36th Annual Conference

Programme

17th-19th July 2008
University of Edinburgh
Scotland, UK

www.babcp.com

British Association for Behavioural and Cognitive Psychotherapies
Thursday 17th July

9.00 - 11.15
Symposium 1
Lecture Theatre 8, William Robertson Building
Reactive Depression isn’t a Mood Disorder, It’s a Motivational Disorder

Convenor: Stephen Barton, Tees, Esk & Wear Valleys NHS Trust & Newcastle University, UK
Chair & Discussant: Peter Armstrong, Newcastle Cognitive Behaviour Therapy Centre, UK

9.00 Goal Investment Model for treating reactive depression
Stephen Barton, Tees, Esk & Wear Valleys NHS Trust & Newcastle University, UK

9.25 Disengagement from approach goals in major depression
Jan Lane, Tees, Esk & Wear Valleys NHS Trust & Newcastle University, UK

9.50 Coffee

10.10 External entrapment in depression: An exploratory study
Thomas Christodoulides, Sunderland Early Intervention in Psychosis Service, UK

10.35 An exploration of dysfunctional self-limitation
Louisa Smith, Eastbourne Primary Care Trust & Newcastle University, UK

11.00 Discussion

Symposium 2
Lecture Theatre A, David Hume Tower
New Advances in Understanding the Psychopathology of Obsessive Compulsive Disorder

Convenor: Adam Radomsky, Concordia University, Canada & Christine Purdon, University of Waterloo, Canada
Chair: Christine Purdon, University of Waterloo, Canada
Discussant: Marcel van den Hout, Utrecht University, The Netherlands

9.00 Reassurance seeking in OCD: Are we really sure that it’s important?
Osamu Kobori, Institute of Psychiatry, King’s College London, UK

9.25 Re-examining the intersection of OCD and obsessive-compulsive personality disorder
Laura J. Summerfeldt, Trent University, Anxiety Treatment and Research Centre, St. Joseph’s Hospital & McMaster University, Canada

9.50 Coffee

10.10 Experimental manipulation of cognitive factors associated with reassurance seeking in OCD
Adam Radomsky, Concordia University, Canada

10.35 Discussion

Symposium 3
Lecture Theatre C, David Hume Tower
New Approaches in Investigating Biased Interpretation in Mental Disorders

Convenor & Chair: Andrea Reinecke, University of Oxford, UK

9.00 Interpretation and memory for ambiguous scenarios in depression
Daniel Fitzgerald, Radboud University Nijmegen, The Netherlands

9.20 Predicting anxious behaviour in children: A comparison of the Ambiguous Story Telling paradigm with a questionnaire in spider fearful children
Anke M. Klein, Radboud University Nijmegen, The Netherlands

9.40 Optimizing an ambiguous scenario test for neuroticism and trait-depression
Chantel Balra, University of Oxford, UK

10.00 Coffee

10.20 The effects of CBT on disorder-specific negative interpretation and affective association in generalized anxiety disorder
Andrea Reinecke, University of Oxford, UK

10.40 Mimicry and social anxiety: News from the VR lab
Wolf-Gero Lange, Radboud University Nijmegen, The Netherlands

Symposium 4
Lecture Theatre B, David Hume Tower
The Transdiagnostic Perspective: Metacognitive Beliefs and Control Strategies Across Psychological Disorders

Convenor & Chair: Kristin Bohn, Royal Holloway University of London, UK

9.00 The value of the ‘transdiagnostic’ perspective
Christopher G. Fairburn, University of Oxford, UK

9.20 Metacognitive factors as transdiagnostic processes: Findings from the continuum of psychosis
Anthony P. Morrison, University of Manchester, UK

9.40 Depressive rumination and co-morbidity: Evidence for brooding as a transdiagnostic process
Edward Watkins, University of Exeter, UK

10.00 Coffee

10.20 Autobiographical memory, intrusive imagery, goals and current concerns: A transdiagnostic study
Stuart Reid, University of Manchester, UK

10.40 Mediation of the relationship between OCD, religiosity and spirituality
Aileen Ward, University of Newcastle & Northumberland, Tyne and Wear NHS Trust, UK
Thursday 17th July

Symposium 5
Lecture Theatre F21, Psychology Department
New Developments in HIV & Sexual Health
Convenor & Chair: Lucy Serpell, CNWL NHS Foundation Trust and University College London, UK
Discussant: Graham Frize, St Mary’s Hospital & CNWL NHS Foundation Trust, UK
9.00 An evaluation of a brief motivational interviewing training course for HIV/AIDS counsellors in Western Cape Province, South Africa
Michael Evangelis, Royal Holloway University of London, UK
9.25 Body image in gay men with HIV: A cognitive model
Jamie Kelly, Royal Holloway University of London, UK
9.50 Coffee
10.10 Mindfulness based cognitive therapy (MBCT) for relapsing depression in patients who are HIV+
Susan Hennay, Mortimer Market Clinic, Barns and The Royal London NHS Trust, UK
10.35 SHIFT: A novel internet CCBT intervention for sexual health
John Green, Central and North West London Foundation NHS Trust and Imperial College London, UK
11.00 Discussion

Symposium 6
Lecture Theatre 2, Appleton Tower
Depression in Children and Young People: Developments in Basic and Clinical Research
Convenor & Chair: Shirley Reynolds, University of East Anglia, UK
9.00 Amygdala function and 5HTT gene variants in adolescent anxiety and major depressive disorder
Jennifer Lau, University of Oxford, UK
9.25 Interpersonal cognitions and associations with depressive symptoms in school-aged twins
Alice Gregor, Goldsmiths College, University of London, UK
9.50 Coffee
10.10 Is computerised CBT for depression in teenagers effective? A case series of “Stressbusters”
Paul Ables, University of Manchester, UK
10.35 The effectiveness and cost effectiveness of psychological treatments for depression in young people
Shirley Reynolds, University of East Anglia, UK

Symposium 7
Lecture Theatre 5, Appleton Tower
Improving Access to Psychological Therapies: Opportunities and Challenges
Convenor: Robert Dudley, Newcastle University & Northumberton, Tyne and Wear. Mental Health NHS Trust, UK
Chair: David M Clark, Institute of Psychiatry, King’s College London, UK
9.00 Introduction
9.05 Transforming lives – the power of the IAPT programme
James Stewart, Department of Health and Care Services Improvement Partnership, Programme Lead of the IAPT Programme, UK
9.25 Science, economics, progress to date, and future challenges
David M Clark, Institute of Psychiatry, King’s College London, Clinical Adviser to the IAPT Programme, UK
9.45 Translating NICE into service delivery models
Stephen Pilling, Director, CORE, University College London, UK
10.05 Coffee
10.25 Planning the workforce, training practitioners, developing careers
Graham Turpin, Associate Director Workforce IAPT, CSIP / NIMHE / University of Sheffield, UK
10.45 The contribution of competence frameworks to effectiveness
Tony Roth, University College London, UK
11.05 Discussion

Symposium 8
Faculty Room South, David Hume Tower
Preconditions for Therapeutic Interventions with People with Intellectual Disabilities
Convenor & Chair: Dougall Julian Hare, University of Manchester, UK
9.00 Using repertory grids to explore a motivational based personality structure for people with intellectual disabilities
Alexandra Leardini, University of Manchester, UK
9.20 Understanding of real and non-real experiences in people with intellectual disabilities
Anna Dodd, Pennine Care NHS Trust, UK
9.40 Coffee
10.00 Case study exploring the use of personality models to understand motivation to change
Steve Hendy, Cheshire and Wirral Partnership Foundation Trust, UK
10.20 Self-concept, cognitive therapy and Asperger’s syndrome
Dougall Julian Hare, University of Manchester, UK
10.40 Discussion
Thursday 17th July

**Symposium 9**
Lecture Theatre 1, Appleton Tower

**Trauma and Memory: How to Link Cognitive and Clinical Science**
Convenor & Chair: Elke Geraerts, University of St. Andrews, UK

9.00 Can we reduce the intrusions people develop of traumatic films by tasks given after they watch them?
Emily Holmes, University of Oxford, UK

9.20 Treatment of PTSD: A comparison of imaginative exposure with and without imagery re-scripting
Arnoud Arntz, Maastricht University, The Netherlands

9.40 Mental control in the face of trauma
Tim Dalgleish, MRC Cognition and Brain Sciences Unit, Cambridge, UK

10.00 Coffee

10.20 Memory consistency for traumatic events in Dutch soldiers deployed to Iraq
Iris M. Engelhard, Utrecht University, The Netherlands

10.40 Cognitive mechanisms underlying recovered memories of childhood sexual abuse
Elke Geraerts, University of St. Andrews, UK

**Symposium 10**
Lecture Theatre 4, Appleton Tower

**Attachment Organisation and Psychosis: Theoretical Foundations and Clinical Applications**
Convenor: Andrew Gumley, University of Glasgow, UK
Discussants: Matthias Schwannauer, University of Edinburgh, UK

9.00 Providing psychological therapy to support affect regulation and emotional recovery following first episode psychosis
Andrew Gumley & Matthias Schwannauer, University of Glasgow, UK; University of Edinburgh, UK

9.25 Attachment style, social mentalities and psychotic phenomenology: An analogue perspective
Angus Macbeth, University of Glasgow, UK

9.50 Coffee

10.10 Attachment & Psychosis - The impact of interpersonal trauma on the development of psychosis and the individual's adaptation and recovery
Matthias Schwannauer, University of Edinburgh, UK

10.35 Narrative as a context to understand and promote recovery in psychosis: Implications for the development of psychological therapies for people with psychosis
Andrew Gumley, University of Glasgow, UK

11.00 Discussion

**Symposium 11**
Lecture Theatre 3, Appleton Tower

**Cognitive Behaviour Therapy for Psychosis is not a Quasi-Neuroleptic: Novel Ways of Assessing Therapeutic Change**
Convenors: Emmanuelle Peters, Institute of Psychiatry, King’s College London, UK
& Kathryn Greenwood, Institute of Psychiatry, King’s College London, UK
Chair: Philippa Garety, Institute of Psychiatry, King’s College London, UK

9.00 The future of CBT for psychosis: It’s the affect, stupid
Max Birchwood, University of Birmingham, UK

9.20 Appraisals, psychotic symptoms and affect in daily life
Emmanuelle Peters, Institute of Psychiatry, King’s College London, UK

9.40 A randomised controlled trial of cognitive behaviour therapy for psychosis in a routine clinical service: looking beyond the PANSS
Emmanuelle Peters, Institute of Psychiatry, King’s College London, UK

10.00 Coffee

10.20 Choice of outcome in CBT for psychoses (choice): The development of a new service-user led outcome measure of CBT for psychosis
Kathryn Greenwood, Institute of Psychiatry, King’s College London, UK

11.00 Discussion

**Symposium 12**
Seminar Room 11, William Robertson Building

**Experiencing CBT for Ourselves: A Valuable Training Strategy?**
Convenor & Chair: James Bennett-Levy, Northern Rivers University Dept of Rural Health, Sydney University, Australia

9.00 Personal experiential work in CBT training: State of the art
Richard Thwaites, Cumbria Partnership NHS Trust, UK

9.20 Enhancing self-practical/self reflection through the use of reflective blogs
Paul Farnand, University of Plymouth, UK

9.40 ‘I want to do this, but how?’ Issues in helping experienced CBT therapists engage with SP/ISR
Malene Davis, Newcastle University, UK

10.00 Coffee
Thursday 17th July

10.20 Is there a place for experiential interpersonal groups in cognitive therapy training?
James Hawkins, Independent Practice, Edinburgh, UK

10.40 Personal experiential work in CBT training: The challenges ahead
James Bennett-Levy, Northern Rivers University Department of Rural Health, Sydney University, Australia

