FULL CONFERENCE PROGRAMME  
(Subject to change – but probably only minor changes!)

Thursday 21st July

9.00-11.15

ADULT MENTAL HEALTH

Symposia

Cognitive factors that maintain generalised anxiety disorder and worry  
Convenor: Colette Hirsch, Institute of Psychiatry, King’s College London

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<th>Time</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Cognitive factors that maintain worry: The role of imagery and verbal processing of feared and benign worry outcomes</td>
<td>Sarra Hayes, Institute of Psychiatry, King’s College London</td>
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<tr>
<td>9.25</td>
<td>Worry in imagery and verbal form: Effect on residual working memory capacity</td>
<td>Eleanor Leigh, Institute of Psychiatry, King’s College London</td>
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<td>9.50</td>
<td>Break</td>
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<td>10.10</td>
<td>Intolerance of Uncertainty, Worry and Obsessive-Compulsive Symptoms: Common and Specific Features</td>
<td>Mark Freeston, Newcastle University and Northumberland, Tyne and Wear NHS Foundation Trust</td>
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<tr>
<td>10.35</td>
<td>Ten years of published research on mood-as-input and perseverative worrying: Implications for GAD</td>
<td>Graham Davey, University of Sussex</td>
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Assessment and treatment of PTSD in routine and high risk groups: New findings from prospective and treatment outcome studies  
Convenor: Jennifer Wild, Institute of Psychiatry, King’s College London

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<td>9.00</td>
<td>Assessment for PTSD in at-risk populations: Self-report vs. clinical interview</td>
<td>Jennifer Wild, Institute of Psychiatry, King’s College London</td>
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<td>9.25</td>
<td>Contribution of cognitive factors to sex differences in PTSD prevalence</td>
<td>Anke Ehlers, Institute of Psychiatry, King’s College London</td>
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<td>9.50</td>
<td>Break</td>
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<tr>
<td>10.10</td>
<td>Cognitive therapy for PTSD in routine clinical practice</td>
<td>Nick Grey, Institute of Psychiatry, King’s College London</td>
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<td>10.35</td>
<td>Dialectical-Behavior-Therapy for severe Post Traumatic Stress Disorder after childhood sexual abuse: A randomized controlled trial</td>
<td>Regina Steil, Goethe University of Frankfurt and Central Institute of Mental Health, Mannheim</td>
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Psychological Processes and Suicidal Behaviour  
Convenor: Rory O’Connor, University of Stirling

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<tr>
<td>9.00</td>
<td>Towards an integrated motivational–volitional model of suicidal behaviour</td>
<td>Rory O’Connor, University of Stirling</td>
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<td>9.25</td>
<td>Suicidal imagery in unipolar and bipolar depression</td>
<td>Emily A Holmes and Susie A Hales, University of Oxford</td>
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<td>10.10</td>
<td>Meta-cognitive awareness and reasons for not self-harming when feeling suicidal</td>
<td>Mark Williams and Emily Hargus, University of Oxford</td>
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<td>10.35</td>
<td>CBT interventions for deliberate self harm: Achievements and new challenges</td>
<td>Ella Arensman, National Suicide Research Foundation, Department of Epidemiology and Public Health, University College Cork, Ireland</td>
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Mental contamination in Obsessive Compulsive Disorder  
Convenor: Emma Warnock-Parkes, South London and Maudsley NHS Trust and Institute of psychiatry  
Chair: David Veale, Institute of Psychiatry, King’s College London  
Discussant: Jack Rachman, University of British Columbia
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<tr>
<td>9.00</td>
<td>Introduction and overview</td>
<td>David Veale, Institute of Psychiatry, King’s College London</td>
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<td>9.10</td>
<td>Case illustrations of mental contamination in Obsessive Compulsive Disorder</td>
<td>Lauren Callaghan and Asmita Patel, South London and Maudsley NHS Trust</td>
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<td>9.30</td>
<td>The spread of mental contamination</td>
<td>Anna Coughtrey, University of Reading</td>
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<td>9.50</td>
<td>Break</td>
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<td>10.05</td>
<td>Origins of contamination fears</td>
<td>Eva Zysk, University of Reading</td>
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<td>10.25</td>
<td>Treating OCD when the problem is beneath the surface: The cognitive treatment</td>
<td>Emma Warnock-Parkes, South London and Maudsley NHS Trust</td>
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<td>of a case of pure mental contamination</td>
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<td>Discussion</td>
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**BASIC PROCESSES AND NEW DEVELOPMENTS**

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<tr>
<td>CBT interventions transferred to the Internet</td>
<td>Gerhard Andersson, Linköping University and Karolinska Institute, Sweden</td>
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<td>9.00 Behavioural Couples Therapy over the Internet: A randomised controlled</td>
<td>Gerhard Andersson, Linköping University and Karolinska Institute, Sweden</td>
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<td>trial</td>
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<td>9.35 Internet-delivered CBT for Irritable Bowel Syndrome: Theory, treatment,</td>
<td>Ljotsson Brjann, Karolinska Institutet, Sweden</td>
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<td>and empirical results</td>
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<td>10.10 Break</td>
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<tr>
<td>10.30 Individually-tailored, Internet-based treatment for anxiety disorders:</td>
<td>Per Carlbring, Dept of Psychology, Umea university</td>
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<td>A randomized controlled trial</td>
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**Exploring emotion regulation processes in health and psychopathology**

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<tr>
<td>Introduction:</td>
<td>Barnaby Dunn, Medical Research Council Cognition and Brain Sciences Unit,</td>
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<td>9.10 Is emotion suppression universally a bad thing? Investigating the</td>
<td>David Evans, Medical Research Council Cognition and Brain Sciences Unit,</td>
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<td>consequences of effortful emotion regulation in Borderline Personality</td>
<td>Cambridge</td>
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<td>Disorder</td>
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<td>9.30 How does mental fatigue relate to the emergence of depressive thought</td>
<td>Theresa Dahm, Medical Research Council Cognition and Brain Sciences Unit,</td>
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<td>patterns?</td>
<td>Cambridge</td>
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<td>9.50 Break</td>
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<td>10.05 Exploring the time course of emotion experience to positive imagery in</td>
<td>Barnaby Dunn, Medical Research Council Cognition and Brain Sciences Unit,</td>
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<td>currently and previously depressed individuals.</td>
<td>Cambridge</td>
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<td>10.25 Affective control through cognitive control: Can brain-training be</td>
<td>Susanne Schweizer, Medical Research Council Cognition and Brain Sciences Unit,</td>
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<td>applied to the clinical domain?</td>
<td>Cambridge</td>
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<td>10.45 Discussion</td>
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**CHILDREN AND ADOLESCENTS**

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<tr>
<td>Parental cognitions: Associations with parental behaviours and child</td>
<td>Cathy Creswell, University of Reading</td>
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<td>adjustment</td>
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<td>9.00 Maternal anxiety and cognitive biases towards threat in their own and</td>
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<td>their child’s environment</td>
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Kathryn Lester, University of Sussex

9.20 **Reinforcement of threat and vulnerability in mother-child discussions: The role of maternal anxiety and cognitions**
Linda Piper, University of Reading

9.40 **Intergenerational transmission of Social Anxiety: The role of paternal and maternal fear of negative child evaluation and parenting behaviour**
Wieke de Vente, University of Amsterdam, The Netherlands

10.00 **Break**

10.20 **Maternal responsibility and child anxiety**
Adela Apetroaia, University of Reading

10.40 **The effect of inflated responsibility on maternal and child behaviours**
Shirley Reynolds, University of East Anglia

### Developments in Theory and Practice with Children and Parents

Chair: Andy Field, University of Sussex

9.00 **Do callous-unemotional traits moderate relationships between coercive and affective-based dimensions of parenting and child conduct problems?**
Dave Pasalich, University of New South Wales

9.20 **Vicarious fear acquisition in children: increasing fear relevance does not increase fear learning**
Chris Askew, Kingston University

9.40 **Parental signals and anxiety: fathers’ versus mothers’ relative role in their child’s anxiety in ambiguous situations**
Eline Moller, University of Amsterdam

10.00 **Break**

10.15 **Does therapist adherence and parent-therapist alliance predict outcome in a CBT guided self-help intervention for children with anxiety disorders?**
Natalie Rodriguez, University of Reading

10.35 **Effect of Message Framing on Views of Postpartum Depression and Treatment**
Erin Henshawe, Denison University

### EATING DISORDERS AND IMPULSE CONTROL

**Symposium**

Experimental research in hot and cold cognition in eating disorders
Convenor: Kate Tchanturia, Institute of Psychiatry, King’s College London
Discussant: Rachel Bryant-Waugh, Great Ormond Street Hospital NHS Trust/Institute of Child Health, UCL

9.00 **Performance-based emotional intelligence in Anorexia Nervosa**
David Hambrook, Royal Holloway University of London

9.25 **Emotion expression in eating disorders**
H Davies, Institute of Psychiatry, King’s College London

