



BABCP Organisation

British Association for Behavioural and Cognitive Psychotherapies
40th Annual Conference & Workshops
26th-29th June 2012 | University of Leeds

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Dear Delegates

Welcome to Leeds and the Annual Conference of BABCP. This year is special because we are celebrating our 40th Annual Conference and for the first time at it is being held at the University of Leeds. This is appropriate and timely as this was the university of our founding Chair Professor H Gwynne Jones.

This year delegates have been able to choose from 19 pre-conference workshops, 68 symposia, 6 panel discussions, 3 clinical roundtables, poster sessions and 19 keynote addresses. We are again including 13 skills classes since these have proven to be so popular over the past two years. The conference will also be hosting the meetings of a number of BABCP Special Interest Groups.

The Conference Scientific Committee has once again succeeded in expanded the quality and diversity of the 2012 programme and providing members and non-members with a unique opportunity for continuing professional development, networking and the exchange of ideas.

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

This year's conference will also make links back to 1972 and celebrate the importance and the legacy that 5 people have provided BABCP. Friends and colleagues of Isaac Marks, Andrew Mathews, Bill Yule, Ivy Blackburn and Joan Kirk will speak at 5 special 40th Anniversary Founder Celebration events during the conference. Make sure you take advantage of these special events which will inform your practice and give you an appreciation of the evolution of CBT and its practice 40 years after that first meeting in London

Enjoy your time in Leeds and make sure you take advantage of the social programme that is an important part of the Annual Conference. We hope that your experience will be memorable.

Warren Mansell and **Roz Shafran**

Co-Chairs Scientific Committee

Rod Holland

Conference Organiser



The Conference Site

The scientific programme and workshops will take place on the campus of the University of Leeds. All the workshop and lecture theatres are within a short walking distance of each other. Signs will direct you to the various buildings but if you get lost then ask for direction at the registration desk or from one of the conference stewards who will be recognisable by their Conference T-shirt.

Registration

Monday Evening and Tuesday Morning Only

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

Monday 25 June 16:00 – 20:00

Tuesday 26 June 08:00 – 10:00

The Registration Desk will then move to the **SPORTS HALL** for Conference Delegates and will be open during the following times:

Tuesday 26 June 12:00 – 20:00

Wednesday 27 June 08:00 – 17:00

Thursday 28 June 08:00 – 17:00

Friday 29 June 08:00 – 17:00

In the Sports Hall you will also find a message board which will give details of any programme changes and will be the 'Pick Up Point' for any messages that have been left for delegates.

Exhibition Area

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

Going Green

If you do not want to receive a book of conference abstracts make sure you tick the box on the registration form. You can download the abstracts from the conference website www.babcpconference.com

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

General Information

Room Capacity

Delegates must respect the limits on the numbers of people who can be accommodated in the lecture theatres and symposia rooms. These limits are there for obvious fire and other health and safety reasons. Conference organisers will have to restrict access to rooms when their capacity has been reached. BABCP cannot therefore guarantee that space will be available for all delegates who wish to attend each session, so it is recommended that you arrive early or on time for the sessions that you particularly wish to attend.

Entry and Exit

To avoid disruption to presenters and other delegates, you may only enter and exit the lecture room at appropriate times (i.e. between presentations). You may therefore have to wait, either outside or inside the room and please follow the instructions of the session chair and/or conference stewards. Please turn off mobile phones.

Security

Please do not leave valuables in the lecture and seminar rooms during the refreshment and lunch breaks unless arrangements are made to secure the room.

Eating and Drinking

Coffee and tea are provided free of charge to all delegates in the morning and afternoon at the times indicated in the programme. There will be various serving points where the scientific programme is taking place. A packed lunch is included in your registration fee and will be available 12.30-14.00.

No evening catering has been organized other than the social activities arranged for the 1970s Disco on Wednesday 27 June and the 40th Anniversary Gala Dinner on Thursday 28 June. There are many restaurants in Leeds for delegates who wish to make their own arrangements and the Refectory bar is open on the University Campus throughout the Conference.

Do not forget to wear your badge

You must wear your badge at all times during the conference. A strict admissions policy will be operating and admission to symposia and other events will be restricted to badge holders only. You will also need your badge to collect your lunch and for the social events.

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

No Smoking Policy

In line with laws on smoking, no smoking is allowed in any enclosed public areas of the conference.

Conference Secretariat

Eyas Limited

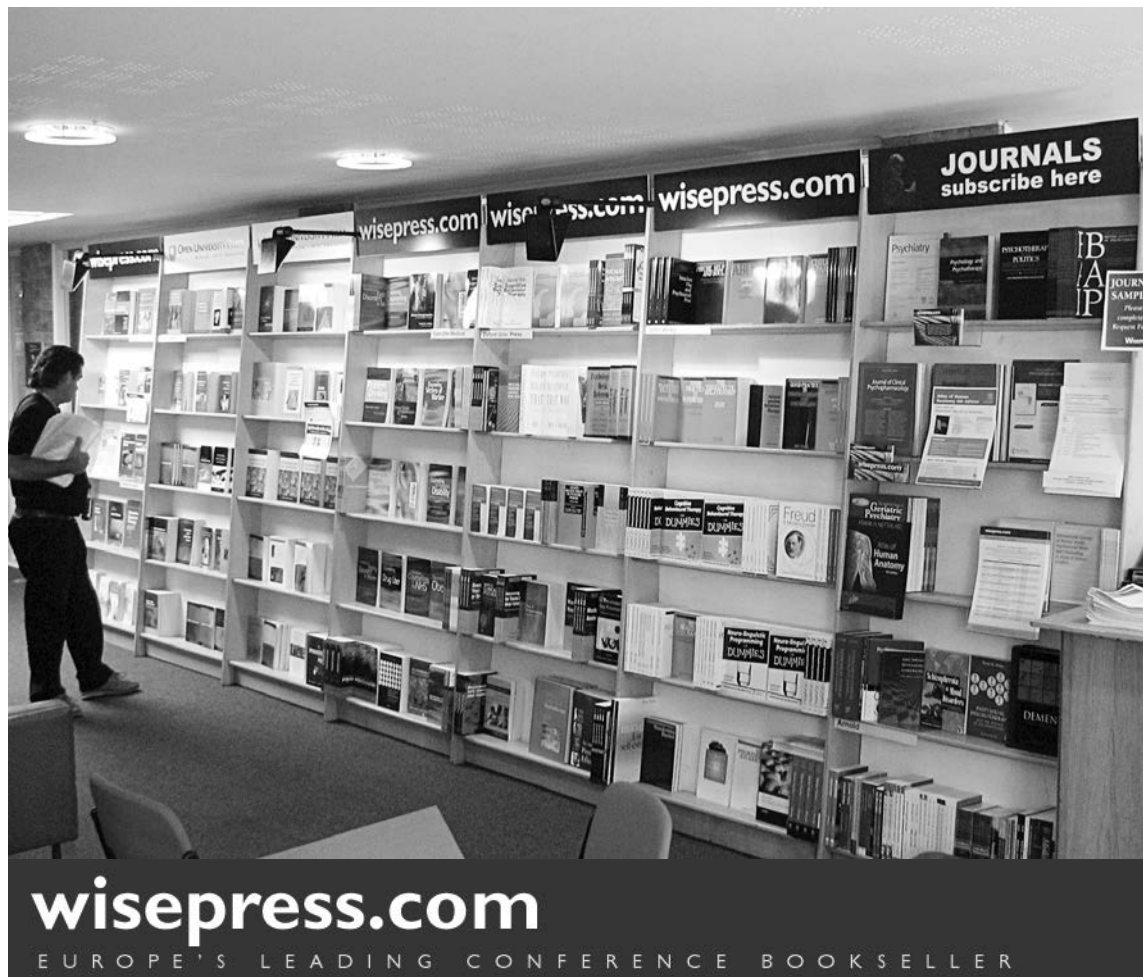
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Throughout the conference there will be an exhibition of **books and journals**, organised by Wisepress, in the exhibition area of the conference



Visit the display of BABCP Branches & Special Interest Groups

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

Social Programme

Conferences organised by BABCP are well known for the quality of the scientific programme and for the opportunity provided in the social programme for delegates to meet, socialise and enjoy themselves. The BABCP 2012 programme in Leeds is designed to ensure that there will be plenty of opportunities to meet people in a relaxed and informal setting. Whether this is wining and dining together, dancing and partying into the early hours or just in a relaxed conversation at the end of a busy day, we know that the conference will help forge new friendships and contacts.

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

Tuesday 26th June

18.30 – 20.30

Opening Reception

Venue: The Sports Hall

Come and enjoy a glass of wine and some canapés. Visit the Book Exhibition and “Meet your Branch Representative” during the opening reception. There is no charge for this event but admission is by your conference badge which you will have collected at registration.

For those who wish to carry on...

Venue: The Students Union Bar will be open until late every evening throughout the conference.

Wednesday 27th June

19.00 - Late

BABCP Birthday Party –1970's Disco

Venue: The Terrace

Come and help us celebrate in style with a barbeque, ABBA revival band and disco.

There is no charge for this event but remember to show your badge to gain admission

Thursday 28th June

19.30 - Late

40th Anniversary Gala Dinner

Venue: The Refectory

A very special event to commemorate 40 years of the BABCP, including a three course meal and a disco later in the evening.

Ticket Cost: £25.00





Pre-Conference Workshops

TUESDAY 26TH JUNE

A programme of one-day Workshops will be held on Tuesday 26 June. The workshops will run from 9.30 - 17.00.

Workshop 1

Childhood Neglect and Abuse: Working with the Long-Term Consequences

Helen Kennerley, Oxford Cognitive Therapy Centre, University of Oxford and Oxford Health NHS Foundation Trust

Workshop 2

Narrative Exposure Therapy: An Evidence-Based Treatment Approach for Child and Adult Survivors of Multiple Trauma

Martina Ruf, University of Konstanz, Germany and vivo (www.vivo.org), and Katy Robjant, Institute of Psychotrauma and vivo (www.vivo.org)

Workshop 3

Emotional Processing in the Context of Chronic Fatigue Syndrome and Implications for Persistent Physical Symptoms in General

Trudie Chalder, Institute of Psychiatry, King's College London

Workshop 4

Behavioural Activation for Depression: Theory, Principles, and Applications

Derek Hopko, University of Tennessee, USA

Workshop 5

An Overview of Cognitive Processing Therapy (CPT) for PTSD

Patricia Resick, National Center for PTSD, VA Boston Healthcare System and Boston University, USA

Workshop 6

Emotional Schema Therapy

Robert L. Leahy, American Institute for Cognitive Therapy and Weill-Cornell Medical College, USA

Workshop 7

Pain-Related Fear in Chronic Pain: The Application of Exposure in Vivo

Johan Vlaeyen, Katholieke Universiteit Leuven, Belgium and Maastricht University, Netherlands

Workshop 8

Compassion Focused Therapy for Older People with Mild Cognitive Impairment (MCI)

Gwyn Higginson, North Staffordshire Combined Healthcare NHS Trust

Workshop 9

Real Life Problems: Making Cognitive Behavioural Therapy Meaningful for People with Intellectual Disabilities

Andrew Jahoda, Institute of Health and Wellbeing, University of Glasgow, and Biza Stenfert Kroese, Department of Psychology, University of Birmingham

Pre-Conference Workshops

TUESDAY 26TH JUNE

Workshop 10

CBT for Psychosis: Basics and Beyond

Alison Brabban, Tees, Esk & Wear Valleys NHS Foundation Trust and IAPT National Advisor for Severe Mental Illness

Workshop 11

Introduction to the Psychological Flexibility Model: An Acceptance and Commitment Therapy Workshop

Kelly G. Wilson, University of Mississippi, USA

Workshop 12

Allied Forces? How to do Effective and Collaborative CBT with Military Veterans

Martina Mueller, Oxford Cognitive Therapy Centre

Workshop 13

A Cognitive Approach to the Treatment of OCD: Beyond Exposure and Response Prevention

Adam Radomsky, Concordia University, Canada

Workshop 14

Update on CBT for Personality Disorder - CBTpd

Kate Davidson, University of Glasgow and NHS GGC, and Sean Harper, NHS Lothian

Workshop 15

CBT for People with Cancer

Stirling Moorey, South London and Maudsley NHS Foundation Trust

Workshop 16

'A Picture is worth a Thousand Words': Developing Imagery Techniques in Cognitive Therapy.