Panel Debate 1
Faculty Room North, David Hume Tower
What is ‘Decentering’ within CBT and How Does it Work?
Chair: Nick Gray, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust, UK
Convener: Warren Mansell, University of Manchester, UK
Speakers:
- Kevin Voyias, Pain Management Unit & Bath Centre for Pain Services, University of Bath, UK
- Richard Brown, University of Manchester, UK
- Freda McManus, Oxford Cognitive Therapy Training Centre, UK
- Thorsten Bährhofer, University of Oxford, UK

Open Papers 1
Seminar Room B21, Psychology Department
Cognitive Processes in Anxiety: Traits, Beliefs & Biases
Chair: Michel J. Dugas, Concordia University, Canada
9.00 Experimental Manipulation of an Interpretation Bias: Impact on Worry and Implicit and Explicit Beliefs about Uncertainty in a Nonclinical Sample
Nicole J. Genia, Concordia University, Canada
9.25 Uncertainty has Negative Implications and is Unfair: The Association Between Intolerance of Uncertainty, Perfectionism, Sense of Control, and Worry
Kathryn Sexton, Department of Psychology, Concordia University, Montreal, Canada
9.50 Coffee

10.10 Defensiveness, Anxiety, and the Specificity of Personal Event Representations
Joanne Dickson, University of Liverpool, UK

10.35 Manipulating Meta-Cognitive Beliefs about the Difficulty to Suppress Thoughts of Disgust: Implications for OCD
Orna Reuven-Magril, Tel-Aviv University, Israel

9.00 - 11.30
In-Conference Workshops
Workshop 1: Seminar Room 37, Psychology Department
Simple or Elegant?: What are the Creative Ways Clinicians adapt Cognitive Behaviour Therapy for Working with People with Intellectual Disabilities?
Jamie Kirkland, NHS Lothian, UK & Keith Marshall, NHS Lothian, UK

Workshop 2: G01, William Robertson Building
Vicki Mountford, St. George’s Eating Disorder Service & St. George’s, University of London, UK

Workshop 3: G02, William Robertson Building
Delivery IAPT: A Practical Approach to Delivering IAPT in your Team
Chris Williams, University of Glasgow, UK

11.30 - 12.30
Keynote Speakers
Professor David M Clark
Institute of Psychiatry, King’s College London, UK
Cognitive Therapy for Anxiety Disorders: From Science to Practice
Chair: Arnaud Amirz, Maastricht University, The Netherlands
Lecture Theatre A, David Hume Tower

Professor Mark Freeston
Newcastle University, UK
Clinical Art and Clinical Science in CBT: Challenges for Dissemination, Education, Training and Supervision
Chair: James Bennett-Levy, Northern Rivers University Dept of Rural Health, Sydney University
Lecture Theatre 5, Appleton Tower

Professor Peter Kinderman
University of Liverpool, UK
The Rise of CBT ... and Some Thoughts for the Future
Chair: Sara Tai, University of Manchester & Greater Manchester West Mental Health NHS Trust, UK
Lecture Theatre 4, Appleton Tower
Thursday 17th July

Professor Marcel van den Hout
Utrecht University, The Netherlands

Basic Processes Research: Past, Present and Future
Chair: Peter de Jong, University of Groningen, The Netherlands
Lecture Theatre B, David Hume Tower
12.30 - 13.30

Training: Special Interest Group
Seminar Room 11, William Robertson Building

Acceptance and Commitment Therapy: Special Interest Group
GO1, William Robertson Building
13.00 -18.00

Poster Session 1
Appleton Tower
Adult Mental Health

1 Who am I? Does the Way we Structure Self-Knowledge Contribute to Social Anxiety?
Michael Brown, University of Southampton, UK

2 CBT for Self Harm: Development of a Trust Handbook
Paul Branston, North Yorkshire and York Primary Care Trust, UK

3 Obsessive-Compulsive Disorder (OCD) and Marital Status
Zuber Mosca, St George’s, University of London & South West London and St George’s Mental Health NHS Trust, UK

4 A Phenomenological Study of Clients' Experience of Psycho-Educational Groups
William Trebinka, Berkshire Healthcare NHS Foundation Trust, UK

5 Cognitive Style and Behavioural Activation in a Hospitalised Sample of Individuals with Bipolar Disorder Currently in Episode: Comparisons with Schizophrenics
Mark Feniks, University of Manchester, UK

6 The Use of Danger Iatrogenic Reduction Therapy (DIRT) in Patients with Severe Obsessive Compulsive Disorder (OCD)
Katherine Morton, South West London and St George’s Mental Health Trust, UK

7 Intolerance of Uncertainty, Indecisiveness and the Interpretation of Ambiguous Situations: Replication and Extension
Nicole J. Gervais, Concordia University, Canada

8 A CBT Group Intervention for the Treatment of OCD in a Secondary Care Setting, A Case Series
Mabel Martinelli, South West London and St George’s Mental Health Trust, UK

9 PTSD in Survivors of the Intensive Care Treatment. Why are Some Patients at More Risk than Others?
Mabel Martinelli, South West London and St George’s Mental Health Trust, UK

10 CBT for Mental Contamination: A Case Report
Anna Coughtrey, University of Reading, UK

11 A Transdiagnostic Approach to Low Self Esteem: What Can We Learn From a Pilot Group Approach in a Tertiary Cognitive Behaviour Therapy Service?
Cate Wood, Newcastle Cognitive and Behavioural Therapies Centre, Newcastle Upon Tyne, UK

Eating Disorders and Impulse Control

12 Digital Body Image Assessment and Therapy: Parallel Image Presentation
Justin Thomas, Javier University, United Arab Emirates

13 Perfectionism And Eating Disorders in Young Adults
Céline Douilliez, Université Charles de Gaulle-Lille 3, France

New Developments

14 A Comparative Survey of the Use of and Attitudes Towards Online Self-Help in Practitioners and Users of a Commonly Used Self-Help Website
Rebecca Martineau, University of Glasgow, UK

15 A Mood-METHOD Study Investigating the Motives Behind Membership and Participation in an On-Line Discussion Forum for Anxiety and Depression
Christina Williams, Division of Community Based Sciences, Faculty of Medicine, University of Glasgow, UK

16 Cognitive Bias Modification of Interpretations: Effects in Patients with Anxiety Disorders
Elke Salkennik, Utrecht University, The Netherlands

13.30 - 15.45

Symposium 13
Lecture Theatre A, David Hume Tower

Buddhism, Jealousy, OCD, Trauma, Eating Disorders and Training: A Symposium in Honour of Padmal de Silva

This symposium in honour of Padmal de Silva, acknowledges his extraordinary scholarship, brilliant scientific and clinical contributions, and the unsurpassed breadth of his expertise. Padmal was an expert in obsessive-compulsive disorders, eating disorders, sexual disorders, morbid jealousy, post-traumatic disorders, and Buddhism... and also found the time to be Clinical Psychology Examiner to the Nation.

Padmal was an extremely kind, gentle, compassionate, modest and humorous person. His famous chuckle was contagious. Many many people miss his presence.
Thursday 17th July

Convenor: Roz Shafran, University of Reading, UK & Paul Salkovskis, Institute of Psychiatry, King’s College London, UK
Chair: William Yule, Institute of Psychiatry, King’s College London, UK
Discussant: S. J. Rachman, University of British Columbia, Canada

13.30 Padmal da Silva’s writings on Buddhism and behaviour modification and current developments in the use of MBCT in depression
Thorsten Barnhofer, University of Oxford, UK

13.55 Normal and abnormal thoughts, images and behaviour associated with clinical perfectionism
Roz Shafran, University of Reading, UK

14.20 Obsessive-compulsive beliefs and magical ideation in eating disorders
Anna Lavinder, Institute of Psychiatry, King’s College London, UK

14.45 Coffee

15.05 Understanding OCD the PdS way
Paul Salkovskis, Institute of Psychiatry, King’s College London, UK

15.30 Discussion

Symposium 14
Lecture Theatre B, David Hume Tower

“Know then Thyself”: Images of the Self Across Clinical Disorders
Convenor & Chair: Lusia Stopa, University of Southampton, UK
Discussant: Ann Hackmann, University of Oxford, UK

13.30 Introduction

13.35 Should John Lennon be looking at or through his rose-tinted glasses? Mental imagery perspective and positive mood
Emily A. Holmes, University of Oxford, UK

13.55 Self-imagery and autobiographical memory in social anxiety
Lusia Stopa, University of Southampton, UK

14.20 Coffee

14.40 Working with imagery and the self in post traumatic stress disorder
Nick Grey, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust, UK

15.00 Memory and imagery in bipolar disorders
Warren Mansell, University of Manchester, UK

15.20 Discussion

Symposium 15
Lecture Theatre C, David Hume Tower

Normal and Disturbed Reasoning Processes in Emotional Disorders
Convenor & Chair: Maartje Vroling, University of Groningen, The Netherlands

13.30 OCD and uncertainty about automatic processes in the context of threat
Marcel van den Hout, Utrecht University, The Netherlands

13.50 Affect-as-information, fear conditioning, and PTSD
Iris Engelhard, Utrecht University, The Netherlands

14.10 Conditional reasoning about highly emotional events: Victims of sexual abuse
Isabelle Blanchette, University of Manchester, UK

14.30 Coffee

14.50 Patients do it better
Francesco Marchini, Scuola di Specializzazione in Psicoterapia Cognitiva, Rome, Italy

15.10 Confirmatory reasoning as potential maintenance and risk factor in psychopathology
Maartje Vroling, University of Groningen, The Netherlands

Symposium 16
Lecture Theatre 2, Appleton Tower

Parenting Across Disorders: New Developments
Convenor: Sam Cartwright-Hatton & Rachel Calam, University of Manchester, UK
Chair: Rachel Calam, University of Manchester, UK

13.30 A randomised controlled trial of a self-help parenting programme for families on NHS waiting lists
Gretchen Bjornstad, University of Oxford, UK

13.50 Increasing accessibility of parenting interventions across populations and conditions
Rachel Calam, University of Manchester, UK

14.10 Parenting in the context of parental anxiety
Sam Cartwright-Hatton, University of Manchester, UK

14.30 Coffee

14.50 Maternal overprotection as a risk factor for child and adolescent anxiety: Longitudinal analyses
Ronald M. Rapee, MacQuarie University, Australia

15.10 The impact of parental distress and family environment on parental reports of child anxiety in the clinical setting
Amie Grill-Taquechel, University of Houston, USA
Thursday 17th July

**Symposium 17**
Faculty Room South, David Hume Tower
Psychological Adjustment and Cognitions in Parents of Children with Intellectual Disabilities
Convenor & Chair: Richard Hastings, Bangor University, UK

13.30 Parental locus of control in mothers of children with intellectual disabilities: Cross-sectional and longitudinal relationships with psychological well-being
Richard Hastings, Bangor University, UK

14.00 Parenting stress in mothers of adults with an intellectual disability: The effects of parental cognitions in relation to child characteristics and family support
Chris Hill, University of Birmingham, UK

14.30 The role of acceptance, mindfulness, and avoidant coping in the psychological well-being of fathers of children with intellectual disabilities
Elaine MacDonald, Bangor University, UK

**Symposium 18**
Lecture Theatre 1, Appleton Tower
New Research on Facilitating Change in Key Cognitive Processes which Maintain Emotional Disorders
Convenor: Bundy Mackintosh, University of East Anglia, UK & Colette Hirsch, Institute of Psychiatry, King’s College London, UK
Chair: Colette Hirsch, Institute of Psychiatry, King’s College London, UK
Discussant: Bundy Mackintosh, University of East Anglia, UK

