ON THE INSIDE OF THE BACK COVER OF THIS PROGRAM BOOK, YOU CAN ALSO FIND AN OVERVIEW OF THE ENTIRE CONGRESS CENTER.

DEAR COLLEAGUES,

On behalf of the organizing committee, we are delighted to welcome you to Stockholm for the 46th annual Congress of the European Association for Behavioural and Cognitive Therapies. The theme of this year’s meeting is Roots and present branches of CBT, and we hope that you find the interesting history and the exciting future of CBT well reflected in the scientific program of the congress. This year’s congress is also a milestone in Sweden in that the two Swedish CBT associations have come together to organize this meeting for the first time.

Professor Gerhard Andersson has chaired the scientific committee, supported by Dr. Cecilia Svanborg as vice-chair and Dr. Sarah Vigerland as coordinator. We are thrilled about this year’s scientific programme and we sincerely thank all people involved in the hard work by planning, reviewing abstracts, organizing and sending countless of e-mails the past four years.

Let’s have a look at the congress in numbers. The scientific committee proudly presents 16 keynote speakers whose talks will cover topics from the early roots to the future of CBT. Thirteen full-day, pre-congress workshops are offered, and the program includes 30 in-congress workshops (of which more than half are offered at no additional fee). We are also pleased to announce 11 meet the expert sessions. Several of our experts and keynote speakers are also included in one of the 6 panel discussions or 5 clinical roundtables. Our Swedish-speaking audience will be able to listen to a panel discussion in which the Swedish Minister of Health and Social Affairs will participate. Moreover, the scientific program contains 72 symposia comprising more than 290 individual presentations, 97 open paper presentations, and finally, more than 200 poster presentations.

We hope you are as excited as we are, and we wish you a wonderful congress!

Sincerely,

Dr. Björn Paxling  
Congress President

Kristoffer N. T. Månsson  
Congress Vice President
ABOUT THE EABCT

The birth of the European Association for Behavioural and Cognitive Therapies (EABCT) dates back to 1971. At that time, behavior therapy groups in Germany, the Netherlands and the United Kingdom joined forces and founded the European Association for Behaviour Therapy (EABT), which was formally established five years later. In 1992, the organization added the word cognitive to its title and became what it is today. Now EABCT brings together 52 individual associations from 38 different countries and has a membership of more than 25,000 individual clinicians and researchers, making it one of the largest psychotherapy organizations in the world. Each individual association is committed to the empirically based principles and practices of behavioral and cognitive therapy. The associations all share a common goal of exercising influence over the development of training, continuing professional development, and evidence-based practice.

EABCT BOARD OF DIRECTORS
THOMAS KALPAGOLOU (Greece)
President
HELEN MACDONALD
KrisSTOFFER N. T. MÅNSSON
HELEN MACDONALD
THOMAS KALPAKOGLOU
Association Manager

EABCT MEMBER ASSOCIATIONS AND REPRESENTATIVES
Austria, AVM .......................................................... Horst Mitmangrubner
Austria, OEVT .......................................................... Ingeborg Pucher-Motzner
Belgium, AEMT ...................................................... André Masson
Belgium, VVGT ........................................................ Jan Collens
Bosnia and Herzegovina, BAHCBT ................................ Igors Krnetic
Bulgaria, BACBP ...................................................... Peter Vassilev
Croatia, CABCT ........................................................ Nada Anic
Czech Republic, CISCBT .......................................... Jan Prasko
Denmark, SAKT ...................................................... Stephen Austin
Estonia, EACBT ........................................................ Kristi Aikikm’s
Finland, FACBT ........................................................ Jorma Fredriksson
Finland, SKY. ........................................................... Raimo Lapponainen
France, AFAERTH .................................................... Martine Bouvard
France, AFTCC ........................................................ Abdel Halim Boudouhna
Georgia, GABCT ........................................................ Qotlevan (Kote) Abdushelisvili
Germany, AVM ........................................................ Karin Poehlmann
Germany, DVT ........................................................ Jürgen Tripp
Greece, GACBP ........................................................ Gregoris Simos
Greece, GBA .......................................................... Elena Heinz
Hungary, HABCT ...................................................... Dora Perczel
Iceland, IAABT ........................................................... Eibin Everdottir
Ireland, IAABCP ........................................................ Fiannuala MacLiam
Israel, ITA .............................................................. Danny Derby

Italy, AAMC .......................................................... Anna Meneghelli
Italy, STCC ............................................................. Michele Procacci
Kosovo, KACBTH ................................ ...................... Feride Rushiti
Latvia, LACBT ........................................................... Gints Polis
Lithuania, CETA ........................................................ Julius Neverauskas
Macedonia/FYROM, ACBPPRM ................................ Vera Jovanovska
Montenegro, MANCBT ............................................ Olivera Markovic
The Netherlands, VGC ............................................. Arnold van Emmert
Norway, NFKT .......................................................... Torkil Berge
Poland, PTTPB ........................................................... Agnieska Popiel
Portugal, APCT .......................................................... Maria do Ceu Salvador
Romania, RAICBT ................................ ..................... Radu Teodorescu
Romania, RACBT ................................ ...................... Daniel David
Russia, ACBT (R) ....................................................... Yakov Kochetkov
Serbia & Montenegro, ACBT ...................................... Zorica Matic
Serbia & Montenegro, SRABCT ................................... Oksana Zicic
Slovenia, SABCT ........................................................ Spela Hvalec
Spain, SCRITC .......................................................... Eva Varcarcel Muntane
Sweden, SABT ........................................................... Björn Paxling
Sweden, SACBT ...................................................... Terje Aschebøn
Switzerland, SVGT-STCCT .................................... Valentina Anderegg
Switzerland, ASPCD ................................ ................. Christine Fure
Switzerland, AVM-CH .............................................. Alessandro Colombo
Turkey, ACBPT ............................................................ Selcuk Asian
Turkey, TACBT .......................................................... Yusuf Sirinoglu
Ukraine, UICBT ........................................................... Oleh Romanchuk
United Kingdom, BABCP ............................................ Katy Grazebrook

EABCT AFFILIATED MEMBERS AND CONTACT PERSONS
Canada, CACBT/ACCC ................................................. Sanjay Rao
Lebanon, LSCB ........................................................... aimee Karam
Morocco, MABCT ...................................................... Nadia Kadri
United States, Albert Ellis Institute ...................................... Erinna Amendola

EABCT PAST PRESIDENTS
2008–2014 ................................................................. John van den Bout (The Netherlands)
2002–2003 ................................................................. John Prasko (Czech Republic)
2001–2002 ................................................................. Jan van den Bout (The Netherlands)
2000–2001 ................................................................. Mehmet Sungur (Turkey)
1999–2000 ................................................................. Jose Antonio Carrobles (Spain)
1998–1999 ................................................................. Jürgen Margraf (Germany)
1997–1998 ................................................................. Desmond Poole (Ireland)
1996–1997 ................................................................. Lazaro Ttinger (Hungary)
1995–1996 ................................................................. Paolo Modenato (Italy)
1994–1995 ................................................................. K. Gunnar Söestam (Sweden)
1993–1994 ................................................................. Yiannis Kasvikis (Greece)
1992–1993 ................................................................. Eirikur Örn Arnason (Iceland)
1991–1992 ................................................................. Adriano Vaz Serra (Portugal)
1990–1991 ................................................................. Irene Oestrich (Denmark)
1989–1990 ................................................................. John Cottraux (France)
1987–1989 ................................................................. Poul Emmekamp (The Netherlands)
1986–1987 ................................................................. Lars-Göran Öst (Sweden)
1985–1986 ................................................................. Ovide Fontaine (Belgium)
1984–1985 ................................................................. Neils Birbaumer (Germany/Austria)
1983–1984 ................................................................. Philippe Guilbert (France)
1982–1983 ................................................................. Isac M. Marks (United Kingdom)
1981–1982 ................................................................. John C. Boulourgouris (Greece)
1980–1981 ................................................................. Jarg B. Bergdahl (Germany)
1979–1980 ................................................................. Isaac M. Marks (United Kingdom)
1978–1979 ................................................................. K. Gunnar Söestam (Sweden)
1977–1978 ................................................................. Ron W. Ramsay (The Netherlands)
1976–1977 ................................................................. Johannes C. Brenglemann (Germany)
1975–1976 ................................................................. Johannes C. Brenglemann (Germany)

STEERING COMMITTEE
• Björn Paxling, President
• Kristoff N. T. Månsson, Vice President
• Olof Johansson, Treasurer
• Gerhard Andersson, Scientific Committee Chair
• Torun Kallings, Secretary General
• Jens Höglund, Vice Secretary General
• Erica Skagius Ruiz, Head of Marketing
• Tadeusz Jarawka, Head of Sponsoring

SCIENTIFIC COMMITTEE
• Dr. Gerhard Andersson, Linköping University (Chair)
• Dr. Cecilia Svahnborg, Karolinska Institutet (Vice Chair)
• Dr. Sarah Vigerland, Karolinska Institutet (Coordinator)
• Dr. Astrid Palm Beskow, founder and former Director of The Center for Cognitive Psychotherapy and Education, Gothenburg, Sweden

SAVEd THE DATES!
• 47th EABCT Congress, 13–16 September 2017, Istanbul, Turkey: www.eabct2017.org
• 48th EABCT Congress, 5–8 September 2018, Sofia, Bulgaria
• 9th World Congress of Behaviour and Cognitive Therapies
20–27 July 2019 Berlin, Germany: www.wcbct2019.org (hosted by the EABCT)

• Dr. Ata Ghaderi, Karolinska Institutet
• Dr. Eva Mörtberg, Stockholm University
• Dr. Lars-Gunnar Lundh, Lund University
• Dr. Lars-Göran Öst, Karolinska Institutet
• Dr. Maria Tiffons, Örebro University
• Dr. Per Carling, Stockholm University
• Dr. Steven Linton, Örebro University
• Kristoffer N. T. Månsson, Linköping University

EXPO
• Nils Isacsson
• Malin Fröberg
• Anneli von Cederwall
• Alexander Örtenholm

SOCIAL ACTIVITIES
• Maria Lagerlöf
• Olof Molander
• Kajsa Sjöblom
• Daniel Björkander

GALA DINNER
• Elin Lindsöter
• Jens Driessen
• Karoline Kolaas
• Christer Andemark
• Johanna Engberg-Larsson

MARKETING
• Erica Skagius Ruiz
• Frida Gustafsson
• Marie Brorell
• Kajsa Bergwall

SPONSORSHIP
• Tadeusz Jarawka
• Sofia Andersfjärd
• Gustav Karlsson
• Amirn Hentati

Dr. Philip Tate contributed as an international advisor to the steering committee and the scientific committee.
Dr. Rod Holland contributed as an international advisor to the steering committee.
John Kentish contributed greatly by providing the congress with an abstract submission system, exporting abstracts, answering emails from presenters, and more.
AT THE CONGRESS

GENERAL INFORMATION

VENUE
Stockholm Waterfront Congress Centre
Nils Ericsons Plan 4
Stockholm, Sweden
Tel: +46 8 5050 6000
Email: meetings@stockholmwaterfront.com

REGISTRATION AND INFORMATION CENTER
LOCATION AND OPENING HOURS
When arriving through the main entrance on floor 4, you will find the information and registration desk. This is where you can pick up your congress bag and name badge. If you have any questions about the congress, you can always come here to find answers.

WATERFRONT CONGRESS CENTRE
Information desk
To get in contact with the staff at the congress center, please go to their desk on floor 2, directly on the right as you walk into the lobby from the Timeline area (see description of this area under the section “Maps of Waterfront Congress Centre”). The desk is open the same hours as the congress. Here you can fetch a Band-Aid if needed, get help with photocopying, receive sent material, and more.

CLOAKROOM
You can leave your coat or jacket in the cloakroom on floor 4 during all hours that the congress is open. Please note that the cloakroom is self-service and unattended, so you leave your clothes at your own risk. Please don’t leave any valuables in your pockets.

BAGGAGE STORAGE
If you want to leave your bags during any of the congress days, you can do so at the registration and information center. Hours of operation are shown above.

REGISTRATION FEE INCLUDES
• Admission to scientific sessions
• Access to the poster and exhibition areas
• Congress bag with program book, Congress Magazine, and other material
• Personalized badge
• Lunch, coffee/tea (Monday to Saturday)
• Opening reception (reservation required)
• Reception at Stockholm City Hall (reservation required)
• Access to additional social activities

CONFERENCE DAYS
- Monday, September 4 07:30 – 17:45
- Tuesday, September 5 07:30 – 17:45
- Wednesday, September 6 07:30 – 17:45
- Thursday, September 7 07:30 – 17:45
- Friday, September 8 07:30 – 17:45
- Saturday, September 9 07:30 – 17:45

ACCOMPANYING-PERSON REGISTRATION FEE INCLUDES
- Access to the poster and exhibition areas
- Name badge
- Lunch, coffee/tea (Thursday to Saturday)
- Opening reception (reservation required)
- Reception at Stockholm City Hall (reservation required)
- Access to additional social activities

EXHIBITION
The exhibition area where sponsors and exhibitors have their stands is found at the EABCT Square. The exhibitors and sponsors want to interact with you to answer questions about what they have to offer, present newly published books, discuss interesting future congresses, and much more.

THE PEOPLE WORKING DURING THE CONGRESS
Many people will be working during the congress in order to give you the best congress experience possible!

VOLUNTEERS
A fantastic team of volunteers will provide service at the congress. They will help you at the registration and information center, provide directions, assist presenters during the congress, and much more. You can recognize the volunteers by their yellow T-shirts with the congress logo on the front.

HOSTS
The people on the organizing committee are your hosts during the congress, and they will be glad to help you out during the congress or direct you to someone who can. You can recognize the hosts by the pink HOST-ribbon they wear below their name badge.

ACCESIBILITY
Stockholm Waterfront Congress Centre is fully accessible for the disabled. All floors except 7 are connected to elevators (and all conference rooms that can be entered from floor 7 can also be entered from floor 6). There are disabled toilets on all floors.

Accessibility for people with disabilities is generally good in Sweden. All the sites for social activities during the congress are accessible for persons in wheelchairs and have accessible toilets. This includes Stockholm City Hall, the Vasa museum, Scandic Continental, Moderna museet, Skansen, Rosendals garden and Rival bar. The early morning walk follows a route that is for most parts wheelchair friendly (though there are cobblestones in the Old City). Everyone is welcome to the acroyoga and will be able to participate to some extent. The picnic site is on a lawn and beach that is reached by a gravel road. Busses inside the city can be lowered to near street level if you ask the driver. The train that goes to Djurgården, where several social activities take place, has a ramp that can be used if you ask for it. The buses to the Gala Dinner cannot bring wheelchairs, so if you have a wheelchair and are going to the Gala Dinner, please contact the registration and information center at your earliest convenience so we can arrange for an alternate transport.

The three biggest rooms, A1, A2 and A3, are accessible to some extent. The picnic site is on a lawn and beach that is reached by a gravel road. Busses inside the city can be lowered to near street level if you ask the driver. The train that goes to Djurgården, where several social activities take place, has a ramp that can be used if you ask for it. The buses to the Gala Dinner cannot bring wheelchairs, so if you have a wheelchair and are going to the Gala Dinner, please contact the registration and information center at your earliest convenience so we can arrange for an alternate transport.

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DESCRIPTION OF ALL CONGRESS AREAS

On the inside of the back cover of this program book, you can also find an overview of the entire congress center.

TIMELINE
The Timeline area connects floors 2 through 5 of the venue with stairs and escalators. You can enter the Timeline from floors 2–5 and directly from the lobby of Radisson Blu Waterfront Hotel.

FLOOR 2
Here, at the lowest floor of the venue, you will find conference rooms C1, C2, C3, C4, and 21–27. Outside the conference rooms there will be an expo on the history of CBT and EABCT.

FLOOR 3
From floor 3 you can access conference rooms 31–36. You will also find a computer here with Internet access that can be used in 30 minute sessions for free. Outside these conference rooms the expo will focus on the present branches of CBT and EABCT.

FLOOR 4
This is the entry level floor, accessed from the main entrance. In the lobby on this floor you will find a cloakroom, baggage storage, the registration and information desk, the registration help desk, and the tourist information desk. From the lobby you can also enter the EABCT Auditorium, the largest conference room at the venue, where the opening and closing ceremonies as well as most of the panel discussions will be held. Between the EABCT Auditorium and the Timeline, you will find the EABCT Square. Here the exhibitors and sponsors have their stands, and it is also the main serving area. On the opposite side of the Timeline on this floor (far right on the maps), you will find EABCT Active–Fritidsgård, where you can relax or play some pool or table tennis. On the fourth floor the expo will focus on the present branches of CBT and EABCT.

FLOOR 5
The fifth floor has a balcony from which you can look out over the EABCT Square. The balcony is called the “Posters & Popcorn Balcony,” since fresh popcorn is available and all poster sessions will be held there. You can enter the EABCT Auditorium from the fifth floor as well, and there are stairs going up to conference rooms A2 and A3. The outside terrace can be reached from the fifth floor. At the opposite side of the Timeline on this floor (far right on the maps), you will find the café.

