

FULL CONFERENCE PROGRAMME
(Subject to change – but probably only minor changes!)

Thursday 21ST July

9.00-11.15

ADULT MENTAL HEALTH

Symposia

Cognitive factors that maintain generalised anxiety disorder and worry

Convenor: Colette Hirsch, Institute of Psychiatry, King's College London

9.00 Cognitive factors that maintain worry: The role of imagery and verbal processing of feared and benign worry outcomes

Sarra Hayes, Institute of Psychiatry, King's College London

9.25 Worry in imagery and verbal form: Effect on residual working memory capacity

Eleanor Leigh, Institute of Psychiatry, King's College London

9.50 Break

10.10 Intolerance of Uncertainty, Worry and Obsessive-Compulsive Symptoms: Common and Specific Features

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

10.35 Ten years of published research on mood-as-input and perseverative worrying: Implications for GAD

Graham Davey, University of Sussex

Assessment and treatment of PTSD in routine and high risk groups: New findings from prospective and treatment outcome studies

Convenor: Jennifer Wild, Institute of Psychiatry, King's College London

9.00 Assessment for PTSD in at-risk populations: Self-report vs. clinical interview

Jennifer Wild, Institute of Psychiatry, King's College London

9.25 Contribution of cognitive factors to sex differences in PTSD prevalence

Anke Ehlers, Institute of Psychiatry, King's College London

9.50 Break

10.10 Cognitive therapy for PTSD in routine clinical practice

Nick Grey, Institute of Psychiatry, King's College London

10.35 Dialectical-Behavior-Therapy for severe Post Traumatic Stress Disorder after childhood sexual abuse: A randomized controlled trial

Regina Steil, Goethe University of Frankfurt and Central Institute of Mental Health, Mannheim

Psychological Processes and Suicidal Behaviour

Convenor: Rory O'Connor, University of Stirling

9.00 Towards an integrated motivational–volitional model of suicidal behaviour

Rory O'Connor, University of Stirling

9.25 Suicidal imagery in unipolar and bipolar depression

Emily A Holmes and Susie A Hales, University of Oxford

9.50 Break

10.10 Meta-cognitive awareness and reasons for not self-harming when feeling suicidal

Mark Williams and Emily Hargus, University of Oxford

10.35 CBT interventions for deliberate self harm: Achievements and new challenges

Ella Arensman, National Suicide Research Foundation, Department of Epidemiology and Public Health, University College Cork, Ireland

Mental contamination in Obsessive Compulsive Disorder

Convenor: Emma Warnock-Parkes, South London and Maudsley NHS Trust and Institute of psychiatry

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

Discussant: Jack Rachman, University of British Columbia

- 9.00 Introduction and overview**
David Veale, Institute of Psychiatry, King's College London
- 9.10 Case illustrations of mental contamination in Obsessive Compulsive Disorder**
Lauren Callaghan and Asmita Patel, South London and Maudsley NHS Trust
- 9.30 The spread of mental contamination**
Anna Coughtrey, University of Reading
- 9.50 Break**
- 10.05 Origins of contamination fears**
Eva Zysk, University of Reading
- 10.25 Treating OCD when the problem is beneath the surface: The cognitive treatment of a case of pure mental contamination**
Emma Warnock-Parkes, South London and Maudsley NHS Trust
- 10.45 Discussion**

BASIC PROCESSES AND NEW DEVELOPMENTS

Symposia

CBT interventions transferred to the Internet

Convenor: Gerhard Andersson, Linköping University and Karolinska Institute, Sweden

- 9.00 Behavioural Couples Therapy over the Internet: A randomised controlled trial**
Gerhard Andersson, Linköping University and Karolinska Institute, Sweden
- 9.35 Internet-delivered CBT for Irritable Bowel Syndrome: Theory, treatment, and empirical results**
Ljotsson Brjann, Karolinska Institutet, Sweden
- 10.10 Break**
- 10.30 Individually-tailored, Internet-based treatment for anxiety disorders: A randomized controlled trial**
Per Carlbring, Dept of Psychology, Umea university

Exploring emotion regulation processes in health and psychopathology

Convenor: Barney Dunn, Medical Research Council Cognition and Brain Sciences Unit, Cambridge

Discussant: Michelle Moulds, University of New South Wales, Sydney

- 9.00 Introduction:**
Barnaby Dunn, Medical Research Council Cognition and Brain Sciences Unit, Cambridge
- 9.10 Is emotion suppression universally a bad thing? Investigating the consequences of effortful emotion regulation in Borderline Personality Disorder**
David Evans, Medical Research Council Cognition and Brain Sciences Unit, Cambridge
- 9.30 How does mental fatigue relate to the emergence of depressive thought patterns?**
Theresa Dahm, Medical Research Council Cognition and Brain Sciences Unit, Cambridge
- 9.50 Break**
- 10.05 Exploring the time course of emotion experience to positive imagery in currently and previously depressed individuals.**
Barnaby Dunn, Medical Research Council Cognition and Brain Sciences Unit, Cambridge
- 10.25 Affective control through cognitive control: Can brain-training be applied to the clinical domain?**
Susanne Schweizer, Medical Research Council Cognition and Brain Sciences Unit, Cambridge
- 10.45 Discussion**

CHILDREN AND ADOLESCENTS

Symposia

Parental cognitions: Associations with parental behaviours and child adjustment

Convenor: Cathy Creswell, University of Reading

- 9.00 Maternal anxiety and cognitive biases towards threat in their own and their child's environment**

- Kathryn Lester, University of Sussex
- 9.20 Reinforcement of threat and vulnerability in mother-child discussions: The role of maternal anxiety and cognitions**
Linda Piper, University of Reading
- 9.40 Intergenerational transmission of Social Anxiety: The role of paternal and maternal fear of negative child evaluation and parenting behaviour**
Wieke de Vente, University of Amsterdam, The Netherlands
- 10.00 Break**
- 10.20 Maternal responsibility and child anxiety**
Adela Apetroaia, University of Reading
- 10.40 The effect of inflated responsibility on maternal and child behaviours**
Shirley Reynolds, University of East Anglia

Developments in Theory and Practice with Children and Parents

Chair: Andy Field, University of Sussex

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- 9.00 Do callous-unemotional traits moderate relationships between coercive and affective-based dimensions of parenting and child conduct problems?**
Dave Pasalich, University of New South Wales
- 9.20 Vicarious fear acquisition in children: increasing fear relevance does not increase fear learning**
Chris Askew, Kingston University
- 9.40 Parental signals and anxiety: fathers' versus mothers' relative role in their child's anxiety in ambiguous situations**
Eline Moller, University of Amsterdam
- 10.00 Break**
- 10.15 Does therapist adherence and parent-therapist alliance predict outcome in a CBT guided self-help intervention for children with anxiety disorders?**
Natalie Rodriguez, University of Reading
- 10.35 Effect of Message Framing on Views of Postpartum Depression and Treatment**
Erin Henshaw, Denison University

EATING DISORDERS AND IMPULSE CONTROL

Symposium

Experimental research in hot and cold cognition in eating disorders

Convenor: Kate Tchanturia, Institute of Psychiatry, King's College London

Discussant: Rachel Bryant-Waugh, Great Ormond Street Hospital NHS Trust/Institute of Child Health, UCL

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- 9.00 Performance-based emotional intelligence in Anorexia Nervosa**
David Hambrook, Royal Holloway University of London
- 9.25 Emotion expression in eating disorders**
H Davies, Institute of Psychiatry, King's College London
- 9.50 Break**
- 10.10 Selective impairment in the automatic processing of facial expressions in restrictive anorexia and obesity**
Renáta Cserjési, Renáta Cserjési University of Groningen, Netherlands
- 10.35 Hot executive functions and frontal-striatal systems in the treatment of adolescent obesity**
Antonio Verdejo-García, University of Granada, Spain
- 11.00 Discussion**

IAPT AND PRIMARY CARE

Panel Discussion

IAPT: Medical model or psychological model; night-club bouncers or open-door welcoming?

