**Symposium 44 - Adult Mental Health - Newman LT E**

Using Imagery and Chair Dialogue to Rescript Early Maladaptive Cognitive Patterns: Case Studies in Posttraumatic Stress and Schema Therapy

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker, Institution</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Introduction: Imagery and chair dialogue in psychotherapy, rationale and role</td>
<td>David Edwards, Rhodes University, South Africa</td>
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<td>9.10</td>
<td>The use of imagery techniques in a case of delayed onset PTSD, where a recent trauma reactivated schematic material and input from a memory of a much earlier trauma</td>
<td>Ann Hackmann, University of Oxford</td>
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<td>9.35</td>
<td>Projective flashbacks and “What if?” in imagery</td>
<td>Sally Standart, Newcastle CBT Centre, Newcastle upon Tyne</td>
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<td>10.00</td>
<td>Coffee</td>
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<tr>
<td>10.15</td>
<td>Using imagery re-scripting to treat major depression resulting from childhood trauma</td>
<td>Jon Wheatley, CNWL NHS Foundation Trust; Royal Holloway University of London</td>
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<td>10.40</td>
<td>Early maladaptive schemas and schema modes in a young woman with an eating disorder and diabetes mellitus</td>
<td>David Edwards, Rhodes University, South Africa</td>
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**Symposium 45 - Adult Mental Health - Queen’s Room 4**

OCD: Tales of the Unexpected

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<thead>
<tr>
<th>Time</th>
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<th>Speaker, Institution</th>
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<tbody>
<tr>
<td>9.00</td>
<td>A Study of the Association between OCD and OCPD: Prevalence, Clinical Characteristics and Impact on Cognitive-Behaviour Therapy for OCD</td>
<td>Olivia Gordon, Institute of Psychiatry, King's College London</td>
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<td>9.25</td>
<td>The impact of symptomatic hoarding in OCD and its treatment</td>
<td>Catherine Seaman and Victoria Bream Oldfield, Institute of Psychiatry, King's College London</td>
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<td>9.50</td>
<td>Clinical and treatment comparisons between adults with early- and late-onset Obsessive Compulsive Disorder</td>
<td>Claire Lomax, Institute of Psychiatry, King's College London</td>
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<td>10.15</td>
<td>Coffee</td>
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<tr>
<td>10.30</td>
<td>The effect of manipulating OCD therapist training on therapist optimism and treatment strategies</td>
<td>Blake Stobie, Institute of Psychiatry, King's College London</td>
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<td>10.55</td>
<td>Discussant: Mark Freeston, University of Newcastle</td>
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**Symposium 46 - Adult Mental Health - Newman LT B**

Transdiagnostic Approaches to CBT: New Developments and Clinical Applications

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker, Institution</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Cognitive therapy for low self-esteem: Interim results from a randomised controlled trial</td>
<td>Freda McManus, Oxford University &amp; Oxford Cognitive Therapy Centre</td>
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<tr>
<td>9.25</td>
<td>Cognitive therapy for co-morbid anxiety disorders: A case series</td>
<td>Gavin Clark, Oxford University &amp; Oxford Cognitive Therapy Centre</td>
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<td>9.50</td>
<td>Collaborative case conceptualization: A response to the challenge of co-morbid presentations</td>
<td>Willem Kuyken, University of Exeter</td>
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<tr>
<td>10.15</td>
<td>Coffee</td>
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10.30  Using a compassionate mind to enhance the effectiveness of cognitive therapy for individuals who suffer from shame and self-attack
Deborah Lee, Berkshire NHS Trust
10.55  Discussant: Melanie Fennell, Oxford University & Oxford Cognitive Therapy Centre

Symposium 47 - New Developments - Queen’s Room 6

Virtual Reality as a Clinical Tool: New Directions
Convenor: Thomas Lynch, University of Exeter
9.00  Enhancing Exposure-Based Treatments: The Development of a Virtual Reality World to Deliver Novel Extinction Reminders
Thomas Lynch, University of Exeter
9.30  Virtual Reality, Cell Phones, and Crack Cocaine: A Pilot RCT to Augment Drug Counseling
Zach Rosenthal, Duke University, USA
10.00  Coffee
10.20  The Impact of VR on Presence and Dissociation
Kieron O’Connor, University of Montreal, Canada
10.50  Discussant: Edward Watkins, University of Exeter

Symposium 48 - Therapeutic Techniques - Newman LT C

Developing Culturally Sensitive Cognitive Behaviour Therapy for Depression and Psychosis
Convenor & Chair: David Kingdon, University of Southampton
9.00  Cognitive Behaviour Therapy across cultures
Shanaya Rathod, Hampshire Partnership NHS Trust, Winchester
9.20  The Thinking Healthy Programme: Training non-specialists to use CBT Principles to treat perinatal depression in a low-income country
Atif Rahman, University of Liverpool
9.40  Developing Culturally Sensitive Cognitive Behaviour Therapy for Depression in Pakistan
Farooq Naeem, University of Southampton
10.00  Coffee
10.20  Developing Culturally Sensitive Cognitive Behaviour Therapy for Psychosis for Ethnic minority patients by Exploration and Incorporation of Service Users’ and Health Professionals’ Views and Opinions
Peter Phiri, University of Southampton, Royal South Hampshire Hospital, Southampton
10.40  Delivering CBT to a diverse community
Ben Wright, East London NHS Foundation Trust

