BABCP Organisation

British Association for Behavioural and Cognitive Psychotherapies

41st Annual Conference & Workshops

16th-19th July 2013 | Imperial College London

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www.babcp.com
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Dear Delegates

Welcome to London and the Annual Conference of BABCP. This year we are back in London, for the first time since 2000 and our first time at Imperial College in West London.

Once again our Workshop programme has been very popular and we know that more people will be attending one of the 19 one day Workshops we have on offer than ever before. This year the Workshop programme will run over two days with 12 Pre-Conference Workshops being held on Tuesday 16th July and 7 In-Conference Workshops taking place on Wednesday 17th, the first day of the Conference. All Workshop places will have been booked in advance.

The Conference itself will offer 61 symposia, 5 panel discussions, 2 clinical roundtables, a Meet the Expert Session, poster sessions and 23 keynote addresses. We are again including 14 skills classes since these have proven to be so popular over the past three years. The Conference will also be hosting the meetings of a number of BABCP Special Interest Groups and BABCP’s Annual General Meeting that is being held on Thursday at 17:15.

The Conference Scientific Committee has once again worked hard to bring you a programme that has both quality and diversity and will provide members and non-members with an excellent opportunity for continuing professional development, networking and the exchange of ideas.

As with previous Conferences, the timetable of symposia, panel debates, and clinical roundtables is organised into streams that cover the breadth of science and practice of cognitive behavioural therapy. There are prominent contributions from leaders in the field of cognitive and behavioural psychotherapies in each of these areas and, to follow a stream, check out the ‘Conference at a Glance’ insert in your registration pack.

Enjoy your time in London and make sure you take advantage of the social programme that is an important part of the Annual Conference. We hope that you have an enjoyable and stimulating time at Conference.

Warren Mansell and Roz Shafran
Co-Chairs Scientific Committee
Rod Holland
Conference Organiser
The format for this year’s programme of Workshops and annual Conference is slightly different in that we have extended the Workshop programme to run over two days with the second day of Workshops overlapping with the Conference. Workshops will be restricted to those people who have registered in advance only. The Conference itself will run over two and a half days and will finish at lunchtime on Friday 19th July.

The Conference Site
The scientific programme and Workshops will take place on the campus of the Imperial College London. All the Workshop and lecture theatres are within a short walking distance of each other. Signs will direct you to the various buildings but if you get lost then ask for directions at the registration desk or from one of the Conference stewards who will be recognisable by their Conference T-shirt.

Registration
Registration will open on Monday evening for those arriving early.

The Conference & Workshop registration desk will be located in the Sherfield Building and will be open at the following times:

**Monday** 15 July 16:00 – 20:00 | **Tuesday** 16 July 08:00 – 20:00 | **Wednesday** 17 July 08:00 – 17:00
**Thursday** 18 July 08:00 – 17:00 | **Friday** 19 July 08:00 – 12:00

In the Sherfield Building you will also find a message board which will give details of any programme changes and will be the ‘Pick Up Point’ for any messages that have been left for delegates.

Exhibition Area
The book exhibition will take place in the Sherfield Building throughout the Conference. Make sure you visit this area and browse through (and purchase) the latest titles from a number of publishers who will be present. There will also be details of the activities of BABCP Regional Branches and Special Interest Groups.

Going Green
If you ticked the box on the registration form indicating that you did not want to receive a book of Conference abstracts you can still download them from the Conference website: [www.babcpConference.com](http://www.babcpConference.com). To further protect the planet please return your badge at the end of the Conference to the registration desk or to one of the stewards so that it can be recycled for a future event.
Room Capacity
Delegates must respect the limits on the numbers of people who can be accommodated in the lecture theatres and symposia rooms. These limits are there for obvious fire and other health and safety reasons. Conference organisers will restrict access to rooms when their capacity has been reached. The BABCP cannot therefore guarantee that space will be available for all delegates who wish to attend each session, so it is recommended that you arrive early or on time for the sessions that you particularly wish to attend.

Entry and Exit
To avoid disruption to presenters and other delegates, you may only enter and exit the lecture room at appropriate times (i.e. between presentations). You may therefore have to wait, either outside or inside the room and please follow the instructions of the session chair and/or Conference stewards. Please turn off mobile phones.

Audio and Video Recording
All delegates are asked to request permission from the presenter(s) to audio or video-record a session. If anyone is found recording without permission they will be asked to leave the session. All recordings are for private purposes only.

Security
Please do not leave valuables in the lecture and seminar rooms during the refreshment and lunch breaks unless arrangements are made to secure the room.

Eating and Drinking
Coffee and tea are provided free of charge to all delegates in the morning and afternoon after the end of each symposium. There will be various serving points where the scientific programme is taking place. A packed lunch is included in your registration fee and will be available 12.30-14.00.

No evening catering has been organised other than the social activities arranged for the Party on the Thames on Wednesday 17 July and the Gala Dinner on Thursday 18 July. There are many restaurants in London for delegates who wish to make their own arrangements.

Do not forget to wear your badge
You must wear your badge at all times during the Conference. A strict admissions policy will be operating and admission to symposia and other events will be restricted to badge holders only. You will also need your badge to collect your lunch and for the social events.

If you lose your badge a replacement fee of £25 will be made along with proof of registration. We apologise for any inconvenience this may cause but trust that delegates will understand the need to restrict entry to bona fide delegates only.

No Smoking Policy
In line with laws on smoking, no smoking is allowed in any enclosed public areas of the Conference.

Conference Secretariat
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Throughout the Conference there will be an exhibition of **books and journals**, organised by Wisepress, in the exhibition area of the Conference.

**Exhibitors**

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Visit the display of BABCP Branches & Special Interest Groups

An **Accreditation Information Desk** to answer queries across the spectrum (practitioner, supervisor, and trainer), and training, as well as membership services, will be open throughout the Conference in the Sherfield Building.
Social Programme

Conferences organised by BABCP are well known for the quality of the scientific programme and for the opportunity provided in the social programme for delegates to meet, socialise and enjoy themselves. The BABCP 2013 programme in London is designed to ensure that there will be plenty of opportunities to meet people in a relaxed and informal setting. Whether this is wining and dining together, dancing and partying into the early hours or just in a relaxed conversation at the end of a busy day, we know that the Conference will help forge new friendships and contacts.

We do hope that you will take advantage of the social programme we have put together for the Conference.

Tuesday 16th July | 18.30 – 20.30
Opening Reception
Venue: Sherfield Building
Come and enjoy a glass of wine and some canapés.
Visit the Book Exhibition and “Meet your Branch Representative” during the opening reception.
There is no charge for this event but admission is by your Conference badge which you will have collected at registration.
For those who wish to carry on…
Venue: www3.imperial.ac.uk/eatinganddrinking/cateringoutlets/eastsidebar
Eastside bar, located near the residences will be open, further information can be found at the link above.

Wednesday 17th July | 19.15 - 23.30
Party on the Thames
Venue: MV Golden Sunrise
Welcome aboard the MV Golden Sunrise, London’s entertainment and party boat. Enjoy a trip down the Thames with food, cash bar and a disco!
Ticket Cost: £25.00

Thursday 18th July | 19.30 - Late
Gala Dinner
Venue: The Copthorne Tara Hotel
Enjoy a three course meal at the Copthorne Tara Hotel in Kensington and dance the night away with your friends from BABCP
Ticket Cost: £47.50
A programme of one-day Workshops will be held on Tuesday 16 July. The Workshops will run from 9.30 - 17.00.

**Workshop 1 | Exposure Therapy for Generalized Anxiety Disorder**  
Eni Becker, Radboud University Nijmegen, The Netherlands

**Workshop 2 | Cognitive Therapy for Social Anxiety Disorder**  
David M Clark, University of Oxford

**Workshop 3 | Cultivating Self-Esteem: A Transdiagnostic Cognitive-Behavioural Perspective**  
Melanie Fennell, University of Oxford

**Workshop 4 | From Generic CBT to Focused CBT for Psychotic Symptoms**  
Mark van der Gaag, VU University, Amsterdam, The Netherlands

**Workshop 5 | Single Session Treatment of Specific Phobia in the Real World**  
Lars-Göran Öst, Stockholm University, Sweden

**Workshop 6 | Cognitive Behavioural Approaches to Bipolar Disorder**  
Sheri Johnson, University of Berkeley, USA

**Workshop 9 | Behavioural (low intensity) Interventions for people with Medically Unexplained Symptoms or Functional symptoms**  
Rona Moss Morris, King’s College London

**Workshop 10 | TAFF - Separation Anxiety Treatment Program for Families: A family-based Cognitive-Behavioural Treatment Program for Children with Separation Anxiety Disorder**  
Silvia Schneider, Ruhr-Universität Bochum, Germany

**Workshop 12 | Cognitive Therapy and Suicidality**  
Mark Williams, University of Oxford

**Workshop 13 | Using DBT in the Treatment of Eating Disorders**  
Lucene Wisniewski, CaseWestern Reserve University and Cleveland Centre for Eating Disorders

**Workshop 14 | Implementing Emotion-Focused Techniques in Schema Therapy**  
Jeff Young, Cognitive Therapy Centre of New York

**Workshop 15 | Working with Refugees and Asylum seekers with PTSD**  
Kerry Young, University College London & Jane Herlihy, The Trauma Clinic, London
In-Conference Workshops
WEDNESDAY 17TH JULY

A programme of one-day Workshops on Wednesday 17 June.
The Workshops will run from 9.30 - 17.00.
Places on these Workshops will have been pre-booked so are only open to delegates who have reserved a place.

**Workshop 16** | The Method of Levels: A Transdiagnostic Approach to Increasing the Efficiency and Impact of CBT.
Tim Carey, Centre for Remote Health, Australia & Sara Tai, University of Manchester

**Workshop 17** | Acceptance and Commitment Therapy in Groups - Developing Skills for Successful Groups
Paul Flaxman, City University, London, Eric Morris and Joseph Oliver, South London and Maudsley NHS Foundation Trust and Vasiliki Christodoulou, Lambeth Early Onset Services

**Workshop 18** | Incorporating Attachment Theory into Cognitive Therapy for Emotional Recovery from Psychosis
Andrew Gumley, University of Glasgow

**Workshop 21** | Anger Treatment: Case Formulation and the Stress Inoculation Approach
Ray Novaco, University of California & John Taylor, Northumberland Tyne and Wear NHS Foundation Trust

**Workshop 22** | The Adult ADHD Tool Kit: Using CBT to Help Adults with ADHD
Russell Ramsay, University of Pennsylvania, USA

**Workshop 23** | How to Integrate Compassion Focused Therapy (CFT) within Familiar CBT Approaches
Mary Welford, The Compass Centre for Research Learning and Therapy

**Workshop 24** | Behavioural Couples Therapy: Extending Therapeutic Skills Beyond a Focus on the Individual
Michael Worrell & Sarah Corrie, CNWL NHS Foundation Trust
If it is your first time attending a BABCP Conference, you may feel a little overwhelmed by the Conference programme. To make it easier for you to navigate the different events and decide which presentations to attend, we have prepared this short guide.

