Programme
Wednesday 4th September

Please note the Conference organisers reserve the right to make amendments to the programme schedule at any point.

Wednesday 4th September
09.00-11.00

Symposium 1 – Innovations in CBT
Patient Experiences of Digitally-delivered Cognitive Behaviour Therapy

Chair: Andrew Smithsimmons, Oxford VR & Ieso Digital Health
09.00 Patient Experience of Remotely Delivered Cognitive Behavioural Therapy for Repeat Unscheduled Care Users with Health Anxiety
Shireen Patel, University of Nottingham
09.25 Efficacy and Patient Experience of Internet Cognitive Therapy for Social Anxiety in the UK and Hong Kong
Graham Thew, University of Oxford
09.50 The Ieso Method: Examining Patients’ Expectations, Perceptions and Experience
Sarah Bateup, Ieso Digital Health
10.15 Supported Computerised Cognitive Behavioural Therapy in IAPT: Comparing Patient Experiences with Staff Expectations.
Ramesh Perera-Delcourt, South London and Maudsley NHS Trust
10.40 Immersive Technology for Mental Health - VR for Fear of Heights: Patient and Clinician Experiences From Use in Routine Clinical Practice (IAPT).
June Dent and Polly Haselton, Oxford VR

Clinical Roundtable 1 – Innovations in CBT
Working with Complex Cases: Perspectives from CBT, DBT and ACT

Chair: John Boorman, Homerton University Hospital NHS Foundation Trust
Speakers:
Isabel Clarke, italk (North West Area), Southern Health NHS Foundation Trust
Jess Kingston, Royal Holloway, University of London
Catherine Parker, Derbyshire Healthcare NHS Foundation Trust
Martin Wilks, Independent Practice, Flexible Psychological Solutions
Nicky Harding, Homerton University Hospital NHS Foundation Trust
Symposium 2 – Behavioural Medicine
Acceptance and Commitment Therapy (ACT) for Long Term Conditions
Chair: Trudie Chalder, King’s College London
09.00 Using ACT with Long-term Conditions and Chronic Disease: Why, How and What Does the Evidence Say? Chris Graham, School of Psychology, Queen's University Belfast
09.30 ACT for Muscle Disease: Results of a Randomized Controlled Trial Trudie Chalder, King’s College London
10.00 Feasibility of Online Acceptance and Commitment Therapy for Chronic Pain Whitney Scott, Health Psychology Section, King's College, London,
10.30 The Acceptance and Commitment Therapy Fidelity Measure (ACT-FM): Development Through Online Delphi Methods and Field Testing Lucy O’Neil, University of Leeds

Symposium 3 – Children and Young People
Mental Health Promotion in Schools and with Young People
Chair and Discussant: Liz Lord, Warneford Hospital, Oxford
09.00 A Cluster Randomised Controlled Trial of an Intervention to Improve the Mental Health Support and Training Available to Secondary School Teachers: The WISE (Wellbeing in Secondary Education) Judi Kidger, Population Health Sciences, University of Bristol
09.25 Supporting Teachers And childRen in Schools (STARS): A Trial of the Incredible Years Teacher Classroom Management Programme. Rachel Hayes, Institute of Health Research, University of Exeter
09.50 The Effects of Mindfulness on Cognition and Mental Health in Children and Adolescents: A Meta-analysis of Randomized Controlled Trials Darren Dunning, Cognition & Brain Sciences Unit, University of Cambridge
10.15 The Mindfulness and Resilience in Adolescence (MYRIAD) Trial: Ongoing Progress of a Trial Exploring the Effectiveness of Mindfulness Training on Secondary Age Pupils and Their Teachers Anam Raja, University of Oxford.
10.40 Discussion

