43rd Annual Conference & Workshops

21st-24th July 2015 | University of Warwick

British Association for Behavioural and Cognitive Psychotherapies
Scientific Committee
Warwick 2015

Glenn Waller, Chair, Sheffield
Janine Turner, Administrator, Reading
Simon Blackwell, Cambridge
Trudie Chalder, London
Kate Davidson, Glasgow
Bill Davidson, Laymember
Sarah Halligan, Bath
Nick Hawkes, London
Lalitha Iyadurai, Oxford
Ken Laidlaw, Norwich
Pamela Myles, Reading
Heather O’Mahen, Exeter
Shirley Reynolds, Reading
Roz Shafran, London
Craig Steel, Reading
Philip Tata, London
John Taylor, Newcastle
Jennifer Wild, Oxford
Michael Worrell, London

Conference Organiser Committee

Rod Holland, Conference Coordinator, London
Glenn Waller, Chair Scientific Committee, Sheffield
John Kentish, Conference WebMaster, London
Janine Turner, Conference Administrator, Reading
Hayley Dare, Steward Coordinator, Hertfordshire

BABCP Board

Rob Newell, President
Trudie Chandler, President Elect
Kate Davidson, Honorary Secretary
Gerry McErlane, Honorary Treasurer
Krish Nath, Trustee
Steve Flatt, Trustee
Brenda Davis, Trustee
Chris Cullen, Trustee
Allan Brownrigg, Trustee
Rod Holland, Co-opted Board member
Bill Davidson, Co-opted Lay member

BABCP Office

Ross White Company Secretary and Chief Administrator
Ian Preston Finance Manager
Stephen Gregson Communications Development Officer

BABCP

Imperial House
Hornby Street
Bury BL9 5BN
tel: +44 (0)161 705 4304
Fax: +44 (0)161 705 4306
www.babcp.com
About this programme

British Association for Behavioural and Cognitive Psychotherapies

43rd Annual Conference & Workshops

21st-24th (half day) July 2015 | University of Warwick

Please note this is a provisional programme and the content can be subject to change.

The conference programme will last two and a half days and will finish after the morning session on Friday 24th July. Further details on the timing of the conference sessions will be published on the conference page of the BABCP website.

The Conference Site

The scientific programme and workshops will take place on the campus of the University of Warwick. 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 direction 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 Arts Centre Gallery and will be open at the following times:

- **Monday 20 July**: 16:00 – 20:00
- **Tuesday 21 July**: 08:00 – 20:00
- **Wednesday 22 July**: 08:00 – 17:00
- **Thursday 23 July**: 08:00 – 17:00
- **Friday 24 July**: 08:00 – 12:00

In the Arts Centre Gallery 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 Arts Centre Gallery from Tuesday 21st to Thursday 23rd July. 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 do not want to receive a book of conference abstracts make sure you tick the box on the registration form. You can download the abstracts from the conference website www.babcpconference.com

To further protect the planet please return your badge at the end of the conference to the registration desk or one of the stewards so that these 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 have to restrict access to rooms when their capacity has been reached. 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.

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 at the times indicated in the programme. 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 organized other than the social activities arranged for Warwick Castle on Wednesday 22nd July and the Party on Thursday 23rd July. However, there are a number of catering outlets available for delegates at the University and the Rootes Bar is open every night.
A programme of one-day Workshops will be held on Tuesday 21st July. The workshops will run from 9.30-17.00. These workshops offer participants an opportunity to develop practical skills in the assessment and treatment of a range of problems.

A full description and abstract of each workshop is available on the conference page of the BABCP website at www.babcpconference.com Please note this is a provisional programme and workshops may be subject to change.

You can register using the application form included with this programme. The number of places are limited so early application is advised to avoid disappointment.

