



# Edinburgh 2008

36th Annual Conference

## **Programme**

17th-19th July 2008  
University of Edinburgh  
Scotland, UK

British Association for Behavioural and Cognitive Psychotherapies

# Thursday 17th July

9.00 - 11.15

## Symposium 1

Lecture Theatre 8, William Robertson Building

### Reactive Depression isn't a Mood Disorder, It's a Motivational Disorder

Convenor: Stephen Barton, Tees, Esk & Wear Valleys NHS Trust & Newcastle University, UK

Chair & Discussant: Peter Armstrong, Newcastle Cognitive Behaviour Therapy Centre, UK

9.00 **Goal Investment Model for treating reactive depression**

Stephen Barton, Tees, Esk & Wear Valleys NHS Trust & Newcastle University, UK

9.25 **Disengagement from approach goals in major depression**

Jen Lane, Tees, Esk & Wear Valleys NHS Trust & Newcastle University, UK

9.50 **Coffee**

10.10 **External entrapment in depression: An exploratory study**

Thomas Christodoulides, Sunderland Early Intervention in Psychosis Service, UK

10.35 **An exploration of dysfunctional self-limitation**

Louise Smith, Eastbourne Primary Care Trust & Newcastle University, UK

11.00 **Discussion**

## Symposium 2

Lecture Theatre A, David Hume Tower

### New Advances in Understanding the Psychopathology of Obsessive Compulsive Disorder

Convenor: Adam Radomsky, Concordia University, Canada & Christine Purdon, University of Waterloo, Canada

Chair: Christine Purdon, University of Waterloo, Canada

Discussant: Marcel van den Hout, Utrecht University, The Netherlands

9.00 **Reassurance seeking in OCD: Are we really sure that it's important?**

Osamu Kobori, Institute of Psychiatry, King's College London, UK

9.25 **Re-examining the intersection of OCD and obsessive-compulsive personality disorder**

Laura J. Summerfeldt, Trent University, Anxiety Treatment and Research Centre, St. Joseph's Hospital & McMaster University, Canada

9.50 **Coffee**

10.10 **Experimental manipulation of cognitive factors associated with reassurance seeking in OCD**

Adam Radomsky, Concordia University, Canada

10.35 **Discussion**

## Symposium 3

Lecture Theatre C, David Hume Tower

### New Approaches in Investigating Biased Interpretation in Mental Disorders

Convenor & Chair: Andrea Reinecke, University of Oxford, UK

9.00 **Interpretation and memory for ambiguous scenarios in depression**

Daniel Fitzgerald, Radboud University Nijmegen, The Netherlands

9.20 **Predicting anxious behaviour in children: A comparison of the Ambiguous Story Telling paradigm with a questionnaire in spider fearful children**

Anke M. Klein, Radboud University Nijmegen, The Netherlands

9.40 **Optimizing an ambiguous scenario test for neuroticism and trait-depression**

Chantal Berna, University of Oxford, UK

10.00 **Coffee**

10.20 **The effects of CBT on disorder-specific negative interpretation and affective association in generalized anxiety disorder**

Andrea Reinecke, University of Oxford, UK

10.40 **Mimickry and social anxiety: News from the VR lab**

Wolf-Gero Lange, Radboud University Nijmegen, The Netherlands

## Symposium 4

Lecture Theatre B, David Hume Tower

### The Transdiagnostic Perspective: Metacognitive Beliefs and Control Strategies Across Psychological Disorders

Convenor & Chair: Kristin Bohn, Royal Holloway University of London, UK

9.00 **The value of the 'Transdiagnostic' perspective**

Christopher G. Fairburn, University of Oxford, UK

9.20 **Metacognitive factors as transdiagnostic processes: Findings from the continuum of psychosis**

Anthony P. Morrison, University of Manchester, UK

9.40 **Depressive rumination and co-morbidity: Evidence for brooding as a transdiagnostic process**

Edward Watkins, University of Exeter, UK

10.00 **Coffee**

10.20 **Autobiographical memory, intrusive imagery, goals and current concerns: A transdiagnostic study**

Stuart Reid, University of Manchester, UK

10.40 **Mediation of the relationship between OCD, religiosity and spirituality**

Aileen Ward, University of Newcastle & Northumberland, Tyne and Wear NHS Trust, UK

# Thursday 17th July

## **Symposium 5**

Lecture Theatre F21, Psychology Department

### **New Developments in HIV & Sexual Health**

Convenor & Chair: Lucy Serpell, CNWL NHS Foundation Trust and University College London, UK

Discussant: Graham Frize, St Mary's Hospital & CNWL NHS Foundation Trust, UK

- 9.00 **An evaluation of a brief motivational interviewing training course for HIV/AIDS counsellors in Western Cape Province, South Africa**  
Michael Evangeli, Royal Holloway University of London, UK
- 9.25 **Body image in gay men with HIV: A cognitive model**  
Jamie Kelly, Royal Holloway University of London, UK
- 9.50 **Coffee**
- 10.10 **Mindfulness based cognitive therapy (MBCT) for relapsing depression in patients who are HIV+**  
Susan Hennessy, Mortimer Market Clinic, Barts and The Royal London NHS Trust, UK
- 10.35 **SHIFT: A novel internet CCBT intervention for sexual health**  
John Green, Central and North West London Foundation NHS Trust and Imperial College London, UK
- 11.00 **Discussion**

## **Symposium 6**

Lecture Theatre 2, Appleton Tower

### **Depression in Children and Young People: Developments in Basic and Clinical Research**

Convenor & Chair: Shirley Reynolds, University of East Anglia, UK

- 9.00 **Amygdala function and 5HTT gene variants in adolescent anxiety and major depressive disorder**  
Jennifer Lau, University of Oxford, UK
- 9.25 **Interpersonal cognitions and associations with depressive symptoms in school-aged twins**  
Alice Gregory, Goldsmiths College, University of London, UK
- 9.50 **Coffee**
- 10.10 **Is computerised CBT for depression in teenagers effective? A case series of 'Stressbusters'**  
Paul Abeles, University of Manchester, UK
- 10.35 **The effectiveness and cost effectiveness of psychological treatments for depression in young people**  
Shirley Reynolds, University of East Anglia, UK

## **Symposium 7**

Lecture Theatre 5, Appleton Tower

### **Improving Access to Psychological Therapies: Opportunities and Challenges**

Convenor: Robert Dudley, Newcastle University & Northumberland, Tyne and Wear Mental Health NHS Trust, UK

Chair: David M Clark, Institute of Psychiatry, King's College London, UK

- 9.00 **Introduction**
- 9.05 **Transforming lives – the power of the IAPT programme**  
James Seward, Department of Health and Care Services Improvement Partnership, Programme Lead of the IAPT Programme, UK
- 9.25 **Science, economics, progress to date, and future challenges**  
David M Clark, Institute of Psychiatry, King's College London, Clinical Adviser to the IAPT Programme, UK
- 9.45 **Translating NICE into service delivery models**  
Stephen Pilling, Director, CORE, University College London, UK
- 10.05 **Coffee**
- 10.25 **Planning the workforce, training practitioners, developing careers**  
Graham Turpin, Associate Director Workforce IAPT, CSIP/ NIMHE / University of Sheffield, UK
- 10.45 **The contribution of competence frameworks to effectiveness**  
Tony Roth, University College London, UK
- 11.05 **Discussion**

## **Symposium 8**

Faculty Room South, David Hume Tower

### **Preconditions for Therapeutic Interventions with People with Intellectual Disabilities**

Convenor & Chair: Dougal Julian Hare, University of Manchester, UK

- 9.00 **Using repertory grids to explore a motivational based personality structure for people with intellectual disabilities**  
Alexandra Leonard, University of Manchester, UK
- 9.20 **Understanding of real and non-real experiences in people with intellectual disabilities**  
Anna Dodd, Pennine Care NHS Trust, UK
- 9.40 **Coffee**
- 10.00 **Case study exploring the use of personality models to understand motivation to change**  
Steve Hendy, Cheshire and Wirral Partnership Foundation Trust, UK
- 10.20 **Self-concept, cognitive therapy and Asperger's syndrome**  
Dougal Julian Hare, University of Manchester, UK
- 10.40 **Discussion**

# Thursday 17th July

## Symposium 9

Lecture Theatre 1, Appleton Tower

### Trauma and Memory: How to Link Cognitive and Clinical Science

Convenor & Chair: Elke Geraerts, University of St. Andrews, UK

- 9.00 **Can we reduce the intrusions people develop of traumatic films by tasks given after they watch them?**  
Emily Holmes, University of Oxford, UK
- 9.20 **Treatment of PTSD: A comparison of imaginal exposure with and without imagery rescripting**  
Arnoud Arntz, Maastricht University, The Netherlands
- 9.40 **Mental control in the face of trauma**  
Tim Dalgleish, MRC Cognition and Brain Sciences Unit, Cambridge, UK
- 10.00 **Coffee**
- 10.20 **Memory consistency for traumatic events in Dutch soldiers deployed to Iraq**  
Iris M. Engelhard, Utrecht University, The Netherlands
- 10.40 **Cognitive mechanisms underlying recovered memories of childhood sexual abuse**  
Elke Geraerts, University of St. Andrews, UK

## Symposium 10

Lecture Theatre 4, Appleton Tower

### Attachment Organisation and Psychosis: Theoretical Foundations and Clinical Applications

Convenor & Chair: Andrew Gumley, University of Glasgow, UK

Discussant: Matthias Schwannauer, University of Edinburgh, UK

- 9.00 **Providing psychological therapy to support affect regulation and emotional recovery following first episode psychosis**  
Andrew Gumley & Matthias Schwannauer, University of Glasgow, UK; University of Edinburgh, UK
- 9.25 **Attachment style, social mentalities and psychotic phenomenology: An analogue perspective**  
Angus Macbeth, University of Glasgow, UK
- 9.50 **Coffee**
- 10.10 **Attachment & Psychosis - The impact of interpersonal trauma on the development of psychosis and the individual's adaptation and recovery.**  
Matthias Schwannauer, University of Edinburgh, UK
- 10.35 **Narrative as a context to understand and promote recovery in psychosis: Implications for the development of psychological therapies for people with psychosis**  
Andrew Gumley, University of Glasgow, UK
- 11.00 **Discussion**

## Symposium 11

Lecture Theatre 3, Appleton Tower

### Cognitive Behaviour Therapy for Psychosis is not a Quasi-Neuroleptic: Novel Ways of Assessing Therapeutic Change

Convenors: Emmanuelle Peters, Institute of Psychiatry, King's College London, UK

& Kathryn Greenwood, Institute of Psychiatry, King's College London, UK

Chair: Philippa Garety, Institute of Psychiatry, King's College London, UK

- 9.00 **The future of CBT for psychosis: It's the affect, stupid**  
Max Birchwood, University of Birmingham, UK
- 9.20 **Appraisals, psychotic symptoms and affect in daily life**  
Emmanuelle Peters, Institute of Psychiatry, King's College London, UK
- 9.40 **A randomised controlled trial of cognitive behaviour therapy for psychosis in a routine clinical service: looking beyond the PANSS**  
Emmanuelle Peters, Institute of Psychiatry, King's College London, UK
- 10.00 **Coffee**
- 10.20 **Choice of outcome in CBT for psychoses (choice): The development of a new service-user led outcome measure of CBT for psychosis**  
Kathryn Greenwood, Institute of Psychiatry, King's College London, UK
- 10.40 **The development of a service user-defined measure of recovery: will it measure therapeutic change?**  
Anthony Morrison & Sandra Neil, University of Manchester, UK; Greater Manchester West Mental Health NHS Trust, UK
- 11.00 **Discussion**

## Symposium 12

Seminar Room 11, William Robertson Building

### Experiencing CBT for Ourselves: A Valuable Training Strategy?

Convenor & Chair: James Bennett-Levy, Northern Rivers University Dept of Rural Health, Sydney University, Australia

- 9.00 **Personal experiential work in CBT training: State of the art**  
Richard Thwaites, Cumbria Partnership NHS Trust, UK
- 9.20 **Enhancing self-practice/self reflection through the use of reflective blogs**  
Paul Farrand, University of Plymouth, UK
- 9.40 **'I want to do this, but how?' Issues in helping experienced CBT therapists engage with SP/SR**  
Melanie Davis, Newcastle University, UK
- 10.00 **Coffee**