Symposium 4 – Basic Processes
Developments in Sleep Interventions Across Psychological Disorders
Chair: Lalitha Iyadurai, University of Oxford
09.00 Imagery Focused Cognitive Behavioural Therapy for Nightmares for Patients with Persecutory Delusions (The Nites Trial) Bryony Sheaves, University of Oxford
09.30 Treating Sleep Problems in Young People at Ultra-high Risk of Psychosis Felicity Waite, University of Oxford
10.00 Sleep and Intrusive Memory Immediately After a Traumatic Event in Emergency Department Patients Lalitha Iyadurai, University of Oxford
10.30 TBC
Symposium 5 – IAPT and Primary Care
Psychological Wellbeing Practitioners (PWPs); Decision-making, Drop-out, Resilience, Implementation Intentions and Self-practice/Self-reflection
Chair: Liz Kell, University of Sheffield
Discussant: Abi Bradbury, University of Sheffield
09.00 Decision Making by PWPs in Stepped care: An Experimental Investigation of the Role of Heuristics and Bias
Ben Michael, University of Sheffield
09.25 Dropout from Large Group Psychoeducation at Step 2: A Nearest Neighbour Analysis
Nick Firth, University of Sheffield
09.50 Training Psychological Well-being Practitioners to Use Implementation Intentions with Their Patients
Paulina Gonzalez Salas Duhne, University of Sheffield
10.15 Evaluation of a Resilience Intervention for Trainee Psychological Wellbeing Practitioners
Rosalind Nelson, University of Sheffield
10.40 Self-practice and Self-reflection (SP/SR) Groups for PWPs
George Miles, University of Sheffield

Symposium 6
Innovations in Cognitive Behaviour Therapy
Chair: Samantha Lloyd, University of Bath
09.00 Exploring Treatment Adaptations for Co-occurring Anorexia Nervosa and Autism Spectrum Disorders
Emma Kinnaird, King's College London
09.20 Exploring the Barriers to the Implementation of Cognitive Behavioural Therapy for Psychosis (CBT-p)
Fiona Switzer, NHS Lothian
09.40 The Efficacy of Adapted Cognitive-behaviour Therapy for Impulsivity in Patients with Brain Injury: Clinical Case Studies
Sirous Mobini, Priory Healthcare, University College London
10.00 Safety-seeking Behaviours in Chronic Fatigue Syndrome/Myalgic Encephalomyelitis: A Pilot Experimental Investigation
Samantha Lloyd, University of Bath
10.20 Key Dimensions of Therapeutic Lies in Dementia Care: A New Taxonomy
Katharina Reichelt, Northumberland, Tyne and Wear NHS Foundation Trust
10.40 Discussion

Clinical Skills Classes

Clinical Skills Class 1
The WISER MIND Model of Cognitive Behavioural Resilience and Therapy: A Method to Build Resilience and Treat Psychological Disorder
Rufus Harrington and Karen Taylor, University of Cumbria

Clinical Skills Class 2
“Turning Intentions into Actions”: CBT for Adult ADHD
Clinical Skills Class 3
A Brief Integrated Motivational Intervention (BIMI) for Psychiatric Inpatients Experiencing Co-Occurring Severe Mental Health and Substance Use Problems
Emma Griffith, University of Bath and Alex Copello, University of Birmingham

Keynote Addresses 11.30-12.30

Tim Dalgleish, University of Cambridge
Shattered Lives: Understanding and Treating Posttraumatic Stress in Children and Adolescents
Chair: Shirley Reynolds, University of Reading

Jaime Delgadillo, University of Sheffield
Precision Mental Healthcare: Learning from Population Data to Personalise CBT
Chair: Glenn Waller, University of Sheffield

Gillian Haddock, University of Manchester
Talking About Suicide Affects Us All
Chair: TBC

Poster Presentations
Posters will be displayed between 09.00-18.00. Presenters will be standing with their Posters throughout the breaks.

1. Therapy discontinuation in a primary care psychological service: A thematic enquiry
   Aisan Ghaemian, Solent NHS Trust

2. Pilot review: Assessing the effectiveness of CBT for depression, anxiety and long-term conditions for adults over 65 years of age
   Vandana Gupta, Surrey and Borders Partnership NHS Foundation Trust

3. Is Group Cognitive Behavioural Therapy as effective at Individual Cognitive behaviour therapy in treating Generalised Anxiety Disorder in a routine IAPT Service?
   Marianne Fanous, University of Bath

   Hannah Daniels, University of Lincoln

5. Developing a Webinar-Based Postnatal Depression Course
   Joanna Yilmaz, Steps to Wellbeing Service, Dorset Healthcare NHS Foundation Trust

