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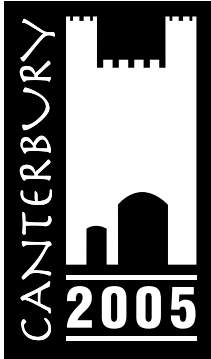
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# The conference



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British Association for Behavioural and Cognitive  
Psychotherapies

## **33rd Annual Conference**

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University of Kent at Canterbury • 21st-23rd July 2005

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**Dear Delegates,**

Welcome to Canterbury. This scientific programme is a celebration of the wealth of clinical practice and research that has come to be a hallmark of BABCP Conferences. The Conference Scientific Committee once again takes pride in the quality and diversity of the programme and the opportunity that it has allowed us to draw on exciting developments that are taking place in the United Kingdom and further afield.

We are gratified at the positive response we have had and expect that nearly 1000 people will be attending the pre-conference workshop and conference programme in Canterbury. This will reflect both the quality of the programme and the recognition amongst behavioural and cognitive therapists of the value of continuing professional development and the exchange of ideas.

The programme itself is designed around 8 key themes which are set out in this final programme:

- **Adult Mental Health**
- **Psychosis**
- **Children and Adolescents**
- **Intellectual Disabilities**
- **Behavioural Medicine**
- **Eating Disorders and Impulse Control**
- **Therapeutic and Clinical Applications**
- **Basic Processes**

There are prominent contributions from leaders in the field of cognitive and behavioural psychotherapies in each of these areas and, to follow a theme, check out the 'conference at a glance' colour-coded chart in your registration folder.

Enjoy your time in Canterbury which you will discover is one of the most beautiful cities in the UK. You will also discover that the Conference will maintain the usual BABCP standard of providing a full social programme that will enable all delegates to meet, socialise and enjoy the company of their colleagues from across the UK and beyond.

Beyond Canterbury, we hope that your experience here will encourage you to attend future Annual BABCP Conferences and events. Remember to check out the BABCP website for future events.

**Philip Tata**  
Chair  
Scientific Committee

**Rod Holland**  
Organising Committee

**Maurice Sharp**  
Organising Committee



21-23 JULY 2005

# General information

## The Conference Site

The conference scientific sessions will take place on the University of Kent Campus mainly in the Keynes Building and the Grimond Building although some sessions will take place in the Cornwallis, Rutherford and Elliot Halls. Signs will direct you to the various rooms listed in the programme. If you get lost ask for direction at the registration desk or ask one of the conference stewards who will be recognisable by their Conference T-shirt.

## Room Capacity

Delegates must respect the limits on the numbers of delegates that can be accommodated in particular lecture theatres and symposia rooms. These limits are there for obvious fire and other 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 you 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.

## Information Centre

A message board is situated in the Registration area in the Keynes Building. This will give details of any programme changes and will be the pick up point for any messages that have been left for delegates.

## Exhibition Area

The book exhibition is located in the Keynes Building and will be open throughout the Conference and Workshops. You can spend time relaxing, meeting friends and colleagues, as well as looking at (and purchasing) the latest titles from a number of publishers who will be present.

## Eating and Drinking

Lunch, coffee and tea are provided between the conference sessions in the morning (9.45 - 10.15) and afternoon (2.45 - 3.15) in each of the buildings where sessions are being held. It is free of charge to delegates.

Lunch is also included in your registration fee and will be served in the the Elliot and Rutherford Halls of Residence. Admission to the dining room will only be allowed to those with a lunch ticket.

## Lost Badges

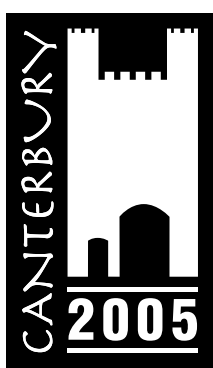
You must wear your badge at all times during the Conference. A STRICT ADMISSION POLICY will be operating and admission to symposia and other events will be restricted to BADGE HOLDERS ONLY. Do not forget to wear your badge. If you lose your badge a replacement fee of £25 will be made along with proof of registration. We apologise for any inconvenience caused by this policy but trust that delegates will accept the need to restrict entry to bona fide delegates only.

## No Smoking Policy

A no smoking policy operates in all public areas of the Conference. Please respect this.



21-23 JULY 2005



# Social programme



In the usual tradition of BABCP Conferences there will be plenty of opportunities for you to meet colleagues in relaxed and convivial surroundings. The following social activities have been arranged for your participation and enjoyment.

## **20th July 6-7 pm**

### **BABCP 2005 Opening Reception**

The opening reception will be held in Keynes Hall and will be followed by a disco that will be open until midnight for delegates. There is no charge for entrance to this event and a cash bar will be open.

## **Thursday 21st July 7.30 pm**

### **Dover Castle BBQ**

A fun and historic evening at Dover Castle.

All delegates are invited to a BBQ and disco in the grounds of the historic Dover Castle. You will also have free access to the Keep and Secret Wartime Tunnels including a guided tour. Coaches will depart from Keynes Hall at 6.45pm. There is no charge for this event.

## **22nd July 7.30 pm**

### **Congress Banquet**

#### **Rutherford Hall**

Admission to this event is by ticket only. A few tickets will be available for those who have not pre-booked at the Conference Registration Desk until midday on Thursday 21st July or until they have sold out.

## **22nd July 10.00 pm**

### **Farewell Disco**

#### **Rutherford Bar**

For those people who are not attending the Conference Banquet (and for those who want to continue the night after the Banquet) then a farewell disco will be held to provide an opportunity to say farewell until Warwick in 2006.



21-23 JULY 2005

# In-conference workshops

Delegates attending the Conference will be able to attend one or more of the half day workshops, (2½ hours) detailed below. A full description of each workshop is available in the In-Conference Workshop programme in your registration folder. There is a small extra charge of £20 for each of these workshops and you can register at the Workshop Registration Desk in the Conference Registration area. Places will be limited for each workshop and will be allocated on a first come first served basis.

## Thursday 21st July

9.15 am - 11.30 am

### Workshop 1:

Overcoming Depression in Adolescents: A Five Areas Approach

Nicky Dummett, East Leeds Primary Care Trust and Chris Williams, University of Glasgow

2.00 pm - 4.30 pm

### Workshop 2:

Psychosis, Stress, Cannabis and Self-Esteem: Sampling Experiences in the Flow of Daily Life

Inez Germeys and Cecile Henquet, Maastricht University, The Netherlands

### Workshop 3:

Acceptance and Mindfulness in Contextual Cognitive Behavioural Therapy for Chronic Pain: Data, Theory and Clinical Technique

Lance McCracken and Jeremy Gauntlett Gilbert, Bath Pain Management Unit

### Workshop 4:

Research Methods for Practitioners: Choices and Practicalities

Chris Barker and Nancy Pistrang, University College London

## Friday 22nd July

9.00 am - 11.30 am

### Workshop 5:

Meeting an Unmet Need: Training Psychology Graduates to Treat Housebound People With Agoraphobia

Ann Hackmann, Warneford Hospital, Oxford, and Institute of Psychiatry, London

### Workshop 6:

Impact of the Organisation: Hidden Barriers to Cognitive Behaviour Therapy Dissemination

Alec Grant and Jem Mills, University of Brighton

### Workshop 7:

Two Chairs, Self-schemata and a Person Model of Psychosis

Paul Chadwick, Royal South Hants Hospital and University of Southampton

### Workshop 8:

'Stress Control' Large Group Didactic CBT for the Common Mental Health Problems

Jim White, STEPS Team, Glasgow

2.00 pm - 4.00 pm

### Workshop 9:

Anger Assessment and Treatment

Raymond W. Novaco, University of California, Irvine and John L Taylor, University of Northumbria

### Workshop 10:

Collaborative Caring Workshop: Working With Parents of Eating Disorders

Janet Treasure and Ana Rosa Sepulveda, Guy's Hospital, Wendy Whitaker, Eating Disorder Unit, Bethlem Royal Hospital

### Workshop 11:

Time for CHANGE: How to Improve Outcomes for Addictive Behaviour

Frank Ryan, Central and North West London Mental Health NHS Trust

## Saturday 23rd July

9.00 am - 11.30 am

### Workshop 12:

Bridging Theory and Practice in Cognitive Behaviour Therapy: An Introduction

Danny C K Lam, Kingston University and St George's Hospital Medical School

### Workshop 13:

Motivational Interviewing with Personality Disorders

Henck P.J.G van Bilsen, Kneesworth House Hospital, Hertfordshire

21-23 JULY 2005

# The conference schedule

**Thursday**

## **9.00 - 11.30**

Symposium 1	Change in Social Phobia
Symposium 2	Psychosis and Emotion
Symposium 3	Sleep Problems in Childhood
Symposium 4	Inhibition of Emotion and Autobiographical Memory
Symposium 5	Mapping the Process of Change
Symposium 6	Complex Problems in Eating Disorders
Symposium 7	Overcoming Obstacles to Return to Work; The Prisma Programme
Symposium 8	CBT for People with Intellectual Disabilities & Mental Health Problems
Symposium 9	Cognitive Behavioural Processes Across Psychological Disorders
Symposium 10	Does Cannabis Raise the Expression of Psychosis in Populations?
Open Papers 1	Treatment Issues in Dissociative Problems and Chronic Disease

