



-  Basic Processes & New Developments
-  Therapeutic Techniques
-  Severe and Enduring Problems
-  Behavioural Medicine
-  IAPT and Primary Care
-  Child and Adolescent
-  Eating Disorders & Impulse Control
-  Adult Mental Health
-  Older Adult Mental Health
-  Training & Professional Issues
-  Intellectual and Developmental Disability



At a Glance



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Charity No 1098704

41st Annual Conference

17th-19th July 2013 | Imperial College London

Wednesday 17th July

9.00 – 11.00

13.30 – 15.30

HUXLEY BUILDING	Clöre	Symposium 2 A Giant in the Field: A Tribute to Lars-Göran Öst	
	LT308	Skills Class 1 Optimising Exposure Therapy for Anxiety	
	LT311	Symposium 13 Training and Assessment of Professionals Delivering CBT	
SHERFIELD BUILDING	Pippard	Symposium 12 The Treatment of Traumatic Symptoms in Psychosis	
	Read	Symposium 1 Self Regulation Models of Depression	
ALEXANDER FLEMING BUILDING	LTG16	Symposium 8 NICE Guideline for Social Anxiety Disorder	
ELECTRICAL ENGINEERING BUILDING	Rm403A	Skills Class 2 Suicide Risk Assessment: From Theory to Practice	
	Rm403B	Symposium 5 Interface Between Physical and Mental Health	
	Rm406	Symposium 6 Process and Treatment Issues in Eating Disorders	
	Rm407A	Symposium 11 New Interventions in Bipolar Disorder	
	Rm407B	Symposium 7 Chronic Fatigue Syndrome in Adolescents	
	Rm508	Symposium 10 How is CBT Different with Older People?	
	Rm509A	Symposium 4 Novel Uses of Technology in Therapy	
	Rm509B	Symposium 3 Treatment Issues in Compulsive Hoarding	
	SKEMPTON BUILDING	LT164	Symposium 9 Do CBT Trainees Actually Gain or do we Train in Vain?
		Rm301	Skills Class 3 Emotions in Mindfulness-Based Cognitive Therapy

All Day
Book Exhibition
Queens Tower Room
Sherfield Building

Lunch
Queens Tower Room
Sherfield Building

Skills Class 4 One Session Treatment for Blood-Injury-Injection Phobia
Skills Class 6 Long term Condition who Experience Depression and/or Anxiety
Panel Discussion 1 Perspectives on Treatment for Eating Disorders
Symposium 22 Low Intensity CBT for Psychosis
Symposium 16 The Cognitive Behavioural Treatment of Chronic Fatigue Syndrome
Symposium 20 Findings from Four IAPT Pathfinder Sites
Symposium 14 Can Behavioural and Cognitive Environments Guide TCs and PIEs?
Symposium 23 Cognitive and Affective Approaches to Psychotic Experiences
Skills Class 5 Obsessions, Compulsions & Repetitions in Autism Spectrum Disorder
Symposium 24 What can Qualitative Research tell us about CBT?
Symposium 17 Parenting, CU Traits and Antisocial Behaviour In Children & Adolescents
Symposium 21 Services Available to Older Adults with Severe Mental Health Difficulties
Symposium 15 New Advances in Understanding Key Cognitive and Behavioural Processes
Symposium 19 Novel CBT Models and Pathways of Care
Symposium 18 Computer-Delivered and Technologically-Mediated CBT
Symposium 25 Innovations in Treatment Techniques and CBT Self-help.

