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Dear Delegates,

Welcome to Warwick and the 34th Annual Conference of BABCP. You will see that the scientific programme that has been assembled continues to celebrate 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 pleased at the positive response we have had with submissions from well over 100 people who will be presenting their work to over 1000 delegates who will be attending the pre-conference workshop and conference programme in Warwick. At a time when funding for training and development is increasingly limited this must 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 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 short time in Warwick and do take advantage of the social programme which will enable delegates to meet, socialise and enjoy the company of their colleagues from across the UK and beyond.

Beyond Warwick, 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 and join us in Brighton in 2007.

Philip Tata
Chair
Scientific Committee

Rod Holland
Organising Committee
General information

The Conference Site
The conference scientific sessions will take place on the University of Wawick Campus mainly in the Arts Center and Ramphal Building although some sessions will take place in Scarman House and the Library Building. Signs will direct you to the various rooms listed in the programme. If you get lost ask for direction at the registration desk which will be located in the Rootes Building 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. Please turn off mobile phones.

Information Centre
Message boards will be situated in the Arts Centre and the Ramphal Building where most of the sessions are taking place. 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 Mead Gallery in the Arts Centre and will be open throughout the Conference and at the end of the Pre-conference 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. A drinks reception will be held at the book exhibition on Thursday evening.

Eating and Drinking
Coffee and tea are provided free of charge to all delegates in the morning (9.45 - 10.15) and afternoon (2.45 - 3.15) in the Arts Centre, Ramphal Building and Scarman House. Lunch is also included in your registration fee and will be served in the Rootes Building where you will have registered. Admission to the dining room will only be allowed to those wearing a badge.

Dinner is only available if it has been pre-booked and will also be served in the Rootes building. Admission is by ticket only.

Dinner will be available between 6.30 to 8.30pm.

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 arrange for your participation and enjoyment.

**Wednesday 19th July 6.30 to 8pm**
BABCP 2006 Opening Reception

The opening reception will be held in Mead Gallery in the Arts Building and will be followed by a bar and disco that will be open until midnight for delegates in the Rootes Building. There is no charge for entrance to this event and a cash bar will be open.

**Thursday 20th July 5.30 to 6.30pm**
Book Exhibition and Poster Session Reception

Join us for a glass of wine and a look around the book exhibition and posters in the Mead Gallery

**Thursday 20th July 7 to 10pm**
Conference BBQ Kenilworth Castle 7.00 - 10.00

A visit to the nearby historic Kenilworth Castle for a BBQ and an opportunity to walk around the Castle. Coaches will leave the Campus from 6.45. Places are limited and you will be allocated a ticket on a first come first served basis. For those delegates unable to attend or who wish to stay on Campus dinner in the Rootes building will be offered. There is no charge for either of these events.

**Thursday 20th July 10.00 pm to late**
University Disco Party
Students Union, Warwick University

For those people returning from Kenilworth Castle and those who have remained on campus can join the BABCP Board and conference organisers at the Union located next to the Rootes Building to say farewell until next year in Brighton 2007.
In-conference workshops

Thursday 20th – Friday 21st July

Paid for In-conference Workshops

Delegates attending the BABCP Congress will be able to attend one or more of the paid for in-conference workshops (2.5 hours approx.). There is a small extra charge of £22 for each of these workshops. You can make a booking in advance by using the booking form. Alternatively you can register on site when you arrive at the University. Places will be limited for each workshop and will be allocated on a first come first served basis.

Thursday 20th July 1.15pm - 3.30pm

Workshop 1
Ramphal R0.12
Using CBT techniques to supervise CBT therapy
Maggie Gray, Cullen Centre, Royal Edinburgh Hospital and Forbes Craig, Insight Associates in Training

Workshop 2
Ramphal R1.15
When telling stories is helpful, and when it is not
Gillian Butler, Oxford Cognitive Therapy Centre, and Oxfordshire Mental Health Care NHS Trust

Workshop 3
Ramphal R3.41
Contemporary Rational Emotive Behaviour Therapy. Theoretical And Clinical Advancements
John Blackburn, Specialist Psychotherapy Services, Sheffield Care Trust

Workshop 4
Scarmen Lecture Room 9
Schema-Focused Therapy for Borderline Personality Disorder
Arnoud Arntz, Maastricht University, The Netherlands and Marjon Nadort, VU Medical Center/GGZ Buitenamstel, Amsterdam

Friday 21st July 9am - 11.20am

Workshop 5
Library LT Lib 1
Working with flashbacks linked to type I and Type II trauma
Helen Kennerley and Deborah Lee, Oxford Cognitive Therapy Centre

Workshop 6
Ramphal R0.12
Is the mind/body really able to heal itself?
Irene Tubbs, Chair AREBT

Workshop 7
Ramphal R1.13
Working with Dissociation and Dissociative Identity Disorder
Vivia Cowdrill, Hampshire Partnership NHS Trust, Fiona Kennedy and Janine Day, Isle of Wight Healthcare NHS Trust

Friday 21st July 1.15pm - 3.30pm

Workshop 8
Ramphal R0.14
Using computer and web-based treatments for bulimia
Christopher Williams, University of Glasgow and Ulrike Schmidt, Institute of Psychiatry, South London and Maudsley NHS Trust

Workshop 9
Ramphal R1.15
What's a Nice Therapist like You doing in a Place like This? The Challenge of Delivering CBT Focused Return to Work Programmes Within a Political/Economic Agenda
Simon Dannely, Prisma Health Ltd
In-conference workshops

**Workshop 10**  
Ramphal R0.12  
Cognitive-behavioural strategies for working with difficult and resistant clients  
Wayne Froggatt, New Zealand Centre for Cognitive Behaviour Therapy

**Workshop 11**  
Scarmen Lecture Room 5  
Therapeutic Factors in CBT with Personality Disorders and Complex Trauma  
Claudia Herbert, The Oxford Development Centre Ltd

**Complimentary In-conference Workshops**

In addition the Scientific Committee have this year included within the conference programme, and therefore conference registration, 6 complimentary in-conference workshops (2.5 hours approx.). These workshops will operate on a first come first served basis and will take a maximum of 35 attendees each. Please note that it is only possible to register for one complimentary in-programme in-conference workshop per person. If you wish to attend a complimentary in-conference workshop then you will need to register and collect a ticket on site at the University where there will be a desk in the registration area of the Rootes Building. Please note that we cannot guarantee that you will be able to register for the workshop of your choice. Admission to these complimentary in-conference workshops will be strictly by ticket only.

**Thursday 1.15 – 3.30pm**

**Workshop 12**  
Scarmen Lecture Room 8  
Beyond Simple Techniques in the Treatment of Medically Unexplained Symptoms  
Trudie Chalder, Institute of Psychiatry, London

**Workshop 13**  
Scarmen Lecture Room 10  
Enhancing Exposure Efficacy: Strategies for Improving Anxiety Interventions  
Michael Otto, Center for Anxiety and Related Disorders at Boston University, USA

**Friday 9.00 – 11.20am**

**Workshop 14**  
Scarmen Lecture Room 8  
Anger Assessment and Treatment  
Raymond Novaco, University of California, Irvine, USA

**Workshop 15**  
Scarmen Lecture Room 10  
Focusing on What Works with Mindfulness and Metacognition: An Introduction to the Method of Levels  
Tim Carey, Fife Primary Care Trust, NHS

**Friday 1.15pm – 3.30pm**

**Workshop 16**  
Scarmen Lecture Room 9  
CBT for OCD in Children and Adolescents  
Polly Waite and Catherine Gallop University of Reading

**Workshop 17**  
Scarmen Lecture Room 10  
The Power of Affect: Principles of Emotion-focused Therapy  
Diana Wais, AEDP Institute
The conference schedule

**Wednesday 19th July,**

17.15 - 18.30
Special Invited Address and Panel & Audience Discussion
The Layard Report: Increasing Access to Evidence Based Psychological Treatment

**Thursday 20th July**

9.00 - 11.15
Symposium 1  Bipolar Disorder  
Symposium 2  Modular Treatments for Depression.  
Symposium 3  Real Life CBT for Psychosis  
Symposium 4  The Development of Anxiety Across the Lifespan  
Symposium 5  Remembering Trauma  
Symposium 6  Using Self-help  
Symposium 7  Moving Beyond Diagnosis in Eating Disorder Research  
Symposium 8  Therapist and Patient Factors in the Treatment of Chronic Fatigue Syndrome  
Symposium 9  Life Events, Trauma Impact and Treatment in People with Intellectual Disabilities  
Symposium 10  The Therapeutic Relationship in Complex Cases  

