Programme Schedule

Thursday 9th September

09.00 – 10.00 (BST) 10.00 – 11.00 (CET)

**Plenary Session** – Hall 1A/B

*Welcome to EABCT 2021 Belfast*

Michael Duffy, Co-Chair Scientific Programme, Queen’s University, Belfast, Northern Ireland

Katy Grazebrook, President EABCT

**Opening Keynote**

*Improving Access to Psychological Therapies: A story that started in Northern Ireland*

David Clark, University of Oxford, UK

Chair: Brian Fitzmaurice, Chair of IABCP, Trinity College, Dublin, Ireland

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

**Symposium 1** – Hall 2A

*Innovations in the understanding and treatment of GAD and worry*

Chair: Craig Chigwedere, Trinity College Dublin, Ireland

10.30 The effectiveness of a 10-week Group Cognitive Behavioural Therapy treatment for Generalised Anxiety Disorder in a Secondary care service: A Pilot Study

Nuala Miles, Health Service Executive, Ireland

10.55 Targeting in-the-moment triggers in the treatment of worry: A case series

Craig Chigwedere, Trinity College Dublin/St Patrick’s Mental Health Services, Ireland

11.15 Worry themes associated with symptoms of generalized anxiety disorder and adult separation anxiety disorder.

Harriett Chattaway and Georgia Crowther, Newcastle University, UK

11.35 A Cognitive Process Perspective on CBT For Generalized Anxiety Disorder

Colette Hirsch, King’s College London, UK

**Symposium 2** – Hall 2B

*New approaches to treatment for adolescent depression*

Chair: Faith Orchard, University of Sussex, UK

10.30 Guided and self-guided internet-delivered CBT for adolescents with depression: a randomised feasibility trial

Rebecca Grudin, Karolinska Institute, Sweden

10.55 School based Brief Behavioural Activation for depression in adolescents : acceptability and outcomes

Shirley Reynolds, University of Reading, UK

11.15 Sleep interventions for treating depression: the feasibility and acceptability of delivering school-based sleep workshops

Faith Orchard, University of Sussex, UK

11.35 Brief Early Intervention for Adolescent Depression that Targets Emotional Mental Images and Memories (IMAGINE): A Process Evaluation

Victoria Pile, Kings College, Institute of Psychiatry, London, UK
**Symposium 3 – Hall 1B**

**Negotiating clinical uncertainties during uncertain times: Empirical grounding of clinical guidance**

**Chair:** Mark Freeston, Newcastle University, UK

[**Layla Mofrad and Danni Payne**, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust and Newcastle University, UK]

10.50 Real and perceived uncertainty in healthcare settings: The role of information and communication  
[**Lauren Mawn**, Newcastle upon Tyne Hospitals NHS Foundation Trust & Newcastle University UK]

11.10 Long Covid, uncertainty and distress: An occupational health perspective  
[**Ashley Tiplady**, Newcastle upon Tyne Hospitals NHS Foundation Trust, UK]

11.30 Shielding from COVID-19: behavioural and psychological factors associated with distress in the vulnerable  
[**Jo Daniels and Hannah Rettie**, University of Bath, UK]

11.50 Panel Discussion

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**Clinical Skills Class 1 – The Studio**

**Perspective-taking interventions for shame and self-criticism**

**Richard Bennett,** University of Birmingham, UK and **Dawn Johnson,** Coventry & Warwickshire Partnership NHS Trust, UK

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**Symposium 4 – Meeting Room 1A**

**Blended care – finding the best way of integrating online and face-to-face therapy**

**Chair:** Thomas Berger, Bern University, Switzerland

10.30 What is blended care? Introduction to the concept and implementation modes, initial findings regarding effectiveness and presentation of an ongoing blended outpatient CBT trial (PSYCHOnlineTHERAPIE):  
[**Lena Steubl** and **Marie Steinhoff**, University of Ulm, Germany]

10.55 Clinical Effectiveness of Blended CBT Compared to Face-to-Face CBT: a Randomised Controlled Non-Inferiority Trial.  
[**Kim Mathiasen**, University of Southern Denmark, Denmark]

11.15 Blended transdiagnostic intervention focusing on emotion regulation: Preliminary findings from an ongoing pilot RCT (REMOTION).  
[**Laura Bielinski**, University of Bern, Switzerland]

11.35 Common language online modules? Developing a blended care approach for psychodynamic, cognitive-behavioural, and systemic therapists.  
[**Johanna Boettcher,** Psychologische Hochschule Berlin, Germany

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**Open Papers 1 – Meeting Room 2A**

**Adult Mental Health**

**Chair:** tbc

10.30 The Overall Efficacy of “Be a Mom”, a Web-based Intervention, in Reducing Distress and Improving Flourishing in Women at Low- and High-Risk for Postpartum Depression: Results from a Randomized Controlled Trial  
[**Carlos Carona**, University of Coimbra, Portugal]

10.45 The place of self-help in the management of anxiety and depression in and out of crisis: an empirical illustration  
[**Mandy Rossignol**, UMONS, Belgium]

11.00 The role of outcome expectancy and feedback learning in predicting early symptom change in a transdiagnostic treatment for anxiety  
[**Miriam Müller-Bardorff**, University of Zürich, Switzerland]

11.15 Combined effect of CBT and exercise interventions for anxiety and depression: A systematic review  
[Chanas Matthias, Manchester Metropolitan University, UK]

11.30 Dr. David Burns’ TEAM CBT paradoxical approach to the treatment of addictions  
[**Yehuda Bar Shalom**, Ramat Gan Academic College, Israel]
Symposium 5 – Meeting Room 2A
Perinatal and adult mental health and parenting – new insights to guide services

Chair: Anja Wittkowski, University of Manchester, UK
10.30 Risk factors for suicide ideation and behaviours during the perinatal period
Holly Reid, University of Manchester, UK
10.55 The IMAGINE feasibility trial: Insights gained about the Baby Triple P programme and the Mother and Baby Unit context
Anja Wittkowski, University of Manchester, UK
11.15 Learning from the THRIVE trial
Marion Henderson, University of Strathclyde, UK
11.35 Using parenting interventions in adult mental health services: Potential, policy and practice
Lynsey Gregg, University of Manchester, UK

Symposium 6 – Meeting Room 2B
Digital interventions in Psychotherapy

Chair: Gvantsa Jinashvili and Mariia Merzhvynska, University of Zurich, Switzerland
10.30 Psychotherapists-in-training’s eHealth acceptance during COVID-19
Robert Steack, University of Zurich, Switzerland
10.48 Prognostic sample characteristics in internet-based and face-to-face CBT for depression: A pre-registered meta-analysis
Mariia Merzhvynska, University of Zurich, Switzerland
10.56 Can Human or Automated Support Improve Outcomes of an Internet-based Self-Help Intervention for Depressive Symptoms?
Oliver Bur, University of Bern, Switzerland
11.14 Dealing with psychiatric symptoms: Smartphone App Robin Z to support adolescents in psychotherapy
Nina Traber-Walker, Psychiatric University Hospital Zurich, Switzerland
11.32 A trans-diagnostic mobile app to support intersession processes in psychotherapy: Concept and prototype
Gvantsa Jinashvili, University of Zurich, Switzerland
11.45 Discussion

Symposium 7 – Meeting Room 3A
What did the attachment theorists ever do for us?

Chair: Katherine Newman-Taylor, University of Southampton and Southern Health Trust, UK
10.30 The development and validation of the Psychosis Attachment Measure Revised
Katherine Berry, University of Manchester, UK
10.55 The role of disorganised attachment in the relationship between childhood interpersonal trauma and paranoia.
Sandra Bucci, University of Manchester, UK
11.15 How does attachment imagery for paranoia work? Cognitive fusion and beliefs about self and others mediate the impact on paranoia and anxiety
Monica Sood, University of Southampton, UK
11.35 How can attachment theory help CBT therapists? A critical review of the literature examining cognitive, affective, and behavioural mechanisms associated with the attachment-psychosis relationship
Katherine Newman-Taylor, University of Southampton & Southern Health NHSF Trust, UK

Clinical Skills Class 2 – Meeting Room 3B
How to use self-disclosure to enhance the therapeutic alliance

Ruth McCutcheon and Saskia Ohlin, Academy of Schema Therapy, UK
Panel Debate 1 – Board Room 1

Famine and plenty: the employment and retention of Low Intensity CBT practitioners in IAPT and beyond

Chair: Elizabeth Ruth, University of Sheffield, UK
Speakers: Liz Kell, University of Central Lancashire, UK
          Marie Boardman, Staffordshire and Stoke on Trent Wellbeing Service, UK
          Allán Laville, University of Reading, UK
          Orla McDevitt-Petrovic, Ulster University, Northern Ireland

Symposium 8 – Board Room 2

Training and Supervision

Chair: Martina Gibbon, Trinity College Dublin, Ireland
10.30 Therapist Schema and Supervisory Drift: A conceptual model
          Jason Roscoe, University of Cumbria, UK
10.45 Self-Practice /Self Reflection SP/SR helping CBT therapist and trainees deal with the events of the past year as front-line mental healthcare providers and the repercussions of the pandemic on the therapists own mental health.
          Martina Gibbon, Trinity College Dublin, Ireland
11.00 An exploration of the experience of dual modality therapy students transitioning from Psychodynamic Counselling to Cognitive Behaviour Therapy studies and practice.
          Claire Ball, University of Suffolk, UK
          Conal Harpur, Trinity College Dublin, Ireland
11.30 Effects of a one-day workshop on exposure interventions on therapist beliefs about exposure
          Arnold van Emmerik, University of Amsterdam, the Netherlands

Symposium 9 – Board Room 3

Multidisciplinary Cognitive Behavioural Approaches to Chronic and Distressing Tinnitus

Chair: Elizabeth Marks, University of Bath, UK
Discussant: Laurence McKenna, University College London Hospitals, UK
10.30 Audiological perspectives on Tinnitus
          David Baguley, University of Nottingham, UK
10.45 The Cognitive Model of Tinnitus
          Lucy Handscomb, University College London Hospitals, UK
11.00 Low intensity / online CBT for tinnitus
          Eldre Beukes, Anglia Ruskin University, UK
11.15 CBTi for tinnitus-related insomnia.
          Elizabeth Marks, University of Bath, UK
11.30 Accessing CBT based therapies for tinnitus
          Laurence McKenna, University College London Hospitals, UK

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

Keynote Addresses

Treatment of posttraumatic stress disorder: advances and challenges
Anke Ehlers, University of Oxford, UK
Chair:
Hall 2A
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

Chair: Shirley Reynolds, University of Reading, UK
Hall 2A

Imagery Rescripting: a transdiagnostic technique
Arnoud Arnzt, University of Amsterdam, the Netherlands

Chair:
Hall 1B

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

Keynote Addresses

Cognitive Bias Modification for depression: Opportunities and risks
Eni Becker, Radboud University Nijmegen, the Netherlands

Chair:
Hall 2A

Mental Imagery and Mental Health Science – Pre, peri and post covid-19
Emily Holmes, Uppsala University, Sweden

Chair:
Hall 2B

Mind the Body: Symptom perception in psychopathology
Omer van den Bergh, University of Leuven, Belgium

Chair:
Hall 1B

14.00 -17.00 (BST) 15.00 -18.00 (CET)

In-Congress Workshop 1* – Meeting Room 2B
Matthew Pugh, Central and North West London NHS Foundation Trust UK and Tобyn Bell, University of Manchester, UK

In-Congress Workshop 2* – Board Room 1
Unravelling the Chain – DBT Chain and Solution Analysis with Adults and Adolescents.
Marie Wassberg, MW Care, Training & Consultancy Ltd, UK and Catherine Parker, Private Practice, UK

*A separate pre-booked registration is required for admission to the in-congress workshops. These can be booked online or at the registration desk at the congress. Spaces are limited
15.30 - 16.30 (BST) 16.30 - 17.30 (CET)

**Symposium 10 – Hall 2A**

**Uncertainty distress: trans-situational evidence across different countries**

Chair:  
Gioia Bottesi, University of Padova, Italy

15.30 Perceived uncertainties during the first COVID-19 lockdown in Italy: a thematic analysis.  
**Gioia Bottesi**, University of Padova, Italy

15.48 The Relationships between Perceived Uncertainty, Intolerance of Uncertainty and the Mental Health and Burden of Dementia Caregivers.  
**Rachel Opit**, Newcastle University; Cumbria Northumberland Tyne and Wear NHS Foundation Trust, UK