# Thursday 17th July

## 10.20 Is there a place for experiential interpersonal groups in cognitive therapy training?

James Hawkins, Independent Practice, Edinburgh, UK

## 10.40 Personal experiential work in CBT training: The challenges ahead

James Bennett-Levy, Northern Rivers University Department of Rural Health, Sydney University, Australia

### Panel Debate 1

Faculty Room North, David Hume Tower

#### What is 'Decentering' within CBT and How Does it Work?

Chair: Nick Grey, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust, UK

Convenor: Warren Mansell, University of Manchester, UK

Speakers: Kevin Vowles, Pain Management Unit & Bath Centre for Pain Services, University of Bath, UK

Warren Mansell, University of Manchester, UK

Richard Brown, University of Manchester, UK

Freda McManus, Oxford Cognitive Therapy Training Centre, UK

Thorsten Barnhofer, University of Oxford, UK

### Open Papers 1

Seminar Room B21, Psychology Department

#### Cognitive Processes in Anxiety: Traits, Beliefs & Biases

Chair: Michel J. Dugas, Concordia University, Canada

#### 9.00 Experimental Manipulation of an Interpretation Bias: Impact on Worry and Implicit and Explicit Beliefs about Uncertainty in a Nonclinical Sample

Nicole J. Gervais, Concordia University, Canada

#### 9.25 Uncertainty has Negative Implications and is Unfair: The Association Between Intolerance of Uncertainty, Perfectionism, Sense of Control, and Worry

Kathryn Sexton, Department of Psychology, Concordia University, Montreal, Canada

#### 9.50 Coffee

#### 10.10 Defensiveness, Anxiety, and the Specificity of Personal Event Representations

Joanne Dickson, University of Liverpool, UK

#### 10.35 Manipulating Meta-Cognitive Beliefs about the Difficulty to Suppress Thoughts of Disgust: Implications for OCD

Orna Reuven-Magril, Tel-Aviv University, Israel

## 9.00 - 11.30

### In-Conference Workshops

#### Workshop 1:

Seminar Room 37, Psychology Department

#### Simple or Elegant?: What are the Creative Ways Clinicians adapt Cognitive Behaviour Therapy for Working with People with Intellectual Disabilities?

Jamie Kirkland, NHS Lothian, UK & Keith Marshall, NHS Lothian, UK

#### Workshop 2:

GO1, William Robertson Building

#### Understanding and Treating Disturbed Body Image in the Eating Disorders: A Cognitive Behavioural Approach

Vicki Mountford, St. George's Eating Disorder Service & St. George's, University of London, UK

#### Workshop 3:

GO2, William Robertson Building

#### Delivery IAPT- A Practical Approach to Delivering IAPT in your Team

Chris Williams, University of Glasgow, UK

## 11.30 - 12.30

### Keynote Speakers

#### Professor David M Clark

Institute of Psychiatry, King's College London, UK

#### Cognitive Therapy for Anxiety Disorders: From Science to Practice

Chair: Arnoud Arntz, Maastricht University, The Netherlands

Lecture Theatre A, David Hume Tower

#### Professor Mark Freeston

Newcastle University, UK

#### Clinical Art and Clinical Science in CBT: Challenges for Dissemination, Education, Training and Supervision

Chair: James Bennett-Levy, Northern Rivers University Dept of Rural Health, Sydney University

Lecture Theatre 5, Appleton Tower

#### Professor Peter Kinderman

University of Liverpool, UK

#### The Rise of CBT ... and Some Thoughts for the Future

Chair: Sara Tai, University of Manchester & Greater Manchester West Mental Health NHS Trust, UK

Lecture Theatre 4, Appleton Tower

# Thursday 17th July

## **Professor Marcel van den Hout**

Utrecht University, The Netherlands

### **Basic Processes Research: Past, Present and Future**

Chair: Peter de Jong, University of Groningen, The Netherlands  
Lecture Theatre B, David Hume Tower

**12.30 - 13.30**

#### **Training:** Special Interest Group

Seminar Room 11, William Robertson Building

#### **Acceptance and Commitment Therapy:** Special Interest Group

GO1, William Robertson Building

**13.00 -18.00**

### **Poster Session 1**

Appleton Tower

#### **Adult Mental Health**

- 1 **Who am I? Does the Way we Structure Self-Knowledge Contribute to Social Anxiety?**  
Michael Brown, University of Southampton, UK
- 2 **CBT for Self Harm: Development of a Trust Handbook**  
Paul Blenkiron, North Yorkshire and York Primary Care Trust, UK
- 3 **Obsessive-Compulsive Disorder (OCD) and Marital Status**  
Zuber Moola, St George's, University of London & South West London and St George's Mental Health NHS Trust, UK
- 4 **A Phenomenological Study of Clients' Experience of Psycho-Educational Groups**  
William Trebinski, Berkshire Healthcare NHS Foundation Trust, UK
- 5 **Cognitive Style and Behavioural Activation in a Hospitalised Sample of Individuals with Bipolar Disorder Currently in Episode: Comparisons with Schizophrenia**  
Mark Franks, University of Manchester, UK
- 6 **The Use of Danger Ideation Reduction Therapy (DIRT) in Patients with Severe Obsessive Compulsive Disorder (OCD)**  
Katherine Morton, South West London and St George's Mental Health Trust, UK
- 7 **Intolerance of Uncertainty, Indecisiveness and the Interpretation of Ambiguous Situations: Replication and Extension**  
Nicole J. Gervais, Concordia University, Canada
- 8 **A CBT Group Intervention for the Treatment of OCD in a Secondary Care Setting. A Case Series**  
Mabel Martinelli, OBMH NHS Foundation Trust, UK
- 9 **PTSD in Survivors of the Intensive Care Treatment. Why are Some Patients at More Risk than Others?**  
Mabel Martinelli, OBMH NHS Foundation Trust, UK
- 10 **CBT for Mental Contamination: A Case Report**  
Anna Coughtrey, University of Reading, UK
- 11 **A Transdiagnostic Approach to Low Self Esteem: What Can We Learn From a Pilot Group Approach in a Tertiary Cognitive Behaviour Therapy Service?**  
Cate Wood, Newcastle Cognitive and Behavioural Therapies Centre, Newcastle Upon Tyne, UK

#### **Eating Disorders and Impulse Control**

- 12 **Digital Body Image Assessment and Therapy: Parallel Image Presentation**  
Justin Thomas, Zayed University, United Arab Emirates
- 13 **Perfectionism And Eating Disorders in Young Adults**  
Céline Douilliez, Université Charles de Gaulle-Lille 3, France

#### **New Developments**

- 14 **A Comparative Survey of the Use of and Attitudes Towards Online Self-Help in Practitioners and Users of a Commonly Used Self-Help Website**  
Rebeca Martinez, University of Glasgow, UK
- 15 **A Mixed-Method Study Investigating the Motives Behind Membership and Participation in an On-Line Discussion Forum for Anxiety and Depression**  
Chris Williams, Division of Community Based Sciences, Faculty of Medicine -University of Glasgow, UK
- 16 **Cognitive Bias Modification of Interpretations: Effects in Patients with Anxiety Disorders**  
Elske Salemink, Utrecht University, The Netherlands

**13.30 - 15.45**

### **Symposium 13**

Lecture Theatre A, David Hume Tower

#### **Buddhism, Jealousy, OCD, Trauma, Eating Disorders and Training: A Symposium in Honour of Padmal de Silva**

This symposium in honour of Padmal de Silva, acknowledges his extraordinary scholarship, brilliant scientific and clinical contributions, and the unsurpassed breadth of his expertise. Padmal was an expert in: obsessive-compulsive disorders, eating disorders, sexual disorders, morbid jealousy, post-traumatic disorders, and Buddhism... and also found the time to be Clinical Psychology Examiner to the Nation.

Padmal was an extremely kind, gentle, compassionate, modest and humorous person. His famous chuckle was contagious. Many many people miss his presence.

# Thursday 17th July

Convenor: Roz Shafran, University of Reading, UK & Paul Salkovskis, Institute of Psychiatry, King's College London, UK  
Chair: William Yule, Institute of Psychiatry, King's College London, UK  
Discussant: S. J. Rachman, University of British Columbia, Canada

- 13.30 Padmal da Silva's writings on Buddhism and behaviour modification and current developments in the use of MBCT in depression**  
Thorsten Barnhofer, University of Oxford, UK
- 13.55 Normal and abnormal thoughts, images and behaviour associated with clinical perfectionism**  
Roz Shafran, University of Reading, UK
- 14.20 Obsessive-compulsive beliefs and magical ideation in eating disorders**  
Anna Lavender, Institute of Psychiatry, King's College London, UK
- 14.45 Coffee**
- 15.05 Understanding OCD the PdS way**  
Paul Salkovskis, Institute of Psychiatry, King's College London, UK
- 15.30 Discussion**

## **Symposium 14**

Lecture Theatre B, David Hume Tower

### **"Know then Thyself": Images of the Self Across Clinical Disorders**

Convenor & Chair: Lusia Stopa, University of Southampton, UK  
Discussant: Ann Hackmann, University of Oxford, UK

- 13.30 Introduction**
- 13.35 Should John Lennon be looking at or through his rose-tinted glasses? Mental imagery perspective and positive mood**  
Emily A. Holmes, University of Oxford, UK
- 13.55 Self-imagery and autobiographical memory in social anxiety**  
Lusia Stopa, University of Southampton, UK
- 14.20 Coffee**
- 14.40 Working with imagery and the self in post traumatic stress disorder**  
Nick Grey, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust, UK
- 15.00 Memory and imagery in bipolar disorders**  
Warren Mansell, University of Manchester, UK
- 15.20 Discussion**

## **Symposium 15**

Lecture Theatre C, David Hume Tower

### **Normal and Disturbed Reasoning Processes in Emotional Disorders**

Convenor & Chair: Maartje Vroling, University of Groningen, The Netherlands

- 13.30 OCD and uncertainty about automatic processes in the context of threat**  
Marcel van den Hout, Utrecht University, The Netherlands
- 13.50 Affect-as-information, fear conditioning, and PTSD**  
Iris Engelhard, Utrecht University, The Netherlands
- 14.10 Conditional reasoning about highly emotional events: Victims of sexual abuse**  
Isabelle Blanchette, University of Manchester, UK
- 14.30 Coffee**
- 14.50 Patients do it better**  
Francesco Mancini, Scuola di Specializzazione in Psicoterapia Cognitiva, Rome, Italy
- 15.10 Confirmatory reasoning as potential maintenance and risk factor in psychopathology**  
Maartje Vroling, University of Groningen, The Netherlands

## **Symposium 16**

Lecture Theatre 2, Appleton Tower

### **Parenting Across Disorders: New Developments**

Convenor: Sam Cartwright-Hatton & Rachel Calam, University of Manchester, UK  
Chair: Rachel Calam, University of Manchester, UK

- 13.30 A randomised controlled trial of a self-help parenting programme for families on NHS waiting lists**  
Gretchen Bjornstad, University of Oxford, UK
- 13.50 Increasing accessibility of parenting interventions across populations and conditions**  
Rachel Calam, University of Manchester, UK
- 14.10 Parenting in the context of parental anxiety**  
Sam Cartwright-Hatton, University of Manchester, UK
- 14.30 Coffee**
- 14.50 Maternal overprotection as a risk factor for child and adolescent anxiety: Longitudinal analyses**  
Ronald M. Rapee, MacQuarie University, Australia
- 15.10 The impact of parental distress and family environment on parental reports of child anxiety in the clinical setting**  
Amie Grill-Tauechel, University of Houston, USA

## **Symposium 17**

Faculty Room South, David Hume Tower

### **Psychological Adjustment and Cognitions in Parents of Children with Intellectual Disabilities**

Convenor & Chair: Richard Hastings, Bangor University, UK

- 13.30 **Parental locus of control in mothers of children with intellectual disabilities: Cross-sectional and longitudinal relationships with psychological well-being**  
Richard Hastings, Bangor University, UK
- 14.00 **Parenting stress in mothers of adults with an intellectual disability: The effects of parental cognitions in relation to child characteristics and family support**  
Chris Hill, University of Birmingham, UK
- 14.30 **The role of acceptance, mindfulness, and avoidant coping in the psychological well-being of fathers of children with intellectual disabilities**  
Elaine MacDonald, Bangor University, UK