Panel Debate 1  Implementing the NICE Guideline for OCD and BDD  
Open Papers 1  Issues in Enhancing Treatment Delivery  

11.30 - 12.30
Keynote Speaker  Dr Roz Shafran  
Keynote Speaker  Professor Tim Dalgleish  
Keynote Speaker  Dr John Read  
Keynote Speaker  Professor Mark Williams  

13.30 - 15.30
Symposium 11  Recovery Processes and Relapse Prevention in Bipolar Affective Disorder  
Symposium 12  Advances in the Prediction and Treatment of PTSD  
Symposium 13  Systemic aspects of CBT - current research and clinical perspectives  
Symposium 14  Development of Low-intensity, High-volume Psychological Treatments  
Symposium 15  Eating Disorders: Control, Rumination and Other New Avenues  
Symposium 16  Developments in the Application of CBT for People with Intellectual Disabilities  
Symposium 17  Clinical cognition  
Symposium 18  The experience of OCD and its treatment  

Panel Debate 2  The Ethics and Politics of CBT for Psychosis  
Open Papers 2  Impulsivity, Depersonalisation and Anxiety  

13.30 - 18.15
Poster Session  CBT Training, Delivery and Acceptability | Psychosis | Child | Basic Processes | CBT Innovations  

13.15 - 15.30
Workshop 1  Using CBT techniques to supervise CBT therapy  
Workshop 2  When telling stories is helpful, and when it is not  
Workshop 3  Contemporary Rational Emotive Behaviour Therapy  
Workshop 4  Schema-Focused Therapy for Borderline Personality Disorder  
Workshop 12  Treatment of Medically Unexplained Symptoms  
Workshop 13  Enhancing Exposure Efficacy
**The conference schedule**

**15.45 - 16.45**
- Keynote Speaker: Professor Anke Ehlers
- Keynote Speaker: Dr Steven Jones
- Keynote Speaker: Professor Michael Otto

**17.30**
- BABCP AGM: BABCP Members Only

**Friday 21st July**

**9.00 - 11.15**
- Symposium 19: Models and Treatments for Depression Across the Lifespan
- Symposium 20: Cognitive processes in social anxiety: Children, adolescents and young people
- Symposium 21: New Directions in Cognitive Remediation Therapy
- Symposium 22: Social Cognition Across Psychological Disorders
- Symposium 23: Overgeneral Memory: From Marker to Mechanisms
- Symposium 24: Factors Associated with Successful Treatment of Borderline Personality Disorder
- Symposium 25: Measuring Competence in Cognitive Therapy
- Symposium 26: Cognitive Therapy for Individuals at Ultra-high Risk for Psychosis

- Panel Debate 3: Possibilities and Pitfalls of Expanding CBT to Return People to Work
- Open Papers 3: Maternal Mental Health and Psychological Interventions in Childhood

**9.00 - 11.20**
- Workshop 5: Working with flashbacks linked to type I and Type II trauma
- Workshop 6: Is the mind/body really able to heal itself
- Workshop 7: Working with Dissociation and Dissociative Identity Disorder
- Workshop 14: Anger Assessment and Treatment
- Workshop 15: Focusing on What Works with Mindfulness and Metacognition

**11.30 - 12.30**
- Keynote Speaker: Professor Arnoud Arntz
- Keynote Speaker: Professor Richard Morriss
- Keynote Speaker: Professor Trudie Chalder
- Keynote Speaker: Professor Patricia Howlin

**13.30 - 15.00**
- Symposium 27: Interpersonal Processes in Cognitive Therapy for Depression
- Symposium 28: Older Adults: Theoretical Developments and Improvements in Clinical Practice
- Symposium 29: Exploring Users’ Experiences of Psychosis and Recovery
- Symposium 30: Influencing Emotional Vulnerability
- Symposium 31: Experience and Reflection in Cognitive Therapy Training and Consultancy
- Symposium 32: Testing Cognitive Models
- Symposium 33: Psychological Models of Service Delivery in Cardiac Care
- Symposium 34: Disseminating Cognitive Therapy for Anxiety and Related Disorders
- Symposium 37: How To Get Funding To Do Clinical Research
- Symposium 38: Metacognitive Therapy: Application To Anxiety Disorders And Depression

- Open Papers 4: Mechanisms Mediating Psychological Disturbance across Disorders
- Open Papers 5: Evaluating Innovative Applications of CBT

**Workshop 8**
- Using Computer and Web-based Treatments for Bulimia

**Workshop 9**
- Delivering CBT Focused Return to Work Programme

**Workshop 10**
- Cognitive-Behavioural Strategies for Working with Difficult and Resistant Clients

**Workshop 11**
- Therapeutic Factors in CBT with Personality Disorders and Complex Trauma
The Layard Report: 
Increasing Access to Evidence Based Psychological Treatment

The Layard report recommends increasing access to psychological therapies, especially CBT in order to help alleviate the suffering of people with mental health problems. In this invited address Lord Layard will discuss how we can increase access to psychological therapies. Subsequently, panel members will offer comments and views on the implications for the BABCP, training and supervision in CBT, and the limits of the existing evidence base for the treatment of mental health.

Mental Health: Britain's biggest Social Problem
by Richard Layard

Therapy for all on the NHS
by Richard Layard

Panel Members to include
Lord Layard, London together with
David Clark, Institute of Psychiatry, London.
Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centre.
Chris Cullen, President of the BABCP.

This special event is open to all workshop attendees and/or conference delegates.
Thursday

9.00-11.15

Symposium 1  
Scarmen Lecture Room 9  
Current Directions in the Theoretical Developments of the Psychology of Bipolar Disorder  
Convenor & Chair: Matthias Schwannauer, University of Edinburgh

9.00  
Introduction  
Matthias Schwannauer, University of Edinburgh

9.10  
Bipolar Disorders: A Critique of Psychological Theories  
Mick Power, University of Edinburgh

9.40  
A Cognitive Self-Regulatory Model of the Ascent into Mania  
Warren Mansell, University of Manchester

10.10  
Cognitive Processing in Bipolar Disorder  
Clare Lomax, St Mary's Hospital, London

10.40  
TBC  
Richard Bentall, University of Manchester

Symposium 2  
Arts Centre Theatre  
Modular Treatments for Depression: Process and Outcomes  
Convenors: Chris Brewin, University College London and Adrian Wells, University of Manchester  
Chair: Chris Brewin, University College London  
Discussant: Adrian Wells, University of Manchester

9.00  
Rumination, Metacognition and Mood: Change Patterns in Major Depressive Disorder  
Samuel Myers, University of Manchester

9.25  
Metacognitive Therapy for Major Depressive Disorder: Does it work?  
Peter Fisher, University of Manchester

9.50  
Intrusive Memories and Images in Major Depressive Disorder: Background and Phenomenology  
Trishna Patel, University College London

10.15  
Coffee

10.35  
Re-scripting Intrusive Sensory Memories in Depression: Process and Outcome  
Jon Wheatley, University College London

11.00  
Discussion  
Adrian Wells, University of Manchester

Symposium 3  
Arts Centre Conference Room  
Real Life CBT for Psychosis: When it Doesn't Work  
Convenors: Emmanuelle Peters & Craig Steel, Institute of Psychiatry, Kings College London  
Chair: Max Birchwood, University of Birmingham

9.00  
Opening Remarks  
Emmanuelle Peters, Institute of Psychiatry, Kings College London

9.10  
Introduction  
Max Birchwood, University of Birmingham

9.20  
The Challenge of Applying CBT in Secure Environments  
Gill Haddock, University of Manchester

9.50  
Coffee

10.10  
Is Being Difficult to Engage Sufficient Reason For Not Referring?  
David Kington and Holly Kirschen, University of Southampton

10.40  
A Case of Episodic Paranoia  
Peter Kinderman, University of Liverpool

Symposium 4  
Library LT Lib 1  
The Development of Anxiety Across the Lifespan  
Convenor & Chair: Alice Gregory, Goldsmiths College and Institute of Psychiatry, Kings College London

9.0  
Introduction  
Alice Gregory, Institute of Psychiatry, Kings College London

9.05  
Older People and Anxiety  
Imogen Sturgeon-Clegg, North East London Mental Health Trust and City University

9.30  
Juvenile Mental Health Histories of Adults with Anxiety Disorders  
Alice Gregory, Institute of Psychiatry, Kings College London

9.55  
Coffee
Thursday

10.15 The Role of Vicarious Learning in the Development of Childhood Fears
Andy Field, University of Sussex

10.40 Interpretation and Anxiety in Young Children
Cathy Creswell, University of Reading

11.05 Discussion

Symposium 5
Ramphal Lecture Theatre RO.21
Remembering Trauma
Convenor: Tim Dalgleish MRC Cognition and Brain Sciences Unit, Cambridge

