Annual Conference
Programme

University of Bath
3 - 5 September 2019

@BABCP #BABCP2019
Are you looking for a new opportunity?  
Join our clinical team!

We are recruiting Psychologists, Cognitive Behavioural Psychotherapists, Psychiatrists, Mental Health Nurses, Counsellors and PWP’s.

We have both employed positions and opportunities to join our clinical network.

Be part of our clinical network and you’ll receive:

- Support to set up and build your private practice
- Flexible working to suit you
- Support from our Clinical Team
- Training opportunities
- Access to clinical innovation

Employed positions come with a range of benefits which we are happy to discuss.

Get in touch, we’d love to hear from you.

01904 620781  registrations@cbtclinics.co.uk  www.cbtclinics.co.uk
BABCP Organisation

Board

President: Paul Salkovskis
Past President: Chris Williams
Honorary Secretary: Kate Davidson
Honorary Treasurer: Jacqui McKenna
Trustees: Colin Blowers, Carol Brady, Brenda Davis, Michael Duffy, Colin Hughes, Rita Woo
Co-opted member: Rod Holland
Co-opted lay member: Bill Davidson

Scientific Committee

Glenn Waller, Co-Chair
Colin Blowers, Co-Chair
Janine Turner, Administrator
Andrew Beck
Simon Blackwell
Trudie Chalder
Jo Daniels
Kate Davidson
Lalitha Iyadurai
Ian James
Jessica Kingston
Heather O’Mahen
Shirley Reynolds
Craig Steel
Philip Tata
John Taylor
Louise Waddington
Jon Wheatley
Jennifer Wild
Michael Worrell

Office

General Manager and Company Secretary: Ross White
PA to Company Secretary: Sandra Wolfson
Membership & Branch Liaison Manager: Michelle Livesey
Finance Manager: Chris Jones
Senior Clinical Advisor: Dr Lucy Maddox
Accreditation Liaison Officers:
Mark Addis, Rowan Newby, Lisa Thomas, Sheila Wetton

Accreditation Support Officers:
Julie Francis, Anne Gorse
Rachel Osborne
Ann Nagle
Jane King, Melanie Serridge, Alistair Shottin
Sam Lindley-Cross, Isabelle Scrivens, Tim Snell
Bernie Oseghare
Phil McDougall
Peter Elliott

Conference Organising Committee

Rod Holland, Conference Coordinator
Glenn Waller, Co-Chair Scientific Committee
Janine Turner, Administrator
Hayley Dare
Jo Daniels

The Lead Organisation for CBT in the UK and Ireland

British Association for Behavioural & Cognitive Psychotherapies

Imperial House, Hornby Street, Bury BL9 5BN
babcp@babcp.com
0330 320 0851
www.babcp.com
@BABCP
Charity No 1098704
Welcome to Bath and the 47th Annual Conference & Workshops

It has taken us more than 30 years to return to Bath. Our last visit was in 1988, when we were still BABP and our membership numbers were just 1,750. Our membership secretary Howard Lomas was planning a recruitment drive to bring us to 2,000 members by our 20th anniversary in 1992. Look where we are now with a membership of more than 12,000.

Back in 1988 our 250 delegates were able to fit into Bath’s Guildhall and we ran our AGM in the Pump Room. Our highlights that year included a symposium on “Behavioural Psychotherapy for People with Major Mental Disorders” convened by Ian Falloon and sponsored by the Department of Health, a Keynote Address by the Hon Roger Freeman MP, Minister with Special Responsibility for Mental Health and another Symposium on “International Perspectives in Psychosocial Rehabilitation” sponsored by the World Health Organisation.

This was also the first BABCP Conference where Trudie Chalder presented her open paper “Cognitive Behavioural Management of Chronic Fatigue Syndrome” and 30 years on is once again in Bath convening, chairing and presenting the symposium on Acceptance and Commitment Therapy (ACT) for Long Term Conditions.

With almost 1,000 delegates joining us for the pre-conference workshops, the Annual Conference and associated events this year we have moved to the University and Chancellors’ Hall which will provide us with a modern state of the art conference venue all under one roof.

Even though we have reduced our conference to two days this year the conference Scientific Committee has yet again produced a programme that has attracted first-class presenters from the UK and further afield and will provide BABCP members and non-members with an excellent opportunity for continuing professional development, networking and an exchange of ideas with dozens of prominent contributions from leaders in the field of cognitive and behavioural psychotherapies.

Our 2019 conference programme includes 12 Keynote speakers, 14 skills classes, 22 symposia, three panel/round tables and 41 posters. Once again the conference will be hosting meetings of some of BABCP’s Special Interest Groups and our Annual General Meeting that will be held on Wednesday 4 September at 5.30pm.

If you are not a BABCP member then visit the BABCP stand in the exhibition area and find out more information about joining us.

Many of you will be also attending one of the twelve pre-conference workshops on Tuesday 3 September. Our workshop programme continues to be very popular, and together with the regular BABCP Spring Workshops, as well as the workshops run by our Branches and Special Interest Groups have expanded continued professional development opportunities across the UK and Ireland.

You can meet the Branches and Special Interest Groups at the opening reception on Tuesday evening and find out what they have to offer. Enjoy your time in Bath and if you have already planned to then do join us for an evening with Bedlam after the opening reception on Tuesday and in the Pump Room and the Great Bath at our social event on Wednesday evening.

Glenn Waller
Co-Chair Conference Scientific Committee
Colin Blowers
Co-Chair Conference Scientific Committee
Rod Holland
Chair Conference Organising Committee

Image courtesy of University of Bath
General information

The Conference Site

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.

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.

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.

Audio and Video Recording

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

Wi-Fi

Free Wi-Fi is available in all buildings as well as the Eduroam network if you have that. To access the “Wifi Guest” network, you simply need to select it and register your details on the webpage. No password required.
Do not forget to wear your badge

You must wear your badge at all times during the Conference. A strict admissions policy will be operating and admission to symposia and other events will be restricted to badge holders only. You will also need your badge to collect your lunch and for the social events.

If you lose your badge a replacement fee of £25 will be made along with proof of registration. We apologise for any inconvenience this may cause but trust that delegates will understand the need to restrict entry to bona fide delegates only.

No Smoking Policy

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

BABCP animation

Have you seen the BABCP animation? It explains CBT accessibly in less than a minute! This will be shown before keynotes at conference and has been produced at very low cost due to the generous contributions of time and expertise from both Jo Brand who did the voiceover and animator Tim Ruffle. The film will be publicly accessible from conference onwards. Please share widely to help people understand what CBT is.

