Problem

by Richard Layard

Therapy for all on the NHS

by Richard Layard

Panel Members to include

Lord Layard,	London together with
David Clark,	Institute of Psychiatry, London.
Mark Freeston,	Newcastle Cognitive and Behavioural Therapies Centre.
Chris Cullen,	President of the BABCP.

This special event is open to all workshop attendees and/or conference delegates

9.00-11.15

Symposium 1

Scarmen Lecture Room 9

Current Directions in the Theoretical Developments of the Psychology of Bipolar Disorder

Convenor & Chair: Matthias Schwannauer, University of Edinburgh

- 9.00 Introduction
Matthias Schwannauer, University of Edinburgh
- 9.10 Bipolar Disorders: A Critique of Psychological Theories
Mick Power, University of Edinburgh
- 9.40 A Cognitive Self-Regulatory Model of the Ascent into Mania
Warren Mansell, University of Manchester
- 10.10 Cognitive Processing in Bipolar Disorder
Claire Lomax, St Marys Hospital, London
- 10.40 TBC
Richard Bentall, University of Manchester

Symposium 2

Arts Centre Theatre

Modular Treatments for Depression: Process and Outcomes

Convenors: Chris Brewin, University College London and Adrian Wells, University of Manchester

Chair: Chris Brewin, University College London

Discussant: Adrian Wells, University of Manchester

- 9.00 Rumination, Metacognition and Mood: Change Patterns in Major Depressive Disorder
Samuel Myers, University of Manchester
- 9.25 Metacognitive Therapy for Major Depressive Disorder: Does it work?
Peter Fisher, University of Manchester
- 9.50 Intrusive Memories and Images in Major Depressive Disorder: Background and Phenomenology
Trishna Patel, University College London
- 10.15 Coffee
- 10.35 Re-scripting Intrusive Sensory Memories in Depression: Process and Outcome
Jon Wheatley, University College London
- 11.00 Discussion
Adrian Wells, University of Manchester

Symposium 3

Arts Centre Conference Room

Real Life CBT for Psychosis: When it Doesn't Work

Convenors: Emmanuelle Peters & Craig Steel, Institute of Psychiatry, Kings College London

Chair: Max Birchwood, University of Birmingham

- 9.00 Opening Remarks
Emmanuelle Peters, Institute of Psychiatry, Kings College London
- 9.10 Introduction.
Max Birchwood, University of Birmingham
- 9.20 The Challenge of Applying CBT in Secure Environments
Gill Haddock, University of Manchester
- 9.50 Coffee
- 10.10 Is Being Difficult to Engage Sufficient Reason For Not Referring?
David Kingdon and Holly Kirschen, University of Southampton
- 10.40 A Case of Episodic Paranoia
Peter Kinderman, University of Liverpool

Symposium 4

Library LT Lib 1

The Development of Anxiety Across the Lifespan

Convenor & Chair: Alice Gregory, Goldsmiths College and Institute of Psychiatry, Kings College London

- 9.0 Introduction
Alice Gregory, Institute of Psychiatry, Kings College London
- 9.05 Older People and Anxiety
Imogen Sturgeon-Clegg, North East London Mental Health Trust and City University
- 9.30 Juvenile Mental Health Histories of Adults with Anxiety Disorders
Alice Gregory, Institute of Psychiatry, Kings College London
- 9.55 Coffee



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Thursday

- 10.15 The Role of Vicarious Learning in the Development of Childhood Fears
Andy Field, University of Sussex
- 10.40 Interpretation and Anxiety in Young Children
Cathy Creswell, University of Reading
- 11.05 Discussion

Symposium 5

Ramphal Lecture Theatre RO.21

Remembering Trauma

Convenor: Tim Dalgleish MRC Cognition and Brain Sciences Unit, Cambridge

- 9.00 Introduction: The Vicissitudes of Trauma Memories
Tim Dalgleish, MRC Cognition and Brain Sciences Unit, Cambridge
- 9.05 Recalling, Reliving, or Redundant? The Nature of Trauma Memories in Pre-schoolers, Children, and Adolescents?
Richard Meiser-Stedman, Institute of Psychiatry, Kings College London
- 9.30 Is Emotional Suppression a Helpful or Unhelpful Form of Affect Regulation When Processing Traumatic Material?
Barnaby Dunn, MRC Cognition and Brain Sciences Unit, Cambridge
- 9.55 Coffee
- 10.20 I Don't Want To Go Into the Details: Over-general Autobiographical Remembering in Trauma Survivors as a Form of Affect Regulation
Tim Dalgleish, MRC Cognition and Brain Sciences Unit, Cambridge
- 10.45 Past lives: Memories From the Personal Past and From the Life of the Deceased in Sufferers of Traumatic (complicated) Grief
Ann-Marie Golden, MRC Cognition and Brain Sciences Unit, Cambridge

Symposium 6

Scarmen Lecture Room 10

Using Self-help: Setting up and Delivering Services in Practice

Convenor & Chair: Chris Williams, University of Glasgow

Discussant: Paul Farrand, University of Plymouth

- 09.00 Introduction
Chris Williams, University of Glasgow
- 09.05 Am I Depressed? Doing Well by People with Depression in Scotland
Diane Young, O'Kane, NHS Greater Glasgow & Clyde, Scotland and Katie-Jane O'Kane, NHS Greater Glasgow & Clyde, Scotland
- 09.30 START: Self-help Treatment Access Resource Team: Take-up and Outcomes
Chris Williams, University of Glasgow
- 09.55 Using Self-help: Setting Up and Delivering Services in Practice
Ilena Day, National Co-ordinator Depression Alliance Scotland
- 10.20 What Are Users Views as Regards the Acceptability and Usefulness of 'Overcoming Depression' CD Rom
Catriona Kent, University of Glasgow
- 10.45 Discussion and Questions and Answers from the Audience
Paul Farrand, University of Plymouth

Symposium 7

Library LT Lib 2

Moving Beyond Diagnosis in Eating Disorder Research

Convenor: Hannah Turner, University of Southampton

Chair: Rachel Bryant-Waugh, University of Southampton

- 9.00 Cognitive-emotional-behavioural Therapy (CEBT) for the Eating Disorders: Working With Beliefs About Emotions
Emma Corstorphine, South West London and St George's Mental Health NHS Trust & Institute of Psychiatry, Kings College London
- 9.30 Identifying Clinically Relevant Sub-groups Across the Eating Disorder Population: The Potential Usefulness of Combining Eating Disorder and Psychological Features
Hannah Turner, University of Southampton
- 10.00 Coffee
- 10.10 Can People with Anorexia Read Other People's Minds?
Kate Tchanturia, Institute of Psychiatry, Kings College London
- 10.40 Narcissism and Narcissistic Defences in the Eating Disorders: Associations with Cognitions, Behaviours and Emotional Processing
Glenn Waller, CNWL Mental Health Trust and Institute of Psychiatry, Kings College London
- 11.10 Question/Discussion



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Symposium 8

Scarmen Lecture Room 8

Therapist and Patient Factors in the Treatment of Chronic Fatigue Syndrome

Convenors & Chair: Trudie Chalder and Kate Rimes, Institute of Psychiatry, Kings College London

- 9.00 Testing the CBT Model of CFS: Does it Stack Up?
Rona Moss-Morris, University of Southampton.
- 9.25 Cognitive and Behavioural Aspects of Fatigue in a Brazilian Population: Cross-Cultural Comparisons
Hyong Jin Cho, Institute of Psychiatry, King's College London.
- 9.50 Coffee
- 10.10 Does the Therapeutic Alliance Affect Outcome in the Context of a RCT of CBT Versus Counselling for Chronic Fatigue in Primary Care?
Emma Godfrey, Institute of Psychiatry, King's College London.
- 10.35 Treating CFS in Primary Care: Which Patients, Which Therapies, Which Therapists?
Alison Wearden, University of Manchester
- 11.00 General Discussion.