## **9.00 - 11.30**

Workshop 1	Overcoming Depression in Adolescents: A Five Areas Approach
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## **11.45 - 12.45**

Keynote Speaker	Professor Michelle Craske
Keynote Speaker	Professor Simon G Gowers
Keynote Speaker	Professor Jim van Os

## **2.00 - 4.30**

Symposium 11	Evidence for a Revised Conceptualisation of PTSD
Symposium 12	What Can We Learn From Studies of Psychotic Experiences?
Symposium 13	Clinical Perspectives on Children's Anxiety Disorders
Symposium 14	Facets of the Approach System Involved in Bipolar Disorder
Symposium 15	Self-help: How Does it Work Out in Practice?
Symposium 16	NICE Guidelines for Eating Disorders
Symposium 17	Sleep Problems in Adulthood
Symposium 18	Anger Control Problems
Symposium 19	New Advances in Training Benign Cognitive Processes
Panel Debate 1	Key Goals and Techniques in the Treatment of Personality Disorder
Open Papers 2	From Cognition to Metacognition

## **1.30 - 4.30**

Poster Session 1	Clinicians' Cognition, Challenging Behaviour and OCD
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## **2.00 - 4.30**

Workshop 2	Psychosis, Stress, Cannabis and Self-Esteem
Workshop 3	Acceptance and Mindfulness in Contextual CBT for Chronic Pain
Workshop 4	Research Methods for Practitioners: Choices and Practicalities

## **4.30 - 5.30**

Keynote Speaker	Professor Allison Harvey
Keynote Speaker	Professor Patricia Resick
Keynote Speaker	Professor Paul Salkovskis

## **5.45**

BABCP AGM	BABCP Members Only
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**21**

21-23 JULY 2005

# The conference schedule

## Friday

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### 9.00 - 11.30

Symposium 20	Cognitive Behaviour Therapy in Bipolar Disorder I
Symposium 21	Real Life CBT for Psychosis: When it Doesn't Work
Symposium 22	Anxiety of Childhood and Adolescence: Current Issues
Symposium 23	Doing Clinically Relevant Research
Symposium 24	NICE Guidelines for Depression
Symposium 25	Psychological Processes in Early Psychosis
Symposium 26	Psycho-Oncology
Symposium 27	The Compassionate Focus for the Cognitive-behaviour Psychotherapies
Symposium 28	Clinical Perfectionism, Psychopathology and Barriers to Change
Open Papers 3	Psychological Treatment in Diverse Groups

### 9.00 - 11.30

Poster Session 2	CBT Training Courses
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### 9.00 - 11.30

Workshop 5	Training Psychology Graduates to Treat Housebound People With Agoraphobia
Workshop 6	Impact of the Organisation: Hidden Barriers to CBT Dissemination
Workshop 7	Two Chairs, Self-schemata and a Person Model of Psychosis
Workshop 8	'Stress Control' Large Group Didactic CBT for the Common Mental Health Problems

### 11.30 - 12.30

Keynote Speaker	Professor Paul Gilbert
Keynote Speaker	Professor Paul Chadwick
Keynote Speaker	Dr Thalia C Eley

### 1.30 - 3.00

Symposium 29	Cognitive Behaviour Therapy in Bipolar Disorder II
Symposium 30	Applying Attachment Theory to Psychotic Experiences
Symposium 31	Cognitive and Meta-cognitive Development in Children At Risk
Symposium 32	Memory: What Happens When It's Not Working?
Symposium 33	NICE Guidelines for PTSD
Symposium 34	Cognitive Behaviour Therapy and Palliative Care
Symposium 35	Cognitive Behaviour Therapy for Borderline Personality Disorder
Symposium 36	What Happens in CBT for Psychosis?
Symposium 37	How To Get Funding To Do Clinical Research
Symposium 38	Metacognitive Therapy: Application To Anxiety Disorders and Depression
Open Papers 4	Service Delivery and Self-Help
Poster Session 3	Stress, Trauma and Vulnerability

### 2.00 - 4.30

Workshop 9	Anger Assessment and Treatment
Workshop 10	Collaborative Caring Workshop: Working With Parents of Eating Disorders
Workshop 11	Time for CHANGE: How to Improve Outcomes for Addictive Behaviour

### 4.45 - 5.45

Keynote Speaker	Professor Sheri L Johnson
Keynote Speaker	Dr Jeff Young

22

21-23 JULY 2005

# The conference schedule

**Saturday**

**9.00 - 11.30**

Symposium 39	Bringing Mindfulness-based Approaches to Clinical Practice
Panel Debate 2	Psychological Interventions and the Treatment of First Episode Psychosis?
Symposium 40	Cognitive Vulnerability for Depression Across the Lifespan
Symposium 41	Practice-based Evidence: Researching NHS Delivery of CBP
Symposium 42	Issues in the Safe Delivery of Computerised CBT
Symposium 43	Research on PTSD, A Meta-analysis and Development of the NICE Guidelines
Open Papers 5	Psychosis

**9.00 - 11.30**

Workshop 12	Bridging Theory and Practice in Cognitive Behaviour Therapy: An Introduction
Workshop 13	Motivational Interviewing with Personality Disorders

**23**

21-23 JULY 2005

# WISEPRESS

Visit the Exhibition  
Centre open throughout  
the Congress

Wisepress will display a wide selection of new and classic titles for you to browse and purchase

[www.wisepress.co.uk](http://www.wisepress.co.uk)

# Thursday

9.00 - 11.30

## Symposium 1

Cornwallis Lecture Theatre

### **Change in Social Phobia: Treatment, Basic Processes, and Development of Social Fears**

Convenor and Chair: Lusia Stopa, Department of Psychology, University of Southampton

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- 9:00 Introduction  
Lusia Stopa, Department of Psychology, University of Southampton
- 9:05 An Investigation into the Efficacy of Two of the Components of Cognitive Therapy for Social Phobia  
Freda McManus, Oxford Cognitive Therapy Centre, Warneford Hospital, Oxford
- 9:30 Updating Traumatic Memories in Social Phobia: Positive Impact on Imagery, Beliefs and Behaviour  
Jennifer Wild, Institute of Psychiatry, London
- 9:55 Negative Auditory Imagery in Social Phobia and the Benefits from Audio Feedback.  
Colette Hirsch, Institute of Psychiatry, London
- 10:20 **Coffee**
- 10:40 Does Anticipation Help or Hinder Performance in a Subsequent Speech?  
Lusia Stopa, Department of Psychology, University of Southampton
- 11:05 Does Fear Information Create Fear Beliefs About Social Situations in Children?  
Andy Field, University of Sussex

## Symposium 2

Grimond Lecture Theatre 1

### **Psychosis and Emotion**

Convenor and Chair: Craig Steel, University College London

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- 9:00 Opening Remarks  
Craig Steel, University College London
- 9:10 How Does Trauma Impact on Hallucinatory Experience? Evidence from the PRP Trial  
Amy Hardy, Institute of Psychiatry, London
- 9:40 Trauma-related Intrusions Within High Schizotypal Individuals Following an RTA  
Craig Steel, University College London
- 10:10 **Coffee**
- 10:30 A Cognitive Approach to Understanding Relationships Between Emotion and Psychosis  
Anthony Morrison, University of Manchester
- 11:00 Staying Well After Psychosis: Psychological Determinants of Remission and Emotional Recovery  
Andrew Gumley, University of Glasgow

## Symposium 3

Grimond Lecture Theatre 2

### **Sleep Problems in Childhood: Therapies and Co-occurring Behavioural/emotional Problems**

Convenor and Chair: Alice Gregory, Institute of Psychiatry, London

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- 9:00 Introduction  
Gregory, A.M., Institute of Psychiatry, London
- 9:15 Sleep, Depression, and Emotion-Regulation in Children and Adolescents  
Ron Dahl, University of Pittsburgh, USA
- 9:50 **Coffee**
- 10:10 Sleep Problems and Their Treatment in Children with Developmental Disorders  
Luci Wiggs, University of Oxford
- 10:45 Sleep Problems in Childhood: Therapies and Co-occurring Behavioural/emotional Problems  
Ian St James-Roberts, Institute of Education, London
- 11:20 Closing Remarks  
Alice Gregory, Institute of Psychiatry, London

## Symposium 4

Keynes Lecture Theatre 6

### **Inhibition of Emotion and Autobiographical Memory**

Convenor and Chair: Lynne Myers, University College London

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- 9:00 Do Childhood Memories Colour Social Judgements of Today? The Case of Repressors  
Lynne Myers, University College London
- 9:25 Prevalence of Repressive Coping Style in Young and Old Adults and Its Possible Impact on Involuntary Autobiographical Memories  
Erskine, J., University of Hertfordshire
- 9:50 Retrieval Inhibition of Trauma-related Words in Women Reporting Repressed or Recovered Memories of Childhood Sexual Abuse  
Elke Geraerts, Maastricht University, The Netherlands