13.30 Training positive interpretation biases in individuals with social anxiety
Jonathan D. Huppert, The Hebrew University of Jerusalem, Israel & University of Pennsylvania, USA

13.50 Effects of a computerized approach-avoidance training on implicit and explicit attitudes toward unknown animals
Jorg Huijding, Erasmus University Rotterdam, The Netherlands

14.10 Facilitating a more benign attentional bias in high worriers: effects on worry persistence
Sara Hayes, Institute of Psychiatry, King’s College London, UK

14.30 Coffee

14.50 Attention training in individuals with generalized social phobia: Preliminary findings from a randomized, double-blind trial
Nader Amir, San Diego State University & University of California, USA

15.10 Fishing for happiness: Positive bias modification paradigm for depressed mood
Emily A. Holmes, University of Oxford, UK

15.30 Discussion

**Symposium 19**
Lecture Theatre 3, Appleton Tower
Beliefs About Self and Others, Schizotypy and Social Recovery in Psychosis
Convenor & Chair: David Fowler, University of East Anglia, UK

13.30 Improving social recovery using CBT in early psychosis: Follow-up results from the ISREP RCT
David Fowler, University of East Anglia, UK

13.55 Schizotypy and schema: Modelling the dimensions of social recovery outcomes in psychosis
Jo Hodgekins, University of East Anglia, UK

14.20 Coffee

14.40 Causal associations between schema and positive and negative symptoms: longitudinal modelling from the PRP trial
Ben Smith, University College London, UK

15.05 Self-esteem and schizophrenia
Joanne Cater, University of Manchester, UK

15.30 Discussion

**Symposium 20**
Lecture Theatre 4, Appleton Tower
Developmental and Interpersonal Factors in the Prodrome, Individual Adaptation, and Recovery from Psychosis
Convenor & Chair: Matthias Schwannauer, University of Edinburgh, UK
Discussant: Andrew Gumley, University of Glasgow, UK

13.30 Understanding adolescent risk taking behaviour and how it relates to social and developmental processes
Nicola Cogan, University of Edinburgh, UK

13.50 Exploring reflective function in recovery from adolescent-onset psychosis
Christine Braehler, University of Edinburgh, UK

14.10 The interpersonal self in adolescent-onset psychosis: A grounded theory analysis
Emily Taylor, NHS Lothian Primary Care Division, UK

14.30 Coffee

14.50 Service users’ construction of relapse experiences in psychosis: A grounded theory approach
Wendy Kerr, University of Glasgow, UK

15.10 Service users’ experience of relapse
Hayley Welch, University of Glasgow, UK

15.30 Discussion
Thursday 17th July

Symposium 21
Lecture Theatre F21, Psychology Department

STEPS: Developing Multi-Purpose Stepped-Care Services in Primary Care
Convenor & Chair: Jim White, STEPS Primary Care Mental Health Team, Glasgow and Clyde NHS, UK

13.30 STEPS: a Clydebuilt stepped-care service in primary care
Jim White, STEPS Primary Care Mental Health Team, UK

13.50 The use of group interventions in stepped care
Michael Ross, STEPS Primary Care Mental Health Team, UK

14.00 Getting the best out of limited resources in stepped-care services: Single contacts, workshops and media
Carol Richards, STEPS Primary Care Mental Health Team, UK

14.15 The influence of deprivation on the delivery of a stepped-care service
Ruth Jamieson, STEPS Primary Care Mental Health Team, UK

14.30 Coffee

14.50 Does recovery have a role in stepped-care?
Vicky Manson, STEPS Primary Care Mental Health Team, UK

15.00 Stepped-care and ethnic minority mental health
Tom Wilson, STEPS Primary Care Mental Health Team, UK

15.10 Questions

Symposium 22
Seminar Room 11, William Robertson Building

The Importance of Staff Beliefs in Improving Client Care
Convenor & Chair: Anja Wittkowski, University of Manchester, UK

13.30 Psychiatric nursing staff construing people who experience psychosis and substance misuse
Anja Wittkowski, University of Manchester, UK

13.55 The use of Q methodology to examine staff beliefs about service change
Dougal Hare, University of Manchester, UK

14.20 Coffee

14.40 Attachment theory and psychosis: Interpersonal problems and therapeutic relationships
Katharine Barry, University of Sheffield, UK

15.05 Staff perceptions of patient needs and own training needs across low medium and high secure services
John McGovern & Victoria Absolom, Affinity Healthcare, UK & University of Manchester, UK

Clinical Roundtable 1
Lecture Theatre B, William Robertson Building

Optimal Therapy for Depression: How Much, How Often, How Long?
Convenor & Chair: Steven Jones, Lancaster University, UK

Edward Watkins, University of Exeter, UK
Christopher Martell, University of Washington, USA
Graham Turpin, University of Sheffield, UK
John Swan, University of Dundee, UK
Chris Williams, Division of Community Based Sciences, Faculty of Medicine - University of Glasgow, UK

Clinical Roundtable 2
Faculty Room North, David Hume Tower

A Case of Anorexia Nervosa: CBT or not CBT?
Convenor: Lucy Serpell, CNWL NHS Foundation Trust & University College London, UK

Glenn Waller, CNWL NHS Foundation Trust & Institute of Psychiatry, King's College London, UK
Tracey Wade, Flinders University, Australia
Christopher G. Fairburn, University of Oxford, UK

Panel Debate 2
Lecture Theatre S, Appletorn Tower

BABCP and IAPT: The Way Forward
Convenor: Robert Dudley, Newcastle University & Northumbland, Tyne and Wear Mental Health NHS Trust, UK

John L. Taylor, President Elect BABCP, Northumberland, Tyne and Wear NHS Trust and Northumbria University, UK

Rod Holland, BABCP Workforce and Training Committee, BABCP, UK
Mark Freeston, Newcastle University, UK
Kate Gillespie, Northern Ireland Centre for Trauma and Transformation, Ireland
Gillian Haddock, University of Manchester, UK
Thursday 17th July

Open Papers 2
Seminar Room B21, Psychology Department
Pain, Attention & Imagery
Chair: Richard Brown, University of Manchester, UK

13.30 The Nature of Attentional Biases in Acute and Chronic Pain Patients
Sonia Haggman, Clinical Psychology Unit, University of Sydney, Australia

13.45 Pain-Related Attentional Biases: The Reliability of the Dot- Probe Paradigm with Pain Patients
Blake Dear, University of Sydney, Australia

14.00 Attentional Processes in High Symptom Reporters: Implications for Medically Unexplained Symptoms
Richard Brown, University of Manchester, UK

14.15 Coffee

14.35 The Effect of Attentional Training as an Adjunct to Cognitive Behavioural Therapy (CBT) in Chronic Pain
Melissa Mondello, The University of Sydney, Australia

14.50 Five-Year Follow Up of Manual-Assisted Cognitive Behavioural Therapy in Sickle Cell Disease
Kofi A Anie, Central Middlesex Hospital & Imperial College London, Central and North West London Mental Health NHS Trust, UK

15.05 The short-term relationship between discomfort, sleep and fatigue in Sjögren’s syndrome and rheumatoid arthritis
Claire Goodchild, Institute of Psychiatry, King’s College London, UK

13.30 – 16.00
In-Conference Workshops
Workshop 4:
Seminar Room 37, Psychology Department
Core Competencies for Working with Substance Misuse and Addictive Behaviour
Frank Ryan, Central & North West London Foundation NHS Trust & Birkbeck College, University of London, UK

Workshop 5:
GO1, William Robertson Building
CBT with Older People: A Psychogerontological Approach
Kenneth Laidlaw, University of Edinburgh, UK

Workshop 6:
GO2, William Robertson Building
Acceptance and Commitment Therapy for Psychosis
Eric Morris, South London & Maudsley NHS Foundation Trust & Institute of Psychiatry, King’s College London, UK; Gordon Mitchell, NHS Fife, Scotland, UK & Amy Hodgson, NHS Fife, Scotland, UK

16.00 -17.00
Keynote Speakers
Professor Christopher G. Fairburn
University of Oxford, UK
The Broader Implications of the Research on the Treatment of Eating Disorders
Chair: Emily A Holmes, University of Oxford, UK
Lecture Theatre 5, Appleton Tower

Professor Richard Hastings
Bangor University, UK
Intensive Applied Behaviour Analysis Intervention for Children with Autism: Evidence Base, and the Translation into Practice
Chair: John L. Taylor, Northumberland, Tyne and Wear NHS Trust and Northumbria University, UK
Lecture Theatre B, David Hume Tower

Professor Philip Kendall
Temple University, USA
Flexibility within Fidelity: Clinical Procedures and Manualized Interventions
Chair: Sam Carver of Hatton, University of Manchester, UK
Lecture Theatre 4, Appleton Tower

Professor S. J. Rachman
University of British Columbia, Canada
From Conditioned Reflexes to Catastrophic Cognitions: An Evaluative History of Cognitive Behaviour Therapy
Chair: Marcel van den Hout, University of Utrecht, The Netherlands
Lecture Theatre A, David Hume Tower

17.15 – 18.15
BABCP Annual General Meeting
Lecture Theatre 1, Appleton Tower
Child and Adolescent Mental Health: Special Interest Group
Seminar Room 11, William Robertson Building

20.00 - Late
"CBT Edinburgh Festival" and Party: Teviot Row House
Friday 18th July

9.00 - 11.15
Symposium 23
Lecture Theatre B, David Hume Tower
Treating Post Traumatic Stress Disorder in the Context of Civil War and Terror
Convenor & Chair: Rachel Handley, Institute of Psychiatry, King’s College London, UK

9.00 Group based CBT for children and adolescents affected by war
William Yule, Institute of Psychiatry, King’s College London, UK

9.25 Narrative exposure therapy as treatment for survivors of war and torture: The evidence
Frank Neuner, University of Konstanz, Germany

9.50 Coffee

10.10 The application of cognitive therapy for PTSD linked to terrorism and other civil conflict in Northern Ireland
Michael Duffy, University of Ulster, UK

10.35 Mental health response after the London bombings: The screen and treat approach
Peter Scragg, Nika Fuchkan & Zoë Huntley, University College London, UK

11.00 Discussion

Symposium 24
Lecture Theatre A, David Hume Tower
New Developments in Treating Obsessive Compulsive Disorder
Convenor: Christine Purdon, University of Waterloo, Canada & Adam Radomsky, Concordia University, Canada
Chair: Adam Radomsky, Concordia University, Canada
Discussant: S. Rachman, University of British Columbia, Canada

9.00 Augmentation of behavior therapy with D-Cycloserine for obsessive compulsive disorder
Sabine Wilhelm, Harvard Medical School, USA

9.25 Buried in treasures: Cognitive-behavioral therapy for compulsive hoarding
David F. Tolin, The Institute of Living, Hartford, USA

9.50 Coffee

10.10 Does the presence of OCD symptoms predict differential treatment response in a sample of anxious youth?
Philip C. Kendall, Temple University, USA

10.35 Treatment ambivalence in OCD
Shannon Gifford, Parkwood Hospital, St. Joseph’s Hospital, Canada

11.00 Discussion

Symposium 25
Lecture Theatre 2, Appleton Tower
Bridging the Gap Between Cognitive Theory and Therapy: Using ICS to Inform CBT
Convenor: Isabel Clarke, Hampshire Partnership NHS Trust, UK
Chair & Discussant: Nick White, North Essex Partnership NHS Foundation Trust, UK

9.00 Using ICS to inform clinical work with complex cases
Peter Kinderman, University of Liverpool, UK

9.25 Brief Intervention with Visceral Impact: engaging heart as well as head using ICS.
Isabel Clarke, Hampshire Partnership NHS Trust, UK