Symposium 9

Ramphal RO.04

Life Events, Trauma Impact and Treatment in People with Intellectual Disabilities

Convenor: John L Taylor, Northumbria University, Newcastle upon Tyne and Northumberland, Tyne & Wear NHS Trust

Chair: Chris Hatton, University of Lancaster

- 9.00 The Bangor Life Events Scale for Intellectual Disabilities (BLESID)
Lee Williams, University of Wales, Bangor
- 9.30 Developing a Measure of the Impact of Traumatic Life Events on Adults with Intellectual Disabilities
Sarah Wigham, University of Lancaster, Tyne & Wear NHS Trust
- 10.00 Coffee
- 10.15 Treating Chronic Nightmares of Sexual Assaults
Gail Thomas, Shropshire County Primary Care NHS Trust and University of Birmingham
- 10.45 Treating PTSD after a Physical Attack: A Case Study
Biza Stenfert Kroese, Shropshire County Primary Care NHS Trust and University of Birmingham

Symposium 10

Arts Centre Cinema

The Therapeutic Relationship in Complex Cases

Convenor: Paul Gilbert, Mental Health Research Unit Kingsway Hospital, Derby

Chair Mary Welford, Manchester and Salford NHS Trust

- 9.00 Emotional Schemas and the Therapeutic Relationship
Robert Leahy, Weill-Cornell Medical School and President of the International Association for Cognitive Psychotherapy
- 9.25 From Safety to Exploration: The Working Alliance in Cognitive Therapy for People with Psychosis
Ian Lowens, University of Manchester
- 9.55 Coffee
- 10.10 Shame (and Guilt) in Psychotherapy: The Therapist's Tale
Thomas Schroder University of Nottingham
- 10.35 Therapeutic Compassion
Paul Gilbert, Mental Health Research Unit Kingsway Hospital, Derby
- 11.00 Panel Discussion

Panel Debate 1

Arts Centre Arts Centre Studio

Panel Debate: Implementing the NICE Guideline for OCD and BDD: Increasing the Availability and Quality of Cognitive Behaviour Therapy

Convenor & Chair: Mark Freeston, University of Newcastle and Newcastle Cognitive Behaviour Therapy Centre

- 9.00 Mark Freeston, University of Newcastle upon Tyne
- 9.10 Jo Derisley, Norfolk & Waveney Mental Health Partnership NHS Trust
- 9.20 Karina Lovell, University of Manchester
- 9.30 David Veale, North London and the South London and Maudsley Trust
- 9.40 Gillian Leng, Director of Implementation Systems, National Institute of Health and Clinical Excellence
- 9.50 Panel Discussion and Question and Answers



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Thursday

Open Papers 1

Ramphal Room 14

Issues in Enhancing Treatment Delivery

Chair: Jim White, STEPS Primary Care Mental Health Team, Glasgow NHS

- 9.05 Using CBT in Routine General Practice
Dale Huey, North Tyneside Primary Care Trust and the University of Newcastle
- 9.25 Healthy Reading: The Experience of Book Prescription Within a Stepped Care System of Service Delivery
Sandra Johnston, STEPS PCMHT - NHS Greater Glasgow
- 9.45 CBT Supervision of Psychiatric Trainees. Can a Little Knowledge be a Therapeutic Thing? Critical Review of Experience in a Large Dublin Training Centre
Michael McDonough, St Patrick's Hospital, Dublin, Ireland
- 10.05 Coffee
- 10.25 Patients in Charge: A Naturalistic Investigation of a Patient-led Approach to Treatment in Primary Care
Tim Carey, Fife Primary Care Trust
- 10.45 The Challenge of Designing a Cognitive Behavioural Focused Group and Engaging People Who Don't Want to Know!
Nicola Smith, St Andrews Hospital, Northampton

11.30-12.30

Keynote Addresses

Arts Centre Theatre

Dr Roz Shafran

University of Oxford

Beauty and the Beast: The Contribution of Clinical Research to the Understanding and Treatment of Eating Disorders

Chair: Riccardo Dalle Grave, Villa Garda Hospital, Italy

Ramphal Lecture Theatre RO.21

Professor Tim Dalgleish

Medical Research Council Cognition and Brain Sciences Unit, Cambridge

Thinking About the Unthinkable: Cognitive Processing of Traumatic Experiences in Children and Adolescents

Chair: Willem Kuyken, Mood Disorders Centre, University of Exeter

Arts Centre Cinema

Dr John Read

The University of Auckland, New Zealand

The Politics of 'Schizophrenia': Understanding and Overcoming the Barriers to a Genuinely Integrated Socio-Psycho-Biological Model of Madness

Chair: Richard Bentall, University of Manchester

Arts Centre Conference Room

Professor Mark Williams

University of Oxford

Psychological Processes and Suicidal Depression

Chair: TBC Philip Spinhoven, Leiden University, The Netherlands

13.30 – 15.30

Symposium 11

Arts Centre Cinema

Recovery Processes and Relapse Prevention in Bipolar Affective Disorder

Convenor & Chair: Anna Swift, Norfolk & Waveney Mental Health Partnership NHS Trust

Discussant: Anne Palmer, Norfolk & Waveney Mental Health Partnership NHS Trust

- 1.30 Introduction
- 1.35 Process and Outcome in Recent Onset Bipolar Disorder
Steven Jones, University of Manchester
- 2.00 Relapse and Recovery in Bipolar Disorders an 18 month Follow up
Matthias Schwannauer, University of Edinburgh
- 2.25 Coffee
- 2.45 An Integrative Cognitive Approach to Working with Bipolar Symptoms
Graeme Reid, Bolton, Salford & Trafford Mental Health Trust
- 3.05 Mindfulness-based Cognitive Therapy (MBCT) in the Real World
Willem Kuyken & Kat White, University of Exeter
- 3.25 Questions and Answers

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Symposium 12

Arts Centre Theatre

Advances in the Prediction and Treatment of PTSD: Applications of a Cognitive Model

