



## **BABCP** **52nd Annual Conference** **& Workshops**

23-26 JULY 2024 | UNIVERSITY OF MANCHESTER

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

♥ 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 23<sup>rd</sup> 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 24<sup>th</sup> 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

9.45 – 10.15 am      Coffee

10.15 – 11.45 am

## Symposium 1 – Simon Lecture Theatre A

### Improving treatment delivery of cognitive therapy for post-traumatic stress disorder and complex PTSD:

*Talks demonstrating the clinical impact of top up training and specialist supervision. A symposium dedicated to the late **Hannah Murray***

<b>Convenor:</b>	<b>Emma Warnock-Parkes</b> , University of Oxford
<b>Chair:</b>	<b>Graham Thew</b> , University of Oxford
<b>Discussant:</b>	<b>Kerry Young</b> , Woodfield Trauma Service, London
10.15	Building therapist competence and confidence in delivering Cognitive Therapy for PTSD: Outcomes from a programme of therapist top up training and supervision <b>Emma Warnock-Parkes</b> , University of Oxford
10.35	Improving outcomes for PTSD in an NHS Talking Therapies service <b>Iain Stocker</b> and <b>Jon Wheatley</b> , Homerton Healthcare NHS Trust
10.55	Integrating religious beliefs and practices into cognitive therapy for moral injury in post-traumatic stress disorder <b>Katherine Wakelin</b> , Southern Health NHS Foundation Trust
11.15	Working with PTSD to hallucinations experienced during ICU treatment for serious physical illness: a case study <b>Angela White</b> , Impact on Teesside Talking Therapies for anxiety and depression
11.35	Discussion

## Symposium 2 – Simon Lecture Theatre B

### Mindfulness based cognitive therapy as an acute treatment for depressed non-responders in NHS Talking Therapies: Overview, results and implications of the RESPOND trial

<b>Convenor:</b>	<b>Barney Dunn</b> , University of Exeter
<b>Chair:</b>	<b>Thorsten Barnhofer</b> , University of Surrey
10.15	Protocol overview of the RESPOND randomised controlled trial <b>Asha Ladwa</b> , University of Exeter
10.30	Clinical and cost-effectiveness results of the RESPOND trial <b>Clara Strauss</b> , University of Sussex
10.45	Mechanisms of action, safety data, and diversity data from the RESPOND RCT. <b>Thorsten Barnhofer</b> , University of Surrey
11.00	Qualitative interviews with clients receiving MBCT in the RESPOND randomised controlled trial <b>James Carson</b> , University of Exeter
11.15	Therapist and supervisor views of delivering MBCT in the RESPOND randomised controlled trial <b>Florian Ruths</b> , South London and Maudsley NHS Foundation Trust

### \*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 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 **Joshua Buckman**, University College London  
Predicting treatment outcomes for people treated for GAD: a machine learning approach

10.30 **Roger Munoz Navarro**, University of Valencia, Spain  
Effectiveness of transdiagnostic group cognitive behavioural therapy for emotional disorders in Spanish primary care: The PsicAP randomized controlled trial

10.45 **Jae Won Suh**, University College London  
Effectiveness of primary care psychological therapy post-stroke: a record-linkage study

11.00 **Rob Saunders**, University College London  
Using data to inform clinical practice: how the choice of outcome measure can impact treatment delivery and effectiveness

11.15 **Henry Delamain**, University College London  
Illuminating variations in cultural heritage symptom networks

### 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 **Khushi Mann**, King's College London  
Role models for sexual minority women: Qualitative study of characteristics, impact and potential for use in CBT

10.35 **Alex Bolster**, King's College London  
Developing a virtual reality paradigm for investigating prejudice and discrimination processes within sexual minority youth

10.55 **Jake Camp**, South London and Maudsley NHS Foundation Trust  
Emotion regulation difficulties in gender and sexuality diverse groups

11.15 **Helena Bladen**, King's College London  
Negative beliefs about others: Relationship to generalised and minority stressors and sexual orientation

### 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 **Tess Maguire**, University of Southampton and Southern Health NHS Foundation Trust  
How can knowing a person's attachment style inform CBT?

10.35 **Nicola Airey**, University of Manchester & Navigo Health and Social Care CiC  
Attachment-focused iMAGery therapy for Psychosis (A-iMAPS): A therapy protocol integrating attachment and imagery techniques

- 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

11.15 Project Soothe  
**Asnea Tariq**, University of Reading  
11.30 Discussion

**\*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

**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.

1.00 – 2.00 pm Lunch

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

2.00 – 3.30 pm

## 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
- 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

**Daisy Carter**, Isle of Wight NHS Trust  
**Natasha Hickmott**, Vita Health Group  
**Clair Pollard**, South London and Maudsley 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 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;

## 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 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 25<sup>th</sup> 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

- Chair:** James Tait, University of Sheffield
- 9.00 Predicting the outcome of trauma-focussed CBT for PTSD: A comparison of machine learning methods  
**James Tait**, University of Sheffield
- 9.20 Personalised treatment for anxiety disorder: the use of machine learning to identify subtypes of GAD and their response to evidence-based treatments  
**Amy Otter**, University of Sheffield
- 9.40 Ai-Oracle: Mixed-methods evaluation of the usability, acceptability, and effectiveness of a dynamic progress feedback system for routine psychological therapy  
**Melanie Simmonds-Buckley**, University of Sheffield
- 10.00 A mixed methods evaluation of implementing an anti-depressant selection tool into General Practice  
**Stephen Kellett**, Rotherham Doncaster and South Humber NHS Foundation Trust