   Rosie McGuire, University of Bath

7. Kind Mind: A Compassion Focussed Therapy group for adult mental health patients
   Katie Pownell, Mersey Care NHS Foundation Trust
8. **Family Accommodation and Symptoms of Obsessive Compulsive Disorder: The Role of Distress Tolerance in a Significant Other: A Pilot Study**  
Lucy Hale, University of Surrey

9. **CBT Supervision on the coalface – how closely does the reality mirror the recommendations? An exploration of supervisor and supervisee experiences**  
Jason Roscoe, University of Cumbria

10. **Cognitive-behaviour Therapy in Treatment of Psychological Difficulties after Road Traffic Accident**  
Soroush Mobini, Aspire Clinical Psychological and Neuropsychological Services

11. **Metacognition and Happiness**  
Lowri Dowthwaite, Unisity of Central Lancashire

12. **Balancing distance and closeness: a dyadic qualitative exploration of assessment processes for talking therapies**  
Angela Sweeney and Steve Gillard, University of London

13. **Are safety-seeking behaviours relevant to physical health conditions? A systematic review of typology, function and impact**  
Samantha Lloyd, University of Bath

14. **Specificity of sensitivity to betrayal and betraying others in Obsessive Compulsive Disorder and Depression**  
Sarah Howkins, The University of Bath

15. **A CBT-Supported Very Low Calorie Diet IAPT Intervention for People with Type 2 Diabetes**  
Ellie Wilkinson, Lift Psychology, AWP NHS Trust

16. **Does self-compassion play a role in eating pathology and body image? A systematic review and meta-analysis**  
Fidan Turk, University of Sheffield

17. **Why do rapid improvements happen? Client and therapist processes in cognitive behavioural therapy and behavioural activation**  
Asha Ladwa, University of Exeter

18. **Combined group and time-intensive cognitive behavioural therapy for OCD: a proof of concept study**  
James Quah, Trinity College Dublin

19. **Barriers to the Short Health Anxiety Inventory (SHAI) being completed in a specialist CFS/ME**  
Jo Daniels, University of Bath

20. **How do adults, youths and caregivers experience receiving trauma-focused cognitive behavioural therapy? A systematic review of the literature**  
James Griffin, Coventry University

Lee Kannis-Dymand, University of the Sunshine Coast (USC); Sunshine Coast Mind & Neuroscience – Thompson Institute

22. **Evaluation of a culture-free, CBT-based, third wave therapy manual**  
Lydia Baxter, Southern Health NHS Foundation Trust

23. **Can Low intensity interventions work effectively in Specialist Palliative Care?**  
Anna Chaddock, Newcastle Upon Tyne Hospitals NHS Foundation Trust

24. **Barriers and solutions for North East IAPT services to engage with research: a scoping project**  
Lucy Dunbar, South Tyneside NHS Foundation Trust

25. **Presenting a model for an online intervention for carers of people with psychosis.**  
Amy Johnson, Northumbria University
26. Understanding the beliefs behind the possessions: an exploration of profiles of Hoarding Disorder using Q-methodology
Rowan Tinlin, Newcastle University

27. Anger Management and Emotional Control Programme: evaluating outcomes of group CBT in a novel adult group
Jane Basher and Felix Higgins-Stockden, North East London NHS Foundation Trust

28. Using CBT to manage feelings of anxiety in a transgender adolescent: a single case experimental design
Holly Panting, Tavistock and Portman NHS Foundation Trust

29. CBT for Foreign Accent Syndrome: A Single Case Study
Nicola Birdsey, University of Bath

30. Who gets offered CBT for psychosis in the 12 months following a psychiatric hospital admission? Follow-up data from an inpatient randomised controlled trial (RCT)
Maria Stefanova, University of Bath

31. Psychological processes in persistent pain: the role of attachment and intolerance of uncertainty (IU)
Zoe Gotts, Newcastle University

32. Is cognitive behavioural therapy effective for treatment of low self-esteem, following intimate partner violence?
Faith Brammer, University of Bath

33. The Effectiveness of Internet-Based Cognitive Behavioural Therapy in the Treatment of Postnatal Depression: A Systematic Review
Julie Vibholm, University of Dundee, NHS Greater Glasgow & Clyde

34. The Development and Validation of the Perceptions of Recoverability from Post-Traumatic Disorder Scale
Hannah Watson and Zachary Parker, Manchester Metropolitan University

