



## Online Congress Programme

The sessions taking place in four of the congress rooms can be joined live by delegates who have registered for the online option. They can also be joined by in person delegates on the days they have registered for the congress. Following the congress delegates will be able to access the session for at least 3 months.

### Log in Details

To log in, go to

<https://eabct.talkingslideshd.com>

Your username will be the email you registered for the congress with, and you will be emailed a password ahead of the congress. You will be able to ask questions in real time and details of how to use this via Sli.do will be sent in the email with your password. There is a help button with a dedicated support team if you have any technical issues.

### Wednesday 3 September

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17.30 - 18.30 (BST) 18.30-19.30 (CET)

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#### Welcome to EABCT 2025 Glasgow – Plenary Session

**Kevin Noon** and **Rod Holland**, EABCT 2025 Congress Organisers

**Jo Daniels**, Co-Chair Scientific Programme

**Simon Blackwell**, Co-Chair Scientific Programme

**Stirling Moorey**, President BABCP

**Katy Grazebrook**, President EABCT

**Bailie Anthony Carroll**, on behalf of the City of Glasgow

#### Opening Keynote

**Improving behaviour change interventions for health outcomes: theory and application**

**Marie Johnston**, Emeritus Professor in Health Psychology, University of Aberdeen, Scotland

### Thursday 4 September

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08.30 - 10.00 (BST) 09.30. – 11.00 (CET)

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#### Panel Discussion 1

Lomond Auditorium

**Considering the interplay between disorder specific and disorder relevant processes in anxiety disorders**

Chair: **Paul Salkovskis**, University of Oxford, United Kingdom

Speakers: **Rivka Ginat Frolich**, The Hebrew University of Jerusalem, Israel

**Sævar Már Gústavsson**, Reykjavik University, Iceland

**Jonathan Huppert**, The Hebrew University of Jerusalem, Israel

## Symposium 1

M1

### Exercise as a transdiagnostic mental health treatment

- Chair** **Michele Schmitter**, Depression Expertise Center, Pro Persona Mental Health Care, the Netherlands
- 08.30 Exploring the relationship between aerobic exercise, habitual physical activity, and model-based decision making in PTSD: Evidence from experimental and cross-sectional studies  
**Kevin Crombie**, University of Alabama, United States
- 08.45 Exercise for Generalized Anxiety Disorder  
**Matthew Herring**, University of Limerick, Ireland
- 9.00 The (cost-)effectiveness of exercise therapy adjunct to guideline-concordant care for depression: A pragmatic randomised controlled trial  
**Michele Schmitter**, Depression Expertise Center, Pro Persona Mental Health Care, the Netherlands
- 9.15 Exploring exercise as a non-pharmacological approach for ADHD  
**Aylin Mehren**, University Medical Center Bonn, Germany
- 9.30 Exercise as a transdiagnostic mental health treatment  
**Janna Vrijzen**, University Medical Center Nijmegen, the Netherlands

## Symposium 2

Hall 1

### Recent advances in Imagery Rescripting (ImRs) for treating depression and PTSD across diverse clinical populations

- Chair** **Fritz Renner**, University of Freiburg, Germany
- 8.30 Add-on effects of imagery rescripting to ongoing cognitive behavioural therapy for major depressive disorder  
**Fritz Renner**, University of Freiburg, Germany
- 8.45 Effectiveness of Imagery Rescripting for trauma-affected voice hearers: An Open Trial  
**Georgie Paulik-White**, Perth Voices Clinic, Murdoch University; Curtin University, Australia
- 9.00 Optimizing treatment intensity: does session frequency matter?  
**Sophie Rameckers**, University of Amsterdam, the Netherlands
- 9.15 Brief imagery rescripting vs usual care and treatment advice for posttraumatic stress disorder in refugees - a multi-center randomized controlled clinical trial  
**Regina Steil**, Goethe-Universität Frankfurt, Germany

## Skills Class 1

Caron 1/2

### Understanding and managing dissociation in PTSD

**Courtney Stich** and **Shirley**, Woodfield Trauma Service, London, United Kingdom

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10.30 - 12.00 (BST). 11.30 – 13.00 (CET)

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## Clinical Roundtable 1

Lomond Auditorium

### Meeting the transitional needs of emerging adults: Developmental and systems considerations and adaptations for optimizing delivery of evidence-based care

- Chair** **Sandra Pimentel**, Montefiore Medical Center/Albert Einstein College of Medicine, United States
- Speakers** **Anne Marie Albano**, Columbia University Vagelos College of Physicians and Surgeons, United States  
**Aleta Angelosante**, New York University Langone Health Medical Center, United States  
**Shirley Reynolds**, CBTReach United Kingdom

## Symposium 8

M1

### AVATAR therapy for distressing voices in psychosis: the AVATAR2 trial findings, lived experiences and future vision

- Chair** **Clementine Edwards**, King's College London, United Kingdom
- 10.30 AVATAR therapy for distressing voices in psychosis: the AVATAR2 trial findings  
**Phillipa Garety**, King's College London, United Kingdom
- 10.45 Lived Experience Involvement in AVATAR2  
**Oliver Owrid**, University College London, United Kingdom
- 11.00 The Impact of AVATAR therapy on Voice-Hearing in Everyday Life: ESM Outcomes of the AVATAR2 Trial  
**Clementine Edwards**, King's College London, United Kingdom
- 11.15 Implementation of AVATAR Therapy  
**Moya Clancy**, University of Glasgow, Scotland
- 11.30 Avatar Therapy: A Relational and Dialogic Approach to Working with Distressing Voices in Psychosis  
**Nikos Xanidis**, University of Glasgow, Scotland.

