



## EABCT/IABCP Outline Congress Programme

We are pleased to announce the provisional programme for this year's hybrid EABCT Congress that will take place in Belfast in September hosted by the Irish Association of Behavioural and Cognitive Psychotherapy and incorporating the annual conference of BABCP.

The programme below includes 22 keynote addresses and 70 confirmed symposia, skills classes, panel and discussion sessions. Additional symposia and other sessions will be added in the next few weeks together with a programme of In-Congress workshops that delegates who have registered for the conference will be able to register to join in person or online. Approx. 175 Open Papers and Poster Presentations will also be announced shortly and appear on the website.

### Keynote Addresses

**Imagery Rescripting: a transdiagnostic technique**

Arnoud Arnzt, University of Amsterdam, the Netherlands

**Cognitive Bias Modification for depression: Opportunities and risks**

Eni Becker, Radboud University Nijmegen, the Netherlands

**The least controversial idea in mental health: Can adult mental health professionals stem the tide of poor child mental health?**

Sam Cartwright-Hatton, University of Sussex, UK

**Disseminating psychological therapies: IAPT & other international programmes**

David Clark, University of Oxford, UK

**Prospects and challenges for complex data-driven approaches to clinical decision-making**

Rob de Rubeis, University of Pennsylvania, USA

**Technological enhanced CBT with children and adolescents.**

Anca Dobrean, Babes-Bolyai University, Romania

**Responding to trauma and traumatic grief during civil conflict and a pandemic**

Michael Duffy, Queen's University, Belfast, N Ireland

**Treatment of posttraumatic stress disorder: advances and challenges**

Anke Ehlers, University of Oxford, UK

**Understanding distress in the face of real-life uncertainty and threat: A trans-situational approach.**

Mark H Freeston, University of Newcastle, UK

**Family Violence: When family relationships take an unwanted course**

Nina Heinrichs, University of Bremen, Germany

**CBT is an applied evolutionary science**

Stefan G. Hofmann, Boston University, USA

**Mental Imagery and Mental Health Science – Pre, peri and post covid-19**

Emily Holmes, Karolinska Institutet, Sweden

**The emotional impact of the pandemic on young people and their coping strategies: a global health perspective**

Jennifer Lau, King's College London

**Following the rules: When it works and when it doesn't**

Louise McHugh, University College Dublin, Ireland

**Understanding suicide risk**

Rory O'Connor, University of Glasgow, Scotland

**Does CBT work in routine clinical care?**

Lars Goran Ost, University of Stockholm, Sweden

**Cultural adaptations of CBT: "Making it meaningful for diverse populations"**

Peter Phiri, Southern Health NHS Foundation Trust, UK

**'It's simple but it's not easy'. Using Brief Behavioural Activation with depressed adolescents**

Shirley Reynolds, University of Reading, UK

**Metacognition in addictive behaviours: A 20-year overview**

Marcantonio Spada, South Bank University, London, UK

**Mind the Body: Symptom perception in psychopathology**

Omer van den Bergh, University of Leuven, Belgium

**Avoid or engage despite pain? Exposure-based treatments for individuals with chronic pain**

Johan Vlaeyen, KU Leuven University, Belgium

**Being an anti-racist clinician**

Monnica Williams, University of Ottawa, Canada

# Symposia, Skills Classes, Roundtable and Panel Discussion Sessions

## Adult Mental Health

### Symposia

Expanding the evidence-base for low intensity interventions in the IAPT programme  
*Stephen Kellett, University of Sheffield, UK*

Models for obsessive-compulsive disorder (OCD) and potential clinical implications  
*Eyal Kalantrouf, The Hebrew University of Jerusalem, Israel*

Blended care – finding the best way of integrating online and face-to-face therapy  
*Johanna Boettcher, Psychologische Hochschule Berlin, Germany*

Brief Imagery Interventions for Social Anxiety: Processes and Outcomes  
*Jonathan Huppert, The Hebrew University of Jerusalem, Israel*

Improving inpatient treatment of people with dual diagnosis, focusing at CBT and motivational work in the milieu. 20 years of experience and future plans for improvement.  
*Irene Oestrich, Psychiatric Center Sankt Hans, Copenhagen, Denmark*

Supporting health and social care staff throughout and beyond the pandemic: Research and clinical innovations  
*Kate Allsopp, Greater Manchester Mental Health NHS Foundation Trust; University of Manchester, UK*

Uncertainty distress: trans-situational evidence across different countries  
*Gioia Botteso, University of Padova, Italy*

New developments in understanding and treating Obsessive Compulsive Disorder  
*David Veale, The Maudsley Hospital, Denmark Hill, London, UK*

Innovations in the understanding and treatment of GAD and worry  
*Craig Chigwedere, St Patrick's University Hospital, Dublin, Ireland*

Sudden symptom changes in psychological treatments: New developments in methodology and clinical applications  
*Asha Ladwa, University of Exeter, UK*