BABCP podcast

Did you know BABCP has a podcast? It aims to demystify CBT. Dr Lucy Maddox interviews two people each episode, someone with experience of receiving therapy and someone with experience of delivering CBT. Series one goes through different types of CBT, series two is all about CBT for different problems. Ideal for helping potential clients understand what CBT involves, and useful for students and therapists too. Have a listen and please share widely. Download on Apple podcasts or google ‘Let’s Talk About CBT’.

BABCP public engagement review and strategy

BABCP has reviewed public engagement within the organisation and consulted widely to develop a Public Engagement Review & Strategy. Core aims have come from consultation with people with lived experience of CBT for a mental health problem. You can read the review on our website.

Outreach activity

A free outreach event sharing CBT ideas with local parents is happening on Wednesday night at the Bath Royal Literary and Scientific Institution from 7.00pm-8.30pm, with BABCP members presenting on ideas for supporting teenagers through stressful times.

Accreditation Desk

The BABCP Accreditation desk will be open for advice, information and enquiries about Accreditation between 9.00am and 5.00pm on Wednesday and Thursday.
Our 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 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 and a cash bar is available.

Bedlam are a 15-piece band that just loves to party. They play all your favourite songs from the 60s-80s, and include five BABCP members (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 also enjoy the magical waters of Bath! Ticket Cost: £27.50 per head to include a welcome drink, food, music and a cash bar.
Revolution in Mental Health Service Delivery: The Evolution of Low Intensity CBT

Lecture Theatre 1.12 Chancellors’ Building, University of Bath

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.

The day will bring together Low Intensity workers 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.

Special Event

Tuesday 3 September 2019

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

3.55 Stepped-care Low Intensity Psychological Therapy: The Importance of Digital and Data
Fiona Dawson, Mayden

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 Advisor

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
Pre-Conference Workshops

Our one-day Workshops are held on Tuesday 3 September. These run from 9.30am to 5.00pm and offer participants an opportunity to develop practical skills in the assessment and treatment of a range of problems.

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
Jaime Delgadillo, University of Sheffield

Workshop 4: Working with Complex Issues in Psychosis
Gillian Haddock, University of Manchester

Workshop 5: Maximising Your Effectiveness as a CBT Therapist
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: 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
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

Exhibition

Throughout the Conference there will be an exhibition of books and journals, organised by WISEPRESS in the exhibition area of the Chancellors Building.

Exhibitors
Wisepress Medical Bookshop  Psychologcal Experts
Little Brown Book Group  Pertemps Medical
Routledge  Mayden
IESO Digital Health  Nuffield Health
Sage Publishing  Cambridge University Press
ICS Digital Therapies/Pulse  IPRS Health
Balens Ltd  Five Areas
British Isles DBT Training  CBT Clinics
Beginners Guide to the BABCP Annual Conference

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

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

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

‘But how do I decide what to attend?’

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

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

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

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

We hope this is helpful, please do ask any of the organisers if you have any questions during the Conference, and above all, enjoy!

‘What exactly are the different types of presentations at the Conference?’

Workshops
These are whole day events focused on both skills and theory. They are scheduled on the day before the conference and on the first day of the congress. A separate registration fee applied to these workshops and they must be booked in advance.
Keynotes
Keynote speakers are typically clinical researchers who are well known nationally or internationally. They usually attract large audiences, and are a whole hour with one speaker, including time for questions. They usually cover research and clinical issues. The keynote presentations are scheduled after the symposium sessions, in both the morning and the afternoon, and generally there will be four or five on different topics in parallel.

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

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

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

Posters
Posters report on research studies, service evaluations, clinical case reports etc will be on show from 9.00am to 6.00pm on Wednesday, with presenters available to answer questions from 5pm. Posters will be on display all day and you are free to walk around and interact with the presenters.

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

Accreditation Desk
The BABCP Accreditation desk will be open for advice, information and enquiries from 9.00am to 5.00pm on Wednesday 4 and Thursday 5 September.
Programme

Wednesday 4 – Thursday 5 September

Keynote Addresses
Symposia
Clinical Skills Classes
Poster Presentations

Key

- Adult Mental Health
- Basic Processes
- Behavioural Medicine
- Children and Young People
- Diversity and Cultural
- IAPT and Primary Care
- Innovations in CBT
- Older Adults
- Severe and Enduring/Psychosis
- Training and Professional Issues

Please note the Conference organisers reserve the right to make amendments to the programme schedule at any time. Programme details were correct at the time of going to press.
9.00am – 11.00am

**Symposium 1 – Innovations in CBT** – Lecture Theatre 1.10

**Patient Experiences of Digitally-delivered Cognitive Behaviour Therapy**

Chair: Andrew Smithsimmons, Oxford VR & Ieso Digital Health

9.00 Patient Experience of Remotely Delivered Cognitive Behavioural Therapy for Repeat Unscheduled Care Users with Health Anxiety
Shireen Patel, University of Nottingham

9.25 Efficacy and Patient Experience of Internet Cognitive Therapy for Social Anxiety in the UK and Hong Kong
Graham Thew, University of Oxford

9.50 The Ieso Method: Examining Patients’ Expectations, Perceptions and Experience
Sarah Bateup, Ieso Digital Health

10.15 Supported Computerised Cognitive Behavioural Therapy in IAPT: Comparing Patient Experiences with Staff Expectations
Ramesh Perera-Delcourt, South London and Maudsley NHS Trust

10.40 Immersive Technology for Mental Health - VR for Fear of Heights: Patient and Clinician Experiences From Use in Routine Clinical Practice (IAPT)
June Dent and Polly Haselton, Oxford VR

**Clinical Roundtable 1 – Innovations in CBT** – Lecture Theatre 1.11

**Working with Complex Cases: Perspectives from CBT, DBT and ACT**

Chair: John Boorman, Homerton University Hospital NHS Foundation Trust

Speakers:
Isabel Clarke, italk (North West Area), Southern Health NHS Foundation Trust
Jess Kingston, Royal Holloway, University of London
Catherine Parker, Derbyshire Healthcare NHS Foundation Trust
Martin Wilks, Independent Practice, Flexible Psychological Solutions
Nicky Harding, Homerton University Hospital NHS Foundation Trust
John Boorman, Homerton University Hospital NHS Foundation Trust

**Symposium 2 – Behavioural Medicine** – Lecture Theatre 1.12

**Acceptance and Commitment Therapy (ACT) for Long Term Conditions**

Chair: Trudie Chalder, King’s College London

9.00 Using ACT with Long-term Conditions and Chronic Disease: Why, How and What Does the Evidence Say?
Chris Graham, School of Psychology, Queen’s University Belfast

9.30 ACT for Muscle Disease: Results of a Randomised Controlled Trial
Trudie Chalder, King’s College London

10.00 Feasibility of Online Acceptance and Commitment Therapy for Chronic Pain
Whitney Scott, Health Psychology Section, King’s College, London

