



BABCP 50th Annual Conference

IMPERIAL COLLEGE LONDON

20-23 July 2022

REGISTRATIONS
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Programme Schedule | Thursday 21 July 2022

The programme maybe subject to change. The final programme will be available at the conference.

9.00 – 11.00am

| Symposium 1 – Adult Mental Health – The Great Hall *Sherfield Building*

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 – Lecture Theatre 308 *Huxley Building*

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 Martinschledde, 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 – Lecture Theatre 311 *Huxley Building*

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

| Symposium 3 – Therapeutic Techniques and Processes – Clore Lecture Theatre *Huxley Building*
Novel Developments in Acceptance and Commitment Therapy

Chair: **TBC**

- 9.00 Online ACT for Type I Diabetes: A Single Case Experimental Design to Examine Feasibility, Acceptability and Preliminary Effectiveness
Greta Somaini, Royal Holloway. University of London, UK
- 9.20 Brief Internet-Based Acceptance and Commitment Therapy Intervention for Parents in the Postpartum
Hannah Palma Carlos, Royal Holloway. University of London, UK
- 9.40 Process-based analyses of the Acceptance and Commitment Therapy model
Ian Tyndall, University of Chichester, UK
- 10.00 Development of a novel, person-centred psychological intervention (ACT+) based on acceptance and commitment therapy to improve quality of life in patients living with and beyond cancer
Elisavet Moschopoulou, Queen Mary University of London, UK
- 10.20 Integrating ACT components in CBT training: Trainee appetite and supervisor preparedness
Fiona Mathieson, University of Otago, Wellington, New Zealand

| Symposium 4 – Adult Mental Health – Read Lecture Theatre 5 *Sherfield Building*

Mindfulness in restrictive Settings: challenges and opportunities

Chair: **Pamela Jacobsen**, University of Bath, UK

Discussant: **Willem Kuyken**, University of Oxford, UK

- 9.00 Being mindful in unmindful places; the challenge of psychiatric wards
Pamela Jacobsen, University of Bath, UK
- 9.30 Mindfulness and Yoga-based Approaches for Inpatients with Schizophrenia Spectrum Disorders
Kerem Boge, Charité Universitätsmedizin Berlin, Germany
- 10.00 The Pentonville Prison Mindfulness Project: Benefits for prisoners and staff
Pamela Jacobsen, University of Bath, UK
- 10.30 Discussion

| Symposium 5 – Child and Adolescent – Pippard Lecture Theatre 5 *Sherfield Building*

Innovation in working with children, young people and parents

Chair: **TBC**

- 9.00 Can psychological flexibility predict perinatal depression and flourishing from pregnancy to the postpartum phase? A longitudinal study
Zaynab Al-Khooe, Royal Holloway. University of London, UK
- 9.20 The development and evaluation of Cognitive Behavioural Therapy (CBT) for chronic loneliness in children and young people
Tom Cawthorne, Royal Holloway. University of London, UK
- 9.40 Developing a cognitive bias modification training task for alleviating loneliness in young people
Laura Riddleston, King's College London, UK
- 10.00 Development and Usability of the KibA app: An mHealth Application to Support Exposure-Based Cognitive Behaviour Therapy in Children and Adolescents
Anke Klein, Leiden University, the Netherlands
- 10.20 Social anxiety and likeability in adolescents: A longitudinal study
Jeanine Baartmans, Leiden University, the Netherlands

| Symposium 6 – Adult Mental Health – Lecture Theatre 340 *Huxley Building*

Advances in CBT for eating disorders

Chair: **Glenn Waller**, University of Sheffield, UK

- 9.00 Introduction
Glenn Waller, University of Sheffield, UK
- 9.05 A Digital Self-Help Form of Enhanced Cognitive Behaviour Therapy
Rebecca Murphy, University of Oxford, UK
- 9.25 Brief Group Cognitive Behavioural Therapy for Non-Underweight Eating Disorders (CBT-T): feasibility and acceptability
Elana Moore, South Yorkshire Eating Disorder Association (SYEDA), UK
- 9.45 Developing the Cognitive Behaviour Therapy Scale for Eating Disorders (CBTS-ED): A tool for rating clinician performance in delivering evidence-based CBT for eating disorders
Jessica Beard, University of Sheffield, UK
- 10.05 Improving availability of CBT for eating disorders: Delivering therapy via the workplace
Carla Toro, University of Warwick, UK
- 10.25 'Severe and Enduring Eating Disorders': A Snark for our times?
Glenn Waller, The University of Sheffield, UK
- 10.45 Questions and discussion

| Symposium 7 – Training and Professional Issues – Classroom 341 Huxley Building

How should CBT therapists respond to climate and eco-anxiety?