## **Symposium 18**

Lecture Theatre 1, Appleton Tower

### **New Research on Facilitating Change in Key Cognitive Processes which Maintain Emotional Disorders**

Convenor: Bundy Mackintosh, University of East Anglia, UK & Colette Hirsch, Institute of Psychiatry, King's College London, UK

Chair: Colette Hirsch, Institute of Psychiatry, King's College London, UK

Discussant: Bundy Mackintosh, University of East Anglia, UK

- 15.30 **Training positive interpretation biases in individuals with social anxiety**  
Jonathan D. Huppert, The Hebrew University of Jerusalem, Israel & University of Pennsylvania, USA
- 13.50 **Effects of a computerized approach-avoidance training on implicit and explicit attitudes toward unknown animals.**  
Jorg Huijding, Erasmus University Rotterdam, The Netherlands
- 14.10 **Facilitating a more benign attentional bias in high worriers: effects on worry persistence**  
Sarra Hayes, Institute of Psychiatry, King's College London, UK
- 14.30 **Coffee**
- 14.50 **Attention training in individuals with generalized social phobia: Preliminary findings from a randomized, double-blind trial**  
Nader Amir, San Diego State University & University of California, USA
- 15.10 **Fishing for happiness: Positive bias modification paradigm for depressed mood**  
Emily A. Holmes, University of Oxford, UK
- 15.30 **Discussion**

## **Symposium 19**

Lecture Theatre 3, Appleton Tower

### **Beliefs About Self and Others, Schizotypy and Social Recovery in Psychosis**

Convenor & Chair: David Fowler, University of East Anglia, UK

- 13.30 **Improving social recovery using CBT in early psychosis: Follow-up results from the ISREP RCT**  
David Fowler, University of East Anglia, UK
- 13.55 **Schizotypy and schema: Modelling the dimensions of social recovery outcomes in psychosis**  
Jo Hodgekins, University of East Anglia, UK
- 14.20 **Coffee**
- 14.40 **Causal associations between schema and positive and negative symptoms: longitudinal modelling from the PRP trial**  
Ben Smith, University College London, UK
- 15.05 **Self-esteem and schizophrenia**  
Joanne Cater, University of Manchester, UK
- 15.30 **Discussion**

## **Symposium 20**

Lecture Theatre 4, Appleton Tower

### **Developmental and Interpersonal Factors in the Prodrome, Individual Adaptation, and Recovery from Psychosis**

Convenor & Chair: Matthias Schwannauer, University of Edinburgh, UK

Discussant: Andrew Gumley, University of Glasgow, UK

- 13.30 **Understanding adolescent risk taking behaviour and how it relates to social and developmental processes**  
Nicola Cogan, University of Edinburgh, UK
- 13.50 **Exploring reflective function in recovery from adolescent-onset psychosis**  
Christine Braehler, University of Edinburgh, UK
- 14.10 **The interpersonal self in adolescent-onset psychosis: A grounded theory analysis**  
Emily Taylor, NHS Lothian Primary Care Division, UK
- 14.30 **Coffee**
- 14.50 **Service users' construction of relapse experiences in psychosis: A grounded theory approach**  
Wendy Kerr, University of Glasgow, UK
- 15.10 **Service users' experience of relapse**  
Hayley Veitch, University of Glasgow, UK
- 15.30 **Discussion**

# Thursday 17th July

## **Symposium 21**

Lecture Theatre F21, Psychology Department

### **STEPS: Developing Multi-Purpose Stepped-Care Services in Primary Care**

Convenor & Chair: Jim White, STEPS Primary Care Mental Health Team, Glasgow and Clyde NHS, UK

**13.30 STEPS: a Clydebuilt stepped-care service in primary care**  
Jim White, STEPS Primary Care Mental Health Team, UK

**13.50 The use of group interventions in stepped care**  
Michael Ross, STEPS Primary Care Mental Health Team, UK

**14.00 Getting the best out of limited resources in stepped-care services: Single contacts, workshops and media**  
Carol Richards, STEPS Primary Care Mental Health Team, UK

**14.15 The influence of deprivation on the delivery of a stepped-care service**  
Ruth Jamieson, STEPS Primary Care Mental Health Team, UK

**14.30 Coffee**

**14.50 Does recovery have a role in stepped-care?**  
Vicky Manson, STEPS Primary Care Mental Health Team, UK

**15.00 Stepped-care and ethnic minority mental health**  
Tom Wilson, STEPS Primary Care Mental Health Team, UK

**15.10 Questions**

## **Symposium 22**

Seminar Room 11, William Robertson Building

### **The Importance of Staff Beliefs in Improving Client Care**

Convenor & Chair: Anja Wittkowski, University of Manchester, UK

**13.30 Psychiatric nursing staff construing people who experience psychosis and substance misuse**  
Anja Wittkowski, University of Manchester, UK

**13.55 The use of Q methodology to examine staff beliefs about service change**  
Dougal Hare, University of Manchester, UK

**14.20 Coffee**

**14.40 Attachment theory and psychosis: Interpersonal problems and therapeutic relationships**  
Katherine Berry, University of Sheffield, UK

**15.05 Staff perceptions of patient needs and own training needs across low medium and high secure services**  
John McGovern & Victoria Absalom, Affinity Healthcare, UK & University of Manchester, UK

## **Clinical Roundtable 1**

Lecture Theatre 8, William Robertson Building

### **Optimal Therapy for Depression: How Much, How Often, How Long?**

Convenor: Steven Jones, Lancaster University, UK

Chair: David Veale, South London and Maudsley NHS Trust & Institute of Psychiatry, King's College London, UK

Speakers: Edward Watkins, University of Exeter, UK

Christopher Martell, University of Washington, USA

Graham Turpin, University of Sheffield, UK

John Swan, University of Dundee, UK

Chris Williams, Division of Community Based Sciences, Faculty of Medicine - University of Glasgow, UK

## **Clinical Roundtable 2**

Faculty Room North, David Hume Tower

### **A Case of Anorexia Nervosa: CBT or not CBT?**

Convenor: Lucy Serpell, CNWL NHS Foundation Trust & University College London, UK

Speakers: Glenn Waller, CNWL NHS Foundation Trust & Institute of Psychiatry, King's College London, UK

Tracey Wade, Flinders University, Australia

Christopher G. Fairburn, University of Oxford, UK

## **Panel Debate 2**

Lecture Theatre 5, Appleton Tower

### **BABCP and IAPT: The Way Forward**

Convenor: Robert Dudley, Newcastle University & Northumberland, Tyne and Wear Mental Health NHS Trust, UK

Chair: John L. Taylor, President Elect BABCP, Northumberland, Tyne and Wear NHS Trust and Northumbria University, UK

Speakers: John L. Taylor, President Elect BABCP, Northumberland, Tyne and Wear NHS Trust and Northumbria University, UK

Rod Holland, BABCP Workforce and Training Committee, BABCP, UK

Mark Freston, Newcastle University, UK

Kate Gillespie, Northern Ireland Centre for Trauma and Transformation, Ireland

Gillian Haddock, University of Manchester, UK

# Thursday 17th July

## Open Papers 2

Seminar Room B21, Psychology Department

### Pain, Attention & Imagery

Chair: Richard Brown, University of Manchester, UK

#### 13.30 The Nature of Attentional Biases in Acute and Chronic Pain Patients

Sonia Haggman, Clinical Psychology Unit, University of Sydney, Australia

#### 13.45 Pain-Related Attentional Biases: The Reliability of the Dot-Probe Paradigm with Pain Patients

Blake Dear, University of Sydney, Australia

#### 14.00 Attentional Processes in High Symptom Reporters: Implications for Medically Unexplained Symptoms

Richard Brown, University of Manchester, UK

#### 14.15 Coffee

#### 14.35 The Effect of Attentional Training as an Adjunct to Cognitive Behavioural Therapy (CBT) in Chronic Pain

Melissa Mondello, The University of Sydney, Australia

#### 14.50 Five-Year Follow Up of Manual-Assisted Cognitive Behavioural Therapy in Sickle Cell Disease

Kofi A Anie, Central Middlesex Hospital & Imperial College London, Central and North West London Mental Health NHS Trust, UK

#### 15.05 The short-term relationship between discomfort, sleep and fatigue in Sjögren's syndrome and rheumatoid arthritis

Claire Goodchild, Institute of Psychiatry, King's College London, UK

## 13.30 – 16.00

### In-Conference Workshops

#### Workshop 4:

Seminar Room 37, Psychology Department

#### Core Competencies for Working with Substance Misuse and Addictive Behaviour

Frank Ryan, Central & North West London Foundation NHS Trust & Birkbeck College, University of London, UK

#### Workshop 5:

GO1, William Robertson Building

#### CBT with Older People: A Psychogerontological Approach

Kenneth Laidlaw, University of Edinburgh, UK

#### Workshop 6:

GO2, William Robertson Building

#### Acceptance and Commitment Therapy for Psychosis

Eric Morris, South London & Maudsley NHS Foundation Trust & Institute of Psychiatry, King's College London, UK; Gordon Mitchell, NHS Fife, Scotland, UK & Amy Hodgson, NHS Fife, Scotland, UK

## 16.00 -17.00

### Keynote Speakers

#### Professor Christopher G. Fairburn

University of Oxford, UK

#### The Broader Implications of the Research on the Treatment of Eating Disorders

Chair: Emily A Holmes, University of Oxford, UK

Lecture Theatre 5, Appleton Tower

#### Professor Richard Hastings

Bangor University, UK

#### Intensive Applied Behaviour Analysis Intervention for Children with Autism: Evidence Base, and the Translation into Practice

Chair: John L. Taylor, Northumberland, Tyne and Wear NHS Trust and Northumbria University, UK

Lecture Theatre B, David Hume Tower

#### Professor Philip Kendall

Temple University, USA

#### Flexibility within Fidelity: Clinical Procedures and Manualized Interventions

Chair: Sam Cartwright-Hatton, University of Manchester, UK

Lecture Theatre 4, Appleton Tower

#### Professor S. J. Rachman

University of British Columbia, Canada

#### From Conditioned Reflexes to Catastrophic Cognitions: An Evaluative History of Cognitive Behaviour Therapy

Chair: Marcel van den Hout, University of Utrecht, The Netherlands

Lecture Theatre A, David Hume Tower

## 17.15 – 18.15

### BABCP Annual General Meeting

Lecture Theatre 1, Appleton Tower

### Child and Adolescent Mental Health: Special Interest Group

Seminar Room 11, William Robertson Building

20.00 - Late

"CBT Edinburgh Festival"  
and Party: Teviot Row House

# Friday 18th July

9.00 - 11.15

## Symposium 23

Lecture Theatre B, David Hume Tower

### Treating Post Traumatic Stress Disorder in the Context of Civil War and Terror

Convenor & Chair: Rachel Handley, Institute of Psychiatry, King's College London, UK

9.00 **Group based CBT for children and adolescents affected by war**

William Yule, Institute of Psychiatry, King's College London, UK

9.25 **Narrative exposure therapy as treatment for survivors of war and torture: The evidence**

Frank Neuner, University of Konstanz, Germany

9.50 **Coffee**

10.10 **The application of cognitive therapy for PTSD linked to terrorism and other civil conflict in Northern Ireland**

Michael Duffy, University of Ulster, UK

10.35 **Mental health response after the London bombings: The screen and treat approach**

Peter Scragg, Nika Fuchkan & Zoë Huntley, University College London, UK

11.00 **Discussion**

## Symposium 24

Lecture Theatre A, David Hume Tower

### New Developments in Treating Obsessive Compulsive Disorder

Convenor: Christine Purdon, University of Waterloo, Canada & Adam Radomsky, Concordia University, Canada

Chair: Adam Radomsky, Concordia University, Canada

Discussant: S. Rachman, University of British Columbia, Canada

9.00 **Augmentation of behavior therapy with D-Cycloserine for obsessive compulsive disorder**

Sabine Wilhelm, Harvard Medical School, USA

9.25 **Buried in treasures: Cognitive-behavioral therapy for compulsive hoarding**

David F. Tolin, The Institute of Living, Hartford, USA

9.50 **Coffee**

10.10 **Does the presence of OCD symptoms predict differential treatment response in a sample of anxious youth?"**