The Conference consists of a full day of pre-Conference Workshops, and then a three-day programme involving keynote addresses, symposia, debates and roundtables, skills classes, open paper sessions, and poster presentations.

Streams… The whole Conference programme is organised into 11 streams, which are broad areas within psychology, such as Adult Mental Health. All presentations will be colour coded by stream in the Conference programme. Generally, presentations within a stream will be scheduled at different times to allow delegates interested in a specific area to attend most or all of the relevant presentations, and we try to schedule presentations on the same topic one after the other, and in the same room.

Themes… Each year there are also specific themes. These are chosen to encourage submissions on certain topics that are particularly timely within CBT, or showcase the regional expertise.

… ‘But how do I decide what to attend?’ …

If you are interested in the latest research in an area, posters, symposia and keynotes will be of particular interest to you. However, if you need to broaden or update your skill base then Workshops and skills classes are most appropriate. If you are skilled in one specific area in CBT, you may want to go to something completely outside this competence. Alternatively, you may want to stay with what is relevant to your work and just top up and get the latest ideas.

Symposia, open paper sessions, and poster presentations can be really useful for networking and meeting people working in similar fields...especially in the coffee breaks! Alternatively, you may just want to attend events by well-known presenters who you have never had a chance to hear, in which case you will find the keynotes, and perhaps the debates and roundtables most interesting.

In addition to all this, there are book exhibitions, information stalls, special interest group meetings and of course the social programme, all of which carry more opportunities for new learning!

You will probably get the most out of the Conference if you take half an hour or so at the start to sit quietly with the programme to go through it and then plan your own individual itinerary/schedule.

We hope this is helpful, please do ask any of the organisers if you have any questions during the Conference, and above all, enjoy!
‘What exactly are the different types of presentations at the Conference?’

**Workshops**… These are whole day events focused on both skills and theory. They are scheduled on the day before the conference and on the first day of the congress. A separate registration fee applied to these workshops and they must be booked in advance.

**Keynotes**… Keynote speakers are typically clinical researchers who are well known nationally or internationally. They usually attract large audiences, and are a whole hour with one speaker, including time for questions. They usually cover research and clinical issues. The keynote presentations are scheduled after the symposium sessions, in both the morning and the afternoon, and generally there will be four or five on different topics in parallel.

**Symposia**… These are collections of talks, perhaps 4 or 5, focusing on a specific topic or subject area. Some papers can be very data-focused, centred on new studies and trials and their outcomes. Others are more applied, looking at service or skills-related subjects. Speakers may range from presenters at an early stage in their careers presenting their own work, to leaders in the world of CBT. Symposia often have a discussant at the end where time is allowed for audience participation.

**Panel Debates**… These are events where speakers are encouraged to debate a topic with each other, and actively with the audience. There are generally 4 or 5 speakers, and often these events feature nationally or internationally recognised researchers or clinicians.

**Clinical Roundtables**… These are events where clinicians discuss how they would approach treating a specific case, for example, treatment-resistant depression. These involve well-known clinicians, and audience involvement is encouraged.

**Open paper sessions**… These are similar to symposia, and may or may not be themed. They tend to be a collection of interesting papers which are related, but focus on slightly different topics or separate studies. If you are interested in one paper within an open paper session, it is perfectly ok to go just for the paper you are interested in at the time it is scheduled, and come out when it is finished.

**Posters**… Posters report on research studies, service evaluations, clinical case reports etc., and the presenter will usually stand with their poster and answer any questions. These sessions are themed events and you are free to walk around and interact with the presenters.

**Skills Classes**… These are opportunities to learn and practise a particular skill. Skills classes focus on a specific clinical or research skill or therapeutic approach. For example this year we have skills classes focusing on topics from suicide risk assessment to case conceptualisation. These classes generally involve quite large groups, and are led by a well-known clinician. Depending on the numbers, these may be more or less didactic or interactive, but there will often be opportunity for delegates to get involved, and practice their skills.
The Programme
WEDNESDAY 17TH – FRIDAY 19TH JULY

Keynote Speakers
Symposia
Panel Discussions
Clinical Roundtables
Skills Classes
Poster Sessions
Special Interest
Group meetings
Programme
WEDNESDAY 17TH JULY

9.00 – 11.00

Symposium 1 – Adult Mental Health – Sherfield Building: Read Lecture Theatre
Self Regulation Models of Depression

Chair: Stephen Barton, Newcastle CBT Centre and Newcastle University

09.00 Goal pursuit and adjustment as predictors of depression over 10 years
Rebecca Kelly, University of Manchester

09.30 Depressive rumination and personal goal discrepancies
Henrietta Roberts, Exeter University

10.00 Depressed people are not less motivated by personal goals but are more pessimistic about attaining them
Joanne Dickson, University of Liverpool

10.30 Integrative model of depression based on self-regulation theory
Stephen Barton, Newcastle CBT Centre and Newcastle University

Symposium 2 – Adult Mental Health – Huxley Building: Clore Lecture Theatre
A Giant in the Field: A Tribute to Lars-Göran Öst on the Occasion of his Retirement

Chair: Roz Shafran, Institute of Child Health, University College London

09.00 Lars-Göran Öst and the understanding and treatment of anxiety: Why his Applied Relaxation is not a paradox
Paul M. Salkovskis, University of Bath

09.30 Whatever happened to specific phobias? The significant contribution of Lars-Göran Öst to specific phobia research and treatment.
Graham Davey, University of Sussex

10.00 Combining attention training with cognitive-behavior therapy in Internet-based self-help for social anxiety: a randomized controlled trial
Per Carlbring, Stockholm University

10.30 Lars-Göran Öst: Inspiring the next generation of clinical researchers
Anna Coughtrey, University of London

10.50 DVD Messages from Tom Ollendick and Tom Borkovec

Symposium 3 – Adult Mental Health – Electrical Engineering Building: Rm 509B
Treatment Issues in Compulsive Hoarding

Co-Chairs: Victoria Bream Oldfield, South London and Maudsley NHS Trust and Olivia Gordon, Royal Holloway, University of London & South London and Maudsley NHS Trust

09.00 A new formulation for hoarding – introducing the Vicious Shamrock
Victoria Bream Oldfield, South London and Maudsley NHS Trust and Elizabeth Forrester, Independent Practice

09.30 Experiences and beliefs in hoarding
Olivia Gordon, Royal Holloway, University of London & South London and Maudsley NHS Trust

10.00 A case series of CBT for hoarding problems – what a mess
Victoria Bream Oldfield, South London and Maudsley NHS Trust

10.30 What is the shape of change in hoarding during CBT - and do home visits help?
Steve Kellett, University of Sheffield

Symposium 4 – Basic Processes and New Developments – Electrical Engineering Building: Rm 509A
Novel Uses of Technology in Therapy

Co-Chairs: James Kelly, Lancashire Care NHS Trust and Samantha Hartley, University of Manchester

09.00 An introduction to experience sampling methodology and intelligent real time therapy
James Kelly, Lancashire Care NHS Trust

09.20 Using experience sampling as a therapeutic tool: opportunities and obstacles
Samantha Hartley, University of Manchester

09.40 Contemporary approaches to designing psychological therapies
Patricia Gooding, University of Manchester

10.00 A new smartphone software application for the assessment of psychosis
Jasper Palmier-Claus, University of Manchester

10.20 Real-time assessment of affect and activity in people with Asperger's syndrome: clinical and research considerations
Dougal Hare, University of Manchester

10.40 Discussion
Symposium 5 – Behavioural Medicine – Electrical Engineering Building: Rm 403B
Working at the Interface Between Physical and Mental Health

Chair: TBC

09.00 Are executive functioning and coping style after Acquired Brain Injury (ABI) associated with depression and fatigue?
Fergus Gracey, Oliver Zangwill Centre

09.30 Exploring the nature of self-esteem after Acquired Brain Injury
Fergus Gracey, Oliver Zangwill Centre

10.00 Long Term Conditions learning & development programme: working at the interface of physical and mental health
Jennie Conroy, Cambridgeshire & Peterborough NHS Foundation Trust

10.30 Discussion

Symposium 6 – Eating Disorders and Impulse Control – Electrical Engineering Building: Rm 406
Process and Treatment Issues in Eating Disorders

Chair: Ulrike Schmidt, King’s College, London

09.00 Bulimia nervosa and the positive values of illness: an investigation of the differential motivation towards illness-specific cues
Caitlin O’Hara, Institute of Psychiatry, King’s College London

09.25 Social perception in people with Eating Disorders
Beth Renwick, King’s College London

09.50 Patient experiences of two psychological therapies for treatment of Anorexia Nervosa: A qualitative study
Anna Lose, Institute of Psychiatry, King’s College London

10.15 Is mindfulness a worthwhile pursuit in eating disorders prevention? Results from a randomized controlled trial of mindfulness and dissonance-based programs
Melissa Atkinson, Flinders University, Australia

10.40 Exploring voluntary participation in mental health interventions aimed at young adults: Findings from a body image initiative
Melissa Atkinson, Flinders University, Australia

Symposium 7 – Child and Adolescent – Electrical Engineering Building: Rm 407B
The Treatment of Chronic Fatigue Syndrome in Adolescents

Chair: Trudie Chalder, King’s College London

09.00 Characteristics of parents of adolescents with Chronic Fatigue Syndrome compared to parents of asthma or healthy adolescents
Kate Lieveleys, King’s College London

09.30 The role of cognitive behavioural responses in adolescents with Chronic Fatigue Syndrome
Trudie Chalder, King’s College London

10.00 Family-focused cognitive behaviour therapy versus psycho-education for adolescents with chronic fatigue syndrome: Long-term follow-up of an RCT
Samantha Lloyd, King’s College London

10.30 The psychological wellbeing and quality of life of siblings of children with CFS/ME: a mixed methods study
Sophie Velleman, Royal National Hospital for Rheumatic Diseases, Bath

Symposium 8 – Adult Mental Health – Sir Alexander Fleming Building: Lecture Theatre G16
The New NICE Guideline for the Assessment and Treatment of Social Anxiety Disorder

Chair: David M Clark, University of Oxford

09.00 Why a Guideline is needed?
David M Clark, University of Oxford

09.10 Analytic methods used to inform the Guideline recommendations
Evan Mayo-Wilson & Stephen Pilling, University College London

09.30 Recommendations for working with people with social anxiety disorder
Nick Hanlon, Social Anxiety West, Bristol and Gareth Stephens, Halton & St Helens NHS Trust

09.50 Recommendations for identifying anxiety disorder in adults, children, and adolescents
Stephen Pilling, University College London

10.10 Recommended interventions for adults
Lusia Stopa, University of Southampton & David M Clark, University of Oxford
10.30  Recommended interventions for children and adolescents  
Cathy Creswell, University of Reading & Sam Cartwright-Hatton, Sussex University