35. Which trauma-focused CBT approaches are most effective in reducing PTSD symptoms in adults who have experienced serious sexual assault or serious non-sexual assault?
Alastair Barrie, JSA Psychotherapy

36. A multi-method evaluation of a compassionate cognitive behavioural psychotherapy group for people who self-harm
Chair: Glenn Waller, University of Sheffield Gillian Rayner, University of Central Lancashire

Shereen Charles, University College London (UCL)

38. Home practice rates during a Mindfulness for Psychosis group: A systematic review and a qualitative study of Service User Views
Twinkle Choksi and Katherine Saywer, University of Bath

Lucy Armstrong, University of Bath

40. The association between parenting, self-compassion, friendship and depression in Chinese adolescents
Mengya Zhao, College of Life and Environmental Sciences, Psychology, University of Exeter

41. Exploring and Improving the Factors that Lead to Clinical Change within the Mindful Life Group: a Thematic Analysis approach
Lucy Armstrong, University of Bath

42. Scoping project looking into the barriers of IAPT services engaging in research in the North East of England
Lucy Dunbar, South Tyneside NHS Foundation Trust

43. Parental expressed emotion and its relationship with treatment outcomes for adolescents with depression
Monika Parkinson, University of Reading

44. Who uses Improving Access to Psychological Therapies (IAPT) Services?
Irini Laura Verbist, Improving Access Psychological Therapies, Greater Manchester Mental Health

45. Investigating a therapist-guided, parent-assisted remote digital behavioural intervention for tics in children and adolescents—‘Online Remote Behavioural Intervention for Tics’ (ORBIT) trial: protocol of an internal pilot study and single-blind randomised
Charlotte Sanderson, UCL Institute of Child Health / Great Ormond Street Hospital

Symposia 13.30-15.30

Symposium 7 – Adult Mental Health
Maintaining Recovery After Depression: Predicting and Preventing Relapses
Chair: Joshua Buckman, University College London
Discussant: Claudi Bockting, University of Amsterdam, the Netherlands
13.30 Evidence for Risk Factors for Relapse and Recurrence From a Series of Systematic Reviews and Investigations
Joshua Buckman, University College London
13.40 Evidence for Leading Psychological Theories of Depressive Relapse and Recurrence: A Meta-analytic Review of Prospective Studies
Marlies Brouwer, University of Amsterdam, the Netherlands
13.55 Relapse After Low and High intensity CBT in Primary Care: Findings from 2 Observational Cohort Studies
Jaime Delgadillo and Steve Kellet, University of Sheffield
14.10 Preventing Relapse After Depression Using the PRotect Brief Wellbeing Intervention
Katherine Clarke, University College London
14.25 Predicting Relapse Using Machine Learning and Network Analyses
Ben Lorimer, University of Sheffield
14.40 Current Status and Future Perspectives in Relapse Prevention
Claudi Bockting, University of Amsterdam, the Netherlands
15.00 Discussion

Symposium 8 – Child and Adolescent
The Use of Technology to Support and Deliver Interventions to Children and Young People with Mental Health Problems
Chair: Paul Stallard, University of Bath
13.30 Technology Delivered Interventions for Depression and Anxiety in Children and Adolescents: A Systematic Review and Meta-analysis
Rebecca Grist, University of Brighton
13.50 Developing and Evaluating ‘MoodHwb’: A Web-based Psychoeducational Intervention for Adolescent Depression
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| 14.10 | Avatar Therapy for Children and Young People with Mental Health Problems  
Rhys Bevan-Jones, Cardiff University |
| 14.30 | A Smartphone App (BlueIce) for Young People (Aged 12-17 Years) Who Self-Harm: Open Phase 1 Pre-Post Trial  
Caroline Falconer, MindTech, University of Nottingham |
| 14.50 | The ‘Online Remote Behavioural Intervention for Tics’ (ORBIT) Trial: Investigating a Therapist-guided, Parent-assisted Remote Digital Behavioural Intervention for Tics in Children and Adolescents  
Bethan Davies, MindTech, University of Nottingham |
| 15.10 | Discussion |

