

# WELCOME TO EABCT 2021

The Annual Congress of the  
European Association for Behavioural and Cognitive Therapies

**8-11th September 2021**  
**ICC (International Convention Centre)**  
**Belfast, Northern Ireland**



Hosted by the Irish Association of  
Behavioural and Cognitive Psychotherapy  
and incorporating the 49th Annual Conference of BABCP



# Outline Programme

## Keynote Addresses

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

David Clark, University of Oxford, UK

### **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

### **Imagery Rescripting: a transdiagnostic technique**

Arnoud Arntz, University of Amsterdam, the Netherlands

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

Eni Becker, Radboud University Nijmegen, the Netherlands

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

Emily Holmes, Karolinska Institutet, Sweden

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

Lars Göran Öst, University of Stockholm, Sweden

### **CBT is an applied evolutionary science**

Stefan G. Hofmann, Boston University, USA

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

Anca Dobrea, Babes-Bolyai University, Romania

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

Omer van den Bergh, University of Leuven, Belgium

### **Understanding suicide risk**

Rory O'Connor, University of Glasgow, Scotland

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

Jennifer Lau, King's College London

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

Peter Phiri, Southern Health NHS Foundation Trust, UK

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

Mark H Freeston, University of Newcastle, UK

### **'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

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

Anke Ehlers, University of Oxford, UK

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

Rob de Rubeis, University of Pennsylvania, USA

### Being an anti-racist clinician

**Monnica Williams**, University of Ottawa, Canada

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

**Johan Vlaeyen**, KU Leuven University, Belgium

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

**Michael Duffy**, Queen's University, Belfast, Northern Ireland

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

**Louise McHugh**, University College Dublin, Ireland

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

**Marcantonio Spada**, South Bank University, London, UK

## Adult Mental Health

### Symposium: Innovations in the understanding and treatment of GAD and worry

Convenor and Chair: **Craig Chigwedere**, Trinity College Dublin, University of Dublin, Ireland

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

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

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

**Harriett Chattaway** and **Georgia Crowther**, Newcastle University, UK

A Cognitive Process Perspective on CBT For Generalized Anxiety Disorder

**Colette Hirsch**, King's College London, UK

### Symposium: Perinatal and adult mental health and parenting – new insights to guide services

Convenor and Chair : **Anja Wittkowski**, University of Manchester, UK

Risk factors for suicide ideation and behaviours during the perinatal period

**Holly Reid**, University of Manchester, UK

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

Learning from the THRIVE trial

**Marion Henderson**, University of Strathclyde, UK

Using parenting interventions in adult mental health services: Potential, policy and practice

**Lynsey Gregg**, University of Manchester, UK

### Symposium: Blended care – finding the best way of integrating online and face-to-face therapy

Convenor: **Johanna Boettcher**, Psychologische Hochschule Berlin, Germany

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

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**, Universitaet Ulm, Germany

Clinical Effectiveness of Blended CBT Compared to Face-to-Face CBT: a Randomised Controlled Non-Inferiority Trial.

**Kim Mathiasen**, University of Southern Denmark, Denmark

Blended transdiagnostic intervention focusing on emotion regulation: Preliminary findings from an ongoing pilot RCT (REMOTION).

**Laura Bielinski**, University of Bern, Switzerland

Common language online modules? Developing a blended care approach for psychodynamic, cognitive-behavioural, and systemic therapists.

**Johanna Boettcher**, Psychologische Hochschule Berlin, Germany

## Symposium: Uncertainty distress: trans-situational evidence across different countries

Convenor and Chair: **Gioia Bottesi**, University of Padova, Italy

Perceived uncertainties during the first COVID-19 lockdown in Italy: a thematic analysis.

**Gioia Bottesi**, University of Padova, Italy

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

Uncertainty Distress Linked to Climate Change and Extreme Weather: A proof of concept.

**Mark Freeston**, Newcastle University, UK

Coronavirus distress: The role of threat and uncertainty.

**Meropi Simou**, Aristotle University of Thessaloniki, Greece

Uncertainty distress during the COVID-19 pandemic: relative influence of uncertainty- and threat-related components.

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

## Symposium: Progresses in basic research and implementation of new technologies in the treatment of eating disorders

Convenors and Chairs: **Nadine Messerli-Bürgy and Simone Munsch**, University of Fribourg, Switzerland Taste aversive reactions: Other mechanism underlying food avoidance in eating disorders?

**David Garcia-Burgos**, University of Granada, Granada, Spain

Impact of parenting style on eating problems in children at preschool age

**Anaëlle Leuba**, University of Fribourg, Fribourg, Switzerland

Vagal tone and HPA-Axis Activation in Anorexia Nervosa and Bulimia Nervosa – Comparing Diagnostic and Transdiagnostic Information

**Marius Rubo**, University of Fribourg, Fribourg, Switzerland

Blended treatment of loss of control eating in youth - utilization, satisfaction, caveats and treatment effects

**Felicitas Forrer**, University of Fribourg, Fribourg, Switzerland

Short and long-term effects of an internet-based treatment of Binge eating disorder in adults

**Nadine Messerli-Bürgy**, University of Fribourg, Fribourg, Switzerland

## Symposium: Brief Imagery Interventions for Social Anxiety: Processes and Outcomes

Convenor and Chair: **Jonathan Huppert**, The Hebrew University of Jerusalem, Israel

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

How does imagery rescripting promote needs fulfillment and memory updating for patients with social anxiety disorder?

**David Moscovitch**, University of Waterloo, Canada

Effect of Imagery Rescripting on the Anticipation of a Feared Social Situation

**Iris Engelhard**, Utrecht University, the Netherlands

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

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: Models for obsessive-compulsive disorder (OCD) and potential clinical implications

Chair: **Eyal Kalanthroff**, The Hebrew University of Jerusalem, Israel.