10.50  Discussion

Symposium 9 – IAPT and Primary Care/Training and Professional Issues  – Skempton Building: Lecture Theatre 201

Transfer of Training in IAPT and CBT Skills: Do CBT Trainees Actually Gain or do we Train in Vain?
Chair: Marie Chellingsworth, The Institute of Mental Health, University of Nottingham

09.00  Measuring the transfer of training into practice  
Marie Chellingsworth, Institute of Mental Health, University of Nottingham

09.25  Evaluating and demonstrating the value of CBT training: A critical review.  
Michael Townsend, University of Derby

09.50  IAPT: linking training and patient outcome  
Amanda Branson, The University of Reading

10.15  Training the wider workforce in guided CBT self-help– the SPIRIT (Structured Psychosocial Interventions in Teams) Training course  
Christopher Williams, Institute of Health and Wellbeing, University of Glasgow

10.40  Is the level of reflective ability within self-practice self-reflection (SP/SR) blogs a predictor of clinical competency?  
Marie Chellingsworth, Institute of Mental Health, University of Nottingham

Symposium 10 – Older People  – Electrical Engineering Building: Rm 508

How is CBT Different with Older People?
Chair: Ken Laidlaw, University of Edinburgh

09.00  How is CBT different with Older People: Augmenting CBT using gerontology to enhance outcome in late life depression and anxiety  
Ken Laidlaw, University of East Anglia

09.30  Applying CBT with older people: Lesson learned  
Ian James, Northumberland, Tyne and Wear NHS Trust and Katharina Reichelt, Northumberland, Tyne and Wear NHS Trust

10.00  Learning from the values associated with successful aging and from people adjusting to a dementia diagnosis  
Georgina Charlesworth, University College London

10.30  The real power of CBT with Older People: De-Constructing ageism in the clinic room  
Steve Davies, University of Hertfordshire

Symposium 11 – Severe and Enduring Problems  – Electrical Engineering: Rm 407A

Something for everyone? A range of new ways to help people manage mood swings
Chair: Fiona Lobban, Lancaster University
Discussant: Warren Mansell, University of Manchester

09.00  A novel approach to mania prevention: A pilot study of a parasympathetic intervention  
Sheri Johnson, University of California, Berkeley, USA

09.20  Ultra High Risk (UHR) and Bipolar Disorder  
Paul French, Greater Manchester West NHS Foundation Trust

09.40  Group interventions for Bipolar Disorder  
Fiona Lobban, Lancaster University

10.00  Recovery in Bipolar Disorder – results of new intervention trial  
Steven Jones, Lancaster University

10.20  True Colours: an online self-management system for mental health  
Jonathan Price, University of Oxford

10.40  Discussion

Symposium 12 – Severe and Enduring Problems  – Sherfield Building: Pippard Lecture Theatre

The Treatment of Traumatic Symptons in Psychosis
Chair: Mark van der Gaag, VU University, The Netherlands

09.00  CBT for PTSD in schizophrenia  
Craig Steel, University of Reading
9.30 Preliminary results of the treatment with Eye Movement Desensitisation Reprocessing versus Prolonged Exposure in people with a posttraumatic stress disorder and a psychotic disorder
Mark van der Gaag, VU University, The Netherlands

10.00 Accuracy of the trauma screening questionnaire and prevalence of PTSD in a population of patients with psychosis
Paul de Bont, Mental Health Care Organisation GGZ Oost-Brabant, Netherlands

10.30 Are characteristics of posttraumatic memories affected by psychological treatment of PTSD in a population of patients with psychosis?
Berber van der Vleugel, Community Mental Health Service GGZ Noord-Holland Noord, Alkmaar, The Netherlands

Symposium 13 – Training and Professional Issues – Huxley Building: Lecture Theatre 311
New Developments in the Training and Assessment of Health Professionals Delivering CBT
Chair: Helen Matthews, Centre for Workforce Intelligence

9.00 Introduction: Helen Matthews

9.10 Description of the Psychological Well-being Practitioner role in the NHS
Gemma Nash, University of Surrey

9.30 A review of methods for assessing therapist competence in Cognitive Behavioural Therapy
Kate Muse, University of Oxford

9.40 An evaluation of the impact on the learning environment of using video conferencing as a medium for post graduate CBT training
Sean Harper, NHS Lothian

10.00 Looking after you looking after me: Using positive cognitive behavioural techniques to improve emotional well-being
Gita Bhutani, Lancashire Care NHS Foundation Trust

10.20 Training multidisciplinary long-term condition staff in psychological skills – what works in the ‘real world’?
Leeanne Nicklas, NHS Lothian

09.00-11.00

Skills Classes

Skills Class 1 – Huxley Building: Lecture Theatre 308
Optimizing Exposure Therapy for Anxiety
Michelle Craske, University of California, Los Angeles

Skills Class 2 – Electrical Engineering: Rm 403A
Suicide Risk Assessment: From Theory to Practice
Stephen Briggs, University of East London

Skills Class 3 – Skempton Building: Rm 301
Cultivating Openness and Acceptance: Working with Difficult Emotions in Mindfulness-Based Cognitive Therapy
Thorsten Barnhofer, Freie Universitaet Berlin

11.30-12.30

Keynote Addresses

Professor Lars-Göran Öst, Stockholm University, Sweden
One-Session Treatment, ACT, and Implementation of Research findings in Clinical Practice
Chair: Per Carlbring, Stockholm University, Sweden
Sir Alexander Fleming Building: Lecture Theatre G16

Professor Rory O’Connor, University of Stirling
Understanding Suicide Risk: the Integrated Motivational-volitional model of Suicidal Behaviour
Chair: Hamish Elvidge, The Matthew Elvidge Trust
Huxley Building: Clore Lecture Theatre
Programme

WEDNESDAY 17TH JULY

Professor Elaine Fox, University of Essex
Improving Mental Health:
Can progress in Cognitive Psychology and Molecular Genetics boost Wellbeing?
Chair: Chris Brewin, University College London
Huxley Building: Lecture Theatre 308

Professor Rona Moss Morris, King’s College, London
CBT for Medically Unexplained Symptoms and Long Term Conditions: Are they any different?
Chair: Kate Rimes, King’s College London
Huxley Building: Lecture Theatre 311

12.15 –13.15

ACT Special Interest Group Meeting
Electrical Engineering: Rm 403A

Rational Emotive Behaviour Therapy Special Interest Group Meeting
Electrical Engineering: Rm 403B

CBT for Medics Special Interest Group Meeting
Electrical Engineering: Rm 406

Compassion Special Interest Group Meeting
Electrical Engineering: Rm 407A

13.30 –15.30

Symposium 14 – Adult Mental Health – Electrical Engineering Building: Rm 403A
Can Behavioural and Cognitive Environments Guide TCs and PIEs? (Therapeutic Communities and Psychologically Informed Environments)
Chair: David Veale, King’s College London
Discussant: Isabel Clarke, Southern Health NHS Foundation Trust

13.30 A compassion focused and contextual behavioural environment: a new therapeutic community
David Veale, Institute of Psychiatry and South London and Maudsley Trust
13.55 Measuring the therapeutic environment
Iona Naismith and David Veale, Institute of Psychiatry and South London and Maudsley Trust
14.20 CBT for culture change; formulating teams to facilitate psychologically informed environments
Katherine Newman-Taylor, University of Southampton and Southern Health NHS Foundation Trust
14.45 Psychologically informed environments
Nick Maguire, University of Southampton
15.10 Discussion

Symposium 15 – Basic Processes and New Developments – Electrical Engineering: Rm 509A
New advances in understanding key cognitive and behavioural processes
Chair: Nicholas Moberly, University of Exeter
13.30 The impact of mood on interpretation bias
Alicia Handley, Curtin University
14.00 Approach-avoidance conflict in spider phobia using force-feedback control of visual images: A novel paradigm for assessing dynamic goal-directed action
Kate Oliver, University of Manchester
14.30 Reducing Emotional reasoning; an experimental manipulation in individuals with fear of spiders
Miriam Lommen, University of Oxford
15.00 Rumination, dysphoria and self-regulation: Sampling the experience of everyday goal pursuit
Nicholas Moberly, University of Exeter
Symposium 16 – Behavioural Medicine – Sherfield Building: Read Lecture Theatre

The Cognitive Behavioural Treatment of Chronic Fatigue Syndrome: Interventions and Mechanisms of Change

Chair: Trudie Chalder, King’s College London

13.30 Mindfulness based cognitive therapy for chronic fatigue syndrome: A pilot randomised study
Katharine Rimes, King’s College London

14.00 Development and evaluation of a self-help behavioural approach for patients with chronic fatigue syndrome who are on the waiting list for CBT
Shelia Ali, South London and Maudsley NHS Trust

14.30 Mechanisms of change underlying the efficacy of cognitive behaviour therapy for chronic fatigue syndrome: how important is behaviour change?
Trudie Chalder, King’s College London

15.00 Mediation effects in the PACE trial of complex treatments for chronic fatigue syndrome
Trudie Chalder, King’s College London

Panel Discussion 1 – Eating Disorders and Impulse Control – Huxley Building: Lecture Theatre 311

Different Perspectives on Treatment for Eating Disorders

Chair: Glenn Waller, University of Sheffield

Discussants: Lucene Wisniewski, Case Western Reserve University, Cleveland, OH, USA
Hannah Turner, University of Southampton
Helen Kennerley, Oxford Cognitive Therapy Centre

Symposium 17 – Child and Adolescent – Electrical Engineering: Rm 407B

Parenting, Callous-Unemotional (CU) Traits and Antisocial Behaviour In Children and Adolescents: Developmental Pathways and Treatment Response

Chair: Jennifer Allen, Institute of Education, University of London

13.30 Childhood callous-unemotional traits moderate the relation between parenting distress and conduct problems over time
Luna Muñoz Centifanti, Durham University

13.55 Bidirectional associations between parental warmth, deceitful-callous behavior, and conduct problems in high-risk preschoolers
Rebecca Waller, University of Oxford

14.20 Preventive effects of improved parenting across childhood on adolescent callous-unemotional traits and subsequent antisocial outcomes
Dave Pasalich, Institute for the Reduction of Youth Violence, Simon Fraser University

14.45 Personalising treatment for antisocial children with callous-unemotional (CU) traits: Preliminary findings from a randomized controlled trial
Jennifer Allen, Institute of Education, University of London

15.05 Discussion

Symposium 18 – IAPT and Primary Care – Skempton Building: Lecture Theatre 201

Computer-Delivered and Technologically-Mediated CBT

Chair: Simon Gilbody, University of York

13.30 Qualitative insights into the use of computer-delivered CBT
Sarah Knowles, University of Manchester

14.00 What level of support is needed to engage with computer-delivered CBT: insights from the REEACT trials
Simon Gilbody and Liz Littlewood, University of York