## Symposium 9

Hall 1

### New Directions in Autobiographical Past and Future Thinking – From Basic Processes to Novel Interventions

- Chair** **Liesbeth Bogaert**, KU Leuven, Belgium
- 10.30 Picturing the past: the role of photo cue visual perspective on positive autobiographical memory recall in dysphoria  
**Julie Ji**, University of Plymouth, United Kingdom
- 10.45 The role of country and culture in the effect of autobiographical memory sharing on social support  
**Tom Barry**, University of Bath, United Kingdom
- 11.00 Disrupting flashforward imagery in anxious young adults: A novel imagery interference approach  
**Alex Lau-Zhu**, University of Oxford, United Kingdom
- 11.15 Promoting positive emotions in adolescents using Positive Event Training: An indicated approach (iPET)  
**Liesbeth Bogaert**, KU Leuven, Belgium

## Skills Classes 4

Caron 1/2

### Imagery rescripting: Transforming problematic images in adult mental health

**Rachel Manser**, Oxford Health NHS Foundation Trust, United Kingdom

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12.00 – 13.00 (BST) 13.00 – 14.00 (CET)

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## Keynote Addresses

Lomond Auditorium

### Understanding suicide risk and how to help

**Rory O'Connor**, University of Glasgow, Scotland

Chair: Julie Ji

M1

### Digital solutions for a global problem: improving access to mental health services through technology

**Azucena Garcia-Palacios**, Universitat Jaume I, Spain

Chair: Chris Taylor

Caron 1/2

### The art of the possible: adapting psychological therapies for people with more severe and profound intellectual disabilities

**Andrew Jahoda**, University of Glasgow, Scotland

Chair: John Taylor

## Symposium 15

Hall 1

### Disorder specific models: necessary but not sufficient: the science, art and craft of CBT

Chair **Anne Garland**, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom

12.00 How might we more effectively target shame, self-criticism and absence of self-compassion in persistent treatment resistant depression?

**Anne Garland**, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom

12.15 How can we formulate the wide range of cognitive, emotional and behavioural problems and comorbidities that often go beyond PTSD?

**Sarah Lack**, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom

12.30 Grandiose delusions: developing an experience specific model and translational treatment

**Louise Isham**, Oxford Cognitive Therapy Centre (OCTC) Oxford Health NHS Foundation Trust, United Kingdom

12.45 The Meerkat, the Spiral and the Burden: a model of misophonia that works for patients while the science catches up

**Tom Graham**, Oxford Cognitive Therapy Centre (OCTC), United Kingdom

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14.00 – 15.00 (BST) 15.00 – 16.00 (CET)

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## Symposium 19

Lomond Auditorium

### Adapting CBT for autistic people: from theory to practice

Chair **Antonia Dittner**, South London and Maudsley NHS Trust, United Kingdom

14.00 Theory – practice: adapting a low intensity CBT intervention for depression for autistic adults: results of the ADEPT RCT

**Ailsa Russell**, University of Bath, United Kingdom

14.15 Do we need to adapt standard CBT models for autistic individuals – social anxiety as an example

**Jiedi Lei**, University of Oxford United Kingdom

14.30 Developing the 'Thinking Flexibly' intervention: from mechanism to treatment

**Matthew Hollocks**, Kings College London, United Kingdom

14.45 Theory-practice: understanding the needs for adaptation in practice, a new task for assessing pre-therapy skills

**Emily Elson** and **Kate Cooper**, University of Bath, United Kingdom

15.00 Discussion

**Antonia Dittner**, South London and Maudsley NHS Trust, United Kingdom

## Symposium 20

M1

### Comfortably numb? Affect in dissociation and its implications for clinical intervention.

Chair **Emma Cernis**, University of Birmingham, United Kingdom

14.00 Bridging the Disconnect: From Dissociation Research to Clinical Practice

**Moya Clancy**, University of Glasgow, Scotland.

14.15 Exploring Models of Dissociation: Scoping out potential therapeutic targets in the treatment of dissociation.

**Déborah Dawant**, Catholic University of Louvain, Belgium

14.30 Does Dissociation Have an Emotion Regulation Function? Evidence From Everyday Life and the Laboratory

**Johannes Heckerens**, Charité - Universitätsmedizin Berlin, Germany

14.45 Targeting affect intolerance in young people with dissociative experiences: learning from the Dissociation CBT Studies (DisCS) pilot study

**Emma Cernis**, University of Birmingham, United Kingdom

## Symposium 21

Hall 1

### Empowering parents: prevention and treatment of child anxiety problems

- Chair **Nora Skjerdingsstad**, University of Oxford, United Kingdom
- 14.00 Parent-led Cognitive Behavioural Therapy for Childhood Anxiety Disorders: Feasibility, Cross-cultural Consideration, and Future Prospects in Japan  
**Sho Okawa**, The University of Tokyo, Japan
- 14.15 Predictors of outcome from an online, parent-led intervention for child anxiety problems in routine clinical practice: a secondary data analysis from the OSI-GROWS project  
**Emily Whitaker**, University of Oxford, United Kingdom
- 14.30 Patterns of change in anxiety interference in young children during parent-led CBT  
**Nora Skjerdingsstad**, University of Oxford, United Kingdom
- 14.45 Confident Parents, Brave Children: A tailored parental guide supporting children's mental health  
**Kristin Martinsen**, University of Oslo, Norway

## Symposium 22

Caron 1/2

### Current research on the climate and eco-emergency from around Europe: Conceptualization, assessment, and implications for interventions.