Workshop 1
Cognitive Therapy for Social Anxiety Disorder in Adolescents
David Clark and Eleanor Leigh, The University of Oxford

Workshop 2
Using Empirical Findings on the Processes and Outcomes of CBT for Depression to Become a More Effective Therapist
Rob DeRubeis, University of Pennsylvania, USA

Workshop 3
Learning How to Feel Good: How to Build Positivity in Depressed Clients
Barney Dunn and Richard Moore, University of Exeter

Workshop 4
Compassion Focused Therapy for Psychosis
Charlie Heriot-Maitland, King’s College London

Workshop 5
Cognitive Therapy for Bipolar Disorder: Improving Personal Recovery Outcomes
Steve Jones, University of Lancaster

Workshop 6
Targeting the Self in the Cognitive-Behavioural Treatment of OCD
Mike Kyrios, Australian National University, Australia

Workshop 7
Radically Open-Dialectical Behaviour Therapy (RO-DBT) – for Disorders of Overcontrol
Thomas Lynch, University of Southampton

Workshop 8
Anger Dysregulation: Assessment, Case Formulation, and Treatment
Ray Novaco, University of California, USA and John Taylor, University of Northumbria

Workshop 9
The Maudsley Model of Anorexia Treatment for Adults (MANTRA): An Introduction to Model, Evidence and Treatment Skills
Ulrike Schmidt, King’s College, London
Workshop 10
**CBT for Common Trauma Responses in Routine Practice**
Michael Scott, Private Practice

Workshop 11
**Imagery and the Self: Understanding How Imagery Maintains Negative Self-Views and How You Can Use Imagery to Change Them**
Lusia Stopa, Southampton University

Workshop 12
**Treating Clinical Perfectionism**
Tracey Wade, Flinders University, Australia and Roz Shafran, University College, London
The BABCP Scientific Committee is still accepting submissions for Open Papers and Poster Session Presentations. Submissions should be made via the BABCP website electronic submission form at

www.babcpconference.com

DEADLINE 27th February 2015

Exhibition

Throughout the conference there will be an exhibition of books and journals, organised by Wisepress, in the exhibition area of the conference.
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 2015 programme in Warwick 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 21st July | 18.30 – 20.30**

**Opening Reception**

*Venue:* Arts Centre Gallery, University of Warwick

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.

Those who wish to carry on socialising can continue in the Rootes Bar at the University.

**Wednesday 22nd July | 19.00 - Late**

**BBQ and Party**

*Venue:* Warwick Castle

This is a unique opportunity to experience a party in a real medieval castle, an experience you will not forget. The 2 course BBQ will be held in the Courtyard, there will be music and dancing in the Great Hall and an opportunity to visit the State Rooms.

**Ticket Cost:** £25 including BBQ and coach transfer (drinks not included).

**Thursday 23rd July | 19.30 - Late**

**Farewell Tapas and Party**

*Venue:* the Panorama Suite, University of Warwick

Join us for tapas on the last night of the conference and a final party and late bar. Good food, good music and good company to round off the 2015 Conference.

**Ticket Cost:** £15 including tapas and entertainment (drinks not included).

The AGM of the Association will be held on Thursday 23rd July at 6.00pm. The venue will be announced in the final programme.
Keynote Addresses
22nd, 23rd, 24th July 2015

Professor Max Birchwood, University of Warwick
Does CBT for psychosis have a future?

Professor Pim Cuijpers, VU University Amsterdam, The Netherlands
Four decades of outcome research on psychotherapies for adult depression: What’s next?

Professor Rob DeRubeis, University of Pennsylvania, USA
Getting the most out of investigations of therapeutic processes and outcomes: Implications for clinical guidelines and evidence-based personalized clinical practice

Professor Steve Jones, Lancaster University
Can psychological therapies really help people living with bipolar disorder? A consideration of progress in research and challenges in implementation

Professor Tony Kendrick, Southampton University
How can we improve the GP management of mental health problems?

