



E-NEWS

**1st May
2025**

WELCOME TO EABCT 2025

The 55th Annual Congress of the
European Association for Behavioural and Cognitive Therapies
**People Make Glasgow: Connections Drive Change:
Celebrating CBT in Europe**

3-6 September 2025

SEC (Scottish Events Campus) Glasgow, Scotland, UK

4 months to go!

But only 2 months before the Early Bird registration rate closes on 30th June so make sure that you do not delay registering and save money.

You can register online by going to www.eabct2025.org

**EARLY BIRD
REGISTRATION
CLOSES ON
30th June 2025**

- **21 keynote speakers**
- **82 symposia**
- **25 skills classes**
- **10 panel/round table discussion sessions**
- **15 in-congress workshops**
- **Open Papers sessions**
- **5 Poster sessions**

Congress Streams

Adult Mental Health: Anxiety disorders, OCD, and PTSD
Adult Mental Health: Mood, Eating, and Addictive Disorders
Bipolar Disorder, Psychosis and Clinical complexity
Children, Young People and Families
Behavioural Medicine, Health and Wellbeing
Intellectual and Developmental Difficulties
Experimental Psychopathology
Therapeutic Mechanisms and Processes in CBT
Innovations in delivery of CBT
Equality, Diversity, Inclusion and Culture in CBT
Training, Supervision and Professional Issues

A program of Pre-congress workshops will be held on Wednesday 3rd September (see page 3)

EABCT2025 E-NEWS will be published on 1st of each month in the run up to the Congress to bring you information on the development of the scientific and social programme, hotel opportunities and travel options.

To subscribe to E-NEWS sign up via www.eabct2025.org

Thank you for your submissions:

The main call for papers is now closed – Poster submissions remain open until 16th May 2025

Putting together a first-class Congress Programme is the most important task that we wanted to achieve. You can already see details of the Invited Speakers and Pre-congress Workshops that have been chosen on the Congress website and the BABCP Scientific Committee supported by a European Advisory Group and co-chaired by Jo Daniels and Simon Blackwell are now at the stage of developing a programme that will cover the multiple congress streams and the theme of the Congress “People Make Glasgow: Connections Drive Change”. The final programme will highlight the importance of the human and scientific connections that form the bedrock of progress in science and practice in CBT.

Submissions for the symposia, panel debates and round-tables, open papers, half-day in-congress workshops and skills classes closed on 28th February and the response was overwhelming – more than 200 submissions of symposia, skills classes or in-congress workshops. The quality of submissions was very high and so was the wide representation across the Congress streams and across the European countries and the rest of the world nations who have submitted. The task of reviewing these submissions to create the final programme has been a challenge but we are ensured that we will fulfil the aim of making this a truly international Congress.

If you missed the date for submitting an open paper then there is still time to submit a Poster Presentation. These will be an important and popular part of the Congress and the closing date for late Poster submissions is Sunday 16th May.

Go to the website <https://eabct2025.exordo.com> and follow the instructions to submit.

Keynotes Presentations

Arnoud Arnzt, Amsterdam, the Netherlands
Imagery Rescripting

Dixon Chabanda, Zimbabwe
Friendship bench

Michelle Craske, Los Angeles, USA
Anxiety and depression

Cathy Creswell, Oxford, UK
CBT for child anxiety problems

Colin Espie, Oxford, UK
Psychological therapy & pharmacotherapy

Azucena Garcia-Palacios, Castelló, Spain
Digital solutions

Gillian Haddock, Manchester, UK
Suicide and psychosis

Nusrat Husain, Manchester, UK
Cultural adaptation of psychological therapies

Andrew Jahoda, Glasgow, Scotland
Psychological therapies for people with more severe and profound intellectual

Lars Klintwall, Stockholm, Sweden
Personalized symptom networks

Hans Knoop, Amsterdam, the Netherlands
Chronic Fatigue

Ken Laidlaw, Exeter, UK
CBT across the adult lifespan

David Mataix-Cols, Stockholm, Sweden
Beyond symptom reduction

Rory O'Connor, Glasgow, Scotland
Understanding suicide risk

Agnieszka Popiel, Warsaw, Poland
PTSD prevention and treatment.

