



BABCP 52nd Annual Conference & Workshops

23-26 JULY 2024 | UNIVERSITY OF MANCHESTER

Online Programme Schedule |

♥ is used to highlight those sessions, individual talks or posters where the presenter indicated that a major theme of the work is related to equality, diversity and inclusion

Programme Schedule | Wednesday 24th July

9.00 – 9.45 am

Plenary Session – University Place Lecture Theatre A and B

Welcome to BABCP 2024

Jo Daniels, Co-chair BABCP Scientific Committee
Francesca Waddington, Chair, Manchester BABCP Branch
Saiqa Naz, President BABCP
Tommy McIlravey, CEO, BABCP
Simon Blackwell, Co-chair BABCP Scientific Committee

Opening Address

Gillian Haddock, University of Manchester

10.15 – 11.45 am

*Skills Class 1 – University Place Lecture Theatre A

Reducing worry and rumination in OCD

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

*Panel Discussion 1 – University Place Lecture Theatre B

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
Vicki Curry, Anna Freud Centre, London
Louisa Salhi, Kooth
Peter Phiri, University of Southampton

***Symposium 8 – University Place Room 4.205/4.206**

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

Chair:	Brendan Dunlop , Lancashire and South Cumbria NHS Foundation Trust
10.15	Associate Psychological Practitioners in primary care: learning to date and future direction
	Gita Bhutani , Lancashire and South Cumbria NHS Foundation Trust
10.30	The Mental Health Prevention and Promotion in General Practice Settings (MEND) Feasibility Study: Preliminary results and next steps
	Miranda Budd , Lancashire and South Cumbria NHS Foundation Trust
10.45	The evolution of low intensity provision in primary care: changes over time
	Liz Kell , University of Exeter
11.00	Collaboration and leadership in primary care: opportunities for development
	Molly Lever , Lancashire and South Cumbria NHS Foundation Trust
11.15	Collaboration and leadership in primary care: opportunities for development
	Brendan Dunlop , Lancashire and South Cumbria NHS Foundation Trust

12.00 – 13.00pm

***Keynote Address 8 (moved from Thursday) – University Place Lecture Theatre A**

Developing an innovative treatment for trauma memories: Keeping it in the real world

Lalitha Iyadurai, University of Oxford & P1vital

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

***Keynote Address 2 – University Place Lecture Theatre B**

Is complexity in the eye of the beholder?

Stephen Barton, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Chair: **Mark Freeston**, Newcastle University

***Recording of Keynote Address 1 – University Place Room 4.205/4.206**

Leveraging single-session interventions to democratize access to mental health care (Recorded presentation)

Jessica Schleider, Northwestern University, USA

Chair: **Chris Taylor**, The University of Sheffield and Pennine Care NHS Foundation Trust

2.00 – 3.30 pm

***Symposium 11 – University Place Lecture Theatre A**

Implementation of Digital Mental Health Interventions

Chair:	Hjördis Lorenz , University of Oxford
Discussant:	Maria Loades , University of Bath
2.00	Implementation of brief online, therapist guided, parent-led CBT for child anxiety problems in routine clinical services.
	Chloe Chessell , University of Oxford
2.20	Implementation of therapist-assisted online cognitive therapy for adolescent social anxiety in routine services
	Hjördis Lorenz , University of Oxford

- 2.40 Providing psychological therapy support and improving post-discharge data collection: Preliminary evaluation of the 'Paddle' app
Graham Thew, NHS Talking Therapies, Oxford Health NHS Foundation Trust
- 3.00 Discussion

*Panel Discussion 2 – University Place Lecture Theatre B

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, Vita Health Group
Clair Pollard, South London and Maudsley NHS Foundation Trust

*Symposium 16 – University Place Lecture Room 4.205/4.206

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

- Convenor:** **Mark Freeston**, Newcastle University
- Chair:** **Liz Marks**, University of Bath
- 2.00 Extreme weather, climate change and uncertainty distress: The role of disruption
Mark Freeston, Newcastle University
- 2.20 What happens in climate cafés? Exploring responses to the psychological burdens of climate change in seven UK women
Luis Calabria, University of Bath
- 2.40 It's not all about anxiety: Emotional responses to climate change and pro-environmental behaviour
Sean Gan, Newcastle University
- 3.00 A CBT approach to Eco-Distress: Results and lessons from a single case study
Liz Marks, University of Bath
- 3.20 Discussion