Core-fears in OCD: phenomenology and cognitive processes.

**Elad Zlotnick**, The Hebrew University of Jerusalem, Israel.

The causal effects of rumination on urge to neutralize, distress, mood and frequency of unwanted intrusive thoughts: results from three experimental studies

?Rumination about symptoms maintains unwanted intrusive and obsessional thoughts.

**Karina Wahl**, University of Basel, Switzerland.

Automatic inhibition and the potential implications for treatment of individuals with obsessive-compulsive disorder (OCD).

**Eyal Kalanthroff**, The Hebrew University of Jerusalem, Israel.

Potential Intervention to Increase Access to Internal States: Implication for Obsessive-Compulsive Disorder.

**Reuven Dar**, Tel Aviv University, Israel.

## Symposium: New developments in understanding and treating Obsessive Compulsive Disorder: Innovations in our understanding and treatment of OCD

Convenor and Chair: **David Veale**, King's College London and South London and Maudsley NHS Foundation Trust, UK

Discussant: **Paul Salkovskis**, University of Oxford, UK

The phenomenology of sexual thoughts about children in people with paedophilia compared to people with OCD.

**Jess Simmonds**, King's College London, UK

"Was I asking for it?": An experimental investigation of the relationship between perceived responsibility and mental contamination.

**Sandra Krause**, Concordia University, Montreal, Canada (R )

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.

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

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

Convenor and Chair: **Stephen Kellett**, University of Sheffield

Discussant: **Liz Kell**

**Charlotte Heathcote**, Sheffield Health and Social Care NHS Foundation Trust, UK

**Caroline Duggan-Williams**, Pennine Care NHS Foundation Trust, UK

**Jess Smithies**, Pennine Care NHS Foundation Trust, UK

A qualitative exploration of patients' perspectives of symptom deterioration after low-intensity cognitive behavioural therapy

**Ben Lorimor**, University of Sheffield, UK

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

## Symposium: Social anxiety disorder: Where does it come from and why won't it go away?

Convenor and Chair: **Ken Kelly-Turner**, Concordia University, Canada

Discussant: **Ron Rapee**, Australia

Always saying the wrong thing: Negative beliefs about losing control and social anxiety.

**Ken Kelly-Turner**, Concordia University, Canada

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

When anxiety maintains anxiety: The role of post-event and anticipatory processing.

**Leanne Kane**, University of Ottawa, Canada

Safety behaviours in social anxiety: an examination across adolescence.

**Eleanor Leigh**, University of Oxford, UK

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

Convenor: **Jane Gregory**, University of Oxford, UK

Chair: **Paul Salkovskis**, University of Oxford, UK

Discussant: **Paul Salkovskis**, University of Oxford

Audiologist-Delivered Cognitive Behavioural Therapy for Tinnitus and Hyperacusis

**Hashir Aazh**, Royal Surrey County Hospital and University of Surrey, UK

**Jane Gregory**, University of Oxford, UK

Understanding and Treating Depersonalisation-Derealisation Disorder

**Elaine Hunter**, University College London, UK

## Symposium: Supporting health and social care staff throughout and beyond the pandemic: Research and clinical innovations

Convenor: **Kate Allsopp**, Greater Manchester Mental Health NHS Foundation Trust and University of Manchester, UK

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

The Psychological Impact of COVID-19 on NHS clinical staff

**Filippo Varese**, University of Manchester and Greater Manchester Mental Health NHS Foundation Trust UK

**Kate Allsopp**, Greater Manchester Mental Health NHS Foundation Trust and University of Manchester, UK

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

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

**Filippo Varese**, University of Manchester and Greater Manchester Mental Health NHS Foundation Trust, UK

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: Addressing the psychological needs of victims and survivors: Collaborating beyond conflict

Convenor and Chair: **Michael Duffy**, Queen's University, Belfast, Northern Ireland

## Symposium: Building on the Empirical Links Between Disgust and Obsessive-Compulsive and Related Disorders

Convenor and Chair: **Shiu F. Wong**, Concordia University, Canada

Discussant: **Jennifer L. Greenberg**, Massachusetts General Hospital, USA

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

Reappraising disgust and its effect on contamination fears and behaviours,

**Shiu F. Wong**, Concordia University, Canada

Disgust sensitivity mediates the link between homophobia and sexual orientation obsessive-compulsive symptoms,

**Terence H. W. Ching**, Yale University, USA

The relationship between eating pathology and body-related self-disgust: A facial EMG study,

**Irina Masselman**, University of Groningen, the Netherlands

## Roundtable: Reaching a consensus on the definition of low intensity cognitive behavioural therapy

Chair: **Pamela Myles-Hooton**, University College London, UK

**Roz Shafran**, UCL Great Ormond Street Institute of Child Health, UK

**Jessica Schleider**, Stony Brook University, New York, USA

**Birgit Watske**, University of Zürich, Switzerland

**Allán Laville**, University of Reading, UK

**Paul Farrand**, University of Exeter, UK

## Panel Debate Formulating the trauma in trauma-informed therapy

Convenor: **Isabel Clarke**, Southern Health NHS Foundation Trust

Chair: **Catherine Parker**

**Nick Grey**, Sussex Partnership NHS Foundation Trust

**Fiona Kenedy**, GreenWood Mentors Ltd

**Charles Heriot-Maitland**, Balanced Minds

**Isabel Clarke**, Southern Health NHS Fdn Trust

## Skills Class: How to use self-disclosure to enhance the therapeutic alliance

**Ruth McCutcheon** and **Saskia Ohlin**, Academy of Schema Therapy, UK

## Skills Class: Understanding and treating death anxiety

**David Veale**, King's College London, Institute of Psychiatry, UK

## Skills Class: Behavioural experiments for anxiety-related disorders in pregnancy

**Fiona Challacombe**, Centre for Anxiety Disorders & Trauma SLAM NHS Trust, King's College London.

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

**Ofer Peled**, The College of Management Academic Studies, Israel

## Skills Class: 20 Top Tips for Planning and Running CBT Group

**Nicola Walker**, Teesside University, UK

## Basic Processes

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

**Convenor:** **Magnus Blondahl Sighvatsson**, University of Iceland.

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

One for all or....! Transdiagnostic mechanism of change in Cognitive behaviour therapy

**Magnus Blondahl Sighvatsson**, University of Iceland.

Transdiagnostic Cognitive behaviour therapy for Persistent physical symptoms.

