



BABCP **52nd Annual Conference & Workshops**

23-26 JULY 2024 | UNIVERSITY OF MANCHESTER

Outline Programme

Please note that some details of the programme may change, so please check the programme once this is available. The titles of the individual presentations will be available on the conference website (www.babcp2024.org) during the first week of June.

All keynotes and sessions marked with * will be live-streamed and recorded, so will be available for viewing online or after the conference.

Tuesday 23rd July

15.30 – 17.30

Opening Reception

At the “The Drum” University of Manchester

Come and meet your local branch and the Special Interest Groups



Wednesday 24th July

9.00 – 9.45

Plenary session

Jo Daniels, Co-chair BABCP Scientific Committee
Francesca Waddington, Chair, Manchester BABCP Branch
Saiqa Naz, President BABCP
Simon Blackwell, Co-chair BABCP Scientific Committee
Gillian Haddock, University of Manchester
Tommy Mallavey, CEO, BABCP

Low Intensity Day

A special one-day meeting on Low Intensity CBT also be running from 9.30 – 16.30. For information on the programme for this day visit <https://babcp2024.org/low-intensity-day>. This event will be live-streamed and recorded

Positive Behaviour Support Day

A special one-day meeting on Positive Behaviour Support (PBS) also will be running starting with an in-conference workshops that is open to all delegates at no extra charge. This will be live-streamed and recorded.

9.30 – 13.00:

An Introduction to PBS and the Positive Behavioural & Active Support (PBAS) App

Sandy Toogood, Bangor University and **Nick Gore**, University of Kent,

For information on the workshop visit <https://babcp2024.org/workshops>

9.45 – 10.15: Coffee

10.15 – 11.45

Symposia

Mindfulness Based Cognitive Therapy as an acute treatment for depressed non-responders in NHS Talking Therapies: Overview, results and implications of the RESPOND trial

Convenor: **Barney Dunn**, University of Exeter
Chair: **Thorsten Barnhofer**, University of Surrey
Speakers: **Asha Ladwa**, University of Exeter
Clara Strauss, University of Sussex
Thorsten Barnhofer, University of Surrey
James Carson, University of Exeter
Florian Ruths, South London and Maudsley NHS Foundation Trust

LGBTQ+ mental health in young people & adults: New research

Chair: **Katharine Rimes**, King's College London
Speakers : **Alex Bolster**, King's College London
Jake Camp, South London and Maudsley NHS Foundation Trust
Helena Bladen, King's College London

Low intensity psychological intervention in primary care: innovation, future direction & reflections

Chair: Brendan Dunlop, Lancashire and South Cumbria NHS Foundation Trust
Speakers: Gita Bhutani, Lancashire and South Cumbria NHS Foundation Trust
Miranda Budd, Lancashire and South Cumbria NHS Foundation Trust
Liz Kell, University of Exeter
Molly Lever, Lancashire and South Cumbria NHS Foundation Trust
Brendan Dunlop, Lancashire and South Cumbria NHS Foundation Trust

How can we use attachment theory to enhance CBT for psychosis?

Chair: Katherine Newman-Taylor, University of Southampton & Southern Health NHS Foundation Trust
Discussant: Katherine Berry, University of Manchester
Speakers: Tess Maguire, University of Southampton & Southern Health NHS Foundation Trust
Nicola Airey, University of Manchester & Navigo Health and Social Care CiC
David Levi, University of Manchester
Katherine Newman-Taylor, University of Southampton & Southern Health NHS Foundation Trust

Improving treatment delivery of Cognitive Therapy for Post-Traumatic Stress Disorder and Complex PTSD: Talks demonstrating the clinical impact of top up training and specialist supervision.

A symposium dedicated to the late Hannah Murray

Convenor: Emma Warnock-Parkes, University of Oxford
Chair: Graham Thew, University of Oxford
Discussant: Kerry Young, Woodfield Trauma Service
Speakers: Emma Warnock-Parkes, University of Oxford
Iain Stocker and Jon Wheatley, Homerton Healthcare NHS Trust
Katherine Wakelin, Southern Health NHS Foundation Trust
Angela White, Impact on Teesside Talking Therapies for Anxiety and Depression

Hoarding: The neglected problem of neglect

Chair: Paul Salkovskis, University of Oxford
Speakers: James Dennis, University of Oxford
Tiago Zortea, University of Oxford
Thordur Arnarson, University of Iceland
Rachel Prosser, University of Oxford
Paul Salkovskis, University of Oxford

Mental Imagery in Youth Mental Health

Chair: Alex Lau-Zhu, University of Oxford
Discussant: Victoria Pile, King's College London
Speakers: Victoria Pile, King's College London
Kenny Chiu, University of East Anglia
Alex Lau-Zhu, University of Oxford
Marjolein Thunnissen, University of Groningen, The Netherlands
Asnea Tariq, University of Reading

Better data, better practice: harnessing routine clinical data to enhance the delivery of CBT

Convenor: Rob Saunders, University College London
Chair: Joshua Buckman, University College London
Speakers: Joshua Buckman, University College London
Roger Munoz Navarro, University of Valencia, Spain
Jae Won Suh, University College London
Rob Saunders, University College London

Skills Classes

Reducing worry and rumination in OCD *

Blake Stobie, South London & Maudsley NHS Foundation Trust and Rachel White, South London and Maudsley NHS Foundation Trust

Trauma focused CBT within Bipolar Disorder.

