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

 любимо 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.

Delegates who have registered on attend the conference will receive a final printed programme on arrival in Manchester.

Programme Schedule | Tuesday 23rd July

17:30-19:30

Opening Reception

At the “The Drum” University of Manchester
Come and meet your local branch and the Special Interest Groups
**Programme Schedule | Wednesday 24th July**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td><strong>9.00 – 9.45 am</strong></td>
<td><strong>Plenary Session</strong> – University Place Lecture Theatre A and B</td>
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<tr>
<td></td>
<td><strong>Welcome to BABCP 2024</strong></td>
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<tr>
<td></td>
<td>Jo Daniels, Co-chair BABCP Scientific Committee</td>
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<td></td>
<td>Francesca Waddington, Chair, Manchester BABCP Branch</td>
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<td>Saiqa Naz, President BABCP</td>
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<td>Tommy McIlravey, CEO, BABCP</td>
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<td>Simon Blackwell, Co-chair BABCP Scientific Committee</td>
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<td></td>
<td><strong>Opening Address</strong></td>
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<td></td>
<td>Gillian Haddock, University of Manchester</td>
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<tr>
<td><strong>9.45 – 10.15 am</strong></td>
<td><strong>Coffee</strong></td>
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<tr>
<td><strong>10.15 – 11.45 am</strong></td>
<td><strong>Symposium 1</strong> – Simon Lecture Theatre A</td>
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<td></td>
<td><strong>Improving treatment delivery of cognitive therapy for post-traumatic stress disorder and complex PTSD:</strong></td>
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<td></td>
<td>* Talks demonstrating the clinical impact of top up training and specialist supervision. A symposium dedicated to the late Hannah Murray*</td>
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<td><strong>Convener:</strong> Emma Warnock-Parkes, University of Oxford</td>
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<td><strong>Chair:</strong> Graham Thew, University of Oxford</td>
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<td></td>
<td><strong>Discussant:</strong> Kerry Young, Woodfield Trauma Service, London</td>
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<tr>
<td>10.15</td>
<td>Building therapist competence and confidence in delivering Cognitive Therapy for PTSD:</td>
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<td></td>
<td><em>Outcomes from a programme of therapist top up training and supervision</em></td>
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<tr>
<td>10.35</td>
<td>Improving outcomes for PTSD in an NHS Talking Therapies service</td>
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<tr>
<td>10.55</td>
<td>Integrating religious beliefs and practices into cognitive therapy for moral injury in post-traumatic stress disorder</td>
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<td>11.15</td>
<td>Working with PTSD to hallucinations experienced during ICU treatment for serious physical illness:</td>
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<td><em>a case study</em></td>
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<td>11.35</td>
<td>Discussion</td>
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<tr>
<td><strong>Symposium 2</strong> – Simon Lecture Theatre B</td>
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<td></td>
<td><strong>Mindfulness based cognitive therapy as an acute treatment for depressed non-responders in NHS Talking Therapies: Overview, results and implications of the RESPOND trial</strong></td>
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<tr>
<td><strong>Convener:</strong></td>
<td>Barney Dunn, University of Exeter</td>
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<tr>
<td><strong>Chair:</strong></td>
<td>Thorsten Barnhofer, University of Surrey</td>
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<tr>
<td>10.15</td>
<td>Protocol overview of the RESPOND randomised controlled trial</td>
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<td>10.30</td>
<td>Clinical and cost-effectiveness results of the RESPOND trial</td>
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<td>10.45</td>
<td>Mechanisms of action, safety data, and diversity data from the RESPOND RCT.</td>
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<td>11.00</td>
<td>Qualitative interviews with clients receiving MBCT in the RESPOND randomised controlled trial</td>
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<td>11.15</td>
<td>Therapist and supervisor views of delivering MBCT in the RESPOND randomised controlled trial</td>
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<td>Florian Ruths, South London and Maudsley NHS Foundation Trust</td>
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</table>
**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 can we 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 3 – University Place Room 1.218**

*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

10.15 Predicting treatment outcomes for people treated for GAD: a machine learning approach

Joshua Buckman, University College London

10.30 Effectiveness of transdiagnostic group cognitive behavioural therapy for emotional disorders in Spanish primary care: The PsicAP randomized controlled trial

Roger Munoz Navarro, University of Valencia, Spain

10.45 Effectiveness of primary care psychological therapy post-stroke: a record-linkage study

Jae Won Suh, University College London

11.00 Using data to inform clinical practice: how the choice of outcome measure can impact treatment delivery and effectiveness

Rob Saunders, University College London

11.15 Illuminating variations in cultural heritage symptom networks

Henry Delamain, University College London

**Symposium 4 - University Place Room 1.219**

*LGBTQ+ mental health in young people and adults: New research*

Chair: Katharine Rimes, King's College London

10.15 Role models for sexual minority women: Qualitative study of characteristics, impact and potential for use in CBT

Khushi Mann, King's College London

10.35 Developing a virtual reality paradigm for investigating prejudice and discrimination processes within sexual minority youth

Alex Bolster, King's College London

10.55 Emotion regulation difficulties in gender and sexuality diverse groups

Jake Camp, South London and Maudsley NHS Foundation Trust

11.15 Negative beliefs about others: Relationship to generalised and minority stressors and sexual orientation

Helena Bladen, King's College London

**Symposium 5 - University Place Room 2.218**

*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

10.15 How can knowing a person's attachment style inform CBT?

Tess Maguire, University of Southampton and Southern Health NHS Foundation Trust

10.35 Attachment-focused iMAGery therapy for Psychosis (A-iMAPS): A therapy protocol integrating attachment and imagery techniques