Symposium 49 - Therapeutic Techniques - Newman LT A

The Therapeutic Relationship in Cognitive Behavioural Therapies
Convenor: Paul Gilbert, University of Derby
9.00  Emotional schemas as impasses in the therapeutic relationship
Robert Leahy, Weill-Cornell University Medical College, USA
9.25  Compassion in the Therapeutic Relationship
Paul Gilbert, University of Derby
9.50  Coffee
10.10  Difficult Experiences with Difficult Patients - The Therapeutic Relationship as a Challenge to the Therapist
Thomas Schroder, University of Nottingham
10.35  The Therapeutic Relationship with People with Psychosis
Andrew Gumley, University of Glasgow

Symposium 50 - Training and Professional issues - Queen’s LT 1
Low Intensity CBT: Current and Future Considerations
Convenor & Chair: Paul Farrand, University of Exeter
9.00 How to Make Low-Intensity Treatment Work in a Stepped-Care Service: Lessons Learnt from a Pathfinder and First Year IAPT Site
Mark Kenwright, Ealing IAPT Service
9.25 Spoilt for Choice? Exploring patient attitude to increased choice of mental health treatments
Paul Farrand, University of Exeter
9.50 Coffee
10.10 Online CBT: Delivery of Free Online Computerised CBT
Rebecca Martinez, University of Glasgow
10.35 RCT of Online Guided CBT for Bulimia and EDNOS
Chris Williams, University of Glasgow
11.00 Discussant: David Richards, University of Exeter

Symposium 51 - Training and Professional Issues - Newman LT F
Effective Service User Involvement in Mental Health Training and Research
Convenor: Debbie Mayes, Lancaster University
Chair: Paul Hammersley, Lancaster University
9.00 Thomas Kabir, Mental Health Research Network Service user co-ordinator, London
9.25 The UK Mental Health Research Network and Service User Involvement in Research
Tim Rawcliffe, MHRN North West
9.50 Coffee
10.10 When Being Bipolar Gets You the Job: What it Means to be a Service User Researcher
Debbie Mayes, Lancaster University
10.35 Service User involvement in training and research
Peter Bullimore, Asylum Associates

Panel Debate 5 - Training and Professional Issues - Queen's LT 2
The Leaky Pipeline: Why Aren’t Women ’Making It’ in Higher Level Positions in Clinical Research, Academia and the Mental Health Professions?
Convenor & Chair: Heather O’Mahen, University of Exeter
Speakers:
- Susan Nolen-Hoeksema, Yale University, USA
- Shirley Reynolds, University of East Anglia
- Roz Shafran, University of Reading
- Deborah Lee, Berkshire NHS
- Karinna Lovell, University of Manchester

Open Papers 8 - Psychosis - Newman LT D
Theoretical and Applied Research in Psychosis
Chair: Rob Dudley, Northumberland, Tyne and Wear NHS Trust
9.00 Social Anxiety in First-episode psychosis: Incidence, phenomenology and relationship with paranoia
Maria Mitchell, University of Birmingham
9.20 A pilot study exploring the contribution of working memory to beads task performance
John Ormrod, University of Newcastle
9.40 Improving Social Recovery in Early Psychosis: The Importance of Hope and Positive Beliefs about Self and Others
Jo Hodgekins, University of East Anglia
10.00 Coffee
10.20 A Model for the Formation of Hypervigilence Hallucination
Guy Dodgson, Northumberland, Tyne and Wear NHS Trust
Beliefs about self and others in a clinical sample of people with paranoia
Glenn Scott, University of Newcastle

9.00 - 11.30

In-Conference Workshops

Workshop 11
Using self esteem groups as part of an intensive group programme for people with eating disorders
Linette Whitehead, Cotswold House, UK, and Jill Roberts, Oxford Cognitive Therapy Centre
Queens Room D

Workshop 12
Positive Psychology Based Interventions
Ilona Boniwell, University of East London
Queens Room E

11.30 - 12.30

Keynote Speakers

Newman LT E
Professor Thomas Lynch, University of Exeter
Chair: Willem Kuyken, University of Exeter
Mechanisms of change in DBT: Theoretical and Empirical Observations

Newman LT A
Professor Paul Gilbert, University of Derby
Chair: Robert Leahy, Weill-Cornell University Medical College, USA
The Challenges of Life and the Development of Compassion

12.30

Newman LT C
Closing Address: John Taylor, BABCP President