Thomas Richardson, University of Southampton

Panel Discussion

How we can extend the reach of CBT for children, young people and families beyond traditional clinic based provision? *

Chair: Maria Loades, University of Bath
Speakers: Shirley Reynolds, Child Mind Institute
Jessica Schleider, Northwestern University, USA
Vicki Curry, Anna Freud Centre
Milly Cowling, Kooth
Peter Phiri, University of Southampton

Open Paper Session

Eating Disorders across the lifespan

Speakers: Lucia Tecuta, University of Bologna
Sophie Fletcher, University of Warwick
Tabitha Jackson, University of Warwick
Karina Allen, South London & Maudsley NHS Foundation Trust, UK
Glenn Waller, University of Sheffield

12:00-13:00

Keynote: Jessica Schleider, Northwestern University, USA

Leveraging Single-Session Interventions to Democratize Access to Mental Health Care

Keynote: Stephen Barton, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, UK

Is complexity in the eye of the beholder?

13.00 – 14.00: Lunch

14.00 – 15.30

Symposia

Climate distress in the community, the café, and the clinic

Convenor: Mark Freeston, Newcastle University
Chair: Liz Marks, University of Bath
Discussant: Alisdair Churchard, University of Oxford
Speakers: Mark Freeston, Newcastle University
Luis Calabria, University of Bath
Sean Gann, Newcastle University
Liz Marks, University of Bath

New developments in imagery focused therapies for psychosis and bipolar disorder

Chair: Christopher Taylor, Pennine Care NHS Foundation Trust & The University of Manchester
Speakers: Nicola Airey, Navigo Health and Social Care CIC
Nithura Sivarajah, West London NHS Foundation Trust
Christopher Taylor, Pennine Care NHS Foundation Trust & The University of Manchester
Craig Steel, Oxford Health NHS Foundation Trust & The University of Oxford

Implementation of Digital Mental Health Interventions *

Chair: Hjördis Lorenz, University of Oxford
Discussant: Maria Loades, University of Bath
Speakers: Chloe Chessell, University of Oxford
Hjördis Lorenz, University of Oxford
Graham Thew, NHS Talking Therapies, Oxford Health NHS Foundation Trust
Jessica Schleider, Northwestern University

Innovations in treatment for young people with depression

Chair: Rebecca Dean, University of Sussex
Speakers: Faith Orchard, University of Sussex
Rebecca Dean, University of Sussex
Taryn Hutchinson Victoria Pile, King's College London
Nina Higson-Sweeney, University of Bath
Natalia Kika, University of Bath

Advances in the understanding of anxiety and depression-linked biases in beliefs, expectancies, and their updating.

Chair: Julie Ji, University of Plymouth
Discussant: Colin MacLeod, University of Western Australia, Australia
Speakers: Kate Button, University of Bath
Tobias Kube, University of Goettingen, Germany
Julie Ji, University of Plymouth
Amelia Reynolds, University of Western Australia, Australia
Mahdi Mazidi, University of Western Australia, Australia

Improving access and engagement with CBT for Muslims.

Convenor: Hind Al Harbi, National Center for Mental Health Promotion, Saudi Arabia.
Chair: Paul Farrand, University of Exeter
Discussant: Paul Farrand, University of Exeter
Speakers: Ghazala Mir, University of Leeds
Hind AL Harbi, National Center for Mental Health Promotion, Saudi Arabia
Ahmad Al Hadi, King Saud University, Saudi Arabia
Farooq Naeem, University of Toronto, Canada

Treating prolonged grief disorder in NHS-TT settings

Chair: Barney Dunn, University of Exeter
Discussant: Barney Dunn, University of Exeter
Speakers: Megan Colletta, AccEPT Clinic, Exeter
Sarah Goff, Devon Partnership NHs Foundation Trust
James Carson, University of Exeter
Maria King, University of Exeter

Adapting for complexity in NHS Talking Therapies services: training initiatives and therapy adaptations

Chair: Laura Warbrick, University of Exeter
Speakers: Laura Warbrick, University of Exeter
Katherine Newman-Taylor, University of Southampton
Tess Maguire, University of Southampton
Lizi Graves, Southern Health NHS Foundation Trust
Kim Wright, University of Exeter

Skills Classes

CBT for gambling-related harms and behavioural addictions

Venetia Leonidaki, Central and North West London Foundation Trust

Assessment and treatment considerations with clients presenting with menopause and mental health

Sally Tribe, University of East Anglia and Sarah Fairweather, Fairweather Therapy

Clinical Application of the Behaviour Support Plan Content Appraisal Tool (BSP-CAT) *

Peter Baker, University of Kent & Nick Gore, University of Kent

Panel Discussions

Intersectional Identities in CBT: Connecting Cultures and Distinguishing Disparities *

Convenor: Layla Mofrad, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
Chair: Peter Phiri, University of Southampton
Discussant: Peter Phiri, University of Southampton
Speakers: Leila Lawton, South London and Maudsley NHS Foundation Trust
Layla Mofrad, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
Daisy Carter, Isle of Wight NHS Trust
Natasha Hickmott, Everyturn Mental Health NHS talking Therapies & CBT for ADHD
Clair Pollard, South London and Maudsley NHS Foundation Trust

Meaningful Involvement of Experts by Experience - what does this actually look like?