14.30 Moderators of outcome in CBT
Peter Bower, University of Manchester

15.00 Therapist-delivered therapy via computer and email – the IPCRESS trial
David Kessler, University of Bristol

Symposium 19 – IAPT and Primary Care – Electrical Engineering Building: Rm 509B

Improving Access to Treatment: Novel CBT Models and Pathways of Care

Chair: Steve Kellett, The University of Sheffield

13.30 Improving access to psychological therapies for people with Chronic Obstructive Pulmonary Disease
Kristina Fletcher, NAViGO CIC
Programme
WEDNESDAY 17TH JULY

13.55 A brief model of CBT appropriate for acute care
Emily Turton, University of Surrey and Sussex Partnership NHS foundation Trust

14.20 ‘Get out of Jail Free Card’ Offender IAPT Project – Taking Improvements to another Level
Kim McConnachie and Habibah Moolla, 2gether Foundation NHS Trust

14.45 Evaluation of the psychological Well-being Practitioner Role in the NHS.
Olivia Adams, University of Surrey

15.10 The Sheffield LTC/MUS Pathfinder site; a mixed methods service evaluation
Steve Kellett, The University of Sheffield

Symposium 20 – IAPT and Primary Care – Sir Alexander Fleming Building: Lecture Theatre G16

Patients with Long Term Conditions: Year One Findings from Four IAPT Pathfinder Sites
Convenor: June Dent, Oxford Health NHS Foundation Trust
Chair: Andre Tylee, King’s College London
Discussant: David M Clark, University of Oxford

13.30 Berkshire Diabetes Group Programme: Development of groups run using psycho-educational materials and comparison of clinical outcomes
Abi Wroe and Arek Hassy, Berkshire Health NHS Foundation Trust

13.55 Oxfordshire Heart2Heart: Implementing a stepped care pathway for anxious and depressed patients in cardiac rehabilitation
June Dent and Heather Salt, Oxford Health NHS Foundation Trust

14.20 Berkshire training for GPs in the management of patients presenting with medically unexplained symptoms (MUS)
Judith Chapman and Alison Salvadori, Berkshire Health NHS Foundation Trust

14.45 Buckinghamshire Breathe Well: developing integrated physical and psychological care for people with COPD
John Pimm and Bronwen Taylor, Oxford Health NHS Foundation Trust

15.10 Discussion

Symposium 21 – Older People – Electric Engineering Building: Rm 508

Minding The Gaps: A Consideration of the Services Available to Older Adults with Severe Mental Health Difficulties, and the Impact for Clients, Services and Mental Health Practitioners
Convenor: Stephanie Fitzgerald, Berkshire Healthcare NHS Foundation Trust
Chair: Ian Scott, Berkshire Healthcare NHS Foundation Trust

13.30 Examining the architecture of Older Adult services
Ian Scott, Berkshire Healthcare NHS Foundation Trust

14.00 Clinician opinion- building or burning bridges?
Stephanie Fitzgerald, Berkshire Healthcare NHS Foundation Trust

14.30 Engaging Services in seeking solutions to the gap in services for older people with functional problems

15.00 Discussion

Symposium 22 – Severe and Enduring Problems – Sherfield Building: Pippard Lecture Theatre

Low Intensity CBT for Psychosis
Convenor: Helen Waller, Institute of Psychiatry, King’s College London

13.30 Training frontline mental health staff to deliver low intensity CBT for Psychosis: Results to date
Helen Waller, Institute of Psychiatry, King’s College London

14.00 Training frontline mental health staff to deliver low intensity CBT for Psychosis: Therapist views and longer-term implementation
Catherine Tunnard, Institute of Psychiatry, King’s College London

14.30 A pilot investigation of providing low intensity carer interventions in an inner city community mental health team
Sarah Roddy, Institute of Psychiatry, King’s College London

15.00 Discussion
Symposium 23 – Severe and Enduring Problems – Electrical Engineering Building: Rm 403B
Cognitive and Affective Approaches to Understanding Psychotic Experiences
Chair: TBC
13.30 Taking account of depression in a study of ‘jumping to conclusions’ by people with persecutory delusions
Natasha Vorontsova, Royal Holloway, University of London
14.00 How do people with persecutory delusions evaluate threat in a controlled social environment? A qualitative study using virtual reality
Miriam Fornells-Ambrojo, University College London
14.30 Appraisals and responses to experimental symptom analogues in clinical and non-clinical individuals with psychotic experiences
Thomas Ward, King’s College London, Institute of Psychiatry
15.00 Living with the aftermath of psychosis: A qualitative research study looking at the experience of emotion in the development and maintenance of psychosis
Jonathan Hutchins, South Essex Partnership University NHS Foundation Trust

Symposium 24 – Training and Professional Issues – Electrical Engineering: Rm 407A
What can qualitative research tell us about CBT? A showcase of the contribution of qualitative methodologies to advance our understanding of the development and application of CBT interventions.
Convenor: Yvonne Awenat, University of Manchester
Chair: Gillian Haddock, University of Manchester
13.30 Experiences of cognitive behavioural suicide prevention (CBSP) therapy: A qualitative study exploring the acceptability and feasibility for high risk individuals with psychosis.
Yvonne Awenat, University of Manchester
14.00 How clinicians and service users can enhance the development of assessment and treatment in recovery from psychosis
Gillian Haddock, University of Manchester
14.30 Use of qualitative approaches in the development and evaluation of targeted CBT for suicide prevention therapy delivered within a high security male prison
Fiona Ulph, University of Manchester
15.00 Can qualitative research tell us anything about negative aspects of CBT for Psychosis?
Rory Byrne, University of Manchester

Symposium 25 – Therapeutic Techniques – Skempton Building: Rm 301
Innovations in Treatment Techniques and CBT Self Help
Chair: Christopher Williams, University of Glasgow
13.30 Gratitude diaries as part of the CBT toolkit: Do they ameliorate depression, negative thinking and hopelessness, and increase gratitude?
Moray Leyland, Coventry University
13.55 Homework adherence, patient perception of the therapist & clinical improvement in Cognitive Behaviour Therapy (CBT): The introduction of the Session Bridging Worksheet
Caroline Williams, South West Yorkshire Mental Health NHS Trust
14.20 Developing and testing a computerised Cognitive-Behavioural intervention for dysfunctional impulsive behaviour
Sirous Mobini, Newcastle University
14.45 Think Positive: An investigation of an exercise of the MoodGYM online CBT program
Conall Tunney, University College Dublin
15.10 Discussion

13.30-15.30

Clinical Skills Classes

Skills Class 4 – Huxley Building: Clore Lecture Theatre
‘Meet the Expert session’: One Session Treatment for Blood-Injury-Injection Phobia
Lars-Göran Öst, Stockholm University
Skills Class 5 – Electrical Engineering Building: Room 406
Disentangling Obsessions, Compulsions and Repetitions in People with Autism Spectrum Disorder
Ailsa Russell, University of Bath

Skills Class 6 – Huxley Building: Lecture Theatre 308
Utilising CBT Techniques in Practice with Clients with a Long term Condition who Experience Depression and/or Anxiety
Simon Reay, Gateshead and South Tyneside IAPT Service

16.00-17.00

Keynote Addresses

Professor Mark Williams, University of Oxford
Mindfulness, Early Adversity and Suicidality
Chair: Melanie Fennell, University of Oxford
Sir Alexander Fleming Building: Lecture Theatre G16

Professor Susan Michie, University College London
Designing and Evaluating Interventions to Change Behaviour using ‘The Behaviour Change Wheel’
Chair: TBC
Huxley Building: Lecture Theatre 311

Professor Simon Gilbody, University of York
Does Computer-delivered CBT really Work for Depression?
Chair: Jeremy Dyson, Screenwriter and patron of ‘No Panic’
Huxley Building: Clore Lecture Theatre

Professor Martin Orrell, University College London
The New Generation of Psychosocial Interventions in Dementia Care
Chair: Georgina Charlesworth, University College London
Sherfield Building: Read Lecture Theatre

Dr Lucene Wisniewski, CaseWestern Reserve University and Cleveland Centre for Eating Disorders
DBT in the Treatment of Eating Disorder: How, Why and With Whom?
Chair: Ulrike Schmidt, King’s College London
Huxley Building: Lecture Theatre 308

17.00-18.00

Poster Presentation session
Sherfield Building: Queens Tower Rooms

1. Using Guided Self-Help to treat the impact of a Traumatic Brain Injury: Talking Heads
Sian Newman, Camden & Islington NHS Foundation Trust

2. Case Report: Narrative Exposure Therapy in a medical setting
Gillian Colville, Paediatric Psychology Service, St George’s Hospital

3. Delivering CBT in a case presentation of Trichotillomania and moderate depression
Sinead O’Connell, St Patrick’s University Hospital, Dublin

4. CBT for post stroke fatigue
Emily Howe, University of Bath

5. Index Offence Analysis: a CBT approach to overcome roadblocks
Simone Lindsey, St Andrew’s Healthcare
6. CBT for OCD: habituation or cognitive shift?  
Lottie Morris, University of Bath

Sneh Kapoor, All India Institute of Medical Sciences

8. Outcome on Discharge and Follow-up of Inpatient Therapy for Severe-Treatment Refractory Obsessive Compulsive Disorder associated or not with OCPD/Perfectionism  
Ruxandra Ion, National and Trustwide Services for OCD and BDD

9. Difficulty in executive control and alertness in trait anxious individuals  
Vincent Leleu, Univ Lille Nord de France, Lille, France and UDL3, PSITEC

10. The Psychological Treatment of Comorbid Anxiety Disorders in Clinical Practice: A Clinical Vignette Study  
Gavin Clark, University of New England

11. Measuring depression and anxiety among older adults: A randomised control trial  
Ann O’Hanlon, Queens University Belfast

12. Developing a group therapy programme for depressed military personnel: Getting back to duty by getting active  
Dean Whybrow, Royal Navy

13. Improving wellbeing for staff working in a Medium Secure Setting using Mindfulness  
Talent Chinyemba, Norfolk and Suffolk NHS Foundation Trust

14. Mindfulness-based Cognitive Therapy in Treatment Resistant Depression: a Randomized Controlled Trial in a Psychiatric Outpatient Setting  
Anna Ehnvall, Institute of Clinical Neuroscience, Gothenburg University

15. Conceptualizations guiding Computer Assisted Cognitive Behaviour Therapy for Adolescents with Depression  
Paakhi Srivastava, All India Institute of Medical Sciences

16. The effectiveness of CBT for adult depression in routine clinical practice: a systematic review  
Christopher Rae, ‘Talking Changes’, Tees, Esk and Wear Valleys NHS Foundation Trust

17. A new decentring and perspective broadening training intervention for recurrent depression  
Emma Hill, MRC Cognition and Brain Sciences Unit

18. A group based intervention for those with depression and co-morbid diabetes  
Deniz Kemal, KCA

19. CUDAS: Coventry University Depression and Anxiety Support. Improving access to psychological care for people with long term conditions.  
Patrick Kennedy-Williams, Coventry University

