A Guide to the BABCP Conference

To make it easier for you to navigate the different events at the Conference and decide which presentations to attend we have prepared this short guide.

The Conference consists of a programme of 11 pre-conference workshops on Tuesday 23rd July followed by a three-day programme from 24th – 26th July involving keynote addresses, symposia, debates and roundtables, skills classes, open paper sessions, and poster presentations. The programme includes presentations highlighting new scientific and clinical developments as well as sessions designed to help you develop your clinical skills.

Streams

The Conference programme is organised into streams, which are broad areas within CBT, such as Adult Mental Health. Presentations are colour coded by stream in the Conference programme. Where possible, presentations within a stream are scheduled at different times to allow delegates interested in a specific area to attend most or all the relevant presentations. If you are not able to attend a specific session e.g., because it clashes with something else you want to attend you may be able to watch it on 'catch-up' because a number of sessions will be recorded. Those talks or posters where the presenter indicated

that a major theme of the work related to equality, diversity and inclusion are highlighted via the following symbol: ˈ I

'But how do I decide what to attend?'

If you are interested in the latest research, symposia, open papers, poster presentations and keynotes will be of particular interest to you. However, if you would like to broaden or update your skills then pre-conference workshops and skills classes are most appropriate. If you are skilled in one specific area in CBT, you may want to go to something completely outside this competence. Alternatively, you may want to stay with what is relevant to your work and just top-up and get the latest ideas. If you are interested in hearing about current developments in an area of interest check out the roundtables and discussions which bring experts together to share their perspectives.

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

You will probably get the most out of the Conference if you take half an hour or so at the start to sit quietly with the programme to go through it and then plan your own individual itinerary/schedule. But don't be too rigid; sometimes it's fun to drop into a session that just catches your interest at that moment.

'What is a hybrid Congress?'

BABCP 2024 maybe be the first hybrid Conference that you have attended. A hybrid Conference allows delegates to attend in person or online. Even if delegates are attending remotely they be able to communicate via the technology that we are using.
Part of this year's programme is being made available on-line for both delegates attending in-person and for those who have registered on-line only. All the sessions marked with an * will be available for everyone to view in real time and following the event delegates will still have access for at least 3 months.
We are working with Talking Slides and all you need to do is log-in on the website: https://babcp.talkingslideshd.com using the email you used to register for the conference and the password that you have been sent. There is a help button with a dedicated support team at Talking Slides if you have any technical issues.

If you are watching any sessions in real time, in the room or on-line everyone will all be able to ask questions via Sli.do, and we encourage everyone to use this!

If you are attending in-person

• On your mobile device, open a browser and head to slido.com.
• In the 'Joining as a participant?' field, simply type in the event

code (this will be different for each room).
• Once logged in you can then submit questions via the Q&A function.
• You can also 'like' other delegate's questions to put them to the top of the list.

'What exactly are the different types of presentations at the Conference?'

▪ Pre-Conference Workshops
This year these are full day events focused on both skills and theory. They are scheduled on Tuesday before the conference begins. A separate registration fee is applied to these workshops and they must be booked in advance.

▪ Plenary Session
This year we are having a plenary session to open the conference at 9 am and you will be welcomed to Manchester by the chairs of the National Conference Programme Advisory Group, the local Manchester BABCP branch, Saiqa Naz, President of BABCP, and Tommy McIlravey, the CEO of BABCP. Professor Gillian Haddock from the University of Manchester will give an opening address. The introductions and opening address will set the scene for the rest of the conference. We also have a Presidential Address from Saiqa Naz at 4:30 on Thursday 25th July, reflecting on her time as BABCP president. This will also include presentation of several BABCP awards.

▪ Keynotes
A keynote address is delivered by a well-known clinician or researcher and lasts for an hour. These typically present the best up to date information and attract a large audience. In Manchester we have several keynote addresses. These cover a wide range of contemporary and important topics in CBT. The keynote presentations are scheduled after the symposium sessions, in both the morning and the afternoon. At any one time there are 16 keynote addresses to choose between. But remember, if you would like to attend more than one you can watch the one you missed on 'catch up'.