9.00 Introduction: The Vicissitudes of Trauma Memories
Tim Dalgleish, MRC Cognition and Brain Sciences Unit, Cambridge

9.05 Recalling, Reliving, or Redundant? The Nature of Trauma Memories in Pre-schoolers, Children, and Adolescents?
Richard Meiser-Stedman, Institute of Psychiatry, Kings College London

9.30 Is Emotional Suppression a Helpful or Unhelpful Form of Affect Regulation When Processing Traumatic Material?
Barnaby Dunn, MRC Cognition and Brain Sciences Unit, Cambridge

9.55 Coffee

10.20 I Don't Want To Go Into the Details: Over-general Autobiographical Remembering in Trauma Survivors as a Form of Affect Regulation
Tim Dalgleish, MRC Cognition and Brain Sciences Unit, Cambridge

10.45 Past lives: Memories From the Personal Past and From the Life of the Deceased in Sufferers of Traumatic (complicated) Grief
Ann-Marie Golden, MRC Cognition and Brain Sciences Unit, Cambridge

Symposium 6
Scarmen Lecture Room 10
Using Self-help: Setting up and Delivering Services in Practice
Convenor & Chair: Chris Williams, University of Glasgow
Discussant: Paul Farrand, University of Plymouth

09.00 Introduction
Chris Williams, University of Glasgow

09.05 Am I Depressed? Doing Well by People with Depression in Scotland
Diane Young, O'Kane, NHS Greater Glasgow & Clyde, Scotland and Katie-Jane O'Kane, NHS Greater Glasgow & Clyde, Scotland

09.30 START: Self-help Treatment Access Resource Team: Take-up and Outcomes
Chris Williams, University of Glasgow

09.55 Using Self-help: Setting Up and Delivering Services in Practice
Ilena Day, National Co-ordinator Depression Alliance Scotland

10.20 What Are Users Views as Regards the Acceptability and Usefulness of ‘Overcoming Depression’ CD Rom
Catriona Kent, University of Glasgow

10.45 Discussion and Questions and Answers from the Audience
Paul Farrand, University of Plymouth

Symposium 7
Library LT Lib 2
Moving Beyond Diagnosis in Eating Disorder Research
Convenor: Hannah Turner, University of Southampton
Chair: Rachel Bryant-Waugh, University of Southampton

9.00 Cognitive-emotional-behavioural Therapy (CEBT) for the Eating Disorders: Working With Beliefs About Emotions
Emma Corstorphine, South West London and St George’s Mental Health NHS Trust & Institute of Psychiatry, Kings College London

9.30 Identifying Clinically Relevant Sub-groups Across the Eating Disorder Population: The Potential Usefulness of Combining Eating Disorder and Psychological Features
Hannah Turner, University of Southampton

10.00 Coffee

10.10 Can People with Anorexia Read Other People’s Minds?
Kate Tchanturia, Institute of Psychiatry, Kings College London

10.40 Narcissism and Narcissistic Defences in the Eating Disorders: Associations with Cognitions, Behaviours and Emotional Processing
Glenn Waller, CNWL Mental Health Trust and Institute of Psychiatry, Kings College London

11.10 Question/Discussion
**Symposium 8**
Scarmen Lecture Room 8

**Therapist and Patient Factors in the Treatment of Chronic Fatigue Syndrome**
Convenors & Chair: Trudie Chalder and Kate Rimes, Institute of Psychiatry, Kings College London

9.00 Testing the CBT Model of CFS: Does it Stack Up?
Rona Moss-Morris, University of Southampton.

9.25 Cognitive and Behavioural Aspects of Fatigue in a Brazilian Population: Cross-Cultural Comparisons
Hyong Jin Cho, Institute of Psychiatry, King's College London.

9.50 Coffee

10.10 Does the Therapeutic Alliance Affect Outcome in the Context of a RCT of CBT Versus Counselling for Chronic Fatigue in Primary Care?
Emma Godfrey, Institute of Psychiatry, King's College London.

10.35 Treating CFS in Primary Care: Which Patients, Which Therapies, Which Therapists?
Alison Wearden, University of Manchester

11.00 General Discussion.

**Symposium 9**
Ramphal RO.04

**Life Events, Trauma Impact and Treatment in People with Intellectual Disabilities**
Convenor: John L Taylor, Northumbria University, Newcastle upon Tyne and Northumberland, Tyne & Wear NHS Trust
Chair: Chris Hatton, University of Lancaster

9.00 The Bangor Life Events Scale for Intellectual Disabilities (BLESID)
Lee Williams, University of Wales, Bangor

9.30 Developing a Measure of the Impact of Traumatic Life Events on Adults with Intellectual Disabilities
Sarah Wigham, University of Lancaster, Tyne & Wear NHS Trust

10.00 Coffee

10.15 Treating Chronic Nightmares of Sexual Assaults
Gail Thomas, Shropshire County Primary Care NHS Trust and University of Birmingham

10.45 Treating PTSD after a Physical Attack: A Case Study
Biza Stenfert Kroese, Shropshire County Primary Care NHS Trust and University of Birmingham

**Symposium 10**
Arts Centre Cinema

**The Therapeutic Relationship in Complex Cases**
Convenor: Paul Gilbert, Mental Health Research Unit Kingsway Hospital, Derby
Chair Mary Welford, Manchester and Salford NHS Trust

9.00 Emotional Schemas and the Therapeutic Relationship
Robert Leahy, Weill-Cornell Medical School and President of the International Association for Cognitive Psychotherapy

9.25 From Safety to Exploration: The Working Alliance in Cognitive Therapy for People with Psychosis
Ian Lowens, University of Manchester

9.55 Coffee

10.10 Shame (and Guilt) in Psychotherapy: The Therapist’s Tale
Thomas Schroder University of Nottingham

10.35 Therapeutic Compassion
Paul Gilbert, Mental Health Research Unit Kingsway Hospital, Derby

11.00 Panel Discussion

**Panel Debate 1**
Arts Centre Arts Centre Studio

**Panel Debate: Implementing the NICE Guideline for OCD and BDD: Increasing the Availability and Quality of Cognitive Behaviour Therapy**
Convenor & Chair: Mark Freeston, University of Newcastle and Newcastle Cognitive Behaviour Therapy Centre

9.00 Mark Freeston, University of Newcastle upon Tyne

9.10 Jo Derisley, Norfolk & Waveney Mental Health Partnership NHS Trust

9.20 Karina Lovell, University of Manchester

9.30 David Veale, North London and the South London and Maudsley Trust

9.40 Gillian Leng, Director of Implementation Systems, National Institute of Health and Clinical Excellence

9.50 Panel Discussion and Question and Answers
Thursday

Open Papers 1
Ramphal Room 14
Issues in Enhancing Treatment Delivery
Chair: Jim White, STEPS Primary Care Mental Health Team, Glasgow NHS

9.05 Using CBT in Routine General Practice
Dale Huey, North Tyneside Primary Care Trust and the University of Newcastle

9.25 Healthy Reading: The Experience of Book Prescription Within a Stepped Care System of Service Delivery
Sandra Johnston, STEPS PCMHT - NHS Greater Glasgow

9.45 CBT Supervision of Psychiatric Trainees. Can a Little Knowledge be a Therapeutic Thing? Critical Review of Experience in a Large Dublin Training Centre
Michael McDonough, St Patrick’s Hospital, Dublin, Ireland

10.05 Coffee

10.25 Patients in Charge: A Naturalistic Investigation of a Patient-led Approach to Treatment in Primary Care
Tim Carey, Fife Primary Care Trust

10.45 The Challenge of Designing a Cognitive Behavioural Focused Group and Engaging People Who Don’t Want to Know!
Nicola Smith, St Andrews Hospital, Northampton

11.30-12.30
Keynote Addresses

Arts Centre Theatre
Dr Roz Shafran
University of Oxford
Beauty and the Beast: The Contribution of Clinical Research to the Understanding and Treatment of Eating Disorders
Chair: Riccardo Dalle Grave, Villa Garda Hospital, Italy

Ramphal Lecture Theatre RO.21
Professor Tim Dalgleish
Medical Research Council Cognition and Brain Sciences Unit, Cambridge
Thinking About the Unthinkable: Cognitive Processing of Traumatic Experiences in Children and Adolescents
Chair: Willem Kuyken, Mood Disorders Centre, University of Exeter

Arts Centre Cinema
Dr John Read
The University of Auckland, New Zealand
The Politics of ‘Schizophrenia’: Understanding and Overcoming the Barriers to a Genuinely Integrated Socio-Psycho-Biological Model of Madness
Chair: Richard Bentall, University of Manchester

