

# 46th Annual Conference & Workshops

17th-20th July 2018

**Strathclyde University  
Technology and Innovation Centre**

BRITISH ASSOCIATION FOR BEHAVIOURAL  
AND COGNITIVE PSYCHOTHERAPIES



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Colin Blowers, Co-Chair, Brighton  
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## BABCP Office

Ross White	General Manager and Company Secretary
Moragh Hunt	Senior Finance Officer



Charity No 1098704

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[www.babcp.com](http://www.babcp.com)

# About this programme

**British Association for Behavioural and Cognitive Psychotherapies**  
**46th Annual Conference & Workshops** | 17th-20th July 2018  
Strathclyde University, Technology & Innovation Centre

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**Please note this is a provisional programme and the content can be subject to change.** The open paper and poster sessions will be added and further details on the timing of the conference sessions will be published on the conference page of the BABCP website.

The conference programme will last two and a half days and will finish at lunch time on Friday 20th July.

## The Conference Site

The Pre-conference Workshops will take place in the **Technology & Innovation Centre at Strathclyde University** as will the scientific programme for the Conference. Signs will direct you to the various lecture rooms but if you get lost then ask for direction at the registration desk or from one of the conference stewards who will be recognisable by their conference t-shirt.

## Registration

The EYAS registration desk will be in Level 2 Foyer, Technology & Innovation Centre, 99 George Street, Glasgow G1 1RD and will be open at the following times:

### Conference & Workshop Registration

Monday, 16th July	16:00 -18:30
Tuesday, 17th July	08:00-18:00
Wednesday, 18th July	08:00-17:00
Thursday, 19th July	08:00-17:00
Friday, 20th July	08:00-12:00

### Start and Finish Times for Conference & Workshops

Tuesday, 17th July	09:30 -17:00
Wednesday, 18th July	09:00-17:00
Thursday, 19th July	09:00-17:00
Friday, 20th July	09:00-12:30

## Exhibition Area

The Exhibition Area will be located in the Level 2 and Level 3 Foyers of the Technology and Innovation Centre. It will be open from the opening reception on Tuesday 17th to Friday 20th July. Make sure you visit this area and browse through (and purchase) the latest titles from a number of publishers who will be present. There will also be details of the activities of BABCP regional Branches and special interest groups.

## Going Green/Abstracts

Abstracts are available to download on line at the BABCP website [www.babcp.com](http://www.babcp.com) there will be no printed versions. To further protect the planet please return your badge at the end of the conference to the registration desk or one of the stewards so that these can be recycled for a future event.

## Room Capacity

Delegates must respect the limits on the numbers of people who can be accommodated in the lecture theatres and symposia rooms. These limits are there for health and safety reasons. Conference organisers will have to restrict access to rooms when their capacity has been reached. BABCP cannot therefore guarantee that space will be available for all delegates who wish to attend each session, so it is recommended that you arrive early or on time for the sessions that you particularly wish to attend.

## Entry and Exit

To avoid disruption to presenters and other delegates, you may only enter and exit the lecture room at appropriate times (i.e. between presentations). You may therefore have to wait, either outside or inside the room and please follow the instructions of the session chair and/or conference stewards. Please turn off mobile phones.

## Security

Please do not leave valuables in the lecture and seminar rooms during the refreshment and lunch breaks unless arrangements are made to secure the room.

Continued on following page

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## Eating and Drinking

Coffee and tea are provided free of charge to all delegates in the morning and afternoon at the times indicated in the programme. There will be various serving points where the scientific programme is taking place. Lunch is included in your registration fee and will be available 12.30-14.00.

No evening catering has been organized but there are many excellent restaurants available for delegates in the city. The University of Strathclyde is ideally situated for exploring the city, with the venue right next to the City Centre and Merchant City areas.

Insider tips on the areas can be found here:

[peoplemakeglasgow.com/discover/districts/merchant-city](http://peoplemakeglasgow.com/discover/districts/merchant-city)

[peoplemakeglasgow.com/discover/districts/city-centre](http://peoplemakeglasgow.com/discover/districts/city-centre)

Here you will discover all things to do in Glasgow - from events and attractions to fine dining and a great night out.

## Accommodation in Glasgow



**People Make Glasgow** are the official accommodation provider for the 46th BABCP Annual Conference 2018

All rooms are held on an on-line system, allowing you to book and secure your own accommodation using either pro-forma invoices or credit/debit card. If you require any assistance with your reservation, support is available via the Accommodation Booking Team.

