



EABCT/IABCP Outline Congress Programme

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

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

Keynote Addresses

Imagery Rescripting: a transdiagnostic technique

Arnoud Arnzt, University of Amsterdam, the Netherlands

Cognitive Bias Modification for depression: Opportunities and risks

Eni Becker, Radboud University Nijmegen, the Netherlands

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

Sam Cartwright-Hatton, University of Sussex, UK

Disseminating psychological therapies: IAPT & other international programmes

David Clark, University of Oxford, UK

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

Rob de Rubeis, University of Pennsylvania, USA

Technological enhanced CBT with children and adolescents.

Anca Dobrean, Babes-Bolyai University, Romania

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

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

Treatment of posttraumatic stress disorder: advances and challenges

Anke Ehlers, University of Oxford, UK

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

Mark H Freeston, University of Newcastle, UK

Family Violence: When family relationships take an unwanted course

Nina Heinrichs, University of Bremen, Germany

CBT is an applied evolutionary science

Stefan G. Hofmann, Boston University, USA

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

Emily Holmes, Karolinska Institutet, Sweden

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

Jennifer Lau, King's College London

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

Louise McHugh, University College Dublin, Ireland

Understanding suicide risk

Rory O'Connor, University of Glasgow, Scotland

Does CBT work in routine clinical care?

Lars Goran Ost, University of Stockholm, Sweden

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

Peter Phiri, Southern Health NHS Foundation Trust, UK

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

Shirley Reynolds, University of Reading, UK

Metacognition in addictive behaviours: A 20-year overview

Marcantonio Spada, South Bank University, London, UK

Mind the Body: Symptom perception in psychopathology

Omer van den Bergh, University of Leuven, Belgium

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

Johan Vlaeyen, KU Leuven University, Belgium

Being an anti-racist clinician

Monnica Williams, University of Ottawa, Canada

Symposia, Skills Classes, Roundtable and Panel Discussion Sessions

Adult Mental Health

Symposia

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Skills Classes

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

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

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

Roundtable/Panels

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

Therapeutic Issues

Symposia

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

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

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

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

Skills Classes

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

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

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

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

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

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

Roundtable/Panels

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

Behavioural Medicine

Symposia

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

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

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

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

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

Skills Classes

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

Children and Adolescents

Symposia

New interventions for youth-in-care

Betteke van Noort, MSB Medical School Berlin, Germany

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

Chloe Chessell, University of Reading, UK

Using values therapeutically with children and adolescents

Jessica Kingston, Royal Holloway, University of London, UK

Sleep and youth mental health

Faith Orchard, University of Sussex, UK

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

Julia Asbrand, Humboldt-Universität zu Berlin, Germany

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

Markku Wood, Northumbria University UK

New approaches to treatment for adolescent depression

Shirley Reynolds, University of Reading, UK

Mechanisms of change in digital parent training programs UD

Amit Baumel, University of Haifa, Israel

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

Belinda Platt, University of Kiel, Germany

Skills Classes

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

Alastair Black, Police Rehabilitation and Retraining Trust, UK

Basic Processes

Symposia

Imagery and Psychopathology: New takes on an old idea

Jonathan Huppert, The Hebrew University of Jerusalem, Israel

Working Towards the Development and Implementation of Precision Mental Healthcare

Wolfgang Lutz, University of Trier, Germany

Assessment and Modification of Cognitive Biases in Psychopathology

Felix Würtz, Ruhr-Universität Bochum, Germany

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

Magnus Blondahl Sighvatsson, University of Iceland, Reykjavik

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

Stephanie Burnett Heyes, University of Birmingham, UK

Assessment of behavioral biases: Not as simple as it seems

Charlotte Wittekind, LMU Munich, Munich, Germany

Marital and Family & Sexual Issues

Skills Classes

Couple-based interventions for physical health problems

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

Roundtable/Panels

Current issues in behavioural couple therapy (BCT)

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

Diversity, Cross Cultural issues and Emerging Societies

Symposia

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

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

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

Roundtable/Panels

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

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

Professional Issues, Training and Supervision

Symposia

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

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

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

Roundtable/Panels

Women in CBT
Katy Grazebrook, President, EABCT

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

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

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

Open paper sessions and Poster sessions

To be published on the website on 1st July

Programme of In-congress workshops

To be published mid -uly with the detailed programme schedule

One day Pre-congress workshops

Wednesday 8th July

Treatment for Emotionally Unstable Personality Disorder Using Imagery Rescripting

Arnoud Arntz, the Netherlands

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

Maureen Whittle, Canada

Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents

David Clark, UK

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

Sam Cartwright-Hatton and Ben Laskey, UK

Cognitive Therapy for PTSD: Tailoring treatment to different cognitive themes

Anke Ehlers, UK

Exposure therapy for Generalized Anxiety Disorder

Eni Becker, the Netherlands

Making and staying friends with uncertainty

Mark H Freeston, UK

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

Stefan G. Hofmann, USA

One-session treatment of specific phobia

Lars-Göran Öst, Sweden