Convenor & Chair: Anke Ehlers, Institute of Psychiatry, Kings College London

- 1.30 Who Develops PTSD Following Assault? A Prospective Investigation into Cognitive Predictors and Mechanisms
Birgit Kleim, Institute of Psychiatry, Kings College London
- 1.50 Who Develops PTSD and Who is Resilient? Early Predictors in Ambulance Workers
Jennifer Wild, Institute of Psychiatry, Kings College London
- 2.10 Coffee
- 2.30 A Pilot Study of Intensive Cognitive Therapy for Posttraumatic Stress Disorder
Nick Grey, Centre for Anxiety Disorders and Trauma, London
- 2.50 Intrusive Memories, Nightmares and Quality of Sleep in PTSD: Patterns and Rates of Improvement in Weekly or Intensive Cognitive Therapy for PTSD
Ann Hackmann, Institute of Psychiatry, Kings College London
- 3.10 Discussion

Panel Debate 2

Arts Centre Conference Room

Panel Debate: The Ethics and Politics of CBT for Psychosis

Convenors: Craig Steel, Institute of Psychiatry, Kings College London and Robert Dudley, University of Newcastle

Chair: Nick Tarrier, University of Manchester

- 1.30 Introduction: Nick Tarrier, University of Manchester
- 1.40 Max Birchwood, University of Birmingham
- 1.45 Rufus May, University of Bradford
- 1.50 John Read, University of Auckland, New Zealand
- 1.55 Richard Bentall, University of Manchester
- 2.00 Peter Kinderman, University of Liverpool
- 2.05 Panel Debate

Symposium 13

Library LT Lib 1

Systemic Aspects of Cognitive Behaviour Therapy: Current Research and Clinical Perspectives

Convenor: Anne Stewart, Oxfordshire Mental Healthcare Trust and University of Oxford,

Chair: Nicky Dummett, East Leeds PCT and Sam Cartwright-Hatton, University of Manchester

- 1.30 Introduction
Nicky Dummett, East Leeds PCT and Sam Cartwright-Hatton, University of Manchester
- 1.40 Overview of Research and Limitations of Research
Sam Cartwright-Hatton, University of Manchester
- 1.55 Clinical and Research Perspectives on Family Involvement with Primary School Age Children
Cathy Creswell, University of Reading
- 2.10 Clinical and Research Perspectives on Family Involvement with the Adolescent Age Group
Anne Stewart, Oxfordshire Mental Healthcare Trust and University of Oxford
- 2.25 Family CBT and Systemic Practice: Similarities, Differences and Links
Andrew Lewis-Smith and Sion Roberts, Wolverhampton City Primary Care Trust
- 2.40 CBT Self Help with Young People and Families
Chris Williams, University of Glasgow
- 2.55 Panel Discussion

Symposium 14

Arts Centre Studio

Developments in the Provision of Low-intensity, High-volume Psychological Treatments

Convenor & Chair: David Richards, University of York

- 1.30 Introduction to the Role of Low-intensity, High Volume Treatments in the Management of Depression
David Richards, University of York
- 1.40 Models of Stepped Care: Evidence From the First UK Trials of Collaborative Care for Depression and Stepped Care for Common Mental Health Problems
David Richards, University of York
- 2.00 Guided Self-Help: Empirical and Consensus Developments of a protocol for a MRC Complex Interventions Platform Trial
Karina Lovell, University of Manchester
- 2.20 Coffee
- 2.40 Behavioural Orientated Treatments for Depression. A Systematic Review
David Ekers, University of York
- 3.00 Using the Telephone to Increase Access to Psychological Interventions in Primary Care
Rachel Horn, University of York



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Thursday

Symposium 15

Library Lecture Theatre Lib 2

Eating Disorders: Control, Rumination and Other New Avenues

Convenor & Chair: Douglas Maisey, North Tyneside Primary Care Trust

Discussant: Esther Cohen-Tovee, Newcastle, North Tyneside and Northumbria Mental Health NHS Trust and University of Newcastle Upon Tyne

- 1.30 Proximal Antecedents to a Perceived Loss of Control Over Eating, Shape and Weight in Women with Eating Disorders: A Descriptive Study Using Semi-Structured Interviews
Emma Ducklin, University of Teesside
- 2.00 Thoughts About Weight and Shape
Mark Freeston, University of Newcastle & Newcastle Cognitive Therapy Centre
- 2.30 Coffee
- 2.45 A Study Investigating the Content and Process Features of Ruminative Thinking in Women with Eating Disorders
Tracy Belshaw, Newcastle Cognitive and Behavioural Therapies Centre
- 3.15 Discussion
Esther Cohen-Tovee, Newcastle, North Tyneside & Northumberland Mental Health Trust

Symposium 16

Ramphal Room.04

Developments in the Application of CBT for People with Intellectual Disabilities

Convenor: John L Taylor, Northumbria University, Newcastle upon Tyne and Northumberland, Tyne & Wear NHS Trust

Chair: Raymond W Novaco, University of California, Irvine, USA

- 1.30 CBT for People with Intellectual Disabilities and Mental Health Problems: A Review of the Evidence
John L Taylor, Northumbria University, Newcastle upon Tyne and Northgate & Northumberland, Tyne & Wear NHS Trust
- 2.00 Biopsychosocial Case Formulation for People with Intellectual Disabilities and Mental Health Problems: Evaluation of and Introductory Workshop for Direct Care Staff
Barry Ingham Northumberland, Tyne & Wear NHS Trust and University of Newcastle upon Tyne
- 2.30 Further Developments in the Adaptation of Cognitive Therapy for Detained Women with Intellectual Disabilities and Personality Disorders.
Melanie McKenna, Northumberland, Tyne & Wear NHS Trust
- 3.00 When Not to use CBT with People with Learning Disabilities
Biza Stenfert Kroese, Shropshire County PCT and University of Birmingham

Symposium 17

Ramphal Room.14

Clinical Cognition: New Developments in Our Understanding of Interpretation, Attention and Working Memory

Convenor & Chair: Colette Hirsch, Institute of Psychiatry, King's College London

- 1.30 Introduction
Colette Hirsch, Institute of Psychiatry, King's College London
- 1.35 Anxiety and the Resolution of Ambiguity
Anne Richards, Birkbeck College, University of London
- 1.55 Attentional and Interpretive Biases: Independent Dimensions of Individual Difference or Expressions of a Common Selective Processing Mechanism?
Bronwyn Raykos, Institute of Psychiatry, King's College London
- 2.15 Coffee
- 2.40 Why Worry Persists: A Novel Task to Assess Working Memory Capacity in Worry
Sarra Hayes, Institute of Psychiatry, Kings College London
- 3.00 Working Memory and PTSD in Ambulance Workers Exposed to the London Bombings of 7th July
Jennifer Wild, Institute of Psychiatry, Kings College London

Symposium 18

Ramphal Lecture Theatre R0.21

The Experience of OCD and its Treatment

Convenors: Victoria Bream and Paul Salkovskis, Institute of Psychiatry, Kings College London