Convenor: Henck van Bilsen, Canterbury Christ Church University

Adrian Withington, Sussex Partnership NHS Foundation Trust
Tim Carey, Centre for Remote Health and the Central Australian Mental Health Service
Jim White, Greater Glasgow and Clyde NHS
Discussant: Paul Johanson, NHS South East Coast

INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Symposium

The impact on participants and services of a Cognitive-Behavioural anger management intervention for people with intellectual disabilities

Convenor: Paul Willner, Swansea University

- 9.00 Managers' reports of challenging behaviours and effective service responses before joining a research trial of a CBT anger management group intervention: a qualitative study**
Nicola Rose, Learning Disabilities Specialist Health Service, the Ridge Hill Centre, Dudley
- 9.25 'Getting in control': Exploring service-users' experiences of a cognitive behavioural anger management intervention for people with intellectual disabilities**
Pamela Macmahon, University of Glasgow
- 9.50 Break**
- 10.10 The experiences of staff taking on the role of 'lay therapist' in a group-based cognitive-behavioural therapy anger management intervention for people with intellectual disabilities**
Aimee Stimpson, Abertawe Bro Morgannwg University Health Board
- 10.35 CBT group intervention for people with intellectual disabilities who have anger problems: Views and experiences of service users, therapists and managers**
Biza Stenfert-Kroese, Birmingham University

PSYCHOSIS

Symposium

CBT for Psychosis: New Interventions

Convenor: Craig Steel, University of Reading

- 9.00 CBT for improving social recovery in early and at risk psychosis**
David Fowler, University of East Anglia
- 9.25 A case example of Cognitive Behavioural Therapy for co-morbid PTSD in Psychosis**
Ben Smith, North East London NHS Foundation Trust
- 9.50 Break**
- 10.10 CBT for individuals at high risk of developing psychosis: A case example describing assessment, formulation and various intervention techniques**
Nicola Smethurst, University of Manchester
- 10.35 Working with the consequences of childhood sexual abuse in adults with psychosis**
Elaine Hunter, King's College London

TRAINING AND PROFESSIONAL ISSUES

Symposia

Examples of service delivery, clinical outcomes and the development of CBT competencies within IAPT services

Convenor: James Gregory, Rightsteps Bristol, IAPT, Turning Point

- 9.00 The self-assessment of CBT competencies during High Intensity Training using the Roth and Pilling (2008) Competency Framework**
James Gregory, Rightsteps Bristol, Turning Point
- 9.20 The development of an 'in-house' continuous professional development programme for Psychological Well-being Practitioners**

- Jane Mallard, Rightsteps Bristol, Turning Point
- 9.40 An 'in-house' training programme for new recruits without prior PWP training**
Abigail McCormack, Outlook South West
- 10.00 Break**
- 10.15 The implementation and audit of a stress control group within an IAPT service**
Paul Adkins, Bristol Rightsteps, Turning Point
- 10.35 An exploration of the effectiveness of low intensity interventions for depression in a multi cultural and ethnically diverse population**
Lucy Brett-Taylor, City and Hackney Primary Care Psychology Service
- 10.55 Discussion**

Treatment Delivery: Efficiency and Practice

Chair: Diana Sanders, Oxford Health NHS Trust and Oxford Radcliffe Trust

- 9.00 Are client's expectations of psychological therapy related to initial attendance?**
Richard Cosway, NHS Lothian
- 9.20 Are the NICE guidelines for Depression used in Primary Care and what impact do they have on the treatments offered to patients?**
Alex Gyani, University of Reading
- 9.40 Making the PPIP squeak: maximising the IAPT investment to enhance Primary Care consultations**
Ineke Powell, South Central Strategic Health Authority
- 10.00 Break**
- 10.15 A quantitative analysis of factors influencing implementation of Computer-aided CBT in IAPT services**
Luca Palmili, Institute of Psychiatry, King's College London
- 10.35 A little goes a long way: a brief CBT intervention in Cardiac Rehabilitation**
Diana Sanders, Oxford Health NHS Trust and Oxford Radcliffe Trust

THERAPEUTIC TECHNIQUES

Clinical Roundtable

Complex Cases

Convenor: Rob Dudley, Newcastle University

Mike Lambert, Brigham Young University

Mark Lau, University of British Columbia

Willem Kuyken, University of Exeter

9.00-11.00

Skills Classes

Targeting rumination by changing processing style: Experiential and imagery exercises

Ed Watkins, University of Exeter

How to make best use of the CTS-R in terms of assessment, training and supervision

Ian James, Northumberland, Tyne and Wear NHS Foundation Trust

The rough guide to dissociation: What's happening and what you can do about it

Helen Kennerley, Oxford Cognitive Therapy Centre (OCTC), Oxfordshire and Buckinghamshire Mental Health Trust (OBMH), University of Oxford

9.00 – 10.30

Psychological Wellbeing Practitioner Accreditation Committee Meeting

10.00 – 12.00

BABCP Branch Liaison Meeting

11.30-12.30

Keynote Addresses

Professor Gerhard Andersson, Linköping University and Karolinska Institute, Sweden
What can we learn from the rapid expansion of Internet-Delivered CBT?
Chair: Emily Holmes, University of Oxford

Professor Anke Ehlers, Institute of Psychiatry, King's College London
Cognitive Therapy for PTSD: An update
Chair: Jennifer Wild, Institute of Psychiatry, King's College London

Professor Andy Field, University of Sussex
Marrying different pathways to children's fears: Something old, something new, plenty borrowed, lots to do
Chair: Samantha Cartwright-Hatton, University of Sussex

Professor Keith Hawton, Centre for Suicide Research, University of Oxford
Evidence-based clinical care for self-harm patients
Chair: Amy Meadows, Judi Meadows Memorial Trust

12.30

Meet the Authors of the 'International Handbook of Suicide Prevention'
Conference Exhibition - Wiley Blackwell Stand

12.30 – 13.30

Children and Families Special Interest Group (SIG) Meeting

13.30-15.45

ADULT MENTAL HEALTH

Symposia

Trauma and the self: Understanding the cognitive aftermath of traumatic experiences and its implications for therapy

Convenors: Lusia Stopa and Soljana Cili, University of Southampton

13.30 Memory and identity in amnesia: The importance of supporting the self

Clare Rathbone, University of Reading

14.05 Impact of autobiographical memory recall on the self: Extending the concept of core beliefs to the concept of multiple selves

Soljana Cili, University of Southampton

14.40 Break

15.00 The influence of culture and trauma on autobiographical memory and the self

Laura Jobson, University of East Anglia

Anger and psychopathology: Orienting treatment to transdiagnostic problems

Convenor: Ray Novaco, University of California, Irvine

Discussant: John L. Taylor, Northumberland, Tyne and Wear NHS Foundation Trust and Northumbria University

13.30 Anger dysregulation as a transdiagnostic problem: Brief orienting perspective

Raymond W. Novaco, Department of Psychology, University of California, Irvine, USA

13.40 Treatment engagement in CBT for anger problems as a function of clinical and demographic characteristics

John Owen, Bolton Primary Care Trust and University of Manchester

14.00 Towards a metacognitive framework on anger: Introducing the Metacognitive Beliefs and Anger Processing (MAP) scale

Stine Bjerrum Moeller, Department of Psychology, University of Copenhagen, Denmark

14.20 Break

14.35 Anger, shame, and PTSD among combat veterans: Cognitive and emotional processes in post-deployment readjustment

Oscar Gonzalez, Department of Psychology, University of California, Irvine

14.55 Anger dysregulation, emotional intelligence, and anger treatment gains at a forensic hospital

Carolin Walker, the State Hospital, Scotland

15.15 Discussion

New developments in suicide prevention

Convenor: Rory O'Connor, University of Stirling

13.30 Tackling socio-economic inequalities in suicide: How can suicide prevention meet the challenge?

Stephen Platt, University of Edinburgh

13.50 "It's not that I wanted to die..." The complex relationships between suicidal thoughts, behaviours and intent, and how these are expressed through a 'language of suicide'

Catherine Johnstone, Samaritans

14.10 Non-suicidal self-injury as a new DSM-V diagnosis: help or hindrance?

Keith Hawton, University of Oxford

14.30 Break

14.50 Developing a risk assessment tool for use in IAPT services

Ann Adams, University of Warwick and Christopher Buckingham, Aston University

15.10 The C-SSRS: Assessing Suicide, Improving Precision and Reducing Burden

Kelly Posner, Columbia University, USA

Compulsive hoarding: From new research to clinical practice

Convenor: Stephen Kellett, University of Sheffield

13.30 Hoarding Disorder: A proposed new disorder in DSM-5

David Mataix-Cols, Institute of Psychiatry, King's College London

13.55 Prevalence and heritability of Compulsive Hoarding: A twin study

Alessandra C. Iervolino, Institute of Psychiatry, King's College London

14.20 Break

14.40 When hoarding is a symptom of OCD: a case series and implications for DSM-V

Alberto Pertusa, Institute of Psychiatry, King's College London and Hertfordshire Partnership NHS Foundation Trust

15.05 The role of attachment disturbance in compulsive hoarding

Stephen Kellett, University of Sheffield

BASIC PROCESSES AND NEW DEVELOPMENTS

Symposia

New directions and developments in behavioural activation

Convenor: David Ekers, Tees Esk and Wear Valleys NHS Trust and Durham University

13.30 Behavioural Activation for depression delivered by the non specialist. A meta analysis and randomised controlled trial of clinical effectiveness and cost utility

David Ekers, Tees Esk and Wear Valleys NHS Trust and Durham University

13.55 Internet behavioural activation for Postnatal Depression: A randomized controlled trial

Heather O'Mahen, University of Exeter

14.20 Break

14.40 Implementing Group Behavioural Activation in Primary Care

Joe Curran, Sheffield Health and Social Care NHS Foundation Trust

15.05 Addressing Depression in Muslim Communities

Ghazala Mir, University of Leeds

Emotion-Regulation: Clinical and developmental perspectives

Convenor: Pasco Fearon, University of Reading

- 13.30 The relationship between parenting and children's emerging capacity for Emotion Regulation**
Frances Warren, University of Reading
- 14.05 Feeling worse or feeling better: An investigation of emotion regulation in non-suicidal self-injury (NSSI)**
Katie Dhingra, University of Sheffield
- 14.40 Break**
- 15.00 Title T.B.C.**
Sarah Halligan, University of Reading