9.50 Coffee

10.10 ICS and Anxiety Disorders
Nick White, North Essex Partnership NHS Foundation Trust, UK

10.35 Using ICS to inform formulation with complex cases
Michael Townend, University of Derby, UK

Symposium 26
Lecture Theatre 3, Appleton Tower
Overcoming a Gap in Processing Bias Research Temporal Attention, Encoding and Working Memory Measured with the Attentional Blink Paradigm
Convenor & Chair: Andria Rainecke, University of Oxford, UK

9.00 Emotional facial expressions and the attentional blink: Influence of social anxiety
Peter de Jong, University of Groningen, The Netherlands

9.25 How preferential is the preferential processing of negative stimuli?
Andria Rainecke, University of Oxford, UK

9.50 Coffee

10.10 Examining attentional bias in dysphoria using the attentional blink paradigm
Ernst Koster, Ghent University, Belgium

10.35 Influence of threatening facial distractors on subsequent task performance in high and low socially anxious individuals
Martine Ruiter, University of Groningen, The Netherlands
Friday 18th July

Symposium 27
Lecture Theatre F21, Psychology Department

Psychological Aspects of Gastroenterological Problems
Convener & Chair: Jane Hutton, King’s College Hospital & South London & Maudsley NHS Foundation Trust, UK

9.00 Psychological factors in patients receiving treatment from an anorectal physiology department
Stephanie Jones, St Peter’s Hospital, Surrey, UK

9.25 Predictors of symptom severity and social adjustment in irritable bowel syndrome. Do illness perceptions play a role?
Trudie Chalder, Institute of Psychiatry, King’s College London, UK

9.50 Coffee

10.10 Patients’ experiences of the referral process for psychological intervention for irritable bowel syndrome
Nicola Gawn, Salomons, Canterbury Christ Church University, UK

10.35 Implications of new research for intervention in IBS
Jane Hutton, King’s College Hospital & South London & Maudsley NHS Foundation Trust, UK

Symposium 28
Lecture Theatre 8, William Robertson Building

Techniques and Processes in Working with Multi-problem Families: Two Sides of the Same Coin
Convener: Crispin Day, South London & Maudsley NHS Trust & Institute of Psychiatry, King’s College London, UK
Chair: Hilton Davis, South London & Maudsley NHS Trust & Institute of Psychiatry, King’s College London, UK

9.00 Working with high risk families: Evidence from qualitative research about process and skills
Jane Barlow, University of Warwick, UK

9.25 The family partnership model: A method and a means
Crispin Day, South London & Maudsley NHS Trust & Institute of Psychiatry, King's College London, UK

9.50 Coffee

10.10 The Parents Under Pressure program - an intervention targeting multi-problem families: Therapy techniques and processes
Paul Horrill, University of Queensland, Brisbane, Australia

10.35 Working with multi-problem families: An example from clinical practice
Sascha Kowalenko, National Academy of Parenting Practitioners, King’s College, London, UK

Symposium 29
Faculty Room North, David Hume Tower

Eating Disorders: New Developments
Convener & Chair: Lucy Serpell, CNWL NHS Foundation Trust & University College London, UK
Discussant: Kelly Brownell, Yale University, USA

9.00 Personality disorder cognitions in the eating disorders
Glenn Waller, CNWL NHS Foundation Trust & Institute of Psychiatry, King’s College London, UK

9.25 Recovery from eating disorders: Clients’ and clinicians’ perspectives
Glenn Waller, CNWL NHS Foundation Trust & Institute of Psychiatry, King’s College London, UK

9.50 Coffee

10.10 Persistence, perseveration and perfectionism in eating disorders, clinical and non-clinical controls
Lucy Serpell, CNWL NHS Foundation Trust & University College London, UK

10.35 Eating disorder NOS under scrutiny: A detailed characterisation of its main clinical features
Kristin Bohn, Royal Holloway University of London, UK

Symposium 30
Lecture Theatre C, David Hume Tower

Towards a Mental Flourishing Scotland: Going Beyond IAPT?
Convener: Jim White, STEPS Primary Care Mental Health Team, UK
Chair: Michael Ross, STEPS Primary Care Mental Health Team, UK

9.00 ‘Towards a mentally flourishing Scotland: Making it happen’
Geoff Huggins, Health Care Policy and Strategy, Mental Health Division, Scottish Government, UK

9.25 ‘Being more than just therapists: Delving beneath the tip of the iceberg’
Jim White, STEPS Primary Care Mental Health Team, UK

9.50 Coffee

10.10 Promoting and supporting recovery in Scotland: Progress and learning
Simon Bradstreet, Scottish Recovery Network, UK

10.35 ‘Overview of the new MSc clinical training programme - Psychological Therapy in Primary Care’
Rob Durham, University of Dundee, UK

Symposium 31
Faculty Room South, David Hume Tower

Psychological Structures Underpinning CBT for People with Intellectual Disabilities
Convener & Chair: Bill Lindsay, State Hospital, NHS Tayside & University of Abertay, UK

9.00 Personality structure and emotional problems in people with intellectual and developmental disabilities (ID)
Bill Lindsay, State Hospital, NHS Tayside & University of Abertay, UK

9.25 Measurement of personality disorder and its relationship with aggression in men with intellectual disabilities
John L. Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Trust, UK
Friday 18th July

9.50 Coffee

10.10 The relevance of attachment style to cognitive therapy for offenders with intellectual disability
Lesley Steptoe, NHS Tayside & University of Abertay, Dundee, UK

10.35 Stigma, social comparison and psychological wellbeing in adults with intellectual disabilities
Lucy Paterson, NHS Tayside, UK

Symposium 32
Lecture Theatre A, Appleton Tower
Worry, Rumination and Generalised Anxiety Disorder
This symposium is of work that has been inspired by research originally conducted by Professor Tom Borkovec and it has been put together to mark his distinguished career as a scientist and clinician.
Convenor: Colette Hirsch, Institute of Psychiatry, King’s College London, UK
Chair: Colette Hirsch, Institute of Psychiatry, King’s College London, UK
Discussant: Andrew Mathews, University of California, USA
9.00 Overgenerality and abstractness of worrying as maintenance factor for anxiety
Piero Philippot, University of Louvain, Belgium
9.20 Negative repetitive thought: Common elements within worry and rumination
Edward Watkins, University of Exeter, UK
9.40 Coffee
10.00 Looking on the bright side: facilitating more benign interpretations reduces negative thought intrusions in high worriers and clients with generalised anxiety disorder
Colette Hirsch, Institute of Psychiatry, King’s College London, UK
10.20 Symptom change profiles in anxious clients receiving either cognitive-behavioural therapy or applied relaxation
Michel J. Dugas, Concordia University, Canada
10.40 Discussion

Symposium 33
Lecture Theatre 5, Appleton Tower
Mechanisms Underlying the Suppression of Unwanted Memories and Their Clinical Implications
Convenor & Chair: Michael Anderson, University of St. Andrews, UK
9.00 Neural systems underlying the control of intrusive memories
Michael Anderson, University of St. Andrews, UK
9.25 Prefrontal regions orchestrate suppression of emotional memories via a two-phase process: possible implications for therapeutic intervention
Brendan E. Depue, University of Colorado at Boulder, USA
9.50 Coffee
10.10 Dissociable neurocognitive mechanisms underlie the forgetting of unwanted memories
Alan Richardson-Klavehn, University of Magdeburg, Germany
10.35 Forgetting emotionally negative words and interpretations with a little help from thought substitutes
Paula Herbert, Trinity University, USA

Symposium 34
Seminar Room 11, William Robertson Building
Online CBT: Development and Delivery of Computerised CBT
Convenor: Rebeca Martinez, University of Glasgow, UK
Chair: Chris Williams, University of Glasgow, UK
9.00 CCBT - what we need to know about the way people interact with the machine
John Green, St. Mary’s Hospital & Imperial College London, UK
9.25 Telephone support for free on-line computerised CBT: Early evaluation
Paul Farrand, University of Plymouth, UK
9.50 Coffee
10.10 Do the characteristics of those recruited into CCBT trials differ from other self-help interventions?
Monideh McKay, Gartnavel Royal Hospital, Glasgow, UK
10.35 Internet vs standalone computer vs book: User choice and outcomes with self-help in a stepped care service
Mark Kenwright, Ealing CBT Service, West London Mental Health NHS Trust, UK

Panel Debate 3
Lecture Theatre 1, Appleton Tower
What Works for Whom within CBT for Psychosis
Convenor: Craig Steel, University of Reading, UK
Chair: Andrew Gumley, University of Glasgow, UK
Speakers:
- Craig Steel, University of Reading, UK
- David Fowler, University of East Anglia, UK
- Max Birchwood, University of Birmingham, UK
- Gillian Haddock, University of Manchester, UK
- Philippa Garvey, Institute of Psychiatry, Kings College London, UK
- Tony Morrison, University of Manchester, UK
Friday 18th July

Open Papers 3
Seminar Room B21, Psychology Department
Child and Adolescent Disorders, Aetiology & Therapy
Chair: Cecilia Essau, Roehampton University, UK
9.00 Neuroticism, Life Events and Automatic Negative Thoughts in the Development and Maintenance
of Adolescent Depression
Amy Kercher, Macquarie University, Australia
9.20 Negative Biases in Emotional Processing Predict Subsequent Depressive Symptoms in High Risk Students:
A Longitudinal Study
Shirley Chan, University of Oxford, UK
9.40 Bipolar Disorder in Adolescence & Early Adulthood: Outcomes From a Manualised Psychological Intervention
Craig Macneil, Early Psychosis Prevention & Intervention Centre (EPPIC), Australia
10.00 Coffee
10.20 An Evaluation of the ‘Working Things Out’ Adolescent Group Intervention in an Applied Clinical Setting
Eileen Brosnan, University College Dublin, Ireland
10.40 Treating Children Traumatized by War and Tsunami: A Comparison between Exposure Therapy and
Meditation-Relaxation in North-East Sri Lanka
Claudia Catani, University of Konstanz & Viva International, Germany

9.00 - 11.30
In-Conference Workshops
Workshop 7:
Seminar Room 37, Psychology Department
Substance Use Amongst People with Mental Health Problems
Hannah Graham, Derek Tobin & Emma Griffith, University of Birmingham and Birmingham & Solihull Mental Health (NHS) Trust, UK

Workshop 8:
Seminar Room 10, William Robertson Building
The Method of Levels: Bringing About Change by Shifting Awareness
Warren Mansell, University of Manchester, UK & Sara Tai, University of Manchester & Greater Manchester West
Mental Health NHS Trust, UK

Workshop 9:
GO1, William Robertson Building
Positive Psychological Interventions
Sanjay Kumar Rao and Kirstine Postma, Teess Esk & Wear Valley NHS Trust, UK

Workshop 10:
GO2, William Robertson Building
Using Experiential Techniques to Facilitate Cognitive Change in Complex Cases of PTSD
Ann Hackmann, University of Oxford & Institute of Psychiatry, King’s College London, UK

11.30 - 12.30
Keynote Speakers
Professor Max Birchwood
University of Birmingham, UK
CBT for Psychosis: Change of Direction Needed to Avoid No Through Road Ahead?
Chair: Andrew Gumley, University of Glasgow, UK
Lecture Theatre 5, Appleton Tower

Professor Kelly Brownell
Yale University, USA
Treatment vs. Prevention: Obesity and World Nutrition as the Exemplar
Chair: Christopher G. Fairburn, University of Oxford, UK
Lecture Theatre B, David Hume Tower

Professor Susan Mineka
Northwestern University, USA
Common and Specific Risk Factors for Mood and Anxiety Disorders: Time 1 and Initial Prospective Results from a Longitudinal Study
Chair: Bundy Munro, University of East Anglia
Lecture Theatre 4, Appleton Tower

