



BABCP 50th Annual Conference

IMPERIAL COLLEGE LONDON

20-23 July 2022

REGISTRATIONS
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babcp2022.org

Online Programme Schedule | Thursday 21 July 2022

The programme may be subject to change. The final programme will be available at the conference. Information on accessing the online platform will be sent to delegates on Monday 18th July

9.00 – 11.00am

| Symposium 1 – Adult Mental Health

Metacompetent adherence in practice: Adaptations of Trauma-focused CBT with refugee and asylum seeking clients

- Chair: **Kerry Young**, Central and North West London NHS Foundation Trust (CNWL), UK 9.00 Overview of symposium
Kerry Young, Woodfield Trauma Service, CNWL, UK
- 9.05 Reducing feelings of being contaminated after rape using imagery and cognitive techniques
Lucinda Dixon, Oxford University Hospitals NHS Foundation Trust, UK
- 9.30 Discussion of the details of successful therapy with woman with severe PTSD and dissociation, showing how adaptations were made to standard protocols
Zoe Chessell and **Kerry Young**, Woodfield Trauma Service, CNWL, UK
- 9.55 “The memories are horrible, but the guilt is with me every day”: Working with feelings of guilt and responsibility in trauma-focused therapy
Fareeha Khan, Freedom From Torture, UK
- 10.20 Addressing guilt and shame in trauma-focused therapy with a survivor of sexual exploitation
Francesca Brady, University College, London & Woodfield Trauma Service, CNWL, UK
- 10.45 Summary and Q&A

Symposium 2 – Adult Mental Health/Child and Adolescent

The social trauma of bullying from adolescence to adulthood

- Chair: **Belinda Graham**, University of Oxford, UK
- 9.00 Peer functioning and social anxiety in adolescents: understanding the association.
Eleanor Leigh, University of Oxford, UK
- 9.20 Vulnerability for bullying victimization – Examination of heritability and risk factors in a twin-family study
Dana Martinschlede, University of Bielefeld, Germany
- 9.40 Physiological responses to social-evaluative stress in peer victimization related major depressive disorder
Klara Blauth, University of Bielefeld, Germany
- 10.00 Development and clinical utility of a new measure of cognitions related to bullying
Belinda Graham, University of Oxford, UK
- 10.20 Leaving the past behind: Updating memories of bullying in cognitive therapy for social anxiety disorder with Imagery rescripting
Jennifer Wild, University of Oxford, UK

| Panel Debate 1 – Training and Professional Issues

What do we mean by CBT these days and do we really have any sensible working definitions of the boundaries of this therapy?

- Chair: **Andrew Beck**, Bradford Teaching Hospitals Foundation Trust, UK Speakers:
Liz Ruth, University of Bradford, UK
Jess Kingston, Royal Holloway University, UK
Peter Phiri, Southern Health NHS Foundation Trust, UK
Shirley Reynolds, University of Reading, UK

Poster Presentations

Posters will be displayed on the online platform throughout the conference

Adult Mental Health

[Treating skin-picking and trichotillomania in the context of maladaptive attachment: A case study](#)

Anusha Govender, South West London & St George's Mental Health NHS Trust, UK

[Understanding barriers to accessing psychotherapy, and the potential of CBT to address these: A qualitative study of Sunni Muslims in Saudi Arabia and in the United Kingdom](#)

Hind AlHarbi, University of Exeter, UK

[Development of a Core Outcome Set for psychological therapy trials in acute mental health inpatient services](#)

Pamela Jacobsen, University of Bath, UK

[Mapping UK healthcare pathways and provision of psychological services for adults after a hospital admission with COVID-19.](#)

Kirby Evans, Oxford Health NHS Foundation Trust, UK

Basic Processes

[The rise and spread of research into intolerance of uncertainty 1994-2021 \(part 1\): An analysis of bibliometric data](#)

Christian Gamecho, Newcastle University, UK

[The rise and spread of research into intolerance of uncertainty 1994-2021 \(part 2\): Geographical spread and patterns of collaboration across the world.](#)

Bethany Sullivan, Newcastle University, UK

Child and Adolescent

[An analysis of young people's routinely collected feedback after receiving digital CBT](#)