Poster session

Poster Session – The Drum Exhibition Area

Children and Young People

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

Understanding the needs of young parents in the development of an online intervention for depression supported by peer mentors
Emma Brooks, 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. \(EPoster only\)](#)

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 and 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](#)

Rebecca Evans and Emily Webster, 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 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

4.15– 5.15 pm

***Keynote Address 3** – University Place Lecture Theatre A

Looking on the bright side: a key role for interpretation

Colette Hirsch, King's College London

Chair: **Simon Blackwell**, University of Göttingen, Germany

***Keynote Address 4** – University Place Lecture Theatre B

From anguish to flourish: Building youth mental health systems for scale

Tom Osborn, Shamiri Institute, Kenya

Chair: **Shirley Reynolds**, Child Mind Institute

***Keynote Address 5** – University Place Lecture Room 4.205/4.206

Is 'Positive Behavioural Support' effective?

Richard Hastings, University of Warwick

Chair: **Peter Taylor**, University of Manchester;

9.30 – 4.30 pm

***Low Intensity Day** - University Place Room 2.219/2.220

A one-day programme on low intensity CBT is available for delegates to attend in person or online.

9.30	Welcome and agenda setting Liz Kell , Exeter University and Samantha Torney, Shropshire, Telford and Wrekin Talking Therapies Service
9.40	National research project: Exploring the wellbeing of trainee LICBT practitioners and recommendations for HEIs and services Lucy Upson , University of Reading
10.10	Embedding compassion in psychological professions training curricula: Experiences, developments and future directions Michelle Wilson , Royal Holloway, University of London
10.40	Break
11.00	From Practice to Research and Teaching in a global perspective Amy Blakemore , University of Manchester and Herni Susanti , Universitas Indonesia
11.45	Roundtable on experiences of completing LICBT research Lucy Upson , Michelle Wilson and Amy Blakemore
12.30	Lunch
1.30	Writing for journal publication Jason Ho , Kings College London
2.00	Writing for CBT Today Anjali Mehta Chandar , University of Reading

2.30	Being a Low-Intensity Peer Reviewer Eve Bampton-Wilton , Exeter University
3.00	Break
3.20	Roundtable discussion on experiences of writing and publishing Liz Ruth, Jason Ho, Anjali Mehta Chandar and Eve Bampton-Wilton
4.00	Padlet to capture main take-home points from the audience and what they would like to see in the next event and closing comments Liz Kell , Exeter University and Samantha Torney , Shropshire, Telford and Wrekin Talking Therapies Service

Programme Schedule | Thursday 25th July

9.00 – 10.30 am

*Panel Discussion 4 – University Place Lecture Theatre A

'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
 Nakita Oldacre, University of Reading
 Faithful Odusote, Hammersmith and Fulham NHS Talking Therapies
 Tanisha Douglas, Birmingham City University

*Symposium 19 – University Place Lecture Theatre B

Innovative developments in understanding and treating adolescent mental health

Convenor: Jessica Kingston, Royal Holloway, University of London
Chair: Jessica Kingston, Royal Holloway, University of London
 9.00 Adolescent social anxiety and working memory: understanding the link and testing a brief intervention.
Charlotte Mason, University of Oxford
 9.20 Innovative developments in understanding and treating adolescent mental health
Jessica Kingston, Royal Holloway, University of London
 9.40 Online single session interventions as a way to expand the reach of cognitive and behavioural principles for adolescents with depression symptoms
Maria Loades, University of Bath
 10.00 Increasing anticipatory pleasure through positive mental imagery in young people with low mood
Victoria Pile, King's College London
 10.20 Discussion

*Symposium 24 – University Place Room 4.205/4.206

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
 9.00 Post-traumatic stress disorder in young children exposed to road traffic accidents: the role of demographic, trauma, family, and cognitive factors
Eleanor Chatburn, University of East Anglia
 9.15 Exploring children's traumatic memory characteristics in a non-English Speaking low- and middle-income country population
Alessandra Giuliani, University of Bath