- 1.30 Intensive (5 day) CBT for OCD
Victoria Bream, Institute of Psychiatry, Kings College London
- 1.50 Client Perspectives on Intensive and Standard CBT for OCD
Anna Bevan, Institute of Psychiatry, Kings College London
- 2.10 Mothers with OCD
Fiona Challacombe, Institute of Psychiatry, Kings College London
- 2.30 Therapist's Bag of Tricks for Paediatric OCD
Linda Atkinson, Institute of Psychiatry, Kings College London
- 2.50 Client Experiences of Therapy for Treatment Resistant OCD
Blake Stobie, Centre for Anxiety Disorders & Trauma, The Maudsley Hospital
- 3.10 Beyond the NICE guidelines: Where and What Next?
Paul Salkovskis, Institute of Psychiatry, Kings College London

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Open Papers 2

Ramphal R1.15

Impulsivity, Depersonalisation and Anxiety: Implications for CBT

Chair: Thorsten Barnhofer, University of Oxford

- 9.05 Cognitive and Behavioural Dimensions of Impulsivity: Implications for Cognitive Behavioural Psychotherapy
Sirous Mobini, University of Sussex
- 9.25 Cognitive Biases in Depersonalisation Disorder
Elaine Hunter, South London and Maudsley NHS Trust & Institute of Psychiatry
- 9.45 Using Implementation Intentions to Modify Attentional Biases in Social Anxiety
Thomas Webb, University of Manchester
- 10.05 Coffee
- 10.25 Cognitive Behavioural Therapy for Generalised Anxiety Disorder Following Traumatic Brain Injury:
A Single Case Study
Graham Terry, Nottingham Traumatic Brain Injury Service
- 10.45 Cognitive Behavioural Therapy for Torture Survivors: The Case for Therapeutic Pragmatism: Three Case Reports
Stephen Regel, Traumatic Stress Service, Nottinghamshire Healthcare NHS Trust

1.30 pm – 6.15pm

Poster Session

Mead Gallery, Warwick Arts Centre

CBT Training, Delivery and Acceptability

Power and Therapy: Does it matter?

Matthew Cole, The Retreat, York

A Report on SPIRIT (Structured Psychosocial Interventions in Teams): Training Practitioners in the Use of Self-help Workshops to Treat Common Mental Health Problems

Gillian Crawford and Sally McVicar, NHS Greater Glasgow

Challenges and Issues Related to Providing CBT Training in Multi/diverse Professions

Karin Foran, Newcastle Cognitive and Behavioural Therapies Centre

CBT Based Self-help Clinic in a Primary Care Setting: Who Benefits? Preliminary Findings of a Six Month Pilot Study

Karen Kearley, University of Oxford, Jericho Health Centre

A Systematic Review of Self-help for Anxiety

Evan Mayo-Wilson, University of Oxford

Service User Satisfaction with CBT for Psychosis

Helen Miles, Institute of Psychiatry, Kings College London and South London & Maudsley NHS Trust

Possible Causes of Early Termination of Cognitive Behaviour Interventions in Treating Depression

Alberto Salmoiraghi, University of Liverpool

A Pilot Evaluation of CBT Formulation Workshops for Mental Health Teams

Stefan Schuller, Oxford Doctoral Course in Clinical Psychology

The Challenge of a Psychological Therapies Service in an Acute Inpatient Setting

Hannah Wilson, Hampshire Partnership NHS Trust

Psychosis

Psychosis Attachment Measure: An Investigation of Attachment Styles, Interpersonal Functioning and Psychosis

Katherine Berry, University of Manchester and Bolton, Salford and Trafford Mental Health Trust

Self-esteem in Psychosis

Joanne Cater, Clinical Psychology Course, University of Manchester

Positive and Negative Experiences of Voice Hearing in People with First Episode Psychosis, Treatment Resistant Psychosis and in People With Spiritual Beliefs

Robert Dudley, University of Newcastle

Reasons for Substance Use in Schizophrenia: A Q Methodological Investigation

Lynsey Gregg, University of Manchester

The Effects of PTSD on Suicidal Ideation, Plans and Behaviour in Individuals with Schizophrenia and Co-Morbid Substance Use Disorder"

Alicia Picken, University of Manchester

The Brain And Interpersonal Behaviour In Schizophrenia: A Functional MRI Study of the Effect Of Relatives' Criticism: A Preliminary Study

Nicholas Tarrier, University of Manchester

Core Beliefs and Recovery from Psychosis: An Exploration of the Role of Schemas

Christopher Taylor, University of Edinburgh & NHS Lothian Primary & Community Division

Child

"Beep Beep Don't Hit My Car" Treating PTSD in a Five Year Old Following a Road Traffic Accident

Allan Brownrigg, Northumbria University

A Pilot Study of Cognitive Influences of Anxiety, Depression and Sleep Problems

Philippa Carter, Institute of Psychiatry, Kings College London

'Elephants Under the Carpet': A Cognitive Behavioural Rationale for the Use of Metaphor in Child CBP Using ICS

Margot Levinson, University of Derby



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Thursday

CBT for Children and Adolescents: An Introductory Course 2004-2005

Sarah Walker, Newcastle CBT Centre, Newcastle, North Tyneside & Northumberland Mental Health NHS Trust

Factors Predicting Adjustment in Children of Parents with Spinal Cord Injury

Karen Wright, Department of Child and Adolescent Psychiatry, Milton Keynes

Basic Processes

Reasons for Entrapment in Depression

Thomas Christodoulides, South of Tyne and Wearside Mental Health NHS Trust

Confirmatory Factor Analysis of a 5 Factor Mindfulness Questionnaire

Danielle Duggan, University of Oxford

Psychological Predictors of Attitudinal and Psychophysiological Responses to Disfigurement. A Comparison of Sufferers of Visible Skin Conditions and Matched Controls

Tracey Grandfield, University of Sheffield

Do Females with Bulimia Nervosa and Eating Disorder Not Otherwise Specified Have Selective Memory Biases?

Emma Griffith, University of Exeter

The Relation Between Intolerance of Uncertainty and Attentional Biases

Nicole Heinecke, Concordia University, Canada

Analysis of Overgeneral and Contextual Thoughts and Memories of Never, Formerly and Currently Depressed Students

Natalie Jacoby, University College London

Latent Structure of Dieting Among Japanese High School Adolescent Girls: A Latent Class Analysis

Yuko Kachi, The University of Tokyo, Japan

Assessing Implicit Self-esteem in Sub-clinical Depression and the Effects of Subliminal Evaluative Conditioning

Ahrip Rawal, University of Oxford

An Investigation into Illness Perceptions of Breast Cancer Patients and Their Spouses: Do Their Perceptions, and the Congruence Within Couples, Effect Psychological Adjustment?