Emily Galloghly, Healios, UK

[Third wave parenting and autism: developing digital co-facilitated supports](#)

Lisa Emerson, University of Canterbury, New Zealand

["DCBT or not DCBT, that is the question" – An Evaluation of a CAMHS Digital Cognitive Behavioural Therapy Pathway](#)

Sam Thompson, Oxford Health NHS, UK

[Understanding parents' experience of a Family Connections pilot group within a Child and Adolescent Mental Health Service](#)

Olivia Harris, Oxleas NHS Foundation Trust, UK

[The impact of attending a mental health drop-in centre for siblings of children with long term health conditions](#)

Anna Roach, UCL - Institute of Child Health, UK

[A qualitative study exploring the mental health and wellbeing of children and young people with long COVID](#)

Fiona Newlands, Great Ormond Street Institute of Child Health, University College London, UK

[Barriers to Emergency Department Clinicians' Confidence in Providing Paediatric Trauma-Informed Care](#)

Nimrah Afzal, University of Bath, UK

[Exploring the experiences of fatigue in adolescents with elevated symptoms of depression: A qualitative study](#)

Nina Higson-Sweeney, University of Bath, UK

[Psychopathic Features in a Nonclinical Group of Italian Adolescents: A Longitudinal Study](#)

Gioia Bottesi, University of Padova, Italy

IAPT and Primary Care

[A local service audit reviewing the outcome of a '3-month waitlist hold' initiative in IAPT for service-users with co-occurring substance misuse and mental health problems.](#)

Shannon Potter, Hammersmith and Fulham IAPT Service, UK

[A Qualitative Evaluation of the Delivery of Training on Cultural Sensitive Treatments within an IAPT Service \(Talking Change - Portsmouth\)](#)

Taf Kunorubwe, University of South Wales, UK

18. [Beyond Module 3: Embedding Diversity and Inclusion in the PWP curriculum](#)

Tamara Wiehe, University of Reading, UK

Behavioural Medicine

19. ["Power to the People": Training for healthcare professionals in supporting persistent pain](#)

Alex Corline, Newcastle University, UK

Training and Professional Issues

20. [Trainee Clinical Psychologists' Views on the Facilitators and Barriers to Cognitive Behavioural Practice on Clinical Training: A Thematic Exploration](#)

Lucy Hale, University of Surrey, UK

Keynote Addresses 11.30am-12.30pm

I Keynote Address 1

[On the evolution of cognitive behaviour therapy: a four-decade retrospective and a look to the future](#)

David M Clark, University of Oxford, UK

I Keynote Address 2

Is Mindfulness (-based cognitive therapy) coming of age?

Willem Kuyken, University of Oxford, UK

I Keynote Address 3

Promoting Well-Being in and out of the Clinic

Andrew Gloster, University of Basel, Switzerland

I Keynote Address 4

Action and dialogue in psychotherapy: A dance of equals

Christine Padesky, Center for Cognitive Therapy in Huntington Beach, California, USA

13.30-15.30pm

I Symposium 8 – Therapeutic Techniques and Processes

The Evolution of Mindfulness (- Based Cognitive Therapy) into new formats, populations, and contexts

Chair: **Shannon Maloney**, University of Oxford, UK

Discussant: **Barney Dunn**, University of Exeter, UK

13.30 Introduction

Shannon Maloney, University of Oxford, UK

13.40 Effectiveness and cost-effectiveness of universal school-based mindfulness training compared with normal school provision in reducing risk of mental health problems and promoting well-being in adolescence: the MYRIAD cluster randomised controlled trial

Willem Kuyken, University of Oxford, UK

14.05 MBCT finding peace in a frantic world and MBCT for Life to improve well-being and mental health in teachers and healthcare workers: two randomised controlled trials

Jesus Montero-Marin, University of Oxford, UK

14.25 Mindfulness-Based Cognitive Therapy—‘Taking it Further’ (MBCT—TiF) Compared to wait-list control in the promotion of Well-being and Mental Health: A randomised controlled trial with graduates of MBCT and MBSR