### Book Accommodation for BABCP 2018

To book accommodation for this event, use the following link [peoplemakeglasgow.com/BABCP2018](http://peoplemakeglasgow.com/BABCP2018)

Glasgow Convention Bureau is the official accommodation provider for the conference and has negotiated specially discounted rates with a wide range of hotels.

Accommodation will be sold on a first come, first served basis and the published rates will be available until 4 June 2018. Book now to avoid disappointment and secure your discounted rate!

## Maps

Download a printable version of the city centre map

[peoplemakeglasgow.com/things-to-do/190-glasgow-city-map/file](http://peoplemakeglasgow.com/things-to-do/190-glasgow-city-map/file)

## Transport

For city transport information please see:

[peoplemakeglasgow.com/visiting/getting-around](http://peoplemakeglasgow.com/visiting/getting-around)



# Pre-Conference Workshops

Tuesday 17th July 2018

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A programme of one-day Workshops will be held on Tuesday 17th July. The workshops will run from 9.30-17.00. These workshops offer participants an opportunity to develop practical skills in the assessment and treatment of a range of problems.

A full description and abstract of each workshop is available on the conference page of the BABCP website at [www.babcpconference.com](http://www.babcpconference.com) Please note this is a provisional programme and workshops may be subject to change.

You can register by clicking on the link above [www.babcpconference.com](http://www.babcpconference.com)  
The number of places are limited so early application is advised to avoid disappointment.

- Workshop 1: Behavioral and Cognitive Therapy for Adult Obsessive Compulsive Disorder**  
Gail Steketee, Boston University, USA
- Workshop 2: The Assessment, Diagnosis, and Treatment of Anger Disorders**  
Ray di Guisepe, St John's University, New York, USA
- Workshop 3: Cognitive Therapy for Post Traumatic Stress Disorder**  
Anke Ehlers, University of Oxford
- Workshop 4: Warranted or unwarranted? Smart use of DBT Emotion Regulation Skills to address Intense Emotion**  
Michaela Swales, Bangor University
- Workshop 5: How to Build Wellbeing and Positive Emotions in Depression**  
Barney Dunn, University of Exeter
- Workshop 6: CBT for Eating Disorders: Developing Core Skills for Evidence-based Treatment**  
Hannah Turner, Southern Health NHS Trust & Glenn Waller, University of Sheffield
- Workshop 7: A Cognitive Interpersonal Approach to Staying Well after Psychosis.**  
Andrew Gumley, University of Glasgow
- Workshop 8: Thinking Effectively About Mood Swings (TEAMS) - Cognitive Therapy for Mood Swings and Bipolar Disorders**  
Sara Tai, University of Manchester
- Workshop 9: Cognitive Therapy for Different PTSD Presentations in Children and Adolescents**  
Richard Meisser Stedman, University of East Anglia
- Workshop 10: Compassion Focused Therapy for Teens**  
Mary Welford, Compassion in Mind
- Workshop 11: The Therapeutic Relationship in Cognitive Behaviour Therapy**  
Stirling Moorey, South London and Maudsley NHS Trust
- Workshop 12: Using the Assessment of Core CBT Skills (ACCS) to Assess CBT Competences**  
Freda McManus, Stirling University
- Workshop 13: How to Conduct Single-case Experimental Designs to Guide Treatment**  
JD Smith, Northwestern University Feinberg School of Medicine, USA
- Workshop 14 (HALF DAY AFTERNOON WORKSHOP)**  
**Exposure therapy in the 21st century**  
Michelle Craske, University of California, Los Angeles, USA
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# Keynote Addresses

18th, 19th, 20th July 2018

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Positive Cognitive Behaviour Therapy

**Fredrike Bannink** Amsterdam, the Netherlands

Cognitive rehabilitation for people with dementia: a behavioural approach to supporting everyday functioning

**Linda Clare** University of Exeter

Neuroscience informed approaches to psychological treatments for anxiety and depression

**Michelle Craske** University of California, Los Angeles

Which Cognitions are best to Target in CBT and their Empirical Support

**Ray di Guisepe** St John's University, New York

The psychology of physical sensation

**Chris Ecclestone** Bath University

Treating posttraumatic stress disorder effectively and efficiently: A cognitive approach

**Anke Ehlers** University of Oxford

Nodding Off: The importance of sleep for child and adolescent mental health

**Alice Gregory** Goldsmiths University

Preventing recurrence of psychosis: Should Cognitive Behavioural Therapy give up or step up?

