50 YEARS EABCT

EABCT Annual Congress 2021

incorporating the **British Association for Behavioural and Cognitive Psychotherapies Annual Conference**

hosted by **Irish Association for Behavioural and Cognitive Psychotherapies**

At a Glance

Daily Congress Planner

At a glance

Thursday 9 September

	09.00 (BST) 10.00 (CET)	10.30-12.00 (BST) 11.30-13.00 (CET)	12.05-13.00 (BST) 13.05-1400 (CET)	14.00 (BST) 15.00 (CET)	15.30-17.00 (BST) 16.30-18.00 (CET)	17.05 (BST) 18.05 (CET)
Hall 2A		**Symposium 1** Innovations in the understanding and treatment of GAD and worry p16	**Keynote** Anke Ehlers p19	**Keynote** Eni Beckers p20	**Symposium 10** Uncertainty distress: trans-situational evidence across different countries p20	**Keynote** Stefan Hofman p23
Hall 2B		**Symposium 2** New approaches to treatment for adolescent depression p16	**Keynote** Sam Cartwright Hatton p19	**Keynote** Emily Holmes p20	**Symposium 11** Sleep and youth mental health p21	**Keynote** Anca Dobrean p23
Hall 1A/B	Plenary Session David Clark p16	**Symposium 3** Negotiating clinical uncertainties during uncertain times p16	**Keynote** Arnoud Arntz p19	**Keynote** Omer Van den Burgh p20	**Symposium 12** Transdiagnostic cognitive behaviour therapy p21	**Keynote** Rory O'Connor p23
Studio		**Skills Class 1** Perspective-taking interventions for shame and self-criticism p17		**BABCP Annual General Meeting** Commences 13.45 BST (14.45 CET)	**Skills Class 3** Understanding and treating death anxiety p21	
MR 1A		**Symposium 4** Blended care: integrating online and face-to-face therapy p17			**Symposium 13** Tackling mental health care inequalities p21	
MR 1B		**Open Papers 1** Adult Mental Health p17			**Symposium 14** Service development and user engagement p21	
MR 2A		**Symposium 5** Perinatal and adult mental health and parenting p17			**Skills Class 4** Behavioural experiments for anxiety-related disorders in pregnancy p22	
MR 2B		**Symposium 8** Training and Supervision p19		**In-Congress Workshop 2:** By pre-booking only Unravelling the Chain – DBT Chain and Solution Analysis with Adults and Adolescents p20		
MR 3A		**Symposium 7** What did the attachment theorists ever do for us? p18			**Symposium 15** Trauma and trauma therapy in early psychosis p22	
MR 3B		**Panel Debate 1** Famine and plenty: the employment and retention of Low Intensity CBT practitioners in IAPT and beyond p18			**Skills Class 5** Mindfulness, Acceptance & Compassion to enhance CBT treatments for Depression p22	
BR 1		**Skills Class 2** How to use self-disclosure to enhance the therapeutic alliance p18		**In-Congress Workshop 1:** By pre-booking only Cognitive-behavioural chairwork from the 'inside-out' p20		
BR 2		**Symposium 6** Digital interventions in Psychotherapy p18			**Symposium 16** Adaptation to stress and well-being of individuals, couples, and children p22	
BR 3					**Round Table 1** Reaching a consensus on the definition of low intensity cognitive behavioural therapy p23	

KEY

- Addictions
- Adult Mental Health
- Basic Processes
- Behavioural Medicine
- Children and Adolescents
- Diversity, Cross-cultural Issues and Emerging Societies
- Marital and family & Sexual Issues
- Professional Issues, Training and Supervision
- Psychosis and Serious Mental Illness
- Therapeutic & Applied Issues

