46th Annual Conference

18th-20th July 2018

Strathclyde University
Technology and Innovation Centre

BABCP

GLASGOW2018

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
Scientific Committee
Glasgow 2018

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BABCP

Imperial House
Hornby Street
Bury BL9 5BN
tel: +44 (0)161 705 4304
Fax: +44 (0)161 705 4306
www.babcp.com

Charity No 1098704
Welcome to Glasgow and the 46th BABCP Annual Conference and Workshops. It is 17 years since we were last in Glasgow when we also held the conference at Strathclyde University but since then they have opened the Technology & Innovation Centre and this venue will provide us with a modern state of the art conference venue under one roof. Glasgow guarantees you an excellent programme and wonderful Scottish hospitality and you will be joining nearly a 1000 delegates who will be taking advantage of what we have on offer at this year's conference.

The conference scientific committee has yet again produced a programme that has attracted first class presenters from the UK and further afield and will provide BABCP members and non-members with an excellent opportunity for continuing professional development, networking and an exchange of ideas. As with previous conferences the timetable of symposia, panel debates, and clinical round tables is organised into streams that cover the breadth of science and practice of cognitive behavioural therapy. There are prominent contributions from leaders in the field of cognitive and behavioural psychotherapies in each of these areas. To follow a stream check out the 'conference at a glance' insert in your registration pack.

Our 2018 conference programme includes 16 Keynote speakers, 16 skills classes, 25 symposia, 3 clinical round tables and 35 posters so it is an excellent programme. Once again the conference will be hosting meetings of a number of BABCP’s special interest groups and our Annual general Meeting that is being held on Thursday 19th July at lunchtime. If you are not a BABCP member then visit the BABCP stand in the exhibition area and find out more information about joining.

Many of you will be attending not only the conference but also one of the thirteen Pre-conference Workshops on Tuesday 17th July. Our one day pre-conference workshop programme continues to be very popular and this programme together with the regular BABCP Spring programme and workshops run by our Branches and Special Interest Groups have expanded continued professional development opportunities at a national and local branch level. Meet the Branches and Special Interest Groups at the opening reception and find out what they have to offer. Enjoy your time in Glasgow where there is plenty to see and do and take the opportunity to enjoy your evenings and join us for the social programme we have put together for you.

Glenn Waller  
Co-Chair Conference Scientific Committee

Colin Blowers  
Co-Chair Conference Scientific Committee

Rod Holland  
Chair Conference Organising Committee
The Conference Programme will last two and a half days and will finish at lunchtime on Friday 20th July.

The Conference Site
All the Pre-conference Workshops will take place in the Technology & Innovation Centre of Strathclyde University or in the Graham Hills Building opposite. All of the scientific programme of the conference will be held in the Technology & Innovation Centre. Signs will direct you to the various lecture rooms but if you get lost then ask for direction at the registration desk or from one of the conference stewards who will be recognisable by their conference t-shirt.

Registration
The Conference registration desk will be located in the Technology & Innovation Centre, Strathclyde University and will be open at the following times:

Conference & Workshop Registration
- Monday, 16th July: 16.00-18.30
- Tuesday, 17th July: 08:00-18:00
- Wednesday, 18th July: 08:00-17:00
- Thursday, 19th July: 08:00-17:00
- Friday, 20th July: 08:00-12:30

Start and Finish Times for Conference & Workshop
- Tuesday, 17th July: 09:30 -17:00
- Wednesday, 18th July: 09:00-17:00
- Thursday, 19th July: 09:00-17:00
- Friday, 20th July: 09:00-12:30

Exhibition Area
The exhibition Area will be located in the Technology & Innovation Centre. It will be open from the opening reception on Tuesday 17th to Thursday 19th July. Make sure you visit this area and browse through (and purchase) the latest titles from a number of publishers who will be present. There will also be details of the activities of BABCP regional Branches, special interest groups and future national and international conferences on CBT.
General Information

Going Green/Abstracts
Abstracts are available to download on line at the BABCP website www.babcp.com there will be no printed versions. To further protect the planet please return your badge at the end of the conference to the registration desk or one of the stewards so that these can be recycled for a future event.

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

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

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

Eating and Drinking
Coffee and tea are provided free of charge to all delegates in the morning and afternoon at the times indicated in the programme. There will be various serving points where the scientific programme is taking place. Lunch is included in your registration fee and will be available 12:30-14:00.

No evening catering has been organized but there are many excellent restaurants available for delegates in the City. Please visit the BABCP website for further information.

Audio and Video Recording
All delegates are asked to request permission from the presenter(s) to audio or video-record a session. If anyone is found recording without permission they will be asked to leave the session. All recordings are for private purposes only.

Wi-Fi
Wifi is available in University Place for all delegates.
Wifi codes will be provided at registration

Do not forget to wear your badge
You must wear your badge at all times during the Conference. A strict admissions policy will be operating and admission to symposia and other events will be restricted to badge holders only. You will also need your badge to collect your lunch and for the social events. If you lose your badge a replacement fee of £25 will be made along with proof of registration. We apologise for any inconvenience this may cause but trust that delegates will understand the need to restrict entry to bona fide delegates only.

No Smoking Policy
In line with laws on smoking, no smoking is allowed in any enclosed public areas of the Conference.
Exhibition

Throughout the Conference there will be an exhibition of **books and journals**, organised by Wisepress, in the Exhibition area of the Technology & Innovation Centre.

Exhibitors

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<tr>
<th>BABCP</th>
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You will find information on BABCP Branches & Special Interest Groups, EABCT Congresses and WCBCT2019 Berlin in the Exhibition area of the Technology & Innovation Centre.
Conferences organised by BABCP are well known for the quality of the scientific programme and for the opportunity provided in the social programme for delegates to meet, socialise and enjoy themselves. We do hope that you will take advantage of the social programme we have put together for the conference.

**Tuesday 17th July | 17.30 – 19.00**

**Opening Reception**

**Venue:** Technology & Innovation Centre, University of Strathclyde

Come and enjoy a glass of wine and some canapés. Visit the Book exhibition, meet your Branch/SIG representative, find out who has been awarded an honorary fellowship and who is the Branch of the Year. There is no charge for this event.

Those who wish to carry on socialising can continue by exploring the City using the Conference Guide that is being put together by the Glasgow Branch, this will give you information on where to go to eat, drink and party with the other delegates.

**Wednesday 18th July | 17.30 - 18.30**

**Glasgow City Council** are welcoming BABCP delegates with a **civic drinks reception**.

**Venue:** The City Chambers, George Square, G2 1DU

This event is complimentary.