11.30 – 12.30

12.15 – 13.15

16.00 – 17.00

ALEXANDER FLEMING BUILDING	LTG16	Professor Lars-Göran Öst Stockholm University
HUXLEY BUILDING	Clöre	Professor Rory O'Connor University of Stirling
	LT308	Professor Elaine Fox University of Essex
	LT311	Professor Rona Moss Morris Kings College London
SHERFIELD BUILDING	Read	

Special Interest Group Meeting ACT Electrical Engineering Room 403A
Special Interest Group Meeting Rational Emotive Behaviour Electrical Engineering Room 403B
Special Interest Group Meeting CBT for Medics Electrical Engineering Room 406
Special Interest Group Meeting Compassion Electrical Engineering Room 407A

Professor Mark Williams University of Oxford
Professor Simon Gilbody University of York
Dr Lucene Wisniewski, Case Western Reserve University
Professor Susan Michie University College London
Professor Martin Orrell University College, London

17.00 – 18.00 Poster Presentation session
Sherfield Building: Queens Tower Rooms

Thursday 18th July

9.00 – 11.00

13.30 – 15.30

HUXLEY BUILDING

Clore

Symposium 36
The Art and Science of CBT

LT308

Symposium 32
IAPT: Is the Best Yet to Come?

LT311

Panel Discussion 2
Developing CBT in Low and Middle Income countries

SHERFIELD BUILDING

Pippard

Symposium 34
Formulating Psychosis

Read

Symposium 29
Advances in the Treatment of Health Anxiety

ALEXANDER FLEMING BUILDING

LTG16

Symposium 28
Emotional Processing in Mental Health

Rm403A

Clinical Roundtable 2
Working with Parents in CBT for Children and Young People

Rm403B

Symposium 35
Adaptations of CBT for Specific Populations

Rm406

Symposium 33
Psychological Therapies for Adults with Intellectual Disabilities

Rm407A

Clinical Roundtable 1
CBT, CAT, ACT & Compassion Focused Therapy & Chronic Pain

Rm407B

Symposium 30
Child and Adolescent Mental Health

Rm508

Skills Class 9
Getting your Submissions accepted

Rm509A

Skills Class 8
Behavioural Psychotherapy for People with Asperger's Syndrome

Rm509B

Symposium 31
Cognitive Remediation Therapy for Anorexia Nervosa

LT164

Skills Class 7
Low-Intensity Services in the age of Austerity

SKEMPTON BUILDING

Rm301

Symposium 26
Outcomes of Transdiagnostic Interventions Using Control Theory

Rm307

Symposium 27
Cognitive Processes & Psychopathology

All Day
Book Exhibition

Queens Tower Room
Sherfield Building

Lunch
Queens Tower Room
Sherfield Building

17.00 – 18.00

A Tribute to David Westbrook

Symposium 37
Individualising CBT Treatment Post Trauma

Skills Class 12
Accessing and Incorporating Client's Strengths in Case Conceptualisation

Symposium 39
Imagery in Unexpected Places

Symposium 47
Understanding of Affect Regulation & Recovery from Psychosis

Symposium 40
Smartphone Apps and Web Technologies in CBT

Symposium 38
A Compassion-focused Approach to Therapy

Skills Class 11
Behavioural Couples Therapy for Drug Abuse and Alcoholism

Symposium 48
Psychological Processes & Co-morbidity in Bipolar Disorder

Symposium 46
Developments in CBT for People with Asperger's Syndrome

Symposium 41
Diabetes and Eating Problems

Symposium 42
Understanding Barriers In CBT for OCD In Youth

Symposium 49
Adaptations to CBT Training in Primary Care

Symposium 43
Treatment Issues in Child and Adolescent Mental Health

Symposium 44
Cognitive Approaches to Understanding Eating Disorders

Symposium 45
Considering Diversity within IAPT

Skills Class 10
Managing Endings with Complex Cases

Panel Discussion 3
What Maintains Psychological Distress?