BABCP 52nd Annual Conference and Workshops

23-26 JULY 2024 | UNIVERSITY OF MANCHESTER

Symposia

These are collections of 4 or 5 talks, focusing on a specific topic or subject area. Some symposia are very data-focused, centred on new studies or on trials and their outcomes. Others are more applied, looking at service or skills-related subjects. Speakers range from presenters at an early stage in their careers presenting their own work, to leaders in the world of CBT. Symposia often have a discussant at the end where time is allowed for audience participation. Delegates are encouraged to ask questions during the session – if you are attending remotely you will be able to do this via the online portal on the sessions that are available online.

Panel Discussions and Clinical Roundtables

These are events where speakers discuss a contemporary topic or clinical issue with each other, and actively with the audience. There are generally 4 or 5 speakers, and often these events feature nationally or internationally recognised researchers or clinicians.
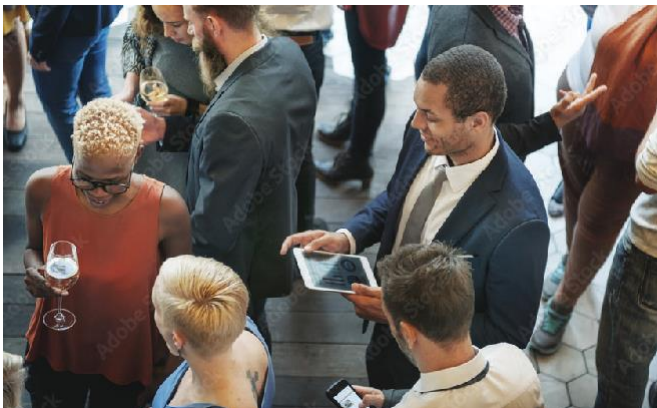
Skills Classes

These are opportunities to learn and practice a particular skill. Skills classes focus on a specific clinical or research skill or therapeutic approach. These classes often involve quite large groups and are led by a well-known clinician. Depending on the numbers, these may be more or less didactic or interactive, but there will often be opportunity for delegates to get involved and practice their skills. Four of the skills classes are available online this year.

In-Conference Workshops

In-conference workshops are similar to skills classes, but are longer (half of the conference day) and thus can cover a broader area or go into more depth. In Manchester there is no additional cost for the in-conference workshop for people registered to attend the conference. However, once the room is at capacity it will no longer be possible to enter, so please arrive early if you want to make sure that you can attend in person.

Posters

Posters report on research studies, service evaluations, clinical case reports etc. Posters will be on display all day in the The Drum Exhibition Area and the Conference Hybrid Platform

where delegates will be able to leave questions and messages for all the in person and online poster presenters. There will also be an extended 45-minute coffee break in the afternoon (2.30 - 3.15 pm on Wednesday and 3:30 - 4:15 pm on Thursday) which is specifically set aside for looking at the posters. In person presenters will be available to answer questions about their posters.

Open Papers

Open Paper sessions include 4-5 talks from presenters who have submitted their talks individually, rather than as part of a symposium. These "open papers" are then grouped together by the National Conference Programme Advisory Group into themed symposia.

Three Minute Talks (3MTs)

This year we are trialling Three Minute Talks (3MTs) as an option for presenting open papers at the conference. All 3MTs have been placed together into one 60-minute session, and each speaker will have 3 minutes to present their research or clinical practice topic, leading to particularly stimulating sessions. The 3MT session will be recorded and streamed live.

Other Special Sessions

This year's conference includes a number of other special sessions, which are all open to all conference delegates. A Low Intensity CBT Day runs on Wednesday 24th July, and full details are available in the programme and online.

We hope this is helpful, please do ask any of the organisers if you have any questions during the Conference, and above all, enjoy!