- Chair **Mark Freeston**, Newcastle University, United Kingdom
- 14.00 Exposure to extreme weather, life disruption, and impact on mental health  
**Mark Freeston**, Newcastle University, United Kingdom
- 14.15 Eco anxiety and selected mental disorders mental disorders: Are they associated beyond shared repetitive thinking processes?  
**Karina Wahl**, University of Basel, Switzerland

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15.30 - 17.00 (BST) 16.30 – 18.00 (CET)

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## Symposium 27

Lomond Auditorium

### Compassion focused therapy for Complex PTSD: a match made in therapy heaven

- Chair **Hjordis Lorenz**, Berkshire Traumatic Stress Service, United Kingdom
- 15.30 Why CFT and C-PTSD Are a Perfect Match  
**Deborah Lee**, Berkshire Traumatic Stress Service, United Kingdom
- 15.50 A Phased Approach: CFT and Trauma-Focused CBT for C-PTSD  
**Guanlan Mao**, University of Oxford, United Kingdom
- 16.10 Exploring the Impact of Childhood Memories of Warmth & Safety and Self-Compassion on Trauma-Related Shame in Adults with Complex PTSD  
**Frances Ryan**, University of Oxford, United Kingdom
- 16.30 Compassionate Resilience Groups for C-PTSD in Routine Care  
**Nick Grey**, University of Oxford, United Kingdom

## Symposium 28

M1

### Mental Imagery in Self-Harm behaviour: understanding mechanisms and developing novel interventions.

- Chair **Martina Di Simplicio**, Imperial College London, United Kingdom
- 15.30 Modifying self-harm imagery in autistic youth: Experimental modelling of a metacognitive imagery intervention  
**Alex Lau-Zhu**, University of Oxford, United Kingdom
- 15.50 Development and Evaluation of an Imagery Rescripting Intervention for People who Experience Intrusive Images After Suicide Loss  
**Oliver Watson**, University College London, United Kingdom
- 16.10 Imagery Rescripting in Borderline Personality Disorder: Targeting Self-Harm by Transforming Past and Prospective Imagery  
**Julia Kroener**, Christophsbad Hospital, Germany
- 16.30 IMAGINATOR 2.0: a blended digital mental imagery-based intervention targeting self-harm behaviour in young people  
**Martina Di Simplicio** and **Saida Mohamed**, Imperial College London, United Kingdom
- 16.45 Discussant  
**Rory O'Connor**, University of Glasgow, Scotland

## Panel Discussion 3

Hall 1

### "Intention vs action - what good is an organization's statement about Equality, Equity, Diversity and Inclusion (EEDI)?"

- Chair: **Katy Grazebrook**, European Association for Behavioural and Cognitive Therapies
- Speakers: **Andrew Beck**, British Association of Behavioural and Cognitive Psychotherapy  
**Maria Evangelopoulou**, Greek Association for Behavioural Modification and Research  
**Irina Lazarova**, Bulgarian Association of Cognitive Behaviour Psychotherapy  
**Saiqa Naz**, British Association of Behavioural and Cognitive Psychotherapy  
**Diana Ridjic**, Bosnia and Herzegovina Cognitive Behavioural Psychotherapy Association  
**Adela Salceanu**, Romanian Association for Behavioural and Cognitive Therapy

## Skills Class 6

Caron 1/2

### Assessing and Treating Core Threats in Anxiety Disorders and Beyond

**Elad Zlotnick** and **Jonathan Huppert**, The Hebrew University of Jerusalem, Israel

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17.00 – 18.00 (BST) 18.00 – 19.00 (CET)

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#### Keynote Addresses

Lomond Auditorium

#### Breaking Boundaries, Creating Connections: The Role of Transdiagnostic Treatments

**Roz Shafran**, University College London Great Ormond Street Institute of Child Health, United Kingdom

Chair: Trudie Chalder

M1

#### Treating emotion dysregulation in autistic adults without intellectual disability

**Luisa Weiner**, University of Strasbourg, France

Chair: Abdel Boudoukha

Hall 1

#### Disentangling complexity: using personalized symptom networks in clinical practice

**Lars Klintwall**, Karolinska Institute, Sweden

Chair: Pierre Philippot

Caron 1/2

#### Cognitive Behaviour Therapy for chronic fatigue: a transdiagnostic approach

**Hans Knoop**, Amsterdam University Medical Centers, the Netherlands

Chair: Jo Daniels

### Friday 5 September

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08.30 – 10.00 (BST) 09.30 – 11.00 (CET)

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#### Symposium 33

Lomond Auditorium

#### Tailoring Cognitive Therapy: Innovative applications in PTSD and prolonged grief

Chair **Jennifer Wild**, Phoenix Australia Centre for Posttraumatic Mental Health University of Melbourne, Australia