Arts Centre Conference Room
Professor Mark Williams
University of Oxford
Psychological Processes and Suicidal Depression
Chair: TBC Philip Spinhoven, Leiden Univeristy, The Netherlands

13.30 – 15.30
Symposium 11
Arts Centre Cinema
Recovery Processes and Relapse Prevention in Bipolar Affective Disorder
Convenor & Chair: Anna Swift, Norfolk & Waveney Mental Health Partnership NHS Trust
Discussant: Anne Palmer, Norfolk & Waveney Mental Health Partnership NHS Trust

1.30 Introduction

1.35 Process and Outcome in Recent Onset Bipolar Disorder
Steven Jones, University of Manchester

2.00 Relapse and Recovery in Bipolar Disorders an 18 month Follow up
Matthias Schwannauer, University of Edinburgh

2.25 Coffee

2.45 An Integrative Cognitive Approach to Working with Bipolar Symptoms
Graeme Reid, Bolton, Salford & Trafford Mental Health Trust

3.05 Mindfulness-based Cognitive Therapy (MBCT) in the Real World
Willem Kuyken & Kat White, University of Exeter

3.25 Questions and Answers
Thursday

Symposium 12
Arts Centre Theatre
Advances in the Prediction and Treatment of PTSD: Applications of a Cognitive Model
Convenor & Chair: Anke Ehlers, Institute of Psychiatry, Kings College London

1.30 Who Develops PTSD Following Assault? A Prospective Investigation into Cognitive Predictors and Mechanisms
   Birgit Klein, Institute of Psychiatry, Kings College London

1.50 Who Develops PTSD and Who is Resilient? Early Predictors in Ambulance Workers
   Jennifer Wild, Institute of Psychiatry, Kings College London

2.10 Coffee

2.30 A Pilot Study of Intensive Cognitive Therapy for Posttraumatic Stress Disorder
   Nick Grey, Centre for Anxiety Disorders and Trauma, London

2.50 Intrusive Memories, Nightmares and Quality of Sleep in PTSD: Patterns and Rates of Improvement in Weekly or
   Intensive Cognitive Therapy for PTSD
   Ann Hackmann, Institute of Psychiatry, Kings College London

3.10 Discussion

Panel Debate 2
Arts Centre Conference Room
Panel Debate: The Ethics and Politics of CBT for Psychosis
Convenors: Craig Steel, Institute of Psychiatry, Kings College London and Robert Dudley, University of Newcastle
Chair: Nick Tarrier, University of Manchester

1.30 Introduction: Nick Tarrier, University of Manchester

1.40 Max Birchwood, University of Birmingham

1.45 Rufus May, University of Bradford

1.50 John Read, University of Auckland, New Zealand

1.55 Richard Bentall, University of Manchester

2.00 Peter Kinderman, University of Liverpool

2.05 Panel Debate

Symposium 13
Library LT Lib 1
Systemic Aspects of Cognitive Behaviour Therapy: Current Research and Clinical Perspectives
Convenor: Anne Stewart, Oxfordshire Mental Healthcare Trust and University of Oxford,
Chair: Nicky Dummett, East Leeds PCT and Sam Cartwright-Hatton, University of Manchester

1.30 Introduction
   Nicky Dummett, East Leeds PCT and Sam Cartwright-Hatton, University of Manchester

1.40 Overview of Research and Limitations of Research
   Sam Cartwright-Hatton, University of Manchester

1.55 Clinical and Research Perspectives on Family Involvement with Primary School Age Children
   Cathy Creswell, University of Reading

2.10 Clinical and Research Perspectives on Family Involvement with the Adolescent Age Group
   Anne Stewart, Oxfordshire Mental Healthcare Trust and University of Oxford

2.25 Family CBT and Systemic Practise: Similarities, Differences and Links
   Andrew Lewis-Smith and Sion Roberts, Wolverhampton City Primary Care Trust

2.40 CBT Self Help with Young People and Families
   Chris Williams, University of Glasgow

2.55 Panel Discussion

Symposium 14
Arts Centre Studio
Developments in the Provision of Low-intensity, High-volume Psychological Treatments
Convenor & Chair: David Richards, University of York

1.30 Introduction to the Role of Low-intensity, High Volume Treatments in the Management of Depression
   David Richards, University of York

1.40 Models of Stepped Care: Evidence From the First UK Trials of Collaborative Care for Depression and Stepped
   Care for Common Mental Health Problems
   David Richards, University of York

2.00 Guided Self-Help: Empirical and Consensus Developments of a protocol for a MRC Complex Interventions
   Platform Trial
   Karina Lovell, University of Manchester

2.20 Coffee

2.40 Behavioural Orientated Treatments for Depression. A Systematic Review
   David Ekers, University of York

3.00 Using the Telephone to Increase Access to Psychological Interventions in Primary Care
   Rachel Horn, University of York
Thursday

Symposium 15
Library Lecture Theatre Lib 2
Eating Disorders: Control, Rumination and Other New Avenues
Convenor & Chair: Douglas Maisey, North Tyneside Primary Care Trust
Discussant: Esther Cohen-Tovee, Newcastle, North Tyneside and Northumbria Mental Health NHS Trust and University of Newcastle Upon Tyne

1.30 Proximal Antecedents to a Perceived Loss of Control Over Eating, Shape and Weight in Women with Eating Disorders: A Descriptive Study Using Semi-Structured Interviews
Emma Ducklin, University of Teesside

2.00 Thoughts About Weight and Shape
Mark Freeston, University of Newcastle & Newcastle Cognitive Therapy Centre

2.30 Coffee

2.45 A Study Investigating the Content and Process Features of Ruminative Thinking in Women with Eating Disorders
Tracy Belshaw, Newcastle Cognitive and Behavioural Therapies Centre

3.15 Discussion
Esther Cohen-Tovee, Newcastle, North Tyneside & Northumberland Mental Health Trust

Symposium 16
Ramphal Room.04
Developments in the Application of CBT for People with Intellectual Disabilities
Convenor: John L Taylor, Northumbria University, Newcastle upon Tyne and Northumberland, Tyne & Wear NHS Trust
Chair: Raymond W Novacco, University of California, Irvine, USA

1.30 CBT for People with Intellectual Disabilities and Mental Health Problems: A Review of the Evidence
John L Taylor, Northumbria University, Newcastle upon Tyne and Northgate & Northumberland, Tyne & Wear NHS Trust

2.00 Biopsychosocial Case Formulation for People with Intellectual Disabilities and Mental Health Problems: Evaluation of and Introductory Workshop for Direct Care Staff
Barry Ingham Northumberland, Tyne & Wear NHS Trust and University of Newcastle upon Tyne

2.30 Further Developments in the Adaptation of Cognitive Therapy for Detained Women with Intellectual Disabilities and Personality Disorders.
Melanie McKenna, Northumberland, Tyne & Wear NHS Trust

3.00 When Not to use CBT with People with Learning Disabilities
Biza Stenfert Kroese, Shropshire County PCT and University of Birmingham

Symposium 17
Ramphal Room.14
Clinical Cognition: New Developments in Our Understanding of Interpretation, Attention and Working Memory
Convenor & Chair: Colette Hirsch, Institute of Psychiatry, King’s College London

1.30 Introduction
Colette Hirsch, Institute of Psychiatry, King’s College London

1.35 Anxiety and the Resolution of Ambiguity
Anne Richards, Birkbeck College, University of London

1.55 Attentional and Interpretive Biases: Independent Dimensions of Individual Difference or Expressions of a Common Selective Processing Mechanism?
Bronwyn Raykos, Institute of Psychiatry, King’s College London

2.15 Coffee

2.40 Why Worry Persists: A Novel Task to Assess Working Memory Capacity in Worry
Sarra Hayes, Institute of Psychiatry, Kings College London

3.00 Working Memory and PTSD in Ambulance Workers Exposed to the London Bombings of 7th July
Jennifer Wild, Institute of Psychiatry, Kings College London

Symposium 18
Ramphal Lecture Theatre R0.21
The Experience of OCD and its Treatment
Convenors: Victoria Bream and Paul Salkovskis, Institute of Psychiatry, Kings College London

1.30 Intensive (5 day) CBT for OCD
Victoria Bream, Institute of Psychiatry, Kings College London

1.50 Client Perspectives on Intensive and Standard CBT for OCD
Anna Brevan, Institute of Psychiatry, Kings College London

2.10 Mothers with OCD
Fiona Challacombe, Institute of Psychiatry, Kings College London

2.30 Therapist’s Bag of Tricks for Paediatric OCD
Linda Atkinson, Institute of Psychiatry, Kings College London

2.50 Client Experiences of Therapy for Treatment Resistant OCD
Blake Stobie, Centre for Anxiety Disorders & Trauma, The Maudsley Hospital