The use of virtual environments in CBT

Convenor: Matthew Wilcockson, Coventry and Warwickshire Partnership Trust, and Coventry University

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- 13.30 The story so far, and 2 clinical applications**
Matthew Wilcockson, Coventry and Warwickshire Partnership Trust, and Coventry University
- 13.55 Making it real: A review of the technological frontiers in virtual environments**
Silvester Czanner, University of Warwick
- 14.20 Break**
- 14.40 Applying CBT principles and techniques to interactive technologies for supporting social competence in children on the autism spectrum: The COSPATIAL project**
Sarah Parsons, Southampton Education School, University of Southampton
- 15.05 Role-play using virtual environments**

New developments in anxiety processes

Chair: Marcel van den Hout, University of Utrecht, Netherlands

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- 13.30 How does attention training work in social phobia: Disengagement from threat or reengagement to non-threat?**
Alexandre Heeren, Universite Catholique de Louvain
- 13.50 The dual efficacy of training attentional processing on attention and interpretation: Evidence from a cognitive bias modification intervention**
Jennifer Bowler, University of East Anglia
- 14.10 Prize Talk: Internet-based Cognitive Bias Modification: Interpretation bias modification for anxiety in University students**
Jo Illingworth, University of Cambridge
- 14.30 Break**
- 14.45 It is about time: The effect of rumination on the maladaptive self-beliefs characteristic of social anxiety before and after a social-evaluative situation**
Quincy Wong, University of New South Wales
- 15.05 Observer perspective imagery in Social Anxiety: Effects on negative thoughts and discomfort**
Lydia Kearney, Kingston University
- 15.25 Eww, gross! Disgust is resistant to extinction: Implications for the treatment of anxiety disorders**
Elizabeth Mason, University of New South Wales and Clinical Research Unit for Anxiety and Depression

BEHAVIOURAL MEDICINE

Symposium

Chronic Fatigue Syndrome: Treatment evidence and predictors of outcome

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

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- 13.30 Comparison of pacing, cognitive behaviour therapy, graded exercise therapy and specialist medical care for chronic fatigue syndrome (PACE): a randomised trial**
Trudie Chalder, King's College London
- 13.55 Telephone-based guided self-help for Chronic Fatigue Syndrome in adolescents: a non-randomised longitudinal study.**
Samantha Lloyd, Institute of Psychiatry, King's College London
- 14.20 Break**

- 14.40 Long term sickness absence among patients with chronic fatigue syndrome**
Ann Kristin Knudsen, King's College London
- 15.05 Salivary cortisol in adolescents with chronic fatigue syndrome, before and after CBT.**
Katharine Rimes, University of Bath

CHILDREN AND ADOLESCENTS

Symposium

Parental factors and child anxiety: Development and treatment

Convenor: Cathy Creswell and Adela Apetroaia, University of Reading

- 13.30 Child anxiety treatment response in the context of maternal anxiety: The role of mother-child co-constructed narratives**
Ray Percy, University of Reading
- 13.50 The impact of paternal anxiety on father-child interactions**
Errity Darina, Trinity College Dublin
- 14.10 Break**
- 14.30 Parental anxiety and processing of child-threat information: An experimental study**
Sam Cartwright-Hatton, University of Sussex
- 14.50 Parental transmission of anxiety via social referencing: The role of infant temperament**
Evin Aktar, University of Amsterdam, The Netherlands
- 15.10 Investigating secondary school transition as a stressor for increasing social anxiety**
Pui Yi (Mandy) Lau, University of Reading

Panel Discussion

OCD across the age range: the similarities and differences between treating OCD in childhood, adolescence and adulthood

Convenor: Eva Zysk, University of Reading

Sarah Egan, Curtin University, Australia
Shirley Reynolds, University of East Anglia
Paul Salkovskis, University of Bath
Tim Williams, University of Reading

EATING DISORDERS AND IMPULSE CONTROL

Symposium

Eating Disorders: From theory to practice

Chair: Lucy Serpell, University College London and North East London NHS Foundation Trust

- 13.30 Susceptibility to thought-shape fusion in adolescents and adults**
Jennifer Coelho, University of Savoie
- 13.50 The neuropsychology of starvation: Set shifting, perseveration, persistence and central coherence in a non-clinical sample**
Sarah Pender, University College London
- 14.10 An exploratory study of the role of values in Anorexia Nervosa**
Una Mulkerrin, University College London
- 14.30 Break**
- 14.50 Attitudes towards self-help for eating disorders**
Carrie-Ann McClay, University of Glasgow
- 15.10 Evidence-based treatments in Eating Disorders: Treatment History Questionnaire**
Rachel van Schaick, University College London

IAPT AND PRIMARY CARE

Symposium

IAPT on the ground

Convenor: Roz Shafran, University of Reading, and Jackie Prosser, IAPT Regional Clinical Lead, South Central Strategic Health Authority

- 13.30 General Practitioners in IAPT: The good, the bad and the future**
Katie Simpson, South Central Strategic Health Authority, IAPT Programme GP Lead
- 14.05 IAPT implementation: A treatable condition (in hindsight)**
Paul Sigel, NHS City and Hackney Community Health Services
- 14.40 Break**
- 15.00 “Are We Nearly There Yet?” The development of new roles in an IAPT service**
June Dent, TalkingSpace, IAPT Oxfordshire and former IAPT Clinical Advisor, South Central Strategic Health Authority
- 15.35 Discussion**

PSYCHOSIS

Symposium

Cognitive therapy for people at high risk of developing psychosis: Findings from a multicentre RCT

Convenor: Tony Morrison, University of Manchester

- 13.30 At risk mental state for psychosis or at risk mental state for mental health problems: Baseline characteristics of a sample of people at high risk of psychosis**
Paul French, GMWMHFT and University of Manchester
- 13.55 The evolution of emotional dysfunction and psychotic-like experiences in people at risk of psychosis**
Max Birchwood, University of Birmingham
- 14.20 Break**
- 14.40 The relationship between self-stigma, depression and social anxiety in young people at risk of psychosis**
Melissa Wardle, University of Manchester
- 15.05 Negative schemas and the course of paranoia in at risk mental states**
David Fowler, University of East Anglia

TRAINING AND PROFESSIONAL ISSUES

Symposium

CBT training: From novice to expert

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

- 13.30 Knowledge into action: A multi-method approach to evaluating the impact of CBT education**
Marie Chellingsworth, The University of Nottingham
- 13.55 CBT supervision: Measuring competence**
Pamela Myles, University of Reading
- 14.20 Break**
- 14.40 Can therapists learn CBT through the Internet? A pilot study of online CBT training**
James Bennett-Levy, University Centre for Rural Health, University of Sydney
- 15.05 Teaching excellence in CBT on a pluralistic clinical psychology training course**
Sue Watson, University College London

THERAPEUTIC TECHNIQUES

Symposia

ACT research in the UK

Convenor: Jo Lloyd, Goldsmiths, University of London

- 13.30 Towards a more comprehensive understanding of effective psychological treatments for those with chronic pain**
Kevin Vowles, The Haywood Hospital and Keele University
- 14.00 Investigation of the relationship between depression, rumination, metacognitive beliefs and cognitive fusion**
Eleonore Sian Kerr, NHS Grampian
- 14.30 Break**
- 14.45 The impact of ACT on transformational leadership**
Frank Bond, Goldsmiths, University of London
- 15.15 An RCT comparison of Acceptance and Commitment Therapy and treatment as usual for treatment-resistant clients**
Susan Clarke, Dorset HealthCare NHS University Foundation Trust, Bournemouth University

Complex cases: Theory and research

Convenor: Rob Dudley, Newcastle University

- 13.30 Where is the complexity in complex cases - in the lives of the clients or the minds of the clinicians?**
Timothy Carey, Centre for Remote Health and Central Australian Mental Health Service
- 13.55 Towards a conceptual understanding of comorbidity and complexity**
Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centred
- 14.20 Break**
- 14.40 The understanding and treatment of complexity in Eating Disorders**
Carlos Grilo, Yale University
- 15.05 Patient complexity in the treatment of Depression**
Steve Hollon, Vanderbilt University

13.30-15.30

Skills Classes

Getting the 'B' back into CBT: Sticking to what works for the eating disorders
Glenn Waller, Central and North West London NHS Foundation Trust

Analysing clinical and experimental psychopathology data: Some potential problems and some modern solutions
Andy Field, University of Sussex

Two techniques to improve well-being through targeting grateful schemas: A positive clinical psychology approach
Alex Wood, University of Manchester

14.00-16.00

BABCP National Wales Forum Meeting

16.00-17.00

Keynote Addresses

Professor Michael Lambert, Brigham Young University, USA
What shall we do about the fact that there are Supershrinks and Pseudoshinks?
Chair: Mike Lucock, University of Huddersfield

Professor Anthony Morrison, University of Manchester
Cognitive Therapy without Antipsychotic Medication: How effective is it for people at high risk of developing Psychosis and people with Psychotic Disorders?
Chair: Craig Steel, University of Reading

Professor Nirbhay Singh, American Health and Wellness Institute, USA

Mindfulness-based interventions for people with intellectual and developmental disabilities and their carers

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

Dr Colette Hirsch, Institute of Psychiatry, King's College London

Why worry? Key cognitive processes that maintain Generalised Anxiety Disorder

Chair: Andrew Mathews

17.00 – 17.30

Poster Presentations

(Following this poster session all posters will remain displayed for the duration of the conference).