10.30 The Acceptance and Commitment Therapy Fidelity Measure (ACT-FM): Development Through Online Delphi Methods and Field Testing
Lucy O’Neil, University of Leeds

**Symposium 3 – Children and Young People** – Classroom 3.1

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

Chair and Discussant: Liz Lord, Warneford Hospital, Oxford

9.00 A Cluster Randomised Controlled Trial of an Intervention to Improve the Mental Health Support and Training Available to Secondary School Teachers: The WISE (Wellbeing in Secondary Education)
Judi Kidger, Population Health Sciences, University of Bristol

9.25 Supporting Teachers And children In Schools (STARS): A Trial of the Incredible Years Teacher Classroom Management Programme
Rachel Hayes, Institute of Health Research, University of Exeter
Programme Schedule

9.50  The Effects of Mindfulness on Cognition and Mental Health in Children and Adolescents: A Meta-analysis of Randomised Controlled Trials
       Darren Dunning, Cognition & Brain Sciences Unit, University of Cambridge
10.15 The Mindfulness and Resilience in Adolescence (MYRIAD) Trial: Ongoing Progress of a Trial Exploring the Effectiveness of Mindfulness Training on Secondary Age Pupils and Their Teachers
       Anam Raja, University of Oxford
10.40 Discussion

Symposium 4 – Basic Processes – Classroom 3.5
Focusing on Sleep Across Disorders and Settings
Chair: Lalitha Iyadurai, University of Oxford
9.00  Imagery-Focused CBT for Nightmares for Patients with Persecutory Delusions (The Nites Trial)
       Bryony Sheaves, University of Oxford
9.25  Treating Sleep Problems in Young People at Ultra-high Risk of Psychosis
       Felicity Waite, University of Oxford
9.50  Feasibility, Accessibility and Impact of a Low-Intensity Sleep Intervention for YounF People
       Rebecca Rollinson, Norfolk and Suffolk NHS Foundation Trust
10.15 Sleep and Intrusive Trauma Memories Immediately After a Traumatic Event: Preliminary Results with an Emergency Department Sample
       Lalitha Iyadurai, University of Oxford
10.40 Improving Insomnia Treatment in Prison: The Development of a Treatment Pathway for Insomnia in Prison
       Lindsay Dewa, Imperial College London

Symposium 5 – IAPT and Primary Care – Classroom 3.9
Psychological Wellbeing Practitioners (PWPs); Decision-making, Drop-out, Resilience, Implementation Intentions and Self-practice/Self-reflection
Chair: Liz Kell, University of Sheffield
Discussant: Abi Bradbury, University of Sheffield
9.00  Decision Making by PWPs in Stepped Care: An Experimental Investigation of the Role of Heuristics and Bias
       Ben Michael, University of Sheffield
9.25  Dropout from Large Group Psychoeducation at Step 2: A Nearest Neighbour Analysis
       Nick Firth, University of Sheffield
9.50  Training Psychological Wellbeing Practitioners to Use Implementation Intentions with Their Patients
       Paulina Gonzalez Salas Duhne, University of Sheffield
10.15 Evaluation of a Resilience Intervention for Trainee Psychological Wellbeing Practitioners
       Rosalind Nelson, University of Sheffield
10.40 Self-practice and Self-reflection (SP/SR) Groups for PWPs
       George Miles, University of Sheffield

Symposium 6 - Innovations in Cognitive Behaviour Therapy - Classroom 4.1
Innovations in Cognitive Behaviour Therapy
Chair: Samantha Lloyd, University of Bath
9.00  Exploring Treatment Adaptations for Co-occurring Anorexia Nervosa and Autism Spectrum Disorders
       Emma Kinnaird, King’s College London
9.20  Exploring the Barriers to the Implementation of Cognitive Behavioural Therapy for Psychosis (CBTp)
       Fiona Switzer, NHS Lothian
9.40  The Efficacy of Adapted Cognitive-behaviour Therapy for Impulsivity in Patients with Brain Injury: Clinical Case Studies
       Siros Mobini, Priory Healthcare, University College London
10.00 Safety-seeking Behaviours in Chronic Fatigue Syndrome/Myalgic Encephalomyelitis: A Pilot Experimental Investigation
       Samantha Lloyd, University of Bath
10.20 Key Dimensions of Therapeutic Lies in Dementia Care: A New Taxonomy
       Katharina Reichelt, Northumberland, Tyne and Wear NHS Foundation Trust
10.40 Discussion
Programme Schedule

Clinical Skills Classes

- **Clinical Skills Class 1 – Innovations in CBT** – Lecture Theatre 2.6
  
  *The WISER MIND Model of Cognitive Behavioural Resilience and Therapy: A Method to Build Resilience and Treat Psychological Disorder*
  
  Rufus Harrington and Karen Taylor, University of Cumbria

- **Clinical Skills Class 2 – Adult Mental Health** – Classroom 5.1
  
  *“Turning Intentions into Actions”: CBT for Adult ADHD*
  
  Russell Ramsay, University of Pennsylvania Perelman School of Medicine, USA

- **Clinical Skills Class 3 – Adult Mental Health** – Classroom 3.15
  
  *A Brief Integrated Motivational Intervention (BIMI) for Psychiatric Inpatients Experiencing Co-Occurring Severe Mental Health and Substance Use Problems*
  
  Emma Griffith, University of Bath and Alex Copello, University of Birmingham

Keynote Addresses 11.30am-12.30pm

- **Shattered Lives: Understanding and Treating Posttraumatic Stress in Children and Adolescents**
  
  Tim Dalgleish, University of Cambridge
  
  Chair: Shirley Reynolds, University of Reading
  
  Lecture Theatre 1.10

- **Precision Mental Healthcare: Learning from Population Data to Personalise CBT**
  
  Jaime Delgadoillo, University of Sheffield
  
  Chair: Glenn Waller, University of Sheffield
  
  Lecture Theatre 1.11

- **Talking About Suicide Affects Us All**
  
  Gillian Haddock, University of Manchester
  
  Chair: Katherine Berry, University of Manchester
  
  Lecture Theatre 1.12

Special Interest Group meetings –

**Children, adolescents & Families SIG AGM**

12.30pm – 1.15 pm Class Room 3.1

**Supervision SIG AGM**

12.30pm – 1.15 pm Class Room 3.5
**Poster Presentations – Chancellor’s Building Foyer**

Posters will be displayed between 9.00am-6.00pm. Presenters will be standing with their Posters throughout the breaks and during the Poster session from 5.00pm-6.00pm.