Lusia Stopa, University of Southampton

Workshop 17

Why Behaving Well is not Beyond Belief: Identifying and Using Behavioural Change and Behavioural Experiments in Effective CBT for Anxiety and Related Problems

Paul Salkovskis, University of Bath

Workshop 18

Body Image Disturbance in the Eating Disorders: Cognitive-Behavioural Approaches

Glenn Waller, Vincent Square Eating Disorders Service, CNWL NHS Foundation Trust, London, and Eating Disorders Section, Institute of Psychiatry, King's College London

Workshop 19

Oppositional Parents with Oppositional Children:

What to do When it Just Won't Work?

Caroline White, Central Manchester University Hospitals NHS Foundation Trust

Beginner's Guide to the BABCP Annual Conference

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

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

Streams... The whole conference programme is organised into 11 streams, which are broad areas within psychology, such as Adult Mental Health. All presentations will be colour coded by stream in the conference programme. Generally, presentations within a stream will be scheduled at different times to allow delegates interested in a specific area to attend most or all of the relevant presentations, and we try to schedule presentations on the same topic one after the other, and in the same room.

Themes... Each year there are also specific themes. These are chosen to encourage submissions on certain topics that are particularly timely within CBT, or showcase the regional expertise. For example, one of the themes this year is Self-Regulation and Control.

... *'But how do I decide what to attend?'* ...

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

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

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

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

We hope this is helpful, please do ask any of the organisers if you have any questions during the conference, and above all, enjoy!

Beginner's Guide to the BABCP Annual Conference

'What exactly are the different types of presentations at the conference?'

Workshops... These are whole day events focussed on both skills and theory.. They are scheduled in parallel on the first day of the conference, and are independent from the scientific programme that follows.

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

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

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

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

Open paper sessions... These are similar to symposia, and may or may not be themed. They tend to be a collection of interesting papers which are related, but focus on slightly different topics or separate studies. If you are interested in one paper within an open paper session, it is perfectly ok to go in to these events just for the paper you are interested in at the time it is scheduled, and come out when it is finished.

Posters... Posters report on research studies, service evaluations, clinical case reports, etc, and the presenter will usually stand with their poster and answer any questions. These sessions are themed events and you are free to walk around and interact with the presenters. Poster sessions tend to take place at lunchtime, and posters remain displayed for the afternoon.

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



The Programme

WEDNESDAY 27TH –
FRIDAY 29TH JUNE

Keynote Speakers

Symposia

Panel Discussions

Clinical Roundtables

Skills Classes

Poster Sessions

Special Interest Group meetings

Programme

WEDNESDAY 27TH JUNE

9.00 – 11.00

Symposium 1 – Adult Mental Health – Roger Stevens Building: RSLT18

Body Dysmorphic Disorder and Body Image Problems

Convenor: David Veale, Institute of Psychiatry, King's College London

- 9.00 The role of self focussed attention and mood induction in mirror gazing
Martin Anson, Institute of Psychiatry, KCL
- 9.30 Characteristics and outcome of women seeking labiaplasty
Ertimiss Eshkevari, Institute of Psychiatry, KCL
- 10.00 Characteristics of men worried by the size of their penis
Julie Read, Institute of Psychiatry, KCL
- 10.30 A randomised controlled trial of cognitive behaviour therapy v anxiety management
David Veale, Institute of Psychiatry, KCL

Symposium 2 – Adult Mental Health – Roger Stevens Building: RSLT14

Trauma Work with Military Veterans

Convenor: Imogen Sturgeon-Clegg, Combat Stress

Chair: Suzanna Rose, NHS South of England

- 9.00 How is combat-related trauma currently understood and made sense of by
British Army Veterans.
Pamela Reeves, Combat Stress
- 9.30 The Relational Theatre of Stress: The Experience of Stress in Contemporary Counter-
insurgency Warfare for UK Veterans with a Diagnosis of PTSD
Vanessa Lewis, Combat Stress
- 10.00 Preliminary Outcomes of a Six Week Residential Post-Traumatic Stress Disorder Treatment
Programme for Military Veterans
Imogen Sturgeon-Clegg, Combat Stress & Nicola Sorfleet, Combat Stress
- 10.30 What does a NHS Clinical Champion for Veterans Mental Health and Wellbeing do?
Suzanna Rose, NHS South of England

Symposium 3 – Basic Processes and New Developments – Roger Stevens Building: RSLT21

How Does CBT Work? Exploring Multiple Factors

Convenor: Rob Dudley, Newcastle University

Discussant Mark Freeston, Newcastle University and Northumberland Tyne and Wear
NHS Foundation Trust

- 9.00 Effective elements of CBT for Psychosis
Philippa Garety, Institute of Psychiatry, King's College, London
- 9.25 Examining the effects of thought records and behavioral experiments in
instigating belief change.
Freda McManus, Oxford Cognitive Therapy Centre and Oxford University
- 9.50 Using the Therapeutic Relationship for Change: A Focus on How Things Work
Timothy A. Carey, Flinders University, Australia
- 10.15 Is the devil in the detail? Therapeutic benefits of focusing on the specific details of
emotional experience
Tim Dalgleish, MRC Cognition and Brain Sciences Unit, Cambridge
- 10.40 Discussion

Symposium 4 – Basic Processes and New Developments – Roger Stevens Building: RSLT02

Cognitive Processes in Obsessional Disorders

Chair: Adam Radomsky, Concordia University, Canada

- 9.00 An Experimental Study of Self-Focused Attention and Appearance Related Comparisons in
Body Dysmorphic Disorder
Mark Turner, Institute of Psychiatry, King's College London
- 9.30 A qualitative study of the investigation of reassurance seeking in
obsessive-compulsive disorder
Osamu Kobori, Chiba University
- 10.00 The Use of 'Mental Shields' to Protect from Mental Contamination in OCD
Anna Coughtrey, University of Reading
- 10.30 Investigating the Three Pathways Theory: Inducing Contamination Fears
Eva Zysk, University of Reading

Symposium 5 – Behavioural Medicine – Roger Stevens Building: RSLT03

Working with the Unfamiliar: Latest Perspectives on Medically Unexplained Syndrome

Convenor: Nicole Tang, Keele University

- 9.00 The “good old days” bias and its correlates for adults with persistent postconcussional symptoms
Seb Potter, South London & Maudsley NHS Foundation Trust
- 9.30 From minor head injury to Post Concussion Syndrome: Does the Cognitive Behavioural Model provide the map?
Rona Moss-Morris, Institute of Psychiatry, King’s College London
- 10.00 Working with the unfamiliar in primary care: A qualitative study of GP trainees’ educational and clinical experience of medically unexplained symptoms
Mary Howman, UCL
- 10.30 Working with the unfamiliar in secondary care: A qualitative study of how hospital doctors approach patients with medically unexplained symptoms and their views on training
Alex Warner, Primary Care Mental Health Research Group, University College London

Panel Discussion 1 – Child and Adolescent Mental Health – Roger Stevens Building: RSLT15

An Innovative Approach in CAMHS to First Episode Psychosis using Parents as Co-Therapists

Convenor: Famarz Hashempour, Betsi Cadwalader University Health Board

- 9.00 Famarz Hashempour, Betsi Cadwalader University Health Board
- 9.40 Sylvia Rawlings, Parent of Service User
- 9.55 Tracy O’Farral, Parent of Service User
- 10.10 Katherine O’Farral, Service User
- 10.25 Sarah Clarke, Betsi Cadwalader University Health Board
- 10.40 Discussion

Symposium 6 – Eating Disorders and Impulse Control – Roger Stevens Building: RSLT16

Emotions in the eating disorders

Convenor: John Fox, University of Manchester and Priory Hospital Cheadle Royal

- 9.00 Eating disorders and multi-level models of emotion: the SPAARS-ED model of eating pathology
John Fox, University of Manchester and Priory Hospital Cheadle Royal
- 9.30 Shame, self-criticism and self-compassion in eating disorders
Hannah Andrews, Coventry Eating Disorder Service
- 10.00 Shame and pride in eating disorders
Anita Holtom-Viesel, Coventry Eating Disorder Service
- 10.30 The perception of threat from basic emotions and binge eating behaviours in people who are obese and seeking treatment for their weight
John Fox, University of Manchester/ Priory Hospital Cheadle Royal

Symposium 7 – IAPT and Primary Care – Roger Stevens Building: RSLT20

IAPT in Routine Clinical Practice: Challenges, Innovations and Outcomes

Convenor: Paul Bliss, Sheffield Health and Social Care NHS Foundation Trust

- 9.00 Pathways of Stepped Care – history of an IAPT service including initial set up, challenges and development
Paul Bliss, Sheffield Health and Social Care NHS Foundation Trust
- 9.30 Innovations in enabling access and addressing waiting times in an IAPT service
Jodie Millington, Sheffield Health and Social Care NHS Foundation Trust
- 10.00 Developments in psychological interventions within a stepped care model in an IAPT service
Gill Donohoe, Sheffield Health and Social Care NHS Foundation Trust
- 10.30 Advances in clinical governance and organisational development in an IAPT service
Annie Mason, Sheffield Health and Social Care NHS Foundation Trust

Symposium 8 – IAPT and Primary Care – Roger Stevens Building: RSLT19

Doing a Lot More in Low Intensity: The STEPS Service

Convenor: Jim White, Greater Glasgow and Clyde NHS

- 9.00 STEPS: the model
Jim White, Greater Glasgow and Clyde
- 9.20 Accessing service: lowering barriers
Vicky Manson, Greater Glasgow and Clyde NHS

- 9.40 **Classes, groups and workshops**
Carol Richards, Greater Glasgow and Clyde NHS
- 10.00 **Getting the best out of limited resources**
Simon Stuart, Greater Glasgow and Clyde NHS
- 10.20 **Working at the population level**
Michael Ross, Greater Glasgow and Clyde NHS
- 10.40 **What have we learned and where do we go from here?**
Jim White, Greater Glasgow and Clyde NHS

Symposium 9 – IAPT and Primary Care – Roger Stevens Building: RSLT01

IAPT Treatment & Delivery

- Chair: Kevin Mullins, National IAPT Director, Department of Health
- 9.00 **From Service Users to Associates: Challenges and benefits of involving service users in a London IAPT service**
Jocelyne Kenny, Bromley Mind
- 9.20 **Does symptomatic improvement to a sub clinical level predict client satisfaction as measured by the Improving Access to Psychological Therapies (IAPT) Patient Choice and Experience Questionnaire (PEQ)?**
Sonia Malik, University of Manchester
- 9.40 **'Let's just have a few more sessions': Audit of outcomes for clients offered more than 20 sessions of CBT in an IAPT service**
Charlotte Cox, Institute of Psychiatry, King's College London
- 10.00 **A benchmarking method for mental health services using PHQ-9 and GAD-7**
Jaime Delgadillo, Leeds Community Healthcare NHS Trust
- 10.20 **IAPT, Linking Training and Patient Outcome**
Amanda Branson, University of Reading and Pam Myles, University of Reading
- 10.40 **The development and evaluation of CBT 'Emotional Wellbeing' groups within IAPT: An Exploratory Study looking at who attends and who benefits**
Kirsty James, University of Bath

Symposium 10 – Severe and Enduring Problems – Roger Stevens Building: RSLT24

Learning From and Alongside Service Users: The Recovery Programme

- Convenor: Mary Welford, Greater Manchester West Mental Health NHS Foundation Trust
- 9.00 **An overview of the Recovery programme: lessons for research and practice**
Tony Morrison, University of Manchester
- 9.25 **Service User Involvement in the Recovery Programme**
Liz Pitt, Greater Manchester West Mental Health NHS Foundation Trust
- 9.50 **Recovery focused, cognitive behaviourally oriented supported self help for people with psychosis: outcomes from a service user preference trial**
Gillian Haddock, University of Manchester
- 10.15 **Formulating Resilience from Suicide: A necessarily collaborative approach**
James Kelly, Greater Manchester West Mental Health NHS Foundation Trust
- 10.40 **Recovering with the Recovery Research Programme**
Yvonne Awenat, University of Manchester