FLOORS 6 & 7
The two uppermost floors of the venue house conference rooms A2 and A3. You reach floor 6 by stairs from floor 5 or by elevator. A wall can be opened up between these two rooms and the EABCT Auditorium to give the auditorium more seats, which will happen during the opening ceremony.
AT THE CONGRESS

GENERAL INFORMATION

WORK-SPACE
Couches with electrical supply for charging laptops and phones can be found on floor 2 and in the café on floor 5. A computer with internet access which can be used 30 minutes for free is placed on floor 3.

NO-SMOKING POLICY
Indoors, the entire congress venue has a no-smoking policy. For smoking, go to the terrace on floor 5 or outside the main entrance. Please be considerate of non-smoking colleagues and try to move a bit further away when smoking next to non-smoking congress participants. Also, please note that smoking is prohibited indoors at all locations that are open to the public, such as pubs, restaurants, and shops.

AUDIO AND VIDEO RECORDING
The chairs of each session will announce whether photography is allowed during a session. Attendees may not videotape or audiotape any presentations at the congress without prior permission from the chair of the session.

EATING AND DRINKING DURING THE CONGRESS

COFFEE AND LUNCH
Coffee and lunch, which are included in the congress fee, will be served at the following locations: floor 2, EABCT Square on floor 4, and the balcony area on floor 5. Please note that during the pre-congress workshops (Wednesday, 31 August) the EABCT Square is closed, and no food will be served on floor 5, so on that day all coffee and lunches will be served on floor 2.

SPECIAL DIETARY NEEDS
All food served at the venue will be vegetarian. If you indicated special dietary needs when registering for the congress, you will receive your meals in the EABCT Square on floor 4 from Thursday September 1. Soy milk will be served next to the cows milk whenever coffee and tea are served. During the Stockholm City Hall reception on Thursday 1 September there will be a larger buffet, but there is no guarantee that all special dietary needs will be catered for.

THE CONGRESS CAFE
The congress cafe on the fifth floor will be open during all hours the congress is open from Thursday September 1. There you can buy non-alcoholic and alcoholic beverages such as espresso, coffee, tea, beer, champagne, energy drinks, and more. The café accepts Swedish currency and major credit cards. You are welcome to bring coffee or lunch, served for instance in the EABCT Square on the 4th floor, into the Café.

WATER
You can refill the water bottle from the congress bag at the coffee/lunch serving areas on floors 2 and 3 and in the café on floor 5.

POPCORN
Fresh and free popcorn will be served at the balcony on floor 5 from Thursday September 1. You can eat your popcorn on floors 4 and 5, but you are not allowed to bring it down to floors 2 or 3, nor into any of the conference rooms.

DESIGNATED BAR OUTSIDE THE CONGRESS
The hotel lobby bar at Radisson Blu Waterfront Hotel, right next to the congress center, is the designated congress bar. This is a good place to find other congress participants when the congress has closed for the day, and it stays open until 01.00.

OUTSIDE THE CONGRESS

TOURIST INFORMATION DESK AT THE CONGRESS
To get recommendations on what to see and do in Stockholm outside the congress venue, please visit the tourist information desk in the lobby of floor 4 (between the main entrance and the Timeline; they share a space with the Registration help desk). Visit Stockholm will be answering your questions between 12:45 and 18:00 from 1 through 5 September.

PUBLIC TRANSPORTATION
Stockholm Public Transport, SL, is responsible for buses, underground trains, commuter trains, trams, and certain ferry lines in Greater Stockholm.

The underground is the easiest way to get around town. The city is divided into three zones, and zone tickets are good for several trips within 75 to 120 minutes. Tickets can be purchased at SL Centers, underground platform barriers, newsagent kiosks, via SMS, or via the SL app. It is not possible to pay cash for tickets onboard buses in Stockholm. Prepaid cards are the best alternative for those making few trips. It is also possible to buy 24-hour, 72-hour, or 7-day cards, which allow free travel in all zones during the validity period.

NEAREST PHARMACIES
Kronans Apotek Centralstationen, Klarabergsviadukten 49 (enter the central station through the revolving doors from the parking outside Waterfront Congress Centre, and you will find the pharmacy straight ahead). Takes about 3 minutes to walk.

Apoteket C W Scheele on Klarabergsgatan 64. Takes about 3-7 minutes to walk.

NEAREST HOSPITAL
The nearest hospital is Capio S:t Göran’s Hospital on S:t Göranplan 1. It is 3 km away and it takes 5 to 10 minutes to get there by car, depending on traffic.

NEAREST LOCAL POLICE
The nearest police station is Klara härbolgsområdet on Klarabergsviadukten 49. It is a 1-minute walk.

SOMEWHERE CALM
For a quiet place, walk out of the Congress venue, take a left on the busy road close to the venue, walk 200 meters and cross the bridge, take the stairs on the right side, and there you can take a stroll along the canal. The closest church is Kungsholmens kyrka.

RECOMMENDED TAXI COMPANIES
Please note: Taxi fares in Sweden are not regulated, which means that prices can vary significantly between companies. With this in mind, we recommend that you use the services of the following taxi companies: Taxi 020 (+46-20-30 20 20), Taxi Stockholm (+46-8-15 00 00) and Taxi Kurir (+46-8-30 00 00).

DO I NEED SWEDISH CURRENCY DURING THE CONGRESS?
Most shops and restaurants accept major credit cards, and Swedish currency is generally not needed. If you want to exchange currency, the train station (Stockholm Central Station) right next to the congress venue provides two options: Forex (Klarabergsgatan 60) and X-change (Centralplan 15). At the station you can also find several ATMs.

STOCKHOLM RECOMMENDATIONS
For official recommendations, Visit Stockholm has a guide called “The Stockholm Guide” with a lot of information and recommendations. It is available in a number of different languages at http://www.visitstockholm.com/en/Good-to-know/the-stockholm-guide/.

For personal recommendations, the organizing committee of the congress has shared their personal favorite things to do. These can be found in the Congress Magazine, and a few more can be found on the congress website under the section “Travel and accommodation” followed by “Tourist guide.”
At the Congress

Program

Pre-registrations and tickets
To attend most of the sessions in the scientific program of EABCT2016, you don’t need to pre-register. This includes keynote talks, meet the expert sessions, panel discussions, clinical roundtables, symposia, open paper sessions and poster presentations. You do need to pre-register to attend any of the pre-congress or in-congress workshops. Those who have pre-registered for a workshop will find this noted on the back of their congress badges; this is your ticket to the workshop, so make sure to bring it with you.

Room capacity and seating
In the schedule, found in this program book, we provide information on the number of seats available in each session/room. Even though you don’t have to pre-register for meet-the-expert sessions (and many others), the room capacity and the number of seats are limited. Therefore, seats will be provided on the first come, first served principle, and we recommend that you turn up a bit early to the sessions in the smaller rooms if you want to be sure to get a seat.

Special sessions during the congress
There are a few sessions during the congress that are rather different than the rest of the scientific program, as follows:

- Årsmöte sKBT, Friday, 2 September, 08:00–10:00. This is the annual meeting of one of the host associations, the Swedish Association of Cognitive and Behavioural Therapies. This session is only open to members of the association.
- EABCT 2nd General Meeting, Friday, 2 September, 14:00–17:00. This is the second annual general meeting between the board of directors and representatives of EABCT. The meeting is open to members of EABCT member associations, but the number of seats is limited, so please turn up early to make sure to get a seat.
- Vård av psykisk ohälsa i Sverige – aktuell situation och framtida utmaningar (Swedish language), Friday, 2 September, 10:30–12:00. This panel discussion title translates to Treatments for psychological illness in Sweden – current situation and future challenges. This session will be held in Swedish.

Program changes
Any changes in the program of the congress will be posted on a bulletin board next to the registration desk on floor 4 and on the congress website. Information about changes will also be posted outside the affected conference rooms. In case there are changes in any of the ticketed sessions such as workshops, then an email will be sent out to everyone registered to that session.

Handouts/slides
Handouts from the presentations given at the congress will be available after the congress. We will only make handouts available if the presenter gave his/her permission to do so. All congress participants will be notified via e-mail after the congress when these handouts are available.

Handouts to paid workshops (pre- and in-congress workshops) will be printed and available before the workshop starts. However, note that this requires the workshop leader to give his/her permission for us to do so, and that he/she handed in the presentation before the congress – in order for the congress management to print and copy in time. If handouts are not available before the paid workshop starts, we will make them available via e-mail after the congress (but only after permission by the workshop leader).

Handouts from all free in-congress workshops will be available to download after the congress. Note that this requires the workshop leader to give his/her permission for us to do so. After the congress we will send a notification via e-mail on how to download the handouts. We will only send handouts to those who registered and attended the workshop.

Presenters’ information
Poster presenters during the congress we have five poster sessions and all will take place on the Posters and Popcorn Balcony on floor 5. On Thursday and Friday there will be poster sessions in the morning and in the afternoon. On Saturday there is one session in the morning. All poster presenters are recommended to be present at the poster during the whole session (10:00–13:50 or 14:00–17:00), but the presenter is obliged to be present during designated scheduled breaks (between 13:00–13:50 for the morning sessions, and between 15:30–16:15 for the afternoon sessions).

Next to the title of each poster in this program book is a number between 1 and 50, and this number indicates which board the poster will be posted on.

Presenters in the morning are able to post the poster from 08:00, but they need to be removed by 13:50. Presenters in the afternoon are able to post their poster from 13:50, and they need to be removed by 17:20. Poster presenters on Saturday may leave their poster until 17:20. If you don’t remove your poster before the above-mentioned deadlines, your poster will be discarded.

Presenters at symposia or open paper sessions
As a presenter you should arrive at least 10 minutes before your session starts. Please find the chair of the session (as presented in the Program Book) and make sure you know the order of the presentations.

Computers with Microsoft Windows will be available in all rooms. You are welcome to use your own computers. If so, please make sure everything works fine before the session starts.

We are on a tight schedule and it is important that all sessions can start and be terminated as scheduled. All chairs will be provided with signs to help communicate how much time you have left. Please be ready to finish in time. The chair of the session has the authority to interrupt and terminate the presentation accordingly.

session-type overview
Symposia
Multiple presentations on a single or related clinical or research area, given by researchers from one or several collaborating research groups.

Open paper symposia
Symposia consisting of a number of presentations that the congress organizers have grouped together because they share a more or less coherent/overlapping theme. The presentations are on a clinical, theoretical, or research topic, with a typical time allocation of 15–20 minutes.

Clinical roundtable
Clinical case discussion illustrating a specific clinical problem. For example, a clinical case is presented for 15–20 minutes, and each expert provides their opinion for 5–8 minutes. The remaining time is set aside for debate and questions from the audience.

Panel discussions
Experts provide a brief statement of their position on a specific clinical or theoretical issue or topic and then debate differences in opinion, controversial issues, etc. The discussions are led by a chairperson.

Posters
Visual presentations of both clinical and research issues/trials. Poster sessions are scheduled throughout the congress, and there are opportunities for presenters to discuss their posters with delegates in between other sessions and during coffee and lunch breaks.

Keynote session
Experts in a given field present background and/or information about where the field is currently and where it is headed. Keynote speakers have been selected with regard to their vast experience in a specific field and because of their great presentation skills.

Workshops
Lectures covering the most important information in a specific field, combined with clinically/practically oriented interactive segments during which participants can expect to learn new skills.

Meet the Expert
Smaller and more informal sessions where an expert in a given field engages in discussion with the participants.
SOCIAL PROGRAM

This section covers the necessary information about each social activity during the congress week, and one pre-congress lecture. For a more detailed description of some of the activities, including articles about some of them (such as the Vasa ship, Cirkus Cirkör and more), please refer to the Congress Magazine. A custom Google Map has been created where all locations for the social activities have been marked out, please visit http://tiny.cc/EABCT2016Map in your browser to access.

† TUESDAY, AUG 30

SKANSEN
In the world’s first open-air museum, Skansen, you can stroll through five centuries of Swedish history, with a real sense of the past all around in the historical buildings. You either walk together to Skansen or take public transportation together.

Cost: 180SEK, €19
Pre-registration needed: No
Meeting spot: Norrmalmstorg at 13:30.

MODERN MUSÉET
The museum has one of Europe’s finest collections of modern and contemporary art and offers a first-class program of temporary exhibitions, a nice shop, and an enjoyable restaurant with a beautiful view of Djurgården. If needed, the volunteers will help you out with transportation (public transportation) to the museum. Otherwise, you walk together to the museum.

Cost: Free
Pre-registration needed: No
Meeting spot: Norrmalmstorg at 13:30.

ROSENDAL’S GARDEN
On this walk you will get a sense of the city’s lush greenery, which is one of Stockholm’s most valued qualities. You either walk together all the way to Rosendal’s garden, or take public transportation together part of the way.

Cost: Free
Pre-registration needed: No
Meeting spot: Norrmalmstorg at 13:30.

PRESENTATION BY DAVID M CLARK AT STOCKHOLM PSYCHIATRY LECTURES
The Stockholm Psychiatry Lectures is a series of high profile scientific lectures arranged by the Center for Psychiatry Research at Karolinska Institutet and the Stockholm County Council. EABCT2016 has a collaboration with Stockholm Psychiatry Lectures, and we invite our congress participants to see Professor David M Clark give a lecture titled “Developing and disseminating effective psychological therapies: science, politics and economics” at Karolinska Institutet. Please note that it can be a bit hard to find the location for the lecture, it is probably easiest to find this using the custom map made for the congress [http://tiny.cc/EABCT2016Map].

Cost: Free
Pre-registration needed: No
Meeting spot: Norrmalmstorg at 13:00.

“AFTER WORK” AT THE ROOFTOP BAR THE CAPITAL
Afternoon drinks with a spectacular view of Stockholm.

Cost: Free, but you pay for your own drinks.
Pre-registration needed: No
Location: Scandic Continental (hotel), Vasagatan 22 at 17:00

† WEDNESDAY, AUG 31

OPENING CEREMONY
The grand opening of EABCT2016. The opening ceremony will be followed by a reception with drinks and snacks. Two bars will be available selling additional refreshments.

Cost: Free; welcome drink and snacks are complimentary, and additional drinks can be bought during the evening.
Pre-registration needed: Yes
Location: Waterfront, EABCT Auditorium, at 18:30

PUB QUIZ: THE CHALLENGE OF THE DISTANT MASTERS
After the mingle of the opening ceremony awaits the CBT challenge of your life! Specific instructions about how you register your teams and submit your answers will be given before the event.

Cost: Free, but you pay for your own drinks.
Pre-registration needed: No, not for the event, but to compete you have to register your teams when the pub quiz starts.
Location: Waterfront, EABCT Square, at 21:00

† THURSDAY, SEP 1

THE RUNNING EXPERIENCE OF STOCKHOLM
Run along the shores of Stockholm. We have three suggested routes for you: 2 km (slow tempo, walk/jog), 4 km (modest tempo), or 10 km (modest tempo; part of the Stockholm Marathon rout).

Cost: Free
Pre-registration needed: No
Meeting spot: Waterfront main entrance at 06:30

RECEPTION AT STOCKHOLM CITY HALL
Visitors of the congress have been generously invited by the City of Stockholm and the County of Stockholm to a complimentary reception with a buffet. Because the hall has a maximum capacity of 1200 people, the tickets were provided on a first-come-first-served basis, and the event has been fully booked for a long time.

Cost: Free
Pre-registration needed: Yes, ticketed event. Please bring your invitation found in your congress bag.
Meeting spot: Stockholm City Hall at 18:45. It’s a 10-minute walk from Waterfront, where volunteers can be found at the entrance beginning at 18:15 to show the way.

† FRIDAY, SEP 2

STOCKHOLM RUNNING EXPERIENCE
Run along the shores of Stockholm. We have three suggested routes for you: 2 km (slow tempo, walk/jog), 4 km (modest tempo), or 10 km (modest tempo; part of the Stockholm Marathon route).

Cost: Free
Pre-registration needed: No
Meeting spot: Waterfront main entrance at 06:30

BREAK-OF-DAWN ACROYOGA
Come give your body a playful and grounding experience by practicing acroyoga. We work in groups of three, and NO prior experience of yoga or acrobatics is necessary.

Cost: Free
Pre-registration needed: No
Meeting spot: Waterfront main entrance at 06:45

GALA DINNER
A candlelit dinner right next to the grand 17th century ship Vasa. Upon arrival you will be served a glass of sparkling wine. Once you have finished your drink you will have time to stroll around and have a look at the museum and the ship. The dinner includes a three-course meal and drinks. When considering your outfit for the evening, please note that the ship hall holds a constant temperature of 18 degrees Celsius. Dress code suggestion is smart casual. Following the dinner, a late night party with live music commences. Feel free to stay until 2 o’clock in the morning.

There will be shuttle buses available for those of you who prefer not to walk from wherever your starting point is. The buses depart from Waterfront parking at 18:00 (last bus at 18:45), and the first bus in the opposite direction leaves at 23:15 (last bus at 2:15). Please note that these buses cannot bring wheelchairs, so alternative transport will be arranged after contact with the registration and information center.

Cost: 920SEK, €100
Pre-registration needed: Yes, ticketed event.
Location: The Vasa Museum at 18:30

† SATURDAY, SEP 3

CLOSING CEREMONY
The congress will be summed up by the organizers, and several generations of researchers will give their thoughts on the theme of the congress – the roots and present branches of CBT.