9.50 **Break**

10.10 **Selective impairment in the automatic processing of facial expressions in restrictive anorexia and obesity**
Renáta Cserjési, Renáta Cserjési University of Groningen, Netherlands

10.35 **Hot executive functions and frontal-striatal systems in the treatment of adolescent obesity**
Antonio Verdejo-García, University of Granada, Spain

11.00 **Discussion**

### IAPT AND PRIMARY CARE

**Panel Discussion**

IAPT: Medical model or psychological model; night-club bouncers or open-door welcoming?
Convenor: Henck van Bilsen, Canterbury Christ Church University
INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Symposium

The impact on participants and services of a Cognitive-Behavioural anger management intervention for people with intellectual disabilities
Convenor: Paul Willner, Swansea University

9.00 Managers’ reports of challenging behaviours and effective service responses before joining a research trial of a CBT anger management group intervention: a qualitative study
Nicola Rose, Learning Disabilities Specialist Health Service, the Ridge Hill Centre, Dudley

9.25 ‘Getting in control’: Exploring service-users’ experiences of a cognitive behavioural anger management intervention for people with intellectual disabilities
Pamela Macmahon, University of Glasgow

9.50 Break

10.10 The experiences of staff taking on the role of ‘lay therapist’ in a group-based cognitive-behavioural therapy anger management intervention for people with intellectual disabilities
Aimee Stimpson, Abertawe Bro Morgannwg University Health Board

10.35 CBT group intervention for people with intellectual disabilities who have anger problems: Views and experiences of service users, therapists and managers
Biza Stenfert-Kroese, Birmingham University

PSYCHOSIS

Symposium

CBT for Psychosis: New Interventions
Convenor: Craig Steel, University of Reading

9.00 CBT for improving social recovery in early and at risk psychosis
David Fowler, University of East Anglia

9.25 A case example of Cognitive Behavioural Therapy for co-morbid PTSD in Psychosis
Ben Smith, North East London NHS Foundation Trust

9.50 Break

10.10 CBT for individuals at high risk of developing psychosis: A case example describing assessment, formulation and various intervention techniques
Nicola Smethurst, University of Manchester

10.35 Working with the consequences of childhood sexual abuse in adults with psychosis
Elaine Hunter, King’s College London

TRAINING AND PROFESSIONAL ISSUES

Symposia

Examples of service delivery, clinical outcomes and the development of CBT competencies within IAPT services
Convenor: James Gregory, Rightsteps Bristol, IAPT, Turning Point

James Gregory, Rightsteps Bristol, Turning Point

9.20 The development of an 'in-house' continuous professional development programme for Psychological Well-being Practitioners
9.40 An 'in-house' training programme for new recruits without prior PWP training
Abigail McCormack, Outlook South West

10.00 Break

10.15 The implementation and audit of a stress control group within an IAPT service
Paul Adkins, Bristol Rightsteps, Turning Point

10.35 An exploration of the effectiveness of low intensity interventions for depression in a multi cultural and ethnically diverse population
Lucy Brett-Taylor, City and Hackney Primary Care Psychology Service

10.55 Discussion

Treatment Delivery: Efficiency and Practice
Chair: Diana Sanders, Oxford Health NHS Trust and Oxford Radcliffe Trust

9.00 Are client’s expectations of psychological therapy related to initial attendance?
Richard Cosway, NHS Lothian

9.20 Are the NICE guidelines for Depression used in Primary Care and what impact do they have on the treatments offered to patients?
Alex Gyani, University of Reading

9.40 Making the PPIP squeak: maximising the IAPT investment to enhance Primary Care consultations
Ineke Powell, South Central Strategic Health Authority

10.00 Break

10.15 A quantitative analysis of factors influencing implementation of Computer-aided CBT in IAPT services
Luca Palmili, Institute of Psychiatry, King’s College London

10.35 A little goes a long way: a brief CBT intervention in Cardiac Rehabilitation
Diana Sanders, Oxford Health NHS Trust and Oxford Radcliffe Trust

THERAPEUTIC TECHNIQUES

Clinical Roundtable

Complex Cases
Convenor: Rob Dudley, Newcastle University
Mike Lambert, Brigham Young University
Mark Lau, University of British Columbia
Willem Kuyken, University of Exeter

9.00-11.00

Skills Classes

Targeting rumination by changing processing style: Experiential and imagery exercises
Ed Watkins, University of Exeter

How to make best use of the CTS-R in terms of assessment, training and supervision
Ian James, Northumberland, Tyne and Wear NHS Foundation Trust

The rough guide to dissociation: What’s happening and what you can do about it
Helen Kennerley, Oxford Cognitive Therapy Centre (OCTC), Oxfordshire and Buckinghamshire Mental Health Trust (OBMH), University of Oxford

9.00 – 10.30

Psychological Wellbeing Practitioner Accreditation Committee Meeting

10.00 – 12.00

BABCP Branch Liaison Meeting
11.30-12.30

Keynote Addresses

Professor Gerhard Andersson, Linköping University and Karolinska Institute, Sweden
What can we learn from the rapid expansion of Internet-Delivered CBT?
Chair: Emily Holmes, University of Oxford

Professor Anke Ehlers, Institute of Psychiatry, King’s College London
Cognitive Therapy for PTSD: An update
Chair: Jennifer Wild, Institute of Psychiatry, King’s College London

Professor Andy Field, University of Sussex
Marrying different pathways to children's fears: Something old, something new, plenty borrowed, lots to do
Chair: Samantha Cartwright-Hatton, University of Sussex

Professor Keith Hawton, Centre for Suicide Research, University of Oxford
Evidence-based clinical care for self-harm patients
Chair: Amy Meadows, Judi Meadows Memorial Trust

12.30

Meet the Authors of the ‘International Handbook of Suicide Prevention’
Conference Exhibition - Wiley Blackwell Stand

12.30 – 13.30

Children and Families Special Interest Group (SIG) Meeting

13.30-15.45

ADULT MENTAL HEALTH

Symposia

Trauma and the self: Understanding the cognitive aftermath of traumatic experiences and its implications for therapy
Convenors: Lusia Stopa and Soljana Cili, University of Southampton

13.30 Memory and identity in amnesia: The importance of supporting the self
Clare Rathbone, University of Reading

14.05 Impact of autobiographical memory recall on the self: Extending the concept of core beliefs to the concept of multiple selves
Soljana Cili, University of Southampton

14.40 Break

15.00 The influence of culture and trauma on autobiographical memory and the self
Laura Jobson, University of East Anglia

Anger and psychopathology: Orienting treatment to transdiagnostic problems
Convenor: Ray Novaco, University of California, Irvine
Discussant: John L. Taylor, Northumberland, Tyne and Wear NHS Foundation Trust and Northumbria University

13.30 Anger dysregulation as a transdiagnostic problem: Brief orienting perspective
Raymond W. Novaco, Department of Psychology, University of California, Irvine, USA

13.40 Treatment engagement in CBT for anger problems as a function of clinical and demographic characteristics
John Owen, Bolton Primary Care Trust and University of Manchester

14.00 Towards a metacognitive framework on anger: Introducing the Metacognitive Beliefs and Anger Processing (MAP) scale
14.20 **Break**

14.35 **Anger, shame, and PTSD among combat veterans: Cognitive and emotional processes in post-deployment readjustment**  
Oscar Gonzalez, Department of Psychology, University of California, Irvine

14.55 **Anger dysregulation, emotional intelligence, and anger treatment gains at a forensic hospital**  
Carolin Walker, the State Hospital, Scotland

15.15 **Discussion**

**New developments in suicide prevention**  
Convenor: Rory O’Connor, University of Stirling

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<td><strong>Tackling socio-economic inequalities in suicide: How can suicide prevention meet the challenge?</strong></td>
<td>Stephen Platt, University of Edinburgh</td>
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<td>13.50</td>
<td><strong>“It’s not that I wanted to die…” The complex relationships between suicidal thoughts, behaviours and intent, and how these are expressed through a ‘language of suicide’</strong></td>
<td>Catherine Johnstone, Samaritans</td>
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<td>14.10</td>
<td><strong>Non-suicidal self-injury as a new DSM-V diagnosis: help or hindrance?</strong></td>
<td>Keith Hawton, University of Oxford</td>
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<td><strong>Developing a risk assessment tool for use in IAPT services</strong></td>
<td>Ann Adams, University of Warwick and Christopher Buckingham, Aston University</td>
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<td>15.10</td>
<td><strong>The C-SSRS: Assessing Suicide, Improving Precision and Reducing Burden</strong></td>
<td>Kelly Posner, Columbia University, USA</td>
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**Compulsive hoarding: From new research to clinical practice**  
Convenor: Stephen Kellett, University of Sheffield