8.30 Early intervention in post-traumatic stress disorder without exposure to trauma memories using internet-delivered cognitive therapy: A pilot case series

**Graham Thew**, University of Oxford, United Kingdom

8.45 Adapting trauma focused cognitive therapy for PTSD for early intervention following severe injuries.

**Belinda Graham**, King's College London and **Teuta Rexhepi-Johansson**, King's College Hospital Major Trauma Centre, United Kingdom

9.00 A Developmental Case Series of Internet-Based Cognitive Therapy for Prolonged Grief Disorder (iCT-PG)

**Kali Barawi**, University of Hertfordshire and **Salvija Stonciute**, University of Oxford, United Kingdom

9.15 Cognitive coaching for healthcare workers with childhood trauma: A case series

**Aimee McKinnon**, University of Oxford, United Kingdom

9.30 Discussion

**Sharif El-Leithy**, Traumatic Stress Service, Southwest London and St. George's Mental Health NHS Trust, United Kingdom

#### Symposium 34

M1

#### Sleep interventions in mental health: Innovations in understanding and delivery

Chair **Faith Orchard**, University of East Anglia, United Kingdom

8.30 Investigating the mechanisms underlying sleep restriction therapy for insomnia in people with depressive symptoms

**Emily Stanyer**, University of Oxford, United Kingdom

8.45 Digital CBT for Insomnia in Young Adults Experiencing Depression: Effects on Sleep, Depression, and Cognitive Mechanisms

**Isabel Clegg**, The University of Western Australia, Australia

9.00 The iBLISS Study: a pilot feasibility cluster-randomised controlled trial of sleep workshops in secondary schools

**Faith Orchard**, University of East Anglia, United Kingdom

9.15 Improving access to help with poor sleep across youth mental health services: A system-wide implementation programme

**Rebecca Rollinson**, Norfolk and Suffolk NHS Foundation Trust, United Kingdom

9.30 Discussion

**Colin Espie**, University of Oxford, United Kingdom

#### Panel Discussion 6

Hall 1

#### The role of CBT in the climate and ecological crisis: European perspectives

Chair: **Helen Macdonald**, BABCP, United Kingdom

Speakers: **Mark Freeston**, Newcastle University, United Kingdom

**Soufiane Carde**, Group of Study and Interest (GIE) for Climate Change and CBT for the AFTCC France

**Catherine Parker**, Greenwood Mentors Ltd., United Kingdom

#### Skills Classes

Caron 1/2

#### Helping parents with anxiety raise confident children

**Abby Dunn**, University of Surrey and **Sam Cartwright-Hatton**, University of Sussex, United Kingdom

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10.30 - 12.00 (BST). 11.30 – 13.00 (CET)

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#### Symposium 40

Lomond Auditorium

##### **Increasing access to evidence-based psychological therapies across Europe: shared learning and complimentary initiatives**

- Chair **Gabriele Caselli**, Sigmund Freud University, Italy
- 10.30 **David M Clark**, University of Oxford, United Kingdom  
Developments in England's NHS Talking Therapies for anxiety and depression
- 10.45 **Robert Smith**, Prompt Mental Health Care, Norway  
Effectiveness of Prompt Mental Health Care, the Norwegian Version of Improving Access to Psychological Therapies: A Randomized Controlled Trial
- 11.00 **Jonathan Huppert** The Hebrew University of Jerusalem Israel  
Increasing Access to Psychological Treatments in Israel: Lessons learned and preliminary findings

#### Symposium 41

M1

##### **Adapting cognitive behavioural interventions for autistic people: user perspectives**

- Chair **Ann Ozsivadjian**, King's College London, United Kingdom
- 10.30 **Alex Wilson**, Newcastle upon Tyne Hospitals NHS Foundation Trust, United Kingdom  
What do autistic adults make of CBT for social anxiety?
- 10.45 **Jiedi Lei**, University of Oxford United Kingdom  
Exploring autistic young people's experience of accessing DBT: A qualitative study
- 11.00 **Alba Realpe**, University of Bristol and **Ailsa Russell**, University of Bath, United Kingdom  
ADEPT-2 randomised controlled trial of a low-intensity psychological intervention for Autistic people experiencing depression: A qualitative evaluation.
- 11.15 **Mannat Chopra**, University of Bath and **Aikaterini Georgakopoulou**, University of Bristol, United Kingdom  
What is the impact of providing training for CBT therapists to adapt their practice to meet the needs of autistic people?
- 11.30 **Icarus Williams**, Pennine Care NHS Foundation Trust, United Kingdom  
"Well Done Us": A Descriptive Case Study of a Collaborative Experience of Successfully Adapted Neurodiversity Affirming CBT in NHS Talking Therapies.