Symposium 11 – Training and Professional Issues – Roger Stevens Building: RSLT23

Cognitive Therapy in Context

- Convenor: Charles Young, Rhodes University
- 9.00 **Guidelines for delivering Culturally Sensitive Cognitive Behaviour Therapy (CS-CBT) for South Asian Muslims: Findings from Developing Culturally Sensitive CBT Project, Southampton**
Farooq Naeem, Southampton University
- 9.25 **Development and testing of a culturally adapted group psychological Intervention for Postnatal Depression in British Mother's of South Asian Origin**
Samiyah Naeem, Lancashire Care NHS Foundation Trust
- 9.50 **A Randomised Controlled Trial of Culturally Adapted Cognitive Behaviour Therapy for Psychosis for Black and Minority Ethnic Communities (CaCBTp)**
Peter Phiri, University of Southampton & Southern Health NHS Foundation Trust
- 10.15 **Negative appraisals reported by HIV-positive South African participants: implications for the practice of cognitive therapy in South Africa**
Charles Young, Rhodes University
- 10.40 **CBT: The Nepal Experience**
Susmita Halder, Consultant Clinical Psychologist, India



Programme

WEDNESDAY 27TH JUNE

Skills Classes

Skills Class 1 – Roger Stevens Building: RSLT25

Enhancing Self-Inquiry and Flexible Responding: A Novel Skills-Based Approach for Refractory Depression

Tom Lynch, University of Southampton

Skills Class 2 – Roger Stevens Building: RSLT22

How to Deliver Brilliant Therapy Using 7 Sheets of Paper

Chris Williams, University of Glasgow

Skills Class 3 – Roger Stevens Building: RSLT17

Culturally Adapted Cognitive Behaviour Therapy for Mental Illness

Shanaya Rathod, Interim Director of Research and Outcomes, Southern Health NHS Foundation Trust

9.30 – 11.30

Branch and Special Interest Group Committee Meeting

University House Building: St George Room

11.30 – 12.30

Keynote Addresses

Professor Paul Salkovskis, University of Bath

A Better Understanding of How the World Works? An Integrated Perspective on how Psychological Treatment is Effective with Particular Reference to the Current Status of Understanding and Treatment of OCD

Chair: Mark Freeston, Newcastle University and Northumberland Tyne and Wear NHS Foundation Trust
Roger Stevens Building: RSLT21

Professor Simon Wessely, Institute of Psychiatry, King's College London

Time Bombs and Tidal Waves: What Has Been the Impact of the Wars in Iraq and Afghanistan on the Health of UK Service Personnel and What Can We Expect in the Future?

Chair: Trudie Chalder, Institute of Psychiatry, King's College London
Roger Stevens Building: RSLT22

Kevin Mullins, National IAPT Director, Department of Health

IAPT Progress Report

Chair: Roslyn Hope, IAPT National Advisor
Roger Stevens Building: RSLT20

12.00 – 14.00

Accreditation Chairs' Meeting

University House Building: Little Woodhouse Room

12.30 – 13.30

IAPT Couse Directors Meeting

University House Building: Great Woodhouse Room

13.30 – 15.30

Symposium 12 – Adult Mental Health – Roger Stevens Building: RSLT02

Working with 'Others' in the Treatments of Anxiety

Convenor: Stephanie Fitzgerald, Charlie Waller Institute, University of Reading

13.30 The Treatment of Child Anxiety Disorders via Guided CBT Self-Help Delivered to Parents:
A Randomised Controlled Trial
Kerstin Thirlwall, University of Reading

Programme

WEDNESDAY 27TH JUNE

- 14.10 Living with Obsessive-Compulsive Disorder: An Exploration of Partners' Experiences Using Grounded Theory Analysis
Stephanie Fitzgerald, Charlie Waller Institute, University of Reading
- 14.50 Adding Compassion to Groups for Carers of People with Dementia
Ian Scott, Berkshire Healthcare NHS Foundation Trust

Symposium 13 – Adult Mental Health – Roger Stevens Building: RSLT17

Increasing the Efficiency and Impact of Cognitive Therapy for Chronic and Recurrent Depression: The CLAHRC Depression Project

- Convenor: Anne Garland, Nottinghamshire Healthcare NHS Trust
- Chair: Richard Moore, Cambridgeshire and Peterborough Foundation Trust
- 13.30 A Service User's Experience of Seeking and Engaging in Treatment for Chronic and Recurrent Depression
Gail Hopkins, University of Nottingham
- 13.55 The CLAHRC-NDL Depression Service: A pragmatic randomised controlled trial
Anne Garland, Nottinghamshire Healthcare NHS Trust
- 14.20 Implementing NICE recommended pharmacological and CBT treatments in a real world setting: a tale from the front line
Tim Sweeney, Nottinghamshire, Healthcare NHS Trust
- 14.45 The Barriers and Drivers to the Development of a Mood Disorder Service: The Application of an Implementation Framework.
Nicola Wright, University of Nottingham, Catherine Kaylor-Hughes, University of Nottingham, & Marcus Barker, University of Nottingham
- 15.10 Adapting Beckian Cognitive Therapy to address persistence in depression
Richard Moore, Cambridgeshire and Peterborough NHS Foundation Trust

Symposium 14 – Basic Processes and New Developments – Roger Stevens Building: RSLT18

Autobiographical Memory and Psychological Disorders

- Convenor: Laura Jobson, University of East Anglia and Medical Research Council Cognition and Brain Sciences Unit, Cambridge & Martin Conway, City University London
- Chair: Martin Conway, City University London
- Discussant: Emily Holmes, University of Oxford
- 13.30 The relationship between social problem-solving and depression: Insights from autobiographical memory functioning
Barbara Dritschel, University of St. Andrews
- 14.10 Autobiographical Specificity in Psychological Illnesses: A Review.
Martin Conway, City University London
- 14.50 The influence of culture on the autobiographical remembering of trauma: Implications for posttraumatic stress disorder
Laura Jobson, University of East Anglia and Medical Research Council Cognition and Brain Sciences Unit, Cambridge

Panel Discussion 2 – Basic Processes and New Developments – Roger Stevens Building: RSLT21

How Does CBT Work? Mechanisms of Change 'Across the Waves'

- Convenor: Warren Mansell, University of Manchester
- Chair: Adam Radomsky, Concordia University, Canada
- Speakers: Tim Carey, Flinders University, Australia
Kelly Wilson, University of Mississippi, USA
Paul Salkovskis, University of Bath
Iris Engelhard, Utrecht University, Netherlands

Symposium 15 – Child and Adolescent Mental Health – Roger Stevens Building: RSLT04

Perinatal, Child and Adolescent Issues

- Chair: Polly Waite, University of Reading
- 13.30 Findings from a pilot randomised controlled trial investigating the efficacy of the Baby Positive Parenting Programme in women with Postnatal Depression
Zoe Tsivos, University of Manchester
- 13.55 "Is it scary mummy?" Vicarious Learning as a Pathway for Fear Acquisition and Reduction in Children and the Relative Effectiveness of a Mother or a Stranger as Model
Guler Dunne, Kingston University
- 14.20 Vicarious learning of social anxiety in children
Chris Askew, Kingston University

- 14.45 Anxiety in Autism: An Intergenerational Phenomenon?
Katy Hopkins, University of Reading
- 15.10 Evaluation of an MBCT course adapted for 14-18 year olds with anxiety and depression
Brenda Davis, Brighton & Hove tier 3 CAMHS, SPFT

Panel Discussion 3 – Child and Adolescent Mental Health & IAPT and Primary Care

– Roger Stevens Building: RSLT15

CYP IAPT Parent Training: Making it happen!

- Convenor: Caroline White, Central Manchester University Hospitals NHS Foundation Trust
- Speakers: Caroline White, Central Manchester University Hospitals NHS Foundation Trust
Deb McNally, Greater Manchester West NHS Foundation Trust and University of Manchester
Angela Latham, Central Manchester University Hospitals NHS Foundation Trust

Symposium 16 – Eating Disorders and Impulse Control – Roger Stevens Building: RSLT16

What goes on in the Eating Disorders Clinic? Clinicians' and patients' perspectives on treatment, the working alliance, and recovery

- Convenor: Glenn Waller, CNWL NHS Foundation Trust and King's College London
- 13.30 What do CBT therapists do when they say they are doing cognitive-behavioural therapy for the eating disorders?
Glenn Waller, CNWL NHS Foundation Trust and King's College London
- 14.00 Do patient factors influence the development of an early effective therapeutic alliance in cognitive-behavioural therapy for the eating disorders?
Jane Evans, CNWL NHS Foundation Trust
- 14.30 Therapeutic alliance and early behavioural change in cognitive behavioural therapy for anorexia nervosa
Amy Brown, Royal Holloway, University of London
- 15.00 Recovery from eating disorders: Sufferers' and clinicians' perspectives
Francesca Emanuelli, Azienda Ospedaliera San Paolo, Milano, Italy

Symposium 17 – IAPT and Primary Care – Roger Stevens Building: RSLT01

Extending the Scope of the IAPT Programme to Other Client Groups: Workforce Implications and Impact on Education and Training

- Convenor: Graham Turpin, National Advisor IAPT Education and Training
- 13.30 Where are we with the current IAPT workforce and education and training?
Roslyn Hope, IAPT National Advisor Workforce
- 13.45 Ensuring that IAPT services encompass the needs of older people and their carers
Cath Burley, PSIGE Chair & Division of Clinical Psychology, Faculty of the Psychology of Older People
- 14.10 IAPT and services for people with long-term conditions and/or medically unexplained symptoms
Rona Moss-Morris, National Advisor IAPT for LTC/MUS
- 14.35 IAPT and services for people with severe mental illness
Alison Brabban, National IAPT Advisor & Alex Stirzaker, National IAPT Advisor
- 15.00 What are the overall implications for the IAPT workforce and the commissioning of education and training?
Graham Turpin, National IAPT Advisor Education and Training
- 15.15 Discussion

Symposium 18 – IAPT and Primary Care – Roger Stevens Building: RSLT22

Defining Effective Therapists and Therapies in IAPT Services

- Convenor: Stephen Kellett, University of Sheffield
- Chair: Katherine Berry, University of Manchester
- Discussant: Tom Ayers, Sheffield IAPT service
- 13.30 What's helpful in using computerised cognitive behavioural therapy (CCBT) for depression: What do service users say?
Kate Doran, University of Sheffield
- 14.00 Defining the characteristics and practices of clinically effective Psychological Well-being Practitioners; a mixed methods approach.
Helen Green, RDASH NHS Foundation Trust
- 14.30 Sudden gains, sudden losses and clinical outcome in patients treated IAPT services
Gillian Hardy, University of Sheffield
- 15.00 Translating knowledge into performance: some specific dilemmas for IAPT high intensity and PWP trainees
Rebecca Hutton, University of Sheffield

Programme

WEDNESDAY 27TH JUNE

Symposium 19 – IAPT and Primary Care & Severe and Enduring Problems

– Roger Stevens Building: RSLT25

Increasing Access to Talking Therapies for People with Severe Mental Health Conditions: Can we Start a Revolution?

