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 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

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*

<table>
<thead>
<tr>
<th>Convenor:</th>
<th>Emma Warnock-Parkes, University of Oxford</th>
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<tbody>
<tr>
<td>Chair:</td>
<td>Graham Thew, University of Oxford</td>
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<tr>
<td>Discussant:</td>
<td>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: Outcomes from a programme of therapist top up training and supervision</td>
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<td><strong>Emma Warnock-Parkes</strong>, University of Oxford</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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<td><strong>Iain Stocker</strong> and <strong>Jon Wheatley</strong>, Homerton Healthcare NHS Trust</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></td>
<td><strong>Katherine Wakelin</strong>, Southern Health NHS Foundation Trust</td>
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<tr>
<td>11.15</td>
<td>Working with PTSD to hallucinations experienced during ICU treatment for serious physical illness: a case study</td>
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<td></td>
<td><strong>Angela White</strong>, Impact on Teesside Talking Therapies for anxiety and depression</td>
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<tr>
<td>11.35</td>
<td>Discussion</td>
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</tbody>
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**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**

<table>
<thead>
<tr>
<th>Chair:</th>
<th>Barney Dunn, University of Exeter</th>
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<tbody>
<tr>
<td>10.15</td>
<td>Protocol overview of the RESPOND randomised controlled trial</td>
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<td><strong>Asha Ladwa</strong>, University of Exeter</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><strong>Clara Strauss</strong>, University of Sussex</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><strong>Thorsten Barnhofer</strong>, University of Surrey</td>
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<tr>
<td>11.00</td>
<td>Qualitative interviews with clients receiving MBCT in the RESPOND randomised controlled trial</td>
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<td><strong>James Carson</strong>, University of Exeter</td>
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<tr>
<td>11.15</td>
<td>Therapist and supervisor views of delivering MBCT in the RESPOND randomised controlled trial</td>
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<td><strong>Florian Ruths</strong>, South London and Maudsley NHS Foundation Trust</td>
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</tbody>
</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 we can extend the reach of CBT for children, young people and families beyond traditional clinic based provision? 💚
  Chair: Maria Loades, University of Bath
  Speakers: Shirley Reynolds, Child Mind Institute
  Jessica Schleider, Northwestern University, USA
  Vicki Curry, Anna Freud Centre, London
  Louisa Sathi, 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

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 1 – University Place Lecture Theatre A  
Leveraging single-session interventions to democratize access to mental health care  
Jessica Schleider, Northwestern University, USA

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

*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

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 pm 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 Co-designing strategies to disseminate single-session interventions for adolescent depression within social media platforms
Jessica Schleider, Northwestern University, USA

3.20 Discussion

*Panel Discussion 2 – University Place Lecture Theatre B

Intersectional Identities in CBT: Connecting cultures and distinguishing disparities

Convener: 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.*

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**

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<th>Time</th>
<th>Speaker(s)</th>
<th>Institution</th>
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<tbody>
<tr>
<td>4.15</td>
<td>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</td>
<td>Kirsten Smith, University of Oxford</td>
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<td>4.30</td>
<td>“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</td>
<td>Reem Alharbi, The University of Manchester</td>
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<td>4.45</td>
<td>Cognitive Behaviour Therapy for Depersonalisation-Derealisation Disorder (CBT-f-DDD): a feasibility RCT</td>
<td>Elaine Hunter, University College London</td>
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<td>5.00</td>
<td>Developing and evaluating a specialist psychological trauma service following the Rowe Court Arson Attack: A Screen and Treat Approach</td>
<td>Hjordis Lorenz, Berkshire Healthcare NHS Foundation Trust</td>
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**9.30 – 4.30 pm**

