THURSDAY 16TH JULY 2009

9.00 - 11.15

Symposium 1 - Adult Mental Health - Streatham Court LT C

Predictors and Concepts for Bipolar Disorder

Convenor: Matthias Schwannauer, University of Edinburgh

9.00  Is risk for bipolarity associated with task-specific attributions?
      Thomas Meyer, Newcastle University

9.20  Risk and impulsivity in adolescents with bipolar disorder
      Matthias Schwannauer, University of Edinburgh

9.40  Cognitive style and mood in bipolar disorder: A prospective study
      Alyson Dodd, University of Manchester

10.00 Coffee

10.20 Cluster Feasibility Randomised Trial of Enhanced Relapse Prevention for Bipolar Disorder in Community Mental Health Teams
      Fiona Lobban, Lancaster University

10.40 Can a Web Based Positive Parenting Intervention Help Bipolar Parents of Young Children?
      Steve Jones, Lancaster University

Symposium 2 - Behavioural Medicine - Streatham Court LT D

Living with Cancer: Developing Constructive Psychological Help

Convenor: Nigel Sage, the Beacon Community Centre, Guildford, Surrey

9.00  Tackling Distress in Cancer
      James Brennan, University of Bristol

9.20  Resilient Carers of Patients with Life Limiting Illnesses
      Michelle Conn, University of Surrey

9.40  Mindfulness Based Interventions in Palliative Care
      Ursula Bates, University College Dublin, Ireland

10.00 Coffee

10.20 “First aid CBT” in palliative care: factors predicting outcome.
      Stirling Moorey, South London and Maudsley NHS Trust

10.40 Evaluation methods in CBT training to palliative care professionals
      Kathryn Mannix, RVI & Marie Curie Centre, Newcastle

11.00 Discussant: James Coyne, University of Pennsylvania, USA

Symposium 3 - Basic Processes - Newman LT E

Better Safe than Sorry: Safety-Seeking Behaviours across Psychological Disorders

Convenors: Kristin Bohn, Royal Holloway University of London and Robert Dudley, Northumberland Tyne and Wear Mental Health NHS Trust

9.00  Making CBT More Acceptable: The Role of the Judicious Use of Safety Behaviour in the Treatment of Anxiety Disorders
      Adam Radomsky, Concordia University, Canada

9.25  A pilot study investigating whether people with distressing visual hallucinations hold negative beliefs/appraisals of these experiences and use safety seeking behaviours to cope
      Robert Dudley, Northumberland, Tyne and Wear Mental Health NHS Trust

9.50  Coffee

10.10 The Brief Safety Behaviour Scale - a new transdiagnostic measure
      Kristin Bohn, Royal Holloway University of London

10.35 Two Cognitive Pathways Associated With Safety Seeking Behaviour: Disconfirmation/Prevention of Disconfirmation and Cognitive Dissonance/Consonance
      Nick Hawkes, Barnet, Enfield and Haringey Mental Health NHS Trust

11.00 Discussant: Edward Watkins, University of Exeter
## Symposium 4 - Child and Adolescent - Newman LT F

**CBT Treatment Outcomes for Young People with Severe or Complex Obsessive Compulsive Disorder**

Convenor: Cynthia Turner, Maudsley Hospital London

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<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Co-morbid OCD in Autism Spectrum Disorders (ASD) - treatment implications and efficacy</td>
<td>Amita Jassi, Institute of Psychiatry, King's College London</td>
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<tr>
<td>9.20</td>
<td>OCD as a risk factor for eating disorders: longitudinal outcomes</td>
<td>Nadia Micali, Institute of Psychiatry, King's College London</td>
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<tr>
<td>9.40</td>
<td>Coffee</td>
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<td>10.00</td>
<td>Factors associated with treatment-resistance in young people with obsessive compulsive disorder: a review of the literature.</td>
<td>Georgina Krebs, Institute of Psychiatry, King's College London</td>
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<td>10.20</td>
<td>Outcome data for a national assessment and treatment service for children and adolescents with severe, treatment refractory OCD</td>
<td>Isobel Heyman, Institute of Psychiatry, King's College London</td>
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<td>10.40</td>
<td>What about the non-responders? Can clinical outcomes of CBT be improved if CBT treatment is extended?</td>
<td>Cynthia Turner, Maudsley Hospital London</td>
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<td>11.00</td>
<td>Coffee</td>
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## Symposium 5 - Eating Disorders and Impulse Control - Newman LT B