Professor Mike Kyrios, Australian National University, Australia
Developments in the treatment of obsessive compulsive disorder: From the internet to the self

Professor Michelle Moulds, University of New South Wales, Australia
Rumination and Memory in Depression

Professor Cory Newman, University of Pennsylvania, USA
Becoming a virtuoso in CBT: Learning and interpreting the ‘score,’ combining fidelity with artistry, and knowing and connecting with your ‘audience’

Professor Ronan O Carroll, University of Stirling
“Keep taking the pills” - intervening to improve adherence to medication

Dr Ailsa Russell, University of Bath
Adapting CBT for people with autism spectrum disorders: The known and the unknown

Professor Ulrike Schmidt, King’s College, London
Unravelling the enigma of anorexia nervosa: Novel developments in understanding and treatment

Professor Sue Spence, Griffith University, Australia
Preventing depression in adolescents: Challenges and successes

Dr Lusia Stopa, Southampton University
Mirrors of the mind: How imagery reveals the self

Professor Tracey Wade, Flinders University, Australia
The status of prevention programmes for psychopathology
ADULT MENTAL HEALTH

Goals and Self-regulatory Processes in Depression
Convenor  Heather O’Mahen, University of Exeter
Speakers  Nicholas Moberly, University of Exeter
          Joanne Dickson, University of Liverpool
          Natasha Bloodworth, University of Exeter
          Alison Winch, Tees, Esk & Wear Valleys NHS Trust
          Stephen Barton, University of Newcastle

Advances in Behavioural Activation
Convenor  Heather O’Mahen, University of Exeter
Speakers  Dave Ekers, Durham University
          Heather A. O’Mahen, University of Exeter
          Ciara Masterson, Leeds Institute of Health Sciences
          Dean Macmillon, York University
          Dave Richards, University of Exeter Medical School

Current Evidence on Stepped Care Treatment for Depression
Convenor  Heather O’Mahen, University of Exeter
Speakers  Peter Bower, University of Manchester
          Annemieke van Straten, Vu University, Amsterdam
          Els Dozeman, Vu University
          Jacqueline J Hill, University of Exeter

New Advances in Understanding and Addressing Perfectionism
Convenor  Samantha Lloyd, King’s College London
Speakers  Samantha Lloyd, King’s College London
          Tracey Wade, Flinders University
          Osamu Kobori, University of Southampton

Adults with Severe Mental Health Conditions: Investigating the Benefits of Carer Interventions
Convenor  Juliana Onwumere, King’s College London
Speakers  Elizabeth Onwumere, King’s College London
          Claire Thompson, King’s College London
          Katie Lang, King’s College London
          Naomi Glover, University College London
          Ruminia Taylor, South London & Maudsley NHS Foundation Trust
          Fiona Lobban, Lancaster University

‘It’s Not Just What We Do It’s the Way That We Do It’: Improving clinical outcomes in CBT for complex chronic and recurrent depression through innovation in therapy and service delivery model
Convenor  Anne Garland, Nottinghamshire Healthcare NHS Trust
Speakers  Mat Rawsthorne, Academy for Recovery Coaching CIC
          Neil Nixon, Nottinghamshire Healthcare NHS Trust
          Anne Garland, Nottinghamshire Healthcare NHS Trust
          Richard Morriss, University of Nottingham
          Marcus Barker, University of Nottingham
CBT for Complex Trauma Reactions: A Series of Case Presentations

Convenor: Kerry Young, CNWL Foundation NHS Trust & Oxford University
Speakers: Deborah Lee, Berkshire Traumatic Stress Service
Amy Hardy, Kings College London
Andy Pike, South Essex Partnership University NHS Trust
Nick Young, Maudsley Hospital

Autistic Traits Across a Range of Clinical Conditions: Clinical challenges and research developments

Convenor: Kate Tchanturia, King’s College London
Speakers: William Mandy, University College London
Kate Tchanturia, King’s College London
Amita Jassi, South London and Maudsley NHS Trust
Ann Ozsivadjian, Guy’s and St Thomas’ NHS Foundation Trust

Clinical Roundtable: Are Cognitive Strategies Necessary in Therapy?

Speakers: Rob DeRubeis, University of Pennsylvania
Trudie Chalder, University College, London
Dave Richard, University of Exeter
Shiley Reynolds, University of Reading
Pim Cuijpers, VU University Amsterdam, The Netherlands

NEW DEVELOPMENTS

Debate: Current Approaches for Addressing Traumatic Memories in Distress-Related Disorders: Commonalities and Differences, Indications and Contraindications

Convenor: Thorsten Barnhofer, FU Berlin University, Germany
Speakers: Gary Brown, Royal Holloway University of London
Jonathan Wheatley, City and Hackney Primary Care Psychology
Florian Ruths, South London and Maudsley NHS Foundation Trust
Jennifer Wild, University of Oxford