Chair: Julia Limper-Menapace, Charlie-Waller-Institute, University of Reading
Speakers: Aoife Healy, Charlie-Waller-Institute, University of Reading
Shana Ryan, Expert by Experience - Thank you for asking project
Christopher Lodge, University of Lancaster
Katherine Simons, Charlie-Waller-Institute, University of Reading

15.30 – 16.15: Coffee and poster session

Children and Young People

Understanding the needs of Young Parents in the development of an Online Intervention for Depression Supported by Peer Mentors

Emma Brooks, University of Oxford

The relationship between attachment styles and suicidal behaviours: a systematic review and meta-analysis

Xingyu Wang, University of Manchester

Systematic reviews and meta-analyses of interventions to support parents of children and young people with mental health difficulties

Faith Martin, Cardiff University

A randomised controlled study of a directed cognitive behavioural tool to prevent posttraumatic symptoms in parents following paediatric intensive care admission

Bea Vickers, Southwest London and St George's MH NHS Trust

Cognitive Processes in Adolescents with Generalised Anxiety Disorder: Exploring Intolerance of Uncertainty, Cognitive Avoidance, and Positive Beliefs About Worry

Lottie Shipp, University of Oxford

Maternal accommodation of adolescent body dysmorphic disorder: clinical correlates and associations with treatment outcomes

Elizabeth Hogg, University College London

Understanding the relationship between social camouflaging in autism and safety behaviours in social anxiety in autistic and non-autistic adolescents

Jiedi Lei, University of Oxford

A Social Dance Intervention to Alleviate Low Mood in Young People

Brennan Delattre, University of Oxford

IMAGINATOR 2.0: Co-design and early evaluation of a novel blended digital intervention targeting self-harm in young people

Athina Servi, Imperial College London

The iBLISS study; Co-design of CBT-I informed school workshops

Alice Tunks, University of Sussex

A pilot evaluation of life skills training for parents in a Scottish secondary school setting

Natalie Reid, University of Glasgow

Effects of Positive Imagery Task on affect in young people with self-harm and disordered eating

Saloni Ghai, Imperial College London

An initial evaluation of the clinical effectiveness and acceptability of OSI (Online Support and Intervention for child anxiety) offered by Mental Health Support Teams.

Jemma Edmunds, North East London Foundation Trust

A Gender Comparison of the Accessibility and Effectiveness of Guided Self-Help Treatment within Hounslow Community CAMHS.

Molly Murphy, West London NHS

Trajectories of change in children receiving an online parent-led CBT intervention for anxiety problems: a secondary data analysis from the Co-CAT study

Emily Whitaker, University of Oxford

Primary Care and Low Intensity CBT

On poverty and trauma: Associations between neighbourhood socioeconomic deprivation and post-traumatic stress disorder severity

Thomas Richardson, University of Southampton

Predicting Response to Standard & Stepped-Care Cognitive Behavioral Therapy for Insomnia (CBT-I) Using Pre-Treatment Heart Rate Variability (HRV) in Cancer Patients

James Garneau, Concordia University, Montreal, Canada

Evaluating the effectiveness of the 'PGDip Enhanced Psychological Practice (LICBT)' to support development and career progression of PWPs.

Eve Bampton-Wilton, University of Exeter

Set up and implementation of an integrated Low Intensity CBT pathway within a Paediatric Hospital

Steve Jones, Sheffield Children's Hospital

Training, Supervision and Professional Issues

Supervision Competency Measures in Supervisor Training; Adapted SAGE for Case Management Supervision

Sarah Priestley, University of Lincoln

A personal odyssey: trainee and recently qualified cognitive behavioural therapy (CBT) practitioners' perspectives on postgraduate CBT training and its contribution to competence

Andrew Grimmer, Middlesex University

Behind the Listings: Exploring Private Practitioners' Perspectives on the BABCP's 'Find a Therapist' Directory

Taf Kunorubwe, IPSIG, Private Practice

Let's talk about CBT career development

Helen Moya, Moya CBT

Interactive vignettes: Can Artificial Intelligence interact like a Depressed patient? A proof of concept study and discussion on the implications for training therapists

Leah Fung

Exploring the accessibility of PWP teaching for Deaf students: A reflection of the experiences of students and facilitators

Michelle Lee, University of Reading

Understanding and developing professionalism within a talking therapies service

Caitlin Randles, Six Degrees Social Enterprise

Stress, resilience, self-reflection and coping in EMHP trainees

Frances Lloyd-Peck, University of East Anglia

16:15 – 17:15

Keynote: Colette Hirsch, King's College London, UK

Looking on the bright side: a key role for interpretation

Keynote: Tom Osborn, Shamiri Institute, Kenya

From Anguish to Flourish: Building Youth Mental Health Systems For Scale

Keynote: Richard Hastings, University of Warwick, UK

Is Positive Behavioural Support Effective?