15.56 Uncertainty Distress Linked to Climate Change and Extreme Weather: A proof of concept.  
**Mark Freeston**, Newcastle University, UK

16.14 Coronavirus distress: The role of threat and uncertainty.  
**Meropi Simou**, Aristotle University of Thessaloniki, Greece

**Raquel Nogueira-Arjona**, University of Roehampton, UK

**Symposium 11 – Hall 2A**

**Sleep and youth mental health**

Chair:  
Faith Orchard, University of Sussex, UK

15.30 Prospective relationship between sleep and depression in young people  
**Faith Orchard**, University of Sussex, UK

15.50 Sleep impacts treatment outcomes for adolescents with depression and suicidality  
**Jessica Hamilton**, Rutgers University, USA

16.10 University students sleep online single session intervention  
**Anna Lawes**, University of Bath, UK

16.30 Developing a single session online intervention for adolescent sleep  
**Maria Loades**, University of Bath, UK

**Symposium 12 – Hall 1B**

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

Chair:  
Jon Fridrik Sigurdsson, University of Reykjavik and University of Iceland, Iceland

15.30 One for all or....! Transdiagnostic mechanism of change in Cognitive behaviour therapy  
**Magnus Blondahl Sighvatsson**, University of Iceland, Iceland

15.50 Transdiagnostic Cognitive behaviour therapy for Persistent physical symptoms.  
**Paul M. Salkovskis**, University of Oxford, UK

16.10 Process based Cognitive behavior therapy  
**Stefan Hofmann**, University of Boston, USA

16.30 "All Roads Lead to Rome“. Is Reorganisation of the Source of Chronic Goal Conflict the Active Ingredient of Transdiagnostic Therapy?  
**Warren Mansell**, University of Manchester, UK

**Clinical Skills Class 3 – Studio**

**Understanding and treating death anxiety**

**David Veale**, King’s College London, Institute of Psychiatry, UK
Symposium 13 – Meeting Room 1A
Tackling mental health care inequalities: Inclusion of diverse communities within culturally responsive clinical practice

Chair: Saiqa Naz, Chair BABCP Equality & Culture Group, UK
15.30 Mental health, stigma and help-seeking: Exploring the views of British-Bangladeshi Muslim Men
Shah Alam, Royal Holloway University of London, UK
15.50 Improving access to mental health services for individuals from diverse ethnic backgrounds
Hasan Waheed, University of Manchester, UK
16.10 Does one-size-fit-all? Exploring the cross-cultural validity of evidence-based psychological interventions offered by IAPT services
Afsana Faheem, University of Bath, UK
16.30 A Study Exploring the Supervisory Relationship in the Context of Culturally Responsive Supervision: a Supervisee’s Perspective
Bianca Vekaria, University of Southampton, UK

Symposium 14 – Meeting Room 1B
Service Development and User Engagement

Chair: tbc
15.30 Successfully establishing interconnected digital mental health and neurodevelopment services: emerging evidence from a comprehensive digitally native service.
Frank Burbach, Healios and University of Exeter, UK
15.45 Understanding early discontinuation from CBT within IAPT services: a mixed methods study
Alexandra Mocrei, Nottingham Trent University, UK
16.00 Dementia misconceptions and Twitter: Using participatory methods and machine learning to characterise and predict dementia misconceptions in tweets.
Alexandra Hudson, King’s College London
16.15 Minority Stress Model and Shame in Sexual Minorities: The moderating role of social support
Daniel Seabra, Center for Research in Neuropsychology and Cognitive and Behavioral Intervention, Coimbra, Portugal
16.30 tbc

Clinical Skills Class 4 – Meeting Room 2A
Behavioural experiments for anxiety-related disorders in pregnancy
Clinicians from CADAT-PAX at the Centre for Anxiety Disorders and Trauma
Fiona Challacombe, Alexa Roxborough, Sharon Chambers and Lucy Butler

Symposium 15 – Meeting Room 3A
Trauma and trauma therapy in early psychosis: Recent developments and future directions

Chair: Gita Bhutani, Lancashire and South Cumbria NHS Foundation Trust, UK
15.30 Investigating the relationship between trauma and psychosis: the role of complex PTSD
Peter Panayi, University of Manchester, UK
15.45 The EASE trial: A feasibility randomised controlled trial of Eye Movement Desensitisation and Reprocessing for psychosis (EMDRp) in early intervention service users
Filippo Varese, University of Manchester, UK
16.00 Delivering Eye Movement Desensitisation and Reprocessing for psychosis (EMDRp): Overview of the treatment protocol used in the EASE trial
Gita Bhutani, Lancashire and South Cumbria NHS Foundation Trust, UK
16.15 Service users and professional perspectives on the use of EMDR in people with early psychosis
Yvonne Awenat, University of Manchester, UK
16.30 From treatment to prevention: The role of trauma and the potential of trauma therapies in people at clinical high risk of developing psychosis
Filippo Varese, University of Manchester, UK
Clinical Skills Class 5 – Meeting Room 3B
Do I have, or do I do depression? How to use Mindfulness, Acceptance & Compassion to enhance CBT treatments for Depression.
Jim Lucas, Openforwards Ltd and University of Birmingham, UK

Symposium 16 – Board Room 2
Expanding the view of healthy development. Adaptation to stress and well-being of individuals, couples, and children

Convenor: Fabienne Meier, University of Zurich, Switzerland
Chair: Guy Bodenmann, University of Zurich, Switzerland
15.30 Introduction
Fabienne Meier, University of Zurich, Switzerland
15.35 Couples’ Dyadic Coping in the Context of Child-Related Stressors: A Systematic Review across Three Decades
Michelle Roth, University of Zurich, Switzerland
15.50 Do only the rich get richer? The benefits of affectionate touch as a function of relationship satisfaction before and during the Covid pandemic
Anik Debrot, University of Lausanne, Switzerland
16.05 Dyadic coping trajectories across the transition to parenthood: are they associated with child adjustment?
Céline Stadelmann, University of Zurich, Switzerland
16.20 What makes couples (un)happy? The importance of stress, relationship skills and sexuality for relationship satisfaction
Selina Landolt, University of Zurich, Switzerland
16.35 Lightening the load: Perceived partner responsiveness fosters more positive appraisals of relational sacrifices
Mariko Visserman, University of Toronto, Canada

Roundtable 1 – Board Room 3
Reaching a consensus on the definition of low intensity cognitive behavioural therapy

Convenor: Pamela Myles-Hooton, University College London, UK
Chair: Roz Shafran, UCL Great Ormond Street Institute of Child Health, UK
Speakers: Jessica Schleider, Stony Brook University, New York, USA
Birgit Watske, University of Zürich, Switzerland
Allan Laville, University of Reading, UK
Paul Farrand, University of Exeter, UK
Gerhard Andersson, Linköping University, Linköping, Sweden.

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

Keynote Addresses

CBT is an applied evolutionary science
Stefan G. Hofmann, Boston University, USA

Chair:
Hall 2A
Technological enhanced CBT for children, adolescents, and parents
Anca Dobrean, Babes-Bolyai University, Romania

Chair:
Hall 2B

When It is Darkest: Understanding Suicide Risk
Rory O’Connor, University of Glasgow, Scotland

Chair:
Hall 1B

Poster Presentations

Posters presented by in person delegates will be displayed between 12.00am-6.00pm on Thursday 9th and Friday 10th September. Presenters will be standing by their Posters at a time between 12.00am -3.00pm. All Posters can also be viewed in the Poster Room of the Congress Hybrid platform throughout the Congress. The award of the prize for the best Poster will be announced at the Closing Ceremony

Adult Mental Health

1. One-session, online contextual schema therapy workshop for social anxiety – a proof of concept study
Simona Stefan, Babes-Bolyai University, Romania
2. Integrating Cognitive Behavioral Group Therapy and Psychodrama for Social Anxiety Disorder: An Intervention Description and an Uncontrolled Pilot Trial
Hanieh Abeditehrani, University of Amsterdam, the Netherlands
3. Beneficial Effects of Role Reversal in Comparison to Role-playing on Negative Cognitions about Other’s Judgments for Social Anxiety Disorder
Hanieh Abeditehrani, University of Amsterdam, then Netherlands
4. A Case of Mental Health Anxiety: When the intervention is no more intervention
Faith Martin, Coventry University, UK
5. Adaptation and Validation of the Health Anxiety Inventory (short version) for Medical Settings
Jessica Colenutt, University of Bath, UK
Heart coherence intervention among highly anxious individuals: Effects on interoception and anxiety
Alice Bodart, U Mons, Belgium
7. Cognitive behavioral group intervention to cope with anxiety and depression: A focus group research among female university students
Johanna Bernhardsdottir, University of Iceland and Landspitali, The University Hospital of Iceland
8. The implementation of an targeted prevention program to prevent anxiety and depression during higher education transition.
Diane Marcotte, University of Quebec in Montreal
9. Trajectories of Anxiety and Depression Symptoms throughout Internet-Enabled Cognitive Behavioural Therapy
Megan Skelton, Institute of Psychiatry, Psychology and Neuroscience, King’s College London, UK
Ugo Pellegrina, Université de Picardie Jules Verne, France
11. Mindfulness and depression in adults with children suffering from chronic diseases
Ieva Melne, University of Latvia
12. Depression and Alexithymia; An Examination of the Mediating Role of Emotion Regulation Strategies Through Network Analysis
Maria Panteli, University of Cyprus
13. Behavioural activation by non-specialists decreases depression and negative bias during COVID-19
Teresa Ruzickova, Department of Psychiatry, University of Oxford
14. Why do participants withdraw from a single session of exposure in virtual reality for the fear of spiders?
Gabrielle Marcotte-Beaumier, Université du Québec à Montréal
15. Trauma and Psychopathology in Volunteer First Aiders
Charlotte Rowe, Université de Nantes, France
16. A pilot study of gender differences in sexual arousal of patients with OCD: The moderator roles of attachment and contamination symptoms

Nicole Loren Angelo, University of Florence, Italy

17. The effects of the COVID-19 pandemic on obsessive-compulsive symptoms: A systematic review and meta-analysis

Nicole Loren Angelo, University of Florence, Italy

18. Responding to COVID-19: Adapting a specialist services for Obsessive Compulsive Disorder

Karen Walker, Advanced Interventions Service, NHS Scotland

19. Self-Stigma and Combined Treatment Outcomes in Patients with SSRI Non-Responsive OCD

Marie Ociskova, Department of Psychiatry, Faculty of Medicine and Dentistry, Palacky University in Olomouc

20. The Cognitive Profile of Persons with Obsessive Compulsive Disorder with and without Autism Spectrum Disorder

Elizabeth Ekman, Karlstads University, Sweden

21. esTOCma: A Mental Health Application for Enhancing Mental Health Literacy About Obsessive-compulsive Disorder and Reduce Stigma: Protocol for a Randomized Controlled Trial

Gemma García-Soriano, Dpto Personalidad, Evaluación y Tratamientos Psicológicos. Universitat de València, Spain

22. Behavioural activation - simple and effective method for difficult times. D-press Project in an outpatient ward, a pilot study

Joanna Salbert, Institute of Psychiatry and Neurology in Warsaw, Poland

23. Applying a transdiagnostic approach to treating ritualised behaviour in specialised practice

Rhiannon Buick, NHS Tayside, Scotland


Lucy Purnell, Centre for Anxiety Disorders and Trauma, London, UK

25. Effects of Munchausen Syndrome by Proxy on Victim’s Health – A Case Report

Christina Totzeck, Ruhr University Bochum, Germany

26. Online delivery of 10-session cognitive behaviour therapy for non-underweight eating disorder patients: a case series

Cat Birtwell, Dorset HealthCare University NHS Foundation Trust, UK

27. An evaluation of the relationship between shame, emotion regulation and disturbed eating behaviors in the natural environment using ecological momentary assessment

Diana Nechita, Babes-Bolyai University, Romania


Satsuki Ueda, Kwansei Gakuin University, Nishinomiya, Japan

29. Kogito App: CBT App for treatment perinatal mental disorders, randomized open-label add-on treatment in perinatal psychiatry ambulance

Eliška Nosková, National Institute of Mental Health, Czechia

30. Most common stressors and reappraisal techniques in student population – an Ecological Momentary Assessment and Intervention study