Cost: Free
Pre-registration needed: No
Location: Waterfront, EABCT Auditorium, at 15:45

AFTER-CongRESS HANGOUT AT RIVAL BAR
Drinks and after-congress discussions in one of Stockholm’s oldest cinema theaters, which now hosts a hotel, restaurant, bar, and café.

Cost: Free, but you buy your own drinks.
Pre-registration needed: No
Meeting spot: Waterfront main entrance, directly following the Closing Ceremony (or Rival Bar, Mariatorget 3)

† SUNDAY, SEP 4

PICNIC AT LÅNGHOLMEN
A picnic gathering where you bring your own food. Need some inspiration on what to eat and drink at the picnic? Check out the various food trucks at Hornstulls Market close to Långholmen.

Cost: Free, but you bring your own food.
Pre-registration needed: No
Meeting spot: Waterfront main entrance at 12:00, or Långholmsbadet at 13:00
**WEDNESDAY AUG 31**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Speakers/Topics</th>
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<tbody>
<tr>
<td>09:00 - 17:00</td>
<td>A1: EABCT Auditorium</td>
<td>David M Clark: An Update on Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents</td>
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<tr>
<td></td>
<td>A2: Carlo</td>
<td>Emily Holmes &amp; Iman Al Haj Ibrahim: MENTAL IMAGERY: Cognitive Science and Cognitive Therapy</td>
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<td>A3: Michelle</td>
<td>Judith Beck: Cognitive Behavior Therapy for Personality Disorders</td>
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<td>Balcony</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td></td>
<td>C1: Astrid</td>
<td>Patricia van Oppen, Jenneke Wiersma, Eva-Lotta Brakemeier &amp; Jan Philipp Klein: Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for the treatment of chronic depression</td>
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<td>C2: Aaron</td>
<td>Susan Black: Mindfulness training in mental health care and “prevention” settings</td>
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<td>C3: Mary</td>
<td>Julian Dalff: Workshop on the prevention of prejudice: Using Perspective Taking to develop empathy and psychological flexibility</td>
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<td>C5: Sten</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>C6: Christine</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>C7: Patricia</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>C8: Steven</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>C9: Donald</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>C10: Tom</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>C11: Movie</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>C12: Brenda</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>C14: Momo</td>
<td>Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism</td>
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<td>18:30</td>
<td>Opening Ceremony &amp; Reception</td>
<td>Emily Holmes (and many more). Meeting spot: Waterfront Congress Center</td>
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<tr>
<td>Approx. 21:00</td>
<td>PUB QUIZ: &quot;Challenge the Distant Masters.&quot; Meeting spot: Waterfront Congress Center</td>
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### Session 1: The Role of CBT: A Novel CBT Program

**08:30 - 10:00**

**Mini WS 1:** CBT -- why can't we translate research findings into clinical practice?
- **Session Chair:** Kimmy Hamiel
- **Presenters:**
  - Patricia Hamiel: A transdiagnostic intervention for anxiety disorders
  - Anke Ehlers: A transdiagnostic approach research, assessment and intervention
  - Jaap Spaans: Cognitive-behavioural therapy for eating disorders: How to deliver evidence-based treatment in real-life clinical settings

**POSTERS & POPCORN 1**

**10:00 - 10:30**

**Mini WS 2:** Mindfulness for families with psychopathology: A developmental and intergenerational perspective
- **Session Chair:** Shiva Thorsell
- **Presenters:**
  - Winifred Rief: What can therapists learn from sports?
  - Winifred Rief: Long-standing, intergenerational challenges (first) results of randomised controlled trials

**10:30 - 11:00**

**Mini WS 3:** Building resilience to prevent psychopathology
- **Session Chair:** Tara O'Donoghue
- **Presenters:**
  - Stirling Moorey: Understanding mechanisms and redirection in the treatment of severe somatoform disorders
  - Stirling Moorey: Beyond reliving in PTSD treatment: Advanced skills for fear control and anxiety

**11:00 - 11:30**

**Mini WS 4:** Exposure-based cognitive behavior therapy for irritable bowel syndrome: Theory and treatment
- **Session Chair:** Dan Hamiel
- **Presenters:**
  - Winifred Rief: Exposure-based cognitive behavior therapy for irritable bowel syndrome: Theory and treatment
  - Winifred Rief: Cognitive therapy for eating disorders: How to deliver evidence-based treatment in real-life clinical settings

**11:30 - 12:00**

**Mini WS 5:** Cognitive-relational theory: Exploring the role of relationship in recovery from post-traumatic stress disorder
- **Session Chair:** Tara O'Donoghue
- **Presenters:**
  - Shiva Thorsell: Group CBT for depression in adults
  - Jaap Spaans: Cognitive-behavioural therapy for eating disorders: How to deliver evidence-based treatment in real-life clinical settings

**12:00 - 13:00**

**LUNCH**

**13:00 - 14:00**

**Mini WS 6:** From behaviour therapy to virtual reality exposure: Progress and future challenges
- **Session Chair:** Tara O'Donoghue
- **Presenters:**
  - Stirling Moorey: Understanding mechanisms and redirection in the treatment of severe somatoform disorders
  - Stirling Moorey: Beyond reliving in PTSD treatment: Advanced skills for fear control and anxiety

**14:00 - 15:00**

**Mini WS 7:** Cognitive-behavioural therapy for depression -- a path to psychopathology?
- **Session Chair:** Tara O'Donoghue
- **Presenters:**
  - Tara O'Donoghue: Exposure-based cognitive behavior therapy for irritable bowel syndrome: Theory and treatment
  - Dan Hamiel: Exposure-based cognitive behavior therapy for irritable bowel syndrome: Theory and treatment

**15:00 - 16:00**

**Mini WS 8:** Cognitive behavioral therapy: A cognitive-behavioral approach to weight loss
- **Session Chair:** Tara O'Donoghue
- **Presenters:**
  - Tara O'Donoghue: Exposure-based cognitive behavior therapy for irritable bowel syndrome: Theory and treatment
  - Dan Hamiel: Exposure-based cognitive behavior therapy for irritable bowel syndrome: Theory and treatment

**16:00 - 17:00**

**Mini WS 9:** Cognitive-behavioural therapy for children and adolescents: Innovations in CBT delivery
- **Session Chair:** Tara O'Donoghue
- **Presenters:**
  - Tara O'Donoghue: Exposure-based cognitive behavior therapy for irritable bowel syndrome: Theory and treatment
  - Dan Hamiel: Exposure-based cognitive behavior therapy for irritable bowel syndrome: Theory and treatment
### SATURDAY SEP 3

**0830 - 10:00**
- OP01: A Personal History of Aaron T. Beck and Cognitive Therapy
  - Presenter: Aaron T. Beck

**1000 - 10:30**
- OP02: What makes Internet therapy in CBT Supervision effective? How can we improve child anxiety treatments and accurately assess treatment outcomes?
  - Presenter: Keith Dobson

**1030 - 12:00**
- OP03: Examining the interaction of processes and outcomes of suffering in Acceptance and Commitment Therapy (ACT)
  - Presenter: Larissa Niec, Willemine Klassen, David Whitsitt, Janine Coelman, Poul Perris, Chantelle Ernst Koster, & John Swan

**1215 - 13:00**
- LUNCH

**1400 - 15:30**
- OP04: Prevention of externalizing behaviors: The proper focus for studies of psycho-behavioral mechanisms and treatment of childhood disorders
  - Presenter: Keith Dobson

**1530 - 15:45**
- PAUS

### SATURDAY SEP 3

**0830 - 10:00**
- OP05: Parent-Child Behavioral Analysis System of Psychotherapy (CBASP) for Persistent Depressive Disorder
  - Presenter: John Stuart, Terry Wilson, Anne Marie Albano, Gerhard Andersson, Lise Bergman Nordgren, and many more

**1000 - 10:30**
- OP06: After the closing ceremony: After Congress Hangout
  - Meeting spot: Rival Bar, Address: Mariatorget 3, Stockholm

**1030 - 12:00**
- OP07: What makes Internet therapy in CBT Supervision effective? How can we improve child anxiety treatments and accurately assess treatment outcomes?
  - Presenter: Keith Dobson

**1215 - 13:00**
- LUNCH

**1400 - 15:30**
- OP08: Examining the interaction of processes and outcomes of suffering in Acceptance and Commitment Therapy (ACT)
  - Presenter: Larissa Niec, Willemine Klassen, David Whitsitt, Janine Coelman, Poul Perris, Chantelle Ernst Koster, & John Swan

**1530 - 15:45**
- PAUS
ROOTS AND PRESENT BRANCHES OF CBT
ROOTS AND PRESENT BRANCHES OF CBT
Pre-registration is required for all workshops.

09:00 - 17:00

**PROFESSOR ROZ SHAFRAN**  
UCL Institute for Clinical Perfectionism, United Kingdom  
**COGNITIVE-BEHAVIOURAL TREATMENT OF CLINICAL PERFECTIONISM**

**DR JUDITH S. BECK**  
Beck Institute for Cognitive Behavior Therapy, United States  
**COGNITIVE BEHAVIOR THERAPY FOR PERSONALITY DISORDERS**

**PROFESSOR ANNE MARIE ALBANO**  
Columbia University Medical Center/New York State Psychiatric Institute, United States  
**ANXIETY IN ADOLESCENTS AND EMERGING ADULTS: PREVALENCE, PHENOMENOLOGY, AND A DEVELOPMENTAL CBT TREATMENT MODEL**

**PROFESSOR LANCE M. MCCRACKEN**  
King's College London, United Kingdom Act; Psychological  
**FLEXIBILITY, AND CHRONIC PAIN: A SHORT PRACTICAL WORKSHOP**

**DR STEPHEN BARTON**  
Newcastle University, United Kingdom  
**THE NEWCASTLE MODEL OF CBT SUPERVISION: INTEGRATING PRACTICAL SKILLS WITH A CONCEPTUAL FRAMEWORK**

**PROFESSOR SUSAN BÖGELS**  
University of Amsterdam, The Netherlands  
**MINDFUL PARENTING IN MENTAL HEALTH CARE AND “PREVENTIVE” SETTINGS**

**PROFESSOR LARS-GÖRAN ÖST**  
Stockholm University, Sweden; Karolinska Institutet, Stockholm, Sweden  
**ONE-SESSION TREATMENT OF SPECIFIC PHOBIAS**

**PROFESSOR ROZ SHAFRAN**  
UCL Institute for Clinical Perfectionism, United Kingdom  
**COGNITIVE-BEHAVIOURAL TREATMENT OF CLINICAL PERFECTIONISM**

**PROFESSOR JOANNE DAHL**  
Uppsala University, Sweden  
Co-leader: Magnus Johansson, Uppsala University, Sweden  
**WORKSHOP ON THE PREVENTION OF PREJUDICE: USING PERSPECTIVE TAKING TO DEVELOP EMPATHY AND PSYCHOLOGICAL FLEXIBILITY**

**PROFESSOR DAVID M CLARK**  
University of Oxford, United Kingdom  
**AN UPDATE ON COGNITIVE THERAPY FOR SOCIAL ANXIETY DISORDER IN ADULTS AND ADOLESCENTS**

**PROFESSOR EMILY A. HOLMES**  
MRC Cognition and Brain Sciences Unit, United Kingdom; Karolinska Institutet, Sweden  
Co-leader: Dr Iman Al Haj Ibrahim  
**MENTAL IMAGERY: COGNITIVE SCIENCE AND COGNITIVE THERAPY**

**PROFESSOR PATRICIA VAN OPPEN**  
VU University Medical Center, The Netherlands  
Co-Leaders: Jenneke Wiersma, GGZinGeest; Eva-Lotta Brakemeier; Jan Philipp Klein  
**COGNITIVE BEHAVIORAL ANALYSIS SYSTEM OF PSYCHOTHERAPY (CBASP) FOR THE TREATMENT OF CHRONIC DEPRESSION**

**DR CHRISTOF LOOSE**  
Heinrich-Heine-University Düsseldorf, Germany  
**SCHEMATHERAPY FOR CHILDREN, ADOLESCENTS, AND PARENTS**

**PROFESSOR EDWARD WATKINS**  
University of Exeter, United Kingdom  
**RUMINATION-FOCUSED CBT AS A TRANSDIAGNOSTIC TREATMENT FOR DEPRESSION AND ANXIETY**
COGNITIVE BEHAVIOR THERAPY: PROGRESS AND FUTURE CHALLENGES

PROFESSOR TERRY WILSON
RUTGERS UNIVERSITY, UNITED STATES

Chair: Ata Ghaderi, Karolinska Institutet, Sweden

ABSTRACT

Among the striking accomplishments of CBT to date is the reality that we now have effective, empirically supported treatments for multiple clinical disorders. However, two major challenges remain. First, we need to improve the effectiveness of existing psychological treatments. Second, relatively few people worldwide have adequate access to effective mental health care. We need to increase the global dissemination and implementation of evidence-based treatments.

Our clinical research agenda must include the following: theory-based development of more effective interventions; identification of the moderators and mechanisms of behavior change; improved evidence-based training of therapists to achieve competence in the implementation of CBT treatments; and an urgent and innovative focus on the scalability of CBT that will involve trans-diagnostic approaches, task-sharing (use of non-traditional service providers), cultural adaptation of treatments, self-help interventions and advances in technology.

LOOKING BACK AND FORWARD: FROM BEHAVIOUR THERAPY TO VIRTUAL REALITY EXPOSURE THERAPY

PROFESSOR PAUL EMMELKAMP
UNIVERSITY OF AMSTERDAM, THE NETHERLANDS

Chair: Cecilia Svanborg, Karolinska Institutet, Sweden

ABSTRACT

Nearly 50 years ago behavior therapy was used for the treatment of anxiety disorders. After a brief critical review of the research into the effects of these behavioural procedures I will discuss the pros and cons of cognitive approaches in the treatment of anxiety. Is cognitive behavior therapy indeed superior to behaviour therapy as stand alone treatment or is the implementation of cognitive procedures around the world the result of a highly effective marketing campaign? Finally, I will address the effects of virtual reality exposure therapy (VRET) and where further technological development can add to evidence based treatments. Additionally, it will be discussed whether cognitive therapy may enhance the effects of VRET or other technical adjuncts to exposure based therapies.
PSYCHOLOGICAL TREATMENTS OF POSTTRAUMATIC STRESS DISORDER: ADVANCES AND FUTURE CHALLENGES

PROFESSOR ANKE EHLERS
UNIVERSITY OF OXFORD, UNITED KINGDOM

Chair: Maria Tillfors, Örebro University, Sweden

ABSTRACT
Over the past decades, there has been significant progress in the development of psychological treatments for posttraumatic stress disorder (PTSD). Several trauma-focused psychological treatments have in common that they focus on the patients’ memories of their traumatic events and the personal meanings (appraisals) of the trauma. Mediation analyses and latent growth curve analyses of changes over time showed that changes in appraisals and memory qualities drive symptom change. A further challenge is that despite large-scale dissemination efforts, many people with PTSD are currently not able to access psychological treatments. Self-study assisted treatments and therapist-assisted internet-based treatments show promise and may play a role in solving this problem.

INTENSIVE, BRIEF, AND EFFECTIVE TREATMENTS FOR ANXIETY DISORDERS: A META-ANALYSIS

PROFESSOR LARS-GÖRAN ÖST
STOCKHOLM UNIVERSITY AND KAROLINSKA INSTITUTET, SWEDEN

Chair: Per Carlbring, Stockholm University, Sweden

ABSTRACT
CBT for anxiety disorders are usually carried out in weekly 50-60 min. sessions for 10-15 weeks, both in research studies and in clinical practice. In the early 1980’s Öst developed the one-session treatment for specific phobias and today more than 30 RCTs, on both children and adults, have been published by researchers in various countries. This format has later been successfully applied in RCTs for Social phobia specific subtype (Hinto, 2011) and PTSD (Basoglu, 2007). In the other anxiety disorders there are examples of effective treatments which are brief compared to the original format: Panic disorder with agoraphobia in two sessions (Salkovskis, 2006), Panic disorder without agoraphobia in five sessions (Clark, 1999), Generalized anxiety disorder in five sessions (Durham, 2004), and Obsessive-compulsive disorder in 4-5 days (Whiteside, 2010; Haaken, 2014). Some of the advantages of brief treatment are that patients don’t have to travel to a therapist weekly for a number of weeks, the treatment can be more cost-effective than standard treatment, the attrition risk is reduced, and it can simplify dissemination of evidence-based treatments. Some disadvantages are the intensive treatment may not be suitable for anxiety disorders requiring a lot of exposure in natural situations in order to test catastrophic beliefs, and that some insurance companies and administrative booking programs do not approve of this format. The keynote will systematically review intensive and brief treatments for anxiety disorders and compare its efficacy with standard treatments.

COGNITIVE BEHAVIOR THERAPY (CBT): WE HAVE A LONG PAST BUT A SHORT HISTORY. NOW ON TO THE FUTURE

PROFESSOR ART FREEMAN
TOURO COLLEGE, UNITED STATES

Chair: Astrid Palm Beskow, founder and former Director of The Center for Cognitive Psychotherapy and Education, Gothenburg, Sweden

ABSTRACT
A computer search of the literature for CBT publications prior to 1977 finds that the term Cognitive Behavior Therapy (CBT) barely existed. However, the philosophical and theoretical underpinnings of CBT can be traced back millennia to the Stoic philosophers and on to the early pioneers in psychotherapy. It is, however, only in the past 40 years that CBT has been established academically and institutionally as a scientific and international force in the world of therapy treatment of the broad range of disorders, practiced in many venues, and with diverse and varied patient populations.