- 9.30 Systematic Review and Meta-Analysis: Imputing response rates from randomised controlled trials of first-line psychological treatments for PTSD in children and adolescents
Katie Lofthouse, University of East Anglia
- 9.45 Cross-sector perceptions of delivering cognitive therapy for PTSD to care-experienced young people.
Rosie McGuire and **Davin Schmidt**, University College London
- 10.00 Experiences of receiving internet delivered Cognitive Therapy treatment for Post Traumatic Stress Disorder. Perspectives from young people.
Helena Griffiths, King's College London

9.00 – 12.00

***In-conference Workshop** – University Place Room 2.219/2.220

Cognitive behavioural therapy for Adults with ADHD

Antonia Dittner, South London and Maudsley NHS Trust

11.00 – 12.00 noon

***Keynote Address 6** – University Place Lecture Theatre A

Understanding and treating anxiety disorders in adolescence

Polly Waite, University of Oxford

Chair: **Victoria Pile**, King's College London

***Keynote Address 7** – University Place Lecture Theatre B

Personalising therapy for patients who don't respond well to routinely delivered CBT

Jaime Delgadillo, University of Sheffield

Chair: **James Gregory**, Cardiff University

***Public Engagement Event** – University Place Room 4.205/4.206

Suicide Prevention - Engaging People Through Sport

Phil Cooper MBE and **Ian Knott**, former Warrington, Wakefield and Leigh Centurions rugby league captain

Chair: **tbc**

1.00 – 2.30 pm

***Symposium 27** – University Place Lecture Theatre A

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

1.00 * CT-PTSD is flexible and tailored to the individual
Anke Ehlers, University of Oxford

- 1.15 * Getting active in therapy sessions
Nick Grey, Sussex Partnership NHS Foundation Trust
- 1.30 * The model is your map, even in the face of complexity
Sharif El-Leithy, South West London and St George's Mental Health NHS Trust
- 1.45 Getting going with memory work with complex cases
Kerry Young, Central and North West London NHS Foundation Trust
- 2.00 Sharing clinical wisdom and building CT-PTSD confidence
Richard Thwaites, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
- * these talks will be delivered by video

***Clinical Roundtable 1 – University Place Lecture Theatre B**

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

- Chair:** **Natasha Hickmott**, Vita Health Group
- Speakers:** **Antonia Dittner**, National Adult ADHD and ASD Psychology Service
Natasha Hickmott, Vita Health Group
Alison Roberts, Sussex Partnership Foundation Trust and Oxford Health Specialist Psychological Interventions Clinic
Benjamin Ford, Staffordshire and Stoke on Trent Wellbeing Service

***Symposium 29 – University Place Room 2.219/2.220**

Developments in the understanding and treatment of OCD

- Chair:** **Paul Salkovskis**, University of Oxford
- Discussant:** **Paul Salkovskis**, University of Oxford
- 1.00 “Fighting OCD together”: Contrasting reassurance and social support in OCD
Chiara Causier, University College London
- 1.15 The impact of betrayal memories on mental contamination in OCD
Sam French, Oxford Health NHS Foundation Trust
- 1.30 Relevance and specificity of loss of control beliefs in OCD and panic disorder
Joel Lewin, University of Oxford
- 1.45 The optimist sees opportunity in every difficulty. Maintaining hope in OCD treatment for long-standing problems
Brynjar Halldorsson, Reykjavik University, Iceland
- 2.00 The Development of a Blended Intervention for the prevention of relapse in OCD
Josie Millar, University of Bath

***Skills Class 10 – University Place Room 4.205/4.206**

Making supervision of supervision more effective

Jason Roscoe, Private Practice

poster session

Poster Session – The Drum Exhibition Area

Posters will be displayed for the entire day. All posters will be available to view electronically for the full duration of the conference. We have an extended 45-minute coffee break in the afternoon (2.30- 3.15) which is specifically set aside for looking at the posters.