**Paul M. Salkovskis**, University of Oxford, UK

Process based Cognitive behavior therapy

**Stefan Hofmann**, University of Boston, USA

"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

### Symposium: Imagery and Psychopathology: New takes on an old idea

**Convenor and Chair:** **Jonathan Huppert**, The Hebrew University, Jerusalem, Israel

Experimental induction of spontaneous positive mental imagery in everyday life,

**Simon Blackwell**, Ruhr-Universität Bochum, Germany

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

Exploring the ego dystonic nature of OCD: Implicit and explicit truth value of imagined contamination,

**Asher Strauss**, The Hebrew University, , Jerusalem, Israel

Using task congruent future thinking to positively bias event perception

**Nicole Montijn**, Utrecht University, the Netherlands

Development and validation of an imaginal-based approach test for imaginal scenarios (iBAT) in an analogue sample

**Snir Barzilay**, The Hebrew University, Jerusalem, Israel

### Symposium: Working Towards the Development and Implementation of Precision Mental Healthcare

**Convenor and Chair:** **Wolfgang Lutz**, University of Trier, Germany

Heterogeneity of treatment effects in trials on psychotherapy of depression

**Eva-Lotta Brakemeier**, University of Greifswald, Germany

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

**Jaime Delgadillo**, University of Sheffield, UK

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

**Sigal Zilcha-Mano**, University of Haifa, Israel

Prospective evaluation of a clinical decision support system in psychological therapy

**Wolfgang Lutz**, University of Trier, Germany

## Assessment and Modification of Cognitive Biases in Psychopathology

Convenor and chair: **Felix Würtz**, Ruhr-University Bochum, German

From Scrambled Sentences to Valid Assessment – Measuring Interpretation Biases using the Scrambled Sentences Task

**Felix Würtz**, Ruhr-University Bochum, Germany

The role of biases in the judgement processing of (un)attractive faces in body dysmorphic symptomatology

**Laura Dondzilo**, University of Western Australia, Australia

Effects of a novel online contingent attention training (OCAT) in interpretation bias, rumination and anxiety in the face of naturalistic stress x2

**Alvaro Sanchez-Lopez**, Complutense University of Madrid, Spain

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

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

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

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

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

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

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

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

Which individual symptoms change during a sudden gain?

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

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

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

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

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

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

Convenor: **Stephanie Burnett Heyes**, University of Birmingham, UK

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

Discussant: **Emily Holmes**, Uppsala University, Sweden

Relationship between anxiety, mood variability and imagery in patients with bipolar disorder.

**Esther ten Bloemendal**, Maastricht University and Catharina Hospital, Eindhoven., the Netherlands

Evaluating the effectiveness of imagery enhanced cognitive therapy. A case series design, preliminary results (clinical [trials.gov](https://clinicaltrials.gov/ct2/show/study/NCT01981018): NCT01981018).

**Karin van den Berg**, Maastricht University, the Netherlands

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

Neural correlates of future mental imagery in bipolar disorder.

**Martina Di Simplicio**, Imperial College London, UK

## Symposium: Assessment of behavioral biases: Not as simple as it seems

Convenor and Chair: **Charlotte E. Wittekind**, Ludwig Maximilian University of Munich

Emotional eating and drinking: Does sadness increase approach bias to reward-related substances?

**Hannah van Alebeek**, University of Salzburg, Austria

Determinants of food approach bias: generalized craving or specific preferences?

**Sercan Kahveci**, University of Salzburg, Austria

Assessing approach biases for chocolate with different response devices of the Approach-Avoidance Task

**Charlotte E. Wittekind**, Ludwig Maximilian University of Munich

Measuring approach-avoidance tendencies online: Two attempts

**Mike Rinck**, Radboud University, the Netherlands

Approach-Avoidance Tendencies in Response to Affective Confrontations: The role of social fears

**Wolf-Gero Lange**, Radboud University Nijmegen, The Netherlands



## Therapeutic & Applied Issues

### Symposium: Negotiating clinical uncertainties during uncertain times: Empirical grounding of clinical guidance

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

Making friends with uncertainty in everyday life

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

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

Psychological distress and Long Covid: Uncertainty, identity disruption, and stigma

**Ashley Tiplady**, Newcastle upon Tyne Hospitals NHS Foundation Trust, UK

Shielding from COVID-19: behavioural and psychological factors associated with distress in the vulnerable

**Jo Daniels & Hannah Rettie**, University of Bath, UK

### Symposium: Digital interventions in Psychotherapy

Convenor and Chair: **Gvantsa Jinashvili** and **Mariia Merzhvynska**, University of Zurich, Switzerland

Psychotherapists-in-trainings' eHealth acceptance during COVID-19

**Robert Steack**, University of Zurich, Switzerland

Prognostic sample characteristics in internet-based and face-to-face CBT for depression: A pre-registered meta-analysis

**Mariia Merzhvynska**, University of Zurich, Switzerland

Can Human or Automated Support Improve Outcomes of an Internet-based Self-Help Intervention for Depressive Symptoms?