Convenor: **Elizabeth Marks**, University of Bath, UK

Chair: **Marc Williams**, Cardiff University, UK

9.00 The psychological burdens of the climate and biodiversity crises - what they are and why they matter

Elizabeth Marks, University of Bath, UK; **Elouise Mayall** Expert by experience

9.35 Environmental Identity-Based Cognitive and Behavioral Therapies

Thomas Doherty, Sustainable Self, USA

10.05 Climate Anxiety and Acceptance and Commitment Therapy

Marc Williams, Cardiff University, UK

10.25 What can CBT therapists offer the climate anxious?

Elizabeth Marks, University of Bath, UK

10.40 Discussion and Q&A

| Clinical Roundtable 1 – Basic Procedures – Classroom 342 Huxley Building

How therapy works: Perspectives on how different approaches to anxiety lead to change

Chair: **Mark Freeston**, Newcastle University, UK

Speakers: **Colette Hirsch**, South London and Maudsley NHS Foundation Trust and Kings College London, UK

Layla Mofrad, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust and Newcastle University, UK

Matt Stalker, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust and Newcastle University, UK

Jessica Komes, Newcastle University, UK

Clara Strauss, University of Sussex and Sussex Partnership Foundation NHS Trust, UK

Clinical Skills Class 1 – Therapeutic Techniques and Processes – Classroom SALC 1 Sherfield Building

Behavioural interventions for working with couples

Dan Kolubinski, London South Bank University, UK and **Marion Cuddy**, South London and Maudsley NHS Trust, UK

Clinical Skills Class 2 – Therapeutic Techniques and Processes – Classroom SALC 5 Sherfield Building

Using Metaphor to promote Self-acceptance

Richard Bennett, University of Birmingham, UK and **Joe Oliver**, University College London, UK

Clinical Skills Class 3 – Therapeutic Techniques and Processes – Classroom SALC 6 Sherfield Building

How to Combine empathy and confrontation to navigate therapeutic ruptures with difficult clients

Ruth McCutcheon and **Saskia Ohlin**, Academy of Schema Therapy, UK

Half Day In Conference Workshops (Pre-booked separate registration required)

9.15am – 12.30pm

| Workshop 1 – Training and Professional Issues – Classroom SALC 7 Sherfield Building

Whose avoidance is it anyway? Formulating client AND therapist emotional avoidance in CBT **Vickie Presley**, Coventry University, UK

| Workshop 2 – Therapeutic Techniques and Processes – Classroom SALC 10 Sherfield Building Behavioural experiments for intolerance of uncertainty: A new treatment for Generalized Anxiety Disorder

Michel Dugas, University of Quebec in Outaouais, Canada; and **Roz Shafran**, University College London, UK

Poster Presentations – Queens Tower Room

Posters will be displayed between 9.00am-6.00pm. Presenters will be standing with their Posters throughout the breaks and during the Poster session from 5.00-6.00pm.

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** – The Great Hall *Sherfield Building*

[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** – Lecture Theatre 308 *Huxley Building*

[Is Mindfulness \(-based cognitive therapy\) coming of age?](#)

Willem Kuyken, University of Oxford, UK

I **Keynote Address 3** – Lecture Theatre 311 *Huxley Building*

[Promoting Well-Being in and out of the Clinic](#)

Andrew Gloster, University of Basel, Switzerland

I **Keynote Address 4 (Pre-recorded presentation)** – Read Lecture Theatre *Sherfield Building*

[Action and dialogue in psychotherapy: A dance of equals](#)

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

11.30am-12.30pm

| Panel Debate 2 – Training and Professional Issues – Classroom 341 Huxley Building

What role should CBT and BABCP play in responding to the climate and biodiversity crises?

Chair: **Amanda Cole**, Private practice, UK

Speakers: **Liz Marks**, University of Bath, UK

Elouise Mayall, Expert by experience

Marc Williams, University of Cardiff, UK

Special Interest Group meetings

| Couples Special Interest Group

11.30am – 12.30pm Classroom SALC 1 *Sherfield Building*

13.30-15.30pm

| Symposium 8 – Therapeutic Techniques and Processes – The Great Hall Sherfield Building

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

| Symposium 9 – Child and Adolescent – Lecture Theatre 308 Huxley Building

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

| Symposium 10 – IAPT and Primary Care – Lecture Theatre 311 Huxley Building

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

| Symposium 11 – Adult Mental Health – Clore Lecture Theatre *Huxley Building*

Innovations in Perinatal Mental Health Treatment Interventions

- Convenor: **Heather O'Mahen**, University of Exeter, UK
Chair: **tbc**
- 13.30 Effectiveness of cognitive behavioural therapy-based interventions for maternal perinatal depression: a systematic review and meta-analysis
Danelle Pettman, University of Uppsala, Sweden; **Heather O'Mahen**, University of Exeter, UK
- 13.55 Are exposure-based treatments acceptable for women with anxiety disorders in pregnancy: the ADEPT study
Fiona Challacombe, Kings College London, UK
- 14.20 Remote Delivered Acceptance and Commitment Therapy for Perinatal Mood and Anxiety Disorders: a feasibility and proof of concept study
Cerith Waters, University of Cardiff, UK
- 14.45 What are the potential benefits of a parenting intervention like Baby Triple P to perinatal women's mental health and their infants?
Anja Wittkowski, University of Manchester, UK

| Symposium 12 – Severe and Enduring Problems – Read Lecture Theatre *Sherfield Building*

Interventions for parents with serious mental illness

- Chair: **Lynsey Gregg**, University of Manchester, UK
Discussant: **Louise Johns**, University of Oxford, UK
- 13.30 The Triple P Positive Parenting Programme for Parents with Psychosis
Lynsey Gregg, University of Manchester, UK
- 13.55 What are the needs and experiences of parents with psychosis and what interventions exist to address these needs?
Jessica Radley, University of Oxford, UK
- 14.20 Parents with serious mental illness: how do they conceptualise their support needs and what inpatient intervention is available?
Abby Dunn, University of Sussex, UK
- 14.45 Me, My Child & Us: A parenting intervention for parents with psychosis.
Nithura Sivarajah, University of Oxford, Oxford Health NHS Foundation Trust, UK
- 15.10 Discussion

| Symposium 13 – Child and Adolescent – Pippard Lecture Theatre *Sherfield Building*