Philip C. Kendall, Temple University, USA

10.35 **Treatment ambivalence in OCD**

Shannon Gifford, Parkwood Hospital, St. Joseph's Hospital, Canada

11.00 **Discussion**

## Symposium 25

Lecture Theatre 2, Appleton Tower

### Bridging the Gap Between Cognitive Theory and Therapy: Using ICS to Inform CBT

Convenor: Isabel Clarke, Hampshire Partnership NHS Trust, UK

Chair & Discussant: Nick White, North Essex Partnership NHS Foundation Trust, UK

9.00 **Using ICS to inform clinical work with complex cases**

Peter Kinderman, University of Liverpool, UK

9.25 **Brief Intervention with Visceral Impact; engaging heart as well as head using ICS.**

Isabel Clarke, Hampshire Partnership NHS Trust, UK

9.50 **Coffee**

10.10 **ICS and Anxiety Disorders**

Nick White, North Essex Partnership NHS Foundation Trust, UK

10.35 **Using ICS to inform formulation with complex cases**

Michael Townend, University of Derby, UK

## Symposium 26

Lecture Theatre 3, Appleton Tower

### Overcoming a Gap in Processing Bias Research Temporal Attention, Encoding and Working Memory Measured with the Attentional Blink Paradigm

Convenor & Chair: Andrea Reinecke, University of Oxford, UK

9.00 **Emotional facial expressions and the attentional blink: Influence of social anxiety**

Peter de Jong, University of Groningen, The Netherlands

9.25 **How preferential is the preferential processing of negative stimuli?**

Andrea Reinecke, University of Oxford, UK

9.50 **Coffee**

10.10 **Examining attentional bias in dysphoria using the attentional blink paradigm**

Ernst Koster, Ghent University, Belgium

10.35 **Influence of threatening facial distractors on subsequent task performance in high and low socially anxious individuals**

Martine Ruiters, University of Groningen, The Netherlands

# Friday 18th July

## **Symposium 27**

Lecture Theatre F21, Psychology Department

### **Psychological Aspects of Gastroenterological Problems**

Convenor & Chair: Jane Hutton, King's College Hospital & South London & Maudsley NHS Foundation Trust, UK

- 9.00 **Psychological factors in patients receiving treatment from an anorectal physiology department**  
Stephanie Jones, St Peter's Hospital, Surrey, UK
- 9.25 **Predictors of symptom severity and social adjustment in irritable bowel syndrome. Do illness perceptions play a role?**  
Trudie Chalder, Institute of Psychiatry, King's College London, UK
- 9.50 **Coffee**
- 10.10 **Patients' experiences of the referral process for psychological intervention for irritable bowel syndrome**  
Nicola Gawn, Salomons, Canterbury Christchurch University, UK
- 10.35 **Implications of new research for intervention in IBS**  
Jane Hutton, King's College Hospital & South London & Maudsley NHS Foundation Trust, UK

## **Symposium 28**

Lecture Theatre 8, William Robertson Building

### **Techniques and Processes in Working with Multi-problem Families: Two Sides of the Same Coin**

Convenor: Crispin Day, South London & Maudsley NHS Trust & Institute of Psychiatry, King's College London, UK

Chair: Hilton Davis, South London & Maudsley NHS Trust & Institute of Psychiatry, King's College London, UK

- 9.00 **Working with high risk families: Evidence from qualitative research about process and skills**  
Jane Barlow, University of Warwick, UK
- 9.25 **The family partnership model: A method and a means**  
Crispin Day, South London & Maudsley NHS Trust & Institute of Psychiatry, King's College London, UK
- 9.50 **Coffee**
- 10.10 **The Parents Under Pressure program - an intervention targeting multi-problem families: Therapy techniques and processes**  
Paul Hartnett, University of Queensland, Brisbane, Australia
- 10.35 **Working with multi-problem families: An example from clinical practice**  
Sascha Kowalenko, National Academy of Parenting Practitioners, King's College, London, UK

## **Symposium 29**

Faculty Room North, David Hume Tower

### **Eating Disorders: New Developments**

Convenor & Chair: Lucy Serpell, CNWL NHS Foundation Trust & University College London, UK

Discussant: Kelly Brownell, Yale University, USA

- 9.00 **Personality disorder cognitions in the eating disorders**  
Glenn Waller, CNWL NHS Foundation Trust & Institute of Psychiatry, King's College London, UK
- 9.25 **Recovery from eating disorders: Clients' and clinicians' perspectives**  
Glenn Waller, CNWL NHS Foundation Trust & Institute of Psychiatry, King's College London, UK
- 9.50 **Coffee**
- 10.10 **Persistence, perseverance and perfectionism in eating disorders, clinical and non-clinical controls**  
Lucy Serpell, CNWL NHS Foundation Trust & University College London, UK
- 10.35 **Eating disorder NOS under scrutiny: A detailed characterisation of its main clinical features**  
Kristin Bohn, Royal Holloway University of London, UK

## **Symposium 30**

Lecture Theatre C, David Hume Tower

### **Towards a Mental Flourishing Scotland: Going Beyond IAPT?**

Convenor: Jim White, STEPS Primary Care Mental Health Team, UK

Chair: Michael Ross, STEPS Primary Care Mental Health Team, UK

- 9.00 **'Towards a mentally flourishing Scotland: Making it happen'**  
Geoff Huggins, Health Care Policy and Strategy, Mental Health Division, Scottish Government, UK
- 9.25 **'Being more than just therapists: Delving beneath the tip of the iceberg'**  
Jim White, STEPS Primary Care Mental Health Team, UK
- 9.50 **Coffee**
- 10.10 **Promoting and supporting recovery in Scotland: Progress and learning**  
Simon Bradstreet, Scottish Recovery Network, UK
- 10.35 **'Overview of the new MSc clinical training programme - Psychological Therapy in Primary Care'**  
Rob Durham, University of Dundee, UK

## **Symposium 31**

Faculty Room South, David Hume Tower

### **Psychological Structures Underpinning CBT for People with Intellectual Disabilities**

Convenor & Chair: Bill Lindsay, State Hospital, NHS Tayside & University of Abertay, UK

- 9.00 **Personality structure and emotional problems in people with intellectual and developmental disabilities (ID)**  
Bill Lindsay, State Hospital, NHS Tayside & University of Abertay, UK
- 9.25 **Measurement of personality disorder and its relationship with aggression in men with intellectual disabilities**  
John L. Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Trust, UK

# Friday 18th July

9.50 Coffee

10.10 **The relevance of attachment style to cognitive therapy for offenders with intellectual disability**  
Lesley Steptoe, NHS Tayside & University of Abertay, Dundee, UK

10.35 **Stigma, social comparison and psychological wellbeing in adults with intellectual disabilities**  
Lucy Paterson, NHS Tayside, UK

## Symposium 32

Lecture Theatre 4, Appleton Tower

### Worry, Rumination and Generalised Anxiety Disorder

*'This symposium is of work that has been inspired by research originally conducted by Professor Tom Borkovec and it has been put together to mark his distinguished career as a scientist and clinician.'*

Convenor: Colette Hirsch, Institute of Psychiatry, King's College London, UK

Chair: Colette Hirsch, Institute of Psychiatry, King's College London, UK

Discussant: Andrew Mathews, University of California, USA

9.00 **Overgenerality and abstractness of worrying as maintenance factor for anxiety**  
Pierre Philippot, University of Louvain, Belgium

9.20 **Negative repetitive thought: Common elements within worry and rumination**  
Edward Watkins, University of Exeter, UK

9.40 Coffee

10.00 **Looking on the bright side: facilitating more benign interpretations reduces negative thought intrusions in high worriers and clients with generalised anxiety disorder**  
Colette Hirsch, Institute of Psychiatry, King's College London, UK

10.20 **Symptom change profiles in anxious clients receiving either cognitive-behavioural therapy or applied relaxation**  
Michel J. Dugas, Concordia University, Canada

10.40 Discussion

## Symposium 33

Lecture Theatre 5, Appleton Tower

### Mechanisms Underlying the Suppression of Unwanted Memories and Their Clinical Implications

Convenor & Chair: Michael Anderson, University of St. Andrews, UK

9.00 **Neural systems underlying the control of intrusive memories**  
Michael Anderson, University of St. Andrews, UK

9.25 **Prefrontal regions orchestrate suppression of emotional memories via a two-phase process: possible implications for therapeutic intervention**  
Brendan E. Depue, University of Colorado at Boulder, USA

9.50 Coffee

10.10 **Dissociable neurocognitive mechanisms underlie the forgetting of unwanted memories**  
Alan Richardson-Klavehn, University of Magdeburg, Germany

10.35 **Forgetting emotionally negative words and interpretations with a little help from thought substitutes**  
Paula Hertel, Trinity University, USA

## Symposium 34

Seminar Room 11, William Robertson Building

### Online CBT: Development and Delivery of Computerised CBT

Convenor: Rebeca Martinez, University of Glasgow, UK

Chair: Chris Williams, University of Glasgow, UK

9.00 **CCBT - what we need to know about the way people interact with the machine**  
John Green, St. Mary's Hospital & Imperial College London, UK

9.25 **Telephone support for free on-line computerised CBT: Early evaluation**  
Paul Farrand, University of Plymouth, UK

9.50 Coffee

10.10 **Do the characteristics of those recruited into CCBT trials differ from other self-help interventions?**  
Michelle McAuley, Gartnavel Royal Hospital, Glasgow, UK

10.35 **Internet vs standalone computer vs book: User choice and outcomes with self-help in a stepped care service**  
Mark Kenwright, Ealing CBT Service, West London Mental Health NHS Trust, UK

## Panel Debate 3

Lecture Theatre 1, Appleton Tower

### What Works for Whom within CBT for Psychosis

Convenor: Craig Steel, University of Reading, UK

Chair: Andrew Gumley, University of Glasgow, UK

Speakers: Craig Steel, University of Reading, UK

David Fowler, University of East Anglia, UK

Max Birchwood, University of Birmingham, UK

Gillian Haddock, University of Manchester, UK

Philippa Garety Institute of Psychiatry, Kings College London, UK

Tony Morrison, University of Manchester, UK

# Friday 18th July

## Open Papers 3

Seminar Room B21, Psychology Department

### Child and Adolescent Disorders, Aetiology & Therapy

Chair: Cecilia Essau, Roehampton University, UK

**9.00 Neuroticism, Life Events and Automatic Negative Thoughts in the Development and Maintenance of Adolescent Depression**

Amy Kercher, Macquarie University, Australia

**9.20 Negative Biases in Emotional Processing Predict Subsequent Depressive Symptoms in High Risk Students: A Longitudinal Study**

Stella Chan, University of Oxford, UK

**9.40 Bipolar Disorder in Adolescence & Early Adulthood: Outcomes From a Manualised Psychological Intervention**

Craig Macneil, Early Psychosis Prevention & Intervention Centre (EPPIC), Australia

**10.00 Coffee**

**10.20 An Evaluation of the 'Working Things Out' Adolescent Group Intervention in an Applied Clinical Setting**

Eileen Brosnan, University College Dublin, Ireland

**10.40 Treating Children Traumatized by War and Tsunami: A Comparison between Exposure Therapy and Meditation-Relaxation in North-East Sri Lanka**

Claudia Catani, University of Konstanz & Vivo international, Germany

## 9.00 - 11.30

### In-Conference Workshops

#### Workshop 7:

Seminar Room 37, Psychology Department

#### Substance Use Amongst People with Mental Health Problems

Hermine Graham, Derek Tobin & Emma Griffith, University of Birmingham and Birmingham & Solihull Mental Health (NHS) Trust, UK

#### Workshop 8:

Seminar Room 10, William Robertson Building

#### The Method of Levels: Bringing About Change by Shifting Awareness

Warren Mansell, University of Manchester, UK & Sara Tai, University of Manchester & Greater Manchester West Mental Health NHS Trust, UK

#### Workshop 9:

GO1, William Robertson Building

#### Positive Psychological Interventions

Sanjay Kumar Rao and Kirstine Postma, Teesk Esk & Wear Valley NHS Trust, UK

#### Workshop 10:

GO2, William Robertson Building

#### Using Experiential Techniques to Facilitate Cognitive Change in Complex Cases of PTSD

Ann Hackmann, University of Oxford & Institute of Psychiatry, King's College London, UK