**Oliver Bur**, University of Bern, Switzerland

Dealing with psychiatric symptoms: Smartphone App Robin Z to support adolescents in psychotherapy

**Nina Traber-Walker**, Psychiatric University Hospital Zurich, Switzerland

A trans-diagnostic mobile app to support inter-session processes in psychotherapy: Concept and prototype

**Gvantsa Jinashvili**, University of Zurich, Switzerland

### Symposium: Schema Therapy: Recent developments and insights

Convenor and Chair: **Johannes Kopf-Beck**, Max Planck Institute of Psychiatry, Munich, Germany

Discussant: **Arnoud Arntz**, University of Amsterdam, Amsterdam; the Netherlands

Group Schema Therapy Effectiveness for Borderline and Cluster-C Personality Disorder: Results from two trials

**Arnoud Arntz**, University of Amsterdam, Amsterdam; the Netherlands

Dose effects in the treatment of depression and personality disorders: Results from the PsyDos-study,

**Marit Kool**, Vrije Universiteit, Amsterdam; the Netherlands

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

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

### Symposium: Cognitive-behavioral therapy in times of crisis: Prediction, treatment selection, and personalization of psychotherapy

Convenor and Chair: **Brian Schwartz**, University of Trier, Germany

Targeted treatment for depression using prediction models: cognitive behavioral therapy or treatment as usual?

**Suzanne van Bronswijk**, Maastricht University, the Netherlands

Switching from face-to-face to video therapy during the COVID-19 pandemic: Impact and personalized recommendations

**Brian Schwartz**, University of Trier, Germany

The development and pilot implementation of a modular, transdiagnostic, personalized digital therapy during a global pandemic

**Zachary Cohen**, University of California, Los Angeles, USA

Predicting willingness-to-try digital interventions vs. traditional psychotherapy: Results from a nationally representative survey

**Akash Wasil**, University of Pennsylvania, USA

## Symposium: Evidence-based approaches to assessment in CBT

Convenor and Chair: **Aristide Saggino**, Università di Chieti-Pescara, Italy  
The assessment of post-partum depression: a new Italian measure in a pregnant sample

**Maria Rita Sergi**, University of Chieti-Pescara, Italy

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

Does biological sex influence cognitive performance in people with multiple sclerosis?

**Manuela Altieri**, University of Campania "Luigi Vanvitelli", Italy.

Computer adaptive testing (cat) to improve efficiency and reliability of the clinical assessment: a new research goal

**Simone Arnò**, University of Chieti-Pescara, Italy

Not just a scoring experience: The Frontiers of clinical outputs in adaptive psychological testing.

## Symposium: Using mental-health science to advance psychological treatment innovation: The example of a visuospatial interference intervention to reduce intrusive memories of trauma

Convenor: **Laura Singh**, Uppsala University, Sweden and **Alex Lau-Zhu**, University of Oxford, UK

Chair: **Alex Lau-Zhu**, University of Oxford, UK

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

Cognitive task influence on intrusive memory frequency after exposure to analogue trauma: An experimental replication

**Amalia Badawi**, University of Technology Sydney, Australia

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

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

## Skills Class: 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

## Skills Class: Are Perfectionist Therapists Perfect? Addressing Therapist Schemas in CBT

**Vickie Presley**, Coventry University, UK

## Skills Class: Making Friends with Uncertainty

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

## Marital and Family & Sexual Issues

### Panel Debate: Current issues in behavioural couple therapy (BCT)

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

**Michael Worrell**, Central North West London NHS Foundation Trust

**Dan Kolubinski**, Reconnect UK

### Couple-based interventions for physical health problems

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

## Children and Adolescents

### Symposium: New approaches to treatment for adolescent depression

Convenor and Chair: **Faith Orchard**, University of Sussex, UK

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

**Rebecca Grudin**, Karolinska Institute, Sweden

**Shirley Reynolds**, University of Reading, UK

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

**Faith Orchard**, University of Sussex, UK

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: Sleep and youth mental health

Convenor and Chair: **Faith Orchard**, University of Sussex, UK

Prospective relationship between sleep and depression in young people

**Faith Orchard**, University of Sussex, UK

Sleep impacts treatment outcomes for adolescents with depression and suicidality

**Jessica Hamilton**, Rutgers University, USA

University students sleep online single session intervention

**Anna Lawes**, University of Bath, UK

Developing a single session online intervention for adolescent sleep

**Maria Loades**, University of Bath, UK

### Symposium: New developments in depression and stress prevention across diverse at-risk child and adolescent populations

Convenor and Chair: **Sanne Rasing**, Mental Health Institute GGZ Oost Brabant, The Netherlands

Discussant: **Sanne Rasing**, Mental Health Institute GGZ Oost Brabant, The Netherlands

Stop the domino effect for transmission of depression—A randomised controlled trial of a cognitive-behavioural preventive intervention for the children of parents with depression

**Johanna Löchner**, Department of Families and Family Policies, German Youth Institute, Germany

The first 1000 days: Prevention of psychosocial stressors families with infants aged 0-3

**Lea Vogel**, Department of Families and Family Policies, German Youth Institute, Germany

The Effectiveness of Depression Prevention in High Risk Adolescents Integrated in School Communities.