Cognitive and behavioural interventions for children and young people

- Chair: **TBC**
- 13.30 Introduction to the panel
- 13.40 Mental Health Interventions for Children with Epilepsy (MICE)
Sophie Bennett, UCL Great Ormond Street Institute of Child Health, UK
- 14.00 A Mental Health Drop-In Centre Offering Brief Transdiagnostic Psychological Assessment and Treatment in a Paediatric Hospital Setting
Roz Shafran, UCL Great Ormond Street Institute of Child Health, UK
- 14.20 Mental health interventions for children and young people with long-term health conditions in Children and Young People's Mental Health Services in England
Tom King, UCL Great Ormond Street Institute of Child Health, UK
- 14.40 Illness related cognitions and Mental Health in Teenage and Young Adult Cancer Survivors
Cara Davis, University of Bath, UK
- 15.00 A cognitive behavioural intervention for low self-esteem in young people who have experienced stigma, prejudice, or discrimination: An uncontrolled acceptability and feasibility study
Katharine Rimes, Institute of Psychiatry, Psychology and Neuroscience, King's College London, UK

| Clinical Roundtable 2 – Child and Adolescent – Lecture Theatre 340 *Huxley Building*
Advances and challenges of implementing the LI approach in CYP-MH – Clinical and service dilemmas/developments

Chair: **Markku Wood**, Northumbria University, UK
Speakers: **Catherine Gallop**, Exeter University, UK
Susanna Payne, Kings College London, UK
Vicky Curry and **Lili Lee**, Kings College London, UK
Melaka Janbaksh, Exeter, UK
Mike Turnbull, Northumbria University, UK
Hannah Sherberski, Exeter, UK

| Symposium 14 – Severe and Enduring Problems – Classroom SALC 5 *Sherfield Building*
Dehumanisation, stigma, and epistemic injustice in psychosis

Chair: **Pamela Jacobsen**, University of Bath, UK
13.30 Epistemic injustice: An introduction to the concept
David Harper, University of East London, UK
13.55 Epistemic injustice amongst clinical and non-clinical voice-hearers: a qualitative thematic analysis study
Olivia Harris, Oxleas NHS Foundation Trust, UK
14.40 Experiences of Dehumanisation in People with Psychosis: A Conceptualisation, Measure Development and Therapeutic Intervention
Tom Jenkins, University of Bath, UK
14.45 Dehumanisation in Voice Hearers: The End of Continua
Bethany Venus, University of Bath, UK

| Symposium 15 – Adult Mental Health – Classroom SALC 6 *Sherfield Building*
Addressing Intimate Partner Abuse (IPA) perpetrated by heterosexual men in substance use treatment: The ADVANCE Programme

Convenor: **Elizabeth Gilchrist**, University of Edinburgh, UK
Chair: **Gail Gilchrist**, Kings College London, UK
13.30 Designing and adapting an intervention for partner abusive men in drug and alcohol treatment before and during the pandemic: the ADVANCE intervention
Elizabeth Gilchrist, University of Edinburgh, UK
14.00 Substance Use and Intimate Partner Abuse (IPA): A Descriptive Model of the Pathways Between Substance Use and IPA Perpetration for Men
Amy Johnson, University of Edinburgh, UK
14.30 The feasibility and acceptability of delivering the ADVANCE group intervention (completed) and the ADVANCE digital intervention (ongoing) in substance use treatment.
Gail Gilchrist, Kings College London, UK
15.00 Discussion

| Clinical Skills Class 4 – Adult Mental Health – Classroom 341 *Huxley Building*

Cue exposure for binge-eating in eating disorders: What to do when our conventional approaches to bingeing are just not working?
Glenn Waller, University of Sheffield, UK

| Clinical Skills Class 5 – Adult Mental Health – Classroom 342 *Huxley Building*

Cognitive Therapy for Moral Injury in PTSD
Hannah Murray, Oxford Centre for Anxiety Disorders and Trauma, University of Oxford, UK and **Sharif El Leithy**, Traumatic Stress Service, London, UK

Half Day In Conference Workshops (Pre-booked separate registration required)

13.30 – 17.00pm

Workshop 3 – Therapeutic Techniques and Processes – Classroom SALC 7 *Sherfield Building*

Best practice in digital mental health support: Benefits, challenges and opportunities

Hannah Wilson, MediaCity Psychology, UK and **Mary Welford**, Compassion in Mind, UK

Workshop 4 – Therapeutic Techniques and Processes – Classroom SALC 10 *Sherfield Building*

Fifty years of Cognitive Therapy for Depression: What have we learned about helping our trickiest cases?