**Symposium 9 –**  
**CBT for Psychosis: Process Oriented Therapies and the Third Wave**

**Chair:** Katherine Newman-Taylor, University of Southampton and Southern Health NHS Foundation Trust

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| 13.30 | What are Process Oriented and Third Wave Therapies, and Where Did They Come From?  
Caroline Cupitt, South London and Maudsley NHS Foundation Trust |
| 13.55 | Emerging Perspectives on the Role of Attachment and Dissociation in Psychosis  
Katherine Berry, University of Manchester |
| 14.20 | Mindfulness in CBT for Psychosis  
Katherine Newman-Taylor, University of Southampton and Southern Health NHS Foundation Trust |
| 14.45 | Compassion Focused Therapy for Distressing Experiences in Psychosis  
Charlie Heriot-Maitland, Kings College London |
| 15.10 | What Next for CBT and Psychosis?  
Anne Cooke, Canterbury Christ Church University |

**Symposium 10 – Child and Adolescent**  
**Developing CBT for Children and Young People in Clinical Settings**

**Chair:** Gavin Lockhart, University of Sussex TBC

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| 13.30 | Is Children and Young People’s (CYP) Mental Health Policy and Training on the Right Track?  
Gavin Lockhart, University of Sussex |
| 13.50 | Evaluation of a Non-Diagnostic “Psychology of Emotions” Workshop in a Youth IAPT Service  
Lawrence Howells, Norfolk and Suffolk Foundation Trust |
| 14.10 | Evaluating the Children’s Psychological Wellbeing Practitioner (CPWP) Project in a Child and Adolescent Mental Health Service (CAMHS)  
Mike Turnbull and Sarah Newton, Tees Esk and Wear Valley NHS FT Trust and Northumbria University |
| 14.30 | Improving Access to Evidence-based Treatment by Developing a Brief Identification Tool for Anxiety and Depression in Adolescents  
Jerica Radez, University of Reading, AnDY Research Clinic |
| 14.50 | Discussion |

**Symposium 11 – Basic Processes**  
**The State of the Evidence: Reducing Waste to Increase Value**
Chair: Katherine Button, University of Bath
Discussant: Cathy Pinks, Data Librarian, Bath
13.30 Research Ecosystems and the Role of the UK Reproducibility Network (UKRN) Marcus Munafò, University of Bristol
13.50 Does the 'Reproducibility Crisis' Apply to Us? Pamela Jacobsen, University of Bath
14.10 Registered Reports: A Vaccine Against Bias in Research and Publishing Christopher Chambers, Cardiff University
14.30 Grassroots Training for Rigorous Clinical Research Katherine Button, University of Bath
14.50 Discussion

Symposium 12 – Older Adults
Improving Access to IAPT for People in Later Life: Considering Carers, Communication and the Next Steps for Protocol Development
Chair: Georgina Charlesworth, University College London & North East London NHS Foundation Trust
13.30 Supporting Carers of People with Dementia in IAPT: Learning from a Randomised Controlled Trial of Online CBT and Psychoeducation. Jane Fossey, Oxford Health NHS Foundation Trust on behalf of the “Caring for Me and You” Team
14.00 Living with Dementia: Using Mentalization Based Understandings to Support Family Carers. Phil McEvoy, Six Degrees Social Enterprise, Salford
14.30 Staff Perceived Barriers and Facilitators to IAPT Access for People with Dementia or Mild Cognitive Impairment. Joshua Stott and Samantha Baker University College London
15.00 IAPT AHEAD: Action for Physical and Mental Health in Older Adults. Elisa Aguirre, Syed Ali Naqvi, Lindsay Royan, North East London NHS Foundation Trust

Clinical Skills Classes

Clinical Skills Class 4
How Our Schemas Can Get in the Way of Treating Complex Clients: A Basic Clinical Skills Class to Improve the Therapeutic Alliance When Working with Complexity
Ruth McCutcheon and Saskia Ohlin, Academy of Schema Therapy and Private Practice

Clinical Skills Class 5
The Strong & Curious CBT Therapist. Using the Self-Practice/Self-Reflection Approach to Develop Self-Compassion and Healthy Self-doubt
Jim Lucas, University of Birmingham

