Programme
The British Association for Behavioural Psychotherapy gratefully acknowledges the cooperation and support of National Behaviour Therapy Associations throughout the world in the organisation of the World Congress on Behaviour-Therapy.

Dear Colleague,

Welcome to Edinburgh, Scotland's beautiful Capital City, and to the 3rd World Congress on Behaviour Therapy. We are delighted that our years of planning have culminated in this unique opportunity for all of us to participate in the most important Behaviour Therapy meeting for many years.

Twenty invited lectures from the world's leading experts, both clinicians and researchers, 38 major Invited Symposia, 19 Special Interest Meetings and 10 Poster Sessions provide an immense range of choices, and demonstrate the growth and development of behaviour therapy throughout the world.

A short distance away from the main congress venue in the Appleton Towers, a programme of 35 Congress Workshops will take place in the University's Department, and in the informal atmosphere of the Congress Club you can participate in four Behaviour Therapy Forums on important topics of general interest.

The World Congress will not end after the formal presentations each day. Our own Congress Club will provide a place to meet and relax, and to continue more informal discussions. There is an extensive social programme for you to enjoy, including a special International Evening on Tuesday 6th September.

We do hope you enjoy your week in Edinburgh at the Congress.

Andrew Mathews  
Programme Chair

Rod Holland  
Congress Coordinator
3rd World Congress on Behaviour Therapy and
18th Meeting of the European Association
for Behaviour Therapy

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Howard Lomas, Bury Social Services, Lancashire
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David Peck, University of Edinburgh
Maurice Sharp, Caerleon Hospital, Newport, Wales
Phillip Tata, St George's Hospital, London
Valerie Taylor, Dykebar Hospital, Paisley, Scotland

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Graphics: Denis Kirtley

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Hans Zapotoczky (Vienna, Austria)
The organising committee of the 3rd World Congress on Behaviour Therapy gratefully acknowledges the generous support given to the Congress by

Pergamon Press
The London International Group plc

We also acknowledge the support given to individual symposia by

Famitalia Carlo Erba Ltd, UK
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An immense amount of work has been put into the Congress without financial reward. The list of people is too long to acknowledge but special thanks go to Sally Johnson and Margaret Reubens (for endless hours of corresponding), Denis Kirtley (graphics), Sue Oliver (for production and reproduction of the preliminary and final programmes) and Bill Levinson (for his computer assistance).
Social Programme

The World Congress programme will not end after the formal presentation each day. We hope that you will take advantage of the fascinating City of Edinburgh and explore the many places of interest that will be on your doorstep. Tours can be booked at the registration area.

We also have our own Congress Club situated only a few minutes from the main Congress Lecture Halls and open to delegates throughout the day and evening. During the University term the Congress Club is in fact Edinburgh University’s Student Union Building, and during the Festival it becomes the base for the Fringe Festival Club. For the Congress it will provide us with a place to meet and relax, and delegates can take advantage of a number of bars, restaurants, a Congress Discoteque, and concert hall. We will be making full use of the Club throughout the week.

Monday 5th: After the opening address in the University’s grand McEwan Hall all delegates will be invited to the Opening Reception to be held in the beautiful Royal Museum of Scotland.

Tuesday 6th: Perhaps one of the most important events of the Congress will be the International Evening that is being arranged for Tuesday evening. The Congress Club will be transformed into a festival of international activity where you will be able to not only learn about the activities of participating National Behaviour Therapy Associations, but also experience a bit of the culture and life of delegates by sampling their food and wine, listening to their music or watching their dancing. Do not make any alternative arrangements for Tuesday evening.

Wednesday 7th: To bring you back to Scotland we have planned a concert of traditional Scottish music and dance for the Wednesday evening also to be held in the Congress Club. Tickets will be available at the Congress Information Desk.

Thursday 8th: The formal Congress banquet where a traditional Scottish feast includes the ‘piping of the Haggis’. Only a few places are available and tickets can be purchased at the Information Desk.

Friday 9th: All delegates are invited to attend a finale party at the Club with a traditional Scottish Ceilidh back at the Congress Club.

These activities and many more, both formal and informal, will provide every opportunity to relax and meet delegates from all around the world, and forge closer links and understanding which we hope will continue well after your return home.
AGGRESSION IN OUR CHILDREN
Henri Petras
Parries provides an understanding of the nature of aggression and the rationale behind specific strategies. Explained by the author of the remarkable study of aggression in behaviour therapy, the book offers rich examples of child behavior and specific suggestions about how parents can understand and cope with aggression.

Hardback $15.00
ISBN 0-89856-975-9

TO LOVE AND TO WORK
A Demonstration and Discussion of Psychotherapy
Leonard H. Kaplowitz
This is the second edition of Dr. Kaplowitz's classic work. It is for psychotherapists, whether of experienced clinicians, and presents the psychotherapy of a twenty-five-year-old male from the point of view in the termination of treatment forty-four menus later.

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Six Steps in the Treatment of Borderline Personality
Vannik D. Volkan
Volkan, like an experienced, patient supervisior, carefully and lucidly describes the development of the patient's basic disease process in ninety sessions with a high-risk patient who was not only a patient but also a personality of an immensely unstable nature.

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THE ART OF PLAY
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Adam Blatter, and Ali Blatter
The Art of Play demonstrates how imaginative, improvised enactment can be a potential source of artistic recreation in supportive, nonjudgmental group settings, with psychotherapists, directors, and facilitators.

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BETWEEN THERAPISTS
Ellen Robbins
Addressed to both supervisors and teachers who seek a structure to impart the transcendence-countertransference learning, this work demonstrates how the unhappiness of supervisees can be transformed into an opportunity for growth and application to the process of the therapeutic intervention.

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DEVELOPING STANDARDIZED CLINICAL EVALUATIONS
Edited by Claudia Kay Allen, Janice P. Burke, and Naomi Katz
This stimulating book leads mental health professionals toward a clearer understanding of the mental defenses that have been the focus of the psychiatric school.

Hardback $16.50
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THE VIOLENT FAMILY
Edited by Nancy Hutchings
Presenting a comprehensive view of all forms of family violence, the book describes the causes of wife beating, rape, child abuse, and elder abuse, and outlines the treatment of social workers, lawyers, doctors, nurses, and other human service professionals who deal with victims of the pervasive societal problem.

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SOCIO-PSYCHOLOGICAL ASPECTS OF S.T.D.
Edited by Margaret Rodway and Marianne Wright
Contributors focus on the issues involved in counseling with STDS, including the role of the primary care provider and the need for ongoing education and awareness.

Hardback $19.50

THE SEXUALLY UNUSUAL
A Practical Guide to Understanding and Helping
Edited by Dennis M. Dailey
Described in eight chapters, this book is designed for anyone concerned with sexual behavior and how best to respond to it.

Hardback $19.50
ISBN 0-89856-768-0

BEHAVIOR MODIFICATION
Michel Hersen University of Pittsburgh School of Medicine and Alan S Bellack Medical College of Pennsylvania
Behavior Modification is a quarterly interdisciplinary journal publishing relevant research and clinical papers in the field of applied behavior modification. Each issue provides readers with a select group of papers which describe the assessment and modification procedures applied to problems in psychiatric, educational, clinical, or rehabilitation settings. Articles always include enough detail about the particular strategy used for readers to understand exactly what was done, how it was done, and why it was done. As a result, readers should be able to perform clinical, experimental, or applied replications.

Behavior Modification is published quarterly in January, April, July and October
ISSN 0145-4455
1988 Subscription Rates

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two years $115.00
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single copies $15.00
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PROGRESS IN BEHAVIOR MODIFICATION
Volume 22
Editors
Michel Hersen University of Pittsburgh
Richard M. Eisler Virginia Polytechnic Institute and State University
Peter M Miller Hilton Head Health Institute

Progress in Behavior Modification series is dedicated to helping professionals and students keep up with the latest important new work in the field of behavior modification. Volume 22 includes such topics as:

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- cognitive retraining for brain-injured patients
- behavioral interventions for families of developmentally disabled children

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Exhibition

The exhibition will be open at the following times:

Tuesday 6 September - Friday 9 September 0830 - 1800
Saturday 10 September 0830 - 1300

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and its application in the development and advancement of Behaviour Therapy. An examination of the proven uses and effects, plus an explanation of projected utilisation. Information packs available from: Dr Diana Hodgson MD (MA), at the above address

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Press will feature the new IBM version of Manuscript Manager TMAPA Style as the Dictionary of Behavioural Assessment Techniques, edited by Hersen and Bellack, other new and backlist guidebooks, texts, handbooks, professional titles and journals. Demonstration sessions on Manuscript Manager will be held during the Congress. See for information.

Wiley & Sons Ltd
30 Watling Street, London EC1M 7JN Telephone (071) 636 2882

Wiley is pleased to display a selection of books from its Behavioural Science publishing programme, including key journals: Journal of Reproductive and Infant Psychology, Journal of Personality, Stress Medicine and Applied Cognitive Psychology. Wendy Hudliss, Assistant Editor, from our Chichester office will be in attendance and delighted to meet delegates, assist with queries and discuss new publishing.

Press Book Exhibitions
Skeltoke Road, Wimbledon Park, London SW18 5NJ Telephone 01-947 8775

Press is pleased to present a display of books, journals, tapes and leaflets, relevant to the Congress, from many of the world's leading publishing houses. All of the is on display can be bought from the stand during the Congress, subject to stock availability. Alternatively, they can be ordered and posted to you anywhere in the world.

Take-One

Free-Take-One stand will include literature about publications, equipment, private and many other topics of interest to Behaviour Therapists. Please do stop by and help yourself to material which is of interest to you or your colleagues.
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- **INTERNATIONAL JOURNAL OF GROUP TENSIONS**
  Editors: Benjamin B. Wolman, and Joseph B. Gitter
  As a vehicle of communication for understanding group tensions among racial, ethnic, religious, political, national and international groups, it publishes findings and theoretical analyses pertaining to bias, prejudice, discrimination, hostility, and violence - and methods of preventing and resolving them.
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- **JOURNAL OF PSYCHOLOGY & HUMAN SEXUALITY**
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  Articles will include reports of theoretical thinking, research findings, and/or clinical or educational methodology that cover the entire scope of the discipline of psychology. The journal will fill an existing gap in the psychological literature by focusing specifically on issues in the field of sexual science.
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The Haworth Press

- **JOURNAL OF GAY & LESBIAN PSYCHOTHERAPY**
  Editor: David L. Scaife
  The goal of the journal is to facilitate the exchange of ideas, concepts, methods, and issues of importance to the field of gay and lesbian individual and foster effective, sensitive forms of psychotherapy for those gay and lesbian individuals and foster emotional, psychological, or psychiatric support in maintaining their lives.
  Quarterly: $26.00 p.a. (to individuals); $38.00 p.a. (to institutions)

- **JOURNAL OF CHEMICAL DEPENDENCY TREATMENT**
  Editor: Bruce Carruth
  Addresses the specific needs of chemical dependency professionals who provide direct chemical services to drug-dependent clients and their families. The goal of the journal is to provide a forum for the exchange of ideas, concepts, methods, and ideas that support and enhance quality care.
  Twice-Yearly: $21.00 p.a. (to individuals); $65.00 p.a. (to institutions)

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About the BABP

The British Association for Behavioural Psychotherapy was founded in 1972 as an interest group whose members shared a common interest in the development, practice and theory of behaviour therapy.

Over the past 15 years or so, behaviour therapy has proven to be a valuable and developing approach in many fields. An increasing number of people working in the helping professions are applying the therapy and methods resulting from behaviour therapy in a wide range of areas of human behaviour and problems.

The current membership of the Association (about 1,700) reflects the multi-disciplinary nature of the organisation and of behaviour therapy with all Clinical Psychology, Nursing, Psychiatractic Medicine, Social Work, Research, Teaching, Educational Psychology, Occupational therapy, General Medicine, Counselling and several other smaller groups all being represented.

The Association is a national organisation with 15 regional branches which serves to advance and promote the development and practice of all aspects of behaviour therapy.

**Benefits of Membership**

- Members of the BABP join a growing organisation which provides a focus for the development of behaviour therapy both at a national and local level.
- **The Quarterly Journal** "Behavioural Psychotherapy" is published on behalf of the Association by Academic Press and distributed worldwide. It is received free by members.
- **The Newsletter of the Association** "The Behavioural Psychotherapist" is also distributed bimonthly providing information on national and local training, news, letters, comments, etc.
- Members may also subscribe to a growing list of other important journals in the behavioural field at considerably reduced rates.
- **Members receive preferential rates for attending national and local Workshops and Conferences** organised by the Association.
- The Association maintains links with behaviour therapy organisations throughout the world and organises travel to important international conferences at preferential rates.
- Reports of working parties formed to consider matters of interest to behaviour therapists are issued from time to time and brought to the attention of members.

A full list of members of the Association is distributed to members periodically.

**Workshops and Conferences**

In behaviour therapy one of the aims of the Association. During the past few years a full programme of workshops, lectures and conferences has been arranged at both national and local level.

A regional programme of 1 and 2 day workshops are held in the Spring, Summer and Autumn at venues throughout the UK and Ireland. These workshops provide the opportunity for professionals from many different backgrounds and levels of knowledge about behaviour therapy, to benefit from specialist training in the application of behaviour therapy to a wide variety of areas.

In the year the Association holds an annual conference which provides the opportunity for the presentation of current research in behaviour therapy. Seminars, discussion groups, invited speakers, poster sessions and exhibitions contribute to a busy and lively conference programme.

In conclusion, the exchange of ideas and an excellent social gathering combine to make our annual conference an increasingly popular forum for both members and non-members.

- Chairperson: Ian Falloon (Aylesbury)
- Chairperson-Elect: Desmond Poole (Belfast)
- Past Chair: Chris Brannigan (Birmingham)
- Secretary: Valerie Taylor (Gloucester)
- Membership Secretary: Howard Lomas (Manchester)
- Treasurer: Linda Stein (Manchester)
- Workshops/Conferences: Rod Holland (London)
Congress Programme
Daily Schedules

6.30 pm
Welcome
Ian Falloon
Chairperson BABP
McEwan Hall

7.30 pm
Reception
Royal Museum of Scotland
(sponsored by Pergamon Press)

9.00 pm
Video Address
B F Skinner

Debating Chamber, Congress Club

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### Wednesday

**Am**
- Symposium 10
- Symposium 11
- Symposium 12
- Symposium 13
- Symposium 14
- SIM 5
- SIM 6
- Technology 1
- Poster Session 4

**12 noon**
- Invited Speakers
  - Peter Lang
  - Kurt Hahlweg
  - Lars-Göran Öst

**Pm**
- Symposium 10
- Symposium 15
- Symposium 16
- Symposium 17
- SIM 7
- SIM 8
- SIM 9
- Forum 2
- Poster Session 5

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### Thursday

**Am**
- Symposium 18
- Symposium 19
- Symposium 20
- Symposium 21
- Symposium 22
- SIM 10
- SIM 11
- Poster Session 6

**12 noon**
- Invited Speakers
  - Jeffrey Gray
  - John Teasdale
  - Arne Öhman

**Pm**
- Symposium 19
- Symposium 22
- Symposium 23
- Symposium 24
- Symposium 25
- SIM 12
- SIM 13
- Forum 3
- Poster Session 7

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Friday

**9:00-11:45 AM**
- Symposium 26
- Symposium 27
- Symposium 28
- Symposium 29
- Symposium 30
- SIM 14
- SIM 15
- Poster Session 8

**12:00 Noontime**
- Invited Speakers
  - Kelly Brownell
  - Tom Borkovec
  - Chris Kiernan

**2:00-4:45 PM**
- Symposium 26
- Symposium 31
- Symposium 32
- Symposium 33
- SIM 16
- SIM 17
- Technology 2
- Forum 4
- Poster Session 9

**4:30**
- Invited Speaker
  - W Stewart Agras

**5:30**
- Invited Speaker
  - Aaron T Beck

**9:30-12:30 AM**
- Workshops
  - Paradox in Behaviour Therapy
  - Relapse in Schizophrenia
  - Child Non-Compliance

Saturday

**9:00-11:45 AM**
- Symposium 34
- Symposium 35
- Symposium 36
- Symposium 37
- Symposium 38
- SIM 18
- SIM 19
- Poster Session 10

**1:30-4:30 PM**
- Workshops
  - Problems of Elderly People
  - Cognitive Therapy/Depression
  - Hypochondrias
  - Computers in Mental Handicap

**Final Event**
Monday, 5th September 1988

**Am**

**Symposium 1**

**Cultural Background of Behaviour Therapy**

- **Convener:** Ichiro Agari, Hiroshima University, Japan
- **Chair:** Kikuo Uchiyama, Japan Red Cross University of Nursing, Japan
- **9.00 - 11.30 Lecture Room 3**

**Culture, Psychology and Behaviour Therapy**

- Kelly D Brownell, University of Pennsylvania School of Medicine, USA

**Cultural, Linguistic and Organisational Obstacles to Behaviour Therapy in Sweden**

- Sven Rönberg, University of Stockholm, Sweden

**Why Do Israelis Find it so Difficult to Adopt the Philosophy of Behaviour Therapy?**

- Michael Rosenthal, University of Tel-Aviv, Israel

**Cultural Background Producing Negative Effects on the Development of Behaviour Therapy in Japan**

- Kikuo Uchiyama, Japan Red Cross University of Nursing, Japan

**Cultural Background of Behaviour Therapy in Columbia**

- Leonidas Castro, Konrad Lorenz Institute for Psychology, Columbia

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**Tuesday**

**Symposium 2**

**New Developments in the Treatment of Agoraphobia**

- **Convener and Chair:** Dianne L Chambless, The American University, Washington DC, USA

**Discussant: Barry Wolfe, National Institute of Mental Health, Rockville, USA**

- **9.00 - 11.30 Lecture Room 4**

**Cognitive Changes During Behavioural and Pharmacologic Treatments**

- W Stewart Agras, Stanford University School of Medicine, USA

**Direct Panic Management in the Treatment of Agoraphobic Fear and Avoidance**

- Michelle Craske, Center for Stress and Anxiety Disorders, State University of New York at Albany, USA

**Relational Factors and Agoraphobia**

- Paul Emmelkamp, Rijksuniversiteit Klinsche Psychologie, Groningen, The Netherlands

**Guided Mastery and Exposure Treatments for Severe Performance-Related Anxiety in Agoraphobics**

- S Lloyd Williams and Gwendolyn Zane, Lehigh University, USA

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6.30 pm

**Welcome**

- Ian Falloon
- Chairperson BABP

**McEwan Hall**

7.30 pm

**Reception**

**Royal Museum of Scotland**

(sponsored by Pergammon Press)

