BABCP Organisation

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Image courtesy of University of Bath
Please note this is a provisional programme and the content can be subject to change. The open paper and poster sessions will be added and further details on the timing of the conference sessions will be published on the conference page of the BABCP website.

The conference programme will last two days and will finish at 5.00pm on Thursday 5 September.

The Conference Site

The Pre-conference Workshops will take place in the Chancellors’ Building at the University of Bath as will the scientific programme. Signs will direct you to the various lecture rooms but if you get lost, ask for directions at the registration desk or from one of the conference stewards who will be recognisable by their conference t-shirt.

Registration

The registration desk will be in the foyer on Level 1 of Chancellors’ Building and will be open at the following times:

**Conference & Workshop Registration**
- Monday 2 September: 4.00pm – 6.30pm
- Tuesday 3 September: 8.00am – 6.00pm
- Wednesday 4 September: 8.00am – 5.00pm
- Thursday 5 September: 8.00am – 5.00pm

**Start and Finish Times for Conference & Workshops**
- Tuesday 3 September: 9.30am – 5.00pm
- Wednesday 4 September: 9.00am – 5.00pm
- Thursday 5 September: 9.00am – 5.00pm

Exhibition Area

The Exhibition Area will be located in the foyer of the Chancellors’ Building on levels 1 and 2. It will be open from noon on Tuesday 3 September until the end of the Conference. 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 Branches and Special Interest Groups.

Going Green/Abstracts

Abstracts are available to download online at www.babcp.com - there will be no printed versions. To help with our recycling efforts 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.
About this programme

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 between 12.30pm and 2pm.

No evening meals have been organised on the Monday or Wednesday nights but there are catering outlets available for delegates at the university or in the city. Dinner will be available at the university for those who book it on Tuesday 3 September in Lime Tree Restaurant at a cost of £19.50 - tickets can be purchased via Eyas during the registration process.

Accommodation in Bath

We have secured accommodation on the University campus at £48 per night B&B which is excellent value and very convenient. This must be booked through Eyas. Alternatively, Bath city centre has numerous hotels and B&Bs and there are many choices of where to stay. However, the University is located 1.5km from the city centre so it is a good 30-minute walk (up hill) or a bus trip.

Transport

There are frequent train services from London, Bristol and South Wales to Bath Spa Railway Station. Look on the BABCP website for travel deals of up to 80% on Great Western Railways.

Taxis can be found outside of the entrance and it will cost approximately £10 to get to the University of Bath - alternatively there is an excellent bus service directly to the university. The bus stop can be found near the back of the railway station on Rossiter Road and the journey will take 10 to 15 minutes.

Bristol Airport is just 20 miles from Bath making it the city’s closest airport. It currently serves over 100 destinations worldwide. The Air Decker bus service provides a direct link between Bath and Bristol Airport, with stops at various points in Saltford, Keynsham and South Bristol and a total journey time of approximately one hour.

Alternatively, the Bristol Airport Flyer express coach service will take you from the airport to Bristol Temple Meads railway station, where you can catch one of the many frequent train services into Bath. The coach service runs on a regular basis, seven days a week with a complete journey time of approximately one hour.

Heathrow Airport is 100 miles east of Bath on the M4 motorway. A regular National Express coach service runs direct from the airport to Bath with a total journey time of between two to three hours.

Gatwick Airport is 140 miles east of Bath. You can take a train from the airport to Reading train station where you can pick up a train service to Bath Spa railway station, with a total journey time of approximately 3 hours.

For an easy arrival or departure, you can pre-book a private airport transfer to or from Gatwick Airport with Russell’s of Bath, who offer pick up and drop offs to all UK airports and seaports with city to city transfers to and from Bath 24/7.

Roman Bath Private Hire provide high-spec vehicles for airport transfers and city to city travel to and from Bath. Alternatively, catch a National Express coach from Gatwick Airport via Heathrow Airport to Bath with a journey time of approximately four hours.

Pulteney Bridge - image courtesy of Visit Bath (visitbath.co.uk)
A programme of one-day Workshops will be held on Tuesday 3 September. The workshops will run from 9.30am - 5.00pm. These workshops offer participants an opportunity to develop practical skills in the assessment and treatment of a range of problems.

A full description and abstract of each workshop is available at www.babcp.com

Please note this is a provisional programme and workshops may be subject to change.