Nicola Airey, University of Manchester & Navigo Health and Social Care CiC
10.55 A network analysis of the inter-relationships between psychosis symptoms and literature-informed mediating factors – attachment insecurity, negative schemas and dissociation
**David Levi**, University of Manchester

11.15 The impact of attachment style on help-seeking
**Katherine Newman-Taylor**, University of Southampton and Southern Health NHS Foundation Trust

11.35 Discussion

**Skills Class 2** – University Place Room 3.204
**Trauma focused CBT within Bipolar Disorder**
**Thomas Richardson**, University of Southampton

**Open Papers 1** - University Place Room 3.205
**Eating Disorder across the lifespan**

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

10.15 Unveiling the link between climate change concerns and orthorexia nervosa risk through cluster analysis: Insights from the eating-related eco-concerns measure
**Lucia Tecuta**, University of Bologna, Italy

10.30 Prevalence of eating disorders and comorbid psychopathology among UK secondary school pupils: Evidencing the need for a brief, accessible intervention in schools
**Sophie Fletcher**, University of Warwick

10.45 Feasibility and acceptability of a brief, school-based intervention for eating disorders: Qualitative perspectives of pupils, parents and staff
**Tabitha Jackson**, University of Warwick

11.00 Schema-Informed CBT for anorexia nervosa: A case series
**Karina Allen**, South London & Maudsley NHS Foundation Trust

11.15 Brief CBT for anorexia nervosa: Feasibility, acceptability and preliminary evidence of effectiveness
**Glenn Waller**, University of Sheffield

**Symposium 6** – University Place Room 3.210
**Hoarding: The neglected problem of neglect**

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

10.15 “It’s not my Mess”: How do supporters of Individuals with hoarding difficulties rate the quality of the support they offer
**James Dennis**, University of Oxford

10.30 The relationship between experiences of homelessness and hoarding
**Tiago Zortea**, University of Oxford

10.45 The experience of stigma in hoarding disorder: A qualitative study
**Thordur Arnarson**, University of Iceland

11.00 What do we know about stigma in hoarding disorder? A systematic review
**Rachel Prosser**, University of Oxford

11.15 Convergent processes: Hoarding disorder as an example of a final common pathway
**Paul Salkovskis**, University of Oxford

**Symposium 7** – University Place Room 4.204
**Mental imagery in youth mental health**

**Chair:** **Alex Lau-Zhu**, University of Oxford

**Discussant:** **Victoria Pile**, King’s College London

10.15 Exploring the relationship between components of emotional mental imagery and depression in young people
**Victoria Pile**, King’s College London

10.30 Exploring themes of negative self-imagery in adolescents with social phobia
**Kenny Chiu**, University of East Anglia

10.45 “Flashforward” mental imagery in adolescents: Exploring developmental differences and associations with mental health
**Alex Lau-Zhu**, University of Oxford

11.00 Negative flashforward imagery in adolescents with social anxiety disorder: Imagery reports and preliminary outcomes of an EMDR intervention
**Marjolein Thunnissen**, University of Groningen, the Netherlands
**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

11.30 **Discussion**

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**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

**Independent Practitioners Special Interest Group** - University Place Room 2.217

AGM followed by a colloquium on working in private practice, including a review and update of the Private Practice Guidelines.

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**1.00 – 2.00 pm Lunch**

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**1.15 – 2.00 Couples Special Interest Group** - University Place Room 3.205

**Annual General Meeting**
**Symposium 9 – Simon Lecture Theatre A**

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

**Chair:** Laura Warbrick, University of Exeter  
**Discussant:** Katie Marchant, Expert by Experience

**2.00**  
Enhancing CBT for depression and anxiety in the context of personality difficulties: NHS Talking Therapies clinician training workshops  
*Laura Warbrick*, University of Exeter

**2.20**  
Augmented CBT for people at elevated risk of psychosis in Talking Therapies: An attachment-informed intervention  
*Katherine Newman-Taylor & Tess Maguire*, University of Southampton

**2.40**  
Staff and patient experiences of an augmented CBT in NHS Talking Therapies for Clinically High Risk for Psychosis  
*Lizi Graves*, Southern Health NHS Foundation Trust

**3.00**  
The acceptability and impact of behavioural therapy for bipolar depression: a qualitative study  
*Kim Wright*, University of Exeter

**Symposium 10 – Simon Lecture Theatre B**

New developments in imagery focused therapies for psychosis and bipolar disorder

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

**2.00**  
Attachment-focused iMAgery therapy for Psychosis (A-iMAPS): Results from a multiple baseline case series  
*Nicola Airey*, Navigo Health and Social Care CIC

**2.20**  
Working with imagery based metacognitive interventions for flashforwards in psychosis  
*Nithura Sivarajah*, West London NHS Foundation Trust

**2.40**  
iMAgery focused therapy for PSychosis (iMAPS-2): study protocol for a feasibility randomised controlled trial  
*Christopher Taylor*, The University of Sheffield and Pennine Care NHS Foundation Trust

**3.00**  
Imagery based interventions for bipolar disorder: A feasibility study  
*Craig Steel*, Oxford Health NHS Foundation Trust & The University of Oxford