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

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

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

4. **A Mixed-Methods Investigation of Parent-Child Post-trauma Discussion and the Effects of Encouraging Engagement**
   Rosie McGuire, University of Bath

5. **Family Accommodation and Symptoms of Obsessive Compulsive Disorder: The Role of Distress Tolerance in a Significant Other: A Pilot Study**
   Lucy Hale, University of Surrey

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

7. **Cognitive-Behaviour Therapy in Treatment of Psychological Difficulties after Road Traffic Accidents**
   Sirous Mobini, Aspire Clinical Psychological and Neuropsychological Services

8. **Metacognition and Happiness**
   Lowri Dowthwaite, University of Central Lancashire

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

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

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

12. **A CBT-Supported Very Low Calorie Diet IAPT Intervention for People with Type 2 Diabetes**
    Ellie Wilkinson, Lift Psychology, Avon and Wiltshire Mental Health Partnership NHS Trust

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

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

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

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

17. **Evaluation of Collaborative Cognitive-Behavioural Case Formulations in a Clinical Psychology Program: A Client Perspective**
    Lee Kannis-Dymand, University of the Sunshine Coast (USC), Sunshine Coast Mind & Neuroscience – Thompson Institute

18. **Trauma Rehabilitation for Congolese Refugees: The Effectiveness of the EMPOWER Program**
    Lee Kannis-Dymand, University of the Sunshine Coast (USC), Australia
| 19. | **Evaluation of a culture-free, CBT-based, third wave therapy manual**  
Lydia Baxter, Southern Health NHS Foundation Trust |
| 20. | **Can Low intensity interventions work effectively in Specialist Palliative Care?**  
Anna Chaddock, Newcastle Upon Tyne Hospitals NHS Foundation Trust |
| 21. | **Barriers and solutions for North East IAPT services to engage with research: a scoping project**  
Lucy Dunbar, South Tynesyde NHS Foundation Trust |
| 22. | **Presenting a model for an online intervention for carers of people with psychosis**  
Amy Johnson, Northumbria University |
| 23. | **Understanding the beliefs behind the possessions: an exploration of profiles of Hoarding Disorder using Q-methodology**  
Rowan Tinlin, Newcastle University |
| 24. | **Anger Management and Emotional Control Programme: evaluating outcomes of group CBT in a novel adult group**  
Jane Basher and Felix Higgins-Stockden, North East London NHS Foundation Trust |
| 25. | **Using CBT to manage feelings of anxiety in a transgender adolescent: a single case experimental design**  
Holly Panting, Tavistock and Portman NHS Foundation Trust |
| 26. | **CBT for Foreign Accent Syndrome: A Single Case Study**  
Nicola Birdsey, University of Bath |
| 27. | **Who gets offered CBT for psychosis in the 12 months following a psychiatric hospital admission? Follow-up data from an inpatient randomised controlled trial (RCT)**  
Maria Stefanova, University of Bath |
| 28. | **Psychological processes in persistent pain: the role of attachment and intolerance of uncertainty (IU)**  
Zoe Gotts, Newcastle University |
| 29. | **Is cognitive behavioural therapy effective for treatment of low self-esteem, following intimate partner violence?**  
Faith Brammer, University of Bath |
| 30. | **The Effectiveness of Internet-Based Cognitive Behavioural Therapy in the Treatment of Postnatal Depression: A Systematic Review**  
Julie Vibholm, University of Dundee/NHS Greater Glasgow & Clyde |
| 31. | **The Development and Validation of the Perceptions of Recoverability from Post-Traumatic Disorder Scale**  
Hannah Watson and Zachary Parker, Manchester Metropolitan University |
| 32. | **Which trauma-focused CBT approaches are most effective in reducing PTSD symptoms in adults who have experienced serious sexual assault or serious non-sexual assault?**  
Alastair Barrie, JSA Psychotherapy |
| 33. | **A multi-method evaluation of a compassionate cognitive behavioural psychotherapy group for people who self-harm**  
Gillian Rayner, University of Central Lancashire |
| 34. | **Predictors of Carer Burden at First-Episode Psychosis: A Multilevel Statistical Approach**  
Shereen Charles, University College London |
| 35. | **Home practice rates during a Mindfulness for Psychosis group: a systematic review and a qualitative study of Service User Views**  
Twinkle Choksi and Katherine Saywer, University of Bath |
| 36. | **How well do voice-hearing assessment measures capture the positive experiences of individuals? A review of published assessment measures to date**  
Lucy Armstrong, University of Bath |
Programme Schedule

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

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

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

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

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

Symposia 1.30pm – 3.30pm

**Symposium 7 – Adult Mental Health** – Lecture Theatre 1.10

**Maintaining Recovery After Depression: Predicting and Preventing Relapses**

Chair: Joshua Buckman, University College London
Discussant: Claudi Bockting, University of Amsterdam, the Netherlands

- **1.30** Evidence for Risk Factors for Relapse and Recurrence From a Series of Systematic Reviews and Investigations
  - Joshua Buckman, University College London

- **1.40** Evidence for Leading Psychological Theories of Depressive Relapse and Recurrence: A Meta-analytic Review of Prospective Studies
  - Marlies Brouwer, University of Amsterdam, the Netherlands

- **1.55** Relapse After Low and High intensity CBT in Primary Care: Findings from 2 Observational Cohort Studies
  - Jaime Delgadillo and Steve Kellet, University of Sheffield

- **2.10** Preventing Relapse After Depression Using the PRotect Brief Wellbeing Intervention
  - Katherine Clarke, University College London

- **2.25** Predicting Relapse Using Machine Learning and Network Analyses
  - Ben Lorimer, University of Sheffield

- **2.40** Current Status and Future Perspectives in Relapse Prevention
  - Claudi Bockting, University of Amsterdam, the Netherlands

- **3.00** Discussion

**Symposium 8 – Child and Adolescent** – Lecture Theatre 1.11

**The Use of Technology to Support and Deliver Interventions to Children and Young People with Mental Health Problems**

Chair: Paul Stallard, University of Bath

- **1.30** Technology Delivered Interventions for Depression and Anxiety in Children and Adolescents: A Systematic Review and Meta-analysis
  - Rebecca Grist, University of Brighton

- **1.50** Developing and Evaluating ‘MoodHub’: A Web-based Psychoeducational Intervention for Adolescent Depression
  - Rhys Bevan-Jones, Cardiff University

- **2.10** Avatar Therapy for Children and Young People with Mental Health Problems
  - Caroline Falconer, MindTech, University of Nottingham

- **2.30** A Smartphone App (BlueIce) for Young People (Aged 12-17 Years) Who Self-Harm: Open Phase 1 Pre-Post Trial
  - Paul Stallard, University of Bath

- **2.50** The ‘Online Remote Behavioural Intervention for Tics’ (ORBIT) Trial: Investigating a Therapist-guided, Parent-assisted Remote Digital Behavioural Intervention for Tics in Children and Adolescents
  - Bethan Davies, MindTech, University of Nottingham