**Body Image across the Spectrum**

Convenor: Vicky Mountford, St George's, University of London, UK

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<tr>
<th>Time</th>
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<tr>
<td>9.00</td>
<td>The design and evaluation of a new model of intervention to address the body image concerns of individuals with visible differences</td>
<td>Alyson Bessell, Centre for Appearance Research, University of the West of England, Bristol</td>
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<td>9.20</td>
<td>Body Image and the Media</td>
<td>Amy Brown, St George's, University of London</td>
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<td>9.40</td>
<td>Cognitive Processing and impairment in Body Dysmorphic Disorder</td>
<td>David Veale, Institute of Psychiatry, King's College London</td>
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<td>10.00</td>
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<tr>
<td>10.20</td>
<td>Weight, Anorexia and Body image in Obsessive Compulsive Disorder</td>
<td>Lynne Drummond, St George's, University of London</td>
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<tr>
<td>10.40</td>
<td>Check, avoid, compare, display: The role of body-related behaviours and cognitions in eating psychopathology</td>
<td>Glenn Waller, Central and North West London Foundation Trust</td>
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## Symposium 6 - Intellectual and Developmental Disabilities - Newman LT C

**Why People With Intellectual Disabilities Get Angry and Aggressive and What We Can Do About It.?**

Convenor & Chair: John. L. Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Trust

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<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Anger and Trans-generational Cycles of Violence</td>
<td>Raymond Novaco, University of California, Irvine, USA</td>
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<tr>
<td>9.30</td>
<td>Perspective Taking and Frequent Aggression</td>
<td>Andrew Jahoda, University of Glasgow</td>
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<td>10.00</td>
<td>Coffee</td>
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<tr>
<td>10.20</td>
<td>Anger Treatment for people with intellectual disabilities: Effects on aggressive and violent behaviour</td>
<td>John L. Taylor, Northumbria University and Northumberland, Tyne &amp; Wear NHS Trust</td>
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<tr>
<td>10.50</td>
<td>Discussion</td>
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Symposium 7 - New Developments - Queen’s LT 2

ACT Research in the UK

Convenor & Chair: David Gillanders, University of Edinburgh

9.00  Developing a Measure of Cognitive Fusion
      Helen Bolderston, Private Practice

09.25  The Relationship between Psychotic Symptoms, Illness Beliefs, Schema and Distress in Predicting Psychological Flexibility and Valued Living.
      Laura Weinberg, NHS Fife

09.50  Coffee

10.10  The Impact of ACT Training on Stress and Burnout in Human Services Workers
      Jo Lloyd, Goldsmiths, University of London

10.35  Can ACT reduce staff stigma? Preliminary findings and work in progress
      Sue Clarke, Dorset Healthcare NHS Trust

Symposium 8 - Psychosis - Streatham Court LT A

Paranoia: Recent Psychological Studies

Convenor: Daniel Freeman, Institute of Psychiatry, King's College London

9.00  The Cognitive Biases Questionnaire (CBQ) in Psychosis
      Emmanuelle Peters, Institute of Psychiatry, King's College London

9.25  Attributional style and reasoning in delusions: the role of affect and belief type.
      Suzanne Jolley, Institute of Psychiatry, King's College London

9.50  Coffee

10.10  Schema and Paranoia: A Test of a Causal Role
      David Fowler, University of East Anglia

10.35  Insomnia and paranoia
      Daniel Freeman, Institute of Psychiatry, King's College London

Symposium 9 - Training and Professional Issues - Newman LT A

IAPT Programme - Policy into Practice, Practice into Policy

Convenor & Chair: James Seward, Director, National IAPT programme

9.00  Harnessing the voice of people who use IAPT services
      Laurie Bryant, National Service User Lead

9.25  Developing the role of Psychological Wellbeing Practitioners
      Adrian Whittington, Course Director, David Salomons Centre, Canterbury Christ Church University

9.50  Coffee

10.10  Measuring Outcomes and how to do it
      Dave Richards, Professor of Mental Health Services Research, University of Exeter (IAPT Informatics Adviser)