1. Development of a screening tool for early Posttraumatic Stress Disorder in children and adolescents for use in health and community settings
Clare Dixon, Medical Research Council Cognition and Brain Sciences Unit
2. Diagnostic specificity in Childhood Anxiety Disorders: Familial and environmental Influences
Jenny Crosby, University of Reading
3. "Is it scary mummy?" Vicarious acquisition and prevention of fear in children via a mother or a stranger
Guler Dunne, Kingston University
4. Effects of inflated responsibility on anxiety in children
Sorina Zielinski, University of East Anglia
5. Childhood Anxiety Disorders: Associations with heart rate variability and heart rate
Anna Alkozei, University of Reading
6. Examining therapy procedures used in child and adolescent mental health care
Brigit van Widenfelt, Leiden University Medical Centre
7. Training the attention networks of children with ADHD through mindfulness meditation
Karin Joanknecht, UvA-Virenze
8. To investigate the outcome of a Computer-Assisted CBT game on young Irish people with emotional difficulties: A randomised controlled trial
Aisling O' Dwyer O' Brien, University College Dublin
9. The differential effects of negative mood, intolerance of uncertainty, and problem-solving confidence on systematic information processing and worry
Suzanne Dash, University of Sussex
10. Specificity of intolerance of uncertainty in obsessive compulsive disorder and generalized anxiety disorder: An analogue study
Anna Goodson, Newcastle University
11. Mindfulness and Worry: The effect of attention control
Ben Ainsworth, University of Southampton
12. 'Buying affection': New goals and new possibilities
Jody Fairhurst, Six Degrees Social Enterprise
13. Self- help treatment for anxiety disorders: A meta- analysis of effect and a meta- regression of potential predictors and moderators
Thomas Haug, University of Bergen and Western Health region
14. Identification bias of emotional facial crowds in Social Anxiety
Morgane Vanhaelen, University of Louvain

15. The development and validation of a measure of maladaptive self-beliefs related to Social Anxiety
Quincy Wong, University of New South Wales
16. The relationship between automatic thoughts and needs of social comparison in Japanese women university students
Kumiko Yoshitake, Nagasaki Junshin Catholic University
17. A single-case study of attention training in Social Phobia: From lab to clinical practice
Alexandre Heeren, Universite catholique de Louvain, Belgium
18. Insomnia pre- and post-treatment for Anxiety and/or Depression
Elizabeth Mason, Clinical Research Unit for Anxiety and Depression
19. Can positive affect broaden the scope of attention?
Emma Hill, MRC Cognition and Brain Sciences Unit
20. A prospective study using structural equation modelling to identify a core process that predicts psychological distress
Timothy Bird, University of Manchester
21. Group Behavioural Activation treatment for Depression
Ingrid Huijbregts Huijbregts, Talking Change Primary Care Therapy Service
22. Beating the blues after a stroke: A case presentation
Sara Simblett, University of Cambridge and NIHR CLAHRC for Cambridgeshire and Peterborough
23. The development of a Cognitive Behavioural Therapy (CBT) manual: A pilot randomised control trial of CBT for anxiety in people with dementia
Susan Sadek, University College London and North East London NHS Foundation Trust
24. Utilising Behavioural Family Therapy (BFT) to support the system around a person with a learning disability with complex mental health needs
Keith Marshall, NHS Lothian
25. CBT for OCD and Aspergers Disorder: A complex case presentation
Sinead O Connell, St Patricks Hospital
26. Joint working between Wandsworth Community Learning Disability Team and IAPT
Becca Salmon, Wandsworth Community Learning Disability Team
27. The availability and specificity of autobiographical memory in individuals currently in remission from bipolar disorder
Robert Dempsey, School of Psychological Sciences, University of Manchester
28. A pilot study investigating psychiatric staff response to normalizing psychotic symptoms
Akiko Kikuchi, National Institute of Mental Health, National Center of Neurology and Psychiatry
29. Adapting CBT for psychosis: Creative ways with people with cognitive impairments
Sophie Holmes, Surrey and Borders Partnership NHS Foundation Trust
30. What does complex mean? Factors contributing to complexity in clinical presentations in CBT
Thomas Reeves, Northumberland Tyne and Wear NHS Trust
31. The study of Assertion Training to reduce interpersonal stress
Tamae Fujiwara, Nagasaki Junshin Catholic University

32. Socialization to the model: An active component in the therapeutic alliance? A preliminary study
Jo Daniels, University of Bath
33. Group substance abuse treatment for women in secure services
Clive Long, St Andrew's Healthcare
34. Innovations in delivering CBT for women in secure services
Clive Long, St Andrew's Healthcare
35. Improving access to psychological interventions in inpatient acute settings
Emese Csipke, King's College London
36. Low-Intensity CBT intervention with a Polish patient
Lucy Czwartos, Devon Partnership NHS Trust
37. CBT through an interpreter to treat Depression and Animal Phobia: A case study presenting clinical outcome and trainee therapist learning
Layla Mofrad, Talking Changes, Durham and Darlington IAPT Service
38. Body dissatisfaction in Japanese female university students: Is dissatisfaction with one's physical appearance other than body weight and shape a problem?
Eriko Ambo, Graduate School of Human Sciences, Waseda University
39. Experiential avoidance and low mindfulness as a predictor of eating disorder symptoms: The mediating role of ruminative brooding
Felicity Cowdrey, University of Oxford
40. The wellbeing of carers of people with Severe and Enduring Eating Disorders (SEED)
Stephen Linacre, University of Leeds
41. Individual experiences of using an online self-help package for Bulimia Nervosa
Carrie-Anne McClay, University of Glasgow

18.15

BABCP Annual General Meeting

Friday 22ND July

9.00-11.15

ADULT MENTAL HEALTH

Symposia

New developments and interventions for bipolar disorder

Convenor: Alyson Dodd, Spectrum Centre for Mental Health Research, Lancaster University

- 9.00 TEAMS (Think Effectively About Mood Swings): Putting an Integrative Cognitive Model of bipolar disorders into practice**
Warren Mansell, University of Manchester
- 9.25 Translating evidence-based interventions into clinical practice: Relapse prevention for bipolar disorder**
Fiona Lobban, Spectrum Centre for Mental Health Research, Lancaster University
- 9.50 Break**
- 10.10 “The e-psychologist will see you now...” Bipolar disorder, psychological therapy and the Internet**
Nicholas J. Todd, Spectrum Centre for Mental Health Research, Lancaster University
- 10.35 Involving service users in the development of a novel CBT intervention for enhancing recovery in early bipolar disorder**
Steve Jones, Spectrum Centre for Mental Health Research, Lancaster University

Universal processes and common factors in efficacious couple-based interventions

Convenor: Donald Baucom, University of North Carolina, Chapel Hill, USA

- 9.00 Introduction**
Donald Baucom, University of North Carolina, Chapel Hill, USA
- 9.10 The Empirical Status of Couple-Based Interventions for Relationship Distress**
W. Kim Halford, University of Queensland
- 9.30 Integrating individual-based and couple-based interventions by making use of empirically-derived general mechanisms of therapeutic change**
Mariann Grawe-Gerber, Klaus-Grawe-Institute for Psychological Therapy, Zurich, Switzerland
- 9.50 Integrative approaches to Couple Therapy: Implications for clinical practice and training**
Douglas Snyder, Texas AandM University, USA
- 10.10 Couple-based interventions for health concerns: Going beyond relationship distress**
Donald Baucom, University of North Carolina, Chapel Hill, USA
- 10.30 Break**
- 10.45 Discussion**
- 11.10 Closing comments**
Donald Baucom, University of North Carolina, Chapel Hill, USA

The judicious use of safety behaviour: Experimental analyses

Convenor: Jack Rachman, University of British Columbia and Adam Radomsky, Concordia University, Canada