Shannon Maloney, Department of Psychiatry, University of Oxford, UK

14.50 The effect of mindfulness-based programmes on elite athlete mental health: A systematic review and meta-analysis

Kearnan Myall, University of Oxford, UK

15.15 Discussion

I Symposium 9 – Child and Adolescent

Advances in our understanding of complex child trauma and psychopathology: Aetiology and treatment

Chair: **Rebecca Davis**, University of Bath, UK,

13.30 Unravelling the contribution of complex trauma to psychopathology and cognitive deficits: a cohort study

Stephanie Lewis, Institute of Psychiatry, Psychology & Neuroscience, King's College London, UK

13.50 Voice hearing in children and adolescents with PTSD

Katie Lofthouse, University of East Anglia, UK

14.10 Six Simple Systematic Reviews: correlates and predictors of post-traumatic stress disorder (and its treatment) in children and young people.

Richard Meiser-Stedman, University of East Anglia, UK

14.30 Exploring differences in the diagnosis and treatment decisions for children in care compared to their peers: An experimental study on Post-Traumatic Stress Disorder

Rosie McGuire, University College London, UK

14.50 A meta-analytic review of group-based interventions for treating post-traumatic stress symptoms in children and adolescents

Rebecca Davis, University of Bath, UK

I Symposium 10 – IAPT and Primary Care

Lessons learned in making IAPT work for everyone. Whose IAPT is it anyway?

Convenor: **Leila Lawton**, South London & Maudsley NHS Trust, UK

Chair: **Peter Phiri**, University of Southampton, UK

13.30 Lessons Learned in Making IAPT Work for Everyone- Whose IAPT is it anyway?

Peter Phiri, University of Southampton, UK

13.40 Gypsy Roma Travellers Community; a forgotten people, counting the cost and seeking to address the disparity

Daniela Zigova, Bromley Healthcare, UK

14.00 Putting Theory into practice in IAPT working with Asylum Seekers & Refugees

- Rani Griffiths**, Berkshire Healthcare NHS Foundation Trust, UK
- 14.20 Race Identity and Me- New Narratives in CBT recognising the Role of Racism-providing Therapy
Leila Lawton, South London & Maudsley NHS Trust, UK
- 14.40 Mental health & help-seeking: Exploring the views of British Bangladeshi Muslim Men
Shah Alam, East London NHS Foundation Trust, UK
- 15.00 Discussion and Q&A

Keynote Addresses

16.00-17.00pm

I Keynote Address 5

Making CBT for OCD better one experiment, one belief, one step at a time

Adam Radomsky, Concordia University, Canada

I Keynote Address 6

Learning how to feel good: Development of a novel therapy to target wellbeing and positive mood in depression

Barney Dunn, University of Exeter, UK

I Keynote Address 7

Low intensity interventions for anxiety and depression with and without long term conditions

Karina Lovell, University of Manchester, UK

I Keynote Address 8

Cultivating Ecosystems of Care: Mindfulness, action, and compassion

Sona Dimidjian, University of Colorado Boulder, USA

Programme Schedule | Friday 22 July 2022

9.00 – 11.00am

I Panel Debate 4 – Training and Professional Issues **CBT in Action: Responding to the war in Ukraine**

Chair: **Andrew Beck**, Bradford Teaching Hospitals Foundation Trust, UK

Panel: **William Yule**, King's College London, UK

Meera Bahu, South London and Maudsley NHS Foundation Trust, UK

Richard Meiser-Stedman, University of East Anglia, UK

Idit Albert, King's College London and South London & Maudsley NHS Foundation Trust, UK

John Green, Central and North West London NHS Foundation Trust, UK

I Symposium 16 – Severe and Enduring Problems

Harnessing digital technology to develop an inclusive and effective new treatment for paranoia: The story of SlowMo

Convenor: **Amy Hardy**, King's College London; South London & Maudsley NHS Foundation Trust, UK

Chair: **Filippo Varese**, University of Manchester and Greater Manchester Mental Health Foundation Trust, UK

9.00 Bridging the 'digital divide' in psychological therapies: Engagement with the SlowMo mobile app for paranoia in psychosis

Amy Hardy, Institute of Psychiatry, Psychology & Neuroscience, King's College London, UK

9.25 SlowMo therapy, a new digital blended therapy for fear of harm from others: An account of therapy personalisation within a targeted intervention.