**Karlijn de Jonge-Heesen**, Mental Health Institute GGZ Oost Brabant, The Netherlands

Do migration background and gender moderate the effects of depression prevention? A cluster-randomized control group study

**Patrick Pössel**, University of Louisville, USA

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

Convenor: **Belinda Platt**, LMU Munich and University of Kiel, Germany

Chair: **Samantha Cartwright-Hatton**, University of Sussex, UK

Discussant: **Belinda Platt**, LMU Munich and University of Kiel, Germany

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

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

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 (baby due ?waive fee)

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

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

Convenor: **Chloe Chessell**, University of Reading, UK

Chair: **Paul Salkovskis**, University of Oxford, UK

Discussant: **Paul Salkovskis**, University of Oxford, UK

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 Smáráson**, 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: Using values therapeutically with children and adolescents

Convenor and Chair: **Jessica Kingston**, Royal Holloway University of London, UK

Discussant: **Shirley Reynolds**, University of Reading, UK

"... 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

Evaluating Brief Behavioural Activation for depression in adolescents with acquired brain injury: A single-case experimental design protocol.

**Conor O'Brien**, Exeter University, UK

Integrating values with specific autobiographical memories in a school-based intervention for adolescent depression

**Victoria Pile**, King's College London, UK

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

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

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

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

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

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

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

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 (UD)

## Symposium: New interventions for youth-in-care

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

Chair: **Birgit Wagner**, MSB Medical School Berlin, Germany

EMPOWERYOU: Developing an online-program for foster and adoptive parents to empower children against (re-)experiencing violence and bullying

**Antonia Brühl**, Universität Bremen, Germany

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

Coping with out-of-home placement - Framework and content of the life story work based group intervention "Ankommen"

**Steffen Läntzsch**, Universitätsklinikum Ulm, Germany

BETTER CARE – a stepped-care approach for improving mental health care for unaccompanied young refugees in Germany

**Jenny Eglinsky**, Universitätsklinikum Ulm, Germany

## Symposium: Complex trauma and psychopathology in care-experienced young people.

Convenor and Chair: **Rebecca Davis**, University of Bath, UK

Discussant: **Rachel Hiller**, Department of Psychology, University of Bath, UK

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

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

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

What are the implications of the presented research for clinical practice?

**David Trickey**, UK Trauma Council/Anna Freud Centre, UK

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

Convenor: **Markku Wood**, Northumbria University and TEWV NHS Trust -

Chair: **Peter Fuggle**,

Discussant: **Markku Wood**, Northumbria University and TEWV NHS Trust -

Setting the scene: An overview of the Low intensity national context.

**Catherine Gallop**, Exeter University, UK

Pilot Evaluation of Low-Intensity Interventions Delivered by Children's Wellbeing Practitioners (CWP) within Tees, Esk & Wear Valley NHS Foundation Trust, UK

**Mike Turnbull**, Tees, Esk & Wear Valley NHS Foundation Trust and Northumbria University, UK

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/AFNCC and Islington CAMHS/Whittington Health NHS Trust.

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, UK NHS Trust, UK

**Susanna Payne** and **Jessica Richardson**, Kings College London, UK

Evaluation and implementation of the Children's Wellbeing Practitioner role in the South West.

**Hollie Gay**, Exeter University, UK

## Symposium: Mechanisms of change in digital parent training programs

Convenor and Chair: **Amit Baumel**, University of Haifa, Israel.

What are the optimal combinations of online parenting intervention components to reduce child disruptive behaviors?

**Therdpong Thongseiratch**, Prince of Songkla University, Thailand.

Empowering Anxious Parents to Manage Child Avoidance Behaviors: Randomized Trial of a Single-Session Intervention Targeting Parent Accommodation.

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

Using principles of effort optimized intervention and therapeutic persuasiveness design in a digital parent training program.

**Amit Baumel**, University of Haifa, Israel.

A novel digital and phone-coached internet-CBT for child's anxiety implemented in Finland.

**Andre Sourander**, University of Turku, Finland.

## Skills Class: CBT interventions for adolescents and emerging adults with emotion regulation problems in routine clinical practice

**Marija Mitkovic-Voncina**, Belgrade University Faculty of Medicine, Serbia

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

**Alastair Black**, Police Rehabilitation and Retraining Trust (PRRT), Belfast, UK

## Psychosis

### Symposium: What did the attachment theorists ever do for us?

Convenor and Chair: **Katherine Newman-Taylor**, University of Southampton & Southern Health NHSF Trust, UK  
The development and validation of the Psychosis Attachment Measure Revised.

**Katherine Berry**, University of Manchester, UK.

The role of disorganised attachment in the relationship between childhood interpersonal trauma and paranoia.

**Sandra Bucci**, University of Manchester, UK.

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.

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.

### Symposium: Trauma and trauma therapy in early psychosis: Recent developments and future directions

Convenor: **Filippo Varese**, University of Manchester, UK

Chair: **Gita Bhutani**, Lancashire and South Cumbria NHS Foundation Trust, UK

Investigating the relationship between trauma and psychosis: the role of complex PTSD

**Peter Panayi**, University of Manchester, UK

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

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

Service users and professional perspectives on the use of EMDR in people with early psychosis

**Yvonne Awenat**, University of Manchester, UK

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

### Symposium: Social Recovery in Early Psychosis

Convenor: **Gary Donohoe**, NUI Galway, Ireland

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

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.

Benefits of Social Recovery Therapy in early psychosis

**Clio Berry**, Brighton and Sussex Medical School, UK

Combining Cognitive focused interventions (CRT) with social recovery focused interventions.