## 11.30 - 12.30

### Keynote Speakers

#### Professor Max Birchwood

University of Birmingham, UK

#### CBT for Psychosis: Change of Direction Needed to Avoid No Through Road Ahead?

Chair: Andrew Gumley, University of Glasgow, UK

Lecture Theatre 5, Appleton Tower

#### Professor Kelly Brownell

Yale University, USA

#### Treatment vs. Prevention: Obesity and World Nutrition as the Exemplar

Chair: Christopher G. Fairburn, University of Oxford, UK

Lecture Theatre B, David Hume Tower

#### Professor Susan Mineka

Northwestern University, USA

#### Common and Specific Risk Factors for Mood and Anxiety Disorders:

#### Time 1 and Initial Prospective Results from a Longitudinal Study

Chair: Bundy Mackintosh, University of East Anglia

Lecture Theatre 4, Appleton Tower

#### Professor Paul Salkovskis

Institute of Psychiatry, King's College London, UK

#### Twenty Obsessional Years, Compulsive Research with a Few Doubts Feels Just Right

Chair: Christine Purdon, University of Waterloo, Canada

Lecture Theatre A, David Hume Tower

# Friday 18th July

## 12.30 - 13.30

**Control Theory:** Special Interest Group  
Seminar Room 11, William Robertson Building

**Neuropsychology:** Special Interest Group  
GO1, William Robertson Building

**Medical:** Special Interest Group  
GO2, William Robertson Building

## 13.00 -18.00

### Poster Session 2

Appleton Tower

#### Basic Processes

- 1 **Reducing Flashbacks to a Trauma Film via a Computer Game**  
Ella James, University of Oxford, UK
- 2 **Predictors of Behaviour Therapy and Fluvoxamine Response in Obsessive Compulsive Disorder: A Functional MRI Symptom Provocation Study**  
Akiko Nakagawa, Kawasaki Medical School, Japan

#### Behavioural Medicine

- 3 **Attentional Bias Towards Health-Threat Information in Chronic Fatigue Syndrome**  
Ruihua Hou, University of Southampton, UK
- 4 **It Hurts: The Relationship Between Mental Imagery and Functioning in Chronic Pain**  
Louise Potter, Lothian Chronic Pain Service & University of Edinburgh, UK

#### Child and Adolescent Mental Health

- 5 **The Manifestation of Depression in Adolescence: Does Depression Look Differently Across Time and Gender?**  
Sue Spence, Griffith University, Australia
- 6 **Adapting the Manual: Delivering the FRIENDS Programme to Children with Literacy Difficulties**  
Jennie Lonsdale, North Staffordshire NHS Combined Healthcare Trust, UK

#### Intellectual and Developmental Disabilities

- 7 **The Impact of Collaborative Development of Psychosocial Case Formulations for Individuals with Intellectual Disabilities Displaying Challenging Behaviour: A Case Series Pilot Evaluation of Workshops with Direct Care Staff**  
Barry Ingham, Northumberland, Tyne & Wear NHS Trust, UK
- 8 **Group Cognitive Therapy for Sexual Offenders with Intellectual Disabilities (ID): A Comparison Between Offenders Against Adults and Offenders Against Children**  
Nicola Gilchrist, NHS Lothian, UK

#### Psychosis

- 9 **The Relationship Between Specific Psychotic Symptoms, Aggression and Violence in a South Asian Population with Schizophrenia**  
Aishath ali naaz, University of Manchester, UK
- 10 **Cognitive Behavioural Therapy for Patients with Schizophrenia who are not Prescribed Antipsychotic Medication: Two Case Series**  
Thomas Christodoulides, Early Intervention in Psychosis Service, South of Tyne and Wear, UK
- 11 **Self-Esteem, Experiential Avoidance and Paranoia**  
Alisa Udachina, Bangor University, UK
- 12 **Relationship between aggression, empathy, and impulsivity in forensic patients with psychosis**  
Akiko Kikuchi, National Institute of Mental Health, National Center for Neurology and Psychiatry
- 13 **'Jumping to Conclusions' in First-Episode Psychosis**  
Debra Shaftoe, Newcastle University, UK

#### Service Delivery

- 14 **Time Travel-Moving from the Traditional Services to the Modern Interventions**  
Katie Hall, The Logos Centre, Durham, UK
- 15 **Cross-Sectional and Longitudinal Analyses of Age-Related Memory Loss: The Implications for Effective Therapeutic Service Delivery**  
Allison Lamont, Healthy Memory Co. & Massey University, New Zealand
- 16 **Therapeutic Techniques and Processes**  
**A Pilot Investigation into the Relationship Between Mindfulness, Attentional Control and Selective Attention**  
Filippo Varese, Bangor University, UK
- 17 **Why Patients do not Come Back: A Review of Literature on Possible Causes of Early Termination of Cognitive Behaviour Therapy in Treating Depression**  
Rajvinder Sambhi, North East Wales NHS Trust, UK
- 18 **Persevering in the Treatment of a Complex Presentation of OCD: Sexual Thoughts and Images**  
Colette Kearns, St Patricks Hospital, Dublin
- 19 **Use of Self-Monitoring and Personal Narrative in Schema Change: Interventions to Enhance Positive Emotions and Self-Esteem in Bipolar Depression**  
Rochelle I. Frank, Gateway Psychiatric Services & Argosy University, San Francisco, CA
- 20 **Beyond Copied Letters - Corresponding Directly with Patients**  
Michael McDonough, St Patrick's Hospital, Dublin

## Training and Professional Issues

- 21 **Trends in Leadership Training in NHS Clinical Teams**  
Neal Hattersley, Efficacious MMC, UK
- 22 **Curriculum Based Training in Cognitive Behavioural Therapy (CBT) for Mental Health Support Workers**  
Paul Keenan, Edge Hill University of Liverpool, UK
- 23 **Pilot Study Evaluating Qualitatively the Outcome of an Introduction to Cognitive Behavioural Therapy Course in India**  
Arun Gupta, Northumberland, Tyne and Wear NHS Trust, UK & Aileen Ogilvie, Specialty Trainee, Northumberland, Tyne and Wear NHS Trust, UK
- 24 **Psychiatrist, Heal Thyself: How are our Trainees Coping with Modernising Medical Careers?**  
Keelyjo Hindhaugh, SW London and St George's Mental Health NHS Trust, UK
- 25 **Diagnosis: 'Tool or Hinderance?'**  
Klaus Dieter Schultewolter, Cognitive Behavioural Psychotherapy Services, UK

## 13.30 - 15.45

### Symposium 35

Lecture Theatre B, David Hume Tower

#### New Advances in Our Understanding of Key Cognitive Processes in Social Phobia

Convenor: Colette Hirsch & Jennifer Wild, Institute of Psychiatry, King's College London, UK

Chair: Jennifer Wild, Institute of Psychiatry, King's College London, UK

- 13.30 **CBT for social anxiety disorder and comorbid depression: The relationship among social anxiety, depression, and change in cognitions**  
Jonathan Huppert, The Hebrew University of Jerusalem, Israel
- 13.55 **Can liking yourself more make you less socially anxious? The effect of training implicit and explicit self-esteem on social anxiety**  
Luisa Stopa, University of Southampton, UK
- 14.20 **Coffee**
- 14.40 **A behavioral test of imagery in individuals with social phobia**  
Nader Amir, San Diego State University, USA
- 15.05 **Recall biased by interpretation in social phobia**  
Paula Hertel, Trinity University, USA

### Symposium 36

Lecture Theatre A, David Hume Tower

#### Factors which Predict Outcome in Treatment in Obsessive-Compulsive Disorder (OCD)

Convenor & Chair: Lynne Drummond, St George's, University of London, UK

- 13.30 **Attitudes to obsessive-compulsive disorder and its treatment in severe, chronic, resistant OCD**  
Katherine Morton, Sussex Partnership NHS Trust, UK
- 13.55 **The impact of sleep on the outcome of obsessive compulsive disorder**  
Shashi Rani, South West London and St George's Mental Health Trust, UK
- 14.20 **Coffee**
- 14.40 **Treatment factors which may predict outcome examining intensive community treatment and inpatient regime**  
Anusha Pillay, South West London and St George's Mental Health Trust, UK
- 15.05 **Demographic factors which may influence the outcome of OCD**  
William Boland, Surrey and Borders Mental Health NHS Trust, UK
- 15.30 **Discussion**

### Symposium 37

Lecture Theatre 4, Appleton Tower

#### Attentional Bias and Anxiety: From Basic Science to Clinical Practice

Convenor: Ernst Koster, Ghent University, Belgium & Matt Garner, University of Southampton, UK

Chair: Ernst Koster, Ghent University, Belgium

Discussant: Marcel van den Hout, University of Utrecht, The Netherlands

- 13.30 **Modulation by anxiety and genetic makeup of the neural mechanisms underlying attention to threat**  
Sonia Bishop, University of Cambridge, UK & Medical Research Council Cognition and Brain Sciences Unit, UK
- 13.55 **The good, the bad, and the difference: Cortisol, stress regulation and, attentive processing of facial expressions**  
Peter Putman, Leiden University, The Netherlands
- 14.20 **Coffee**
- 14.40 **Fear conditioning under conditions of restricted contingency awareness**  
An Raes, Ghent University, Belgium
- 15.05 **Experimental manipulation of attention to threat: Optimizing training procedures**  
Ernst Koster, Ghent University, Belgium
- 15.30 **Discussion**

# Friday 18th July

## **Symposium 38**

Lecture Theatre 3, Appleton Tower

### **The Understanding and Treatment of Perfectionism**

Convenor & Chair: Sarah Egan, Curtin University of Technology, Australia

Discussant: Roz Shafran, Charlie Waller Institute, University of Reading, UK

**13.30 Perfectionism and depressive symptoms: A longitudinal study of stress generation and stress reactivity models**  
David Dunkley, Jewish General Hospital, Montreal & McGill University, Canada

**13.55 Can decreasing perfectionism impact on risk factors for eating disorders in adolescent females? A controlled comparison of perfectionism and media literacy programs**  
Tracey Wade, Flinders University, Australia

**14.20 Coffee**

**14.40 An investigation of perfectionism as a treatment TARGET for bulimia nervosa: A randomised controlled trial**  
Tracey Wade, Flinders University, Australia

**15.05 Brief group cognitive behavioural treatment for perfectionism in Obsessive Compulsive Disorder**  
Sarah Egan, Curtin University of Technology, Australia

**15.30 Discussion**

## **Symposium 39**

Lecture Theatre F21, Psychology Department

### **Neuro-Cognition, Disability and Challenges for the Cognitive Model in CBT**

Convenor: Jonathan Evans, University of Glasgow, UK & Fergus Gracey, The Oliver Zangwill Centre for Neuropsychological Rehabilitation, UK

Chair: Jonathan Evans, University of Glasgow, UK

Discussant: Fergus Gracey, The Oliver Zangwill Centre for Neuropsychological Rehabilitation, UK

**13.30 Obstacles to effective emotion regulation: Implications for CBT**  
Barney Dunn, MRC Cognition and Brain Sciences Unit, Cambridge & Camden and Islington Social and Mental Health Care Trust, London, UK

**13.55 "You looking at me?" Walking restrictions and social anxiety following traumatic brain injury: A case study from cognitive-behavioural therapy**  
Giles Yeates, Buckinghamshire NHS PCT, UK

**14.20 Coffee**

**14.40 Adapting cognitive therapy for people with intellectual disabilities: the example of social anxiety**  
Dave Dagnan, North Cumbria Mental Health and Learning Disability NHS Trust & Lancaster University, UK

**15.05 The application of CBT for depression in Parkinson's disease**  
Ken Laidlaw, University of Edinburgh, UK

**15.30 Discussion**

## **Symposium 40**

Lecture Theatre 8, William Robertson Building

### **Child and Adolescent Psychopathology: From Theory to Treatment**

Convenor & Chair: Cecilia Essau, Roehampton University, UK

**13.30 Associations between sleep problems and associated difficulties: phenotypic and behavioural genetic approaches**  
Alice Gregory, Goldsmiths College, University of London, UK

**13.55 Substance use disorders among non-referred and high-risk adolescents**  
Cecilia Essau, Roehampton University, UK

**14.20 Coffee**

**14.40 Development of CBT related cognition in clinically referred and non-clinical children**  
Shirley Reynolds, University of East Anglia, UK

**15.05 The PACMan Trial (Parents for Anxious Children: Manchester). A new cognitive-behavioural parenting intervention for parents of young anxious children: Results of a first randomised controlled trial**  
Sam Cartwright-Hatton, University of Manchester, UK

## **Symposium 41**

Seminar Room 11, William Robertson Building

### **Creating Capacity for CBT within CAMHS in the North East**

Convenor: Mark Freeston and Jenny Shannon, Newcastle Cognitive and Behavioural Therapies Centre, UK