Discussant: Roz Shafran, University of Reading

- 9.00 Safety behaviour does not interfere with treatment outcome and it does not interfere with cognitive change**
Adam Radomsky, Concordia University, Canada
- 9.30 Reducing contamination by exposure plus safety behaviour**
Jack Rachman, University of British Columbia, Canada
- 10.00 Break**
- 10.30 Exposure and safety behaviours in the reduction of contamination, fear, danger, and disgust: An extended replication of Rachman, Shafran, Radomsky, and Zysk (2011; this symposium)**
Marcel van den Hout, University of Utrecht, Netherlands
- 11.00 Discussion**

Panel Debate

All bona fide psychological treatments for depression are equally effective

Convenor: Tim Dalgleish, MRC Cognition and Brain Sciences Unit

Tim Dalgleish, MRC Cognition and Brain Sciences Unit

Michael Lambert, Brigham Young University, USA

Alex Wood, University of Manchester

Steve Hollon, Vanderbilt University, USA

Gerhard Andersson, Linköping University and Karolinska Institute, Sweden

Ed Watkins, University of Exeter

BASIC PROCESSES AND NEW DEVELOPMENTS

Symposia

Interpersonal threat: Cognitive behavioural processes in social phobia and paranoia

Convenor: Lusía Stopa and Katherine Newman Taylor, University of Southampton and Hampshire Partnership NHS Foundation Trust

9.00 Persecutory delusions and the self: An investigation of implicit and explicit self-esteem
Katharine MacKinnon, University of Southampton and Hampshire Partnership NHS Foundation Trust

9.25 The fear of others: A qualitative analysis of interpersonal threat in social phobia and paranoia
Lusia Stopa, University of Southampton

9.50 Break

10.10 Working with the process as well as the content of thought in paranoia: The role of strategic cognition
Katherine Newman Taylor, University of Southampton and Hampshire Partnership NHS Foundation Trust

10.35 Group CBT for paranoia: A comparison of CBT based psycho-education and MBCT in a non-clinical sample
Kirsty Deas, University of Southampton

Clinical applications of imagery across disorders: Understanding cognitive change processes

Convenor: Jon Wheatley, South London and Maudsley NHS Foundation Trust

Discussant: Ann Hackmann, University of Oxford

9.00 Imagery rescripting for Obsessive Compulsive Disorder
Nick Page, Institute of Psychiatry, Kings College, London

9.20 Mental Imagery and Chronic Pain
David Gillanders, University of Edinburgh

9.40 Cognitions in bipolar affective disorder versus unipolar depression: Imagining suicide
Susie Hales, Department of Psychiatry, University of Oxford

10.00 Break

10.20 Using compassionate imagery to resolve shame based flashbacks
Deborah Lee, Berkshire Traumatic Stress Service

10.40 Understanding cognitive changes in imagery rescripting: Is the memory-self relationship the key?
Soljana Cili, University of Southampton

11.00 Discussion

Evaluating new developments in CBT: Controlled trials and personal perspectives

Chair: Clara Strauss, University of Surrey and Sussex Partnership NHS Foundation Trust

9.00 A qualitative analysis of suicidal feelings
Outi Benson, SANE

9.20 What clients tell us about Cognitive Therapy: A systematic review of qualitative research
Ann Meaden, Worcestershire Mental Health Partnership NHS Trust

9.40 What works for whom? A qualitative exploration of the process of change in Acceptance and Commitment Therapy for anxiety and depression
Melanie Orchard, Surrey and Borders NHS Foundation Trust

- 10.00 Break**
- 10.20 A pilot randomised trial of Acceptance and Commitment Therapy for Psychosis (PACT)**
Ross White, University of Glasgow
- 10.40 A randomised controlled trial of Person-based Cognitive Therapy groups for people experiencing chronic depression**
Clara Strauss, University of Surrey and Sussex Partnership NHS Foundation Trust

BEHAVIOURAL MEDICINE

Symposium

Making life taste sweeter? Different ways of working as a diabetes psychologist

Convenor: Sylvia Hepburn, St Mary's Hospital, London, and Nicole Tang, Arthritis Research UK Primary Care Centre, Keele University

-
- 9.00 Using individual Cognitive Behavioural Therapy to treat 'diabetes burnout'**
Silvia Hepburn, St Mary's Hospital and Westminster Diabetes Centre
- 9.30 'Using Mindfulness-Based Cognitive Therapy (MBCT) with groups of people**
Sonya Frearson, Mile End Hospital, London
- 10.00 Break**
- 10.15 The Diabetes-6 (D-6) Study: Teaching psychological skills to general practice nurses for Type 2 diabetes patients**
Nicole Dezoysa, King's College Hospital NHS Foundation Trust, London
- 10.45 Applying a Cognitive Behavioural model to a diabetes self-management education programme**
Yvonne Doherty, Northumbria Health Care NHS Trust

CHILDREN AND ADOLESCENTS

Symposium

New developments in conduct disorder

Convenors: Sarah Halligan and Cathy Creswell, University of Reading
Chair: Dale Hay, University of Cardiff

-
- 9.00 The antisocial brain and the clinical phenotype of conduct disorder**
Ian Goodyer, University of Cambridge
- 9.25 Early signs of anger and aggressiveness in infancy are predicted by known risk factors for conduct disorder**
Dale Hay, University of Cardiff
- 9.50 Break**
- 10.10 Love, eye contact, and the developmental origins of empathy versus psychopathy**
Jennifer Allen, Institute of Psychiatry, King's College London
- 10.35 Callous-unemotional traits and clinical issues in family-based interventions for conduct problems**
David Hawes, University of Sydney, Australia

EATING DISORDERS AND IMPULSE CONTROL

Symposium

New ideas in the inpatient treatment of eating disorders

Convenor: Bryony Bamford, St Georges Hospital

-
- 9.00 Developing a CBT group for inpatients with severe Anorexia Nervosa**
Bryony Bamford, St. Georges, University of London
- 9.25 BodyWise: developing a new body image treatment for inpatients with anorexia nervosa**
Victoria Mountford, South London and Maudsley NHS Foundation Trust, London, and Institute of Psychiatry, King's College London

- 9.50 Break**
- 10.10 Pathways to recovery in inpatient treatment: Service user experience and feedback**
Andrea Brown, The Retreat, York
- 10.35 Patient-Keynurse workbooks: Encouraging motivational change, therapeutic alliance, and behaviour change in inpatient treatment for Anorexia Nervosa**
Richard Sly, St. Georges, University of London

IAPT AND PRIMARY CARE

Symposium

IAPT: An update

Convenor: David Clark, National Clinical Advisor for adult IAPT

-
- 9.00 An update on the national adult IAPT programme**
Kevin Jarman, Department of Health
- 9.25 Enhancing recovery rates in adult IAPT services: Some lessons from further analysis of the year one database**
Alex Gyani, University of Reading
- 9.50 Break**
- 10.15 Collaborative Depression Trial (CADET): Multi-centre randomized controlled trial of collaborative care for depression**
David A Richards, University of Exeter
- 10.40 Developing the Children and Young People's programme**
Peter Fonagy, University College London

OLDER ADULTS

Symposium

Innovative CBT approaches to meet challenges associated with Ageing

Convenor: Ken Laidlaw, University of Edinburgh

-
- 9.00 Its good to talk, or is it?**
Marc Serfaty, University College London
- 9.25 Treating depression in people with (early stage) dementia: A pilot Dual Cognitive Behavioural Therapy approach with caregivers**
Donna Gilroy, NHS Lothian
- 9.50 Break**
- 10.10 Depression and anxiety in Parkinson's disease: Current research and implications for treatment**
Richard Brown, Institute of Psychiatry, King's College London
- 10.35 "I can't forget to worry". A pilot randomised controlled trial of CBT for anxiety in people with dementia**
Aimee Spector, University College London

PSYCHOSIS

Symposium

Cognitive Remediation for Psychosis

Convenors: Til Wykes and Vyv Huddy, Institute of Psychiatry, King's College London

-
- 9.00 Cost-effectiveness of cognitive remediation therapy for schizophrenia**
Anita Patel, Institute of Psychiatry, London
- 9.25 Cognitive deficit and cognitive remediation in schizophrenia: genetic background, predictors and outcomes**
Marta Bosia, San Raffaele University Scientific Institute Hospital, Milan, Italy
- 9.50 Break**
- 10.10 What is cognitive remediation therapy doing to the brain in neuroconnectivity terms?**

- Rafael Penades, Hospital Clinic de Barcelona, University of Barcelona
10.35 Cognitive Remediation in an Early Intervention Service
Richard Drake, University of Manchester

THERAPEUTIC TECHNIQUES

Symposium

Recent advances in CBT self-help delivery

Convenor: Christopher Williams, University of Glasgow

- 9.00 Bounce Back: Reclaim your Health. A telephone-supported Cognitive Behaviour Therapy-based self-help for primary care patients with mild-moderate depression**
Mark Lau, University of British Columbia
- 9.20 An RCT of CBT self-help for medically unexplained symptoms**
Chris Williams, University of Glasgow
- 9.40 Living Life to the Full: A Northern Ireland Study**
Katrina Collins, AWARE Northern Ireland
- 10.00 Break**
- 10.15 Self Help access in routine primary care: The SHARP project**
Mike Lucock, University of Huddersfield and South West Yorkshire Partnership NHS Foundation Trust
- 10.35 An online pilot study of an intervention supporting carers of those with anorexia**
Louise Ewan, University of Glasgow
- 10.55 Advancing towards evidence-based prescribing: Common factors in self-help books for common mental health problems**
Joanne Wooford, Mood Disorders Centre, University of Exeter