**Andrew Gumley** University of Glasgow

Is CBT Enduring or do Antidepressant Medication Prolong the Underlying Episode?

**Steve Hollon** Vanderbilt University, USA

Use of therapeutic lies in therapy

**Ian James** NTW NHS Foundation Trust & University of Bradford

Developments in how we can assess our competence in delivering CBT

**Freda McManus** Stirling University

Understanding the transition between suicidal thoughts and suicidal attempts

**Rory O'Connor** University of Glasgow

Advancing CBT Research and Practice for Hoarding Disorder

**Gail Steketee** Boston University

Single-case research in the 21st century: A scientific approach to understanding clinical cases

**JD Smith** Northwestern University Feinberg School of Medicine, USA

Treating personality disorders: Meeting the conceptual and practical challenge

**Michaela Swales** Bangor University

The evidence for psychological therapies for adults with intellectual disabilities

**John Taylor** Northumbria University and Northumberland,  
Tyne & Wear NHS Foundation Trust

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# Social Programme

Conferences organised by BABCP are well known for the quality of the scientific programme and for the opportunity provided in the social programme for delegates to meet, socialise and enjoy themselves. **We do hope that you will take advantage of the social programme we have put together for the conference.**

**Tuesday 17th July** | 17.30 – 19.00

## **Opening Reception**

**Venue:** Technology & Innovation Centre, University of Strathclyde

Come and enjoy a glass of wine and some canapés. Visit the Book exhibition, meet your Branch/SIG representative, find out who has been awarded an honorary fellowship and who is the Branch of the Year. There is no charge for this event

Those who wish to carry on socialising can continue by exploring the City using the Conference Guide that is being put together by the Glasgow Branch, this will give you information on where to go to eat, drink and party with the other delegates.



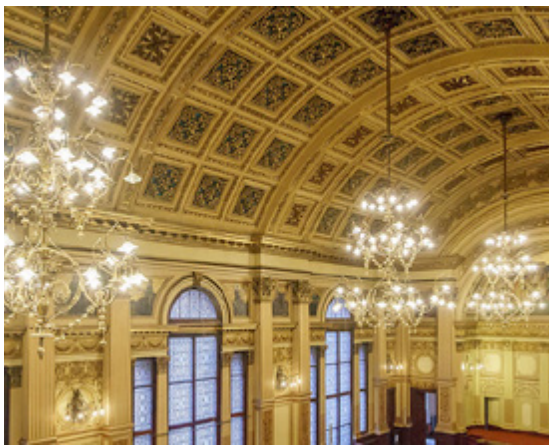
**Wednesday 18th July** | 17.30 - 18.30

**Glasgow City Council** are welcoming BABCP delegates with a **civic drinks reception**.

**Venue:** The City Chambers, George Square G2 1DU This event is complimentary.



Following the civic drinks reception, tickets can be purchased for 'The Sound of Young Glasgow' at The Classic Grand, 18 Jamaica Street, Glasgow, G1 4QD. The sound of young Glasgow gathers together some of the most dynamic young bands and artists coming through the Glasgow music scene. What you have in store is a cultural hailstorm of musicians playing a mix of Glasgow Americana to full on popstastic indie with special guests appearances. Not to be missed. **Ticket Cost:** £10 per head.



**Thursday 19th July** | 19.30 - Late

## **Conference Dinner and Ceilidh**

**Venue:** Grand Central Hotel Ballroom, 99 Gordon Street G1 3SF

What a bargain for a 3 course dinner with a glass of prosecco followed by a lively ceilidh for a bit of Scottish fun!