**Gary Donohoe**, NUI Galway, Ireland

The Horizons project: Moderated online social therapy to bring about long-term recovery in first episode psychosis

**Mario Alvarez-Jimenez**, University of Melbourne, Australia

## Symposium: Emotion regulation in psychosis: from theory to practice

Convenors: **Louise Johns**, Oxford Health NHS Foundation Trust and University Department of Psychiatry, Oxford, UK and **Edel Crehan**, Trinity College, Dublin

Chair: **Louise Johns**, Oxford Health NHS Foundation Trust and University of Oxford, UK

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

Stress reactivity and recovery in psychosis.  
**Thomas Vaessen**, Center for Contextual Psychiatry, KU Leuven, Belgium  
Use and effectiveness of emotion regulation strategies in psychosis.  
**Tania Lincoln**, University of Hamburg, Germany  
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  
An emotional regulation approach to psychosis recovery: The Living Through Psychosis group programme.  
**Edel Crehan**, Trinity College, Dublin

## Symposium: 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.

The challenging aspects of treating people with severe mental illness and addiction  
**Jakob Krarup**, Demark  
Description of 20 years of cognitive milieu therapy in the ward  
**Janne Theisten**, Demark  
Virtual reality in the care and treatment of patients with dual diagnosis  
**Vivian Heinola-Nielsen**, Demark  
Improving competence and therapeutic skills at different levels in the staff and how to measure and implement them  
**Irene Oestrich**, Demark

## Symposium: Broadening what we offer for people with Bipolar

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

## Diversity, Cross-cultural issues and Emerging Societies

### Symposium: Tackling mental health care inequalities: Inclusion of diverse communities within culturally responsive clinical practice

Convenor: **Shah Alam**, Royal Holloway University of London, UK  
Chair: **Saiqa Naz**, Chair BABCP Equality & Culture Group, UK  
Mental health, stigma and help-seeking: Exploring the views of British-Bangladeshi Muslim Men  
**Shah Alam**, Royal Holloway University of London, UK  
Improving access to mental health services for individuals from diverse ethnic backgrounds  
**Hasan Waheed**, University of Manchester, UK  
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  
A Study Exploring the Supervisory Relationship in the Context of Culturally Responsive Supervision: a Supervisee's Perspective  
**Bianca Vekaria**, University of Southampton, UK

## Symposium: Is CBT only for white people?

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

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

Convenors and co- chairs: **Abdel Boudoukha**, Université de Nantes, France and **Grazia Ceschi**, University of Geneva, Switzerland  
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  
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  
Mental health of volunteers first-aiders health.  
**Charlotte Rowe and Abdel Boudoukha**, Université de Nantes, France  
Posttraumatic Growth in the aftermath of a life crisis: Fostering Growth using psychotherapeutic interventions.  
**Nelly Goutaudier**, Université de Poitiers, France

## Symposium: Making theory and research count for disadvantaged young people in the developing world

Convenor: **Fiona Kennedy**, GreenWood Mentors, UK  
Chair: **Katherine Newman-Taylor**, University of Southampton  
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  
How Life Skills Changed My Life: The life-changing experiences of a young adult  
**Ravichandra K.**, Dream A Dream NGO, Bangalore  
**Katherine Newman-Taylor**, University of Southampton UK  
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  
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

## Symposium: Pioneering youth mental health interventions in low- and middle-income countries

Convenor and Chair: **Maria Loades**, Department of Psychology, University of Bath  
Discussant **Maria Loades**, Department of Psychology, University of Bath  
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  
Training and Supervising Lay-Providers in Kenya: A Mixed-Methods Study of the Shamiri Intervention Trial  
**Katherine Venturo-Conerly**, Harvard University, USA, and Shamiri Institute, Kenya.  
Outcomes of a Randomized Controlled Trial of a Single-Session Digital Intervention Targeting Depression and Anxiety in Kenyan Adolescents  
**Tom Osborn**, Shamiri Institute, Kenya  
Implementing a mental health literacy training project - #WeLiveForUS on twitter  
**Damian Juma**, International Mental Health Association



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

**Richard Thwaites**, CNTW NHS, Carlisle, UK

**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

## Skills Class: Perspective-taking interventions for shame and self-criticism

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

## Skills Class: Setting the Grounds for a Valued Change: Structuring the Initial Phase in Acceptance and Commitment Therapy

**Iftah Yovel**, The Hebrew University of Jerusalem, Israel

## Behavioural medicine

### Symposium: Multidisciplinary Cognitive Behavioural Approaches in the Tinnitus Clinic

Convenor and Chair: **Elizabeth Marks**, University of Bath, UK

Discussant: **Laurence McKenna**, University College London Hospitals, UK

**David Baguley**, University of Nottingham, UK

**Eldre Beukes**, Anglia Ruskin University, UK

**Lucy Handscomb**, University College London Hospitals, UK

### Symposium: A biopsychosocial perspective on the treatment of childhood weight problems

Convenor and Chair: **Caroline Braet**, Ghent University Belgium

Discussant: **Leentje Vervoort**, Radboud University, the Netherlands

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

**Tiffany Naets**, Ghent University, Belgium

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

**Taaike Debeuf**, Ghent University, Belgium.

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

**Ine Verbiest**, Ghent University, Belgium.

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

**Maurane Desmet**, Ghent University, Belgium.

### Symposium: Recent developments in the cognitive-behavioural treatment of chronic pain

Convenor and chair: **Jo Daniels**, University of Bath

Discussant: **Johannes Vlaeyen**

Long-term efficacy and moderators of exposure-based chronic pain treatments

**Julia Anna Glombiewski**, University Koblenz-Landau, Germany

Visceral pain research and treatment through the lens of psychogastroenterology.