Thursday 25th July

9.00 – 10.30

Symposia

Effectively integrating AI into the clinic room: Examples of differing approaches and methods

Chair: James Tait, University of Sheffield
Speakers: James Tait, University of Sheffield
Amy Otter, University of Sheffield
Melanie Simmonds-Buckley, University of Sheffield
Stephen Kellett, Rotherham Doncaster and South Humber NHS Foundation Trust

Understanding Who Changes and How During Psychological Treatments for Anxiety Disorders

Chair: Vera Bouwman, Utrecht University, The Netherlands
Discussant: Bethany Teachman, University of Virginia, USA
Speakers: Marcella Woud, Georg-August-Universität Göttingen, Germany
Iris Engelhard, Utrecht University, The Netherlands
Elske Salemink, Utrecht University, The Netherlands
Vera Bouwman, Utrecht University, The Netherlands

Innovative developments in understanding and treating adolescent mental health *

Convenor: Jessica Kingston, Royal Holloway
Chair: Jessica Schleider, Northwestern University, USA
Discussant: Jessica Schleider, Northwestern University
Speakers: Eleanor Leigh, University of Oxford
Charlotte Mason, University of Oxford
Jess Kingston, Royal Holloway
Maria Loades, University of Bath
Victoria Pile, King's College London

Improving treatments for perinatal mental health in NHS talking therapies

Convenor: Fiona Challacombe, King's College London
Chair: Cathy Green, South West London & St George's NHS Trust
Discussant: Sarah Healy, The Perinatal Psychology Practice
Speakers: Fiona Challacombe, King's College London
Heather O'Mahen, University of Exeter
Aimee McKinnon, Oxford Centre for Anxiety Disorders and Trauma
Karen Tate, University of Exeter

Cognitive behavioural therapy and third wave approaches for older people

Chair: Elizabeth Tyler, University of Manchester
Discussant: Katherine Berry, University of Manchester
Speakers: Emma Izon, Oxford Health NHS Foundation Trust
Hollie Watson, University of Manchester
Elizabeth Tyler, University of Manchester
Georgina Charlesworth, University College London

Psychological support following the Manchester Arena Attack and other critical incidents: Navigating trauma with the public, professionals, and amongst ourselves

Chair: Alan Barrett, Pennine Care NHS Foundation Trust
Speakers: Jenni Willbourn, Pennine Care NHS Foundation Trust
Kate Allsopp, Greater Manchester Mental Health NHS Foundation Trust
Gill Szafranski, Pennine Care NHS Foundation Trust
Alan Barrett, Pennine Care NHS Foundation Trust

New developments in our understanding of carer needs and CBT informed interventions

Chair: Juliana Onwumere, Kings College London

Speakers: Beatrice Lee, King's College London
Laurence Rogers, King's College London
Valentina Cardi, University of Padua
Angela Kibia, King's College London

Post-traumatic stress disorder in children and adolescents: aetiology, treatment and dissemination. A symposium dedicated to the late Bill Yule *

Chair: Richard Meiser-Stedman, University of East Anglia

Speakers: Eleanor Chatburn, University of East Anglia
Alessandra Giuliani, University of Bath
Katie Lofthouse, University of East Anglia
Rosie McGuire, University College London
Helena Griffiths, King's College London

Skills Classes

Understanding, Assessing and Treating Depersonalisation & Derealisation Disorder using CBT – A Skills Masterclass

Claudia Hallett, South London and Maudsley NHS Foundation Trust and Tom Parsloe, South London and Maudsley NHS Foundation Trust

Responding to Resistance in Parenting Interventions for Child Conduct Problems

David Hawes, University of Sydney, Australia.

What's Faith got to do with it? Adapting CBT for Christian Black British African & Caribbean Communities

Leila Lawton and Ontonio Dawson, South London and Maudsley NHS Foundation Trust

Panel Discussion

'I don't know how to go there': avoidance of conversations about race, ethnicity and culture in LICBT *

Convenor: Rani Griffiths, NHS Talking Therapies Berkshire

Chair: Taf Kunorubwe, Cardiff University

Speakers: Liz Ruth, University of Bradford
Daniela Zigova, Bromley Healthcare
Faithful Odusote, Hammersmith and Fulham NHS Talking Therapies
Tanisha Douglas, Birmingham City University
Shenaz Imambaccass, NHS Talking Therapies Berkshire

Open Paper Session

Training, professional issues and workforce

Speakers: Mma Yeebo, Newcastle University
Aiesha Wright, Coventry University
Emma Crouch & Jennifer Mance, University of Surrey
Julia Limper-Menapace, Charlie Waller Institute, University of Reading

9.30 – 13.00

In-congress Workshop

Cognitive behavioural therapy for Adults with ADHD *

Antonia Dittner, South London and Maudsley NHS Trust

For information on this workshop visit <https://babcp2024.org/workshops>

10.30 – 11.00: Coffee

11:00-12:00

Keynote: Polly Waite, University of Oxford, UK
Understanding and treating anxiety disorders in adolescence

Keynote: Jaime Delgadillo, University of Sheffield, UK
Personalising therapy for patients who don't respond well to routinely delivered CBT

Keynote: Lalitha Iyadurai, University of Oxford and P1vital, UK
Developing an innovative treatment for trauma memories: a research journey through the NHS, academia and industry