3.10 Beyond the NICE guidelines: Where and What Next?
Paul Salkovskis, Institute of Psychiatry, Kings College London
Thursday

Open Papers 2
Ramphal R1.15
Impulsivity, Depersonalisation and Anxiety: Implications for CBT
Chair: Thorsten Barnhofer, University of Oxford

9.05 Cognitive and Behavioural Dimensions of Impulsivity: Implications for Cognitive Behavioural Psychotherapy
Sirous Mobini, University of Sussex

9.25 Cognitive Biases in Depersonalisation Disorder
Elaine Hunter, South London and Maudsley NHS Trust & Institute of Psychiatry

9.45 Using Implementation Intentions to Modify Attentional Biases in Social Anxiety
Thomas Webb, University of Manchester

10.05 Coffee

10.25 Cognitive Behavioural Therapy for Generalised Anxiety Disorder Following Traumatic Brain Injury: A Single Case Study
Graham Terry, Nottingham Traumatic Brain Injury Service

10.45 Cognitive Behavioural Therapy for Torture Survivors: The Case for Therapeutic Pragmatism: Three Case Reports
Stephen Regel, Traumatic Stress Service, Nottinghamshire Healthcare NHS Trust

1.30 pm – 6.15pm
Poster Session
Mead Gallery, Warwick Arts Centre

CBT Training, Delivery and Acceptability

Power and Therapy: Does it matter?
Matthew Cole, The Retreat, York

A Report on SPIRIT (Structured Psychosocial Interventions in Teams): Training Practitioners in the Use of Self-help Workshops to Treat Common Mental Health Problems
Gillian Crawford and Sally McVicar, NHS Greater Glasgow

Challenges and Issues Related to Providing CBT Training in Multi/diverse Professions
Karin Foran, Newcastle Cognitive and Behavioural Therapies Centre

CBT Based Self-help Clinic in a Primary Care Setting: Who Benefits? Preliminary Findings of a Six Month Pilot Study
Karen Kearley, University of Oxford, Jericho Health Centre

A Systematic Review of Self-help for Anxiety
Evan Mayo-Wilson, University of Oxford

Service User Satisfaction with CBT for Psychotherapy
Helen Miles, Institute of Psychiatry, Kings College London and South London & Maudsley NHS Trust

Possible Causes of Early Termination of Cognitive Behaviour Interventions in Treating Depression
Alberto Salmoraghi, University of Liverpool

A Pilot Evaluation of CBT Formulation Workshops for Mental Health Teams
Stefan Schuller, Oxford Doctoral Course in Clinical Psychology

The Challenge of a Psychological Therapies Service in an Acute Inpatient Setting
Hannah Wilson, Hampshire Partnership NHS Trust

Psychosis

Psychosis Attachment Measure: An Investigation of Attachment Styles, Interpersonal Functioning and Psychosis
Katherine Berry, University of Manchester and Bolton, Salford and Trafford Mental Health Trust

Self-esteem in Psychosis
Joanne Cater, Clinical Psychology Course, University of Manchester

Positive and Negative Experiences of Voice Hearing in People with First Episode Psychosis, Treatment Resistant Psychosis and in People With Spiritual Beliefs
Robert Dudley, University of Newcastle

Reasons for Substance Use in Schizophrenia: A Q Methodological Investigation
Lynsey Gregg, University of Manchester

The Effects of PTSD on Suicidal Ideation, Plans and Behaviour in Individuals with Schizophrenia and Co-Morbid Substance Use Disorder*
Alicia Picken, University of Manchester

The Brain And Interpersonal Behaviour In Schizophrenia: A Functional MRI Study of the Effect Of Relatives’ Criticism: A Preliminary Study
Nicholas Tarrier, University of Manchester

Core Beliefs and Recovery from Psychosis: An Exploration of the Role of Schemas
Christopher Taylor, University of Edinburgh & NHS Lothian Primary & Community Division

Child

"Beep Beep Don't Hit My Car" Treating PTSD in a Five Year Old Following a Road Traffic Accident
Allan Brownrigg, Northumbria University

A Pilot Study of Cognitive Influences of Anxiety, Depression and Sleep Problems
Philippa Carter, Institute of Psychiatry, Kings College London

‘Elephants Under the Carpet’: A Cognitive Behavioural Rationale for the Use of Metaphor in Child CBP Using ICS
Margot Levinson, University of Derby
CBT for Children and Adolescents: An Introductory Course 2004-2005
Sarah Walker, Newcastle CBT Centre, Newcastle, North Tyneside & Northumberland Mental Health NHS Trust

Factors Predicting Adjustment in Children of Parents with Spinal Cord Injury
Karen Wright, Department of Child and Adolescent Psychiatry, Milton Keynes

Basic Processes

Reasons for Entrapment in Depression
Thomas Christodoulides, South of Tyne and Wearside Mental Health NHS Trust

Confirmatory Factor Analysis of a 5 Factor Mindfulness Questionnaire
Danielle Duggan, University of Oxford

Psychological Predictors of Attitudinal and Psychophysiological Responses to Disfigurement. A Comparison of Sufferers of Visible Skin Conditions and Matched Controls
Tracey Grandfield, University of Sheffield

Do Females with Bulimia Nervosa and Eating Disorder Not Otherwise Specified Have Selective Memory Biases?
Emma Griffith, University of Exeter

The Relation Between Intolerance of Uncertainty and Attentional Biases
Nicole Heinecke, Concordia University, Canada

Analysis of Overgeneral and Contextual Thoughts and Memories of Never, Formerly and Currently Depressed Students
Natalie Jacoby, University College London

Latent Structure of Dieting Among Japanese High School Adolescent Girls: A Latent Class Analysis
Yuko Kachi, The University of Tokyo, Japan

Assessing Implicit Self-esteem in Sub-clinical Depression and the Effects of Subliminal Evaluative Conditioning
Adhip Rawal, University of Oxford

An Investigation into Illness Perceptions of Breast Cancer Patients and Their Spouses: Do Their Perceptions, and the Congruence Within Couples, Effect Psychological Adjustment?
Zoe Rivers, University of Liverpool

Factor structure, Reliability and Validity of the Meta-cognitions Questionnaire-30 in a Turkish Sample
Adviye Esin Yilmaz, Abant Izzet Baysal University, Turkey

CBT Innovations

Implementing Cognitive Behavioural Therapy in Vocational Rehabilitation with the Severely Mentally Ill
James Binnie, South London & Maudsley NHS Trust, Kings College London

Group Behavioural Activation for Depression
Joseph Curran, Sheffield Care Trust

The Use of Danger Ideation Reduction Therapy (DIRT) in Severe, Chronic, Resistant Obsessive Compulsive Disorder
Lynne Drummond, St George’s, University of London

A Naturalistic Study of Specialised Inpatient Treatment for Severe, Chronic, Resistant Obsessive Compulsive Disorder (OCD).
Lynne Drummond, St George’s, University of London

Group CBT for Heterogeneous Anxiety Disorders
David Erickson, Royal Columbian Hospital, British Columbia, Canada

Holistic Approach to Bipolar Affective Disorder: Using CBT to Achieve This!
Klaus Dieter Schulzewolter, North Warwickshire Primary Care Trust

Developing a Cognitive-behavioural Conceptual Model to Explain the Development of Post-traumatic Stress Disorder (PTSD).
Donna Swinden, Nottinghamshire Healthcare NHS Trust

The Complexity of Treating PTSD Symptoms
Vito Zepinic, The Psychology Clinic, New South Wales, Australia

1.15pm - 3.30pm

In-Conference Workshops - Extra charge

Workshop 1
Ramphal Room 12
Using CBT Techniques to Supervise CBT Therapy
Maggie Gray, Cullen Centre, Royal Edinburgh Hospital and Forbes Craig, Insight Associates in Training

Workshop 2
Ramphal Room 1.15
When Telling Stories is Helpful, and When it is Not
Gillian Butler, Oxford Cognitive Therapy Centre, and Oxfordshire Mental Health Care NHS Trust

Workshop 3
Ramphal Room R3.41
Contemporary Rational Emotive Behaviour Therapy. Theoretical and Clinical Advancements
John Blackburn, Specialist Psychotherapy Services, Sheffield Care Trust
Thursday

Workshop 4
Scarmen Lecture Room 9
Schema-Focused Therapy for Borderline Personality Disorder
Arnoud Arntz, Maastricht University, The Netherlands and Marjon Nadort, VU Medical Center/GGZ Buitenamstel, Amsterdam