Clinical Skills Class 6
Helping People to Live Well with Pain: A Practical Workshop on Acceptance and Commitment Therapy for Chronic Pain
Whitney Scott, King’s College London
Clinical Skills Class 7
Assessment, Case Analysis and Intervention Skills: The Enhancing Parenting Skills Programme for Working with Parents of Children with Challenging Behaviour
Judy Hutchings, Bangor University

Keynote Addresses 16.00-17.00

Thomas Ehring, LMU Munich, Germany
Transdiagnostic Approaches to the Etiology and Treatment of Trauma-related Disorders: Promise and Pitfalls
Chair: Simon Blackwell, Ruhr-Universität Bochum, Germany

Susan Bogels, University of Amsterdam, the Netherlands
Intergenerational Transmission of Anxiety Disorders: Parents Matter (for some)
Chair: Jessica Kingston, Royal Holloway University

Georgina Charlesworth, University College London
When is a Safety Behaviour Not a Safety Behaviour? Working with Anxiety in Adverse Life Circumstances
Chair: Ian James, Northumberland, Tyne and Wear NHS Trust
Programme
Thursday 6th September

Symposia 09.00-11.00

Symposium 13 – Innovations in CBT
Novel Treatments Across Different Clinical Settings Targeting Emotionally Unstable Personality Disorder/Traits
Chair: Alison Roberts, Sussex Partnership Foundation Trust & University of Sussex
09.00 Are Mindfulness Based Interventions Relevant to People Diagnosed with ‘Emotionally Unstable Personality Disorder’?
Alison Roberts, Sussex Partnership Foundation Trust & University of Sussex
09.30 Parent, Child and Practitioner Perspectives on Parenting in the Context of EUPD
Abby Dunn, University of Sussex
10.00 Adapting Dialectical Behaviour Therapy Skills Groups for a Perinatal Mental Health Community setting
Rachel O’Brien and Anna Roberts, Sussex Partnership Foundation Trust
10.30 STEPPS-EI as an Intervention for Subthreshold BPD traits in a Primary Care Setting
Juliet Couche, Sussex Partnership Foundation Trust

Symposium 14 – Children and Adolescents
(Complex) Trauma and Psychopathology in Children and Adolescents: Prevalence, Mechanisms, and Clinical Implications
Chair: Rachel Hiller, University of Bath
Discussant: Andrea Danese, King’s College London
09.00 The Epidemiology of Trauma and Post-traumatic Stress Disorder in a Representative Cohort of Young People in England and Wales
Stephanie Lewis, King’s College London,
09.25 Prevalence and Predictive Value of ICD-11 PTSD and Complex PTSD Diagnoses in Children Exposed to a Single Event Trauma
Caitlin Hitchcock, MRC Cognition and Brain Sciences Unit, Cambridge
09.50 Cognitive Predictors of (complex) PTSD and Wellbeing in a Longitudinal Sample of Young People in Out-of-home Care
Rachel Hiller, University of Bath
10.15 A Case Study of Treating a Young Person for Complex PTSD
David Trickey, Anna Freud Centre, London
10.40 Discussion

Symposium 15 – Adult Mental Health
Hoardling Disorder: Prevalence, Cognitive-emotional and Familial Vulnerability Factors and Intervention
Chair: Victoria Bream, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust

09.00 Prevalence of Hoarding Disorder: A Systematic Review and Meta-analysis
Stephen Kellett, University of Sheffield and Sheffield Health and Social Care NHS Foundation Trust

09.25 Expressed Emotion in Family Members of People with Hoarding Disorder
Juliana Onwumere, Department of Psychology, King’s College London

09.50 Does Response Inhibition Training Reduce Compulsive Acquiring?
Helena Drury, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust

James Gregory, University of Bath

10.40 The Role of Intolerance of Uncertainty, Anxiety Sensitivity and Distress Intolerance in Hoarding Disorder
Shemariah Hillman, Department of Psychology, University of Bath

Symposium 16 – Diversity and Cultural
LGBT+ Mental Health: Historical perspectives and new research
Chair: Katharine Rimes, King’s College London

09.00 Hidden from History? A Modern History of the Psychiatric ‘Treatment’ of Female Homosexuality in England
Sarah Carr, University of Birmingham

09.30 Childhood Gender Nonconformity, Peer Relationships, Self-esteem and Emotional Problems: A Prospective Birth-cohort Study
Anna-Sophia Warren, King’s College London