Cognitive-behavioural formulation: Views across specialties

Convenor: Barry Ingham, Northumberland, Tyne and Wear NHS Foundation Trust

Discussant: Rob Dudley, Newcastle University

- 9.00 Investigating the use of psychological formulations to modify psychiatric staff perceptions of service users with psychosis**
Katherine Berry, University of Manchester
- 9.25 Collaborative psychosocial formulation in intellectual and developmental disabilities: What difference does it make?**
Barry Ingham, Northumberland, Tyne and Wear NHS Foundation Trust
- 9.50 Break**
- 10.10 Team formulation of complex and challenging service users in CMHTs**
Lucy Johnstone, Cwm Taf Health Board
- 10.35 Applying Case Formulation with Older Adults: Models and Pitfalls**
Ian James, Northumberland, Tyne and Wear NHS Foundation Trust
- 11.00 Discussion**

9.00-11.00

Skills Classes

Cognitive behavioural anger treatment for low functioning clients

John L Taylor, Northumbria University and Ray Novaco, University of California, Irvine

Case management supervision for Psychological Wellbeing Practitioners: How to do it

Pamela Myles, Charlie Waller Institute, University of Reading, Faye Small, University of Exeter and Sarah Gibbons, Berkshire Healthcare NHS Foundation Trust

Supervision of CBT with children, young people and families

Brenda Davies, Sussex Partnership NHS Foundation Trust and Anne Stewart, Oxford City CAMHS

11.30-12.30

Keynote Addresses

Professor Susan Bögels, University of Amsterdam, Netherlands
The role of the father in the etiology, prevention and treatment of childhood anxiety disorders
Chair: Sean Perrin, Institute of Psychiatry, King's College London

Professor Bob Woods, Bangor University
What's so different about older people? Psychological therapy in later life
Chair: T.B.C.

Professor Marcel van den Hout, Utrecht University, Netherlands
How EMDR works
Chair: Jack Rachman, University of British Columbia

Professor Don Baucom, University of North Carolina, USA
Couple-based interventions to treat individual disorders
Chair: Kurt Hahlweg, Technical University of Braunschweig, Germany

12.30-13.30

Acceptance and Commitment Therapy Special Interest Group (SIG) Meeting

Bipolar Disorders Special Interest Group (SIG) Meeting

Psychiatric Medicine Special Interest Group (SIG) Meeting

13.30-15.45

ADULT MENTAL HEALTH

Symposia

Bipolar disorders: Comorbidities and other transdiagnostic issues, and their implications for practice and research

Convenor: Thomas Meyer, Newcastle University

13.30 The perils and promises of exercise for people diagnosed with Bipolar Disorder: A qualitative study

Kim Wright, University of Exeter

13.55 Is there a jumping to conclusion bias in bipolar disorders?

L Wolkenstein, University of Tuebingen, Germany

14.20 Break

14.40 Alcohol use in bipolar disorder: Comorbidity or symptom?

Thomas Meyer, Newcastle University

15.05 Understanding and treating anxiety in the context of bipolar disorder: Qualitative findings and therapy development

Steve Jones, Lancaster University

The role of the individual in relationship distress and interventions

Convenor: Douglas Snyder, Texas AandM University, USA

13.30 Introduction

13.35 The PREP program for individuals and couples: Can interventions with one spouse help the relationship?

Howard Markman, Denver University

13.55 Helping couples confronting a major life challenge

W. Kim Halford, University of Queensland

14.15 Marital discord and depression in a community-based sample of couples seeking treatment

Kurt Hahlweg, TU Braunschweig, Institut of Psychology, Braunschweig, Germany

14.35 Break

- 14.55 **Side-by-Side: A Couples-Based Skills Intervention for Breast and Gynecological Cancer Patients**
Tanja Zimmermann, Technische Universitat Braunschweig
- 15.15 **Discussion**
- 15.30 **Questions and audience participation**

What happened? Traumatic life events in the formulation and treatment of anxiety presentations

Convenor: Craig Chigwedere, St Patrick's University Hospital/Trinity College Dublin

- 13.30 **A Case of forgotten trauma in the formulation of an anxiety presentation**
Craig Chigwedere, St Patricks University Hospital/Trinity College Dublin
- 13.55 **Why do I get nervous when I walk into the room?**
Yvonne Tone, Trinity College Dublin
- 14.20 **Break**
- 14.40 **Imagery rescripting of child sexual abuse in a case of anxiety**
Colette Kearns, St Patricks University Hospital
- 15.05 **Clinical patterns of co-morbidity in anxiety and trauma**
Michael McDonough, St Patricks University Hospital

BASIC PROCESSES AND NEW DEVELOPMENTS

Symposia

2011: A CBM odyssey. Developing Cognitive Bias Modification as a novel computerized intervention

Convenor: Simon Blackwell, University of Oxford

Discussant: Gerhard Andersson, Linköping University and Karolinska Institute, Sweden

- 13.30 **Greater positive affect change after mental imagery than verbal thinking in a student sample**
Sabine Nelis, University of Leuven, Belgium
- 13.50 **Targeting maladaptive appraisals of negative intrusive memories in dysphoria: A comparison between computerised cognitive bias modification and a cognitive behavioural education session**
Jill Newby, School of Psychology, The University of New South Wales
- 14.10 **Break**
- 14.30 **Cognitive bias modification for attention and interpretation in a clinically anxious population: Results from a pilot study**
Laura Hoppitt, University of East Anglia
- 14.50 **Can we use home computers to change the way that people think? Cognitive Bias Modification using mental imagery in depression**
Simon Blackwell, University of Oxford
- 15.10 **Discussion**

The transdiagnostic approach: Perspectives on formulation, imagery, exposure and control

Convenor: Warren Mansell, University of Manchester

- 13.30 **Introduction**
- 13.40 **Transdiagnostic case conceptualisation**
Robert Dudley, Newcastle University
- 14.05 **Intrusive imagery across disorders: A transdiagnostic review**
Lusia Stopa, University of Southampton
- 14.30 **Break**
- 14.45 **Cognitive and behavioural maintenance processes as arbitrary control: A transdiagnostic approach**
Trishna Patel, Stepping Stones, Oxleas NHS Foundation Trust
- 15.10 **Exposure: A transdiagnostic element of successful cognitive and behavioural techniques**
Timothy A. Carey, Centre for Remote Health, Flinders University and Charles Darwin University

Cognitive and affective processes in psychological disorder

Chair: Graham Davey, University of Sussex

- 13.30 Cognitive reappraisal and acceptance: An experimental comparison of two emotion regulation strategies**
Martin Wolgast, Lund University
- 13.50 Deficits in emotion regulation associated with pathological gambling**
Alishia Williams, Clinical Research Unit for Anxiety and Depression, University of New South Wales
- 14.10 The Bidirectionality Hypothesis: Are clinical constructs both causes and effects of symptoms?**
Graham Davey, University of Sussex
- 14.30 Break**
- 14.45 Do socially anxious individuals hold positive metacognitive beliefs about rumination?**
Quincy Wong, University of New South Wales
- 15.05 Cognitive factors maintaining persecutory delusions in psychosis: The contribution of depression**
Natasha Vorontsova, Institute of Psychiatry, King's College London
- 15.25 A social rank model of psychopathology and symptom judgment**
Alex M. Wood, University of Manchester

BEHAVIOURAL MEDICINE

Symposium

Maximising the effect of treatments for musculoskeletal pain: Strategies in primary and secondary care

Convenor: Nicole Tang, Institute of Psychiatry, King's College London and Keele University

Discussant: Lance McCracken, Bath Centre for Pain Services

- 13.30 Evaluating and predicting outcomes of cognitive-behavioural based pain management programme: The roles of rumination, health anxiety, mental defeat and cognitive flexibility**
Melanie Edwards, Institute of Psychiatry, King's College London
- 14.00 Integrating psychological principles into the primary care management of back pain**
Gail Sowden, The Haywood Hospital and Keele University
- 14.30 Break**
- 14.45 Towards a more comprehensive understanding of effective psychological treatments for those with chronic pain**
Kevin Vowles, The Haywood Hospital and Keele University
- 15.15 Discussion**

CHILDREN AND ADOLESCENTS

Symposia

The development of depression in childhood and adolescence: The role of early environment, stress, and genes

Convenor: Ed Watkins, University of Exeter

- 13.30 The origins of unipolar depressions emerging in the adolescent years**
Ian Goodyer, University of Cambridge
- 14.00 Predictors of stress in a longitudinal study of adolescents at risk for depression**
Constance Hammen, University of California, Los Angeles, USA
- 14.30 Break**
- 14.45 Paternal depression: An examination of its links with father, child and family functioning in the postnatal period**
Lamprini Psychogiou, University of Exeter
- 15.15 Rumination during adolescence: Familial antecedents and prospective relations with depression**
Nicholas Allen and Edward Watkins, University of Exeter

