BABCP Board
Ann Garland, President, Nottingham
Christine Barrowclough, Past President, Manchester
Chris Cullen, President Elect, Stoke on Trent
Katy Grazebrook, Hon. Secretary, London
Francis Lillie, Hon. Treasurer, London
Howard Lomas, Executive Officer, Isle of Harris
Rod Holland, London
Emily Holmes, Cambridge
Helen Nightingale, Isle of Man
Justine Porter, Glasgow
Craig Steel, London
John Taylor, Newcastle upon Tyne

Scientific Committee Canterbury 2005
Philip Tata, Chair
Kate Seviour, Administrator
Caroline Adams, Oxford
Catherine Crane, Oxford
Alice Gregory, London
Emily Holmes, Cambridge
Michelle Lee, Oxford
Warren Mansell, Manchester
Kate Rimes, London
Craig Steel, London
John Taylor, Newcastle upon Tyne
Cynthia Turner, London

Conference Organising Committee
Philip Tata, London
Rod Holland, London
Maurice Sharp, Salisbury
Greg Stacey, Salisbury
Hayley Dare, London
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
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 Cornwalls, 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.
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.
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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 1:</th>
</tr>
</thead>
</table>
| 9.15 am - 11.30 am | Overcoming Depression in Adolescents: A Five Areas Approach  
Nicky Dummett, East Leeds Primary Care Trust and Chris Williams, University of Glasgow |

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 2:</th>
</tr>
</thead>
</table>
| 2.00 pm - 4.30 pm | Psychosis, Stress, Cannabis and Self-Esteem: Sampling Experiences in the Flow of Daily Life  
Inez Germeys and Cecile Henquet, Maastricht University, The Netherlands |

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 3:</th>
</tr>
</thead>
</table>
| 2.00 pm - 4.30 pm | 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 |

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 4:</th>
</tr>
</thead>
</table>
| 2.00 pm - 4.30 pm | Research Methods for Practitioners: Choices and Practicalities  
Chris Barker and Nancy Pistrang, University College London |

**Friday 22nd July**

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 5:</th>
</tr>
</thead>
</table>
| 9.00 am - 11.30 am | Meeting an Unmet Need: Training Psychology Graduates to Treat Housebound People With Agoraphobia  
Ann Hackmann, Warneford Hospital, Oxford, and Institute of Psychiatry, London |

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 6:</th>
</tr>
</thead>
</table>
| 2.00 pm - 4.30 pm | Impact of the Organisation: Hidden Barriers to Cognitive Behaviour Therapy Dissemination  
Alec Grant and Jem Mills, University of Brighton |

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 7:</th>
</tr>
</thead>
</table>
| 2.00 pm - 4.30 pm | Two Chairs, Self-schemata and a Person Model of Psychosis  
Paul Chadwick, Royal South Hants Hospital and University of Southampton |

**Saturday 23rd July**

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 12:</th>
</tr>
</thead>
</table>
| 9.00 am - 11.30 am | Bridging Theory and Practice in Cognitive Behaviour Therapy: An Introduction  
Danny C K Lam, Kingston University and St George’s Hospital Medical School |