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<td><strong>Hoarding Disorder: A proposed new disorder in DSM-5</strong></td>
<td>David Mataix-Cols, Institute of Psychiatry, King's College London</td>
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<td>13.55</td>
<td><strong>Prevalence and heritability of Compulsive Hoarding: A twin study</strong></td>
<td>Alessandra C. Iervolino, Institute of Psychiatry, King’s College London</td>
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<td>14.40</td>
<td><strong>When hoarding is a symptom of OCD: a case series and implications for DSM-V</strong></td>
<td>Alberto Pertusa, Institute of Psychiatry, King’s College London and Hertfordshire Partnership NHS Foundation Trust</td>
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<td>15.05</td>
<td><strong>The role of attachment disturbance in compulsive hoarding</strong></td>
<td>Stephen Kellett, University of Sheffield</td>
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**BASIC PROCESSES AND NEW DEVELOPMENTS**

**Symposia**

**New directions and developments in behavioural activation**  
Convenor: David Ekers, Tees Esk and Wear Valleys NHS Trust and Durham University

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<td><strong>Behavioural Activation for depression delivered by the non specialist. A meta analysis and randomised controlled trial of clinical effectiveness and cost utility</strong></td>
<td>David Ekers, Tees Esk and Wear Valleys NHS Trust and Durham University</td>
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<td>13.55</td>
<td><strong>Internet behavioural activation for Postnatal Depression: A randomized controlled trial</strong></td>
<td>Heather O'Mahen, University of Exeter</td>
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<td><strong>Implementing Group Behavioural Activation in Primary Care</strong></td>
<td>Joe Curran, Sheffield Health and Social Care NHS Foundation Trust</td>
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<td><strong>Addressing Depression in Muslim Communities</strong></td>
<td>Ghazala Mir, University of Leeds</td>
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**Emotion-Regulation: Clinical and developmental perspectives**  
Convenor: Pasco Fearon, University of Reading
13.30  The relationship between parenting and children’s emerging capacity for Emotion Regulation  
Frances Warren, University of Reading

14.05  Feeling worse or feeling better: An investigation of emotion regulation in non-suicidal self-injury (NSSI)  
Katie Dhingra, University of Sheffield

14.40  Break

15.00  Title T.B.C.  
Sarah Halligan, University of Reading

The use of virtual environments in CBT  
Convenor: Matthew Wilcockson, Coventry and Warwickshire Partnership Trust, and Coventry University

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<td>The story so far, and 2 clinical applications</td>
<td>Matthew Wilcockson, Coventry and Warwickshire Partnership Trust, and Coventry University</td>
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<td>13.55</td>
<td>Making it real: A review of the technological frontiers in virtual environments</td>
<td>Silvester Czanner, University of Warwick</td>
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<td>14.40</td>
<td>Applying CBT principles and techniques to interactive technologies for supporting social competence in children on the autism spectrum: The COSPAL project</td>
<td>Sarah Parsons, Southampton Education School, University of Southampton</td>
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<td>15.05</td>
<td>Role-play using virtual environments</td>
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New developments in anxiety processes  
Chair: Marcel van den Hout, University of Utrecht, Netherlands

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<td>How does attention training work in social phobia: Disengagement from threat or reengagement to non-threat?</td>
<td>Alexandre Heeren, Universite Catholique de Louvain</td>
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<td>13.50</td>
<td>The dual efficacy of training attentional processing on attention and interpretation: Evidence from a cognitive bias modification intervention</td>
<td>Jennifer Bowler, University of East Anglia</td>
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<td>14.10</td>
<td>Prize Talk: Internet-based Cognitive Bias Modification: Interpretation bias modification for anxiety in University students</td>
<td>Jo Illingworth, University of Cambridge</td>
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<td>It is about time: The effect of rumination on the maladaptive self-beliefs characteristic of social anxiety before and after a social-evaluative situation</td>
<td>Quincy Wong, University of New South Wales</td>
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<td>15.05</td>
<td>Observer perspective imagery in Social Anxiety: Effects on negative thoughts and discomfort</td>
<td>Lydia Kearney, Kingston University</td>
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<td>15.25</td>
<td>Eww, gross! Disgust is resistant to extinction: Implications for the treatment of anxiety disorders</td>
<td>Elizabeth Mason, University of New South Wales and Clinical Research Unit for Anxiety and Depression</td>
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BEHAVIOURAL MEDICINE  
Symposium

Chronic Fatigue Syndrome: Treatment evidence and predictors of outcome  
Convenor: Trudie Chalder, Institute of Psychiatry, King’s College London

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<td>Comparison of pacing, cognitive behaviour therapy, graded exercise therapy and specialist medical care for chronic fatigue syndrome (PACE): a randomised trial</td>
<td>Trudie Chalder, King’s College London</td>
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14.40 Long term sickness absence among patients with chronic fatigue syndrome
Ann Kristin Knudsen, King's College London

15.05 Salivary cortisol in adolescents with chronic fatigue syndrome, before and after CBT.
Katharine Rimes, University of Bath

CHILDREN AND ADOLESCENTS

Symposium

Parental factors and child anxiety: Development and treatment
Convenor: Cathy Creswell and Adela Apetroaia, University of Reading

13.30 Child anxiety treatment response in the context of maternal anxiety: The role of mother-child co-constructed narratives
Ray Percy, University of Reading

13.50 The impact of paternal anxiety on father-child interactions
Errity Darina, Trinity College Dublin

14.10 Break

14.30 Parental anxiety and processing of child-threat information: An experimental study
Sam Cartwright-Hatton, University of Sussex

14.50 Parental transmission of anxiety via social referencing: The role of infant temperament
Evin Aktar, University of Amsterdam, The Netherlands

15.10 Investigating secondary school transition as a stressor for increasing social anxiety
Pui Yi (Mandy) Lau, University of Reading

Panel Discussion

OCD across the age range: the similarities and differences between treating OCD in childhood, adolescence and adulthood
Convenor: Eva Zysk, University of Reading

Sarah Egan, Curtin University, Australia
Shirley Reynolds, University of East Anglia
Paul Salkovskis, University of Bath
Tim Williams, University of Reading

EATING DISORDERS AND IMPULSE CONTROL

Symposium

Eating Disorders: From theory to practice
Chair: Lucy Serpell, University College London and North East London NHS Foundation Trust

13.30 Susceptibility to thought-shape fusion in adolescents and adults
Jennifer Coelho, University of Savoie

13.50 The neuropsychology of starvation: Set shifting, perseveration, persistence and central coherence in a non-clinical sample
Sarah Pender, University College London

14.10 An exploratory study of the role of values in Anorexia Nervosa
Una Mulkerrin, University College London

14.30 Break

14.50 Attitudes towards self-help for eating disorders
Carrie-Ann McClay, University of Glasgow

15.10 Evidence-based treatments in Eating Disorders: Treatment History Questionnaire
Rachel van Schaick, University College London

IAPT AND PRIMARY CARE

Symposium
IAPT on the ground
Convenor: Roz Shafran, University of Reading, and Jackie Prosser, IAPT Regional Clinical Lead, South Central Strategic Health Authority

13.30 General Practitioners in IAPT: The good, the bad and the future
Katie Simpson, South Central Strategic Health Authority, IAPT Programme GP Lead

14.05 IAPT implementation: A treatable condition (in hindsight)
Paul Sigel, NHS City and Hackney Community Health Services

14.40 Break

15.00 “Are We Nearly There Yet?” The development of new roles in an IAPT service
June Dent, TalkingSpace, IAPT Oxfordshire and former IAPT Clinical Advisor, South Central Strategic Health Authority

15.35 Discussion

PSYCHOSIS

Symposium

Cognitive therapy for people at high risk of developing psychosis: Findings from a multicentre RCT
Convenor: Tony Morrison, University of Manchester

13.30 At risk mental state for psychosis or at risk mental state for mental health problems: Baseline characteristics of a sample of people at high risk of psychosis
Paul French, GMWMHFT and University of Manchester

13.55 The evolution of emotional dysfunction and psychotic-like experiences in people at risk of psychosis
Max Birchwood, University of Birmingham

14.20 Break

14.40 The relationship between self-stigma, depression and social anxiety in young people at risk of psychosis
Melissa Wardle, University of Manchester

15.05 Negative schemas and the course of paranoia in at risk mental states
David Fowler, University of East Anglia

TRAINING AND PROFESSIONAL ISSUES

Symposium

CBT training: From novice to expert
Convenor: Pamela Myles, Charlie Waller Institute, University of Reading

13.30 Knowledge into action: A multi-method approach to evaluating the impact of CBT education
Marie Chellingsworth, The University of Nottingham

13.55 CBT supervision: Measuring competence
Pamela Myles, University of Reading

14.20 Break

14.40 Can therapists learn CBT through the Internet? A pilot study of online CBT training
James Bennett-Levy, University Centre for Rural Health, University of Sydney

15.05 Teaching excellence in CBT on a pluralistic clinical psychology training course
Sue Watson, University College London

THERAPEUTIC TECHNIQUES

Symposia

ACT research in the UK
Convenor: Jo Lloyd, Goldsmiths, University of London
13.30 Towards a more comprehensive understanding of effective psychological treatments for those with chronic pain
Kevin Vowles, The Haywood Hospital and Keele University