Marta Marciniaik, University of Zurich, Psychiatric University Hospital, Switzerland

31. Cognitive-behavioral and Emotion Regulation Process on Excessive Worry and Social Dysfunction in High Worrier: Preliminary Analysis

Minori Machida, Graduate School of Human Sciences, Waseda University, Japan

32. The impact of perfectionism on emotional adjustment: testing the mediating role of worry AMG

Patrícia Magda Monteiro Pascoal, CICPSI-FPUL, Lisbon, Portugal

33. Coping and tolerance of uncertainty: Predictors and mediators of mental health during the COVID-19 pandemic

Hannah Rettie, University of Bath, UK

Children and Adolescents

34. TeenSAD@change: Investigating the efficacy of CT, ACT and CFT on adolescent social anxiety disorder

Paula Vagos, Universidade Portucalense Infante D. Henrique, Portugal

35. Online cognitive therapy for Social Anxiety Disorder in Adolescence: preliminary efficacy data on worriedness and clinical global impression

Ana Ganho-Ávila, Center for Research in Neuropsychology and Cognitive and Behavioral Intervention (CINEICC) Faculty, Coimbra, Portugal

36. Exploring autonomic regulation in children with ADHD with and without comorbid anxiety disorder through three systematic levels of cardiac vagal control analysis: rest, reactivity, and recovery

Eliška Nosková, National Institute of Mental Health, Czechia
37. CBT Bytesize- assessing the feasibility of a novel multimodal intervention for anxiety
Frank Burbach, Healios & University of Exeter, UK

38. Expo 2021: The Role of Exposure in the Treatment of Anxiety in Children and Adolescents: A Systematic Review and Meta-Analysis
Katharina Sommer, Ruhr-Universität Bochum, Germany

Monika Walczak, University of Copenhagen Denmark

40. Integrating elements of teddy bear therapy into Cognitive Behavioural Therapy for a child with Obsessive Compulsive Disorder: a Case Study
Olivia Harris, University of Bath, UK

41. How do children interpret and manage their disturbing obsessive intrusive thoughts?
Gemma García-Soriano, Dpto Personalidad, Evaluación y Tratamientos Psicológicos. Universitat de València, Spain

42. Do children experience obsessional intrusive thoughts?
Gemma García-Soriano, Dpto Personalidad, Evaluación y Tratamientos Psicológicos. Universitat de València, Spain

43. Boosting exposure and response prevention with imagery-based techniques: Tackling sexual obsessions in an adolescent boy
Alex Lau-Zhu, University of Oxford, UK

44. Depressive symptoms in early adolescence: the dynamic interplay between emotion regulation and affective flexibility
Brenda VolkAert, Ghent University, Belgium

45. The effects of an innovative Cognitive Control and Emotion Regulation Skills Training (CEST) on adolescent patients with depressive symptoms patients with depression
Laura Wante, Ghent University, Belgium

Annelies Van Royen, Ghent University, Belgium

47. Positive emotionality and adaptive emotion regulation as resilience factors in the development of depressive symptoms in adolescents.
Marie-Lotte Van Beveren, Ghent University, Belgium

48. CBASP@YoungAge - A modular treatment program for children and adolescents with depression and interpersonal problems
Nele Dippel, Philipps University Marburg, University of Greifswald, Germany

49. The relation between perceived stress and depression in adolescents during the first COVID-19 lockdown: The moderating role of emotion regulation
Jolien Braet, Ghent University, Belgium

50. Acceptance and commitment therapy (ACT) transdiagnostic group approach for adolescents to improve their mental wellbeing by living in line with their values and contributing to a meaningful life
Lucy Clark, NHS Lothian, Scotland

Betteke Maria van Noort, MSB Medical School Berlin, Germany

52. Sensory characteristics of adolescent girls with developmental disorders and understanding of their sensory-associated issues
Maki Sadahisa, Hyogo University of Teacher Education, Japan

53. Are emotion regulation strategies associated with attentional breadth in youth?
Elisa Boelens, Ghent University, Belgium

54. What nonpharmacological interventions are effective for treating fatigue in adolescents? A systematic review of randomised controlled trials
Nina Higson-Sweeney, University of Bath, UK

55. Media Influence Components as Predictors of Children’s Body Image and Eating Problems: A Longitudinal Study of Boys and Girls During Middle Childhood
Jolien De Coen, Ghent University, Belgium

56. Is there stress eating in children and adolescents? A first validation of the Dutch version of the Salzburg Stress Eating Scale
Ine Verbiest, Ghent University, Belgium

57. A Dual-Pathway Perspective on Food Choices in Adolescents: The Role of Loss of Control over Eating
Eva Van Malderen, Ghent University, Belgium
58. Patterns of adaptive and maladaptive perfectionism and impulsivity in relation to disordered eating behavior in early adolescents
Károlishia, University of Tartu, Estonia
59. Maternal Stress and Children’s Eating Style
Juliette Taquet, Ghent University, Belgium
60. Art-based intervention functioning metaphorically for young patients with eating disorders
Kristina Timonen and Tero Timonen, Vaasa Central Hospital; Åbo Akademi University, Finland
61. The role of children’s emotion recognition ability in development of peer relationships and internalizing problems
Petra Laamanen, Tampere University, Finland
62. Elevated physiological arousal in fear learning among highly-anxious children
Zohar Klein, University of Haifa, Israel
63. Are all parenting strategies for addressing child noncompliance created equal in terms of their long-term consequences on children’s mental health? A meta-analysis to investigate longitudinal relations between parenting strategies related to children’s non-compliant behaviors and their mental health
Georgiana Roșca, Babes-Bolyai University Doctoral School, Romania
64. The virtual clinic for parents of children diagnosed with ADHD: development and feasibility study
Costina Pășărelu, Babes-Bolyai University, Romania
65. Efficacy of an online psychoeducational program for Romanian parents
Costina Pășărelu, Babes-Bolyai University, Romania
Michaella Lincoln, Northumbria University, UK
67. Nonverbal synchrony as a predictor of CBT outcomes in a youth sample
Gil Sner, School of Psychological Sciences, University of Haifa, Israel
68. The neglected participants – What characterizes children and adolescents who drop out of a fear conditioning paradigm?
Tabea Flasinski, Ruhr University Bochum, Germany
69. Preliminary efficacy of an Internet-Delivered Version of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Adolescents (IUP-A)
Julia García-Escalera, Universidad Nacional de Educación a Distancia (UNED), Madrid, Spain

Basic Processes

70. Feasibility of the ‘Leapfrog’ Trial Design: Application to an Internet-delivered Intervention to Reduce Anhedonia
Simon Blackwell, Ruhr-Universität Bochum, Germany
71. Looking Fear in the Face: Adolescents but not Adults Avert their Gaze from Threat during Observational Fear Learning
Yael Skversky-Blocq, University of Haifa, Israel
72. Unconscious processes in Aaron Beck’s cognitive theory - historical-theoretical perspective
Monika Romanowska, Universyctet Gdanski, Poland. Replied
73. Too much at stake – Testing when intolerance of uncertainty predicts indecisiveness
Helmut Appel, University of Cologne, Germany
74. Measurement Invariance of the Intolerance of Uncertainty Scale - 12 in Spanish Samples before and during the COVID-19 pandemic
Pablo Romero-Sanchiz, University of Roehampton, UK
75. The role of emotional schemas in the relationship between parental emotion socialization and psychopathology
David Neto, Instituto Superior de Psicologia Aplicada, Lisbon, Portugal
76. Strengths Awareness and Daily Activities Among University Students
Asami Komazawa, National Center of Neurology and Psychiatry, Tokyo, Japan
77. Predictive features of dynamic symptom trajectories of emotional disorders: The role of sleep
Dominique Recher, University of Zurich, Switzerland
78. Strength of Association between Boredom and Negative Outcomes: a Meta-Analysis
Ion Milea, Babes-Bolyai University, Romania
79. A comparison between self-compassion and unconditional self-acceptance
Miruna Canache, Babes-Bolyai University, Romania
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<td>Julia Kroener, Christophsbad Goepingen, Germany</td>
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<td>Jan-Philip Knirsch, University of Fribourg, Switzerland</td>
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<td>Christina Golemati, Hellenic Society of Cognitive Psychotherapies, Greece</td>
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<td>Epistemic injustice amongst voice-hearers with and without a clinical need: a qualitative thematic analysis study</td>
<td>Olivia Harris, University of Bath, UK</td>
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Gregory Fortin-Vidah, École de psychologie, Université Laval, Canada
103. New Insights into Couple Dysfunctions within Borderline Personality Disorder?
Julia Kroener, Christophshdad Goepppingen, Germany

104. Using emotion focused psychotherapy to treat emotional dysregulation in Borderline Personality Disorder: A pilot study.
Julia Kroener, Christophshdad Goepppingen, Germany

Behavioral medicine

105. Psychological impact of the COVID-19 pandemic on health professionals
Madalena Cunha, School of Health - Polytechnic Institute, Viseu, Portugal

106. Subtypes of insomnia disorders and CBT – I effectiveness
Veronika Dacerová, Katefina Bartošová, Masaryk University, Czechia

107. Integrating mental health intervention into HIV testing and counselling sessions: Current practice and ways forward in Uganda. Behavioural Medicine
Faith Martin, Coventry University, UK

Marital and Family & Sexual Issues

108. Predictors of Fathers’ Participation in Longitudinal Psychological Research on Child and Adolescent Psychopathology
Max Supke, Technische Universität Braunschweig - Institute of Psychology, Germany

109. Mindfulness in intimate relationships: Psychometric properties of the Portuguese versions of the Relationship Mindfulness Measure (RMM) and Sexual Mindfulness Measure (SMM)
Marco Pereira, University of Coimbra, Faculty of Psychology and Educational Sciences

Diversity, Cross-cultural issues and Emerging Societies

110. Chinese Attitudes towards Cosmetic Surgery – The Validation of the Acceptance of Cosmetic Surgery Scale and an In-Depth Cross-Cultural Qualitative Understanding
Yi Wu, Maastricht University, the Netherlands

111. Dysfunctional beliefs in healthy and clinically depressed samples: A Culture-Moderated Meta-Analysis
Monica Bartucz, University Babes-Bolyai, Cluj-Napoca, Romania
Programme Schedule

Friday 10th September

08.30 – 10.00 (BST) 09.30 – 12.00 (CET)

Symposium 17 – Hall 2A
Imagery and Psychopathology: New takes on an old idea

Chair: Jonathan Huppert, The Hebrew University, Jerusalem, Israel

08.30 Experimental induction of spontaneous positive mental imagery in everyday life, Simon Blackwell, Ruhr-Universität Bochum, Germany
08.45 A brief imagery-competing task intervention to reduce intrusive memories of trauma: Findings from an exploratory pilot RCT in the hospital emergency department, Laura Singh, Uppsala University, Sweden
09.00 Exploring the ego dystonic nature of OCD: Implicit and explicit truth value of imagined contamination, Asher Strauss, The Hebrew University, Jerusalem, Israel
09.15 Using task congruent future thinking to positively bias event perception, Nicole Montijn, Utrecht University, the Netherlands

09.45 Snir Barzilay, The Hebrew University, Jerusalem, Israel

Symposium 18 – Hall 2B
Novel (online) interventions for parents with anxiety or depression and their children

Chair: Samantha Cartwright-Hatton, University of Sussex, UK
Discussant: Belinda Platt, LMU Munich and University of Kiel, Germany

08.30 Parental Anxiety and Children’s Mental Health: Preventative Interventions to Reduce Intergenerational Transmission and the Potential Impact of Treating Parent’s Anxiety, Laura Chapman, University of Sussex, UK
08.50 Cluster RCT to evaluate an online parent-led intervention for young children identified as at risk for anxiety disorders: Plans and progress, Tessa Reardon, University of Oxford, UK
09.10 Sowing the Seeds of Confidence: Brief online group parenting programme for anxious parents of 1–3-year-olds with the aim of reducing transmission of anxiety through generations, Emily Palmer, Kings College London, UK
09.30 Pilot RCT to evaluate an online adaptation of a family- and group-based intervention for children of parents with depression: intervention development and service user experiences, Vanessa Danzer, LMU Munich, Germany, UK
09.50 Discussion

Symposium 19 – Hall 1B
Schema Therapy: Recent developments and insights

Chair: Johannes Kopf-Beck, Max Planck Institute of Psychiatry, Munich, Germany
Discussant: Arnoud Arntz, University of Amsterdam, Amsterdam; the Netherlands

08.30 Group Schema Therapy Effectiveness for Borderline and Cluster-C Personality Disorder: Results from two trials, Arnoud Arntz, University of Amsterdam, Amsterdam, the Netherlands
08.50 Dose effects in the treatment of depression and personality disorders: Results from the PsyDos-study, Marit Kool, Vrije Universiteit, Amsterdam, the Netherlands
09.10 Cluster C in the spotlight. Design of two pragmatic trials of schema therapy versus psychodynamic treatment of cluster-C PDs, Birre van den Heuvel and Martine Daniëls, Vrije Universiteit, Amsterdam, the Netherlands
09.30 What works for whom? Schema therapy of depression in an inpatient and day clinic setting, Johannes Kopf-Beck, Max Planck Institute of Psychiatry, Munich, Germany
09.50 Discussion
Clinical Skills Class 6 – The Studio

Making Friends with Uncertainty

Layla Mofrad, CNTW NHS Foundation Trust, Newcastle, UK and Ashley Tiplady, Newcastle Hospitals NHS Foundation Trust, UK

Open Papers 2 – Meeting Room 1A

Children and Adolescents: Assessment and evaluation

Chair: tbc

08.30 Validation of a gamified system for the assessment for emotion regulation abilities in youths R

Oana David, Babes-Bolyai University, Romania

08.45 A survey evaluation of the effectiveness and acceptability of remote Patient and Public Involvement (PPI) as part of a Multi-Site Randomised Controlled Trial during the COVID-19 global pandemic.