**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
Symposium 12 – University Place Room 1.218

**Improving access and engagement with CBT for Muslims.**

**Convenor:** Hind Al Harbi, King Saud Medical City, Saudi Arabia.

**Chair:** Farooq Naeem, University of Toronto, Canada

- **2.00**
  - Decolonising mental healthcare for Muslims to improve outcomes for depression
  - Ghazala Mir and Shaista Meer, University of Leeds

- **2.20**
  - Refining the problem solving intervention to enhance acceptability and addressing implementation barriers in the Kingdom of Saudi Arabia
  - Hind Al Harbi, King Saud Medical City, Saudi Arabia

- **2.40**
  - Adapting Acceptance and Commitment Group Therapy for Saudi Muslim females with mental health disorders
  - Ahmad Al Hadi, King Saud University, Saudi Arabia

**3.00**

- Sufism and cognitive behaviour therapy
  - Farooq Naeem, University of Toronto, Canada

Panel Discussion 3 – University Place Room 1.219

**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

Skills Class 3 – University Place Room 2.218

**CBT for gambling-related harms and behavioural addictions**

Venetia Leonidaki, Central and North West London Foundation Trust

Skills Class 4 – University Place Room 3.204

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

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

Symposium 13 – University Place Room 3.205

**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

- **2.00**
  - Social evaluation learning in depression and social anxiety
  - Kate Button, University of Bath

- **2.15**
  - Biased belief updating in depression – Psychological mechanisms and clinical implications
  - Tobias Kube, University of Goettingen, Germany

- **2.30**
  - Less bang for my buck: Diminished anticipated enjoyment contributes to dysphoria-linked deficit in activity behavioural engagement choice
  - Julie Ji, University of Plymouth

- **2.45**
  - Trait anxiety-linked biases in updating of expectancies: Examining the role selective interrogation of information concerning potential stressors in high trait anxious individuals’ expectancies and affect
  - Amelia Reynolds, University of Western Australia, Australia

- **3.00**
  - From information to worry: How selective interrogation of information shapes expectancies in the prenatal period
  - Mahdi Mazidi, University of Western Australia, Australia

- **3.15**
  - Discussion
**Symposium 14** – University Place Lecture Room 3.210  
*Treating prolonged grief disorder in NHS-TT settings*  
Chair: Barney Dunn, University of Exeter  
Discussant: Barney Dunn, University of Exeter  
2.00 Prolonged grief therapy (PGT) as a treatment for stuck bereavement: An overview of the treatment model and review of a high intensity  
Megan Colletta, AccEPT Clinic, Exeter  
2.20 Treating prolonged grief disorder in NHS Talking Therapy settings: An illustrative case Study  
Sarah Goff, Devon Partnership NHS Foundation Trust  
2.40 A service evaluation of the feasibility, acceptability, and effectiveness of Prolonged Grief Disorder therapy as a Step 3 Intervention in NHS Talking Therapies  
James Carson, University of Exeter  
3.00 A single-site qualitative study exploring clients’ and therapists’ views and experiences of a pilot Prolonged Grief Therapy pathway in NHS Talking Therapies  
Maria King, University of Exeter  
3.20 Discussion

**Symposium 15** – University Place Lecture Room 4.204  
*Innovations in treatment for young people with depression*  
Chair: Rebecca Dean, University of Sussex  
2.00 Self-evaluation as an active ingredient in the experience and treatment of adolescent depression; an integrated scoping review with expert advisory input  
Faith Orchard, University of Sussex  
2.20 Mental images of the self in young people with depression and low mood: Findings from a qualitative photo elicitation study  
Rebecca Dean, University of Sussex  
2.40 Imagine a brighter future: targeting anhedonia in adolescent depression using a positive imagery-based early intervention  
Taryn Hutchinson and Victoria Pile, King’s College London  
3.00 Prevalence, characteristics, and treatment outcomes of fatigue in adolescent depression: Findings from an exploratory secondary analysis of the IMPACT study  
Nina Higson-Sweeney, University of Bath  
3.20 Supporting the supporters: initial findings from a project developing a parent-directed single-session intervention for adolescent depression  
Natalia Kika, University of Bath

**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

3.45 – 4.15: **Climate Change Special Interest Group** - University Place Room 2.217  
Annual General Meeting
3.30 – 4.15 pm Coffee and 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 (3.30- 4.15) which is specifically set aside for looking at the posters.

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 PWP.
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;
Open Papers 2 - University Place Room 1.218
Trauma interventions and service

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

4.15 How and when you attempt to cope with loss matters: A psychometric validation and three-wave cross-lagged analysis of maladaptive coping strategies in Prolonged Grief Disorder and PTSD
Kirsten Smith, University of Oxford

4.30 “My entire life has moulded the person that I am”: Narrations of non-suicidal self-Injury and complex trauma in individuals with complex Post-traumatic Stress experiences
Reem Alharbi, The University of Manchester

4.45 Cognitive Behaviour Therapy for Depersonalisation-Derealisation Disorder (CBT-f-DDD): a feasibility RCT
Elaine Hunter, University College London

5.00 Developing and evaluating a specialist psychological trauma service following the Rowe Court Arson Attack: A Screen and Treat Approach
Hjordis Lorenz, Berkshire Healthcare NHS Foundation Trust

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 Indoensia

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

**Symposium 17** – Simon Lecture Theatre A  
**Effectively integrating AI into the clinic room: Examples of differing approaches and methods**