Professor Paul Salkovskis
Institute of Psychiatry, King’s College London, UK
Twenty Obsessional Years, Compulsive Research with a Few Doubts Feels Just Right
Chair: Christine Purdon, University of Waterloo, Canada
Lecture Theatre A, David Hume Tower

26
Friday 18th July

12.30 - 13.30
Control Theory: Special Interest Group
Seminar Room 11, William Robertson Building
Neuropsychology: Special Interest Group
GO1, William Robertson Building
Medical: Special Interest Group
GO2, William Robertson Building

13.00 - 18.00
Poster Session 2
Appleton Tower

Basic Processes
1 Reducing Flashbacks to a Trauma Film via a Computer Game
Ella James, University of Oxford, UK
2 Predictors of Behaviour Therapy and Fluvoxamine Response in Obsessive Compulsive Disorder: A Functional MRI Symptom Provocation Study
Aiko Nakagawa, Kawasaki Medical School, Japan

Behavioural Medicine
3 Attentional Bias Towards Health-Threat Information in Chronic Fatigue Syndrome
Nahua Hsu, University of Southampton, UK
4 It Hurts: The Relationship Between Mental Imagery and Functioning in Chronic Pain
Louise Pottie, Lothian Chronic Pain Service & University of Edinburgh, UK

Child and Adolescent Mental Health
5 The Manifestation of Depression in Adolescence: Does Depression Look Differently Across Time and Gender?
Sue Spencer, Griffith University, Australia
6 Adapting the Manual: Delivering the FRIENDS Programme to Children with Literacy Difficulties
Jamie Lonsdale, North Staffordshire NHS Combined Healthcare Trust, UK

Intellectual and Developmental Disabilities
7 The Impact of Collaborative Development of Psychosocial Case Formulations for Individuals with Intellectual Disabilities Displaying Challenging Behaviour: A Case Series Pilot Evaluation of Workshops with Direct Care Staff
Barry Ingham, Northumberland, Tyne & Wear NHS Trust, UK
8 Group Cognitive Therapy for Sexual Offenders with Intellectual Disabilities (II): A Comparison Between Offenders Against Adults and Offenders Against Children
Nicola Gilchrist, NHS Lothian, UK

Psychosis
9 The Relationship Between Specific Psychotic Symptoms, Aggression and Violence in a South Asian Population with Schizophrenia
Aishath Ali Naaz, University of Manchester, UK
10 Cognitive Behavioural Therapy for Patients with Schizophrenia who are not Prescribed Antipsychotic Medication: Two Case Series
Thomas Dobelshak, Early Intervention in Psychosis Service, South of Tyne and Wear, UK
11 Self-Esteem, Experiential Avoidance and Paranoia
Alisa Udachina, Bangor University, UK
12 Relationship between aggression, empathy, and impulsivity in forensic patients with psychosis
Aiko Kacr, National Institute of Mental Health, National Center for Neuroglogy and Psychiatry
13 Jumping to Conclusions’ in First-Episode Psychosis
Debra Shaftoe, Newcastle University, UK

Service Delivery
14 Time Travel-Moving from the Traditional Services to the Modern Interventions
Katie Hall, The Logos Centre, Durham, UK
15 Cross-Sectional and Longitudinal Analyses of Age-Related Memory Loss: The Implications for Effective Therapeutic Service Delivery
Allan Larmont, Healthy Memory Co. & Massey University, New Zealand
16 Therapeutic Techniques and Processes
A Pilot Investigation into the Relationship Between Mindfulness, Attentional Control and Selective Attention
Filippo Varese, Bangor University, UK
17 Why Patients do not Come Back: A Review of Literature on Possible Causes of Early Termination of Cognitive Behaviour Therapy in Treating Depression
Rajvinder Sambhi, North East Wales NHS Trust, UK
18 Persevering in the Treatment of a Complex Presentation of OCD: Sexual Thoughts and Images
Colette Kearns, St Patrick’s Hospital, Dublin
19 Use of Self-Monitoring and Personal Narrative in Schema Change: Interventions to Enhance Positive Emotions and Self-Esteem in Bipolar Depression
Rochelle I. Frank, Gateway Psychiatric Services & Argosy University, San Francisco, CA
20 Beyond Copied Letters - Corresponding Directly with Patients
Michael McDonough, St Patrick’s Hospital, Dublin
Friday 18th July

Training and Professional Issues

21 Trends in Leadership Training in NHS Clinical Teams
Neal Hattersley, Efficacious MMC, UK

22 Curriculum Based Training in Cognitive Behavioural Therapy (CBT) for Mental Health Support Workers
Paul Keenan, Edge Hill University of Liverpool, UK

23 Pilot Study Evaluating Qualitatively the Outcome of an Introduction to Cognitive Behavioural Therapy Course in India
Ashok Gupta, Northumberland, Tyne and Wear NHS Trust, UK & Aileen Ogilvie, Specialty Trainee, Northumberland, Tyne and Wear NHS Trust, UK

24 Psychiatrist, Heal Thyself: How are our Trainees Coping with Modernising Medical Careers?
Keelyjo Hindhaugh, SW London and St George’s Mental Health NHS Trust, UK

25 Diagnosis: ‘Tool or Hinderance?’
Klaus Dieter Schultewolter, Cognitive Behavioural Psychotherapy Services, UK

13.30 - 15.45
Symposium 35
Lecture Theatre B, David Hume Tower
New Advances in Our Understanding of Key Cognitive Processes in Social Phobia
Convenor: Colette Hirsch & Jennifer Wild, Institute of Psychiatry, King’s College London, UK
Chair: Jennifer Wild, Institute of Psychiatry, King’s College London, UK

13.30 CBT for social anxiety disorder and comorbid depression: The relationship among social anxiety, depression, and change in cognitions
Jonathan Huppert, The Hebrew University of Jerusalem, Israel

13.55 Can liking yourself more make you less socially anxious? The effect of training implicit and explicit self-esteem on social anxiety
Luise Stroja, University of Southampton, UK

14.20 Coffee

14.40 A behavioral test of imagery in individuals with social phobia
Nader Amr, San Diego State University, USA

15.05 Recall biased by interpretation in social phobia
Paula Horath, Trinity University, USA

Symposium 36
Lecture Theatre A, David Hume Tower
Factors which Predict Outcome in Treatment in Obsessive-Compulsive Disorder (OCD)
Convenor & Chair: Lynne Drummond, St George’s, University of London, UK

13.30 Attitudes to obsessive-compulsive disorder and its treatment in severe, chronic, resistant OCD
Katharine Morton, Sussex Partnership NHS Trust, UK

13.55 The impact of sleep on the outcome of obsessive compulsive disorder
Shazia Rani, South West London and St George’s Mental Health Trust, UK

14.20 Coffee

14.40 Treatment factors which may predict outcome examining intensive community treatment and inpatient regime
Anusha Pillay, South West London and St George’s Mental Health Trust, UK

15.05 Demographic factors which may influence the outcome of OCD
William Boland, Surrey and Borders Mental Health NHS Trust, UK

15.30 Discussion

Symposium 37
Lecture Theatre 4, Appleton Tower
Attentional Bias and Anxiety: From Basic Science to Clinical Practice
Convenor: Ernst Koster, Ghent University, Belgium & Matt Garner, University of Southampton, UK
Chair: Ernst Koster, Ghent University, Belgium
Discussant: Marcel van den Hout, University of Utrecht, The Netherlands

13.30 Modulation by anxiety and genetic makeup of the neural mechanisms underlying attention to threat in social anxiety
Bona Bishop, University of Cambridge, UK & Medical Research Council Cognition and Brain Sciences Unit, UK

13.55 The good, the bad, and the difference: Cortisol, stress regulation and, attentive processing of facial expressions
Peter Putman, Leiden University, The Netherlands

14.30 Coffee

14.40 Fear conditioning under conditions of restricted contingency awareness
An Frans, Ghent University, Belgium

15.05 Experimental manipulation of attention to threat: Optimizing training procedures
Ernst Koster, Ghent University, Belgium

15.30 Discussion
Friday 18th July

Symposium 38
Lecture Theatre 3, Appleton Tower
The Understanding and Treatment of Perfectionism
Convenor & Chair: Sarah Egan, Curtin University of Technology, Australia
Discussant: Roz Shafran, Charlie Waller Institute, University of Reading, UK
13.30 Perfectionism and depressive symptoms: A longitudinal study of stress generation and stress reactivity models
David Dunkley, Jewish General Hospital, Montreal & McGill University, Canada
13.55 Can decreasing perfectionism impact on risk factors for eating disorders in adolescent females? A controlled comparison of perfectionism and media literacy programs
Tracey Wade, Flinders University, Australia
14.20 Coffee
14.40 An investigation of perfectionism as a treatment TARGET for bulimia nervosa: A randomised controlled trial
Tracey Wade, Flinders University, Australia
15.05 Brief group cognitive behavioural treatment for perfectionism in Obsessive Compulsive Disorder
Sarah Egan, Curtin University of Technology, Australia
15.30 Discussion

Symposium 39
Lecture Theatre F21, Psychology Department
Neuro-Cognition, Disability and Challenges for the Cognitive Model in CBT
Convenor: Jonathan Evans, University of Glasgow, UK & Fergus Gracey, The Oliver Zangwill Centre for Neuropsychological Rehabilitation, UK
Chair: Jonathan Evans, University of Glasgow, UK
Discussant: Fergus Gracey, The Oliver Zangwill Centre for Neuropsychological Rehabilitation, UK
13.30 Obstacles to effective emotion regulation: Implications for CBT
Barney Dunn, MRC Cognition and Brain Sciences Unit, Cambridge & Camden and Islington Social and Mental Health Care Trust, London, UK
13.55 "You looking at me?" Walking restrictions and social anxiety following traumatic brain injury: A case study from cognitive-behavioural therapy
Giles Yeates, Buckinghamshire NHS PCT, UK
14.20 Coffee
14.40 Adapting cognitive therapy for people with intellectual disabilities: the example of social anxiety
Dave Dagnan, North Cumbria Mental Health and Learning Disability NHS Trust & Lancaster University, UK
15.05 The application of CBT for depression in Parkinson’s disease
Ken Laidlaw, University of Edinburgh, UK
15.30 Discussion

Symposium 40
Lecture Theatre 8, William Robertson Building
Child and Adolescent Psychopathology: From Theory to Treatment
Convenor & Chair: Cecilia Essau, Roehampton University, UK
13.30 Associations between sleep problems and associated difficulties: phenotypic and behavioural genetic approaches
Alice Gregory, Goldsmiths College, University of London, UK
13.55 Substance use disorders among non-referred and high-risk adolescents
Cecilia Essau, Roehampton University, UK
14.20 Coffee
14.40 Development of CBT related cognition in clinically referred and non-clinical children
Shirley Reynolds, University of East Anglia, UK
15.05 The PACMan Trial (Parents for Anxious Children: Manchester). A new cognitive-behavioural parenting intervention for parents of young anxious children: Results of a first randomised controlled trial
Sam Cartwright-Hatton, University of Manchester, UK
15.30 Discussion