MINDFULNESS FOR FAMILIES WITH PSYCHOPATHOLOGY: A DEVELOPMENTAL AND INTERGENERATIONAL PERSPECTIVE

PROFESSOR SUSAN BÖGELS
UNIVERSITY OF AMSTERDAM & UVA MINDS (YOU), THE NETHERLANDS

Chair: Maria Tillfors, Örebro University, Sweden

ABSTRACT
As attention control is essential in preventing and treating psychopathology, mindfulness interventions targeting attention control are a promising approach. As psychopathology can be transmitted intergenerationally (from parents to children but also the other way round) mindful parents can influence the development of their children and mindful children their parents, and mindful partners can influence the quality of the partner relationship, which in turn will influence mindful parenting. In this keynote mindfulness is approached from a family perspective. Evidence is presented on how mindfulness for the father, mother and their child influence the psychopathology in the whole family. I will demonstrate this system perspective using data from our own trials on mindfulness (MyMind) for families of a child with ADHD and autism-spectrum disorder, trials on mindful parenting for parents of children with different forms of psychopathology, data on mindful parenting for mothers with their baby, and finally mindful parenting for pregnant couples.
WHAT CAN THERAPIST LEARN FROM SPORTS?

PROFESSOR PATRICIA VAN OPPEN
VU UNIVERSITY MEDICAL CENTER, THE NETHERLANDS
Chair: Per Carlbring, Stockholm University, Sweden

ABSTRACT
Psychotherapy is helpful in reducing psychological problems. A large number of studies have demonstrated the effectiveness of different psychotherapeutic treatments for psychological problems such as anxiety, depression, and post-traumatic stress disorder and schizophrenia. Unfortunately, research emphasizes that we are still not able to predict treatment failures. However until now, 'evidence based' psychotherapy seems often neglected in clinical practice. In this lecture several reasons are mentioned why patients with mental health problems are deprived of evidence based psychotherapy. For example, psychotherapists apply their own preferences and make often use of their clinical intuition. Several opportunities are mentioned to solve this problem, such as to improve the training during educational programme of psychotherapists and to adapt the career requirements for psychotherapists. In other fields, research findings are also used during the workouts. Within the national selection of baseball and hockey players in the Netherlands, implementation of recent research findings during their workouts and matches are quite common. Furthermore, therapists must learn to make 'evidence based' decisions which are often not in accordance with their clinical intuition. Such as Van Gaal did with the crucial keepers exchange during the World Cup Soccer in 2014. Additionally, it is important to obtain more appreciation for implementation of effective treatments in clinical practice for clinical researcher within the Universities. Furthermore, research has demonstrated that utilisation of anecdotal case reports have more effect on clinical practice than commonly used scientific research articles.

THURSDAY SEP 1
KEYNOTE SPEAKERS

16:15 -17:00

TARA O’DONOGHUE
Bethlem Royal Hospital, United Kingdom
Co-Leader: Lisa Williams, Bethlem Royal Hospital, United Kingdom
BUILDING SHAME RESILIENCE IN OCD AND BDD POPULATIONS

PROFESSOR PER CARLBRING
Stockholm University, Sweden
Co-leader: Gerhard Andersson, Linköping University, Sweden; Karolinska Institutet, Sweden
INTERNET TREATMENT FOR ANXIETY DISORDERS

SHIVA THORSELL
Altrecht Psychosomatiek Eikenboom, The Netherlands
Co-leader: Jaap Spaans, Altrecht Psychosomatiek Eikenboom, The Netherlands
PERSPECTIVE TAKING SKILLS IN THE TREATMENT OF SEVERE SOMATOFORM DISORDERS

DR HANNAH MURRAY
Springfield Hospital, United Kingdom
Co-leader: Sharif El-Leithy, Springfield Hospital, United Kingdom
BEYOND RELIVING IN PTSD TREATMENT: ADVANCED SKILLS FOR OVERCOMING COMMON OBSTACLES IN MEMORY WORK

DR INGRID SÖCHTING
University of British Columbia, Canada
GROUP CBT FOR DEPRESSION IN ADULTS

DR DANIEL HAMIEL
Interdisciplinary Center Herzlia, Israel
FROM CRISIS TO GROWTH: RESILIENCE TRAINING WITH CHILDREN AND ADULTS TO PREVENT PSYCHOPATHOLOGY AND BUILD LIFE SKILLS
ABSTRACT
CBT associations have played an important role in the history of CBT. The associations have been essential in providing CBT education, and helped to bring researchers, clinicians and students together to collaborate in order to bridge the gap between science and practice.

The European Association for Behavioural and Cognitive Therapies (EABCT) is an organisation that brings together 51 full member associations and 4 affiliate associations from 41 different countries. In this panel we bring together past EABCT presidents to discuss the challenges they have faced and the solutions they choose.

Are the challenges that the CBT movement face similar across different countries and time periods? How can the associations best work with issues such as dissemination, accreditation, supervision, influencing policy makers and ensuring good clinical practice? These and similar questions will be in focus from a historical and contemporary perspective in this panel discussion.
08:30 -10:00

EXPERT ON RELAPSE PREVENTION OF DEPRESSION
PROFESSOR CLAUDI BOCKTING
UTRECHT UNIVERSITY, THE NETHERLANDS

Professor Claudi Bockting is professor of Clinical Psychology at the University of Utrecht and a licensed CBT therapist in the Netherlands. She has a track record including studies on innovative interventions for relapse prevention in depression. More recently she studies innovative personalised interventions for common mental health disorders, both in high income as low income countries (global mental health).

Chair: Fredrik Holländare, Örebro University, Sweden

08:30 S06

A NOVEL CBT PROGRAM TO ADDRESS THE LONG-TERM EFFECTS OF CHILDHOOD ADVERSITY IN ADULTHOOD
Convenor & Chair: Professor Keith Dobson, University of Calgary, Calgary, Canada

The relationships among ACEs and adult mental and physical disorders:
A replication and extension of past research
Dennis Pusch, Alberta Health Services; Keith Dobson, University of Calgary; David Whitsett, Alberta Health Services

Preliminary results of an open trial of a trauma-informed treatment option in primary care
David Whitsett, Alberta Health Services; Chantelle Klassen, Alberta Health Services; Dennis Pusch, Alberta Health Services

An exploration of mediators of ACEs and adult health
Julia Poole, University of Calgary; Dennis Pusch, Alberta Health Services; Keith Dobson, University of Calgary

The development of a skills-based model for patients with ACEs in primary care
Chantelle Klassen, Alberta Health Services; David Whitsett, Alberta Health Services; Dennis Pusch, Alberta Health Services

08:30 S08

ANXIETY OF CHILDHOOD: FAMILY AND PARENTING PROCESSES
Convenor & Chair: Professor Sam Cartwright-Hatton, University of Sussex, Brighton, United Kingdom

Parenting and treatment outcome for adolescents with anxiety disorders
Polly Waite, University of Reading

Can parents treat their anxious child using a CBT self-help group program?
Barbara Ebjær, University of Copenhagen, Dept. of Psychology

Adult separation anxiety disorder: a possible candidate for the intergenerational transmission of anxiety
Susan Bügels, University of Amsterdam
08:30   S25  
RUMINATION-FOCUSED CBT TO TREAT AND PREVENT DEPRESSION AND ANXIETY: A SCANDINAVIAN PERSPECTIVE  
Convenor & Chair: Professor Edward Watkins, University of Exeter, Exeter, United Kingdom  
Rumination-focused CBT to treat and prevent depression and anxiety: an overview  
Edward Watkins, University of Exeter, United Kingdom  
Targeting rumination improves efficacy of CBT for Major Depression  
Morten Hvenegaard, University of Copenhagen, Denmark  
Rumination-focused Cognitive Behaviour Therapy for non-responsive depression: a Danish Case-series  
Stine Moeller, Psychiatric Research Unit, Mental Health Centre North Zealand, Copenhagen University, Denmark  
internet-based rumination-focused cognitive behaviour therapy: An indicated prevention program for adolescents in Sweden  
Maria Tillfors, Örebro University, Sweden; Malin Anniko, Örebro University, Sweden  
internet-based rumination-focused cognitive behaviour therapy: An indicated prevention program for adolescents in Sweden  
Maria Tillfors, Örebro University, Sweden; Malin Anniko, Örebro University, Sweden

08:30   S30  
USE OF THE EXPERIENCE SAMPLING METHODOLOGY (ESM) AND PERSONALIZED ESM NETWORK MODELS IN THE TREATMENT OF MOOD DISORDERS AND THE EVALUATION THEREOF  
Convenor & Chair: Dr Evelien Snippe, University of Groningen, Aduard, The Netherlands  
Self-monitoring of positive affect as an intervention in depression: a randomized controlled trial  
Claudia Simons, GGzE; Maastricht University  
One size does not fit all: A proof-of-principle Case-Study Using Personalised Feedback on Daily Dynamics of Psychopathology  
Harriette Riese, Department of Psychiatry, University Medical Center Groningen, The Netherlands  
The Impact of Treatments for Depression on the Dynamic Network Structure of Mental States: two Randomized Controlled Trials  
Evelien Snippe, University of Groningen, University Medical Center Groningen  
Mental imagery: a vulnerability in recurrent depression?  
Christien Slofstra, University of Groningen  

08:30   S42  
CBT FOR PSYCHIATRIC DISORDERS IN PRIMARY CARE  
Convenor: Elin Lindsätter, Karolinska Institutet, Stockholm, Sweden  
Chair: Björn Ljotsson, Karolinska Institutet, Sweden  
Mediators of change in cognitive behavior therapy for exhaustion disorder in primary care  
Fredrik Santoff, Karolinska Institutet  
internet-delivered cognitive behavioral therapy for patients with exhaustion disorder and adjustment disorder – a randomized controlled trial  
Elin Lindsätter, Karolinska Institutet  
Cognitive behavior therapy and return to work intervention for sick-listed primary care patients with common mental disorders – A randomized controlled trial  
Sigrid Salomonsson, Karolinska Institutet  
Effectiveness of a stepped-care model for primary care patients with common mental disorders: a randomized controlled trial  
Erik Hedman, Karolinska Institutet

08:30   S46  
EMOTIONAL REASONING: FINDINGS ACROSS DISORDERS AND PERSISTENCE ACROSS TIME  
Convenor & Chair: Dr David Berle, UNSW, Australia, Randwick, Australia  
Discussant: Simon Blackwell, Ruhr University Bochum  
“If I feel disgusted, I will become fat” disgust-based emotional reasoning and eating disorder symptoms  
Klaaske Glashouwer, University of Groningen / Accare, Child and Adolescent Psychiatry  
Feeling is believing: emotional reasoning in obsessive compulsive disorder  
Miriam Lommen, University of Groningen  
The persistence and temporal stability of emotional reasoning tendencies  
David Berle, UNSW Australia  
Self-monitoring of positive affect as an intervention in depression: a randomized controlled trial  
Claudia Simons, GGzE; Maastricht University  
The Impact of Treatments for Depression on the Dynamic Network Structure of Mental States: two Randomized Controlled Trials  
Evelien Snippe, University of Groningen, University Medical Center Groningen  
Mental imagery: a vulnerability in recurrent depression?  
Christien Slofstra, University of Groningen  
"If I feel disgusted, I will become fat" disgust-based emotional reasoning and eating disorder symptoms  
Klaaske Glashouwer, University of Groningen / Accare, Child and Adolescent Psychiatry  
Feeling is believing: emotional reasoning in obsessive compulsive disorder  
Miriam Lommen, University of Groningen  
The persistence and temporal stability of emotional reasoning tendencies  
David Berle, UNSW Australia
08:30  S52

CBT FOR CHILDREN AND ADOLESCENTS WITH DISRUPTIVE BEHAVIOUR DISORDERS

Convenor & Chair: Dr Pia Enebrink, Karolinska Institutet, Solna, Sweden

The Coping Power Program and Parent training (Komet): results of a randomized controlled trial
Maria Helander, Karolinska Institutet

Implementing Coping Power in Italian community hospitals
Pietro Muratori, University of Pisa, Italy

internet-based CBT for parents of adolescents with disruptive behaviours
Pia Enebrink, Karolinska Institutet, Sweden

Moral disengagement and severity of externalising behavioral problems in adolescents
Laura Rugliani, IRCCS Stella Maris, Pisa, Italy

08:30  S63

CBT FOR INSOMNIA – STRATEGIES TO REACH MORE PATIENTS AND TO ENHANCE OUTCOME

Convenor & Chair: Dr Viktor Kaldo, Karolinska Institutet, Stockholm, Sweden

Effectiveness of Internet-delivered cognitive behavior therapy for insomnia in a primary care setting
Robert Johansson, Karolinska Institute; Hanna Tarkian Tillgren, Region Östergötland

An adaptive treatment strategy for Internet-CBT
Viktor Kaldo, Karolinska Institutet

Acceptance of Insomnia
Kristoffer Bothellius, Uppsala university

08:30  S61

INTERPRETATION BIASES IN DEPRESSION IN YOUNG PEOPLE: THE STORY SO FAR

Convenor & Chair: Dr Faith Orchard, University of Reading, Reading, United Kingdom
Discussant: Ron Rapee, Macquarie University, Australia

The difference between self-perceived likeability and peer-rated likeability in socially anxious children
Eni Becker, Radboud University Nijmegen

Interpretation bias and the role of gender in depressed and non depressed adolescents
Faith Orchard, University of Reading

Cognitive Biases in Adolescents with Low Mood and High Neuroticism: Novel Findings from a Scottish Community Sample
Stella Chan, University of Edinburgh

Cognitive Bias Modification for Interpretations targeting adolescent anxiety and depression: A randomized controlled trial
Leone De Waard, University of Amsterdam, The Netherlands
THURSDAY SEP 1
OPEN PAPER SESSIONS

08:30 OP09

DEPRESSION 2

Chair: Dr Ida Flink, Örebro University, Sweden

Decentering and metacognitive judgments of performance in depressive patients
Dr Verena Mainz, Institute of Medical Psychology and Medical Sociology, Aachen, Germany

A test of the habit-goal framework of depression vulnerability
Dr Ragnar Ölafsson, University of Iceland, Reykjavik, Iceland

Effectiveness of a guideline-based collaborative and stepped care model for patients with depression: results of a cluster-randomized controlled trial in routine care
Professor Birgit Watzke, University of Zurich, Zurich, Switzerland

08:30 OP22

REBT AND SELF-SCHEMAS

Chair: Costina Pășărelecu, Babes-Bolyai University, Romania

Organization of self-schemas in patients with paranoia
Professor Liliana Mitrel, University of Novi Sad, Novi Sad, Serbia

Maladaptive Self-Schemas and Core Fears in Generalized Anxiety Disorder
Professor Naomi Kocer, Ryerson University, Toronto, Canada

The efficacy of a technology-enhanced group transdiagnostic REBT/CBT prevention delivered in a school setting for children and adolescents
Costina Pășărelecu, Babes-Bolyai University, Cluj-Napoca, Romania

50 years of Rational-Emotive and Cognitive-Behavioral Therapy: A systematic review and meta-analysis
Professor Daniel David, Babes-Bolyai University, Cluj-Napoca, Romania

THURSDAY SEP 1
POSTER SESSION PS1

10:00 - 13:50

ONLINE PSYCHO-EDUCATIONAL PROGRAM FOR CARERS (1)
Elisabet Lannfelt, Karolinska Institute, Sweden, Stockholm, Sweden

WHAT IS DISTRESS TOLERANCE? A META-ANALYSIS (2)
Andrew Kisielica, University of South Florida, Tampa, United States

EFFICACY OF TRANSDIAGNOSTIC-CBT ON TRANSDIAGNOSTIC CONSTRUCTS OF EMOTIONAL DISORDERS: A META-ANALYSIS (3)
Professor Julia García-Escalera, Universidad Nacional de Educación a Distancia, Madrid, Spain

RELATIONAL TRAUMA IN THE DEVELOPMENT OF SOCIAL ANXIETY DISORDER: BRIDGING THE GAP BETWEEN AETIOLOGICAL AND MAINTAINING FACTORS (4)
Alice Norton, University of Sydney, Sydney, Australia

ASSESSMENT OF COGNITIVE-BEHAVIORAL BASED THERAPIES IN TBILISI CRISIS INTERVENTION CENTER (5)
Professor Ketevan Abdushelishvili, Tbilisi State University, Tbilisi, Georgia

ARE THERE DIFFERENCES BETWEEN PATIENTS, PROFESSIONALS AND MANAGERS ABOUT THEIR EXPECTATIONS REGARDING WEB-BASED INTERVENTIONS FOR DEPRESSION IN PRIMARY CARE?: A QUALITATIVE STUDY (6)
Dr Javier Prado-Abrii, Psychiatric University Hospital Institut Pere Mata, Tarragona, Spain