10.35  Ensuring quality and delivery of outcomes in IAPT services
      David M Clark, Professor of Psychology, Institute of Psychiatry, Kings College London (National Clinical Advisor to IAPT)

11.00  Discussant - The look ahead for IAPT
      James Seward, Director, National IAPT Programme

Symposium 10 - Therapeutic Techniques - Queen’s LT 1

CBT for the 21st Century: Globalisation of Dissemination

Convenor: Binder Kaur, University of Manchester
Chair: Karinna Lovell, University of Manchester

9.00  eTIPs (electronic Targeted Intervention for Psoriasis): A new internet-based CBT programme
      Binder Kaur, University of Manchester

9.20  Using the Living Life to the Full Interactive Online Package in a diabetes clinic
      Chris Williams, University of Glasgow, and Michelle McAuley, NHS Greater Glasgow and Clyde
9.40  Txt4SelfHarm: Effectiveness of coping self-statements delivered by text messaging in reducing self-harm
Paul Farrand, University of Exeter

10.00 Coffee

10.20  The two-headed psychotherapist: Do people with mental health difficulties find telephone services acceptable?
Karinna Lovell, University of Manchester

10.40  New approaches to enhancing uptake and retention in parenting intervention; Media and web-based delivery of the Triple P Positive Parenting Program
Rachel Calam, University of Manchester

Panel Debate 1 - Adult Mental Health - Amory Moot Room

Treatment Resistant Depression: When the Going Gets Tough, the Tough Get Going
Convenor: Anne Garland, Nottingham Psychotherapy Unit

Case presentation: We think by feeling, what is there to know? A case example of the challenges of standard Beckian CT for treatment resistant depression
Anne Garland, Nottingham Psychotherapy Unit

Using medication to complement cognitive therapy
Richard Morriss, University of Nottingham

Compassionate Mind Training for shame based self-attack in treatment resistant depression
Paul Gilbert, University of Derby

Mindfulness based Cognitive Therapy in treatment resistant depression
Willem Kuyken, University of Exeter

Interactive question and answer session - 45 - 60 minutes

Open Papers 1 - Adult Mental Health - Newman LT D

OCD - Mechanisms, Measurement and Mindfulness
Chair: Sarah Egan, Curtin University, Australia

9.00  Feelings of Mental Contamination Evoked by Imagined Role as a Perpetrator of a Non-consensual Sexual Act: A Replication in Men
Corinna Elliot, Concordia University, Canada

9.35  Mental Contamination: The Perpetrator Effect
Eva Zysk, University of British Columbia, Canada

10.10 Coffee

10.30  A new measure of magical thinking: The Illusory Thoughts Inventory (ITI)
Sarah Egan, Curtin University, Australia

Open Papers 2 - Training and Professional Issues - Streatham Court LT B

Issues in Service Delivery: Engagement and Development
Chair: Michaela Swales, Bangor University and North Wales NHS Trust

9.00  Patients in control: Improving the efficiency of services through patient-led treatment
Tim Carey, University of Canberra, Australia

9.20  Differential Impact of Non-Attendance and Cancellation Behaviour on Therapy Outcome
Karen Price, Newcastle CBT Centre

9.40  Coffee

10.00 Engagement techniques and the therapeutic relationship: a qualitative study involving clinical psychologists
Matthew Lister, OBMH partnership foundation NHS Trust

10.20  Dissemination and Implementation of Dialectical Behaviour Therapy (DBT)
Michaela Swales, Bangor University and North Wales NHS Trust

10.40 A predictive model for the diffusion of an evidence-based psychological therapy in the UK mental health system
Richard Hibbs, British Isles DBT Training, Integral Business Support LTD
11.30 - 12.30

Keynote Speakers

Newman LT A
Professor Christine Purdon, University of Waterloo, Canada
Chair: Kieron O’Connor, University of Montreal, Canada
‘Try to Think Unsexy Thoughts, Try to Think Unsexy Thoughts, Try to Think Unsexy Thoughts…..Doh!’ What Has 20 Years of Thought Suppression Research Taught Us?

Queen’s LT 2
Dr James Coyne, University of Pennsylvania, USA
Chair: Stirling Moorey, South London and Maudsley NHS Trust
Reducing Distress and Forestalling Death in Cancer Patients: What Can We Expect of Cognitive Behaviour Therapy?