21-23 JULY 2005

**10:15 Coffee**

**10:40 Mental Imagery, Evaluative Conditioning and Emotion**  
Emily Holmes, University of Cambridge

**11:05 Inhibiting Autobiographical Memories**  
Martin Conway, University of Leeds

**Symposium 5**

Keynes Lecture Theatre 4 (Psychology)

**Mapping the Process of Change: Self-monitoring Using Hybrid Single Case Methodologies**

Convenor: Robert Dudley, Newcastle Cognitive and Behavioural Therapies Centre and University of Newcastle upon Tyne

Chair: Mark Freeston, University of Newcastle upon Tyne, Newcastle Cognitive and Behavioural Therapies Centre and University of Newcastle upon Tyne

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**9:00 Introduction**

Robert Dudley, Newcastle Cognitive and Behavioural Therapies Centre and University of Newcastle upon Tyne

**9:05 Introduction to Hybrid Single Case Methodologies**

Mark Freeston, University of Newcastle upon Tyne

**9:25 Cognitive Change in First Episode Depression**

Stephen Barton, Newcastle Cognitive and Behavioural Therapies Centre and University of Newcastle upon Tyne

**9:45 Cognitive Processes in Relapse Following Medication Withdrawal**

Paul Cromarty, Newcastle Cognitive and Behavioural Therapies Centre

**10:05 Coffee**

**10:20 Traumatic Psychosis**

Pauline Callcott, Newcastle Cognitive and Behavioural Therapies Centre

**10:40 Providing Alternative Explanations for Delusions: Single Case Examples**

Robert Dudley, Newcastle Cognitive and Behavioural Therapies Centre

**11:00 Single Case Methods Applied to Supervision of CBT**

Peter Armstrong, Newcastle Cognitive and Behavioural Therapies Centre

**11:20 Closing Remarks**

Mark Freeston, University of Newcastle upon Tyne

**Symposium 6**

Keynes Lecture Theatre 5

**Complex Problems in Eating Disorders**

Convenor: Michelle Lee, University of Oxford

Chair and Discussant: Bob Palmer, University of Leicester

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**9:00 Co-occurrence of Eating and Anxiety Disorder Psychopathology**

Roz Shafran, University of Oxford

**9:25 Treatment of Adolescents with Severe Anorexia Nervosa**

Simon G Gowers, University of Liverpool

**9:50 The Interpersonal Aspects of Eating Disorders**

Janet Treasure, Institute of Psychiatry, London

**10:15 Coffee**

**10:45 Making CBT Happen When the Eating-disordered Patient is Not Committed to Treatment**

Glenn Waller, St George's Eating Disorders Service & Institute of Psychiatry, London

**11:10 Discussion and Questions**

Bob Palmer, University of Leicester

**Symposium 7**

Rutherford Lecture Theatre

**Overcoming Obstacles to Return to Work; The Prisma Programme**

Convenor and Chair: Verina Wilde, Prisma Health Ltd

Discussant: Simon Darnley, Prisma Health Ltd

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**9:00 Disability, The Prisma Programme and Return to Work Outcomes**

Verina Wilde, Prisma Health Ltd

**9:30 "Not Just CBT"**

Simon Darnley, Prisma Health Ltd

**10:00 Coffee**

**10:30 Role of the Physiotherapist**

Carol Chaddock, Chartered Physiotherapist/Case Manager

**11:00 The Medical Perspective on Sickness Absence and Return to Work**

Alan Carson, Robert Fergusson Unit and Royal Edinburgh Hospital

21

21-23 JULY 2005

# Thursday

## Symposium 8

Cornwallis CGU4

### **Cognitive-Behavioural Therapy for People with Intellectual Disabilities and Complex Mental Health Problems**

Convenor: John L Taylor, University of Northumbria, Newcastle upon Tyne

Chair: Bruce Gillmer, Northgate & Prudhoe NHS Trust, Northumberland

Discussant: Gillian Haddock, University of Manchester

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9:00 Introduction

9:05 CBT for People with Intellectual Disabilities: The Case Against Therapeutic Disdain  
John L Taylor, University of Northumbria, Newcastle upon Tyne

9:30 Creative Collaboration: Making Sense of a Cognitive Behavioural Formulation  
Jamie Kirkland, NHS Lothian, Edinburgh, Scotland

10:00 Coffee

10:20 Cognitive Therapy for Detained Women with a Learning Disability and Anti-social or Borderline Personality Disorders  
Melanie McKenna, Northgate & Prudhoe NHS Trust, Northumberland

10:45 Manual-guided Approaches  
Bruce Gillmer, B.T., Northgate & Prudhoe NHS Trust, Northumberland

11:10 Questions

## Symposium 9

Keynes Lecture Theatre 1 (Psychology)

### **The Transdiagnostic Approach: Cognitive Behavioural Processes Across Psychological Disorders and Their Implications For Theory, Research and Treatment**

Convenor and Chair: Warren Mansell, Institute of Psychiatry, London

Discussant: Roz Shafran, University of Oxford

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9:00 Introduction

Warren Mansell, Institute of Psychiatry, London

9:05 Treatment of Co-occurring Disorders in Individuals with Panic Disorder  
Michelle Craske, University of California, Los Angeles, USA

9:30 A Transdiagnostic Approach to Cognitive and Behavioural Processes: The Example of Worry and Rumination Across Disorders  
Allison Harvey, University of California, Berkeley, USA

9:55 Coffee

10:15 Understanding Perseverance, Persistence and Perfectionism: Development of a Multifactorial Measure  
Lucy Serpell, Central and North West London Mental Health NHS Trust

10:40 Metacognition and the Cognitive-Attentional Syndrome  
Adrian Wells, The University of Manchester

11:05 Discussion  
Roz Shafran, University of Oxford

## Symposium 10

Grimond Lecture Theatre 3

### **Does Cannabis Raise the Expression of Psychosis in Populations?**

Convenor and Chair: Jim van Os, University of Maastricht, The Netherlands

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9:00 Introduction

9:05 Linking Cannabis and Psychosis in the Population  
Jim van Os, University of Maastricht, The Netherlands

9:30 Psychological Therapy for Psychosis and Cannabis Use  
Christine Barrowclough, University of Manchester

10:00 Coffee

10:20 The Pharmacology of the Human Cannabinoid System and Related Psychiatric and Psychological Consequences of Cannabis Use  
Dagmar Koethe, University of Cologne, Cologne, Germany

10:45 An Experimental Paradigm of Gene X Cannabis Interaction in Psychosis; Evidence That a Functional Polymorphism in the Catechol-O-methyltransferase Gene, Moderates Cannabis Effects on the Endophenotype for Psychosis  
Cecile Henquet, Maastricht University, The Netherlands

11:10 Questions

21

21-23 JULY 2005

## Open Papers 1

Keynes Seminar Room 12

### Treatment Issues in Dissociative Problems and Chronic Disease

Chair: Helen O'Dowd, North Bristol NHS Trust

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- 9:00 Introduction  
Helen Dowd, North Bristol NHS Trust
- 9:05 Hypothesising CBT Treatment for Dissociative Seizures: A Single Case Study  
Craig Chigwedere, South London and Maudsley NHS Trust, London
- 9:30 Cognitive Behaviour Therapy for Depersonalisation Disorder: An Open Study  
Dawn Baker, Institute of Psychiatry, London
- 10:00 Coffee
- 10:20 Patient Experiences of Cognitive Behaviour Therapy for Chronic Fatigue Syndrome (CFS/ME)  
Clare Stevenson, Barts and the London NHS Trust, London
- 10:45 Cognitive Behaviour Therapy in Chronic Fatigue Syndrome: A Randomised Controlled Trial of an Outpatient Group Programme  
Hazel O'Dowd, North Bristol NHS Trust
- 11:20 Questions

## In-Conference Workshops

Venue will be detailed on Workshop Entry Ticket

### Overcoming Depression in Adolescents: A Five Areas Approach

Nicky Dummett, East Leeds Primary Care Trust and Chris J Williams, University of Glasgow

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21-23 JULY 2005

## 11.45 - 12.45

### Keynote Speakers

**Professor Michelle Craske, University of California at Los Angeles, USA**

#### Optimising Fear Reduction: Violation of Expectancies, Level of Excitation and Retrieval Cues

Chair: Allison Harvey, University of California, Berkeley, USA  
Cornwallis Lecture Theatre 1

**Professor Simon G Gowers, University of Liverpool**

#### Evidence based Decision Making in Adolescent Anorexia Nervosa

Chair: Janet Treasure, Institute of Psychiatry, London  
Rutherford Lecture Theatre

**Professor Jim van Os, Maastricht University, The Netherlands**

#### The Schizophrenia Envirome

Chair: Louise Johns, Institute of Psychiatry, London  
Grimond Lecture Theatre 1

## 2.00 - 4.30

### Symposium 11

Keynes Lecture Theatre 1 (Psychology)

#### Evidence for a Revised Conceptualisation of Post Traumatic Stress Disorder

Convenor and Chair: Patricia A Resick, National Center for PTSD, VA Boston Healthcare System and Boston University