- **3.10** Discussion

**Symposium 9 – Severe and Enduring** – Lecture Theatre 1.12

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

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

- **1.30** What are Process Oriented and Third Wave Therapies, and Where Did They Come From?
  - Caroline Cupitt, South London and Maudsley NHS Foundation Trust

- **1.55** Emerging Perspectives on the Role of Attachment and Dissociation in Psychosis
  - Katherine Berry, University of Manchester

- **2.20** Mindfulness in CBT for Psychosis
  - Katherine Newman-Taylor, University of Southampton and Southern Health NHS Foundation Trust

- **2.45** Compassion Focused Therapy for Distressing Experiences in Psychosis
  - Charlie Heriot-Maitland, Kings College London

- **3.10** What Next for CBT and Psychosis?
  - Anne Cooke, Canterbury Christ Church University
Programme Schedule

Symposium 10 – Child and Adolescent – Classroom 3.1
Developing CBT for Children and Young People in Clinical Settings

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

Symposium 11 – Basic Processes – Classroom 3.5
The State of the Evidence: Reducing Waste to Increase Value

Chair: Katherine Button, University of Bath
Discussant: Cathy Pinks, Data Librarian, Bath
1.30 Research Ecosystems and the Role of the UK Reproducibility Network (UKRN)
Marcus Munafò, University of Bristol
1.50 Does the ‘Reproducibility Crisis’ Apply to Us?
Pamela Jacobsen, University of Bath
2.10 Registered Reports: A Vaccine Against Bias in Research and Publishing
Christopher Chambers, Cardiff University
2.30 Grassroots Training for Rigorous Clinical Research
Katherine Button, University of Bath
2.50 Discussion

Symposium 12 – Older Adults – Classroom 3.9
Improving Access to IAPT for People in Later Life: Considering Carers, Communication and the Next Steps for Protocol Development

Chair: Georgina Charlesworth, University College London & North East London NHS Foundation Trust
1.30 Supporting Carers of People with Dementia in IAPT: Learning from a Randomised Controlled Trial of Online CBT and Psychoeducation
Jane Fossey, Oxford Health NHS Foundation Trust on behalf of the “Caring for Me and You” Team
2.00 Living with Dementia: Using Mentalization Based Understandings to Support Family Carers
Phil McEvoy, Six Degrees Social Enterprise, Salford
2.30 Staff Perceived Barriers and Facilitators to IAPT Access for People with Dementia or Mild Cognitive Impairment
Joshua Stott and Samantha Baker, University College London
3.00 IAPT AHEAD: Action for Physical and Mental Health in Older Adults
Elisa Aguirre, Syed Ali Naqvi, Lindsay Royan, North East London NHS Foundation Trust
Programme Schedule

Wednesday 4 September

Clinical Skills Classes

- Clinical Skills Class 4 – Basic Processes – Lecture Theatre 2.6
  How Our Schemas Can Get in the Way of Treating Complex Clients: A Basic Clinical Skills Class to Improve the Therapeutic Alliance When Working with Complexity
  Ruth McCutcheon and Saskia Ohlin, Academy of Schema Therapy and Private Practice

- Clinical Skills Class 5 – Adult Mental Health – Classroom 4.1
  The Strong & Curious CBT Therapist. Using the Self-Practice/Self-Reflection Approach to Develop Self-Compassion and Healthy Self-Doubt
  Jim Lucas, University of Birmingham

- Clinical Skills Class 6 – Behavioural Medicine – Classroom 5.1
  Helping People to Live Well with Pain: A Practical Workshop on Acceptance and Commitment Therapy for Chronic Pain
  Whitney Scott, King’s College London

- Clinical Skills Class 7 – Child and Adolescent – Classroom 3.15
  Assessment, Case Analysis and Intervention Skills: The Enhancing Parenting Skills Programme for Working with Parents of Children with Challenging Behaviour
  Judy Hutchings, Bangor University

Keynote Addresses 4.00pm-5.00pm

- Transdiagnostic Approaches to the Etiology and Treatment of Trauma-related Disorders: Promise and Pitfalls
  Thomas Ehring, LMU Munich, Germany
  Chair: Simon Blackwell, Ruhr-Universität Bochum, Germany
  Lecture Theatre 1.10

- Intergenerational Transmission of Anxiety Disorders: Parents Matter (for some)
  Susan Bogels, University of Amsterdam, the Netherlands
  Chair: Jessica Kingston, Royal Holloway University
  Lecture Theatre 1.11

- When is a Safety Behaviour Not a Safety Behaviour? Working with Anxiety in Adverse Life Circumstances
  Georgina Charlesworth, University College London
  Chair: Ian James, Northumberland, Tyne and Wear NHS Trust
  Lecture Theatre 1.12

Annual General Meeting
Wednesday 4 September 5.00pm
Lecture Theatre 2.6
Symposia 9.00-11.00am

- **Symposium 13 – Innovations in CBT – Lecture Theatre 1.10**
  **Novel Treatments Across Different Clinical Settings Targeting Emotionally Unstable Personality Disorder/Traits**
  
  **Chair:** Alison Roberts, Sussex Partnership Foundation Trust & University of Sussex
  9.00 Are Mindfulness Based Interventions Relevant to People Diagnosed with ‘Emotionally Unstable Personality Disorder’? Alison Roberts, Sussex Partnership Foundation Trust & University of Sussex
  9.30 Parent, Child and Practitioner Perspectives on Parenting in the Context of EUPD Abby Dunn, University of Sussex
  10.00 Adapting Dialectical Behaviour Therapy Skills Groups for a Perinatal Mental Health Community setting 
  Rachel O’Brien and Anna Roberts, Sussex Partnership Foundation Trust
  10.30 STEPPS-Ei as an Intervention for Sub-threshold BPD traits in a Primary Care Setting Juliet Couche, Sussex Partnership Foundation Trust

- **Symposium 14 – Children and Adolescents - Lecture Theatre 1.11**
  **(Complex) Trauma and Psychopathology in Children and Adolescents: Prevalence, Mechanisms, and Clinical Implications**
  
  **Chair:** Rachel Hiller, University of Bath
  **Discussant:** Andrea Danese, King’s College London
  9.00 The Epidemiology of Trauma and Post-traumatic Stress Disorder in a Representative Cohort of Young People in England and Wales Stephanie Lewis, King’s College London
  9.25 Prevalence and Predictive Value of ICD-11 PTSD and Complex PTSD Diagnoses in Children Exposed to a Single Event Trauma Caitlin Hitchcock, MRC Cognition and Brain Sciences Unit, Cambridge
  9.50 Cognitive Predictors of (complex) PTSD and Wellbeing in a Longitudinal Sample of Young People in Out-of-home Care Rachel Hiller, University of Bath
  10.15 A Case Study of Treating a Young Person for Complex PTSD David Trickey, Anna Freud Centre, London
  10.40 Discussion