10.00 Psychosocial Mediators of Sexual Orientation and Depressive Symptoms in a Longitudinal Sample of Young People
Angeliki Argyriou, King’s College London

10.30 Testing a Minority Stress-adjusted Cognitive Behavioural Model of Distress in LGBTQ Students: A Prospective Mediation Study
Georgina Gnan, King’s College London

Symposium 17 – Training and Professional Issues
The Impact of the Core Professions in the CBT Role in Training and Practice Contexts
Chair: Matthew Wilcockson, Coventry University, and Coventry and Warwickshire Partnership Trust

09.00 Transition of Core Professions to IAPT therapist
Matthew Wilcockson, Coventry University and Coventry and Warwickshire Partnership Trust

09.30 TBC
Michael Townend, University of Derby and Private Practice

10.00 Countering the Role of "Imperialist" Assumptions in CBT Training
Frank Wills, Independent Practitioner, Bristol

10.30 TBC
Symposium 18 – Psychosis
Attachment Theory as a Means of Enhancing CBT for Psychosis
Chair: Katherine Newman-Taylor, University of Southampton
09.00 A Cognitive Attachment Model of Voices
Katherine Berry, University of Manchester
09.30 Attachment Imagery as a Means of Facilitating Felt Security in People with Paranoia
Katherine Newman-Taylor, University of Southampton
10.00 The Role of Mentalization in Engagement with CBT for Psychosis
Caroline Murray, NHS Grampian
10.30 Attachment Informed Techniques to Augment CBT for Psychosis: Evidence From Two Case Studies
Angus MacBeth, University of Edinburgh

Clinical Skills Classes

Clinical Skills Class 8
Rolling with Resistance: A Workshop for CBT Therapists Working with More complex Presentations of OCD in Children, Adolescents and Families
Alice Farrington and Sasha Walters, Berkshire CAMHS Anxiety & Depression Team

Clinical Skills Class 9
The Equipping Youth to Help One Another Programme with Offenders with Intellectual Disabilities and/or Autism
Peter Langdon, University of Kent

Clinical Skills Class 10
Turning Research Ideas into Reality: A Guide for Clinicians About How to Get Your Research Funded
Shirley Reynolds, University of Reading and Barney Dunn, University of Exeter

Clinical Skills Class 11
Design, Implement and Publish A Single Case Experimental Design
David Veale, King’s College London

Keynote Addresses 11.30-12.30
Richard McNally, Harvard University, USA
Network Analysis in Psychopathology: Prospects and Challenges
Chair: Andrew Beck, University of Manchester

Jonathan Green, University of Manchester
Early Developmental Intervention in Autism Spectrum Disorder  
Chair: Heather O’Mahen, University of Exeter

Christopher Williams, University of Glasgow and Five Areas Ltd  
Delivering Complex Interventions: The MRC Framework as a Model for Clinical Service Development  
Chair: TBC

Symposia 13.30-15.30

Symposium 19 – Adult Mental Health  
Recruiting Mental Imagery for Challenging Trauma Cases  
Chair: Kerry Young, Woodfield Trauma Service, CNWL Foundation Trust  
13.30 The Power of the Imagination: Examining the Prevalence of Imagined ‘Worst Case Scenario’ Moments in Trauma Memories  
Cathryn Skerry and James Griffin, Grenfell Health and Wellbeing Service, CNWL Foundation Trust  
14.00 The Power of the Imagination: How to Elicit and Treat Imagery-based Hotspots  
Badri Bechlem, Che Moore and Claire Gibson, Grenfell Health and Wellbeing Service, CNWL Foundation Trust  
14.30 The Power of Anger: How to Harness Anger in Imagery Rescripting in Refugees with PTSD  
Sameena Akbar, Woodfield Trauma Service, CNWL Foundation Trust  
15.00 Treating Guilt in Refugees with PTSD Using Imagery Techniques  
Zoe Chessell, Woodfield Trauma Service, CNWL Foundation Trust

Panel Debate 1  
How Can We Make Sure We Are Doing High Quality, Effective CBT When We Work With Interpreters and Interpreted Materials?  
Chair: Andrew Beck, University of Manchester  
Speakers: Michelle Brooks, University of Derby  
Glorianne Said, University College London  
Whitney Nyarambi, East London Foundation Trust  
Dot King, Berkshire Healthcare NHS Foundation Trust