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, Spain (E-poster only)

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, University of Sheffield

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

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 

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

The development and validation of 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

3.15 – 4.15 pm

***Keynote Address 9** – University Place Lecture Theatre A

Culturally adapted CBT: from theory to practice

Farooq Naeem, University of Toronto, Canada

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

***Keynote Address 10** – University Place Lecture Theatre B

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

Ailsa Russell, University of Bath

Chair: **Richard Hastings**, University of Warwick

***Keynote Address 11** – University Place Room 2.219/2.220

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

Rachel Hiller, University College London

Chair: **Jessica Kingston**, Royal Holloway, University of London

*** Three Minute Talks** – University Place Room 4.205/4.206

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

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

Carolina Fialho, King's College London

Screening minority ethnic service users alcohol use within community mental health services: An intersectional lens

Jo-Anne Puddephatt, Edge Hill University

Increasing access to psychological interventions through primary care for those experiencing perinatal obsessive-compulsive disorder: a co-produced project

Alice Tunks, Brighton and Sussex Medical School

Post-COVID Syndrome Service: A 1-year service evaluation

Irini Verbist, Greater Manchester Mental Health NHS Foundation Trust CBT

Primal world beliefs in bipolar disorder

Thomas Richardson, University of Southampton

Supporting community-dwelling veterans living with dementia: qualitative data from a multiphase project

Lydia Morris, University of Manchester

REST 2.0: A randomised controlled trial of a digital preventative psychological skills training intervention for employee wellbeing and productivity

Laura Chandler, University of Warwick

What motivates individuals to train in CBT and how does this affect their clinical practice? A grounded theory study of qualified therapists

Jason Roscoe, Private Practice

The experience of wellbeing in the role of trainee CBT therapists and psychological practitioners

Joel Owen, University of East Anglia

Can people with dementia benefit from Talking Therapies for mild to moderate anxiety or depression?: Learning from MODIFY?

Georgina Charlesworth, University College London

4.45 – 5.45 pm

***Presidential Address – University Place Lecture Theatre B**

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

Saiqa Naz, President, BABCP

Chair: Tommy McIlravey, CEO, BABCP

The Presidential address will focus on the relationship between the association and its members. This will be followed by an overview of the draft organisational strategy and presentation of awards.

Programme Schedule | Friday 26th July

9.00 – 10.30 am

***Symposium 31 – University Place Lecture Theatre A**

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

Chair: Karina Wahl, University of Basel, Switzerland

9.00 Repetitive negative thinking in OCD: Phenomenology and implications for treatment

Rachel White, South London and Maudsley NHS Foundation Trust

9.15 Enhanced contamination concerns diminish extinction learning and alter pupillary response in disgust conditioning

Lars Rothkegel, University of Potsdam, Germany

9.30 “COBITH” – Improved cognitive biases modification training targeting interpretation bias in obsessive compulsive disorder – evaluation of the training materials and planned clinical trial

Daniel Tönsing, University of Basel, Switzerland

9.45 Feasibility of automatic detection of compulsive hand washing using smartwatches

Amatya Macintosh, University of Basel, Switzerland

10.00 Perceived barriers and facilitators to engaging in CBT for OCD: service user and clinician perspectives.

Eilidh Grant, University of Sussex

***Symposium 32 – University Place Lecture Theatre B**

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

Convenor: Natasha Hickmott, Vita Health Group

Chair: Emma Warnock-Parkes, Oxford Centre for Anxiety Disorders and Trauma

Discussant: Emma Warnock-Parkes, Oxford Centre for Anxiety Disorders and Trauma

9.00 Considering neurodivergence at assessment for effective, neurodiversity affirming, CBT for common mental health conditions

Natasha Hickmott, Vita Health Group

9.20 Adaptation of exposure and response prevention for a young person with a diagnosis of ADHD

Katie Webster, University of Surrey

- 9.40 Cognitive therapy for post-traumatic stress disorder after birth trauma: A case study using internet delivered CT-PTSD with an autistic mother
Aimee McKinnon, Oxford Specialist Birth Trauma Service & University of Oxford
- 10.00 Group CBT for ADHD - lessons learned
Alison Roberts, Sussex Partnership Foundation Trust and Oxford Health Specialist Psychological Interventions Clinic
- 10.20 Discussion

***Skills Class 11 – University Place Room 2.219/2.220**

Perspective-taking interventions for shame and self-criticism

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

***Symposium 38 – University Place Room 4.205/4.206**

“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

9.00 A journey on bridging the gap in service provision between NHS Talking Therapies and Community Mental Health Teams. Inclusion Thurrock: Psychological Therapy Service.