You can register by going to www.babcpconference.com

The number of places are limited so early application is advised to avoid disappointment.

Workshop 1: Surprising New Developments in CBT for Obsessions and Compulsions
David A Clark, University of New Brunswick, Canada

Workshop 2: Adapting Cognitive Behavioural Interventions for Autism
Ailsa Russell, University of Bath

Workshop 3: Feedback-informed treatment: an evidence-based method to identify and resolve obstacles to effective CBT
Jaime Delgadillo, University of Sheffield

Workshop 4: Working with complex issues in psychosis: suicidality, violence and substance misuse
Gillian Haddock, University of Manchester

Workshop 5: Maximising your effectiveness as a CBT therapist: Helping your client get the most out of each session that you provide
Stephen Kellett, University of Sheffield

Workshop 6: Mindful Parenting
Susan Bogels, University of Amsterdam, the Netherlands

Workshop 7: How to Teach DBT Skills to Adults and Young People
Catherine Parker and Marie Wassberg, Derbyshire Healthcare NHS Foundation Trust

Workshop 8: Treating PTSD in Survivors of Domestic Violence
Pippa Stallworthy, South West London and St George’s Mental Health Trust

Workshop 9: Providing Help at the Point of Need: CBT-oriented Single-Session and One-at-a-Time Therapies
Windy Dryden, Goldsmiths University of London

Workshop 10: Introduction to Mindfulness-integrated Cognitive Behaviour Therapy
Alice Shires, University of Technology Sydney, Australia

Workshop 11: Supervision for CBT therapists (provisional title)
Sarah Rakovshik, University of Oxford

Workshop 12: Therapist Drift: Why therapists do dumb things (and how to do fewer of them)
Glenn Waller, University of Sheffield
Revolution in Mental Health Service Delivery: The Evolution of Low Intensity CBT

As part of this year’s Annual Conference we are running a special event for all professionals who deliver Low Intensity psychological interventions. The event will celebrate the contributions of the Low Intensity CBT workforce over the past 10 years and will also focus on how this profession can continue to develop and grow. We will hear from a number of speakers who contribute to the world of Low Intensity CBT, including David Clark and Paul Farrand who have been key supporters of Low Intensity CBT.

The day will bring together Low Intensity workers across all of the four home nations and will consider important topics such as therapist wellbeing, future CPD needs and progression and development within Low Intensity roles. There will also be an update on the accreditation of the Low Intensity workforce and an opportunity to meet the BABCP Low Intensity Special Interest Group committee.

9.25 Welcome
Saiqa Naz, Chair, BABCP Equality and Culture SIG and Lisa Atkinson from the Low Intensity SIG

9.30 Low Intensity working: Considering the bigger picture
Paul Salkovskis, President, BABCP

9.45 Holding differences - working inclusively in Low Intensity interventions
Adriana Nitranska, Low Intensity Practitioner

10.15 Including childhood experiences in Low Intensity work: Why me? And what helps
Lucy Maddox, BABCP Senior Clinical Advisor

10.45 Break

11.15 Keynote: Low Intensity CBT: What! What’s Next?
Paul Farrand, University of Exeter

12.15 Low Intensity Skills: What do we know and what do we need to know
Lisa Atkinson, Low Intensity Practitioner

12.45 Low Intensity across the Four Nations
Liz Kell, Low Intensity Practitioner

1.15 Lunch

2.00 Careers in IAPT and beyond
Rebecca Gill, Low Intensity Practitioner

2.20 Round table and audience discussion (Chair Paul Salkovskis) Progression and Development within Low Intensity Working
Lisa Atkinson, Liz Kell, Saiqa Naz, Rebecca Gill, Adriana Nitranska, Paul Farrand, David Clark
3.00 Leading inclusively from Low Intensity
Saiqa Naz, Low Intensity Practitioner

3.30 Break

4.05 Looking after yourself: The costs of caring in high volume
James Spiers, Low Intensity Practitioner

4.30 IAPT ten years back…and forward
David Clark, IAPT National

5.00 Summary and Farewell
Lisa Atkinson, Saiqa Naz and Paul Salkovskis

5.10 Close

5.30 Low Intensity Special Interest Group Annual General Meeting
**Keynote Addresses**

4-5 September 2019

**Intergenerational transmission of anxiety disorders: Parents matter (for some)**
Susan Bogels, University of Amsterdam, the Netherlands