9.00 pm

**Video Address**

- **B F Skinner**

**Debating Chamber, Congress Club**
Symposium 3
Advances in the Behavioural Treatment of Obsessional Disorders
Convener: Jean Cottraux, Hopital Neuroligique et Neurochirurgical Pierre Wertheimer, France
Chair: John Cobb, Priory Hospital, Rochampton, London, UK
Discussant: W. Bridger, Medical College of Pennsylvania, USA
9.30 - 11.30 Lecture Room 2
The Treatment of Obsessive-Compulsive Disorder with Anti-Depressant Medications
Matthijs Mavissakalian, Ohio State University, USA
Self-Exposure and Therapist-Aided Exposure in Obsessive-Compulsive Disorder
Isaac Marks, University of London, UK
The Use of Cognitive Strategies in the Treatment of Obsessive-Compulsive Disorder
Paul Salkovskis, University of Oxford, UK
Predictive Factors in the Treatment of Obsessive-Compulsive Disorders with Fluvoxamine or Behaviour Therapy
Jean Cottraux, Hopital Neuroligique et Neurochirurgical Pierre Wertheimer, Lyon, France

Symposium 4
Behavioural Approaches in Educational Settings
Convener: Chris Brannigan, Birmingham Polytechnic, UK
Chair: K. Daniel O'Leary, State University of New York at Stony Brook, USA
9.30 - 11.30 Lecture Room 1
Observing and Recording Behaviour in the Classroom
Chris Brannigan and Jenny Brannigan, Birmingham Polytechnic, UK
Behaviour Modification in Secondary Schools: Some Issues and Outcomes
Eddie McNamara, Lancashire Education Department, UK
Application of Behavioural Approaches in Schools for Maladjusted Children
Roger Burian, Chelham Hill School, Devon, UK
The Training of Teachers in Behavioural Methods
Kevin Wheldall and Frank Merrett, Centre for Child Study, University of Birmingham, UK

Symposium 5
Behavioural Interventions for AIDS-Related Problems
Convener and Chair: David Miller, Middlesex Hospital Medical School, London, UK
9.30 - 11.30 Lecture Room 5
Psychological Distress and Neuropsychological Status in Men With AIDS and ARC
Lydia Temoshok, Jonathan Canick and David M. Sweet, University of California San Francisco School of Medicine, USA
Behavioural Intervention in the Context of Drug Use
Don Des Jarlais, Division of Substance Abuse Services, New York, USA
Relapse Prevention Training to Modify High-Risk Sexual Behaviours in Gay Men
Judith Gordon and Roger Roffman, University of Washington, USA
Risk Reduction Programmes
Manuel Carballo, Global Programme on AIDS, Geneva, Switzerland
Safer Sex Strategies with Drug Use
Mona Duckett, Oslo University, Norway
The financial support given by the London International Group is gratefully acknowledged

Special Interest Meeting 1
Progress in Behavioural Social Work
Convener: Barbara L. Hudson, Oxford University, UK
Chair: Bruce Thyer, Athens, Georgia, USA
Contributors: Steven Rose, Hebrew University, Israel; Yochanan Wozner and Claire Rabin, Tel Aviv University, Israel; John Wodarski, University of Georgia, USA; Ellen Gambrill, University of California, USA; Gary John Welch, University of Natal, South Africa; Brian Sheldon and Geraldine Macdonald, University of London, UK
9.30 - 11.00 Lecture Room 6

Special Interest Meeting 2
Mental Handicap, Applied Behaviour Analysis and the Experimental Analysis of Behaviour
Convener and Chair: Bob Remington, University of Southampton, UK
Contributors: Alistair Ager, University of Leicester, UK; Paul Smeets, University of Leiden, The Netherlands; Robert SP Jones, University College of North Wales, Wales; Chris Cullen, University of St Andrews, Scotland, UK
9.30 - 11.00 Lecture Room 8
Am

Poster Session 1
Assessment and Training
Host: Derek Milne, Northumberland District Psychology Service, UK
Details at end of this section

Poster Session 2
Sexual Deviation and Violence
Host: Derek Perkins, Broadmoor Hospital, Crowthorne, UK
Details at end of this section

Workshops
1 Problem-Solving Skills Therapy for Conduct Problem Children
   Alan E Kazdin, University of Pittsburgh, USA
2 Treatment of Mood Disturbances in Women Who Were Sexually Abused in Childhood
   Derek Jehu, University of Manitoba, Canada
3 Training and Supervision in Cognitive Behaviour Therapy
   Art Freeman and Karen M Simon, Centre for Cognitive Therapy, Philadelphia, USA
   9.30 - 12.30 Psychology Department, George Square

Noon

Invited Speakers
Cognitive-Behavioural Interventions with Children: Panacea, Poison or Placebo?
Chair: Michael Berger, St Georges Hospital, London, UK
Speaker: Philip C Keddie, Temple University, Philadelphia, USA
12 Noon Lecture Room 5

Behavioural Approaches with Developmental Disabilities: The State of the Art
Chair: Jim Geer, Louisiana State University, Louisiana, USA
Speaker: Johnny Matson, Louisiana State University
12 Noon Lecture Room 2

Cognitive and Relational Factors in the Treatment of Anxiety Disorders
Chair: Dianne Chambless, University of Washington, USA
Speaker: Paul Emmelkamp, Rijksuniversiteit Klinische Psychologie, Groningen, The Netherlands
12 Noon Lecture Room 4

PM

Symposium 6
Assessment and Treatment of Criminal Behaviour
Convener and Chair: Derek Perkins, Broadmoor Hospital, Crowthorne, UK
2.00 - 4.20 Lecture Room 2

Behavioural Treatment of Crime Victims
Dean Kilpatrick, Medical University of South Carolina, USA

Behavioural Approaches with Offenders in Prison: An Overview of Recent Work
Mark Williams, Home Office Prison Department, London, UK and Cynthia McGough, HM Youth Custody Centre, Morpeth, UK

Therapeutic Uses of Microcomputers with Seriously Withdrawn Special Hospital Patients
Ian Stephen, State Hospital, Carstairs Junction, Scotland, UK

Assessment of Sexual Arousal Patterns in Sex Offenders: A New Penile Plethysmograph Approach
Robert Card, Clinical Centre for Counselling and Psychotherapy, Utah, USA

Long-Term Outcome of a Comprehensive Behavioural Treatment Programme for Child Molesters
William Marshall and Howard Barbaree, Queens University, Canada

Symposium 7
Intrusive Cognitions and Clinical Problems
Convener and Chair: Paul Salkovskis, University of Oxford, UK
1 - 3.20 Lecture Room 4

Normal and Abnormal Intrusions
Stanley J Rachman, University of British Columbia, Canada

Obsessional Ruminations
Paul Salkovskis, University of Oxford, UK

Intrusive Imagery in Obsessional-Compulsive Patients and Normal Subjects
Padma de Silva, Institute of Psychiatry, London, UK

Post-Traumatic Stress Disorder: Rape Victims Response to Fearful and Neutral Imagery
Edna Foa, Medical College of Pennsylvania, USA

Health Anxiety
Hilary Warwick, Maudsley Hospital, London UK

Research on the Psychopathology of Hypochondriasis
Robert Kellner, University of New Mexico, USA

Anxious and Depressed Thinking in Clinical and Non-Clinical Individuals
David A Clark, University of New Brunswick, Canada
Symposium 8

Progress in Behavioural Paediatrics: Behavioural Approaches in the Management of Chronic Illness in Children

Convener: Dorothy Fielding, St James’s Hospital, Leeds, UK
Chair and Discussant: Michael Berger, St George’s Hospital, London, UK
2.00 - 4.20 Lecture Room 5

Stress and Adaptation in Paediatric Chronic Disorders
James Varni, University of Southern California & Orthopaedic Hospital, Los Angeles, CA, USA

Assessing Adherence Behaviour in Childhood Diabetes
Suzanne Bennett Johnson, University of Florida Health Sciences Center, USA

Therapeutic Adherence in Children and Adolescents in End Stage Renal Failure
Dorothy Fielding and Garry Brownbridge, St James’s Hospital, Leeds, UK

Symposium 9

Ambulatory Psychophysiological Monitoring in Behaviour Therapy: A Critical Appraisal
Convener: Graham Turpin, Plymouth Polytechnic, UK
Discussant: Edward Blanchard, State University of New York at Albany, USA
1.45 - 4.15 Lecture Room 3

Ambulatory Clinical Psychophysiological Monitoring: An Introduction to Techniques and Methodological Issues
Graham Turpin, Plymouth Polytechnic, Devon, UK

Ambulatory Monitoring of Skin Temperature in Raynaud’s Disease
Robert Freedman, Lafayette Clinic, Detroit, USA

Agoraphobia
Lars-Göran Öst, University of Uppsala, Sweden

Ambulatory Psychophysiological Monitoring of Panic Disorder
Jurgen Margraf and Anke Ehlers, Philipps University, Marburg, West Germany

Cardiovascular and Respiratory Responses in Panic and Stress
Pavlos Anastasiades, University of Oxford, UK

The financial support of Oxford Instruments Oxford, UK is gratefully acknowledged.

Special Interest Meeting 3

Behaviour Therapy and Meaningful Life Changes for Individuals with Severe Disabilities
Convener and Chair: Ian M. Evans, State University of New York at Binghamton, USA
Contributors: Joe Reichle, University of Minnesota, USA; Philip S. Strain, Western Psychiatric Institute and Clinic, Pittsburgh, USA; Joseph R. Scotti, Adria DiBenedetto, State University of New York at Binghamton, USA; V Mark Durand, State University of New York at Albany, USA; Robert Gaylord-Ross, San Francisco State University, USA
2.30 - 4.00 Lecture Room 8

Special Interest Meeting 4

The Myth of Community Care: Neighbourhood Services for People with Disabilities
Convener and Chair: Steve Baldwin, St Helier, UK
Contributors: GF Goldwurm, Milan, Italy; HG Zapotoczy, Vienna, Austria; Hans Jagers and MA Berger, Amsterdam, The Netherlands; Giorgio Rezzenico and Christine Meier, Ticino, Switzerland; Tony Cadman, Manchester, UK
2.30 - 4.00 Lecture Room 6

Behaviour Therapy Forum 1

Origins and Development of Behaviour Therapy
Chair: Philip C. Kendall, Temple University, Philadelphia, USA
2.30 - 4.00 Library - Congress Club
Panel: Joseph Wolpe, Medical College of Pennsylvania, USA; Hans J. Eyseckn, Institute of Psychiatry, London, UK; Stanley J. Rachman, University of British Columbia, Canada

Poster Session 3

Anxiety and Depressive Disorders in Adults (1)
Host: Bob MacDonald, Department of Psychology, Northwick Park Hospital, Harrow, UK
Details at end of this section
Workshops

4  Marital Therapy as a Treatment for Depression
   Neil S Jacobsen, University of Washington, USA

5  Relapse Prevention Training as an AIDS Risk Reduction Strategy:
    A Cognitive-Behavioural Self-Management Programme for Safe Sex
   Judith R Gordon and Roger A Puffman, University of Washington, USA

6  Behavioural Approaches in School and Classroom Settings
   Edward McNamara and M David Tobin, Lancashire County Council's
   Schools' Psychological Service, UK

30 Modular Skills Training for Chronic Psychiatric Patients
   Gayla Blackwell and Robert P Liberman, Brentwood VA Medical Centre,
   LA, USA
   1.30 - 4.30 Psychology Department, George Square

Invited Speakers

The Changing Scope of Behaviour Therapy: Progress or Retrogression?
Chair: J Rachman, University of British Columbia, Canada
Speaker: Joseph Wolpe, The Medical College of Pennsylvania, USA
4.30 George Square Lecture Theatre

Behaviour Therapy as a Prophylactic Agent in Cancer and
Coronary Heart Disease
Chair: J Rachman, University of British Columbia, Canada
Speaker: Hans Eysenck, Institute of Psychiatry, London, UK
5.30 George Square Lecture Theatre

Symposium 10

Panic Disorders: Psychological, Neurobiological and
Pharmacological Approaches to Their Understanding and
Treatment: Models of Panic

Convener and Chair: David M Clark, University of Oxford, UK
Discussant: Michael G Gelder, University of Oxford, UK
9.00 - 11.45 Lecture Room 5

Biochemical Challenge Tests and Biological Models of Panic
Dennis Charney, Yale University, USA
Lactate Infusions and CO2 Inhalations as Laboratory Models of Panic
Michael R Lebowitz, New York State Psychiatric Institute, USA
Postural Emission Tomography in the Study of Panic Disorder and
Anticipatory Anxiety
E M Reiman, M E Raichle, E Robins, M J Fusselman, M A Mintun,
P T Fox and J L Price, Washington University, USA
Conditioning Models of Panic
Marcel A van den Hout, State University of Limburg, The Netherlands
Tests of a Cognitive Theory of Panic
David M Clark, University of Oxford, UK
Selective Attention to Danger Cues in Panic Disorder Patients and
Infrequent Paroxysms
Anke Ehlers and Jurgen Margraf, Philips University, Marburg,
West Germany

Continued 2.00 - 4.20 Lecture Room 5
The financial support of Upjohn Limited is gratefully acknowledged

Symposium 11

Drugs and Behaviour Therapy: Allies or Enemies?
Convener and Chair: Ray Hodgson, Whitchurch Hospital, Cardiff, UK
9.00 - 11.30 Lecture Room 1

Tobacco Dependence and Nicorette
Martin Jarvis, Institute of Psychiatry, London, UK

Obsessive Compulsive Disorders
Isaac Marks, Institute of Psychiatry, London, UK

Drugs, Cognitive therapy and Depression
Ivy-Marie Blackburn, Royal Edinburgh Hospital, Scotland, UK

Behaviour Therapy and Anxiolytics: Allies or Antagonists?
Jane Wardle, Institute of Psychiatry, University of London, UK
Symposium 12

Behaviour Disorders in Mental Handicap
Convener and Chair: Janet Carr, St George's Hospital Medical School, University of London, UK
9.00 - 11.45 Lecture Room 2
Functional Analysis of Behaviour Problems
Alan Repp, Northern University of Illinois, USA
Overview of Established Behavioural Techniques
Giulio E. Lancioni, University of Nijmegen, The Netherlands
Constructional Approach to Developmental Disabilities
Johnny L. Matson, Louisiana State University, USA
Anger Control and Self Management
William I. Gardner, University of Wisconsin, USA

Symposium 13

Psychological Support for People with Cancer
Convener and Chair: Valerie Ridgway, Cromwell Hospital, London, UK
Discussant: Martin Seligman, University of Pennsylvania, USA
9.00 - 11.30 Lecture Room 4
The Symptoms and Reactions of Patients with Lung Cancer: A Five Year Survey with Recommendations for Intervention
Ann Cull and Nigel North, Western General Hospital, Edinburgh, Scotland, UK
Emotions and Cancer: New Perspectives on an Old Problem
William H. Redd, Memorial Sloan-Kettering Cancer Center, New York, USA
Adjuvant Psychological Therapy for Patients with Breast Cancer
Stirling Moorey, Royal Marsden Hospital, London, UK
Behavioural Interventions to Control Cancer Treatment Side-Effects
Thomas Burish, Vanderbilt University, USA, and
William H. Redd, Memorial Sloan-Kettering Cancer Center, New York, USA
We gratefully acknowledge financial support from:
The Cromwell Hospital, London and Farmitalia Carlo Erba Ltd, St Albans

Symposium 14

Behavioural Approaches and Family Medicine
Convener and Chair: Richard France, Medical Centre, Camberley, Surrey, UK
9.00 - 11.45 Lecture Room 3
Communication by Primary Care Physicians
Mack Lipkin, NYU Medical Centre, New York, USA
Anxiety Management in Primary Care
Helen Kennerley, The Warneford Hospital, Oxford, UK
Prevention and Therapy in Behavioural Medicine
GF Goldwurm and A Sardo, Centro di Medicina Comportamentale, Italy
Individual vs Group Presentation of Cognitive Therapy with Two Community Populations
Mike Squire and Steve Stradling, University of Manchester, UK
Behavioural Interventions in Respiratory Disorders
Tom van der Schot, Dutch Asthma Centre, Davos, Switzerland
Group Treatment for Pain Management in a General Practice Setting
Heinz-Dieter Basler and Hans-Peter Rothfisch, Institute for Medical Psychology, Marburg, West Germany
Direct Observation of Physician-Patient Interaction in Family Medicine
Ed Callahan, University of California, Davis, USA

Special Interest Meeting 5

Tinnitus and Dizziness: Models and Therapies
Convener and Chair: Richard Hallam, London, UK
Contributors: Soly Erlandsson, University of Gothenburg, Sweden; Bas Jacobs, Academisch Ziekenhuis, Rotterdam, The Netherlands; Simon Jakes, Tunbridge Wells Health Authority, UK; Per Lyngberg, University of Uppsala, Sweden; Kieron O'Connor, University of Montreal, Canada; Berit Scott, University of Uppsala, Sweden
9.30 - 11.00 Lecture Room 6

Special Interest Meeting 6

A Behaviour Therapy Approach to Epilepsy
Convener: Joanne Dahi, Uppsala, Sweden
Chair: David Mosofsky, Boston University, USA
Contributors: Lennert Melin, Uppsala University, Sweden; Joel Lubar, University of Tennessee, USA; Peter Ferwicky, Bethlem Royal Hospital, London, UK
9.30 - 11.00 Lecture Room 8
Am
Technology 1
The Impact of Computer Technology on Behaviour Therapy:
Poster Display and Demonstration
Convener: Raymond G Romanov, State University of New York,
Binghamton, USA
Contributors: Stephanie Lockshin and Kelly Harrison, State University of
New York at Binghamton, USA; Anthony Piers, Marshall University,
USA; Jan Handler, Sandra Harris, Michael Alessandri, Mary Jane Gill,
Rutgers University, New Jersey, USA; David Coleman, Westchester
Association for Retired Citizens, USA
9.30 - 11.30 Room E Level 2

Poster Session 4
Children and Adolescence
Host: Peter Elliott, Young People's Unit, Parkside Hospital, Macclesfield, UK
Details at end of this section

Workshops
7 Family Skills Training
Elaine A Blochman, Martha H Ruff and Michael McEnroe, Albert Einstein
College of Medicine/Montefiore Medical Centre, USA
8 Victims of Sexual Assault: A Behavioural Assessment and Treatment
Workshop
Dean G Kippatrick, Connie L Best and Angelina Arick-McMullan,
Medical University of South Carolina, USA
9 Cognitive-Behavioural Assessment
Philip C Kendall, Temple University, Pennsylvania, USA
31 Decreasing Shyness and Loneliness, Helping Clients Make and Keep
Friends
Eileen Gambrill, University of California, USA
9.30 - 12.30 Psychology Department, George Square

Noon
Invited Speakers
The Image of Fear: Emotion and Memory
Chair: Tom Borkovec, Pennsylvania State University, USA
Speaker: Peter Lang, University of Florida, USA
12 Noon Lecture Room 5
Behavioural Marital Therapy: The State of the Art
Chair: Ian Falloon, Buckingham Hospital, UK
Speaker: Kurt Hahweg, Max-Planck Institute Munich, West Germany
12 Noon Lecture Room 4
Blood Phobia: Phenomenology and Treatment
Chair: A Steptoe, University of London, UK
Speaker: Lars-Göran Öst, Ulerraker Hospital, Uppsala, Sweden
12 Noon Lecture Room 2