20. Training Health Practitioners To Use The Pain Management Plan  
Frances Cole, Bradford Teaching Hospitals NHS Foundation Trust

21. Making every contact count – does patient-centred care improve in diabetes consultations after training in psychological skills?  
Leanne Nicklas, NHS Lanarkshire

22. Pole to Pole – The Collaborative Development of a Resource for Exploration in Bipolar  
Laura Walton, NHS Fife

23. Training and Supervision Developments in Evidence Based Psychological Therapies for Psychosis  
Louise Johns, South London and Maudsley NHS Foundation Trust

24. A Cost-Effectiveness Evaluation of CBT for Psychosis in a Specialist Outpatient Clinic (PICuP)  
Bryony Sheaves, King’s College London

25. Social Perception in People with Eating Disorders  
Beth Renwick, King’s College London

26. Domestic Violence: Prevalence & Mental Health Outcomes in Pakistani Women  
Syed Naqvi, East London NHS Foundation Trust
Symposium 26 – Adult Mental Health – Skempton Building: Rm 301
Outcomes of Transdiagnostic Interventions Using Control Theory
Chair: Timothy Bird, University of Manchester
09.00 The evidence base for transdiagnostic cognitive therapy: Results from two trials examining the effectiveness of the Method of Levels
Sara Tai, University of Manchester
09.25 The Method of Levels: Effective and efficient
Timothy A. Carey, Centre for Remote Health, Flinders University and Charles Darwin University, Australia
09.50 An outcome study of the Take Control Course, a transdiagnostic intervention
Lydia Morris, University of Manchester
10.15 Manage your life online: A web-based randomised controlled trial evaluating a novel computer based problem solving intervention
Timothy Bird, University of Manchester
10.40 Dementia care: Using empathic curiosity to establish the common ground that is necessary for meaningful communication
Phil McEvoy, Six Degrees Social Enterprise, Salford

Symposium 27 – Basic Processes and New Developments – Skempton Building: Rm 307
Investigating Relationships Amongst Key Cognitive Processes and Psychopathology
Chair: Craig Steel, University of Reading
9.00 The impact of mood on interpretation bias
Craig Steel, University of Reading
9.30 Unhealthy perfectionism, abstract analytic rumination and dysphoria: a moderated mediation model
Monika Kornacka, PSITEC, University of Lille Nord de France
10.00 An investigation into the relationship between early maladaptive schemas and chronic fatigue syndrome
Dzintra Stalmeisters, University of Derby
10.30 Exploring Compassion: Systematic review and meta-analysis of the association between self-compassion and psychopathology
Angus MacBeth, University of Aberdeen AND NHS Grampian

Panel Discussion 2 – Basic Processes and New Developments – Huxley Building: Lecture Theatre 311
Developing CBT in Low and Middle Income countries: Is CBT a model of treatment for mental health problems that can be applied across cultures and contexts? And what can doing this work teach us about providing CBT to BME communities in the UK?
Chair: Andrew Beck, University of Manchester
Discussants: Rachel Calam, University of Manchester
Nusrat Hussain, University of Manchester
Deborah McNally, Salford Cognitive Therapy Training Centre
Bipasha Ahmed, St George's Medical School

Symposium 28 – Basic Processes and New Developments – Sir Alexander Fleming Building: Lecture Theatre G16
Emotional Processing in Mental Health: New Developments in Bias Training Interventions
Chair: Sally Adams, University of Bristol
09.00 Facing up to faces: Changing biases in face perception to improve emotional processing in depression
Sally Adams, University of Bristol
09.30 “Always look on the bright side of life”
Eni Becker, Radboud University Nijmegen, The Netherlands
10.00 Individual variation in response to cognitive bias modification (CBM) procedures: Spider fear as a sample case
Elaine Fox, University of Essex
10.30 Mental imagery-based cognitive bias modification in healthy adolescents
Stephanie Burnett Heyes, University of Oxford
Symposium 29 – Behavioural Medicine – Sherfield Building: Read Lecture Theatre

**Advances in the Treatment of Health Anxiety**

*Chair:* Helen Tyrer, Imperial College, London

*Discussant:* David Veale, King’s College London

**09.00**

Clinical outcomes of the CHAMP randomised trial of adapted CBT in medical patients with health anxiety

Peter Tyrer, Imperial College, London

**09.30**

The training and performance of CHAMP therapists

Simon Dupont, Central and North West London Foundation Trust

**10.00**

Implications of the findings for the NHS

John Green, Central and North West London Foundation Trust

**10.30**

Cost-effectiveness of health anxiety in medical patients

Barbara Barrett, Centre for the Economics of Physical and Mental Health, King’s College, London

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**Clinical Roundtable 1 – Behavioural Medicine** – Electrical Engineering Building: Rm 407A

**Weaving CBT, CAT, ACT and Compassion Focused Therapy into the Tapestry of Chronic Pain**

*Convenor:* Meherzin Das, Dorset Community Pain Service & Bournemouth University

Meherzin Das, Dorset Community Pain Service & Bournemouth University

Helen MacDonald, University of Sheffield

Frances Cole, Pain Rehabilitation Specialist Leeds Community Trust

Nicole Tang, University of Warwick

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**Symposium 30 – Child and Adolescent** – Electrical Engineering Building: Rm 407B

**Personality, Learning and Predictors in Child and Adolescent Mental Health**

*Chair:* Cathy Creswell, University of Reading

**09.00**

The effects of vicarious learning on the fear emotion in children

Gemma Reynolds, Kingston University

**09.25**

Vicarious fear learning in childhood: fear-relevant vs. fear-irrelevant stimuli

Chris Askew, Kingston University

**09.50**

Identifying Early Targets for Intervention in Child Behaviour Problems

Jill Domoney, Academic Unit of Child and Adolescent Psychiatry, Imperial College, London

**10.15**

A longitudinal study of child sleep in high and low risk families

Sarah Halligan, University of Bath

**10.40**

Exploring the link between prosociality and emotional disorder in adolescents

Peter Taylor, University of Manchester

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**Clinical Roundtable 2 – Child and Adolescent** – Electrical Engineering Building: Rm 403A

**Working with Parents in CBT for Children and Young People**

*Convenor:* Shirley Reynolds, University of Reading

Jennie Hudson, Macquarie University, Australia

Sam Cartwright-Hatton, University of Sussex

Polly Waite, University of Reading

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**Symposium 31 – Eating Disorders and Impulse Control** – Electrical Engineering Building: Rm 509B

**Cognitive Remediation Therapy for Anorexia Nervosa: Current Evidence and Future Research Directions**

*Chair:* Kate Tchanturia, King’s College London

**09.00**

A Case study of CBT with an inpatient with Anorexia Nervosa

Caroline Fleming, South London and Maudsley NHS Trust

**09.30**

Applying cognitive remediation therapy skills to support patients with Eating Disorders at different stages of recovery.

Amy Harrison, King’s College London

**10.00**

A cognitive remediation therapy group for adolescents with anorexia nervosa

Natalie Pretorius, South London and Maudsley NHS Foundation Trust

**10.30**

Family-Based Cognitive Remediation Therapy

Bryan Lask, Great Ormond St Hospital and University of London
## Symposium 32 – IAPT and Primary Care – Huxley Building: Lecture Theatre 308
### IAPT: Is the Best Yet to Come?
**Convenor:** Pamela Myles, University of Reading  
**Chair:** David M Clark, University of Oxford  
09.00 **Developments in High Intensity Therapies for Depression and Anxiety Disorders**  
David M Clark, University of Oxford  
09.20 **Future of IAPT – the PWP Role**  
Steve Pilling, University College London  
09.40 **CYP IAPT: Challenges and opportunities for the future?**  
Kathryn Pugh, NHS Improving Quality, NHS England and Peter Fonagy, University College London  
10.00 **IAPT and Older People**  
Marie Claire Shankland, NHS Education Scotland and Kevin Jarman, NHS England  
10.20 **IAPT for SMI: The Story so Far**  
Alison Brabban, Tees, Esk and Wear Valleys NHS Foundation Trust  
10.40 **IAPT for Long-Term Conditions and Medically Unexplained Symptoms**  
Andre Tylee, King’s College London

## Symposium 33 – Intellectual Disabilities – Electrical Engineering Building: Rm 406
### Psychological Therapies for Adults with Intellectual Disabilities: Developments in Research and Practice
**Chair:** John L Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust  
09.00 **CBT for Adults with mild and borderline intellectual functioning**  
John L Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust  
09.30 **Targeted individual progress system-ID**  
Tom Prout, University of Kentucky, USA  
10.00 **Treatment of anger dysregulation for people with intellectual disabilities**  
Raymond Novaco, University of California, Irvine, USA  
10.30 Discussion

## Symposium 34 – Severe and Enduring Problems – Sherfield Building: Pippard Lecture Theatre
### Formulating Psychosis; How do the Clinical Cognitive Models Work in Practice?
**Chair:** Katherine Newman Taylor, University of Southampton and Southern Health NHS Foundation Trust  
9.00 **Formulating psychosis based on a cognitive model: practice and data from several clinical trials**  
Tony Morrison, University of Manchester  
9.20 **Developments in treating persecutory delusions**  
Daniel Freeman, University of Oxford  
9.40 **Formulating psychosis: A model of paranoia for clinical practice**  
Katherine Newman Taylor, University of Southampton and Southern Health NHS Foundation Trust  
10.00 **Using the psychological flexibility model to conceptualise the problems of people with persisting auditory hallucinations**  
Eric Morris, South London and Maudsley NHS Foundation Trust  
10.20 **From Attachment Theory to Service Design in Early Psychosis: Developing service models to promote recovery**  
Andrew Gumley, University of Glasgow  
10.40 Discussion
Symposium 35 – Therapeutic Techniques – Electrical Engineering Building: Rm 403B
Adaptations of CBT for Specific Populations
Chair: Ken Laidlaw, University of East Anglia
09.00 Behavioural Activation - clarifying the implementation of behavioural techniques
Fredrik Folke, Department of Neuroscience, Psychiatry, Uppsala University, Sweden
09.25 Individual manualised Cognitive Behavioural Therapy for common mental disorders in people with mild to moderate intellectual disability
Marc Serfaty, Mental Health Unit, University College London and Lorna Vincent, Camden and Islington NHS Foundation Trust
09.50 The effectiveness of Cognitive Behavioural Therapy as a treatment for Generalised Anxiety Disorder in later life compared to adults of working age: A meta-analysis and systematic review
Albert Aspinall, University of Edinburgh
10.15 Mindfulness and distress tolerance skills for inpatients in later life?
Kirsty James, University of Bath
10.40 Helping Aged Victims of Crime (HAVoC) Study: The impact of common crime on older people and the feasibility of a cognitive behavioural therapy (CBT) based intervention
Marc Serfaty, University College London