Newman LT E
Professor Anne-Marie Albano, University of Columbia, USA
Chair: Samantha Cartwright-Hatton, University of Manchester
Cognitive Behaviour Therapy for Anxiety Disorders in Youth: Are We Ready for Prime Time?

Streatham Court LT A
Dr Daniel Freeman, Institute of Psychiatry, King’s College London
Chair: Emmanuelle Peters, Institute of Psychiatry, King’s College London
Paranoia: The 21st Century Fear

12.30-13.30

Queen’s Room D
Acceptance and Commitment Therapy: Special Interest Group Meeting

Queen’s Room E
Independent Practitioners: Special Interest Group Meeting

Queen’s Room F
Child and Family: Special Interest Group Meeting

Streatham Court LT C
Bipolar Disorder: Special Interest Group Meeting

13.00 -18.00

Poster Session 1 - Peter Chalke Exhibition Hall

Adult Mental Health

1. Hannah Abrahams, St. George’s University and Springfield Hospital
Disordered Eating Amongst OCD Patients

2. Annie Mason, Sheffield Health and Social Care NHS Trust
A Qualitative Study of Community Mental Health Workers’ Perceptions of Cognitive Behavioural Psychotherapy

3. John Owen, Bolton Primary Care Trust
Evaluation of a primary care anger management group programme
4. Vicki Lee, University of Southampton  
Implicit and explicit views of the self in PTSD

5. Rachel Morton, Institute of Psychiatry, King's College London  
Dysfunctional assumptions as a predictor of subsyndromal symptoms in Bipolar disorder

6. Elias Adamopoulos, University of Southampton  
Look out for danger! Anxiety, attention control and gaze cueing by fearful faces

7. Kemi Komolafe, King's College London  
Medication Adherence attitudes as a predictor of subsyndromal symptoms in Bipolar disorder

8. Henry Whitfield, Mindfulness Training Ltd  
Towards case-specific applications of mindfulness-based cognitive-behavioural therapies: A mindfulness-based rational emotive behaviour therapy

9. Judith Johnson, University of Manchester  
Service User Experiences of Suicide Research

Basic Processes

10. Soljana Çili, School of Psychology, University of Southampton  
Impact of open autobiographical memory recall on the working self-concept

11. Mr Yudai Iijima, The University of Tokyo  
Relation between worry and thought suppression

Child and Adolescent Mental Health

12. Sirous Mobini, University of East Anglia  
A 7-Year-Old Boy with Obsessive-Compulsive Behaviour: Application of Cognitive and Behavioural Interventions

13. Keisuke Takano, The University of Tokyo  
Concreteness reduces maladaptive effect of self-focus on mood

Psychosis

14. Thomas Christodoulides, Newcastle Cognitive and Behavioural Therapies Centre/ Newcastle University  
Case study: Treatment of OCD with Psychotic Features: Training and Professional Issues

Training and Professional Issues

15. Aileen Ogilvie, Tees, Esk and Wear Valley NHS Foundation Trust  
Qualitative evaluation of the impact of basic CBT training amongst mental health professionals in India

16. Sarah Casey, Institute of Psychiatry, King’s College London  
Help-seeking for depression in primary care: a survey of white English and black African women in a South East London Borough

17. Michelle McAuley NHS Greater Glasgow & Clyde / University of Glasgow  
Living Life to the Full and an Interactive Support Association - does it improve the use of the course materials?

18. Nicky Fraser, Wellington Institute of Technology  
Students’ stories of self case study whilst learning cognitive therapy: A New Zealand narrative study
Therapeutic Techniques

19. Naomi Koerner, Ryerson University
Internet-Based Cognitive Behavioural Therapy for Panic Disorder

13.30 - 15.45

Symposium 11 - Adult Mental Health - Streatham Court LT C

New Trajectories in Bipolar Disorder Research
Convenor: Kim Wright, University of Exeter
13.30 The effect of mood on risk taking in bipolar 1 disorder
Sarah Cole, University of Hull
13.50 The Influence of Mood on Self-defining Memories in Bipolar Disorder
Katrina Raymond, University of Hull
14.10 The effects of acute exercise on mood and cognition in Bipolar-spectrum individuals
Philip Moore, University of Exeter
14.30 Coffee
14.50 Linking Compassionate Mind Work With Cognitive Therapy for Bipolar Disorder
Ian Lowens, Salford Early Intervention team, Greater Manchester West Mental Health NHS Foundation Trust
15.10 Cognitive-Behavioural Therapy for Bipolar Disorder: A case series based on the integrative cognitive model
Ruth Searson, University of Manchester