Richard Moore, Private Practice, Cambridge, UK

Keynote Addresses

16.00-17.00pm

I Keynote Address 5 – The Great Hall *Sherfield Building*

Chair: **tbc**

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

Adam Radomsky, Concordia University, Canada

I Keynote Address 6 – Lecture Theatre 308 *Huxley Building*

Chair: **tbc**

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 – Lecture Theatre 311 *Huxley Building*

Chair: **tbc**

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

Karina Lovell, University of Manchester, UK

I Keynote Address 8 (Pre-recorded presentation) – Read Lecture Theatre *Sherfield Building*

Chair: **tbc**

Cultivating Ecosystems of Care: Mindfulness, action, and compassion

Sona Dimidjian, University of Colorado Boulder, USA

16.00-17.00pm

I Panel Debate 3 – Training and Professional Issues – Classroom 341 *Huxley Building*

Accreditation: A vital development or not worth the paper it is written on?

Chair: **Freda McManus**, BABCP

Panel: **Amanda Cole**, Devon, UK

Paul Edwards, Expert by experience

Elizabeth Ruth, University of Bradford

Other panel members TBC

Special Interest Group meetings

I Neurodiversity Special Interest Group

16.00 - 17.00pm Classroom SALC 5 *Sherfield Building*

Programme Schedule | Friday 22 July 2022

9.00 – 11.00am

| Panel Debate 4 – Training and Professional Issues – The Great Hall *Sherfield Building*

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

| Symposium 16 – Severe and Enduring Problems – Lecture Theatre 308 *Huxley Building*

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

| Symposium 17 – Child and Adolescent – Lecture Theatre 311 *Huxley Building*

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

| Symposium 18 – Behavioural Medicine – Clore Lecture Theatre *Huxley Building*

The Presentation and Treatment of long COVID across the lifespan

Convenor: **Fiona Newlands**, UCL Great Ormond Street Institute of Child Health, UK

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

9.00 The presentation of long COVID in young adults

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

9.30 "I am only half left" – a qualitative exploration of long COVID patients' existential loss and its impact on their identity and wellbeing

Chao Fang, Institute of Education, University College London, UK

10.00 A transdiagnostic approach to long Covid: case study

Trudie Chalder, King's College London, UK

10.30 Discussion

Isobel Heyman, UCL Great Ormond Street Institute of Child Health, UK

| Symposium 19 – Severe and Enduring Problems – Read Lecture Theatre 5 *Sherfield Building*
Innovative approaches to address specific maintenance factors in psychosis

Chair: **Lyn Ellett**, University of Southampton, UK

9.00 Outcomes from a pilot randomized controlled trial of a targeted online intervention to reduce the impact of cannabis use on psychosis risk.

Thomas Richardson, University of Southampton, UK

9.25 Therapists experiences of applying EMDR with people experiencing psychosis

Tess Maguire, University of Southampton, UK

9.50 Pathways from insecure attachment to paranoia: the mediating role of emotion regulation

Katherine Newman-Taylor, University of Southampton, UK

10.15 Self-structure and persecutory delusions

Lyn Ellett, University of Southampton, UK

| Panel Debate 5 – Adult Mental Health – Pippard Lecture Theatre 5 *Sherfield Building*
After five decades of research on Generalised Anxiety Disorder, should we be worried?

Chair: **Jon Wheatley**, Homerton University Hospital NHS Foundation Trust, UK

Panel: **Mark Freeston**, Newcastle University, UK

Colette Hirsch, South London and Maudsley NHS Foundation Trust and Kings College London, UK

Michel Dugas, University of Quebec in Outaouais, Canada

Layla Mofrad, CNTW NHS Foundation Trust and Newcastle University, UK

| Symposium 20 – Adult Mental Health – Lecture Theatre 340 *Huxley Building*

CBT for the senses: Research and stories on sensory sensitivity from the fields of psychology, audiology and neurodiversity

Convenor: **Jane Gregory**, University of Oxford, UK

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

9.00 Cognitive Behaviour Therapy (CBT) for Depersonalization Derealization Disorder (DDD): A Self-Controlled Cross-Over Study of Wait List versus Active Treatment

Elaine Hunter, University College London, UK

9.20 Audiologist-Delivered Cognitive Behavioural Therapy for Tinnitus and Sound Intolerance

Hashir Aazh, Royal Surrey NHS Foundation Trust, UK

9.40 From therapy to research: In support of CBT for misophonia

Jane Gregory, University of Oxford, UK and Expert by experience (anonymous by request)

10.10 Autism and Sensory beyond DSM-5: A shared understanding between Clinicians and Autistic young people with lived experience of sensory processing difference

Sarah Wilcock, Oxford Health NHS Foundation Trust, UK

10.30 Discussion

Paul Salkovskis, University of Oxford, UK

| Panel Debate 6 – Training and Professional Issues – Classroom 342 *Huxley Building*

When CBT meets CDI: How do we meaningfully address issues of culture, diversity, and inclusion in the training and supervision of psychological therapists?

Convenor: **Juliana Onwumere**, King's College, London, UK

Chair: **Majella Byrne**, King's College, London, UK

Susanna Payne, King's College London, UK

Anthony Taylor, Expert by Experience

Margo Ononaiye, University of Southampton, UK

Leila Lawton, South London & Maudsley NHS Foundation, UK

| Symposium 21 – Adult Mental Health – Classroom SALC 1 *Sherfield Building*

What makes groupwork work?