Symposium 36 – Therapeutic Techniques – Huxley Building: Clore Lecture Theatre
The Art and Science of CBT - Becoming Metacompetent
Convenor: Adrian Whittington, Sussex Partnership NHS Foundation Trust
Chair: Nick Grey, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust
09.00 How to flex and adapt CBT whilst remaining true to its principles
Adrian Whittington, Sussex Partnership NHS Foundation Trust
09.25 Developing your own style in CBT
Nick Grey, Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Foundation Trust & Simon Darnley, Anxiety Disorders Residential Unit, South London and Maudsley NHS Foundation Trust
09.50 Is it them or is it me? Transference and countertransference in CBT
Stirling Moorey, South London and Maudsley NHS Trust
10.15 What to do when CBT isn’t working
Michael Worrell, Royal Holloway, University of London
10.40 Discussion

09.00-11.00

Skills Classes

Skills Class 7 – Skempton Building: Lecture Theatre 201
Creating Lean, Mean Fighting Machines: Low-Intensity Services in the age of Austerity
Jim White, STEPS, Greater Glasgow and Clyde NHS

Skills Class 8 – Electrical Engineering: Rm 509A
Cognitively Informed Behavioural Psychotherapy for People with Asperger’s Syndrome
Dougal Hare, University of Manchester

Skills Class 9 – Electrical Engineering: Rm 508
Improving your Chances of Getting your Submissions accepted for presentation at BABCP Conferences
Glenn Waller, University of Sheffield and Roz Shafran, Institute of Child Health, University College London
11.30-12.30

Keynote Addresses

Professor Eni Becker, Radboud University Nijmegen, The Netherlands
Cognitive Bias Modification in Alcohol Dependence
Chair: Laura Hoppitt, University of East Anglia
Huxley Building: Lecture Theatre 308

Professor Jennie Hudson, Macquarie University, Sydney, Australia
Anxiety Disorders in Children: Risk Factors for Development and Poor Treatment Outcome
Chair: Cathy Cresswell, University of Reading
Huxley Building: Lecture Theatre 311

Professor Mark van der Gaag, VU University, The Netherlands
Trauma and Psychosis: a Dangerous Duo
Chair: Craig Steel, University of Reading
Huxley Building: Clore Lecture Theatre

Professor Tom Prout, University of Kentucky, USA
Psychotherapy with Persons with Intellectual Disabilities: Current Status and Future Directions
Chair: John Taylor, Northumbria University and Northumberland, Tyne & Wear NHS Foundation Trust
Sherfield Building: Read Lecture Theatre

Professor David M Clark, University of Oxford
Developing and Disseminating Effective Psychological Therapies: an Update on Science, Policy and Economics
Chair: Warren Mansell, University of Manchester
Sir Alexander Fleming Building: Lecture Theatre G16

12.15-13.15

CBT for Couples Special Interest Group Meeting
Electrical Engineering: Room 403A

Control Theory Special Interest Group Meeting
Electrical Engineering: Room 403B

Children, Adolescent and Family Special Interest Group Meeting
Electrical Engineering: Room 406

Bipolar Special Interest Group Meeting
Electrical Engineering: Room 407A

13.30-15.30

Symposium 37 – Adult Mental Health – Huxley Building: Clore Lecture Theatre
Individualising CBT Treatment Post Trauma
Chair: Michael Scott, Sheffield Hallam University
13.30 Life after Death: Individualising CBT for PTSD linked to traumatic bereavement
Jennifer Wild and Anke Ehlers, University of Oxford
13.55 Working with auditory hallucinations in PTSD
Chris Brewin, University College London
14.20 The Truculent Client
Michael Scott, Sheffield Hallam University
14.45 Are there differences in treating women and men after trauma?
Emma Warnock-Parkes, University of Oxford
15.10 Discussion
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Symposium 38 – Adult Mental Health – Sir Alexander Fleming Building: Lecture Theatre G16
Putting the Spotlight on Emotion: A Compassion-focused Approach to Therapy
Chair: Asmita Palmer, East London NHS Foundation Trust & University of Derby
Discussant: Mary Welford, The Compass Centre for Research Learning and Therapy
13.30 TBC
Andrew Rayner, University of Derby
13.55 Group compassion focused therapy for emotional recovery from psychosis
Christine Braehler, University of Glasgow
14.20 Learning from the inside: developing skills in Compassion Focused Therapy
Asmita Palmer, East London NHS Foundation Trust, University of Derby and Justin Miller, South London & Maudsley NHS Foundation Trust and University of Derby
14.45 Discussion

Symposium 39 – Adult Mental Health – Huxley Building: Lecture Theatre 311
Imagery in Unexpected Places
Chair: Katy Price, Oxford Health NHS Foundation Trust
Discussant: Susie Hales, University of Oxford
13.30 Intrusive imagery in people with a specific phobia of vomiting
Katy Price, Oxford Health NHS Foundation Trust
13.55 Recurrent imagery in people who stutter
Helen Tudor, University College London
14.20 The development of Imagery MAPP for bipolar disorder: case examples illustrating imagery as an emotional amplifier
Susie Hales, University of Oxford
14.45 Emotional Intensity in Imagery Rescripting – Impact on Emotion Regulation and Intrusions
Laura Seebauer, University Medical Center Freiburg
15.10 Discussion

Panel Discussion 3 – Adult Mental Health – Skempton Building: Rm 307
What Maintains Psychological Distress? A Roundtable discussion of core processes
Convenor: Warren Mansell, University of Manchester
Chair: Mark Williams, University of Oxford
Discussants: Thorsten Barnhofer, University of Oxford
Eric Morris, Institute of Psychiatry, King’s College London & South London & Maudsley NHS Foundation Trust
Michelle Craske, University of California, Los Angeles
Warren Mansell, University of Manchester
Melanie Fennell, University of Oxford

Symposium 40 – Basic Processes and New Developments – Sherfield Building: Read Lecture Theatre
Using Smartphone Apps and New Web Technologies in CBT Practice and Research
Convenor: Alex Gyani, University of Reading
Chair: Suzanna Rose, Berkshire Healthcare NHS Foundation Trust
Discussant: Roz Shafran, Institute of Child Health, University College London
13.30 Development and initial evaluation of an internet version of cognitive therapy for social anxiety disorder
David M Clark, University of Oxford and Richard Stott, King’s College London
13.55 The development of CBT phone based applications
Lauren Callaghan, theMindWorks
14.20 Mood Mate: Can a mobile phone application encourage treatment seeking?
Alex Gyani, University of Reading
14.45 Buddy App: Therapy Services in a digital world
Aisling Treanor, Buddy Enterprises
### Symposium 41 - Behavioural Medicine – Electrical Engineering: Rm 407A

**Diabetes and Eating Problems: Exploring the Overlaps and Intervention Options**

**Chair:** Nick Hawkes, Barnet, Enfield and Haringey Mental Health NHS Trust

**13.30** Psychosocial stress predicts abnormal glucose metabolism and body mass index gain over 5 years: evidence from the longitudinal Australian Diabetes Obesity and Lifestyle (AusDiab) Study  
Emily Williams, Imperial College London

**13.50** Are financial incentives for behaviour change in breast feeding acceptable?  
Clare Relton, University of Sheffield

**14.20** Use of Acceptance and Commitment Therapy (ACT) for weight management issues  
Matt Wardley, North East London NHS Foundation Trust

**14.40** Understanding successful weight loss and maintenance and the development of a teachable moments intervention.  
Jane Ogden, University of Surrey

### Symposium 42 – Child and Adolescent – Electrical Engineering: Rm 407B

**Understanding Barriers in CBT for Obsessive-Compulsive Disorder in Youth: Implications for Clinical Practice**

**Chair:** Georgina Krebs, National Specialist OCD Clinic for Young People, South London and Maudsley NHS Foundation Trust

**Discussant:** Isobel Heyman, Great Ormond Street Hospital for Children

**13.30** ‘Mum, I'm a paedophile’: Sexual obsessions in paediatric obsessive-compulsive disorder  
Faye Barrow, National Specialist OCD Clinic for Young People, South London and Maudsley NHS Foundation Trust

**14.00** Outcomes of cognitive-behavioral therapy for obsessive-compulsive disorder in young people with and without an autism spectrum disorder.  
Kim Murray, Institute of Psychiatry

**14.30** The impact of depression and maternal distress on cognitive-behavioural therapy response in paediatric obsessive-compulsive disorder  
Hannah Brown, Institute of Psychiatry

**15.00** Food for thought: does being underweight due to restricted eating in OCD impact on CBT outcome?  
Amita Jassi, National Specialist OCD Clinic for Young People, South London and Maudsley NHS Foundation Trust

### Symposium 43 – Child and Adolescent – Electrical Engineering Building: Room 509A

**Treatment Issues in Child and Adolescent Mental Health**

**Chair:** Silvia Schneider, Ruhr-Universität Bochum, Germany

**13.30** Adapted cognitive behaviour therapy for young people with autism spectrum disorder and anxiety: a pilot evaluation  
Jacqui Rodgers, Newcastle University

**13.55** A meta-analysis of cognitive behavioural therapy in the treatment of child and young person anxiety disorders  
Donna Ewing, University of Sussex

**14.20** Topic specific low-intensity group parenting programmes: Are they acceptable to parents of 5-8 year olds?  
Melanie Palmer, University of Auckland and MRC Social and Public Health Sciences Unit

**14.45** MBCT Adapted for Adolescents-What Works and Why  
Brenda Davis, Brighton & Hove CAMHS, Sussex Partnership NHS Foundation Trust

**15.10** Prevention effects in a universal, transdiagnostic school-based intervention: 12-month follow-up of the Healthy Minds program  
Thomas Nehmy, Flinders University
Programme
THURSDAY 18TH JULY

Symposium 44 – Eating Disorders and Impulse Control – Electrical Engineering 509B
Cognitive Approaches to Understanding Eating Disorders: New Directions
Convenor: Maxine Howard, Department of Clinical, Educational and Health Psychology, University College London
Chair: Lucy Serpell, University College London
13.30 Implicit food attitudes in dieters and non-dieters.
Alisa Anokhina, Department of Clinical, Educational, and Health Psychology, University College London
14.00 The neuropsychological functioning of children at high risk of developing an Eating Disorder: moving away from diagnostic categories and towards observable phenotypes Radha Kothari, Eating Disorders and Adolescent Mental Health Research Team, Behavioural and Brain Sciences Unit, University College London
14.30 Impulsive and compulsive behaviour in disordered eating: The role of short term fasting in a non-clinical sample
Maxine Howard, Department of Clinical, Educational, and Health Psychology, University College London
15.00 Clinician and practice characteristics influencing delivery and initial outcomes of the early part of outpatient cognitive behavioral therapy for anorexia nervosa
Amy Brown, City and Hackney Primary Care Psychology Service