Chair: Allan Brownrigg, Northumbria University, UK

**13.30 Child and adolescent mental health services: The Policy context for enhancing practice**  
Allan Brownrigg, Northumbria University, UK

**13.50 Developing cognitive behavioural therapy provision in CAMHS: The Sunderland Training and Supervision Model**  
Craig Thompson, Northumbria University, UK

**14.10 Building capacity in CBT: A modelling approach to understanding how capacity can be built and the constraints, pressures, and challenges for clinical and training systems**  
Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centre, UK

**14.30 Coffee**

**14.50 An overview of the development and delivery of a CAMHS specific CBT course**  
Jenny Shannon, Newcastle Cognitive and Behavioural Therapies Centre, UK

**15.10 From trainee to trainer: The view from the inside**  
Carl Sketchley, Sunderland Child and Adolescent Mental Health in Primary Care Team, UK

# Friday 18th July

## **Symposium 42**

Faculty Room North, David Hume Tower

### **The New Neuroscience of Eating Disorders**

Convenor: Michelle Lee, University of Reading, UK

Chair: Vicki Mountford, St. George's Eating Disorder Service & St. George's, University of London, UK

#### **13.30 Anorexia nervosa - A new neurodevelopmental model**

Bryan Lask, St Georges University of London & Huntercombe Hospitals Group, UK

#### **14.00 Translating findings from neuropsychological studies into treatment for anorexia nervosa**

Carolina Lopez, Institute of Psychiatry, King's College London, UK

#### **14.30 Coffee**

#### **14.50 The neuropsychology of anorexia nervosa - results using the Ravello Profile**

Bryan Lask, St Georges University of London & Huntercombe Hospitals Group, UK

#### **15.20 Discussion**

## **Symposium 43**

Lecture Theatre C, David Hume Tower

### **Increasing Access to Psychological Therapies: Where Are Things Now in Scotland?**

Convenor & Chair: Chris Williams, University of Glasgow, UK

#### **13.30 Randomised controlled study of written CBT self-help materials for depression**

Philip Wilson, University of Glasgow, UK

#### **13.55 Living life to the full: supporting diverse working with excluded young adults using self-help groups**

Ilena Day, Depression Alliance Scotland, UK

#### **14.20 Coffee**

#### **14.40 SPIRIT: A university accredited course in low intensity high capacity working**

Sally McVicar, NHS Greater Glasgow and Clyde, UK

#### **15.05 Medication matters too**

Michael Smith, NHS Greater Glasgow and Clyde, UK

## **Symposium 44**

Faculty Room South, David Hume Tower

### **Advances in the Treatment and Management of Challenging Behaviour in People with Intellectual Disabilities: Research and Service Perspectives**

Convenor & Chair: Angela Hassiotis, Royal Free & University College Medical School, UK & John L. Taylor, Northumbria University & Northumberland, Tyne & Wear NHS Trust, UK

#### **13.30 Updated cochrane review: Behavioural and cognitive behavioural interventions for outwardly directed aggressive behaviour in people with learning disabilities**

Angela Hassiotis, Royal Free & University College Medical School, UK

#### **14.05 Treatment of anger in adults with intellectual and developmental disabilities: An overview of outcome and process issues**

John L Taylor, Northumbria University & Northumberland, Tyne & Wear NHS Trust, UK

#### **14.40 Coffee**

#### **15.05 Variables predicting pathways into services for offenders with intellectual disabilities (ID)**

William Lindsay, State Hospital, NHS Tayside and University of Abertay, UK

## **Symposium 45**

Lecture Theatre 5, Appleton Tower

### **The Importance of Understanding Control in CBT: Method of Levels Research and Interventions**

Convenor & Chair: Sara Tai, University of Manchester & Greater Manchester West Mental Health NHS Trust, UK

#### **13.30 Perceptual control theory and the method of levels: Further contributions to a transdiagnostic perspective**

Chris Spratt, NHS Fife, Scotland, UK

#### **13.55 'Are some psychotherapies more equal than others?': A comparative study of Cognitive Behavioural Therapy (CBT) and Method of Levels (MOL) in a naturalistic setting.**

Chris Spratt, NHS Fife, Scotland, UK

#### **14.20 Coffee**

#### **14.40 Method of levels as a cognitive therapy: Ten reasons to lose it and ten reasons to choose it**

Warren Mansell, University of Manchester, UK

#### **15.05 "Learning about conflict and losing control": Delights and dilemmas of the experiential process of becoming an MOL therapist**

Sara Tai, University of Manchester & Greater Manchester West Mental Health NHS Trust, UK

# Friday 18th July

## **Symposium 46**

Lecture Theatre 2, Appleton Tower

### **New Perspectives on Social Factors in Recovery from First Episode Psychosis**

Convenor: Christine Barrowclough, University of Manchester, UK & Fiona Lobban, Lancaster University, UK

Chair: Fiona Lobban, Lancaster University, UK

**13.30 Distress and burden in relatives of people with recent onset psychosis**

Christine Barrowclough & Fiona Lobban, University of Manchester, UK; Lancaster University, UK

**13.55 Beliefs about mental health problems in recent onset psychosis**

Natalie Powell, University of Manchester, UK

**14.20 Coffee**

**14.40 Do positive social stimuli influence reasoning & appraisal in psychosis-prone populations?**

Gary Lee, University of Manchester, UK

**15.05 Drug-use in first episode psychosis: The social influences affecting drug use, and the impacts of drug use on carers**

Sophie Jeffery, University of Manchester, UK

## **Symposium 47**

Lecture Theatre 1, Appleton Tower

### **Psychological Processes in Psychosis: Research and Interventions**

Convenor & Chair: Craig Steel, University of Reading, UK

**13.30 The role of imagery within the modification of cognitive biases in schizophrenia**

Craig Steel, University of Reading, UK

**13.55 Pathways to social anxiety disorder in early psychosis and their novel therapeutic implications**

Max Birchwood, University of Birmingham, UK

**14.20 Coffee**

**14.40 It ain't what you think it is the way that you think it. Information processing biases in paranoia**

Robert Dudley, Newcastle University, UK

**15.05 Can jumping to conclusions be reduced in people with delusions? An experimental investigation of a brief reasoning training module**

Philippa Garety, Institute of Psychiatry, King's College London, UK

## **Open Papers 4**

Seminar Room B21, Psychology Department

### **Qualitative Studies in Therapeutic Approaches and Formats**

Chair: Ian James, Northumberland, Tyne and Wear NHS Trust, UK

**13.30 Reflection on the Use of a Conceptual Model for Supervision: A Supervisee and Supervisor's Perspective**

Cate Wood, Newcastle Cognitive and Behavioural Therapies Centre, UK

**13.50 Therapists' Definitions of Schemas**

Ian James, Northumberland, Tyne and Wear NHS Trust, UK

**14.10 Cognitive Behaviour Therapy within Assertive Outreach Teams: Barriers to Implementation**

Caroline Williams, University of Manchester, UK

**14.30 Coffee**

**14.50 Developing the Techniques and Strategies for an Indirect Cognitive Approach to Change in Older People's Settings**

Louisa Shirley, Northumberland, Tyne and Wear NHS Trust, UK

**15.10 Hidden Pain? Self-Injury And People with Intellectual Disabilities**

Pauline Heslop, University of Bristol, UK

**13.30 - 16.00**

## **In-Conference Workshops**

### **Workshop 11:**

Seminar Room 10, William Robertson Building

#### **CBT Training and Supervision: What Should We Be Training and How Should We Be Doing It?**

James Bennett-Levy, University Dept of Rural Health (Lismore), Sydney University, Australia

### **Workshop 12:**

GO1, William Robertson Building

#### **Enhancing Adherence with Homework Assignments in Cognitive Behavior Therapy**

Nikolaos Kazantzis, Massey University, New Zealand

### **Workshop 13:**

GO2, William Robertson Building

#### **The First Six Sessions: Getting CBT for the Eating Disorders Off to a Flying Start**

Glenn Waller, CNWL NHS Foundation Trust and Institute of Psychiatry, King's College London, UK

### **Workshop 14:**

Seminar Room 37, Psychology Department

#### **Family-Focused Treatment for Adult and Adolescent Bipolar Patients**

David Miklowitz, University of Colorado, USA

# Friday 18th July

16.00 -17.00

## Keynote Speakers

### Professor Tom Borkovec

Penn State University, USA

### Past, Present, and Future

Chair: Andrew Mathews, University of California, USA

Lecture Theatre 5, Appleton Tower

### Dr Christopher Martell

University of Washington, USA

### Twenty Years of Behavior Therapy: Trends and Counter Trends

Chair: David Veale, South London and Maudsley NHS Trust & Institute of Psychiatry, King's College London, UK

Lecture Theatre A, David Hume Tower

### Dr Chris Williams

Division of Community Based Sciences, Faculty of Medicine - University of Glasgow, UK

### Stepped Care or Matched Care?: Stepping Stones Across the Pond

Chair: TBC

Lecture Theatre B, David Hume Tower

### Professor William Yule

Institute of Psychiatry, King's College London, UK

### CBT in the Treatment of PTSD in Children and Adolescents: Twenty Years Development and Current Issues

Chair: Shirley Reynolds, University of East Anglia, UK

Lecture Theatre 4, Appleton Tower



Assembly Rooms

19.30 - 23.00

### Gala Dinner

Assembly Rooms, George Street

21.00 - 01.00

### Farewell Party

Teviot House

# Saturday 19th July

9.00 -11.15

## Symposium 48

Lecture Theatre 5, Appleton Tower

### Psychological Predictors and Clinical Models of Bipolar Disorder Throughout the Lifespan

Convenor & Chair: Matthias Schwannauer, University of Edinburgh, UK

- 9.00 **Beliefs about mental health problems in people with bipolar disorder**  
Fiona Lobban, Lancaster University, UK
- 9.20 **Development of a family intervention for adolescents with bipolar disorder**  
David Miklowitz, University of Colorado, USA
- 9.40 **Positive self appraisal in bipolar disorder: Specificity and clinical implications**  
Steven Jones, Lancaster University, UK
- 10.00 **Coffee**
- 10.20 **Mixed states in adolescent onset bipolar disorder**  
Matthias Schwannauer, University of Edinburgh, UK
- 10.40 **Recovery from bipolar disorder: A study of cognitive style and qualitative self-reports in individuals who have stayed well for over 2 years**  
Warren Mansell, University of Manchester, UK

## Symposium 49

Lecture Theatre C, David Hume Tower

### Acceptance & Commitment Therapy: ACT in the UK

Convenor: Simon Houghton, Sheffield Care Trust, UK

Chair: Joe Curran, Sheffield Care Trust, UK

- 9.00 **Group ACT for OCD: Development of the approach and initial findings**  
Tom Ricketts, Sheffield Care Trust, UK
- 9.25 **ACT for mental health and performance at work: Findings from a randomised controlled trial**  
Frank Bond, Goldsmiths, University of London, UK
- 9.50 **Coffee**
- 10.10 **Living successfully with pain: The role of illness representations, catastrophising and acceptance in chronic pain functioning**  
David Gillanders, University of Edinburgh, UK
- 10.35 **Measuring psychological flexibility and mindfulness skills with people who hear distressing voices**  
Eric Morris, Institute of Psychiatry, King's College London & South London & Maudsley NHS Foundation Trust, UK

## Symposium 50

Faculty Room North, David Hume Tower

### Checking, Responsibility and Memory, Thought Action Fusion, and Perfectionism: Testing Cognitive Models of OCD

Convenor: Charlie Wilson, University of East Anglia, UK

Chair: Shirley Reynolds, University of East Anglia, UK

Discussant: Roz Shafraan, University of Reading, UK

- 9.00 **The impact of an experimental manipulation of checking on perceptions of responsibility, estimations of threat and confidence in memory**  
Charlotte Bogan, University of East Anglia, UK
- 9.30 **Is thought action fusion increased by negative mood?**  
Ross Chernin, University of East Anglia, UK
- 10.00 **Coffee**
- 10.20 **Perfectionism and worry**  
Graham Davey, University of Sussex, UK
- 10.50 **Discussion**