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- 2:00 Introduction
- 2:05 Trauma-Related Cognitions and Complex Post-trauma Symptomatology in a Domestic Violence Sample  
Patricia A Resick, VA Boston Healthcare System and Boston University and Debra L Kaysen, University of Washington
- 2:30 Developing Schema Theory: The Role of "Active" Representations  
Chris R Brewin, University College London
- 3:00 Coffee
- 3:20 Emotional and Cognitive Themes in "Hotspots" of Trauma Memories and Intrusive Images in PTSD  
Nick Grey, Centre for Anxiety Disorders & Trauma and Institute of Psychiatry, London
- 3:45 Treating PTSD in the Context of Borderline Personality Disorder: A Case Example Using Compassionate Mind Techniques  
Pippa Stallworthy, The Traumatic Stress Clinic, London
- 4:10 Questions

# Thursday

## Symposium 12

Grimond Lecture Theatre 1

### **What Can We Learn From Studies of Psychotic Experiences in the Normal Population?**

Convenor: Emmanuelle Peters, Institute of Psychiatry, London

Chair: Jim van Os, University of Maastricht, The Netherlands

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- 2:00 Introduction
- 2:05 **The Clinician's Error and the Psychosis Continuum**  
Jackson, M.C., North West Wales NHS Trust and University of Wales, Bangor
- 2:30 **How Do Benign and Distressing Episodes of 'Psychotic' Anomalous Experiences Differ?**  
Caroline Brett, Institute of Psychiatry, London
- 2:55 **Aspects of the Psychosis Continuum and the Cardiff Anomalous Perceptions Scale (CAPS): Are There Multiple Factors Underlying Anomalous Experience?**  
Ellis, H.D., University of Cardiff, Wales
- 3:20 **The Relationship Between Trauma and Beliefs About Hearing Voices: Learning From a Non-psychiatric Population**  
Andrew, E. M., Pontypridd and Rhondda NHS Trust and Cardiff University, Wales
- 3:45 **A Framework Analysis of Recovery From Psychosis**  
Reader D W, North West Wales NHS Trust
- 4:10 General discussion

## Symposium 13

Keynes Lecture Theatre 6

### **Clinical Perspectives on Children's Anxiety Disorders: Formulation, Prevention, and Treatment in Early and Middle Childhood**

Convenor: Wilson, C E, Cambridge and Peterborough Mental Health Partnership Trust

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- 2:00 **Formulations for Co-morbid Aggression and Anxiety in Middle Childhood: Combining Classical Coercion Models with Anxiety Risk Factor Models**  
Appleton, P., Family Consultation Clinic, Bedford
- 2:25 **Children's Worry: Formulation and Treatment**  
Wilson, C. E. Brookside Family Consultation Clinic, Cambridge
- 2:50 **FRIENDS: A Universal Preventative Cognitive Behavioural Therapy Programme for Children in Junior Schools**  
Stallard P, University of Bath, Avon and Wiltshire Mental Health Partnership NHS Trust
- 3:15 **Coffee**
- 3:40 **A New Cognitive-Behaviourally Based Parenting Intervention, for Families of Young Children with Anxiety Disorders**  
Samantha Cartwright-Hatton, University of Manchester
- 4:05 **Treatment of Child Anxiety Disorder in the Context of Maternal Anxiety**  
Cathy Creswell, The Child Anxiety Disorders Research Clinic, University of Reading

## Symposium 14

Rutherford Lecture Theatre

### **Facets of the Approach System Involved in Bipolar Disorder**

Convenor and Chair: Sheri L. Johnson, University of Miami, USA

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- 2:00 Introduction  
Sheri L Johnson, University of Miami, USA
- 2:05 **Reward Sensitivity and Bipolar Disorder: What are the Mechanisms?**  
Sheri L Johnson, University of Miami, USA
- 2:30 **BAS-related Processes and Mania-Vulnerability: Resistance to Advice and Exaggerated Goal-Pursuit**  
Meyer, B., Roehampton University, London
- 2:55 **Approach Behaviours in Remitted Bipolar Patients and Analogue Participants at High-Risk of Bipolar Affective Symptomatology**  
Knowles, R., University of Manchester
- 3:20 **Coffee**
- 3:40 **Cognitive Biases in Bipolar Disorder**  
Ian H Gotlib, Stanford University, USA
- 4:05 **Conclusions**  
Sheri L Johnson, University of Miami, USA

21

21-23 JULY 2005

## Symposium 15

Grimond Lecture Theatre 3

### Self-help: How Does it Work Out in Practice?

Convenor and Chair: Chris Williams, University of Glasgow

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- 2:00 Introduction
- 2:05 Patient Preferences and Outcomes with Self-help Guided by Computer vs Workbook in a Routine Stepped-care CBT Service  
Mark Kenwright, West London Mental Health NHS Trust
- 2:25 Can Clinicians Let Go and Let Patients Help Themselves?  
Frances Cole, General Practitioner, Huddersfield
- 2:45 START: Self Help Treatment in Primary Care  
Chris Williams, University of Glasgow
- 3:05 Primary Care Based Mental Health Book Prescription Scheme  
Neil Frude, Whitchurch Hospital, Cardiff
- 3:25 A Supported Self Help Book Prescription Scheme Within Primary Care: Development and Six month Evaluation  
Paul Farrand, University of Plymouth
- 3:45 Living Life to the Full: Delivering CBT Self-help in Further Education College Settings:  
Susan Ross, Greater Glasgow NHS and the University of Glasgow
- 4:10 Questions

## Symposium 16

Keynes Lecture Theatre 5

### NICE Guidelines for Eating Disorders

Convenor: Michelle Lee, University of Oxford

Chair: Simon G Gowers, University of Liverpool

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- 2:00 NICE Eating Disorder Guideline: Service Level Issues  
Bob Palmer, University of Leicester
- 2:20 Physical Recommendations  
Janet Treasure, Institute of Psychiatry, London
- 2:40 The NICE Guideline for Eating Disorders One Year On: Psychological Treatment Recommendations  
Ulrike Schmidt, Institute of Psychiatry, London
- 3:00 The NICE-man Cometh (back): Getting Ready for the Next Evaluation of Treatment for the Eating Disorders  
Glenn Waller, St George's Eating Disorders Service & Institute of Psychiatry, London
- 3:20 Questions and Answers

## Symposium 17

Grimond Lecture Theatre 2

### Sleep Problems in Adulthood. Co-occurring Psychological Problems and Therapies

Convenor and Chair: Allison Harvey, University of California, Berkeley, USA

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- 2:00 Introduction
- 2:05 Sleep and Nocturnal Panic  
Michelle Craske, University of California, Los Angeles, USA
- 2:25 Sleep and Chronic Pain  
Nicole Tang, Institute of Psychiatry, London
- 2:45 Sleep and Post Traumatic Stress Disorder  
Ann Hackmann, University of Oxford, and Institute of Psychiatry, London
- 3:05 Coffee
- 3:25 Expecting to Sleep Badly: A Self-fulfilling Prophecy?  
Kathleen Stinson, University of Oxford
- 3:45 Hypnotics and Sleep Quality in Older Adults  
Kevin Morgan, University of Loughborough
- 4:05 Sleep-related Cognitions and Recovery from Alcohol Dependence  
Neil Smith, Institute of Psychiatry, London



21-23 JULY 2005

# Thursday

## Symposia 18

Cornwallis CGU4

### **Anger Control Problems: Developments in Cognitive-Behaviour Therapy and Assessment**

Convenor: John L Taylor, University of Northumbria, Newcastle upon Tyne

Chair: Stanley Renwick, Ministry of Defence, Catterick

Discussant: Raymond W Novaco, University of California, Irvine, USA

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14:00 Introduction

14:05 Anger and Aggression in Older Persons

Chris Fox, University of Kent at Canterbury

14:30 Anger Dyscontrol in Posttraumatic Stress Disorder

Raymond W Novaco, University of California, Irvine, USA

15:00 Coffee

15:20 Using CAT to Address Anger Problems

Mark Ramm, NHS Lothian, Edinburgh, Scotland

15:45 Cognitive-Behavioural Anger Treatment for People with Intellectual Disabilities: A Review of the Research Evidence

John L Taylor, Northumbria University and Northgate & Prudhoe NHS Trust

16:10 Questions

## Panel Debate 1

Cornwallis Lecture Theatre

### **Key Goals and Techniques in the Treatment of Personality Disorder**

Chair: Philip Tata, Central and North West London Mental Health NHS Trust

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3:00 Introduction

Philip Tata, Central and North West London Mental Health NHS Trust

3:05 Kate Davidson, University of Glasgow & Greater Glasgow NHS, Scotland

3:20 Janet Feigenbaum, University College London

3:35 Jeff Young, Schema Therapy Institute and Columbia University, New York, USA

3:50 Panel Debate

4:10 Closing Remarks

Philip Tata, Central and North West London Mental Health NHS Trust

## Symposium 19

Keynes Lecture Theatre 4 (Psychology)

### **New Advances in Training Benign Cognitive Processes**

Convenor and Chair: Collette Hirsch, Institute of Psychiatry, London

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2:00 Introduction

Collette Hirsch, Institute of Psychiatry, London

2:05 Mental Imagery and Its Impact in Cognitive Bias Training

Emily Holmes, MRC Cognition and Brain Sciences Unit, Cambridge

2:35 Generalisation of Training Physical Interpretation Bias on Social and Physical Imagery