MR = Meeting Room and
BR = Board Room

At a glance

Friday 10 September

	08.30-10.00 (BST)	10.30-12.00 (BST) 11.30-13.00 (CET)	12.05 (BST) 13.05 (CET)	14.00 (BST) 15.00 (CET)	15.30-17.00 (BST) 16.30-18.00 (CET)	17.00 (BST) 18.00 (CET)
Hall 2A	**Symposium 17** Imagery and Psychopathology: New takes on an old idea p31	**Symposium 25** Brief Imagery Interventions for Social Anxiety p34	**Keynote** Lars Göran Öst p37	**Keynote** Mark Freeston p39	**Symposium 35** Innovations in our understanding and treatment of OCD p40	**Keynote** Robert deRubeiss p44
Hall 2B	**Symposium 18** Novel (online) interventions for parents with anxiety or depression and their children p31	**Symposium 26** Children and adolescents with OCD p34	**Keynote** Jennifer Lau p37	**Keynote** Shirley Reynolds p39	**Symposium 36** Using values therapeutically with children and adolescents p41	**Keynote** Johannes Vlaeyen p44
Hall 1B	**Symposium 19** Schema Therapy: Recent developments and insights p31	**Symposium 27** Is CBT only for white people? p35	**Keynote** Peter Phiri p37	**Keynote** Nine Heinrichs p39	**Roundtable 3** How can CBT Therapists develop anti-racist practice p41	**Keynote** Monnica Williams p44
Studio	**Skills Class 6** Making Friends with Uncertainty p32	**Panel Debate 2** How will Regulation of CBT therapists help? p35	**EABCT General Meeting**		**Symposium 38** Expanding the evidence-base for low intensity interventions in IAPT p42	
MR 1A	**In-Congress Workshop 3:** By pre-booking only. Supervision of Supervision: conceptual basis & practical delivery p34		**Symposium 33** Digital parent training programmes p38			
MR 1B	**In-Congress Workshop 5:** By pre-booking only. PTSD intervention with service users within Early Intervention for Psychosis (EIP) services p34				**Symposium 37** Low Intensity CBT Interventions for Children, Young People and Families: p41	
MR 2A	**Symposium 21** A biopsychosocial perspective on the treatment of childhood weight problems p32	**Symposium 30** Recent developments in the cognitive-behavioural treatment of chronic pain p36	**Open Papers 3** Physical health and illness p38	**Symposium 34** Transdiagnostic CBT with Persistent Physical Symptoms p39	**Open Papers 8** Behavioural medicine p42	
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MR 3A	**Symposium 20** Development and Implementation of Precision Mental Healthcare p32	**Symposium 31** Emotion regulation in psychosis p36	**Open Papers 4** Psychosis 1 p38	**Open Papers 6** Psychosis 2 p39	**Symposium 40** Improving inpatient treatment of people with dual diagnosis p43	
MR 3B	**Symposium 23** Innovations in therapist effect research p33	**Symposium 32** Training Staff During the Covid-19 Pandemic p36	**Open Papers 5** Professional issues p38	**In-Congress Workshop 8:** By pre-booking only Acceptance and Commitment Therapy and the Self p40		
R 1	**Open Papers 2** CYP assessment and evaluation p32	**Symposium 29** Assessment and Modification of Cognitive Biases in Psychopathology p35			**Symposium 41** Social anxiety disorder: Where does it come from and why won't it go away p43	
R 2	**Symposium 24** New technologies in the treatment of eating disorders p33	**Skills Class 10** CBT interventions for adolescents and adults with emotion regulation problems p37			**Symposium 42** Cognitive-behavioral therapy in times of crisis p43	
BR 1	**Skills Class 8** Couple-based interventions for physical health problems p33	**Roundtable 2** Current issues in behavioural couple therapy p36			**Skills Class 11** 'Gone Fishing for Trauma' - Dealing with Traumatised Children and Young People p42	
BR 2		**Skills Class 9** Are Perfectionist Therapists Perfect? Addressing Therapist Schemas in CBT p36		**In-Congress Workshop 7:** By pre-booking only Training Emotion Regulation in Children & Adolescents (EuREKA) p40		
BR 3	**Symposium 22** Social Recovery in Early Psychosis p33	**Symposium 28** Models for obsessive-compulsive disorder (OCD) and potential clinical implications p35			**Skills Class 12** Treating psychogenic abdominal pain in children and adolescents p43	

At a glance

Saturday 11 September

	8.30-10.00 (BST) 9.30-11.00 (CET)	10.30-12.00 (BST) 11.30-13.00 (CET)	12.05-1300 (BST) 13.05-14.00 (CET)	14.00-15.30 (BST) 15.00-16.30 (CET)	15.35-16.00 (BST) 16.35-17.00 (CET)
Hall 2A	**Symposium 43** Understanding and managing sensory sensitivity from a CBT perspective p45	**Symposium 54** Supporting health and social care staff throughout and beyond the pandemic p48	**Keynote** Michael Duffy p51	**Symposium 59** Addressing the psychological needs of victims and survivors p52	**Closing Ceremony**
Hall 2B	**Symposium 46** Improving prevention and psychotherapy in children and adolescents p45	**Symposium 53** Complex trauma and psychopathology in care-experienced young people p48	**Keynote** Louise McHugh p51	**Symposium 60** Building on the Empirical Links Between Disgust and Obsessive-Compulsive and Related Disorde p52	
Hall 1B	**Symposium 48** Assessment of behavioral biases: Not as simple as it seems p46	**Panel Debate 3** Women in CBT p50	**Keynote** Marcantonio Spada p51	**Symposium 61** Pioneering youth mental health interventions in low- and middle-income countries p53	
MR 1A	**Open Papers 9** Anxiety Disorders p47	**Symposium 55** Making theory and research count for disadvantaged young people in the developing world p49	**Symposium 58** Using mental-health science to advance psychological treatment innovation p51	**Panel Debate 4** How to improve the experts? – Training of Supervision in European CBT Associations p53	
MR 1B	**Symposium 47** Mental imagery and mood symptoms in Bipolar Spectrum Disorders p46	**Symposium 56** Broadening what we offer for people with Bipolar p49	**Open Papers 12** Anxiety and uncertainty p52	**Symposium 62** Relapse prevention in depression in times of corona: What works for whom and how? p53	
MR 2A	**In-Congress Workshop 9:** By pre-booking only. Treating Obsessive Compulsive Disorder in a non-frightening way p48			**Panel Debate 5** Formulating the trauma in trauma-informed therapy p53	
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Remote 1	**Symposium 52** New interventions for youth-in-care p47	**Open Papers 11** AParents and Care Givers p50			
BR 1	**Symposium 45** Coping with adversity in paucity resource context: CBT in humanitarian psychology p45	**Open Papers 10** Imagery and Trauma p50			
BR 2	**Symposium 51** Evidence-based approaches to assessment in CBT p47	**Symposium 49** Mental health difficulties in the context of chronic illness p51			
BR 3	**In-Congress Workshop 11:** By pre-booking only Using Q methodology to sample diverse views and guide service provision p48				