Convenor: Adrian Whittington, Sussex Partnership NHS Foundation Trust

Discussant: Paul Johanson, NHS South East Coast

- 13.30 Introduction
- 13.35 Talking Therapies for Severe Mental Health Conditions: The State of the Nation
Kathy Greenwood, University of Sussex and Sussex Partnership NHS Trust
- 13.55 How to do Organisational and Cultural Change
Adrian Whittington, Sussex Partnership NHS Trust
- 14.15 Break
- 14.25 No more “train and pray” - a joined up educational approach
Lydia Turner, University of Sussex
- 14.45 The learner as a change agent
Peter Garwood, Sussex Partnership NHS Foundation Trust
- 15.05 Discussion

Symposium 20 – IAPT and Primary Care – Roger Stevens Building: RSLT03

Low Intensity Interventions

Chair: Chris Williams, University of Glasgow

- 13.30 A PWP clinical competence model, in the delivery of therapeutic interventions
Joanne Fear, Gloucestershire 2gether NHS Foundation Trust
- 14.00 Supervising the Psychological Wellbeing Practitioner - “Throw down the gauntlet!”
Elaine Davies, 2gether Trust NHS
- 14.30 Examining uptake, adherence, attrition and maintenance in self-help for depression and anxiety: A meta-analysis
Katie Hanson, University of Sheffield
- 15.00 A community based pilot study of life skills classes for individuals with low mood and depression: Quantitative and qualitative findings
Carrie-Anne McClay, University of Glasgow

Symposium 21 – Severe and Enduring Problems – Roger Stevens Building: RSLT24

Too Much of a Good Thing? Theory and Research investigating the Emotionally Over-Controlled Personality Proto-Type

Convenor: Tom Lynch, University of Southampton

- 13.30 From Self-Control to Self-Regulation: A Novel Neuroregulatory-Personality Theory
Thomas Lynch, University of Southampton
- 14.00 The Social Consequences of Controlling Facial Expressions
Megan Barnsley, University of Exeter
- 14.30 Anorexia Nervosa: The Problem of Over-Control
Katie Gray, University of Southampton
- 15.00 The Mediation Effect of Ego-Resiliency on the Relationship between Temperament, Childhood Invalidation, and Interpersonal Functioning
Claire Duffy, University of Exeter & Roelie Hempel, University of Southampton

Symposium 22 – Severe and Enduring Problems – Roger Stevens Building: RSLT14

Dissociation Past, Present and Future: Cognitive Insights

Convenor: Fiona Kennedy, Private Practitioner

- 13.30 The Brain and Dissociation
Helen Kennerley, Oxford Cognitive Therapy Centre
- 13.55 Imagery and dissociation
Lusia Stopa, Southampton University
- 14.20 The Role of Dissociation in Psychosis
Katherine Newman-Taylor, Southampton University, and Suzanne Sambrook, Southampton University
- 14.45 Where Can The Roots Of Dissociation Be Found In Childhood?
David Pearson, Retired Consultant Clinical Psychologist
- 15.10 Control Theory and Dissociation
Warren Mansell, University of Manchester & Timothy Carey, Flinders University



Programme

WEDNESDAY 27TH JUNE

Symposium 23 – 40th Anniversary Founder Celebrations – Roger Stevens Building: RSLT20

Celebrating 40 Years of BABCP: A Symposium in Honour of Andrew Mathews - A Founder Member

Convenor: Emily Holmes, University of Oxford

- 13.30 Can neuroimaging tell us anything about how cognitive biases are learnt? An investigation by a second order Mathewsite
Michael Browning, University of Oxford
- 13.55 Habits of Research on Emotional Disorders
Paula Hertel, Trinity University, USA
- 14.20 The contribution of attentional bias to worry: Distinguishing the roles of selective engagement and disengagement
Colette Hirsch, King's College London, Institute of Psychiatry
- 14.45 Enhancing Positive Affect via Cognitive Bias Modification for Global Bias
Laura Hoppitt, University of East Anglia
- 15.10 Andrew Mathews - a snapshot and some mental images: a clinical psychology scientist who inspires others
Emily Holmes, University of Oxford

Skills Classes

Skills Class 4 – Roger Stevens Building: RSLT19

Adapting Clinical Approaches for People with Long Term Conditions

Chris Dickens, Institute of Health Service Research, Peninsula College of Medicine and Dentistry

Skills Class 5 – Roger Stevens Building: RSLT23

Developing Change Methods to Engage with the Disengaged in Military Trauma

Pete Roberts, CBT Lead, Department of Community Mental Health

14.00 – 16.00

Welsh Forum Meeting Meeting

University House Building: Great Woodhouse Room

16.00 – 17.00

Keynote Addresses

Professor Iris Engelhard, Clinical and Health Psychology, Utrecht University, Netherlands

Recent Developments in the Etiology and Treatment of PTSD

Chair: Emily Holmes, University of Oxford

Roger Stevens Building: RSLT21

Professor Adam S. Radomsky, Concordia University, Canada

A Kinder, Gentler CBT for Anxiety Disorders: The Potential for Safety Behaviour Use in Treatment

Chair: Paul Salkovskis, University of Bath

Roger Stevens Building: RSLT22

Dr Jennifer Cumming, School of Sport and Exercise Sciences, University of Birmingham

Performing in the Mind's Eye: Imagery Use in Sport for Enhancing Confidence and Modifying Stress Appraisals

Chair: Ann Hackmann, Oxford Cognitive Therapy Centre

Roger Stevens Building: RSLT20

17.00 – 18.00

Compassion Special Interest Group Meeting

University House Building: Great Woodhouse Room

17.00 – 18.00

Poster Presentation Session

Sports Hall

1. MBSR - 2 years and counting

Matthew Cole, NCMC

2. CBT skills of Student Nurses

Rick Fothergill, University of Central Lancashire

3. Factors influencing psychological adjustment in military personnel following a Tour of Duty

Elizabeth Barwell, Institute of Psychiatry, Kings College London

4. Image rescripting with people who hear voices: A case series

Rebecca Ison, Institute of Psychiatry, Kings College London

5. Psychometric properties of the Japanese version of the mental pollution questionnaire

Ryotaro Ishikawa, Research Centre for Child Mental Development, Chiba University

6. Psychosis, Cannabis and Context. An Experimental Study

Fergus Kane, Institute of Psychiatry, Kings College London

7. The effectiveness of components of cognitive-behavioral therapy for obsessive-compulsive disorder

Mehmet Hakan Turkcapar, Ankara DYB Research and Training Hospital

8. Integrated psychological therapy for people with bipolar disorder (BD) and co-morbid alcohol use: a feasibility randomised trial

Lucy Bateman, The University of Manchester

9. An exploration of telephone screening for Recruitment: The Staying Well after Depression Trial

Isabelle Rudolf von Rohr, University of Oxford

10. An Evaluation of the Methods used for Recruitment in Randomised Controlled Trials: The Staying Well after Depression Trial

Adele Krusche, University of Oxford

11. Treatment resistant Obsessive Compulsive Disorder (OCD): A Multidisciplinary Team Approach

Debbie van Tonder, St Patricks' University Hospital

12. Individualised Recovery Focused Care Packages within an Anxiety Disorders Program

Debbie van Tonder, St Patricks' University Hospital

13. Validation of the Behavioural Activation for Depression Scale in a clinically depressed primary care sample

Helen Mander, University of Hull

14. The bi-directionality hypothesis: Are clinical constructs both causes and effects of symptoms?

Frances Meeten, University of Sussex

15. The availability and specificity of autobiographical memory recall in bipolar disorder

Robert Dempsey, University of Bradford

16. General beliefs, response expectancies and attentional bias: impact on treatment related symptoms and quality of life in breast cancer patients having chemotherapy

Oana Cobeanu, Babes-Bolyai University, Department of Clinical Psychology and Psychotherapy

17. A Service Evaluation: Service User Satisfaction in Attending a Dialectical Behaviour Therapy Course

Hannah Lisa Butler, University of Manchester

18. The Moderating Role of Child Callous Unemotional Traits in an Internet-based Parent Management Training Program

Jens Högström, Karolinska Institute, Department of Clinical Neuroscience

19. Acceptability of telephone versus face-to-face cognitive behaviour therapy for obsessive compulsive disorder in youth: the views of parents and young people

Katie Lang, National & Specialist Obsessive Compulsive Disorder and Related Disorders Clinic for Young People, South London & Maudsley NHS Foundation Trust

20. Cancelled

21. Evaluation of a CBT group for anger regulation problems delivered in an open group format

John Owen, Bolton Primary Care Psychological Therapy Service and University of Manchester

22. Community Wellbeing Champions

Janine Ward, Dorset Healthcare University NHS Foundation Trust

23. Using low intensity interventions to treat depression and anxiety in people with long term health conditions (LTC)

Helen Curr, Sutton and Merton IAPT

24. A case study of a client with 'shy bladder syndrome'

Matthew Cole, York Stress & Trauma Centre

25. CBT group for diabetes and co-morbid depression

Deniz Kemal, KCA

26. Therapist effects in routine low-intensity psychological therapy: evidence from the Improving Access to Psychological Therapies (IAPT) programme

Shehzad Ali, University of York

27. CBT workshops for GPs and practice staff

Judith Seagrave, University of Hull

28. Auditing the key support and resources required to deliver high quality CBT. Using the RAISE audit tool as part of a systematic approach to measuring and improving the quality and efficiency of CBT within and across services

Martin Groom, Leeds Primary Care Mental Health Team IAPT

29. Measuring Anxiety in Autism Spectrum Disorders: Parent-child agreement

Katy Hopkins, University of Reading

30. The role of nursing staff in transforming problems with borderline personality disorder inpatient admissions into opportunities: Incorporating dialectical behaviour therapy skills into acute psychiatric inpatient units

Christopher Rae, The Logos Centre

31. How acceptable is Acceptance and Commitment Therapy to keyworker staff working with individuals with substance misuse difficulties? An exploratory pilot study

John Boorman, Alpha Hospital

32. Decreasing Anxiety and Increasing Cognitive Flexibility in a Young Girl With Asperger Syndrome

Ian Gilmour, Moss, Rowden, Freigang, and Associates

33. Description of North East Traumatic Stress Centre

Alice Lidell, Newcastle Cognitive And Behavioural Therapy Centre

34. A study of the perceptions and practice of physicians on the use of cognitive behavioural therapy (CBT)

Aloke Sen, Stockport NHS Foundation Trust

35. Classification of Metaphors in Cognitive Behavioural Therapy

Sawako Nagaoka, Research Centre for Child Mental Development , Chiba University

36. Assessment of Integrated Therapeutic Approaches (AITS) (for caring systems)

Clare Brizzolara, University of Sunderland

37. A qualitative analysis of experts' experiences of how CBT competence is conceptualised and assessed

Kate Muse, University of Oxford

38. Adaptation and psychometric testing of the CTS-R for use in chronic low back pain

Zara Hansen, Warwick Clinical Trials Unit

39. Do psychotherapists use research to enhance their clinical practice?

Alex Gyani, University of Reading

40. The impact of supervision in the delivery of a CBT based intervention

Sanchia Biswas, City University

Programme

THURSDAY 28TH JUNE

9.00 – 11.00

Symposium 24 – Adult Mental Health – Roger Stevens Building: RSLT02

CBT for Treatment Resistant Depression: Results From the COBALT Trial

Convenor: Nicola Wiles, University of Bristol

9.00 Clinical effectiveness of CBT as an adjunct to pharmacotherapy for treatment resistant depression in primary care
Nicola Wiles, University of Bristol

9.30 Cost-effectiveness of CBT as an adjunct to pharmacotherapy for treatment resistant depression in primary care: economic evaluation of the COBALT trial
Sandra Hollinghurst, University of Bristol

10.00 Break

10.05 Patients' experiences of CBT and usual care for treatment resistant depression
Katrina Turner, University of Bristol

10.35 Conditional beliefs in patients with treatment resistant depression
Alex Burrage, University of Bristol

Clinical Roundtable 1 – Adult Mental Health – Roger Stevens Building: RSLT19

The Future of Couples Therapy From a CBT Perspective

Convenor: Thaddeus Birchard, The Marylebone Centre

Speakers: Pavlo Kanellakis, KCA
Frank Burbach, Somerset Partnership NHS Foundation Trust
Dan Kolubinski, Efficacy

Symposium 25 – Basic Processes and New Developments – Roger Stevens Building: RSLT21

How Does Acceptance and Commitment Therapy (ACT) Work? Examining the Processes Underlying Change

Convenor: Jo Lloyd, Goldsmiths, University of London

Discussant: Kelly Wilson, University of Mississippi, USA

9.00 ACT for distressed voice hearers: a multiple-baseline study
Eric Morris, South London & Maudsley NHS Foundation Trust

9.25 The role of ACT processes in Trauma Symptoms in an Adult Clinical Population
Penelope Noel, Centre for Child Health, NHS Tayside

9.50 Assessing the effectiveness of two brief Acceptance and Commitment Therapy (ACT) Interventions in Higher Education
Vasiliki Christodoulou, Lambeth Early Onset (LEO) Services, South London & Maudsley NHS Foundation Trust

10.15 A Randomized Controlled Evaluation of Mindfulness-Based Training in the Workplace: Outcomes and Mediators of Change
Jo Lloyd, Goldsmiths, University of London

10.40 Discussion

Symposium 26 – Basic Processes and New Developments – Roger Stevens Building: RSLT18

Attentional Bias Modification in Affective Disorder: Promises and Pitfalls

Convenor: Willem Van der Does, Leiden University, Netherlands

Chair: Peter Putman, Leiden University

9.00 Fewer intrusions of analogue trauma after an Attentional Bias Modification Training
Ineke Wessel, University of Groningen