#### Symposium 42

Hall 1

##### **Advances in understanding and treating anxiety and related disorders in children and young people**

- Chair **Tessa Reardon**, University of Oxford, United Kingdom
- 10.30 **Satoko Sasagawa**, Mejiro University, Japan  
Mindreading and social anxiety: Longitudinal findings from adolescence to early adulthood
- 10.45 **Sho Okawa**, The University of Tokyo, Japan  
Predictors of outcomes in online guided parent-delivered cognitive behavioural therapy for child anxiety: Secondary analysis of data from the Co-CAT trial
- 11.00 **Chloe Chessell**, University of Oxford, United Kingdom  
Co-adaptation of Online Support and Intervention (OSI) for children with Obsessive Compulsive Disorder (OCD)
- 11.15 **Rosie Underhill** and **Tessa Reardon**, University of Oxford, United Kingdom  
Adapting a 'screening-to-CBT intervention' pathway for child anxiety problems for routine delivery in schools
- 11.30 Discussion  
**Anne Marie Albano**, Columbia University, United States,

#### Skills Class 13

Caron 1/2

##### **Formulating and treatment planning with comorbid cases**

**Jessica Davies**, University of Exeter, United Kingdom

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12.00 - 13.00 (BST) 13.00 – 14.00 (CET)

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#### Keynote Addresses

Lomond Auditorium

##### **Imagery Rescripting: an update of clinical applications and research findings**

**Arnoud Arntz**, University of Amsterdam, the Netherlands

Chair: tbc

M1

##### **Making the most of digital (and parents) to increase access to CBT for child anxiety problems**

**Cathy Creswell**, University of Oxford, United Kingdom

Chair: Jess Kingston

Hall 1

##### **Psychological therapy and pharmacotherapy on the same playing field**

**Colin Espie**, University of Oxford, United Kingdom

Chair: Hamish McLeod

Caron 1/2

##### **Psychotherapy training – Impressions from an international longitudinal study**

**Ulrike Willutzki**, Witten/Herdecke University, Germany

Chair: Andeas Veith

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14.00 - 15.00 (BST) 15.00 -16.00 (CET)

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### Symposium 51

Lomond Auditorium

#### **What Works for Whom 30 years on? Using Implementation Science to help navigate the interface between evidence, service user values, and what's delivered in services.**

Chair **Marita Brack**, NHS Education for Scotland, Scotland

14.00 What works for Whom? Making the most efficient and effective use of psychological resources using implementation science and the hexagon tool.

**Leeanne Nicklas**, NHS Education for Scotland, Scotland

14.15 How incorporating an Implementation Science framework helps achieve sustainable, improved outcomes in practice in real-world settings

**Marita Brack**, NHS Education for Scotland, Scotland

14.30 Make training stick – Using implementation science competency drivers to create sustainable high-quality delivery of psychological interventions and therapies in services

**Suzy O'Connor**, NHS Education for Scotland, Scotland

14.45 How can service user values and leadership structures and behaviours influence the implementation of EBP?

**Anne Joice**, NHS Education for Scotland, Scotland

### Symposium 52

M1

#### **Cutting Edge Research on the Impact of Cognitive Bias Modification Training - in General Health Conditions and Contexts**

Chair **Colette Hirsch**, King's College London, United Kingdom

14.00 Cognitive bias modification for Interpretation for people with Type II Diabetes and persistent pain

**Louise Sharpe**, The University of Sydney, Australia

14.15 Cognitive Bias Modification for Interpretation (CBM-I) in People with Painful Endometriosis

**Brydee Pickup**, The University of Sydney, Australia

14.30 Can we prevent perinatal anxiety? A randomised controlled trial evaluating interpretation training as a web-based early intervention for pregnant women at risk of escalating anxiety during pregnancy and after birth

**Colette Hirsch**, King's College London, United Kingdom

14.45 Interpretation Bias Modification (CBM-I) for Fatigue in Long Term Health Conditions (FLEX) – A Feasibility Study

**Gabriella Tyson**, King's College London, United Kingdom

### Symposium 53

Hall 1

#### **Improving mental health support for survivors of intimate partner violence**

Chair **Chris Hoeboer**, Amsterdam UMC, the Netherlands

14.00 Efficacy of Psychosocial Interventions for Survivors of Intimate Partner Violence and Abuse – A Systematic Review and Meta-Analysis

**Hannah Micklitz**, University of Freiburg, Germany

14.15 SAFE: a self-support eHealth intervention for women experiencing intimate partner violence in the Netherlands

**Nicole Van Gelder**, Radboudumc, the Netherlands

14.30 Safe Home: Integrated Family Treatment for Domestic Violence - Design and First Results

**Marie-Louise Julie Kullberg**, Leiden University, the Netherlands

14.45 Improving mental health support for survivors of intimate partner violence committed by organized crime offenders

**Chris Hoeboer**, Amsterdam UMC, the Netherlands

### Panel Discussion 7

Caron 1/2

#### **How can we improve mental health support for forcibly displaced children, young people and families? Insights from Ukraine and the UK.**

Chair **Kerry Young**, Woodfield Trauma Service, United Kingdom

Panel **Eleanor Chatburn**, University of East Anglia, United Kingdom

**Dennis Ougrin**, Queen Mary University of London, United Kingdom

**Anna Tarasenko**, UN Office for Drugs and Crime

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15.30 - 17.00 (BST) 16.30 – 18.00 (CET)