BASIC PROCESSES

Rumination and Cognitive Processes in Depression

Convenor: Michelle Moulds, University of New South Wales, Australia
Speakers: Ann Martin, The University of New South Wales, Australia
Ed Watkins, University of Exeter
Katie Chung, The University of New South Wales, Australia

Memory and Imagery in Depression and Anxiety:

Convenor: Michelle Moulds, University of New South Wales, Australia
Speakers: Simon Blackwell, MRC Cognition and Brain Sciences Unit, Cambridge
Melissa Black, The University of New South Wales
Alishia Williams, Utrecht University
Emily Holmes, MRC Cognition and Brain Sciences Unit, Cambridge
Mind the Gap: Bringing Together Psychopharmacology and Cognitive Behavioural Therapy

Convenors  Simon Blackwell, MRC Cognition and Brain Sciences Unit, Cambridge and Marcus Munafò, University of Bristol

Speakers  Catherine Harmer, University of Oxford
Matt Field, University of Liverpool
Emily Holmes, MRC Cognition and Brain Sciences Unit, Cambridge and Karolinska Institutet, Sweden
David Baldwin, University of Southampton
Guy Goodwin, University of Oxford

Is it Really OK to Give Reassurance to People in Distress? Are you sure?

Convenor  Paul Salkovskis, University of Bath

Speakers  Brynjar Halldorsson, Universities of Bath
Sasha Walters, University of Bath
Adam Radomsky, Concordia University
Osamu Kobori, University of Swansea
Abigail Wroe, Royal Holloway

Building Positivity in the Mood Disorders: Recent Advances in Basic Science and Clinical Practice

Convenor  Barney Dunn, University of Exeter

Speakers  Grace Fisher, University of Exeter
Kim Wright, University of Exeter
Heather O’Mahen, University of Exeter

Modifying Cognitive Biases in Interpretation and Appraisal: New developments in experimental and clinical applications

Convenor  Marcella Woud, Ruhr-Universität Bochum, Germany

Speakers  Bundy Mackintosh, University of Essex
Melissa Black, The University of New South Wales, Australia
Elske Salemink, University of Amsterdam, The Netherlands
Leone de Voogd, University of Amsterdam, The Netherlands
Marcella Woud, Ruhr-Universität Bochum, Germany

Beyond the Trial Centre: Researching and optimising PTSD techniques in routine clinical practice

Convenor  Gary Brown, Royal Holloway University

Speakers  Evelina Medin, Royal Holloway University
Caroline Salter, Central and North-West London NHS Trust
Hannah Murray, South-West London and St Georges NHS Trust
Sharif El-Leithy, South-West London and St Georges NHS Trust

BEHAVIOURAL MEDICINE

Cognitive Behavioural Interventions for Individuals with Tics and Tourette Disorder – all you need to know to offer the best evidence-based treatments in your area

Convenor  Fiona McFarlane, Great Ormond Street Hospital

Speakers  Cris Glazebrook, University of Nottingham
Rachel Yeates, Great Ormond Street Hospital
Sophie Bennett, Great Ormond Street Hospital
Rosemary Preston, Torbay and Southern Devon Health Care
Rasha Ravenscroft, Liverpool CAMHS
### CHILD AND ADOLESCENT

**Working with Anxiety-disordered Children: The Importance of Parents**

**Convenor**
Vanessa Cobham, University of Queensland

**Speakers**
- Sam Cartwright-Hatton, University of Sussex
- Vanessa Cobham, University of Queensland, Australia
- Cathy Creswell, University of Reading
- Kerstin Thirwall, University of Reading

**Cognitive and Family Factors in Anxiety and Depression in Adolescence**

**Convenor**
Polly Waite, University of Reading

**Speakers**
- Polly Waite, University of Reading
- Faith Orchard, University of Reading
- Laura Pass, University of Reading
- Jennifer Collins, University of Oxford

**Improving Treatment of Anxiety and Depression in Adolescence**

**Convenor**
Polly Waite, University of Reading

**Speakers**
- Sue Spence, Griffith University, Australia
- Polly Waite, University of Reading
- Katy Smith, University of Reading
- Laura Pass, University of Reading
- Shirley Reynolds, University of Reading