Richard Pione, Midlands Partnership NHS Foundation Trust

9.20 Research and innovation alongside routine care in “the gap”: insights from an NHS-commissioned research clinic

Kim Wright, University of Exeter

9.40 Eight session cognitive analytic therapy (CAT) for self-harm in the RELATE trial: Update on outcomes and co-produced case example of the approach

Peter Taylor, University of Manchester; **Cameron Latham**, Expert by Experience; **Steve Kellett**, Rotherham Doncaster and South Humber NHS Foundation Trust and **Jade Kershaw**, Expert by Experience

11.00 – 12.00 noon

***Keynote Address 12 – University Place Lecture Theatre A**

The experience of hearing distressing voices: Daring to talk back!

Mark Hayward, University of Sussex

Chair: **Craig Steel**, Oxford Health NHS Foundation Trust & The University of Oxford

***Keynote Address 13 – University Place Lecture Theatre B**

Horses for courses? Cognitive behaviour therapy and mindfulness in the management of pain

Louise Sharpe, University of Sydney, Australia

Chair: **Trudie Chalder**, King’s College London

***Keynote Address 14 – University Place Room 2.219/2.220**

Using Technology to Change Anxious Thinking and Regulate Emotions

Bethany Teachman, University of Virginia, USA

Chair: **Julie Ji**, University of Plymouth

1.00 – 2.30 pm

***Panel Discussion 6 – University Place Lecture Theatre A**

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: Richard Thwaites, Cumbria, Northumberland Tyne and Wear NHS Foundation Trust
Leila Lawton, BABCP Anti Racism SIG co-chair
Harjinder Kaur-Aujla, BABCP EDI committee co-chair
Margo Ononaiye, University of Southampton and South East Psychological Professions Network
Chris Frederick, Lived Experience Expert

***Symposium 39 – University Place Lecture Theatre B**

Numbers and narratives: Utilising different research methodologies to explore cognitive behaviour therapy in children

Convenor: Anna Roach, University College London Great Ormond Street Institute of Child Health
Chair: Sophie Bennett, Kings College London

1.00 A novel, low intensity Cognitive Behavioural Therapy treatment for children and young people with eating disorders
Emily Davey, University College London Great Ormond Street Institute of Child Health

1.15 Implementing drop-in mental health services at paediatric hospitals: A qualitative study using Normalisation Process Theory
Anna Roach, University College London Great Ormond Street Institute of Child Health

1.30 Using a novel methodology to map clinical services in England
Fiona Newlands, University College London Great Ormond Street Institute of Child Health

1.45 Mental health clinical pathways for children and young people with long-term health conditions
Tom King, University College London Great Ormond Street Institute of Child Health

2.00 Mental health of children with epilepsy compared to their peers: population-based cohort from linked primary and secondary healthcare record in England
Millie Wagstaff, University College London Great Ormond Street Institute of Child Health

***Symposium 41 – University Place Room 2.219/2.220**

CBT for Bipolar Disorder: Beyond relapse prevention

Chair: Thomas Richardson, University of Southampton

1.00 A pilot feasibility trial of recovery focused therapy for older people with bipolar
Liz Tyler, Manchester University

1.20 Balancing ACT: Psychoeducation and Acceptance and Commitment Therapy (ACT) groups for people with bipolar disorder: a pilot randomised controlled feasibility trial
Fergus Kane, University College London

1.40 Enhanced behavioural activation for ongoing bipolar symptoms: preliminary findings from the STABILISE case series
Kim Wright, Exeter University

2.00 Working with dysfunctional attitudes and perfectionism in Bipolar Disorder
Thomas Richardson, University of Southampton

2.20 Discussion

***Skills Class 15 – University Place Room 4.205/4.206**

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

Vickie Presley, Coventry University

3.00 – 4.00 pm

***Keynote Address 15 – University Place Lecture Theatre A**

How attachment theory can inform therapy and mental health care for adults.

Katherine Berry, University of Manchester

Chair: **Christopher Taylor**, The University of Sheffield and Pennine Care NHS Foundation Trust

***Keynote Address 16**– University Place Lecture Theatre B

Dismantling and disseminating cognitive-behavioural therapy for depression and rumination

Ed Watkins, University of Exeter

Chair: James Gregory, Cardiff University