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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Predicting the outcome of trauma-focussed CBT for PTSD: A comparison of machine learning methods</td>
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<tr>
<td>9.20</td>
<td>Personalised treatment for anxiety disorder: the use of machine learning to identify subtypes of GAD and their response to evidence-based treatments</td>
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<td>9.40</td>
<td>Ai-Oracle: Mixed-methods evaluation of the usability, acceptability, and effectiveness of a dynamic progress feedback system for routine psychological therapy</td>
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<td>10.00</td>
<td>A mixed methods evaluation of implementing an anti-depressant selection tool into General Practice</td>
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**Symposium 18** – Simon Lecture Theatre B  
**Understanding who changes and how during psychological treatments for anxiety disorders**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9.00</td>
<td>The combined effects of exposure and CBM-I in the context of acrophobia</td>
</tr>
<tr>
<td>9.20</td>
<td>Does ‘threat deflation’ reduce anticipatory anxiety?</td>
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<tr>
<td>9.40</td>
<td>Response to one exposure exercise as a dynamic predictor of subsequent treatment outcome in fear of public speaking</td>
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<tr>
<td>10.00</td>
<td>Response pattern to first critical session in Metacognitive Therapy as predictor of outcome in anxiety</td>
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*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

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Adolescent social anxiety and working memory: understanding the link and testing a brief intervention.</td>
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*Symposium 19* – University Place Lecture Theatre B  
**Innovative developments in understanding and treating adolescent mental health**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Adolescent social anxiety and working memory: understanding the link and testing a brief intervention.</td>
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</table>

*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  
*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. |
Innovative developments in understanding and treating adolescent mental health

Jessica Kingston, Royal Holloway, Royal Holloway, University of London

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

Increasing anticipatory pleasure through positive mental imagery in young people with low mood

Victoria Pile, King’s College London

Skills Class 5 – University Place Room 1.218

What’s faith got to do with it? Adapting CBT for Christian Black British African and Carribean Communities

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

Symposium 20 – University Place Room 1.219

Cognitive behavioural therapy and third wave approaches for older people

Chair: Elizabeth Tyler, University of Manchester
Discussant: Katherine Berry, University of Manchester
9.00 Psychological therapies for older people with psychosis; the case for change

Emma Izon, Oxford Health NHS Foundation Trust
9.20 Trauma-Informed Therapies for Older Adults

Hollie Watson, University of Manchester
9.40 Recommendations for delivering recovery focused therapy for older adults with bipolar

Elizabeth Tyler, University of Manchester
10.00 CBT and third wave approaches for people with dementia and family carers

Georgina Charlesworth, University College London

Skills Class 6 – University Place Room 2.218

Understanding, assessing and treating depersonalisation and derealisation disorder using CBT – A Skills Masterclass

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

Symposium 21 – University Place Room 3.204

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
9.00 Setup and development of the Greater Manchester Resilience Hub – implications for practice

Alan Barrett, Pennine Care NHS Foundation Trust
9.15 Trauma interventions with the public following a major critical incident

Jenni Willbourn, Pennine Care NHS Foundation Trust
9.30 Trauma interventions with professionals following a major critical incident - adapting trauma therapy as we know it

Gill Szafranski, Pennine Care NHS Foundation Trust
9.45 Evaluating the Resilience Hub model – implications and best practice for staff wellbeing support

Kate Allsopp, Greater Manchester Mental Health NHS Foundation Trust
10.00 Trauma responsive workplaces – supporting staff and systems through vicarious trauma and traumatic incident

Kate Friedmann, Greater Manchester Resilience Hub

Skills Class 7 – University Place Room 3.205

Responding to resistance in parenting interventions for child conduct problems

David Hawes, University of Sydney, Australia.
**Symposium 22 – University Place Room 3.209**

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Targeting aggression in caReGiving rElAionships (TARGET): Testing the feasibility of a brief CBT informed Group Training Package for Informal Caregivers</td>
<td>Beatrice Lee, King’s College London</td>
</tr>
<tr>
<td>9.20</td>
<td>A virtual reality community training programme: exploring its feasibility in family carers in psychosis</td>
<td>Laurence Rogers, King’s College London</td>
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<tr>
<td>9.40</td>
<td>The health care needs of Black ethnic minorities following COVID-19: a study of unheard voices</td>
<td>Valentina Cardi, University of Padua, Italy</td>
</tr>
<tr>
<td>10.00</td>
<td>Supporting Black families affected by psychosis: listening to carers</td>
<td>Angela Kibia, King’s College London</td>
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**Open Papers 3 - University Place Room 3.210**

**Training, professional issues and workforce**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Novel treatment delivery model to increase access to CBT in student population and support NHS workforce development</td>
<td>Mma Yeebo, Newcastle University</td>
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<tr>
<td>9.20</td>
<td>Improving the training pathway for Deaf Trainees</td>
<td>Aiesha Wright, Coventry University</td>
</tr>
<tr>
<td>9.40</td>
<td>Exploration of the needs and experiences of neurodivergent trainee CBT therapists and trainee Clinical Psychologists at the University of Surrey</td>
<td>Emma Crouch, University of Surrey</td>
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<tr>
<td>10.00</td>
<td>Using short-format SP/SR in HI Trainee Supervision</td>
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**Symposium 23 – University Place Room 4.204**