Amy Lewins, UCL Great Ormond Street Institute of Child Health, London, UK

09.00 Adaptive behaviour in children and young people with epilepsy and mental health difficulties: potential impacts on mental health treatment

Elana Moore, UCL Great Ormond Street Institute of Child Health, London, UK

09.15 Development of an individually-tailored online intervention for parents of children with ADHD

Diana-Mihaela Brebenel, Babes-Bolyai University, Romania

09.30 REThink Emotions: The efficacy of integrating gamified CBT and mobile parenting support for the personalized prevention of emotional disorders in children R

Oana David, Babes-Bolyai University, Romania

09.45 Feasibility, acceptability, and impact of a computer-guided growth mindset single-session intervention for young people with chronic illness: a mixed methods evaluation

Brian Ching, UCL Great Ormond Street Institute of Child Health, London, UK

Symposium 20 – Meeting Room 1B

Working Towards the Development and Implementation of Precision Mental Healthcare

Chair: Wolfgang Lutz, University of Trier, Germany

08.30 Heterogeneity of treatment effects in trials on psychotherapy of depression

Eva-Lotta Brakemeier, University of Greifswald, Germany

08.50 StratCare: a randomized controlled trial of stratified care vs. stepped care for depression

Jaime Delgadillo, University of Sheffield, UK

09.10 Oxytocin as a biomarker of differential effects to SPACE vs. CBT treatment of child anxiety disorders

Sigal Zilcha-Mano, University of Haifa, Israel

09.30 Prospective evaluation of a clinical decision support system in psychological therapy

Wolfgang Lutz, University of Trier, Germany

Symposium 21 – Meeting Room 2A

A biopsychosocial perspective on the treatment of childhood weight problems

Chair: Caroline Braet, Ghent University, Belgium

Discussant: Leentje Vervoort, Radboud University, the Netherlands

08.30 Neuropsychological processes and developmental individual differences in pediatric obesity and its treatment

Tiffany Naets, Ghent University, Belgium

08.55 Improving Weight Control and Long-Term Treatment Effects in Young Adolescents with Obesity via Emotion Regulation Training

Taaike Debeuf, Ghent University, Belgium

09.15 Inflammation in Children and Adolescents with Obesity: Association with Psychosocial Stress Variables and Effects of a Lifestyle Intervention

Ine Verbiest, Ghent University, Belgium

09.35 Adolescent and parent perceptions on healthy lifestyle: the underestimated role of parents in pediatric obesity

Maurane Desmet, Ghent University, Belgium

09.55 Discussion:
**Clinical Skills Class 7** – Meeting Room 2B

*New case conceptualization in Schema Therapy: Mode map circles, their interrelations, and the therapy plan*

Peled Ofer, Schema Therapy Center, Raanana, Israel

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**Symposium 22** – Meeting Room 3A

*Social Recovery in Early Psychosis*

Chair: **David Fowler**, University of Sussex, UK

- 08.30 **Measurement of service user defined recovery and the effects of CBT for Psychosis on recovery.**
  **Tony Morrison**, Greater Manchester Mental Health NHS Trust, & Psychosis Research Unit, GMMH.

- 08.50 **Benefits of Social Recovery Therapy in early psychosis**
  **Clio Berry**, Brighton and Sussex Medical School, UK

- 09.10 **Combining Cognitive focused interventions (CRT) with social recovery focused interventions.**
  **Gary Donohoe**, NUI Galway, Ireland

- 09.30 **The Horyzons project: Moderated online social therapy to bring about long-term recovery in first episode psychosis**
  **Mario Alvarez-Jimenez**, University of Melbourne, Australia

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**Symposium 23** – Meeting Room 3B

*Innovations in therapist effect research: multilevel approaches, within- and between-therapist associations on outcome and change mechanisms*

Chair: **Jessica Prinz**, University of Trier, Trier, Germany

- 08.30 **Within and Between Associations of Therapist Competence and Treatment Adherence: A Longitudinal Multilevel Approach.**
  **Jessica Prinz**, University of Trier, Trier, Germany

- 08.50 **Do therapists’ interpersonal skills in challenging and benign therapy situations predict treatment outcomes in experienced CBT Therapists?**
  **Kim de Jong**, Leiden University, the Netherlands

- 09.10 **Exploring change in cognitive-behavioral therapy for generalized anxiety disorder – A two-arms ABAB crossed-therapist randomized clinical implementation trial.**
  **Christoph Flückiger**, University of Zurich, Zurich, Switzerland

- 09.30 **Patterns and Mechanisms of Change in CBT for Depression: Gauging the balance between problem and resources activation. The role of therapists.**
  **Danilo Moggia**, University of Trier, Trier, Germany

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**Clinical Skills Class 8** – Remote Room 1

*Couple-based interventions for physical health problems*

Marion Cuddy, South London and Maudsley, London UK

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**Symposium 24** – Remote Room 2

*Progresses in basic research and implementation of new technologies in the treatment of eating disorders*

Chairs: **Nadine Messerli-Bürgy and Simone Munsch**, University of Fribourg, Switzerland

- 08.30 **Taste aversive reactions: Other mechanism underlying food avoidance in eating disorders?**
  **David Garcia-Burgos**, University of Granada, Granada, Spain

- 08.45 **Impact of parenting style on eating problems in children at preschool age**
  **Anaëlle Leuba**, University of Fribourg, Fribourg, Switzerland

- 09.00 **Vagal tone and HPA-Axis Activation in Anorexia Nervosa and Bulimia Nervosa – Comparing Diagnostic and Transdiagnostic Information**
  **Marius Rubo**, University of Fribourg, Fribourg, Switzerland
09.15 Blended treatment of loss of control eating in youth - utilization, satisfaction, caveats and treatment effects
   Felicitas Forrer, University of Fribourg, Fribourg, Switzerland

09.30 Short and long-term effects of an internet-based treatment of Binge eating disorder in adults
   Nadine Messerli-Bürgy, University of Fribourg, Fribourg, Switzerland

09.00 -12.00 (BST) 10.00 -13.00 (CET)

[ ] In-Congress Workshop 3* – Board Room 1
Supervision of Supervision: conceptual basis & practical delivery
   Peter Armstrong, Northumbria University, UK

[ ] In-Congress Workshop 4* – Board Room 2
Addressing sleep problems and fatigue in young people
   Maria Loades, University of Bath, UK and Faith Orchard, University of Sussex, UK

[ ] In-Congress Workshop 5* – Board Room 3
Identifying the focus for PTSD intervention with service users within Early Intervention for Psychosis (EIP) services
   David Keane, Debra Malkin, Filippo Varese and Gita Bhutani, Lancashire and South Cumbria NHS Trust, UK

*A separate pre-booked registration is required for admission to the in-congress workshops. These can be booked online or at the registration desk at the congress. Spaces are limited

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

[ ] Symposium 25 – Hall 2A
Brief Imagery Interventions for Social Anxiety: Processes and Outcomes
   Chair: Jonathan Huppert, The Hebrew University of Jerusalem, Israel
   10.30 Future-Oriented Imagery Rescripting and Imaginal Exposure for Social Anxiety Symptoms: Mechanisms and Outcomes in an Analog Study
      Jonathan Huppert, The Hebrew University of Jerusalem, Israel
   10.45 How does imagery rescripting promote needs fulfilment and memory updating for patients with social anxiety disorder?
      David Moscovitch, University of Waterloo, Canada
   11.00 The Effect of Imagery Rescripting on the Anticipation of a Feared Social Situation
      Elze Landkroon, Utrecht University, the Netherlands
   11.15 Using the self vs. another in imagery rescripting for trait anxiety: does attachment style moderate the effect?
      Hila Sorka, The Hebrew University of Jerusalem, Israel
   11.30 Leaving the Past Behind: Updating negative images linked to socially traumatic memories with internet-delivered cognitive therapy for social anxiety disorder,
      Jennifer Wild, University of Oxford, UK

[ ] Symposium 26 – Hall 2B
Understanding maintenance mechanisms and developmental factors in children and adolescents with Obsessive Compulsive Disorder.
   Chair: Paul Salkovskis, University of Oxford, UK
   10.30 Cognitive, behavioural, and familial maintenance mechanisms in childhood Obsessive Compulsive Disorders (OCD): A systematic review
      Chloe Chessell, University of Reading, UK
Younger versus older children with obsessive-compulsive disorder: Symptoms, severity and impairment
Orri Smárason, University of Iceland, Iceland

Predictors of response to brief, concentrated CBT for paediatric OCD
Lara Farrell, Griffith University, Australia

Multi-family therapy as a CBT treatment enhancer for young people with OCD: qualitative analysis and user satisfaction
Zoe Kindynis, Chloe Volz, and Jonathan Espie, South London and Maudsley NHS Foundation Trust, UK

Symposium 27 – Hall 1B
Is CBT only for white people?

Chair: Saiqa Naz. Sheffield Health & Social Care NHS Foundation Trust, UK
10.30 Building Anti-Racist Foundations in CBT
Michelle Brookes-Ucheaga, University of Derby, UK
10.50 Turning the Gaze: Interrogating Whiteness, Power & Privilege in Teaching & Training of Psychological Professions
Romana Farooqc, Northumberland Tyne and Wear NHS Trust, Newcastle University, UK
11.10 Framing the Formulation Canvas-Setting the Societal Context Scene within CBT
Leila Lawton, South London and Maudsley NHS Trust, UK
11.30 The Role of Clinical Supervision in Anti-Racism Practice
Meera Bahu, South London and Maudsley NHS Trust, UK

Panel Debate 2 – The Studio
CBT – Searching for a role in Healthcare Systems – How will Regulation of CBT therapists help?