Filip Raes, Leuven, Belgium
A Transdiagnostic Case Conceptualization

Jessica Schleider, Evanston, USA
Single-Session Interventions

Roz Shafran, London, UK
The Role of Transdiagnostic Treatments

Luisa Weiner, Strasbourg, France
Emotion dysregulation in autistic adults

Ulrike Willutzki, Witten, Germany
Psychotherapy training

Pre-Congress Workshops

The Pre-Congress Workshops will take place on Wednesday 3rd September. Each workshop will run from 9am - 5pm. Delegates can only register to attend in person. Full details of each of the workshops can be found on the congress website www.EABCT2025.org

Workshop 1

Imagery Rescripting as a transdiagnostic technique to address memories of adverse and traumatic experiences

Arnoud Arnzt, University of Amsterdam, Netherlands

Workshop 2

Overcoming common challenges when working with parents of children with anxiety problems

Cathy Creswell & Chloe Chessell, University of Oxford, UK

Workshop 3

Targeting cognitive change in depression: key strategies for lasting impact

Keith Dobson, University of Calgary, Canada

Workshop 4

Untangling the ‘Complex’ in complex PTSD: What it means, Why it matters, & how to treat it

Sharif El-Leithy, South West London and St George’s Mental Health NHS Trust, UK

Workshop 5

Delivering cognitive and behavioural therapeutics (CBTx) for insomnia in routine clinical practice

Colin Espie, University of Oxford, UK

Workshop 6

Brain state and integrative processes in compassion focused therapy

Paul Gilbert, University of Derby, UK

Workshop 7

Complex issues and suicide risk in people with psychosis: an interactive workshop

Gillian Haddock, University of Manchester, UK

Workshop 8

Teaching Recovery Techniques: An Evidence-Based Intervention for Children Affected by Trauma

Dennis Ougrin, Queen Mary University of London, UK & Anna Tarasenko, Ukrainian Medical Association of the United Kingdom and Mindly Ltd.

Workshop 9

Too good for your own good: Effective strategies to treat perfectionism

Roz Shafran, University College London Institute of Child Health, UK and Tracey Wade, Flinders University, Australia

Workshop 10

This workshop will be rubbish and no one will go.” Addressing self-criticism, negative self-beliefs and socially traumatic memories in cognitive therapy for Social Anxiety Disorder

Emma Warnock-Parkes, University of Oxford, UK

Workshop 11

Dialectical Behaviour Therapy (DBT) for autistic adults without intellectual disability

Luisa Weiner, University of Strasbourg, France

Workshop 12

Supervision in CBT – fostering professional growth and conceptual refinement

Ulrike Willutzki, Witten/Herdecke University, Germany

Workshop 13

Cognitive-behavioural interventions with traumatized refugees and asylum seekers

Kerry Young, Central and North West London NHS Foundation Trust, UK

In-Congress Workshops

A programme of half day In-congress workshops will run throughout the Congress and delegates who have registered for the Congress will be able to sign up for these in June. Details of the workshops will be available on the congress website later in May

Treatment for Depression, Anxiety and Anhedonia, Michelle Craske, USA | OCD Unlocked, Lata McGinn, USA | CFT for Complex PTSD, Deborah Lee & Hjordis Lorenz, UK | Finessing the Formulation, Stirling Moorey, UK | Managing Cravings & Addictive Behaviors using ACT, Maria Karekla, Cyprus & Megan Kelly, USA | Working with transdiagnostic dissociative experiences, Emma Cernis, UK | Strategies to Maximize Exposure-Based CBT for Youth with Anxiety Disorders, Anne Marie Albano, Aleta Angelosante & Sandra Pimentel, USA | CBT for Nightmares, Kristi Pruiksma & Hannah Tyler, USA & Annette Van Schagen, Netherlands | Using an ACT approach for Long Term Conditions, Trudie Chalder and Debra Brewin, UK | Managing death, isolation, identity, freedom and the search for meaning, Ross Menzies, Australia | Expanding your CBT skills for working with sensitivity to specific sounds, Jane Gregory & Tom Graham, UK, Zach Rosenthal & Grace Heppes, USA | CBT for Intolerance of Uncertainty, Craig Chigwedere, Ireland | Repetitive Thinking from a Metacognitive Perspective, Ercan Altinö, Hakan Turkcapar & Kadir Özdel, Turkey | Brief Group Schema Therapy (BST) for Complex Cases, Michiel Van Vreeswijk, Netherlands and Kirsty Gillings, Scotland | Building Therapist Resilience and Confidence in Client Care, Aylin Webb, UK

Registration Information

In Person Full Congress. Thursday 8.30 am – Saturday 4.30 pm

Registration fee includes refreshments and lunch each day

| | Early Bird Until 30th June | Standard Until 29th August | On site & After 30th August |
|--------------------------|-------------------------------|-------------------------------|--------------------------------|
| EABCT/WCCBT/BABCP member | £365 | £425 | £485 |
| Emerging Countries | £220 | £270 | £320 |
| Students | £220 | £270 | £320 |
| Non-members | £465 | £525 | £585 |