**Improving treatments for perinatal mental health in NHS talking therapies**

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<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Access to and outcomes of primary care talking therapies for pregnant and postnatal women: a UK data linkage study</td>
<td>Fiona Challacombe, King’s College London</td>
</tr>
<tr>
<td>9.20</td>
<td>What are the key perinatal adaptations in cognitive behavioral therapy for depression? Results from a systematic review and thematic synthesis</td>
<td>Heather O’Mahen, University of Exeter</td>
</tr>
<tr>
<td>9.40</td>
<td>Treating perinatal post-traumatic stress disorder with internet delivered cognitive therapy for PTSD (iCT-PTSD)</td>
<td>Aimee McKinnon, Oxford Centre for Anxiety Disorders and Trauma</td>
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<tr>
<td>10.00</td>
<td>Perinatal Training for NHS Talking Therapies Services: A mixed-methods evaluation of an innovative regional training project to improve the perinatal competencies of practitioners in NHS Talking Therapies for Anxiety and Depression Services in the South West of England.</td>
<td>Karen Tate, University of Exeter</td>
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**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.**

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<thead>
<tr>
<th>Time</th>
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<tr>
<td>9.00</td>
<td>Post-traumatic stress disorder in young children exposed to road traffic accidents: the role of demographic, trauma, family, and cognitive factors</td>
<td>Richard Meiser-Stedman, University of East Anglia</td>
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<tr>
<td>9.15</td>
<td>Exploring children’s traumatic memory characteristics in a non-English Speaking low- and middle-income country population</td>
<td>Alessandra Giuliani, University of Bath</td>
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<td></td>
<td><em>Symposium 24 – University Place Room 4.205/4.206</em></td>
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**Chair:**

**Convenor:**

**Discussant:**

**Speaker(s):**

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

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10.30 - 11:00 am Coffee

Thursday 25th July

10.30 – 11.00  **Medics CBT Special Interest Group** - University Place Room 3.205

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
12.00 – 1.00 pm Lunch

1.00 – 2.30 pm

Symposium 25 – Simon Lecture Theatre A
School-based interventions for depression and anxiety for adolescents: recent developments
Chair: June Brown, King’s College London
1.00 Co-development of the INDIGO Protocol: A Randomised Controlled Trial Evaluating a School-Based Early Intervention for Low Mood
Victoria Pile, King’s College London
1.20 The iBLISS Study; a pilot feasibility RCT of school-based CBT-i informed workshops
Faith Orchard, Sussex University
1.40 The value of co-production in the DISCOVER How to Manage Stress and Worry programme
Irene Sclare, South London and Maudsley Trust
2.00 Presentation of results of the BESt trial, a confirmatory trial of brief accessible CBT (DISCOVER) workshops in schools
June Brown, King’s College London

Symposium 26 – Simon Lecture Theatre B
Improving psychological therapy outcomes via treatment personalization: challenges and opportunities
Chair: Simon Blackwell, University of Göttingen, Germany
1.00 Data-driven assignment of patient to psychological interventions
Lorenzo Lorenzo-Luaces, Indiana University, USA
1.15 The StratCare Trial: a clinical trial of stratified treatment selection vs. stepped care
Jaime Delgadillo, University of Sheffield
1.30 The HARMONIC trial: A randomized controlled feasibility trial of a novel modular intervention for comorbid mood, anxiety and stressor-related disorders
Anna Bevan, University of Cambridge
1.45 Digital personalised self-monitoring in mental health care
Harriëtte Riese, University of Groningen, the Netherlands
2.00 Considering the near future: Predictions of follow-up trajectories in psychological therapy
Brian Schwartz, University of Trier, Germany

*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 Warmock-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 28 – University Place Room 1.218*

**Anti-racism in action**

**Convenor:** Rani Griffiths, NHS Talking Therapies Berkshire

**Chair:** Leila Lawton, BABCP Anti Racism SIG

1.00 Implementing EDI on a national CBT top-up training programme
- Amandeep Soomal, Oxford Institute of Clinical Psychology & Research & Oxford Cognitive Therapy Centre

1.20 The future depends on what we do today: anti-racism in NHS Talking Therapies services
- Rani Griffiths, NHS Talking Therapies Berkshire

1.40 Barriers to Interpreter mediated therapy in Talking Therapies
- Taf Kunorubwe, Cardiff University

2.00 Culturally adaptive and inclusive therapy for black men
- Ontonio Dawson, South London and Maudsley NHS Foundation Trust

*Panel Discussion 5 – University Place Room 1.219*

**Are we inclusive for our diverse CBT trainees?**

**Chair:** Sarah Corrie, University of Suffolk

**Speakers:**
- Florence Mujuru, Buckinghamshire New University
- Damian Podsiadlo, Buckinghamshire New University
- Ekenna Hutchinson, Buckinghamshire New University
- Hewa Khalilifar, Buckinghamshire New University (Recorded)
- Malika Sharma, Buckinghamshire New University (Recorded)

**Discussant:** Sarah Corrie, University of Suffolk

*Skills Class 8 – University Place Room 2.218*

**Generating a formulation in Cognitive-Behavioural Couple Therapy**
- Dan Kolubinski, London South Bank University

*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
Symposium 30 – University Place Room 3.204  
Cognitive and physiological mechanisms of worry

Chair: Fran Meeten, King's College London  
Discussant: Colette Hirsch, King's College London
1.00 The relationship between worry and academic performance: Examining the moderating role of attention control  
Patrick Clarke, Curtin University, Australia
1.20 Combined cognitive bias approach in understanding the mechanism of worry.  
Ya-Chun Feng, National Sun Yat-sen University, Taiwan
1.40 Cognitive and physiological correlates of anxiety-related attentional control deficits  
David Spalding, King's College London
2.00 Does heart rate variability manipulation affect symptoms of generalised anxiety disorder?  
Fran Meeten, King's College London
2.20 Discussion