**The Sound of Young Glasgow | 20.00-Midnight**

Following the civic drinks reception, tickets can be purchased for ‘The Sound of Young Glasgow’ at The Classic Grand, 18 Jamaica Street, Glasgow, G1 4OD. The sound of young Glasgow gathers together some of the most dynamic young bands and artists coming through the Glasgow music scene. What you have in store is a cultural hailstorm of musicians playing a mix of Glasgow Americana to full on poptastic indie with special guests appearances. Not to be missed.

**Ticket Cost:** £10 per head.

**Thursday 19th July | 19.30 - Late**

**Conference Dinner and Ceilidh**

**Venue:** Grand Central Hotel Ballroom, 99 Gordon Street G1 3SF

What a bargain for a 3 course dinner with a glass of prosecco followed by a lively ceilidh for a bit of Scottish fun!

One of Scotland’s top ceilidh bands Deoch-an-Doris will have you jigging and reeling around the room. Calling all the dances so you know exactly where to put your feet. Infectious music played by top class musicians. Not to be missed.

**Ticket Cost:** £35 per head.

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**The AGM of the Association will be held on Thursday 19th July 12.30 to 13.30**

**Venue:** Auditorium A
A programme of one-day Workshops will be held on Tuesday 17th July.
The workshops will run from 9.30-17.00.

Workshop 1: Behavioral and Cognitive Therapy for Adult Obsessive Compulsive Disorder
Gail Steketee, Boston University, USA

Workshop 2: The Assessment, Diagnosis, and Treatment of Anger Disorders
Ray di Guisepppe, St John’s University, New York, USA

Workshop 3: Cognitive Therapy for Post Traumatic Stress Disorder
Anke Ehlers, University of Oxford

Workshop 4: Warranted or unwarranted? Smart use of DBT Emotion Regulation Skills to address Intense Emotion
Michaela Swales, Bangor University

Workshop 5: How to Build Wellbeing and Positive Emotions in Depression
Barney Dunn, University of Exeter

Workshop 6: CBT for Eating Disorders: Developing Core Skills for Evidence-based Treatment
Hannah Turner, Southern Health NHS Trust & Glenn Waller, University of Sheffield

Workshop 7: A Cognitive Interpersonal Approach to Staying Well after Psychosis.
Andrew Gumley, University of Glasgow

Workshop 8: Thinking Effectively About Mood Swings: TEAM-SL-Cognitive Therapy for Mood Swing and Bipolar Disorders
Soa Tai, University of Manchester

Workshop 9: Cognitive Therapy for Different PTSD Presentations in Children and Adolescents
Richard Meisser Stedman, University of East Anglia

Workshop 10: Compassion Focused Therapy for Teens
Mary Welford, Compassion in Mind

Workshop 11: The Therapeutic Relationship in Cognitive Behaviour Therapy
Stirling Moorey, South London and Maudsley NHS Trust

Workshop 12: Using the Assessment of Core CBT Skills (ACCS) to Assess CBT Competences
Freda McManus, Stirling University

Workshop 13: How to Conduct Single-case Experimental Designs to Guide Treatment
JD Smith, Northwestern University Feinberg School of Medicine, USA

Workshop 14: (HALF DAY AFTERNOON WORKSHOP)
Exposure therapy in the 21st century
Michelle Craske, University of California, Los Angeles, USA

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

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

Streams... The whole Conference programme is organised into 10 streams, which are broad areas within psychology, such as Adult Mental Health. All presentations will be colour coded by stream in the Conference programme. Where possible, presentations within a stream will be scheduled at different times to allow delegates interested in a specific area to attend most or all of the relevant presentations. Some sessions this year are across two colour streams and colour coded accordingly.

... ‘But how do I decide what to attend?’...

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

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

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

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

We hope this is helpful, please do ask any of the organisers if you have any questions during the Conference, and above all, enjoy!
‘What exactly are the different types of presentations at the Conference?’

**Workshops**… These are whole day events focused on both skills and theory. They are scheduled on the day before the conference and on the first day of the congress. A separate registration fee applied to these workshops and they must be booked in advance.

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

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

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

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

**Posters**… Posters report on research studies, service evaluations, clinical case reports etc., and the presenter will usually stand with their poster and answer any questions. Posters will be on display all day and you are free to walk around and interact with the presenters.

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

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**BABCP Accreditation Desk**

The BABCP Accreditation desk will be open for advice, information and enquiries about Accreditation from 9.30am on Wednesday 18th July to 12 noon on Friday 20th July.
THE PROGRAMME

WEDNESDAY 18th – FRIDAY 20th JULY

Keynote Addresses
Symposia
Clinical Roundtables
Clinical Skills Classes
Poster Sessions
Symposia 09.00-11.00

Symposium 1 – Adult Mental Health - AUDITORIUM B & C
Delivering novel formats of evidence-based treatments for PTSD: Early Issues & Solutions
Chair: Anke Ehlers, University of Oxford
09.00 Internet-delivered cognitive therapy for PTSD: a development pilot series
Jennifer Wild, University of Oxford
09.30 Intensive Cognitive Therapy for PTSD in routine clinical practice
Hannah Murray, University of Oxford
10.00 Panic attacks versus Panic Disorder in PTSD
Alice Kerr, Kings College London
10.30 Discussion

Symposium 2 – Child and Adolescent - Conference Room 2
Sleep and Psychopathology in Young People
Chair: Faith Orchard, University of Reading
Discussant: Alice Gregory, Goldsmith’s University
09.00 How do adolescent sleep habits relate to mental health symptomology, wellbeing and emotional regulation?
Eilidh Smith, University of Edinburgh
09.25 The mindful sleeper: How mindfulness and symptoms of insomnia, depression and anxiety are related and the role genes and environment play
Mel Schneider, Goldsmiths, University of London
09.50 Does early life adversity exacerbate neural vulnerabilities associated with evening chronotype in late adolescence?
Erika Forbes, University of Pittsburgh, USA
10.15 Feasibility and acceptability of brief CBT-I for depressed adolescents
Faith Orchard, University of Reading
10.40 Discussion