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### Symposium 58

Lomond Auditorium

#### **Maximising reach for mental health support for children and young people**

Chair **Tessa Reardon**, University of Oxford, United Kingdom

15.30 Connecting schools across England with mental health research

**Zoe Ryan** and **Clare Stothart** University of Oxford, United Kingdom

15.45 A national system to provide universal, school-based mental health screening for Australian schools

**Ronald Rapee**, Macquarie University, Australia

16.00 Identification-to-intervention for child anxiety problems: iCATS-i2i cluster randomised controlled trial

**Tessa Reardon**, University of Oxford, United Kingdom

16.15 Digital treatments for child anxiety: what international collaboration can teach us – the FLIKK project

**Brynjar Halldorsson**, Reykjavik University, Iceland

16.30 Empowering Parents to Help Their Children Overcome Anxiety: Preliminary Findings from the Implementation of Online CBT within Primary Care in Iceland

**Thuridru Hallgrimsdottir Vidar**, Reykjavik University, Iceland



## Symposium 59

M1

### **Integrated Trauma-Focused Cognitive Behaviour Therapy for psychosis for people with distressing post-traumatic stress and psychosis symptoms: Findings from the STAR (Study of Trauma And Recovery) trial**

Chair **Emmanuelle Peters**, King's College London, United Kingdom

15.30 The design & participant characteristics of the largest study to date evaluating an integrated Trauma-Focused Cognitive Behaviour Therapy for psychosis (TF-CBTp) on post-traumatic stress symptoms in people with psychosis.

**Sarah Swan** and **Raphael Underwood**, South London and Maudsley NHS Trust, United Kingdom

15.45 Empowering the silenced: the STAR (Study of Trauma And Recovery) therapy manual to guide the delivery of integrated Trauma-Focused Cognitive Behaviour Therapy for psychosis (TF-CBTp) for post-traumatic stress and psychosis symptoms

**Nadine Keen**, South London and Maudsley NHS Trust, United Kingdom

16.00 Qualitative investigations of participant and therapist views of trauma-focused cognitive behaviour therapy for psychosis

**Rory Byrne**, Greater Manchester Mental Health NHS Trust, United Kingdom

16.15 Study of Trauma And Recovery (STAR) Trial: The Results!

**Emmanuelle Peters**, King's College London, United Kingdom

16.30 Discussion

**Andrew Gumley**, University of Glasgow, Scotland

## Symposium 60\*

Hall 1

### **Transdiagnostic group interventions for anxiety disorders: supporting personal recovery in community-based primary care with evidence-based interventions**

Chair **Pasquale Roberge**, Université de Sherbrooke, Canada

15.30 Exploring Treatment Components in Transdiagnostic CBT for Anxiety Disorders

**Peter Norton**, Australia and **Pasquale Roberge**, Université de Sherbrooke, Canada

15.50 Predictors and moderators of transdiagnostic cognitive-behavioural therapy for anxiety disorders

**Helen-Maria Vasiliadis**, Université de Sherbrooke, Canada

16.10 Group self-management support for anxiety disorders: A randomized controlled trial

**Pasquale Roberge**, Université de Sherbrooke, Canada

16.30 Healthcare use for mental health reasons and psychotropic drug use in individuals participating in a randomized controlled trial for a transdiagnostic self-management group for anxiety disorders

**Alexandra Chapdelaine**, Université de Sherbrooke, Canada

*\*A recording of this session will not be made available after the congress so can only be joined in real time*

## Skills Class 15

Caron 1/2

### **Understanding and treating a specific phobia of vomiting (emetophobia)**

**David Veale**, King's College London, United Kingdom

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17.00 - 18.00 (BST) 18.00 – 19.00 (CET)

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## Keynote Addresses

Lomond Auditorium

### **Targeting threat and reward processes in the treatment of anxiety and depression**

**Michelle Craske**, University of California, Los Angeles, USA

Chair: Antje Horsch

M1

### **The Friendship Bench: Lessons from a thousand grandmothers**

**Dixon Chibanda**, Friendship Bench Zimbabwe, Zimbabwe

Chair: Shirley Reynolds

Hall 1

### **From vulnerability to resilience: Can the prevention of obsessive-compulsive disorder become a reality?**

**David Mataix-Cols**, Karolinska Institute, Sweden

Chair: Craig Chigwedere

Caron 1/2

### **Everyone needs to talk about suicide and psychosis: how can we improve our work when engaging with these complex issues?**

**Gillian Haddock**, University of Manchester, United Kingdom

Chair: Chris Taylor



## Saturday 6 September

08.30 - 10.00 (BST) 09.30. – 11.00 (CET)

### Symposium 66

Lomond Auditorium

#### When disgust becomes dysfunctional: recent developments and implications for treatment

- Chair **Fleur Boonstra**, University of Groningen, the Netherlands
- 8.30 Disgust is Invoked for Self-Conservation (DISC)  
**Uri Berger**, Montefiore Medical Center - Albert Einstein College of Medicine, United States
- 8.45 Beyond the Surface: Mental Contamination and the Avoidance of Physical and Moral Contaminants  
**Catherine Ouellet-Courtois**, McGill University Health Center, Canada
- 9.00 When disgust becomes dysfunctional: Recent developments and treatment implications - Self-disgust as a maintaining factor in anorexia nervosa  
**Iris Hovens**, University of Groningen, Accare, the Netherlands
- 9.15 Emetophobia (fear of vomiting)  
**Adrian Meule**, University of Regensburg, Germany
- 9.30 Escape from and Prevention of Disgust-Eliciting Memories of the Own Body in Individuals with Eating Disorders  
**Fleur Boonstra**, University of Groningen, the Netherlands