Zoe Rivers, University of Liverpool

Factor structure, Reliability and Validity of the Meta-cognitions Questionnaire-30 in a Turkish Sample

Adviye Esin Yilmaz, Abant Izzet Baysal University, Turkey

CBT Innovations

Implementing Cognitive Behavioural Therapy in Vocational Rehabilitation with the Severely Mentally Ill

James Binnie, South London & Maudsley NHS Trust, Kings College London

Group Behavioural Activation for Depression

Joseph Curran, Sheffield Care Trust

The Use of Danger Ideation Reduction Therapy (DIRT) in Severe, Chronic, Resistant Obsessive Compulsive Disorder

Lynne Drummond, St George's, University of London

A Naturalistic Study of Specialised Inpatient Treatment for Severe, Chronic, Resistant Obsessive Compulsive Disorder (OCD).

Lynne Drummond, St George's, University of London

Group CBT for Heterogeneous Anxiety Disorders

David Erickson, Royal Columbian Hospital, , British Columbia, Canada

Holistic Approach to Bipolar Affective Disorder: Using CBT to Achieve This!

Klaus Dieter Schultewolter, North Warwickshire Primary Care Trust

Developing a Cognitive-behavioural Conceptual Model to Explain the Development of Post-traumatic Stress Disorder (PTSD).

Donna Swinden, Nottinghamshire Healthcare NHS Trust

The Complexity of Treating PTSD Symptoms

Vito Zepinic, The Psychology Clinic, New South Wales, Australia

1.15pm - 3.30pm

In-Conference Workshops - Extra charge

Workshop 1

Ramphal Room 12

Using CBT Techniques to Supervise CBT Therapy

Maggie Gray, Cullen Centre, Royal Edinburgh Hospital and Forbes Craig, Insight Associates in Training

Workshop 2

Ramphal Room 1.15

When Telling Stories is Helpful, and When it is Not

Gillian Butler, Oxford Cognitive Therapy Centre, and Oxfordshire Mental Health Care NHS Trust

Workshop 3

Ramphal Room R3.41

Contemporary Rational Emotive Behaviour Therapy. Theoretical and Clinical Advancements

John Blackburn, Specialist Psychotherapy Services, Sheffield Care Trust

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Workshop 4

Scarmen Lecture Room 9

Schema-Focused Therapy for Borderline Personality Disorder

Arnoud Arntz, Maastricht University, The Netherlands and Marjon Nadort, VU Medical Center/GGZ Buitendamstel, Amsterdam

1.15pm - 3.30pm

In-Conference Workshops - Complimentary

Workshop 12

Scarmen Lecture Room 8

Beyond Simple Techniques in the Treatment of Medically Unexplained Symptoms

Trudie Chalder, Institute of Psychiatry, Kings College London

Workshop 13

Scarmen Lecture Room 10

Enhancing Exposure Efficacy: Strategies for Maximising Safety Learning

Michael Otto, Center for Anxiety and Related Disorders at Boston University, USA

15.45-16.45

Keynote Addresses

Arts Centre Theatre

Professor Anke Ehlers

Institute of Psychiatry, Kings College London, London

A Cognitive Model of Posttraumatic Stress Disorder: Theory and Therapy

Chair: Nick Grey, Centre for Anxiety Disorders & Trauma and Institute of Psychiatry, Kings College London

Ramphal Lecture Theatre R0.21

Professor Steven C Hayes

University of Nevada, USA

Acceptance and Commitment Therapy: Current State of the Evidence

Chair: Mark Webster, Psychotherapist (UKCP), SWEST, Bournemouth

Arts Centre Conference Room

Dr Steven Jones

University of Manchester

Psychosocial Factors in Bipolar Disorder: Instability, Internal Appraisals and Implications for Therapy.

Chair: Richard Morriss, University of Liverpool

Arts Centre Cinema

Professor Michael Otto

Center for Anxiety and Related Disorders at Boston University, USA

Enhancing Cognitive-Behavior Therapy: Strategies Emerging from Translational Research

Chair: Warren Mansell, University of Manchester

17.30

Arts Centre Conference Room

BABCP Annual General Meeting



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9.00-11.15

Symposium 19

Arts Centre Theatre

Models and Treatments for Depression Across the Lifespan

Convenor & Chair: Stephen Barton University of Newcastle

- 9.00 Early Intervention with Treatment-resistant Depression
Stephen Barton, Newcastle University & Newcastle CBT Centre
- 9.30 Improving Outcomes in CBT for Depression: Process-outcome Research
Willem Kuyken, Mood Disorders Centre, University of Exeter
- 10.00 TBC
Anne Garland
- 10.30 Depression in Older Adults
Ken Laidlaw, University of Edinburgh
- 11.00 Discussion
Peter Armstrong, Newcastle CBT Centre

Symposium 20

Arts Centre Studio

Cognitive Processes in Social Anxiety: Evidence in Children, Adolescents and Young People

Convenor and Chair: Lusia Stopa, University of Southampton

Discussant: Sam Cartwright-Hatton, University of Manchester

- 9.05 Can Clark And Wells' (1995) Cognitive Model of Social Phobia be Applied to Young People?
Freda Mcmanus, Oxford Cognitive Therapy Centre
- 9.25 Social Anxiety and Self-Evaluation of Social Performance in a Non-Clinical Sample of Children
Julie Morgan, University of Sussex
- 9.45 Using Facial Expressions of Emotion to Explore Interpretation and Attentional Information Processing Biases in Children with Increased Social Anxiety
Julie A. Hadwin, University of Southampton
- 10.05 Coffee
- 10.25 Interpretative Biases in Social Anxiety: Does Social Anxiety Influence the Way in Which Adolescents Interpret Ambiguous and Mildly Negative Social Events?
Lusia Stopa, University of Southampton
- 10.55 Self-appraisal and Post-event Processing in Young Adults
Laura Dannahy, Hampshire Partnership Trust

Symposium 21

Ramphal Room 0.04

New Directions in Cognitive Remediation Therapy

Convenor: Clare Reeder, Institute of Psychiatry, King's College, London

Chair & Discussant: Til Wykes, Institute of Psychiatry, King's College London

- 9.00 Introduction
Til Wykes, Institute of Psychiatry, King's College London
- 9.10 The Impact of Executive and Memory Improvements Following Cognitive Remediation Therapy (CRT) on Social Functioning and Symptoms: A Role for Metacognition
Clare Reeder, Institute of Psychiatry, King's College London
- 9.30 Cognitive Remediation Therapy and Cognitive Behavioural Therapy in Chronic Schizophrenia
Rafael Penades, Institute of Neuroscience, Hospital Clinic, Barcelona
- 9.50 Cognitive Remediation Therapy for Anorexia Nervosa
Kate Tchanchuria, Institute of Psychiatry, King's College London
- 10.10 Coffee
- 10.30 Facilitating More Benign Cognitive Biases and the Amelioration of Anxiety and Worry
Colette Hirsch, Institute of Psychiatry, King's College London
- 10.50 Discussion
Til Wykes, Institute of Psychiatry, King's College London

Symposium 22

Ramphal Lecture Theatre R0.21

Social Cognition Across Psychological Disorders: Research Innovations and Clinical Implications

Convenor & Chair: Warren Mansell, University of Manchester

- 9.00 Introduction
- 9.05 Face Processing Biases in Social Anxiety
Matthew Garner, University of Southampton
- 9.30 Selective Attention and Recognition Memory for Faces in Body Dysmorphic Disorder
Martin Anson, Institute of Psychiatry, King's College London
- 9.55 Coffee