Symposium 3 – Older People - Conference Room 6
How to work with older people in IAPT and Stroke settings: adjustments and innovations
Chair: Shonagh Scott, University of Sheffield
09.00 Improving Access for Older Adults: The Sheffield Experience
Shonagh Scott, University of Sheffield
09.20 Reaching out to Older Adults in the North Yorkshire IAPT Service
Alison Hobbs, Tees Esk and Wear Valley Foundation Trust
09.40 Formulating the older person
Katharina Reichelt, NTW NHS Foundation Trust
10.00 Behavioural activation therapy for depression after stroke (BEADS): a feasibility randomised controlled trial
Shirley Thomas, University of Nottingham
10.20 Cognitive and behavioral interventions for people with stroke: a modified CBT framework that shows promise
Ian Kneebone, University of Technology Sydney, Australia
10.40 Discussion

Panel Discussion 1 – Training and Professional Issues - Conference Room 7
Research waste, rigor and transparency in research on psychological therapies
Chair: Ioana Cristea, Babes-Bolyai University, Romania
Panel: Gary Brown, Royal Holloway University of London
Michelle Craske, University of California at Los Angeles, USA
Ioana Cristea, Babes-Bolyai University, Romania
Stirling Moorey, King's College London
**Clinical Roundtable 1 - Therapeutic Techniques** - Conference Room 4  
**Clinical dilemmas in couple therapy**  
**Chair:** Marion Cuddy, South London and Maudsley NHS Foundation Trust  
**Speakers:** Dan Kolubinski, Reconnect UK  
Michael Worrell, Central and North West London Mental Health NHS Foundation Trust  
Rozina Thaci, City and West Psychology

**Clinical Roundtable 2 – Therapeutic Techniques** - Conference Room 5  
**Launching the Special issue of the Cognitive Behaviour Therapist on the Cultural Adaptation of CBT**  
**Chair:** Lydia Stone, Oxfordshire County Council  
**Speakers:** Michelle Brooks, Insight Healthcare East Midlands  
Maja Jankowska, University of Bedfordshire  
Saiqa Naz, Chair of BABCP Equality and Culture Special Interest Group & Sheffield IAPT  
Raphael Kada, Greater Manchester Mental Health NHS Foundation Trust

**Symposium 4 – Therapeutic Techniques** - Level 1 Auditorium  
**Adaptations and new developments in CBT**  
**Chair:** Glenn Waller, University of Sheffield  
**09.00** An ACT-based Group Psychoeducation Intervention – Evaluation of Clinical Changes  
Neil Frude, Cardiff University  
**09.20** Development of an Islamic Trauma Healing program and Initial Pilot Data  
Belinda Graham, University of Oxford  
**09.40** A mixed-methods approach to understanding and treating intrusive mental imagery  
Sophie Homer, University of Plymouth  
**10.00** The Role of Simulation in Imagery Rescripting for Posttraumatic Stress Disorder: A Single Case Series  
Kathy Looney, University College Dublin (UCD)  
**10.20** Memory-focused Cognitive Therapy for Cocaine Use Disorder: rationale, development, and preliminary efficacy  
John Marsden, King’s College London  
**10.40** Discussion

**Clinical Skills Classes**

**Clinical Skills Class 1** – Auditorium A  
**Creating and implementing effective behavioural experiments**  
Freda McManus, University of Stirling

**Clinical Skills Class 2** – Executive Room A & B  
**Cognitive Therapy: From Action to Insight and Back Again**  
Steve Hollon, Vanderbilt University, USA

**Clinical Skills Class 3** – Conference Room 3  
**How to Teach DBT Skills to Adults and Young People – Focus on Emotion Regulation and Distress Tolerance**  
Catherine Parker, Derbyshire Healthcare NHS Foundation Trust and Marie Wassberg, North London Priory Hospital

**Keynote Addresses 11.30-12.30**

Anke Ehlers University of Oxford  
**Treating posttraumatic stress disorder effectively and efficiently: A cognitive approach**  
**Chair:** Jennifer Wild, University of Oxford  
Auditorium B & C
Programme
Wednesday 18th July

Alice Gregory, Goldsmiths University
Nodding Off: The importance of sleep for child and adolescent mental health
Chair: Shirley Reynolds, University of Reading
Auditorium A

Ian James NTW NHS Foundation Trust & University of Bradford
Use of therapeutic lies in therapy
Chair: Katharina Recheilt, NTW NHS Foundation Trust
Level 1 Auditorium

Lunchtime Meetings 12.30-13.15

Poster Presentations
Posters will be displayed in the Level 3 Foyer between 09.00-17.00. Presenters will be standing with their
Posters throughout the breaks.

1. Tailored CBT to treat experiential avoidance in an adult with offending behaviours
   Lucy Armstrong, University of Bath

2. Exploring the barriers to the implementation of Cognitive Behavioural Therapy for
   Psychosis (CBTp) in NHS Lothian.
   Fiona Switzer, NHS Lothian

3. Rumination and metacognitive beliefs in depressed and anxious patients
   Beatriz Rueda, National University of Distance Education, Spain

4. Evaluating the therapeutic effects for people with long-term conditions and their
   family caregivers attending mindfulness-based interventions together: a systematic review
   Ben Parkinson, Glasgow Caledonian University

5. Relationship between clinical variables and positive self-thought in patients
   with schizophrenia.
   Tomoya Takeda, Graduate School of Medical Sciences, The University of Tokushima, Japan

6. Evaluating the therapeutic effects for stroke survivors and their family-caregivers
   using an online mindfulness-based intervention together: a protocol
   Ben Parkinson, Glasgow Caledonian University

7. A systematic review of the effectiveness of Acceptance and Commitment Therapy for
   women with anxiety
   Munirah Alshebali, Princess Nourah Bint Abdulrahman University, Saudi Arabia

8. Evaluating the Stepps Programme in Renfrewshire
   Sandra Johnston, Greater Glasgow and Clyde NHS

9. Reflective practice is key to promoting psychologically informed care. Are there ways
   in which reflective practice could be better integrated into Recovery Team working?
   Holly Panting, University of Bath

10. Supporting the Supporters: A CBT and CFT Case Study with a Military Wife Exposed
    to Trauma
    Daisy Walters, AWP Veterans Mental Health Services

11. An investigation into the efficacy of a CBT group for low self-esteem in a primary
    care setting
    Sarah Beattie, Buckinghamshire New University

12. An investigation into the mediating effect of anxiety on the relationship between low
    self-esteem and depression
    Sarah Beattie, Buckinghamshire New University

13. Service evaluation of the effectiveness and acceptability of Cognitive Behavioural
    Analysis Systems of Psychotherapy (CBASP)
    Jonathan Linstead, South West Yorkshire Foundation Trust

    symptoms of depression and anxiety? A systematic review.
    Jennifer Malik, NHS Greater Glasgow & Clyde, University of Stirling and University of Dundee
15. ExPRESS-ing my symptoms: service user experiences of using a symptom monitoring app for six months
Emily Eisner, University of Manchester