Symposium 41
Seminar Room 11, William Robertson Building
Creating Capacity for CBT within CAMHS in the North East
Convenor: Mark Freeston and Jenny Shannon, Newcastle Cognitive and Behavioural Therapies Centre, UK
Chair: Allan Brownrigg, Northumbria University, UK
13.30 Child and adolescent mental health services: The Policy context for enhancing practice
Allan Brownrigg, Northumbria University, UK
13.50 Developing cognitive behavioural therapy provision in CAMHS: The Sunderland Training and Supervision Model
Craig Thompson, Northumbria University, UK
14.10 Building capacity in CBT: A modelling approach to understanding how capacity can be built and the constraints, pressures, and challenges for clinical and training systems
Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centre, UK
14.30 Coffee
14.50 An overview of the development and delivery of a CAMHS specific CBT course
Jenny Shannon, Newcastle Cognitive and Behavioural Therapies Centre, UK
15.10 From trainee to trainer: The view from the inside
Carl Sketchley, Sunderland Child and Adolescent Mental Health in Primary Care Team, UK

29
Friday 18th July

Symposium 42
Faculty Room North, David Hume Tower
The New Neuroscience of Eating Disorders
Convenor: Michelle Lee, University of Reading, UK
Chair: Volei Mountford, St. George’s Eating Disorder Service & St. George’s, University of London, UK
13.30 Anorexia nervosa - A new neurodevelopmental model
Bryan Lask, St George’s University of London & Huntercombe Hospitals Group, UK
14.00 Translating findings from neuropsychological studies into treatment for anorexia nervosa
Carolina López, Institute of Psychiatry, King’s College London, UK
14.30 Coffee
14.50 The neuropsychology of anorexia nervosa - results using the Ravello Profile
Bryan Lask, St George’s University of London & Huntercombe Hospitals Group, UK
15.20 Discussion

Symposium 43
Lecture Theatre C, David Hume Tower
Increasing Access to Psychological Therapies: Where Are Things Now in Scotland?
Convenor & Chair: Chris Williams, University of Glasgow, UK
13.30 Randomised controlled study of written CBT self-help materials for depression
Philip Wilson, University of Glasgow, UK
13.55 Living life to the full: supporting diverse working with excluded young adults using self-help groups
Ilena Day, Depression Alliance Scotland, UK
14.20 Coffee
14.40 SPIRIT: A university accredited course in low intensity high capacity working
Sally McVicar, NHS Greater Glasgow and Clyde, UK
15.05 Medication matters too
Michael Smith, NHS Greater Glasgow and Clyde, UK

Symposium 44
Faculty Room South, David Hume Tower
Advances in the Treatment and Management of Challenging Behaviour in People with Intellectual Disabilities: Research and Service Perspectives
Convenor & Chair: Angela Hassiotis, Royal Free & University College Medical School, UK & John L. Taylor, Northumbria University & Northumberland, Tyne & Wear NHS Trust, UK
13.30 Updated cochrane review: Behavioural and cognitive behavioural interventions for outwardly directed aggressive behaviour in people with learning disabilities
Angela Hassiotis, Royal Free & University College Medical School, UK
14.05 Treatment of anger in adults with intellectual and developmental disabilities: An overview of outcome and process issues
John L Taylor, Northumbria University & Northumberland, Tyne & Wear NHS Trust, UK
14.40 Coffee
15.05 Variables predicting pathways into services for offenders with intellectual disabilities (ID)
William Lindsay, Stale Hospital, NHS Tayside and University of Abertay, UK

Symposium 45
Lecture Theatre 5, Appleton Tower
The Importance of Understanding Control in CBT: Method of Levels Research and Interventions
Convenor & Chair: Sara Tai, University of Manchester & Greater Manchester West Mental Health NHS Trust, UK
13.30 Perceptual control theory and the method of levels: Further contributions to a transdiagnostic perspective
Chris Spratt, NHS Fife, Scotland, UK
13.55 "Are some psychotherapies more equal than others?": A comparative study of Cognitive Behavioural Therapy (CBT) and Method of Levels (MOL) in a naturalistic setting.
Chris Spratt, NHS Fife, Scotland, UK
14.30 Coffee
14.40 Method of levels as a cognitive therapy: Ten reasons to lose it and ten reasons to choose it
Warren Mansell, University of Manchester, UK
15.05 "Learning about conflict and losing control": Delights and dilemmas of the experiential process of becoming an MOL therapist
Sara Tai, University of Manchester & Greater Manchester West Mental Health NHS Trust, UK
Friday 18th July

Symposium 46
Lecture Theatre 2, Appleton Tower
New Perspectives on Social Factors in Recovery from First Episode Psychosis
Convenor: Christine Barrowclough, University of Manchester, UK & Fiona Lobban, Lancaster University, UK
Chair: Fiona Lobban, Lancaster University, UK
13.30 Distress and burden in relatives of people with recent onset psychosis
Christine Barrowclough & Fiona Lobban, University of Manchester, UK, Lancaster University, UK
13.55 Beliefs about mental health problems in recent onset psychosis
Natalie Powell, University of Manchester, UK
14.30 Coffee
14.40 Do positive social stimuli influence reasoning & appraisal in psychosis-prone populations?
Gary Lee, University of Manchester, UK
15.05 Drug-use in first episode psychosis: The social influences affecting drug use, and the impacts of drug use on carers
Sophie Jeffery, University of Manchester, UK

Symposium 47
Lecture Theatre 1, Appleton Tower
Psychological Processes in Psychosis: Research and Interventions
Convenor & Chair: Craig Steel, University of Reading, UK
13.30 The role of imagery within the modification of cognitive biases in schizophrenia
Craig Steel, University of Reading, UK
13.55 Pathways to social anxiety disorder in early psychosis and their novel therapeutic implications
Max Birchwood, University of Birmingham, UK
14.20 Coffee
14.40 It ain’t what you think it is the way that you think it. Information processing biases in paranoia
Robert Dudley, Newcastle University, UK
15.05 Can jumping to conclusions be reduced in people with delusions? An experimental investigation of a brief reasoning training module
Philippa Garety, Institute of Psychiatry, King’s College London, UK

Open Papers 4
Seminar Room B21, Psychology Department
Qualitative Studies in Therapeutic Approaches and Formats
Chair: Ian James, Northumberland, Tyne and Wear NHS Trust, UK
13.30 Reflection on the Use of a Conceptual Model for Supervision: A Supervisee and Supervisor’s Perspective
Cate Wood, Newcastle Cognitive and Behavioural Therapies Centre, UK
13.50 Therapists’ Definitions of Schemas
Ian James, Northumberland, Tyne and Wear NHS Trust, UK
14.10 Cognitive Behaviour Therapy within Assertive Outreach Teams: Barriers to Implementation
Caroline Williams, University of Manchester, UK
14.30 Coffee
14.50 Developing the Techniques and Strategies for an Indirect Cognitive Approach to Change in Older People’s Settings
Louisa Shirley, Northumberland, Tyne and Wear NHS Trust, UK
15.10 Hidden Pain? Self-Injury And People with Intellectual Disabilities
Pauline Heap, University of Bristol, UK
13.30 - 16.00
In-Conference Workshops
Workshop 11:
CBT Training and Supervision: What Should We Be Training and How Should We Be Doing It?
James Bennett-Levy, University Dept of Rural Health (Lismore), Sydney University, Australia
Workshop 12:
Enhancing Adherence with Homework Assignments in Cognitive Behavior Therapy
Nikos Kazantzis, Massey University, New Zealand
Workshop 13:
The First Six Sessions: Getting CBT for the Eating Disorders Off to a Flying Start
Glenn Waller, CNWL NHS Foundation Trust and Institute of Psychiatry, King’s College London, UK
Workshop 14:
Family-Focused Treatment for Adult and Adolescent Bipolar Patients
David Miklowitz, University of Colorado, USA
Friday 18th July

16.00 -17.00

**Keynote Speakers**

**Professor Tom Borkovec**  
Penn State University, USA  
*Past, Present, and Future*  
Chair: Andrew Mathews, University of California, USA  
Lecture Theatre 5, Appleton Tower

**Dr Christopher Martell**  
University of Washington, USA  
*Twenty Years of Behavior Therapy: Trends and Counter Trends*  
Chair: David Veale, South London and Maudsley NHS Trust & Institute of Psychiatry, King’s College London, UK  
Lecture Theatre A, David Hume Tower

**Dr Chris Williams**  
Division of Community Based Sciences, Faculty of Medicine - University of Glasgow, UK  
*Stepped Care or Matched Care?: Stepping Stones Across the Pond*  
Chair: TBC  
Lecture Theatre B, David Hume Tower

**Professor William Yule**  
Institute of Psychiatry, King’s College London, UK  
*CBT in the Treatment of PTSD in Children and Adolescents: Twenty Years Development and Current Issues*  
Chair: Shirley Reynolds, University of East Anglia, UK  
Lecture Theatre 4, Appleton Tower

19.30 - 23.00

**Gala Dinner**  
Assembly Rooms, George Street

21.00 - 01.00

**Farewell Party**  
Teviot House
Saturday 19th July

9.00 - 11.15

Symposium 48
Lecture Theatre 5, Appleton Tower
Psychological Predictors and Clinical Models of Bipolar Disorder Throughout the Lifespan
Convenor & Chair: Matthias Schwannauer, University of Edinburgh, UK

9.00 Beliefs about mental health problems in people with bipolar disorder
Rona Lobeijn, Lancaster University, UK

9.20 Development of a family intervention for adolescents with bipolar disorder
David Miklowitz, University of Colorado, USA

9.40 Positive self appraisal in bipolar disorder: Specificity and clinical implications
Steven Jones, Lancaster University, UK

10.00 Coffee

10.20 Mixed states in adolescent onset bipolar disorder
Matthias Schwannauer, University of Edinburgh, UK

10.40 Recovery from bipolar disorder: A study of cognitive style and qualitative self-reports in individuals who have stayed well for over 2 years
Warren Mansell, University of Manchester, UK

Symposium 49
Lecture Theatre C, David Hume Tower
Acceptance & Commitment Therapy: ACT in the UK
Convenor: Simon Houghton, Sheffield Care Trust, UK
Chair: Joe Curran, Sheffield Care Trust, UK

9.00 Group ACT for OCD: Development of the approach and initial findings
Tom Rickitts, Sheffield Care Trust, UK

9.25 ACT for mental health and performance at work: Findings from a randomised controlled trial
Frank Bond, Goldsmiths, University of London, UK

9.50 Coffee

10.10 Living successfully with pain: The role of illness representations, catastrophising and acceptance in chronic pain functioning
David Gillardans, University of Edinburgh, UK

10.35 Measuring psychological flexibility and mindfulness skills with people who hear distressing voices
Eric Morris, Institute of Psychiatry, King’s College London & South London & Maudsley NHS Foundation Trust, UK

Symposium 50
Faculty Room North, David Hume Tower
Checking, Responsibility and Memory, Thought Action Fusion, and Perfectionism: Testing Cognitive Models of OCD
Convenor: Charlie Wilson, University of East Anglia, UK
Chair: Shirley Reynolds, University of East Anglia, UK
Discussant: Roz Shafran, University of Reading, UK

9.00 The impact of an experimental manipulation of checking on perceptions of responsibility, estimations of threat and confidence in memory
Charlotte Bogan, University of East Anglia, UK

9.30 Is thought action fusion increased by negative mood?
Ross Chirmoh, University of East Anglia, UK

10.00 Coffee

10.20 Perfectionism and worry
Graham Davey, University of Sussex, UK

10.50 Discussion

Symposium 51
Lecture Theatre B, David Hume Tower
Basic Processes and Treatment Approaches to Suicidality and Deliberate Self-Harm
Convenor & Chair: Thorsten Barnhofer, University of Oxford, UK
Discussant: Thomas Lynch, University of Exeter, UK

9.00 ‘Flash-forwards’ to suicide
Dhruv Shah, University of Oxford, UK

9.20 Predicting time to repetition of suicidal behavior
Danielle Duggan, University of Oxford, UK

9.40 The effect of MBCT on goal setting in depressed patients with a history of suicidality
Catherine Crane, University of Oxford, UK