In Person Day Registration. Thursday, Friday and Saturday

Delegates can book to attend one or two days includes refreshments and lunch each day

| | Early Bird Until 30th June | Standard Until 29th August | On site & After 30th August |
|--------------------------|-------------------------------|-------------------------------|--------------------------------|
| EABCT/WCCBT/BABCP member | £150 | £180 | £210 |
| Emerging Countries | £90 | £120 | £150 |
| Students | £90 | £120 | £150 |
| Non-members | £195 | £225 | £255 |

Online Full Congress. Thursday 8.30 am – Saturday 4.30 pm

Online delegates will have the opportunity to participate in real time in the programme that will be running from the 4 largest lecture theatres. This will include all 20 keynote lectures and 44 other congress sessions (symposia, panel and discussion sessions and skills classes) and the poster sessions.

| | Early Bird Until 30th June | Standard Until 29th August | On site & After 30th August |
|--------------------------|-------------------------------|-------------------------------|--------------------------------|
| EABCT/WCCBT/BABCP member | £199 | £230 | n/a |
| Emerging Countries | £150 | £175 | n/a |
| Students | £150 | £175 | n/a |
| Non-members | £250 | £280 | n/a |

Full Day Pre-Congress Workshop Registration

| | Early Bird Until 30th June | Standard Until 29th August | On site & After 30th August |
|--------------------------|-------------------------------|-------------------------------|--------------------------------|
| EABCT/WCCBT/BABCP member | £100 | £125 | n/a |
| Emerging Countries | £80 | £100 | n/a |
| Students | £80 | £100 | n/a |
| Non-members | £125 | £150 | n/a |

All full in-person and online delegates will have access to over 120 hours of recorded congress sessions that can contribute to their continuing professional development. You will be able to watch the recorded sessions for up to 3 months after the Congress has finished. Day delegates attending will also be able to access the recording of sessions from the day that they have attended

Registrations can be made online via the Congress website EABCT2025.org

The Social Programme

Glasgow is a city steeped in history and culture with world-class museums and galleries, amazing architecture and when it comes to entertainment it has a legendary music scene and is an UNESCO City of Music. Most important are the people, and Glasgow regularly tops the charts as 'world's friendliest city'. So, when you are at the Congress make sure you stay awhile and experience everything Glasgow has to offer. Make a holiday of it and why not see more of Scotland while you are here there. Glasgow is the gateway to Scotland's great outdoors, with beaches, castles and rugged coastlines to discover. Experience unmissable day trips less than the average daily commute away – from the historic Stirling to the breath-taking bonnie banks of Loch Lomond, there are legends and adventures to uncover.

During the Congress, we will have a full social programme which will give you a taste of Scotland. Starting with our opening reception at the SEC, the city of Glasgow will welcome you with music and dancing as well as drink and canapés. On the Thursday night join us for an Unforgettable Night of Music and Dance at St Luke's and The Winged Ox! We are bringing together some of the finest Scottish musicians for an epic showcase featuring exclusive guest appearances from members of Bedlam and culminating with a powerful set by The Magnificent After80s! You must not miss this chance to soak in the sounds, celebrate local talent, and dance till you drop!

On Friday we will be celebrating the congress at a Gala dinner in the beautiful Kelvingrove Art Gallery and Museum. This will be a special night out which will include not only a welcome drink, a private viewing of the museum, a three-course dinner with wine but also a Scottish ceilidh to end the night with more music.

Visit the congress website and watch the video on the social programme and listen to the music of Kevin Noon



The venue and hotels



Where will you be staying in Glasgow?

Have you booked your accommodation in Glasgow? For your accommodation we have selected a range of hotels in Glasgow which are ideally located and these can be booked via the Hotel Reservation Service (HRS) on the Congress website and the HRS offers special rates for the EABCT2025 delegates. Hotel bookings are made by clicking on this [link](#)

Hotels near the Scottish Event Campus

1. Crowne Plaza
2. Courtyard by Marriott SEC
3. Moxy SEC
4. Campanile
5. Radisson RED
6. Hilton Garden Inn
7. Premier Inn Pacific Quay
8. Village



Scan to receive further information and the next edition of the E-NEWS

Any questions about EABCT2025?

contact EYAS on EABCT@EYAS.co.uk

see you in Glasgow