Chair: Brian Fitzmaurice, Chair, IABCP, Dublin, Ireland
Speakers
Nady Von Broeck, Katholieke Universiteit Leuven, Belgium
Paul Edwards, BABCP
Andreas Veith, Zentrum fur Psychotherapie, Dortmund, Germany
Helen MacDonald, BABCP

Symposium 28 – Meeting Room 1A
Models for obsessive-compulsive disorder (OCD) and potential clinical implications

Chair: Eyal Kalanthroff, The Hebrew University of Jerusalem, Israel
10.30 Core-fears in OCD: phenomenology and cognitive processes
Elad Zlotnick, The Hebrew University of Jerusalem, Israel
10.50 Ruminati on about symptoms maintains unwanted intrusive and obsessional thoughts
Karina Wahl, University of Basel, Switzerland.
11.10 Automatic inhibition and the potential implications for treatment of individuals with obsessive-compulsive disorder (OCD)
Eyal Kalanthroff, The Hebrew University of Jerusalem, Israel
11.30 Potential Intervention to Increase Access to Internal States: Implication for Obsessive-Compulsive Disorder
Reuven Dar, Tel Aviv University, Israel

Symposium 29 – Meeting Room 1B
Assessment and Modification of Cognitive Biases in Psychopathology

Chair: Felix Würtz. Ruhr-University Bochum, Germany
10.30 From Scrambled Sentences to Valid Assessment – Measuring Interpretation Biases using the Scrambled Sentences Task
Felix Würtz, Ruhr-University Bochum, Germany
10.45 The role of biases in the judgement processing of (un)attractive faces in body dysmorphic symptomatology
Laura Dondzilo, University of Western Australia, Australia
11.00 Effects of a novel online contingent attention training (OCAT) in interpretation bias, rumination and anxiety in the face of naturalistic stress
Alvaro Sanchez-Lopez, Complutense University of Madrid, Spain

11.15 Internet-Delivered Interpretation Training Reduces Worry and Rumination, Anxiety and Depression in people with Generalized Anxiety Disorder and Depression
Colette Hirsch, King’s College London, UK

11.30 Augmenting treatment for post-traumatic stress disorder with a computerised cognitive bias modification procedure targeting appraisals (CBM-App): Results of a randomised controlled trial
Marcella Woud, Ruhr-University Bochum, Germany

Symposium 30 – Meeting Room 2A
Avoid or engage despite pain? Exposure-based treatments for individuals with chronic pain

Chair: Jo Daniels, University of Bath
10.30 Long-term efficacy and moderators of exposure-based chronic pain treatments
Julia Anna Glombiewski, University Koblenz-Landau, Germany
10.50 Visceral pain research and treatment through the lens of psychogastroenterology.
Livia Guadagnoli, KU Leuven, Belgium
11.10 DTx4Pain: Digital Therapeutics, behaviour change and Chronic Pain
Christopher Eccleston, University of Bath, UK
11.30 Discussion
Johannes Vlaeyen, KU Leuven, Belgium.

Clinical Skills Class 9 – Meeting Room 2B
Are Perfectionist Therapists Perfect? Addressing Therapist Schemas in CBT
Vickie Presley, Coventry University, UK

Symposium 31 – Meeting Room 3A
Emotion regulation in psychosis: from theory to practice

Chair: Louise Johns, Oxford Health NHS Foundation Trust and University of Oxford, UK
10.30 Stress reactivity and recovery in psychosis.
Thomas Vaessen, Center for Contextual Psychiatry, KU Leuven, Belgium
10.50 Use and effectiveness of emotion regulation strategies in psychosis.
Tania Lincoln, University of Hamburg, Germany
11.10 Self-reported emotion regulation difficulties in psychosis and their consideration in routine clinical practice.
Caroline Lawlor, South London and Maudsley NHS Foundation Trust, London, UK
11.30 An emotional regulation approach to psychosis recovery: The Living Through Psychosis group programme.
Edel Crehan, Trinity College, Dublin, Ireland
11.50 Discussant:
Katherine Newman-Taylor, University of Southampton, UK

Symposium 32 – Meeting Room 3B
Reducing Behaviours that Challenge in Dementia Care Through Online Staff Training: Training Staff During the Covid-19 Pandemic

Chair: Katharina Reichelt, CNTW NHS Trust
10.30 CLEAR Dementia Care © Training Increases Understanding and Changes Behaviour of Carers
Frances Duffy, Northern Health & Social Care Trust, Northern Ireland
10.50 Challenge Demcare (1994 -2021): what can we learn from developments of applied behaviour analysis as the evidence-base for online dementia training?
Esme Moniz-Cook, University of Hull, UK
11.10  iWHELP: an online programme connecting care home staff thoughts, feelings and behaviour to enhance their care for people with dementia  
Jane Fossey, University of Exeter, UK

11.30  Online CAIT: A training program that utilises animations for improving communication skills and reducing behaviours that challenge in dementia  
Ian Andrew James, CNTW NHS Trust, Newcastle upon Tyne, UK

**Roundtable 2 – Remote Room 1**  
*Current issues in behavioural couple therapy (BCT)*

- **Chair:** Marion Cuddy, South London and Maudsley, London, UK
- **Speakers:**  
  - Michael Worrell, Central North West London NHS Foundation Trust, UK  
  - Dan Kolubinski, Reconnect UK

**Clinical Skills Class 10 – Remote Room 2**  
*CBT interventions for adolescents and emerging adults with emotion regulation problems in routine clinical practice*  
Marija Mitkovic-Voncina, Belgrade University Faculty of Medicine, Serbia

**Keynote Addresses**

- **Does CBT work in routine clinical care?**  
  Lars Göran Öst, University of Stockholm, Sweden  
  Chair:  
  Hall 2A

- **Understanding and managing youth loneliness: Implications for a post-lockdown world**  
  Jennifer Lau, King’s College London, UK  
  Chair:  
  Hall 2B

- **Cultural adaptations of CBT: “Making it meaningful for diverse populations“**  
  Peter Phiri, Southern Health NHS Foundation Trust, UK  
  Chair:  
  Hall 1B

**Symposium 33 – Meeting Room 1A**  
*Mechanisms of change in digital parent training programs*

- **Chair:** Amit Baumei, University of Haifa, Israel.
- **12.00**  
  What are the optimal combinations of online parenting intervention components to reduce child disruptive behaviors?  
  Therdpong Thongseiratch, Prince of Songkla University, Thailand.

- **12.15**  
  Jenna Sung, Stony Brook University, NY, USA.

- **12.30**  
  Using principles of effort optimized intervention and therapeutic persuasiveness design in a digital parent training program.  
  Amit Baumei, University of Haifa, Israel.

- **12.45**  
  A novel digital and phone-coached internet-CBT for child’s anxiety implemented in Finland.  
  Andre Sourander, University of Turku, Finland.
Open papers 3 – Meeting Room 2A

Physical health and illness

Chair: tbc
12.00 What is Mental Health ‘Treatment as Usual’ for Children with Epilepsy? Tyler Hughes, UCL Great Ormond Street Institute of Child Health, London, UK
12.15 A drop-in centre for treating mental health problems in children with chronic illness: outcomes for parents and their relationship with child outcomes Brian Ching, UCL Great Ormond Street Institute of Child Health, London, UK
12.30 Mental Health Care for Children and Young People with Long-Term Physical Health Conditions Natalia Rojas, UCL Great Ormond Street Institute of Child Health, London, UK

Open papers 4 – Meeting Room 3A

Psychosis 1

Chair: tbc
12.00 Positivity in first episode psychosis caregivers: Intensity, factor structure and predictors UD Rowan Souray, Imperial College London, London
12.15 Mistrust and negative self-esteem: Two paths from attachment styles to paranoia Anton Martinez, University of Sheffield, UK
12.30 Characterizing core beliefs in psychosis: a qualitative study Christopher DJ Taylor, Pennine Care NHS Foundation Trust, UK
12.45 Resilience and Growth in Psychosis: Positive Pathways Following Trauma Carolina Campodonico, University of Manchester, UK

Open papers 5 – Meeting Room 3B

Professional Issues

Chair: tbc
12.00 Ethical beliefs and behaviors of european cognitive behavioral therapists Nikola Petrović, University of Belgrade, Serbia
12.15 The development of self-awareness in psychotherapists: The effect of listening to actual performance R David Dias Neto ISPA - Instituto Universitário, Lisbon, Portugal
12.30 Does clinical supervision meet the needs of psychotherapists? Exploring desired versus actual activities in supervision Sven Alfonsson, Karolinska Institutet, Sweden
12.45 One size fits all or to each their own? Modular-Based Psychotherapy as bridge between transdiagnostic and disorder-specific treatment approaches Moritz Elsaesser, University of Freiburg, Germany

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

Keynote Addresses

Understanding distress in the face of real-life uncertainty and threat: A trans-situational approach.
Mark H Freeston, University of Newcastle, UK

Chair:
Hall 2A
‘It’s simple but it’s not easy’. Using Brief Behavioural Activation with depressed adolescents
Shirley Reynolds, University of Reading, UK

Family Violence: When family relationships take an unwanted course
Nina Heinrichs, University of Bremen, Germany

Symposium 34 – Meeting Room 2A
Transdiagnostic Cognitive Behaviour Therapy for patients with Persistent Physical Symptoms
Chair: Trudie Chalder, Institute of Psychiatry, King’s College London, London, UK
14.00 Integrated GP care for Patients with Persistent Physical Symptoms: Feasibility Cluster Randomised Trial
Meenal Patel, Institute of Psychiatry, King’s College London, London, UK
14.20 Therapist Delivered Transdiagnostic CBT for Patients with Persistent Physical Symptoms in Secondary Care: a Randomised Control Trial
Trudie Chalder and Kirsty James, Institute of Psychiatry, King’s College, London, UK
14.40 Exploring the Role of Culture on the Experience and Perception of Healthcare and Daily Life in Patients with Persistent Physical Symptoms
Katie Watts, Institute of Psychiatry, King’s College London, London, UK
15.00 Transdiagnostic Cognitive Behavioural Therapy for Patients with Persistent Physical Symptoms: a Model and Case Study
Claire Willis, South London and Maudsley NHS Foundation Trust, London, UK

Open papers 6 – Meeting Room 3A
Psychosis 2
Chair: tbc
14.00 Do carers of adolescents at first episode psychosis have distinctive psychological needs? A pilot exploration.
Alice McKenna, Central and North West London NHS Foundation Trust, UK
14.15 Pilot Case Series of Combining Symptom-Specific Group and Ultra-Brief Individual Cognitive Behavioural Therapy for Negative Symptoms in Psychosis at First Episode Psychosis UD
Amber Gill, Central and North West London NHS Trust, UK
14.30 Dysfunctional personality disorder beliefs, suicide attempt and medication adherence in patients with bipolar disorder type-1b
Esat Fahri Aydin, Ataturk University, Turkey
14.45 Key cognitive features of delusions and hallucinations in an early intervention in psychosis service: What does the multidisciplinary team miss in their assessments?
Maria Isaacson, Central and North West London NHS Foundation Trust, UK

Open Papers 7 – Remote Room 1
Body Image
Chair: tbc
14.00 Response to Cognitive Behavioral Therapy for Body Dysmorphic Disorder as a Predictor of Outcomes
Jennifer Greenberg, Massachusetts General Hospital/Harvard Medical School, USA
14.15 “I took 50 pictures before posting this one”: Descriptive analysis of Instagram-related behaviors and attitudes in a French population
Luc Bardi, Université de Lille, France
14.30 Comparison of the effectiveness of two programs aimed at reducing body dissatisfaction and improving body functionality
Claire Arnaud, University of Lille, France
14.45 tba
14.00 - 17.00 (BST) 15.00 - 18.00 (CET)

**In-Congress Workshop** – Board Room 1  
*Working from the future back. Positive CBT: the individual and group treatment protocols*  
Fredrike Bannink, the Netherlands

**In-Congress Workshop** – Board Room 2  
*Training Emotion Regulation in Children & Adolescents (EuREKA)*  
Laura Wante and Elisa Boelens, Ghent University, Belgium

**In-Congress Workshop** – Board Room 3  
*Acceptance and Commitment Therapy and the Self*  
Louise McHugh, University College Dublin, Ireland

*A separate pre-booked registration is required for admission to the in-congress workshops. These can be booked online or at the registrtaion desk at the cingress. Spaces are limited*

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

**Symposium 35** – Hall 2A  
*Innovations in our understanding and treatment of OCD*

- **Chair:** David Veale, King’s College London and South London and Maudsley NHS Foundation Trust, UK  
- **15.30** The phenomenology of sexual thoughts about children in people with paedophilia compared to people with OCD.  
  Jess Simmonds, King’s College London, UK

- **15.50** “Was I asking for it?”: An experimental investigation of the relationship between perceived responsibility and mental contamination.  
  Sandra Krause, Concordia University, Montreal, Canada

- **16.10** Direct targeting of one’s inner monologue reduces symptoms of OCD and related disorders: Evidence from an innovative mobile training platform.  
  Guy Doron, Baruch Ivcher School of Psychology, Interdisciplinary Center (IDC) Herzliya, Israel

- **16.30** Investigating the relationship between symptoms of OCD and depression during treatment.  
  David Veale, King’s College London and South London and Maudsley NHS Foundation Trust, UK

- **16.50** Discussion  
  Paul Salkovskis, University of Oxford, UK

**Symposium 36** – Hall 2B  
*Using values therapeutically with children and adolescents*

- **Chair:** Jessica Kingston, Royal Holloway University of London, UK  
- **15.30** "... if I care about stuff, then other people care about me”. Adolescents’ experiences of using values in Brief Behavioural Activation therapy for depression  
  Shirley Reynolds and Iona Lewis Smith, University of Reading, UK