Sensory overload? Understanding and managing sensory sensitivity from a CBT perspective  
*Jane Gregory, University of Oxford, UK*

Perinatal and adult mental health and parenting – new insights to guide services  
*Anja Wittkowski, The University of Manchester, UK*

Using mental-health science to advance psychological treatment innovation: The example of a visuospatial interference intervention to reduce intrusive memories of trauma  
*Laura Singh, Uppsala University, Sweden*

Progresses in basic research and implementation of new technologies in the treatment of eating disorders  
*Nadine Messerli-Bürge, University of Fribourg, Switzerland*

Building on the Empirical Links Between Disgust and Obsessive-Compulsive and Related Disorders  
*Shiu Wong, Concordia University, Montreal, Canada*

What did the attachment theorists ever do for us? Contributions to CBT for psychosis  
*Katherine Newman-Taylor, University of Southampton, UK*

Emotion regulation in psychosis: from theory to practice  
*Louise Johns, Oxford Health NHS Foundation Trust & University of Oxford, UK*

Social Recovery in Early Psychosis  
*Gary Donohoe, NUI Galway, Ireland*

Broadening what we offer for people with Bipolar  
*Kim Wright, University of Exeter, UK*

### Skills Classes

How to use self-disclosure to enhance the therapeutic alliance  
*Ruth McCutcheon, Academy of Schema Therapy, London, UK*

Understanding and treating death anxiety  
*David Veale, The Maudsley Hospital, Denmark Hill, London, UK*

Behavioural Experiments for Anxiety-related Disorders in Pregnancy  
*Fiona Challacombe, Centre for Anxiety Disorders & Trauma SLAM NHS Trust, King's College London with members of the clinical team from CADAT-PAX*

#### **Roundtable/Panels**

Reaching a consensus on the definition of low intensity cognitive behavioural therapy  
*Pamela Myles-Hooton, University College London*

### **Therapeutic Issues**

#### **Symposia**

Digital interventions in Psychotherapy  
*Mariia Merzhvynska, University of Zurich, Switzerland*

Negotiating clinical uncertainties during uncertain times: Empirical grounding of clinical guidance  
*Mark Freeston, Newcastle University, UK*

Schema Therapy: Recent developments and insights  
*Johannes Kopf-Beck, Max Planck Institute of Psychiatry, Berlin, Germany*

Innovations in therapist effect research: multilevel approaches, within- and between-therapist associations on outcome and change mechanisms  
*Jessica Prinz, University Trier, Germany*

#### **Skills Classes**

Do I have, or do I do depression? How to use Mindfulness, Acceptance & Compassion to enhance CBT treatments for Depression  
*Jim Lucas, Openforwards Ltd & University of Birmingham, UK*

Perspective-taking interventions for shame and self-criticism  
*Richard Bennett, University of Birmingham, UK*

New case conceptualization in Schema Therapy: Mode map circles, their interrelations, and the therapy plan  
*Ofer Peled, The College of Management Academic Studies, Israel*

20 Top Tips for Planning and Running CBT Group  
*Nicola Walker, Teesside University, UK*

Making Friends with Uncertainty  
*Layla Mofrad, The Hebrew University of Jerusalem, Israel*

Setting the Grounds for a Valued Change: Structuring the Initial Phase in Acceptance and Commitment Therapy  
*Iftah Yovel, The Hebrew University of Jerusalem, Israel*

#### **Roundtable/Panels**

Formulating the trauma in trauma-informed therapy  
*Isabel Clarke, italk, Southern Health NHS Foundation Trust, Southampton, UK*

### **Behavioural Medicine**

#### **Symposia**

Transdiagnostic Cognitive Behaviour Therapy for patients with Persistent Physical Symptoms  
*Trudie Chalder, King's College London, UK*

A biopsychosocial perspective on the treatment of childhood weight problems  
*Leentje Vervoort, Radboud University, the Netherlands*

Multidisciplinary Cognitive Behavioural Approaches in the Tinnitus Clinic  
*Elizabeth Marks, University of Bath, UK*

Mental health difficulties in the context of chronic illness  
*Sophie Bennett, UCL Great Ormond Street Institute of Child Health, London, UK*

Recent developments in the cognitive-behavioral treatment of chronic pain  
*Jo Daniels, University of Bath, UK*

#### **Skills Classes**

"Gut feeling": An integrative model for treating psychogenic abdominal pain in children and adolescents.  
*Shimrit Telraz Cohen, Beit Berl college, Israel*

## Children and Adolescents

### Symposia

New interventions for youth-in-care

*Betteke van Noort, MSB Medical School Berlin, Germany*

Understanding maintenance mechanisms and developmental factors in children and adolescents with Obsessive Compulsive Disorder (OCD).