**Clinical Roundtable: Supporting Parenting in the Context of Parental Mental Illness: How Can Adult Mental Health Services Help?**

**Convenor**
Sam Cartwright-Hatton, University of Sussex

**Speakers**
- Rachel Calam, University of Manchester
- Claire Pollard, Westminster IAPT Primary Care Services
- Helen Startup, Sussex Partnership NHS Foundation Trust

### IAPT AND PRIMARY CARE

**IAPT Update**

**Convenor**
Pam Myles, University of Reading

**Speakers**
- David M Clark, University of Oxford
- John Cape, University College London
- Kevin Jarman, NHS England
- Peter Fonagy, University College London and Kathryn Pugh, NHS England

**Low intensity Interventions: Adapting Delivery Models to Widen Access**

**Convenor**
Christopher Williams, University of Glasgow

**Speakers**
- Carrie-Anne McClay, University of Glasgow
- Jo Woodford, University of Exeter
- Mengyi Zheng, University of Glasgow
- Sarah Harris, University of Exeter
- David Osborne, University of Glasgow

**The Singer and Not the Song? Evidencing therapist effects across the IAPT stepped care model**

**Convenor**
Stephen Kellett, University of Sheffield

**Speakers**
- Nick Firth, University of Sheffield
- Dave Saxon, University of Sheffield
- Jo-Ann Periera, University of Sheffield
- Glenn Waller, University of Sheffield
**EATING DISORDERS AND IMPULSE CONTROL**

**New Developments in CBT for Eating Disorders: What can we do in real-life settings?**

**Convenor** Tracey Wade, Flinders University, Australia  
**Speakers**  
- Victoria A. Mountford, South London and Maudsley NHS Foundation Trust  
- Madeleine Tatham, Norwich, and Cambridgeshire and Peterborough NHS Foundation Trust  
- Hannah Turner, Southern Health NHS Foundation Trust, Southampton  
- Ken Goss, Coventry and Warwick Partnership Trust, Coventry  
- Glenn Waller, University of Sheffield

**INTELLECTUAL AND DEVELOPMENTAL DISABILITIES**

**CBT for People with Intellectual Disabilities: Developments in Research and Practice**

**Convenor** John L Taylor, Northumbria University  
**Speakers**  
- Ray Novaco, University of California  
- Ellen Green, Northumberland, Tyne & Wear NHS Foundation Trust  
- Dougal Hare, University of Manchester  
- Ceri Woodrow, 5 Boroughs Partnership NHS Foundation Trust

**Research and Theory-driven Developments in Understanding and Treating Anxiety in Young People with Autism Spectrum Disorder**

**Convenor** Iliana Magiati, National University of Singapore  
**Speakers**  
- Matthew Hollocks, University of Cambridge  
- Ann Ozsivadijan, Guy’s and St. Thomas NHS  
- Jacqui Rodgers, University of Newcastle

**SEVERE AND ENDURING**

**The Treatment of Traumatic Symptoms in Psychosis**

**Convenor** Craig Steel, University of Reading  
**Speakers**  
- David van den Berg, Parnassia Psychiatric Institute, Netherlands  
- Amy Hardy, Kings College London  
- Craig Steel, University of Reading  
- Mark van der Gaag, VU University, Amsterdam

**Understanding and Treating Bipolar Disorder: Results from the PARADES NIHR Research Programme**

**Convenor** Steve Jones, Lancaster University  
**Speakers**  
- Fiona Lobban, Lancaster University  
- Richard Morriss, Nottingham University  
- Peter Bartlett, Nottingham University

**Developments in CBT for Psychosis: Targeting key psychological processes**

**Convenor** Katherine Newman-Taylor, University of Southampton  
**Speakers**  
- Helen Bolderston, Bournemouth University  
- Tabitha Rothwell, University of Southampton  
- Jessica Kingston, Royal Holloway, University of London  
- Gemma Bullock, University of Southampton  
- Lusia Stopa, University of Southampton
THERAPEUTIC TECHNIQUES