Chair: **Nicola Walker**, University of Sheffield, UK

9.00 Making Affirmative CBT Groups Work for Sexual and Gender Minority Youth: The Role of Facilitator Training
Shelley Craig, University of Toronto, Canada (Pre Recorded Presentation)

9.20 The initial design and programme theory for a new work-focused psychotherapeutic intervention to treat moderate- severe recurrent depression and enhance job retention.

Nicola Walker, University of Sheffield, UK

9.40 Arts for the Blues – a new creative evidence- based group psychotherapy for depression

Joanna Omylinska-Thurston, Greater Manchester Mental Health Trust and University of Salford, UK (Pre Recorded Presentation)

10.00 What makes us the same and what makes us different? Exploring challenges in the design and description of group arts therapies practice within randomised controlled trials.

Catherine Carr, Queen Mary University of London, East London NHS Foundation Trust

- 10.20 The Mechanisms of Action in Group Interventions (MAGI) framework for designing, delivering and evaluating group-based interventions: applicability to group therapies?
Jane Smith, University of Exeter Medical School, UK

| Symposium 22 – Training and Professional Issues – Classroom SALC 5 *Sherfield Building*

Developing technologies for the implementation of CBT across disorders

Chair: **TBC**

- 9.00 Seeing the Connections Between Behaviours: Developing Tools to Facilitate Policy, Research and Practice in Cognitive Behavioural Therapy
Vyv Huddy, University of Sheffield, UK
- 9.20 Encouraging results from an initial evaluation of CBT Bytesize - a novel multimodal digital intervention for anxiety
Emily Galloghly, Healios Ltd, UK
- 9.40 What are the factors that help or hinder CBT trainees developing skills in Guided Discovery?
Jason Roscoe, University of Cumbria, UK
- 10.00 Digital self-management intervention for people living with Long COVID
Faith Martin, Coventry University, UK
- 10.30 What impact does remote CBT-I training have on clinicians' knowledge of sleep and implementation of CBT-I?
Danielle Payne, Newcastle University and Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, UK

| Symposium 23 – Basic Processes – Classroom SALC 6 *Sherfield Building*

Single Case Experimental Designs: Methodological innovations and clinical challenges

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

- 9.00 Co-production of SCED - the tensions and the potential.
Stephen Kellett, University of Sheffield and Rotherham Doncaster and South Humber NHS Foundation Trust, UK and **Lisa Alhadeff**, Expert by experience
- 9.25 Single Case Experimental Designs to explore Virtual reality-based Interventions
Desiree Colombo, Polibienestar Research Institute, University of Valencia, Valencia, Spain
- 9.50 A novel method to manipulate penis length to measure female sexual satisfaction: a single-case experimental design
David Veale, Kings College London, UK
- 10.15 Where we might be able to go with single case experimental designs and how we might be able to get there
Gary Brown, Royal Holloway University, UK

| Clinical Skills Class 6 – Therapeutic Techniques and Processes – Classroom 341 *Huxley Building*

Three ways to change your mind: A framework for Cognitive Restructuring

Stirling Moorey, London, UK

| Clinical Skills Class 7 – Therapeutic Techniques and Processes – Classroom SALC 7 *Sherfield Building*

Enhancing therapist and client commitment to Exposure Treatment with values and the Therapeutic Alliance

Jim Lucas, Openforwards, UK

Accreditation and Registration

[Q&A session on accreditation and registration with your accreditation liaison team](#)

9.00am – 12.30pm Classroom SALC 2 *Sherfield Building*

Half Day In Conference Workshops (Pre-booked separate registration required)

9.15am – 12.30pm

| Workshop 5 – Therapeutic Techniques and Processes – Classroom SALC 7 *Sherfield Building*

Brief CBT for Non-underweight patients with eating disorders: An introduction to CBT-T and its key skills

Glenn Waller, **Madeleine Tatham**, University of Sheffield, UK,
and **Hannah Turner**, Southern Health Care NHS Foundation Trust, UK

Poster Presentations – Queens Tower Room

Posters will be displayed between 9.00am-6.00pm. Presenters will be standing with their Posters throughout the breaks and during the Poster session from 5.00-6.00pm.

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** – The Great Hall *Sherfield Building*

[Compassion as an integrating process in psychotherapy](#)

Paul Gilbert, University of Derby, UK

I **Keynote Address 10** – Lecture Theatre 308 *Huxley Building*

[Increasing access to CBT for child anxiety problems](#)

Cathy Creswell, University of Oxford, UK

I **Keynote Address 11** – Lecture Theatre 311 *Huxley Building*

[Current status of cultural adaptations to CBT – A global perspective](#)

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

11.30am-12.30pm

Symposium 24 – Behavioural Medicine – Pippard Lecture Theatre 5 *Sherfield Building*

Cognitive behavioural treatments for physical health difficulties

Chair: **TBC**

- 11.30 The CODES pragmatic, multicentre randomised controlled trial evaluating CBT for adults with dissociative seizures; planned evaluation of clinical outcomes and exploratory secondary analysis
Laura Goldstein, King's College London, Institute of Psychiatry, Psychology and Neuroscience, London, UK
- 11.45 A model and treatment of dissociative seizures
Trudie Chalder, King's College London, UK
- 12.00 Acceptance and commitment therapy for Muscle Disease: a randomised controlled trial
Trudie Chalder, King's College London, UK
- 12.15 Moderators of cognitive behavioural therapy treatment effects and predictors of outcome in the CODES randomised controlled trial for adults with dissociative seizures
Emily Robinson, King's College London, UK