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

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

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<th>Session</th>
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<tr>
<td>9.30</td>
<td>Welcome and agenda setting</td>
<td>Liz Kell, Exeter University and Samantha Torney, Shropshire, Telford and Wrekin Talking Therapies Service</td>
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<td>9.40</td>
<td>National research project: Exploring the wellbeing of trainee LICBT practitioners and recommendations for HEIs and services</td>
<td>Al Laville and Lucy Upson, University of Reading</td>
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<td>10.10</td>
<td>Embedding compassion in psychological professions training curricula: Experiences, developments and future directions</td>
<td>Michelle Wilson, Royal Holloway, University of London</td>
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<tr>
<td>10.40</td>
<td>Break</td>
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<td>11.00</td>
<td>From Practice to Research and Teaching in a global perspective</td>
<td>Amy Blakemore, University of Manchester and Herni Susanti, Universitas Indoonesia</td>
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<td>11.45</td>
<td>Roundtable on experiences of completing LICBT research</td>
<td>Al Laville, Lucy Upson, Michelle Wilson and Amy Blakemore</td>
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<tr>
<td>12.30</td>
<td>Lunch</td>
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<td>1.30</td>
<td>Writing for journal publication</td>
<td>Jason Ho, Kings College London</td>
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<td>2.00</td>
<td>Writing for CBT Today</td>
<td>Anjali Mehta Chandar, University of Reading</td>
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<td>2.30</td>
<td>Being a Low-Intensity Peer Reviewer</td>
<td>Eve Bampton-Wilton, Exeter University</td>
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<td>3.00</td>
<td>Break</td>
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<td>3.20</td>
<td>Roundtable discussion on experiences of writing and publishing</td>
<td>Liz Ruth, Jason Ho, Anjali Mehta Chandar and Eve Bampton-Wilton</td>
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<td>4.00</td>
<td>Padlet to capture main take-home points from the audience and what they would like to see in the next event and closing comments</td>
<td>Liz Kell, Exeter University and Samantha Torney, Shropshire, Telford and Wrekin Talking Therapies Service</td>
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</table>
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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker and Title</th>
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<tbody>
<tr>
<td>9.00</td>
<td>James Tait, University of Sheffield. Predicting the outcome of trauma-focussed CBT for PTSD: A comparison of machine learning methods.</td>
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<tr>
<td>9.40</td>
<td>Amy Otter, University of Sheffield. 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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<tr>
<td>10.00</td>
<td>Melanie Simmonds-Buckley, University of Sheffield. 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**

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<thead>
<tr>
<th>Time</th>
<th>Speaker and Title</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Vera Bouwman, Utrecht University, the Netherlands. The combined effects of exposure and CBM-I in the context of acrophobia.</td>
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<tr>
<td>9.20</td>
<td>Marcella Woud, Georg-August-Universität Göttingen, Germany. Does ‘threat deflation’ reduce anticipatory anxiety?</td>
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<tr>
<td>9.40</td>
<td>Iris Engelhard, Utrecht University, the Netherlands. 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>Elske Salemink, Utrecht University, the Netherlands. Response pattern to first critical session in Metacognitive Therapy as predictor of outcome in anxiety.</td>
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</table>

**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>Speaker and Title</th>
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<tr>
<td>9.00</td>
<td>Rani Griffiths, NHS Talking Therapies Berkshire.</td>
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<tr>
<td>9.20</td>
<td>Taf Kunorubwe, Cardiff University.</td>
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<td>9.40</td>
<td>Liz Ruth, University of Bradford.</td>
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<tr>
<td>10.00</td>
<td>Nakita Oldacre, University of Reading.</td>
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<tr>
<td>10.20</td>
<td>Faithful Odusote, Hammersmith and Fulham NHS Talking Therapies.</td>
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<tr>
<td>10.40</td>
<td>Tanisha Douglas, Birmingham City University.</td>
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**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 Schleider, Northwestern University, USA
Discussant: Jessica Schleider, Northwestern University, USA
9.00 Adolescent social anxiety and working memory: understanding the link and testing a brief intervention.
Charlotte Mason, University of Oxford
9.15 Innovative developments in understanding and treating adolescent mental health
Jessica Kingston, Royal Holloway, University of London
9.30 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
9.45 Increasing anticipatory pleasure through positive mental imagery in young people with low mood
Victoria Pile, King's College London
10.00 Deploying a self-guided, single-session safety planning tool within digital mental health interventions for adolescent depression
Jessica Schleider, Northwestern University, USA
10.15 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 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
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 rElAionships (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 Cardi, 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