Clinical Roundtable: Dilemmas and Challenges in CBT Supervision
Convenor  Michael Worrell, Central & North West London NHS Foundation Trust
Speakers Cory Newman, University of Pennsylvania
Helen Kennerley, Oxford Cognitive Therapy Centre
Stirling Moorey, South London and Maudsley NHS Trust
Sarah Corrie, Central & North West London NHS Foundation Trust

Therapist Drift in the Delivery of CBT: Convergent evidence from multiple perspectives
Convenor  Glenn Waller, University of Sheffield
Speakers  Chloe Simpson-Southward, University of Sheffield
Zachary Parker, University of Sheffield
Natasha Cowdrey, University of Sheffield
Glenn Waller, University of Sheffield

DBT in Diverse Settings
Convenor  Isabel Clarke, Southern Health NHS Foundation Trust
Speakers  Christine Dunkley, National DBT Trainer and Supervisor
Catrin Morrissey, Nottinghamshire Healthcare NHS Trust
Joanna Miatt, Derbyshire Healthcare Foundation Trust
Fiona Kennedy, Greenwood Mentors
Natalie Hulme, Southern Health NHS Foundation Trust

Training Frontline Staff in CBT: How to Provide Therapeutic Interventions When You Are Not a Therapist
Convenor  Thomas Reeves, Northumberland Tyne and Wear NHS Trust
Speakers  Patrick Roycroft, Northumberland Tyne & Wear NHS Trust;
Thomas Reeves, Northumberland Tyne & Wear NHS Trust
Michael Duffy, Queens University Belfast
Sarah Cameron, University of Newcastle

TRAINING AND PROFESSIONAL

CBT Training and Supervision: Supporting the development of competence in basic training and beyond
Convenor  Michael Worrell, Central & North West London NHS Foundation Trust
Speakers  Sheena Liness and Suzzane Byrne, King’s College London
Stirling Moorey, South London and Maudsley NHS Trust
Kate Sherratt, The University of Reading
Sarah Corrie and Michael Worrell, Central & North West London NHS Foundation Trust

Super-vision: Seeing the Way Forward
Convenor  Sarah Rakovshik, University of Oxford, Oxford Cognitive Therapy Centre
Speakers  Helen Kennerley, University of Oxford
Sarah Rakovshik, University of Oxford
Stephen Barton, Newcastle University
Anna Tornquist, SAPU Education Centre, Stockholm, Sweden
SKILLS CLASSES

Using Social Skills Training in Clinical Practice with Children and Adolescents
Sue Spence, Griffith University, Australia

Targeting the Self in the Cognitive-Behavioural Treatment of Obsessive Compulsive Disorder
Mike Kyrios, Australian National University, Australia

Cognitive Remediation Therapy for Anorexia Nervosa
Kate Tchanturi, South London and Maudsley NHS Trust

Adapting Cognitive Behavioural Interventions for People with Autism Spectrum Disorders
Ailsa Russell, University of Bath

Staying Composed, Compassionate, and Constructive in Conducting CBT Sessions with Clients who Struggle with Being Composed, Compassionate, and Constructive!
Cory Newman, University of Pennsylvania, USA

Group Psychoeducation for Bipolar Disorder
Fiona Lobban, Lancaster University

Identifying and Addressing Conflict as a Source of Psychological Distress
Tim Carey, Flinders University, Australia and Sara Tai, University of Manchester

Brief Behavioural Activation for Adolescents with Depression
Shirley Reynolds and Laura Pass, University of Reading

How to Assess and Treat Disturbed Body Image in Individuals with Eating Disorders
Victoria Mountford, King’s College London

Using Technology to Enhance Delivery of Face-to-face Cognitive Behavioural Therapy
Richard Stott, King’s College London and Emma Warnock-Parkes, University of Oxford

Exposure and Response Prevention: Adapting Skills you already have to the Treatment of Tics
Fiona McFarlene and Tara Murphy, Great Ormond Street Hospital

Introduction and Key Skills of Cognitive Behavioural Couple Therapy
Dan Kolubinski, Efficacy

Age Appropriate Augmented CBT with Older People: Wisdom Enhancement
Ken Laidlaw, University of East Anglia