Symposium 10
Panic Disorders: Psychological, Neurobiological and
Pharmacological Approaches to Their Understanding and
Treatment (cont'd): Models and Treatment of Panic
Convener and Chair: David M Clark, University of Oxford, UK
Discussant: Aaron T Beck, University of Pennsylvania, USA
2.00 - 4.20 Lecture Room 5
Experimental Analyses of Panics and Their Consequences
Stanley J Rachman, University of British Columbia, Canada
Pharmacotherapy
James B Ballenger, Medical University of South Carolina, USA
Behaviour Therapy
Michelle Cramer, State University of New York at Albany, USA
Applied Relaxation
Lars-Göran Öst, University of Uppsala, Sweden
Cognitive Therapy
Paul Salkovskis, University of Oxford, UK
The financial support of Upjohn Limited is gratefully acknowledged

Symposium 15
Child Behaviour Therapy: Current Developments
Convener and Chair: William Yueh, Institute of Psychiatry, University
of London, UK
2.00 - 4.20 Lecture Room 4
Social Skills Training with Children
Sue Spencer, University of New South Wales, Australia
Cognitive Intervention with Children
Philip Kendall, Temple University, USA
Parent Training in the Childhood Disorders
Martin Herbert, University of Leicester, UK
Post-Traumatic Stress Disorder in Children
William Yueh, Institute of Psychiatry, London, UK
Cognitive-Behavioural and Operant Treatment of Anxiety in Children:
A Comparison of Treatment Procedures
Tom Ollendick, Virginia Polytechnic Institute & State University, USA
Enuresis and Conditioning with the Nottingham Alarm
WJ Forsythe, The General Infirmary, Leeds, UK and RJ Butler, Highroyds
Hospital, Menston, UK
Symposium 16
Stereotypic and Self-Injurious Behaviour in Mental Handicap
Convener and Chair: David Felce, British Institute of Mental Handicap, Kidderminster, UK
2.00 - 4.00 Lecture Room 2
Capturing, Analysing and Displaying Real-Time Data
Chris Oliver, Institute of Psychiatry, London, UK and David Felce, British Institute of Mental Handicap, Kidderminster, UK
Prevalence and Classification of Stereotypes in People with Severe and Profound Mental Handicap
Shona McLaren and William Lindsay, Strathmartine Hospital, Dundee, UK
Some Parameters of Stereotypic and Self-Injurious Behaviour
Orjan Swahn, University of Uppsala, Sweden
Functional Analysis of Self-Injurious Behaviour: A Comparison of Methods
Chris Oliver, Institute of Psychiatry, London, UK
Basing the Treatment of Stereotypic and Self-Abusive Behaviours on Hypotheses of Their Causes
Alan Repp, University of Illinois, USA and David Felce, British Institute of Mental Handicap, Kidderminster, UK

Symposium 17
Behavioural Approaches to Psychiatric Nursing
Convener: Tony Prail, Moorhaven Hospital, Plymouth, UK
Chair: Isaac Marks, Institute of Psychiatry, London, UK
2.00 - 4.00 Lecture Room 3
The Nurse as a Therapist: A Conceptual Outline
Philip Barker, Royal Dundee Liff Hospital, Scotland, UK
Evaluation of Effectiveness of Nurses as Autonomous Behaviour Therapists
Bob McDonald, Northwick Park Hospital, Harrow, UK
Training Nurses as Autonomous Behaviour Therapists
Gordon Deakin, Scott Hospital, Plymouth, UK
Developments in Nurse Behavioural Therapy in Spain
Adolf Tobias Palleares, Autonomous University of Barcelona, Spain
Behavioural Approaches to Nursing Practice and Service Delivery
Tony Prail, Moorhaven Hospital, Plymouth, UK

Special Interest Meeting 7
The Management of Chronic Insomnia
Convener and Chair: Colin Espie, Ayr, Scotland, UK
Contributors: Richard bootzin, University of Arizona, USA; Charles Morin, Virginia Commonwealth University, USA; Michael Ascher, Temple University Hospital, Philadelphia, USA; William Lindsay, Dundee, Scotland, UK; Dlys Davies, Leicester, UK; Jane Kistowska, Sunderland, UK
2.30 - 4.00 Lecture Room 6

Special Interest Meeting 8
Prevention of Relapse and Behaviour Therapy in Schizophrenia
Convener: Michael Stark, University of Hamburg, West Germany
Chair: Ian Falloon, Buckingham Hospital, UK
Contributors: Maria Rostworowska, University of Krakow, Poland; Ian Bern, University of Exeter, UK; Zeno Küpper, University of Bern, Switzerland; Elena Ochoa, Madrid, Spain
2.30 - 4.00 Lecture Room 1

Special Interest Meeting 9
Issues in the Study and Treatment of AIDS and Cancer
Convener and Chair: William Redd, Sican Kettering Cancer Centre, USA
Contributors: David Miller and Timothy Acton, Middlesex Hospital Medical School, London, UK; Lydia Temoshok, University of California, USA
2.30 - 4.00 Lecture Room 8

Behavioral Therapy Forum 2
Current Developments in Behavioural Medicine
Chair: Leonard Krasner
2.30 - 4.00 Library - Congress Club
Panel: Stuart Agras, Stanford University School of Medicine, USA; Edward Blanchard, State University of New York at Albany, USA; K Gunnar Götestam, University of Trondheim, Norway; Derek Johnston, St George's Hospital Medical School, London, UK
**Poster Session 5**

Psychiatric Rehabilitation and Chronic Disorders
Host: Geoff Shepherd, Department of Clinical Psychology, Fulbourne Hospital, Cambridge, UK
Details at end of this section

**Workshops**

10 Sex Therapy: Cognitive Approaches
   Keith Hawton, University of Oxford, UK

11 Behavioural Dynamics: Implications for Therapeutic Individualisation
   Joseph Wolpe, The Medical College of Pennsylvania, USA

12 Etiology and Treatment of Spouse Abuse
   K Daniel O'Leary and Peter H Neidig, State University of New York at Stony Brook, USA

13 Micro-Computer Based Cognitive Rehabilitation
   Gerard Deloche, Hôpital de la Salpêtrière, France, Françoise Coyette, Centre de Réadaptation Neuropsychologique and Professor X Ceron, Cliniques Universitaires St Luc, Belgium
   1.30 - 4.30 Psychology Department, George Square

**Invited Speakers**

Advances and Setbacks in Behavioural Psychotherapy
Chair: Jim Geer, Louisiana State University, USA
Speaker: Isaac Marks, Institute of Psychiatry, London, UK
   4.30 George Square Lecture Theatre

Child Psychotherapy: Current Status, Limitations and Alternative Models
Chair: Jim Geer, Louisiana State University, USA
Speaker: Alan Kazdin, University of Pittsburgh, USA
   5.30 George Square Lecture Theatre

International Delegates Meeting (invitation only)
   6.45 Library, Congress Club

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**Symposium 18**

Evolutionary Origins of Phobic Fears: New Developments
Convenor: Edna Foa, Medical College of Pennsylvania, USA
Chair: Stanley J Rachman, University of British Columbia, Canada
Discussant: Martin Seligman, University of Pennsylvania, USA
9.00 - 11.45 Lecture Room 1

Do Prepared Stimuli Promote Avoidance? A Test with Anxiety-Disordered Patients
Edna Foa, Medical College of Pennsylvania, USA

Emotion, Conditioning and the Startle Response
Peter Lang, University of Florida, USA

Selective Fear Associations in Monkeys and Humans
Susan Mineka, Northwestern University, USA

The Psychology of Fear, Preparedness and Perspectives from Evolutionary Biology
Arne Ohman, University of Uppsala, Sweden

The Preparedness Theory of Phobias: An Examination of Basic Assumptions
Richard McNally, Chicago Medical School, USA

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**Symposium 19**

Behavioural Marital Therapy
Convenor and Chair: Ian Benson, University of Exeter, UK
9.30 - 11.30 Lecture Room 2

The Role of Cognitions in Marital Distress and Behavioural Marital Therapy
Norm Epstein, University of Maryland, USA, Don Baucom and Tamara G Sher, University of North Carolina, USA

The Effects of Marital Processes Upon Family Interaction and Child Adaptation: Implications for Treatment
Cliff Notarius and David Pellegrini, Catholic University, Washington, USA, and Andrew Christenson, University of California, Los Angeles, USA

The Effects of Behavioural Marital Therapy on Individual Psychopathology
K Daniel O'Leary, State University of New York at Stony Brook, USA and Neil Jacobson, University of Washington, USA

Spouse Aided Therapy: Current Update
Julian Hafner, Flinders University, Australia

Continued 2.00 - 3.30 Lecture Room 2
Symposium 20

Individual Differences in Stress and Stress Reduction
Convener: Suzanne Miller, Temple University, Philadelphia, USA
Chair: Tom D Borkovec, Pennsylvania State University, USA
Discussants: Shirley Fisher, University of Dundee, Scotland, UK and Tom D Borkovec, Pennsylvania State University, USA
9.00 - 11.45 Lecture Room 3

Matching Information With Styles of Coping
Suzanne Miller, Temple University, USA

Competency Demands and the Diagnosticity of Situations
Walter Mischel, Columbia University, USA

The Concept of Coping Models: Relating Cognitive Person Variables to Actual Coping Behaviour
Heinz Kroeber, Johannes-Gutenberg University, West Germany

Coping and Psychophysiological Reactions to Stress
Andrew Steptoe, University of London, UK

Self-Regulation Under Stress: The Role of Learned Resourcefulness
Michael Rosenbaum, University of Tel-Aviv, Israel

Symposium 21

Cognitive Therapy in Depression: The Relevance of Biological and Social Factors
Convener and Chair: Ivy-Marie Blackburn, Royal Edinburgh Hospital, Scotland
Discussant: Lawrence Whalley, University of Edinburgh, Scotland, UK
9.00 - 11.45 Lecture Room 4

Depression, Minimal Cerebral Dysfunction and Cognitive Therapy
Michael Linden, Free University of Berlin, West Germany

Do Pretreatment Sleep EEG Variables Predict Response to Cognitive Therapy in Depressed Patients?
Robin Jarrett, University of Texas, USA

Perceptual and Physiological Dysfunction in Depression
Ivy-Marie Blackburn, Royal Edinburgh Hospital, Scotland, UK

Dysfunctional Attitudes
Carlo Parris, University of Umea, Sweden

Alleviation of Depression via Marital Therapy or Individual Therapy:
Mechanisms of Change
E. Sandeen and K. Daniel O'Leary, University of New York at Stony Brook, USA, and Steven S. Beach, University of Georgia, USA

Mood Disturbances in Women Who Have Been Sexually Abused in Childhood
Derek Jehu, University of Leicester, UK

Symposium 22

Current Status of Psychiatric Rehabilitation
Convener and Chair: Robert Paul Liberman, Camarillo State Hospital, USA
Discussants: Robert Olbrich, Central Institute of Mental Health, Mannheim, West Germany and Wagner Bridger, Medical College of Pennsylvania, USA
9.00 - 11.45 Lecture Room 5

Assessing Pathways of Chronic Psychiatric Patients Through Different Care Facilities

Assessment and Treatment of Social Skills
Alan S Bellack, Medical College of Pennsylvania, USA

Explorations in Training Psychophysiological Self-Regulation in Severe Psychiatric Disorders
William Spaulding, University of Nebraska, USA, Heinz Wyes, Psychiatrie Universitaetsklinik, Bern, Switzerland and Richard Littrell, Lincoln Regional Carter, USA

Treatment of Basic Cognitive Dysfunctions Among Schizophrenics
Hans D Brenner, B. Hodei and V Rodger, University of Bern, Switzerland

Skills Training: The Way Backwards?
Geoffrey Shepherd, Fulbourn Hospital, Cambridge, UK

Behavioural Rehabilitation in Scandinavia
K Gunnar Götstam, University of Trondheim, Norway

Continued 2.00 - 4.00 Lecture Room 5
Co-sponsored by the World Association of Psychiatric Rehabilitation

Special Interest Meeting 10

Current Trends in the Behavioural Treatment of Clients with Autism
Convener and Chair: Jan Handlmaan, Rutgers, New Jersey, USA
Contributors: Raymond Romanczyk, State University of New York, New York, USA; Sandra Harris, Rutgers, New Jersey, USA; David Holmes, Eugene Institute, Princeton, USA; T. J. Gheen, University of California, USA
9.30 - 11.00 Lecture Room 6

Special Interest Meeting 11

Behavioural Neuropsychology
Convener and Chair: John Davis, McMaster University, Ontario, Canada
Contributors: J. Preston Harley, Boston University, USA; Alan Finlayson, McMaster University, Ontario, Canada
9.30 - 11.00 Lecture Room 8
Poster Session 6

Behavioural Medicine (including AIDS)
Host: Dave Peck, University Department of Psychiatry, Royal Edinburgh Hospital, Edinburgh, Scotland, UK
Details at end of this section

Workshops

14. Treating Parent-Adolescent Conflict
   Sharon L Foster, West Virginia University, USA

15. Motivational Interviewing
   Henk P van Bilsen, Middleburg, The Netherlands

16. Neighbourhood Services: The Myth of Community Care
   Steve Baldwin, University of Dundee, UK

32. Natural Setting Treatment of People Who Are Developmentally Disabled
   Christine M Nezu, Arthur Nezu and Michael R Petrenko, Fairleigh Dickinson University, USA

9.30 - 12.30 Psychology Department, George Square

Symposium 19

Behavioural Marital Therapy (cont'd)
Convener and Chair: Ian Bannun, University of Exeter, Devon, UK
2.00 - 3.30 Lecture Room 2
The Prevention of Marital Discord
Howard Markman, University of Denver, Colorado, USA
Marital Violence
Robert Weiss, University of Oregon, USA
Some Future Prospects for Couples Therapy
Ian Bannun, University of Exeter, UK

Symposium 22

Current Status of Psychiatric Rehabilitation (cont'd)
Convener and Chair: Robert Paul Liberman, Camarillo State Hospital, USA
Discussants: Robert Olshick, Central Institute of Mental Health, Mannheim, West Germany and Wagner Bridger, Medical College of Pennsylvania, USA
2.00 - 4.00 Lecture Room 5

Comprehensive Treatment for Chronic Schizophrenics and Their Families
G F Goldwurm, M Bellini, I Fernandez, F Mastrangelo, A Meneghelli and D Vergani, University of Milan, Italy
Families and Patients As Partners in Community Psychiatric Rehabilitation
Max Birchwood and Jo Smith, All Saints Hospital, Birmingham, UK
A Controlled Study of Family Management of Schizophrenia
James Curran, Brown University Medical School, USA

Dissemination of Skills Training Modules: Bridging the Gap Between Research and Practice
Robert Paul Liberman, Charles J Wallace, Thad Eckman, Gayla Blackwell, Timothy G Kuehnelt, Camarillo State Hospital, USA
Co-sponsored by the World Association of Psychiatric Rehabilitation

Invited Speakers

The Neuropsychology of Anxiety: Implications for Behavioural Treatment
Chair: Nick Mackintosh, University of Cambridge, UK
Speaker: Jeffrey Gray, Institute of Psychiatry, London, UK
12 Noon Lecture Room 2

Cognitive Therapy for Depression: The State of the Art
Chair: Ivy-Marie Blackburn, Royal Edinburgh Hospital, Scotland, UK
Speaker: John Teasdale, MRC Applied Psychology Unit, Cambridge, UK
12 Noon Lecture Room 4

Preattentive Processes and Preparedness in the Activation of Fear
Chair: Sue Minkel, Northwestern University, USA
Speaker: Arne Öhman, Uppsala University, Sweden
12 Noon Lecture Room 5
Symposium 23

Behavioural Reduction of Cardiovascular Risk
Convenor and Chair: Derek Johnston, St George's Hospital Medical School, London, UK
2.00 - 4.00 Lecture Room 4

- The Stanford Five City Project: Results After 5 Years of Education
  C Barr Taylor, J W Farquhar, S P Foytenmann, J A Flora, W L Maxwell, P T Williams and N MacCoby, Stanford University Medical School, USA

- Relaxation Therapy As a Sole Treatment for Mild Hypertension: A Work Site Study
  Jane Irvine, A G Logan and D M Garner, Toronto General Hospital, Canada

- Stress Management for Hypertension: An Overview and Meta-Analysis
  Derek Johnston, St George's Hospital Medical School, London, UK

- Modification of Type A Behaviour in Post-Infarction Patients: Effects on Psychological, Psychophysiological and Medical Endpoints
  Arne Ohman, Gunilla Burell, Olof Sundin and Gunnar Strom, University of Uppsala, Sweden

Symposium 24

Behaviour Therapy and Personality Disorders
Convenor: Diane Chambless, The American University, USA
Chair: Alan Goldstein, Temple University Medical School, USA
Discussant: Ralph M Turner, Temple University Medical School, USA
2.00 - 4.00 Lecture Room 3

- Personality Patterns and Social Anxieties
  Mia Biran, Miami University of Ohio, USA

- Personality Disorders of Agoraphobics
  Diane L Chambless, The American University, USA and Babette Renneberg, Temple University Medical School, USA

- Behavioural Treatment of Chronically Parasuicidal Patients
  Marsha Linehan, University of Washington, USA

- Personality Disorders of Obsessive-Compulsive Patients
  Gail S Steketee, Boston University, USA

Symposium 25

Cognitive Rehabilitation Following Brain Injury
Convenor: Ian Robertson, Astley Ainslie Hospital, Edinburgh, Scotland, UK
Chair: Neil Brooks, University of Glasgow, Scotland, UK
2.00 - 4.00 Lecture Room 1

- Is Cognitive Retraining Possible?
  Barbara Wilson, University of Southampton, UK

- Behavioural Management of Cognitive and Emotional Problems Following Head Injury
  Bill McKinlay, University of Edinburgh, Scotland, UK

- Rehabilitation of Numerical Skills Following Brain Injury
  Gerard Deloche, Service de Reeducation Neurologique, La Salpetriere, Paris, France

- Microcomputer Based Cognitive Rehabilitation: Results from Two Randomised Controlled Trials
  Ian Robertson and John Gray, Astley Ainslie Hospital, Edinburgh, Scotland, UK

Special Interest Meeting 12

Long Term Follow-Up in Behaviour Therapy: Fame or Shame?
Convenor: Iver Hand, University of Hamburg, West Germany
Chair: Terry Wilson, Rutgers University, USA
Contributors: Kelly Brownell, University of Pennsylvania, USA; Geraldine O'Sullivan and Isaac Marks, Institute of Psychiatry, London, UK and Gurd Ehringer, Max-Planck Institute, Munich, West Germany
2.30 - 4.00 Lecture Room 8