Post-traumatic stress disorder in youth

Convenor: Richard Meisser-Steadman, Cognition and Brain Sciences Unit, Cambridge

Discussant: William Yule, Institute of Psychiatry, King's College London

13.30 Meta-analysis of risk factors for PTSD in children and young people

David Trickey, Child Bereavement and Trauma Service, Luton Primary Care Trust

13.45 Do trauma memory characteristics predict PTSD in children and adolescents?

Claire Salmund, Institute of Psychiatry, King's College London

14.00 Applying forensic paradigms to investigate the relationship between children's recall of traumatic experiences and the development of Posttraumatic Stress Disorder

Anna McKinnon, MRC Cognition and Brain Science, Cambridge

14.15 Break

14.30 A cognitive perspective on PTSD in young children: Evidence from a prospective longitudinal study of road traffic accident survivors

Richard Meiser-Stedman, MRC Cognition and Brain Sciences Unit, Cambridge

14.50 Discussion

EATING DISORDERS AND IMPULSE CONTROL

Panel Discussion

The use of target weights within inpatient treatment of anorexia nervosa

Convenor: Bryony Bamford, St. George's, University of London

Lucy Serpell, University College London and North East London NHS Foundation Trust

Hubert Lacey, St. Georges University of London

Bryony Bamford, South West London and St Georges NHS Trust

John Morgan, Leeds Partnership Foundation Trust

INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Symposium

CBT for low functioning and borderline intelligence clients

Convenor: John L Taylor, Northumbria University and Northumberland, Tyne and Wear NHS Foundation Trust

13.30 Delivering CBT in community intellectual disability services

Stephen Oathamshaw, Scottish Borders Learning Disability Service

13.55 Adherence to core elements of CBT with adults with intellectual disabilities: Is consistent inconsistency in formulation a problem?

Alastair L. Barrowcliff, 5 Boroughs Partnership NHS Foundation Trust

14.20 Break

14.40 Buddy-to-buddy mindfulness-based anger management training

Nirbhay N. Singh, American Institute for Health and Wellness Institute, Verona, Virginia, USA

15.05 Maintaining treatment gains for adults with mild-borderline intellectual disabilities and serious anger control problems

John L Taylor, Northumbria University and Northumberland, Tyne and Wear NHS Foundation Trust

OLDER ADULTS

Panel Discussion

Inspirational developments and national strategy in Improving Access to Psychological Therapies with older people

Convenor: Jacqueline Wilson, Older Adults National Representative, NHS Education Scotland

Jacqueline Wilson, Older Adults National Representative, NHS Education Scotland

Ross Warwick, Clinical Psychologist, NHS Dumfries and Galloway

Polly Kaiser, Clinical Psychologist and Previous National Programme Lead, Age Equality in Mental Health for England

TRAINING AND PROFESSIONAL ISSUES

Symposium

Expanding CBT capacity through training mental health workers from diverse professional backgrounds in CBT

Convenor: Metka Shawe-Taylor, Surrey and Borders Partnership NHS Foundation Trust

- 13.30 CBT training courses and outcomes within an NHS trust: A case study**
Metka Shawe-Taylor, Surrey and Borders NHS Foundation Trust
- 14.00 CBT training for staff working with people with learning disabilities**
Karen Dodd, Surrey and Borders NHS Foundation Trust
- 14.30 Break**
- 14.45 Introductory training in Cognitive Behavioural Therapy for staff within Surrey's Children and Young People's Service: Benefits and challenges**
Kate Danvers, Surrey and Borders NHS Foundation Trust
- 15.15 Consultation as a model of training in Acceptance and Commitment Therapy**
Katherine May, Surrey and Borders NHS Foundation Trust

Innovations in training and evaluation

Chair: Mike Lambert, Brigham Young University, USA

- 13.30 Patients' satisfaction with IAPT interventions delivered by Sussex Community NHS Trust's 'time to talk' service**
Serena Yip, Sussex Community NHS Trust
- 13.50 Clinicians' views on the use of session measures and whether these change as procedures become established**
Stephen Linacre, University of Leeds
- 14.10 Break**
- 14.30 The reliability of the Cognitive Therapy Scale across different client groups**
Kenneth Gordon, University of Southampton
- 14.50 Introducing a custom developed supervision record sheet: The impact on clinical supervision with students undertaking training in Cognitive Behaviour Therapy**
Megan Edwards, University of York
- 15.10 IAPT Training: Do we train in vain?**
Amanda Branson, University of Reading

THERAPEUTIC TECHNIQUES

Symposia

Case conceptualization and socialization to the model: examining the role of key therapeutic components in the therapy process

Convenor: Jo Daniels, University of Bath

- 13.30 Examining the concept of 'socialization to the model' in academic and clinical context: an active component in formulation based psychological therapy?**
Jo Daniels, University of Bath
- 13.55 The impact of Cognitive-Behavioural case formulation in the treatment of Obsessive Compulsive Disorder**
Anna Natrass, University of Sheffield
- 14.20 Break**
- 14.40 Investigating the use of psychological formulations to modify psychiatric staff perceptions of service users with psychosis**
Katherine Berry, University of Manchester
- 15.05 Therapist competence, case conceptualisation and therapy outcome in cognitive behaviour therapy**
Phillip Gower, University of Exeter

Bringing interpersonal processes into the mainstream of CBT

Convenor: Stephen Barton and Peter Armstrong, Newcastle CBT Centre

13.30 Fear and loathing in the clinic: Interpersonal processes in therapy drift

Glenn Waller, Vincent Square Clinic, Central and North West London NHS Foundation Trust, and Institute of Psychiatry, King's College London.

13.55 Does the IAPT program ignore the therapeutic relationship?

Richard Thwaites, Cumbria Partnerships NHS Foundation Trust

14.20 Break

14.40 Introduction to the CTIP model

Peter Armstrong, Newcastle Cognitive and Behavioural Therapies Centre

15.05 Tales of the unexpected: Using the CTIP model to formulate patient drop out

Stephen Barton, Newcastle Cognitive and Behavioural Therapies Centre

13.30-15.30

Skills Classes

Judicious use of safety behaviour: Clinical skills

Adam Radomsky, Concordia University, Canada and Jack Rachman, University of British Columbia, Canada

Working with metaphor and metaphorical imagery in CBT

Richard Stott, Institute of Psychiatry, King's College London

16.00-17.00

Keynote Addresses

Professor Carlos Grilo, Yale University, USA

Treatment of Binge Eating Disorder: Current status and future directions

Chair: Glenn Waller, Institute of Psychiatry, King's College London

Professor Til Wykes, Institute of Psychiatry, King's College London

Acronyms and the Information Revolution: Support for research and treatment in the NHS

Chair: Steve Pilling, University College London

Professor Steven Hollon, Vanderbilt University, USA

Cognitive Behavior Therapy in the treatment and prevention of depression

Chair: Edward Watkins, University of Exeter

Emeritus Professor Lord Richard Layard, London School of Economics

Lessons of IAPT for children's services

Chair: David Clark, Institute of Psychiatry, King's College London

Saturday 23RD July

9.00-11.15

ADULT MENTAL HEALTH

Symposia

From Borderline Personality Disorder to working with Emotional Intensity: Taking STEPPS* towards accessibility in the UK (*Systems Training for Emotional Predictability and Problem Solving)

Convenor: Renee Harvey, Sussex Partnership NHS Foundation Trust

- 9.00 STEPPS in Sussex: Past, current, future**
Renee Harvey, Sussex Partnership NHS Foundation Trust
- 9.25 Volunteers experience of STEPPS: Our personal journeys**
Reuben Farhall, Sussex Partnership NHS Foundation Trust
- 9.50 Break**
- 10.10 STEPPS in Kent**
Vaughn McGill, Kent and Medway NHS and Social Care Partnership Trust
- 10.35 STEPPS in Surrey**
Christine Openshaw, Surrey and Border NHS Partnership Trust

Behavioural Couples Therapy (BCT) in the South-West: New developments

Convenor: Janet Reibstein, University of Exeter

- 9.00 The development of the Exeter Systemic-Behavioural Couples Therapy model for depression**
Janet Reibstein, University of Exeter
- 9.20 The Exeter Systemic-Behavioural Couples Therapy model for depression: An illustrated overview of some of the techniques**
Hannah Sherbersky, Exeter University
- 9.40 Behavioural, systemic and empathic techniques in couple therapy for depression: A case study**
Guy Mizon, Exeter University
- 10.00 Break**
- 10.20 The use of Interpersonal Therapy for depression with couples**
Heather O' Mahen, Exeter University
- 10.40 Integrating Cognitive-Behavioural and Systemic family interventions when working with couples with psychosis and co-morbid conditions**
Frank Burbach, Somerset Partnership NHS Trust