- **15.45** Evaluating Brief Behavioural Activation for depression in adolescents with acquired brain injury: A single-case experimental design protocol.  
  Conor O’Brien, Exeter University, UK

- **16.00** Integrating values with specific autobiographical memories in a school-based intervention for adolescent depression  
  Victoria Pile, King’s College London, UK

- **16.15** Evaluating a values-based intervention for adolescence with high nonclinical paranoia: A schools-based randomised control trial.  
  Jessica Kingston, Royal Holloway, Royal Holloway University of London, UK

- **16.30** Discussion  
  Shirley Reynolds, University of Reading, UK

- **16.50** Question and Answers
Roundtable 3 – Hall 1B

The case of racism: How can CBT Therapists develop anti-racist practice through their formulations, interventions, supervision and training practices

Chair: Richard Thwaites, CNTW NHS, Carlisle, UK
Speakers
Saiqa Naz, Sheffield Health & Social Care NHS Foundation Trust, UK
Monica Williams, University of Ottawa, Canada
Andrew Beck, East Lancashire Hospital NHS Trust, UK
Peter Phiri, Southern Health NHS Foundation Trust, UK

Symposium 37 – The Studio

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

Chair: Peter Fuggle, Anna Freud Centre, London, UK
Discussant: Markku Wood, Northumbria University and Tees, Esk & Wear Valley NHS Foundation Trust, UK
15.30 Setting the scene: An overview of the Low intensity national context.
Catherine Gallop, Exeter University, UK
15.45 Pilot Evaluation of Low-Intensity Interventions Delivered by Children's Wellbeing Practitioners within Tees, Esk & Wear Valley NHS Foundation Trust, UK
Mike Turnbull, Tees, Esk & Wear Valley NHS Foundation Trust and Northumbria University, UK
16.00 The role of online manuals in developing and sharing good practice in low-intensity work with children and young people.
Vicki Curry, CWP Programme Director, UCL and Islington CAMHS/Whittington Health NHS Trust., UK
16.15 Can Low Intensity interventions be used in more complex presentations? A case series presentation.
Markku Wood, Northumbria University and Tees, Esk & Wear Valley NHS Foundation Trust NHS Trust, UK
16.30 King’s College London Student experience of online clinical training
Susanna Payne and Jessica Richardson, Kings College London, UK
16.45 Evaluation and implementation of the Children’s Wellbeing Practitioner role in the South West.
Hollie Gay, Exeter University, UK

Clinical Skills Class 11 – Meeting Room 1A

“Gone Fishing for Trauma’ - Dealing with this Psychological Tug-of-War with Traumatised Children and Young People
Alastair Black, Police Rehabilitation and Retraining, Belfast, UK

Symposium 38 –Meeting Room 1B

Expanding the evidence-base for low intensity interventions in the IAPT programme

Chair: Stephen Kellett, University of Sheffield
15.30 tba
15.45 tba
16.00 Cognitive-behavioural versus cognitive-analytic guided self-help for anxiety; a patient preference clinical trial
Jess Smithies, Pennine Care NHS Foundation Trust, UK
16.15 A qualitative exploration of patients’ perspectives of symptom deterioration after low-intensity cognitive behavioural therapy
Ben Lorimor, University of Sheffield, UK
16.30 Comparing treatment outcome and dose-response for Behavioural Activation delivered at step 2 and step 3 of the IAPT programme
Mel Simmonds-Buckley, University of Sheffield, UK
16.45 Discussion:
Elizabeth Ruth, University of Sheffield, UK
Open papers 8 – Meeting Room 2A

**Behavioural medicine**

Chair: **tbc**

15.30 Feasibility Randomized-Controlled Trial of Online Acceptance and Commitment Therapy for Painful Peripheral Neuropathy in People Living with HIV

**Whitney Scott**, King’s College London, UK

15.45 Could Neuropathic Pain, Specific Forms of Experiential Avoidance and Mindfulness Contribute to Predicting Stress in Patients with Multiple Sclerosis

**Isabel Teresa Carvalho**, University of Coimbra, Portugal

16.00 A cross-continental examination of the COVID-19 Anxiety Syndrome, COVID-19 anxiety and psychological distress

**Ana Nikčević**, Kingston University, UK

16.15 What about ARFID? Psychometric properties of two new (translated) screening questionnaires and prevalence of ARFID(symptoms) in The Netherlands

**Sandra Mulkens**, Maastricht University, The Netherlands

16.30 tba

Symposium 39 – Meeting Room 2B

**Sudden symptom changes in psychological treatments: New developments in methodology and clinical applications**

Chair: **Milan Wiedemann**, University of Oxford, UK

15.30 Sudden improvements and transient worsening in depression symptoms in a large clinic-based sample.

**Asha Ladwa**, University of Exeter, UK

15.45 Which individual symptoms change during a sudden gain?

**Milan Wiedemann**, University of Oxford, UK

16.00 Shifts in time: identifying reliable symptom changes of different duration in within-person time series.

**Marieke Helmich**, University of Groningen, the Netherlands

16.15 Instability as a precursor of sudden gains and losses in daily self-ratings.

**Merlijn Olthof**, Radboud University, Nijmegen, the Netherlands

16.30 Discussion and Questions and Answers

**Lorenzo Lorenzo-Luaces**, Indiana University Bloomington, USA

Symposium 40 – Meeting Room 3A

**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.**

Chair: **Irene Oestrich**, Sankt Hans Hospital, Roskilde, Denmark

15.30 The challenging aspects of treating people with severe mental illness and addiction

**Jakob Krarup**, Chief Psychiatrist, Sankt Hans Hospital, Roskilde, Denmark

15.50 Description of 20 years of cognitive milieu therapy in the ward

**Janne Theisten**, Assistant head nurse, Sankt Hans Hospital, Roskilde, Denmark

16.10 Virtual reality in the care and treatment of patients with dual diagnosis

**Vivian Heinola-Nielsen**, clinical psychologist, Sankt Hans Hospital, Roskilde, Denmark

16.30 Improving competence and therapeutic skills at different levels in the staff and how to measure implement them

**Irene Oestrich**, senior psychologist, specialist and supervisor in CBT, Sankt Hans Hospital, Roskilde, Denmark

Clinical Skills Class 12 – Meeting Room 3B

"Gut feeling": An integrative model for treating psychogenic abdominal pain in children and adolescents

**Shimrit Telraz Cohen**, Beit Berl college and **Gila Schoen**, Geha Mental Hospital, Israel
Symposium 41 – Remote Room 1
Social anxiety disorder: Where does it come from and why won’t it go away?

Chair: Ken Kelly-Turner, Concordia University, Canada
Discussant: Ron Rapee, Macquarie University, Australia
15.30 Always saying the wrong thing: Negative beliefs about losing control and social anxiety. Ken Kelly-Turner, Concordia University, Canada
15.50 Reconnecting in the face of exclusion: Individuals with high social anxiety may feel the push of social pain, but not the pull of social rewards. Taylor Hudd, University of Waterloo, Canada
16.10 When anxiety maintains anxiety: The role of post-event and anticipatory processing. Leanne Kane, University of Ottawa, Canada

Symposium 42 – Remote Room 2
Cognitive-behavioral therapy in times of crisis: Prediction, treatment selection, and personalization of psychotherapy

Chair: Brian Schwartz, University of Trier, Germany
15.30 Targeted treatment for depression using prediction models: cognitive behavioral therapy or treatment as usual? Suzanne van Bronswijk, Maastricht University, Netherlands
15.50 Switching from face-to-face to video therapy during the COVID-19 pandemic: Impact and personalized recommendations Brian Schwartz, University of Trier, Germany
16.10 The development and pilot implementation of a modular, transdiagnostic, personalized digital therapy during a global pandemic Zachary Cohen, University of California, Los Angeles, USA
16.30 Predicting willingness-to-try digital interventions vs. traditional psychotherapy: Results from a nationally representative survey Akash Wasil, University of Pennsylvania, USA

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

Keynote Addresses

Prospects and challenges for complex data-driven approaches to clinical decision-making
Rob de Rubeis, University of Pennsylvania, USA
Chair: Hall 2B

Avoid or engage despite pain? Exposure-based treatments for individuals with chronic pain
Johannes Vlaeyen, KU Leuven University, Belgium
Chair: Studio

Being an anti-racist clinician
Monnica Williams, University of Ottawa, Canada
Chair: Hall 1B
Programme Schedule

Saturday 11th September

08.30 – 10.00 (BST) 09.30 – 12.00 (CET)

Symposium 43 – Hall 2A

Sensory overload? Understanding and managing sensory sensitivity from a CBT perspective

Chair: Paul Salkovskis, University of Oxford, UK
8.30     Audiologist-Delivered Cognitive Behavioural Therapy for Tinnitus and Hyperacusis
         Hashir Aazh, Royal Surrey County Hospital and University of Surrey, UK
8.50     The sounds are not the (only) problem: targeting beliefs and behaviours in misophonia
         Jane Gregory, University of Oxford, and Tom Graham, South London and Maudsley NHS Trust, UK
9.10     Understanding and treating Depersonalisation-Derealisation Disorder
         Elaine Hunter, University College London, and Cheuk-Lon (Malcolm) Wong, Royal Holloway, University of London, UK
9.30     The relationship between sensory sensitivity and traits of autism, ADHD and misophonia in the general population.
         David Mason, and Simran Bhambhani, Institute of Psychiatry, King’s College London, UK
9.50     Discussion
         Paul Salkovskis, University of Oxford, UK

Symposium 44 – Hall 2B

Trauma and resilience

Chair: tbc
08.30     Predictors of revictimization in online dating
         Fatemeh Fereidooni, University of Groningen, the Netherlands
08.45     The role of psychological therapy and cognitive appraisals in posttraumatic growth
         Amanda Gleeson, Queen’s University Belfast, Northern Ireland
09.00     Feasibility and effects of “Imager” – an mHealth mental imagery-based app to increase resilience
         Marta Marciniak, University of Zurich, Switzerland
09.15     Exploring the hypervigilance symptom in PTSD: when eye-tracking comes to use.
         Wivine Blekic, University of Mons, Belgium
09.30     Health anxiety, perceived risk and perceived control in following preventive measures during the early COVID-19 response in Romania
         Simona Stefan, Babes-Bolyai University Cluj-Napoca, Romania
09.45     tba

Symposium 45 – Hall 1B

Coping with adversity in paucity resource context: CBT in humanitarian psychology

Co- chairs: Abdel Boudoukha, Université de Nantes, France and Grazia Ceschi, University of Geneva, Switzerland
8.30     What should evidence-based mental health services for traumatized refugees and asylum seekers look like?
         Kerry Young, Central and North West London NHS Foundation Trust, London, UK
8.50     Mental health of Geneva refugees during the Covid-19 lockdown as a function of their access to an academic discovery programme.
         Grazia Ceschi and Mathieu Cettenand, University of Geneva, Switzerland
9.10     Mental health of volunteers first-aiders health.
         Charlotte Rowe and Abdel Boudoukha, Université de Nantes, France
         Nelly Goutaudier, Université de Poitiers, France
Symposium 46 – Meeting Room 1A
From a specific to a transdiagnostic perspective: Findings on improving prevention and psychotherapy in children and adolescents

Chairs: Julia Asbrand, Humboldt University of Berlin and Simone Pfeiffer, University of Koblenz-Landau, Germany

8.30 Retrospective assessment of barriers and facilitators to access psychotherapy in adolescents in psychotherapy using a mixed method design
Simone Pfeiffer, University of Koblenz-Landau, Germany

8.45 The predictive value of routine diagnostics: implications for treatment planning and course of treatment in a child and adolescent inpatient sample
Laura Derks, Radboud University Nijmegen, the Netherlands/ Ruhr University Bochum, Germany

9.00 Can self- and other-observed social performance be used as an indicator of cognitive behavioural treatment success in child social anxiety disorder?
Julia Asbrand, Humboldt University of Berlin, Germany

9.15 Utilizing a transdiagnostic approach in early intervention for common mental health problems in youths - perspectives from the randomised controlled Mind My Mind trial
Pia Jeppesen, Child and Adolescent Mental Health Centre, Capital Region of Denmark, Copenhagen, Denmark and University of Copenhagen, Denmark