### Symposium 67

M1

#### Which therapist skills drive change in CBT? – Relationships between therapeutic skills and treatment success

- Chair **Jasmin Ghalib**, University of Potsdam, Germany
- 8.30 Evaluation of the The Cognitive Therapy Scale Revised-4 (CTSR-4)  
**Sven Alfnsson**, Karolinska Institutet, Sweden
- 8.45 What Matters in Psychological Therapy? Psychotherapists' Perspectives on Essential Competencies and Their Confidence in Using Them  
**Jana Bommer**, Trier University, Germany
- 9.00 Must-Have or Nice-to-Have? The Role of Guided Discovery in Learning Success and the Therapeutic Alliance  
**Jasmin Ghalib**, University of Potsdam, Germany
- 9.15 A comprehensive review of therapists' skills that facilitate patients' engagement with BSH  
**Truls Ryum**, Norwegian University of Science and Technology, Norway
- 9.30 "Crossing the reflective bridge": How therapists synthesise personal and professional development from self-practice/self-reflection during CBT training.  
**Vickie Presley**, Coventry University, United Kingdom

### Symposium 68

Hall 1

#### New Insights into Hoarding: Implications for Clinical Formulation

- Chair **Sharon Morein-Zamir**, Anglia Ruskin University, United Kingdom
- 8.30 Predictive Factors of Hoarding in Emerging Adults  
**Enes Kartal**, Anglia Ruskin University, United Kingdom
- 8.45 Impulsive and compulsive traits as contributors to hoarding  
**Sharon Morein-Zamir**, Anglia Ruskin University, United Kingdom
- 9.00 Loneliness in Hoarding Disorder: A Systematic Review and Meta-Analysis  
**Keong Yap**, Australian Catholic University, Australia
- 9.15 Emotion regulation, anxious attachment and executive function in hoarding  
**Jane Scott**, Anglia Ruskin University, United Kingdom
- 9.30 Discussion  
**James Gregory**, University of Cardiff, United Kingdom

### Skills Class 17

Caron 1/2

#### From the cruellest cure to pleasant surprises: guidance for clinicians on the use of inhibitory learning theory to maximise the effectiveness of exposure for anxiety disorders

**Matt Stalker**, Cumbria, Northumberland, Tyne & Wear NHS Trust, United Kingdom and **George Wheatley**, Talkworks, Devon NHS Partnership, United Kingdom

10.30 - 12.00 (BST) 11.30 – 13.00 (CET)

### Symposium 72

Lomond Auditorium

#### Understanding trauma response in high-risk professions: From treatment preferences to resilience mechanisms

- Chair **Jennifer Wild**, Phoenix Australia Centre for Posttraumatic Mental Health, University of Melbourne, Australia
- 10.30 Treatment Preferences for PTSD Among Australian Defence Force Members: Preferred Treatment, Predictors and Reasons for Choice  
**Zoe Jenkins**, Directorate of Health Research, Joint Health Command, Department of Defence, Australia
- 10.45 From Past to Present: How pre-service trauma and current cognitive and behavioural processes shape PTSD risk in military personnel  
**Jennifer Wild**, Phoenix Australia Centre for Posttraumatic Mental Health, University of Melbourne, Australia
- 11.00 Cognitive Therapy Coaching for PTSD and Depression in Healthcare Workers: A Pilot Study of SHAPE  
**Aimee Mckinnon**, University of Oxford, United Kingdom
- 11.15 Multimodal Prediction of Resilience in Medical Students: Insights from the HMZ Stress Cohort Study  
**Birgit Kleim**, University of Zurich, Switzerland

### Symposium 73

M1

#### Contingency management interventions across alcohol, drug and gambling addictions: novel applications and integration into clinical practice

Chair **Matt Field**, University of Sheffield, United Kingdom

10.30 Development of a digital Contingency Management intervention to encourage heroin abstinence in individuals with opioid use disorder.

**Carol-Ann Getty**, Kings College London, United Kingdom

10.50 Incentivised treatment and recovery: The CONGAM feasibility study of contingency management for the treatment of gambling

**Simon Dymond**, Swansea University, United Kingdom

11.10 A randomised controlled trial of contingency management for alcohol use disorder: investigating changes in value-based decision-making and their association with reductions in drinking.

**Matt Field**, University of Sheffield, United Kingdom

11.30 Contingency management as a core therapeutic process

**Frank Ryan**, Imperial College London, United Kingdom

### Symposium 74

Hall 1

#### Lessons learned from delivering preventative mental health interventions to young people outside of clinical settings

Chair **Alice Tunks**, University of Sussex, United Kingdom

10.30 Lessons from delivering the Investigating Benefits to Lifestyle by Improving Sleep Strategies (IBLISS) study

**Alice Tunks**, University of Sussex, United Kingdom

10.50 Multi-modal Approach to Preventing Suicide in Schools (MAPSS): Learnings from Conducting a School-Based Suicide Prevention Trial

**Molly McCarthy**, Liverpool John Moores University, United Kingdom

11.10 Moving away from universal school-based mental health interventions

**Jack Andrews**, University of Oxford, United Kingdom

11.30 Catalyst: Co-Designing a Community-Based, Task-Sharing Model for Youth Mental Health Support

**Devyn Glass**, University of Sussex, United Kingdom

### Skills Class 19

Caron 1/2

#### The ACT Matrix: a more functional approach to formulation

**Richard Bennett**, University of Birmingham and **Dawn Johnson** ACTivatingYourPractice, United Kingdom

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12.00 - 13.00 (BST) 13.00 – 14.00 (CET)