Special Interest Meeting 13

Application of Behaviour Therapy in the Treatment of Study Problems
Convenor: Eric Depreeuw, Catholic University of Leuven, Belgium
Chair: Chris Brannigan, Birmingham Polytechnic, UK
Contributors: P Vos, University of Leiden, The Netherlands; G H Nevenzeel, Erasmus University, Rotterdam, The Netherlands; Johan Cloet, Psycho-social Service Advice Centre, Brussels, Belgium; Ingrid Coosemans, Leuven, Belgium; Ton Boekhorst and Klaarte Dijk, State University of Groningen, The Netherlands
2.30 - 4.00 Lecture Room 6
Behvioural Therapy Forum 3

Behaviour Therapy: Conditioning or Cognitive Change?
Chairs: Irene Martin, University of London, UK and Archie Levey, APJ, Cambridge, UK
2.30 - 4.00 Library - Congress Club
Panel: William O'Donohue, University of Maine, USA; Frank Baeyens and Paul Eelen, University of Leuven, Belgium; Nick Mackintosh, University of Cambridge, UK; Susan Mineka, Northwestern University, USA; Martin Seligman, University of Pennsylvania, USA

Poster Session 7

Anxiety and Depressive Disorders in Adults (2)
Host: Clare Cooper, Department of Psychology, Northwick Park Hospital, Harrow, UK
Details at end of this section

Workshops

17 Developing Needs Led Services in Partnership with Consumers
Paul Chamberlain, Bromsgrove and Redditch Health Authority, UK
18 Modern Treatments for Obesity: Integrating Physiology and Psychology
Kelly D Brownell, University of Pennsylvania School of Medicine, USA
19 Dealing with Stress in the Workplace
Sue Spenec, University of New South Wales, Australia
Utilization of Behavioural Principles to Enhance the Efficacy of Treatment for Drug Dependence
Charles P O'Brien, University of Pennsylvania, USA
1.30 - 4.30 Psychology Department, George Square

Invited Speakers

Post-Traumatic Stress Disorder - A Prototype for Phobic Anxiety?
Chair: Kelly Brownell, University of Pennsylvania, USA
Speaker: Edna Foa, Medical College of Pennsylvania, USA
4.30 George Square Lecture Theatre
Explanatory Style: Predicting Depression, Achievement and Health
Chair: Kelly Brownell, University of Pennsylvania, USA
Speaker: Martin Seligman, University of Pennsylvania, USA
5.30 George Square Lecture Theatre

Symposium 26

Behavioural Family Therapy
Conveners: Kurt Hanfstaeg, Max-Planck Institut für Psychiatrie, West Germany and Ian Falloon, Buckingham Hospital, UK
Chair: Ian Falloon, Buckingham Hospital, UK
9.00 - 11.30 Lecture Room 2
Impact of Marital Quality on Child and Family Development
H Markman, University of Denver, USA
Family Adaptation to Parental Dysfunction: Implications for Family Interventions
D Wolin, Dominican University, USA; C Notarius, Catholic University of America, Washington, USA
Relative Groups in the Aftercare of Schizophrenia
G Buchkremer, L Lewandowski and P Hornung, University of Münster, West Germany
A Controlled Study of Behavioural Family Interventions in Schizophrenia
N Tamir and C Barlowclough, Prestwich Hospital, Manchester, UK
The NIMH Collaborative Study of Schizophrenics
A Bellack, Medical College of Pennsylvania, Philadelphia, USA
Continued 2.00 - 4.00 Lecture Room 2

Symposium 27

The Treatment of Addictive Behaviours: New Developments
Convenor and Chair: Henze van Büren, Middleburg, The Netherlands
9.00 - 11.30 Lecture Room 1
Minimal Interventions for Alcohol Problems: Abstinence-Based Approaches
Aisclare Murray, Ninewells Medical School, Dundee, Scotland, UK
Behavioural Treatment of Heroin Addiction
A Stallard, Ninewells Medical School, Dundee, Scotland, UK
Gambling Addiction: The Hamburg Behaviour Therapy Project
Iver Hand, A Kitsch and Z Wlazlo, Universitätskrankenhaus Eppendorf, Hamburg, West Germany
Individualised Behaviour Therapy for Drug Addicts
Höinz C Vollmer, IFT Institute for Therapy Research, Munich, West Germany
The Effectiveness of Family therapy with Drug-Abusing Adolescents: A Matched Samples Comparison Study
GM Schippers and C Romijn, University of Nijmegen, The Netherlands
Symposium 28
Eating and Weight Disorders
Convener: Christopher Fairburn, University of Oxford, UK
Chair: Peter Cooper, University of Cambridge, UK
9.00 - 11.30 and 2.00 - 4.15 Lecture Room 5
The Physical and Psychological Effects of Dieting
Kelly Brownell, University of Pennsylvania School of Medicine, USA
The Similarities and Dissimilarities Between Eating Disorders and Addictive Disorders
G Tony Wilson, Rutgers University, New Jersey, USA
The Respective Roles of Drugs and Psychotherapy in the Treatment of Bulimia Nervosa
W Stuart Agras, Stanford University School of Medicine, USA
Genetic Contributions to Obesity: Implications for Behaviour Therapy
Albert J Stunkard, University of Pennsylvania School of Medicine, USA
The Current Status of Cognitive Treatments for Anorexia Nervosa and Bulimia Nervosa
David Garner, Toronto General Hospital, Canada
The Place of Behaviour Therapy in the Inpatient Management of Anorexia Nervosa
W Vandereycken, University Psychiatric Centre, Kortenberg, Belgium

Symposium 29
Behavioural Approaches with the Elderly
Convener and Chair: Toni Whitehead, Kingston and Esher Health Authority, UK
Discussant: Ted Roenthal, University of Tennessee, Memphis, USA
9.00 - 11.30 Lecture Room 3
Effective Treatment of Depression in the Elderly
Larry W Thompson, Dolores Gallagher and Antonette Zeiss, Stanford University School of Medicine, USA
Improving Orientation in the Confused Elderly
Bob Woods, Institute of Psychiatry, London, UK
Generalisation of Social Skills Training
Roger Patterson, Florida Mental Health Institute, Tampa, USA
Behavioural Approaches to Improved Living Skills
K Gunnar Gøsta, University of Trondheim, Norway
Working with Family Caregivers
Dolores Gallagher, Antonette Zeiss, Larry Thompson and Steve Lovett, Stanford University School of Medicine, USA

Symposium 30
Cognitive Psychology and Cognitive-Behavioural Therapy
Convener and Chair: John Teasdale, MRC Applied Psychology Unit, Cambridge, UK
9.00 - 11.45 Lecture Room 4
The Cognitive Function of Emotions
Keith Oatley, University of Glasgow, Scotland, UK
An Information-Processing Approach to Anxiety
Colin MacLeod, Murdoch University, Western Australia and Andrew Mathews, University of London, UK
Relations Among Cognitive Style and Affect: Implications for Cognitive Behaviour Therapy
Julian F Thayer, Pennsylvania State University, USA and Jeffrey S Tanaka, New York University, USA
Cognition Conditioning and Affect: Some Old and New Findings and Questions
Paul Eelen and Omer van den Berg, University of Leuven, Belgium
Feelings As Information: Basic Research and Clinical Implications
Nobert Schwarz and Detlev Kommer, University of Heidelberg, West Germany

Special Interest Meeting 14
Training in Behaviour Therapy
Convener and Chair: Clive Holin, University of Leicester, UK; Eugene Osapiuk, Glenotone Youth Treatment Centre, Birmingham, UK
Contributors: Martin Herbert, University of Leicester, UK; Derek Milne, Northumberland Health Authority, UK; Isaac Marks, Institute of Psychiatry, London, UK; Keith Dobson, University of British Columbia, Canada
9.30 - 11.00 Lecture Room 6

Special Interest Meeting 15
Behavioural Gynaecology
Convener: Andrzei R Kuczmierczyk, Louisiana State University Medical Center, USA
Chair: Mario Johnston, Royal Free Hospital, London, UK
Contributors: Elio Sturgis, Medical University of South Carolina, USA; Karen Calhoun, University of Georgia, USA and Anthony Reading, Cedars Sinai Medical Centre, Los Angeles, USA
9.30 - 11.00 Lecture Room 8

[The page contains several other sections and details which are not transcribed here.]
Poster Session 8

Mental Handicap
Hosts: John Gardner, Department of Clinical Psychology, Mental Handicap Services, Coventry, UK and Juditn McBri, Plymouth, UK
Details at end of this section

Workshops

20 Paradox in Behaviour Therapy
L. Michael Asher, Temple University Hospital, USA

21 Management of Risk of Relapse in Schizophrenia
Thad A. Eckman, University of California at Los Angeles, USA

22 Contextual Behaviour Therapy: New Approach to Emotional Disorders
Steven C. Hayes, University of Nevada-Reno, USA

34 Parent Training for the Treatment of Child Non-Compliance
Robert J. McMahon, University of Washington, USA
9.30 - 12.30 Psychology Department, George Square

Noon

Invited Speakers

Modern Methods for the Management of Obesity
Chair: Chris Fairburn, University of Oxford, UK
Speaker: Kelly Brownell, University of Pennsylvania, USA
12 Noon Lecture Room 5

Treatment of Anxiety Disorders: The State of the Art
Chair: Lars-Göran Öst, University of Uppsala, Sweden
Speaker: Tom Borkovec, Pennsylvania State University, USA
12 Noon Lecture Room 4

Changing Services and Changing Interventions: Current Development in Mental Handicap
Chair: Janet Carr, University of London, UK
Speaker: Chris Kiernan, University of Manchester, UK
12 Noon Lecture Room 2

Syposium 26

Behavioural Family Therapy (Cont'd)
Conveners: Kurt Hofhagen, Max-Planck Institut für Psychiatrie, West Germany and Ian Falloon, Buckingham Hospital, UK
Chair: Ian Falloon, Buckingham Hospital, UK
2.00 - 4.00 Lecture Room 2

International Collaboration: Hispanic Studies of Behavioural Family Therapy
R. Liberman and E. Ochoa, VA Medical Center, Los Angeles, USA

Applications of Videodisc Technology to Behavioural Family Therapy
E. Blechman, Albert Einstein College of Medicine, New York, USA

Process Analysis in Behavioural Family Therapy
K. Hah韦g, M. Hemmati-Beber, A. Heusser, H. Lober, H. Winkler and U. Muller, Max-Planck Institut für Psychiatrie, West Germany

Prevention of Mental Disorders
I. Falloon, Buckingham Hospital, UK

Syposium 31

Recent Progress in Conditioning Theory: Implications for Behaviour Therapy
Chair: Irene Martin, Institute of Psychiatry, London, UK
2.00 - 4.00 Lecture Room 4

Contemporary Theories of Conditioning
Nicholas Mackintosh, Cambridge University, UK

Observational Conditioning of Fear
Susan Mineka, Northwestern University, Illinois, USA

Contingencies and Cognitions in Behaviour Therapy
Fergus Lowe, University College of North Wales, UK

Hedonic/Affective Components in Human Conditioning
Archie Levey, Applied Psychology Unit, Cambridge, UK and Irene Martin, Institute of Psychiatry, London, UK
**Symposium 32**

**Addiction and Cue Exposure**

Convener: *Nick Heather*, University of New South Wales, Australia
Convener: *Brendan Bradley*, University of Cambridge, UK
Chair: *Nick Heather*, University of New South Wales, Australia
Discussant: *Alan Marlow*, University of Washington, USA

2.00 - 4.00 Lecture Room 5

**Theoretical Overview**

*Jeffrey Gray*, Institute of Psychiatry, London, UK

**Opiate and Cocaine Dependence**

*Charles O'Brien*, University of Pennsylvania, USA

**Alcohol Dependence**

*Jori C Laberg*, Rutgers University, USA and Hjellestad-Klinikken, Bergen, Norway

**Eating Disorders**

*Jane Wardle*, Institute of Psychiatry, London, UK

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**Symposium 33**

**Behavioural Interventions in Child Abuse**

Convener and Chair: *Roger McAuley*, The Royal Belfast Hospital for Sick Children, UK

2.00 - 4.00 Lecture Room 3

**Physical and Sexual Abuse of Children: Psychological Impact and Trauma**

*David A Wolfe*, University of Western Ontario, Canada

**Treatment of Failure-To-Thrive Children and Their Families**

*Dotra Iwancie*, Martin House Study Centre, Leicester, UK

**Authoritarian Modes of Control in the Army and the Macho Male**

*Fred Lowe*, Dublin, Ireland

**Improving Parental Adequacy and Treatment Cooperation in Difficult to Treat Families**

*Steven A Szykula*, University of Utah School of Medicine, USA
Poster Session I

Marital and Sexual Problems
Hosts: Ian Bennun and Amanda Cole, Department of Psychology, University of Exeter, UK
Details at end of this section

Workshops

23 Implementing Interventions with Elderly People
   Ian Fleming and Christine Barrowclough, Salford Health Authority, UK

24 Cognitive Therapy of Depression
   Christine Padesky, University of California, USA

25 Cognitive-Behavioural Treatment of Hypochondriasis
   Paul M Salkovskis, Hilary MC Warwick and David M Clark, University of Oxford, UK

26 Micro-Computers in Mental Handicap Services
   Judith McBrien and Sarah Balfrey, Plymouth Health Authority, UK
   1.30 - 4.30 Psychology Department, George Square

Invited Speakers

Behaviour Therapy and Psychopharmacology: Untangling the Interaction
Chair: John Bancroft, MRC Reproductive Biology Unit, Edinburgh, UK
Speaker: Stuart Agras, Stanford University School of Medicine, USA

4.30 George Square Lecture Theatre

New Developments in Cognitive Therapy: A Dialogue with Aaron T Beck,
Chair: John Bancroft, MRC Reproductive Biology Unit, Edinburgh, UK
Speaker: Aaron T Beck, University of Pennsylvania, USA

5.30 George Square Lecture Theatre

E.A.B.T. Annual General Meeting
6.45 Library, Congress Club

Symposium 34

Spouse Abuse: Assessment and Treatment
Convener: K Daniel O’Leary, State University of New York at Stony Brook, USA
Chair: Donald Baucom, University of North Carolina, USA
Discussant: Howard Markman, University of Denver, USA
9.30 - 11.45 Lecture Room 1

Prevalence and Stability of Spousal Aggression
K Daniel O’Leary, State University of New York at Stony Brook, USA

Longitudinal Assessment of the Role of Communication Skills in Interspousal Aggression
Dina Vivian, State University of New York at Stony Brook, USA

Correlates of Domestic Aggression in Homosexual Couples
Ileana Arías, University of Georgia, Athens, USA

The Domestic Conflict Containment Programme: Treatment of Aggressive Military Couples
Peter Noldig, Behavioural Sciences Associates Inc, Beaufort, USA

Symposium 35

Cognitive Approaches to the Treatment of Generalised Anxiety Disorder
Convener: Gillian Butler, University of Oxford, UK
Chair: Lars-Göran Öst, University of Uppsala, Sweden
Discussant: Paul Emmelkamp, Rijksuniversiteit Klinische Psychologie, Groningen, The Netherlands
9.30 - 11.45 Lecture Room 4

Cognitive Restructuring and Relaxation in the Treatment of Generalised Anxiety Disorder: A Controlled Study
Ronald M Reppie and David H Barlow, State University of New York at Albany, USA

A Comparison of Behavioural and Cognitive-Behavioural Treatment of Generalised Anxiety Disorder
Gillian Butler, University of Oxford, UK

Active Ingredients in the Cognitive Behavioural Treatment of Generalised Anxiety Disorder: Cognitive Therapy, Relaxation or Placebo?
Tom D Borkovec, Pennsylvania State University, USA

Predicting Outcome in Cognitive-Behavioural Therapy for Generalised Anxiety Disorder
Rob Durham and Tony Turvey; Royal Dundee Lith Hospital, Scotland, UK
Symposium 36

Communication Training in Mental Handicap
Convener: John Clements, Institute of Psychiatry, London, UK
Chair and Discussant: Chris Kiernan, University of Manchester, UK
9.30 - 11.45 Lecture Room 2

Sign Language Acquisition in Mentally-Handicapped Children: Naming, Requesting and the Transfer of the Signing Function
Bob Remington, University of Southampton, UK

The Role of Communication Training in the Education and Management of Autistic Children
Pat Hewlin, Institute of Psychiatry, London, UK

Communication in Context - Is Relevance Pertinent to the Severely Mentally Handicapped?
Graham Fawcett, Kingsbury Hospital, London, UK

Increasing Mentally Handicapped Individuals' Varied Use of Communicative Gestures
P Duker, Katholieke Universiteit, Nijmegen, The Netherlands

Symposium 37

Behavioural Control of Anger and Related Problems
Convener: Kevin Howells, University of Birmingham, UK
10.00 - 11.45 Lecture Room 5

Introduction
Kevin Howells, University of Birmingham, UK

Anger Problems
Ray Novaco, University of California, Los Angeles, USA

Anger and Cognition in Mentally Disordered Offenders
Ron Blackburn and Ron Tulloch, Park Lane Hospital, Liverpool, UK

Anger in Everyday Life
Fattei Mazelan, University of Birmingham, UK

Symposium 38

Cognitive Mechanisms and Pain Control
Convener: Shirley Pearce, University College London, UK
Chair: Phil Richardson, St Thomas Hospital, London, UK
9.30 - 11.45 Lecture Room 3

The Affective Domain of Pain
Stephen Morley, University of Leeds, UK

Cognitive Management of Pain
Steve Linnon, Orebro Medical Centre Hospital, Sweden

Memory for Painful Events
Gerry Kent, University of Sheffield, UK

Efficacy of Cognitive Behaviour Therapy for Chronic Pain
Francis Keele, Duke University Medical Centre, USA

Understanding the Relationship Between Cognitive Coping Style, Overt Pain Complaints and Pain Intensity
Steven Sanders, Pain Control and Rehabilitation Institute, Georgia, USA

Special Interest Meeting 15

Research and Clinical Application of Expressed Emotion (EE): State-of-the-Art and New Directions
Convener: Christine Vaughan, Institute of Psychiatry and Nick Tarrier, Prestonwich Hospital, Salford, UK
Chair: Christine Vaughan, Prestonwich Hospital, Salford, UK
Contributors: M Rostworowska, Krakow, Poland; E Gutierrez, Universidade de Santiagos de Compostela, Spain; C Vizzaro, Universidade Autonomade, Madrid, Spain; T Seraky, Charing Cross Hospital, London, UK; H Peter, University of Hamburg, West Germany; C Brussi, IAR, Milan, Italy; J Hermanns, University of Marburg, West Germany; J Abbot, South Glamorgan Health Authority, Wales; S Glynn, VA Medical Centre, Los Angeles, USA; V Tomares, Athens University Medical School, Greece; C Brewin, Institute of Psychiatry, London; U Ehlert, University of Trier, West Germany and K Hahlweg, Max-Planck Institute, Munich, West Germany
9.30 - 11.30 Lecture Room 8

Special Interest Meeting 19

Sport and Exercise
Convener: Carole Sehault, Maiden Law Hospital, Lancaster, UK
Contributors: Roger Mace, Newman College, Birmingham, UK; Nanette Mutrie, University of Glasgow, UK; Dave Nelson, University of Bangor, UK; Aima Thomas, Bedfor College of Higher Education, UK and David Veale, Maunsley Hospital, London, UK
9.30 - 11.00 Lecture Room 6
Am