Symposium 45 – IAPT and Primary Care – Skempton Building: Lecture Theatre 201
Considering Diversity Within IAPT: How to Improve Access and Treatment at Step 2
Chair: Allán Laville, Charlie Waller Institute, University of Reading
13.30 Considering sexual diversity in PWP working
Allán Laville, Charlie Waller Institute, University of Reading
14.00 Training culturally competent PWPs: Challenges and opportunities
Matthew McNaught, Charlie Waller Institute, University of Reading & iTalk, Solent Mind and Southern Health NHS Partnership
14.30 Medically Unexplained Symptoms from a PWP perspective
Gemma Brisco, Charlie Waller Institute, University of Reading & Berkshire Talking Therapies
15.00 Improving access and quality of treatment for older people at Step 2
Katy Figus, University of Reading, Oxford Health NHS Foundation Trust and Birmingham and Solihull Mental Health Foundation Trust

Symposium 46 – Intellectual Disabilities – Electrical Engineering Building: Rm 406
Developments in CBT for People with Asperger’s Syndrome
Chair: Dougal Hare, University of Manchester
13.30 Evaluating PEGASUS: a psychoeducation programme for children with autism spectrum disorder and their parents
William Mandy and Kate Gordon, University College London
14.00 Effectiveness of CBT for anxiety disorders in children and adolescents with autism spectrum disorders: Preliminary results of a controlled clinical trial
Bonny Van Steensel, University of Amsterdam
14.30 Discussion

Symposium 47 – Severe and Enduring Problems – Sherfield Building: Pippard Lecture Theatre
Attachment and Metacognition: Establishing a Developmental Understanding of Affect Regulation and Recovery From Psychosis
Chair: Andrew Gumley, University of Glasgow
13.30 Development and validation of the Narrative Compassion Scale: a new tool to explore emotional recovery.
Andrew Gumley, University of Glasgow
14.00 Associations between metacognition, symptoms and functioning in a first episode psychosis sample
Angus Macbeth, University of Aberdeen
14.30 Metacognitive factors help explain the link between attachment style and negative symptoms
Hamish McLeod, University of Glasgow
15.00 Attachment and mechanisms of therapeutic change – Cognitive Interpersonal Therapy in two adolescent onset psychosis samples
Matthias Schwannauer, University of Edinburgh
Symposium 48 – Severe and Enduring Problems – Electrical Engineering: Rm 403B
Exploring Psychological Processes & Co-morbidity in Bipolar Disorder: New Advances
Chair: Alyson Dodd, University of Lancaster

13.30 Impulsivity in Bipolar Disorder: Towards more Specific Models
Sheri Johnson, University of Berkeley, USA

13.50 Understanding mood management: A computer-based questionnaire study
Heather Robinson, Lancaster University

14.10 The interaction of mood and anxiety in bipolar disorder: An experience sampling study
Kay Hampshire, Lancaster University

14.30 TBC
Richard Bentall, University of Liverpool

14.50 The inter-relationship between mood, self-esteem and response styles in adolescent offspring of bipolar parents: longitudinal analyses
Hana Pavlickova, Bangor University

15.10 The role of positive and negative appraisals of mood states in adolescent mood symptoms
Rebecca Kelly, King’s College London

Symposium 49 – Training and Professional Issues – Electrical Engineering Building: Room 508
A Tough Nut to Crack: Adaptations to CBT Training in Primary Care
Chair: Harry O’Hayon, University of Reading

13.00 Psychological Perspectives in Primary Care (PPiPCare): Development and evaluation of an IAPT-driven and GP-led primary care training programme
Michelle Lee, University of Reading and Costas Lambropoulos, Healthy Minds IAPT service

13.30 Adapting CBT skills for general practice: Linking theory, values and compassion
Alison Sedgwick-Taylor, Independent Consultant Clinical Psychologist and Sundee Soa-Nuang, Charlie Waller Memorial Trust and The Oxford Deanery

14.00 Adaptations to CBT for GP trainers
Harry O’Hayon, University of Reading

13.30-15.30

Skills Classes

Skills Class 10 – Skempton Building: Room 301
Managing Endings with Complex Cases: A CBT Approach
Andrew Eagle and Michael Worrell, Central & North West London NHS Foundation Trust

Skills Class 11 – Electrical Engineering Building: Room 403A
Behavioural Couples Therapy for Drug Abuse and Alcoholism
Andre Geel, Central and North West London NHS Foundation Trust

Skills Class 12 – Huxley Building: Lecture Theatre 308
Accessing and Incorporating Clients’ Strengths in Case Conceptualisation
Rob Dudley, University of Newcastle
Programme
THURSDAY 18TH JULY

16.00- 17.00

Keynote Addresses

Dr Jeffery Young, Cognitive Therapy Centre of New York
**New Advances in Schema Therapy**
Chair: Vartouhi Ohanian, West London NHS Trust
Sir Alexander Fleming Building: Lecture Theatre G16

Dr Dougal Hare, University of Manchester
**CBT with People with Asperger’s Syndrome – Past, Present and Future**
Chair: Ray Novaco, University of California, Irvine, USA
Sherfield Building: Read Lecture Theatre

Professor Silvia Schneider, Ruhr-Universität Bochum, Germany
**Separation Anxiety Disorder in Childhood - Under Estimated and Under Researched**
Chair: Isobel Heyman, Great Ormond Street Hospital for Children
Huxley Building: Lecture Theatre 308

Professor Sheri Johnson, University of Berkeley
**Reward Sensitivity in Bipolar Disorder: When, Where, and Why Might Mania Occur**
Chair: Steve Jones, Lancaster University
Huxley Building: Lecture Theatre 311

Dr Ian McPherson, Improving Health and Wellbeing, UK
**Preparing for a Modern NHS**
Chair: Trudie Chalder, King’s College London
Huxley Building: Clore Lecture Theatre

17.00-18.00

A Tribute to David Westbrook
Skempton Building: Room 301

17.15-18.15

**BABCP Annual General Meeting**
Sherfield Building: Read Lecture Theatre

17.00-18.00

Poster Presentation Session
Sherfield Building: Queen’s Tower Rooms

1. **Social Anhedonia and Work and Social Functioning in the Acute and Recovered Phases of Eating Disorders**
Amy Harrison, King’s College London,

2. **Cognitions, Culture and Chronic Pain: Do people from different countries think differently about pain?**
Katy Bradbury, Central North West London NHS Foundation Trust

Frances Cole, Bradford Teaching Hospitals NHS Foundation Trust
4. ‘Look at me, sweetheart’: Eye gaze of antisocial children with callous-unemotional (CU) traits during a parental display of affection  
Sara Dawson, King’s College London

5. CBT based brief intervention in Adolescents with substance use disorder  
Manju Mehta, All India Institute of Medical Sciences

6. Relationship between Personality styles and coping strategies in undergraduate male students  
Santha Kumari, Thapar University, Patiala, India

7. A First Stage Evaluation of a Treatment Programme for Women with Personality Disorder in a Secure Psychiatric Setting  
Clive Long, St Andrew’s Healthcare

8. Effect of Intermediate Cognitive Behavioural Therapy Training on Clinical Practice, A Qualitative Study  
Romina Scaramaglì, Cornwall Partnership NHS Foundation Trust

9. Groups – more than the sum of the parts? Engagement and empowerment; illustrations and reflections from groups with people with learning disabilities  
Rowena Rossiter, Sussex Partnership Foundation Trust and Tizard Centre

10. Developing Clinical Leadership in CBT Practitioners  
Rebecca Minton, NHS Leadership Academy

11. The Effectiveness of group CBT for Low Self-Esteem in Primary Care  
Stuart Pack, Oxleas NHS Foundation Trust

12. Improving Self Esteem’ in an IAPT Service  
Rachel Shephard, TalkPlus IAPT Service (Rushmoor and Hart)

13. Mindfulness-based Cognitive Therapy in IAPT  
Peter Smith-Howell, Suffolk Wellbeing Service

14. Preliminary findings from a DBT skills group in IAPT  
Claire Eagles and Claire Goodwin, iCOPE and Islington IAPT Service

15. Therapist Experiences of Delivering Two Psychological Therapies to Patients with Anorexia Nervosa: A Qualitative Study  
Beth Renwick, King’s College London

16. Improving Access to Psychological Therapies for People with Psychosis and their Carers: the South London and Maudsley (SLAM) IAPT-SMI Demonstration Site for Psychosis  
Louise Johns, South London and Maudsley NHS Foundation Trust

17. Health and vocational outcomes using cognitive behavioural therapy in occupational mental health liaison service  
David Hitt, Department of Liaison Psychiatry, Cardiff and Vale UHB

18. Intimate relationships: The experiences of lesbian and gay people living with severe mental health difficulties  
Jennie Robertson, Royal Holloway, University of London

19. The impact of an attentional bias modification (ABM) intervention on reducing attentional bias and symptom reporting in women experiencing troublesome menopausal symptoms: an exploratory study  
Evgenia Stefanopoulou, King’s College London

20. CBT for self-esteem in long-standing Schizophrenia: Applicability of a new model  
Emily Howe, University of Bath

21. Is the Current View tool a reliable way of collecting assessment information to inform the development of Payment by Results in CAMHS?  
Katy Hopkins, The Anna Freud Centre
Panel Discussion 4 – Adult Mental Health – Sherfield Building, Pippard Lecture Theatre
**Adherence versus Innovation in Dialectical Behaviour Therapy. A live Issue**
Convenor: Isabel Clarke, Southern Health NHS Foundation Trust
Speakers: Christine Dunkley, Society for Dialectical Behaviour Therapy
Isabel Clarke, Southern Health NHS Foundation Trust
Pamela Henderson, Catherine Parker, Derbyshire Healthcare Foundation Trust

Panel Discussion 5 – Adult Mental Health – Skempton Building: Rm 307
**DSM 5 - Divisive Devil or Constructive Classification?**
Convenor: Roz Shafran, Institute of Child Health, University College London
Chair: Alan Stein, University of Oxford
Peter Kinderman, University of Liverpool
Rachel Bryant-Waugh, Great Ormond Street Hospital for Children
Michelle Craske, University of California, Los Angeles

Symposium 50 – Basic Processes and New Developments – Electrical Engineering: Rm 407A
**Contextual CBT in the Workplace**
Chair: Jo Lloyd, University of London
09.00 A randomized controlled trial comparing Acceptance and Commitment Therapy (ACT) training to brief Mindfulness training in the workplace.
Vasiliki Christodoulou, Lambeth Early Onset Services
09.30 Exploring the discursive reality of change in contextual CBT - how it is constructed and actualised post worksite Mindfulness-Based CBT training.
Kham Chuan Lee, City University, London
10.00 Acceptance and Commitment Therapy (ACT) and Psychological Flexibility in Performance-focused Contexts: A Meta-analytic Review
Jo Lloyd, Goldsmiths, University of London
10.30 Measuring psychological flexibility: why and how.
Miles Thompson, Canterbury Christ Church University