**When is a safety behaviour not a safety behaviour?**
**Working with anxiety in adverse life circumstances**
Georgina Charlesworth, University College London

**Unwanted Intrusive Thoughts:**
**Another Neglected Transdiagnostic Process with Clinical Implications**
David A Clark, University of New Brunswick, Canada

**Shattered lives: Understanding and treating posttraumatic stress in children and adolescents**
Tim Dalgleish, University of Cambridge

**CBT for personality disorder – Occam’s razor**
Kate Davidson, University of Glasgow

**Precision mental healthcare: Learning from population data to personalise CBT**
Jaime Delgadillo, University of Sheffield

**Transdiagnostic approaches to the etiology and treatment of trauma-related disorders: Promise and pitfalls**
Thomas Ehring, LMU Munich, Germany

**Early developmental intervention in Autism Spectrum Disorder**
Jonathan Green, University of Manchester

**Talking about suicide affects us all**
Gillian Haddock, University of Manchester

**Psychological interventions with offenders with intellectual disabilities and/or autism**
Peter Langdon, University of Kent

**Network Analysis in Psychopathology: Prospects and Challenges**
Richard McNally, Harvard University, USA

**Delivering complex interventions:**
**The MRC framework as a model for clinical service development**
Christopher Williams, University of Glasgow and Five Areas Ltd
Clinical Skills Classes

4-5 September 2019

A Brief Integrated Motivational Intervention (BIMI) for Psychiatric Inpatients Experiencing Co-Occurring Severe Mental Health and Substance Use Problems: A Cognitive-Behavioural/Motivational Approach
Emma Griffith, University of Bath and Alex Copello, University of Birmingham

Using values to ACTivate your practice
Richard Bennett, University of Birmingham

Communicating CBT Ideas Creatively and Effectively to Non-Therapists
Lucy Maddox, BABCP

The Strong & Curious CBT Therapist. Using the Self-Practice / Self-Reflection approach to develop self-compassion and healthy self-doubt
Jim Lucas, University of Birmingham

The WISER MIND Model of Cognitive Behavioural Resilience and Therapy A method to build resilience and treat psychological disorder
Rufus Harrington and Karen Taylor, University of Cumbria

Assessment, case analysis and intervention skills: the Enhancing Parenting Skills Programme for working with parents of children with challenging behaviour
Judy Hutchings, Bangor University

Rolling with Resistance: A workshop for CBT therapists working with more complex presentations of OCD in children, adolescents and families
Alice Farrington and Sasha Walters, Berkshire CAMHS Anxiety & Depression Team

“How Turning Intentions into Actions”: CBT for Adult ADHD
Russell Ramsay, University of Pennsylvania Perelman School of Medicine, USA

How our schemas can get in the way of treating complex clients; a basic clinical skills class to improve the therapeutic alliance when working with complexity
Ruth McCutcheon and Saskia Walters, TBC

Design, implement and publish a single case experimental design
David Veale, King’s College London

Helping people to live well with pain: A practical workshop on Acceptance and commitment Therapy for chronic pain
Whitney Scott, King’s College London

PACT (Paediatric Autism Communication Therapy) from infancy to 10 years – implementation for everyday practice in local services
Catherine Aldred, University of Manchester

The Equipping Youth to Help One Another Programme with offenders with intellectual disabilities and/or autism
Peter Langdon, University of Kent

Turning research ideas into reality: a guide for clinicians about how to get your research funded
Shirley Reynolds, University of Reading and Barney Dunn, University of Exeter
Social Programme

BABCP Conferences 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 3 September | 5.30pm – 7.00pm  
Opening Reception  
Chancellors’ Building, University of Bath

Come and enjoy a glass of wine and some canapés. Visit the Book exhibition, meet your Branch/Special Interest Group 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.

Following the opening we have organised a night of Bedlam in the university’s Claverton Rooms. There is no charge for this event.

Bedlam are a 15 piece band that just loves to party. They play all your favourite songs from the 60-80s. They include five members of the BABCP (Trudie Chalder, David Veale, Helen Macdonald, Dheeresh Turnbull and Ally Keyes.)