14.00 Investigation of the relationship between depression, rumination, metacognitive beliefs and cognitive fusion
Eleonore Sian Kerr, NHS Grampian

14.30 Break

14.45 The impact of ACT on transformational leadership
Frank Bond, Goldsmiths, University of London

15.15 An RCT comparison of Acceptance and Commitment Therapy and treatment as usual for treatment-resistant clients
Susan Clarke, Dorset HealthCare NHS University Foundation Trust, Bournemouth University

Complex cases: Theory and research
Convenor: Rob Dudley, Newcastle University

13.30 Where is the complexity in complex cases - in the lives of the clients or the minds of the clinicians?
Timothy Carey, Centre for Remote Health and Central Australian Mental Health Service

13.55 Towards a conceptual understanding of comorbidity and complexity
Mark Freeston, Newcastle Cognitive and Behavioural Therapies Centred

14.20 Break

14.40 The understanding and treatment of complexity in Eating Disorders
Carlos Grilo, Yale University

15.05 Patient complexity in the treatment of Depression
Steve Hollon, Vanderbilt University

13.30-15.30

Skills Classes

Getting the 'B' back into CBT: Sticking to what works for the eating disorders
Glenn Waller, Central and North West London NHS Foundation Trust

Analysing clinical and experimental psychopathology data: Some potential problems and some modern solutions
Andy Field, University of Sussex

Two techniques to improve well-being through targeting grateful schemas: A positive clinical psychology approach
Alex Wood, University of Manchester

14.00-16.00

BABCP National Wales Forum Meeting

16.00-17.00

Keynote Addresses

Professor Michael Lambert, Brigham Young University, USA
What shall we do about the fact that there are Supershinks and Pseudoshinks?
Chair: Mike Lucock, University of Huddersfield

Professor Anthony Morrison, University of Manchester
Cognitive Therapy without Antipsychotic Medication: How effective is it for people at high risk of developing Psychosis and people with Psychotic Disorders?
Chair: Craig Steel, University of Reading

Professor Nirbhay Singh, American Health and Wellness Institute, USA
Mindfulness-based interventions for people with intellectual and developmental disabilities and their carers

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

**Dr Colette Hirsch**, Institute of Psychiatry, King's College London

Why worry? Key cognitive processes that maintain Generalised Anxiety Disorder

*Chair: Andrew Mathews*

17.00 – 17.30

**Poster Presentations**

(Following this poster session all posters will remain displayed for the duration of the conference).

   Clare Dixon, Medical Research Council Cognition and Brain Sciences Unit

2. Diagnostic specificity in Childhood Anxiety Disorders: Familial and environmental Influences
   Jenny Crosby, University of Reading

3. "Is it scary mummy?" Vicarious acquisition and prevention of fear in children via a mother or a stranger
   Guler Dunne, Kingston University

4. Effects of inflated responsibility on anxiety in children
   Sorina Zielenki, University of East Anglia

5. Childhood Anxiety Disorders: Associations with heart rate variability and heart rate
   Anna Alkozei, University of Reading

6. Examining therapy procedures used in child and adolescent mental health care
   Brigit van Widenfelt, Leiden University Medical Centre

7. Training the attention networks of children with ADHD through mindfulness meditation
   Karin Joanknecht, UvA-Virenze

8. To investigate the outcome of a Computer-Assisted CBT game on young Irish people with emotional difficulties: A randomised controlled trial
   Aisling O’Dwyer O’Brien, University College Dublin

9. The differential effects of negative mood, intolerance of uncertainty, and problem-solving confidence on systematic information processing and worry
   Suzanne Dash, University of Sussex

10. Specificity of intolerance of uncertainty in obsessive compulsive disorder and generalized anxiety disorder: An analogue study
    Anna Goodson, Newcastle University

11. Mindfulness and Worry: The effect of attention control
    Ben Ainsworth, University of Southampton

12. 'Buying affection': New goals and new possibilities
    Jody Fairhurst, Six Degrees Social Enterprise

13. Self-help treatment for anxiety disorders: A meta-analysis of effect and a meta-regression of potential predictors and moderators
    Thomas Haug, University of Bergen and Western Health region

14. Identification bias of emotional facial crowds in Social Anxiety
    Morgane Vanhaelen, University of Louvain
15. The development and validation of a measure of maladaptive self-beliefs related to Social Anxiety
Quincy Wong, University of New South Wales

16. The relationship between automatic thoughts and needs of social comparison in Japanese women university students
Kumiko Yoshitake, Nagasaki Junshin Catholic University

17. A single-case study of attention training in Social Phobia: From lab to clinical practice
Alexandre Heeren, Universite catholique de Louvain, Belgium

18. Insomnia pre- and post-treatment for Anxiety and/or Depression
Elizabeth Mason, Clinical Research Unit for Anxiety and Depression

19. Can positive affect broaden the scope of attention?
Emma Hill, MRC Cognition and Brain Sciences Unit

20. A prospective study using structural equation modelling to identify a core process that predicts psychological distress
Timothy Bird, University of Manchester

21. Group Behavioural Activation treatment for Depression
Ingrid Huijbregts Huijbregts, Talking Change Primary Care Therapy Service

22. Beating the blues after a stroke: A case presentation
Sara Simblett, University of Cambridge and NIHR CLAHRC for Cambridgeshire and Peterborough

23. The development of a Cognitive Behavioural Therapy (CBT) manual: A pilot randomised control trial of CBT for anxiety in people with dementia
Susan Sadek, University College London and North East London NHS Foundation Trust

24. Utilising Behavioural Family Therapy (BFT) to support the system around a person with a learning disability with complex mental health needs
Keith Marshall, NHS Lothian

25. CBT for OCD and Aspergers Disorder: A complex case presentation
Sinead O Connell, St Patricks Hospital

26. Joint working between Wandsworth Community Learning Disability Team and IAPT
Becca Salmon, Wandsworth Community Learning Disability Team

27. The availability and specificity of autobiographical memory in individuals currently in remission from bipolar disorder
Robert Dempsey, School of Psychological Sciences, University of Manchester

28. A pilot study investigating psychiatric staff response to normalizing psychotic symptoms
Akiko Kikuchi, National Institute of Mental Health, National Center of Neurology and Psychiatry

29. Adapting CBT for psychosis: Creative ways with people with cognitive impairments
Sophie Holmes, Surrey and Borders Partnership NHS Foundation Trust

30. What does complex mean? Factors contributing to complexity in clinical presentations in CBT
Thomas Reeves, Northumberland Tyne and Wear NHS Trust

31. The study of Assertion Training to reduce interpersonal stress
Tamae Fujiwara, Nagasaki Junshin Catholic University
32. Socialization to the model: An active component in the therapeutic alliance? A preliminary study
Jo Daniels, University of Bath

33. Group substance abuse treatment for women in secure services
Clive Long, St Andrew's Healthcare

34. Innovations in delivering CBT for women in secure services
Clive Long, St Andrew's Healthcare

35. Improving access to psychological interventions in inpatient acute settings
Emese Csipke, King's College London

36. Low-Intensity CBT intervention with a Polish patient
Lucy Czwartos, Devon Partnership NHS Trust

37. CBT through an interpreter to treat Depression and Animal Phobia: A case study presenting clinical outcome and trainee therapist learning
Layla Mofrad, Talking Changes, Durham and Darlington IAPT Service

38. Body dissatisfaction in Japanese female university students: Is dissatisfaction with one’s physical appearance other than body weight and shape a problem?
Eriko Ambo, Graduate School of Human Sciences, Waseda University

39. Experiential avoidance and low mindfulness as a predictor of eating disorder symptoms: The mediating role of ruminative brooding
Felicity Cowdrey, University of Oxford

40. The wellbeing of carers of people with Severe and Enduring Eating Disorders (SEED)
Stephen Linacre, University of Leeds

41. Individual experiences of using an online self-help package for Bulimia Nervosa
Carrie-Anne McClay, University of Glasgow

18.15

BABCP Annual General Meeting
Friday 22nd July

9.00-11.15

ADULT MENTAL HEALTH

Symposia

New developments and interventions for bipolar disorder
Convenor: Alyson Dodd, Spectrum Centre for Mental Health Research, Lancaster University

9.00 TEAMS (Think Effectively About Mood Swings): Putting an Integrative Cognitive Model of bipolar disorders into practice
Warren Mansell, University of Manchester

9.25 Translating evidence-based interventions into clinical practice: Relapse prevention for bipolar disorder
Fiona Lobban, Spectrum Centre for Mental Health Research, Lancaster University

9.50 Break

10.10 “The e-psychologist will see you now…” Bipolar disorder, psychological therapy and the Internet
Nicholas J. Todd, Spectrum Centre for Mental Health Research, Lancaster University

10.35 Involving service users in the development of a novel CBT intervention for enhancing recovery in early bipolar disorder
Steve Jones, Spectrum Centre for Mental Health Research, Lancaster University

Universal processes and common factors in efficacious couple-based interventions
Convenor: Donald Baucom, University of North Carolina, Chapel Hill, USA