11.30 – 12.30

12.15 – 13.15

16.00 – 17.00

ALEXANDER FLEMING BUILDING

LTG16

Professor David M Clark
University of Oxford

Special Interest Group Meeting
CBT for Couples
Electrical Engineering | Room 403A

Professor Jeffery Young
Cognitive Therapy Center of NY, USA

HUXLEY BUILDING

Clore

Professor Mark van der Gaag
VU University, Amsterdam

Special Interest Group Meeting
Control Theory
Electrical Engineering | Room 403B

Dr Ian McPherson
Improving Health and Wellbeing, UK

LT308

Professor Eni Becker
Radboud University Nijmegen

Special Interest Group Meeting
Children, Adolescent and Family
Electrical Engineering | Room 406

Professor Silvia Schneider
Ruhr-Universität Bochum, Germany

LT311

Professor Jennie Hudson
Macquarie University, Australia

Special Interest Group Meeting
Bipolar
Electrical Engineering | Room 407A

Professor Sheri Johnson
University of Berkeley, USA

SHERFIELD BUILDING

Read

Professor Tom Prout
University of Kentucky

Dr Dougal Hare
University of Manchester

17.00 – 18.00 Poster Presentation session
Sherfield Building: Queens Tower Rooms

17.15 – 18.15 BABCP Annual General Meeting
Sherfield Building: Read Lecture Theatre

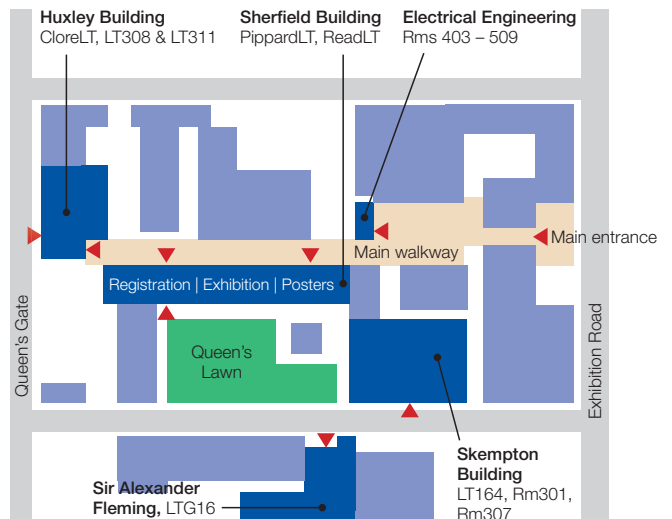
Friday 19th July

9.00 – 11.00

HUXLEY BUILDING	Clore	Symposium 57 Transforming CBT in Primary Care	
	LT308	Symposium 61 Compassion and Psychosis	
	LT311	Skills Class 14 Helping Those Who Binge Eat	
SHERFIELD BUILDING	Pippard	Panel Discussion 4 Adherence versus Innovation in Dialectical Behaviour Therapy	
	Read	Symposium 58 Current Issues in CBT Implementation across Services	
ALEXANDER FLEMING BUILDING	LTG16	Symposium 51 Cognitive Processes in Worry and Rumination	
ELECTRICAL ENGINEERING BUILDING	Rm403A	Symposium 52 CBT Skills for Non-Mental Health Staff	
	Rm403B	Symposium 56 Psychological Aspects of Bariatric Surgery	
	Rm406	Skills Class 13 Social Skills Training for social recovery of individuals with schizophrenia	
	Rm407A	Symposium 50 Contextual CBT in the Workplace	
	Rm407B	Symposium 55 The psychological needs of children in a specialist children's hospital	
	Rm508	Symposium 59 Psychological Interventions of Early Onset Bipolar Disorder	
	Rm509A	Symposium 53 Sex, Sexuality & HIV	
	Rm509B	Symposium 54 Vulnerability to Mood Disorders and Preventive Measures in Adolescents	
	SKEMPTON BUILDING	LT164	Symposium 60 ACT, Psychological Flexibility, and Psychosis
		Rm307	Panel Discussion 5 DSM 5 - Divisive Devil or Constructive

All Day
Book Exhibition
Queens Tower Room
Sherfield Building

Imperial Campus Map



11.30 – 12.30

ALEXANDER FLEMING BUILDING	LTG16	Dr Melanie Fennell , University of Oxford
HUXLEY BUILDING	Clore	Professor Michelle Craske , University of California, USA
	LT308	Professor Christopher Fairburn , University of Oxford
	LT311	Dr John Green , Imperial College, London