Thomas Ward, Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, UK & South London and Maudsley NHS Foundation Trust, London, UK

9.50 Innovations in patient and public involvement and the service user experience of a blended CBT therapy

Kathryn Greenwood, Sussex Partnership NHS Foundation Trust and University of Sussex; Angie Culum. Service User Researcher, UK

10.15 Effects and Active Ingredients of SlowMo, a Blended Digital Therapy Targeting Reasoning, on Paranoia Among People with Psychosis: A Randomized Clinical Trial

Philippa Garety, King's College London

I Symposium 17 – Child and Adolescent

Disorder-specific Cognitive Therapy adapted for adolescents with Social Anxiety Disorder and Panic Disorder: Recent advances and evidence of effectiveness

Chair: **Polly Waite**, University of Reading, UK

9.00 Internet-delivered Cognitive Therapy for adolescent social anxiety disorder (OSCA): a randomised controlled trial in schools.

Eleanor Leigh, University of Oxford, UK

9.20 Brief treatment for adolescents with panic disorder: preliminary findings from the PANDA feasibility randomised controlled trial comparing brief cognitive therapy to a general form of CBT

Polly Waite, University of Reading, UK

9.40 The acceptability of brief cognitive therapy and general CBT for panic disorder: adolescent and parent experiences of treatment

Laura Maratchi, Berkshire Healthcare Foundation NHS Trust, UK; **Mark Jeavons**, University of Reading, UK

10.20 Can low intensity practitioners be trained to deliver internet Cognitive Therapy for adolescent social anxiety disorder in schools? A pilot study.

Rosie Nicol-Harper, University of Oxford, UK

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Poster Presentations

Posters will be displayed on the online platform throughout the conference

Adult Mental Health

The implementation of a digital skills-based CBT intervention for individuals with subthreshold Borderline Personality Disorder (BPD)

Elea Drews Windeck, University of Sussex, UK

How well do Cognitive Behavioural Therapy (CBT) and Behavioural Activation (BA) for depression repair anhedonia? A secondary analysis of the COBRA randomised controlled trial

Batool Alalsayednasser, University of Exeter, UK

Impact of metacognitions and brooding in patients with anxiety disorders: more symptoms and decreased quality of life **Beatriz Rueda**, National University of Distance Education, Spain

An evaluation of Anxiety UK's psychological therapy service outcomes **Nicky Lidbetter**, Anxiety UK

Basic Processes

The effect of depressive symptoms on working memory for social and non-social relationships

Karina Grunewald, University of New South Wales, Australia

Investigating the Effects of Involuntary Mental Imagery

Mahdi Bagheri, Ruhr-Universität Bochum, Germany

Repetitive negative thinking and emotional exhaustion: unveiling the role of self-judgment and self-kindness in a moderated mediation model

Julieta Azevedo, University of Coimbra, Portugal

Behavioural Medicine

Mechanisms of change in psychological therapies for chronic pain: A systematic review

Jo Daniels, University of Bath, UK

Child and Adolescent

Low intensity psychological interventions for the treatment of eating disorders **Emily Davey**, UCL Great Ormond Street Institute of Child Health, UK

Evaluating the Feasibility, Acceptability, and Effectiveness of Online DBT Skills Groups for Adolescents and Their Caregivers during the COVID-19 Pandemic

Kenny Chiu, University of East Anglia, UK

Making it work: Pilot study of a brief Acceptance and Commitment Therapy (ACT) intervention in a non-clinical setting to improve vocational outcomes

Debbie Brewin, Mind-Growth Mastery Community Interest Company & Kings College London, UK

Therapeutic Techniques and Processes

Effectiveness of Cognitive Behavioural Therapy within a hospital setting (specifically relating to hands)

Victoria Lucas, University Hospital of Derby & Burton, UK

Cognitive Behavioural Therapy treatment for a Fear of Hypoglycaemia within primary care: A Case Study **Josie Bannon**, Devon Partnership NHS Trust, UK; and **Anna Disney**, Devon Partnership NHS Trust, UK