FACTOR STRUCTURE AND PSYCHOMETRIC PROPERTIES OF THE NORWEGIAN VERSION OF THE BRIEF PROBLEM MONITOR (BPM) IN A SAMPLE OF CHILDREN WITH INTERNALIZING PROBLEMS (7)
Dr Simon-Peter Neumer, RBUP, Oslo, Norway

CROSS-CULTURAL ADAPTATION OF THE KONTAKT SOCIAL SKILLS GROUP TRAINING PROGRAM FOR CHILDREN AND ADOLESCENTS WITH HIGH-FUNCTIONING AUTISM SPECTRUM DISORDER: A FEASIBILITY STUDY (8)
Dr Nora Choque Olsson, Child and Adolescent Psychiatry, Stockholm County Council, Stockholm, Sweden

COGNITIVE PROFILE OF UNIVERSITY STUDENTS WITH A PREVIOUS SUICIDE ATTEMPT (9)
Dr Sedat Balmaz, Gaziosmanpasa University School of Medicine, Tokat, Turkey

SELF-CONCEPT CLARITY, CERTAINTY, AND SOCIAL ANXIETY DISORDER: TREATMENT OUTCOME (10)
Bree Gregory, Macquarie University, Sydney, Australia

DOES IT REALLY MATTER: CAUSAL ATTRIBUTIONS FOR THE ORIGINS OF MENTAL DISORDERS (11)
Gülşah Durna, Dokuz Eylül University, Izmir, Turkey

SCHIZOPHRENIA AND METACOGNITION: AN INVESTIGATION OF COURSE OF ILLNESS AND METACOGNITIVE BELIEFS WITHIN A FIRST EPISODE PSYCHOSIS (12)
Dr Stephen Austin, Copenhagen University, Slagelse, Denmark

DOES THE PROPOSITIONAL APPROACH CO-EXIST RESCORLA-WAGNER MODEL: THE PREDICTION OF EXTINCTION FORM ACQUISITION (13)
Keita Somatori, Senshu University, Kanagawa, Japan
CROSS-SECTIONAL ASSOCIATIONS OF DEPRESSIVE SYMPTOM SEVERITY AND FUNCTIONING WITH HEALTH SERVICE USE BY OLDER PEOPLE IN LOW-AND-MIDDLE INCOME COUNTRIES
Conal Twomey, University of Southampton, Southampton, United Kingdom

THE RELATIONSHIP BETWEEN AGGRESSION, NEGATIVE AUTOMATIC THOUGHTS, MINDFULNESS AND CONTROL LOCUS AMONG ADOLESCENTS
Dovile Valiune, Vytisautas Magnus University, Kaunas, Lithuania

THE EFFECTIVENESS OF SIMONTON INTERVENTION IN IMPROVING THE QUALITY OF LIFE AND DECREASING THE EMOTIONAL DISTURBANCE OF WOMEN WITH BREAST CANCER
Faranak Jelvehzadeh, University of Social Welfare and Rehabilitation Sciences, Tehran, Islamic Republic of Iran

FEASIBILITY AND ACCEPTABILITY OF MINDFULNESS-BASED COGNITIVE THERAPY IN PEOPLE WITH DEPRESSION AND VASCULAR DISORDERS: A RANDOMISED CONTROLLED TRIAL
Modi Albouaibe, Exeter University, Exeter, United Kingdom

INDUCTION OF MINDFULNESS IN CHRONIC PSYCHIATRIC PATIENTS VERSUS HEALTHY SUBJECTS: AN ERP STUDY
Marika Paezer, University of Tartu, Tartu, Estonia

HOW THERAPISTS USE CBT TRAINING WEBSITES: A QUALITATIVE STUDY
Dr Josephine Holland, University of Oxford, Oxford, United Kingdom

DOMAIN-SPECIFIC QUALITY OF LIFE ACROSS FIVE EUROPEAN COUNTRIES: CROSS-CULTURAL VALIDATION OF THE BRUNNSVIKEN BRIEF QUALITY OF LIFE (BBQ) SCALE
Philip Lindner, Stockholm University, Stockholm, Sweden

DEVELOPMENT AND PRELIMINARY EVALUATION OF INDIVIDUALIZED FACE-TO-FACE COGNITIVE BEHAVIOR THERAPY FOR PSYCHOLOGICAL DISTRESS IN PARENTS OF CHILDREN PREVIOUSLY TREATED FOR CANCER
Lisa Ljungman, Uppsala University, Uppsala, Sweden

EFFECTS OF MINDFULNESS ON COGNITIVE CONTROL: BRIEF TRAINING INCREASES ERROR-RELATED NEGATIVITY IN CHRONICALLY DEPRESSED PATIENTS
Dr Thorsten Barnhofer, University of Exeter, Exeter, United Kingdom

TWELVE-MONTH PREVALENCE AND CORRELATES OF ANXIETY DISORDERS IN FINNISH POPULATION - AN ELEVEN-YEAR FOLLOW-UP OF THE FINNISH HEALTH 2000-2011 SURVEY
Dr Suoma Saarni, National Institute for Health and Welfare, Helsinki, Finland

CONSTRUCT AND CONVERGENT VALIDATION OF THE YOUNG SCHEMA QUESTIONNAIRE (YSQ-LONG FORM 3) IN MEXICAN STUDENTS
Dr Arturo Del Castillo Arreola, Hidalgo State University, Mexico, Pachuca, Hidalgo, Mexico

INVESTIGATION OF THE AFFECTIVE CORRELATES OF TRICHOTILLOMANIA IN AN ITALIAN SAMPLE OF CLINICAL HAIR-PULLERS
Dr Gioia Bottesi, University of Padova, Padova, Italy

TREATMENT OF ALCOHOL DEPENDENCE: A RANDOMISED CONTROLLED TRIAL COMPARING TREATMENT IN PRIMARY CARE WITH SPECIALISED ADDICTION TREATMENT
Sara Wallhed Finn, Karolinska Institutet, Stockholm, Sweden

COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA WITH SLEEP MISPERCEPTION (CBT-ISM): AN OPEN-LABEL SINGLE-ARMED TRIAL
Dr Shun Nakajima, Tokyo Medical University, Tokyo, Japan

CORE DIMENSIONS OF PERSONALITY PATHOLOGY: AN EMPIRICAL EVALUATION OF THEIR CLINICAL UTILITY
Miguel Garriz, Parc de Salut MAR, Barcelona, Spain

ANXIETY: THERE’S AN APP FOR THAT
Dr Madalina Sucală, Icahn School of Medicine at Mount Sinai, New York, United States

EMOTION REGULATION DIFFICULTIES AMONG FEMALE AND MALE BINGE EATERS
Katrin Kük, University of Tartu, Tartu, Estonia

EFFECTIVENESS OF TEACHER-LED MENTAL HEALTH INTERVENTIONS
Lucas Shelemy, University of Reading, Reading, United Kingdom

A SYSTEMATIC REVIEW OF THERAPEUTIC VIDEO GAMES: FEATURES, RELEVANCE AND EFFICIENCY
Roxana Cardos, Babes-Bolyai University, Cluj-Napoca, Romania

EFFECTS OF A PREVENTION STRESS PROGRAM ON MINDFULNESS SKILLS AMONG UNIVERSITY STUDENTS IN SWITZERLAND
Romina Recabarren, University of Fribourg, Fribourg, Switzerland

COULD THE EXCESSIVE USE OF INTERNET AND MOBILE PHONE INDICATE SYMPTOMS OF DEPRESSION AMONG EMERGING ADULTS?
Dr Raluca Tomsa, University of Bucharest, Bucharest, Romania

INTERPERSONAL STYLES IN CHRONIC DEPRESSION: EFFECTS OF CBASP AS AN INPATIENT TREATMENT
Anne Guhn, Charité - Universitätsmedizin Berlin, Berlin, Germany

PARENTAL RESPONSES TO CHILD EXPERIENCES OF TRAUMA IN A HIGH-RISK CONTEXT: QUALITATIVE STUDY
Victoria Williamson, University of Bath, Bath, United Kingdom

THE EFFECTIVENESS OF CBT-E WITH ADOLESCENT PATIENTS
Dr Riccardo Dalle Grave, Villa Garda Hospital, Department of Eating and Weight Disorders, Italy

A COGNITIVE AND BEHAVIORAL GROUP THERAPY FOR BINGE EATING DISORDER, AN ORIGINAL DESIGN
Dr Fabrice Boullet, University hospital of Nîmes, Nîmes, France

INTERACTION OF PARENT-CHILD SCHEMAS IN DIFFERENT TYPES OF PERSONALITY DISORDERS
Dr Neda Alibegi, University of social welfare and rehabilitation sc, Tehran, Islamic Republic of Iran

SCHEMA PENGUIN INTERVIEW - ASSESSMENT OF EMS IN PRESCHOOLERS
Dr Christof Loose, Heinrich-Heine-University Düsseldorf, Düsseldorf, Germany

EFFECTIVENESS OF A COGNITIVE BEHAVIORAL GROUP THERAPY FOR ANGER AND AGRRESSION IN JUVENILE DELINQUENTS
Melike Naz Yardıç, Ege University, Izmir, Turkey

THE ROLE OF POSITIVE EMOTIONAL EATING IN RELATION TO EATING DISORDER SYMPTOMS
Dr Kirsti Akkermann, Institute of Psychology, Tartu, Estonia

A ROLE FOR LIFE MEANING IN PROTECTING AGAINST TRAUMA-RELATED COGNITION
Dr Madalina Sucală, Icahn School of Medicine at Mount Sinai, New York, United States

SOCIAL AND BEHAVIOURAL VARIABLES IN PATIENTS PREPARING FOR BARIATRIC SURGERY
Annemarie Hagemann, Charité - Universitätsmedizin Berlin, Berlin, Germany

THE EFFECTIVENESS OF TEACHER-LED MENTAL HEALTH INTERVENTIONS
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Dr Kirsti Akkermann, Institute of Psychology, Tartu, Estonia

A ROLE FOR LIFE MEANING IN PROTECTING AGAINST TRAUMA-RELATED COGNITION
Dr Madalina Sucală, Icahn School of Medicine at Mount Sinai, New York, United States

SOCIAL AND BEHAVIOURAL VARIABLES IN PATIENTS PREPARING FOR BARIATRIC SURGERY
Annemarie Hagemann, Charité - Universitätsmedizin Berlin, Berlin, Germany
CBT – WHY CAN’T WE TRANSLATE RESEARCH FINDINGS INTO PRACTICE?

Chair: Christopher Williams, University of Glasgow, United Kingdom

PANEL MEMBERS
Michael Scott, Psychological Therapies Unit, Liverpool England, United Kingdom
Steve Platt, Psychological Therapies Unit, Liverpool England, United Kingdom
Nicole Rosenburg, University of Aarhus, Denmark
Joanne Woodford, University of Exeter, United Kingdom
Chris Williams, University of Glasgow, United Kingdom

ABSTRACT
CBT has been demonstrated to be efficacious for a wide range of disorders in well conducted controlled trials, but in routine practice it is difficult to achieve similar results. However, steps have now been taken to better disseminate CBT, such as the emphasis on group work in Denmark, and the Improving Access to Psychological Therapies (IAPT) in the UK designed to offer CBT in various formats. But the US Institute of Medicine report (July 2015) notes that dissemination efforts must be coupled with reliable research these implementations. In this clinical roundtable an international panel examines whether the current delivery mechanisms of CBT increases accessibility, ensures fidelity to evidence based treatment protocols and brings about change comparable to that found in randomised controlled trials. Prof Chris Williams from the University of Glasgow, Scotland and President of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) will act as the discussant. Dr Michael J Scott from the Psychological Therapies Unit, Liverpool, England provides an overview of how clients in IAPT programme have fared. He calls for better quality control of service delivery in which supervision is viewed primarily as a conduit for implementation. Chair: Christopher Williams, University of Glasgow, United Kingdom
**THURSDAY SEP 1**

**SYMPOSIA**

**10:30 S04**

**CBT IN RUSSIA: OPPORTUNITIES AND CHALLENGES**

Convenor: Dr Aleksandra Yaltauskaya, Association of Cognitive-Behavioral Therapists (Russia), Moscow, Russian Federation

Chair: Yakov Kochetkov, Association of Cognitive-Behavioral Therapists, Center of Cognitive Therapy, Moscow

**10:30 S20**

**CURRENT CHALLENGES AND FUTURE DIRECTIONS IN THE PREVENTION OF YOUTH DEPRESSION**

Convenor: Johanna Löchner, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, Munich, Germany

Chair: Kornelia Starman, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, Munich, Germany

Discussant: Paul Stallard, University of Bath, United Kingdom

**10:30 S35**

**PATIENTS WITH SEVERE PERSONALITY DISORDERS: WHAT TREATMENTS FOR WHICH PATIENTS?**

Convenor: Dr Michele Procacci, Third Centre Cognitive Psychotherapy, Rome, Italy

Chair: Arnoud Arnzt, University of Amsterdam, The Netherlands

Discussant: Arnoud Arnzt, University of Amsterdam, The Netherlands

**10:30 S48**

**NEW DEVELOPMENTS IN EXPERIMENTAL AND CLINICAL APPLICATIONS OF COGNITIVE BIAS MODIFICATION**

Convenor & Chair: Dr Marcella Woud, Ruhr-Universität Bochum, Bochum, Germany

**THURSDAY SEP 1**

**SYMPOSIA**

**10:30 S35**

**PATIENTS WITH SEVERE PERSONALITY DISORDERS: WHAT TREATMENTS FOR WHICH PATIENTS?**

Convenor: Dr Michele Procacci, Third Centre Cognitive Psychotherapy, Rome, Italy

Chair: Arnoud Arnzt, University of Amsterdam, The Netherlands

Discussant: Arnoud Arnzt, University of Amsterdam, The Netherlands

**10:30 S48**

**NEW DEVELOPMENTS IN EXPERIMENTAL AND CLINICAL APPLICATIONS OF COGNITIVE BIAS MODIFICATION**

Convenor & Chair: Dr Marcella Woud, Ruhr-Universität Bochum, Bochum, Germany...
10:30 S49

PREDICTORS OF CHILDREN’S MENTAL HEALTH AND RELEVANCE FOR PREVENTION AND CBT

Convenor & Chair: Professor Simone Munsch, University of Fribourg, Fribourg, Switzerland

Promoting adaptive emotion regulation: a school-based universal prevention program for children and adolescents implemented with Bachelor students
Simone Pfeiffer, University of Koblenz-Landau

The relationship of early regulatory problems, stress exposure and behavioral problems in healthy children at preschool age
Nadine Messeri-Bürgy, University of Fribourg

The relation of stress reactivity, behavioral problems and temperament in preschool children
Kerstin Stüb, Department of Clinical Psychology and Psychotherapy, University of Fribourg, Fribourg, Switzerland

10:30 S50

ADDRESSING COMORBIDITY IN THREE SEPARATE COMPLEX PATIENT GROUPS

Convenor & Chair: Dr Matthijs Blankers, Arkin, Amsterdam, The Netherlands

Preventing victimization in depressed patients: An online emotion-regulation training added to Cognitive-Behavioral Therapy
Caroline Christ, Arkin Mental Health Care & GGZ InGeest, Amsterdam, The Netherlands

Self-wise, Otherwise, Streetwise (SOS) training: a novel intervention to reduce vulnerability of patients with co-occurring psychiatric and substance use disorders
Marleen De Waat, Arkin Mental Health Care & Academic Medical Center, Amsterdam, The Netherlands

Co-occurring depressive disorders and alcohol use disorders: Epidemiology and combined interventions
Matthijs Blankers, Arkin Mental Health Care & Trimbos Institute, Utrecht, The Netherlands

10:30 S59

IMPROVING TREATMENT ACCESS FOR ANXIOUS YOUTH: INNOVATIONS IN CBT DELIVERY

Convenor: Dr Ella Oar, Macquarie University, Australia, Sydney, Australia
Chair: Thora Halldorsdottir, Max Planck of Psychiatry, Munich, Germany
Discussant: Susan Bogels, University of Amsterdam, Amsterdam, The Netherlands

Low intensity treatment for anxious youth: A randomised comparison against “gold standard”
Ron Rapee, Centre for Emotional Health, Department of Psychology, Macquarie University

A comparison of two brief interventions for childhood anxiety disorders: clinical and economic outcomes
Cathy Creswell, University of Reading

10:30 S67

NEW DEVELOPMENTS IN HOARDING DISORDER: HERITABILITY, DEVELOPMENTAL COURSE, RISK FACTORS, AND TREATMENT APPROACHES

Convenor & Chair: Dr Lorena Fernández de la Cruz, Karolinska Institutet, Stockholm, Sweden
Discussant: David Mataix-Cols, Karolinska Institutet, Sweden

Prevalence and heritability of hoarding symptoms across adolescence and young adulthood
Volen Ivanov, Karolinska Institutet

Intergenerational effects of treatment: Does CBT for children with anxiety disorders affect parental anxiety, depression, and stress?
Cornella Mohr, Clinical Child and Adolescent Psychology and Psychotherapy, Ruhr-Universität Bochum

Understanding the experiences of carers: development of a brief psychosocial group intervention for carers of people with Hoarding Disorder
Juliana Onwumere, King’s College London
**THURSDAY SEP 1**