Wednesday 4 September | 8:00pm – 11:00pm  
An Evening at the Historic Pump Room and Roman Baths  
The Pump Room, Roman Baths, Abbey Church Yard, Bath BA1 1LZ

You cannot visit Bath without visiting the Pump Rooms and Roman Baths. Building started in 1789 and was completed a decade later. It has housed the cream of society for generations and now you can too enjoy the magical waters of Bath!
Ticket Cost: £27.50 per head to include a welcome drink, food, music and a cash bar

Roman Baths - image courtesy of Visit Bath (visitbath.co.uk)
**Adult Mental Health**

**Maintaining recovery after depression: predicting and preventing relapses**
Convenor: Katherine Clarke, University College London
Speakers: Jaime Delgadillo, University of Sheffield  
Steve Kellett, University of Sheffield  
Ben Lorimer, University of Sheffield  
Marlies Brouwer, University of Amsterdam

**Hoarding Disorder: prevalence, cognitive-emotional and familial vulnerability factors and intervention**
Convenor: James Gregory, University of Bath
Speakers: Stephen Kellett, University of Sheffield  
Juliana Onwumere, King’s College London  
Helena Drury, South London and Maudsley NHS Foundation Trust  
James Gregory, University of Bath  
Shemariah Hillman, University of Bath

**Recruiting mental imagery for challenging trauma cases**
Convenor: Kerry Young, Woodfield Trauma Service, CNWL Foundation Trust
Speakers: Cathryn Skerry, Grenfell Health and Wellbeing Service, CNWL Foundation Trust  
Badri Bechlem, Grenfell Health and Wellbeing Service, CNWL Foundation Trust  
Che Moore, Grenfell Health and Wellbeing Service, CNWL Foundation Trust  
Sameena Akbar, Woodfield Trauma Service, CNWL Foundation Trust  
Zoe Chessell, Woodfield Trauma Service, CNWL Foundation Trust

**Basic Processes**

**The state of the evidence: reducing waste to increase value**
Convenor: Katherine Button, University of Bath
Speakers: Marcus Munafò, University of Bristol  
Christopher Chambers, Cardiff University  
Katherine Button, University of Bath

**Behavioural Medicine**

**ACT for long term conditions**
Convenor: Trudie Chalder, King’s College London
Speakers: Chris Graham, Queen’s University Belfast  
Trudie Chalder, King’s College London  
Whitney Scott, King’s College, London  
Lucy O’Neill, King’s College London
Symposia

Child and Adolescent

*(Complex) trauma and psychopathology in children and adolescents:*

**Prevalence, mechanisms, and clinical implications**

Convenor: Rachel Hiller, University of Bath

Speakers: Stephanie Lewis, King's College London  
Caitlin Hitchcock, MRC Cognition and Brain Sciences Unit, Cambridge  
Rachel Hiller, University of Bath  
David Trickey, Anna Freud Centre, London

**Mental Health Promotion in Schools and with Young People**

Convenor: Catherine Crane, Department of Psychiatry, University of Oxford

Speakers: Judi Kidger, Population Health Sciences, University of Bristol  
Rachel Hayes, Institute of Health Research, University of Exeter  
Darren Dunning, Cognition & Brain Sciences Unit, University of Cambridge  
Anam Raja, Department of Psychiatry, University of Oxford

Diversity and Cultural Issues

**LGBT+ Mental Health: Historical perspectives and new research**

Convenor: Katharine Rimes, King's College London

Speakers: Sarah Carr, University of Birmingham  
Anna-Sophia Warren, King's College London  
Angeliki Argyriou, King's College London  
Georgina Gnan, King's College London

Panel Debate: How can we make sure we are doing high quality, effective CBT when we work with interpreters and interpreted materials?

Convenor: Andrew Beck, University of Manchester

Speakers: Michelle Beck, Nottinghamshire Healthcare Foundation NHS Trust  
Glorianne Said, University College London  
Whitney Nyarambi, East London Foundation Trust  
Dot King, Berkshire Healthcare NHS Foundation Trust

Innovations in CBT

**Patient experiences of digitally-delivered CBT**

Convenor: Ramesh Perera-Delcourt, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust

Speakers: Shireen Patel, University of Nottingham  
Graham Thew, University of Oxford  
Sarah Bateup, Ieso Digital Health  
Ramesh Perera-Delcourt, South London and Maudsley NHS Trust  
June Dent & Polly Haselton, Oxford VR
How can we do trials better? Methodological developments in reducing waste and improving efficiency in trial design
Convenor: Pamela Jacobsen, University of Bath
Speakers: Heidi Gardner, University of Aberdeen
          Pamela Jacobsen, University of Bath and
          Lisa Wood, University of Essex & North East London NHS Foundation Trust
          Conor Duggan, University of Nottingham
          Alex Wright-Hughes, University of Leeds

Novel treatments across different clinical settings targeting Emotionally Unstable Personality Disorder/Traits
Convenor: Alison Roberts, Sussex Partnership NHS Foundation Trust
Speakers: Juliette Couche, Sussex Partnership NHS Foundation Trust
          Abby Dunn, University of Sussex
          Rachel O’Brien, Sussex Partnership NHS Foundation Trust
          Alison Roberts, Sussex Partnership NHS Foundation Trust

The use of technology to support and deliver interventions to children and young people with mental health problems
Convenor: Paul Stallard, University of Bath
Speakers: Rebecca Grist, University of Brighton
          Rhys Bevan-Jones, Cardiff University
          Caroline Falconer, MindTech, University of Nottingham
          Paul Stallard, University of Bath
          Bethan Davies, MindTech, University of Nottingham

Clinical Roundtable: Working with Complex Cases: Perspectives from CBT, DBT and ACT
Convenor: John Boorman, Homerton University Hospital NHS Foundation Trust
Speakers: Isabel Clarke, italk (North West Area), Southern Health NHS Foundation Trust
          Jess Kingston, Royal Holloway, University of London
          Catherine Parker, Derbyshire Healthcare NHS Foundation Trust
          Martin Wilks, Independent Practice, Flexible Psychological Solutions
          Nicky Harding, Homerton University Hospital NHS Foundation Trust
          John Boorman, Homerton University Hospital NHS Foundation Trust

IAPT and Primary Care

Psychological Wellbeing Practitioners (PWPs); decision-making, drop-out, resilience, implementation intentions and self-practice/self-reflection
Convenor: Stephen Kellett, University of Sheffield
Speakers: Ben Michael, University of Sheffield
          Nick Firth, University of Sheffield
          Paulina Gonzalez Salas Duhne, The University of Sheffield
          Rosalind Nelson, University of Sheffield
          George Miles, University of Sheffield
Older Adults

Improving Access to IAPT for people in later life: considering carers, communication and the next steps for protocol development
Convenor: Georgina Charlesworth, University College London and North East London NHS Foundation Trust
Speakers: Jane Fossey, Oxford Health NHS Foundation Trust
          Phil McEvoy, Six Degrees Social Enterprise
          Joshua Stott, University College London
          Elise Aguirre, North East London NHS Foundation Trust

Severe and Enduring

Attachment theory as a means of enhancing CBT for psychosis
Convenor: Katherine Newman-Taylor, University of Southampton
Speakers: Katherine Berry, University of Manchester
          Katherine Newman-Taylor, University of Southampton
          Caroline Murray, NHS Grampian
          Angus MacBeth, University of Edinburgh

CBT for psychosis: Process oriented therapies and the third wave
Convenor: Katherine Newman-Taylor, University of Southampton
Speakers: Caroline Cupitt, South London and Maudsley NHSF Trust
          Katherine Berry, University of Manchester
          Katherine Newman-Taylor, University of Southampton
          Charlie Heriot-Maitland, Kings College London
          Anne Cooke, Canterbury Christ Church University

Training and Professional Issues

The impact of the core professions in the CBT role in training and practice contexts
Convenor: Matthew Wilcockson, Coventry University, and Coventry and Warwickshire Partnership Trust
Speakers: Matthew Wilcockson, Coventry University and Coventry and Warwickshire Partnership Trust
          Michael Townend, University of Derby and Private Practice
          Frank Willc, Independent Practitioner, Bristol
          Gail Steptoe-Warren, Coventry University

Panel Debate: Research clinics: What are they, what are they for, and what next?
Convenor: Kim Wright, University of Exeter
Speakers: Barney Dunn, University of Exeter
          Blake Stobie, South London and Maudsleu NHS Trust
          Catherine Gallop, University of Exeter
          Ray Percy, University of Reading
The Lead Organisation for CBT in the UK and Ireland
British Association for Behavioural & Cognitive Psychotherapies

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