9.00 Introduction
Donald Baucom, University of North Carolina, Chapel Hill, USA

9.10 The Empirical Status of Couple-Based Interventions for Relationship Distress
W. Kim Halford, University of Queensland

9.30 Integrating individual-based and couple-based interventions by making use of empirically-derived general mechanisms of therapeutic change
Mariann Grawe-Gerber, Klaus-Grawe-Institute for Psychological Therapy, Zurich, Switzerland

9.50 Integrative approaches to Couple Therapy: Implications for clinical practice and training
Douglas Snyder, Texas AandM University, USA

10.10 Couple-based interventions for health concerns: Going beyond relationship distress
Donald Baucom, University of North Carolina, Chapel Hill, USA

10.30 Break

10.45 Discussion

11.10 Closing comments
Donald Baucom, University of North Carolina, Chapel Hill, USA

The judicious use of safety behaviour: Experimental analyses
Convenor: Jack Rachman, University of British Columbia and Adam Radomsky, Concordia University, Canada
Discussant: Roz Shafran, University of Reading

9.00 Safety behaviour does not interfere with treatment outcome and it does not interfere with cognitive change
Adam Radomsky, Concordia University, Canada

9.30 Reducing contamination by exposure plus safety behaviour
Jack Rachman, University of British Columbia, Canada

10.00 Break

10.30 Exposure and safety behaviours in the reduction of contamination, fear, danger, and disgust: An extended replication of Rachman, Shafran, Radomsky, and Zysk (2011; this symposium)
Marcel van den Hout, University of Utrecht, Netherlands

11.00 Discussion

Panel Debate
All bona fide psychological treatments for depression are equally effective
Convenor: Tim Dalgleish, MRC Cognition and Brain Sciences Unit
Tim Dalgleish, MRC Cognition and Brain Sciences Unit
Michael Lambert, Brigham Young University, USA
Alex Wood, University of Manchester
Steve Hollon, Vanderbilt University, USA
Gerhard Andersson, Linköping University and Karolinska Institute, Sweden
Ed Watkins, University of Exeter

BASIC PROCESSES AND NEW DEVELOPMENTS

Symposia

Interpersonal threat: Cognitive behavioural processes in social phobia and paranoia
Convenor: Lusia Stopa and Katherine Newman Taylor, University of Southampton and Hampshire Partnership NHS Foundation Trust

9.00 Persecutory delusions and the self: An investigation of implicit and explicit self-esteem
Katharine MacKinnon, University of Southampton and Hampshire Partnership NHS Foundation Trust

9.25 The fear of others: A qualitative analysis of interpersonal threat in social phobia and paranoia
Lusia Stopa, University of Southampton

9.50 Break

10.10 Working with the process as well as the content of thought in paranoia: The role of strategic cognition
Katherine Newman Taylor, University of Southampton and Hampshire Partnership NHS Foundation Trust

10.35 Group CBT for paranoia: A comparison of CBT based psycho-education and MBCT in a non-clinical sample
Kirsty Deas, University of Southampton

Clinical applications of imagery across disorders: Understanding cognitive change processes
Convenor: Jon Wheatley, South London and Maudsley NHS Foundation Trust
Discussant: Ann Hackmann, University of Oxford

9.00 Imagery rescripting for Obsessive Compulsive Disorder
Nick Page, Institute of Psychiatry, Kings College, London

9.20 Mental Imagery and Chronic Pain
David Gillanders, University of Edinburgh

9.40 Cognitions in bipolar affective disorder versus unipolar depression: Imagining suicide
Susie Hales, Department of Psychiatry, University of Oxford

10.00 Break

10.20 Using compassionate imagery to resolve shame based flashbacks
Deborah Lee, Berkshire Traumatic Stress Service

10.40 Understanding cognitive changes in imagery rescripting: Is the memory-self relationship the key?
Soljana Cili, University of Southampton

11.00 Discussion

Evaluating new developments in CBT: Controlled trials and personal perspectives
Chair: Clara Strauss, University of Surrey and Sussex Partnership NHS Foundation Trust

9.00 A qualitative analysis of suicidal feelings
Outi Benson, SANE

9.20 What clients tell us about Cognitive Therapy: A systematic review of qualitative research
Ann Meaden, Worcestershire Mental Health Partnership NHS Trust

9.40 What works for whom? A qualitative exploration of the process of change in Acceptance and Commitment Therapy for anxiety and depression
Melanie Orchard, Surrey and Borders NHS Foundation Trust
10.00  Break
10.20  A pilot randomised trial of Acceptance and Commitment Therapy for Psychosis (PACT)
Ross White, University of Glasgow

10.40  A randomised controlled trial of Person-based Cognitive Therapy groups for people experiencing chronic depression
Clara Strauss, University of Surrey and Sussex Partnership NHS Foundation Trust

**BEHAVIOURAL MEDICINE**

Symposium

Making life taste sweeter? Different ways of working as a diabetes psychologist
Convenor: Sylvia Hepburn, St Mary's Hospital, London, and Nicole Tang, Arthritis Research UK Primary Care Centre, Keele University

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<td>Using individual Cognitive Behavioural Therapy to treat ‘diabetes burnout’</td>
<td>Silvia Hepburn, St Mary's Hospital and Westminster Diabetes Centre</td>
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<td>9.30</td>
<td>‘Using Mindfulness-Based Cognitive Therapy (MBCT) with groups of people</td>
<td>Sonya Freamon, Mile End Hospital, London</td>
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<td>10.15</td>
<td>The Diabetes-6 (D-6) Study: Teaching psychological skills to general practice nurses for Type 2 diabetes patients</td>
<td>Nicole Dezoysa, King's College Hospital NHS Foundation Trust, London</td>
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<td>10.45</td>
<td>Applying a Cognitive Behavioural model to a diabetes self-management education programme</td>
<td>Yvonne Doherty, Northumbria Health Care NHS Trust</td>
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**CHILDREN AND ADOLESCENTS**

Symposium

New developments in conduct disorder
Convenors: Sarah Halligan and Cathy Creswell, University of Reading
Chair: Dale Hay, University of Cardiff

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<td>The antisocial brain and the clinical phenotype of conduct disorder</td>
<td>Ian Goodyer, University of Cambridge</td>
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<td>Early signs of anger and aggressiveness in infancy are predicted by known risk factors for conduct disorder</td>
<td>Dale Hay, University of Cardiff</td>
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<td>Love, eye contact, and the developmental origins of empathy versus psychopathy</td>
<td>Jennifer Allen, Institute of Psychiatry, King’s College London</td>
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<td>10.35</td>
<td>Callous-unemotional traits and clinical issues in family-based interventions for conduct problems</td>
<td>David Hawes, University of Sydney, Australia</td>
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**EATING DISORDERS AND IMPULSE CONTROL**

Symposium

New ideas in the inpatient treatment of eating disorders
Convenor: Bryony Bamford, St Georges Hospital

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<td>Developing a CBT group for inpatients with severe Anorexia Nervosa</td>
<td>Bryony Bamford, St. Georges, University of London</td>
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9.50 Break

10.10 Pathways to recovery in inpatient treatment: Service user experience and feedback
Andrea Brown, The Retreat, York

10.35 Patient-Keynurse workbooks: Encouraging motivational change, therapeutic alliance, and behaviour change in inpatient treatment for Anorexia Nervosa
Richard Sly, St. Georges, University of London

IAPT AND PRIMARY CARE

Symposium

IAPT: An update
Convenor: David Clark, National Clinical Advisor for adult IAPT

9.00 An update on the national adult IAPT programme
Kevin Jarman, Department of Health

9.25 Enhancing recovery rates in adult IAPT services: Some lessons from further analysis of the year one database
Alex Gyani, University of Reading

9.50 Break

10.15 Collaborative Depression Trial (CADET): Multi-centre randomized controlled trial of collaborative care for depression
David A Richards, University of Exeter

10.40 Developing the Children and Young People’s programme
Peter Fonagy, University College London

OLDER ADULTS

Symposium

Innovative CBT approaches to meet challenges associated with Ageing
Convenor: Ken Laidlaw, University of Edinburgh

9.00 Its good to talk, or is it?
Marc Serfaty, University College London

9.25 Treating depression in people with (early stage) dementia: A pilot Dual Cognitive Behavioural Therapy approach with caregivers
Donna Gilroy, NHS Lothian

9.50 Break

10.10 Depression and anxiety in Parkinson’s disease: Current research and implications for treatment
Richard Brown, Institute of Psychiatry, King’s College London

10.35 “I can’t forget to worry”. A pilot randomised controlled trial of CBT for anxiety in people with dementia
Aimee Spector, University College London

PSYCHOSIS

Symposium

Cognitive Remediation for Psychosis
Convenors: Til Wykes and Vyv Huddy, Institute of Psychiatry, King’s College London

9.00 Cost-effectiveness of cognitive remediation therapy for schizophrenia
Anita Patel, Institute of Psychiatry, London

9.25 Cognitive deficit and cognitive remediation in schizophrenia: genetic background, predictors and outcomes
Marta Bosia, San Raffaele University Scientific Institute Hospital, Milan, Italy