One of Scotland's top ceilidh bands Deoch-an-Doris will have you jigging and reeling around the room. Calling all the dances so you know exactly where to put your feet. Infectious music played by top class musicians. Not to be missed

**Ticket Cost:** £35 per head



**The AGM of the Association will be held on Thursday 19th July 12.30 to 13.30  
The venue will be announced in the final programme**

# Symposia

18th, 19th, 20th July 2018

Conference

## ADULT MENTAL HEALTH

### **Understanding and working with Hoarding Disorder across contexts: research, primary care and secondary care**

**Convenor:** James Gregory, University of Bath and Claire Lomax, University of Newcastle

**Speakers:** Nick Stewart, University of Bath  
Alice Kilvert, University of Bath  
Stephen Kellett, University of Sheffield  
Helen Lofthouse, Brighton and Hove Wellbeing service, Sussex Partnership NHS Trust  
Victoria Bream, South London and Maudsley NHS Foundation Trust

### **Examining cultural influences in the development, presentation and treatment of psychopathology**

**Convenor:** Graham Thew, University of Oxford

**Speakers:** Lawrence Yu, University of Oxford  
Osamu Kobori, Swansea University  
Naoki Yoshinaga, University of Miyazaki, Japan  
Graham Thew, University of Oxford

### **CBT and ACT for people with physical disease**

**Convenor:** Marc Serfaty, University College London

**Speakers:** Stirling Moorey, South London and Maudsley Trust  
Kathy Burns, St Christopher's Hospice, London  
Marc Serfaty, University College London

### **Delivering novel formats of evidence-based treatments for PTSD: Early Issues & Solutions**

**Convenor:** Anke Ehlers, University of Oxford

**Speakers:** Jennifer Wild, University of Oxford  
Hannah Murray, University of Oxford  
Alice Kerr, Kings College London  
Johan Lundin, University of Gothenburg

### **New cognitive and behavioural interventions to prevent PTSD and depression in at risk groups**

**Convenor:** Jennifer Wild, University of Oxford

**Speakers:** Shama El-Salahi, University of Oxford  
Gabiella Tyson, University of Oxford  
Hjordis Lorenz, University of Oxford  
Anna-Laura Van Harmalen, University of Cambridge  
Judy Garber, Vanderbilt University, USA

### **Panel Discussion:**

#### **Should we be depressed about the effectiveness of CBT for Depression?**

**Convenor:** Jon Wheatley, Homerton University Hospital NHS Trust

**Speakers:** Stirling Moorey, Institute of Psychiatry, Kings College London  
Shirley Reynolds, Charlie Waller Institute, University of Reading  
Barney Dunn, Mood Disorders Centre, University of Exeter  
Stephen Barton, University of Newcastle  
Ioana Cristea, Babes-Bolyai University, Romania



# Symposia

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**Further Symposia to be announced**

## **BASIC PROCESSES AND NEW DEVELOPMENTS**

### **Sleep and Psychopathology in Young People**

**Convenor:** Faith Orchard, University of Reading

**Speakers:** Eilidh Smith, University of Edinburgh  
Mel Schneider, Goldsmiths, University of London  
Erika Forbes, University of Pittsburgh  
Faith Orchard, University of Reading

### **New developments and applications of Cognitive Bias Modification in addictions**

**Convenor:** Mike Rinck, Radboud University Nijmegen, The Netherlands

**Speakers:** Mike Rinck, Radboud University Nijmegen, The Netherlands  
Eni Becker, Radboud University Nijmegen, The Netherlands  
Edwin Schenkel, Radboud University Nijmegen, The Netherlands  
Charlotte Wittekind, Ludwig-Maximilians-University Munich, Germany  
Alla Machulska, Ruhr-University Bochum, Germany

### **Bringing Network Science into Cognitive Behavioral Therapy and Research**

**Convenor:** Donald Robinaugh, University of Amsterdam, The Netherlands and  
Gary Brown, Royal Holloway, University of London

**Speakers:** Gary Brown, Royal Holloway, University of London  
Donald Robinaugh, University of Amsterdam, the Netherlands  
Laura Bringmann, University of Groningen, the Netherlands  
Fionneke Bos, Department of Psychology, University of Groningen, the Netherlands

### **Optimizing extinction learning mechanisms to enhance exposure therapy**

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

**Speakers:** Shira Meir Drexler, Ruhr-Universität Bochum, Germany  
Andrea Reinecke, University of Oxford  
Daniel Zuj, Swansea University  
Armin Zlomuzica, Ruhr-Universität Bochum, Germany  
Michelle Craske, University of California, Los Angeles