10.00 Coffee

10.20 Effects of mindfulness meditation on loudness-dependency of auditory evoked potentials in acutely and formerly depressed patients with a history of suicidality
Thorsten Barnhofer, University of Oxford, UK

10.40 Cognitive-behavioural therapy for deliberate self-harm: Effectiveness, moderators and mediators of change
Philip Spinholven, University of Leiden, The Netherlands
Saturday 19th July

**Symposium 52**
Lecture Theatre 3, Appleton Tower
Cognitive Processes in Acute and Chronic Pain: Drawing Inspiration from Experimental and Clinical Work
Convenor & Chair: Nicole Tang, Institute of Psychiatry, King’s College London, UK
Discussant: Paul Balskowska, Institute of Psychiatry, King’s College London, UK

09.00 Possible selves and self-pain enmeshment
Stephen Morley, University of Leeds, UK

09.25 Pain Memory: Exploring the phenomenology at recall
Eric Brodie, Glasgow Caledonian University, UK

09.50 Coffee

10.10 Mental imagery in chronic pain
David Gilders, University of Edinburgh, UK

10.35 Acceptance and the experience of chronic pain: It’s not what you think
Lance McCracken, Royal National Hospital for Rheumatic Diseases, Bath, UK

11.00 Discussion

**Symposium 53**
Lecture Theatre 4, Appleton Tower
Child and Adolescent OCD: Treatment Initiatives and Outcomes
Convenor & Chair: Cynthia Turner, Maudsley Hospital, Children’s Department, London, UK

9.00 Improving the efficiency of delivery of cognitive behavioural treatment in childhood Obsessive-Compulsive Disorder (OCD)
Paul Balskowska, Institute of Psychiatry, King’s College London, UK

9.20 National Commissioning Group (NCG) service for children and adolescents with severe, treatment refractory OCD
Isabel Heyman, Young People’s OCD Service, Maudsley Hospital, London, UK

9.40 Increasing access to CBT for young people with OCD
Cynthia Turner, Young People’s OCD Service, Maudsley Hospital, London & Institute of Psychiatry, King’s College London, UK

10.00 Coffee

10.20 Long-term follow-up of 250 paediatric OCD cases: Course, symptom stability, quality of life, service utilisation and treatment needs
David Mataix-Cols, Institute of Psychiatry, King’s College London, UK

10.40 Parental involvement in the treatment of obsessive-compulsive disorder in young people
Shirley Reynolds, University of East Anglia, UK

**Symposium 54**
Lecture Theatre 2, Appleton Tower
Cognition and Emotion in Eating Disorders
Convenor & Chair: Lucy Serpell, CNWL NHS Foundation Trust & University College London, UK

9.00 An examination of social cognition in women with Anorexia Nervosa: The use of the pictorial emotional stroop task
Amy Harrison, Guy’s Hospital & Institute of Psychiatry, King’s College London, UK

9.25 Social cognition in Anorexia Nervosa: An exploratory study
Anna Oldershaw, Institute of Psychiatry, King’s College London, UK

9.50 Coffee

10.10 Social Cognition in Anorexia Nervosa: The link to acute starvation
David Hambrook, Institute of Psychiatry, King’s College London, UK

10.35 Decision-making in people with Anorexia Nervosa: The role of attention. A preliminary study
Raffaella Moro, South London and Maudsley NHS Foundation Trust & Institute of Psychiatry, King’s College London, UK

10.50 Discussion

**Symposium 55**
Lecture Theatre A, David Hume Tower
Current Status of and Future Challenges for CBT
Convenor: John L. Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Trust, UK
Chair: Craig Stewart, University of Reading, UK

9.00 Crossing the seven seas: Some future challenges for CBT
Warren Mansell, University of Manchester, UK

9.25 Stepped care and CBT self-help models in practice
Chris Williams, University of Glasgow

9.55 Coffee

10.10 Cognitive therapy for anxiety disorders: Current status & future challenges
Freda McManus, Oxford Cognitive Therapy Centre and University of Oxford, UK

10.35 Developments in CBT for people with intellectual and developmental disabilities
John L. Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Trust, UK
Saturday 19th July

Symposium 56
Lecture Theatre 8, William Robertson Building
Early Detection and Intervention for Psychosis: Working with Young People at Ultra High Risk of Developing Psychosis
Convener & Chair: Samantha Bowe, Greater Manchester West Mental Health NHS Foundation Trust, UK
9.00 Working with young people at high risk of psychosis: A service perspective
Samantha Bowe, Greater Manchester West Mental Health NHS Foundation Trust, UK
9.20 Identifying & working with young people at ultra high risk of psychosis: Only a job for specialist services?
Sophie Parker, Greater Manchester West Mental Health NHS Foundation Trust & University of Manchester, UK
9.40 Cognitive therapy for young people at high risk of psychosis: Illustrated by case examples
Paul Hutton, University of Manchester, UK
10.00 Coffee
10.20 At-risk of psychosis: A personal account
Rory Byrne, Greater Manchester West Mental Health NHS Foundation Trust & University of Manchester, UK
10.40 Using podcasts to assist cognitive therapy with young people at risk of psychosis
Paul French, Greater Manchester West Mental Health NHS Foundation Trust, & University of Manchester, UK

Symposium 57
Lecture Theatre 1, Appleton Tower
Let a Hundred Flowers Bloom: Varieties of Training in CBT
Convener: Freda McManus, Oxford Cognitive Therapy Centre, UK
Chair & Discussant: David Westbrook, Oxford Cognitive Therapy Centre, UK
9.00 What can we learn from 10 years of training in Cognitive Therapy?
Freda McManus, Oxford Cognitive Therapy Centre, UK
9.25 Developing cognitive-behavioural skills for clinical practice: an innovative educational intervention for medical students
Alison Croft, Oxford Cognitive Therapy Centre, UK
9.50 Coffee
10.10 An evaluation of a brief CBT training course: Impact on trainees’ satisfaction, clinical skills and patient outcomes
David Westbrook & Alison Segwick-Taylor, Oxford Cognitive Therapy Centre, UK; Gloucestershire NHS Partnership Trust
10.35 The Lupina Project: training psychology graduates to treat chronic panic and agoraphobia
Alison Croft, Oxford Cognitive Therapy Centre, UK
10.50 Discussion

Panel Debate 4
Seminar Room 11, William Robertson Building
Spirituality and CBT
Convener & Chair: Rob Waller, NHS Lothian, UK
9.00 Function over Form: Formulating Safety Behaviours with Christian Clients
Rob Waller, NHS Lothian, UK
9.20 Faith, Values and Agnosticism: Helping people address spiritual needs
Chris Poppa, Bradford District Care Trust, UK
9.40 Working with Culture and Religious Practice: Experience from the Orthodox Jewish Community
Daniel Cofferton, Newcastle Cognitive and Behavioural Therapies Centre, UK
10.00 Islam and CBT ‘Beliefs’: Issues of Faith in the Muslim Community
Ruhshana Arshad Marmoun Mobayed, Bradford District Care Trust, UK, Belfast Health Trust, UK
10.20 Humanism, Self-Determination, Life Goals & Well-being
James Hawkins, Independent Practice, Edinburgh, UK
10.40 Discussion and Debate

Clinical Roundtable 3
Lecture Theatre F21, Psychology Department
How Can We Provide Practical and Effective CBT with an Interpreter Present? Examples of Working with Post Traumatic Stress Disorder
Convener & Chair: Patricia d’Addeodina, East London NHS Foundation Trust, UK
Elly Farmer, East London NHS Foundation Trust, UK
Carleen Scott, East London NHS Foundation Trust, UK
Drazen Simic, East London NHS Foundation Trust, UK
10.40 Discussion and Debate

Open Papers 5
Seminar Room 1, Psychology Building
Intrusions, PTSD and Bipolar Disorder
Chair: Michelle Mouzu, University of New South Wales, Australia
9.00 Intrusive Memories and Bipolar Disorder
James Gregory, University College London, UK
9.20 A Memory Test can Reduce Intrusive Images after an Aversive Film
Julie Kranz, Behavioural Science Institute, Radboud University Nijmegen
9.40 Coffee
Saturday 19th July

10.00 Does Personality Influence the Development of PTSD After Road Traffic Accidents? A Prospective Study  
Inga Boellinghaus, Institute of Psychiatry, King's College London, UK

10.40 Posttraumatic Growth: A Construct in Need of Development?  
Alia Sheikh, Newcastle University, UK

9.00 - 11.30
In-Conference Workshops

Workshop 15:  
Seminar Room 37, Psychology Department  
Cognitive Behavioural Analysis System of Psychotherapy: Treatment for Chronic Depression  
John Swan and Rob Durham University of Dundee, UK

Workshop 16:  
Seminar Room 38, Psychology Department  
Stress Control: Large Group Didactic Therapy for the Common Mental Health Problems  
Jim White, STEPS Primary Care Mental Health Team, UK

Workshop 17:  
GO1, William Robertson Building  
Treating Patients with Profound, Chronic, Refractory Obsessive-Compulsive (OCD) and Body Dysmorphic Disorders (BDD)  
Lynna Drummond, St George’s, University of London, UK & Anusha Pillay, South West London and St George’s Mental Health Trust, UK

Workshop 18:  
Faculty Room South, David Hume Tower  
Understanding and Treating Non-Epileptic Seizures  
Craig Chigwedere, Maudsley Hospital London, Trinity College Dublin & St Patrick’s Hospital, Dublin

11.30 - 12.30
Keynote Speakers

Professor David Miklowitz  
University of Colorado, USA  
The Role of the Family in the Course and Treatment of Bipolar Disorder  
Chair: Steven Jones, Lancaster University, UK

Professor Stephen Morley  
University of Leeds, UK  
‘Twenty Years Ago Today’ - Developing Treatments for Chronic Pain  
Chair: Lance McCracken, Royal National Hospital for Rheumatic Diseases, Bath, UK

Professor Richard McNally  
Harvard University, USA  
Controversies in Our Field, Then (1988) and Now (2008)  
Chair: Susan Mineka, Northwestern University, USA

12.30 - 13.30
Bipolar Disorder: Special Interest Group  
GO1, William Robertson Building  
Behavioural Activation AGM: Special Interest Group  
Seminar Room 11, William Robertson Building

13.30 - 15.30
Symposium 58  
Lecture Theatre 5, Appleton Tower  
New Trajectories in Bipolar Disorder Research  
Convener & Chair: Kim Wright, University of Exeter, UK  
Discussant: Sara Tz, University of Manchester, UK

13.30 A study of the relationship between hypomanic cognitions, hypomanic experiences and ascent behaviours in a student population.  
Alyson Dodd, University of Manchester

13.50 iMonitor v. 1: A user-friendly electronic diary for bipolar patients  
Yanni Mallaris, Institute of Psychiatry, King's College London, UK

14.10 Self-reported deactivation following non-reward in remitted Bipolar I Disorder  
Kim Wright, University of Exeter, UK

14.30 Coffee

36
Saturday 19th July

14.50 Testing psychological models of bipolar disorder across cultures: new data from a Saudi sample examining appraisal of hypomanic experiences and risk for bipolar disorder
Ahmad Al-Shayee, University of Lancaster, UK

15.10 The importance of patient grief reactions in Bipolar Disorder
John McGovern, Cheadle Royal Hospital & University of Manchester, UK