Chris Williams, University of Glasgow and Fraser Anderson, NHS Orkney

17. What is Anhedonia? A Qualitative Study Exploring Loss of Interest and Pleasure in a Community Sample of Adolescents
Rebecca Watson, University of Reading

18. Brief Psychological Interventions for Anxiety and Depression in a Secondary Adult Mental Health Service: An Evaluation.
Kate Roberts, University of East Anglia

19. An evaluation of a Distress Tolerance Brief Psychological Intervention delivered by non-psychologists within a CMHT
Isobel Wright, University of East Anglia

20. Reaching out to Carers of Someone with Schizophrenia or Psychosis: A Model for an Online Intervention to Improve Carer Wellbeing and Quality of Life
Amy Johnson, Northumbria University

21. Investigating the efficacy of a bipolar psycho-education group in a community setting for moderate to severe mental health difficulties
Katherine Parkin, Cambridge Adult Mental Health Locality Team

22. Patient Reported Outcome Measures in Community Mental Health: Pragmatic Evaluation of PHQ-9, GAD-7 and SWEMWBS
Paul Blenkiron, Tees Esk and Wear Valleys NHS Foundation Trust

23. Getting to Eating Disorders Earlier: Does Primary Care Hold the Answer?
Paul Jenkins, University of Reading

24. Cultural adaptations within the British Jewish Orthodox Community
Raphael Kada, Greater Manchester Mental Health NHS Foundation Trust

Symposia 13.30-15.30

Symposium 5 – New Developments - Auditorium B & C
New cognitive and behavioural interventions to prevent PTSD and depression in at risk groups
Chair: Jennifer Wild, University of Oxford
Discussant: Judy Garber, Vanderbilt University, USA
13.30 An evaluation of an existing group-based resilience intervention for high risk occupational groups
Shama El-Salahi, University of Oxford

13.55 Development and evaluation of a cognitive-based resilience intervention for emergency workers: A randomized controlled trial
Gabriella Tyson, University of Oxford

14.20 Daily planning ahead to improve the mental health of student paramedics: A randomised controlled trial
Hjordis Lorenz, University of Oxford

14.45 Adolescent resilience after childhood adversity
Anne-Laura van Harmelen, University of Cambridge

15.10 The science of resilience: Where do we go from here?
Judy Garber, Vanderbilt University, USA

Symposium 6 – Behavioural Medicine - Conference Room 7
CBT and ACT for people with physical disease
Chair: Michael Worrell, Central and North West London Mental Health NHS Foundation Trust
13.30 An overview of the psychological problems associated with cancer
Stirling Moorey, South London and Maudsley Trust and Marc Serfaty, University College London

13.55 Empathy and validation in the therapeutic relationship in palliative care
Kathy Burns, St Christopher’s Hospice, London

14.20 CBT for depression in advanced cancer: the CanTalk trial
Marc Serfaty, University College London and Stirling Moorey, South London and Maudsley Trust

14.45 A pragmatic approach to measuring adherence in treatment delivery in psychotherapy and Acceptance and Commitment Therapy in advanced cancer: the CanAct trial
Marc Serfaty, University College London

15.10 Discussion
Symposium 7 – Behavioural Medicine - Level 1 Auditorium
Developing cognitive behavioural treatments for chronic pain: A tribute to Professor Stephen Morley
Chair and Discussant: Stephen Barton, Newcastle CBT Centre
13.30 Cognitive Biases in Chronic Pain: Summary and Synthesis
Tamar Pincus, Royal Holloway, University College London
13.55 Meta-Analysis of Psychological Treatments for Chronic Pain
Matthew Price, Leeds University
14.20 Conceptualising Clinical Improvement: A Systematic Review
Dean McMillan, York University
14.45 Applying Single Case Designs: Developing Treatments for Chronic Pain
Ciara Masterson, Leeds University
15.10 Discussion

Symposium 8 – Child and Adolescent - Conference Room 2
Cognitive biases in youth depression: Novel measures of assessing attention, interpretation and memory biases and their interaction with each other
Chair: Belinda Platt, LMU Munich, Germany
13.30 The role of attention biases in youth depression: consequence and/or risk-factor?
Belinda Platt, LMU Munich, Germany
14.00 Cognitive biases predict symptoms of depression, anxiety and wellbeing above and beyond neuroticism in adolescence
Eilidh Smith, University of Edinburgh
14.30 Parent-Child Agreement on Symptoms of Adolescent Depression
Faith Orchard, University of Reading
15.00 Exploring connectivity amongst cognitive biases with a psychometric network approach
Sam Parsons, University of Oxford

Panel Discussion 2 – Older Adults - Conference Room 3
Schema and personality change across the life-span: Why we need to radically reconceptualise our views of schema and core beliefs
Chair: Ian James, Northumberland, NTW NHS Foundation Trust
Arjan Videler, Tilburg University, the Netherlands
Alan Howarth, Northumberland, NTW NHS Foundation Trust
Ian Kneebone, University of Technology Sydney, Australia
Laura Bell, Northumberland Community Team, NTW NHS Trust

Symposium 9 – Severe and Enduring - Conference Room 4
The role of developmental processes in psychological adaption to psychosis
Chair: Alice Thomson, The University of Edinburgh
13.30 Putting relationships at the heart of mental health services
Matthias Schwannauer, The University of Edinburgh.
13.55 Tracking young people’s responses to daily hassles - The impact of developmental factors on stress sensitivity in young people at-risk of psychosis
Laura MacLean, The University of Edinburgh
14.20 The role of attachment processes in the development of social withdrawal for young people with psychosis
Alice Thomson, The University of Edinburgh
14.45 Working with adolescents distressed by psychosis: focus on anhedonia and ‘negative symptoms’
Helen Griffiths, NHS Lothian Early Psychosis Support service and University of Edinburgh
15.10 Discussion

Symposium 10 – Therapeutic Techniques - Conference Room 5
Effective elements in CBT
Chair: John Taylor, Northumbria University and Northumberland, Tyne and Wear NHS Foundation Trust
13.30 Cognitive Behaviour Therapists’ Self-Assessment of Competence: Accuracy and impact of training
Sarah Beale, King’s College London, Institute of Psychiatry, Psychology & Neuroscience
13.55  Modifying key illness beliefs in early psychosis carers: Pilot study of a Sole-Session group format plus comparison with a Three-Session format
Natasha Lyons, Harrow and Hillingdon Early Intervention Service, Central & North West London NHS Foundation Trust