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop 13:</th>
</tr>
</thead>
</table>
| 9.00 am - 11.30 am | Motivational Interviewing with Personality Disorders  
Henck P.J.G van Bilsen, Kneesworth House Hospital, Hertfordshire |
### Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 - 11.30</td>
<td></td>
</tr>
<tr>
<td>Symposium 1</td>
<td>Change in Social Phobia</td>
</tr>
<tr>
<td>Symposium 2</td>
<td>Psychosis and Emotion</td>
</tr>
<tr>
<td>Symposium 3</td>
<td>Sleep Problems in Childhood</td>
</tr>
<tr>
<td>Symposium 4</td>
<td>Inhibition of Emotion and Autobiographical Memory</td>
</tr>
<tr>
<td>Symposium 5</td>
<td>Mapping the Process of Change</td>
</tr>
<tr>
<td>Symposium 6</td>
<td>Complex Problems in Eating Disorders</td>
</tr>
<tr>
<td>Symposium 7</td>
<td>Overcoming Obstacles to Return to Work; The Prisma Programme</td>
</tr>
<tr>
<td>Symposium 8</td>
<td>CBT for People with Intellectual Disabilities &amp; Mental Health Problems</td>
</tr>
<tr>
<td>Symposium 9</td>
<td>Cognitive Behavioural Processes Across Psychological Disorders</td>
</tr>
<tr>
<td>Symposium 10</td>
<td>Does Cannabis Raise the Expression of Psychosis in Populations?</td>
</tr>
<tr>
<td>Open Papers 1</td>
<td>Treatment Issues in Dissociative Problems and Chronic Disease</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 - 11.30</td>
<td></td>
</tr>
<tr>
<td>Workshop 1</td>
<td>Overcoming Depression in Adolescents: A Five Areas Approach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.45 - 12.45</td>
<td></td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Michelle Craske</td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Simon G Gowers</td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Jim van Os</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.00 - 4.30</td>
<td></td>
</tr>
<tr>
<td>Symposium 11</td>
<td>Evidence for a Revised Conceptualisation of PTSD</td>
</tr>
<tr>
<td>Symposium 12</td>
<td>What Can We Learn From Studies of Psychotic Experiences?</td>
</tr>
<tr>
<td>Symposium 13</td>
<td>Clinical Perspectives on Children's Anxiety Disorders</td>
</tr>
<tr>
<td>Symposium 14</td>
<td>Facets of the Approach System Involved in Bipolar Disorder</td>
</tr>
<tr>
<td>Symposium 15</td>
<td>Self-help: How Does it Work Out in Practice?</td>
</tr>
<tr>
<td>Symposium 16</td>
<td>NICE Guidelines for Eating Disorders</td>
</tr>
<tr>
<td>Symposium 17</td>
<td>Sleep Problems in Adulthood</td>
</tr>
<tr>
<td>Symposium 18</td>
<td>Anger Control Problems</td>
</tr>
<tr>
<td>Symposium 19</td>
<td>New Advances in Training Benign Cognitive Processes</td>
</tr>
<tr>
<td>Panel Debate 1</td>
<td>Key Goals and Techniques in the Treatment of Personality Disorder</td>
</tr>
<tr>
<td>Open Papers 2</td>
<td>From Cognition to Metacognition</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.30 - 4.30</td>
<td></td>
</tr>
<tr>
<td>Poster Session 1</td>
<td>Clinicians’ Cognition, Challenging Behaviour and OCD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.00 - 4.30</td>
<td></td>
</tr>
<tr>
<td>Workshop 2</td>
<td>Psychosis, Stress, Cannabis and Self-Esteem</td>
</tr>
<tr>
<td>Workshop 3</td>
<td>Acceptance and Mindfulness in Contextual CBT for Chronic Pain</td>
</tr>
<tr>
<td>Workshop 4</td>
<td>Research Methods for Practitioners: Choices and Practicalities</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.30 - 5.30</td>
<td></td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Allison Harvey</td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Patricia Resick</td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Paul Salkovskis</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.45</td>
<td></td>
</tr>
<tr>
<td>BABCP AGM</td>
<td>BABCP Members Only</td>
</tr>
</tbody>
</table>
# The conference schedule

## Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9.00 - 11.30</strong></td>
<td></td>
</tr>
<tr>
<td>Symposium 20</td>
<td>Cognitive Behaviour Therapy in Bipolar Disorder I</td>
</tr>
<tr>
<td>Symposium 21</td>
<td>Real Life CBT for Psychosis: When it Doesn’t Work</td>
</tr>
<tr>
<td>Symposium 22</td>
<td>Anxiety of Childhood and Adolescence: Current Issues</td>
</tr>
<tr>
<td>Symposium 23</td>
<td>Doing Clinically Relevant Research</td>
</tr>
<tr>
<td>Symposium 24</td>
<td>NICE Guidelines for Depression</td>
</tr>
<tr>
<td>Symposium 25</td>
<td>Psychological Processes in Early Psychosis</td>
</tr>
<tr>
<td>Symposium 26</td>
<td>Psycho-Oncology</td>
</tr>
<tr>
<td>Symposium 27</td>
<td>The Compassionate Focus for the Cognitive-behaviour Psychotherapies</td>
</tr>
<tr>
<td>Symposium 28</td>
<td>Clinical Perfectionism, Psychopathology and Barriers to Change</td>
</tr>
<tr>
<td>Open Papers 3</td>
<td>Psychological Treatment in Diverse Groups</td>
</tr>
<tr>
<td><strong>9.00 - 11.30</strong></td>
<td>CBT Training Courses</td>
</tr>
<tr>
<td><strong>9.00 - 11.30</strong></td>
<td>Training Psychology Graduates to Treat Housebound People With Agoraphobia</td>
</tr>
<tr>
<td>Workshop 5</td>
<td>Impact of the Organisation: Hidden Barriers to CBT Dissemination</td>
</tr>
<tr>
<td>Workshop 6</td>
<td>Two Chairs, Self-schemata and a Person Model of Psychosis</td>
</tr>
<tr>
<td>Workshop 7</td>
<td>‘Stress Control’ Large Group Didactic CBT for the Common Mental Health Problems</td>
</tr>
<tr>
<td><strong>11.30 - 12.30</strong></td>
<td></td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Paul Gilbert</td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Paul Chadwick</td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Dr Thalia C Eley</td>
</tr>
<tr>
<td><strong>1.30 - 3.00</strong></td>
<td></td>
</tr>
<tr>
<td>Symposium 29</td>
<td>Cognitive Behaviour Therapy in Bipolar Disorder II</td>
</tr>
<tr>
<td>Symposium 30</td>
<td>Applying Attachment Theory to Psychotic Experiences</td>
</tr>
<tr>
<td>Symposium 31</td>
<td>Cognitive and Meta-cognitive Development in Children At Risk</td>
</tr>
<tr>
<td>Symposium 32</td>
<td>Memory: What Happens When It’s Not Working?</td>
</tr>
<tr>
<td>Symposium 33</td>
<td>NICE Guidelines for PTSD</td>
</tr>
<tr>
<td>Symposium 34</td>
<td>Cognitive Behaviour Therapy and Palliative Care</td>
</tr>
<tr>
<td>Symposium 35</td>
<td>Cognitive Behaviour Therapy for Borderline Personality Disorder</td>
</tr>
<tr>
<td>Symposium 36</td>
<td>What Happens in CBT for Psychosis?</td>
</tr>
<tr>
<td>Symposium 37</td>
<td>How To Get Funding To Do Clinical Research</td>
</tr>
<tr>
<td>Symposium 38</td>
<td>Metacognitive Therapy: Application To Anxiety Disorders and Depression</td>
</tr>
<tr>
<td>Open Papers 4</td>
<td>Service Delivery and Self-Help</td>
</tr>
<tr>
<td>Poster Session 3</td>
<td>Stress, Trauma and Vulnerability</td>
</tr>
<tr>
<td><strong>2.00 - 4.30</strong></td>
<td></td>
</tr>
<tr>
<td>Workshop 9</td>
<td>Anger Assessment and Treatment</td>
</tr>
<tr>
<td>Workshop 10</td>
<td>Collaborative Caring Workshop: Working With Parents of Eating Disorders</td>
</tr>
<tr>
<td>Workshop 11</td>
<td>Time for CHANGE: How to Improve Outcomes for Addictive Behaviour</td>
</tr>
<tr>
<td><strong>4.45 - 5.45</strong></td>
<td></td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Professor Sheri L Johnson</td>
</tr>
<tr>
<td>Keynote Speaker</td>
<td>Dr Jeff Young</td>
</tr>
</tbody>
</table>
### The conference schedule

#### Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 - 11.30</td>
<td>Symposium 39: Bringing Mindfulness-based Approaches to Clinical Practice</td>
</tr>
<tr>
<td>9.00 - 11.30</td>
<td>Panel Debate 2: Psychological Interventions and the Treatment of First Episode Psychosis?</td>
</tr>
<tr>
<td>9.00 - 11.30</td>
<td>Symposium 40: Cognitive Vulnerability for Depression Across the Lifespan</td>
</tr>
<tr>
<td>9.00 - 11.30</td>
<td>Symposium 41: Practice-based Evidence: Researching NHS Delivery of CBP</td>
</tr>
<tr>
<td>9.00 - 11.30</td>
<td>Symposium 42: Issues in the Safe Delivery of Computerised CBT</td>
</tr>
<tr>
<td>9.00 - 11.30</td>
<td>Symposium 43: Research on PTSD, A Meta-analysis and Development of the NICE Guidelines</td>
</tr>
<tr>
<td>9.00 - 11.30</td>
<td>Open Papers 5: Psychiatry</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 - 11.30</td>
<td>Workshop 12: Bridging Theory and Practice in Cognitive Behaviour Therapy: An Introduction</td>
</tr>
<tr>
<td>9.00 - 11.30</td>
<td>Workshop 13: Motivational Interviewing with Personality Disorders</td>
</tr>
</tbody>
</table>

---

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
### 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 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 |
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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 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 Schizotype 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 Gummley, 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 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 |
Thursday