Collette Hirsch, Institute of Psychiatry, London

3:05 Coffee

3:30 Training a Benign Interpretation Bias in Social Anxiety

Murphy R, Institute of Psychiatry, London

4:00 Computerised Training of Cognitive Biases That Influence Vulnerability to Anxiety

Bundy, Mackintosh, Open University, Milton Keynes and MRC Cognition and Brain Sciences Unit, Cambridge

## Open Papers 2

Elliot Lecture Theatre 2

### **From Cognition to Metacognition**

Chair: Martin Conway, University of Leeds

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2:00 Introduction

2:05 PTSD with Neurogenic Amnesia: The Challenges of Cognitive Therapy

Anna Keegan, Barts and the London NHS Trust

2:30 Counterfactual Thinking and Post-traumatic Stress Reactions

Katri Kuusniemi, Royal Holloway, University of London

3:00 Coffee

3:20 Inflated Responsibility and Perseverative Checking

Benie MacDonald, University of Sussex

3:45 Subjective Experience and Cognitive Feelings: Insights from Metacognition

Chris Moulin, University of Leeds

4:10 Questions

21

21-23 JULY 2005

## 2.00 - 4.30

### In-Congress Workshops

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Why CBT Can Get 'Stuck' with Complex Child and Adolescent Trauma and What To Do About It.  
Alistar Black, Police Rehabilitation and Retraining Trust, Northern Ireland

Acceptance and Mindfulness in Contextual Cognitive Behavioural Therapy for Chronic Pain: Data, Theory and Clinical Technique

Lance McCracken and Jeremy Gauntlett Gilbert, Bath Pain Management Unit

Research Methods for Practitioners: Choices and Practicalities

Chris Barker and Nancy Pistrang, University College London

## 1.30 - 4.00

### Poster Session 1

Keynes Building

#### Clinicians' Cognitions and New Therapy Approaches to Challenging Behaviour and OCD

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Study of Knowledge and Attitude Changes After an Introductory Session of CBT in a Mental Health Setting  
Sanjay Rao, County Durham and Darlington Priority Services

The Effects of Diagnosis and Therapy Non-Compliance Attributions on Alliance Processes in Acute Psychiatric Settings  
Angus Forsyth, Newcastle, North Tyneside & Northumberland NHS Trust

Formulating Delusional Beliefs From a Cognitive Therapy Perspective: The Effects of Disorder Specific and CBT-specific Knowledge

Park I, Lancashire Mental Health NHS Trust

How Could the Theory of Planned Behaviour Affect the Outcome of Screening Assessments in an Adult Psychology Service  
Jo Stace, South of Tyne & Wearside Mental Health NHS Trust

An Investigation of the Impact of Self-representations on the Interpersonal Problem-solving of Carers Working with Individuals with a Learning Disability and Challenging Behaviour

James Manning, University of East Anglia

DSPD Unit, MHP Whitemoor: The Development of Schema-focused Therapy Groups  
Jacqueline Stirling, Her Majesty's Prison Whitemoor

Attacking the Shame in OCD

Katherine Wright, South West Yorkshire Mental Health Trust

Emotional Reasoning and Inflated Responsibility for Harm in OCD: A Matter of Guilt and Regret  
Kirstine Postma, Newcastle, North Tyneside and Northumberland Mental Health NHS Trust

Mobile Phones within Mutual-Help Groups: A CBT Vehicle for Relapse Prevention?  
Michael Kelley, Hawaii Pacific University, USA

Mindfulness Based Cognitive Approaches for Acute Psychiatric Inpatients with Psychotic Symptoms: A Work in Progress  
Susan Ross, NHS Fife, Scotland

Modifying the CORE outcome measure for use with people with an intellectual disability  
Keith Marshall, NHS Lothian

## 4.45 - 5.45

### Keynote Speakers

Professor Allison G. Harvey, University of California, Berkeley, USA

**'The Best Bridge Between Despair and Hope is a Good Night's Sleep'. Psychological Treatments for Sleep Disturbance and Comorbid Disorders**

Chair: Roz Shafran, University of Oxford

Grimond Lecture Theatre 1

Professor Patricia Resick, National Center for PTSD, Women's Health Sciences Division and Boston University, USA  
**A Reconceptualisation of Posttraumatic Stress Disorder**

Chair: Deborah Lee, Oxford Cognitive Therapy Centre and University College London

Cornwallis Lecture Theatre

Professor Paul Salkovskis, Institute of Psychiatry, London  
**Implications of the NICE Guidelines for Panic Disorder and GAD**

Chair: Freda McManus, Oxford Centre for Cognitive Therapy

Keynes Lecture Theatre 1 (Psychology)



21

21-23 JULY 2005

# Friday

9.00 - 11.30

## Symposium 20

Cornwallis Lecture Theatre

### **Cognitive Behaviour Therapy in Bipolar Disorder I: Therapy Evaluation and Targets for Intervention**

Convenor and Chair: Steven Jones, University of Manchester

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- 9:00 Introduction  
9:05 Title to be confirmed  
Richard Bental, University of Liverpool
- 9:30 Early Detection of Bipolar Disorder: Results and Therapeutic Implications of a High-Risk Study of Parents with Bipolar Disorder and Their Adolescent Children  
Steven Huntley Jones, University of Manchester
- 10:00 Coffee
- 10:20 An Inventory to Assess Key Targets for Belief and Behaviour Change in Bipolar Disorder  
Warren Mansell, University of Manchester
- 10:45 Mindfulness Based Cognitive Therapy for Bipolar Disorder: The Current Findings and Areas for Further Research  
Anna Swift, University of East Anglia

## Symposium 21

Grimond Lecture Theatre 1

### **Real Life Cognitive Behaviour Therapy for Psychosis: When it Doesn't Work?**

Convenors: Emmanuelle Peters and Craig Steel, Institute of Psychiatry, London

Chair: Max Birchwood, University of Birmingham

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- 9:00 Introduction  
9:05 The Man Who Belonged to an Evil Race  
Emmanuelle Peters, Institute of Psychiatry, London
- 9:35 Learning to Help People With Psychosis With Social Recovery Problems  
David Fowler, University of East Anglia
- 10:05 Is Being Difficult to Engage Sufficient Reason For Not Referring?  
David Kingdon, University of Southampton
- 10:35 The Challenge of Applying CBT in Secure Environments  
Gillian Haddock, University of Manchester
- 11:05 General Discussion

## Symposium 22

Grimond Lecture Theatre 2

### **Anxiety of Childhood and Adolescence: Current Issues**

Convenor and Chair: Sam Cartwright-Hatton, University of Manchester

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- 9:30 Epidemiology and Treatment of Anxiety in Younger Children: A Neglected Population  
Sam Cartwright-Hatton, University of Manchester
- 9:55 Posttraumatic Reactions in Children Diagnosis, Early Intervention and Treatment  
Paul Stallard, University of Bath and Avon and Wiltshire Mental Health Partnership NHS Trust
- 10:20 Current Issues in Cognitive Behavioural Theory and Therapy for Childhood OCD  
Cynthia Turner, Institute of Psychiatry and South London and Maudsley Trust
- 10:45 Is Conditioning Theory a Useful Framework for Studying the Development of Phobias?  
Andy Field, University of Sussex
- 11:10 The Development of Information Processing Biases in Childhood Anxiety: A Review and Exploration of its Origins in Parenting  
Gisela Perez-Olivas, Developmental Brain-Behaviour Unit, University of Southampton

## Symposium 23

Keynes Lecture Theatre 6

### **Doing Clinically Relevant Research: "There is More Than One Way to Skin a Cat"**

Convenor and Chair: Paul Salkovskis, Institute of Psychiatry, London

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- 9:00 Introduction  
Nicole Tang, Institute of Psychiatry, London
- 9:05 Under the Microscope: Experimental and Analogue Studies  
Graham Davey, University of Sussex
- 9:30 'It's Good to Listen': Qualitative Research From a Phenomenological Perspective  
Nancy Pistrang, University College London
- 10:00 Coffee
- 10:20 At the Coal Face: Turning Good Clinical Practice into High Quality Research  
Brown, J.S.L., Institute of Psychology, London
- 10:45 'A Foot in Both Camps': Collaboration Between Clinical and Non-clinical Scientists  
Paul Salkovskis and Nicole Tang, Institute of Psychiatry, London
- 11:10 Questions

22

21-23 JULY 2005

## Symposium 24

Keynes Lecture Theatre 1 (Psychology)

### **NICE Guidelines for Depression: Do We Deliver Nice Services?**

Convenor and Chair: Chris Williams, University of Glasgow

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- 9:00 **NICE CBT services**  
Paul Gilbert, Kingsway Hospital Derby
- 9:20 **NICE Antidepressants**  
Hamish McAllister Williams, University of Newcastle
- 9:40 **NICE Psychotherapy**  
Chris Evans, Royal College of Psychiatrists and Rampton Hospital, Nottinghamshire
- 10:00 **Questions and Answers**  
Chris Williams, University of Glasgow