Clinical Roundtable

CBT for Complex PTSD: One case 4 ways

Convenor: Julia Coakes, the Retreat, York

- 9.00 Engagement, attachment and treating dissociation using mindfulness in Complex PTSD – A case study**
Julia Coakes, the Retreat, York
- 9.35 Managing crisis and using DBT in Complex PTSD – A clinical case study continued**
Mark McFetridge, the Retreat, York
- 9.55 Break**
- 10.15 Using Compassionate Mind training in Complex PTSD – A clinical case study continued**
Lucy Abraham, the Retreat, York
- 10.35 Outpatient work, using imagery rescripting and managing pregnancy in complex PTSD – A case study continued**
Andrea Brown, the Retreat, York
- 10.55 Discussion**

BASIC PROCESSES AND NEW DEVELOPMENTS

Symposia

Understanding cognitive processes in depression: New insights from the laboratory

Convenor: Michelle Moulds, The University of New South Wales

- 9.00 The effect of rumination on the affective impact of positive experiences in depression**
Kate Hetherington, The University of New South Wales
- 9.25 The pain of being on the outside: Exploring how dysphoric participants respond to social rejection and subsequent social reinclusion**
Barnaby Dunn, MRC Cognition and Brain Sciences Unit, Cambridge
- 9.50 Break**
- 10.10 Processing mode in mood regulation: Why depressed and recovered depressed individuals can't use their happy memories to improve sad mood**
Aliza Werner-Seidler, The University of New South Wales
- 10.35 Emotional reasoning processes in depression**
David Berle, The University of New South Wales

Disgust across the disorders

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

- 9.00 Vomiting is disgusting!**
Ana da Costa, The Maudsley Hospital and Institute of Psychiatry, King's College London
- 9.25 Moral disgust and mental contamination in Obsessive Compulsive Disorder**
Anna Coughtrey, School of Psychology and Clinical Language Sciences, Reading University
- 9.50 Break**
- 10.10 The baby and the bathwater: contamination fears in the postnatal period**
Fiona Challacombe, Institute of Psychiatry, Kings College London and The Maudsley Hospital
- 10.35 The experience of self-disgust (shame) in Body Dysmorphic Disorder**
David Veale, The Maudsley Hospital and the Institute of Psychiatry, Kings College London

Worry, negative mood and information processing

Convenor: Frances Meeten, University of Sussex

Chair: Graham Davey, University of Sussex

- 9.00 Catastrophic worry and systematic processing: Exploring an information processing account of perseveration**
Suzanne Dash, University of Sussex
- 9.20 The role of specific negative moods in a mood-as-input account of perseverative worry**
Frances Meeten, University of Sussex
- 9.40 Do children use mood as information when worrying?**
Charlotte Wilson, University of Dublin
- 10.00 Break**
- 10.15 Working with service-users to develop a mood-as-input based approach to worry**
Fergal Jones, Canterbury Christ Church University
- 10.35 Implications of the mood-as-input hypothesis for clinical populations suffering pathological worrying**
Graham Davey, University of Sussex

CHILDREN AND ADOLESCENTS

Symposia

Mindful parenting and teaching

Convenor: Steve Noone, Northumberland, Tyne and Wear Trust

- 9.00 Mindfulness training for divorced fathers**
Angela D. Adkins Singh, American Health and Wellness Institute, USA
- 9.35 Mindfulness training for mothers**
Ashvind N. Adkins Singh, American Health and Wellness Institute, USA
- 10.10 Break**
- 10.30 Mindfulness training for teachers changes the behavior of their students**
Judy Singh, American Health and Wellness Institute, USA

Reducing obsessions and compulsions in kids and young people (ROCKY)

Convenor: Shirley Reynolds and Harriet Mcllwham, University of East Anglia

- 9.00 The ROCKY trial: An overview and process of running a RCT in routine CAMHS**
Shirley Reynolds and Harriet Mcllwham, University of East Anglia
- 9.25 Treatment of young people with OCD**
Sarah Clark, University of East Anglia and Gemma Bowers, Norfolk and Waveney Mental Health Foundation Trust
- 9.50 Break**
- 10.10 The therapeutic Alliance in individual versus family enhanced CBT for OCD in young people**
Joe Hickey, University College London
- 10.35 The experience of CBT for OCD: Perspectives of therapists, parents and young people**
Rosie Burton and Shirley Reynolds, University of East Anglia

EATING DISORDERS AND IMPULSE CONTROL

Symposium

Reward and punishment sensitivity in eating disorders: Empirical evidence and clinical applications

Convenor: Amy Harrison, Institute of Psychiatry, King's College London

- 9.00 Experimental measurement of reward sensitivity and impulsivity in eating disorders**
Amy Harrison, Institute of Psychiatry, King's College London
- 9.20 Heritability of reward sensitivity and impulsivity in twins with eating disorders**
Natalie Kanakam, Institute of Psychiatry, King's College London
- 9.40 Risk for eating disorders, impulsivity and sensation seeking: Developing risk models**
Radha Kothari, University College London
- 10.10 Break**
- 10.30 Social reward sensitivity in people with eating disorders**
Valentina Cardi, Institute of Psychiatry, King's College London
- 10.50 Hacking the brain: Turning symptoms into therapy to outperform binges**
Rémi Neveu, Praxis, Center for Cognitive Neuroscience CNRS, Claude Bernard University, Lyon, France

IAPT AND PRIMARY CARE

Panel Discussion

Application of the Low-Intensity CBT clinical methods to working with patients with long-term conditions

Convenor: Marie Chellingsworth, University of Nottingham

Discussant: Paul Farrand, University of Exeter

Marie Chellingsworth, IAPT Course Director, University of Nottingham
Paul Farrand, Low Intensity Clinical Teaching Lead, University of Exeter
Samantha Cox, Rightsteps IAPT Service, Turning Point, Derbyshire
Sian Price, Berkshire Healthcare NHS Foundation Trust
Tom Ricketts, NHS Devon
Rosey Adkins, Let's Talk Service, South Gloucestershire

PSYCHOSIS

Symposium

Informing interventions for relatives of people with psychosis

Convenor: Laura Wainwright, Spectrum Centre for Mental Health Research, Lancaster University

- 9.00 Supporting relatives of people with psychosis: A systematic review to identify the key components of effective family interventions**

- Fiona Lobban, Spectrum Centre for Mental Health Research, Lancaster University
- 9.20 What do relatives experience when supporting someone in early psychosis? A qualitative focus group study**
- Laura Wainwright, Spectrum Centre for Mental Health Research, Lancaster University
- 9.40 Types of controlling behaviour and attributions of control in high and low Expressed Emotion (EE) relatives of people with recent-onset psychosis**
- Debora Vasconcelos e Sa, University of Manchester
- 10.00 Break**
- 10.15 The importance of family warmth in recovery from psychosis**
- Gary Lee, University of Manchester
- 10.35 Staff-patient relationships and outcomes: The role of staff attributions and psychological explanations**
- Katherine Berry, University of Manchester
- 10.55 Discussion, lead by Fiona Lobban**

TRAINING AND PROFESSIONAL ISSUES

Panel Discussions

The future of stepped care: Triage versus LIFT (Least Intervention First Time)

Convenor: Alex Stirzacker, IAPT South West

Alison Sedgwick-Taylor, 2gether NHS Foundation Trust

Mandy Cole, University of Exeter

Liz Howells, Avon and Wiltshire Mental Health Partnership NHS Trust

Annette Law, Swindon and Wilts. Primary care Psychology

Barbara Stapleton, Swindon and Wilts. Primary Care Psychology

Jackie Freeman, Swindon and Wilts. Primary Care Psychology

Making clinical guidelines more useful for clinicians: International perspectives

Convenor: Steve Pilling, University College London

Steve Pilling, University College London

Steve Hollon, Vanderbilt University, USA

Tony Kendrick, Hull York Medical School

9.00-11.00

Skills Classes

Using enhanced reliving to work directly with trauma memories associated with PTSD

Debbie Lee, Berkshire Traumatic Stress Service and Kerry Young, Central North West London Foundation NHS Trust

Working with acceptance, mindfulness, and values in chronic pain: An introduction and skills building workshop

Kevin Vowles, Haywood Hospital and Keele University and Lance McCracken, Bath Centre for Pain Services

11.30-12.30

Keynote Addresses

Professor Craig White, University of the West of Scotland

50 Years of Behavioural Medicine and CBT in physical health care

Chair: Paul Salkovskis, University of Bath

Dr Renee Harvey, Sussex Partnership NHS Trust

STEPPS: Meeting the challenge of 'Personality Disorder' in changing times

Chair: Metka Shawe-Taylor, Surrey and Borders Partnership NHS Foundation Trust

Professor Constance Hammen, University of California, Los Angeles, USA
The social context of adolescent depression: Vulnerability and consequences
Chair: Ian Goodyer, University of Cambridge

11.30-12.30

Psychological Wellbeing Practitioners Special Interest Group (SIG) Meeting