



Online Congress Programme

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Wednesday 3 September

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

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

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

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
- 8.30 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
- 8.45 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

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

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

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

Keynote Addresses

Lomond Auditorium

Understanding suicide risk and how to help

Rory O'Connor, University of Glasgow, Scotland

Chair: Julie Ji, University of Plymouth, United Kingdom

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, University of Sheffield & Pennine Care NHS Foundation Trust

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 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

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 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

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

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 Heekerens, 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

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

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

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

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, Kings College London, United Kingdom

M1

Treating emotion dysregulation in autistic adults without intellectual disability

Luisa Weiner, University of Strasbourg, France

Chair: Abdel Boudoukha, Nantes Université, France

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, University of Bath, United Kingdom

Friday 5 September

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

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

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

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 Developments in England's NHS Talking Therapies for anxiety and depression

David M Clark, University of Oxford, United Kingdom

10.45 Effectiveness of Prompt Mental Health Care, the Norwegian Version of Improving Access to Psychological Therapies: A Randomized Controlled Trial

Robert Smith, Prompt Mental Health Care, Norway

11.00 Increasing Access to Psychological Treatments in Israel: Lessons learned and preliminary findings

Jonathan Huppert The Hebrew University of Jerusalem Israel

Symposium 41

M1

Adapting cognitive behavioural interventions for autistic people: user perspectives

Chair **Ann Ozsivadjian**, King's College London, United Kingdom

10.30 What do autistic adults make of CBT for social anxiety?

Alex Wilson, Newcastle upon Tyne Hospitals NHS Foundation Trust, United Kingdom

10.45 Exploring autistic young people's experience of accessing DBT: A qualitative study

Jiedi Lei, University of Oxford United Kingdom

11.00 ADEPT-2 randomised controlled trial of a low-intensity psychological intervention for Autistic people experiencing depression: A qualitative evaluation.

Alba Realpe, University of Bristol and **Ailsa Russell**, University of Bath, United Kingdom

11.15 What is the impact of providing training for CBT therapists to adapt their practice to meet the needs of autistic people?

Mannat Chopra, University of Bath and **Aikaterini Georgakopoulou**, University of Bristol, United Kingdom

11.30 "Well Done Us": A Descriptive Case Study of a Collaborative Experience of Successfully Adapted Neurodiversity Affirming CBT in NHS Talking Therapies.

Icarus Williams, Pennine Care NHS Foundation Trust, United Kingdom

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 Mindreading and social anxiety: Longitudinal findings from adolescence to early adulthood

Satoko Sasagawa, Mejiro University, Japan

10.45 Predictors of outcomes in online guided parent-delivered cognitive behavioural therapy for child anxiety: Secondary analysis of data from the Co-CAT trial

Sho Okawa, The University of Tokyo, Japan

11.00 Co-adaptation of Online Support and Intervention (OSI) for children with Obsessive Compulsive Disorder (OCD)

Chloe Chessell, University of Oxford, United Kingdom

11.15 Adapting a 'screening-to-CBT intervention' pathway for child anxiety problems for routine delivery in schools

Rosie Underhill and **Tessa Reardon**, University of Oxford, United Kingdom

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

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

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, Royal Holloway, University of London

Hall 1

Psychological therapy and pharmacotherapy on the same playing field

Colin Espie, University of Oxford, United Kingdom

Chair: Hamish McLeod, University of Glasgow, Scotland

Caron 1/2

Psychotherapy training – Impressions from an international longitudinal study

Ulrike Willutzki, Witten/Herdecke University, Germany

Chair: Andeas Veith, DGVt Germany

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

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

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

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

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

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, University of Lausanne, Switzerland

M1

The Friendship Bench: Lessons from a thousand grandmothers

Dixon Chibanda, Friendship Bench Zimbabwe, Zimbabwe

Chair: Shirley Reynolds, CBTReach, United Kingdom

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, Trinity College Dublin, Ireland

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, University of Sheffield & Pennine Care NHS Foundation Trust, United Kingdom

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 Emetophobia (fear of vomiting)
Adrian Meule, University of Regensburg, Germany
- 9.15 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
- 9.30 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

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

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**, University of Glasgow, Scotland

M1

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

Nusrat Husain, University of Manchester, United Kingdom

Chair: **Simon Blackwell**, University of Göttingen, Germany

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: University of Plymouth, United Kingdom

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

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

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

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