9.25 A Multiple Case Series Analysis of Six Variants of Attentional Bias Modification for Dysphoria
Anne-Wil Kruijt, Leiden University

9.50 Attentional Bias Modification in Posttraumatic Stress Disorder: A Randomized Controlled Trial
Maartje Schoorl, PsyQ and Leiden University

10.15 Mutual Interference When Attentional Bias Modification and Antidepressant Medication Are Combined
Michael Browning, University of Oxford

Symposium 27 – Basic Processes and New Developments – Roger Stevens Building: RSLT01

New Developments in Treatment

- Chair: Hayley Dare, West London Mental Health NHS Trust
- 9.00 Evaluation of a pilot acceptance and commitment therapy group in an NHS adult mental health psychological therapies team
Rachel MacLeod, NHS Lanarkshire
- 9.25 The efficacy of CBT on a group based intervention for problematic internet enabled sexual behaviour
Manpreet Dhuffar, Buckinghamshire New University
- 9.50 Developing a CBT manual for adult inpatient secure services: exploring patients' and mental health practitioners' views on CBT for psychosis in secure services
Gurmit Dhillon, University of Southampton and Central and Northwest London NHS Trust
- 10.15 The role of nursing staff in transforming problems with borderline personality disorder inpatient admissions into opportunities: Incorporating dialectical behaviour therapy skills into acute psychiatric inpatient units
Jayne Fitches, The Logos Centre
- 10.40 Rising to the Challenge of Suicide Prevention in Prisons
Daniel Pratt, University of Manchester

Symposium 28 – Child and Adolescent Mental Health – Roger Stevens Building: RSLT15

Using Community Day-Long Workshops to Offer CBT to Adults and Adolescents Who May Not Otherwise Access Services

- Convenor: June Brown, Institute of Psychiatry, Kings College London
- 9.00 Might self-confidence workshops help the implementation of the NICE Guidelines for depression?
Linda Horrell, Institute of Psychiatry, Kings College London
- 9.25 Community day-long workshops for insomnia: an RCT evaluating effectiveness, accessibility and acceptability
June Brown, Institute of Psychiatry, Kings College London & Naomi Swift, Cardiff University
- 9.50 Are day-long psycho-educational workshops cost-effective?
Jennifer Beecham, London School of Economics & Eva Bonin, London School of Economics
- 10.15 Day-long CBT workshops in Southwark IAPT service
Seon Lynch, South London and Maudsley NHS Trust & Jack Cahill, South London and Maudsley NHS Trust
- 10.40 DISCOVER Adolescent wellbeing workshops
Irene Sclare, South London and Maudsley NHS Trust & Fay Coster, South London and Maudsley NHS Trust & Elizabeth Malpass, South London and Maudsley NHS Trust

Symposium 29 – Child and Adolescent Mental Health – Roger Stevens Building: RSLT04

Intolerance of Uncertainty, Worry, and Generalized Anxiety Disorder Among Young People

- Convenor: Mark Freeston, Newcastle University
- 9.00 Intolerance of Uncertainty: Its relevance to Autism Spectrum Disorder
Jacqui Rodgers, Newcastle University
- 9.25 An examination of construct of Intolerance of Uncertainty with groups of typically developing young people of different ages
Gioia Bottesi, University of Padova
- 9.50 Hypothetical uncertain situations, intolerance of uncertainty and worry among adolescents
Michelle Ford, Northumberland Tyne and Wear NHS Foundation Trust & Mark Freeston, Newcastle University and Northumberland Tyne and Wear NHS Foundation Trust
- 10.15 Applicability of a cognitive model and treatment to worry in children and adolescents
Sean Perrin, Lund University & King's College London
- 10.40 Intolerance of uncertainty, worry, and Generalized Anxiety Disorder among young people
Mark Freeston, Newcastle University and NTW Foundation NHS Trust

Symposium 30 – Eating Disorders and Impulse Control – Roger Stevens Building: RSLT16

Advances in Cognitive-Behavioural Therapy for Problem and Pathological Gambling

- Convenor: Neil Smith, National Problem Gambling Clinic
- 9.00 The present and future of CBT for problem gambling
Neil Smith, National Problem Gambling Clinic
- 9.30 Neuropsychological mechanisms of distorted cognition in problem gambling
Luke Clark, University of Cambridge
- 10.00 Online CBT Interventions for Problem Gamblers – Opportunities and Dilemmas
Sharon Kalsy, Gamcare

- 10.30 **Metacognitions and Problem Gambling**
Annika Lindberg, National Problem Gambling Clinic

Symposium 31 – IAPT and Primary Care – Roger Stevens Building: RSLT22

Second Generation Low Intensity Interventions for Complex Health Problems

Convenor: Chris Williams, University of Glasgow

Discussant: Paul Farrand, University of Exeter

- 9.00 Introduction
- 9.05 Online self-help for bulimic type disorders: A randomised controlled study recruiting from community settings
Carrie-Anne McClay, University of Glasgow
- 9.30 **Medically Unexplained Neurological Symptoms - Can 90 minutes make a difference?**
Catriona Kent, NHS Greater Glasgow & Clyde
- 9.55 **Assessing the efficacy and feasibility of a web-based cognitive-behavioural package for carers of individuals with anorexia nervosa**
Louise Ewan, University of Dundee
- 10.20 **Computerised delivery for complex disorders such as eating disorders**
Chris Williams, University of Glasgow
- 10.45 Discussion

Symposium 32 – IAPT and Primary Care – Roger Stevens Building: RSLT03

Increasing Access and Effectiveness of Treatments

Chair: Faramarz Hashempour, Betsi Cadwalader University Health Board

- 9.00 **Sakoon, a Pilot Anxiety Management Group for South Asian Men**
Saqib Ahmad, 5 Boroughs Partnership Care Trust
- 9.30 **A service evaluation of a CBT-based psycho-education course targeted to a student population**
Dominic Mossa, Talking Changes, IAPT County Durham & Darlington & Lisa Boyd, Talking Changes, IAPT County Durham & Darlington
- 10.00 **Culture and Therapist Self-Disclosure**
Peter Phiri, University of Southampton
10. 30 **Behavioural Activation in the Treatment of Depression: A Control Theory Perspective**
Phil McEvoy, Six Degrees Social Enterprise

Symposium 33– Severe and Enduring Problems – Roger Stevens Building: RSLT14

Dissociation in The Real World

Convenor: Julia Coakes, The Retreat

Discussant: Julia Coakes, The Retreat

- 9.00 Introduction
- 9.10 **The Phenomenology of Dissociation**
Chris Holman, The Retreat
- 9.40 **Dissociation; is it past it's 'use by' date?**
Mark McFetridge, the Retreat York
- 10.10 **Dissociative disorders in therapy - techniques and pitfalls**
Julia Coakes, The Retreat
- 10.40 Discussion

Symposium 34 – Severe and Enduring Problems – Roger Stevens Building: RSLT24

Recent Developments in CBT for Psychosis: What Can We Learn From the Social Anxiety Literature?

Convenor: Katherine Newman Taylor, University of Southampton & Southern Health NHSF Trust

Chair: Lusia Stopa, University of Southampton

- 9.00 **Social anxiety following psychosis: A comparison with social anxiety without psychosis**
Sarah Cooke, University of East Anglia, and Norfolk and Suffolk NHS Foundation Trust
- 9.30 **Imagery in persecutory delusions: An investigation of mental imagery in clinical and non-clinical populations**
Natalie St Just, University of Southampton
- 10.00 **What impact does the treatment of social anxiety have on residual paranoia in people recovering from psychosis?**
Richard White, University of East Anglia, and Norfolk and Suffolk NHS Foundation Trust & Ruth Turner, University of East Anglia, and Norfolk and Suffolk NHS Foundation Trust
- 10.30 **Formulating paranoia following a cognitive model of social anxiety; A single case study**
Katherine Newman Taylor, University of Southampton and Southern Health NHS Foundation Trust



Programme

THURSDAY 28TH JUNE

Symposium 35 – Training and Professional Issues – Roger Stevens Building: RSLT23

What Can the NHS Learn From the Third Sector in the Delivery of CBT?

Convenor: Roz Shafran, Charlie Waller Institute, University of Reading

9.00 Rethink Mental Illness: Should CBT therapists rethink their relationship with the third sector?

John Rose, Associate Director of Psychological Therapies, Rethink & Ruth Jordan, Clinical Lead, Health in Mind, NE Essex IAPT service

9.30 Integrated working between the NHS and the charitable third sector for the treatment of trauma

Suzanna Rose, Academic Lead Berkshire Healthcare NHS Foundation Trust & Imogen Sturgeon-Clegg, Combat Stress UK

10.00 The Succeed Foundation: Implications for the practice and dissemination of CBT

Karine Berthou, Founder and CEO of The Succeed Foundation

10.30 Talking Space: An example of successful partnership between the NHS and MIND

Patrick Taylor, Director of Oxfordshire Mind & Joanne Ryder Consultant Counselling Psychologist, Lead Clinical Supervisor TalkingSpace, Oxford Health NHS Foundation Trust

Panel Discussion 4 – 40th Anniversary Founder Celebrations – Roger Stevens Building: RSLT20

Celebrating 40 Years of BABCP:

A Panel Discussion in Honour of Ivy Blackburn – A Founder Member

Convenor: Rob Dudley, University of Newcastle

Speakers: Kate Davidson, University of Glasgow
Anne Garland, Nottinghamshire Healthcare NHS Trust
Ian James, University of Northumbria at Newcastle
Richard Moore, University of Cambridge
Peter Armstrong, University of Newcastle

Skills Classes

Skills Class 6 – Roger Stevens Building: RSLT25

Using Imagery in CBT Treatment of Long-term Conditions

Stephanie Fitzgerald, Charlie Waller Institute, University of Reading, and Ann Hackmann, University of Oxford

Skills Class 7 – Roger Stevens Building: RSLT17

Making CBT Memorable: How to Use Story and Analogy in Daily Practice

Paul Blenkiron, Leeds and York Partnership NHS Foundation Trust

11.30 – 12.30

Keynote Addresses

Professor Kelly Wilson, University of Mississippi, USA

Building a Unified Model for Cognitive Behavior Therapy: The New Clinical Science of Mindfulness and Values

Chair: Eric Morris, South London & Maudsley NHS Trust

Roger Stevens Building: RSLT22

Professor Andrew Hill, Academic Unit of Psychiatry & Behavioural Sciences, University of Leeds School of Medicine

Is Obesity a Problem That Simply Does Not Yield to Psychological Methods of Treatment?