14.20  The components of a talking therapy designed to explicitly target suicidal thoughts and acts: Cognitive Approaches to combatting Suicidality (CARMS)
Daniel Pratt, University of Manchester

14.45  Acceptability, Efficacy and Effectiveness of Group Behavioural Activation for Depression among Adults: A Meta-Analysis
Mel Simmonds-Buckley, University of Sheffield

15.10  Discussion

Clinical Skills Classes

Clinical Skills Class 4 – Auditorium A
Behavioural experiments in PTSD treatment - why, when and how?
Sharif El-Leithy, Traumatic Stress Service and Hannah Murray, Oxford Centre for Anxiety Disorders and Trauma

Clinical Skills Class 5 – Conference Room 6
Working with Adolescents with Eating Disorders: Making CBT and Family Based Treatment (FBT) Work Together
Glenn Waller, University of Sheffield and Mirin Craig, NHS Greater Glasgow and Clyde

Clinical Skills Class 6 – Executive Room A & B
The Strong & Curious CBT Therapist. Using the Self-Practice & Self-Reflection Approach to develop Loving-Kindness and Healthy Self-Doubt
Jim Lucas, University of Birmingham

Keynote Addresses 16.00-17.00

Rory O’Connor, University of Glasgow
Understanding the transition between suicidal thoughts and suicidal attempts
Chair: Shirley Reynolds, University of Reading
Auditorium B & C

J.D Smith, Northwestern University Feinberg School of Medicine, USA
Single-case research in the 21st century: A scientific approach to understanding clinical cases
Chair: Gary Brown, Royal Holloway, University of London
Level 1 Auditorium

Christopher Eccleston, Bath University
The psychology of physical sensation
Chair: Trudie Chalder, King’s College London
Auditorium A

Linda Clare, University of Exeter
Cognitive rehabilitation for people with dementia: a behavioural approach to supporting everyday functioning
Chair: Ian James, Northumberland, NTW NHS Foundation Trust
Executive Room A & B
Programme
Thursday 19th July

Symposia 09.00-11.00

Symposium 11 – Adult Mental Health  - Conference Room 7
Understanding and working with Hoarding Disorder across contexts: research, primary care and secondary care
Chair: James Gregory, University of Bath and Claire Lomax, University of Newcastle
09.00  The Role of Intrusive Imagery in Hoarding Disorder
  Nick Stewart, University of Bath
09.25  Investigating categorisation in Compulsive Hoarding Disorder: making it meaningful
  Alice Kilvert, University of Bath
09.50  Emotions and hoarding: a Q-method exploration
  Stephen Kellett, University of Sheffield
10.15  Treating Hoarding Disorder in IAPT and the development of a multiagency approach
  Helen Lofthouse, Brighton and Hove Wellbeing service, Sussex Partnership NHS Trust
10.40  Innovative partnership work between social care and secondary care mental health for hoarding problems
  Victoria Bream, South London and Maudsley NHS Foundation Trust

Symposium 12 – Adult Mental Health  - Conference Room 2
Examining cultural influences in the development, presentation and treatment of psychopathology
Chair: Graham Thew, University of Oxford
Discussant: Hannah Murray, University of Oxford
09.00  Cultural Influences on Self-Defining Autobiographical Memory Specificity
  Lawrence Yu, University of Oxford
09.25  Nothing’s gonna stop me: Post-event processing in social phobia
  Osamu Kobori, Swansea University
09.50  Adaptations to and the efficacy of cognitive behavioural therapy for social anxiety disorder in Japan
  Naoki Yoshinaga, University of Miyazaki, Japan
10.15  Disseminating Internet-based Cognitive Therapy for Social Anxiety Disorder: A pilot case series in Hong Kong
  Graham Thew, University of Oxford
10.40  Discussion

Symposium 13 – Adult Mental Health  - Executive Room A & B
Psychopathology and treatment of anxiety-based disorders
Chair: Jo Daniels, University of Bath
09.00  Tracking Symptom and Process Change in Generalized Anxiety Disorder: Evidence from CBT and Mindfulness Meditation
  Maree Abbott, The University of Sydney, Australia
09.25  Banning Pre-Event Rumination in Social Anxiety Disorder: A Preliminary Randomized Trial
  Maree Abbott, The University of Sydney, Australia
09.50  Do emotion regulation difficulties affect PTSD outcomes and improve with cognitive processing therapy for PTSD?
  Jenna Boyd, McMaster University, Canada
10.15  Adult attachment, worry and reassurance seeking: the mediating role of intolerance of uncertainty
  Gavin Clark, University of New England, Australia
10.40  Prevalence and treatment of Health Anxiety in Chronic Fatigue Syndrome/ME
  Jo Daniels, University of Bath

Symposium 14 – New Developments  - Conference Room 4
New developments and applications of Cognitive Bias Modification in addictions
Chair: Mike Rinck, Radboud University Nijmegen, The Netherlands
09.00  Relapse prevention in abstinent alcoholics by cognitive bias modification: Modification of approach bias, attention bias, or both?
  Mike Rinck, Radboud University Nijmegen, The Netherlands
09.25  Modification of Automatic Alcohol-Approach Tendencies in Alcohol-Dependent Patients with Mild or Major Neurocognitive Disorder
  Eni Becker, Radboud University Nijmegen, The Netherlands
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| 09.50 | Combining avoidance training with go/no-go training to prevent relapse in alcohol-dependent patients  
Schenkel, Edwin, Radboud University Nijmegen, The Netherlands |
| 10.15 | Nicotine-avoidance training as an add-on treatment to achieve smoking cessation  
Wittekind, Charlotte, Ludwig-Maximilians-University Munich, Germany |
| 10.40 | “Push it!” or “Hold it”? Comparing nicotine-avoidance training to nicotine-inhibition training in smokers motivated to quit smoking  
Machulska, Alla, Ruhr-University Bochum, Germany |