## Symposium 51

Lecture Theatre B, David Hume Tower

### Basic Processes and Treatment Approaches to Suicidality and Deliberate Self-Harm

Convenor & Chair: Thorsten Barnhofer, University of Oxford, UK

Discussant: Thomas Lynch, University of Exeter, UK

- 9.00 **'Flash-forwards' to suicide**  
Dhruvi Shah, University of Oxford, UK
- 9.20 **Predicting time to repetition of suicidal behavior**  
Danielle Duggan, University of Oxford, UK
- 9.40 **The effect of MBCT on goal setting in depressed patients with a history of suicidality**  
Catherine Crane, University of Oxford, UK
- 10.00 **Coffee**
- 10.20 **Effects of mindfulness meditation on loudness-dependency of auditory evoked potentials in acutely and formerly depressed patients with a history of suicidality**  
Thorsten Barnhofer, University of Oxford, UK
- 10.40 **Cognitive-behavioural therapy for deliberate self-harm: Effectiveness, moderators and mediators of change**  
Philip Spinhoven, University of Leiden, The Netherlands

# Saturday 19th July

## Symposium 52

Lecture Theatre 3, Appleton Tower

### **Cognitive Processes in Acute and Chronic Pain: Drawing Inspiration from Experimental and Clinical Work**

Convenor & Chair: Nicole Tang, Institute of Psychiatry, King's College London, UK

Discussant: Paul Salkovskis, Institute of Psychiatry, King's College London, UK

**09.00 Possible selves and self-pain enmeshment**

Stephen Morley, University of Leeds, UK

**09.25 Pain Memory: Exploring the phenomenology at recall**

Eric Brodie, Glasgow Caledonian University, UK

**09.50 Coffee**

**10.10 Mental imagery in chronic pain**

David Gillanders, University of Edinburgh, UK

**10.35 Acceptance and the experience of chronic pain: It's not what you think**

Lance McCracken, Royal National Hospital for Rheumatic Diseases, Bath, UK

**11.00 Discussion**

## Symposium 53

Lecture Theatre 4, Appleton Tower

### **Child and Adolescent OCD: Treatment Initiatives and Outcomes**

Convenor & Chair: Cynthia Turner, Maudsley Hospital, Children's Department, London, UK

**9.00 Improving the efficiency of delivery of cognitive behavioural treatment in childhood Obsessive-Compulsive Disorder (OCD)**

Paul Salkovskis, Institute of Psychiatry, King's College London, UK

**9.20 National Commissioning Group (NCG) service for children and adolescents with severe, treatment refractory OCD**

Isobel Heyman, Young People's OCD Service, Maudsley Hospital, London, UK

**9.40 Increasing access to CBT for young people with OCD**

Cynthia Turner, Young People's OCD Service, Maudsley Hospital, London & Institute of Psychiatry, King's College London, UK

**10.00 Coffee**

**10.20 Long-term follow-up of 250 paediatric OCD cases: Course, symptom stability, quality of life, service utilisation and treatment needs**

David Mataix-Cols, Institute of Psychiatry, King's College London, UK

**10.40 Parental involvement in the treatment of obsessive-compulsive disorder in young people**

Shirley Reynolds, University of East Anglia, UK

## Symposium 54

Lecture Theatre 2, Appleton Tower

### **Cognition and Emotion in Eating Disorders**

Convenor & Chair: Lucy Serpell, CNWL NHS Foundation Trust & University College London, UK

**9.00 An examination of social cognition in women with Anorexia Nervosa: The use of the pictorial emotional stroop task**

Amy Harrison, Guy's Hospital & Institute of Psychiatry, King's College London, UK

**9.25 Social cognition in Anorexia Nervosa: An exploratory study**

Anna Oldershaw, Institute of Psychiatry, King's College London, UK

**9.50 Coffee**

**10.10 Social Cognition in Anorexia Nervosa: The link to acute starvation**

David Hambrook, Institute of Psychiatry, King's College London, UK

**10.35 Decision-making in people with Anorexia Nervosa: The role of attention. A preliminary study**

Raffaella Moro, South London and Maudsley NHS Foundation Trust & Institute of Psychiatry, King's College London, UK

**10.50 Discussion**

## Symposium 55

Lecture Theatre A, David Hume Tower

### **Current Status of and Future Challenges for CBT**

Convenor: John L Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Trust, UK

Chair: Craig Steel, University of Reading, UK

**9.00 Crossing the seven seas: Some future challenges for CBT**

Warren Mansell, University of Manchester, UK

**9.25 Stepped care and CBT self-help models in practice**

Chris Williams, University of Glasgow

**9.50 Coffee**

**10.10 Cognitive therapy for anxiety disorders: Current status & future challenges**

Freda McManus, Oxford Cognitive Therapy Centre and University of Oxford, UK

**10.35 Developments in CBT for people with intellectual and developmental disabilities**

John L. Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Trust, UK

# Saturday 19th July

## **Symposium 56**

Lecture Theatre 8, William Robertson Building

### **Early Detection and Intervention for Psychosis: Working with Young People at Ultra High Risk of Developing Psychosis**

Convenor & Chair: Samantha Bowe, Greater Manchester West Mental Health NHS Foundation Trust, UK

- 9.00 **Working with young people at high risk of psychosis: A service perspective**  
Samantha Bowe, Greater Manchester West Mental Health NHS Foundation Trust, UK
- 9.20 **Identifying & working with young people at ultra high risk of psychosis: Only a job for specialist services?**  
Sophie Parker, Greater Manchester West Mental Health NHS Foundation Trust & University of Manchester, UK
- 9.40 **Cognitive therapy for young people at high risk of psychosis: Illustrated by case examples**  
Paul Hutton, University of Manchester, UK
- 10.00 **Coffee**
- 10.20 **At-risk of psychosis: A personal account**  
Rory Byrne, Greater Manchester West Mental Health NHS Foundation Trust & University of Manchester, UK
- 10.40 **Using podcasts to assist cognitive therapy with young people at risk of psychosis**  
Paul French, Greater Manchester West Mental Health NHS Foundation Trust, & University of Manchester, UK

## **Symposium 57**

Lecture Theatre 1, Appleton Tower

### **Let a Hundred Flowers Bloom: Varieties of Training in CBT**

Convenor: Freda McManus, Oxford Cognitive Therapy Centre, UK

Chair & Discussant: David Westbrook, Oxford Cognitive Therapy Centre, UK

- 9.00 **What can we learn from 10 years of training in Cognitive Therapy?**  
Freda McManus, Oxford Cognitive Therapy Centre, UK
- 9.25 **Developing cognitive-behavioural skills for clinical practice: an innovative educational intervention for medical students**  
Alison Croft, Oxford Cognitive Therapy Centre, UK
- 9.50 **Coffee**
- 10.10 **An evaluation of a brief CBT training course: Impact on trainees' satisfaction, clinical skills and patient outcomes**  
David Westbrook & Alison Segwick-Taylor, Oxford Cognitive Therapy Centre, UK; Gloucestershire NHS Partnership Trust
- 10.35 **The Lupina Project: training psychology graduates to treat chronic panic and agoraphobia**  
Alison Croft, Oxford Cognitive Therapy Centre, UK
- 10.50 **Discussion**

## **Panel Debate 4**

Seminar Room 11, William Robertson Building

### **Spirituality and CBT**

Convenor & Chair: Rob Waller, NHS Lothian, UK

- 9.00 **Function over Form: Formulating Safety Behaviours with Christian Clients**  
Rob Waller, NHS Lothian, UK
- 9.20 **Faith, Values and Agnosticism: Helping people address spiritual needs**  
Chris Trepka, Bradford District Care Trust, UK
- 9.40 **Working with Culture and Religious Practice: Experience from the Orthodox Jewish Community**  
Daniel Collerton, Newcastle Cognitive and Behavioural Therapies Centre, UK
- 10.00 **Islamic and CBT 'Beliefs': Issues of Faith in the Muslim Community**  
Rukhsana Arshad Mamoun Mobayed, Bradford District Care Trust, UK; Belfast Health Trust, UK
- 10.20 **Humanism, Self-Determination, Life Goals & Well-being**  
James Hawkins, Independent Practice, Edinburgh, UK
- 10.40 **Discussion and Debate**

## **Clinical Roundtable 3**

Lecture Theatre F21, Psychology Department

### **How Can We Provide Practical and Effective CBT with an Interpreter Present? Examples of Working with Post Traumatic Stress Disorder**

Convenor & Chair: Patricia d'Ardenne, East London NHS Foundation Trust, UK

- Elly Farmer, East London NHS Foundation Trust, UK
- Carleen Scott, East London NHS Foundation Trust, UK
- Drazen Simic, East London NHS Foundation Trust, UK

## **Open Papers 5**

Seminar Room 1, Psychology Building

### **Intrusions, PTSD and Bipolar Disorder**

Chair: Michelle Moulds, University of New South Wales, Australia

- 9.00 **Intrusive Memories and Bipolar Disorder**  
James Gregory, University College London, UK
- 9.20 **A Memory Test can Reduce Intrusive Images after an Aversive Film**  
Julie Krans, Behavioural Science Institute, Radboud University Nijmegen
- 9.40 **Coffee**

# Saturday 19th July

## 10.00 Does Personality Influence the Development of PTSD After Road Traffic Accidents? A Prospective Study

Inga Boellinghaus, Institute of Psychiatry, King's College London, UK

## 10.40 Posttraumatic Growth: A Construct in Need of Development?

Alia Sheikh, Newcastle University, UK

## 9.00 - 11.30

### In-Conference Workshops

#### Workshop 15:

Seminar Room 37, Psychology Department

#### Cognitive Behavioural Analysis System of Psychotherapy: Treatment for Chronic Depression

John Swan and Rob Durham University of Dundee, UK

#### Workshop 16:

Seminar Room 38, Psychology Department

#### Stress Control: Large Group Didactic Therapy for the Common Mental Health Problems

Jim White, STEPS Primary Care Mental Health Team, UK

#### Workshop 17:

GO1, William Robertson Building

#### Treating Patients with Profound, Chronic, Refractory Obsessive-Compulsive (OCD) and Body Dysmorphic Disorders (BDD)

Lynne Drummond, St George's, University of London, UK & Anusha Pillay, South West London and St George's Mental Health Trust, UK

#### Workshop 18:

Faculty Room South, David Hume Tower

#### Understanding and Treating Non-Epileptic Seizures

Craig Chigwedere, Maudsley Hospital London, Trinity College Dublin & St Patrick's Hospital, Dublin

## 11.30 - 12.30

### Keynote Speakers

#### Professor David Miklowitz

University of Colorado, USA

#### The Role of the Family in the Course and Treatment of Bipolar Disorder

Chair: Steven Jones, Lancaster University, UK

Lecture Theatre 5, Appleton Tower

#### Professor Stephen Morley

University of Leeds, UK

#### 'Twenty Years Ago Today' - Developing Treatments for Chronic Pain

Chair: Lance McCracken, Royal National Hospital for Rheumatic Diseases, Bath, UK

Lecture Theatre 3, Appleton Tower

#### Professor Richard McNally

Harvard University, USA

#### Controversies in Our Field, Then (1988) and Now (2008)

Chair: Susan Mineka, Northwestern University, USA

Lecture Theatre 4, Appleton Tower

## 12.30 - 13.30

#### Bipolar Disorder: Special Interest Group

GO1, William Robertson Building

#### Behavioural Activation AGM: Special Interest Group

Seminar Room 11, William Robertson Building

## 13.30 - 15.30

### Symposium 58

Lecture Theatre 5, Appleton Tower

#### New Trajectories in Bipolar Disorder Research

Convenor & Chair: Kim Wright, University of Exeter, UK

Discussant: Sara Tai, University of Manchester, UK

#### 13.30 A study of the relationship between hypomanic cognitions, hypomanic experiences and ascent behaviours in a student population.