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- 10.10 Theory of Mind in Schizophrenia: Early Work and Recent Developments
Rhiannon Corcorran, University of Manchester
- 10.35 Social Cognition in Bipolar Disorder and Individuals with Hypomanic Personality
Warren Mansell, University of Manchester
- 11.00 Discussion

Symposium 23

Ramphal Room 1.15

Overgeneral Memory: From Marker to Mechanisms

Convenors and Chairs: Thorsten Barnhofer and Catherine Crane, University of Oxford

Discussant: Mark Williams, University of Oxford

- 9.00 The Endorsement of Dysfunctional Attitudes is Associated with an Impaired Retrieval of Specific Autobiographical Memories in Response to Matching Cues
Philip Spinhoven, Leiden University, The Netherlands
- 9.20 Failures to Retrieve Specific Memories and Dysfunctional Schemata: An Investigation of The "Capture" Error Hypothesis
Thorsten Barnhofer, University Of Oxford
- 9.40 A Sentence Completion Procedure as an Alternative to the Autobiographical Memory Test for Assessing Overgeneral Memory in Non-Clinical Populations
Filip Raes, University of Leuven, Belgium
- 10.00 Cue Self-Relevance Affects Autobiographical Memory Specificity in Individuals with a History of Major Depression
Catherine Crane, University of Oxford
- 10.20 How Recollecting States and Events Might Contribute to Overgeneral Memory in Depression
Phil Barnard, Cognition and Brain Sciences Unit, University of Cambridge
- 10.40 Discussion
Mark Williams, University of Oxford

Panel Debate 3

Arts Centre Conference Room

Possibilities and Pitfalls of Expanding CBT to Return People to Work

Chair: Chris Williams, University of Glasgow

- 9.00 Introduction: Chris Williams, University of Glasgow
- 9.05 Simon Darnley, Prisma Health Ltd
- 9.15 Trudie Chalder, Institute of Psychiatry, Kings College London
- 9.25 Graham Turpin, Division of Clinical Psychology, British Psychological Society
- 9.35 Panel Discussion

Symposium 24

Arts Centre Cinema

Factors Associated with Successful Treatment of Borderline Personality Disorder: Spin-offs of the Dutch Multicentre Trial Comparing Schema Therapy with Transference-Focused Psychotherapy

Convenor: Arnoud Arntz, University of Maastricht, The Netherlands

- 9.05 Information Processing Changes and Treatment Effects in BPD.
Simkje Sieswerda & Arnoud Arntz, University of Maastricht, The Netherlands
- 9.30 Cost-effectiveness of SFT and TFP for BPD
Thea van Asselt, University Hospital Maastricht
- 9.55 The Implementation of Schema Focused Therapy for the Borderline Personality Disorder in Regular Psychiatry
Marjon Nadort, Free University of Amsterdam, The Netherlands
- 10.20 Central and Peripheral Emotional Responses in BPD and Changes Due to Treatment: A Fmri Study
Arnoud Arntz, University of Maastricht, The Netherlands
- 10.45 The Therapeutic Alliance in Schema Focused Therapy and Transference Focused Psychotherapy for Borderline Personality Disorder
Philip Spinhoven, Leiden University, The Netherlands
- 11.10 Discussion

Symposium 25

Library Lecture Theatre Lib 2

Measuring Competence in Cognitive Therapy

Convenor & Chair: Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centre

Chair: Mary Shinner, Salford Cognitive Therapy Training Centre

- 9.05 Measuring Competence in Cognitive Therapy: Background, Context and Issues
Mary Shinner, Salford Cognitive Therapy Training Centre
- 9.15 A Fair Deal? Inter-Rater Reliability for Assessments of Clinical Competence on the York CBT Course
Mark Latham, University of York
- 9.35 Assessing the Competence of Cognitive Therapy Trainees: The Influence of Measurement Error and its Effect on Reliability
Andrew Keen, University of Aberdeen



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Friday

10.00 Reliability of Assessment of Therapist Competency: A Prospective Study
Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centre

10.10 Discussion

Symposium 26

Library Lecture Theatre 1

Cognitive Therapy for Individuals at Ultra-High Risk for Psychosis: Keeping it Real

Convenor: Paul Tabraham, Institute of Psychiatry, Kings College London

Chair: Max Birchwood, University of Birmingham

9.00 Potential Pitfalls in The Provision of CBT to Individuals at Ultra High Risk of Psychosis
Paul Tabraham, Institute of Psychiatry, Kings College London

9.25 Early Detection: The Misnomer of the False Positive
Amanda Skeate, Early Detection & Intervention Team (ED:IT) Birmingham UK

9.50 Targeting Safety Behaviours in Cognitive Therapy For Individuals at Ultra-High Risk of Psychosis
Samantha Bowe, Bolton, Salford and Trafford Mental Health Trust

10.15 Discussion
Max Birchwood, University of Birmingham

10.40 Coffee

Open Papers 3

Ramphal Room 0.14

Maternal Mental Health and Psychological Interventions in Childhood

Chair: James Murray, Health and Social Services Department, Guernsey

9.05 An Exploration of Negative Thoughts as a Normal Phenomenon After Childbirth
Anja Wittkowski, University of Manchester.

9.25 The Relationship Between Theory of Mind and Executive Functioning to Maternal Recognition of Infant Cues and Bonding
Anja Wittkowski, University of Manchester.

9.45 Evaluation of a Stepped Care Service for Perinatal Mental Health
Anne Joice, STEPS Primary Care Mental Health Team, Glasgow

10.05 The Effects of Mindfulness Meditation Practice on Behaviour and Attention In A Primary Classroom
Suzi Iyadurai, Reading Educational and Child Psychology Service

10.25 Using TV and Films Within Cognitive Behavioural Therapy with Children and Adolescents
James Murray, Health and Social Services Department, Guernsey

10.45 Diabetes, Depression and Adolescent Issues: Can CBT Help?
Alan Brownrigg, University of Northumbria

9am - 11.20am

In-Conference Workshops - Extra charge

Workshop 5

Scarmen Lecture Theatre 9

Working with Flashbacks Linked to Type I and Type II Trauma

Helen Kennerley and Deborah Lee, Oxford Cognitive Therapy Centre

Workshop 6

Ramphal Room 0.12

Is the Mind/body Really Able to Heal Itself

Irene Tubbs, Chair Association for Rational Emotive Behaviour Therapy

Workshop 7

Ramphal Room 1.13

Working with Dissociation and Dissociative Identity Disorder

Vivia Cowdrill, Hampshire Partnership NHS Trust, Fiona Kennedy and Janine Day, Isle of Wight Healthcare NHS Trust

9am - 11.20am

In-Conference Workshops - Complimentary

Workshop 14

Scarmen Lecture Room 8

Anger Assessment and Treatment

Raymond Novaco, University of California, Irvine, USA

Workshop 15

Scarmen Lecture Room 10

Focusing on What Works with Mindfulness and Metacognition: An Introduction to the Method of Levels