Symposium 20 – Innovations in CBT  
How Can We Do trials better? Methodological Developments in Reducing Waste and Improving Efficiency in Trial Design  
Chair: Pamela Jacobsen, University of Bath, UK  
13.30 Evidence-based Trials for Evidence-based Healthcare  
Heidi Gardner, University of Aberdeen  
14.00 Development and Piloting a Standard Framework to Assess Risk of Contamination in Psychological Therapy Trials  
Pamela Jacobsen, University of Bath and Lisa Wood, University of Essex & North East London NHS Foundation Trust
14.30 The Elephant on the Couch: Why We Ought to Take ‘Harm’ from Psychological Treatments Seriously
Conor Duggan, University of Nottingham

15.00 Routine Data and Outcome Assessment in Psychological Therapy Trials
Alex Wright-Hughes, University of Leeds

Symposium 21
Community and Cultural Considerations
Chair: Angela Cooke LIFT Psychology Service, Swindon

13.30 Engaging Black, Asian and Migrant Communities Through Race, Culture, Language and Community Engagement: Community Psychology in IAPT by a Another Name
Naomi Mwasambili and Jessie Emilion, Chanua Health

13.50 A Comparison Between Patients’ and Clinicians’ Opinions About the Importance of CBT Techniques: Results from a Multi-cultural Sample
Maria Elena Hernandez, University of Sheffield

14.10 The Impact of an Integrated LTC IAPT Service on Healthcare Utilisation and Wellbeing
Angela Cooke and Aileen McArthur, LIFT Psychology Service, Swindon

14.30 Carer Coping After First Episode Psychosis: Types, Prevalence, and Demographic and Clinical Predictors
Emily Hickson, Central and North West London Foundation Trust

14.50 What Predicts Recovery in IAPT Services?
Irini Laura Verbist, IAPT, Greater Manchester Mental Health

Panel Debate 2 – Training and Professional Issues
Research Clinics: What are They, What are They For, and What Next?
Chair: Kim Wright, University of Exeter
Speakers: Barney Dunn, University of Exeter
Blake Stobie, South London and Maudsley NHS Trust
Catherine Gallop and Fin Williams, University of Exeter
Ray Percy, University of Reading

Symposium 22 – Adult Mental Health
Developments in CBT for Depression and Anxiety
Chair: Ailsa Russell, University of Bath

13.30 Improving Outcomes in Group Behavioural Activation for Depression
Mel Simmonds-Buckley, University of Sheffield

13.50 A Randomised Feasibility Trial of a Low Intensity Intervention for Depression in Adults with Autism: The Autism Depression Trial (ADEPT)
Ailsa Russell, University of Bath

14.10 Comparing the Impact of Exposure Without Safety Behaviours to Exposure with Safety Behaviours on Behavioural Change in Contamination Fear
Francesca Muccio, Institute of Psychiatry

14.30 A 'Making Friends with Uncertainty' Group Intervention
Layla Mofrad, Talking Helps Newcastle

14.50 Testing Differential Effects of Attention and Acceptance-Based Psychological Interventions with Longitudinal Experience Sampling in High Worriers
Clinical Skills Classes

Clinical Skills Class 12
Using Values to ACTivate Your Practice
Richard Bennett, University of Birmingham

Clinical Skills Class 13
PACT (Paediatric Autism Communication Therapy) From Infancy to 10 years: Implementation for Everyday Practice in Local Services
Hannah Danvers, TBC

Clinical Skills Class 14
Communicating CBT Ideas Creatively and Effectively to Non-Therapists
Lucy Maddox, BABCP

Keynote Addresses 16.00-17.00

David A Clark, University of New Brunswick, Canada
Unwanted Intrusive Thoughts: Another Neglected Transdiagnostic Process with Clinical Implications
Chair: Colin Blowers, BABCP Scientific Committee

Kate Davidson, University of Glasgow
CBT for Personality Disorder: Occam’s Razor
Chair: Glenn Waller, University of Sheffield

Peter Langdon, University of Kent
Psychological Interventions with Offenders with Intellectual Disabilities and/or Autism
Chair: Shirley Reynolds, University of Reading