Open Papers 4 - University Place Room 3.205  
Adult clinical health and behavioural medicine

Chair: Julie Ji, University of Plymouth
1.00 Development and testing of the COMPASS model: a biopsychosocial model of endometriosis pain  
Brydee Pickup, University of Sydney, Australia
1.15 Retelling the stories of past illness experiences: A qualitative exploration of childhood experiences in the development of health anxiety  
Erin Robinson, University of Bath
1.30 Effects of a digital hybrid Cognitive Behavioural Therapy for insomnia and emotion regulation (CBT-I+ER) in the workplace (SLEEP): Results of a randomised waitlist-control trial  
Talar Moukhtarian, University of Warwick
1.45 Integrated innovations to improve the effectiveness of behavioural and cognitive psychotherapies in cancer care: Learning from NHS Talking Therapies  
James Rathbone, Nottinghamshire Healthcare NHS Foundation Trust
2.00 The effectiveness of polyvagal theory informed therapy for people living with obesity to improve interoception and emotion regulation: A multiple baseline study  
Katie Ashcroft, Royal Holloway, University of London

Skills Class 9 – University Place Room 3.209  
Navigating online Cognitive Behavioural Therapy for young people and families:  
Clinician's essentials

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

Open Papers 5 - University Place Room 3.210  
Paediatric and family health

Chair: Jo Daniels, University of Bath
1.00 The Mental Health Intervention for children with Epilepsy (MICE) Trial long term follow-up and Health Economic Outcomes  
Sophie Bennett, KCL Institute of Psychiatry, Psychology & Neuroscience
1.15 Reintegration of low intensity psychological support for children and young people attending paediatric hospital cancer services: A qualitative study of cancer service staff perspective  
Sophie Bennett, KCL Institute of Psychiatry, Psychology & Neuroscience
1.30 Health Anxiety by Proxy: exploring factors that influence parents’ worries about their child’s health  
Jo Daniels, University of Bath
1.45 "People don’t have the answers": A qualitative exploration of the experiences of young people with Long COVID  
Fiona Newlands, UCL Great Ormond Street Institute of Child Health
2.00 Clinical effectiveness of drop-in mental health services at paediatric hospitals  
Anna Roach, UCL Great Ormond Street Institute of Child Health
Clinical Roundtable 2 – University Place Room 4.204

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

*Skills Class 10 – University Place Room 4.205/4.206

Making supervision of supervision more effective
Jason Roscoe, Private Practice

2.30 – 3.15 pm Coffee and 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

2.30 – 3.15 pm

2.30 – 3.15 Irish Association for Behavioural and Cognitive Psychotherapy - University Place Room 1.219

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

Rachel Hillier, 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

Extra General Meeting (BABCP Members only)

4.30 – 4.45 University Place Lecture Theatre B

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*

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<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Institution/Location</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Karina Wahl, University of Basel, Switzerland</td>
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<td>9.00</td>
<td>Repetitive negative thinking in OCD: Phenomenology and implications for treatment</td>
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<td>9.15</td>
<td>Enhanced contamination concerns miminish extinction learning and alter pupillary response in disgust conditioning</td>
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<td>9.30</td>
<td>Lars Rothkegel, University of Potsdam, Germany</td>
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<tr>
<td>9.45</td>
<td>“COBIT” – Improved cognitive biases modification training targeting interpretation bias in obsessive compulsive disorder – evaluation of the training materials and planned clinical trial</td>
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<tr>
<td>10.00</td>
<td>Perceived barriers and facilitators to engaging in CBT for OCD: service user and clinician perspectives.</td>
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**Symposium 32** – University Place Lecture Theatre B
*Treatment considerations for neurodivergence: reflecting on successes (and challenges) of CBT with neurodivergents*

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<tr>
<th>Time</th>
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<td>Natasha Hickmott, Vita Health Group</td>
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<td>9.20</td>
<td>Katie Webster, University of Surrey</td>
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<td>9.40</td>
<td>Aimee McKinnon, Oxford Specialist Birth Trauma Service &amp; University of Oxford</td>
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<td>10.00</td>
<td>Alison Roberts, Sussex Partnership Foundation Trust and Oxford Health Specialist Psychological Interventions Clinic</td>
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**Symposium 33** – University Place Room 1.218
*Cultural competence: tick box or meaningful change in low intensity training?*

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<tr>
<th>Time</th>
<th>Speaker</th>
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<tr>
<td>9.00</td>
<td>Rani Griffiths, Berkshire Healthcare Foundation Trust</td>
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<td>9.20</td>
<td>Palvisha Iqbal, University of Bradford</td>
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<td>9.40</td>
<td>Yahya Delair, University of Exeter</td>
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Open Papers 6 – University Place Room 1.219
Service innovation and evaluation
Chair: Peter Phiri, University of Southampton
9.00 The Revolving Door Phenomenon: An investigation of treatment return in an NHS Talking Therapies Service
Ben Lorimer, University of Sheffield
9.20 Low intensity psychological treatment for children and young people: can we close the research-practice gap?
Isabella Stokes, UCL Great Ormond Street Institute of Child Health & University College Hospitals & King’s College London
9.40 A qualitative exploration of key stakeholders’ perspectives on guided self-help interventions for children and young people with eating disorders
Emily Davey, UCL Great Ormond Street Institute of Child Health
10.00 Enhancing engagement with between-session work for Low Intensity Cognitive Behavioural Therapy (CBT) delivered in Talking Therapies, for anxiety and depression services.
Mia Bennion, University of Manchester