**Symposium 15 – New Developments - Auditorium B & C**

**Digital Delivery of Imagery Based Interventions**

**Chair:** Stella Chan, The University of Edinburgh

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| 09.00 | Computerized positive mental imagery training as an adjunct to inpatient mental health treatment: a feasibility trial  
Blackwell, Simon, Ruhr-Universität Bochum, Germany |
| 09.25 | Imaginato: a brief intervention for young people who self-harm supported by a smartphone app  
Di Simplicio, Martina, Imperial College London |
| 09.50 | Project Soothe: A research and public engagement hybrid creating a bank of soothing images for use in psychotherapy  
Chan, Stella, University of Edinburgh |
| 10.15 | Affect and Imagery  
Schwannauer, Matthias, University of Edinburgh |
| 10.40 | The use of Project Soothe images in patients with brain injury: An Evaluation Study  
Ashworth, Fiona, Oliver Zangwill Centre and Anglia Ruskin University |

**Panel Discussion 3 – IAPT and Primary Care - Conference Room 3**

**A process of change: integrating physical and mental health into IAPT**

**Chair:** Trudie Chalder, King’s College London

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| 09.00 | iMAgery focused psychological therapy for persecutory delusions in PSychosis (iMAPS): a case series  
Taylor, Christopher, University of Manchester & Pennine Care NHS Foundation Trust |
| 09.30 | Imagery Rescripting and Psychosis  
Steel, Craig, University of Reading |
| 10.00 | The Nightmare Intervention Study (NiTeS): a pilot randomised controlled trial treating nightmares for patients with persecutory delusions  
Sheaves, Bryony, University of Oxford |
| 10.30 | Attachment-based imagery with voices and paranoia: A case example  
Newman Taylor, Katherine, University of Southampton & Southern Health NHS Foundation Trust |

**Symposium 16 – Severe and Enduring - Level 1 Auditorium**

**Using Imagery when working with Psychosis: Recent Developments and Case Examples**

**Chair:** Craig Steel, University of Reading

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Newman Taylor, Katherine, University of Southampton & Southern Health NHS Foundation Trust |

**Panel Debate 3 – Training and Professional Issues - Conference Room 5**

**Working toward “win-win”: Pragmatic approaches to integrating research into clinical practice**

**Chair:** Gary Brown, Royal Holloway University of London

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Newman Taylor, Katherine, University of Southampton & Southern Health NHS Foundation Trust |
Clinical Skills Classes

Clinical Skills Class 7 – Conference Room 6
Using Values to ACTivate Your Practice: Bringing meaning and purpose to therapy
Richard Bennett and Jim Lucas, University of Birmingham

Clinical Skills Class 8 – Conference Room 8
Cognitive Behavioural Anger Treatment – Intellectual Disabilities and Beyond
Ray Novaco, University of California, USA and John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust

Clinical Skills Class 9 – Auditorium A
Building working alliances with depressed patients
Stephen Barton, Newcastle University

Keynote Addresses 11.30-12.30
Michelle Craske University of California, Los Angeles
Neuroscience informed approaches to psychological treatments for anxiety and depression
Chair: Heather O’Mahen, University of Exeter
Auditorium B & C

John Taylor Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
The evidence for psychological therapies for adults with intellectual disabilities
Chair: Ray Novaco, University of California, USA
Level 1 Auditorium

Michaela Swales, Bangor University
Treating personality disorders: Meeting the conceptual and practical challenge
Chair: Kate Davidson, University of Glasgow
Executive Room A & B

Gail Steketee, Boston University, USA
Advancing CBT Research and Practice for Hoarding Disorder
Chair: Glenn Waller, University of Sheffield
Auditorium A

Poster Presentations
Posters will be displayed in the Level 3 Foyer between 09.00-17.00. Presenters will be standing with their Posters throughout the breaks.

1. Decades of Generalized Anxiety Disorder – A Case Study
Man Hon Chung, School of Nursing, The Hong Kong Polytechnic University, Hong Kong

2. Assessing the Usability and Acceptability of FaceIT@home: an online Intervention for People with Visible Differences
Alyson Norman, University of Plymouth

3. A preventive intervention for safety behavior in students with subclinical social anxiety: A pilot study
Honami Arai, Graduate School of Doshisha University, Japan

Peter Phiri, Southern Health NHS Foundation Trust

5. Lack of a benign interpretation bias in high worriers at the very early stage of information processing
Yachun Feng, King's College London

6. “Put on your oxygen mask on before assisting others”:
A CBT-based group for NHS hospital staff experiencing sleep difficulties
Sareeta Vyas, North Bristol NHS Trust
7. A long-term effectiveness of universal psycho-educational program about traumatic memory recall: A 18-month follow-up
Kaori Osawa, Department of Human Sciences, Konan University, Japan

8. Coherence between attentional disengagement bias and state rumination following a negative lab event in formerly depressed adults: pilot data from a prospective eye-tracking design
Lara von Koch, Humboldt-Universität zu Berlin, Germany

9. The Efficacy of Imagery Rescripting Compared to Cognitive Restructuring for Social Anxiety Disorder
Maree Abbott, The University of Sydney, Australia

10. Anxiety and depression in Chronic Fatigue Syndrome: prevalence and effect on treatment, a meta-analysis
Amy Caswell, University of Bath

11. Working with social anxiety in an adolescent with comorbid depression and low self-esteem: a case study
Samantha Lloyd, University of Bath

12. Effects of a Training in Mental Imagery on worry: Pilot study for Japanese undergraduates
Nanami Tomori, University of the Ryukyus, Japan

13. Self-pity mediates the relationship between shame and binge eating
Yu Nagahama, Tokyo Seidoki University, Japan

14. Effectiveness and feasibility of group CBT for Hoarding Disorder in secondary care
Helena Drury, South London and Maudsley NHS Trust

15. Therapy for childhood OCD in the context of a complicated grief reaction
Nick Stewart, University of Bath

16. It's better together; health professionals working with patient tutors to deliver an ACT based course to support women recovering from breast cancer
Sareeta Vyas, North Bristol NHS Trust

17. The Effectiveness of ACT for Improving Wellbeing and Psychological Flexibility among Employees in a Hospital Setting
Sareeta Vyas, North Bristol NHS Trust

18. Does the severity of anxiety, depression and sleep difficulties impact the effectiveness of CBT for menopausal symptoms?
Lauren Cudney, McMaster University, Canada

19. Emotion dysregulation as a mediator of perinatal anxiety/depression and negative social outcomes during the perinatal period
Arela Agako, McMaster University, Canada

20. Investigating the role of intrusive mental imagery in the social confidence of autistic people
Juliette Attwood, University of Bath

21. The Effects of Mindfulness-Based Cognitive Therapy for Japanese Human Service Professionals. Part 2: Focusing on Work Stress and Mental Health Index
Mika Aniya, University of the Ryukyus, Japan