Tim Carey, Stratheden Hospital, Scotland

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11.30-12.30

Keynote Addresses

Ramphal LT RO.21

Professor Arnoud Arntz

Maastricht University, The Netherlands

Schema-focused Therapy of Borderline Personality Disorder is Effective and Cost Effective: Results of a Multicentre Randomised Controlled Trial

Chair: Mark Freeston, Newcastle Cognitive Therapy Centre

Arts Centre Theatre

Professor Richard Morriss

University of Liverpool

Psychological Management of Bipolar Disorder and Recurrent Depression: Service, Delivery and Integration with Psychiatric Care

Chair: Steven Jones, University of Manchester

Arts Centre Cinema

Professor Trudie Chalder

Institute of Psychiatry, Kings College London

'I Will Not Change My Old Mumpsimus For Your New Sumpsimus': Treatment of Medically Unexplained Symptoms

Chair: Chris Williams, University of Glasgow

Arts Centre Conference Room

Professor Patricia Howlin

Institute of Psychiatry, Kings College London

The Evidence Base for Behavioural Therapies for Individuals with Autism Spectrum Disorders

Chair: Cathy Creswell, University of Reading

13.30 – 15.30

Symposium 27

Library LT Lib 1

Interpersonal Processes in Cognitive Therapy for Depression

Convenor & Chair: Gillian Hardy, University of Sheffield

Discussant: Steven Jones, University of Manchester

-
- 1.30 Predicting Premature Termination and Poor Outcome
Sari Saatsi, University of Manchester
 - 2.00 Ruptures and Rupture Repair in CBT
Sue Llewelyn, University of Oxford
 - 2.30 Therapeutic Alliance and Cognitive Change
Stephen Barton, University of Newcastle, Newcastle CBT Centre
 - 3.00 Discussion
Steven Jones, University of Manchester

Symposium 28

Arts Centre Studio

Older Adults: Theoretical Developments and Improvements in Clinical Practice

Convenor: Gwyn Higginson, North Staffordshire Combined Healthcare NHS Trust. Co-facilitator BABCP Special Interest Group Older Adults

Chair: Grainne Sheridan, Nottingham NHS Trust. Co-facilitator BABCP Special Interest Group Older Adults

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- 1.30 Introduction
Grainne Sheridan, Nottingham NHS Trust. Co-facilitator BABCP Special Interest Group Older Adults
 - 1.35 Exploring The Issue of Focality in Cognitive-Behaviour Therapy with Older People
Chris Clarke, Humber Mental Health Teaching NHS Trust & University Of Hull
 - 1.55 An Investigation Of The Phenomenon Of Worry In A Clinical Sample Of Older Adults, Using A Semi-Structured Interview
Gillian Bowie, South of Tyne And Wearside Mental Health NHS Trust
 - 2.15 Training Multi-Disciplinary Staff to Run Group CBT for Older Adults
Vivien Isaac, Western Community Hospital, Hampshire Partnership NHS Trust
 - 2.35 Coffee
 - 2.45 Regret as a Focus for Cognitive Therapy with Older People
Steve Davies, University of Hertfordshire
 - 3.05 Applying CBT Formulations In Nursing Care Settings
Ian James, Centre For The Health Of The Elderly, Newcastle General Hospital
 - 3.25 Questions and Closing Remarks
Gwyn Higginson, Northstaffordshire Combined Healthcare NHS Trust. Co-Facilitator BABCP Special Interest Group Older Adults



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Symposium 29

Arts Centre Cinema

Exploring Users' Experiences of Psychosis and Recovery: Qualitative Approaches

Convenor: Heather Laithwaite, The State Hospital

Chair: Andrew Gumley, The University of Glasgow

Discussant: Matthias Schwannauer, The University of Edinburgh

- 1.30 The Interpersonal Self in Early-Onset Psychosis: A Grounded Theory Analysis
Emily Taylor, University of Edinburgh
- 1.50 An Experiential Perspective on Persecutory Paranoia: A Grounded Theory Construction
Tom Boyd, University of Glasgow
- 2.10 Sense of Self, Adaptation and Recovery in Patients with Psychosis in High Security NHS Settings
Heather Laithwaite, The State Hospital, Carstairs, Scotland
- 2.30 Coffee
- 2.50 Researching Recovery from Psychosis : A User Led Project
Liz Pitt, Bolton, Salford and Trafford Mental Health
- 3.10 Discussion
Matthias Schwannauer, The University of Edinburgh

Symposium 30

Ramphal LT R0.21

Influencing Emotional Vulnerability: 'Training' Interpretational Style

Convenor & Chair: Jenny Yiend, University of Oxford

Discussant: Jenny Yiend, University of Oxford

- 1.30 Introduction
Jenny Yiend, University of Oxford
- 1.40 Facilitating a More Benign Interpretation Bias in High Worriers: Effects on Worry Persistence
Sarrah Hayes, Institute of Psychiatry, Kings College London
- 2.05 Inducing Interpretative Biases: "Training" Clinical Perfectionism
Anna Coughtrey, University of Oxford
- 2.30 Modifying Anxiety Vulnerability By 'Training' an Interpretive Bias: Success May Depend on Gender and Active Generation Methods
Laura Hoppitt, MRC Cognition and Brain Sciences Unit, Cambridge
- 2.55 Validating the Cognitive Effects of Interpretation Bias Training
Kathryn Lester, Department of Psychiatry, University of Oxford
- 3.20: Summary and Discussion
Jenny Yiend, University of Oxford

Symposium 31

Arts Centre Theatre

Experience and Reflection in Cognitive Therapy Training and Consultancy

Convenors: James Bennett-Levy, Oxford Cognitive Therapy Centre and Mark Freeston, Newcastle Cognitive Therapy Centre

Chair: James Bennett-Levy, Oxford Cognitive Therapy Centre

- 1.30 What Can Therapists Learn About Other People's Anxieties From Their Own?
Mark Freeston, Newcastle Cognitive Therapy Centre
- 1.50 Learning CBT From The Perspective of Another Model
Frank Wills, University of Wales, Newport
- 2.10 Coffee
- 2.30 Evaluation of an Experiential Learning Model of CBT Based Consultancy To Teams
Great Yarmouth and Waveney Assertive Outreach Team, Norfolk and Waveney Mental Health Partnership NHS Trust
- 2.50 Enhancing CBT Training and Skills Utilization Through Reflection
James Bennett-Levy, Oxford Cognitive Therapy Centre
- 3.10 Discussion

Symposium 32

Library LT Lib 2

Testing Cognitive Models: 'Process Validity' and Advances in Self-Report Questionnaire Measurement