9.50 Break

10.10 What is cognitive remediation therapy doing to the brain in neuroconnectivity terms?
10.35 Cognitive Remediation in an Early Intervention Service
Richard Drake, University of Manchester

THERAPEUTIC TECHNIQUES

Symposium

Recent advances in CBT self-help delivery
Convenor: Christopher Williams, University of Glasgow

9.00 Bounce Back: Reclaim your Health. A telephone-supported Cognitive Behaviour Therapy-based self-help for primary care patients with mild-moderate depression
Mark Lau, University of British Columbia

9.20 An RCT of CBT self-help for medically unexplained symptoms
Chris Williams, University of Glasgow

9.40 Living Life to the Full: A Northern Ireland Study
Katrina Collins, AWARE Northern Ireland

10.00 Break

10.15 Self Help access in routine primary care: The SHARP project
Mike Lucock, University of Huddersfield and South West Yorkshire Partnership NHS Foundation Trust

10.35 An online pilot study of an intervention supporting carers of those with anorexia
Louise Ewan, University of Glasgow

10.55 Advancing towards evidence-based prescribing: Common factors in self-help books for common mental health problems
Joanne Wooford, Mood Disorders Centre, University of Exeter

Cognitive-behavioural formulation: Views across specialties
Convenor: Barry Ingham, Northumberland, Tyne and Wear NHS Foundation Trust
Discussant: Rob Dudley, Newcastle University

9.00 Investigating the use of psychological formulations to modify psychiatric staff perceptions of service users with psychosis
Katherine Berry, University of Manchester

9.25 Collaborative psychosocial formulation in intellectual and developmental disabilities: What difference does it make?
Barry Ingham, Northumberland, Tyne and Wear NHS Foundation Trust

9.50 Break

10.10 Team formulation of complex and challenging service users in CMHTs
Lucy Johnstone, Cwm Taf Health Board

10.35 Applying Case Formulation with Older Adults: Models and Pitfalls
Ian James, Northumberland, Tyne and Wear NHS Foundation Trust

11.00 Discussion

9.00-11.00

Skills Classes

Cognitive behavioural anger treatment for low functioning clients
John L Taylor, Northumbria University and Ray Novaco, University of California, Irvine

Case management supervision for Psychological Wellbeing Practitioners: How to do it
Pamela Myles, Charlie Waller Institute, University of Reading, Faye Small, University of Exeter and Sarah Gibbons, Berkshire Healthcare NHS Foundation Trust

Supervision of CBT with children, young people and families
Brenda Davies, Sussex Partnership NHS Foundation Trust and Anne Stewart, Oxford City CAMHS

11.30-12.30
Keynote Addresses

**Professor Susan Bögels**, University of Amsterdam, Netherlands
The role of the father in the etiology, prevention and treatment of childhood anxiety disorders
*Chair: Sean Perrin, Institute of Psychiatry, King’s College London*

**Professor Bob Woods**, Bangor University
What's so different about older people? Psychological therapy in later life
*Chair: T.B.C.*

**Professor Marcel van den Hout**, Utrecht University, Netherlands
How EMDR works
*Chair: Jack Rachman, University of British Columbia*

**Professor Don Baucom**, University of North Carolina, USA
Couple-based interventions to treat individual disorders
*Chair: Kurt Hahlweg, Technical University of Braunschweig, Germany*

12.30-13.30
Acceptance and Commitment Therapy Special Interest Group (SIG) Meeting
Bipolar Disorders Special Interest Group (SIG) Meeting
Psychiatric Medicine Special Interest Group (SIG) Meeting

13.30-15.45

**ADULT MENTAL HEALTH**

**Symposia**

Bipolar disorders: Comorbidities and other transdiagnostic issues, and their implications for practice and research
*Convenor: Thomas Meyer, Newcastle University*

13.30 **The perils and promises of exercise for people diagnosed with Bipolar Disorder: A qualitative study**
Kim Wright, University of Exeter

13.55 **Is there a jumping to conclusion bias in bipolar disorders?**
L Wolkenstein, University of Tuebingen, Germany

14.20 **Break**

14.40 **Alcohol use in bipolar disorder: Comorbidity or symptom?**
Thomas Meyer, Newcastle University

15.05 **Understanding and treating anxiety in the context of bipolar disorder: Qualitative findings and therapy development**
Steve Jones, Lancaster University

The role of the individual in relationship distress and interventions
*Convenor: Douglas Snyder, Texas AandM University, USA*

13.30 **Introduction**

13.35 **The PREP program for individuals and couples: Can interventions with one spouse help the relationship?**
Howard Markman, Denver University

13.55 **Helping couples confronting a major life challenge**
W. Kim Halford, University of Queensland

14.15 **Marital discord and depression in a community-based sample of couples seeking treatment**
Kurt Hahlweg, TU Braunschweig, Institut of Psychology, Braunschweig, Germany

14.35 **Break**
14.55 Side-by-Side: A Couples-Based Skills Intervention for Breast and Gynecological Cancer Patients
Tanja Zimmermann, Technische Universitat Braunschweig

15.15 Discussion
15.30 Questions and audience participation

What happened? Traumatic life events in the formulation and treatment of anxiety presentations
Convenor: Craig Chigwedere, St Patrick’s University Hospital/Trinity College Dublin

13.30 A Case of forgotten trauma in the formulation of an anxiety presentation
Craig Chigwedere, St Patricks University Hospital/Trinity College Dublin

13.55 Why do I get nervous when I walk into the room?
Yvonne Tone, Trinity College Dublin

14.20 Break

14.40 Imagery rescripting of child sexual abuse in a case of anxiety
Colette Kearns, St Patricks University Hospital

15.05 Clinical patterns of co-morbidity in anxiety and trauma
Michael McDonough, St Patricks University Hospital

BASIC PROCESSES AND NEW DEVELOPMENTS

Symposia

2011: A CBM odyssey. Developing Cognitive Bias Modification as a novel computerized intervention
Convenor: Simon Blackwell, University of Oxford
Discussant: Gerhard Andersson, Linköping University and Karolinska Institute, Sweden

13.30 Greater positive affect change after mental imagery than verbal thinking in a student sample
Sabine Nelis, University of Leuven, Belgium

13.50 Targeting maladaptive appraisals of negative intrusive memories in dysphoria: A comparison between computerised cognitive bias modification and a cognitive behavioural education session
Jill Newby, School of Psychology, The University of New South Wales

14.10 Break

14.30 Cognitive bias modification for attention and interpretation in a clinically anxious population: Results from a pilot study
Laura Hoppitt, University of East Anglia

14.50 Can we use home computers to change the way that people think? Cognitive Bias Modification using mental imagery in depression
Simon Blackwell, University of Oxford

15.10 Discussion

The transdiagnostic approach: Perspectives on formulation, imagery, exposure and control
Convenor: Warren Mansell, University of Manchester

13.30 Introduction
13.40 Transdiagnostic case conceptualisation
Robert Dudley, Newcastle University

14.05 Intrusive imagery across disorders: A transdiagnostic review
Lusia Stopa, University of Southampton

14.30 Break

14.45 Cognitive and behavioural maintenance processes as arbitrary control: A transdiagnostic approach
Trishna Patel, Stepping Stones, Oxleas NHS Foundation Trust

15.10 Exposure: A transdiagnostic element of successful cognitive and behavioural techniques
Timothy A. Carey, Centre for Remote Health, Flinders University and Charles Darwin University
Cognitive and affective processes in psychological disorder
Chair: Graham Davey, University of Sussex

13.30 Cognitive reappraisal and acceptance: An experimental comparison of two emotion regulation strategies
Martin Wolgast, Lund University

13.50 Deficits in emotion regulation associated with pathological gambling
Alishia Williams, Clinical Research Unit for Anxiety and Depression, University of New South Wales

14.10 The Bidirectionality Hypothesis: Are clinical constructs both causes and effects of symptoms?
Graham Davey, University of Sussex

14.30 Break

14.45 Do socially anxious individuals hold positive metacognitive beliefs about rumination?
Quincy Wong, University of New South Wales

15.05 Cognitive factors maintaining persecutory delusions in psychosis: The contribution of depression
Natasha Vorontsova, Institute of Psychiatry, King’s College London

15.25 A social rank model of psychopathology and symptom judgment
Alex M. Wood, University of Manchester

BEHAVIOURAL MEDICINE

Symposium

Maximising the effect of treatments for musculoskeletal pain: Strategies in primary and secondary care
Convenor: Nicole Tang, Institute of Psychiatry, King’s College London and Keele University
Discussant: Lance McCracken, Bath Centre for Pain Services

13.30 Evaluating and predicting outcomes of cognitive-behavioural based pain management programme: The roles of rumination, health anxiety, mental defeat and cognitive flexibility
Melanie Edwards, Institute of Psychiatry, King's College London