Symposium 59
Lecture Theatre A, David Hume Tower
Trauma and Emotion
Convenor: Claire Fyvie, Edinburgh Trauma Service, Royal Edinburgh Hospital, UK & Mick Power, University of Edinburgh, UK
Chair: Mick Power, University of Edinburgh, UK
13.30 PTSD: Implications of the SPAIRS model for theory and practice
Mick Power, University of Edinburgh, UK
13.55 Non-fear based PTSD
Claire Fyvie, Edinburgh Trauma Service, Royal Edinburgh Hospital, UK
14.20 Coffee
14.40 Using compassionate imagery to work with shame-based flashbacks in PTSD
Deborah Lee, University College London, UK
15.05 Post traumatic stress disorder - Emotional experience and emotion regulation in a clinical sample
Nuno Ferreira, University of Edinburgh, UK

Symposium 60
Lecture Theatre 3, Appleton Tower
Slumber in the Land of Pain: Trouble Sleeping Across Chronic Medical Conditions
Convenor & Chair: Nicole Tang, Institute of Psychiatry, King’s College London, UK
13.30 Sleeping with chronic pain: Mission impossible?
Nicole Tang, Institute of Psychiatry, King’s College London, UK
13.55 Are pain outcomes following CBT for chronic insomnia influenced by anxiety and depression?
Claire Gascoigne, Clinical Research Unit, Loughborough University, UK
14.20 Coffee
14.40 Randomised controlled clinical effectiveness trial of cognitive behaviour therapy (CBT) versus treatment as usual (TAU) for insomnia in cancer patients
Leanne Fleming & Colin Espie, University of Glasgow Sleep Research Laboratory, Scotland, UK
15.05 Insomnia in dementia and dementia caregiving: Opportunities for psychological interventions
Kevin Morgan, Loughborough University, UK

Symposium 61
Lecture Theatre 4, Appleton Tower
Worry and Obsessive Compulsive Disorder in Childhood: Children are Just Small Adults Aren’t They?
Convenor: Charlotte Wilson, University of East Anglia, UK
Chair: Sam Cartwright-Hatton, University of Manchester, UK
13.30 Worry and problem solving in school aged children
Monika Parkinson, University of Reading, UK
13.50 Worry and meta-cognition in children
Charlotte Wilson, University of East Anglia, UK
14.10 Cognitive appraisals of fears worries and rituals among young people
Sarah Lang, Newcastle University, UK
14.30 Coffee
14.50 Thought control strategies, meta-cognition and OCD symptoms in adolescents
Martin Hall, University of East Anglia, UK
15.10 How does repeated checking affect memory, metamemory, responsibility appraisals, and levels of anxiety in children?
Ophelia Beer, University of East Anglia, UK

Symposium 62
Lecture Theatre 2, Appleton Tower
Investigating Treatment Efficacy in Eating Disorders: Outcomes and Moderators
Convenor: Michelle Lue, University of Reading, UK
Chair: Roz Shaban, University of Reading, UK
13.30 A randomised control trial of nonspecific supportive clinical management versus cognitive behaviour therapy in chronic anorexia nervosa
Victoria Mountford, St. Georges, University of London, UK
13.55 A case series examination of post-treatment outcome for a cognitive and motivational outpatient treatment for adults with anorexia nervosa
Tracey D Wade, Pinderfields University, Australia
14.20 Coffee
Saturday 19th July

14.40 Assessing change during the course of treatment: a randomised trial for eating disorders
Roz Shafran, University of Reading, UK

15.05 Investigating how psychological treatments work: Illustrations from the field of eating disorders
Rebecca Murphy, University of Oxford, UK

Symposium 63
Faculty Room South, David Hume Tower
Developing Cognitive Behavioural Interventions with People with Asperger’s Syndrome
Convenor & Chair: Dougul Julian Hans, University of Manchester, UK
13.30 Real time experience and everyday anxiety in people with Asperger’s syndrome
Chris Wood, University of Manchester, UK
13.55 The role of working alliance in cognitive-behavioural therapy with people with Asperger’s syndrome
Dougul Julian Hans, University of Manchester, UK
14.20 Coffee
14.40 Investigating the inter-correlation of a battery of social cognition measures for adults with Asperger Syndrome
Paul-Michale Coffait, University of Manchester, UK
15.05 Process factors in cognitive-behavioural therapy with people with Asperger’s syndrome
Ewan Perry, University of Manchester, UK

Symposium 64
Lecture Theatre B, David Hume Tower
Developments in the Understanding of Memory in Depression
Convenor & Chair: Michelle Moulds, University of New South Wales, Australia
13.30 Memory bias depends on interpretation
Paula Hertel, Trinity University, USA
13.50 Imagining positive futures in depression: Investigating mental imagery
Tamara Lang, University of Oxford, UK
14.10 Metacognitive beliefs and rumination: An examination of visual memory recall after a stressful event
Carol Yap, University of New South Wales, Australia
14.30 Coffee
14.50 Manipulating recall vantage perspective of intrusive memories in depression
Alishia D. Williams, University of New South Wales, Australia
15.10 Remembering as an observer: How is autobiographical memory retrieval vantage perspective linked to depression?
Michelle L. Moulds, University of New South Wales, Australia

Symposium 65
Lecture Theatre C, David Hume Tower
Behavioural Activation: Clinical Applications and Directions for Future Research.
Convenor & Chair: Simon Houghton, Sheffield Care Trust, UK
Discussant: Christopher Martell, Behavioural Associates in Health, USA
13.30 Adapting behavioural activation: Rumination-focused CBT and group BA
Edward Haddock, University of Exeter, UK
13.55 Group behavioural activation for depression
Joe Curran, Sheffield Care Trust, UK
14.20 Coffee
14.40 Behavioural activation for negative symptoms
Hilary Mairs, University of Manchester, UK
15.05 Behavioural Therapy and depression where do we go from here?
Dave Ekers, Bak & Wear Valleys NHS Trust, UK

Symposium 66
Lecture Theatre 8, William Robertson Building
Cognitive Therapy for Psychosis in Scotland: Current Perspectives and Recent Developments
Convenor: Andrew Gumley, University of Glasgow, UK
Chair: Craig MacNeil, ORYGEN Mental Health, Melbourne, Australia
Discussant: Craig MacNeil, ORYGEN Mental Health, Melbourne, Australia
13.30 Relapse prevention and emotional recovery: Two sides of the same coin?
Andrew Gumley, University of Glasgow, UK
13.55 Psychological intervention and developmental aspects of bipolar disorders
Mathias Schwannauer, University of Edinburgh, UK
14.20 Coffee
14.40 Acceptance and commitment therapy and recovery following psychosis
Gordon Mitchell, NHS Fife, UK
15.05 Group Interventions for psychosis in forensic clinical settings
Heather Lathwaite, State Hospital for Scotland and Northern Ireland, UK
15.30 Discussion
Saturday 19th July

Symposium 67
Seminar Room 11, William Robertson Building
Recent Developments in Cognitive Behavioural Case Conceptualisation
Convenor: Nikolaos Kazantzis, Massey University, New Zealand
Chair: Paul Salkovskis, Institute of Psychiatry, King’s College, London, UK
13.30 Conceptualisation of compliance and resistance with harmful command hallucinations: Insights from social rank theory
Max Birchwood, University of Birmingham, UK
13.55 Conceptualisation rating scale: Development and preliminary evaluation
Nikolaos Kazantzis, Massey University, Auckland, New Zealand
14.20 Coffee
14.40 Walking the tightrope between clinical art and clinical science: general and specific competencies in CBT for anxiety disorders
Paul Salkovskis, Institute of Psychiatry at the Maudsley, King’s College, London, UK
15.05 Making the ubiquitous idiosyncratic: The foundation of CBT formulation
Anna Garland, Nottingham Psychotherapy Unit, Nottingham NHS, UK

Symposium 68
Faculty Room North, David Hume Tower
Condition Management and the Role of CBT in the Return to Work
Convenor: Stephen Kellett, Barnsley Primary Care NHS Trust, UK
Chair: Darren Bickerstaffe, Barnsley Primary Care NHS Trust, UK
13.30 Pathways to work - Condition Management Programme; strategic development, delivery and potential
Cathy Harrison, Condition Management Programme, Department of Health, UK
13.55 Training CMP Practitioners in using CBT self-help
Chris Williams, University of Glasgow, UK
14.20 Coffee
14.40 A description and evaluation of condition-specific CMP
Eric Sharp, Derby City Primary Care Trust, UK
15.05 An evaluation of the long-term effectiveness of CMP in terms of psychological well-being and employability
Stephen Kellett, Barnsley Primary Care NHS Trust, UK

Symposium 69
Lecture Theatre 1, Appleton Tower
Current Issues and Approaches in CBT Training
Convenor & Chair: Paul Cromarty, University of Cumbria & Newcastle CBT Centre, UK
13.30 CBT Training: What are the important questions?
James Bennet-Levy, University Department of Rural Health, Sydney University, Australia
13.55 Teaching and learning formulation in CBT
Michael Townsend, University of Derby, UK
14.20 Coffee
14.40 Don’t stop reflecting! Promoting continued development in experienced CBT therapists through a self-practice/self-reflection approach
Melanie Davis, Newcastle University, UK
15.05 Starting from scratch: Survey of capacity building of training to produce CBT practitioners
Paul Cromarty, University of Cumbria & Newcastle CBT Centre, UK

Open Papers 6
GO1, William Robertson Building
Outcomes of New Therapeutic Approaches and Formats
Chair: Esthlor Cohn-Tovea, Northumberland, Tyne and Wear NHS Trust, UK
13.30 The role of Attention Training in the Treatment of Social Phobia: Results from a Randomised Control Trial
Juliet Donald, University of Sydney, Australia
13.50 Trichotillomania: Changing Unwanted Habits
Ger P.J. Keijsers, Radboud University Nijmegen, The Netherlands
14.10 Evaluation of a Brief Intervention CBT Clinic. An Audit of Practice and Evaluation of Clinical Effectiveness and Client Satisfaction
Mabel Martinelli, OBMH NHS Foundation Trust, UK
14.30 Coffee
14.50 Improving Access to Psychological Therapies: The case for Group CBT for OCD
Debra Brown, Body and Soul Surrey Ltd & Work Stress Solutions (Social Enterprise), UK
15.10 Service Redesign to Improve Access to CBT Using a Stepped Care Model; initial outcomes and challenges
Esthlor Cohn-Tovea, Northumberland, Tyne and Wear NHS Trust, UK
Saturday 19th July

16.00 -17.00

**Keynote Speakers**

**Dr Lars-Göran Öst**
University of Stockholm, Sweden

**Efficacy of the Third Wave of Behavioural Therapies: A Systematic Review and Meta-Analysis**
Chair: Paul Salkovskis, Institute of Psychiatry, King’s College London, UK
Lecture Theatre 3, Appleton Tower

**Dr Jacqueline Persons**
University of California, USA

**Case Formulation-Driven Cognitive-Behavior Therapy**
Chair: Melanie Fennell, Oxford Cognitive Therapy Centre, UK
Lecture Theatre 5, Appleton Tower

**Professor Mick Power**
University of Edinburgh, UK

**The Cognitive Function of Emotion**
Chair: Matthias Schwannauer, University of Edinburgh, UK
Lecture Theatre 4, Appleton Tower

17.10 - 17.20

**President’s Closing Comments**
Lecture Theatre 5, Appleton Tower

---

The Cognitive Behaviour Therapy Partnership is the leading provider of Cognitive Behaviour Therapy in Hertfordshire.

We have two places available for

‘Interns’ (trainee cognitive behaviour therapists)
from October 2008. These are voluntary positions.

We also have interesting

**FRANCHISE OPPORTUNITIES**
available for highly motivated and dedicated professionals.

For more information and applications please contact

Henrik van Bilsen at henrik@cbt-partnership.org or 08700670289

CBT-Partnership
Beadle House
16 Bull Plain
Hertford, AL14 1DT
36th Annual Conference

Programme

17th-19th July 2008
University of Edinburgh
Scotland, UK