Symposium 12 - Adult Mental Health - Queen’s LT 2

The Persistence of Compulsions
Convenor: Christine Purdon, University of Waterloo, Canada
13.30 The Effect of Negative Mood on Constructs Related to Compulsions
Graham Davey, University of Sussex
13.55 Compulsive-like staring induces uncertainty about perception
Marcel van den Hout, University of Limburg, Netherlands
14.20 Coffee
14.40 Preventing behavioural and mental compulsions in the treatment of OCD
Kieron O’Connor, Fernand-Seguin Research Centre, Canada
15.05 Are you sure your hands are clean? An experimental investigation of threat and ambiguity in reassurance seeking associated with OCD
Adam Radomsky, Concordia University, Canada
15.30 Discussant: Mark Freeston, University of Newcastle

Symposium 13 - Basic Processes - Newman LT E

Recurrent Thinking: Translating Experimental Research into Clinical Practice
Convenor: Edward Watkins, University of Exeter
13.30 Ruminative self-focus and sleep quality: Evidence from experience-sampling and actigraphy
Nicholas J Moberly, University of Exeter
13.50 The social context of Rumination: Interpersonal Antecedents and Consequences
Katherine Pearson, University of Exeter
14.10 Stressful Life Events, Rumination, and the Development of Adolescent Internalizing Symptoms
Katie McLaughlin, Harvard University, USA
14.30 Coffee
14.50 Concreteness training as a guided self-help intervention for depression
Celine Baeyens, University of Exeter
15.10 Discussant: Susan Nolen-Hoeksema, Yale University, USA
**Symposium 14 - Child and Adolescent Mental Health - Newman LT F**

**Child and Adolescent Psychopathology: Linking Theory with Treatment**

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<th>Time</th>
<th>Speaker and Affiliation</th>
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<tr>
<td>13.30</td>
<td>Cognitive processes and sleep disturbances in female adolescents Alice Gregory, Goldsmiths, University of London</td>
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<td>13.55</td>
<td>Hippocampal volume in vulnerability and resilience to depression Stella Chan, Oxford University</td>
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<td>14.20</td>
<td>Coffee</td>
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<td>14.40</td>
<td>Family involvement in treatments for children with anxiety disorders Shirley Reynolds, University of East Anglia</td>
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<td>15.05</td>
<td>The efficacy of the German version of the FRIENDS program for the prevention of anxiety and depression in children Cecilia Essau, Roehampton University, London</td>
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**Symposium 15 - Child and Adolescent Mental Health - Queen’s Room 4**

**Recent Developments in the Understanding and Treatment of Childhood Anxiety (1)**

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<th>Time</th>
<th>Speaker and Affiliation</th>
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<tr>
<td>13.30</td>
<td>The impact of maternal control on children’s anxiety related cognitions, behavior and affect: An experimental study Kerstin Thirwall, University of Reading</td>
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<td>13.55</td>
<td>The Intergenerational Transmission of Anxiety: Mother-child co-constructed narratives and their influence on child representations Laura Pass and Jeff Pella, University of Reading</td>
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<tr>
<td>14.20</td>
<td>Coffee</td>
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<tr>
<td>14.40</td>
<td>Specificity of Parenting Difficulties in Social Phobia and Generalised Anxiety Disorders Mandy Lau, University of Reading</td>
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<td>15.05</td>
<td>Mother and Child Treatment Programme (MaCh) - The treatment of mother-child interaction in the context of childhood anxiety Lucy Willetts, University of Reading/ Berkshire Healthcare NHS Foundation Trust</td>
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**Symposium 16 - Eating Disorders and Impulse Control - Newman LT B**