Alyson Dodd, University of Manchester, UK

#### 13.50 iMonitor v. 1: A user-friendly electronic diary for bipolar patients

Yanni Malliaris, Institute of Psychiatry, King's College London, UK

#### 14.10 Self-reported deactivation following non-reward in remitted Bipolar I Disorder

Kim Wright, University of Exeter, UK

#### 14.30 Coffee

# Saturday 19th July

- 14.50 Testing psychological models of bipolar disorder across cultures: new data from a Saudi sample examining appraisal of hypomanic experiences and risk for bipolar disorder**  
Ahmad Al-Shayee, University of Lancaster, UK
- 15.10 The importance of patient grief reactions in Bipolar Disorder**  
John McGovern, Cheadle Royal Hospital & University of Manchester, UK

## **Symposium 59**

Lecture Theatre A, David Hume Tower

### **Trauma and Emotion**

Convenor: Claire Fyvie, Edinburgh Trauma Service, Royal Edinburgh Hospital, UK & Mick Power, University of Edinburgh, UK  
Chair: Mick Power, University of Edinburgh, UK

- 13.30 PTSD: Implications of the SPAARS model for theory and practice**  
Mick Power, University of Edinburgh, UK
- 13.55 Non-fear based PTSD**  
Claire Fyvie, Edinburgh Trauma Service, Royal Edinburgh Hospital, UK
- 14.20 Coffee**
- 14.40 Using compassionate imagery to work with shame-based flashbacks in PTSD**  
Deborah Lee, University College London, UK
- 15.05 Post traumatic stress disorder - Emotional experience and emotion regulation in a clinical sample**  
Nuno Ferreira, University of Edinburgh, UK

## **Symposium 60**

Lecture Theatre 3, Appleton Tower

### **Slumber in the Land of Pain: Trouble Sleeping Across Chronic Medical Conditions**

Convenor & Chair: Nicole Tang, Institute of Psychiatry, King's College London, UK

- 13.30 Sleeping with chronic pain: Mission impossible?**  
Nicole Tang, Institute of Psychiatry, King's College London, UK
- 13.55 Are pain outcomes following CBT for chronic insomnia influenced by anxiety and depression?**  
Claire Gascoigne, Clinical Research Unit, Loughborough University, UK
- 14.20 Coffee**
- 14.40 Randomised controlled clinical effectiveness trial of cognitive behaviour therapy (CBT) versus treatment as usual (TAU) for insomnia in cancer patients**  
Leanne Fleming & Colin Espie, University of Glasgow Sleep Research Laboratory, Scotland, UK
- 15.05 Insomnia in dementia and dementia caregiving: Opportunities for psychological interventions**  
Kevin Morgan, Loughborough University, UK

## **Symposium 61**

Lecture Theatre 4, Appleton Tower

### **Worry and Obsessive Compulsive Disorder in Childhood: Children are Just Small Adults Aren't They?**

Convenor: Charlotte Wilson, University of East Anglia, UK  
Chair: Sam Cartwright-Hatton, University of Manchester, UK

- 13.30 Worry and problem solving in school aged children**  
Monika Parkinson, University of Reading, UK
- 13.50 Worry and meta-cognition in children**  
Charlotte Wilson, University of East Anglia, UK
- 14.10 Cognitive appraisals of fears worries and rituals among young people**  
Sarah Laing, Newcastle University, UK
- 14.30 Coffee**
- 14.50 Thought control strategies, meta-cognition and OCD symptoms in adolescents**  
Martin Hall, University of East Anglia, UK
- 15.10 How does repeated checking affect memory, metamemory, responsibility appraisals, and levels of anxiety in children?**  
Ophelia Beer, University of East Anglia, UK

## **Symposium 62**

Lecture Theatre 2, Appleton Tower

### **Investigating Treatment Efficacy in Eating Disorders: Outcomes and Moderators**

Convenor: Michelle Lee, University of Reading, UK  
Chair: Roz Shafran, University of Reading, UK

- 13.30 A randomised control trial of nonspecific supportive clinical management versus cognitive behaviour therapy in chronic anorexia nervosa**  
Victoria Mountford, St. Georges, University of London, UK
- 13.55 A case series examination of post-treatment outcome for a cognitive and motivational outpatient treatment for adults with anorexia nervosa**  
Tracey D Wade, Flinders University, Australia
- 14.20 Coffee**

# Saturday 19th July

**14.40 Assessing change during the course of treatment: a randomised trial for eating disorders**

Roz Shafran, University of Reading, UK

**15.05 Investigating how psychological treatments work: Illustrations from the field of eating disorders**

Rebecca Murphy, University of Oxford, UK

**Symposium 63**

Faculty Room South, David Hume Tower

**Developing Cognitive Behavioural Interventions with People with Asperger's Syndrome**

Convenor & Chair: Dougal Julian Hare, University of Manchester, UK

**13.30 Real time experience and everyday anxiety in people with Asperger's syndrome**

Chris Wood, University of Manchester, UK

**13.55 The role of working alliance in cognitive-behavioural therapy with people with Asperger's syndrome**

Dougal Julian Hare, University of Manchester, UK

**14.20 Coffee**

**14.40 Investigating the inter-correlation of a battery of social cognition measures for adults with Asperger Syndrome**

Fleur-Michelle Coffait, University of Manchester, UK

**15.05 Process factors in cognitive-behavioural therapy with people with Asperger's syndrome**

Ewan Perry, University of Manchester, UK

**Symposium 64**

Lecture Theatre B, David Hume Tower

**Developments in the Understanding of Memory in Depression**

Convenor & Chair: Michelle Moulds, University of New South Wales, Australia

**13.30 Memory bias depends on interpretation**

Paula Hertel, Trinity University, USA

**13.50 Imagining positive futures in depression: Investigating mental imagery**

Tamara Lang, University of Oxford, UK

**14.10 Metacognitive beliefs and rumination: An examination of visual memory recall after a stressful event**

Carol Yap, University of New South Wales, Australia

**14.30 Coffee**

**14.50 Manipulating recall vantage perspective of intrusive memories in depression**

Alishia D. Williams, University of New South Wales, Australia

**15.10 Remembering as an observer: How is autobiographical memory retrieval vantage perspective linked to depression?**

Michelle L. Moulds, University of New South Wales, Australia

**Symposium 65**

Lecture Theatre C, David Hume Tower

**Behavioural Activation: Clinical Applications and Directions for Future Research.**

Convenor & Chair: Simon Houghton, Sheffield Care Trust, UK

Discussant: Christopher Martell, Behavioural Associates in Health, USA

**13.30 Adapting behavioural activation: Rumination-focused CBT and group BA**

Edward Watkins, University of Exeter, UK

**13.55 Group behavioural activation for depression**

Joe Curran, Sheffield Care Trust, UK

**14.20 Coffee**

**14.40 Behavioural activation for negative symptoms**

Hilary Mairs, University of Manchester, UK

**15.05 Behavioural Therapy and depression where do we go from here?**

Dave Ekers, Esk & Wear Valleys NHS Trust, UK

**Symposium 66**

Lecture Theatre 8, William Robertson Building

**Cognitive Therapy for Psychosis in Scotland: Current Perspectives and Recent Developments**

Convenor: Andrew Gumley, University of Glasgow, UK

Chair: Craig MacNeill, ORYGEN Mental Health, Melbourne, Australia

Discussant: Craig MacNeil, ORYGEN Mental Health, Melbourne, , Australia

**13.30 Relapse prevention and emotional recovery: Two sides of the same coin?**

Andrew Gumley, University of Glasgow, UK

**13.55 Psychological intervention and developmental aspects of bipolar disorders**

Matthias Schwannauer, University of Edinburgh, UK

**14.20 Coffee**

**14.40 Acceptance and commitment therapy and recovery following psychosis**

Gordon Mitchell, NHS Fife, UK

**15.05 Group Interventions for psychosis in forensic clinical settings**

Heather Laithwaite, State Hospital for Scotland and Northern Ireland, UK

**15.30 Discussion**

# Saturday 19th July

## **Symposium 67**

Seminar Room 11, William Robertson Building

### **Recent Developments in Cognitive Behavioural Case Conceptualisation**

Convenor: Nikolaos Kazantzis, Massey University, New Zealand

Chair: Paul Salkovskis, Institute of Psychiatry, King's College, London, UK

**13.30 Conceptualisation of compliance and resistance with harmful command hallucinations: Insights from social rank theory**  
Max Birchwood, University of Birmingham, UK

**13.55 Conceptualisation rating scale: Development and preliminary evaluation**  
Nikolaos Kazantzis, Massey University, Auckland, New Zealand

**14.20 Coffee**

**14.40 Walking the tightrope between clinical art and clinical science: general and specific competencies in CBT for anxiety disorders**

Paul Salkovskis, Institute of Psychiatry at the Maudsley, King's College, London, UK

**15.05 Making the ubiquitous idiosyncratic: The foundation of CBT formulation**  
Anne Garland, Nottingham Psychotherapy Unit, Nottingham NHS, UK

## **Symposium 68**

Faculty Room North, David Hume Tower

### **Condition Management and the Role of CBT in the Return to Work**

Convenor: Stephen Kellett, Barnsley Primary Care NHS Trust, UK

Chair: Darren Bickerstaffe, Barnsley Primary Care NHS Trust, UK

**13.30 Pathways to work - Condition Management Programme; strategic development, delivery and potential**  
Cathy Harrison, Condition Management Programme, Department of Health, UK

**13.55 Training CMP Practitioners in using CBT self-help**  
Chris Williams, University of Glasgow, UK

**14.20 Coffee**

**14.40 A description and evaluation of condition-specific CMP**  
Eric Sharp, Derby City Primary Care Trust, UK

**15.05 An evaluation of the long-term effectiveness of CMP in terms of psychological well-being and employability**  
Stephen Kellett, Barnsley Primary Care NHS Trust, UK

## **Symposium 69**

Lecture Theatre 1, Appleton Tower

### **Current Issues and Approaches in CBT Training**

Convenor & Chair: Paul Cromarty, University of Cumbria & Newcastle CBT Centre, UK

**13.30 CBT Training: What are the important questions?**  
James Bennet-Levy, University Department of Rural Health, Sydney University, Australia

**13.55 Teaching and learning formulation in CBT**  
Michael Townend, University of Derby, UK

**14.20 Coffee**

**14.40 Don't stop reflecting! Promoting continued development in experienced CBT therapists through a self-practice/self-reflection approach**  
Melanie Davis, Newcastle University, UK

**15.05 Starting from scratch: Survey of capacity building of training to produce CBT practitioners**  
Paul Cromarty, University of Cumbria & Newcastle CBT Centre, UK

## **Open Papers 6**

GO1, William Robertson Building

### **Outcomes of New Therapeutic Approaches and Formats**

Chair: Esther Cohen-Tovee, Northumberland, Tyne and Wear NHS Trust, UK

**13.30 The role of Attention Training in the Treatment of Social Phobia: Results from a Randomised Control Trial**  
Juliet Donald, University of Sydney, Australia

**13.50 Trichotillomania: Changing Unwanted Habits**  
Ger P.J. Keijsers, Radboud University Nijmegen, The Netherlands

**14.10 Evaluation of a Brief Intervention CBT Clinic. An Audit of Practice and Evaluation of Clinical Effectiveness and Client Satisfaction**  
Mabel Martinelli, OBMH NHS Foundation Trust, UK

**14.30 Coffee**

**14.50 Improving Access to Psychological Therapies: The case for Group CBT for OCD**  
Debra Brewin, Body and Soul Surrey Ltd & Work Stress Solutions (Social Enterprise), UK

**15.10 Service Redesign to Improve Access to CBT Using a Stepped Care Model; initial outcomes and challenges**  
Esther Cohen-Tovee, Northumberland, Tyne and Wear NHS Trust, UK

Saturday 19th July

16.00 -17.00

**Keynote Speakers**

**Dr Lars-Göran Öst**

University of Stockholm, Sweden

**Efficacy of the Third Wave of Behavioural Therapies: A Systematic Review and Meta-Analysis**

Chair: Paul Salkovskis, Institute of Psychiatry, King's College London, UK

Lecture Theatre 3, Appleton Tower

**Dr Jacqueline Persons**

University of California, USA

**Case Formulation-Driven Cognitive-Behavior Therapy**

Chair: Melanie Fennell, Oxford Cognitive Therapy Centre, UK

Lecture Theatre 5, Appleton Tower

**Professor Mick Power**

University of Edinburgh, UK

**The Cognitive Function of Emotion**

Chair: Matthias Schwannauer, University of Edinburgh, UK

Lecture Theatre 4, Appleton Tower

17.10 - 17.20

**President's Closing Comments**

Lecture Theatre 5, Appleton Tower



The Cognitive Behaviour Therapy Partnership is the leading provider of Cognitive Behaviour Therapy in Hertfordshire.

We have two places available for  
'interns' (trainee cognitive behaviour therapists)  
from October 2008. These are voluntary positions.

We also have interesting  
FRANCHISE OPPORTUNITIES  
available for highly motivated and dedicated professionals.

For more information and applications please contact

Henck van Bilsen at [henck@cbt-partnership.org](mailto:henck@cbt-partnership.org) or 08700670289

CBT-Partnership  
Beadle House  
16 Bull Plain  
Hertford, AL14 1DT



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