12.00 – 13.00: Lunch

13.00 – 14.30

Symposia

School-based interventions for depression and anxiety for adolescents: recent developments

Chair: June Brown, King's College London
Speakers: Victoria Pile, King's College London
Faith Orchard, Sussex University
Irene Sclare, South London and Maudsley Trust
June Brown, King's College London

Improving psychological therapy outcomes via treatment personalization: challenges and opportunities

Chair: Simon Blackwell, University of Göttingen, Germany
Speakers: Lorenzo Lorenzo-Luaces, Indiana University, USA
Jaime Delgadillo, University of Sheffield
Anna Bevan, University of Cambridge
Harriëtte Riese, University of Groningen, The Netherlands
Brian Schwartz, University of Trier, Germany

Enhancing your delivery of Cognitive Therapy for PTSD: A celebration of the work of Hannah Murray *

Convenor: Graham Thew, University of Oxford
Chair: Emma Warnock-Parkes, University of Oxford
Speakers: Anke Ehlers, University of Oxford
Nick Grey, Sussex Partnership NHS Foundation Trust
Sharif El-Leithy, South West London and St George's Mental Health NHS Trust
Kerry Young, Central and North West London NHS Foundation Trust
Richard Thwaites, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
With more in-person and video messages from a number of additional colleagues

Cognitive and physiological mechanisms of worry

Chair: Fran Meeten, King's College London
Discussant: Colette Hirsch, King's College London
Speakers: Alannah Horton, Curtin University, Australia
Ya-Chun Feng, National Sun Yat-sen University, Taiwan
David Spalding, King's College London
Fran Meeten, King's College London

Developments in the understanding and treatment of OCD *

Chair: Paul Salkovskis, University of Oxford
Discussant: Paul Salkovskis, University of Oxford
Speakers: Chiara Causer, University College London
Sam French, Oxford Health NHS Foundation Trust
Joel Lewin, University of Oxford
Brynjar Halldorsson, Reykjavik University
Josie Millar, University of Bath

Anti-racism in action

Convenor: Rani Griffiths, NHS Talking Therapies Berkshire
Chair: Leila Lawton, BABCP Anti Racism SIG
Speakers: Amandeep Soomal, Oxford Institute of Clinical Psychology & Research (OXICPTR) & Oxford Cognitive Therapy Centre (OCTC)
Rani Griffiths, NHS Talking Therapies Berkshire
Taf Kunorubwe, Cardiff University
Daniela Zigova, Bromley Healthcare
Ontonio Dawson, South London and Maudsley NHS Foundation Trust

Skills Classes

Navigating Online Cognitive Behavioural Therapy for Young People and Families: Clinician's Essentials

Maria Loades, University of Bath and Charlotte Hall, University of Nottingham

Making Supervision of Supervision More Effective *

Jason Roscoe, Private Practice

Panel Discussion

Are we inclusive for our diverse CBT trainees?

Chair: Sarah Corrie, University of Suffolk
Speakers: Mallika Sharma, Buckinghamshire New University
Florence Mujuru, Buckinghamshire New University
Damian Podsiadlo, Buckinghamshire New University
Ekenna Hutchinson, Buckinghamshire New University
Hewa Khalilifar, Lecturer in CBT
Discussant: Sarah Corrie, University of Suffolk

Clinical Roundtables

Considering neurodivergence in practice: Where are we, where do we need to go and how can we get there? *

Chair: Natasha Hickmott, Everyturn Mental Health NHS Talking Therapies & CBT for ADHD
Speakers: Antonia Dittner, National Adult ADHD and ASD Psychology Service
Natasha Hickmott, Everyturn Mental Health NHS talking Therapies
Alison Roberts, Sussex Partnership Foundation Trust and Oxford Health Specialist Psychological Interventions Clinic
Benjamin Ford, Staffordshire and Stoke on Trent Wellbeing Service

Working with voices: incorporating multiple perspectives

Chair: Kate Hardy, Stanford University, USA
Speakers: Katherine Berry, University of Manchester
Rory Byrne, University of Manchester
Mark Hayward, University of Sussex & Sussex Partnership NHS Foundation Trust
Juliana Onwumere, Kings College London & South London and Maudsley NHS Foundation Trust

Open Paper Session

Adult clinical health and behavioural medicine

Speakers: **Brydee Pickup**, University of Sydney
Erin Robinson, University of Bath
Talar Moukhtarian, University of Warwick
James Rathbone, Nottinghamshire Healthcare NHS Foundation Trust
Katie Ashcroft, Royal Holloway, University of London

Paediatric and family health

Speakers: **Sophie Bennett**, KCL Institute of Psychiatry, Psychology & Neuroscience
Jo Daniels, University of Bath
Fiona Newlands, UCL Great Ormond Street Institute of Child Health
Anna Roach, UCL Great Ormond Street Institute of Child Health
Sophie Bennett, KCL Institute of Psychiatry, Psychology & Neuroscience

Trauma intervention and services

Speakers: **Kirsten Smith**, University of Oxford
Reem Alharbi, University of Manchester
Elaine Hunter, University College London
Hjordis Lorenz, Berkshire Healthcare NHS Foundation Trust