Chair: Rachel Bryant-Waugh, Great Ormond Street Hospital for Children NHS Trust

Roger Stevens Building: RSLT20

Dr Tim Dalgleish, MRC Cognition and Brain Sciences Unit, University of Cambridge

Wrong Turnings Down Memory Lane: The Nature and Treatment of Maladaptive and Distressing Patterns of Autobiographical Remembrance in Emotional Disorders

Chair: Simon Gilbody, University of York

Roger Stevens Building: RSLT21

12.30 – 13.30

Psychological Wellbeing Practitioner Special Interest Group Meeting

University House Building: Little Woodhouse Room

Acceptance and Commitment Therapy Special Interest Group Meeting

University House Building: Great Woodhouse Room

Child, Adolescent and Family Special Interest Group Meeting

University House Building: St Georges Room

13.30 – 14.30

Conduct Committee Meeting

University House Building: Great Woodhouse Room

13.30 – 15.30

Symposium 36 – Adult Mental Health – Roger Stevens Building: RSLT18

Formulation and Treatment in Complex Obsessive Compulsive Disorder

Convenor: Alison Roberts

Chair: Lauren Callaghan, Anxiety Disorders Residential Unit, Bethlem Royal Hospital

13.30 Treatment Resistant OCD

Alison Roberts, Centre for Anxiety Disorders and Trauma

13.55 Mental Rituals and Rumination in OCD

Blake Stobie, Centre for Anxiety Disorders and Trauma

14.20 Integrating ideas from compassion-focused therapy in the treatment of OCD

Asmita Patel, Anxiety Disorders Residential Unit, Bethlem Royal Hospital

14.45 When intrusions are unwanted and shameful sexual intrusions

Fiona Challacombe, Institute of Psychiatry, Kings College London

15.20 When the subject of intrusions is not obviously OCD such as 'relationship OCD'

Lauren Callaghan, Anxiety Disorders Residential Unit, Bethlem Royal Hospital

Symposium 37 – Adult Mental Health – Roger Stevens Building: RSLT19

Working with Complexity

Convenor: Stirling Moorey, South London and Maudsley NHS Foundation Trust

Discussant: Florisn Ruths, South London and Maudsley NHS Foundation Trust

13.30 Conceptualising complex cases

Suzanne Byrne, Institute of Psychiatry Kings College London

13.55 Complexity in Anxiety Disorders - with illustrative cases of OCD

Tracey Taylor, South London & Maudsley NHS Trust

14.20 Transference and countertransference in CBT

Stirling Moorey, South London and Maudsley NHS Foundation Trust

14.45 'Schema-Informed CBT': Integrating Schema Therapy Concepts and Techniques into CBT

Anna Lavender, South London and Maudsley NHS Foundation Trust

15.10 Discussion

Symposium 38 – Adult Mental Health – Roger Stevens Building: RSLT14

Trauma and Conflict

Chair: Suzanna Rose, Academic Lead Berkshire Healthcare NHS Foundation Trust

13.30 A New Emotion Processing Therapy for Post Traumatic Stress Disorder

Roger Baker, Bournemouth University

13.55 The perils and pitfalls of setting up a new veteran's psychological trauma service

Matthew Cole, York Stress & Trauma Centre

14.20 Trauma-Related Guilt and Posttraumatic Stress among Journalists

Tess Browne, Department of Psychology, Royal Holloway, University of London

14.45 Rest and Recuperation in the Armed Forces: Developing our Understanding of Recovery

Olga Luzon, Royal Holloway, University of London

15.10 Examining the effectiveness a self-help guide for traumatised university students in Iraq

Rachel Sabin-Farrell, University of Nottingham

Symposium 39 – Basic Processes and New Developments – Roger Stevens Building: RSLT17

From Basic Science to Innovative Treatments: Using Cognitive Bias Modification to Understand and Develop Psychological Interventions

Convenor: Simon Blackwell, University of Oxford

- 13.30 Introduction
- 13.35 Using Attentional Bias Modification as a Cognitive Vaccine Against Depression
Michael Browning, University of Oxford
- 13.55 Using Functional Brain Imaging to Measure Effects by Internet-Delivered Cognitive Behaviour Therapy and Cognitive Bias Modification in Social Anxiety Disorder - an RCT
Kristoffer Månsson, Department of Behavioural Sciences and Learning, Psychology, Linköping University, Sweden
- 14.15 Break
- 14.20 Examining the cognitive basis for change in anxiety vulnerability over time: Readiness to acquire an attentional bias as a predictor of treatment response
Patrick Clarke, University of Western Australia
- 14.40 Understanding and enhancing the clinical impact of cognitive bias modification for depression using mental imagery
Simon Blackwell, University of Oxford
- 15.00 Discussion

Symposium 40 – Behavioural Medicine – Roger Stevens Building: RSLT03

Long-Term Conditions: Investigation of CBT Approaches

Convenor: Kate Rimes, Department of Psychology, University of Bath

- 13.30 The role of psychological processes in depression and distress in Parkinson's disease
Camille Julien, Barts and The London NHS Trust and Institute of Psychiatry, King's College London
- 14.00 A Multivariate Study to explore the involvement of Cognitive and Behavioural factors in Cancer-related Fatigue
Sahil Suleman, Guy's & St Thomas' NHS Foundation Trust
- 14.30 Is health anxiety linked to disease-related disability in rheumatoid arthritis (RA)?
Claire Goodchild, Institute of Psychiatry, King's College London
- 15.00 Health anxiety, Multiple Sclerosis and perceived impairment.
Aimee Hayter, King's College London

Symposium 41 – Child and Adolescent Mental Health & IAPT and Primary Care –

Roger Stevens Building: RSLT15

New Innovations: Putting the IA in CYP IAPT

Convenor: Chris Williams, University of Glasgow

- 13.30 Introduction
- 13.35 Disseminating CBT through existing clinical teams
Craig Thompson, Northumbria University
- 14.00 A Qualitative Study Exploring Parent's Experiences of using an Online Self-help Package designed for Individuals supporting those with Anorexia Nervosa
Louise Ewan, University of Dundee
- 14.25 What do young people want when using CBT self-help resources?
Paul Farrand, Mood Disorders Centre, University of Exeter
- 14.50 **Developing and evaluating novel books, classes and online cCBT resources for young people with depression and anxiety**
Chris Williams, University of Glasgow

Symposium 42 – Child and Adolescent Mental Health – Roger Stevens Building: RSLT04

Improving our Understanding of Adolescent Mental Health

Convenor: Polly Waite, University of Reading

- 13.30 Understanding Parent-Child Interactions in Anxious Adolescents: A Systematic Review
Polly Waite, University of Reading
- 14.00 Autonomy granting parental behaviour and adolescent anxiety: the effects of age and child temperament
Lauren Whittington, The University of Oxford
- 14.30 Eating disorders in adolescence - translating research findings into clinical practice
Anne Stewart, Oxford Health and University of Oxford
- Online support in caring for an adolescent with anorexia nervosa:
A case study of one mother's experience
Carrie-Anne McClay, University of Glasgow

Symposium 43 – Eating Disorders and Impulse Control – Roger Stevens Building: RSLT16

Implementing CBT for the eating disorders: how do we ensure the delivery of good quality care? An opportunity to discuss and reflect upon common service dilemmas

Convenor: Hannah Turner, Southern Health NHS Foundation Trust

- 13.30 Waiting list management in treatment for the eating disorders
Madeleine Tatham, Cambridgeshire & Peterborough NHS Foundation Trust
- 14.00 Running an evidence-based service for the eating disorders in real-life clinical settings
Hannah Turner, Southern Health NHS Foundation Trust
- 14.30 The complexities of offering good quality care for children and adolescents with eating disorders
Rachel Bryant-Waugh, Great Ormond Street Hospital for Children NHS Trust
- 15.00 What should we do with severe and enduring cases of the eating disorders?
Nicky Boughton, Oxford Health NHS Foundation Trust

Symposium 44 – IAPT and Primary Care – Roger Stevens Building: RSLT01

Low Intensity Interventions in IAPT: Improving Efficacy by Group Based Formats

Convenor: Madhi Ghomi, Sutton & Merton IAPT

Chair: Helen Curr, Sutton & Merton IAPT

- 13.30 Introduction & Summary
Mahdi Ghomi, Sutton & Merton IAPT
- 13.50 Presenting the Mood Management (Depression) course
Alan Underwood, University College London
- 14.10 Presenting Anxiety specific groups
Anna Hall, Sutton & Merton IAPT
- 14.30 Presenting the Long Term Condition approach
Helen Curr, Sutton & Merton IAPT
- 14.40 Presenting the ICE Project
Alexia Trafford, Sutton & Merton IAPT & Elaine Potter, Ex-Service User

Clinical Roundtable 2 – IAPT and Primary Care & Severe and Enduring Problems –

Roger Stevens Building: RSLT24

IAPT for Psychosis: A Large Step in the Right Direction?

Convenor: Alison Brabban, IAPT National Advisor for Severe Mental Illness

Speakers: Philippa Garety, Institute of Psychiatry, King's College London
Elizabeth Kuipers, Institute of Psychiatry, King's College London
Richard Bentall, University of Liverpool
Peter Kinderman, University of Liverpool

Symposium 45 – Training and Professional Issues & IAPT and Primary Care –

Roger Stevens Building: RSLT22

London IAPT Training: Recent Developments in IAPT Evaluation and Expansion: Evidence Based Training for Evidence Based Choices, Improving Mental Health to Meet the Needs of All

Convenor: Sheena Liness, Institute of Psychiatry, King's College London

- 13.30 Update on Competence Frameworks
Tony Roth, University College London
- 13.50 IAPT Wave 1 (2008-2011): Assessment and Evaluation of High Intensity CBT Training
Sheena Liness, Institute of Psychiatry, King's College London
- 14.10 Training therapists to adapt CBT for anxiety and depression to meet the needs of people with long term medical conditions
Jane Hutton, South London and Maudsley and King's College Hospital NHS Foundation Trusts
- 14.30 An overview of the London CBT training to meet the needs of older adults in IAPT services.
Steve Boddington, South London & Maudsley NHS Foundation Trust
- 14.50 Behavioural Couples Therapy Training
Michael Worrell, CNWL Foundation Trust Royal Holloway University of London & Sarah Corrie, CNWL Foundation Trust Royal Holloway University of London

Clinical Roundtable 3 – Training and Professional Issues – Roger Stevens Building: RSLT25

Delivering Acceptance and Commitment Therapy in Groups

Convenor: John Boorman, Alpha Hospitals, Woking

Speakers: Eric Morris, South London & Maudsley NHS Trust

Nic Wilkinson, Sheffield Health & Social Care NHS Foundation Trust

Louise Johns, Institute of Psychiatry

John Boorman, Alpha Hospitals, Woking

Jo Lloyd, Goldsmiths, University of London

Joe Oliver, South London & Maudsley NHS Trust

Panel Discussion 5 – 40th Anniversary Founder Celebrations – Roger Stevens Building: RSLT20

Celebrating 40 Years of BABCP: A Panel Discussion in Honour of Joan Kirk - A Founder Member

Convenor: Roz Shafran, Charlie Waller Institute, University of Reading

Speakers: Ann Hackmann, Oxford Cognitive Therapy Centre

Melanie Fennell, University of Oxford

Paul Salkovskis, University of Bath

David Westbrook, University of Oxford

Ivy Blackburn, BABCP Founder Member

Skills Classes

Skills Class 8 – Roger Stevens Building: RSLT21

Using CBT to Help People Cope With Unemployment

Robert L. Leahy, American Institute for Cognitive Therapy and Weill-Cornell Medical College, USA

Skills Class 9 – Roger Stevens Building: RSLT23

Seeing the Difference: The Application of Cognitive and Motivational Imagery to Athletes and Exercisers

Jennifer Cumming, School of Sport and Exercise Sciences, University of Birmingham

16.00 – 17.00

Keynote Addresses

Professor Robert Leahy, American Institute for Cognitive Therapy and Weill-Cornell Medical College, USA

Emotional Schemas and Emotional Intelligence

Chair: Kate Davidson, University of Glasgow

Roger Stevens Building: RSLT22

Dr Derek Hopko, University of Tennessee, USA

Third Wave Behaviour Therapies: Efficacy in Treating Clinical Depression

Chair: David Ekers, Tees Esk & Wear Valleys NHS Trust & Durham University Mental Health Research Centre

Roger Stevens Building: RSLT21

Professor Trudie Chalder, Institute of Psychiatry, King's College London

Emotional Processing in the Context of Chronic Fatigue Syndrome and Implications for Treatment

Chair: Kate Rimes, University of Bath

Roger Stevens Building: RSLT20

Professor Stephen Scott, Institute of Psychiatry, and National Academy for Parenting Research

Widening Parenting Programmes to Promote Attachment Security, Prevent Antisocial Personality and Be More Accessible

Chair: Caroline White, Central Manchester University Hospitals NHS Foundation Trust

Roger Stevens Building: RSLT17

Programme

FRIDAY 29TH JUNE

9.00 – 11.00

Symposium 46 – Adult Mental Health – Roger Stevens Building: RSLT25

Re-visiting the Role of Re-living and Re-Scripting For the Treatment of PTSD

Convenor: Harry O’Hayon, University of Reading

- 9.00 Revisiting, Rescripting and Reliving in treating PTSD
Nick Grey, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust
- 9.40 Working with intrusive memories in PTSD: reflections from The Ehlers and Clark research group.
Ann Hackmann, Oxford Cognitive Therapy Centre
- 10.20 CPT or CPT-C? That is the Question
Patricia Resick, National Center for PTSD, VA Boston Healthcare System and Boston University, USA

Symposium 47 – Adult Mental Health – Roger Stevens Building: RSLT19

Recent Investigations into the Roles of Safety Behaviour in the Treatment of Anxiety Disorders