### Symposium 18 – Simon Lecture Theatre B

#### Understanding who changes and how during psychological treatments for anxiety disorders

- Chair:** Vera Bouwman, Utrecht University, the Netherlands
- Discussant:** Bethany Teachman, University of Virginia, USA
- 9.00 The combined effects of exposure and CBM-I in the context of acrophobia  
**Marcella Woud**, Georg-August-Universität Göttingen, Germany
- 9.20 Does 'threat deflation' reduce anticipatory anxiety?  
**Iris Engelhard**, Utrecht University, the Netherlands
- 9.40 Response to one exposure exercise as a dynamic predictor of subsequent treatment outcome in fear of public speaking  
**Elske Salemink**, Utrecht University, the Netherlands
- 10.00 Response pattern to first critical session in Metacognitive Therapy as predictor of outcome in anxiety  
**Vera Bouwman**, Utrecht University, the Netherlands

### \*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, 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

### Skills Class 5 – University Place Room 1.218

#### What's faith got to do with it? Adapting CBT for Christian Black British African and Caribbean 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
- 10.20 Discussion

### 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

- Chair:** **Juliana Onwumere**, Kings College London
- 9.00 Targeting aggression in caReGiving rElationships (TARGET): Testing the feasibility of a brief CBT informed Group Training Package for Informal Caregivers  
**Beatrice Lee**, King's College London
- 9.20 A virtual reality community training programme: exploring its feasibility in family carers in psychosis  
**Laurence Rogers**, King's College London
- 9.40 The health care needs of Black ethnic minorities following COVID-19: a study of unheard voices  
**Valentina Cardì**, University of Padua, Italy
- 10.00 Supporting Black families affected by psychosis: listening to carers  
**Angela Kibia**, King's College London

## Open Papers 3 - University Place Room 3.210

### Training, professional issues and workforce

- Chair:** **Jo Daniels**, University of Bath
- 9.00 Novel treatment delivery model to increase access to CBT in student population and support NHS workforce development  
**Mma Yeebo**, Newcastle University
- 9.20 Improving the training pathway for Deaf Trainees   
**Aiesha Wright**, Coventry University
- 9.40 Exploration of the needs and experiences of neurodivergent trainee CBT therapists and trainee Clinical Psychologists at the University of Surrey   
**Emma Crouch**, University of Surrey
- 10.00 Using short-format SP/SR in HI Trainee Supervision  
**Julia Limper-Menapace**, Charlie Waller Institute, University of Reading

## Symposium 23 – University Place Room 4.204

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

- Convenor:** **Fiona Challacombe**, King's College London
- Chair:** **Cathy Green**, South West London & St George's NHS Trust
- Discussant:** **Sarah Healy**, The Perinatal Psychology Practice
- 9.00 Access to and outcomes of primary care talking therapies for pregnant and postnatal women: a UK data linkage study  
**Fiona Challacombe**, King's College London
- 9.20 What are the key perinatal adaptations in cognitive behavioral therapy for depression? Results from a systematic review and thematic synthesis  
**Heather O'Mahen**, University of Exeter
- 9.40 Treating perinatal post-traumatic stress disorder with internet delivered cognitive therapy for PTSD (iCT-PTSD)  
**Aimee McKinnon**, Oxford Centre for Anxiety Disorders and Trauma
- 10.00 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.  
**Karen Tate**, University of Exeter

## \*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

10.30 - 11:00 am Coffee

**Thursday 25<sup>th</sup> 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 Delgado**, 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 BESST 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 Delgado**, 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 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 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  
**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

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2.30 – 3.15 pm

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

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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

4.15 – 4.30 pm

**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 26<sup>th</sup> 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

### Symposium 33 – University Place Room 1.218

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

- Chair:** **Rani Griffiths**, Berkshire Healthcare Foundation Trust
- 9.00 Recommendations to reality! Fundamental learnings from the Bradford PWP training course  
**Palvisha Iqbal**, University of Bradford
- 9.20 What is representation within PWP Training?  
**Faithful Odusote**, Hammersmith and Fulham NHS Talking Therapies
- 9.40 Bridging the Gap: Cultural responsibility in training for psychological professions  
**Tanisha Douglas**, Birmingham City University
- 10.00 Bridging the Gap: Revolutionising mental health for Muslims in low-intensity training  
**Yahya Delair**, University of Exeter

## 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

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

### 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 Mooney, 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  
**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
- 1.15 **Pamela Jacobsen**, University of Bath  
Adolescents' experiences of talking about race, ethnicity, and culture during Dialectical Behaviour Therapy (DBT): A qualitative study 
- 1.30 **Jiedi Lei**, University of Oxford  
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 
- 1.45 **Lydia Morris**, University of Manchester  
Embodying the Perfect Nurturer in Compassion Focused Therapy
- 2.00 **James Hackley**, University of Manchester; Greater Manchester Mental Health Foundation Trust  
Mapping the cognitive representations of religious beliefs in conservative Muslim individuals: A Schema-Based Analysis 
- Taregh Shaban**, United Arab Emirates University, United 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.
- 1.20 **Rhian Graham**, Oxford Health NHS Foundation Trust  
Screening, identification and post-diagnostic support for people with neurodiversity and complex emotional needs in community mental health services.
- 1.40 **Clare Crole-Rees**, Oxford Health NHS Foundation Trust  
A scoping review of psychological interventions for neurodiverse presentations and co-occurring complex emotional needs or a diagnosis of personality disorder.
- 2.00 **Zoe Matthews**, Oxford Health NHS Foundation Trust  
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