**Treatment of Anorexia Nervosa: New Findings**

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<th>Time</th>
<th>Speaker and Affiliation</th>
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<tr>
<td>13.30</td>
<td>Development and Evaluation of the Maudsley Model of Anorexia Nervosa Treatment for Adults Ulrike Schmidt, Institute of Psychiatry, King's College London</td>
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<td>13.50</td>
<td>“Enhanced” CBT (CBT-E) for Anorexia Nervosa: Findings from Oxford, Leicester and Verona Christopher Fairburn, University of Oxford</td>
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<td>14.10</td>
<td>The ANTOP study - a randomized multicentre outpatient treatment trial in Anorexia Nervosa. Study design and first experiences. Stephan Zipfel, University of Tuebingen, Germany</td>
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<td>14.30</td>
<td>Coffee</td>
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<tr>
<td>14.50</td>
<td>The effectiveness of in-patient care in the management of anorexia nervosa Simon Gowers, University of Liverpool</td>
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<td>15.10</td>
<td>Family therapy for adolescent anorexia nervosa Mari Campbell, Institute of Psychiatry, King's College London</td>
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**Symposium 17 - Intellectual and Developmental Disabilities - Newman LT C**

**Establishing the Building Blocks of CBT with People Who Have Intellectual Disabilities**

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<tr>
<td>Andrew Jahoda, University of Glasgow</td>
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</table>
13.30 The Balance of Power In Therapeutic Interactions with Individuals Who Have Intellectual Disabilities
Andrew Jahoda, University of Glasgow

14.00 Making sense of therapy: How do clients with an intellectual disability view cognitive behavioural therapy?
Carol Pert, University of Glasgow

14.30 Coffee

15.50 Carers’ expectations and views of cbt for adults with an intellectual disability
Biza Stenfert Kroese, University of Birmingham

Symposium 18 - New Developments - Streatham Court LT D

Not just IAPT: Government Initiatives of relevance to CBT
Convenor: Roz Shafran, University of Reading
13.30 NHS Evidence
Gillian Leng, Chief operating officer, NHS Evidence, and Deputy chief executive, NICE
13.55 The role of NICE
Stephen Judge, Implementation Consultant, NICE South West
14.20 Coffee

14.40 Targeted Mental Health in Schools
Sarah Jane Williamson, Targeted Mental Health in Schools Project Manager

15.05 Evaluation of the UK Resilience Programme: preliminary results
Amy Challen, Centre for the Economics of Education and Centre for Economic Performance, London School of Economics and Political Science; and Stephen Machin, Centre for the Economics of Education and Centre for Economic Performance, London School of Economics and Political Science, and Department of Economics, University College London

Symposium 19 - Psychosis - Streatham Court LT A

Cognitive Therapy for Psychosis: A case series illustrating treatment variations and novel approaches
Convenor: Craig Steel, University of Reading
9.00 Cognitive therapy in the Early Detection of Bipolar Disorder: Two cases from the EDIE-2 trial
Kat Brunet, University of Birmingham
9.25 The voices tell me to do it...but are they all mouth and no trousers?
Nadine Keen, South London & Maudsley NHS Trust
9.50 cCBT for psychosis - a new way of helping people to make good judgements based on available information
Suzanne Jolley, Institute of Psychiatry, London
10.15 Coffee

10.35 The Cognitive Behavioural Treatment of Worry in Individuals with Persecutory Delusions: Results from a Brief Intervention
Chloe Foster, Camden & Islington Foundation NHS Trust

Symposium 20 - Training and Professional Issues - Newman LT A

CBT Training: Much Ado about Nothing?
Convenor & Chair: Freda McManus, Oxford Cognitive Therapy Centre; Oxford University
13.30 Introduction
13.35 Evaluating online training
David Westbrook, Oxford Cognitive Therapy Centre
14.00 Matching training strategies and CBT competencies: Light on the horizon?
James Bennett-Levy, University of Sydney and Southern Cross University, Australia
14.25 Coffee
14.40 A comprehensive evaluation of Diploma in CBT training
Freda McManus, Oxford Cognitive Therapy Centre; Oxford University
13.05 First-wave of IAPT training: Evaluating outcome and CBT competency
Sheena Linness, Institute of Psychiatry, King's College London
13.30 Discussion