Poster Session 10
Appetitive Behaviours
Hosts: Steve Baldwin and Jim Hollywood, Department of Clinical Psychology, General Hospital, St Helier, Jersey, Channel Islands, UK
Details at end of this section

Workshops

27 Sleep Disorders: Biobehavioural Assessment and Treatment
   Charles M Morin, Medical College of Virginia, USA

28 Dialectical Behaviour Therapy of Suicidal Behaviours
   Marsha M Linehan, University of Washington, USA

29 Treating Children and Adolescents in Groups: A Behavioural Approach
   Sheldon D Rose, University of Wisconsin-Madison, USA

35 Clinical Decision Making in Behaviour Therapy
   Arthur M Nezu, Christine M Nezu and Michael G Perri, Farleigh Dickinson University, USA

9.30 - 12.30 Psychology Department, George Square

Final Event
Poster Session 1

Assessment and Training
Host: Derek Milne, Northumberland District Psychology Service, UK

CBA-2.0 Primary Scales: Uses in Industrial Medicine
Giorgio Bertolotti, A M Zotti, S Tringali and G Polini,
Psychology Department, Verona, Italy

Behaviour Approach in Institution Conflict
Godet Bruno, Centre Hospitalier, Peronne, France

The Multi-Dimensional Scale of Social Expression-Motor
Subscale (MSSE-MS): Factor Analysing a New Scale on Social
Skills
V E Caballo, J F Godoy and G Buela, Colegio Universitario De
Jean, Spain

The Validity of One's Capacity to Perceive One's Own Arousal
Level
Gualberto Buela Casal and V Caballo, Colegio Universitario De
Jean, Spain, E Garcia Cueto, Universidad Complutense de
Madrid, Spain

Assessment Instruments for a Social Competence Training
Addressed to Young Psychotics
I Caspani, I Fernandez, F Mastrangelo, F Vergani, A Meneghelli,
G F Goldwurm, Corso Plebisciti 6, Milan, Italy

Staff Training Modules
P Chambertain, Community Team Base, Mental Hardicap
Services, Redditch, UK

Physiological and Subjective Responses to Real Life Stressors:
An Examination of the Utility of the Palmar Sweat Index as an
Applied Measure in Clinical Psychology
K Clements and G Turpin, Plymouth Polytechnic, UK

Progressive Assessment with a Hierarchical Scale for Symptom
Intensity: A Computer Program
Jose F Cortes, University of the Americas Alvarez Luz M
University of Mexico, Mexico

Is Self-Report of Social Anxiety a Predictor of Overt Behaviour?
Rien van Damm-Baggen and Floor Kraaimaat, University
Hospital, Utrecht, The Netherlands

The Development of a Measure of Irrational/Rational Thinking
Raymond DiGiusappte, St John's University, New York; Theresa
Exner, Connecticut College, New London, USA; Russell Leaf,
Rutgers, New Brunswick, USA; Mitchell Robin, New York City
Technical College, USA

Teaching Parenting Skills to Mentally Handicapped Mothers
M Feldman, L Case, M Garrick, F Towns and J Betel, Surrey
Place Centre, Ontario, Canada

Construct and Current Validity of Obsessive-Compulsive
Disorder Measures
Blance Freud and Edna Foa, Medical College of Pennsylvania,
USA

Psychological Reactance as a Factor Affecting Patient
Compliance
Steven R Graybar and Duane L Varble, University of Nevada-
Reno, David Antonuccio, Lynn R Boutllier, Veterinary
Administration Medical Centre, Reno, Nevada, USA

Assessment of Non-Verbal Components of Social Skills
H Harai, K Nakama, K Kawaguchi, M Mita and T
Yamagami, SEIBU International Congress, Shibuya-ku, Tokyo,
Japan

CATS and Supervision
Rudiger Klepsch, Dieter Bodek and Iver Hand, University of
Hamburg, West Germany

The Hamburg Obsessions Compulsions Inventory
Rudiger Klepsch, Wolfgang Zaworka, Iver Hand, Klaus
Lünenschlos and Gerd Jäuemig, University of Hamburg, West
Germany

A Comprehension Evaluation of Staff Training in Psychiatric
Rehabilitation
Derek Milne, Regional Tutor Clinical Psychology,
Northumberland District Psychology Service

Relative Changes of Elementaty and Complex Cognitive Deficits
of Schizophrenics by Training Programs
Robert Olbrich and Lutz Muehsay, University of Heidelberg,
West Germany

Intensive Training in Job Finding
R M Raich, M Checa, E Garcia, L Puig and C Saez, Universitat
Autonoma de Barcelona, Spain

Process Analysis of Cognitive Behaviour Therapy
D Revenstorf and Martin Weber, University of Tubingen, West
Germany

Time Series Analysis for the Evaluation of Single Case Studies
D Revenstorf and Anne Linden, University of Tubingen, West
Germany

Analysis of Verbal Behaviour in Parent-Teacher Conferences:
Influence of Teacher Experience and Child Achievement Level
H J Stijntjes and J J Kramer, University of Nebraska-Lincoln,
USA

The Development of a Psychometrically Valid Questionnaire of
Consumer Satisfaction
G Turpin, P Stumpe and K Black, Plymouth Polytechnic, UK

The Use of Sensory Extinction Procedures in Assessing Learners
Alternatives to Self-Stimulation for Persons with Developmental
Disabilities
R A Ward and A Rincover, Surrey Place Center, Toronto
Canada

Poster Session 2

Sexual Deviation and Violence
HOST: Derek Perkins, Broadmoor Hospital, Crowthorne, UK

Long-Term Evaluation of a Cognitive-Behavioural Treatment
Program for Child Molesters
H E Barbaree and W L Marshall, Queen's University, Kingston,
Canada

Social Skills Training for Sexual Offenders
P K Burns, South Australia Department of Correctional Services, Australia
Changes in Skin and Salivary pH Related to a Pavlovian Conditioning of Phobic Fear
P Chorot, B Sandin and J L Fernandez-Trespalacios, UNED, Madrid, Spain
Experimental Investigation of the Incubation Theory of Phobias by Using a Pavlovian Conditioning of Electrodermal Responses
Patricia Chorot and B Sandin, UNED, Madrid, Spain
University of Pennsylvania Medical School, USA
Co-Morbidity Among the Anxiety Disorders
C DeRuyter, H Rijken, B Garsen and F Kraaimaat, University of Utrecht, The Netherlands
Panic Disorder and Agoraphobia: Are They One Disorder?
C DeRuyter, S Noorman and B Garsen, University of Utrecht, The Netherlands
The Reliability of Two DSM III Anxiety Disorder Categories: Panic Disorder and Agoraphobia with Panic Attacks
C DeRuyter, C Prick, R Moonis, B Garsen and E Beerken, University of Utrecht, The Netherlands
Anxiety Disorders: The Role of Hyperventilation, Somatic Complaints and Fear of Somatic Complaints
B Garsen, Ac Medical Centre, Amstemand, C de Ruyter and H Rijken, University of Utrecht, The Netherlands
A Factorial Analysis on a French Translation of the Fear Survey Schedule
G Goupil, P Rous and G Trudel, Université du Quebec, Montreal, Canada
F 300 Biofeedback and Depression
M Haelekeete, T Galois and P Galois, Universite de Lille, France
Cognitive Psychological Perspectives on the Sell
V C Hernandez and B M Mitjana, University of Managua, Spain
Cognitive and Physiological Assessment of Panic Attacks and Panic Disorder
J Kanard, L Evans and T P Oei, University of Queensland, Australia
A Hyperventilation Interpretation of Relaxation-Induced Panic Attacks and Relaxation-Induced Anxiety
R Ley, State University of New York at Albany, New York, USA
The Influence of the Individuality of the Physician on Diagnosis and Treatment of Depressed Patients
M Linden and G Langwieler, Free University, Berlin, West Germany
Preparedness and Diminution of the Unconditioned Skin Conductance Response
H Meekenback and Marcel van den Hout, University of Limburg, The Netherlands
Agoraphobia and Sex Role Stereotyping
Eileen McAlancon, Birch Hill Hospital, Rochdale, UK
Disorders
Type A Behaviour Pattern (TABP) and Panic Attacks (PA)
ID Note, O Darbon, C Lancon, P M Llorca and Y Poino, Hopital Sainte-Marguerite, Marseille, France
Comparison of Cognitive Processes in Social Phobics and Panickers Using the Stroop Task
R M Rapee, D A Hope, R G Heimburg and M Dombek, State University of New York at Albany, New York, USA

Negative Cognitions and the Symptoms of Panic Disorder - An Extension of the Cognitive Model
S Robinson and M Birchwood, West Birmingham Health Authority, UK

Experimental Investigation of the Incubation Theory of Phobias by Using a Pavlovian Conditioning of Heart Rate Responses
B Sandin and P Chorot, UNED, Madrid, Spain

Categorization of Anxiety Disorders: A Study Based in Stressful Life Events and Coping Strategies
Bonifacio Sandin and Paloma Chorot, Universidade Nacional de Educacion a Distancia (UNED), Madrid, Spain

Body Size Perception and Depressed Mood: A Mood Induction Study
M J Taylor, University of Leeds, UK and P J Cooper, University of Cambridge, UK

Is Parental Death a Selective Precursor to Either Panic Disorder or Agoraphobia
B A Thyer, University of Georgia, USA and J Himle and D Fischer, University of Michigan, USA

Discussion on the Relationship Between Panic Attack, Agoraphobia and Obsession in Anxiety Disorders
R Tükel and S Yüksel, Istanbul, Turkey

Brief Exposure in Reality and Imagery
O van der Bergh, G Crombez, P Illen and F Baeyens, University of Leuven, Sweden

Coping Mechanisms and Stressful Life Events
A Vaz-Serra, H Fimino, F Pocinho and M Figueredo, Universidade de Coimbra, Portugal

Social Anxiety in Stuttering and Non-Assertive Subjects
R Van Dam Baggen, P Jansen and F Kraaimaat
University of Utrecht, The Netherlands

Is Self Report of Social Anxiety A Predictor of Overt Behaviour?
R Van Dam Baggen and F Kraaimaat, University of Utrecht, The Netherlands

Alcohol and the Inhibited Extinction of Fear
T M Van Der Molen and H Merckelbach, Limburg University, West Germany

Acquisition of Anxiety During Alcohol
T M Van Der Molen and Van Den Hout, Limburg University, West Germany

Children and Adolescence
Host: Peter Elliott, Young People's Unit, Parkside Hospital, Macclesfield, UK

Affective and Evaluative Style of the Contemporary Chilean Adolescent
F Allende, V Bagiadi, J Bascon and P Reyes, CECIDEP, Santiago, Chile

Coping Strategies and Depressive Symptomatology in Conduct-Disordered Adolescents
P Baron and Andre De Champlain, University of Ottawa, Ontario, Canada

The Teaching Family Model in The Netherlands: Follow-Up
Results of a Community Based Program for Problem Youths
I C M Beijers and Fellow Workers: Paedagogisch Instituut, Amsterdam, The Netherlands

Day Fester Care: A Behavioural Programme for Severely Disturbed Children
Hercen van Bilsen, Pedagogisch Instituut, Rotterdam, The Netherlands

A Behavioural Treatment Program for Overweight Children: Possibilities and Limitations
N van Broek, University of Gent, Belgium

Behavioural Treatment for Negative Affect in Sexually Abused Girls
Marie Burke, Joan Jackson and Ruth Townsley, University of Georgia, USA

The Behavioural Basis to the Unstable Bladder Syndrome
William Di Scipio, Montefiore, Bronx, New York, USA

Conditioned Dysphagia: A Behavioural Etiology and Treatment Approach of the Failure to Thrive
William Di Scipio, Albert Einstein College of Medicine, New York, USA

Verbal Expression of Criticism in Mothers of Asthmatic Children
Jutta Hermanns and Imela Fiorin, Psychology Department, Marburg, West Germany

Modification of Behaviour of an Eleven Year Old Child That Sucks His Fingers and Suffers Nocturnal Fears
Violeta Cardenal Hernaez and Blanca Moreno Mitjans, University of Malaga, Spain

Modifying Children's Individual and Group Behaviour at Breaktimes: Two Case Studies
J C Kelly, Southbrook School, Exeter, UK

Panic Disorder, Panic Attacks and Social Support
R A Kleinknecht and Jennifer Lee, Westerl University, USA

Parents as Behavioural Consultants: Preliminary Evidence
J J Kramer, Scott Brase, Crystal Grow and Rod Kohl, University of Nebraska-Lincoln, USA

Behaviour Modification in the Treatment of Pseudoseizures
J R Lachmann, Fairleigh Dickinson University and M E Olson, North Shore University Hospital, USA

A 3-4 Year Follow-Up of Adolescent Students With Recurrent Headaches
B Larsson, Uppsala, Sweden
Decision Making Model for Determining Restrictiveness With Juvenile Parolees
C LeCroy, School of Social Work, Temple, Arizona, USA

Long-Term Efficacy of Cognitive Behavioural Interventions with Aggressive Boys
J Lochman, Duke University Medical Centre, Durham, North Carolina, USA

Integration of Technology into Procedures of Behaviour
Modification of Children and Adolescents with Special Needs
Maik Margai, School of Education, Tel Aviv, Israel

A Behavioural Assessment of Fire Setting Risk
R McCaughney, Prestwich Hospital, Manchester, UK

Life Events and Psychopathology in Adolescence: Do Life Events Play a Predisposing Role?
P Norato, N Calderon, Hospital Mutua de Terrassa, Terrassa, Spain and A Valles and E Martinez, Hospital Clinico Provincial de Barcelona, Spain

Eating Disorders in a Non-Clinical Adolescent Population
P Mori-Brander, Rocklands Children's Psychiatric Centre, Orangeburg, New York and J R Lachenmeyer, Fairleigh Dickinson University, USA

Significance of Token Economy Treatment and Cooperation with School Teachers for Changing Two Hyper-Kinetic Boys' Disruptive Behaviours
Hiroko Okuma, Hiroshi Yamashita, Masaru Menta, Sakiko Zinnouti, and Yasuyuki Koga, Kogosima University, Japan

Fears in Children and Adolescents: Gender, Developmental and Cultural Differences
Tom Ollendick, Virginia Polytechnic Institute and State University, Virginia, USA and Neville King, Monash University, Australia

Personality, Attitudes and Self-Concept in Physically Disabled Children
Margaret Paul, King Alfred's College, Winchester, UK

Behavioural Health Care in Childhood Asthma
A Perezvigil, R M Raich and I Escurell, University of Barcelona, Spain

Adolescent Reports of Behaviours That Effect Peer Acceptance
H Inderbitzen Pisaruk and S L Foster, West Virginia University, USA

Effects of Reinforcers on "Intrinsic Motivation"
H Sigurdardottir, Borgarspitalinn, Reykjavik, Iceland

The Relationship of Parents' Knowledge and Casual Attributions to Their Parenting Skills
M E Sternitzke and J J Kramer, University of Nebraska-Lincoln USA

Relevance of School Group Association to Adolescent Tobacco Use
Steve Sussman, Clyde Dent, Ann Raynor, Alan Stacy, Ventura Charlton, Sande Craig, William Hansen, Dee Burton and Brian Flay, University of Southern California, USA

Group Versus Individual Reinforcement Contingencies for Improving Mathematics Estimation in Elementary School Children
S H Williamson, D A Williamson, H H Hughes and P C Watkins, Louisiana State University, USA

Family therapy Modalities for Children of Divorce
G L Wilson, P D Hernandez, P S Flournoy, G M Giesick, S L Avin and A London, Washington State University, Washington, USA

Poster Session 5

Psychiatric Rehabilitation and Chronic Disorders
Host: Geoff Shepherd, Department of Clinical Psychology, Fulbourn Hospital, Cambridge, UK

Quality of Life and Assessment of Need in Psychiatric Rehabilitation: A Critique and Alternative Proposal
Waseem Alladin and Sharon Hodgson, University College, North Wales, UK

Public Reaction to the Mentally Ill
T M Atkin, Manchester, UK

Expressed Emotion, Schizophrenic Relapse and Intervention in Italian Families
C L Cazzullo, C Bressi, P Bertrand, M Clerici and G Cereda, University of Milan, Italy

Working Without Mental Hospitals: Treatment Perspectives for Long-Term Patients
Anna Recchi, Angelo Cocchi, Giorgio de Isabella, USSL, Milan, Italy

In-Hospital Rehabilitation of Chronic Mental Patients: Is There a Future for Token Economy Programs in the 1990's?
A E G Deesepaul and P M S Vlijndaal, Maastricht, The Netherlands

Experience Sampling: A Useful Tool in Behavioural Assessment?
A E G Deesepaul and R M de Vries, University of Limburg, The Netherlands

Behavioural Nursing
Ellen Durrell, St Andrews Hospital, Northampton, UK

Psychological Interventions for the Relatives of Schizophrenic Patients During the Patients' Ambulant Psychiatric Treatment
U Ehlers, University of Trier, FRG

Expressed Emotion in a Group of Italian Families
G Fernandez and M D Vergan, CFS, Milan, Italy

Expressed Emotion and Negative Symptoms in Schizophrenia
S M Gynn, Eugene Randolph and Spencer Eth Brentwood, VA Medical Centre, Los Angeles, USA

Project to Introduce Young Psychotics to Occupational Skills in a Natural Work Environment
A De Gregorio, Melegnano, Italy

A Test of the Role of Experienced Emotions on Schizophrenia Relapse
E Gutierrez, V Escudero, L C Alvarez and A Gonzalez-Chas, University of Santiago, La Coruna, Spain
Vocational Rehabilitation by Means of Structured Cognitive-Behavioural Group Work
Jouko Hakkinen, Rehabilitation Foundation, Helsinki, Finland

Social Skills Training with Chronic Schizophrenic In-Patients: A Controlled Study of Effectiveness and the Role of Mediating Processes in the Course of Therapy
Karin John, Munich, West Germany

Combined Behaviour and Pharmacotherapy in Schizophrenic Out-Patients with Minus-Symptomatic
W H Kleeser, University Clinic, Dusseldorf, West Germany

Two Different Treatments in Chronic Schizophrenic Patients
S Kraemer, H J Zinner and H Möller, Munich, West Germany

The Effectiveness of Behavioural Psychotherapy in the Rehabilitation of Long Stay Psychiatric Patients
Hugh McFadden, North Western Health Board, St Conal's Hospital, Co Donegal, Ireland

Hairdressers as Behaviour Therapists: A Close Shave?
Derek Milne and Allsdaire Gormley, University of Newcastle upon Tyne, UK

Language Analysis in Psychiatric Rehabilitation of Chronic Disorders
Blanca Moreno, University of Malaga, Spain

Some Environmental Characteristics for Effective Psychiatric Rehabilitation Programme
B Moreno and V Cardenal, University of Malaga, Spain