**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

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<thead>
<tr>
<th>Time</th>
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<tr>
<td>10.30</td>
<td>Coffee</td>
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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
*Keynote Address 8 – University Place Room 4.205/4.206

**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

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**12.00 – 1.00 pm Lunch**

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**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

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**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

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**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

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 TBC
Josie Millar, University of Bath

**Symposium 30 – University Place Room 3.204**

**Cognitive and physiological mechanisms of worry**

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<th>Time</th>
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<tr>
<td>1.00</td>
<td>Fran Meeten</td>
<td>King's College London</td>
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<td>1.20</td>
<td>Patrick Clarke</td>
<td>Curtin University, Australia</td>
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<td>1.40</td>
<td>Ya-Chun Feng</td>
<td>National Sun Yat-sen University, Taiwan</td>
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<tr>
<td>2.00</td>
<td>Fran Meeten</td>
<td>King's College London</td>
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**Open Papers 4 - University Place Room 3.205**

**Adult clinical health and behavioural medicine**

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<tr>
<td>1.00</td>
<td>Brydee Pickup</td>
<td>University of Sydney</td>
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<td>1.15</td>
<td>Erin Robinson</td>
<td>University of Bath</td>
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<td>1.30</td>
<td>Talar Moukhtarian</td>
<td>University of Warwick</td>
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<td>1.45</td>
<td>James Rathbone</td>
<td>Nottinghamshire Healthcare NHS Foundation Trust</td>
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<tr>
<td>2.00</td>
<td>Katie Ashcroft</td>
<td>Royal Holloway, University of London</td>
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**Skills Class 9 – University Place Room 3.209**

**Navigating online Cognitive Behavioural Therapy for young people and families: Clinician's essentials**

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<tr>
<td>1.00</td>
<td>Sophie Bennett</td>
<td>KCL Institute of Psychiatry, Psychology &amp; Neuroscience</td>
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<td>1.15</td>
<td>Sophie Bennett</td>
<td>KCL Institute of Psychiatry, Psychology &amp; Neuroscience</td>
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<tr>
<td>1.30</td>
<td>Jo Daniels</td>
<td>University of Bath</td>
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<td>1.45</td>
<td>Fiona Newlands</td>
<td>UCL Great Ormond Street Institute of Child Health</td>
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**Open Papers 5 - University Place Room 3.210**

**Paediatric and family health**

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<td>Jo Daniels</td>
<td>University of Bath</td>
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<td>Sophie Bennett</td>
<td>KCL Institute of Psychiatry, Psychology &amp; Neuroscience</td>
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<td>Jo Daniels</td>
<td>University of Bath</td>
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<tr>
<td>1.45</td>
<td>Fiona Newlands</td>
<td>UCL Great Ormond Street Institute of Child Health</td>
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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

*Public Engagement Event – University Place Room 1.218

Suicide Prevention - Engaging People Through Sport
Phil Cooper MBE and Ian Knott, former Warrington, Wakefield and Leigh Centurions rugby league captain

Chair: tbc
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

**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
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

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/Institution</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Repetitive negative thinking in OCD: Phenomenology and implications for treatment</td>
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<tr>
<td>9.15</td>
<td>Enhanced contamination concerns diminish extinction learning and alter pupillary response in disgust conditioning</td>
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<tr>
<td>9.30</td>
<td>“COBITH” – 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>9.45</td>
<td>Feasibility of automatic detection of compulsive hand washing using smartwatches</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 perpectives.</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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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Considering neurodivergence at assessment for effective, neurodiversity affirming, CBT for common mental health conditions</td>
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<tr>
<td>9.20</td>
<td>Adaptation of exposure and response prevention for a young person with a diagnosis of ADHD</td>
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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 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
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? If not you, who? 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 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
Discussant: Monika Luksaite, 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

* This talk will be delivered by pre-recorded video

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 video

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.
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