

Congress Programme

At A Glance

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

Thursday 4 September	8.30am	Lomond Auditorium*	M1*	Hall 1*	Caron 1/2*	Dochart 1	Dochart 2	Alsh 1	Alsh 2	Bolsdale 1	Bolsdale 2	M4	M2	M3	Hall 2
		Panel Discussion 1 Disorder specific and relevant processes in anxiety disorders	Symposium 1 Exercise as a transdiagnostic mental health treatment	Symposium 2 Imagery Rescripting for depression and PTSD	Skills Class 1 Dissociation in PTSD	Skills Class 2 DBT skills for people with bipolar disorder	Symposium 3 3rd wave approaches to paranoid beliefs	Symposium 4 A suicide-focused therapy for people with psychotic experiences	Symposium 5 Working mechanisms underlying EMDR	Skills Class 3 Core beliefs in cancer patients	Open Papers 1 Emotion regulation and youth-focused Interventions	In-congress Workshop Psychological therapies for people with an intellectual disability (Pre-booked)	Symposium 6 Internet-delivered CBT in Japan	Symposium 7 Body image treatment in eating disorders	Poster Session 1 • Anxiety disorders, OCD, and PTSD
	10.00am Break														
	10.30am	Clinical Roundtable 1 Transitional needs of emerging adults	Symposium 8 AVATAR therapy for distressing voices in psychosis	Symposium 9 Autobiographical Past and Future Thinking	Skills Class 4 Imagery rescripting in adult mental health	Skills Class 5 Working with interpreters in mental health settings	Symposium 10 Mental health difficulties during the Premenstrual and Perinatal periods:	Symposium 11 Understanding and treatment of body dysmorphic disorder	Symposium 12 Launching the tCBT series	Open Papers 2 Bipolar disorder, psychosis and clinical complexity	Open Papers 3 Workforce wellbeing		Symposium 13 New areas in metacognitive research	Symposium 14 Training, retention and growth of the CBT workforce	
	12.00pm	Keynote Rory O'Connor	Keynote Azucena Garcia-Palacios	Symposium 15 The science, art and craft of CBT	Keynote Andrew Jahoda	Symposium 16 Misophonia over time	Symposium 17 Training and credentialing standards	Symposium 18 Internalising problems in adolescence	Open Papers 4 Culturally informed adaptations and interventions						
	1.00pm Lunch														
	2.00pm	Symposium 19 CBT for autistic people: from theory to practice	Symposium 20 Affect in dissociation - implications for clinical intervention	Symposium 21 Empowering parents	Symposium 22 Research on the climate and eco-emergency around Europe	Symposium 23 Advancing CBT for racially & ethnically minoritised clients	Symposium 24 Experimental psychopathology of stress-related disorders	Panel Discussion 2 Redefining identity: the impact of sharing lived experience	Three Minute Talks Session 1	Open Papers 5 Professional practice and development	Symposium 25 Gender inequalities in women's healthcare	Symposium 26 Nomophobia: A cognitive-behavioural perspective	Open Papers 6 Cognitive and behavioural factors in anxiety	Open Papers 7 Technology driven innovations	Poster Session 2 • Children, Young People and Families
	3.00pm Break														
	3.30pm	Symposium 27 Compassion focused therapy for Complex PTSD	Symposium 28 Mental imagery in self-harm behaviour	Panel Discussion 3 Equality, equity, diversity and inclusion	Skills Class 6 Core threats in anxiety disorders and beyond	Symposium 29 Working with hoarding disorder	Open Papers 8 Treatment development for anxiety	Skills Class 7 Embedding Lived Experience in CBT Practiced experience	Symposium 30 Understanding paranoia in adolescents	Skills Class 8 Intensive treatment for youth anxiety	Skills Class 9 Group ACT skills for psychosis	Symposium 31 Psychological therapies for people with an intellectual disability	Symposium 32 Psychological therapies and bipolar disorder	Open Papers 9 Mechanisms in treatment in AMH	
	5.00pm	Keynote Roz Shafran	Keynote Luisa Weiner	Keynote Lars Klintwall	Keynote Hans Knoop	Panel Discussion 4 Preventing and treating gambling-related harms	Panel Discussion 5 Low intensity, digital and task shifting approaches to improve access	Open Papers 10 ACT and CBT in Children and Young People	Open Papers 11 Training innovations						

*Sessions in these rooms will also be streamed live and the recordings made available for viewing after the congress, unless otherwise indicated in the detailed programme.