Symposium 51 – Basic Processes and New Developments – Sir Alexander Fleming Building: Lecture Theatre G16
**Cognitive Processes in Worry and Rumination: New Developments in Understanding Perseveration in Psychopathology**
Chair: Frances Meeten, University of Sussex
Discussant: Graham Davey, University of Sussex
09.00 The role of systematic processing in worry
Suzanne Dash, University of Sussex
09.30 Worry and thought control processes in young people
Charlotte Wilson, Trinity College, University of Dublin
10.00 Understanding depressive rumination from a mood-as-input perspective
Chris Brewin, University College London
10.30 The role of metacognitive beliefs and stop rules in ruminative perseveration
Frances Meeten, University of Sussex

Symposium 52 – Basic Processes and New Developments - Electrical Engineering: Rm 403A
**CBT Skills for Non-Mental Health Staff: Skills Cascade and Beyond**
Convenor: Kathryn Mannix, Newcastle upon Tyne Hospitals
Chair: Nigel Sage, Beacon Centre Specialist Community Palliative Care Services, Guildford
09.00 Developing the ‘CBT First Aid’ training model
Kathryn Mannix, Newcastle upon Tyne Hospitals
09.30 From CBT first aider to diploma, trainer and researcher
Kathy Burn, St Christopher’s Hospice, London Stirling Moorey, South London and Maudsley Trust & Karen Heslop, NIHR Clinical Academic Research Fellow, Newcastle upon Tyne Hospitals
10.00 Developing and delivering CBT skills training for health care professionals in acute and chronic physical health care services  
Nigel Sage, Beacon Centre Specialist Community Palliative Care Services, Guildford
10.30 Cascading to IAPT: the CanTalk trial  
Stirling Moorey & South London and Maudsley NHS Foundation Trust & Marc Serfaty, University College London

Symposium 53 – Behavioural Medicine – Electrical Engineering: Rm 509A  
Sex, Sexuality & HIV: How Shame Can Shape Us  
Chair: Alexander Margetts, CNWL NHS Foundation Trust
09.00 The role of sex, stigma & shame in HIV health anxiety: the case for a new model  
Alexander Margetts, CNWL NHS Foundation Trust
09.30 HIV-related PTSD: The precipitant and maintaining role of shame  
Anthony Theuninck, Oxleas NHS Foundation Trust
10.00 HIV, Shame and Metacognitive Therapy  
Bruce Fernie, South London and Maudsley NHS Foundation Trust
10.30 Best Practice Guidelines for Working Therapeutically with Sexual and Gender Minorities: Applications for CBT  
Stuart Gibson, BPS DCP Faculty for HIV & Sexual Health

Symposium 54 – Child and Adolescent – Electrical Engineering: Room 509B  
Vulnerability to Mood Disorders and Preventive Measures in Adolescents  
Chair: Stella Chan, University of Edinburgh
09.00 Social anxiety and interpretation bias in adolescence - findings from a novel interpretation bias measure  
Simona Haller, University of Oxford
09.25 Cognitive bias modification in healthy and vulnerable adolescents  
Stella Chan, University of Edinburgh
09.50 The potential role for developing compassion in adolescents: Suitability as a preventative measure for mood disorders  
Fiona Ashworth, Anglia Ruskin University
10.15 The role of parenting in the development of rumination  
Jessica Douglas University of East Anglia and Shirley Reynolds, University of Reading
10.40 Maternal anxiety, verbal information transmission and child play representations in the context of starting school  
Laura Pass, University of East Anglia
11.10 Discussion

Symposium 55 – Child and Adolescent – Electrical Engineering: Rm 407B  
‘No health without mental health’: the psychological needs of children in a specialist children’s hospital  
Chair: Daniela Hearst, Great Ormond Street Hospital for Children
09.00 CBT with children and young people with Chronic Fatigue Syndrome  
Kate Rigby, Great Ormond Street Hospital for Children
09.30 Brief interventions for children and families in a medical setting  
Kristina Soon, Great Ormond Street Hospital for Children
10.00 Cognitive behavioural interventions in children and young people with heart conditions  
Kate Hawkins, Great Ormond Street Hospital for Children
10.30 Mental health problems: detection and intervention in children with neurological disorder  
Isobel Heyman, Great Ormond Street Hospital for Children
Programme
FRIDAY 19TH JULY

Symposium 56 – Eating Disorders and Impulse Control – Electrical Engineering: Rm 403B
Psychological Aspects of Bariatric Surgery
Chair: Denise Ratcliffe, CNWL NHS Foundation Trust, Chelsea & Westminster NHS Foundation Trust & Phoenix Health
09.00 Getting ready for bariatric surgery: A pre-surgery behaviour change Workshop
Rukshana Ali, CNWL NHS Foundation Trust & Chelsea & Westminster NHS Foundation Trust
09.25 The modification of eating behaviour prior to bariatric surgery: The case for and against
Jacqueline Doyle, University College London Hospital & Siri Steimo, University College London Hospital
09.50 Weight loss surgery at the intersection of obesity and addiction
Stephanie Sogg, Massachusetts General Hospital, Boston & Harvard Medical School, Massachusetts, Boston
10.15 The impact of pre-operative disordered eating on weight loss outcomes 12 months after bariatric surgery.
Denise Ratcliffe, CNWL NHS Foundation Trust, Chelsea & Westminster NHS Foundation Trust & Phoenix Health
10.40 Interacting vicious circles: A cognitive behavioural thematic analysis of post bariatric psychological difficulties
Nick Hawkes, South London and Maudsley NHS Foundation Trust

Symposium 57 – IAPT and Primary Care – Huxley Building: Clore Lecture Theatre
Transforming CBT in Primary Care
Chair: Pamela Myles, University of Reading
Discussant: Ian McPherson, Improving Health and Wellbeing, UK
09.00 Early changes, attrition and dose-response in low intensity psychological interventions
Jaime Degaldillo, Leeds Community Healthcare NHS Trust
09.30 CBT for Anxiety Disorders in Primary Care
Michelle Craske, University of California, Los Angeles
10.00 CBT Developments in Primary Care
Steve Pilling, University College London
10.30 Discussion

Symposium 58 – IAPT and Primary Care – Sherfield Building: Read Lecture Theatre
Current Issues in CBT Implementation across Services
Chair: TBC
09.00 Decision-making in stepped care: How do therapists decide whether to prolong treatment or not?
Judith Gellatly, University of Manchester
09.30 Stepped care exposure and response prevention for Obsessive Compulsive Disorder: A pilot study
Fredrik Folke, Department of Neuroscience, Psychiatry, Uppsala University Hospital, Uppsala, Sweden
10.00 The uptake of an online intervention for depression in a primary mental health care setting
Graham Walker, NHS, CPFT
10.30 Integrating therapist delivered text based internet CBT into step 3 NHS IAPT services
Sarah Bateup, PsychologyOnline.co.uk
Symposium 59 – Severe and Enduring Problems – Electrical Engineering Building: Rm 508
Recognition and Psychological Interventions of Early Onset Bipolar Disorder

Chair: Matthias Schwannauer, University of Edinburgh

09.00 A pilot randomised controlled trial of Cognitive Interpersonal Therapy for early bipolar disorder
Jamie Kirk, University of Glasgow

09.20 Adults’ experiences of engaging in a cognitive interpersonal therapeutic approach to treating the early phase of bipolar disorder
Nicola Cogan, University of Glasgow, NHS Lanarkshire

09.40 Interpersonal Cognitive Therapy (CIT) treatment for young people with bipolar affective disorder: A pragmatic randomised control trial
Matthias Schwannauer, University of Edinburgh

10.00 Early identification of Bipolar Disorder – two population studies
Sonia Madrid, University of Edinburgh

10.20 Early Identification of Bipolar Disorder – two population studies
Melanie Suettman, University of Edinburgh

10.40 Prodromal signs and risk factors for bipolar disorders – Useful for early identification?
Thomas Meyer, University of Newcastle

Symposium 60 – Severe and Enduring Problems – Skempton Building: Lecture Theatre 201
Acceptance and Commitment Therapy, Psychological Flexibility, and Psychosis: New Research And Developments

Convenor: Eric Morris, South London & Maudsley NHS Foundation Trust & Institute of Psychiatry, King’s College London

Chair: Joe Oliver, South London and Maudsley NHS Foundation Trust

09.00 ACT for Life Study: An evaluation of Acceptance and Commitment Therapy (ACT) groups for psychosis in community settings
Louise Johns, South London & Maudsley NHS Foundation Trust & Institute of Psychiatry, King’s College London

09.30 ACT for Life: A grounded theory analysis of acceptance and commitment therapy groups for psychosis
Sally Bloy, Canterbury Christ Church University

10.00 Delusional ideation in early psychosis: the role of schemas, mood, psychological flexibility, and mindfulness.
Blaithin O’Dea, Institute of Psychiatry, King’s College London

10.30 ACT for people distressed by hearing voices: A case series
Abby Clark, University of Surrey

Symposium 61 – Severe and Enduring Problems – Huxley Building: Lecture Theatre 308
Compassion and Psychosis: Developing an Understanding of Mechanisms Underpinning Recovery

Chair: Andrew Gumley, University of Glasgow

09.00 A compassion focused model of recovery after psychosis
Andrew Gumley, University of Glasgow

09.30 Compassion and metacognition: Associations from a new scale in a complex psychopathology sample
Angus Macbeth, University of Aberdeen

10.00 Exploring change processes in Compassion Focused Therapy in Psychosis: the role of mentalization
Christine Braehler, University of Glasgow

10.30 A Compassionate Mind Training (CMT) group for acute inpatients: Feasibility, initial pilot outcome data and recommendations
Charles Heriot-Maitland, King’s College London
09.00-11.00

Skills Classes

Skills Class 13 – Electrical Engineering: Room 406
Metacognition-Oriented Social Skills Training for social recovery of individuals with schizophrenia
Manuela Pasinetti, Center for Metacognitive Interpersonal Therapy in Rome, Italy

Skills Class 14 – Huxley Building: Lecture Theatre 311
Helping Those Who Binge Eat
Christopher Fairburn, University of Oxford

11.30-12.30

Keynote Addresses

Professor Christopher Fairburn, University of Oxford
The Dissemination of Psychological Treatments
Chair: Steve Pilling, University College London
Huxley Building: Lecture Theatre 308

Dr John Green, Imperial College, London
Sex, Cognitions and Behaviour
Chair: Peter Tyrer, Imperial College London
Huxley Building: Lecture Theatre 311

Dr Melanie Fennell, University of Oxford
“Learning is not a spectator sport” (anon). Is it true that Experience is Essential for the Effective Acquisition of Knowledge and Skill?”
Chair: Thorsten Banoffer, University Of Oxford
Sir Alexander Fleming Building: Lecture Theatre G16

Professor Michelle Craske, University of California, Los Angeles
New ways to Optimise Exposure Therapy for Anxiety Disorders
Chair: Alan Stein, University of Oxford
Huxley Building: Clore Lecture Theatre