Expressed Emotion in Partners of Patients with Different Disorders
S Priebe and E Stueber, Free University, Bein, West Germany

Expressed Emotion and Course of Disease in Schizophrenia: A Two Year Follow-Up in a German Study
A Roek, Westfalsiche Wilhelms-Universitat, Munster, West Germany

The Influence of Expressed Emotion (EE) on the Course of Schizophrenia: A Two Year Follow-Up Polish Replication
M Rostworowska and B Barbara, Medical Academy, Krakow, Poland

The Rust Inventory of Schizotypal Cognitions
John Rust, University of London, UK

Salford Network Scheme: A New Service For the Rehabilitation and Resettlement of People From Salford with Long Term Psychiatric Problems
F Sanders, Prestwich Hospital, Manchester, UK

A Comparative Study of Care Practices in a 'Ward-in-a-A-House' Hospital Ward for New Long Stay In-Patients
K Singh, J Aidaz and A Shepherd, Fullbown Hospital, Cambridge, UK

Predicting Relapse: The Development and Implementation of an Early Signs Monitoring System Using Patients and Families as Observers
J Smith and M Birchwood, All Saints Hospital, Birmingham, UK

Behavioural Projects: An Effective Strategy For Working in Long-Stay Hospitals
Sheila Shuartley, Roger Paxton and Derek Milne, Northumberand Health Authority, Morpeth, Northumberland, UK

Education Is Not Enough
A Tanagho, I Hughes, J Abbati and H Hailwood, Whitchurch Hospital, Cardiff, UK

Cognitive Behavioural Strategies for the Alleviation of Drug-Resistant Psychotic Symptoms in Schizophrenic Patients
N Tarrier, A Baker, R Beckett, S Harwood and L Yusopoff, Psychology Department, Prestwich Hospital, Manchester, UK

Expressed Emotions in Families of Chronic Schizophrenics Living in the Community
V Traskas, V Mavreas, V Carydi, C N Stefanis and I Ioannou, Athens University Medical School, Athens, Greece

Expressed Emotions in the Families of Patients with Different Types of Schizophrenia and Its Influence On the Course of Illness
Z Vuletic and M Ivencic, Institute for Mental Health, Beograd, Yugoslavia

Health Attitudes and Course of Illness in Patients On Prophylactic Lithium
C Wildgrube and S Priebe, Free University Berlin, West Germany

Poster Session 6

Behavioural Medicine (including AIDS)
Host: Dave Peck, University Department of Psychiatry, Royal Edinburgh Hospital, Edinburgh, Scotland, UK

Cognitive Behavioural Treatment for Essential Hypertension: A Controlled Study with Spanish Patients
Isaac Amigo, University of Oviedo, Spain and J M Buceta, UNED, Madrid, Spain

Chronic Low Back Pain and Habitation to Painful Stimuli
A Amt, H Merckelbach, M Peters and A Schmidt, University of Limburg, The Netherlands

Spontaneous Strategies for the Self-Control of Heart Rate
Yamamoto Asako and Ichiro Agari, Hiroshima University, Japan

Follow-Up Effects of a Standardized Group Treatment Programme for Pain Management in a General Practice Setting
Heins-Dieter Basler and Hans Peter Rehlsch, Institute of Medical Psychology, Marburg, West Germany

Stress Management Training with Essential Hypertensives by General Physicians - A One Year Follow-Up
Heins-Dieter Basler and Birgit Beisenherz, Institute of Medical Psychology, Marburg, West Germany

Relaxation and Imagery in the Treatment of Breast Cancer Patients
P Benson, St Mary's Hospital Medical School, London, UK

Biobehavioural Treatment in EMG BF of Dystonic Patients
G Bertotti, I Mazzini, F Ferronico and F Cerletti, Institute of Care and Research, Veruno, Italy and P Piniell, San Paolo Hospital, University of Milan, Italy

Visual Acuity Training for the Treatment of Myopia: A Group, Mono and Binocular Training Format
J A I Carroll, E S Gismonda, G Gioi and M Garcia-Ruano, University Autonoma de Madrid, Spain
Cognitive Behavioural Interventions on Obese Patients in a General Hospital
F Colembo, D Jurich, N D Sarto and E Saravio, USSL, Milan, Italy

Influence of Menstrual Cycle Changes: On Treatment Outcome, Eating Behaviours and Weight Control in Overweight Women
C V Dancu, E Frank, D E Bowin, L Jansen-McWilliams, University of Pittsburgh, USA

Matches and Mismatches Between Predicted and Experienced Pain
Marleen van Eck, Monique Heijmans and Arnoud Amrntz, University of Limburg, The Netherlands

Teaching Home Parenteral and Home Enteral Nutrition to Cancer Patients for Increasing Subjective Life Quality
U Enert and B Weidler, University of Trier, West Germany

Training of Coping Strategies for Parkinson Patients
H Elgering, Max-Planck Institute, Munich and B Rabaioli-Fischer, Psychological Practice, Munich, West Germany

Influence of Family Emotional Factors on the Course of Organic Disease
G Invernizzi, P Bertrando, C Bressi and M Cleirici, University of Milan, Italy

Adherence to Physical Activity in Older Adults: Findings From a Community-Based Clinical Trial
A C King, A Bohn, C Barr-Taylor and W L Haskell, Stanford University, California, USA

Fear, Fainting and Avoidance of Medically Related Situations
R A Kleinmints, Western Washington University, USA

Behavioural Medicine of Dystone Syndromes
Peter Kosarz and G Cromback, Bad Durkheim, West Germany

Stuttering Severity and Treatment Outcome
Robert Ladouceur, Chantal Caron and Guylain Caron, University of Laval, Quebec, Canada

Mitral Valve Prolapse (MVP) and Various Psycho-Neuropsychological Disorders: The Missing Link
Jean Louis, Centre Cardiologique, Lyon, France

Cognitive and Operant Behaviour Therapy in the Treatment of Anorexia Nervosa
M Maass, M Singmann and H G Kirschner, Fredeburg, West Germany

Awareness and Self-Efficacy Perception in the Treatment of TICs
J Martin-Bouchard and Robert Ladouceur, Laval University, Quebec

Behavioural Management of Sleep Disturbances Secondary to Chronic Pain
C Morin, R A Kowatch and J Wade, Virginia Commonwealth University, Richmond, USA

Caffeine and Gynaecological Symptoms: Controlling Caffeine Intake to Reduce Premenstrual Syndrome
Carol Morse, University of Melbourne, Australia

Effects of Feedback and Instructions on the Control of Skin Temperature
Hiroto Okouchi and Ichiro Agari, Hiroshima University, Japan

Imagery Techniques in the Treatment of Chronic Headache: Effects of Response vs Stimulus and Pleasant vs Changing Imagery
G Peters, University of Hamburg, West Germany

The Treatment of Eating Disorders in Patients with Diabetis
H C Peveler and C G Fairburn, Wannaford Hospital, Oxford, UK

Effects of Pain Management with NA-Patients in Self-Help Groups of the German Rheumatism League
Hans Peter Reitsch and Heinz-Dieter Basler, Institute of Medical Psychology, Marburg, West Germany

Feasibility of Altering the Type A Behaviour Pattern in Cardiac Patients
A Sardo, R Ferrario, S Pirelli, D Massa and E Sanavio, USSL, Milan, Italy

Assessment of Dysfunctional Beliefs Associated to Type A Behaviour
L Sibilia and M Arca, Instituto di Terapia Medica Sistematica, University of Rome, Italy, S Borgo, Centro di Ricerca in Psicoterapia e Scienze del Comportamento, Rome, Italy and G Francioni, Società Italiana di Terapia Comportamentale e Cognitive, Rome, Italy

Risk Factors for HIV Infections - A Study of Seropositive and Seronegative IVDA
Caro Skidmore, Edinburgh Drug Addiction Study, Scotland

Magnitude Estimation of Pain in Cold Pressor Test
Tomoko Tanaka, Hiroshima University, Japan, Kaneo Nedate, Waseda University, Japan and Ichir Agari, Hiroshima University, Japan

Psychological Control of Post-Herpetic Neuralgic Pain
M A Vallejo, Psychology Faculty, UNED, Madrid, Spain

Psychological Factors in Recovery from Surgery: An Evaluation of Outcome Parameters
Claude Vogege, University of London, UK

The PEFC Experience: A Model of Exercise Behaviour
A D Weinstein and A C King, University of California, USA

Psychophysiological Changes Following Biofeedback-Assisted Cognitive-Behavioural Therapy with Rheumatoid Arthritis Patients
L D Young, L A Bradley, D O Anderson, T Williams, R Turner and C Aguado, The Bowman Gray School of Medicine, Winston-Salem, North Carolina, USA

Poster Session 7

Anxiety and Depressive Disorders in Adults (2)
Host: Clare Cooper, Department of Psychology, Northwick Park Hospital, Harrow, UK

The Role of Self-Exposure and Therapist Aided Exposure in Phobia Reduction - A Controlled Study
T F AI Kubais, I Marks, S Legsdin, M Sungur, K Headland and M Marks, Institute of Psychiatry, London, UK

Predictive Variables in Post Partum Depression
F Albomoz, A Gillet, V Lobbe and M Guerra, Centro Cientifico de Desarrollo, Santiago, Chile
The Effects of Therapist Presence and Relaxation Training on the Efficacy and Generalizability of In Vivo Exposure
Peter G Aubuchon, The Institute of Pennsylvania Hospital, Philadelphia, USA and K S Cahoun, The University of Georgia, USA

Morbid Jealousy: Its Prevalence and Assessment
Richard Beckett and Nick Tarrier, Prestwich Hospital, Manchester, UK

Morbid Jealousy Thoughts: Their Origin and Nature: A Basis for Cognitive Therapy - A Pilot Study
N R Bishay, N Petersen and N Tarrier, Manchester General Hospital, UK

Techniques of Cognitive Therapy in Psychotic Depression (Video Tape)
N R Bishay and D Goldberg, Manchester General Hospital, UK

TOP (Triumph Over Phobia): A Lay Self-Exposure Group That Works
Celia Bonham-Christie, Bath, UK and Isaac Marks, Institute of Psychiatry, London, UK

ANTI-STRESS KIT - An Alternative Means of Service Delivery
N M Bradbury, Bromsgrove and Redditch Health Authority, UK

General Semantics as a New Way of Cognitive Treatment
Isabel Caro, Caroline Ballester and Cristina Alarcon, University of Valencia, Spain

Does Anxiety Lead to Selective Processing of Threat Related Information?
D M Clark, M Martin and R Williams, University of Oxford, UK

Aerobic Activity Versus Cognitive Therapy: An Evaluative Study of Contrasting Interventions for the Treatment of Unipolar Depression
D Epstein, Y R Wood and D O Antonucci, VA Medical Center, Hampton, Virginia, USA

Self-Change Programmes for Helping Clients Increase Social Contacts
Elise Gambrill, University of California at Berkeley, USA

Relaxation versus Cognitive Therapy in the Treatment of Anxiety
S Gilbert and A Mathews, Northwick Park Hospital, UK

A Comparison of Two Group Therapies for Bulimia
P K Gordon and W Ahmad, Wincote Health Authority, UK

Blood Pressure Changes During the Use of Applied Tension in the Treatment of Blood Phobia
Lars-Göran Ost and Jan Fellenius, University of Uppsala, Sweden

Social Phobia and Social Deficits: Are There Differential Effects of Behavioural Treatments?
G Kaiser, N Münchau, Z Wlazlo, K Schröder-Hartwig and I Hand, Behaviour Therapy Unit, University of Hamburg, West Germany

Self-Administered De-Sensitization: Proposed Assessment Strategy
G M Kapalka and J R Lachenmeyer, Fairleigh Dickinson University, USA

New Methodological Approaches for the Analysis of Differential Effects of Exposure Treatment in Waschers, Checkers and Ruminators
M Lacher, I Hand and B Friedrich, Behaviour Therapy Unit, University of Hamburg, West Germany

A Clinical Research of Group Treatment of Agoraphobia With Or Without Partners
Andrew Marchand, Hopital Louis H Lafontaine, Montreal, Quebec and Suzanne Comeau, Centre de Psychologie Behaviorale, Montreal, Quebec, Canada

Fears of Being in Different Phobic Groups
M Marks, S E Lindsay and T Al Kubaisy, Institute of Psychiatry, London, UK

Treatment By Telephone of Housebound Agoraphobics: Exposure vs Relaxation
G McNamara, G O'Sullivan, P Elliott and I Marks, Institute of Psychiatry, London, UK

The Effects of Induced Mood on Phobic Anxiety States
I Mills, St Helens and Knowsley District Psychology Services and P Salkevickis, University of Oxford, UK

Worry, Anxiety and Cognitive Biases
K Mogg, A Mathews, J May, F Tallis and M Eysenck, St George's Hospital Medical School, London, UK

Attentional and Memory Biases in Anxiety
K Mogg, A Mathews, J May, F Tallis and M Eysenck, St George's Hospital Medical School, London, UK

The Dry-Bed Procedure Proved 100% Effective in Eliminating Nocturnal Enuresis in Adults
G Mulder, Academisch Ziekenhuis, Utrecht, The Netherlands

Long-Term Success and Failure After Behavioural Treatments for Social Inhibition
N Münchau, G Kaiser, Z Wlazlo, K Schröder-Hartwig and I Hand, Hamburg University Hospital, West Germany

Prediction of Prognosis of Obsessive Compulsive Disorders
A Nakagawa, K Kuranari, K Nakasima, A Yakobu, Kyusyu University, Fukuoka, Japan and T Yamagami, Hizen National Mental Hospital, Saga, Japan

Cognitive Therapy and Biological Changes in Depressive Disorders
J D Nato, P Manessa, P M Liorca, Y Poinso, C Larcom and J C Scorto, Centre Hospitalier Regional, Marseille, France

A Review of Follow Up Studies of Phobic and Obsessional Disorders
G O'Sullivan, Institute of Psychiatry, London, UK

Treatments of Post-Traumatic Stress Disorder in Rape Victims
B Olasov Rothbaum and Edna B Foa, Medical College of Pennsylvania, USA

Psychophysiological Responses of Rape Victims and Matched Controls During Imagery of Rape and Neutral Scenes
Olasov Rothbaum, M J Kozak, Edna B Foa and T Murdock, Medical College of Pennsylvania, USA
Identification and Relative Value of British Coins: An "Errorless" Training Program for Adults With Mental Handicaps
E A Gaffney and C Llorente, University of Reading, UK

Video Session "Hannah and Friends"
Georgette Goupil, UQAM, Montreal, Quebec, Canada

Relaxation Treatments for People With a Severe or Moderate Mental Handicap
William Lindsay, Strathmartine Hospital, Dundee, UK

Staying Safe With Strangers: An Effective Training Package for DD Young Adults
S Perry, A Dennis, C Bolivar and P W Dowrick, University of Alaska, Anchorage

Differential Effects of Brief Response Interruption: The Case Studies
J R Scotti, State University of New York at Binghamton, USA

Correspondence Training With A Downs Syndrome Child
M Underwood and N H Williams, Faculty of Education, University of Windsor, Ontario, Canada

Comprehensive Employment Preparation for Adolescents With Developmental Disabilities: An Empirical Paradigm
J S Wodarski and L L Wodarski, University of Georgia, USA

Marital and Sexual Problems
Hosts: Ian Bennun and Amanda Cole, Department of Psychology, University of Exeter, UK

The Fantasy Model of Sex: Is There A Relationship Between the Extent of Men's Belief in Sexual 'Myths' and Sexual Dysfunction
Tara Baker, St Mary's Hospital, London, UK

Participants' Perception of the Therapist in Family Therapy
Ian Bennun, University of Exeter, UK

Experimental Study of Couples' Problem Solving Skills
Jose Caceres, Universidad de Deusto, Bilbao, Spain

Gender and Power in Marital Conflict: The Demand Withdraw Interaction
Andrew Christensen and Christopher L Heavey, University of California at Los Angeles, USA

Behavioural Analysis and Treatment of "Unresolved Oedipal Conflict"
T L Dowdall, University of Cape Town, South Africa

Do "Content" and "Affect" Need A Third Partner in Marital Communication Research
Valentin Escudero, UNED, Pontevedra, Spain, Emilio Gutierrez, University de Santiago de Compostela, Spain and Jose Caceres, Universidad de Deusto, Bilbao, Spain

The Use of Decision Time and Recall Accuracy to Measure Cognitive Processing of Erotica
J H Geer and M S McGloire, Louisiana State University, USA

Psychometric Scales for the Assessment of Sexual Dysfunction and Marital State
S Goombokov, City University, London, UK and J Rust, Institute of Education, London, UK

Poster Session 8

Mental Handicap
Hosts: John Gardner, Department of clinical Psychology, Mental Handicap Services, Coventry, UK and Judith McBlain, Plymouth, UK

"Bringing People Back Home", Video
H Brown, Turbridge Wells, UK

Reduction of Self-Stimulatory Behaviour Through Sensory Extinction: A Partial Replication and Extension
I S Burgess, S Davies and M Grogan, Manchester Polytechnic and Prestwich Hospital, Manchester, UK

Treatment of Multiple Behavioural Problems in a Retarded Child in a South African Township
D Edwards and G Bailey, Rhodes University, South Africa

The Use of Individual Programme Plans With People With Mental Handicap Over A 3 Year Period
Ian Fleming, Mental Handicap Services, Salford Health Authority, UK

Poster Session 9
Primary Dysmenorrhea: A Study of Coping Styles
C Larroy, M Y Munoz and F Labrador
Aversion Therapy Efficacy: Two Different Clinical Cases With Long Following Period
J I Navarro-Guzman, University of Cadiz, Spain
Genetical Influence Over Cognitive, Affective and Sexual Response Styles
R Opazo, A M Marchetti and E Suarez, CECIDEP, Santiago, Chile
A Conjugal Curriculum Vitae Method (CCV) Behavioural Assessment and Treatment of Marital Problems
Michel Pléchaty, Université Laval, Canada
Cognitive and Behaviour Multi-Modal Therapy in Premature Ejaculation
F X Poudat and Noelle Jarrousse, Nantes, France
Behavioural Methods With Low-Income Mult-Problem Young Couples
C Rabin and Irir Barnea, Tel Aviv University, Israel
The Development of a Psychometric Scale for the Measurement of Sexual Dysfunction
John Rust, Institute of Education, London, UK and Sue Golombok, City University, London, UK
A Study on Marital Interaction of Couples With and Without Low Sexual Desire
Gilles Trudel and Benoit Matte, University of Quebec, Montreal, Canada
Differential Emotions and Female Sexual Responsiveness
Excitation or Switch in Information Processing
B Tuschen, University of Heidelberg, West Germany
A Case of Chronic Sexual Unhappiness
S Upadhyaya, University of Sains Malaysia, Penang, Malaysia
Conjoint and Group-Conjoint Marital Therapy: The Specifics of Change
G L Wilson, Washington State University, USA
The Systematic Analysis of Behavioural Marital Therapy With a Clinically Distressed Dyad
G L Wilson, Washington State University, USA, A G Marsal and L S Hoffman, University of South Dakota, USA, L J Wilson, Washington State University, USA and G A Drabek, University of South Dakota, USA
Marital Relationship in Women With and Without Sexual Dysfunction
S Yukea, A Kayir, N Sarimurat, M R Tukel and H Sabuncu, University of Istanbul, Turkey