*Chloe Chessell, University of Reading, UK*

Using values therapeutically with children and adolescents

*Jessica Kingston, Royal Holloway, University of London, UK*

Sleep and youth mental health

*Faith Orchard, University of Sussex, UK*

From a specific to a transdiagnostic perspective: Findings on improving prevention and psychotherapy in children and adolescents

*Julia Asbrand, Humboldt-Universität zu Berlin, Germany*

Low Intensity CBT Interventions for Children, Young People and Families: Implementation and Impact

*Markku Wood, Northumbria University UK*

New approaches to treatment for adolescent depression

*Shirley Reynolds, University of Reading, UK*

Mechanisms of change in digital parent training programs UD

*Amit Baumel, University of Haifa, Israel*

Novel (online) interventions for parents with anxiety or depression and their children

*Belinda Platt, University of Kiel, Germany*

### Skills Classes

'Gone Fishing for Trauma' - Dealing with this Psychological Tug-of-War with Traumatized Children and Young People

*Alastair Black, Police Rehabilitation and Retraining Trust, UK*

## Basic Processes

### Symposia

Imagery and Psychopathology: New takes on an old idea

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

Working Towards the Development and Implementation of Precision Mental Healthcare

*Wolfgang Lutz, University of Trier, Germany*

Assessment and Modification of Cognitive Biases in Psychopathology

*Felix Würtz, Ruhr-Universität Bochum, Germany*

Transdiagnostic cognitive behaviour therapy: I'm pretty sure where we are now but where are we going from here?

*Magnus Blondahl Sighvatsson, University of Iceland, Reykjavik*

Mental imagery and mood symptoms in Bipolar Spectrum Disorders: Cognitive and neural mechanisms and treatment

*Stephanie Burnett Heyes, University of Birmingham, UK*

Assessment of behavioral biases: Not as simple as it seems

*Charlotte Wittekind, LMU Munich, Munich, Germany*

## Marital and Family & Sexual Issues

### Skills Classes

Couple-based interventions for physical health problems

*Marion Cuddy, South London and Maudsley NHS Trust, London, UK*

### Roundtable/Panels

Current issues in behavioural couple therapy (BCT)

*Marion Cuddy, South London and Maudsley NHS Trust, London, UK*

## Diversity, Cross Cultural issues and Emerging Societies

### Symposia

Tackling mental health care inequalities: Inclusion of diverse communities within culturally responsive clinical practice  
*Shah Alam, Royal Holloway University of London, Egham, UK*

Making theory and research count for disadvantaged young people in the developing world  
*Fiona Kennedy, GreenWood Mentors, UK*

Coping with adversity in paucity resource context: CBT in humanitarian psychology  
*Abdel Boudoukha, Université de Nantes, France*

### Roundtable/Panels

'The case of racism:' How can CBT Therapists develop anti-racist practice through their formulations, interventions, supervision and training practices  
*Richard Thwaites, CNTW NHS Trust, UK*

Male violence against women – the role of CBT therapists?  
*Katy Grazebrook, President EABCT*

## Professional Issues, Training and Supervision

### Symposia

Innovative uses of Cognitive Behavioural Therapy within Higher Education  
*Toby Chelms, Leeds Trinity University, UK*

Reducing Behaviours that Challenge in Dementia Care Through Online Staff Training: Training Staff During the Covid-19 Pandemic  
*Ian James, CNTW NHS Foundation Trust, Newcastle, UK*

Self-Practice/Self-Reflection in CBT. Why, how and where to?  
*Craig Chigwedere, St Patrick's University Hospital, Dublin, Ireland*

### Roundtable/Panels

Women in CBT  
*Katy Grazebrook, President, EABCT*

How to improve the experts? – Training of Supervision in European CBT Associations  
*Andreas Veith, SGVT, Germany*

CBT – Searching for a role in Healthcare Systems – How will Regulation of CBT therapists help?  
*Brian Fitzmaurice, Trinity College Dublin, Ireland*

Famine and plenty: the employment and retention of Low Intensity CBT practitioners in IAPT and beyond  
*Elizabeth Ruth, University of Sheffield, UK*

## Open paper sessions and Poster sessions

To be published on the website on 1<sup>st</sup> July

## Programme of In-congress workshops

To be published mid - July with the detailed programme schedule

## One day Pre-congress workshops

### Wednesday 8<sup>th</sup> July

**Treatment for Emotionally Unstable Personality Disorder Using Imagery Rescripting**

*Arnoud Arntz, the Netherlands*

**The paradox of thought control and other cognitive strategies in the treatment of OCD**

*Maureen Whittle, Canada*

**Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents**

*David Clark, UK*

**Running in the Family: Helping Anxious Parents to Raise Confident Children**

*Sam Cartwright-Hatton and Ben Laskey, UK*

**Cognitive Therapy for PTSD: Tailoring treatment to different cognitive themes**

*Anke Ehlers, UK*

**Exposure therapy for Generalized Anxiety Disorder**

*Eni Becker, the Netherlands*

**Making and staying friends with uncertainty**

*Mark H Freeston, UK*

**Moving Beyond Therapy Manuals: An Introduction to Process-Based CBT**

*Stefan G. Hofmann, USA*

**One-session treatment of specific phobia**

*Lars-Göran Öst, Sweden*