Demonstration of a 'Leapfrog' Trial as a Method to Accelerate the Development and Optimization of Psychological Treatments

Simon Blackwell, Ruhr-Universität Bochum, Bochum, Germany

Living Well with Illness: Evaluation of a Transdiagnostic Compassion-Focused Therapy Group for Long-Term Health Conditions (Virtual)

Rachel Snodgrass, Newcastle University, UK

Building my resilience in less than an hour – Feasibility, Acceptability and Appropriateness of a single session online wellbeing intervention, The Common Elements Toolbox (COMET), for UK university students

Maria Loades, University of Bath, UK

Dissonance-based prevention of eating pathology in non-Western cultures: A randomized controlled trial of the Body Project among young Saudi adult women

Munirah Alshebali, Basic Sciences and Studies Department, College of Community, Princess Nourah bint Abdulrahman University, Saudi Arabia & Department of Psychology, University of Sheffield, UK

A qualitative study of the experiences of cognitive behavioural therapists working with interpreters remotely

Jennifer Wardman-Browne, University of Essex

Keynote Addresses

11.30am-12.30pm

I Keynote Address 9

Compassion as an integrating process in psychotherapy

Paul Gilbert, University of Derby, UK

I Keynote Address 10

Increasing access to CBT for child anxiety problems

Cathy Creswell, University of Oxford, UK

I Keynote Address 11

Current status of cultural adaptations to CBT – A global perspective

Shanaya Rathod, Southern Health NHS Foundation Trust and University of Portsmouth, UK

13.30 -15.30pm

I Symposium 25 – Adult Mental Health

Treating depression using Augmented Depression Therapy and Behavioural Activation: Emerging insights and future directions

Chair: **Barney Dunn**, University of Exeter, UK

Discussants: **Barney Dunn**, University of Exeter, UK and **Nigel Reed**, Expert by Experience

13.30 Exploring clients experiences of undertaking Augmented Depression Therapy (ADepT): A qualitative interview study.

Barney Dunn, University of Exeter

13.55 Preliminary evaluation of a training pathway for Augmented Depression Therapy for high intensity therapists in IAPT settings

Laura Warbrick, University of Exeter

14.20 A case series evaluation of Augmented Depression Therapy (ADepT) for treatment of depression in young adults

James Carson, University of Exeter, UK

14.45 “But doesn’t that lead to hypomania?”: A multiple baseline case series of Behavioural Activation for bipolar depression.

Kim Wright, University of Exeter, UK

I Symposium 26 – IAPT and Primary Care

Expanding and supporting choice in IAPT: Outcomes from a patient preference trial of guided self- help for anxiety disorders

Chair: **Stephen Kellett**, University of Sheffield, and Rotherham Doncaster and South Humber NHS Foundation Trust, UK

13.30 What is a patient preference trial? How did we support choice of intervention, how did we support PWP and how did we gather the outcomes?

Charlotte Bee and Jess Smithies, Pennine Care NHS, UK

13.50 Assessing how the therapies were delivered: the relationship between PWP competence and patient outcome

Niall Power, The University of Sheffield, UK

14.10 The acceptability of cognitive analytic guided self-help to PWPs

Stephen Kellett, University of Sheffield, and Rotherham Doncaster and South Humber NHS Foundation Trust, UK

14.30 Main outcome from the randomised patient preference trial.

Mel Simmonds-Buckley, University of Sheffield, UK

14.50 Comparing idiographic change in cognitive analytic and cognitive behavioural guided self-help

Emma Headley, University of Sheffield, UK

I Panel Debate 7 – Adult Mental Health

List 25 Psychologists whose work you intend to ignore, and justify your choice': A tribute to Stanley 'Jack' Rachman

Convenor: **Roz Shafran**, University College London Institute of Child Health, UK

Speakers: **William Yule**, Kings College London, UK

Adam Radomsky, Concordia University, Canada

Paul Salkovskis, Oxford University, UK

David M Clark, Oxford University, UK

Roz Shafran, University College London Institute of Child Health, UK

Keynote Addresses 16.00 - 17.00pm

Keynote Address 12

Too good for your own good? Advances in the understanding and treatment of clinical perfectionism