Appetitive Behaviours
Hosts: Steve Baldwin and Jim Hollywood, Department of Clinical Psychology, General Hospital, St Helier, Jersey, Channel Islands, UK

A Controlled Evaluation of the Effectiveness of Alcohol Interventions with Young Offenders
S Baldwin, C Greer, A Lawson, J Mooney and S Cochran, General Hospital, St Helier, Jersey, UK
Drinking and the Perception of Social Norms: False Consensus Biases in American College Fraternities
J S Baer, A Stacy and G A Marlatt, Washington University, USA
Empowering the Overweight: Some Primary Findings From a Clinical Intervention
A J Blair, University of Birmingham, UK, V J Lewis, New Cross Hospital, Wolverhampton, UK and D A Booth, University of Birmingham, UK
The Effect of Physician’s Advice on Smoking Cessation
L R Boutillier and D O Antonuccio, VA Administration, Reno, Nevada, USA and S R Graybar, University of Nevada, USA
Ambulatory Computer-Assisted Behaviour Therapy for Obesity: Further Explorations of a New Frontier
K F Burnett, University of Wisconsin-Madison, C Berrl Taylor, D E Feldman, M Losch and W S Agas, Stanford University School of Medicine, California, USA
Effects of Alcohol Expectancies, Environment and Beverage Content on Changes in Mood
M E Dunn, J S Baer and K Fromme, University of Washington, USA
Stability and Change in Personality of Opiate Addicts During Treatment
H Ellgring, Max-Planck Institute for Psychiatry, Munich and H Vollmer, Prop-Alternative Munich/Augsburg, West Germany
Reasons for Smoking in a Sample of Treatment-Resistant Psychiatric In-Patients
Shirley Glynn and Steve Sussman, Institute of Health Promotion and Disease Prevention Research, University of Southern California, USA
A Behavioural Approach to Health Promotion: Noarlunga Smoking Cessation Project
J W Hare, Noarlunga Health Services, Adelaide, Australia
Restrained Eaters Are Fast Habituating Sensation Seekers
A Jansen, University of Limburg, The Netherlands
Cognitions and Self-Talk of Restrained Eaters During a Disinhibition Challenge
A Jansen, University of Limburg, The Netherlands
Assessment of Drinking Practices and Intervention Within American College Fraternities
M E Johanson, J S Baer, D Kivahan, W Collier and G A Marlatt, University of Washington, USA
Behavioural and Biologial Correlates of Restrained Eating
R G Laesle, B Kotthaus, R J Tusche and K M Pirke, Max-Planck Institute of Psychiatry, Munich, West Germany
Subjective and Psychophysiological Effects of Exposure to Drug-
Related Cues in Detoxified Heroin Addicts
J Legarda, B Bradley and G Sartory, Institute of Psychiatry,
University of London, UK

Empirically Guided Development and Preliminary Evaluation of
an Alcohol and Drug Treatment Program for Offenders
L O Lightfoot, H Barbaree and D C Hodgins, Addiction
Research Foundation, Kingston, Ontario, Canada

Differential Prediction of Alcohol and Anger Severity Using
Coping Styles
P Wright MacKay, University of Washington, D M Donovan
Seattle Veterans Administration Medical Centre, USA and R L
Collins, Research Institute on Alcoholism, USA

Abstinence-Orientated Bibliotherapy
A K Murray, Addictive Behaviours, Dundee University, Scotland,
UK

Aversion Therapy Efficacy: Two Different Clinical Cases With
Long Following Period
J Navarro-Guzman, University of Cadiz, Spain

A Comparative Study of Cognitive Behaviour Therapy,
Fluoxetine and their Combination in the Treatment of
Depressed Obese
D O Nutzinger, M De Zwaan, G Schönbck, R Macura,
S Cayiroglu, P Berger, G Aschauer-Treib and A Bugnar,
University of Vienna, Austria

World First No Tobacco Day: Effect Evaluation in Norway
P Schiodtborg, University of Oslo, Norway

A Multi-Component In-Patient Treatment Program for Bulimia
Nervosa
B Schmitz, Bad Durkheim, West Germany

Alcoholics Self-Report: Lottery Method Tested
P A Vogel, K Skjøstad and L Erksen, Blue Cross Alcohol
Treatment Centre, Trondheim, Norway

A Follow-Up Study for the Treatment of Blepharospasm
T Wenzel, D Pfersmann and H G Zaplotkozy, Vienna, Austria

Stop the Drinking Driver: A Statewide Program for Teenagers
Bruce A Yates and Peter W Downick, University of Alaska, USA

Treatment of Anorexia Nervosa in the General Hospital
R Zumbrunnen, A Troist, R Cantin and A Gunn-Sechehaye,
University of Geneva, Switzerland
Workshop 1

Problem-Solving Skills Therapy for Conduct Problem Children

Alan E Kazdin, University of Pittsburgh, USA

The workshop will elaborate and illustrate the use of interpersonal problem-solving skills training with conduct problems of children. The workshop will convey the theoretical and research background of the treatment as well as the nature of conduct problems as seen in clinical settings. However, the major focus will be on the presentation, illustration, practice and rehearsal of the specific treatment techniques, problem-solving skills training. Participants will review and discuss how treatment is implemented and problems in treatment administration are addressed.

The workshop is aimed at the beginning and intermediate level and is suited for persons generally familiar with or interested in clinical work with children, with childhood disorders and/or treatment, and behavioral approaches.

Alan E Kazdin is Professor of Child Psychiatry and Psychology at the University of Pittsburgh School of Medicine and Research Director of the Child Psychiatric Treatment Service of Western Psychiatric Institute and Clinic. He has been a Fellow at the Centre for Advanced Study in the Behavioural Sciences at Stanford, President of the Association for Advancement of Behaviour Therapy and Editor of the journal Behaviour Therapy. Currently he is a Fellow of the American Psychological Association, Editor of the Journal of Consulting and Clinical Psychology and Editor of the Sage Book Series on Developmental Clinical Psychology and Psychiatry.


Workshop 2

Treatment of Mood Disturbances in Women Who Were Sexually Abused in Childhood

Derek Job, University of Leicester, UK

Very high prevalence rates for feelings of guilt, low self-esteem, depressive episodes, suicide, and self-destructive substance abuse are reported among previously sexually abused women who seek therapy. It is hypothesised that one source of these mood disturbances is certain self-blaming and self-denigratory beliefs that are associated with the abuse and its surrounding circumstances. In this workshop a cognitive restructuring intervention is presented which has been shown to be feasible, effective, and acceptable means of modifying pathogenic beliefs and alleviating the accompanying mood disturbances in this client group. The workshop will be at an intermediate/advanced level.

Derek Job is Emeritus Professor from the University of Manitoba where he conducted clinical research into the treatment of previously sexually
Workshop 3

Training and Supervision in Cognitive Behaviour Therapy

Arthur Freeman and Karen M. Simon, University of Pennsylvania, USA

This workshop will focus on the various training models used in CBT. Workshop/institute, university based courses, full time and part time intramural programmes, extramural programmes and self-study. The curricula, syllabi and training materials that are being used in training programmes will be distributed and discussed. Problems of starting, advertising and maintaining a CBT training problem will be discussed. Various supervision models, i.e. individual, group, and ‘long-distance’ will be discussed and demonstrated. Participants will practice using the Cognitive Therapy Rating Scale-Revised to rate therapist competence in Cognitive Therapy. Evaluation of supervisees and supervisors will be addressed. Through didactic presentation and experiential exercises the various supervision models will be examined.

Arthur Freeman is Clinical Associate Professor of Psychology in the Department of Psychiatry in the School of Medicine, University of Pennsylvania and Senior Consultant at the Centre for Cognitive Therapy. His work involves responsibility for training psychiatric residents, nurses and psychology graduate students in CBT, in addition to supervision of on-going therapy work.

Karen M. Simon is Clinical Associate in the Department of Psychiatry in the School of Medicine, University of Pennsylvania and Senior Supervisor at the Centre for Cognitive Therapy. She is responsible for supervising clinical staff members and for direct patient care.

Workshop 4

Marital Therapy as a Treatment for Depression

Neil S. Jacobson, University of Washington, USA

The purpose of this workshop will be to illustrate the integration of marital therapy with standard cognitive-behavioural treatments for depression. Although the format for the workshop will be primarily didactic, case materials will be presented, and members of the audience will have plenty of opportunities to ask questions. The workshop will be roughly divided into three parts: the first third of the workshop will be devoted to the relationship between marital satisfaction and depression, including a rationale for conducting marital therapy when faced with depressed people who are married. Out of the discussion will evolve a classification system for different kinds of depressed clients, and the treatment implications derived from each. The second third of the workshop will be devoted to a discussion of the basic principles of cognitive therapy for depression and marital distress from a social learning perspective, and how these treatments can be integrated when working with depressed and their spouses. Specific principles of intervention will be delineated, along with some of the pitfalls that may be encountered when working with this population. The final third of the presentation will be devoted to case illustrations, possibly augmented by audiotaped excerpts from therapist-client transactions. Data will also be presented on the effectiveness of this approach in working with depressives.

Workshop 5


Judith R. Gordon and Roger A. Roffman, University of Washington, USA

The purpose of this workshop is to demonstrate the application of the Relapse Prevention model with individuals who are at risk for receiving or transmitting AIDS virus because they are compulsively engaging in unsafe sexual behaviors. The workshop leaders have developed a clinical treatment programme for men engaging in homosexual activities who need help switching to and maintaining safe sexual practices. They will present a model that includes planning, program delivery, clinical strategies, and assessment, and will report preliminary data from ongoing research.

Topics will include: a) techniques for assessing treatment needs within a given community; b) strategies for interfacing with local support groups; c) clinical self-management strategies to help individuals modify cognitive, behavioural, and lifestyle factors that place them at risk; focus includes motivational issues, availability and quality of social and community support, self-esteem, assertion and communication skills, sex and drugs, and degree to which the unsafe sexual activities have become compulsive or addictive in nature; e) use of a variety of treatment modalities including group counselling, individual counselling, and minimal supervised use of self-help manuals.

Applicability for other populations, such as intravenous drug users and heterosexuals who feel out of control of their sexual behaviour, will be discussed but not receive major emphasis. The format will include didactic presentation, case illustrations, and audience participation. Level is intermediate; it is assumed participants are familiar with principles and strategies of cognitive-behavioural therapy.

Judith R. Gordon is Clinical Assistant Professor of Psychology, University of Washington, Clinical Director of the AIDS Risk Reduction Project. Roger A. Roffman is Associate Professor of Social Work, University of Washington. He is the Principal Investigator of both the AIDS Risk Reduction Project and a National Institute on Drug Abuse-funded clinical study on the effectiveness of relapse prevention training with chronic marijuana smokers.

Workshop 6

Behavioural Approaches in School and Classroom Settings

Edward McNamara and M David Tobin, Senior Educational Psychologists, Lancashire County Council's Schools' Psychological Service

The leaders will present a) conceptual frameworks and models within which to view pupil problem behaviour in school settings and b) theoretical bases to generate intervention strategies. Participants will be expected to engage in activities which a) illustrate the influence of system factors, setting events and stimulus conditions on pupil behaviour b) illuminate the negative emphasis of pupil control strategies that exist, both at the inter-personal and systems level and c) demonstrate the utility of contingency management, rules and evaluative statements in promoting pupil on-task behaviour.

Both presenters have substantial experience in running workshops for Psychologists, Teachers, Social Workers and Care Staff.


Workshop 7

Family Skills Training

Elaine A Blechman, Martha H Reff and Michael McEnroe, Albert Einstein College of Medicine/ Montefiore Medical Centre, USA

Family Skills Training (FST), a form of behavioural family therapy developed by Blechman and co-workers, aims to achieve two objectives with children and their families: resolve child and adolescent behaviour problems at home and at school, and improve family problem-solving effectiveness. FST accomplishes this by training the whole family to implement standardised (yet individualised) solutions to common child-rearing problems: mealiness, bedtime, toileting, temper tantrums, fights, morning routine, school tardiness and absence, following instructions, chores, homework, loneliness, unhappiness, fearfulness, self-injury, stealing, lying, cheating, firesetting, violence, and academic and behaviour problems at school. FST is a core intervention; depending upon the child's and the family's needs, it is sometimes combined with relevant education about the illness and reinforcement for compliance with the prescribed medical regimen. FST can also be combined with social-skills, attention-pleasure, and marital problem-solving training, pharmacological treatment and with school-based interventions. The workshop will use videotape and role play to teach FST procedures and concepts. Cese examples of the use of FST alone and in conjunction with other modalities will be presented.

Elain A Blechman and her colleagues are based in New York, where she is Professor and Director of the Behaviour Therapy Program in the Department of Psychiatry of Albert Einstein College of Medicine/Montefiore Medical Centre. Her research on behavioural family therapy, family skills training and problem-solving is extensive.


Workshop 8

Victims of Sexual Assault: A Behavioural Assessment and Treatment Workshop

Deon G Kilpatrick, Connie L Best and Angelmye Amick-McMullen, Medical University of South Carolina, USA

Recent research in the United States shows that the prevalence of sexual assault among adult women is higher than previously thought and that many victims experience long-term mental health problems such as fear, anxiety and depression. Thus, mental health professionals need to learn more about how to treat victims and their problems. This workshop will present the culmination of more than a decade of study of post assault sequelae and treatment efficacy. The workshop is designed to provide practical behavioural assessment and treatment information for both researcher and clinicians. In addition to a general orientation to the sexual assault literature, the programme will highlight a social learning conceptualisation of victim reactions.

Stress Inoculation Training (SIT) for rape victims, the treatment package to be demonstrated, is designed to alleviate fear and anxiety, the most persistent and debilitating of victim reactions. This eight session package includes: (1) an educational phase offering a behavioural explanation of assault-related experiences and a programmed learning text on victim reactions; and (2) a skills acquisition phase teaching behavioural strategies for the management of physiological, cognitive and behavioural components of anxiety (Lutes's tripartite conceptualisation, 1979). Specific coping skills include progressive muscle relaxation, controlled breathing, thought stopping, covert modelling, guided self-dialogue and role play.

Workshop teaching modalities will include handouts, demonstration of behavioural interventions, videotaped segments from actual victim interviews and case study presentations.

Workshop I

Cognitive-Behavioural Assessment

Philip C Kendall, Temple University, Pennsylvania, USA

With the increased application of cognitive-behavioural strategies for a diversity of clinical problems comes the necessity for careful assessments. The present workshop will take a practical stance and, following discussion of the need for and rationale behind cognitive assessments, focus on actual assessment methods, measures and issues. For example, use of self-report instruments, thought listing procedures, think aloud and videotape reconstruction methods, thought bubbles, cartooning, diaries etc, will constitute the bulk of the workshop. Assessments for working with adult populations, such as depressed, anxious and stressed individuals, and for working with children and/or adolescents with depression, anxiety, hyperactivity, or impulsiveness will serve as the examples.

Philip C Kendall was recently appointed Head of the Division of Clinical Psychology at Temple University. The author of numerous monographs and research articles, Dr Kendall has also authored Clinical Psychology; Scientific and Professional Dimensions (with J Ford) and is one of the co-authors of the Annual Review of Behaviour Therapy. He is noted for his work in the area of cognitive-behavioural assessment and therapy, specifically with children and has lectured throughout the United States and Canada and in Europe and South America.


Workshop II

Behavioural Dynamics: Implications for Therapeutic Individualisation

Joseph Wolpe, The Medical College of Pennsylvania, USA

Behaviour therapy is often accused of viewing neuroses as responses to rigidly defined external stimuli, in contrast to the flexibility of psychoanalysis which stresses human complexity. In fact, individual stimulus-response structuring is implicit in the behavioural approach but, unfortunately, erroneous assumptions of stimulus uniformity are frequently made. Skilful behaviour analysis reveals uniqueness of dynamic relationships in every neurotic habit whether it be fear of self-assertion, neurotic depression, “existential fear” or a phobia. For example, agoraphobics can have a variety of antecedents and accordingly require different treatments. Only a few are nothing but fears of separation; others are variously intertwined with fears of illness or death, social phobias, or unsatisfactory marriages. In the last, low self-sufficiency is a major dynamic factor.

This workshop will provide a review of the factors involved in human learning with special attention to the interactions between different response systems. It will go on to provide guidelines for analysing the historical origins and present dynamic structure of neurotic constellations so as to specify their controlling antecedents. A variety of clinical material will be used to show how therapeutic strategy is determined by the product of this analysis. It will also be noted how failure to recognise individual dynamics invalidates the great bulk of comparative outcome research in behaviour therapy.

Since 1982 Dr Wolpe has been Emeritus Professor at Temple University Medical School and Professor of Psychiatry at The Medical College of Pennsylvania. In 1979 he received the American Psychological Association’s Distinguished Scientific Award for the Applications of Psychology.


Workshop 10

Sex Therapy: Cognitive Approaches

Keith Hawton, University of Oxford, UK

The Masters and Johnson model of sex therapy placed great emphasis on homework assignments and educative measures. In clinical practice progress during therapy is highly variable. Major blocks in the programme often occur, and these usually reflect significant dysfunctional attitudes or cognitions. The focus of this workshop will be on how to facilitate progress during sex therapy, with particular emphasis on a cognitive approach to dealing with specific blocks. Participants, who will be expected to play an active part in role plays during the workshop, should ideally have a basic familiarity with sex therapy.

Dr Keith Hawton is currently a consultant psychiatrist and clinical lecturer in the University Department of Psychiatry, Warrneford Hospital, Oxford. He is actively involved in clinical and research aspects of sexual disorders. He has written a sex therapy treatment manual, and has extensive experience in the supervision of trainee therapists.

Workshop 12

Etiology and Treatment of Spouse Abuse

K. Daniel O'Leary and Peter H. Nolting, State University of New York at Stony Brook, USA

In representative sampling studies in the United States, approximately one-third of married women report that they have been the recipients of physical aggression by their partner. In our research with newly married couples, approximately 35% of the women report being the victim of physical aggression. Interestingly, however, about 40% of the women report that they physically aggressed against their partners. In brief, in early marriage, a significant percentage of physical aggression is initiated by both partners and is not in self-defense. Across time, physical aggression may become more one-sided with the physically strongest person becoming the sole aggressor. Nonetheless, research data lead us to believe that some programs for spouse abuse must focus on the interactions of husbands and wives.

An intervention model for couples will be presented which emphasizes self-control, communication, coping with jealousy and stress, insight into one's family of origin dynamics, controlled drinking or abstinence and attitude change regarding violence. Special emphasis will be placed on building communication skills, problem solving and anger control.