14.00 Integrating psychological principles into the primary care management of back pain
Gail Sowden, The Haywood Hospital and Keele University

14.30 Break

14.45 Towards a more comprehensive understanding of effective psychological treatments for those with chronic pain
Kevin Vowles, The Haywood Hospital and Keele University

15.15 Discussion

CHILDREN AND ADOLESCENTS

Symposia

The development of depression in childhood and adolescence: The role of early environment, stress, and genes
Convenor: Ed Watkins, University of Exeter

13.30 The origins of unipolar depressions emerging in the adolescent years
Ian Goodyer, University of Cambridge

14.00 Predictors of stress in a longitudinal study of adolescents at risk for depression
Constance Hammen, University of California, Los Angeles, USA

14.30 Break

14.45 Paternal depression: An examination of its links with father, child and family functioning in the postnatal period
Lamprini Psychogiou, University of Exeter

15.15 Rumination during adolescence: Familial antecedents and prospective relations with depression
Nicholas Allen and Edward Watkins, University of Exeter
Post-traumatic stress disorder in youth
Convenor: Richard Meisser-Steadman, Cognition and Brain Sciences Unit, Cambridge
Discussant: William Yule, Institute of Psychiatry, King’s College London

13.30 Meta-analysis of risk factors for PTSD in children and young people
David Trickey, Child Bereavement and Trauma Service, Luton Primary Care Trust

13.45 Do trauma memory characteristics predict PTSD in children and adolescents?
Claire Salmond, Institute of Psychiatry, King’s College London

14.00 Applying forensic paradigms to investigate the relationship between children’ s recall of traumatic experiences and the development of Posttraumatic Stress Disorder
Anna McKinnon, MRC Cognition and Brain Science, Cambridge

14.15 Break

14.30 A cognitive perspective on PTSD in young children: Evidence from a prospective longitudinal study of road traffic accident survivors
Richard Meiser-Stedman, MRC Cognition and Brain Sciences Unit, Cambridge

14.50 Discussion

EATING DISORDERS AND IMPULSE CONTROL

Panel Discussion

The use of target weights within inpatient treatment of anorexia nervosa
Convenor: Bryony Bamford, St. George’s, University of London
Lucy Serpell, University College London and North East London NHS Foundation Trust
Hubert Lacey, St. Georges University of London
Bryony Bamford, South West London and St Georges NHS Trust
John Morgan, Leeds Partnership Foundation Trust

INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Symposium

CBT for low functioning and borderline intelligence clients
Convenor: John L Taylor, Northumbria University and Northumberland, Tyne and Wear NHS Foundation Trust

13.30 Delivering CBT in community intellectual disability services
Stephen Oathamshaw, Scottish Borders Learning Disability Service

13.55 Adherence to core elements of CBT with adults with intellectual disabilities: Is consistent inconsistency in formulation a problem?
Alastair L. Barrowcliff, 5 Boroughs Partnership NHS Foundation Trust

14.20 Break

14.40 Buddy-to-buddy mindfulness-based anger management training
Nirbhay N. Singh, American Institute for Health and Wellness Institute, Verona, Virginia, USA

15.05 Maintaining treatment gains for adults with mild-borderline intellectual disabilities and serious anger control problems
John L Taylor, Northumbria University and Northumberland, Tyne and Wear NHS Foundation Trust

OLDER ADULTS

Panel Discussion

Inspirational developments and national strategy in Improving Access to Psychological Therapies with older people
Convenor: Jacqueline Wilson, Older Adults National Representative, NHS Education Scotland
Jacqueline Wilson, Older Adults National Representative, NHS Education Scotland
Ross Warwick, Clinical Psychologist, NHS Dumfries and Galloway
TRAINING AND PROFESSIONAL ISSUES

Symposium

Expanding CBT capacity through training mental health workers from diverse professional backgrounds in CBT
Convenor: Metka Shawe-Taylor, Surrey and Borders Partnership NHS Foundation Trust

13.30 CBT training courses and outcomes within an NHS trust: A case study
Metka Shawe-Taylor, Surrey and Borders NHS Foundation Trust

14.00 CBT training for staff working with people with learning disabilities
Karen Dodd, Surrey and Borders NHS Foundation Trust

14.30 Break

14.45 Introductory training in Cognitive Behavioural Therapy for staff within Surrey’s Children and Young People’s Service: Benefits and challenges
Kate Danvers, Surrey and Borders NHS Foundation Trust

15.15 Consultation as a model of training in Acceptance and Commitment Therapy
Katherine May, Surrey and Borders NHS Foundation Trust

Innovations in training and evaluation
Chair: Mike Lambert, Brigham Young University, USA

13.30 Patients’ satisfaction with IAPT interventions delivered by Sussex Community NHS Trust’s ‘time to talk’ service
Serenia Yip, Sussex Community NHS Trust

13.50 Clinicians’ views on the use of session measures and whether these change as procedures become established
Stephen Linacre, University of Leeds

14.10 Break

14.30 The reliability of the Cognitive Therapy Scale across different client groups
Kenneth Gordon, University of Southampton

14.50 Introducing a custom developed supervision record sheet: The impact on clinical supervision with students undertaking training in Cognitive Behaviour Therapy
Megan Edwards, University of York

15.10 IAPT Training: Do we train in vain?
Amanda Branson, University of Reading

THERAPEUTIC TECHNIQUES

Symposia

Case conceptualization and socialization to the model: examining the role of key therapeutic components in the therapy process
Convenor: Jo Daniels, University of Bath

13.30 Examining the concept of "socialization to the model" in academic and clinical context: an active component in formulation based psychological therapy?
Jo Daniels, University of Bath

Anna Nattrass, University of Sheffield

14.20 Break

14.40 Investigating the use of psychological formulations to modify psychiatric staff perceptions of service users with psychosis
Katherine Berry, University of Manchester

15.05 Therapist competence, case conceptualisation and therapy outcome in cognitive behaviour therapy
Phillip Gower, University of Exeter
Bringing interpersonal processes into the mainstream of CBT
Convenor: Stephen Barton and Peter Armstrong, Newcastle CBT Centre

13.30 Fear and loathing in the clinic: Interpersonal processes in therapy drift
Glenn Waller, Vincent Square Clinic, Central and North West London NHS Foundation Trust, and Institute of Psychiatry, King’s College London.

13.55 Does the IAPT program ignore the therapeutic relationship?
Richard Thwaites, Cumbria Partnerships NHS Foundation Trust

14.20 Break

14.40 Introduction to the CTIP model
Peter Armstrong, Newcastle Cognitive and Behavioural Therapies Centre

15.05 Tales of the unexpected: Using the CTIP model to formulate patient drop out
Stephen Barton, Newcastle Cognitive and Behavioural Therapies Centre

13.30-15.30

Skills Classes

Judicious use of safety behaviour: Clinical skills
Adam Radomsky, Concordia University, Canada and Jack Rachman, University of British Columbia, Canada

Working with metaphor and metaphorical imagery in CBT
Richard Stott, Institute of Psychiatry, King’s College London

16.00-17.00

Keynote Addresses

Professor Carlos Grilo, Yale University, USA
Treatment of Binge Eating Disorder: Current status and future directions
Chair: Glenn Waller, Institute of Psychiatry, King’s College London

Professor Til Wykes, Institute of Psychiatry, King’s College London
Acronyms and the Information Revolution: Support for research and treatment in the NHS
Chair: Steve Pilling, University College London

Professor Steven Hollon, Vanderbilt University, USA
Cognitive Behavior Therapy in the treatment and prevention of depression
Chair: Edward Watins, University of Exeter

Emeritus Professor Lord Richard Layard, London School of Economics
Lessons of IAPT for children’s services
Chair: David Clark, Institute of Psychiatry, King’s College London
Saturday 23rd July

9.00-11.15

ADULT MENTAL HEALTH

Symposia

From Borderline Personality Disorder to working with Emotional Intensity: Taking STEPPS* towards accessibility in the UK (*Systems Training for Emotional Predictability and Problem Solving)
Convenor: Renee Harvey, Sussex Partnership NHS Foundation Trust

9.00  STEPPS in Sussex: Past, current, future
Renee Harvey, Sussex Partnership NHS Foundation Trust

9.25  Volunteers experience of STEPPS: Our personal journeys
Reuben Farhall, Sussex Partnership NHS Foundation Trust

9.50  Break

10.10  STEPPS in Kent
Vaughn McGill, Kent and Medway NHS and Social Care Partnership Trust

10.35  STEPPS in Surrey
Christine Openshaw, Surrey and Border NHS Partnership Trust

Behavioural Couples Therapy (BCT) in the South-West: New developments
Convenor: Janet Reibstein, University of Exeter

9.00  The development of the Exeter Systemic-Behavioural Couples Therapy model for depression
Janet Reibstein, University of Exeter

9.20  The Exeter Systemic-Behavioural Couples Therapy model for depression: An illustrated overview of some of the techniques
Hannah Sherbersky, Exeter University