## Symposium 25

Grimond Lecture Theatre 3

### **Psychological Processes in Early Psychosis**

Convenor and Chair: Joanne Hodgkins and Corinna Hackmann, University of East Anglia

Chair: David Fowler, University of East Anglia

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- 9:00 **Introduction**  
David Fowler, University of East Anglia
- 9:05 **Structure of Schizotypy and Its Associated Underlying Mechanisms in Clinical and Non-clinical Populations**  
Joanne Hodgkins, University of East Anglia
- 9:30 **Psychological Processes in the High-risk Population**  
Anthony Morrison, University of Manchester
- 9:55 **The Role of Shame Related Cognitions and Stigma in Psychotic People with Co-morbid Social Anxiety**  
Maria Michail, University of Birmingham
- 10:20 **Trauma and Early Psychosis**  
Corinna Hackmann, University of East Anglia
- 10:45 **Schema, Stigma and Possible Selves in Early Psychosis**  
Gavin Taylor and Freya Mellor, Norfolk Early Intervention Service
- 11:10 **Discussion and Questions**

## Symposium 26

Keynes Seminar Room 16

### **Psycho-Oncology**

Convenor and Chair: Collier, S. St James's Hospital Dublin

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- 9:00 **Introduction**  
Collier, S., St James's Hospital Dublin
- 9:10 **A Cognitive Behavioural Therapy Approach to Cancer Related Fatigue**  
Collier, S., St James's Hospital Dublin
- 9:30 **Cognitive Behavioural Therapy for Cancer Patients: A Model of Service Development**  
O'Dwyer, A.M., St James's Hospital Dublin
- 9:50 **Psychological Characteristics of Cancer Patients Who Use Complementary Therapies**  
Davison, R., Northern Ireland Cancer Centre
- 10:10 **Psychological Approaches to Cancer Pain**  
Walsh, R., St Vincent's University Hospital, Dublin
- 10:30 **Buddhist Meditation in a Cancer Support Centre**  
Holland, R., Northern Ireland Cancer Centre
- 10:50 **Cognitive-Behaviour Therapy in the Treatment of Insomnia in Cancer Patients: Four Case Studies from the Republic of Ireland**  
Steggles, S., St Luke's Hospital Dublin and University College Dublin
- 11:10 **Discussion**

## Open Paper 3

Keynes Seminar Room 17

### **Psychological Treatment in Diverse Groups**

Chair: Christine D'Netto, Milton Keynes Primary Care Trust

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- 9:00 **Introduction**
- 9:05 **Help Seeking Behaviour of Patients Attending the Psychiatric Department at Al-Ain Hospital UAE**  
Mohamed Salem, United Arab Emirates University
- 9:30 **A Consideration of the Methodological and Conceptual Factors in Understanding What May Lead People to Jump to Conclusions**  
Robert Dudley, University of Newcastle Upon Tyne
- 9:55 **Use of Dolls in the Treatment of Challenging Behaviour in Dementia**  
Ian James, 3Ns Mental Health NHS Trust and University of Newcastle



21-23 JULY 2005

# Friday

## 10:20 Coffee

- 11:05 **An Innovative Exploratory Use of Cognitive Therapy for OCD Sufferers Working in Groups**  
Christine D'Netto and Nadine Healy, Milton Keynes Primary Care Trust

## Symposium 27

Rutherford Lecture Theatre

### **The Compassionate Focus for the Cognitive-behaviour Psychotherapies**

Convenor and Chair: Paul Gilbert, Mental Health Research Unit, Kingsway Hospital Derby

Discussant: Anne Hackmann, Oxford Cognitive Therapy Centre

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## 9:00 Introduction

- 9:05 **A Group Programme for Compassionate Mind Training for People with Long-term Complex Problems Attending a Day Unit**

Paul Gilbert, Kingsway Hospital Derby and Sue Procter, Cognitive Therapy Group Program Day Unit, Derby

- 9:30 **Compassionate Mind Training with Individuals in the Early Stages of a Dementia Syndrome Experiencing Shame and Self-attacking**

Gwyn Higginson, Bradwell Hospital, Staffordshire

## 10:00 Coffee

- 10:20 **Compassionate Mind Training for People Who Hear Malevolent Voices**

Sophie Mayhew, Derbyshire Mental Health Trust

- 10:45 **The Use of Compassion Imagery in Post Traumatic Stress Disorder**

Deborah Lee, Oxford Cognitive Therapy Centre

## 11:10 Discussant

Anne Hackmann

## Symposium 28

Keynes Lecture Theatre 5

### **Clinical Perfectionism, Psychopathology and Barriers to Change**

Convenor: Caroline Riley and Roz Shafran, University of Oxford

Chair: Roz Shafran University of Oxford

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## 9:00 Introduction

Roz Shafran University of Oxford

- 9:05 **Clinical Perfectionism as a Barrier to Change**

Caroline Riley, University of Oxford

- 9:30 **Behavioural Expressions of Clinical Perfectionism**

Michelle Lee, University of Oxford

## 10:00 Coffee

- 10:20 **Clinical Perfectionism in Obsessive Compulsive Disorder**

Anne Speckens, South London and Maudsley NHS Trust

- 10:45 **Extreme Outcomes of Social Expectations: The Role of Social Perfectionism, Future Thinking and Goal Adjustment in Suicidality**

Rory O'Connor, Stirling University, Scotland

## 11:10 Discussion

Mark Freeston, University of Newcastle upon Tyne

## 9.00 - 11.30

### **In-Conference Workshops**

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**Meeting an Unmet Need: Training Psychology Graduates to Treat Housebound People with Agoraphobia**

Ann Hackmann, Warneford Hospital, Oxford, and Institute of Psychiatry, London.

**Impact of the Organisation: Hidden Barriers to CBT Dissemination**

Alec Grant and Jem Mills, University of Brighton

**Two Chairs, Self-schemata and a Person Model of Psychosis**

Paul Chadwick, Royal South Hants Hospital and University of Southampton

**'Stress Control' Large Group Didactic CBT for the Common Mental Health Problems**

Jim White, STEPS Team, Glasgow

22

21-23 JULY 2005

11.45 - 12.45

## Keynote Speakers

**Professor Paul Gilbert, Mental Health Research Unit, Kingsway Hospital Derby**

### **Compassion, Evolution and Cognitive Therapy**

Chair: Ann Hackmann, Oxford Centre for Cognitive Therapy, University of Oxford, and Institute of Psychiatry, London  
Keynes Lecture Theatre 1

**Professor Paul Chadwick, Royal South Hants Hospital and University of Southampton**

### **Mindfulness, Cognitive Behaviour Therapy and Psychosis**

Chair: Andrew Gumley, University of Glasgow  
Cornwallis Lecture Theatre

**Dr Thalia C Eley, Institute of Psychiatry, London**

### **I Think Therefore I Am: A Cognitive Genetic Approach to Anxiety and Depression in Children and Adolescents**

Chair: Ron Dahl, University of Pittsburgh, USA  
Rutherford Lecture Theatre

2.00 - 3.00

## Symposium 29

Cornwallis Lecture Theatre

### **Cognitive Behaviour Therapy in Bipolar Disorder II: Cognitive Processes at the Heart of Bipolar Disorder**

Convenor and Chair: Steven Jones, University of Manchester

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- 2:00 Introduction
  - 2:05 Feasibility of Training Care Coordinators to Offer Enhanced Relapse Prevention for Bipolar Disorder  
Fiona Lobban, University of Liverpool
  - 2:30 Social Rank and Mood Variation in Bipolar Difficulties  
Paul Gilbert, University of Derby and Mental Health Research Unit, Kingsway Hospital
  - 3:00 Coffee
  - 3:20 A Cognitive Approach to Understanding Bipolar Symptoms  
Graham Reid, Impact Early Psychosis Service, Bolton, Salford and Trafford Mental Health Trust
  - 3:45 Family Relationships and Cognitive Styles in Adolescents from Bipolar Families  
Steven Jones, University of Manchester
  - 4:10 Questions

## Symposium 30

Keynes Seminar Room 17

### **Finding Yourself in a Strange Situation: Applying Attachment Theory to Psychotic Experiences**

Convenor and Chair: Matthias Schwannauer, University of Edinburgh

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- 2:00 Introduction
  - 2:05 A Developmental Psychopathology of Psychosis  
Matthias Schwannauer, University of Edinburgh
  - 2:30 Using the Adult Attachment Interview in the Context of Psychosis: Implications for Psychotherapeutic Discourse  
Andrew Gumley, University of Glasgow
  - 3:00 Coffee
  - 3:20 Attachment Style and Psychotic Experiences in a Non-clinical Population: An Analogue Study  
Macbeth, A, University of Glasgow
  - 3:45 Questions and discussion

## Symposium 31

Grimond Lecture Theatre 2

### **Cognitive and Meta-cognitive Development in Children at Risk of and with Existing Mental Health Problems**

Convenor and Chair: Wilson, C E, Cambridgeshire and Peterborough Mental Health Partnership Trust