**Livia Guadagnoli**, KU Leuven, Belgium

DTx4Pain: Digital Therapeutics, behaviour change and Chronic Pain

**Christopher Eccleston**, University of Bath, UK

### Symposium: Transdiagnostic Cognitive Behaviour Therapy for patients with Persistent Physical Symptoms

Convenor: **Meenal Patel**, Institute of Psychiatry, King's College London, London, UK

Chair: **Trudie Chalder**, Institute of Psychiatry, King's College London, London, UK

Integrated GP care for Patients with Persistent Physical Symptoms: Feasibility Cluster Randomised Trial

**Meenal Patel**, Institute of Psychiatry, King's College London, London, UK

Therapist Delivered Transdiagnostic CBT for Patients with Persistent Physical Symptoms in Secondary Care: a Randomised Control Trial

**Trudie Chalder** and UK **Kirsty James**, Institute of Psychiatry, King's College, London, UK

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

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,

### **Symposium: Mental health difficulties in the context of chronic illness**

Convenor: **Sophie Bennett**, UCL Great Ormond Street Institute of Child Health, UK

Chair: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health, UK

What we know about depression and anxiety in adolescents with CFS/ME

**Maria Loades**, University of Bath, UK

The Lucy Project: A drop-in mental health centre in a paediatric hospital,

**Roz Shafran**, UCL Great Ormond Street Institute of Child Health, UK

The Mental Health Intervention for Children with Epilepsy (MICE) trial,

**Sophie Bennett**, UCL Great Ormond Street Institute of Child Health, UK

**Marc Serfaty**, University College London, UK

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

### **Skills Class: "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

## **Professional Issue, Training and Supervision**

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

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

Within and Between Associations of Therapist Competence and Treatment Adherence: A Longitudinal Multilevel Approach.

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

Do therapists' interpersonal skills in challenging and benign therapy situations predict treatment outcomes in experienced CBT Therapists?

**Kim de Jong**, Leiden University, the Netherlands

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

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

### **Symposium: Reducing Behaviours that Challenge in Dementia Care Through Online Staff Training: Training Staff During the Covid-19 Pandemic**

Convenor: **Ian James**. CNTW NHS Trust

Chair: **Katharina Reichelt**. CNTW NHS Trust

**Frances Duffy**. Northern Health & Social Care Trust, NI

**Esme Moni-z-Cook**. University of Hull

**Jane Fossey**. University of Exeter

## Symposium: 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, UK

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

Exploring CBT therapists' experience of feeling of safety within Self-practice/self-reflection: an interpretative phenomenological analysis.

**Murray MacKenzie**, University College Cork, Republic of Ireland

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

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, UK

## Symposium: Innovative uses of Cognitive Behavioural Therapy within Higher Education

Convenor and Chair: **Toby Chelms**, Leeds Trinity University, UK

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

Considerations from implementing a stepped care model within a Higher Education wellbeing service,

**Kerra Park**, Falmouth Exeter Plus

The Introduction of online CBT based self-help programmes in Higher Education,

**Toby Chelms**, Leeds Trinity University, UK

Delivering CBT Training Remotely Online: Lessons Learned During the COVID-19 Pandemic,

**Louise Crouch-Read**, University of East Anglia, UK

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

Stepped care within Higher Education

**Kerra Park**. FXplus, UK

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

Chair: **Elizabeth Ruth**, University of Sheffield

**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, UK

## Panel Debate: CBT – Searching for a role in Healthcare Systems – How will Regulation of CBT therapists help?

Chair: **Brian Fitzmaurice**, Trinity College Dublin, Ireland

**Nady Von Broeck**, Katholieke Universiteit Leuven, Belgium

**Paul Edwards**, BABCP

**Andreas Veith**, Zentrum für Psychotherapie, Dortmund, Germany

**Helen MacDonald**, BABCP

## Panel Debate: Women and CBT

Convenor and Chair: **Katy Grazebrook**, President EABCT

**Irene Oestrich**, senior psychologist, specialist and supervisor in CBT

**Emily Holmes**, Karolinska Institutet, Sweden

**Irina Lazarova**, President of Bulgarian Association for cognitive-behavioral psychotherapy

## Panel Debate: How to improve the experts? – Training of Supervision in European CBT Associations

Convenor and Chair: **Andreas Veith**, German Association for Behavior Therapy  
**Sjöfn Eversdóttir**, 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

### Open papers

**Does clinical supervision meet the needs of psychotherapists? Exploring desired versus actual activities in supervision**  
*Sven Alfonsson, Karolinska Institutet, Sweden*

**Comparison of the effectiveness of two programs aimed at reducing body dissatisfaction and improving body functionality**  
*Claire Arnaud, University of Lille, France*

**Piloting a teacher-led mindfulness-based eating disorder prevention programme among preadolescent students**  
*Melissa Atkinson, University of Bath, UK*

**Dysfunctional personality disorder beliefs, suicide attempt and medication adherence in patients with bipolar disorder type-1b**  
*Esat Fahri Aydın, Atatürk University, Turkey*

**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*

**“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*

**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*

**Exploring the hypervigilance symptom in PTSD: when eye-tracking comes to use.**  
*Wivine Blekic, University of Mons, Belgium*

**Dynamic prediction of psychological treatment outcomes: development and validation of a prediction model using routinely collected symptom data**  
*Claire Bone, University of Sheffield, UK*

**Development of an individually-tailored online intervention for parents of children with ADHD** *Diana-Mihaela Brebenel, Babeş-Bolyai University, Romania*

**Successfully establishing interconnected digital mental health and neurodevelopment services: emerging evidence from a comprehensive digitally native service.**  
*Frank Burbach, Healios & University of Exeter, UK*

**Resilience and Growth in Psychosis: Positive Pathways Following Trauma**  
*Carolina Campodonico, University of Manchester, UK*

**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*

**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*

**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*

**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*

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

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

**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*

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

*Iulia-Maria Coşa, Babeş-Bolyai University, Romania*

**Peritraumatic dissociation revisited: Associations with autonomic activation, facial movements, staring, and intrusion formation**