9.30 Moving from TIM to ECHO: optimizing a school-based intervention to prevent anxiety and depression in children
Simon-Peter Neumer, Centre for Child and Adolescent Mental Health (RBUP), Oslo, Norway

Symposium 47 – Meeting Room 1B
Mental imagery and mood symptoms in Bipolar Spectrum Disorders: Cognitive and neural mechanisms and treatment

Chair: Karin van den Berg, Maastricht University, the Netherlands

8.30 Relationship between anxiety, mood variability and imagery in patients with bipolar disorder.
Esther ten Bloemendal, Maastricht University and Catharina Hospital, Eindhoven, the Netherlands

9.50 Evaluating the effectiveness of imagery enhanced cognitive therapy. A case series design, preliminary results (clinical trials.gov: NCT01981018).
Karin van den Berg, Maastricht University, the Netherlands

9.10 Positive moods are all alike? Differential mood amplification effects of 'elated' versus 'calm' mental imagery in young adults reporting hypomanic-like experiences.
Stephanie Burnett Heyes, University of Birmingham, UK

10.10 Neural correlates of future mental imagery in bipolar disorder.
Martina Di Simplicio, Imperial College London, UK

10.30 Discussion
Emily Holmes, Uppsala University, Sweden

Symposium 48 – Meeting Room 2A
Assessment of behavioral biases: Not as simple as it seems

Chair: Mike Rinck, Radboud University Nijmegen, The Netherlands

08.30 Emotional eating and drinking: Does sadness increase approach bias to reward-related substances?
Hannah van Alebeek, University of Salzburg, Austria

8.45 Determinants of food approach bias: generalized craving or specific preferences?
Sercan Kahveci, University of Salzburg, Austria

9.00 Assessing approach biases for chocolate with different response devices of the Approach-Avoidance Task
Charlotte E. Wittekind, LMU Munich, Germany

9.15 Measuring approach-avoidance tendencies online: Two attempts
Mike Rinck, Radboud University, the Netherlands

9.30 Approach-Avoidance Tendencies in response to affective confrontations: The role of social fears
Wolf-Gero Lange, Radboud University Nijmegen, The Netherlands
Symposium 49 – Hall 2B
Mental health difficulties in the context of chronic illness

Chair: Roz Shafran, UCL Great Ormond Street Institute of Child Health, UK
8.30 What we know about depression and anxiety in adolescents with CFS/ME
Maria Loades, University of Bath, UK
8.45 The Lucy Project: A drop-in mental health centre in a paediatric hospital,
Roz Shafran, UCL Great Ormond Street Institute of Child Health, UK
9.00 The Mental Health Intervention for Children with Epilepsy (MICE) trial,
Sophie Bennett, UCL Great Ormond Street Institute of Child Health, UK
9.15 A pragmatic approach to measuring adherence in treatment delivery in psychotherapy
Marc Serfaty, University College London, UK
9.30 Development of a novel, person-centred psychological intervention (ACT+) based on acceptance and commitment therapy to improve quality of life in patients living with and beyond cancer
Elisavet Moschopoulou, Queen Mary University of London, UK

Symposium 50 – Meeting Room 3A
Self-Practice/Self-Reflection in CBT. Why, how and where to?

Convenor. Craig Chigwedere, Trinity College Dublin, University of Dublin/SPMHS, Ireland and Richard Thwaites, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
8.30 Personal practice in counselling and CBT trainees: The self-perceived impact of personal therapy and self-practice/self-reflection on personal and professional development
Craig Chigwedere, Trinity College Dublin, University of Dublin/SPMHS, Ireland
Murray MacKenzie, University College Cork, Republic of Ireland
10.10 The Reflective Essay Marking Scale (REMS). A measure for standardizing the making of students’ reflective essays.
Brian Fitzmaurice, Trinity College Dublin, University of Dublin/HSE, Ireland
10.30 A self-practice/self-reflection programme for CBT therapists from minority ethnic groups
Alasdair Churchar, Oxford Health NHS Foundation Trust, Zara Malik, and Sakshi Shetty Chowdhury, University College London

Symposium 51 – Meeting Room 3B
Evidence-based approaches to assessment in CBT

Chair: Aristide Saggino, Università di Chieti-Pescara, Italy
8.30 The assessment of post-partum depression: a new Italian measure in a pregnant sample
Maria Rita Sergi, University of Chieti-Pescara, Italy
8.45 Associations between personality traits, intolerance of uncertainty, coping strategies and stress in Italian frontline and non-frontline HCWs during COVID-19 pandemic. A multi-group path-analysis in clinical setting.
Ramona Bongelli, University of Macerata, Macerata, Italy
9.00 Does biological sex influence cognitive performance in people with multiple sclerosis?
Manuela Altieri, University of Campania “Luigi Vanvitelli”, Italy.
9.15 Computer adaptive testing (cat) to improve efficiency and reliability of the clinical assessment: a new research goal
Marco Tommasi, University of Chieti-pescara, italy.
9.30 Not just a scoring experience: The Frontiers of clinical outputs in adaptive psychological testing.
Umberto Granziol, University of Padova, Italy.
Symposium 52 – Remote Room 1
New interventions for youth-in-care

Convenor: Betteke van Noort, MSB Medical School Berlin, Germany
Chair: Birgit Wagner, MSB Medical School Berlin, Germany

8.30 EMPOWERYOU: Developing an online-program for foster and adoptive parents to empower children against (re-)experiencing violence and bullying
Antonia Brühl, Universität Bremen, Germany

8.50 EMPOWER YOUTH - A pilot study of an internet-based prevention program for youth-in-care and care leavers
Laurence Reuter, MSB Medical School Berlin, Germany

9.10 Coping with out-of-home placement - Framework and content of the life story work based group intervention “Ankommen”
Steffen Läntzsch, Universitätsklinikum Ulm, Germany

9.30 BETTER CARE – a stepped-care approach for improving mental health care for unaccompanied young refugees in Germany
Jenny Eglinsky, Universitätsklinikum Ulm, Germany

09.00 -12.00 (BST) 10.00 -13.00 (CET)

In-Congress Workshop* – Board Room 1
Inference Based Approach: Treating Obsessive Compulsive Disorder in a non-frightening way
Henny Visser, GGzCentraal, the Netherlands and Shiu Fung Wong, UNSW Sydney, Australia

In-Congress Workshop* – Board Room 2
Contextual Behaviour Therapy to Target Sexual and Gender Minority Stress Processes
Matthew Skinta, Roosevelt University, USA and Aisling Leonard-Curtin, Act Now Purposeful Living, Dublin, Ireland

In-Congress Workshops* – Board Room 3
Unearthing stakeholder attitudes: using Q methodology to sample diverse views and guide service provision
Anja Wittkowski and Lynsey Gregg, University of Manchester, UK

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

Symposium 53 – Hall 2A
Complex trauma and psychopathology in care-experienced young people.

Chair: Rebecca Davis, University of Bath, UK
Discussant: Rachel Hiller, Department of Psychology, University of Bath, UK

10.30 Population Prevalence of the Posttraumatic Stress Disorder Subtype for Young Children in Nationwide Surveys of the British General Population and of Children in Care” – Caitlin Hitchcock, MRC Cognition and Brain Unit, University of Cambridge, UK

10.50 A longitudinal study of the cognitive predictors of PTSD, complex PTSD and broader internalising and externalising psychopathology in young people in out of home care”
Rebecca Davis, University of Bath, UK

11.10 Screening for PTSD in children with a history of maltreatment using front line social care practitioners based in community support services”
Michael Duffy, Queens University Belfast, Northern Ireland

11.30 What are the implications of the presented research for clinical practice?
David Trickey, UK Trauma Council/Anna Freud Centre, UK
### Symposium 54 – Hall 2B
Supporting health and social care staff throughout and beyond the pandemic: Research and clinical innovations

**Chair:** Alan Barrett, Pennine Care NHS Foundation Trust and University of Salford, UK

**10.30** The Psychological Impact of COVID-19 on NHS clinical staff
Filippo Varese, Greater Manchester Mental Health NHS Foundation Trust and University of Manchester, UK

**10.50** The Role of Resilience Hubs in Staff Wellbeing Support
Gita Bhutani, Lancashire and South Cumbria NHS Foundation Trust and University of Liverpool, UK and Alan Barrett, Pennine Care NHS Foundation Trust and University of Salford, UK

**11.10** The Resilience Hubs evaluation: A multi-site, mixed-methods evaluation of the Resilience Hub model
Kate Allsopp, Greater Manchester Mental Health NHS Foundation Trust and University of Manchester, UK

**11.30** Supporting staff in the workplace: An organisational response to trauma management and team-based resilience
Hein Ten-Cate, Lancashire and South Cumbria NHS Foundation Trust, UK

### Symposium 55 — Hall 1B
Making theory and research count for disadvantaged young people in the developing world

**Chair:** Katherine Newman-Taylor, University of Southampton

**10.30** Dream A Dream’s experience of using a standardized assessment scale to measure the impact of its programs
Suchetha Bhat, Dream A Dream NGO, India

**10.45** How Life Skills Changed My Life: The life-changing experiences of a young adult
Ravichandra K., Dream A Dream NGO, Bangalore, India

**11.00** tba
Katherine Newman-Taylor, University of Southampton UK

**11.15** Understanding and reducing adversity's effects on development: The Dream Mentoring Program, where real world problems meet real world psychological solutions
David Pearson, NHS UK

**11.30** The construction and uses of a measure of Life Skills among children and young people from adversity in a developing country.
Fiona Kennedy, GreenWood Mentors UK

### Open Papers 9 – Meeting Room 1A
Anxiety disorders

**Chair:** tbc

**10.30** CBT, other psychotherapies, exercise or antidepressants for depression in those with coronary artery disease? Results and cost-effectiveness from a network meta-analysis
Frank Doyle, Royal College of Surgeons in Ireland, Dublin, Ireland

**10.45** The importance of media content in Virtual Reality Exposure Therapy for Public Speaking Anxiety and Interrelated Conditions.
Rachel Reeves, Regional Trauma Network, Antrim, Northern Ireland

**11.00** The role of outcome expectancy and feedback learning in predicting early symptom change in a transdiagnostic treatment for anxiety
Miriam Müller-Bardorff, University of Zürich, Switzerland

**11.15** Is there a correlation between pre-treatment levels of metacognition and treatment outcome for people with GAD or SAD attending a 5-week group CBT Anxiety Programme?
Frank Smith, St Patrick’s Hospital, Dublin, Ireland

**11.30** Personal Self & OCD
Judy Moran, St. Patricks Mental Health Services, Ireland

**11.45** CBT-SP (Suicide Prevention) Imagery Intervention
Marie Carey, Waterford Institute of Technology, Ireland
**Symposium 56 – Meeting Room 1B**  
*Broadening what we offer for people with Bipolar*

Chair: **Kim Wright**, University of Exeter, UK  
10.30 The Caffeine-Physical Activity-Affect Relationship in Individuals with Bipolar Disorder.  
**Samantha Eden**, University of Bath and University of Exeter, UK  
10.45 Childhood adversity and affective instability.  
**Jasper Palmier-Claus**, Lancaster University & Lancashire & South Cumbria NHS Foundation Trust, UK  
11.00 A DBT-informed approach to mood instability within Bipolar: the ThrIVe-N trial.  
**Kim Wright**, University of Exeter, UK  
11.15 Do psychological interventions reduce symptoms of depression for patients with Bipolar I or II Disorder? A meta-Analysis.  
**Sakir Yilmaz**, University of Exeter, UK  
11.30 Feasibility, effectiveness and implementation barriers to supporting relatives online.  
**Fiona Lobban**, Lancaster University, UK

**Panel Debate 3 – Meeting Room 2A**  
*Women and CBT*

Chair: **Katy Grazebrook**, President EABCT  
Speakers  
**Irene Oestrich**, senior psychologist, specialist and supervisor in CBT, Uppsala University, Sweden  
**Emily Holmes**, Uppsala University, Sweden  
**Irina Lazarova**, President of Bulgarian Association for cognitive-behavioral psychotherapy

**Clinical Skills Class 13– Meeting Room 2B**  
*20 Top Tips for Planning and Running CBT Group*  
Nicola Walker and Joanna Mills, Teesside University, UK

**Symposium 57 – Meeting Room 3A**  
*Innovative uses of Cognitive Behavioural Therapy within Higher Education*

Chair: **Toby Chelms**, Leeds Trinity University, UK  
10.30 Setting up a CBT service in Higher Education – a Case Study, (Establishing a University-run CBT service - how did we do it and what have we learned?)  
**Lucy Robinson**, Newcastle University, UK  
10.45 Considerations from implementing a stepped care model within a Higher Education wellbeing service,  
**Kerra Park**, Falmouth Exeter Plus  
11.00 The Introduction of online CBT based self-help programmes in Higher Education,  
**Toby Chelms**, Leeds Trinity University, UK  
11.15 Delivering CBT Training Remotely Online: Lessons Learned During the COVID-19 Pandemic,  
**Louise Crouch-Read**, University of East Anglia, UK  
11.30 A Compassionate Cognitive Behavioural Therapy online learning resource (workbook) for people who self-injure: A Knowledge Exchange project,  
**Gillian Rayner**, University of Central Lancashire, UK

**Open papers 10 – Meeting Room 3B**  
*Imagery and trauma*

Chair: tbc  
10.30 Peritraumatic dissociation revisited: Associations with autonomic activation, facial movements, staring, and intrusion formation  
**Sarah K. Danböck**, University of Salzburg, Austria  
10.45 Pain after Psychological Trauma: Can it be a classical conditioned response?  
**Laila Franke**, Paris-Lodron University Salzburg, Austria (MOVED from basic processes)
11.00 Two meta-analyses of study quality and efficacy of psychological interventions for pediatric and adult PTSD.