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- 2:00 Impact of Mental Health on Young Children's Abilities Relevant to Engaging in Cognitive Behaviour Therapy  
Shirley Reynolds, University of East Anglia
  - 2:30 Cognitive Behavioural Therapy With Children. An Investigation into the Presence of Cognitive Behaviour Therapy Skills in Young Children Referred to CAMH Services  
Quakley, S., University of East Anglia
  - 3:00 Coffee
  - 3:30 Cognition and Metacognition in Childhood and Adolescence  
Sam Cartwright-Hatton, University of Manchester
  - 4:00 Meta-cognition in Children's Worry  
Charlotte Wilson, Centre for Family Research, University of Cambridge

22

21-23 JULY 2005

## Symposium 32

Keynes Lecture Theatre 6

### **Memory: What Happens When It's Not Working? Cognitive Vulnerabilities Across the Disorders**

Convenor and Chair: Jennifer Wild, Institute of Psychiatry, London

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- 2:00 Introduction
- 2:05 Thought Suppression and Working Memory Capacity  
Chris Brewin, University College London
- 2:30 Low Working Memory Capacity as a Risk Factor for Posttraumatic Stress Disorder in the Emergency Services  
R Handley, Institute of Psychiatry, London
- 2:55 Appraisals of Memory Problems in Posttraumatic Stress Disorder, Social Phobia, Panic Disorder and Trauma Exposed Non-PTSD Adults  
Jennifer Wild, Institute of Psychiatry, London
- 3:20 Coffee
- 3:40 Trauma-Related Intrusions in Psychosis  
Craig Steel, University College London
- 4:05 Autobiographical Memory, Mentalising and the Symptoms of Schizophrenia  
Rhiannon Corcoran, University of Manchester

## Symposium 33

Rutherford Lecture Theatre

### **NICE Guidelines for PTSD: A Summary of Key Recommendations**

Convenor and Chair: Jonathan Bisson, Co-Chair, NICE Guideline Development Group and Cardiff University

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- 2:00 Introduction
- 2:05 Setting the Scene  
S Janet Johnston, Ashford Counselling Service, Kent
- 2:25 International Comparisons and Challenges for Implementation  
Stephen Pilling, The National Collaborating Centre for Mental Health
- 2:45 Non-treatment Recommendations  
Jonathan Bisson, Co-Chair, NICE Guideline Development Group and Cardiff University
- 3:15 Panel Discussion and Questions

## Symposium 34

Elliot Lecture Theatre 2

### **Cognitive Behaviour Therapy and Palliative Care**

Convenor and Chair: Stirling Moorey, South London and Maudsley Trust

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- 2:00 Introduction  
Stirling Moorey, South London and Maudsley Trust
- 2:05 "Fighting Spirit" in Palliative Care: Clinical Perspectives  
Steven Greer, St Raphael's Hospice, Surrey
- 2:30 Systematic Review of Positive Mental Attitude in Advanced Illness  
Charlotte Wattebot O'Brian & Stirling Moorey, South London and Maudsley Trust
- 3:00 Coffee
- 3:20 Cognitive Therapy in Palliative Care  
Kathryn Mannix, Marie Curie Hospice, Newcastle upon Tyne
- 3:45 A Randomised Trial of CBT in Palliative Care  
Stirling Moorey, South London and Maudsley Trust
- 4:10 Questions

## Symposium 35

Grimond Lecture Theatre 1

### **The BOScot Findings: A Randomised Controlled Trial of Cognitive Behaviour Therapy for Borderline Personality Disorder**

Convenor: Kate Davidson, University of Glasgow

Chair: Philip Tata, Central and North West London Mental Health Trust

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- 2:00 Trial rationale for trial, method and description of sample  
Peter Tyrer, Imperial College, London
- 2:35 BOScot results  
Kate Davidson, University of Glasgow
- 3:00 Coffee
- 3:30 Cost Effectiveness of the BOScot Trial  
Steve Palmer, Centre for Health Economics, University of York
- 4:00 Plenary Session and Questions  
Philip Tata, Central and North West London Mental Health Trust

22

21-23 JULY 2005

## Symposium 36

Grimond Lecture Theatre 3

### **What Happens in CBT for Psychosis? Exploring Therapy Process Issues**

Conveners: Rebecca Rollinson, University of East Anglia and Norfolk and Waveney Mental Health Partnership NHS Trust and David Fowler, University of East Anglia and Norfolk and Waveney Mental Health Partnership NHS Trust

Chair: David Fowler, University of East Anglia and Norfolk and Waveney Mental Health Partnership NHS Trust

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- 2:00 **Introductions**  
David Fowler, University of East Anglia and Norfolk and Waveney Mental Health Partnership NHS Trust
- 2:10 **What Happens in CBT for Psychosis? An Examination of Session Content in the PRP Trial**  
Rebecca Rollinson, University of East Anglia and Norfolk and Waveney Mental Health Partnership NHS Trust
- 2:35 **Impact of Level of Insight and Recovery Style on Engagement in Therapy**  
Mike Startup, University of Newcastle, Australia
- 3:00 **Coffee**
- 3:15 **Treatment Integrity, Therapeutic Alliance and Outcome: An Evaluation of the Relationship in Cognitive Behaviour Therapy and Befriending for Psychosis**  
Katherine Bateman
- 3:40 **Comparison of Befriending and CBT in Terms of Social Support**  
Ian James, University of Newcastle upon Tyne and 3Ns Mental Health NHS Trust
- 4:05 **Comparison of the Content of CBT for Psychosis Provided in Clinical and Research Settings and a Consideration of Dissemination Issues**  
Catherine Haig, University of East Anglia and Norwich Primary Care NHS Trust



21-23 JULY 2005

## Symposium 37

Keynes Lecture Theatre 5

### **Money, Money, Money: How To Get Funding to Do Clinical Research**

Chairs: Roz Shafran, University of Oxford University and Emily Holmes, MRC Cognition and Brain Science Unit, Cambridge

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- 2:00 **Funding opportunities provided by the MRC**  
Gillian Murphy, Neurosciences & Mental Health Board Medical Research Council, London
- 2:20 **Funding Opportunities From the Economic and Social Research Council**  
Michelle Dobson, The Economic and Social Research Council
- 2:40 **How to apply successfully for a research grant: a Chief Scientist Office View**  
P Craig, Chief Scientist Office, Scottish Executive Health Department
- 3:00 **Coffee**
- 3:30 **Funding opportunities provided by the Wellcome Trust**  
John Williams, The Wellcome Trust
- 3:50 **Funding opportunities for CBT research**  
David Veale, The Priory Hospital North London and Royal Free University College Medical School
- 4:00 **Discussion**

## Symposium 38

Keynes Lecture Theatre 1 (Psychology)

### **Metacognitive Therapy: Application to Anxiety Disorders and Depression**

Convenor and Chair: Adrian Wells, The University of Manchester, UK

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- 2:00 **Introduction**  
Adrian Wells, University of Manchester
- 2:05 **Metacognitive Therapy for Obsessive Compulsive Disorder: A Case Series**  
Peter Fisher, The University of Manchester
- 2:35 **Metacognitive Therapy for Depressive Rumination**  
Costas Papageorgiou, Institute for Health Research, University of Lancaster
- 3:05 **Coffee**
- 3:30 **Treating GAD with Metacognitive Therapy**  
Adrian Wells, University of Manchester
- 4:00 **The RAP Model of PTSD: A Case Example of Session by Session Metacognitive Therapy**  
Sundeep Sembi, University of Liverpool

# Friday

## Open Papers 4

Keynes Seminar Room 16

### Service Delivery and Self-Help

Chair: Chris Williams, University of Glasgow

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- 2:00 Introduction
- 2:05 Is a 'Stepped Care' Service an Accessible, Acceptable and Effective Option for Those Experiencing Mild to Moderate Mental Health Problems?  
Donna Gilroy, Greater Glasgow NHS Health Board
- 2:30 A Clydebuilt Multi-level/multi-purpose Service for Common Mental Health Problems  
Jim White, STEPS, Glasgow NHS
- 2:55 Healthy Reading: Book Prescription in Glasgow  
Simon Petrie, STEPS, NHS Greater Glasgow
- 3:20 Coffee
- 3:40 A Controlled Trial of Assisted Bibliotherapy: An Assisted Self-help Package for Stress/mild to Moderate Anxiety  
Thomas Reeves, South of Tyne and Wearside Mental Health Trust
- 3:40 Balancing Clinical Effectiveness with Clinical Efficacy in Primary Care: Comparing Group Psychoeducational CBT with Individual CBT and Individual Psychodynamic-interpersonal Psychotherapy  
Stephen Kellet, Barnsley Primary Care Trust NHS Trust

## 1.30 - 4.00

### Poster Session 2

Keynes Building

### Stress, Trauma and Vulnerability

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A Proposal for Life Review For Cancer Patients Based on Cognitive Therapy

Ichiyo Ando, St Mary Junior College

Basic Behavioural Processes in Bereavement: A DISC Analysis

Karola Dillenburger, Queen's University, Belfast

Emotional Suppression When Processing Trauma: Consequences For Mood and Memory

Barney Dunn, MRC Cognition and Brain Sciences Unit, Cambridge

Mood Affects the Fluency With Which We Imagine Future Events

Silvia Garnsey, University of Oxford

Artists Vulnerability to Psychopathology: An Integrative Cognitive Perspective

Mark Papworth, University of Newcastle

Cognitive Distortions and Impulsiveness in a Sample of Non-clinical Population

Sirous Mobini, University of Sussex

What Are the Differences Between Positive and Negative Voice Experiences?