- **Symposium 15 – Adult Mental Health - Lecture Theatre 1.12**
  **Hoarding Disorder: Prevalence, Cognitive-emotional and Familial Vulnerability Factors and Intervention**
  
  **Chair:** Victoria Bream, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust
  9.00 Prevalence of Hoarding Disorder: A Systematic Review and Meta-analysis Stephen Kellett, University of Sheffield and Sheffield Health and Social Care NHS Foundation Trust
  9.25 Expressed Emotion in Family Members of People with Hoarding Disorder Juliana Onwumere, Department of Psychology, King’s College London
  9.50 Does Response Inhibition Training Reduce Compulsive Acquiring? Helena Drury, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust
  10.15 Is Object Value in the Eye of the Beholder? An Online Investigation into the Effect of Hoarding Disorder on Object Value Perception. James Gregory, University of Bath
  10.40 The Role of Intolerance of Uncertainty, Anxiety Sensitivity and Distress Intolerance in Hoarding Disorder Shemariah Hillman, Department of Psychology, University of Bath
Programme Schedule

Thursday 5 September

Symposium 16 – Diversity and Cultural
LGBT+ Mental Health: Historical Perspectives and New Research

Chair: Katharine Rimes, King’s College London
9.00 Hidden from History? A Modern History of the Psychiatric ‘Treatment’ of Female Homosexuality in England
Sarah Carr, University of Birmingham
9.30 Childhood Gender Nonconformity, Peer Relationships, Self-esteem and Emotional Problems: A Prospective Birth-cohort Study
Anna-Sophia Warren, King’s College London
10.00 Psychosocial Mediators of Sexual Orientation and Depressive Symptoms in a Longitudinal Sample of Young People
Angeliki Argyriou, King’s College London
10.30 Testing a Minority Stress-adjusted Cognitive Behavioural Model of Distress in LGBTQ Students: A Prospective Mediation Study
Georgina Gnan, King’s College London

Symposium 17 – Training and Professional Issues
The Impact of the Core Professions in the CBT Role in Training and Practice Contexts

Chair: Matthew Wilcockson, Coventry University and Coventry and Warwickshire Partnership Trust
9.00 Transition of Core Professions to IAPT therapist
Matthew Wilcockson, Coventry University and Coventry and Warwickshire Partnership Trust
9.30 Interprofessional Supervision in Cognitive Behavioural Psychotherapy and how to make it work. A rapid synthesis review
Michael Townend, University of Derby and Private Practice
10.00 Countereting the Role of “Imperialist” Assumptions in CBT Training
Frank Wills, Independent Practitioner, Bristol

Symposium 18 – Psychosis
Attachment Theory as a Means of Enhancing CBT for Psychosis

Chair: Katherine Newman-Taylor, University of Southampton
9.00 A Cognitive Attachment Model of Voices
Katherine Berry, University of Manchester
9.30 Attachment Imagery as a Means of Facilitating Felt Security in People with Paranoia
Katherine Newman-Taylor, University of Southampton
10.00 The Role of Mentalisation in Engagement with CBT for Psychosis
Caroline Murray, NHS Grampian
10.30 Attachment Informed Techniques to Augment CBT for Psychosis: Evidence From Two Case Studies
Angus MacBeth, University of Edinburgh
Programme Schedule

Clinical Skills Classes

- **Clinical Skills Class 8 – Adult Mental Health** – Classroom 3.9
  
  *Rolling with Resistance: A Workshop for CBT Therapists Working with More Complex Presentations of OCD in Children, Adolescents and Families*
  
  Alice Farrington and Sasha Walters, Berkshire CAMHS Anxiety & Depression Team

- **Clinical Skills Class 9 – Child and Adolescent** – Classroom 4.1
  
  *The Equipping Youth to Help One Another Programme with Offenders with Intellectual Disabilities and/or Autism*
  
  Peter Langdon, University of Kent

- **Clinical Skills Class 10 – Basic Processes** – Classroom 5.1
  
  *Turning Research Ideas into Reality: A Guide for Clinicians About How to Get Your Research Funded*
  
  Shirley Reynolds, University of Reading and Barney Dunn, University of Exeter

- **Clinical Skills Class 11 – Basic Processes** – Classroom 3.15
  
  *Design, Implement and Publish A Single Case Experimental Design*
  
  David Veale, King’s College London

Keynote Addresses 11.30am-12.30pm

- **Network Analysis in Psychopathology: Prospects and Challenges**
  
  Richard McNally, Harvard University, USA
  
  Chair: Andrew Beck, University of Manchester
  
  Lecture Theatre 1.10

- **Early Developmental Intervention in Autism Spectrum Disorder**
  
  Jonathan Green, University of Manchester
  
  Chair: to be confirmed
  
  Lecture Theatre 1.11

- **Delivering Complex Interventions: The MRC Framework as a Model for Clinical Service Development**
  
  Christopher Williams, University of Glasgow and Five Areas Ltd
  
  Chair: Glenn Waller, University of Sheffield
  
  Lecture Theatre 1.12

Special Interest Group meeting –

**CBT Medics AGM**

12.30pm – 1.15 pm Class Room 3.1
Programme Schedule
Thursday 5 September

Symposia 1.30-3.30pm

- **Symposium 19 – Adult Mental Health** – Lecture Theatre 1.10
  **Recruiting Mental Imagery for Challenging Trauma Cases**
  Chair: **Kerry Young**, Woodfield Trauma Service, CNWL Foundation Trust
  1.30 The Power of the Imagination: Examining the Prevalence of Imagined ‘Worst Case Scenario’ Moments in Trauma Memories
     **Cathryn Skerry** and **James Griffin**, Grenfell Health and Wellbeing Service, CNWL Foundation Trust
  2.00 The Power of the Imagination: How to Elicit and Treat Imagery-based Hotspots
     **Badri Bechlem**, **Che Moore** and **Claire Gibson**, Grenfell Health and Wellbeing Service, CNWL Foundation Trust
  2.30 The Power of Anger: How to Harness Anger in Imagery Rescripting in Refugees with PTSD
     **Sameena Akbar**, Woodfield Trauma Service, CNWL Foundation Trust
  3.00 Treating Guilt in Refugees with PTSD Using Imagery Techniques
     **Zoe Chessell**, Woodfield Trauma Service, CNWL Foundation Trust

- **Panel Debate 1 – Diversity and Cultural** – Lecture Theatre 1.11
  **How Can We Make Sure We Are Doing High Quality, Effective CBT When We Work With Interpreters and Interpreted Materials?**
  Chair: **Andrew Beck**, University of Manchester
  Speakers:
     **Michelle Brooks**, University of Derby
     **Glorianne Said**, University College London
     **Whitney Nyarambi**, East London Foundation Trust
     **Dot King**, Berkshire Healthcare NHS Foundation Trust