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### Keynote Addresses

Lomond Auditorium

#### Challenges for Evidence-Based Practice in the Treatment and Prevention of PTSD during Ongoing Humanitarian Crises

**Agnieszka Popiel**, SWPS University, Poland

Chair: Hamish McLeod

M1

#### Breaking Barriers: Cultural adaptation of psychological therapies for Ethnic Minority communities

**Nusrat Husain**, University of Manchester, United Kingdom

Chair: Simon Blackwell

Hall 1

#### Adapting CBT across the adult lifespan: a mature perspective

**Ken Laidlaw**, University of Exeter, United Kingdom

Chair: Georgina Charlesworth

Caron 1/2

#### Single-Session Interventions as a Youth Mental Health Moonshot

**Jessica Schleider**, Northwestern University, USA (via livestream)

Chair: tbc

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14.00 - 15.30 (BST) 15.00 -16.30 (CET)

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### Symposium 80

Lomond Auditorium

#### Inference-Based Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder: Efficacy, Mechanisms, and Developmental Insights

Chair **Frederick Aardema**, University of Montreal, Canada

14.00 Inference-Based Cognitive-Behavioral Therapy versus Exposure and Response Prevention for Obsessive-Compulsive Disorder: A Randomized Controlled Non-Inferiority Trial

**Frederick Aardema**, University of Montreal, Canada

14.20 Rethinking OCD Treatment: Exploring Shared Cognitive Mechanisms in I-CBT, ERP, and Mindfulness Approaches

**Catherine Ouellet-Courtois**, McGill University Health Center, Canada

14.40 The mediating role of inferential confusion and obsessive beliefs between stressful life events and obsessive-compulsive symptoms in symptomatic adolescents

**Lysandre Bourguigno**, UQAM, Canada

## Symposium 81

M1

### Mechanisms of change in the reduction of repetitive negative thinking

- Chair **Edward Watkins**, University of Exeter, United Kingdom
- 14.00 Enhancing present-moment awareness: An evaluation of strategies for reducing repetitive negative thinking  
**Katie Wood**, University of Exeter, United Kingdom
- 14.15 Does attention bias modification reduce anxiety? A registered replication study  
**Frances Meeten**, King's College London, United Kingdom
- 14.30 Mechanisms of change in Rumination-Focused cognitive behavioural therapy: effects on trait and state rumination, inhibitory control, and neural network engagement.  
**Henrietta Roberts**, University of Exeter, United Kingdom,
- 14.45 "Do I deal with this through deep self-compassion ... Or do I actually have an intervention that says come on ... Just do it": a deductive analysis of individuals' endorsement and critiques of five mechanisms of therapeutic change  
**Sabrina Meechem** and **Phil Hall**, University of Exeter, Mood Disorders Centre, United Kingdom
- 15.00 Negative self-belief reactivity – investigating the role of self-talk style  
**Julie Ji**, University of Plymouth, United Kingdom

## Symposium 82

Hall 1

### Digital Mental Health Interventions across the translational pathway

- Chair **Pamela Jacobsen**, University of Bath
- 14.00 AI-Facilitated Immersive Technology for Mental Health Interventions  
**Jim Ang**, University of Kent, United Kingdom
- 14.20 Regulation and evaluation of digital mental health technologies  
**Francesca Edelmann** and **Holly Coole**, MHRA, United Kingdom
- 14.40 Stop (Successful Treatment for Paranoia) - A multi-centre Randomised Controlled Trial of an app-based cognitive bias modification therapy for paranoia  
**Jenny Yiend**, King's College London, United Kingdom and **Pamela Jacobsen**, University of Bath
- 15.00 Understanding the implementation of a digital self-management tool for psychosis (EMPOWER): A qualitative study  
**Stephanie Allan**, University of Glasgow, Scotland

## Skills Class 23

Caron 1/2

### Clinical Complexity and the Working Alliance: Identifying and overcoming treatment barriers

**Hayley Tyson-Adams**, Cumbria, Northumberland, Tyne and Wear NHS Trust and **Stephen Holland**, Newcastle University, United Kingdom

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15.30 - 16.30 (BST) 16.30 – 17.30 (CET)

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Lomond Auditorium

## Closing Ceremony and awards

# Poster Sessions

## Thursday 4 September

09.00 - 13.00

Adult Mental Health: Anxiety disorders, OCD, and PTSD

13.30 - 17.30

Children, Young People and Families

## Friday 5 September

09.00 - 13.00

Behavioural Medicine, Health and Wellbeing  
Bipolar Disorder, Psychosis and Clinical complexity  
Equality, Diversity, Inclusion and Culture in CBT

13.30 - 17.30

Adult Mental Health: Mood, Eating, and Addictive Disorders  
Therapeutic Mechanisms and Processes in CBT

## Saturday 6 September

09.00 - 13.00

Experimental Psychopathology  
Innovations in delivery of CBT  
Intellectual and Developmental Difficulties  
Older Adults and Lifespan  
Training, Supervision and Professional Issues