14.30 – 15.15: Coffee and poster session

Adult Mental Health

Defining the Idiographic Changes Enabled by Inpatient Psychology Input

Isobel Dunning, Rotherham, Doncaster and South Humber NHS Foundation Trust

Clinicians' Confidence in Diagnosing Atypical Anorexia Nervosa: An Experimental Study of the Role of Patient and Clinician Characteristics

Jessica Beard, University of Sheffield

We can't do anything until you stop drinking: a qualitative secondary analysis of service user experiences of policy and guideline implementation for co-occurring alcohol and mental health

Zoe Swithenbank, Lancaster University

Psychological interventions for eating disorders in East Asia: A systematic scoping review

Vanessa (See Heng) Yim, King's College London

Repetitive negative thinking, metacognitions and rumination in patients with emotional disorders

Beatriz Rueda, National University of Distance Education (UNED), Spain

Mental health needs of and treatments and support for adult survivors of child sexual abuse in India

Shivangi Talwar, Division of Psychiatry, University College London

The impact of remote delivery of CBT on the use of in session exposure and clinical outcomes in the treatment of OCD in NHS Talking Therapies, a service evaluation.

Dennis Convery

Combining stop smoking support with online mental health treatment via SilverCloud

Shadi Daryan, University of Bath

Bipolar Disorder, Enduring Personality Issues and Psychosis

Brief individual interventions for Schizophrenia: a systematic review and meta-analysis

Blue Pike, Hampshire and Isle of Wight Healthcare NHS Foundation Trust

'Flexibility is the name of the game': Clinicians' Views of Optimal Dose of Psychological Interventions for Psychosis and Paranoia

Carolina Fialho, King's College London

Alcohol use and suicide-related outcomes in schizophrenia: a systematic review and meta-analysis of observational studies

Lee Mulligan, University of Manchester

Primal world beliefs in Bipolar Disorder
Thomas Richardson, University of Southampton

The Link between Perfectionism, Dysfunctional Attitudes, and Self-Compassion to Childhood Trauma in Bipolar Disorder.
Thomas Richardson, University of Southampton

The Role of Mental Imagery, Dysfunctional Attitudes and Perfectionism in Mood Elevation in Bipolar Disorders.
Thomas Richardson, University of Southampton

Older Adults

Developing and evaluating a questionnaire to assess personal recovery experiences in older people with bipolar disorder
Jennifer Matthewson, University of Manchester

CBT for psychosis and the Feeling Safe Programme – growing prevalence in older age demonstrates effective outcomes
Helen Perez-Luna nee Jackson, Greater Manchester Mental Health NHS Foundation Trust CBT

Therapeutic Techniques and Innovations in CBT

A guide for clinicians on the application of inhibitory learning theory to maximise the effectiveness of exposure therapy for anxiety disorders

Matt Stalker, Newcastle University

Dose-response relationship in digital psychological therapies for people with psychosis and paranoia: systematic review and meta-analysis

Carolina Fialho, King's College London

An Instrument for Assessing Maladaptive Religious Schemata: The Religious Schema Questionnaire (ReSQue)

Taregh Shaban, United Arab Emirates University, United Arab Emirates

Towards meeting an unmet need: Inference-based CBT (ICBT) as an additional and different treatment option for OCD

Julie Sapsford-Brooks, South London and Maudsley NHS Foundation Trust

Understanding mechanisms that maintain Social Anxiety Disorder in Autistic individuals through the Clark and Wells (1995) model and beyond: A Systematic Review

Jiedi Lei, University of Oxford

Inference-Based Cognitive Behavioral Therapy for treating severe Obsessive Compulsive Disorder in a national specialist service

Rhiannon Buick, National Services Scotland (NHS)

Virtual Reality Delivered Exposure for Subclinical OCD: A Single-Session Study

Anna Caltabiano, Imperial College London

Habit Reversal for a Tic-Like Motor Movement and Vocalisation - a case report.

Dipesh Patel, University College London Hospital Foundation Trust

Acceptance and commitment therapy for treatment resistant anxiety and depression with ketamine

Mia Debidin, Awakn Clinics

Intellectual and Developmental Disabilities

Treating Post-Traumatic Stress Disorder With Co-Morbid ADHD: A Case Study

Emma Morton, Leeds Mental Wellbeing Service, Leeds Community Healthcare NHS Trust

15.15 -16.15

Keynote: Farooq Naeem, University of Toronto, Canada
CBT and Culture

Keynote: Ailsa Russell, University of Bath, UK

ACBT: A is for autism, adapting and accessibility, CBT is for everyone

Keynote: Rachel Hiller, University College London, UK

Hard-to-reach children or hard-to-reach services? Meeting the trauma-related mental health needs of care-experienced young people.

Three Minute Talks *

Chair: Jo Daniels, University of Bath
Speakers: Iliana Liakea, Radboud University, Netherlands
Carolina Fialho, King's College London
Jo-Anne Puddephatt, Edge Hill University
Alice Tunks, Brighton and Sussex Medical School
Irin Verbist, Greater Manchester Mental Health NHS Foundation Trust CBT
Thomas Richardson, University of Southampton
Lydia Morris, University of Manchester
Georgia Bell, University College London
Laura Chandler, University of Warwick
Jason Roscoe, Private Practice
Joel Owen, University of East Anglia

16.30 – 17.30

Presidential Address *

Saiqa Naz, President, BABCP
Diary of a BABCP President 2022-2024. The importance of sharing space.