1.15pm - 3.30pm

In-Conference Workshops - Complimentary

Workshop 12
Scarmen Lecture Room 8
Beyond Simple Techniques in the Treatment of Medically Unexplained Symptoms
Trudie Chalder, Institute of Psychiatry, Kings College London

Workshop 13
Scarmen Lecture Room 10
Enhancing Exposure Efficacy: Strategies for Maximising Safety Learning
Michael Otto, Center for Anxiety and Related Disorders at Boston University, USA

15.45-16.45

Keynote Addresses

Arts Centre Theatre
Professor Anke Ehlers
Institute of Psychiatry, Kings College London, London
A Cognitive Model of Posttraumatic Stress Disorder: Theory and Therapy
Chair: Nick Grey, Centre for Anxiety Disorders & Trauma and Institute of Psychiatry, Kings College London

Ramphal Lecture Theatre R0.21
Professor Steven C Hayes
University of Nevada, USA
Acceptance and Commitment Therapy: Current State of the Evidence
Chair: Mark Webster, Psychotherapist (UKCP), SWEST, Bournemouth

Arts Centre Conference Room
Dr Steven Jones
University of Manchester
Psychosocial Factors in Bipolar Disorder: Instability, Internal Appraisals and Implications for Therapy.
Chair: Richard Morriss, University of Liverpool

Arts Centre Cinema
Professor Michael Otto
Center for Anxiety and Related Disorders at Boston University, USA
Enhancing Cognitive-Behavior Therapy: Strategies Emerging from Translational Research
Chair: Warren Mansell, University of Manchester

17.30

Arts Centre Conference Room
BABCP Annual General Meeting

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### Friday

#### 9.00-11.15

**Symposium 19**  
Arts Centre Theatre  
**Models and Treatments for Depression Across the Lifespan**  
Convenor & Chair: Stephen Barton, University of Newcastle

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<td>Early Intervention with Treatment-resistant Depression</td>
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<td>Stephen Barton, Newcastle University &amp; Newcastle CBT Centre</td>
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<td>9.30</td>
<td>Improving Outcomes in CBT for Depression: Process-outcome Research</td>
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<td>Willem Kuyken, Mood Disorders Centre, University of Exeter</td>
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<td>Anne Garland</td>
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<td>10.30</td>
<td>Depression in Older Adults</td>
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<td>Ken Laidlaw, University of Edinburgh</td>
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<td>11.00</td>
<td>Discussion</td>
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<td>Peter Armstrong, Newcastle CBT Centre</td>
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**Symposium 20**  
Arts Centre Studio  
**Cognitive Processes in Social Anxiety: Evidence in Children, Adolescents and Young People**  
Convenor and Chair: Lusia Stopa, University of Southampton  
Discussant: Sam Cartwright-Hatton, University of Manchester

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<td>9.05</td>
<td>Can Clark And Wells’ (1995) Cognitive Model of Social Phobia be Applied to Young People?</td>
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<td>Freda Mcmanus, Oxford Cognitive Therapy Centre</td>
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<td>9.25</td>
<td>Social Anxiety and Self-Evaluation of Social Performance in a Non-Clinical Sample of Children</td>
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<td>Julie Morgan, University of Sussex</td>
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<td>9.45</td>
<td>Using Facial Expressions of Emotion to Explore Interpretation and Attentional Information Processing Biases in Children with Increased Social Anxiety</td>
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<td>Julie A. Hadwin, University of Southampton</td>
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<td>10.25</td>
<td>Interpretative Biases in Social Anxiety: Does Social Anxiety Influence the Way in Which Adolescents Interpret Ambiguous and Mildly Negative Social Events?</td>
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<td>Lusia Stopa, University of Southampton</td>
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<td>10.55</td>
<td>Self-appraisal and Post-event Processing in Young Adults</td>
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<td>Laura Dannahy, Hampshire Partnership Trust</td>
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**Symposium 21**  
Ramphal Room 0.04  
**New Directions in Cognitive Remediation Therapy**  
Convenor: Clare Reeder, Institute of Psychiatry, King’s College London  
Chair & Discussant: Til Wykes, Institute of Psychiatry, King’s College London

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<td>Til Wykes, Institute of Psychiatry, King’s College London</td>
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<td>9.10</td>
<td>The Impact of Executive and Memory Improvements Following Cognitive Remediation Therapy (CRT) on Social Functioning and Symptoms: A Role for Metacognition</td>
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<td>Clare Reeder, Institute of Psychiatry, King’s College London</td>
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<td>9.30</td>
<td>Cognitive Remediation Therapy and Cognitive Behavioural Therapy in Chronic Schizophrenia</td>
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<td>Rafael Penades, Institute of Neuroscience, Hospital Clinic, Barcelona</td>
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<td>9.50</td>
<td>Cognitive Remediation Therapy for Anorexia Nervosa</td>
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<td>Kate Tchanturia, Institute of Psychiatry, King’s College London</td>
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<td>10.30</td>
<td>Facilitating More Benign Cognitive Biases and the Amelioration of Anxiety and Worry</td>
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<td>Colette Hirsch, Institute of Psychiatry, King’s College London</td>
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**Symposium 22**  
Ramphal Lecture Theatre R0.21  
**Social Cognition Across Psychological Disorders: Research Innovations and Clinical Implications**  
Convenor & Chair: Warren Mansell, University of Manchester

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<td>Face Processing Biases in Social Anxiety</td>
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<td>Matthew Garner, University of Southampton</td>
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<td>9.30</td>
<td>Selective Attention and Recognition Memory for Faces in Body Dysmorphic Disorder</td>
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<td>Martin Anson, Institute of Psychiatry, King’s College London</td>
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<tr>
<td>9.55</td>
<td>Coffee</td>
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10.10 Theory of Mind in Schizophrenia: Early Work and Recent Developments
Rhiannon Corcoran, University of Manchester

10.35 Social Cognition in Bipolar Disorder and Individuals with Hypomanic Personality
Warren Mansell, University of Manchester

11.00 Discussion

Symposium 23
Ramphal Room 1.15
Overgeneral Memory: From Marker to Mechanisms
Convenors and Chairs: Thorsten Barnhofer and Catherine Crane, University of Oxford
Discussant: Mark Williams, University of Oxford

9.00 The Endorsement of Dysfunctional Attitudes is Associated with an Impaired Retrieval of Specific Autobiographical Memories in Response to Matching Cues
Philip Spinhoven, Leiden University, The Netherlands

9.20 Failures to Retrieve Specific Memories and Dysfunctional Schemata: An Investigation of The "Capture" Error Hypothesis
Thorsten Barnhofer, University Of Oxford

9.40 A Sentence Completion Procedure as an Alternative to the Autobiographical Memory Test for Assessing Overgeneral Memory in Non-Clinical Populations
Filip Raes, University of Leuven, Belgium

10.00 Cue Self-Relevance Affects Autobiographical Memory Specificity in Individuals with a History of Major Depression
Catherine Crane, University of Oxford

10.20 How Recollecting States and Events Might Contribute to Overgeneral Memory in Depression
Phil Barnard, Cognition and Brain Sciences Unit, University of Cambridge

10.40 Discussion
Mark Williams, University of Oxford

Panel Debate 3
Arts Centre Conference Room
Possibilities and Pitfalls of Expanding CBT to Return People to Work
Chair: Chris Williams, University of Glasgow

9.00 Introduction: Chris Williams, University of Glasgow

9.05 Simon Darnley, Prisma Health Ltd

9.15 Trudie Chalder, Institute of Psychiatry, Kings College London

9.25 Graham Turpin, Division of Clinical Psychology, British Psychological Society

9.35 Panel Discussion

Symposium 24
Arts Centre Cinema
Factors Associated with Successful Treatment of Borderline Personality Disorder: Spin-offs of the Dutch Multicentre Trial Comparing Schema Therapy with Transference-Focused Psychotherapy
Convenor: Arnoud Arntz, University of Maastricht, The Netherlands

9.05 Information Processing Changes and Treatment Effects in BPD.
Simkje Sieswerda & Arnoud Arntz, University of Maastricht, The Netherlands

9.30 Cost-effectiveness of SFT and TFP for BPD
Thea van Asselt, University Hospital Maastricht

9.55 The Implementation of Schema Focused Therapy for the Borderline Personality Disorder in Regular Psychiatry
Marjon Nadort, Free University of Amsterdam, The Netherlands

10.20 Central and Peripheral Emotional Responses in BPD and Changes Due to Treatment: A Fmri Study
Arnoud Arntz, University of Maastricht, The Netherlands

10.45 The Therapeutic Alliance in Schema Focused Therapy and Transference Focused Psychotherapy for Borderline Personality Disorder
Philip Spinhoven, Leiden University, The Netherlands