Nexhmedin Morina, University of Münster, Germany

11.15 Emotional future mental imagery, affective disorders, and genetic risk in twins

Alex Lau-Zhu, University of Oxford

11.30 Using self-compassion to reduce cognitive vulnerability to depression: Its impact on features of autobiographical memory retrieval

Amanda Lathan, University of St Andrews, Scotland

11.45 An evaluation of the efficacy of two add-on ecological momentary intervention modules for depression in a pragmatic randomized controlled trial (ZELF-i)

Jojanneke Bastiaansen, University Medical Center Groningen, the Netherlands

Open Papers 11 — Remote Room 1

Parents and caregivers

Chair: tbc

10.30 Parental behaviors associated with internet gaming disorder in children and adolescents: a quantitative meta-analysis

Iulia-Maria Coșa, Babeș-Bolyai University, Romania

10.45 Examining the association between parental factors and bullying victimization in children and adolescents. A quantitative meta-analysis.

Diana-Ioana Grama, Babeș-Bolyai University, Romania

11.00 Parenting Practices and Adolescents’ Mental Health Problems: a Network Approach

Ionut Stefan Florea, Babeș-Bolyai University, Romania

11.15 The virtual clinic for parents of children diagnosed with ADHD: development and feasibility study

Costina-Ruxandra Păsărelu, Babeș-Bolyai University, Romania

11.30 Parents Intuit—Incorrectly—that Teaching Their Children the World is a Bad Place is Likely Best For Them

Jeremy D. W. Clifton, University of Pennsylvania, USA

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

Keynote Addresses

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

Michael Duffy, Queen’s University, Belfast, Northern Ireland

Chair: Hall 2A

Following the rules: When it works and when it doesn’t

Louise McHugh, University College Dublin, Ireland

Chair: Hall 2B

Metacognition in addictive behaviours: A 20-year overview

Marcantonio Spada, South Bank University, London, UK

Chair: Hall 1B
Symposium 58 – Meeting Room 1A
Using mental-health science to advance psychological treatment innovation: The example of a visuospatial interference intervention to reduce intrusive memories of trauma

Chair: Alex Lau-Zhu, University of Oxford, UK
12.00 Using reminder + Tetris to reduce intrusive memories: Which aspects of trauma memory should we disrupt and which should we preserve? Alex Lau-Zhu, University of Oxford, UK
12.15 Cognitive task influence on intrusive memory frequency after exposure to analogue trauma: An experimental replication Amalia Badawi, University of Technology Sydney, Australia
12.30 Adapting a brief intervention to reduce intrusive memories after trauma for remote-delivery in healthcare staff working during the COVID-19 pandemic: A mixed method exploratory pilot study with nurses Laura Singh, Uppsala University, Sweden
12.45 Reducing the Number of Intrusive Memories of Work-Related Traumatic Events in Frontline Healthcare Staff during the COVID-19 Pandemic: A Case Series. Veronica Kubickova, University of Oxford, UK

Open Papers 12 - Meeting Room 1A
Anxiety and uncertainty

Chair: tbc
12.00 Do expectancy violations and valence of likely outcomes influence how people higher and lower in the propensity to worry react to uncertainty? Kathleen Stewart, Ryerson University, Toronto, Canada
12.15 A comparison of worry and self-distancing as coping strategies for anxiety-provoking experiences Jenna Vieira, Ryerson University, Toronto, Canada
12.30 Uncertain World - Can curiosity and intolerance of Uncertainty (IU) in children be differentiated at the behavioural and emotional level? Zoe Ryan, University of Reading, UK
12.45 tba

14.00 -15.30 (BST) 15.00 -16.00 (CET)

Symposium 59 – Hall 2A
Addressing the psychological needs of victims and survivors of trauma: Collaborating beyond conflict

Chair: Brian Fitzmaurice, Trinity College Dublin, Ireland
14.00 Addressing the consequences of the ”Troubles”: collaborating to improve outcomes. Ciaran Mulholland, Northern Ireland Regional Trauma Network, Queen’s University Belfast
14.20 Surviving conflict related trauma, understanding the impact and taking back control- my journey Paul Gallagher, Survivor of the Northern Ireland Conflict/ Trauma and psychoeducation officer at the WAVE trauma centre in Belfast
14.40 tba
15.00 Alan Barrett, Pennine Care NHSFT., Clinical Advisor. Military Veterans Service.
15.20 Danger in the city: addressing mental health in Lebanon Aimee Nasser Karam, Institute for Development, Research, Advocacy and Applied Care) Beirut, Lebanon
15.40 Lessons from research and treating trauma linked to conflict – why evidence matters Michael Duffy, Queen’s University Belfast
Symposium 60 – Hall 2B
Building on the Empirical Links Between Disgust and Obsessive-Compulsive and Related Disorders

Chair: Shiu F. Wong, Concordia University, Canada
14.00 Behavioral avoidance tasks for eliciting disgust and anxiety in contamination fear: An examination of a test for a combined disgust and fear reaction, Lauren Mancusi, Fordham University, USA
14.20 Reappraising disgust and its effect on contamination fears and behaviours, Shiu F. Wong, Concordia University, Canada
14.40 Disgust sensitivity mediates the link between homophobia and sexual orientation obsessive-compulsive symptoms, Terence H. W. Ching, Yale University, USA
15.00 The relationship between eating pathology and body-related self-disgust: A facial EMG study, Irina Masselman, University of Groningen, the Netherlands
15.20 Discussion, Jennifer L. Greenberg, Massachusetts General Hospital, USA

Symposium 61 – Hall 1B
Pioneering youth mental health interventions in low- and middle-income countries

Chair: Maria Loades, Department of Psychology, University of Bath
Discussant: Maria Loades, Department of Psychology, University of Bath
14.00 A pilot and feasibility study of a universal school based mental health programme for young adolescents in the Western Cape, South Africa, Bronwyne Coetzee and Suzanne Human, Stellenbosch University, South Africa
14.10 Outcomes of a Randomized Controlled Trial of a Single-Session Digital Intervention Targeting Depression and Anxiety in Kenyan Adolescents, Tom Osborn, Shamiri Institute, Kenya
14.30 Implementing a mental health literacy training project - #WeLiveForUS on twitter, Damian Juma, International Mental Health Association

Panel Debate 4 — Meeting Room 1A
How to improve the experts? – Training of Supervision in European CBT Associations

Chair: Andreas Veith, German Association for Behavior Therapy
Speakers: Sjöfn Eversdottír, Icelandic Association for Cognitive and Behavioural Therapies, Annelise Fredriksen, The Norwegian Association for Cognitive and Behavioral Therapy, Ercan Altınöz, Association for Cognitive and Behavioural Psychotherapies, Turkey, Agnieszka Popiel, Polish Association for Cognitive and Behavioural Therapy, Zsolt Unoka, Hungarian Association for Behavioural, Cognitive and Schema Therapies

Symposium 62– Meeting Room 1B
Relapse prevention in depression in times of corona: What works for whom and how?

Chair: Claudie Bockting, University of Amsterdam, Amsterdam, the Netherlands
14.30 Predicting and preventing depressive relapse in adults, Marlies Brouwer, Amsterdam UMC, the Netherlands
14.50 What works for whom and how? Results of individual participant data analyses of relapse prevention treatments for depression, Josefien Breedvelt, Centre for Urban Mental Health, University of Amsterdam, the Netherlands
15.10 Relapse prevention interventions for depression in times of corona: current evidence, Claudie Bockting, Centre for Urban Mental Health, University of Amsterdam, the Netherlands
Panel Debate 5 – Meeting Room 2A
Formulating the trauma in trauma-informed therapy

Chair: Catherine Parker, Private Practice, UK
Speakers: Nick Grey, Sussex Partnership NHS Foundation Trust, UK
Fiona Kenedy, GreenWood Mentors Ltd, UK
Charles Heriot-Maitland, Balanced Minds, UK
Isabel Clarke, Southern Health NHS Foundation Trust, UK

Open Papers 13 — Meeting Room 2B
Children and Adolescents

Chair: tbc
14.30 Do Athletes have more of a Cognitive profile with ADHD criteria than Non-athletes?
Elizabeth Ekman, Karlstads University, Sweden
14.45 The factor structure and validity of the Pica ARFID and Rumination Disorder Interview in a sample of youth with ARFID
Christine Cooper-Vince, University of Geneva, Switzerland
15.00 Piloting a teacher-led mindfulness-based eating disorder prevention programme among preadolescent students
Melissa Atkinson, University of Bath, UK
15.15 The Use of Contingency Management, Reminders, and Aftercare in Drug Use Treatment on Young People’s Readmission and Criminality
Adriana del Palacio Gonzalez, Aarhus University, Denmark (MOVED FROM ADDICTIONS)
15.30 A latent profile analysis of internalizing and externalizing symptoms among youths’ victims of bullying
Raluca Balan, Babeș-Bolyai University, Romania
15.45 tbc

Open Papers 14 — Meeting Room 3A
Mechanisms

Chair: tbc
14.30 Overt and covert avoidance strategies: The role of both types of avoidance in generalized anxiety disorder symptoms and fear of emotion
Gabrielle Marcotte-Beaumier, Université du Québec à Montréal, Canada
14.45 Does expectancy violation predict changes in the fear of spiders during a single exposure session?
Gabrielle Marcotte-Beaumier, Université du Québec à Montréal, Canada
15.00 Dynamic prediction of psychological treatment outcomes: development and validation of a prediction model using routinely collected symptom data
Claire Bone, University of Sheffield, UK
15.15 What happens when BPD Patients Think about Relationship Conflicts? HPA-, and HPG-axis findings from Borderline Patients Imagining Couple Distress
Julia Kroener, Christophsbad Goeppingen, Germany
15.30 Autobiographical memory flexibility in remitted depression Probably R
Barbara Dritschel, University of St Andrews, Scotland
15.45 tbc

Open Papers 15 — Meeting Room 3AB
Remote and technology-assisted interventions

Chair: tbc
14.30 Acceptability of telephone-delivered cognitive behavioural therapy for young people with epilepsy
Emily Whelan, UCL Great Ormond Street Institute of Child Health, London, UK (from CYP)
Asami Komazawa, National Center of Neurology and Psychiatry, Tokyo, Japan
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<th>Time</th>
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<tr>
<td>15.00</td>
<td>The efficacy of guided and unguided game based CBT for stress management in students</td>
<td>Cristina Lorint, Babes-Bolyai University Cluj-Napoca, Romania</td>
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<tr>
<td>15.15</td>
<td>Experiences of an Online Treatment for Adolescents with Non-suicidal Self-injury and Their Caregivers: Qualitative Study</td>
<td>Olivia Simonsson, Karolinska Institutet, Sweden</td>
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<td>15.30</td>
<td>Virtual Reality</td>
<td>Helene Simke Wallach, University of Haifa, Israel</td>
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15.45 - 16.45 (BST)  16.45 - 17.45 (CET)

**Closing ceremony**

Hall 2A