Roz Shafran, UCL Great Ormond Street Institute of Child Health, UK

Keynote Address 13

The development of CBT in the UK: A personal perspective

Kate Davidson, University of Glasgow, UK

Keynote Address 14

Creating an evidence-based digital CBT program for depression and anxiety in long term conditions: Putting the cart before the horse

Rona Moss Morris, Kings College London, UK

Programme Schedule | Saturday 23 July 2022 9.00 – 11.00am

| Symposium 32 – Adult Mental Health

New developments in OCD

Convenor: **Sandra Krause**, Concordia University, Canada

Chair: **Paul Salkovskis**, University of Oxford, UK

Discussant: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health, UK

9.00 Childhood experiences associated with heightened responsibility for self vs others in obsessive-compulsive disorder

Lucas Shelemy, University of Oxford, UK (Pre Recorded Presentation)

9.25 Is that really who I am? An experimental investigation of perceptions of violation of the self and mental contamination

Sandra Krause, Concordia University, Canada

9.50 Responses to autobiographical imagery involving being perpetrator or victim of betrayal in OCD and control participants

Paul Salkovskis, University of Oxford, UK

10.15 Appraisals of intrusions: The role of threat and intolerance of uncertainty across OCD-like, Worry-like and Psychosis-like personally salient intrusive experiences

Mark Freeston, Newcastle University UK

10.40 Discussion

Roz Shafran, UCL Great Ormond Street Institute of Child Health, UK

| Symposium 33 – Training and Professional Issues

Making the most of the possibilities in clinical research

Chair: **Simon Blackwell**, Ruhr-Universität Bochum, Germany

9.00 The benefits of open research for clinical science

Katherine Button, University of Bath, UK

9.20 Research skills; What should be on the curriculum for trainee clinicians?

Pamela Jacobsen, University of Bath, UK

9.40 Accessing support and advice to build clinical research: the NIHR Mental Health Research Incubator

Cathy Creswell, University of Oxford, UK

10.00 How best to establish 'proof of concept' for novel psychological therapies: Opportunities and challenges

Barney Dunn, University of Exeter, UK

10.20 Making the leap: from experimental psychopathology to clinical trials

Simon Blackwell, Ruhr-Universität Bochum, Bochum, Germany

Keynote Addresses

11.30am-12.30pm

Keynote Address 15

What's behaviour got to do with it? Keeping the B in CBT

Paul Salkovskis, University of Oxford, UK

Keynote Address 16

Reward sensitivity as a treatment target for depression and anxiety

Michelle Craske, University of California, Los Angeles

13.30 -15.30pm

| Symposium 38 – Child and Adolescent

Parent interventions in the prevention and treatment of children’s mental health difficulties

Convenor: **Chloe Chessell**, University of Reading, UK

Chair and

discussant: **Cathy Creswell**, University of Oxford, UK

13.30 How does parental psychosis impact children and families, and what interventions have been designed to help?

Jessica Radley, University of Oxford, UK

13.55 Anxiety disorders in offspring of parents with mood disorders- Risks of disorders and parenting experiences

En-nien Tu, University of Oxford, UK

14.20 Preventing Family Transmission of Anxiety: Feasibility RCT of a Brief Intervention for Parents.

Sam Cartwright-Hatton, University of Sussex, UK

14.45 Therapist guided, parent-led, CBT for preadolescent children with OCD

Chloe Chessell, University of Reading, UK

| Panel Debate 8 – Adult Mental Health

Is this as good as it’s going to get—have we reached the “efficacy ceiling” in CBT for depression?

Convenor: **Jon Wheatley**, Homerton Healthcare NHS Trust, UK

Speakers: **Barney Dunn**, University of Exeter, UK

Stephen Barton, Newcastle CBT Centre, UK

Richard Moore, Private Practice, Cambridge, UK

Willem Kuyken, University of Oxford, UK

Shirley Reynolds, University of Reading, UK

Nigel Reed, Expert by experience, UK