Friday 26th July

9.00 – 10.30

Symposia

“Mind the Gap” Service innovations and future directions in delivering psychological therapies in the space between primary and secondary care

Chair: Laura Warbrick, University of Exeter
Speakers: Jon Wheatley, Homerton Hospitals NHS Trust
Richard Pione, Midlands Partnership NHS Foundation Trust
Kim Wright, University of Exeter
Steve Kellett, Rotherham Doncaster and South Humber NHS Foundation Trust

Episodic Future Thinking and Psychopathology *

Chair: Alex Lau-Zhu, University of Oxford
Discussant: Iris Engelhard, Utrecht University, The Netherlands
Speakers: Alex Lau-Zhu, University of Oxford
Simon Blackwell, University of Göttingen
Iris Engelhard, Utrecht University, The Netherlands
Martina Di Simplicio, Imperial College London
Olivia Hewitt, University of Warwick

Treatment considerations for neurodivergence: reflecting on successes (and challenges) of CBT with neurodivergents *

Convenor: **Natasha Hickmott**, Everyturn Mental Health NHS Talking Therapies
Chair: **Emma Warnock-Parkes**, Oxford Centre for Anxiety Disorders and Trauma
Discussant: **Emma Warnock-Parkes**, Oxford Centre for Anxiety Disorders and Trauma
Speakers: **Natasha Hickmott**, Everyturn Mental Health NHS Talking Therapies
Webster Katie, University of Surrey
Aimee McKinnon, Oxford Specialist Birth Trauma Service & University of Oxford

Pathways underlying suicidal experiences and the effect of a suicide-focused therapy for people with psychosis and male prisoners.

Convenor: **Kamelia Harris**, University of Manchester
Chair: **Gillian Haddock**, University of Manchester
Speakers: **Gillian Haddock**, University of Manchester
Patricia Gooding, University of Manchester
Kamelia Harris, University of Manchester
Natalie Berry, Greater Manchester Mental Health NHS Foundation Trust
Daniel Pratt, University of Manchester

From basics to treatment: Phenomena, maintaining mechanisms, favourable and obstructive aspects in the treatment of OCD

Chair: **Karina Wahl**, University of Basel. Switzerland
Speakers: **Rachel White**, South London and Maudsley NHS Foundation Trust
Lars Rothkegel, University of Potsdam, Germany
Daniel Tönsing, University of Basel. Switzerland
Amatya Macintosh, University of Basel. Switzerland
Eilidh Grant, University of Sussex

Providing online parent-led CBT for young children identified as at-risk for anxiety disorders through screening in schools: MYCATS trial findings

Chair: **Tessa Reardon**, University of Oxford
Speakers: **Tessa Reardon**, University of Oxford
Mara Violato, University of Oxford
Pete Lawrence, University of Southampton
Siyu Zhou, University of Oxford

Cultural competence: tick box or meaningful change in low intensity training?

Chair: **Rani Griffiths**, Berkshire Healthcare Foundation Trust
Speakers: **Palvisha Iqbal**, University of Bradford
Faithful Odusote, Hammersmith and Fulham NHS Talking Therapies
Tanisha Douglas, Birmingham City University
Yahya Delair, University of Exeter

Psychology with populations in unstable, ongoing threat contexts?

Chair: **Vanessa (See Heng) Yim**, King's College London & South London and Maudsley NHS Foundation Trust
Speakers: **Vanessa (See Heng) Yim**, King's College London & South London and Maudsley NHS Foundation Trust
Katy Robjant, Helen Bamber Foundation
Sarah Heke, Central and Northwest London NHS Foundation Trust
Eileen Walsh, Camden and Islington NHS Foundation Trust & Helen Bamber Foundation

Skills Classes

Perspective-taking interventions for shame and self-criticism *

Richard Bennett, University of Birmingham and **Dawn Johnson**, ACTivating Your Practice

Treating mild to moderate PTSD using web-based guided self-help ("Spring" programme)

Neil Kitchiner, Cardiff University

Engaging, communicating and supporting people with cancer and distressing symptoms

Jaime Wood, Calderdale and Huddersfield NHS Foundation Trust and **Christopher Williams**, Five Areas Ltd and the University of Glasgow

Open Paper Sessions

Community based interventions and service innovation

Speakers: **Marc Serfaty**, University College London
Caroline Dugen-Williams, Midlands Partnership University NHS Foundation Trust
Rajni Chanian & Lucy Cotterill, Midlands Partnership University NHS Foundation Trust
Thomas Richardson, University of Southampton

Service innovation and evaluation

Speakers: **Ben Lorimer**, University of Sheffield
Isabella Stokes, UCL Great Ormond Street Institute of Child Health & University College Hospitals & King's College London
Emily Davey, UCL Great Ormond Street Institute of Child Health
Mia Bennion, University of Manchester

10.30 – 11.00: Coffee

11:00-12:00

Keynote: Mark Hayward, University of Sussex, UK
The experience of hearing distressing voices: Daring to talk back!