Mika Aniya, University of the Ryukyus, Japan

23. Rumination in China: Different structure, different consequences for depression
Andrew Ryder, Concordia University, Canada

24. The feasibility and acceptability of a Behavioural Activation treatment for young people with depression in Child and Adolescent Mental Health Services
Charlotte Kitchen, York University

Lunchtime Meetings - 12.30-13.15
CBT Medics SIG Meeting | Conference Room 2
Symposia 13.30-15.30

Symposium 17 – Adult Mental Health - Conference Room 3
The loss of interest and pleasure – What is it, what are its affects and how can we change it?
Chair: Shirley Reynolds, University of Reading
13.30 What is Anhedonia? Exploring Loss of Interest and Pleasure in Adolescents
Rebecca Watson, University of Reading
14.00 The impact of dampening and amplifying appraisals on positive emotion experience in young people
Merve Yilmaz, University of Exeter
14.30 Looking forward to the future: targeting positive future imagery in adolescent depression
Victoria Pile, King’s College London
15.00 How Does Mindfulness Based Cognitive Therapy Bolster Positive Affect and How is This Related To the Prevention of Depressive Relapse?
Barney Dunn, University of Exeter

Symposium 18 – Basic Processes - Auditorium B & C
Optimizing extinction learning mechanisms to enhance exposure therapy
Chair: Simon Blackwell, Ruhr-Universität Bochum, Germany
Discussant: Michelle Craske, University of California, Los Angeles
13.30 Timing is everything: How stress at different times affects the return of extinguished fear
Shira Meir Drexler, Ruhr-Universität Bochum, Germany
13.55 Angiotensin regulation of amygdala response to threat in high-trait anxious individuals
Andrea Reinecke, University of Oxford
14.20 The Role of Hours-Since-Waking and Sleep Quality in Facilitating Fear Extinction Learning and Reinstatement in PTSD
Daniel Zuj, Swansea University
14.45 Self-efficacy as a potential mechanism to promote emotional learning in the therapy context
Armin Zlomuzica, Ruhr-Universität Bochum, Germany
15.10 Discussion

Symposium 19 – New Developments - Level 1 Auditorium
Bringing Network Science into Cognitive Behavioural Therapy and Research
Chair: Gary Brown, Royal Holloway, University of London
13.30 Potential applications of the network paradigm to familiar clinical research problems
Gary Brown, Royal Holloway, University of London
13.55 Personalized network analysis and risk for suicide: A case series of bereaved adults with complicated grief and suicidal thoughts
Donald Robinaugh, University of Amsterdam, the Netherlands
14.20 Network models for clinical practice?
Laura Bringmann, University of Groningen, the Netherlands
14.45 Getting a grip on your mood: Implementing personalized feedback using experience sampling methodology (ESM) in the treatment of bipolar disorder
Fionneke Bos, Department of Psychology, University of Groningen, the Netherlands
15.10 Discussion

Symposium 20 – IAPT and Primary Care - Conference Room 6
New developments in IAPT services
Chair: Georgina Miles, University of Sheffield
13.30 Using technology to help us understand what good CBT looks like in IAPT: Introducing the ‘8 Stage Model’
Sarah Bateup, Anglia Ruskin University
13.55 “I’m not well” - Resilience building; ignorance, arrogance or common sense
Elaine Davies, Coventry University
14.20 IAPT LTC Training: An overview and evaluation of the courses to date
Georgina Miles and Sarah Wilson, University of Sheffield
14.45 Accessible Depression and Anxiety Psychological Therapies for Long term Conditions (ADAPT for LTCs)
Leeanne Nicklas, NHS Education for Scotland
15.10 An investigation into the predictors of burnout in IAPT therapists
Lucy Turnpenny, University of Southampton
Symposium 21 – Intellectual and Developmental Disabilities - Conference Room 5
Clinical and service level interventions and outcomes for people with intellectual disabilities who offend
Chair: John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
13.30 Anger treatment for offenders with intellectual disabilities: Effects of therapist experience on outcomes. Raymond Novaco, University of California, USA
14.00 Developing transdiagnostic CBT for adults with intellectual disabilities Markku Wood, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
14.30 Art therapy for the treatment of aggression in people with intellectual disabilities in secure care Simon Hackett, Newcastle University and Northumberland, Tyne & Wear NHS Foundation Trust
15.00 Service outcome domains in secure intellectual disability services: The Northgate service outcome 250 study John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust

Symposium 22 – Severe and Enduring - Conference Room 4
How does attachment theory enrich CBT for psychosis?
Chair: Katherine Newman-Taylor, University of Southampton & Southern Health NHS Foundation Trust
13.30 Why and how might attachment theory facilitate CBT for psychosis? Katherine Newman-Taylor, University of Southampton & Southern Health NHS Foundation Trust
14.00 The impact of imagery on non-clinical paranoia Alison Bennett, University of Southampton
14.30 Attachment-based imagery for people with first episode psychosis: A single case series Cathryn Pittfield, University of Southampton
15.00 Using attachment theory to inform whole team formulation: A prospective study Andrew Gumley, University of Glasgow

Symposium 23 – Therapeutic Techniques - Conference Room 7
Online Cognitive Behavioural Therapy: Examining its acceptability, effectiveness, and implementation in UK care contexts
Chair and Discussant: Joanna Hudson, King’s College London
13.30 Development of COMPASS – Navigating your long-term condition online cognitive-behavioural therapy programme for people experiencing depression and anxiety in the context of a physical health condition Katrin Hulme, King’s College London
13.50 “I see myself as a little warrior”: Patient perceptions of online-CBT for distress in haemodialysis Joanna Hudson, King’s College London
14.10 Regul8: Web-based cognitive behavioural therapy (CBT) for treating irritable bowel syndrome (IBS) Rona Moss-Morris, King’s College London
14.30 Assessing therapist delivered cognitive behavioural therapy and web-based self-management versus treatment as usual in irritable bowel syndrome (ACTIB): a randomized trial Trudie Chalder, King’s College London
14.50 Clinical-effectiveness, cost-effectiveness and acceptability of low-intensity interventions in the management of obsessive-compulsive disorder: the Obsessive Compulsive Treatment Efficacy Trial (OCTET) Judith Gellatly, University of Manchester
15.10 Discussion
Clinical Skills Classes

Clinical Skills Class 10 – Auditorium A
When Acquiring, Collecting, and Saving become Hoarding Disorder: Models and Interventions
Gail Steketee, University of Boston, USA