Special Interest Group meetings

Independent Practitioners Special Interest Group

AGM and The Fundamentals of Independent Private Practice: a colloquium

11.30am – 12.30pm SALC 5 *Sherfield Building*

13.30 -15.30pm

Symposium 25 – Adult Mental Health – The Great Hall *Sherfield Building*

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

Symposium 26 – IAPT and Primary Care – Lecture Theatre 308 *Huxley Building*

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's 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 PWP's
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

Panel Debate 7 – Adult Mental Health – Lecture Theatre 311 *Huxley Building*

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

| Symposium 27 – Severe and Enduring Problems – Clore Lecture Theatre *Huxley Building*

Innovating and implementing trauma therapies for psychosis

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

13.30 A multiple baseline case series of a novel imagery rescripting protocol for intrusive trauma memories in people with psychosis

Rachel Clarke, King's College London; South London and Maudsley NHS Foundation Trust, UK

13.55 The EASE trial: Results of a feasibility randomised controlled trial of 'EMDR for psychosis' in Early Intervention settings

Filippo Varese, University of Manchester; Greater Manchester Mental Health Foundation Trust, UK

14.20 The bumpy road of trauma-focused treatment: PTSD symptom exacerbation in people with psychosis

Simone Burger, VU University Amsterdam, the Netherlands

14.45 A qualitative interview study of therapists' experiences of implementing trauma-informed care in Early Intervention in Psychosis teams

Amy Hardy, King's College London & South London & Maudsley NHS Foundation Trust, UK

| Symposium 28 – Basic Processes – Read Lecture Theatre *Sherfield Building*

Awareness and interpretation of bodily states, intolerance of uncertainty, and anxiety

Chair: **Mark Freeston**, Newcastle University, UK

13.10 Fear of bodily sensations in health anxiety: The interplay between intolerance of uncertainty and anxiety sensitivity

Gioia Bottesi, University of Padova, Italy

13.55 Interoceptive awareness moderates the relationship between intolerance of uncertainty and worry in the context of the COVID-19 pandemic: an international study in English- and Spanish-speaking samples

Raquel Nogueira Arjona, University of Roehampton, UK

14.20 Does interoceptive awareness mediate the relationship between intolerance of uncertainty and health and social anxiety?

Mark Freeston, Newcastle University, UK

14.15 The felt sense of the unknown: Interoceptive appraisals and emotional reactions in uncertain every-day life situations.

Jessi Komes, Newcastle University, UK

| Clinical Roundtable 3 – Training and Professional Issues – Pippard Lecture Theatre *Sherfield Building*

Perspectives on CBT training: What can we learn from the past as we head into the future?

Chair: **Sarah Corrie**, BABCP, UK

Speakers: **Stirling Moorey**, London, UK

Karina Lovell, University of Manchester

Isaac Marks, London, UK

Helen Macdonald, BABCP, UK

| Symposium 29 – Child and Adolescent – The Great Hall *Sherfield Building*

LGBTQ+ mental health: Focus on young People

Chair: **Katharine Rimes**, Institute of Psychiatry, King's College London, UK

13.30 LGBTQ+ mental health disparities: current considerations and future priorities

Joanna Semlyen, University of East Anglia, UK

13.55 Self-Esteem in Sexual Minority Children and Adolescents

Helena Bladen, King's College London, UK

14.20 Acceptability, feasibility, and preliminary efficacy of a compassion-based cognitive behavioural intervention for low self esteem in sexual minority young adults

Livvy Bridge, King's College London, UK

14.45 Enhancing the acceptability of an online cognitive behavioural therapy intervention for LGBTQ+ youth: The case study of SPARX

Mathijs Lucassen, The Open University, UK & University of Auckland, New Zealand

| Symposium 30 – Therapeutic Techniques and Processes – Classroom 341 *Huxley Building*

Innovative group work in different settings - Lessons learned?

Chair: **Isabel Clarke**, Southern Health NHS Foundation Trust, UK

13.30 Open group cognitive behaviour therapy on acute in-patient units

Victoria Boynton, Humber NHS foundation Trust, UK

13.55 Focused Brief Group Therapy: A Measurement Based Care Approach

Martyn Whittingham, Whittingham Psychological Services, UK

14.20 Comprehend, Cope and Connect (CCC) for IAPT: a linked individual and group programme.

- 14.45 **Isabel Clarke**, Southern Health NHS Foundation Trust, UK
Groupwork in Prisons
Carolyn Houghton, Head of Criminal Justice and Secure Care, Rethink Mental Illness, UK

| Clinical Skills Class 8 – Training and Professional Issues – Classroom 342 Huxley Building

How to recognize, formulate and respond to supervisory drift

Jason Roscoe, University of Cumbria, UK

| Symposium 31 – Behavioural Medicine – Classroom SALC 5 Sherfield Building

The role and influence of cognition and anxiety in pain: targets for treatment in co-morbidity