Convenor: Irena Milosevic, St. Joseph’s Healthcare Hamilton

Discussant: Mark Freeston, Newcastle University

- 9.00 Does commitment to future exposures reduce negative effects of safety behaviours?
Juliane Reininghaus, Utrecht University
- 9.25 Safety Behaviour Enhances the Acceptability of Exposure Therapy
Adam S. Radomsky, Concordia University
- 9.50 The Role of Safety Behaviour in Attributions for Fear Change
Irena Milosevic, St. Joseph’s Healthcare Hamilton
- 10.15 Safety Behaviours and Adaptive Coping: The Same or Different?
Lynn E. Alden, University of British Columbia
- 10.40 Discussion

Symposium 48 – Basic Processes and New Developments – Roger Stevens Building: RSLT22

Mental Imagery: Investigation and Clinical Application of Mental Images in Cognitive Therapy

Convenor: Susie Hales, University of Oxford

Chair: Lusía Stopa, University of Southampton

- 9.00 Phenomenology of imagery in patients with burn injuries
Soljana Çili, University of Southampton
- 9.20 Anxiety and incontinence-preoccupation: mental imagery associated with visceral distress
Sunjeev Kamboj, Research Department of Clinical, Educational and Health Psychology, University College London & Rosanna Pajak, Research Department of Clinical, Educational and Health Psychology, University College London
- 9.40 Mental imagery in bipolar affective disorder versus unipolar depression: Investigating cognitions at times of ‘positive’ mood
Annabel Ivins, University of Oxford
- 10.00 The effects of repeated imagery practice on self-concept, anxiety and performance in socially anxious participants
Lusía Stopa, School of Psychology, University of Southampton
- 10.20 The Oxford Mood Action Psychology Program (OxMAPP): targeting mood instability in bipolar disorder using a novel, imagery-based approach
Susie Hales, Department of Psychiatry, University of Oxford

Symposium 49 – Basic Processes and New Developments – Roger Stevens Building: RSLT01

Cognitions in Suicidality, Psychosis and Cancer

Chair: Catherine Crane, Oxford Mindfulness Centre, University of Oxford

- 9.00 Dynamics of self-esteem in ‘Poor-me’ and ‘Bad-me’ paranoia
Alisa Udachina, University of Sheffield
- 9.25 Suicide Schemas in Non-Affective Psychosis
Daniel Pratt, University of Manchester
- 9.50 Trajectories of Suicidality in the Course of Major Depression
Dhruvi Shah, Oxford Mindfulness Centre, University of Oxford
- 10.10 Cognitive pathways to depression: the role of reflection and modes of processing
Kate Brennan, Oxford Mindfulness Centre, University of Oxford
- 10.40 Exploring the cognitions and behaviours associated with vasomotor symptoms (hot flushes and night sweats) in men with prostate cancer undergoing hormone treatment
Chinea Eziefula, Institute of Psychiatry, King’s College London

Symposium 50 – Behavioural Medicine – Roger Stevens Building: RSLT03

Non Pain Focussed Treatment for Individuals with Chronic Pain: Science and Practice

Convenor: Nicole Tang, Keele University

- 9.00 Hybrid cognitive-behaviour therapy for insomnia and chronic pain: A pilot randomised controlled trial
Nicole Tang, Keele University
- 9.30 The acquisition, extinction and generalization of movement-related fear of pain: An experimental analysis
Johan Vlaeyen, University of Leuven, Belgium
- 10.00 Cognitive behaviour therapy, exercise or both for chronic widespread pain
John McBeth, Keele University
- 10.30 Problem solving when the problem that can't be solved
Stephen Morley, University of Leeds, Caroline Wells, University of Leeds, & Lauwerier Emelien, University of Gent

Symposium 51 – Child and Adolescent Mental Health – Roger Stevens Building: RSLT04

Treatment of Obsessive-Compulsive Disorder in Children and Young People: New National Clinical Research

Convenor: Cynthia Turner, Institute of Psychiatry, King's College London

- 9.00 A randomised controlled trial of telephone CBT versus face-to-face CBT in the treatment of OCD in young people
Cynthia Turner, Kings College London, Institute of Psychiatry
- 9.30 Who needs the Full Monty? Comparing predictors of success in brief and longer duration treatments for children with OCD
Tim Williams, University of Reading
- 10.00 The ROCKY Trial: Preliminary outcomes of an RCT to compare family enhanced versus individual CBT in young people with OCD
Shirley Reynolds, University of East Anglia
- 10.30 A randomised controlled pilot study of CBT with d-cycloserine or pill placebo in the treatment of OCD in young people
Benedetta Monzani, Institute of Psychiatry, Kings College London

Panel Discussion 6 – Child and Adolescent Mental Health & IAPT and Primary Care –

Roger Stevens Building: RSLT18

Transforming Mental Health Services for Children and Adolescents

Convenor: Pamela Myles, Charlie Waller Institute, University of Reading

Chair: Roz Shafran, University of Reading

Speakers: Kathryn Pugh, National Advisor IAPT for Children and Young People
Stephen Scott, Institute of Psychiatry, King's College London
Yvonne Taylor, Oxford Health NHS Foundation Trust
Deborah McNally, Salford Cognitive Therapy Training Centre
Peter Fuggle, University College London

Symposium 52 – Intellectual and Developmental Disabilities – Roger Stevens Building: RSLT14

Developing Cognitive-Behavioural Interventions for People with Autism

Convenor: Dougal Hare, University of Manchester

- 9.00 Parent accounts of anxiety in ASD: a focus group study
Fiona Knott, University of Reading
- 9.30 The PASA trial: protocols and initial experiences
Peter Langdon, University of East Anglia, & Glynis Murphy, University of Kent
- 10.00 Evidence for the Effectiveness of Cognitive Behavioural Strategies with Children Diagnosed with Asperger syndrome
Kate Sofronoff, University of Queensland
- 10.30 Anxiety and Asperger's Syndrome: An Investigation Into The Delivery of a Novel Real-Time Stress Management Approach.
Carolyn Gracey, University of Manchester, and Dougal Hare, University of Manchester

Symposium 53 – Severe and Enduring Problems – Roger Stevens Building: RSLT24

New Developments and Interventions for Bipolar Disorder

Convenor: Alyson Dodd, Lancaster University

- 9.00 Interpersonal Psychotherapy Therapy (IPT) group treatment for young people with bipolar affective disorder: A pragmatic randomised control trial.
Matthias Schwannauer, University of Edinburgh

- 9.20 Think Effectively About Mood Swings (TEAMS): A Pilot Randomised Controlled Trial of CBT for Bipolar Disorders.
Sara Tai, University of Manchester
- 9.40 An online randomised clinical controlled trial of 'Living with Bipolar': Results at 3 and 6 months follow-up.
Nicholas Todd, Lancaster University
- 10.00 Break
- 10.10 REACT – Relatives Education And Coping Toolkit: Feasibility and outcome.
Fiona Lobban, Lancaster University
- 10.30 Developing New Approaches to Bipolar Disorder: An update from the PARADES programme
Steven Jones, Lancaster University

Symposium 54 – Severe and Enduring Problems – Roger Stevens Building: RSLT16

Psychosis: Basic Processes

Chair: Catherine Crane, Oxford Mindfulness Centre, University of Oxford

- 9.00 Cognitive factors maintaining persecutory delusions in psychosis: the contribution of depression
Natasha Vorontsova, Institute of Psychiatry, King's College London
- 9.30 When feeling anxious makes people with psychosis feel lonely – An experimental investigation into pathways of social support and first episode psychosis
Oliver Suendermann, Institute of Psychiatry, King's College London
- 10.00 Positive and Negative Core Schema in Psychosis
Christopher Taylor, Lancashire Care NHS Foundation Trust & University of Manchester
- 10.30 Childhood trauma increases risk for psychosis: Results of a meta-analysis of the empirical literature
Filippo Varese, University of Manchester

Symposium 55 – Training and Professional Issues – Roger Stevens Building: RSLT23

Using Cognitive Formulations With Staff Teams: Examining the Clinical and Organisational Value of Differing Consultation Approaches

Convenor: Stephen Kellett, University of Sheffield

- 9.00 Cognitive analytic consultancy in assertive outreach; a pragmatic randomised control trial
Stephen Kellett, University of Sheffield
- 9.30 Changes to direct care staff thoughts, emotional responses and client outcomes following cognitive behavioural formulation development workshop
Barry Ingram, Tyne & Wear NHS Foundation Trust & Newcastle University
- 10.00 Investigating the use of psychological formulations to modify psychiatric staff perceptions of service users with psychosis
Katherine Berry, University of Manchester
- 10.30 Compassionate recovery: Individualised support in early psychosis (CR:ISP) from implementing improvement strategies based on an integrated care pathway.
Andrew Gumley, Institute of Health and Wellbeing, University of Glasgow & NHS Greater Glasgow and Clyde, ESTEEM Early Intervention Service

Symposium 56 – Training and Professional Issues – Roger Stevens Building: RSLT15

Utilising New Technologies in Training and Therapy

Chair: Jennifer Wild, Experimental Psychology, University of Oxford

- 9.00 Randomised trial comparing Internet-based training in cognitive behavioural therapy to delayed-training control
Sarah Rakovshik, University of Oxford
- 9.25 Cognitive Behaviour Therapy Delivered Face-To-Face With Support Via The Internet And An iPad – A Standard Approach In The Future?
Kristoffer Mansson, Department of Behavioural Sciences and Learning, Linköping University
- 9.50 Mind above Mood: Using a Mobile Phone Application to Increase Treatment-Seeking
Alex Gyani, University of Reading
- 10.15 A Sceptics' guide to Internet-Based CBT for Mixed Anxiety and Depression: Does it really work? Results from a RCT and Effectiveness in Primary Care
Jill Newby, Clinical Research Unit for Anxiety and Depression, St. Vincent's Hospital, Australia
- 10.40 Project SNIPE: A European trial of a personalised social norms feedback intervention for polysubstance use in university students
Robert Dempsey, University of Bradford



Programme

FRIDAY 29TH JUNE

Symposium 57 – 40th Anniversary Founder Celebrations – Roger Stevens Building: RSLT20 **Celebrating 40 Years of BABCP: A Symposium in Honour of Isaac Marks - A Founder Member**

Convenor: Karina Lovell, University of Manchester

9.00 Isaac Marks - His visions for the future - revisited and re-assessed
Kevin Gournay, Institute of Psychiatry, Kings College: London

9.30 'Innovations in delivering CBT': The MUSICIAN study
Karina Lovell, University of Manchester

10.00 From anxiety disorders to somatoform disorders: Translation of a cognitive behavioural model
Trudie Chalder, Institute of Psychiatry, King's College London

10.30 BABCP: Aspirations Met and Remaining
Isaac Marks, Professor Emeritus, Institute of Psychiatry, King's College London

Skills Classes

Skills Class 10 – Roger Stevens Building: RSLT17

Running Acceptance and Commitment Therapy (ACT) Groups for Psychosis

Louise Johns, Joseph Oliver & Eric Morris, South London and Maudsley NHS Foundation Trust

Skills Class 11 – Roger Stevens Building: RSLT21

How to integrate Compassion Focused Therapy within Familiar CBT Approaches

Mary Welford, Greater Manchester West Mental Health NHS Foundation Trust

11.30 – 12.30

Keynote Addresses

Professor Johan Vlaeyen, Katholieke Universiteit Leuven, Belgium and Maastricht University, Netherlands

Chronic Pain: A Learning Theory Perspective

Chair: Stephen Morley, University of Leeds

Roger Stevens Building: RSLT20

Professor Philippa Garety, Institute of Psychiatry, King's College London and Psychosis Clinical Academic Group, South London and Maudsley NHS Foundation Trust

Translating Cognitive Research Findings into Effective and Accessible CBT for Psychosis

Chair: Gillian Haddock, University of Manchester

Roger Stevens Building: RSLT22

Professor Patricia A. Resick, National Center for PTSD, VA Boston Healthcare System & Boston University, USA

From Soup to Nuts:

From Inception and Research through Dissemination of Cognitive Processing Therapy

Chair: Laura Jobson, University of East Anglia

Roger Stevens Building: RSLT21

Professor Ian James, Northumberland Tyne and Wear NHS Foundation Trust and Northumbria University

Sex, Lies and Video Tapes: The Use of CBT and Schemas Across the Lifespan

Chair: Gwyn Higginson, North Staffordshire Combined Healthcare NHS Trust

Roger Stevens Building: RSLT17

12.30 – 13.30

Couples Special Interest Group (SIG) Annual General Meeting

University House Building: Great Woodhouse room

Bipolar Disorder Special Interest Group Meeting

University House Building: Little Woodhouse room

13.30 – 15.30

Symposium 58 – Basic Processes and New Developments – Roger Stevens Building: RSLT19

Training A New Perspective: Can Direct Modification of Interpretations and Appraisals Reduce Anxiety and Depression?