Robert Dudley, University of Newcastle and South of Tyne Early Intervention in Psychosis Service

Delusional Reasoning Bias in People with Schizophrenia and College Students

Yoshihiko Tanno, University of Tokyo

Cognitive Behavioural Therapy Reduces Suicidal Ideation in Schizophrenia

L Hansen, University of Southampton

Correlates and Experience of Hopelessness in Undergraduate Students

Bill Spence, University of Oxford Brookes

The Role of Counterfactual Thinking in the Psychological Distress and Adjustment following Recurrent Miscarriage

Gemma Callander, Royal Holloway University, London

## 2.00 – 4.30

### In-Conference Workshops

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#### Collaborative Caring Workshop: Working With Parents of Eating Disorders

Janet Treasure and Ana Rosa Sepulveda, Guy's Hospital, Wendy Whitaker, Eating Disorder Unit, Bethlem Royal Hospital

#### Time for CHANGE: How to Improve Outcomes for Addictive Behaviour

Frank Ryan, Central and North West London Mental Health NHS Trust

## 4.45 - 5.45

### Keynote Speakers

Professor Sheri L. Johnson, University of Miami, USA

#### Psychosocial Predictors of Bipolar Disorder: Disentangling Depression and Mania

Chair: Bjorn Meyer, Centre for Clinical and Health Psychology Research, Roehampton University, London

Cornwallis Lecture Theatre

Dr Jeff Young, Schema Therapy Institute and Columbia University, New York, USA

#### Schema Therapy: New Advances in Treating Resistant Personality Disorders

Chair: Janet Feigenbaum, University College London

Keynes Lecture Theatre 1 (Psychology)

22

21-23 JULY 2005

## 9.00 - 11.30

### Symposium 39

Grimond Lecture Theatre 1

#### **Bringing Mindfulness-based Approaches to Clinical Practice**

Convenor and Chair: J.M. Hutton, South London and Maudsley NHS Trust

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- 9:00 Mindfulness Based Cognitive Therapy for Obsessive Compulsive Disorder  
Ruths, F.A. South London and Maudsley NHS Trust
- 9:30 Mindfulness for Voices and Paranoia; A Group CBT for Psychosis  
Katherine Newman Taylor & Paul Chadwick, Royal South Hants Hospital, Southampton, Hampshire
- 10:00 **Coffee**
- 10:15 Clinical Perfectionism in Obsessive Compulsive Disorder  
Anne Speckens, Institute of Psychiatry, London
- 10:45 Mindfulness and Cognitive Therapy: Compatible or Contradictory?  
Anna Solly, West London Mental Health Trust
- 11:05 Discussion

### Panel Debate 2

Grimond Lecture Theatre 3

#### **What Can Psychological Interventions Add to the Treatment of First Episode Psychosis?**

Convenor: Louise Johns, Institute of Psychiatry and Tabraham, P, Institute of Psychiatry

Chair: Max Birchwood, University of Birmingham

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- 9:00 Introduction  
Max Birchwood, University of Birmingham
- 9:10 Psychological Interventions for Patients With First Episode Psychosis  
Louise Johns, Institute of Psychiatry, London
- 9:30 CBT for Acute Psychotic Symptoms  
Gillian Haddock, University of Manchester
- 9:50 Staying Well After Psychosis  
Andrew Gumley, University of Glasgow
- 10:00 **Coffee**
- 10:30 Family Intervention  
Juliana Onwumere, Institute of Psychiatry, London
- 10:50 Social Recovery Focused Intervention  
David Fowler, University of East Anglia
- 11:10 Summary and discussion  
Max Birchwood, University of Birmingham

### Symposium 40

Keynes Lecture Theatre 6

#### **Cognitive Vulnerability for Depression Across the Lifespan**

Convenor and Chair: Barton, S, University of Newcastle & Newcastle CBT Centre

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- 9:00 Introduction  
Stephen Barton, University of Newcastle and Newcastle Cognitive and Behavioural Therapies Centre
- 9:10 Adolescents at Risk for Depression: Do Rumination, Thought Suppression and Over-general Memory Confer Vulnerability?  
Willem Kuyken, University of Exeter
- 9:40 Reactivation of Negative Cognition in Formerly Depressed Adults.  
Stephen Barton, University of Newcastle and Newcastle Cognitive and Behavioural Therapies Centre
- 10:10 **Coffee**
- 10:40 If Only: Regret and Its Relationship to Cognitive Therapy for Depression in Late Life  
Davies, S.P. University of Hertfordshire
- 11:10 Discussion  
Peter Armstrong, Newcastle CBT Centre

### Symposium 41

Keynes Lecture Theatre 5

#### **Practice-based Evidence: Researching NHS Delivery of Cognitive Behavioural Psychotherapy**

Convenor and Chair: Tom Ricketts, Sheffield Care NHS Trust & University of Sheffield

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- 9:00 Introduction
- 9:05 An Evaluation of Large Group CBT Psycho-education For Anxiety Disorders Delivered in Routine Practice  
Simon Houghton, Sheffield Care NHS Trust
- 9:30 Are Routine Clinical Decisions Regarding the Allocation and Suitability of Patients Within an Integrated NHS Psychotherapy Service Theoretically Congruent?  
Dave Saxon, Sheffield Care NHS Trust

23

21-23 JULY 2005

# Saturday

10:00 Coffee

10:20 **Influencing Practice Using Routine Outcome Data in Primary Care**  
David Ekers, County Durham & Darlington Priority Services NHS Trust

10:45 **Outcomes from the Leeds Depression Clinic**  
Gillian Hardy, University of Sheffield

11:10 Questions

## Symposium 42

Grimond Lecture Theatre 2

### Issues in the Safe Delivery of Computerised Cognitive Behaviour Therapy

Chair: Rob Waller, University of Leeds

Chair: Ann Garland, President, BABCP (2004/5)

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9:00 Introduction  
Ann Garland, President, BABCP

9:10 **The Adverse Consequences of Computerised Cognitive Behavioural Therapy: A Systematic Review**  
Rob Waller, University of Leeds and Simon Gilbody, University of York

9:35 **Reasons for Choosing or Refusing Self-help: Who Wants a Computer and Who Wants a Book? Results of a Naturalistic Study for Depression**  
Mark Kenwright, West London MH NHS Trust

10:00 **Uptake of, Satisfaction With and Further Treatment Required of Completers and Non completers of Computerised Cognitive Behavioural Therapy**  
Robert Dudley, University of Newcastle Upon Tyne, and Early Intervention in Psychosis Service South of Tyne and Wearside Mental Health NHS Trust

10:25 Coffee

10:40 **CBT Self-help for Depression and Anxiety: Identifying Hidden Delivery Issues**  
Chris Williams, University of Glasgow

11:05 Panel Debate

11:30 **Directions For the Future**  
Ann Garland, President, BABCP

## Open Papers 5

Keynes Lecture Theatre 4 (Psychology)

### Psychosis

Convenor and Chair: Mike Startup, University of Newcastle, Australia

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9:00 Introduction

9:05 **Predisposition to Hallucinatory Experiences and Delusional Beliefs: The Contribution of Appraisals and Unhelpful Responses**  
Michelle Campbell, University of Manchester

9:30 **A Comprehensive Psychological Treatment Programme For People With a Diagnosis of Schizophrenia**  
Emma Williams, West London Mental Health NHS Trust

10:00 Coffee

10:20 **Cost-effectiveness of Cognitive Behaviour Therapy for Acute Schizophrenia Under Clinically Representative Conditions**  
Mike Startup, University of Newcastle, Australia

10:45 **Childhood Trauma and Psychosis in the Major Mood Disorders**  
Paul Hammersley, University of Manchester

11:10 Questions

23

21-23 JULY 2005

## Symposium 43

Keynes Seminar Room 17

### Research on PTSD, A Meta-analysis and Development of the NICE Guidelines

Convenor and Chair: Jonathan Bisson, Cardiff University

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- 9:00 Introduction
- 9:05 Meta-analysis of Pharmacological and Psychological Interventions for PTSD: Key Stages and Methodological Approach  
Matthews, R, M, National Collaborating Centre for Mental Health
- 9:30 Early Interventions for PTSD  
Dave Richards, University of York
- 10:00 Coffee
- 10:20 Drug Treatments of PTSD  
Stuart Turner, University College London
- 10:45 Psychological Treatments  
Jonathan Bisson, Cardiff University
- 11:10 Questions

## 9.00 - 12.00

### In-Congress Workshops

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Bridging Theory and Practice in Cognitive Behaviour Therapy: An Introduction  
Danny C K Lam, Kingston University and St George's Hospital Medical School

Motivational Interviewing with Personality Disorders  
Henck P.J.G. van Bilsen, Kneesworth House Hospital, Hertfordshire



21-23 JULY 2005

Closing Address

**Professor Chris Cullen**  
**President BABCP**  
**(2005/6)**

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11.45 - 12.00  
Keynes Lecture Theatre