Chair: **Jo Daniels**, University of Bath, UK

13.30 Non-specific abdominal pain: key targets for treatment in CBT

Jo Daniels, University of Bath, UK

13.50 Intrusive mental imagery in chronic pain: prevalence and associations with common comorbidities

Jake Maxwell-Watts, University of Bath, UK

14.10 Psychological predictors of health anxiety and pain in ambulatory presentations in a hospital emergency department

Sophie Harris, University of Bath, UK

14.30 The role of cognitive-affective factors in symptom severity and quality of life in Raynaud's Phenomenon

Dulcie Irving, University of Bath, UK

14.50 Adaptation and validation of the Health Anxiety Inventory for medical settings

Jo Daniels, University of Bath, UK

| Clinical Skills Class 9 – Adult Mental Health – Classroom SALC 6 Sherfield Building

Working with Interpreters - A skills workshop

Matthew Wilcockson, Coventry University and Coventry and Warwickshire Partnership Trust, UK

Half Day In Conference Workshops (Pre-booked separate registration required)

13.30 – 17.00pm

| Workshop 6 – Older Adults – Classroom SALC 1 Sherfield Building

Fear of Dementia: CBT for anxiety in people with subjective cognitive impairment, mild cognitive impairment or early stages of dementia

Georgina Charlesworth, University College London, UK

| Workshop 7 – Adult Mental Health – Classroom SALC 7 Sherfield Building

Understanding and treating death anxiety

David Veale, Kings College London, UK and **Rachel Menzies**, Sydney University, Australia (by video)

| Workshop 8 – Child and Adolescent – Classroom SALC 10 Sherfield Building

Brief Cognitive Therapy for adolescent panic disorder

Polly Waite, Lizzy Hughes, University of Reading, UK & **Emily Sands**, Oxford Health Foundation NHS Trust, UK

Keynote Addresses 16.00 - 17.00pm

Keynote Address 12 – The Great Hall Sherfield Building

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 – Lecture Theatre 308 Huxley Building

The development of CBT in the UK: A personal perspective

Kate Davidson, University of Glasgow, UK

Keynote Address 14 – Lecture Theatre 311 Huxley Building

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

Special Interest Group meetings

| Higher Education Special Interest Group

16.00 - 17.00pm Classroom SALC 5 Sherfield Building

Programme Schedule | Saturday 23 July 2022 9.00 – 11.00am

| Symposium 32 – Adult Mental Health – Lecture Theatre 308 *Huxley Building*

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 – Lecture Theatre 311 *Huxley Building*

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

| Symposium 34 – Severe and Enduring Problems – Read Lecture Theatre *Sherfield Building*

Developing evidence in the treatment and understanding of psychosis and dissociation

Chair: **TBC**

9.00 The clinically significant psychological features of delusions in the early course of psychosis: Systematic narrative review and pilot clinical template.

Thomas Gant, Central and North West London NHS Foundation Trust, UK

9.20 STOP - Successful Treatment of Paranoia: Replacing harmful paranoid thoughts with better alternatives

Carolina Fialho, King's College London, UK

9.40 Mediators of negative content and voice-related distress in a diverse sample of clinical and non-clinical voice-hearers.

Jessica Silver, Cwm Taf Morgannwg University Health Board, UK

10.00 Talking about suicide and psychosis: Key issues in therapy delivery and acceptability

Kamelia Harris, University of Manchester, UK

10.20 Cognitive behaviour therapy for depersonalization derealization disorder: A self-controlled cross-over study of wait list versus active treatment

Rafael Gafoor, University College London, UK

Symposium 35 – Child and Adolescent – Pippard Lecture Theatre 5 *Sherfield Building*

Recent advances in understanding and treating Body Dysmorphic Disorder in youth

Convenor **Georgina Krebs**, University College London, UK and chair:

9.00 Body representations in body dysmorphic disorder

Anne Möllmann, University of Bremen, Germany

9.20 Exploring the relationship between social media use and body dysmorphic symptoms in young people

Monica Gupta, King's College London, UK

9.40 Adverse childhood events and paediatric body dysmorphic disorder: prevalence and clinical characteristics

Benedetta Monzani, National and Specialist OCD and Related Disorders Clinic for Young People, South London and Maudsley NHS Foundation Trust, London, UK

- 10.00 Internet-delivered cognitive-behaviour therapy for adolescents with body dysmorphic disorder: a feasibility trial
Daniel Rautio, Karolinska Institutet, Sweden
- 10.20 Phenomenology and treatment outcomes in paediatric Body Dysmorphic Disorder (BDD) and Autism Spectrum Disorder (ASD).
Amita Jassi, South London and Maudsley NHS Trust, UK

| Symposium 36 – Severe and Enduring Problems – Lecture Theatre 340 Huxley Building

Implementation of Mindfulness and Acceptance-based Therapies for psychosis: Lessons learned and future directions