**OPEN PAPER SESSIONS**

10:30  **OP19**

**MINDFULNESS**

Chair: Professor JoAnne Dahl, Uppsala University, Sweden

- The Role of Acceptance and Self-Compassion in a Mindfulness-Based Stress Reduction Intervention in a Community-Based Sample  
  Dr Susan Evans, Weill Cornell Medical College, New York, United States
- The shape of change in perceived stress, negative affect and stress-sensitivity during mindfulness-based stress reduction  
  Dr Evelien Snippe, University of Groningen, Aduard, The Netherlands
- The effectiveness of mindfulness-based group cognitive therapy for social anxiety in skin conditions: a single case series  
  Kerry Montgomery, University of Sheffield, Sheffield, United Kingdom
- Coping Skills and Mindfulness as Mechanisms of Change for Borderline Personality Disorder Clients in a 20-week Dialectical Behavior Therapy Skills Training Group  
  Mariana Mendoza, Centre for Addiction and Mental Health, Toronto, Canada

**POSTER SESSION PS2**

14:00 - 17:00

- **STIMULUS FEAR RELEVANCE AND THE SPEED AND ROBUSTNESS OF VICARIOUS FEAR LEARNING IN CHILDHOOD** (1)  
  Dr Gemma Reynolds, Middlesex University, London, United Kingdom
- **THE IMPORTANCE OF IDENTIFYING RESPONDERS AT THE “HALF-WAY” POINT IN EXPOSURE-BASED CBT FOR PEDIATRIC OCD** (2)  
  Dr Nor Torp, RBUP, Oslo, Norway
- **SPECIFIC PROFILE OF MINDREADING IN PATIENTS WITH AVOIDANT PERSONALITY DISORDER** (3)  
  Dr Michele Procacci, Third Centre Cognitive Psychotherapy Rome, Rome, Italy
- **THE PAST AND PRESENT AS ALLIES TO IMPROVE WELL-BEING OF CANCER INPATIENTS: BENEFITS OF A BRIEF PSYCHOLOGICAL INTERVENTION THAT USES VIRTUAL REALITY AND REMINISCENCE TECHNIQUES** (4)  
  Dr Macarena Espinosa, Fundación para el Fomento de la Investigación Sanitaria y Biomédica de la Comunitat Valenciana, Valencia, Spain

**THURSDAY SEP 1**

**POSTER SESSION PS2**

- **INFORMATION ORDER AND DECOY EFFECTS IN CLINICAL PSYCHOLOGICAL DIAGNOSES** (5)  
  Jan Cwik, Ruhr-Universität Bochum, Bochum, Germany
- **CBT PROGRAM FOR SCHOOL REFUSAL IN DAY HOSPITALISATION** (6)  
  Dr Helene Denis, University Hospital, Montpellier, France
- **TRAJECTORY OF CHANGE IN IMPLICIT ASSOCIATIONS AND SELF-RELATED ATTRIBUTES DURING THE TREATMENT OF SOCIAL ANXIETY DISORDER** (7)  
  Bree Gregory, Macquarie University, Sydney, Australia
- **IS SELF-EFFICACY MEDIATING THE RELATIONSHIP BETWEEN THE COGNITIVE EMOTION REGULATION STRATEGIES AND DEPRESSION?** (8)  
  Professor Özden Yaşar-Yalçınkaya-Alkar, Yıldırım Beyazıt University, Ankara, Turkey
- **STRUCTURE OF THE RUMINATIVE THOUGHTS SCALE: PSYCHOMETRIC EVIDENCE OF TRANSDIAGNOSTIC NATURE OF RUMINATING** (9)  
  Professor Zdenka Novovic, University of Novi Sad, Novi Sad, Serbia
- **SOCIAL CAPITAL AND INTEGRATION IN THE SCHOOLING CONTEXT: IMPROVING MENTAL HEALTH OUTCOMES IN DISADVANTAGED YOUTH** (10)  
  Dr Natasha Magson, Macquarie University, Sydney, Australia
- **CHANGES IN EMOTION REGULATION AND MOOD DURING THE DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS TRAINING: PRELIMINARY RESULTS** (11)  
  Professor Anu Aluoja, University of Tartu, Tartu, Estonia
- **SELECTIVE ATTENTION TO FACIAL EMOTION IN CLINICALLY ANXIOUS CHILDREN** (12)  
  Andreas Skanborg, University of Copenhagen, Copenhagen, Denmark
- **DO NEUROPSYCHOLOGICAL TESTS GIVE A CLUE FOR ASD TENDENCY IN ADULT OCD PATIENTS?** (13)  
  Haruko Miyata, Chiba University, Chiba, Japan
- **HEALTHY UNIVERSITY STUDENTS’ DAY-TO-DAY PAIN VARIABILITY, DEPRESSION, AND PAIN-CATASTROPHISING: USING THE EXPERIENCE SAMPLING METHOD AND BAYESIAN LINEAR MODEL** (14)  
  Jiro Sakamoto, Senshu University, Kawasaki-city, Japan
- **APPLICATION OF METACOGNITIVE MODEL OF DEPRESSION AMONG CHINESE ADOLESCENTS** (15)  
  Ke Wei Chow, University of Hong Kong, Hong Kong, Hong Kong
- **EFFECTIVENESS OF A FREELY AVAILABLE COMPUTERISED CBT PROGRAMME (MOODGYM) FOR DEPRESSION: META-ANALYSIS** (16)  
  Canal Twomey, University of Southampton, Southampton, United Kingdom
- **CORRELATION BETWEEN MINDFULNESS AND SUBJECTIVE SLEEP PARAMETERS IN PATIENTS WITH SLEEP DISTURBANCES** (17)  
  Timo Klan, University of Mainz, Mainz, Germany
- **A MULTI-INFORMANT EXAMINATION OF PARENTING BEHAVIOR AND MATERNAL SYMPTOMS IN CHILDHOOD ANXIETY** (18)  
  Dr Chaoying Wei, Columbia University Medical Center/New York State Psychiatric Institute, New York, United States
SOCIAL SUPPORT: PROTECTIVE AGAINST DEPRESSION ONLY UNDER MODERATE LEVELS OF STRESS (19)
Myria Ioannou, University of Cyprus, Nicosia, Cyprus

EFFECTS OF A PSYCHOLOGICAL INTERNET INTERVENTION IN THE TREATMENT OF MILD TO MODERATE DEPRESSIVE SYMPTOMS: SUBGROUP ANALYSES RESULTS OF THE EVIDENT STUDY, A RANDOMISED CONTROLLED TRIAL (20)
Christina Spåth, Lübeck University, Lübeck, Germany

MEDIATING ROLE OF METACOGNITION IN THE RELATIONSHIP BETWEEN CHILDHOOD TRAUMA AND PSYCHOLOGICAL SYMPTOMS (21)
Gizem Bozyel, Dokuz Eylul University, Izmir, Turkey

THE RELATIONSHIP BETWEEN EXTERNAL DIFFICULTIES, ANGER AND MINDFULNESS AMONG ADOLESCENTS (22)
Dovile Valune, Vytautas Magnus university, Kaunas, Lithuania

ANXIOUS CHILDREN'S USE OF COGNITIVE AVOIDANCE STRATEGIES (23)
Nicoline Normann, University of Copenhagen, Copenhagen, Denmark

EFFECTIVENESS OF COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA: RANDOMIZED CONTROLLED TRIAL IN A MULTICENTRE STUDY IN JAPAN (24)
Naoko Ayabe, National Institute of Mental Health, National Center of Neurology and Psychiatry, Tokyo, Japan

DIFFERENCES IN RELATIONSHIPS REGARDING EARLY MALADAPTIVE SCHEMA BETWEEN BORDERLINE PERSONALITY TRAITS AND DEPRESSIVE SYMPTOMS (25)
Professor Daichi Sugawara, University of Tsukuba, Japan, Japan

FRIENDS TRIAL IN JAPANESE SPECIAL NEEDS EDUCATION (26)
Dr Yuma Ishimoto, Tottori University, Tottori, Japan

SUICIDE IN OBSESSIVE-COMPULSIVE DISORDER (27)
Dr Lorena Fernández de la Cruz, Karolinska Institutet, Stockholm, Sweden

INTERNET-DELIVERED COGNITIVE BEHAVIOR THERAPY FOR CHILDREN WITH ANXIETY DISORDERS IN A CLINICAL SETTING - A STUDY PROTOCOL (28)
Moral Jalalzadeh, Karolinska Institutet, Stockholm, Sweden

NEUROCOGNITIVE PREDICTORS OF FLEXIBLE THINKING IN PSYCHOSIS (29)
Ana Costas Carrera, Consorci Sanitari de Terrassa, Terrassa, Spain

NON-ATTENDANCE IN FIRST APPOINTMENTS WITH CLINICAL PSYCHOLOGY IN A PUBLIC OUTPATIENT MENTAL HEALTH CENTER (30)
Miguel Gárriz, Parc de Salut MAR, Barcelona, Spain

THE DEVELOPMENT OF STRESS MANAGEMENT PROGRAM FOR PREGNANT WOMEN IN JAPAN (31)
Professor Noriko Kusakabe, Fukuyama University, Fukuyama, Japan

ARE ILLUSORY BELIEFS AND MORPHING FEAR REALLY ASSOCIATED WITH OBSESSIVE COMPULSIVE SYMPTOMS IN A TURKISH ANALOGUE SAMPLE? (32)
Gamze Gültekin, İzmir University, İzmir, Turkey

A LONGITUDINAL STUDY OF COPING STRATEGIES IN WOMEN WITH VULVOVAGINAL PAIN (33)
Linnea Engman, Örebro University, Örebro, Sweden

WHAT IS THE ACTUAL STATUS OF PSYCHOTHERAPY TRAINING IN EUROPE? (34)
Thomas Gargot, European Federation of Psychiatric Trainee / Pitié Salpêtrière, Paris, France

AN INVESTIGATION OF THE MECHANISM BEHIND THE EFFECT OF MINDFULNESS ON ANXIETY (35)
Inka Papenfuss, University of Groningen, Groningen, The Netherlands

PARENTAL STRESS, PARENTING BEHAVIOR AND CHILDREN'S BEHAVIOR PROBLEM CHANGES BEFORE AND AFTER THE PROGRAM STOP4-7 (36)
Inese Lapsiņa, University of Latvia, Priekļu, Latvia

BULLYING BEHAVIOR AND ASSOCIATIONS WITH INTERNALIZING PSYCHOPATHOLOGY IN BULLIES AND VICTIMS (37)
Professor David Pineda, UNED, Madrid, Spain

ICT FOR PROFESSIONAL ACTORS WITH PERFORMANCE ANXIETY (38)
Jakob Clason, Stockholm University, Stockholm, Sweden

INTEGRATED COGNITIVE BEHAVIORAL THERAPY TARGETING ALCOHOL USE DISORDER AND DEPRESSION, IN A HOMELESS POPULATION - AN ONGOING OPEN PILOT STUDY (39)
Olof Molander, Karolinska Institutet, Stockholm, Sweden

COMPARISON OF EARLY MALADAPTIVE SCHEMAS AND METACOGNITION IN STUDENTS WITH SOCIAL PHOBIA AND NORMAL STUDENTS (40)
Dr Neda Alibeigi, University of social welfare and rehabilitation sc, Tehran, Islamic Republic of Iran

PICTORIAL REPRESENTATION OF EARLY MALADAPTIVE SCHEMAS AND MINDFULNESS - FOR YOUNG AND OLD (41)
Dr Christof Loose, Heinrich-Heine-University Duesseldorf, Duesseldorf, Germany

DO DEPRESSED AND ANXIOUS DIFFER FROM OTHERS ON DEALING WITH THE MOMENT AND ITS EMOTIONAL OUTCOMES? (42)
Selmin Erdi, Yildirim Beyazit University, Ankara, Turkey

USE OF MUSLIM RELIGIOUS IMAGERY IN COGNITIVE THERAPY: IMAGERY RESCRIPTING OF PTSD NIGHTMARES FOLLOWING VIOLENT TRAUMA (43)
Helge Smeye, University Hospital of Akershus, Lorenskog, Norway

NEXT TO KIN: RELATION AND STRUCTURE OF DYSPHORIC AND ANXIETY SYMPTOMS IN VULNERABLE INDIVIDUALS (44)
Jelena Sokic, University of Novi Sad, Backa Palanka, Serbia

NOVEL TREATMENT OF FEAR OF FLYING USING A LARGE VIRTUAL REALITY SYSTEM – CASE STUDIES (45)
Michal Lihin, Sheba Medical Center, Ramat Gan, Israel

THE INFLUENCE OF YOGA ON (CHRONIC) DEPRESSION AND POTENTIAL COGNITIVE MEDIATORS (46)
Nina Vollbehr, Lentis Mental Health Care, Groningen, The Netherlands
14:00   PD02

LEARNING FROM THE PAST INCLUDING THE MISTAKES WE MADE

Chair: Lars-Göran Öst, Stockholm University and Karolinska Institutet, Sweden

PANEL MEMBERS
Paul Emmekeamp, University of Amsterdam, The Netherlands
Judith S. Beck, Beck Institute for Cognitive Behavior Therapy, United States
Ann Marie Albano, Columbia University, United States
Arnoud Arntz, University of Amsterdam, The Netherlands
Art Freeman, Touro College, United States

ABSTRACT
CBT including its different forms has become the dominant paradigm in psychotherapy and in particular the most evidence-based form of psychotherapy to date. But how did we get here? Are there things left to do? The panel will present their perspectives on the history of CBT (including both the behavioural and the cognitive angles) and will also discuss the hurdles along the way. Given the rapid development of CBT in health care and in research newer generations of researchers and clinicians will find this panel discussion informative and in the best of worlds we will benefit from the lessons learned and avoid the mistakes already made.

14:00   S03

MINDFULNESS IN GROUP- AND INDIVIDUAL THERAPY: (FIRST) RESULTS OF RANDOMISED CONTROLLED TRIALS

Convenor & Chair: Dr Johannes Mander, University of Heidelberg, Heidelberg, Germany
Discussant: Thomas Heidenreich, University of Esslingen, Germany

Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder
Sarah Landmann, Clinic of Psychiatry and Psychotherapy, University Medical Center Freiburg, Germany

Effects of mindfulness and compassion on health and social interaction
Corina Aguilar-Raab, University Hospital Heidelberg, Institute of Medical Psychology, Germany

The Process-Outcome Mindfulness Effects in Trainees (PrOMET) study: Design and first results of a randomized controlled component trial
Johannes Mander, University of Heidelberg, Germany

Mindfulness-Based Cognitive Therapy vs. Cognitive Behavioral Analysis System of Psychotherapy for Chronically Depressed Patients: post-treatment and follow up data
Johannes Michalak, Witten/Herdecke University, Department of Psychology and Psychotherapy, Germany

14:00   S12

TRANSDIAGNOSTIC INTERVENTIONS: NEW DEVELOPMENTS IN SCANDINAVIA

Convenor & Chair: Dr Simon-Peter Neumer, Centre for child and adolescent mental health; Eastern and Southern Norway (RBUP), Oslo, Norway

Transdiagnostic treatment: a promising strategy for indicated prevention?
Simon-Peter Neumer, RBUP; Sverre Johnson, University of Oslo and Modum Bad Psychiatric Center

The EMOTION program - A transdiagnostic intervention targeting high levels of anxiety and depressive symptoms in children
Kristin Martinsen, Regional Center for Child and Adolescent Mental Health, Eastern and Southern Norway (RBUP)

Being really SMART? An effectiveness study of a new treatment for adolescents with emotional disorders
Veronica Lorentzen, University of Tromsø/The Arctic University of Norway

Mind My Mind - A randomised feasibility study of a new transdiagnostic, individualised cognitive and behavioral therapy for school-aged children with emotional and behavioral difficulties
Pia Jeppesen, Child and Adolescent Mental Health Centre, Mental Health Services, Capital Region of Denmark
THURSDAY SEP 1

SYMPOSIA

14:00 S18

ANXIETY – A PATH TO PSYCHOPATHOLOGY? UNDERLYING MECHANISMS AND IMPACT ON THERAPY

Convenor: Professor Tanja Legenbauer, Ruhr-University Bochum, Hamm, Germany
Chair: Anke Klein, VU Amsterdam, The Netherlands
Discussant: Eni Becker, Radboud University Nijmegen, The Netherlands

Transmission of anxiety related associations from clinically anxious parents to their children
Rianne Van Niekerk, Behavioural Science Institute, Radboud University Nijmegen, The Netherlands

Attention control and attentional bias for emotional stimuli in clinically anxious children: 3 year followup
Marie Louise Reinholdt-Dunne, Department of Psychology, University of Copenhagen

14:00 S26

NEGATIVE EFFECTS OF PSYCHOLOGICAL TREATMENTS – DETERIORATION, DEPENDENCY, AND ADVERSE EVENTS

Convenor & Chair: Professor Per Carlbring, Stockholm University, Stockholm, Sweden

Care Dependency in Mental Health Care: Unwanted Side-effect or Crucial Ingredient of Psychological Treatments?
Naline Geurtzen, Radboud University, Behavioural Science Institute, The Netherlands

For better or worse: An individual patient data meta-analysis of deterioration among participants receiving Internet-based cognitive behavioral therapy
Kristoffer Magnusson, Division of Psychiatry, Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden

14:00 S28

TRANSDIAGNOSTIC APPROACH: RESEARCH, ASSESSMENT AND INTERVENTION

Convenor & Chair: Professor Lucio Sibilia, CRP, Roma, Italy
Chair: Mehmet Sungur, Marmara University Faculty of Medicine, Turkey

An update on Cognitive-Behavioural dysfunctions and their effective treatment
Lucio Sibilia, Sapienza University, Roma, Italy

Neuroscience-based Trans-diagnostic Approach to Cognitive and Behavioural Therapy
Tullio Scrimali, Aleteia, Catania, Italy

Emotional dysfunctions and psychological disorders: A research perspective
Stefania Borgo, Centre for Research in Psychotherapy, Roma, Italy

Trans-diagnostic clinical MBCT: different aspects in different diagnoses
Antonio Pinto, ASL NA3 Sud, Naples, Italy

14:00 S29

COGNITIVE REMEDIATION THERAPIES FOR AFFECTIVE DISORDERS: RECENT ADVANCES IN COGNITIVE TRAINING STUDIES

Convenor & Chair: Professor Kristof Hoorelbeke, Ghent University, Ghent, Belgium
Chair: Ernst Koster, Ghent University, Ghent, Belgium
Discussant: Rudi De Raedt, Ghent University, Ghent, Belgium

Cognitive remediation in patients with bipolar disorder: Results of a single-blind RCT and key lessons learnt
Kamilla Miskowiak, Copenhagen University Hospital

Exploring the role of executive functioning in affective contexts in depression using an effective working memory training
Susanne Schweizer, MRC Cognition and Brain Sciences Unit, Cambridge University

Effects of Internet-delivered cognitive control training for remitted depressed patients
Kristof Hoorelbeke, Ghent University

User Requirements of a Remitted Depressed Sample for a Gamified PASAT as a Cognitive Control Training
Jasmien Vervaeke, Ghent University
**THURSDAY SEP 1**

### SYMPOSIA

#### 14:00 S31

**INDIRECT FEAR ACQUISITION AND REDUCTION VIA INFORMATION AND VICARIOUS LEARNING PATHWAYS**

Convenor & Chair: Dr Chris Askew, Kingston University, Kingston-Upon-Thames, United Kingdom

- The verbal information pathway to fear in children; the role of parental anxiety disorders and children’s behavioral inhibition
  - Eline Möller, University of Amsterdam

- Facing Fears in Childhood: The Relative Effectiveness of Positive Information versus Extinction/Exposure in Diminishing Vicariously Acquired Fears
  - Carol Newall, Macquarie University

#### 14:00 S65

**GOAL MOTIVATION PROCESSES IN MENTAL HEALTH**

Convenor & Chair: Dr Joanne Dickson, University of Liverpool, Liverpool, United Kingdom

- Maladaptive goal processes in depression
  - Joanne Dickson, University of Liverpool

- Overcoming life-goals disengagement in depression: sharpening the focus of CBT
  - Stephen Barton, University of Newcastle & NTW Foundation Trust

- Goals and planning (GAP) training: effects on well-being and mental health
  - Andrew MacLeod, Royal Holloway, University of London

#### 14:00 S66

**SYMPOSIUM ON CO-MORBIDITY OF MENTAL DISORDERS AND SOMATIC DISEASES**

Convenor: Dr Floor Bennebroek Evertsz, Academic Medical Center Amsterdam, Amsterdam, The Netherlands

Chair: Claudi Bockting, University of Utrecht, The Netherlands

Discussant: Markus Wolf, University Zurich, Switzerland

- Co-morbidity as risk factor for chronicity: is there a reason to prolong treatment in depression in case of co-morbid chronic somatic illnesses?
  - Claudi Bockting, University of Utrecht, Department of Clinical Psychology

- Effectiveness of cognitive behavioural therapy on quality of life, anxiety and depression among patients with inflammatory bowel disease: a multicentre randomised controlled trial
  - Floor Bennebroek Evertsz, Department of Medical Psychology, Academic Medical Centre Amsterdam

- Major depressive disorder in MS: different or similar?
  - Rosa Boeschoten, Department of Psychiatry, VU University Medical Center and GGZinGeest, Amsterdam, Netherlands

- Expectation-focused intervention in CBT for breast cancer patients - First results of a randomised controlled trial
  - Yvonne Nestoriuc, Clinical Psychology and Psychotherapy, University Hamburg, Germany

#### 14:00 S78

**THE PREVALENCE OF VIOLENCE IN THE ICELANDIC POPULATION, SERVICE UTILIZATION AND ASSOCIATED OUTCOMES**

Convenor: Edda Thordardottir, University of Iceland, Reykjavik, Iceland

Chair: Berglind Gudmundsdottir, Landspitali - The National University Hospital of Iceland, Iceland

Discussant: Filip Arnberg, Uppsala University, Sweden

- Prevalence of sexual and physical violence in the Icelandic population
  - Edda Björk Thordardottir, University of Iceland

- Predictors of service utilization among sexual assault victims in Iceland
  - Berglind Gudmundsdottir, Landspitali - the National University Hospital of Iceland; University of Iceland

- Service satisfaction and long term psychological follow-up among sexual assault victims seeking assistance at the Rape trauma center in Iceland
  - Ingunn Hansdottir, University of Iceland; SAA National Center for Addiction Medicine, Reykjavik Iceland

- The association between mental health and hypertension among women with and without lifetime history of violence
  - Rebekka Lynch, University of Iceland
THURSDAY SEP 1

OPEN PAPER SESSIONS

14:00  OP03

PTSD 1

Chair: Dr Katja Boersma, Örebro University, Sweden

Memory centrality of a distressing event and its effect on post-traumatic stress symptoms
Mirjam Vermeulen, KU Leuven, Leuven, Belgium

Role of physical exercise in the development of emotional memories
Dharani Keyan, University of New South Wales (UNSW), Sydney, Australia

Responses to intrusive memories in PTSD: Preliminary findings from an experience-based sampling study
Dr David Berle, UNSW Australia, Randwick, Australia

Physical exercise enhances memory reconsolidation of traumatic stimuli
Dharani Keyan, University of New South Wales, Australia

14:00  OP10

DEPRESSION 3 AND ACT

Chair: Professor JoAnne Dahl, Uppsala University, Sweden

Baseline indicators of severity as moderators of differential response between cognitive-behavior therapy and pharmacotherapy for the treatment of depression
Erica Wetz, Vrije Universiteit Amsterdam, Amsterdam, The Netherlands

Minority status as a predictor and moderator of outcome in cognitive behavior therapy and pharmacotherapy for adult depression. An individual patient data meta-analysis
Dr Simona Stefan, Babes-Bolyai University, Cluj Napoca, Romania

Temporal relationship between psychological flexibility and Well-Being during an Acceptance and Commitment Therapy Self-Help Intervention
Hanna Wersebe, University of Basel, Basel, Switzerland

Seeing the signs: predicting the course of depressive symptoms after remission,
Dr Floor Verhoeven, University Medical Center Groningen, Groningen, The Netherlands

NAVIGATOR ACT - for parents to children with disabilities
Tina Homberg Bergman, Habilitation and Health, Stockholm, Sweden

The scientific program is displayed as follows: First we list all keynote sessions for one day (12:15 and 16:15) Second, we list morning and afternoon workshops. Hereafter, all sessions are displayed in the order of their appearance in the schedule.
NEW DEVELOPMENTS OF PSYCHOLOGICAL INTERVENTIONS FOR SOMATIC PROBLEMS

PROFESSOR WINFRIED RIEF
UNIVERSITY OF MARBURG, GERMANY

Chair: Ata Ghaderi, Karolinska Institutet, Sweden

ABSTRACT
Somatic problems are a typical challenge for psychotherapists. It is unclear how to deal with patients mainly complaining about somatic problems, how to motivate them for psychological interventions, and how to tailor psychological interventions to medical conditions. I will start the presentation by summarizing psychological factors that contribute to the exacerbation and maintenance of somatic symptoms, and that are crucial for symptom management. A feature of crucial relevance is patient’s subjective illness model. Therapists have to address and analyze patients’ illness model respectfully, and ways are shown how to modify dysfunctional illness beliefs to more helpful illness perceptions. Another crucial variable are patients’ expectations about treatment, illness course, and outcome. Research on placebo mechanisms has impressively shown that patients’ expectations are the major predictor of treatment outcome. Therefore we developed interventions how to modify patients’ expectations early in treatment programs. Expectation-focused psychological interventions (EFPI) are a new tool not only for patients with mental disorders, but also for patients with medical conditions. A randomized clinical trial on psychological pre-surgery treatments including more than 100 patients of cardiac surgery confirmed the powerful effects of expectation-focused interventions. Options how to broaden this approach to mental disorders will be presented. Finally, we will summarize other interventions (including third wave approaches) and their efficiency when attempting to modify somatic problems. It is concluded that progress depends on an improved understanding of the psychological mechanisms that contribute to somatic symptoms, and on personalized tailored interventions that are based on deeper understandings of the relevant mechanisms in the respective patient. Practical examples will be highlighted.

Website: http://www.mrc-cbu.cam.ac.uk/people/emily.holmes/


MENTAL IMAGERY IN THE ROOTS AND BRANCHES OF CBT

PROFESSOR EMILY HOLMES
MRC COGNITION AND BRAIN SCIENCES UNIT, CAMBRIDGE; KAROLINSKA INSTITUTET, SWEDEN

Chair: Gerhard Andersson, Linköping University, Sweden; Karolinska Institutet, Sweden

ABSTRACT
In this talk we will explore the science and practice of mental imagery within cognitive behavioural therapy (CBT). We will consider this as potential ‘roots and branches’ of CBT and will look at experimental work not only in terms of how they inform the ‘present branches’ of CBT, but also explore how future branches may grow from this.

From a cognitive science perspective mental imagery involves an experience like perception in the absence of a percept, such as “seeing in our mind’s eye”. Imagery has extremely interesting properties - it recruits similar brain areas to actual perception, and enhances memory and learning. Our experimental work has shown that compared to verbal processing, mental imagery has a more powerful impact on emotion.

From a clinical practice perspective, intrusive, affect-laden images cause distress across psychological disorders. Imagery-based “flashbacks” to a past trauma are the hallmark of post-traumatic stress disorder (PTSD). Intrusive mental imagery can also occur of the future, such as “flashforwards” to suicide or manic pursuits in bipolar disorder. We need to know how to work with dysfunctional imagery, and promote adaptive imagery using imagery-focused CBT techniques.

My clinical research group has an interest in understanding and treating maladaptive mental imagery via psychological therapies. To do this, we are curious about what we can learn from cognitive psychology and neuroscience to inform treatment development (e.g. Pearson et al, 2016, TICS) and continue to grow the roots and branches of CBT

In this keynote I will discuss recent work concerning intrusive memory encoding (Clark et al, 2016, Psych Med), disrupting memory re-consolidation via dual task interference to reduce the frequency of intrusive memories (James et al, 2015, Psych Sci), alongside recent translational work with patient groups (e.g. Holmes et al, 2015, Trans Psychia). A broader vision for science-informed psychological treatment innovation will also be explored (Holmes, Craske & Graybiel, 2014, Nature).
FRIDAY SEP 2
KEYNOTE SPEAKERS

12:15 -13:00

RACISM: WHAT CAN WE DO?
PROFESSOR JOANNE DAHL
UPPSALA UNIVERSITY, SWEDEN

Chair: Ewa Mörtberg, Stockholm University, Sweden

ABSTRACT
Racism is now a present in our everyday lives here in Sweden and in the world. Political parties now openly encourage violence towards immigrants, and towards people of other cultures and religions such as Islam. If we seriously want to reduce this trend towards greater racism, we need to understand and disseminate the psychological components driving this destructive behaviour.

There is significant evidence that health care providers hold stereotypes based on race, class sex and other characteristics that, in fact, influence interpretations of behaviours, symptoms as well as clinical decisions and treatment. Health care workers are often unaware of these stereotypes or stigma which they carry. There is also evidence to show that health care providers interact less effectively with clients from minority groups than with those from similar class, culture and race. So far, most programs for dealing with this problem have been to focus on improving health care providers with cross-cultural communication skills which have had only limited effects on these mostly unaware stigma that result in stereotyped conceptualisation and resulting action. We have developed a program called Uppsala Model of Human Connection which is based on Relational Frame Theory and entails intensive training in perspective taking skills. Students in the Clinical Psychology Program have been the first to receive this course which takes place during 2 semesters. Effects of the program are measured in terms of empathy, perspective taking, psychological flexibility, degree of stigma, stress and quality of life. Preliminary results will be presented at this talk. Psychologists have much to offer to help prevent racism.

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PROFESSOR ARNOUD ARNTZ
UNIVERSITY OF AMSTERDAM, THE NETHERLANDS

Chair: Cecilia Svanborg, Karolinska Institutet, Sweden

ABSTRACT
Borderline Personality Disorder (BPD) is one of the most severe and difficult to treat mental health problems. A major change since about 25 years is that the idea that BPD is untreatable has been changed. Many psychological treatments for Borderline Personality Disorder have been developed and many have been investigated in studies with varying methodological quality. Most of them are claimed to be very successful and are “sold” around the world. This raises the problem what treatment(s) should be implemented. The traditional approach in evidence-based medicine is to base the degree of evidence for a treatment’s effectiveness on meta-analysis of controlled trials, for instance by comparing the treatment to a control treatment, like “treatment as usual” or a placebo condition. Next, proven treatments are compared mutually, so that the optimal treatment can be detected. This approach has its limitations, especially when too many treatments exist to be all tested in RCTs with large sample sizes and compared directly to each other. We therefore chose for a different approach, by which all treatments could be mutually compared, whether or not studies were case series studies, or open, controlled, or randomized clinical trials. We focused on (i) treatment retention; (ii) effectiveness on BPD-severity indices; and (iii) effectiveness on assessments of outcomes not representing BPD-pathology. We controlled for length of treatment, setting (inpatient/outpatient/day treatment), and modality (individual, group, combined individual-group). Contradicting the “Dodo bird verdict” we found significant differences between treatments in treatment retention and effectiveness. Most importantly, previous impressions that schema therapy is a very effective and acceptable treatment was confirmed: schema therapy trials showed the highest treatment retention and high effectiveness. Although it cannot be ruled out that different studies sampled from different populations, the results indicate that not all treatments are equal and that some are more acceptable and effective than others. Possible explanations will be discussed.
16:15 - 17:00

THE HISTORY OF MAKING EFFECTIVE PSYCHOLOGICAL THERAPIES MORE WIDELY AVAILABLE TO THE PUBLIC: SCIENCE, ECONOMICS & POLITICS

PROFESSOR DAVID M CLARK
UNIVERSITY OF OXFORD, UNITED KINGDOM

Chair: Ewa Mörtberg, Stockholm University, Sweden

ABSTRACT
Effective psychological treatments have been developed for a wide range of mental health problems. However, in most countries the majority of people who could potentially benefit from such treatments have no chance of receiving them. How can we solve this problem? This talk focuses on two complimentary approaches. The first approach is to develop delivery methods (such as internet-based therapy) that require less therapist time and have a wider geographical reach without loss of effectiveness. This approach is illustrated by describing the development and evaluation of a version of cognitive therapy for social anxiety that delivers all the key features of face-to-face CBT with the exception of unguided programs (e.g., effectiveness studies, but also share experiences of how to become a true expert internet therapist. It is clear that therapist guidance generally is important for good outcome – but how much, how often and when should you do it? And most importantly, what should you write in your feedback? Based on the Swedish research from analyzing the written content of email messages, sent from both the client and the therapist, suggestions will be shared.

Finally, you will learn about the risk of negative effects of Internet-based cognitive behavior therapy and how to measure the occurrence of symptom deterioration, adverse and unwanted events, and their relationship with long term treatment outcome.