Workshop 14

Treating Parent-Adolescent Conflict

Sharon L. Foster, West Virginia University, USA

This workshop will present a model for evaluating behavioural, cognitive, and systemic factors relating to excessive parent-adolescent conflict. Assessment strategies and targets for each factor will be described briefly. The majority of the workshop will focus on methods for intervening with these factors using a broad-based problem-solving communications training approach, presented via lecture, demonstration, and example exercises. Common intervention difficulties, such as involving reluctant family members and managing family sessions, will be discussed.

Dr. Foster received her PhD from the State University of New York at Stony Brook in 1978. She is currently a member of the faculty of Psychology at West Virginia University. She serves as an Associate Editor for the journal Behavioural Assessment and is on the editorial board of numerous additional journals. She is the co-author (with Arthur Robin) of Negotiating Adolescence: A behavioral-family systems approach to parent-adolescent conflict (Guilford Press, in press).


Workshop 15

Motivational Interviewing: A New Approach in Dealing with (So Called) Unmotivated Clients

Herck P. van Bilsen, Middleburg, The Netherlands

Therapists working with difficult clients (for example addictive behaviour problems) recognise the crucial importance of the client's motivation for change. Treatment can only be effective when the therapist succeeds in engaging the client in the treatment.

Motivational interviewing is a therapeutic approach which attempts to foster and enhance motivation for change. Motivation is not seen as a personal characteristic, but as something that develops during the communication process between client and therapist.

This workshop aims to help participants to develop some basic motivational interviewing skills. Although time is limited, it is an active skills training mini-course which emphasizes learning by doing.

Dr. Herck P. J. G. van Bilsen is a clinical psychologist and certified behaviour therapist. He is a supervisor of the Dutch society for behaviour therapy and is also trained as a family/systems therapist.

He has been working in the field of addictive behaviours for the last 8 years and is particularly interested in the motivational problem. After becoming familiar with the American psychologist, Prochaska and Diclemente, (Concept of Stages of Change) and WR Miller (Motivation), he developed his own concept of motivational interviewing with the addictive behaviours. For heroin addiction he constructed the so-called "Motivational Milieu Therapy", producing several demonstration video tapes in The Netherlands and the UK, some of which will be shown during the workshop.

Workshop 16

Neighbourhood Services: The Myth of Community Care
Steve Baldwin, St Helier, Jersey, Channel Islands, UK

Community care is not working. A range of client groups including elderly persons, people with a mental handicap and longstay rehabilitation populations have been the focus of deinstitutionalisation attempts. Despite some examples of good practice, the evidence confirms that many former hospital residents have not received quality services. This has resulted from vague definitions of "community care / care in the community". The concept of neighbourhood may offer a precise definition which provides a method for service design and evaluation. The workshop explores ways in which hospital and local staff can work together to provide generic and special needs services according to consumer demands. It will be of relevance to staff working in health, education and social services from a perspective that spans professional groups. The workshop adopts the neighbourhood as the unit of analysis and examines how quality services can be provided for a range of client groups in local settings. Methods are examined to establish a data base for informed decisions to meet consumer needs, with a focus on interdisciplinary teamwork in local neighbourhoods. The relationship between statutory services and "informal caring networks" is examined, with a focus on the existing professional templates. Participants will be encouraged to identify relevant skills required for neighbourhood work. This workshop is designed for the intermediate and advanced levels.

Steve Baldwin is a Research Fellow at the Addictive Behaviour Research Group, Ninewells Hospital, Dundee. He works with young offenders who have alcohol-related problems. Previously he worked in gerontology, mental handicap services and a special hospital. Research interests include service evaluation needs assessment and closing special hospitals.

Recommended Readings: From Communities to Neighbourhoods (1967), Disability Handicap and Society, 2 (2), 41-59.

Workshop 17

Developing Needs Led Services in Partnership with the Consumer
Paul Chamberlain, Bromsgrove and Redditch Health Authority, UK

The principle of normalisation is a service philosophy that has relevance for all client groups. Services based upon this principle should be organised around the needs of the people who use that service and quality measured in terms of how well individual client need is met. The construction of Needs Led Services is the core of the care in the community model of service provision.

In this workshop we shall look at the use of "life planning" to develop Needs Led Services, the use of those procedures in services of people with a mental handicap will be explored and evaluated. The benefits and difficulties in developing such services will be presented and discussed.

Paul Chamberlain is currently Principal Clinical Psychologist with Bromsgrove and Redditch Health Authority. He has also worked in Health Service Management and run many workshops on "life planning", staff training and "needs led services". He has written and published widely in the area, and is currently developing "PLAN" (People, Life Planning and Normalisation) due to be published by Croom Helm in Autumn 1988.

Workshop 18

Modern Treatments for Obesity: Integrating Physiology and Psychology
Kelly D Bronnell, University of Pennsylvania School of Medicine, USA

This workshop will focus on the latest developments in the physiology, psychology, and treatment of obesity. Theories of the etiology of obesity will be examined critically. These will include the set-point theory, the fat cell theory, genetics theories and the recent work on metabolic effects of dieting and weight fluctuations. What is known about physiology will be integrated with psychological and cultural factors to form a picture of the development of obesity and the management of overweight individuals. Several models for matching treatments to individuals will be presented. The greatest emphasis will be on developing a comprehensive treatment programme. The object will be for participants to master the components of such a programme and to acquire special expertise in three areas: cognitive change, exercise programming and relapse prevention. This workshop will be at the intermediate to advanced level.

Kelly D Bronnell is Professor, Department of Psychiatry, University of Pennsylvania School of Medicine, and Co-Director of the Obesity Research Clinic. He is an internationally known expert on weight control and has written six books and over 70 articles for scientific journals, and holds appointments on 11 editorial boards. He serves on the Board of Directors of the Association for the Advancement of Behaviour Therapy and the Society of Behavioural Medicine.


Workshop 19

Dealing with Stress in the Workplace
Sue Spence, Senior Lecturer in Psychology, University of Sydney

Stress in the workplace is increasingly recognised as an important source of stress in both public and private organisations. Within occupational health research stress is clearly indicated as a factor in low morale, absenteeism, ill-health and conflict. Behaviourally oriented practitioners are often finding themselves dealing with individual clients in whom work related stress is a significant factor, or are called upon to advise or intervene in settings where such stress is potentially destractive to the smooth running of the organisation and health of its members. This particularly so in health and other public organisations.

This workshop is designed for practitioners working within or acting as consultants to such public or private organisations.

Topics to be covered in the workshop include assessment within the workplace in relation to stress. Other psychological difficulties, work climate, job satisfaction and management style. An emphasis will then be placed on intervention approaches, in particular on stress management techniques and interpersonal skills training. A basic knowledge in behavioural principles and techniques will be assumed.
Sue Spence is currently Senior Lecturer in Psychology at the University of Sydney. She has a lot of experience in research and intervention in stress in public and private organisations both in Australia and previously in the UK where she worked in both Health and Social Service settings. She has written and published widely on relevant areas such as interpersonal skills training as applied to a wide range of problem areas.

Workshop 20

Paradox in Behaviour Therapy
L Michael Ascher, Temple University Hospital, USA

For many years, paradoxical intention and other procedures which are subsumed under the aegis of paradoxical therapeutic techniques have been employed with success by therapists espousing a variety of orientations. The steady acceptance which paradoxical techniques have received in behaviour therapy is based on consistently favourable clinical studies as well as on experimental data supporting the efficacy of this treatment approach. The purpose of this workshop is to familiarise participants with the application of paradoxical techniques in behaviour therapy.

The introductory portion of the workshop will be devoted to a brief description of the history of paradoxical therapy and will include examples of the variety of methods with which these procedures have been employed. This will be followed by a review of relevant research. Primary insomnia and anxiety disorders will provide the practical context for a detailed discussion of the utilization of paradoxical procedures in clinical behaviour therapy. Among the aspects to be considered will be hypotheses purporting to explain the efficacy of the techniques: relevant client and therapist characteristics; details of administration; diagnosing concomitants of paradoxical impediments; utilizing traditional clinical techniques as supporting ancillary procedures. Since paradoxical intention, an existential procedure, has been shown to be a useful adjunct to behaviour therapy, the presentation will end with speculation on the possible benefits that other existential concepts might provide for behaviour therapy.

L Michael Ascher is Professor of Psychology in the Department of Psychiatry at Temple University Hospital. He has published a number of data-based studies in the area of paradoxical intention as applied in behaviour therapy.


Workshop 21

Management of Risk of Relapse in Schizophrenia
Thad A Eckman, University of California at Los Angeles, USA

A major problem for mental health practitioners, patients and their families is the necessity of repeatedly assisting chronic schizophrenic patients through numerous acute episodes. This is particularly unfortunate when one considers that the so-called "revolving door syndrome" could be substantially reduced if patients would adhere more stringently to their prescribed medication regimens and if they had a better understanding of how to assist in the management of their symptoms. One of the major developments in behavioural treatment in the past decade has been the successful treatment of chronic schizophrenics through detailed and highly structured intervention programmes based on principles of learning. Treatments based upon combined drug-psychotherapy for schizophrenia have been amplified by recent research that has discovered marked reductions in relapse and significant enhancement of psychosocial functioning in schizophrenic patients treated with modest doses of neuroleptics plus behavioural oriented social and independent living skills training. An overview of these promising new treatments will be presented in this programme. The workshop will be at the intermediate level.

Thad A Eckman is a Clinical Research Psychologist specialising in Behavioural Medicine. He joined the faculty of the medical school at the University of California at Los Angeles in 1973 where he and his associates are developing and evaluating treatment programs for the chronically mentally ill. He presently serves as Director of Research in the Social and Independent Living Skills Programs in the Clinical Research Center for Schizophrenia and Psychiatric Rehabilitation.


Workshop 23

Implementing Interventions With Elderly People
Ian Fleming and Christine Barrowcough, Salford Health Authority, UK

This workshop will review behavioural interventions which aim to promote independent functioning in elderly people. It will examine one method of training direct care staff to formulate and implement interventions (Goal Planning). Issues related to the maintenance of client and staff benefit change in service settings will be considered and the extension of goal setting to multi-disciplinary fora will be discussed. Within these parameters the workshop will attempt to be flexible in content and to accommodate the particular interests of participants.

Ian Fleming and Christine Barrowcough are Clinical Psychologists working for Salford Health Authority.

Workshop 28

Dialectical Behaviour Therapy of Suicidal Behaviours

Marsha M Linehan, Psychology Department, University of Washington

This workshop will provide a basic grounding in assessment of immediate and long-term risk for suicidal behaviour (suicide and parasuicide), behavioural treatment planning, and crisis intervention with the suicidal client. The following topics will be covered: (1) a bio-behavioural theory of suicidal behaviours; (2) assessment of risk for suicidal behaviours a) long term b) immediate; (3) behaviour strategies for treatment specific to suicidal behaviours; (4) basic crisis intervention: behavioural orientation; (5) ethical and legal issues.

There will be lectures and discussion of cases of the leader and participants. An intermediate knowledge of behaviour therapy and experience in crisis intervention or working with suicidal clients will prove very useful.


Workshop 29

Treating Children and Adolescents in Groups: A Behavioural Therapy Approach

Sheldon D Rose, University of Wisconsin-Madison, USA

This workshop presents to psychologists and others in the helping professions the skills required to set up and lead treatment groups of children and adolescents. Demonstrations will be provided in the application of such specific skills as group feedback, group procedures, group program planning, sub-grouping procedures, group contingency setting, systemic modelling, rehearsal and coaching. Cognitive procedures, such as systematic problem-solving, cognitive restructuring, self-reinforcement and imagery procedures will also be demonstrated as they are utilized in the group. Participants will be presented with assessment and measurement procedures commonly used in these groups. Finally, attention will also be given to those strategies for maintaining and generalising behavioural and cognitive change achieved in the group. The programme includes brief lectures, an opportunity to discuss those lectures and a few small group exercises commonly used in these types of groups. A review of empirical literature supporting this approach will be presented. This is an intermediate level workshop.


Workshop 30

Modular Skills Training for Chronic Psychiatric Patients

Gayla A Blackwell and Robert P Liberman, Brentwood VA Medical Centre, Los Angeles, USA

This workshop will provide "hands on" experience in the use of seven systematic and structured learning activities based on social learning techniques, and applied in a modular form to promote rehabilitation of chronic psychiatric patients in the domains of independent living. In three hours, participants will observe demonstrations and participate in the techniques used to train patients 1) to understand and manage their antipsychotic medications via the "Medication Self-Management Module"; (2) to become more active collaborators in controlling their illnesses via the "Symptom Self-Management Module"; and (3) to use their leisure time constructively via the "Recreation for Leisure Module".

Participants will engage in guided practice of application of the requisite trainer skills necessary to apply skills training modules. Discussion will focus on the chronic psychiatric patients most likely to benefit from participation in the modular approach to social skills training and issues related to implementation of this unique methodology in participants' own treatment programs. Appropriate handouts and references will be provided. Each participant will receive an excerpt from the Trainer's Manual of the Medication Self-Management Module and a copy of the booklet, "Skills Training for Patients with Chronic Mental Illness: A Rehabilitation Program".

Workshop 31

Decreasing Shyness and Loneliness: Helping Clients Make and Keep Friends

Eileen Gamberlill, School of Social Welfare, University of California at Berkeley, USA

Difficulty in making and keeping friends is associated with a variety of presenting problems. This workshop will describe assessment and intervention procedures that can be used to help clients increase enjoyable social contacts. A behavioural framework for assessment will be described which will be helpful in identifying factors related to difficulty in making and keeping friends including behaviour deficits, interfering thoughts, social anxiety and inappropriate expectations. Assessment tools that can be used to gather information will be described including a social contacts recording form. Use of other kinds of assessment measures such as analogue measures will be described and an example of a stimulus videotape presented. Common objections to a planned approach to enhancing the quality of social contacts such as "it's not natural", "I've tried that before", and "there's no one out there to meet" will be discussed. A range of intervention methods will be described as these relate to information gathered during assessment ranging from minimal counselor contact self-management programs, to high counsellor contact programs. Options for evaluation will be described.
Workshop 32

Natural Setting Treatment of People Who Are Developmentally Disabled/Behaviourally Disturbed

Christine M. Nezu and Arthur M. Nezu, Beth Israel Medical Centre and Michael R. Petrenko, Farleigh Dickinson University, USA

The emphasis on treatment and habilitation of people with a mental handicap in the last few decades has led to an increase in the amount of research devoted to both training adaptive skills and reducing deviant behaviour. The demonstrated efficacy of behavioural assessment and treatment procedures has been the primary impetus behind such successful attempts to improve the independence and quality of life of these individuals. This workshop will provide training in a community-based, outpatient treatment model for individuals with dual diagnosis (developmental disabled/behaviourally disturbed). In this model, behavioural treatment teams work in the client's natural setting with both parents/caregivers, and the patients themselves, in order to simultaneously achieve a variety of therapeutic goals. The workshop will include the following: (a) description of our caregiver-training treatment model; (b) presentation of various cases to illustrate the clinical application of the model; and (c) description of applied research concerning both the areas of assessment of treatment efficacy and the development of reliable and valid assessment instruments. To facilitate participants' learning, videotapes and slides will be used to demonstrate assessment and intervention procedures. The workshop will also provide participants with a "hands on" training experience through role-plays and behavioural rehearsal.

Dr. Christine M. Nezu is currently Supervising Psychologist and Coordinator, Developmental Disabilities Project, Beth Israel Medical Centre, New York City. Dr. Michael R. Petrenko is Director, Division of Psychosocial Services and Clinical Professor of Psychology, Farleigh Dickinson University. Dr. Arthur M. Nezu is currently Chief Psychologist, Beth Israel Medical Centre, New York City, and Associate Professor of Psychiatry, Mount Sinai School of Medicine.

Workshop 33

Utilization of Behavioural Principles to Enhance the Efficacy of Treatment for Drug Dependence

Charles O'Brien, University of Pennsylvania, USA

Drug dependence is a multi-variate problem and successful treatment must integrate pharmacological, behavioural, physiological and psycho-social aspects. This workshop will review recent data on the mechanisms of addiction and relapse, the problems of protracted abstinence and the management of concurrent mental disorders. Techniques will be described for identifying sub-populations of patients and matching treatment to patient needs. Treatment methods based on the results of recent research will be described. These methods involve the integration of behavioural and pharmacological techniques, eg systematic cue exposure plus naltrexone for opiate addicts; reinforcement of disulfiram ingestion for alcoholics; cue exposure and desensitization for cocaine-dependent patients.

Charles O'Brien is a psychopharmacologist who conducts basic studies of conditioning mechanisms in addiction and also conducts controlled clinical trials testing the relative efficacy of various behavioural, pharmacological and psychotherapeutic techniques for patients dependent on alcohol and other drugs.


Workshop 34

Parent Training for the Treatment of Child Noncompliance

Robert J. McMahon, University of Washington, USA

Noncompliance is one of the most frequent problems among children who are referred to clinics for treatment of behaviour problems, and is a primary characteristic of Oppositional Defiant Disorder and Conduct Disorder. The purpose of this workshop is to describe a parent training program designed specifically to treat noncompliance and other oppositional behaviour problems in young children (3-8 years of age). The program has been extensively evaluated over the past 10 years and has been demonstrated to be effective on a variety of behavioural and attitudinal dimensions. The presentation will focus on a brief conceptual formulation of child noncompliance, an overview of the assessment procedures employed in the parent training program, and extensive description and demonstration of each step of the treatment program. Various adjunctive procedures that have been developed to enhance the generalizability of the parent training program will also be presented. Although the presentation will be primarily didactic, participants will have ample opportunity for discussion and questions.

The workshop will be offered at a beginning level; participants should have a basic knowledge of social learning principles and experience in behavioural counselling.

Workshop 35
Clinical Decision Making in Behaviour Therapy: A Problem-Solving Perspective

Arthur M Nezu and Christine M Nezu, Beth Israel Medical Centre, USA and Michael G Perri, Farleigh Dickinson University, USA

The use of various behavioural approaches for the treatment of a wide range of clinical disorders has increased tremendously over the past several decades. Whereas research has substantiated the clinical efficacy of such procedures, current technology has not yet produced a "cookbook" solution for the treatment of a wide range of clinical disorders. The need exists to focus on ways to minimise their influence in behavioural treatment planning.

This workshop will first present a model of clinical decision making based upon a prescriptive problem-solving framework. Didactic presentations will focus on five major components of the model: (a) problem orientation (the extent to which therapists engage in various judgemental biases); (b) problem definition and formulation (the accurate assessment and diagnosis of clients problems); (c) generation of therapeutic alternatives (brainstorming a list of all possible clinical interventions relevant to the interaction between a particular client and a particular psychological dysfunction); (d) decision making (the evaluation of each alternative treatment strategy and the development of the optimum intervention program); and (e) treatment implementation and verification (the actual implementation of the chosen treatment program and the continual monitoring of clinical progress). Clinical examples illustrating the use of this model will focus on depression and obesity.

Participants are encouraged to bring difficult clinical case material, regarding a variety of disorders, to the workshop for collaborative discussion concerning the application of this problem-solving model.
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