- **Symposium 20 – Innovations in CBT** – Lecture Theatre 1.12
  **How Can We Do Trials Better? Methodological Developments in Reducing Waste and Improving Efficiency in Trial Design**
  Chair: **Pamela Jacobsen**, University of Bath, UK
  1.30 Evidence-based Trials for Evidence-based Healthcare
     **Heidi Gardner**, University of Aberdeen
  2.00 Developing and Piloting a Standard Framework to Assess Risk of Contamination in Psychological Therapy Trials
     **Pamela Jacobsen**, University of Bath and Lisa Wood, University of Essex & North East London NHS Foundation Trust
  2.30 The Elephant on the Couch: Why We Ought to Take ‘Harm’ from Psychological Treatments Seriously
     **Conor Duggan**, University of Nottingham
  3.00 Routine Data and Outcome Assessment in Psychological Therapy Trials
     **Alex Wright-Hughes**, University of Leeds
Programme Schedule

Symposium 21 – Diversity and Cultural – Lecture Theatre 2.6
Community and Cultural Considerations

Chair: Angela Cooke and Aileen McArthur, LIFT Psychology Service, Swindon

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

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

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

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

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

Panel Debate 2 – Training and Professional Issues – Classroom 3.1
Research Clinics: What are They, What are They For, and What Next?

Chair: Kim Wright, University of Exeter
Speakers: Barney Dunn, University of Exeter
Blake Stobie, South London and Maudsley NHS Trust
Catherine Gallop and Fin Williams, University of Exeter
Ray Percy, University of Reading

Symposium 22 – Adult Mental Health – Classroom 3.5
Developments in CBT for Depression and Anxiety

Chair: Ailsa Russell, University of Bath

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

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

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

2.30 A ‘Making Friends with Uncertainty’ Group Intervention
Layla Mofrad, Talking Helps Newcastle

2.50 Testing Differential Effects of Attention and Acceptance-Based Psychological Interventions with Longitudinal Experience Sampling in High Worriers
Ben Ainsworth, University of Bath
Programme Schedule

Thursday 5 September

Clinical Skills Classes

- **Clinical Skills Class 12 – Innovations in CBT** – Classroom 3.9
  *Using Values to ACTivate Your Practice*
  Richard Bennett, University of Birmingham

- **Clinical Skills Class 13 – Child and Adolescent** - Classroom 4.1
  *PACT (Paediatric Autism Communication Therapy) From Infancy to 10 years: Implementation for Everyday Practice in Local Services*
  Hannah Danvers, IMPACT CIC and Stockport NHS Foundation Trust

- **Clinical Skills Class 14 – Innovations in CBT** – Classroom 5.1
  *Communicating CBT Ideas Creatively and Effectively to Non-Therapists*
  Lucy Maddox, BABCP

Keynote Addresses 4.00-5.00pm

- **Unwanted Intrusive Thoughts: Another Neglected Transdiagnostic Process with Clinical Implications**
  David A Clark, University of New Brunswick, Canada
  Chair: Colin Blowers, BABCP Scientific Committee
  Lecture Theatre 1.10

- **CBT for Personality Disorder: Occam’s Razor**
  Kate Davidson, University of Glasgow
  Chair: Glenn Waller, University of Sheffield
  Lecture Theatre 1.11

- **Psychological Interventions with Offenders with Intellectual Disabilities and/or Autism**
  Peter Langdon, University of Kent
  Chair: Shirley Reynolds, University of Reading
  Lecture Theatre 1.12
### At a glance

#### Wednesday 4 September

**9.00am-11.00am**
- **Symposium 1**
  - Patient Experiences of Digitally-delivered CBT
  - Tim Dalgleish
    - University of Cambridge
  - Lecture Theatre 1.10
  - p13

**11.30am-12.30pm**
- **Keynotes**
  - Thomas Ehring
    - LMU Munich, Germany
  - Symposium 7
    - Maintaining Recovery After Depression
  - Lecture Theatre 1.11
  - p15
  - Jaime Delgadillo
    - University of Sheffield
  - Symposium 8
    - Use of Technology to Support and Deliver Interventions
  - Lecture Theatre 1.12
  - p15

**1.30pm-3.30pm**
- **Symposium 2**
  - ACT for Long Term Conditions
  - Gillian Haddock
    - University of Manchester
  - Classroom 3.1
  - p15
- **Symposium 3**
  - Mental Health Promotion in Schools & Young People
  - Symposium 4
    - Focusing on Sleep Across Disorders and Settings
  - Lecture Theatre 2.6
  - p13

**3.30pm-5.30pm**
- **Symposium 5**
  - Innovations in CBT
  - Symposium 6
    - Psychological Wellbeing Practitioners
  - Lecture Theatre 2.6
  - p14
- **Symposium 7**
  - CBT for Psychosis
  - Symposium 9
    - CBT for Psychosis
  - Classroom 3.15
  - p15

**4.00pm-5.00pm**
- **Keynotes**
  - Thomas Ehring
    - LMU Munich, Germany
  - Symposium 8
    - Use of Technology to Support and Deliver Interventions
  - Lecture Theatre 2.6
  - p19
  - Susan Bogels
    - University of Amsterdam, the Netherlands
  - Georgina Charlesworth
    - University College London
  - Classroom 3.15
  - p21