Symposium 21 - Therapeutic Techniques - Queen’s LT 1

Helping Ourselves to Good Mental Health: The Self-Help Perspective
Convenor: Steve Jones, Lancaster University
13.30 Can We Combine Theory, Evidence and Accessibility in a Service-User Informed Self-Help Guide?
Warren Mansell, University of Manchester
13.40 Self help Approaches to Bipolar Disorder, Schizophrenia and beyond: How can CBT inform the process?
Steve Jones, Lancaster University
14.00 Getting the message out: News you can use
Robert Leahy, Weill-Cornell University Medical College, USA
14.20 Coffee
14.40 Self help for shame and self blame
Paul Gilbert, University of Derby
15.00 Developing and supporting the use of the Living Life to the Full little books and class
Chris Williams, University of Glasgow
15.20 Self help - Helping Myself towards Recovery
Debbie Mayes, Lancaster University

Panel Debate 2 - Adult Mental Health - Amory Moot Room

We've got the Treatments, Now What? Treating Depression and Anxiety in Primary Care
Convenor: Heather O’Mahen, University of Exeter
Chair: Willem Kuyken, University of Exeter
Speakers: John Norrie, CHART, University of Aberdeen
David Richards, University of Exeter
James Coyne, University of Pennsylvania, USA
Stephen Pilling, University College London

Open Papers 3 - Training and Professional Issues - Newman LT D

Cognitive Mechanisms underlying Anxiety-Related Disorders
Chair: Catherine Crane, University of Oxford
13.30 The mis-management of emotions in PTSD: A study of emotion regulation, arousal & intrusive memory development
Laura Shepherd, Barts, and the London NHS Trust
13.55 The influence of abstract/concrete thinking on social problem solving in high and low worriers
Jolijn Drost, Leiden University, NL
14.20 Coffee
14.40 Pathways to Homelessness: The Role of Childhood Trauma, Emotion Regulation Difficulties, and Maladaptive Behaviours
Anneliese Day, University of Southampton
15.05 The moderating effect of attentional control in anxiety-related attentional biases to threat: Evidence from eye tracking
Andrea Nelson, University of Waterloo, Canada

Open Papers 4 - Therapeutic Techniques - Streatham Cout LT B

Different Ways of Delivering Psychological Treatment
Chair: Paul Farrand, University of Exeter
13.30 Stress Control: An evaluation of outcome data and service delivery in Plymouth
Jennie Fitzjohn and Ruth Guy, Plymouth NHS Trust
13.55 Randomised controlled trial of a guided self help intervention provided by Graduate Mental Health Workers
Mike Lucock, University of Huddersfield and South West Yorkshire Mental Health Trust

14.20 Coffee

14.40 Behavioural Treatments of Depression: Do they Work And Can Mental Health Nurses Deliver Them Effectively
David Ekers, Tees, Esk and Wear Valleys NHS Foundation Trust

15.00 Training and supervision for front-line homelessness workers
Nick Maguire, University of Southampton

13.30 - 16.00

In-Conference Workshops

Workshop 1
Assessing and treating a Specific Phobia of Vomiting
David Veale, Institute of Psychiatry, Kings College London
Queens Room D

Workshop 2
Service-user involvement: A practical workshop about a collaborative approach
Elaine Hewis, trainer and lecturer in mental health from the lived experience, Exeter
Queens Room E

Workshop 3
Working with substance use linked to emotional disorders
Tim Meynen, Tamara Morrison, Luke Mitcheson and Jenny Maslin, South London and Maudsley Foundation NHS Trust
Queens Room F

Keynote Speakers

Streatham Court LT A
Professor Susan Nolen-Hoeksema, Yale University, USA
Chair: Edward Watkins, University of Exeter
The Toxic Effects of Rumination

Newman LT E
Dr Kelly Vitousek, University of Hawaii, USA
Chair: Terry Wilson, Rutgers University, USA
Beyond Psychopathology: The Power of Normal Behaviour to Explain Anorexia Nervosa

Queen’s LT 2
Professor Andrew Jahoda, University of Glasgow
Chair: John L Taylor, Northumberland University and Northumberland, Tyne and Wear Trust
Striking a Balance: Engaging Clients and Systems in Cognitive Behaviour Therapy for People with Intellectual Disabilities

Newman LT A
Professor David Richards, University of Exeter
Chair: Pamela Myles, Charlie Waller Institute, University of Reading
Stepping Out or Stumbling Forward? What Do We Know About Dose, Demand and Design in Stepped Care Services?

17.00-18.00
Peter Chalke Exhibition Hall
Self Help Book Exhibition Drinks Event

17.30-18.30
Newman LT C
BABCP Annual General Meeting

Evening Social Event - Powderham Castle