Symposium 34 – University Place Room 2.218
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
9.00 Delivering parent-led CBT via online and telephone support for young children identified as at-risk for anxiety disorders through screening in schools: MYCATS trial clinical outcomes
Tessa Reardon, University of Oxford
9.20 Minimising Young Children’s Anxiety through Schools (MY-CATS): an economic evaluation alongside a Cluster Randomised Controlled Trial
Mara Violato, University of Oxford
9.40 Parents’ experiences of parent-led CBT provided via online and telephone support in the MYCATS trial: A qualitative interview study
Pete Lawrence, University of Southampton
10.00 How does an online guided parent-delivered CBT reduce young children’s anxiety and what influences its outcomes? A qualitative study from parents’ perspectives
Siyu Zhou, University of Oxford

*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 35 – University Place Room 3.204
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
9.00 Working with psychosis and suicide: Findings from recent randomised controlled trials evaluating cognitive behavioural suicide prevention therapy in different settings
Gillian Haddock, University of Manchester
9.15 The dynamic interplay between interpersonal relationships and suicidal experiences in people with non-affective psychosis: Findings from the CARMS project
Patricia Gooding, University of Manchester
9.30 Implementing a suicide-focused therapy for people with psychosis in services: What is important for service users and staff?
Kamelia Harris, University of Manchester
9.45 How does psychological therapy help individuals with non-affective psychosis develop resilience to suicidality?
Natalie Berry, Greater Manchester Mental Health NHS Foundation Trust
10.00 Prevention of suicide in prisons: Enhancing access to therapy
Daniel Pratt, University of Manchester
**Symposium 36 – University Place Room 3.205**

**Episodic Future Thinking and Psychopathology**

**Chair:** Alex Lau-Zhu, University of Oxford

**Discussant:** Iris Engelhard, Utrecht University, the Netherlands

**9.00**
Specificity of episodic future thinking in adolescents: Comparing childhood maltreatment, autism spectrum and typical development  
*Alex Lau-Zhu, University of Oxford*

**9.15**
Inducing spontaneous positive mental imagery in everyday life using personal photograph cues  
*Simon Blackwell, University of Göttingen, Germany*

**9.30**
Does modulating future-oriented imagination of threat facilitate exposure to fear-provoking situations?  
*Iris Engelhard, Utrecht University, the Netherlands*

**9.45**
Exploring mechanism of Imagery Re-Scripting targeting self-harm related mental imagery in young people  
*Martina Di Simplicio, Imperial College London*

**10.00**
Co-MAID: Co-designing a novel, mental imagery-based intervention for anxiety in people with intellectual disabilities  
*Olivia Hewitt, University of Warwick*

**10.20**
Discussion

**Open Papers 7 – University Place Room 3.209**

**Community based interventions and service innovation**

**Chair:** Jon Wheatley, Homerton Healthcare NHS Trust

**9.00**
The VIP trial: a RCT of a Victim Improvement Package (VIP) for continued symptoms of depression or anxiety in older crime victims  
*Marc Serfaty, University College London*

**9.20**
*The Feasibility of Group Based Cognitive Processing Therapy in an NHS Talking Therapy Service across a rural geography: A Service Evaluation*  
*Caroline Dugen-Williams & Hannah Bleasby, Midlands Partnership University NHS Foundation Trust*

**9.40**
The development and implementation of community development senior PWPs for marginalised populations in a rural and semi rural setting  
*Rajni Chanian & Lucy Cotterill, Midlands Partnership University NHS Foundation Trust*

**10.00**
The Impact of the Cost-of-Living Crisis on Referrals and Outcomes in NHS Talking Therapies  
*Thomas Richardson, University of Southampton*

* Part of this talk will be delivered by pre-recorded video

**Skills Class 12 – University Place Room 3.210**

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

*Neil Kitchiner, Cardiff University*

**Symposium 37 – University Place Room 4.204**

**CBT at all levels of the organisation: from individual to systems change**

**Chair:** Lucy Maddox, University of Bath

**9.00**
Mindfulness-Based Cognitive Therapy (MBCT) for NHS Staff Wellbeing: Findings and implications from randomised controlled trials evaluating MBCT courses for NHS Staff  
*Clara Strauss, University of Sussex*

**9.20**
The Compassion Project: development of a novel multi-level intervention to reduce empathy-based stress in adolescent mental health ward staff  
*Lucy Maddox, University of Bath*

**9.40**
What can cognitive behavioural coaching contribute to leadership and leadership development?  
*Sarah Corrie, University of Suffolk*

**10.00**
If not now, when? The organisational challenges and opportunities in supporting and retaining staff  
*Jo Daniels, University of Bath*
*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

Skills Class 13 – University Place Room 5.204
Engaging, communicating and supporting people with cancer and distressing symptoms
Sue Wood, Five Areas Ltd and Christopher Williams, Five Areas Ltd and the University of Glasgow

10.30 – 11.00 am Coffee

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

12.00 – 1.00 pm Lunch
*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, BACCP 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

Skills Class 14 – University Place Room 1.218
Getting active in supervision – how to bring more active methods into supervision
Rachel Clarke, University of Sheffield and Madeleine Tatham, University of Sheffield

Symposium 40 – University Place Room 1.219
Self-harm amongst young adults: Mechanisms and intervention

Chair: Peter Taylor, University of Manchester
1.00 Self-harm in university students: A comparative analysis of data from the Multicentre Study of Self-harm in England
Caroline Clements, University of Manchester
1.20 Findings from the Mental Imagery for Suicidality in Students Trial (MISST)
Jasper Palmier-Claus, University of Lancaster
1.40 Self-injury in young bisexual people: A micro-longitudinal investigation (SIBL)
Peter Taylor, University of Manchester
2.00 "Why is it so different now I'm bisexual?": young bisexual people's experiences of identity, belonging, self-injury, and COVID19
Brendan Dunlop, University of Manchester

Panel Discussion 7 – University Place Room 2.218
Is there enough CBT in Psychiatry? Is there enough Psychiatry in CBT?