### **Digital Delivery of Imagery Based Interventions**

**Convenor:** Stella Chan, The University of Edinburgh

**Speakers:** Simon Blackwell, Ruhr-Universität Bochum, Germany  
Martina Di Simplicio, Imperial College London  
Stella Chan, University of Edinburgh  
Matthias Schwannauer, University of Edinburgh  
Fiona Ashworth, Oliver Zangwill Centre & Anglia Ruskin University

# Symposia

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## BEHAVIOURAL MEDICINE

### **Developing cognitive behavioural treatments for chronic pain: A tribute to Professor Stephen Morley**

**Convenor:** Stephen Barton, Newcastle CBT Centre

**Speakers:** Tamar Pincus, Royal Holloway, University College London  
Matthew Price, Leeds University  
Dean McMillan, York University  
Ciara Masterson, Leeds University

## CHILDREN AND ADOLESCENT

### **Cognitive biases in youth depression: Novel measures of assessing attention, interpretation and memory biases and their interaction with each other**

**Convenor:** Belinda Platt, LMU Munich, Germany

**Speakers:** Belinda Platt, LMU Munich, Germany  
Eilidh Smith, University of Edinburgh  
Faith Orchard, University of Reading  
Sam Parsons, University of Oxford

## IAPT AND PRIMARY CARE

### **Online Cognitive Behavioural Therapy: Examining its acceptability, effectiveness, and implementation in UK care contexts**

**Convenor:** Joanna Hudson, King's College London

**Speakers:** Richard Stott, King's College London  
Joanna Hudson, King's College London  
Rona Moss-Morris, King's College London  
Trudie Chalder, King's College London  
Judith Gellatly, University of Manchester

### **A process of change: integrating physical and mental health into IAPT**

**Convenor:** Pamela Myles-Hooton, Charlie Waller Institute, University of Reading

**Speakers:** Jo Hudson, King's College London  
Georgina Miles, University of Sheffield  
Nicholas Wilkinson, TBC  
Trudie Chalder, King's College London

### **\*\*\*OLDER ADULTS – SPECIAL OLDER ADULTS DAY ON 18TH JULY\*\*\***

#### **IAPT for Older People**

**Convenor:** Shonagh Scott, University of Sheffield

**Speakers:** Shonagh Scott, University of Sheffield  
Louise Rutter, Berkshire Healthcare NHS Foundation Trust  
TBC

#### **Treatments for Stroke and its consequences**

**Speakers:** Shirley Thomas, University of Nottingham  
Ian Kneebone, University of Tech Sydney, Australia

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## **Panel Debate: Schema and personality change across the life-span: Why we need to radically reconceptualise our views of schema and core beliefs**

**Speakers:** Ian James, Northumberland, NTW NHS Foundation Trust  
Alan Howarth, Northumberland, NTW NHS Foundation Trust  
Ian Kneebone, University of Tech Sydney, Australia  
Katharina Reichelt, Northumberland, Tyne and Wear NHS Foundation Trust  
Laura Bell, Northumberland, Tyne and Wear NHS Foundation Trust

## **INTELLECTUAL AND DEVELOPMENTAL DISABILITIES**

### **Clinical and service level interventions and outcomes for people with intellectual disabilities who offend**

**Convenor:** John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust  
**Speakers:** Raymond Novaco, University of California, USA  
Markku Wood, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust  
Simon Hackett, Newcastle University and Northumberland, Tyne & Wear NHS Foundation Trust  
John L Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust

### **Clinical Roundtable: Contemporary developments and issues in anger treatment and research**

**Convenor:** John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust  
**Speakers:** Raymond Novaco, University of California, USA  
Ray DiGiuseppe, St John's University, New York, USA  
TBC

## **SEVERE AND ENDURING MENTAL HEALTH**

### **How does attachment theory enrich CBT for psychosis?**

**Convenor:** Katherine Newman-Taylor, University of Southampton & Southern Health NHS Foundation Trust  
**Speakers:** Katherine Newman-Taylor, University of Southampton & Southern Health NHS Foundation Trust  
Alison Bennetts, University of Southampton  
Cathryn Pitfield, University of Southampton  
Andrew Gumley, University of Glasgow

### **The role of developmental processes in psychological adaption to psychosis**

**Convenor:** Alice Thomson, The University of Edinburgh  
**Speakers:** Matthias Schwannauer, The University of Edinburgh.  
Laura MacLean, The University of Edinburgh  
Alice Thomson, The University of Edinburgh  
Helen Griffiths, NHS Lothian Early Psychosis Support service and University of Edinburgh