11.10 Discussion

Symposium 25
Library Lecture Theatre Lib 2
Measuring Competence in Cognitive Therapy
Convenor & Chair: Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centre
Chair: Mary Shinner, Salford Cognitive Therapy Training Centre

9.05 Measuring Competence in Cognitive Therapy: Background, Context and Issues
Mary Shinner, Salford Cognitive Therapy Training Centre

9.15 A Fair Deal? Inter-Rater Reliability for Assessments of Clinical Competence on the York CBT Course
Mark Latham, University of York

9.35 Assessing the Competence of Cognitive Therapy Trainees: The Influence of Measurement Error and its Effect on Reliability
Andrew Keen, University of Aberdeen
Friday

10.00  Reliability of Assessment of Therapist Competency: A Prospective Study
Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centre

10.10  Discussion

Symposium 26
Library Lecture Theatre 1
Cognitive Therapy for Individuals at Ultra-High Risk for Psychosis: Keeping it Real
Convenor: Paul Tabraham, Institute of Psychiatry, Kings College London
Chair: Max Birchwood, University of Birmingham

9.00  Potential Pitfalls in The Provision of CBT to Individuals at Ultra High Risk of Psychosis
Paul Tabraham, Institute of Psychiatry, Kings College London

9.25  Early Detection: The Misnomer of the False Positive
Amanda Skeate, Early Detection & Intervention Team (ED:IT) Birmingham UK

9.50  Targeting Safety Behaviours in Cognitive Therapy For Individuals at Ultra-High Risk of Psychosis
Samantha Bowe, Bolton, Salford and Trafford Mental Health Trust

10.15  Discussion
Max Birchwood, University of Birmingham

10.40  Coffee

Open Papers 3
Ramphal Room 0.14
Maternal Mental Health and Psychological Interventions in Childhood
Chair: James Murray, Health and Social Services Department, Guernsey

9.05  An Exploration of Negative Thoughts as a Normal Phenomenon After Childbirth
Anja Wittkowski, University of Manchester.

9.25  The Relationship Between Theory of Mind and Executive Functioning to Maternal Recognition of Infant Cues and Bonding
Anja Wittkowski, University of Manchester.

9.45  Evaluation of a Stepped Care Service for Perinatal Mental Health
Anne Joice, STEPS Primary Care Mental Health Team, Glasgow

10.05  The Effects of Mindfulness Meditation Practice on Behaviour and Attention In A Primary Classroom
Suzi Iyadurai, Reading Educational and Child Psychology Service

10.25  Using TV and Films Within Cognitive Behavioural Therapy with Children and Adolescents
James Murray, Health and Social Services Department, Guernsey

10.45  Diabetes, Depression and Adolescent Issues: Can CBT Help?
Alan Brownrigg, University of Northumbria

9am - 11.20am

In-Conference Workshops - Extra charge

Workshop 5
Scarmen Lecture Theatre 9
Working with Flashbacks Linked to Type I and Type II Trauma
Helen Kennerley and Deborah Lee, Oxford Cognitive Therapy Centre

Workshop 6
Ramphal Room 0.12
Is the Mind/body Really Able to Heal Itself
Irene Tubbs, Chair Association for Rational Emotive Behaviour Therapy

Workshop 7
Ramphal Room 1.13
Working with Dissociation and Dissociative Identity Disorder
Vivia Cowdrill, Hampshire Partnership NHS Trust, Fiona Kennedy and Janine Day, Isle of Wight Healthcare NHS Trust

9am - 11.20am

In-Conference Workshops - Complimentary

Workshop 14
Scarmen Lecture Room 8
Anger Assessment and Treatment
Raymond Novaco, University of California, Irvine, USA

Workshop 15
Scarmen Lecture Room 10
Focusing on What Works with Mindfulness and Metacognition: An Introduction to the Method of Levels
Tim Carey, Stratheden Hospital, Scotland
Friday

11.30-12.30

Keynote Addresses

Ramphal LT RO.21

Professor Arnoud Arntz
Maastricht University, The Netherlands
Schema-focused Therapy of Borderline Personality Disorder is Effective and Cost Effective: Results of a Multicentre Randomised Controlled Trial
Chair: Mark Freeston, Newcastle Cognitive Therapy Centre

Arts Centre Theatre

Professor Richard Morriss
University of Liverpool
Psychological Management of Bipolar Disorder and Recurrent Depression: Service, Delivery and Integration with Psychiatric Care
Chair: Steven Jones, University of Manchester

Arts Centre Cinema

Professor Trudie Chalder
Institute of Psychiatry, Kings College London
'I Will Not Change My Old Mumpsimus For Your New Sumpsimus': Treatment of Medically Unexplained Symptoms
Chair: Chris Williams, University of Glasgow

Arts Centre Conference Room

Professor Patricia Howlin
Institute of Psychiatry, Kings College London
The Evidence Base for Behavioural Therapies for Individuals with Autism Spectrum Disorders
Chair: Cathy Creswell, University of Reading

13.30 – 15.30

Symposium 27
Library LT Lib 1
Interpersonal Processes in Cognitive Therapy for Depression
Convenor & Chair: Gillian Hardy, University of Sheffield
Discussant: Steven Jones, University of Manchester

1.30 Predicting Premature Termination and Poor Outcome
Sari Saatsi, University of Manchester

2.00 Ruptures and Rupture Repair in CBT
Sue Llewelyn, University of Oxford

2.30 Therapeutic Alliance and Cognitive Change
Stephen Barton, University of Newcastle, Newcastle CBT Centre

3.00 Discussion
Steven Jones, University of Manchester

Symposium 28
Arts Centre Studio
Older Adults: Theoretical Developments and Improvements in Clinical Practice
Convenor: Gwyn Higginson, North Staffordshire Combined Healthcare NHS Trust. Co-facilitator BABCP Special Interest Group Older Adults
Chair: Grainne Sheridan, Nottingham NHS Trust. Co-facilitator BABCP Special Interest Group Older Adults

1.30 Introduction
Grainne Sheridan, Nottingham NHS Trust. Co-facilitator BABCP Special Interest Group Older Adults

1.35 Exploring The Issue of Focality in Cognitive-Behaviour Therapy with Older People
Chris Clarke, Humber Mental Health Teaching NHS Trust & University Of Hull

1.55 An Investigation Of The Phenomenon Of Worry In A Clinical Sample Of Older Adults, Using A Semi-Structured Interview
Gillian Bowie, South of Tyne And Wearside Mental Health NHS Trust

2.15 Training Multi-Disciplinary Staff to Run Group CBT for Older Adults
Vivien Isaac, Western Community Hospital, Hampshire Partnership NHS Trust

2.45 Coffee

2.45 Regret as a Focus for Cognitive Therapy with Older People
Steve Davies, University of Hertfordshire

3.05 Applying CBT Formulations In Nursing Care Settings
Ian James, Centre For The Health Of The Elderly, Newcastle General Hospital

3.25 Questions and Closing Remarks
Gwyn Higginson, North Staffordshire Combined Healthcare NHS Trust. Co-Facilitator BABCP Special Interest Group Older Adults
Symposium 29
Arts Centre Cinema
Exploring Users’ Experiences of Psychosis and Recovery: Qualitative Approaches
Convenor: Heather Laithwaite, The State Hospital
Chair: Andrew Gumley, The University of Glasgow
Discussant: Matthias Schwannauer, The University of Edinburgh

1.30 The Interpersonal Self in Early-Onset Psychosis: A Grounded Theory Analysis
Emily Taylor, University of Edinburgh

1.50 An Experiential Perspective on Persecutory Paranoia: A Grounded Theory Construction
Tom Boyd, University of Glasgow

2.10 Sense of Self, Adaptation and Recovery in Patients with Psychosis in High Security NHS Settings
Heather Laithwaite, The State Hospital, Carstairs, Scotland

2.30 Coffee

2.50 Researching Recovery from Psychosis: A User Led Project
Liz Pitt, Bolton, Salford and Trafford Mental Health

3.10 Discussion
Matthias Schwannauer, The University of Edinburgh

Symposium 30
Ramphal LT R0.21
Influencing Emotional Vulnerability: ‘Training’ Interpretational Style
Convenor & Chair: Jenny Yiend, University of Oxford
Discussant: Jenny Yiend, University of Oxford

1.30 Introduction
Jenny Yiend, University of Oxford

1.40 Facilitating a More Benign Interpretation Bias in High Worriers: Effects on Worry Persistence
Sarra Hayes, Institute of Psychiatry, Kings College London