*Sarah K. Danböck, University of Salzburg, Austria*

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

*Oana David Babeş-Bolyai University, Romania*

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

*Oana David Babeş-Bolyai University, Romania*

**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*

**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*

**Autobiographical memory flexibility in remitted depression Probably R**

*Barbara Dritschel, University of St Andrews, Scotland*

**Do Athletes have more of a Cognitive profile with ADHD criteria than Non-athletes?**

*Elizabeth Ekman, Karlstads University, Sweden*

**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*

**Predictors of revictimization in online dating**

*Fatemeh Fereidooni, University of Groningen, the Netherlands*

**Pain after Psychological Trauma: Can it be a classical conditioned response?**

*Laila Franke, Paris-Lodron University Salzburg, Austria*

**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*

**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*

**The role of psychological therapy and cognitive appraisals in posttraumatic growth**

*Amanda Gleeson, Queen's University Belfast, Northern Ireland*

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

*Diana-Ioana Grama, Babeş-Bolyai University, Romania*

**Response to Cognitive Behavioral Therapy for Body Dysmorphic Disorder as a Predictor of Outcomes**

*Jennifer Greenberg, Massachusetts General Hospital/Harvard Medical School, USA*

**Learning Cognitive Behavioural Therapy Basic Skills Through Computer Simulation: A Users Experience.**

*Conal Harpur, University of Trinity College Dublin, Ireland*

**Dementia misconceptions and Twitter: Using participatory methods and machine learning to characterise and predict dementia misconceptions in tweets.**

*Alexandra Hudson, King's College London*

**What is Mental Health 'Treatment as Usual' for Children with Epilepsy?**

*Tyler Hughes, UCL Great Ormond Street Institute of Child Health, London, UK*

**Feasibility of Virtual Reality-Assisted Positive Valence System-Focused Cognitive Behavioral Therapy on Depression**

*Asami Komazawa, National Center of Neurology and Psychiatry, Tokyo, Japan*

**What happens when BPD Patients Think about Relationship Conflicts? HPA-, and HPG-axis findings from Borderline Patients Imagining Couple Distress**

*Julia Kroener, Christophsbad Goepfingen, Germany*

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

*Amanda Lathan, University of St Andrews, Scotland*

**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*

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

*Alex Lau-Zhu, University of Oxford, UK*

**The efficacy of guided and unguided game based CBT for stress management in students**

*Cristina Lorint, Babes-Bolyai University Cluj-Napoca, Romania*

**Feasibility and effects of "Imager" – an mHealth mental imagery-based app to increase resilience**

*Marta Marciniak, University of Zurich, Switzerland*

**Does expectancy violation predict changes in the fear of spiders during a single exposure session?**

*Gabrielle Marcotte-Beaumier, Université du Québec à Montréal, Canada*

**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*

**Mistrust and negative self-esteem: Two paths from attachment styles to paranoia**

*Anton Martinez, University of Sheffield, UK*

**Combined effect of CBT and exercise interventions for anxiety and depression: A systematic review**

*Chanais Matthias Manchester Metropolitan University, UK*

**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*

**Understanding early discontinuation from CBT within IAPT services: a mixed methods study**

*Alexandra Mocrej, Nottingham Trent University, UK*

**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*

**Personal Self & OCD**

*Judy Moran, St. Patricks Mental Health Services Ireland*

**Two meta-analyses of study quality and efficacy of psychological interventions for pediatric and adult PTSD.**

*Nexhmedin Morina University of Münster, Germany*

**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*

**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*

**The development of self-awareness in psychotherapists: The effect of listening to actual performance R**

*David Dias Neto ISPA - Instituto Universitário, Lisbon, Portugal*

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

*Ana Nikčević, Kingston University, UK*

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

*Costina-Ruxandra Păsărelu, Babeş-Bolyai University, Romania*

**Ethical beliefs and behaviors of european cognitive behavioral therapists**

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

*Nikola Petrović University of Belgrade, Serbia???*

**Treating perfectionism using internet-based cognitive behavior therapy: Comparing two types of treatment**

*Alexander Rozental, Uppsala University, Sweden*

**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*

**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*

**Therapist Schema and Supervisory Drift: A conceptual model**

*Jason Roscoe, University of Cumbria, UK*

**The place of self-help in the management of anxiety and depression in and out of crisis: an empirical illustration**

*Mandy Rossignol, UMONS, Belgium*

**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*

**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*

**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*

**Virtual Reality (VR) technology**

*Helene Simke-Wallach, University of Haifa, Israel*

**Experiences of an Online Treatment for Adolescents with Non-suicidal Self-injury and Their Caregivers: Qualitative Study**

*Olivia Simonsson, Karolinska Institutet, Sweden*

**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*

**Positivity in first episode psychosis caregivers: Intensity, factor structure and predictors UD**

*Rowan Souray, Imperial College London, London*

**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*

**Parenting Practices and Adolescents' Mental Health Problems: a Network Approach UD**

*Ionut Stelian Florean, Babes-Bolyai University, Romania*

**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*

**Characterizing core beliefs in psychosis: a qualitative study**

*Christopher DJ Taylor, Pennine Care NHS Foundation Trust, UK*

**Effects of a one-day workshop on exposure interventions on therapist beliefs about exposure**

*Arnold van Emmerik, University of Amsterdam, the Netherlands*

**A comparison of worry and self-distancing as coping strategies for anxiety-provoking experiences**

*Jenna Vieira, Ryerson University, Toronto, Canada*

**Acceptability of telephone-delivered cognitive behavioural therapy for young people with epilepsy**

*Emily Whelan, UCL Great Ormond Street Institute of Child Health, London, UK*

**In-Congress Workshops and Poster Presentation will be posted on the website on 19<sup>th</sup> July**