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

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

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 Prisa Programme
Convenor and Chair: Verina Wilde, Prisma Health Ltd
Discussant: Simon Darnley, Prisma Health Ltd

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
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

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

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

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
Open Papers 1
Keynes Seminar Room 12
Treatment Issues in Dissociative Problems and Chronic Disease
Chair: Helen O’Dowd, North Bristol NHS Trust

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

11:00 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

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

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

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

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

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
**Symposium 15**  
Grimond Lecture Theatre 3  
**Self-help: How Does it Work Out in Practice?**  
Convenor and Chair: Chris Williams, University of Glasgow

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

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

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
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

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

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

2:00 Introduction
   Colette 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
   Colette 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

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
**Thursday**

**2.00 - 4.30**

**In-Congress Workshops**

- **Why CBT Can Get ‘Stuck’ with Complex Child and Adolescent Trauma and What To Do About It.** Alistair 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**
  - 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
    - 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)
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

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

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

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

Symposium 22
Grimond Lecture Theatre 2
**Anxiety of Childhood and Adolescence: Current Issues**
Convenor and Chair: Sam Cartwright-Hatton, University of Manchester

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

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Introduction</td>
</tr>
<tr>
<td>9:05</td>
<td>Under the Microscope: Experimental and Analogue Studies</td>
</tr>
<tr>
<td></td>
<td>Graham Davey, University of Sussex</td>
</tr>
<tr>
<td>9:30</td>
<td>‘It’s Good to Listen’: Qualitative Research From a Phenomenological Perspective</td>
</tr>
<tr>
<td></td>
<td>Nancy Pistrang, University College London</td>
</tr>
<tr>
<td>10:00</td>
<td>Coffee</td>
</tr>
<tr>
<td>10:20</td>
<td>At the Coal Face: Turning Good Clinical Practice into High Quality Research</td>
</tr>
<tr>
<td></td>
<td>Brown, J.S.L., Institute of Psychology, London</td>
</tr>
<tr>
<td>10:45</td>
<td>‘A Foot in Both Camps’: Collaboration Between Clinical and Non-clinical Scientists</td>
</tr>
<tr>
<td></td>
<td>Paul Salkovskis and Nicole Tang, Institute of Psychiatry, London</td>
</tr>
<tr>
<td>11:10</td>
<td>Questions</td>
</tr>
</tbody>
</table>
Symposium 24
Keynes Lecture Theatre 1 (Psychology)
NICE Guidelines for Depression: Do We Deliver Nice Services?
Convenor and Chair: Chris Williams, University of Glasgow

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 Hodgekins and Corinna Hackmann, University of East Anglia
Chair: David Fowler, University of East Anglia

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 Hodgekins, 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 Michial, 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

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
Staggles, 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

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
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

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
Glyn Higgenson, 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

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 Spackens, 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

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
Friday

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

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

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

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
Friday

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

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 Exposed Non-PTSD Adults
   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

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

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

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
**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

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

**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

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

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00</td>
<td>Introduction</td>
</tr>
<tr>
<td></td>
<td>Adrian Wells, University of Manchester</td>
</tr>
<tr>
<td>2:05</td>
<td>Metacognitive Therapy for Obsessive Compulsive Disorder: A Case Series</td>
</tr>
<tr>
<td></td>
<td>Peter Fisher, The University of Manchester</td>
</tr>
<tr>
<td>2:35</td>
<td>Metacognitive Therapy for Depressive Rumination</td>
</tr>
<tr>
<td></td>
<td>Costas Papageorgiou, Institute for Health Research, University of Lancaster</td>
</tr>
<tr>
<td>3:05</td>
<td>Coffee</td>
</tr>
<tr>
<td>3:30</td>
<td>Treating GAD with Metacognitive Therapy</td>
</tr>
<tr>
<td></td>
<td>Adrian Wells, University of Manchester</td>
</tr>
<tr>
<td>4:00</td>
<td>The RAP Model of PTSD: A Case Example of Session by Session Metacognitive Therapy</td>
</tr>
<tr>
<td></td>
<td>Sundeep Sembhi, University of Liverpool</td>
</tr>
</tbody>
</table>
Friday

Open Papers 4
Keynes Seminar Room 16
Service Delivery and Self-Help
Chair: Chris Williams, University of Glasgow

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

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

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)
Saturday

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

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

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

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

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
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)

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 Kerwright, 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 CBTSelf-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

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
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

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
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

Closing Address
Professor Chris Cullen
President BABCP (2005/6)
11.45 - 12.00
Keynes Lecture Theatre