2.05 Inducing Interpretative Biases: “Training” Clinical Perfectionism
Anna Coughtrey, University of Oxford

2.30 Modifying Anxiety Vulnerability By ‘Training’ an Interpretive Bias: Success May Depend on Gender and Active Generation Methods
Laura Hoppitt, MRC Cognition and Brain Sciences Unit, Cambridge

2.55 Validating the Cognitive Effects of Interpretation Bias Training
Kathryn Lester, Department of Psychiatry, University of Oxford

3.20: Summary and Discussion
Jenny Yiend, University of Oxford

Symposium 31
Arts Centre Theatre
Experience and Reflection in Cognitive Therapy Training and Consultancy
Convenors: James Bennett-Levy, Oxford Cognitive Therapy Centre and Mark Freeston, Newcastle Cognitive Therapy Centre
Chair: James Bennett-Levy, Oxford Cognitive Therapy Centre

1.30 What Can Therapists Learn About Other People’s Anxieties From Their Own?
Mark Freeston, Newcastle Cognitive Therapy Centre

1.50 Learning CBT From The Perspective of Another Model
Frank Wills, University of Wales, Newport

2.10 Coffee

2.30 Evaluation of an Experiential Learning Model of CBT Based Consultancy To Teams
Great Yarmouth and Waveney Assertive Outreach Team, Norfolk and Waveney Mental Health Partnership NHS Trust

2.50 Enhancing CBT Training and Skills Utilization Through Reflection
James Bennett-Levy, Oxford Cognitive Therapy Centre

3.10 Discussion

Symposium 32
Library LT Lib 2
Convenor: Nick Hawkes, Barnet, Enfield and Haringey Mental Health NHS Trust
Chair: Gary Brown, Royal Holloway, University of London

1.30 Introduction
Gary Brown, Royal Holloway, University of London

1.35 Process Validity: An Empirical and Theoretical Investigation of Anxiety-Related Cognitive Behavioural Questionnaires
Nick Hawkes, Barnet, Enfield and Haringey Mental Health NHS Trust

1.55 Development of a Self-report Measure to Assess Attitudes to Planning for the Future.
Andrew MacLeod, Royal Holloway, University of London

2.15 Coffee
2.25 The Hypomanic Attitudes and Positive Predictions Inventory (HAPPI): The Development and Validation of a Scale to Aid in Cognitive Therapy for Bipolar Disorder  
Warren Mansell, University of Manchester

2.45 The Development of a Scale to Assess Beliefs About Emotions  
Sara Tai, University of Manchester

3.05 Fear of Fear and Anxiety Sensitivity: Are they what you think they are?  
Nick Hawkes, Barnet, Enfield and Haringey Mental Health NHS Trust

3.25 Closing Discussion

**Symposium 33**  
Ramphal R1.15  
Psychological Models of Service Delivery in Cardiac Care  
Convenor: Jo White, King's College Hospital, London

1.30 Introduction  
Jo White, King's College Hospital, London

1.35 The Effect of Structured Informational Care in Patients with Non-cardiac Chest Pain  
Tammy Lennox, Tees, Esk and Wear Valleys NHS Trust

2.00 The Hypertension Self-management Project  
Graeme Gillespie, Northumbria Healthcare NHS Trust

2.25 Developing a Psychology Service for Cardiac Rehabilitation  
Paul Sigel, South London & Maudsley NHS Trust

2.50 Men's Experience of Heart Attack: A Qualitative Study  
Jane Hutton, South London and Maudsley NHS Trust

3.15 Discussion

**Symposium 34**  
Arts Centre Conference Room  
Disseminating Cognitive Therapy for Anxiety and Related Disorders  
Convenor: David M. Clark, Institute of Psychiatry, Kings College London

1.30 Introduction  
David M. Clark, Institute of Psychiatry, Kings College London

1.35 Disseminating Cognitive Therapy for Panic Disorder in Primary Care  
Nick Grey, Institute of Psychiatry, Kings College London

1.53 A Danish Evaluation of Cognitive Therapy for Hypochondriasis  
Paul M. Salkovskis, Institute of Psychiatry, Kings College London

2.11 A Swedish study of Individual Cognitive Therapy for Social Phobia  
David M Clark, Institute of Psychiatry, Kings College London

2.29 Cognitive Therapy for Post-traumatic Stress Disorder in the Context of Terrorism and Other Civil Conflict in Northern Ireland  
Michael Duffy, Northern Ireland Centre for Trauma and Transformation & University of Ulster

2.46 Discussion

**Open Papers 4**  
Ramphal Room 1.13  
Mechanisms Mediating Psychological Disturbance across Disorders  
Chair: Yvonne Linney, West London Mental Health Trust & Caroline Brett, Canterbury Christ Church University College

1.35 Introducing the Appraisals of Anomalous Experiences Interview  
Caroline Brett, Canterbury Christ Church University College

1.55 The Psychological Processes Underlying Symptoms of Thought Interference in Psychosis  
Yvonne Linney, West London Mental Health Trust

2.15 To What Extent are Checking and Avoidance Behaviours Relating to Body Appearance Concerns Mediated by Importance of Attractiveness in Self Worth  
Ellen Vale, Newcastle University And Newcastle, North Tyneside and Northumberland Mental Health NHS Trust

2.35 Coffee

2.50 To What Extent are Religiosity and Thought-Action Fusion Associated with Obsessive-Compulsive Symptoms?  
Nicola Wright, Newcastle University and Newcastle, North Tyneside And Northumberland Mental Health Trust

3.10 Vulnerability to Depression and Emotional Processing  
Stella Chan, University Of Oxford

**Open Papers 5**  
Ramphal RO.04  
Evaluating Innovative Applications of CBT  
Chair: Ricardo Dalle Grave, MD, Department of Eating and Weight Disorder, Villa Garda Hospital, Italy

1.35 A Randomised Controlled Trial of Cognitive Behavioural Therapy for Perfectionism  
Caroline Riley, Institute of Psychiatry, Kings College London

1.55 A Preliminary Randomised Controlled Trial or Aa Cognitive Behavioural Group Intervention Versus Waitlist Control for Women with Mayer-Rokitansky-Kuster-Hauser Syndrome  
Jacoline Heller-Boersma, Queen Charlotte’s & Chelsea Hospital & City University, UK
2.15  How Can We Improve Outcomes for People with Obesity? A Combination of Cognitive-Behavioural, Dietetic and Physiotherapy Interventions: The Healthy Living Project
   Esther Cohen-Tovee, Newcastle, North Tyneside & Northumberland Mental Health Trust

2.35  Coffee

2.50  Effectiveness and Efficiency in a Stepped Care Primary Care Service: Comparing CBT and Person Centred Counselling
   Jim White, STEPS Primary Care Mental Health Team, Glasgow NHS

3.10  Co-Therapist Role in Therapy of Panic Disorder
   Vito Zepinic, The Psychology Clinic, New South Wales, Australia

1.15pm - 3.30pm
In-Conference Workshops - Extra charge

Workshop 8
Ramphal Room 0.14
Using Computer and Web-based Treatments for Bulimia
Christopher Williams, University of Glasgow and Ulrike Schmidt, Institute of Psychiatry, South London and Maudsley NHS Trust

Workshop 9
Scarmen Lecture Theatre 8
What's a Nice Therapist like You doing in a Place like This? The Challenge of Delivering CBT Focused Return to Work Programmes Within a Political/Economic Agenda
Simon Darnley, Prisma Health Ltd

Workshop 10
Ramphal Room 0.12
Cognitive-behavioural Strategies for Working with Difficult and Resistant Clients
Wayne Froggatt, New Zealand Centre for Cognitive Behaviour Therapy

Workshop 11
Scarmen Lecture Room 5
Therapeutic Factors in CBT with Personality Disorders and Complex Trauma
Claudia Herbert, The Oxford Development Centre Ltd

1.15pm - 3.30pm
In-Conference Workshops - Complimentary

Workshop 16
Scarmen Lecture Room 9
CBT for OCD in Children and Adolescents
Polly Waite and Catherine Gallop University of Reading

Workshop 17
Scarmen Lecture Room 10
The Power of Affect: Principles of Emotion-focused Therapy
Diana Wais, AEDP Institute

15.45 - 16.45
Keynote Addresses

Arts Centre Conference Room
Professor Richard Bentall
University of Manchester
Paranoia and the Status of the Attributional Model
Chair: Tony Morrison, University of Manchester

Arts Centre Theatre
Professor Robert Leahy
Clinical Professor of Psychology at Weill-Cornell Medical School and President of the International Association for Cognitive Psychotherapy
The Role of Emotion in Cognitive Therapy
Chair: Paul Gilbert, Mental Health Research Unit Kingsway Hospital, Derby