9.40  Behavioural, systemic and empathic techniques in couple therapy for depression: A case study
Guy Mizon, Exeter University

10.00  Break

10.20  The use of Interpersonal Therapy for depression with couples
Heather O’Mahen, Exeter University

10.40  Integrating Cognitive-Behavioural and Systemic family interventions when working with couples with psychosis and co-morbid conditions
Frank Burbach, Somerset Partnership NHS Trust

Clinical Roundtable

CBT for Complex PTSD: One case 4 ways
Convenor: Julia Coakes, the Retreat, York

9.00  Engagement, attachment and treating dissociation using mindfulness in Complex PTSD – A case study
Julia Coakes, the Retreat, York

9.35  Managing crisis and using DBT in Complex PTSD – A clinical case study continued
Mark McFetridge, the Retreat, York

9.55  Break

10.15  Using Compassionate Mind training in Complex PTSD – A clinical case study continued
Lucy Abraham, the Retreat, York

10.35  Outpatient work, using imagery re-scripting and managing pregnancy in complex PTSD – A case study continued
Andrea Brown, the Retreat, York

10.55  Discussion

BASIC PROCESSES AND NEW DEVELOPMENTS
Symposia

Understanding cognitive processes in depression: New insights from the laboratory
Convenor: Michelle Moulds, The University of New South Wales

9.00 The effect of rumination on the affective impact of positive experiences in depression
Kate Hetherington, The University of New South Wales

9.25 The pain of being on the outside: Exploring how dysphoric participants respond to social rejection and subsequent social reinclusion
Barnaby Dunn, MRC Cognition and Brain Sciences Unit, Cambridge

9.50 Break

10.10 Processing mode in mood regulation: Why depressed and recovered depressed individuals can’t use their happy memories to improve sad mood
Aliza Werner-Seidler, The University of New South Wales

10.35 Emotional reasoning processes in depression
David Berle, The University of New South Wales

Disgust across the disorders
Convenor: David Veale, Institute of Psychiatry, King’s College London

9.00 Vomiting is disgusting!
Ana da Costa, The Maudsley Hospital and Institute of Psychiatry, King’s College London

9.25 Moral disgust and mental contamination in Obsessive Compulsive Disorder
Anna Coughtrey, School of Psychology and Clinical Language Sciences, Reading University

9.50 Break

10.10 The baby and the bathwater: contamination fears in the postnatal period
Fiona Challacombe, Institute of Psychiatry, Kings College London and The Maudsley Hospital

10.35 The experience of self-disgust (shame) in Body Dysmorphic Disorder
David Veale, The Maudsley Hospital and the Institute of Psychiatry, Kings College London

Worry, negative mood and information processing
Convenor: Frances Meeten, University of Sussex
Chair: Graham Davey, University of Sussex

9.00 Catastrophic worry and systematic processing: Exploring an information processing account of perseveration
Suzanne Dash, University of Sussex

9.20 The role of specific negative moods in a mood-as-input account of perseverative worry
Frances Meeten, University of Sussex

9.40 Do children use mood as information when worrying?
Charlotte Wilson, University of Dublin

10.00 Break

10.15 Working with service-users to develop a mood-as-input based approach to worry
Fergal Jones, Canterbury Christ Church University

10.35 Implications of the mood-as-input hypothesis for clinical populations suffering pathological worrying
Graham Davey, University of Sussex

CHILDREN AND ADOLESCENTS

Symposia

Mindful parenting and teaching
Convenor: Steve Noone, Northumberland, Tyne and Wear Trust

9.00 Mindfulness training for divorced fathers
Angela D. Adkins Singh, American Health and Wellness Institute, USA

9.35 Mindfulness training for mothers
Ashvind N. Adkins Singh, American Health and Wellness Institute, USA

10.10 Break

10.30 Mindfulness training for teachers changes the behavior of their students
Judy Singh, American Health and Wellness Institute, USA
Reducing obsessions and compulsions in kids and young people (ROCKY)
Convenor: Shirley Reynolds and Harriet McIlwham, University of East Anglia

9.00 The ROCKY trial: An overview and process of running a RCT in routine CAMHS
Shirley Reynolds and Harriet McIlwham, University of East Anglia

9.25 Treatment of young people with OCD
Sarah Clark, University of East Anglia and Gemma Bowers, Norfolk and Waveney Mental Health Foundation Trust

9.50 Break

10.10 The therapeutic Alliance in individual versus family enhanced CBT for OCD in young people
Joe Hickey, University College London

10.35 The experience of CBT for OCD: Perspectives of therapists, parents and young people
Rosie Burton and Shirley Reynolds, University of East Anglia

EATING DISORDERS AND IMPULSE CONTROL

Symposium

Reward and punishment sensitivity in eating disorders: Empirical evidence and clinical applications
Convenor: Amy Harrison, Institute of Psychiatry, King’s College London

9.00 Experimental measurement of reward sensitivity and impulsivity in eating disorders
Amy Harrison, Institute of Psychiatry, King’s College London

9.20 Heritability of reward sensitivity and impulsivity in twins with eating disorders
Natalie Kanakam, Institute of Psychiatry, King’s College London

9.40 Risk for eating disorders, impulsivity and sensation seeking: Developing risk models
Radha Kothari, University College London

10.10 Break

10.30 Social reward sensitivity in people with eating disorders
Valentina Cardi, Institute of Psychiatry, King’s College London

10.50 Hacking the brain: Turning symptoms into therapy to outperform binges
Rémi Neveu, Praxis, Center for Cognitive Neuroscience CNRS, Claude Bernard University, Lyon, France

IAPT AND PRIMARY CARE

Panel Discussion

Application of the Low-Intensity CBT clinical methods to working with patients with long-term conditions
Convenor: Marie Chellingsworth, University of Nottingham
Discussant: Paul Farrand, University of Exeter

Marie Chellingsworth, IAPT Course Director, University of Nottingham
Paul Farrand, Low Intensity Clinical Teaching Lead, University of Exeter
Samantha Cox, Rightsteps IAPT Service, Turning Point, Derbyshire
Sian Price, Berkshire Healthcare NHS Foundation Trust
Tom Ricketts, NHS Devon
Rosey Adkins, Let’s Talk Service, South Gloucestershire

PSYCHOSIS

Symposium

Informing interventions for relatives of people with psychosis
Convenor: Laura Wainwright, Spectrum Centre for Mental Health Research, Lancaster University

9.00 Supporting relatives of people with psychosis: A systematic review to identify the key components of effective family interventions
9.20 What do relatives experience when supporting someone in early psychosis? A qualitative focus group study
Laura Wainwright, Spectrum Centre for Mental Health Research, Lancaster University

9.40 Types of controlling behaviour and attributions of control in high and low Expressed Emotion (EE) relatives of people with recent-onset psychosis
Debora Vasconcelos e Sa, University of Manchester

10.00 Break
10.15 The importance of family warmth in recovery from psychosis
Gary Lee, University of Manchester

10.35 Staff-patient relationships and outcomes: The role of staff attributions and psychological explanations
Katherine Berry, University of Manchester

10.55 Discussion, lead by Fiona Lobban

TRAINING AND PROFESSIONAL ISSUES

Panel Discussions

The future of stepped care: Triage versus LIFT (Least Intervention First Time)
Convenor: Alex Stirzacker, IAPT South West
Alison Sedgwick-Taylor, 2gether NHS Foundation Trust
Mandy Cole, University of Exeter
Liz Howells, Avon and Wiltshire Mental Health Partnership NHS Trust
Annette Law, Swindon and Wilts. Primary Care Psychology
Barbara Stapleton, Swindon and Wilts. Primary Care Psychology
Jackie Freeman, Swindon and Wilts. Primary Care Psychology

Making clinical guidelines more useful for clinicians: International perpsectives
Convenor: Steve Pilling, University College London
Steve Pilling, University College London
Steve Hollon, Vanderbilt University, USA
Tony Kendrick, Hull York Medical School

9.00-11.00

Skills Classes

Using enhanced reliving to work directly with trauma memories associated with PTSD
Debbie Lee, Berkshire Traumatic Stress Service and Kerry Young, Central North West London Foundation NHS Trust

Working with acceptance, mindfulness, and values in chronic pain: An introduction and skills building workshop
Kevin Vowles, Haywood Hospital and Keele University and Lance McCracken, Bath Centre for Pain Services

11.30-12.30

Keynote Addresses

Professor Craig White, University of the West of Scotland
50 Years of Behavioural Medicine and CBT in physical health care
Chair: Paul Salkovskis, University of Bath

Dr Renee Harvey, Sussex Partnership NHS Trust
STEPPPS: Meeting the challenge of 'Personality Disorder' in changing times
Chair: Metka Shawe-Taylor, Surrey and Borders Partnership NHS Foundation Trust
Professor Constance Hammen, University of California, Los Angeles, USA
The social context of adolescent depression: Vulnerability and consequences
Chair: Ian Goodyer, University of Cambridge

11.30-12.30

Psychological Wellbeing Practitioners Special Interest Group (SIG) Meeting