# Symposia

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## **Using Imagery when working with Psychosis: Recent Developments and Case Examples**

**Convenor:** Craig Steel, University of Reading

**Speakers:** Christopher Taylor, University of Manchester & Penine Care NHS  
Foundation Trust

Craig Steel, University of Reading

Bryony Sheaves, University of Oxford

Katharine Newman Taylor, University of Southampton & Southern Health  
NHS Foundation Trust

## **THERAPEUTIC TECHNIQUES**

### **Clinical Roundtable: Clinical dilemmas in couple therapy**

**Speakers:** Marion Cuddy, South London and Maudsley NHS Foundation Trust

Dan Kolubinski, Reconnect UK

Michael Worrell, Central and North West London Mental Health NHS  
Foundation Trust

Rozina Thaci, City and West Psychology

### **Panel Discussion: Research waste, rigor and transparency in research on psychological therapies**

**Convenor:** Ioana Cristea, Babes-Bolyai University, Romania

**Speakers:** Gary Brown, Royal Holloway University of London

Michelle Craske, University of California at Los Angeles, USA

Ioana Cristea, Babes-Bolyai University, Romania

TBC

## **TRAINING AND PROFESSIONAL ISSUES**

### **Clinical Roundtable: Launching the Special issue of the Cognitive Behaviour Therapist on the Cultural Adaptation of CBT**

**Speakers:** Richard Thwaites, the Cognitive Behavioural Therapist and Cumbria  
Partnership NHS Foundation Trust

Andrew Beck, University of Manchester

### **Panel Debate: Working toward “win-win”:**

#### **Pragmatic approaches to integrating research into clinical practice**

**Speakers:** Gary Brown, Royal Holloway University of London

Shirley Reynolds, University of Reading

J.D Smith, Northwestern University, USA

Jaime Delgadillo, University of Sheffield

Stephen Kellett, University of Sheffield



# Clinical Skills Classes

18th, 19th, 20th July 2018

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## **Creating and implementing effective behavioural experiments**

Freda McManus, University of Stirling

## **When Acquiring, Collecting, and Saving become Hoarding Disorder: Models and Interventions**

Gail Steketee, University of Boston, USA

## **Cognitive Therapy: From Action to Insight and Back Again**

Steve Hollon, Vanderbilt University, USA

## **Cognitive Behavioural Anger Treatment – Intellectual Disabilities and Beyond**

Ray Novaco, University of California, USA and John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust

## **Improving CBT outcomes using outcome prediction and feedback methods**

Jaime Delgado, University of Sheffield

## **Working with Adolescents with Eating Disorders: Making CBT and Family Based Treatment (FBT) Work Together**

Glenn Waller, University of Sheffield and Mirin Craig, NHS Greater Glasgow and Clyde

## **How to get the most of of your CBT supervision - how be an effective CBT supervisee**

Steve Kellett, University of Sheffield

## **Building working alliances with depressed patients**

Stephen Barton, Newcastle University

## **Pictures that Stick: How to transform distressing images linked to death trauma and PTSD**

Jennifer Wild, University of Oxford

## **Using Values to ACTivate Your Practice: Bringing meaning and purpose to therapy**

Richard Bennett, University of Birmingham and Joe Oliver, University College London

## **Using couple-focussed interventions with long term health conditions**

Michael Worrell and Sarah Corrie, Central and North West London Foundation NHS Trust

## **Behavioural experiments in PTSD treatment - why, when and how?**

Sharif El-Leithy, Traumatic Stress Service and Hannah Murray, Oxford Centre for Anxiety Disorders and Trauma

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**Using technology to enhance face-to-face cognitive-behavioural therapy**  
Richard Stott and Emma Warnock-Parkes, King's College London

**How to Teach DBT Skills - Focus on Emotion Regulation and Distress Tolerance**

Catherine Parker, Derbyshire Healthcare NHS Foundation Trust

**Comprehend, Cope and Connect:  
Adapted CBT for mental health acute crisis and whole team working**  
Sean Harper, NHS Lothian and Isabel Clarke, Southern Health Care NHS Trust

**The Strong & Curious CBT Therapist. Using the Self-Practice & Self-Reflection Approach to develop Self-Affiliation and Healthy Self-Criticism**  
Jim Lucas, University of Birmingham







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