Convenor: Nick Hawkes, Barnet, Enfield and Haringey Mental Health NHS Trust

Chair: Gary Brown, Royal Holloway, University of London

- 1.30 Introduction
Gary Brown, Royal Holloway, University of London
- 1.35 Process Validity: An Empirical and Theoretical Investigation of Anxiety-Related Cognitive Behavioural Questionnaires
Nick Hawkes, Barnet, Enfield and Haringey Mental Health NHS Trust
- 1.55 Development of a Self-report Measure to Assess Attitudes to Planning for the Future.
Andrew MacLeod, Royal Holloway, University of London
- 2.15 Coffee

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- 2.25 The Hypomanic Attitudes and Positive Predictions Inventory (HAPPI): The Development and Validation of a Scale to Aid in Cognitive Therapy for Bipolar Disorder
Warren Mansell, University of Manchester
- 2.45 The Development of a Scale to Assess Beliefs About Emotions
Sara Tai, University of Manchester
- 3.05 Fear of Fear and Anxiety Sensitivity: Are they what you think they are?
Nick Hawkes, Barnet, Enfield and Haringey Mental Health NHS Trust
- 3.25 Closing Discussion

Symposium 33

Ramphal R1.15

Psychological Models of Service Delivery in Cardiac Care

Convenor: Jo White, King's College Hospital, London

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- 1.30 Introduction
Jo White, King's College Hospital, London
 - 1.35 The Effect of Structured Informational Care in Patients with Non-cardiac Chest Pain
Tammy Lennox, Tees, Esk and Wear Valleys NHS Trust
 - 2.00 The Hypertension Self-management Project
Graeme Gillespie, Northumbria Healthcare NHS Trust
 - 2.25 Developing a Psychology Service for Cardiac Rehabilitation
Paul Sigel, South London & Maudsley NHS Trust
 - 2.50 Men's Experience of Heart Attack: A Qualitative Study
Jane Hutton, South London and Maudsley NHS Trust
 - 3.15 Discussion

Symposium 34

Arts Centre Conference Room

Disseminating Cognitive Therapy for Anxiety and Related Disorders

Convenor: David M. Clark, Institute of Psychiatry, Kings College London

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- 1.30 Introduction
David M. Clark, Institute of Psychiatry, Kings College London,
 - 1.35 Disseminating Cognitive Therapy for Panic Disorder in Primary Care
Nick Grey, Institute of Psychiatry, Kings College London
 - 1.53 A Danish Evaluation of Cognitive Therapy for Hypochondriasis
Paul M. Salkovskis, Institute of Psychiatry, Kings College London
 - 2.11 A Swedish study of Individual Cognitive Therapy for Social Phobia
David M Clark, Institute of Psychiatry, Kings College London
 - 2.29 Cognitive Therapy for Post-traumatic Stress Disorder in the Context of Terrorism and Other Civil Conflict in Northern Ireland
Michael Duffy, Northern Ireland Centre for Trauma and Transformation & University of Ulster
 - 2.46 Discussion

Open Papers 4

Ramphal Room 1.13

Mechanisms Mediating Psychological Disturbance across Disorders

Chair: Yvonne Linney, West London Mental Health Trust & Caroline Brett, Canterbury Christ Church University College

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- 1.35 Introducing the Appraisals of Anomalous Experiences Interview
Caroline Brett, Canterbury Christ Church University College
 - 1.55 The Psychological Processes Underlying Symptoms of Thought Interference in Psychosis
Yvonne Linney, West London Mental Health Trust
 - 2.15 To What Extent are Checking and Avoidance Behaviours Relating to Body Appearance Concerns Mediated by Importance of Attractiveness in Self Worth
Ellen Vale, Newcastle University And Newcastle, North Tyneside and Northumberland Mental Health NHS Trust
 - 2.35 Coffee
 - 2.50 To What Extent are Religiosity and Thought-Action Fusion Associated with Obsessive-Compulsive Symptoms?
Nicola Wright, Newcastle University and Newcastle, North Tyneside And Northumberland Mental Health Trust
 - 3.10 Vulnerability to Depression and Emotional Processing
Stella Chan, University Of Oxford

Open Papers 5

Ramphal RO.04

Evaluating Innovative Applications of CBT

Chair: Ricardo Dalle Grave, MD, Department of Eating and Weight Disorder, Villa Garda Hospital, Italy

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- 1.35 A Randomised Controlled Trial of Cognitive Behavioural Therapy for Perfectionism
Caroline Riley, Institute of Psychiatry, Kings College London
 - 1.55 A Preliminary Randomised Controlled Trial of Aa Cognitive Behavioural Group Intervention Versus Waitlist Control for Women with Mayer-Rokitansky-Kuster-Hauser Syndrome
Jacoline Heller-Boersma, Queen Charlotte's & Chelsea Hospital & City University, UK



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Friday

- 2.15 How Can We Improve Outcomes for People with Obesity? A Combination of Cognitive-Behavioural, Dietetic and Physiotherapy Interventions; The Healthy Living Project
Esther Cohen-Tovee, Newcastle, North Tyneside & Northumberland Mental Health Trust
- 2.35 Coffee
- 2.50 Effectiveness and Efficiency in a Stepped Care Primary Care Service: Comparing CBT and Person Centred Counselling
Jim White, STEPS Primary Care Mental Health Team, Glasgow NHS
- 3.10 Co-Therapist Role in Therapy of Panic Disorder
Vito Zepinic, The Psychology Clinic, New South Wales, Australia

1.15pm - 3.30pm

In-Conference Workshops - Extra charge

Workshop 8

Ramphal Room O.14

Using Computer and Web-based Treatments for Bulimia

Christopher Williams, University of Glasgow and Ulrike Schmidt, Institute of Psychiatry, South London and Maudsley NHS Trust

Workshop 9

Scarmen Lecture Theatre 8

What's a Nice Therapist like You doing in a Place like This? The Challenge of Delivering CBT Focused Return to Work Programmes Within a Political/Economic Agenda

Simon Darnley, Prisma Health Ltd

Workshop 10

Ramphal Room 0.12

Cognitive-behavioural Strategies for Working with Difficult and Resistant Clients

Wayne Froggatt, New Zealand Centre for Cognitive Behaviour Therapy

Workshop 11

Scarmen Lecture Room 5

Therapeutic Factors in CBT with Personality Disorders and Complex Trauma

Claudia Herbert, The Oxford Development Centre Ltd

1.15pm - 3.30pm

In-Conference Workshops - Complimentary

Workshop 16

Scarmen Lecture Room 9

CBT for OCD in Children and Adolescents

Polly Waite and Catherine Gallop University of Reading

Workshop 17

Scarmen Lecture Room 10

The Power of Affect: Principles of Emotion-focused Therapy

Diana Wais, AEDP Institute

15.45 - 16.45

Keynote Addresses

Arts Centre Conference Room

Professor Richard Bentall

University of Manchester

Paranoia and the Status of the Attributional Model

Chair: Tony Morrison, University of Manchester

Arts Centre Theatre

Professor Robert Leahy

Clinical Professor of Psychology at Weill-Cornell Medical School and President of the International Association for Cognitive Psychotherapy

The Role of Emotion in Cognitive Therapy

Chair: Paul Gilbert, Mental Health Research Unit Kingsway Hospital, Derby

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