Chair: Stirling Moorey, British Association for Behavioural and Cognitive Psychotherapies
Speakers: Paul Salkovskis, Oxford University
Florian Ruths, South London and Maudsley NHS Foundation Trust
Anne Cooper, Leeds and York Partnerships Foundation Trust
Steve Moorhead, Ayrshire and Arran Health Board
**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 disorder  
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

**Symposium 42 – University Place Room 3.204**  
Psychology with populations in unstable, ongoing threat contexts? ❤

Chair: Vanessa (See Heng) Yim, King’s College London & South London and Maudsley NHS Foundation Trust
100 Psychological interventions for populations under ongoing organised violence and intimate partner violence: findings from a systematic review  
Vanessa (See Heng) Yim, King’s College London & South London and Maudsley NHS Foundation Trust
1.20 Narrative Exposure therapy in insecure and conflict settings  
Katy Robjant, Helen Bamber Foundation
1.40 Trauma work with IPV and DV and pre-trial therapy considerations (Crown Prosecution Pre-Trial Therapy Guidelines)  
Sarah Heke, Central and Northwest London NHS Foundation Trust
2.00 Medico-legal work in immigration detention settings  
Eileen Walsh, Camden and Islington NHS Foundation Trust & Helen Bamber Foundation

**Open Papers 8 – University Place Room 3.205**  
Innovation in the treatment of anxiety and depression

Chair: Simon Blackwell, University of Göttingen, Germany
1.00 Individual differences in emotion dynamics during anxiety-inducing social situations  
Sascha Duken, Utrecht University, the Netherlands
1.20 The effects of depressive symptom and memory on social decision making under uncertainty  
Weike Wang, University of New South Wales, Australia
1.40 An ESRC-funded 3-stage co-created free access community Seasonal Affective Disorder (SAD) resource  
Chris Williams, University of Glasgow/Five Areas Ltd
2.00 A Metacognitive approach to treating rumination in social anxiety disorder  
Hayley Donohue, University of Sydney, Australia

**Symposium 43 – University Place Room 3.209**  
Training caregivers in CBT for psychosis informed interventions

Chair: Kate Hardy, Stanford University, USA
1.00 Psychosis recovery begins at home: Training families in cognitive behavioral techniques for psychosis  
Sarah Kopelovich, University of Washington, USA
1.20 Partnering with family ambassadors in implementing Psychosis REACH in community settings  
Akansha Vaswani-Bye, University of Washington, USA
1.40 Delivering Psychosis REACH in an early psychosis setting  
Kate Hardy, Stanford University, USA
2.00 Cultural adaptation of Psychosis REACH: A feasibility study in Pakistan  
Peter Phiri, University of Southampton

* These talks will be delivered by pre-recorded videos
Open Papers 9 – University Place Room 3.210
**Advancing therapeutic interventions**

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

1.00  The trouble with mindfulness inductions: Lessons from an experimental study of mindfulness for voices  
  Pamela Jacobsen, University of Bath

1.15  Adolescents’ experiences of talking about race, ethnicity, and culture during Dialectical Behaviour Therapy (DBT): A qualitative study  
  Jiedi Lei, University of Oxford

1.30  Empowered Conversations, “It opens up a whole new world for everybody”. Evidence and experience of a psychosocial intervention for carers of people living with dementia  
  Lydia Morris, University of Manchester

1.45  Embodying the Perfect Nurturer in Compassion Focused Therapy  
  James Hackley, University of Manchester; Greater Manchester Mental Health Foundation Trust

2.00  Mapping the cognitive representations of religious beliefs in conservative Muslim individuals: A Schema-Based Analysis  
  Taregh Shaban, United Arab Emirates University, Unite Arab Emirates

Symposium 44 – University Place Room 4.204
**Developing a clinical pathway for Neurodiversity and Personality Disorder within Primary Care Mental Health**

**Chair:** Clare Crole-Rees, Oxford Health NHS Foundation Trust

1.00  An introduction into a QI project developing an improved pathway for individuals with neurodiversity and co-occurring complex emotional needs or a diagnosis of personality disorder.  
  Rhian Graham, Oxford Health NHS Foundation Trust

1.20  Screening, identification and post-diagnostic support for people with neurodiversity and complex emotional needs in community mental health services.  
  Clare Crole-Rees, Oxford Health NHS Foundation Trust

1.40  A scoping review of psychological interventions for neurodiverse presentations and co-occurring complex emotional needs or a diagnosis of personality disorder.  
  Zoe Matthews, Oxford Health NHS Foundation Trust

2.00  Developing an improved pathway for individuals with neurodiversity and complex mental health needs or a diagnosis of personality disorder: Future Directions.  
  Rhian Graham and Zoe Matthews, Oxford Health NHS Foundation Trust

*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

2.30 – 3.00 pm Coffee and conference awards

Best Poster - Best Clinical Case or Service Development Presentation - Best Newcomer -Equity and Inclusion Award - Best Scientific Talk

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