Chair: **Lyn Ellett**, University of Southampton, UK

- 9.00 Sussex Voices Clinic: bridging the gap between mindfulness research and clinical practice
Mark Hayward, Sussex Partnership NHS Foundation Trust, UK (Pre-recorded presentation)
- 9.25 Engagement, clinical outcomes and therapeutic process in online mindfulness for psychosis groups delivered in routine care
Lyn Ellett, University of Southampton, UK
- 9.50 Lessons learned when implementing ACT for psychosis in a routine inpatient hospital setting: Findings from a pilot RCT
Brandon Gaudio, Brown University, USA (Pre-recorded presentation)
- 10.15 “Look at the Person not the Illness”: Consumers’ Experiences of Acceptance and Commitment Therapy Groups Supporting Psychosis Recovery
Lauren Kirkwood, La Trobe University, Australia (Pre-recorded presentation)

| Symposium 37 – Adult Mental Health – Classroom 341 Huxley Building

Tackling mood across depressive disorders

Chair: TBC

- 9.00 An exploratory analysis of the relationship of posting in peer online support forums and trait mood in bipolar disorder
Glorianna Jagfeld, Spectrum Centre for Mental Health Research, Lancaster University, UK
- 9.20 Talking about personal recovery in bipolar disorder: Integrating natural language processing, corpus linguistics and health research to analyse peer online support forum posts
Glorianna Jagfeld, Spectrum Centre for Mental Health Research, Lancaster University, UK
- 9.40 Using the Person-Based Approach to optimise an app-based behavioural activation intervention for adults with depression.
Jeffrey Lambert, University of Bath, UK
- 10.00 Taming emotions with DBT-Skills– what really works for people with Bipolar-Disorder?
Julieta Azevedo, University of Coimbra, Portugal
- 10.20 The role of action-contingent expectancy biases in depression-linked behavioural inactivity
Julie Ji, University of Western Australia

Half Day In Conference Workshops (Pre-booked separate registration required)

9.15am – 12.30pm

| Workshop 9 – Therapeutic Techniques and Processes – Classroom SALC 10 Sheffield Building

Cognitive Therapy for PTSD following sexual assault

Sharif El-Leithy, Traumatic Stress Service, London, UK and **Hannah Murray**, Oxford Centre for Anxiety Disorders and Trauma, University of Oxford, UK

| Workshop 10 – Child and Adolescent – Classroom SALC 5 Sheffield Building

An introduction to Dialectical Behaviour Therapy skills training for adolescents (DBT-A)

Marie Wassberg, London, UK

| Workshop 11 – Therapeutic Techniques and Processes – Classroom SALC 6 Sheffield Building

Coping with adversity: a question of focus

Stirling Moorey, London, UK

Keynote Addresses

11.30am-12.30pm

Keynote Address 15 – Lecture Theatre 308 *Huxley Building*

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

Paul Salkovskis, University of Oxford, UK

Keynote Address 16 – Lecture Theatre 311 *Huxley Building* Chair:

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 – Lecture Theatre 308 *Huxley Building*

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 – Lecture Theatre 311 *Huxley Building*

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

Symposium 39 – Basic Processes – Read Lecture Theatre *Sherfield Building*

The Role of uncertainty and control in anxiety and obsessive compulsive disorders

Chair: TBC

13.30 Exploring the impact of loneliness and social isolation on experiences of recovery and relapse in Obsessive Compulsive Disorder.

Josie Millar, University of Bath, UK

13.50 The Mediating Role of Cognitive Processes in Explaining the Relationship Between Disgust Propensity and OCD Symptom Domains

Catherine Ouellet-Courtois, Concordia University, Canada

14.10 Behavioural experiments for intolerance of uncertainty: A randomized clinical trial for adults with generalized anxiety disorder

Michel Dugas, University of Quebec in Outaouais, Canada

14.30 Beliefs about losing control and other OCD-related cognitions: An experimental investigation

Andrea Sandstrom, Concordia University, Canada

14.50 Perspectives on the causes, consequences and experience of losing control

Kenneth Kelly-Turner, Concordia University, Canada

Symposium 40 – Training and Professional Issues – Pippard Lecture Theatre *Sherfield Building*

Paranoia in the context of COVID-19

Chair: **Jess Kingston**, Royal Holloway University of London, UK

13.30 Prevalence of pandemic paranoia in the general population: An international analysis

Lyn Ellett, University of Southampton, UK

13.55 Pandemic paranoia, general paranoia, and their relationships with worry and beliefs about self/others – a multi-site latent class analysis

Suzanne So, The Chinese University of Hong Kong, Hong Kong (Pre-recorded Presentation)

- 14.20 Discrimination, minoritization, intersectionality and paranoia during covid-19.
Jessica Kingston, Royal Holloway, UK
- 14.45 Paranoia, conspiracy and trust processes in the context of COVID19: a multinational study
Anton Martinez, and **Richard Bentall**, University of Sheffield, UK (Pre-recorded Presentation)

| **Clinical Skills Class 10 – Adult Mental Health** – Classroom SALC 5 *Sherfield Building* Open Science

Why should I care, and how do I get started?

Pamela Jacobsen and **Kate Button**, University of Bath, UK

| **Symposium 41 – Adult Mental Health** – Classroom SALC 5 *Sherfield Building*

Advances in understanding and treating trauma effects

Chair: TBC

- 13.30 Feasibility, acceptability, and clinical benefit of a trauma-focused stabilisation group for post-traumatic stress disorder patients with complex presentations on primary care wait lists
Michelle Wells, University of Exeter, UK
- 13.55 The Top 10 priorities for sexual violence and abuse research: Findings of the James Lind Alliance Sexual Violence Priority Setting Partnership
Filippo Varese, University of Manchester, UK and Greater Manchester Mental Health NHS Foundation Trust, UK
- 14.20 Augmenting treatment for post-traumatic stress disorder with a computerised cognitive bias modification procedure targeting appraisals (CBM-App): Results of a randomised controlled trial
Marcella Woud, Ruhr-Universität Bochum, Bochum, Germany