Clinical Skills Class 11 – Conference Room 2
How to get the most out of your CBT supervision - how be an effective CBT supervisee
Steve Kellett, Maggie Spark, Dennis Convery and Paul Bliss, University of Sheffield

Clinical Skills Class 12 – Executive Room A & B
Using technology to enhance face-to-face cognitive-behavioural therapy
Richard Stott, King’s College London

Keynote Addresses 16.00-17.00

Freda McManus, Stirling University
Developments in how we can assess our competence in delivering CBT
Chair: Andrew Beck, University of Manchester
Auditorium B & C

Fredrike Bannink Amsterdam, the Netherlands
Positive Cognitive Behaviour Therapy
Chair: Philip Tata, BABCP Scientific Committee
Level 1 Auditorium

Andrew Gumley, University of Glasgow
Preventing recurrence of psychosis: Should Cognitive Behavioural Therapy give up or step up?
Chair: Craig Steel, University of Reading
Auditorium A
Symposia 09.00-11.00

Panel Discussion 4 – Adult Mental Health - Auditorium B & C
Should we be depressed about the effectiveness of CBT for Depression?
Chair: Jon Wheatley, Homerton University Hospital NHS Trust
Speakers:
- Stirling Moorey, Kings College London
- Shirley Reynolds, Charlie Waller Institute, University of Reading
- Barney Dunn, Mood Disorders Centre, University of Exeter
- Stephen Barton, University of Newcastle
- Ioana Cristea, Babes-Bolyai University, Romania
- Steve Hollon, Vanderbilt University, USA

Symposium 24 – Basic Processes - Conference Room 7
Experiences of psychological and physical health problems
Chair: TBC
09.00 Culture specific factors related to disordered eating in India and the UK: A qualitative investigation
Latika Ahuja, University of Exeter
09.25 Development and Validation of the Southampton Acceptance Scale (SAS)
Zoe McAndrews, University of Southampton
09.50 Measuring cognitive-affective processing: The critical need for estimation and reporting of reliability
Sam Parsons, University of Oxford
10.15 Volunteers’ experiences of helping hoarders and hoarders’ experiences of being helped
Kirsty Ryninks, University of Bath
10.40 The association between knowledge of HPV and feelings of shame, depression and anxiety in women with cervical cancer
Amy Caswell, University of Bath

Symposium 25 – Child and Adolescent - Conference Room 2
Developing treatments for children and young people
Chair: Andrew Beck, University of Manchester
09.00 First episode psychosis: a comparison of caregiving experiences in parents caring for the same child
Caroline Floyd, Harrow and Hillingdon Early Intervention in Psychosis Service, Central and Northwest London NHS
09.25 Using imagery rescripting to treat spider phobia in a young person with autism: The case of Dame Wash-a-Lot and friends
Mia Foxhall, University of Bath
09.50 A pilot controlled trail study of life skills classes for young people with low mood and anxiety in Pakistan
Anna Khalid, Fatima Jinnah Women University, Pakistan
10.15 CBT for misophonia in an adolescent: a single case experimental design
Sally McGuire, University of Bath
10.40 Killing three birds with one stone: Training teachers and CBT therapists to deliver ‘Stress Control’ to pupils, parents and teachers
Jim White, Stress Control Ltd

Panel Discussion 5 – Intellectual and Developmental Disabilities - Conference Room 3
Contemporary developments and issues in anger treatment and research
Chair: John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
Speakers:
- Raymond Novaco, University of California, USA
- Ray DiGiuseppe, St John’s University, New York, USA
Programme
Friday 20th July

Clinical Skills Classes

Clinical Skills Class 13 – Conference Room 4
Comprehend, Cope and Connect: Adapted CBT for mental health acute crisis and whole team working
Sean Harper, NHS Lothian and Isabel Clarke, Southern Health Care NHS Trust

Clinical Skills Class 14 – Conference Room 5
Improving CBT outcomes using outcome prediction and feedback methods
Jaime Delgadillo, University of Sheffield

Clinical Skills Class 15 – Conference Room 6
Using couple-focussed interventions with long term health conditions
Michael Worrell and Sarah Corrie, Central and North West London Foundation NHS Trust

Clinical Skills Class 16 – Auditorium A
Pictures that Stick: How to transform distressing images linked to death trauma and PTSD
Jennifer Wild, University of Oxford

Keynote Addresses 11.30-12.30

Steve Hollon, Vanderbilt University, USA
Is CBT Enduring or do Antidepressant Medication Prolong the Underlying Episode?
Chair: Jennifer Wild, University of Oxford
Auditorium B & C

Ray di Guiseppe St John’s University, New York
Which Cognitions are best to Target in CBT and their Empirical Support
Chair: John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
Auditorium A
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University of Bath
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Download the Call for Papers at wcbct2019.org

Main Call for Papers closes: 6th January 2019
Call for Posters closes: 17th February 2019

COGNITIVE AND BEHAVIOURAL THERAPIES AT THE CROSSROADS
Supporting your steps towards effective DBT

Dialectical Behaviour Therapy (DBT) is the most innovative and unique behavioural approach towards treating personality disorders to have emerged in a generation. It was the first mainstream psychotherapy to incorporate mindfulness practice at its core. Originally developed by professor Marsha Linehan at the University of Washington in Seattle as an eclectic approach to treating Borderline Personality Disorder, its evidence base is now second to none. Multi-model DBT programmes have been implemented by training clinicians in many countries with diverse health systems, working relentlessly across a range of clinical and forensic settings to create lives worth living for people facing complex, severe and enduring psychological challenges.

British Isles DBT Training is the sole licensed UK provider of training, consultation and supervision in Dialectical Behaviour Therapy, officially recommended for consideration in the Borderline Personality Disorder Guideline for treating repeated self-harming behaviours (NICE, 2009). In partnership with the Linehan Institute*, our team has contributed to establishing international accreditation criteria for DBT therapists, based on rating tapes using the adherence scale developed by Marsha Linehan’s research lab in Seattle. The Society for Dialectical Behaviour Therapy now forms the only demonstrably independent Board of Accreditation in the UK.

Our trainers
- All our trainers have been supervised either by Marsha Linehan or one of her original DBT Consultation team.
- All our trainers are experienced clinicians who have had their sessions assessed to ensure they are adherent to Linehan’s model before training others - the only UK training team with *International Affiliate

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2018/2019

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September Suicide: DBT ® Protocol For Assessing And Managing Risk™

September 17 - 18
MANCHESTER
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September 24 - 28
BRISTOL
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