#### Reflections

- **Adult Mental Health**
- **Basic Processes**
- **Behavioural Medicine**
- **Children and Young People**
- **Diversity and Cultural**
- **IAPT and Primary Care**
- **Innovations in CBT**
- **Older Adults**
- **Severe and Enduring/Psychosis**
- **Training and Professional Issues**
## At a glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Lecture Theatre 1.10</th>
<th>Lecture Theatre 1.11</th>
<th>Lecture Theatre 1.12</th>
<th>Classroom 3.1</th>
<th>Classroom 3.5</th>
<th>Classroom 3.9</th>
<th>Classroom 4.1</th>
<th>Classroom 4.17</th>
<th>Classroom 3.16</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am-11.00am</td>
<td>Symposium 13 Novel Treatments Across Different Clinical Settings</td>
<td>Symposium 14 (Complex) Trauma and Psychopathology in Children and Adolescents</td>
<td>Symposium 15 Hoarding Disorder</td>
<td>Symposium 16 LGBT+ Mental Health</td>
<td>Symposium 17 Impact of the Core Professions in the CBT Role in Training &amp; Practice</td>
<td>Symposium 18 Attachment theory and Enhancing CBT for Psychosis</td>
<td>Clinical Skills Class 8 Working with More Complex Presentations of OCD</td>
<td>Clinical Skills Class 9 The Equipping Youth to Help One Another Programme</td>
<td>Clinical Skills Class 10 Turning Research Ideas into Reality</td>
</tr>
<tr>
<td>11.30am-12.30pm Keynotes</td>
<td>Richard McNally Harvard University, USA 24</td>
<td>Jonathan Green University of Manchester 24</td>
<td>Christopher Williams University of Glasgow and Five Areas Ltd 24</td>
<td>Symposium 19 Recruiting Mental Imagery for Challenging Trauma Cases</td>
<td>Symposium 20 How Can We Do Trials Better?</td>
<td>Symposium 21 Community and Cultural Considerations</td>
<td>Panel Debate 1 CBT When We work With Interpreters and Interpreted Materials</td>
<td>Panel Debate 2 Research clinics: What are they, what for, and what next?</td>
<td></td>
</tr>
<tr>
<td>1.30pm-3.30pm</td>
<td>Symposium 19 Recruiting Mental Imagery for Challenging Trauma Cases</td>
<td>Symposium 20 How Can We Do Trials Better?</td>
<td>Symposium 21 Community and Cultural Considerations</td>
<td>Symposium 22 Developments in CBT for Depression and Anxiety</td>
<td>Panel Debate 1 CBT When We work With Interpreters and Interpreted Materials</td>
<td>Panel Debate 2 Research clinics: What are they, what for, and what next?</td>
<td>Symposium 23 How Can We Do Trials Better?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.00pm-5.00pm Keynotes</td>
<td>David A Clark University of New Brunswick, Canada</td>
<td>Kate Davidson University of Glasgow</td>
<td>Peter Langdon University of Kent</td>
<td>Symposium 22 Developments in CBT for Depression and Anxiety</td>
<td>Clinical Skills Class 12 Using Values to ACTivate Your Practice</td>
<td>Clinical Skills Class 13 PACT (Paediatric Autism Communication Therapy) from Infancy to 10 Years</td>
<td>Clinical Skills Class 14 Communicating CBT Ideas Creatively and Effectively to Non-Therapists</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Thursday 5 September

- **Symposium 13** Novel Treatments Across Different Clinical Settings
- **Symposium 14** (Complex) Trauma and Psychopathology in Children and Adolescents
- **Symposium 15** Hoarding Disorder
- **Symposium 16** LGBT+ Mental Health
- **Symposium 17** Impact of the Core Professions in the CBT Role in Training & Practice
- **Symposium 18** Attachment theory and Enhancing CBT for Psychosis
- **Clinical Skills Class 8** Working with More Complex Presentations of OCD
- **Clinical Skills Class 9** The Equipping Youth to Help One Another Programme
- **Clinical Skills Class 10** Turning Research Ideas into Reality
- **Clinical Skills Class 11** Design, Implement and Publish a Single Case Experimental Design
- **Richard McNally** Harvard University, USA
- **Jonathan Green** University of Manchester
- **Christopher Williams** University of Glasgow and Five Areas Ltd
- **Symposium 19** Recruiting Mental Imagery for Challenging Trauma Cases
- **Symposium 20** How Can We Do Trials Better?
- **Symposium 21** Community and Cultural Considerations
- **Symposium 22** Developments in CBT for Depression and Anxiety
- **Panel Debate 1** CBT When We work With Interpreters and Interpreted Materials
- **Panel Debate 2** Research clinics: What are they, what for, and what next?
- **David A Clark** University of New Brunswick, Canada
- **Kate Davidson** University of Glasgow
- **Peter Langdon** University of Kent

**topics**
- Adult Mental Health
- Basic Processes
- Behavioural Medicine
- Children and Young People
- Diversity and Cultural
- IAPT and Primary Care
- Innovations in CBT
- Older Adults
- Severe and Enduring/Psychosis
- Training and Professional Issues
We look forward to welcoming you to Cardiff for the 48th BABCP Annual Conference and Workshops
14-16 July 2020

www.babcp.com
Russ Harris
2020 ACT Workshops

Dr Russ Harris returns to the UK in 2020 to deliver two highly acclaimed workshops

For the first time ever in the UK, an Introduction to ACT, and his very popular ACT for Depression and Anxiety.

Russ Harris presents ACT in a truly accessible style, seamlessly weaving together theoretical knowledge and practical application. His workshops are entertaining and inspiring, brimming with thoughtful experiential exercises presented with clarity and authenticity.

Introduction to ACT workshop
Central London 23rd & 24th March

ACT for Beginners Workshop

A very practical, experiential workshop where you’ll come out with a solid grounding in ACT. It will be useful for therapists, coaches and practitioners.

The workshop is a ‘jargon-free zone’ guided by three core values: simplicity, clarity, and accessibility and it covers so much material in such a short space of time. (There’s also a big emphasis on having fun).

You will experience a wide variety of ACT exercises, and you will be encouraged to work with your own personal issues. You will be led through these exercises in the same way as you would instruct them to your clients.

You will also receive extensive support materials (more so than in any other ACT training around the world) including an album of professionally-recorded maps of key mindlessness skills, and a 3-months-long follow up e-course.

ACT for Depression and Anxiety
Central London 25th & 26th March

EVERY DAY, AROUND THE GLOBE, DEPRESSION AND ANXIETY SHATTER THE LIVES OF MILLIONS.

But you have the power to make a difference...

Do you want to help your clients find rapid relief from suffering? And go on to build richer, fuller lives? If so, this 2-day advanced level workshop on ACT for depression and anxiety disorders is for you. You’ll go deeper into the ACT model, take your skills to the next level, and learn specific methods for depression and anxiety disorders. You’ll learn about common stumbling blocks and sticking points, and how to quickly get around them.

And you’ll discover a wealth of practical tools and strategies to effectively target depression (major depressive disorder and dysthymia) and the full range of anxiety disorders (from OCD & phobias to social anxiety & panic disorder). The workshop will include live demonstrations, videos of therapy sessions, and a wide range of experiential exercises.

Check out our other 2019 workshops!

Kirk Strosahl & Patrice Robinson – Mindfulness in ACT - September
Yvonne Barnes-Holmes – Enhancing ACT with RFT - October (available by webcast)
Louise Hayes – ACT for Young People – November
Joe Oliver – Intermediate Skills Workshop – November
Ray Owen – ACT for Physical Health – April

For more workshop information, rates and special discounts for booking both workshops, venue locations and how to register please see: www.contextualconsulting.co.uk
Join the **iprs** health **CBT Network**

+ Fast Payment  + Favourable Rates  + Online Portal  
+ Clinical Case Manager Support  + Triaged Referrals  
+ & much more!

Come and Join us at Stand 12 to find out more ...  

...or visit www.iprshealth.com