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Friday 5 September		Lomond Auditorium	M1	Hall 1	Caron 1/2	Dochart 1	Dochart 2	Alsh 1	Alsh 2	Bolsdale 1	Bolsdale 2	M4	M2	M3	Hall 2
	8.30am	Symposium 33 PTSD and prolonged grief	Symposium 34 Sleep interventions in mental health	Panel Discussion 6 CBT in the climate and ecological crisis	Skills Class 10 Helping parents with anxiety raise confident children	Symposium 35 Threat learning mechanisms as treatment predictors	Open Papers 12 Suicide and self-harm	Symposium 36 New methods for studying emotional memory	Symposium 37 Complex child trauma and mental health	Symposium 38 Metacognitive Processes in Psychopathology	Skills Class 11 Adapting therapy for autistic clients	Skills Class 12 Upskilling to work with older adults	Open Papers 13 Behavioural medicine in adults and children	Symposium 39 Transdiagnostic approaches to psychopathology	Poster Session 3 • Behavioural Medicine, Health and Wellbeing • Bipolar Disorder, Psychosis and Clinical Complexity • Equality, Diversity, Inclusion and Culture in CBT
		10.00am Break													
	10.30am	Symposium 40 Increasing access to evidence-based psychological therapies across Europe	Symposium 41 Adapting CBT interventions for autistic people	Symposium 42 CBT for anxiety in children and adolescents	Skills Class 13 Formulating and treatment planning with comorbid cases	Symposium 43 DBT across populations	Symposium 44 Mechanisms of change in psychological interventions	Symposium 45 Cognitive mechanisms to design brief low-intensity interventions	BABCP AGM Members only	Skills Class 14 Race, ethnicity, and culture in CBT Practice	Symposium 46 Personalization matters for clinical implementation	Symposium 47 Imagery focused therapy for Psychosis	Open Papers 14 Mental health innovations across the lifespan	Symposium 48 Group adaptations of the Unified	
	12.00pm	Keynote Arnoud Arntz	Keynote Cathy Creswell	Keynote Colin Espie	Keynote Ulrike Willutzki	Symposium 49 ARFID: diagnosis and treatment across ages	Open Papers 15 Experimental Psychopathology	Symposium 50 Patient outcomes in the UK's NHS Talking Therapies programme							
		1.00pm Lunch													
	2.00pm	Symposium 51 What Works for Whom 30 years on?	Symposium 52 Cognitive Bias Modification in general health conditions	Symposium 53 Survivors of intimate partner violence	Panel Discussion 7 Mental health support for forcibly displaced children	Open Papers 16 CYP Parents and parental interventions	Three Minute Talks Session 2	Panel Discussion 8 Being a CBT supervisor	EABCT AGM Members only	Symposium 54 Advancing schema therapy	Symposium 55 Online CBT for depression: the INTERACT trial	Symposium 56 Intolerance of Uncertainty across contexts	Symposium 57 Ecological Momentary Assessment in mental health	Open Papers 17 Student mental health and CBT	Poster Session 4 • Mood, Eating, Addictive Disorders • Therapeutic Mechanisms and Processes
		3.00pm Break													
	3.30pm	Symposium 58 Mental health support for children and young people	Symposium 59 Trauma-Focused CBT for psychosis	Symposium 60 Transdiagnostic group interventions for anxiety disorders	Skills Class 15 Treating a specific phobia of vomiting	Symposium 61 Increasing access to Interventions for children and young people	Three Minute Talks Session 3	Symposium 62 Mechanisms of change in treatments targeting fear or trauma memory	EABCT AGM Members only	Symposium 63 New directions in OCD-related mechanisms	Skills Class 16 Therapy for Roma communities across Europe	Symposium 64 Meaning in life as a transdiagnostic factor	Open Papers 18 Developments in bipolar disorder and psychosis	Open Papers 19 Attention and cognitive bias in mental health	
	5.00pm	Keynote Michelle Craske	Keynote Dixon Chibanda	Keynote David Mataix-Cols	Keynote Gillian Haddock	Open Papers 20 Culturally informed interventions	Symposium 65 Negative and adverse effects in mental health interventions								

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- Older Adults and Lifespan

■ Innovations in delivery of CBT

Saturday 6 September	8.30am	Lomond Auditorium*	M1*	Hall 1*	Caron 1/2*	Dochart 1	Dochart 2	Alsh 1	Alsh 2	Bolsdale 1	Bolsdale 2	M4	M2	M3	Hall 2
		Symposium 66 When disgust becomes dysfunctional	Symposium 67 Which therapist skills drive change in CBT?	Symposium 68 New insights into hoarding	Skills Class 17 Using inhibitory learning to improve exposure	Open Papers 21 Mechanisms in Post-Traumatic Stress Disorder	Open Papers 22 Eating problems and body image	Symposium 69 CBT for anxiety in children and adolescents	Panel Discussion 9 Low Intensity CBT: The issues, the myth, the legend	Open Papers 23 Mechanisms and innovations in mental health	Open Papers 24 Trauma in complex circumstances	Skills Class 18 Parenting our selves	Symposium 70 Improving peer online forums for mental health	Symposium 71 Cognitive remediation in affective disorders	Poster Session 5 Experimental Psychopathology Innovations IDD Older Adults and Lifespan Training & Supervision Professional Issues
	10.00am Break														
	10.30am	Symposium 72 Trauma responses in high-risk professions	Symposium 73 Contingency management interventions across addictions	Symposium 74 Preventive mental health interventions for young people	Skills Class 19 The ACT Matrix	Symposium 75 PTSD and Psychosis	Symposium 76 Imagery re-scripting for Obsessive Compulsive Disorder	Skills Class 20 CBT for Hoarding Disorder	Symposium 77 Transdiagnostic factors in anxiety and depression	Skills Class 21 Functional imagery training	Symposium 78 Virtual reality exposure in anxiety disorders	Symposium 79 Enhancing CBT through neuroscience	Skills Class 22 Ethical decision-making in CBT practice	Open Papers 25 Interventions for school and pre-school age	
	12.00pm	Keynote Agnieszka Popiel	Keynote Nusrat Husain	Keynote Ken Laidlaw	Keynote Jessica Schleider (via livestream)										
1.00pm Lunch															
	2.00pm	Symposium 80 Inference-Based CBT for OCD	Symposium 81 Reduction of repetitive negative thinking	Symposium 82 Digital mental health interventions	Skills Class 23 Clinical complexity and the working alliance	Symposium 83 Prediction and intervention in stress-related disorders	Skills Class 24 Behavioural experiments for postnatal OCD	Symposium 84 Climbing and Bouldering Psychotherapy	Skills Class 25 Qualitative methods for depth in research						
	3.30pm	Closing Ceremony													

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