Keynote: Louise Sharpe, University of Sydney, Australia
Horses for courses? Cognitive behaviour therapy and mindfulness in the management of pain

Keynote: Bethany Teachman, University of Virginia, USA
Using Technology to Change Anxious Thinking and Regulate Emotions

12.00 – 13.00: Lunch

13.00 – 14.30

Symposia

Developing a clinical pathway for Neurodiversity and Personality Disorder within Primary Care Mental Health.

Chair: **Clare Crole-Rees**, Oxford Health NHS Foundation Trust
Speakers: **Rhian Graham**, Oxford Health NHS Foundation Trust
Zoe Matthews, Oxford Health NHS Foundation Trust
Bernie Ennis, Oxford Health NHS Foundation Trust
Robyn Darby, Oxford Health NHS Foundation Trust
Simon Tarrant, Buckinghamshire Healthcare NHS Trust

Numbers and narratives: Utilising different research methodologies to explore cognitive behaviour therapy (CBT) in children *

Convenor: **Anna Roach**, University College London Great Ormond Street Institute of Child Health
Chair: **Sophie Bennett**, Kings College London
Speakers: **Emily Davey**, University College London Great Ormond Street Institute of Child Health
Anna Roach, University College London Great Ormond Street Institute of Child Health
Fiona Newlands, University College London Great Ormond Street Institute of Child Health
Tom King, University College London Great Ormond Street Institute of Child Health
Millie Wagstaff, University College London Great Ormond Street Institute of Child Health

Self-harm amongst young adults: Mechanisms and intervention

Chair: Peter Taylor, University of Manchester
Speakers: Caroline Clements, University of Manchester
Jasper Palmier-Claus, University of Lancaster
Peter Taylor, University of Manchester
Brendan Dunlop, University of Manchester

CBT for Bipolar Disorder: Beyond Relapse Prevention *

Chair: Thomas Richardson, University of Southampton
Discussant: Monika Luksaite, University of Southampton
Speakers: Steve Jones, Lancaster University
Liz Tyler, Manchester University
Fergus Kane, University College London
Kim Wright, Exeter University
Thomas Richardson, University of Southampton

CBT in Organisations

Chair: Lucy Maddox, University of Bath
Speakers: Clara Strauss, University of Sussex
Sarah Corrie, University of Suffolk
Lucy Maddox, University of Bath
Jo Daniels, University of Bath

Training caregivers in CBT for psychosis informed interventions

Chair: Kate Hardy, Stanford University, USA
Speakers: Sarah Kopelovich, University of Washington, USA
Akansha Vaswani-Bye, University of Washington, USA
Kate Hardy, Stanford University, USA
Peter Phiri, University of Southampton

Skills Classes

Getting Active in Supervision – how to bring more active methods into supervision

Rachel Clarke, University of Sheffield and Madeleine Tatham, University of Sheffield

Generating a Formulation in Cognitive-Behavioural Couple Therapy

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

“What’s mine is yours”: Addressing the role of therapist schemas as part of interpersonal processes in cognitive behavioural therapy

Vickie Presley, Coventry University

Panel Discussions

Speaking truth to power to overcome barriers in psychological therapies *

Convenor: Rani Griffiths, NHS Talking Therapies Berkshire
Chair: Farooq Naeem, University of Toronto, Canada
Speakers: Saiqa Naz, British Association for Behavioural and Cognitive Psychotherapies
Leila Lawton Shah Alam, BABCP Anti Racism SIG co-chairs
Harjinder Kaur-Aujla, BABCP EDI committee co-chair
Margo Ononaiye, University of Southampton/ South East Psychological Professions Network
Chris Frederick, Lived Experience Expert

Is there enough CBT in Psychiatry? Is there enough Psychiatry in CBT?

Chair: Stirling Moorey, British Association for Behavioural and Cognitive Psychotherapies
Speakers: Florian Ruths, South London and Maudsley NHS Foundation Trust
Trudi Seneviratne, Royal College of Psychiatrists
Clair Pollard, South London and Maudsley NHS Foundation Trust
Paul Salkovskis, Oxford University

Open Paper Sessions

Advancing therapeutic interventions

Speakers: Pamela Jacobsen, University of Bath
Jiedi Lei, University of Oxford
Lydia Morris, University of Manchester
James Hackley, University of Manchester; Greater Manchester Mental Health Foundation Trust
Taregh Shaban, United Arab Emirates University, United Arab Emirates

Innovation in the treatment of anxiety and depression

Speakers: Sascha Duken, Utrecht University, The Netherlands
Weike Wang, University of New South Wales, Australia
Chris Williams, University of Glasgow/FAL
Hayley Donohue, University of Sydney, Australia

14.30 – 15.00£ Coffee and conference awards

Best Poster

Best Clinical Case or Service Development Presentation

Best Newcomer

Equity and Inclusion Award

Best Scientific Talk

15:00-16:00

Keynote: Katherine Berry, University of Manchester, UK
How attachment theory can inform therapy and mental health care for adults.

Keynote: Ed Watkins, University of Exeter, UK
Dismantling and disseminating cognitive-behavioural therapy for depression and rumination