Convenor: Laura Hoppitt, University of East Anglia

- 13.30 Cognitive Bias Modification for Interpretation: Duration of effects in a healthy sample
Emily Hammond, Cambridgeshire & Peterborough NHS Foundation Trust
- 14.00 Effects of Implicit and Explicit Cognitive Bias Modification and Computer-aided Cognitive-Behaviour Therapy on Modifying Cognitive Biases in Social Anxiety
Sirous Mobini, University of East Anglia
- 14.30 A comparison of interpretation bias modification and computerised cognitive behaviour therapy for social anxiety
Jennifer Bowler, University of East Anglia
- 15.00 Perspective Broadening Training for Major Depressive Disorder: A Pilot Trial of Decentering and Reframing
Emma Hill, MRC Cognition and Brain Sciences Unit

Symposium 59 – Basic Processes and New Developments – Roger Stevens Building: RSLT25

New Developments in CBT (A Sheffield Perspective)

Convenor: Joe Curran, Sheffield Health and Social Care NHS Foundation Trust

- 13.30 Cognitive behavioural therapy for dental anxiety: improving access to therapy and the effective reduction of sedation
John Davies, Sheffield Health and Social Care NHS Foundation Trust
- 14.00 IQuESTS: Identifying priorities for improving the recovery orientation of psychological therapy services for people with longer-term depression
Tom Ricketts, Sheffield Health and Social Care NHS Foundation Trust
- 14.30 Evaluation of an Acceptance and Mindfulness-based training course for clinicians
Jennifer Darling, Sheffield Health and Social Care NHS Foundation Trust & Joe Curran, Sheffield Health and Social Care NHS Foundation Trust
- 15.00 Can we increase the availability of CBT for schizophrenia by reconceptualising the disorder?
Joanna Priddy, Sheffield Health and Social Care NHS Foundation Trust

Symposium 60 – Basic Processes and New Developments – Roger Stevens Building: RSLT01

Maximising Treatment Outcomes

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

- 13.30 Efficacy of cognitive behavioural therapy in the treatment of mood and anxiety disorders in adults - Review
Magnus Blondahl Sighvatsson, Landspítali-The National University Hospital, Iceland
- 14.00 In defence of “reinventing the wheel”: practice-based evidence from 10 years of CBT-based groups for Binge Eating Disorder
Kate Allsopp, Barnet, Enfield and Haringey Mental Health NHS Trust
- 14.30 What does complex mean? Therapist’s descriptions of the factors contributing to complexity in clinical presentations in CBT
Thomas Reeves, Northumberland, Tyne and Wear NHS Foundation Trust
- 15.00 How can psychological therapy help young people with complex mental health difficulties improve their well-being and sense of self? A study of the clients’ views
Sara Melo, University of Birmingham

Symposium 61 – Behavioural Medicine – Roger Stevens Building: RSLT15

Cognitive Behavioural Therapy for Menopausal Symptoms

Convenor: Beverley Ayers, King’s College London

Chair: Myra Hunter, Kings College London

- 13.30 Cognitive Behaviour Therapy (CBT) for women with problematic menopausal hot flushes - a four stage cognitive model and intervention
Melanie Smith, Kings College London
- 13.55 MENOS 2: A randomised controlled trial of Group and Guided Self-Help Cognitive Behaviour Therapy (CBT) for women with problematic menopausal hot flushes
Beverley Ayers, Kings College London

- 14.20 A randomised controlled trial of a cognitive behavioural intervention for women who have menopausal symptoms following breast cancer treatment (MENOS 1)
Myra Hunter, Kings College London
- 14.45 How do women experience CBT for menopausal symptoms?
A qualitative analysis using IPA.
Janet Balabanovic, Kings College London

Symposium 62 – Child and Adolescent Mental Health – Roger Stevens Building: RSLT18

Issues in Parental Mental Health

Convenor: Sam Cartwright-Hatton, University of Sussex

- 13.30 Preliminary findings from effective interventions using MCT and Baby Triple P in women with postnatal mood disorders
Anja Wittkowski, University of Manchester
- 14.00 Can a Web Based Positive Parenting Intervention Help Bipolar Parents of Young Children
Steve Jones, University of Lancaster
- 14.30 The treatment of mother-child interaction within the context of child and maternal anxiety disorder
Lucy Willetts, University of Reading
- 15.00 Parents with OCD – effects on children, parenting and parental perceptions.
Fiona Challacombe, Kings College, London.

Symposium 63 – Older Adults – Roger Stevens Building: RSLT14

CBT for Anxiety in People with Mild Cognitive Impairment or Dementia

Convenor: Georgina Charlesworth, University College London and North East London NHS Foundation Trust

Discussant: Ian James, Newcastle Psychology and Challenging Behaviour Teams, Northumberland, Tyne & Wear NHS Foundation Trust

- 13.30 Anxiety in people with mild cognitive impairment or dementia: overview of the evidence base and introduction to the symposium
Georgina Charlesworth, University College London and North East London NHS Foundation Trust
- 13.55 Early recognition of 'brains at risk' and treatment of emotional responses to the experience of Mild Cognitive Impairment
Gwyn Higginson, Mental Health and Vascular Wellbeing CBT Service, North Staffordshire Combined Healthcare NHS Trust
- 14.20 Overcoming practical, attitudinal and neuropsychological barriers to CBT for people with anxiety and dementia – Clinical reflections on a pilot trial
Astrid Schepers, North East London NHS Foundation Trust
- 14.45 Developing IAPT for people with dementia and their family carers
Don Brechin, Leeds Partnership NHS Foundation Trust
- 15.05 Discussion

Symposium 64 – Severe and Enduring Problems – Roger Stevens Building: RSLT24

New Trajectories in Bipolar Disorder Research

Convenor: Kim Wright, University of Exeter

Discussant: Jeremy Thomas

- 13.30 Understanding the relationship between sleep, routine and mood in bipolar disorder and non-clinical populations
Faye Banks, Lancaster University
- 13.50 Emotional priming effects – Evidence for a manic defense in bipolar disorder?
Thomas Meyer, Newcastle University / Academic Psychiatry, Regional Affective Disorders Service, NTW, Newcastle upon Tyne
- 14.10 High and Happy? Exploring the experience of positive states of mind in people who have been given a diagnosis of bipolar disorder
Leo Russell, University of Plymouth
- 14.30 Appraisals of and responses to hypomanic states in bipolar affective disorder
Mariana Giurgiu, University of East Anglia/Suffolk PCT
- 14.50 Response to different types of positive mood state in people diagnosed with Bipolar Disorder
Claire Delduca, University of Exeter
- 15.10 Discussion

Symposium 65 – Severe and Enduring Problems – Roger Stevens Building: RSLT23

Cognitive Behavioural Therapy for Auditory Verbal Hallucinations ('Hearing Voices'): From Causes to Effects in Clinical Practice

- Convenor: Simon McCarthy-Jones, Macquarie University, Australia
- Chair: Robert Dudley, Northumberland, Tyne and Wear Foundation Trust & Newcastle University
- 13.30 Considering the evidence for utilising CBT with distressing voices: problems and possibilities.
Simon McCarthy-Jones, Macquarie University
- 13.55 Auditory verbal hallucinations: Insights from the phenomenology of inner speech
Charles Fernyhough, University of Durham
- 14.20 Tailoring CBT to specific subtypes of auditory verbal hallucinations
Guy Dodgson, Northumberland, Tyne & Wear NHS Foundation Trust, & Jenna Robson,
Northumberland, Tyne & Wear NHS Foundation Trust
- 14.45 CBRT: Putting the 'Relating' into CBT for distressing voices
Mark Hayward, University of Sussex

Symposium 66 – Severe and Enduring Problems – Roger Stevens Building: RSLT16

Treatment of Psychosis

- Chair: Steve Moorhead, Northumberland Tyne and Wear NHS Foundation Trust
- 13.30 A mixed-methods evaluation of a pilot psychosocial intervention group for older people
with schizophrenia
Katherine Berry, University of Manchester
- 13.55 Report of a Feasibility study of a Mindfulness Group for Clients, Carers and Staff of an Early
Intervention in Psychosis Service
Steve Moorhead, Northumberland Tyne and Wear NHS Foundation Trust
- 14.20 Clinicians' opinion of what client characteristics predict positive outcome in Cognitive
Behavioural Therapy for Psychosis
Siobhan Currell, Newcastle University & Northumberland, Tyne and Wear NHS Foundation Trust
- 14.45 Behavioural Experiments with Psychosis: Theory and Practice
Thomas Christodoulides, Northumberland, Tyne and Wear NHS Foundation Trust and Chris
Harrop, West London Mental Health NHS Trust
- 15.10 The efficacy of CBT and clinical supervision in promoting the recovery of individuals with
Schizophrenia who present with complex needs
Martina Gibbons, Private Practice Trinity College Dublin

Symposium 67 – Training and Professional Issues – Roger Stevens Building: RSLT20

CBT Skills Training: Supporting Clinical Competency Development

- Convenor: Wendy Turton, University of Southampton
- Chair: Lusia Stopa, CBT Programme Director, University of Southampton
- 13.30 Honing the Art of Cognitive Behavioural Therapy through Experiential Learning.
Wendy Turton, University of Southampton
- 13.55 Ten steps to CBT supervision.
Ken Gordon, University of Southampton
- 14.20 Does supervisor training work? An assessment of the impact of IAPT supervision training
on self-reported competencies.
Katherine Newman Taylor, University of Southampton
- 14.45 "Digging a hole when you need to build a bridge": Obstacles to clinical learning and ways
of overcoming these using role play.
Lusia Stopa, University of Southampton
- 15.10 Teaching CBT skills to unqualified homelessness workers: Ethics and outcomes
Nick Maguire, University of Southampton

Symposium 68 – 40th Anniversary Founder Celebrations – Roger Stevens Building: RSLT17

Celebrating 40 Years of BABCP: A Symposium in Honour of William Yule – A Founder Member

Convenor: Patrick Smith, Institute of Psychiatry, King's College London and South London and Maudsley NHS Foundation Trust

13.30 Fear and loathing at the Maudsley: CBT for anxiety past and present
Paul Salkovskis, University of Bath

14.00 Underexposed? The treatment of PTSD in pre-schoolers, children and adolescents
Richard Meiser-Stedman, Medical Research Council Cognition & Brain Sciences Unit, Cambridge

14.30 Individual Parent Training: Mechanisms of action and strategies when it doesn't work
Stephen Scott, Institute of Psychiatry King's College London; National Academy for Parenting Research

15.00 Stressbusters: How Professor Yule Effected a C Change in CBT for Adolescent Depression
Paul Abeles, Royal Manchester Children's Hospital, CMFTManchester

Skills Classes

Skills Class 12 – Roger Stevens Building: RSLT21

How to Enhance the Therapeutic Value of the Therapeutic Relationship

Tim Carey, Flinders University, Australia and Sara Tai, University of Manchester

Skills Class 13 – Roger Stevens Building: RSLT22

Imagery-Focused CBT for Traumatic Bereavement

Jennifer Wild, Experimental Psychology, University of Oxford

16.00 – 17.00

Keynote Addresses

Professor Andrew Jahoda, Institute of Health and Wellbeing, University of Glasgow

Learning to Listen: What Aspects of CBT Work for People with Intellectual Disabilities?

Chair: John Taylor, Northumbria University

Roger Stevens Building: RSLT20

Dr Cathy Creswell, University of Reading

Working Through Families to Increase the Efficiency and Impact of CBT: Application to Childhood Anxiety Disorders

Chair: Sam Cartwright-Hatton, University of Sussex

Roger Stevens Building: RSLT21

Dr Warren Mansell, University of Manchester

Think Effectively About Mood Swings (TEAMS): Can We Integrate the Past, Present and Future 'Waves' Within CBT for Bipolar Disorders?

Chair: Robert Leahy, American Institute for Cognitive Therapy and Weill-Cornell Medical College, USA

Roger Stevens Building: RSLT22

BABCP 2013

Imperial College
University of London

16th-19th July 2013