RECOMMENDED READINGS:
08:30 -12:00

PROFESSOR TIMOTHY CAREY  
Flinders University, Australia  
Co-leader: Sara Tai, University of Manchester, United Kingdom  
MAKING MAKING COGNITIVE THERAPY WORK: A FOCUS ON PRINCIPLES

DR MIKE KEMANI  
Karolinska University Hospital, Sweden; Karolinska Institutet, Sweden  
USING ACCEPTANCE AND VALUES IN PAIN MANAGEMENT – INTEGRATING CORE CLINICAL STRATEGIES FROM ACCEPTANCE AND COMMITMENT THERAPY IN CLINICAL PRACTICE

DR FRANK N RYAN  
Imperial College, United Kingdom  
THE WILLPOWER WORKSHOP: IMPROVING OUTCOMES IN MOTIVATIONAL AND AFFECTIVE DISORDERS

PIETRO MURATORI  
IRCCS Fondazione Stella Maris, Italy  
Co-leader: Maria Helander, Karolinska Institutet, Sweden; Laura Rugioni  
COPIING POWER FOR CHILDREN WITH AGGRESSIVE BEHAVIORAL PROBLEMS

DR SANJAY RAO  
The Royal Ottawa Mental Health Centre & University of Ottawa, Canada  
TRANSDIAGNOSTIC EXPERIENTIAL CBT FOR RUMINATION

DR IFTAH YOVEL  
The Hebrew University of Jerusalem, Israel  
SETTING THE GROUNDS FOR A VALUED CHANGE IN ACT

RICCARDO DALLE GRAVE  
Villa Garda Hospital, Italy  
RESIDENTIAL AND DAY HOSPITAL CBT-E BASED TREATMENT FOR EATING DISORDERS

14:00 -15:30

DR ROBERT JOHANSSON  
Karolinska Institutet, Sweden  
WRITING THE CODE FOR ICBT WEB APPLICATIONS: A TECHNICAL DEMONSTRATION OF THE DEVELOPMENT PROCESS

MARIA BRAGESJÖ  
Karolinska Institutet, Sweden  
IMAGINAL EXPOSURE WITHIN THE CONTEXT OF PROLONGED EXPOSURE

14:00 -17:00

DR ERIK ANDERSSON  
Karolinska Institutet, Sweden  
CBT FOR OCD WITH COMORBID AUTISM (ADULT PATIENTS)
FRIDAY SEP 2

MEET THE EXPERT

08:30 - 10:00

EXPERT ON ANXIETY: FROM INFANCY TO OLD AGE

PROFESSOR RON RAPEE
MACQUARIE UNIVERSITY, AUSTRALIA

Chair: Fabian Lenhard, Karolinska Institutet, Sweden

Ron Rapee is Distinguished Professor of Psychology at Macquarie University and an Australian Research Council Laureate Fellow. Professor Rapee specializes in mental health, especially in anxiety and related disorders across the lifespan. He has developed a number of empirically supported treatment programs that are used across the world and has been honoured by awards from both scientific and consumer groups. His recent work has focused on prevention of anxiety and depression as well as on public dissemination and access to empirically validated programs. Prof Rapee received the Distinguished Career Award from the Australian Association for CBT and the Distinguished Contribution to Science Award from the Australian Psychological Society. He was awarded a Member of the Order of Australia in 2012 for his contributions to clinical psychology, especially among young people.

FRIDAY SEP 2

SYMPOSIA

08:30 S05

PSYCHOLOGICAL INTERNET INTERVENTIONS: WHAT IS NEW AND WHAT IS EFFECTIVE?

Convenor: Martin Hautzinger, Tübingen University, Germany
Chair: Gerhard Andersson, Linköping University, Sweden

|CBT versus face-to-face CBT for anxiety disorders, Are they equally effective? |
|Gerhard Andersson, Linköping University|
|Effects of a transdiagnostic self-guided Internet Intervention (Velibra) for anxiety disorders in primary care: Results of a randomized controlled trial |
|Thomas Berger, University of Bern|

08:30 S07

SOCIAL ANXIETY IN CHILDREN AND ADOLESCENTS

Convenor & Chair: Dr Brynjar Halldorsson, University of Reading, Reading, United Kingdom

Negative cognitions associated with social anxiety in adolescents
Polly Waite, University of Reading

Cognitive Therapy for Social Anxiety Disorder in Adolescents: A Development Case Series
David M Clark, University of Oxford

Social Anxiety Disorder in Children: Do We Need a New Model?
Brynjar Halldorsson, University of Reading

Behavioral treatment of social phobia in youth: Does parent education training improve the outcome?
Lars-Göran Öst, Stockholm University

08:30 S10

A NETWORK APPROACH TO PSYCHOPATHOLOGY: PREDICTION OF CLINICAL COURSE AND MOVING TOWARDS PERSONALIZED MODELS

Convenor & Chair: Professor Marieke Wichers, University Medical Center Groningen, Groningen, The Netherlands

Depressive symptoms dynamics associated with recovery in major depressive disorder
Robin Groen, Interdisciplinary Center Psychopathology and Emotion regulation, Groningen, Netherlands

Unraveling the role of loneliness in depression: the dynamics between daily life experience and behaviour
Mark Van Winjel, Maastricht University, The Netherlands

The role of real-life reward dynamics in depression
Marieke Wichers, University Medical Center Groningen

Personalized models of emotional dynamics in anhedonia
Fionneke Bos, University of Groningen & University Medical Center Groningen
08:30  S69
MECHANISMS UNDERLYING THE EFFICACY OF EXPOSURE IN VIRTUAL REALITY FOR ANXIETY DISORDERS
Convenor & Chair: Professor Stéphane Bouchard, Universite du Quebec en Outaouais, Gatineau, Canada
Discussant: Per Carlbring, Stockholm University, Sweden
Factors related to anxiety and negative affect during a virtual sexual assault scenario
Claudie Loranger, Centre intégré de santé et de services sociaux de l’Outaouais
Virtual Reality and Augmented Reality Exposure-Based Treatments: Patients’ Expectancy and Satisfaction
Cristina Botella, Universitat Jaume I
Treatment mechanisms of CBT for social anxiety disorder when exposure is conducted in virtual reality or in vivo.
Stéphane Bouchard, Université du Québec en Outaouais
VR exposure in the treatment of panic disorder and agoraphobia: Predictors of efficacy
Cristina Botella, Universitat Jaume I
In Vivo versus Augmented Reality Exposure in the Treatment of Small Animal Phobia: Predictors of efficacy.
Cristina Botella, Universitat Jaume I

08:30  S75
REACTiONS TO iNTRUSiVE iMAGES ACROSS MENTAL DISORDERS
Convenor: Inga Wessman, McLean Hospital/Harvard Medical School, United States
Chair: Dr Andri Bjornsson, University of Iceland, Reykjavik, Iceland
Discussant: Christine Purdon, University of Waterloo, Canada
Reactions to intrusive images among Patients in a Partial Hospital Program
Inga Wessman, McLean Hospital/Harvard Medical School
Reactions to Intrusive Images among Outpatients with Social Anxiety Disorder
Andri Bjornsson, University of Iceland
Approaches of Intrusive Images among Outpatients with Social Anxiety Disorder
Johann Hardarson, University of Iceland

08:30  S21
EXPOSURE-BASED THERAPY FOR SOMATIC DISORDERS: NEW INNOVATIONS
Convenor: Marianne Bonnert, Karolinska Institutet, Stockholm, Sweden
Chair: Björn Björnsson, Karolinska Institutet, Sweden
Discussant: Lance McCracken, King’s College London, United Kingdom
The effect of exposure therapy and behavioral activation in atrial fibrillation: a preliminary investigation
Josefin Särnholm, Department of Clinical Neuroscience, Karolinska Institutet
Exposure-based therapy for IBSomajtja – a randomised controlled trial
Maria Lagerlöf, Department of clinical neuroscience, Karolinska Institutet
Exploring exposure therapy for children with functional gastrointestinal disorders
Marianne Bonnert, Dep. clinical neuroscience, Karolinska Inst. Stockholm, Sweden
Internet-delivered cognitive behavior therapy for adolescents with Irritable Bowel Syndrome: A randomised controlled trial
Marianne Bonnert, Department of Clinical Neuroscience, Karolinska Institutet

08:30  S41
NEW BRANCHES OF CBT IN TREATMENT OF PSYCHOSIS
Convenor: Massimiliano Abbatecola, CEPIIC Naples, Italy
Chair: Professor Antonio Pinto, Department of Mental Health ASL NA3 SUD, Naples, Italy
Third wave therapy for psychosis: a Mindfulness, metacognitive and neurocognitive based approach for psychosis
Antonio Pinto, Department of Mental Health, ASL NA3 SUD, Naples, Italy
Potential of Compassion-Focused Imagery and Loving-Kindness Meditation for Treating Paranoid Delusions
Massimiliano Abbatecola, Cepicc Napoli; Federica Tarantino, Cepicc Napoli
Results from Three Pilot Studies
Tania Lincoln, Department of Clinical Psychology and Psychotherapy, University of Hamburg, Germany
A focus on Integrative treatments in CBT protocol for psychosis: neurocognitive, metacognitive and social aspects in a clinical study
Massimiliano Abbatecola, Cepicc Napoli; Friederica Tarantino, Cepicc Napoli

Cost-effectiveness of I-Sleep, a guided online CBT intervention, for patients with insomnia in general practice: protocol of a pragmatic randomised controlled trial
Tonja Van der Zweerde, Vrije Universiteit Amsterdam
Guided online or face-to-face cognitive behavioral treatment for insomnia? A randomised waitlist controlled trial
Jaap Lancee, University of Amsterdam

Internet-vs. group-delivered cognitive behavior therapy for insomnia: a randomised controlled non-inferiority trial
Kerstin Blom, Karolinska Institutet
Efficacy of cognitive behavioral therapy for insomnia in adolescents: Results from a randomised controlled trial with Internet and group therapy compared to a waiting list
Eduard De Bruin, Research Institute of Child Development and Education, University of Amsterdam, The Netherlands
FRIDAY SEP 2

OPEN PAPER SESSIONS

08:30    OP14

BASIC RESEARCH

Chair: Dr Robert Johansson, Karolinska Institutet, Sweden

Reducing Vicariously Acquired Fears via Verbal Information or Positive Modelling
Dr Gemma Reynolds, Middlesex University, London, United Kingdom

Modification of Episodic Memories by Novel Learning: A Replication Study
Kevin van Schie, Utrecht University, Utrecht, The Netherlands

Discrepancy between subjective and objective assessments of cognitive flexibility and problem-solving ability in generalized anxiety disorder
Professor Naomi Koerner, Ryerson University, Toronto, Canada

The relationship between estradiol levels and anxiety responses to social-evaluative threat
Emily White, University of New South Wales, Coogee, Australia

10:00 - 13:50

CHANGING LEVELS OF DISGUST THROUGH IMAGERY AND COGNITIVE REAPPRAISAL IN CONTAMINATION-BASED COMPULSIVE-OBSESSIVE DISORDER (1)
Jakob Fink, University of Leipzig, Leipzig, Germany

SHEDDING LIGHT ON NEGATIVE MENTAL HEALTH: WHAT PROTECTS US AGAINST DEPRESSION, ANXIETY AND STRESS? (2)
Dr Julia Brałowskaia, Ruhr-Universität Bochum, Bochum, Germany

HOW TO INCREASE LIFE SATISFACTION? (3)
Dr Julia Brałowskaia, Ruhr-Universität Bochum, Bochum, Germany

WORK-RELATED CHRONIC LOW-BACK PAIN AND DISABILITY: PSYCHOLOGICAL RISK AND VULNERABILITY FACTORS (4)
Morgaux Le Borgne, Université de Nantes, Nantes, France

BIASES IN ATTENTION AND INTERPRETATION IN ADOLESCENTS WITH VARYING LEVELS OF ANXIETY AND DEPRESSION (5)
Dr Anke Klein, University of Amsterdam, Amsterdam, The Netherlands

THE Efficacy OF A GROUP REBT/CBT INTERVENTION FOR YOUNG FOOTBALL PLAYERS WITH SPORT ANXIETY PERFORMANCE (6)
Costina Păsăreanu, Babes-Bolyai University, Cluj-Napoca, Romania

POSTER SESSION PS3

FLASH-FORWARDS AND SUICIDAL IDEATION: A PROSPECTIVE INVESTIGATION OF MENTAL IMAGERY, ENTRAPMENT AND DEFEAT (7)
Dr Roger Ng, Department of Psychiatry Kowloon Hospital, Hong Kong, Hong Kong

MISCLASSIFICATION OF SELF-INJURIOUS THOUGHTS AND BEHAVIORS (8)
Jan Cwik, Ruhr-Universität Bochum, Mental Health Research and Treatment Center, Bochum, Germany

EXAMINING THE META-COGNITIVE MODEL OF RUMINATION: A LONGITUDINAL STUDY OF A COLLEGE STUDENT (9)
Dr Noboru Matsumoto, University of Tsukuba, Tsukuba, Japan

I-SLEEP: INTERNET-BASED INTERVENTION AGAINST INSOMNIA (10)
Antoine Urech, University of Bern, Bern, Switzerland

COGNITIVE BEHAVIORAL CHARACTERISTIC, RELIABILITY, AND VALIDITY OF THE CANCER PATIENTS’ HESITATION SCALE (CPHS) (11)
Professor Shin-ichi Suzuki, Waseda University, Saitama, Japan

LOSING IS NOT AS BAD AS YOU PREDICT: THE UNEXPECTED EMOTIONAL EXPERIENCE OF THE BRAZIL WORLDCUP (12)
Dr Macarena Espinoza, Fundación para el Fomento de la Inv. Sanitaria y Biomédica Comunitat Valenciana (FISABIO), Valencia, Spain

WHICH COGNITIONS ARE CRITICAL FOR COMPULSIVE BUYING? (13)
Zeynep Akyüz, Dokuz Eylul University, Faculty of Letters, Psychology Department, iZMiR, Turkey

KNOWLEDGE ACQUISITION AND EFFECTS OF TAILORED AND ACT-INFLUENCED INTERNET-BASED CBT FOR EATING DISORDERS: A RANDOMIZED CONTROLLED TRIAL (14)
Dr Sandra Weineland, Linköping University, Linköping, Sweden

ADAPTATION OF THE SOCIOCULTURAL ATTITUDES TOWARDS APPERANCE QUESTIONNAIRE-3 FOR PEERS AND FAMILY (15)
Julie Rivière, Lille 3, Villeneuve d’Ascq, France

A SILENT PATHWAY TO DEPRESSION: SOCiAL ANxiETY AND EMOTiON REGULATiON AS PREDiCTORS OF DEPRESSiVE SYMPTOMS (16)
Professor Céu Salvador, Faculty of Psychology and Educational Sciences - University of Coimbra, Coimbra, Portugal

THE CORRELATION BETWEEN THE PERSONALiTY TRAiTS AND C OPiNG STRATEGiES AND THE INTERNET ADDiCTION IN UNIVERSITY S TUDENTS (17)
Dr Emre Sargin, Uskudar University, istanbul, Turkey

EATING DISORDER IN BARIATRIC SAMPLE: ARE WE EVALUATING THE ALL SPECTRUM? (18)
Bulle Gaudrat, PSiTEC Lab - Lille 3 University, Villeneuve d’Ascq Cedex, France

EVALUATION OF METACOGNITIVE TRAINING FOR BORDERLINE PERSONALITY DISORDER (B-MKT) (19)
Katarina Mohar, University Psychiatric Clinic Ljubljana, Ljubljana, Slovenia

ADVERSE EFFECTS OF MINDFULNESS-BASED INTERVENTIONS: A THEMATIC ANALYSIS OF TEACHER PERSPECTIVES (20)
Catrine Skeppar, King’s College London, UK, London, United Kingdom
SUICIDAL THOUGHTS AS A SELF-HEALING STRATEGY AMONG TRAUMA SURVIVORS. DIFFERENT ROLE OF TEMPERAMENT AND EARLY MALADAPTIVE SCHEMAS AMONG MEN AND WOMEN (21)
Karolina Staniszek, University of Warsaw, Warszawa, Poland

COMPARISON OF OBSESSIVE BELIEFS BETWEEN SKIN PICKING DISORDER AND OBSESSIVE COMPULSIVE DISORDER PATIENT GROUPS (22)
Dr Ayşegül Kart, Bakırköy Mazhar Osman Mental Health and Neurological Diseases Education and Research Hospital, İstanbul, Turkey

UNDERSTANDING DEVELOPMENTAL NORMS IN REASONING BIASES ACROSS ADOLESCENCE: FINDINGS FROM CROSS-SECTIONAL AND LONGITUDINAL DATA (23)
Rachel Slavny, Royal Holloway, University of London, Surrey, United Kingdom

EFFICACY OF EMOTION REGULATION STRATEGIES IN BULIMIA NERVOSA AND HEALTHY CONTROLS (24)
Dr Alice Diedrich, University of Munich, Munich, Germany

EFFECTS OF PAIN ON MEMORY FOR FUTURE INTENTIONS. A CONTROLLED EXPERIMENT (25)
Rena Gatzounis, University of Leuven, Leuven, Belgium

RELIABILITY OF THE LATVIAN VERSIONS OF YOUNG SCHEMA QUESTIONNAIRE – SHORT FORM, AND SCHEMA MODE INVENTORY: PILOT STUDY (26)
Katrīna Jatkova, University of Latvia, Riga, Latvia

SCREENING FOR DEPRESSION IN SLOVENIAN PATIENTS WITH CORONARY HEART DISEASE (27)
Janica Radež, General Hospital Novo mesto, Novo mesto, Slovenia

EFFECT OF ANXIETY SENSITIVITY (AS) ON ANXIETY OF ADULT ATOPIC DERMATITIS (AD) PATIENTS AFTER TREATMENT: COMPARISON BETWEEN DERMATOLOGICAL AND PSYCHOLOGICAL TREATMENT (28)
Mika Himachi, Tokai Gakuen University, Nagoya, Japan

SHAME-PRONENESS AS A SIGNIFICANT PREDICTOR OF SOCIAL ANXIETY SYMPTOMS ABOVE AND BEYOND CLASSICAL COGNITIVE CONSTRUCTS (29)
Diana Cândea, Babes-Bolyai University, Cluj-Napoca, Romania

IS OVERESTIMATION OF NEGATIVE EMOTIONS A PROBLEM? (30)
Dr Carmen Colet, Babes-Bolyai University, Cluj-Napoca, Romania

PRIMARY PREVENTION OF CHILDHOOD OBESITY AT SWEDISH CHILD HEALTH CENTERS: FIVE-YEAR FOLLOW-UP OF THE PRIMROSE TRIAL (31)
Johanna Enö Persson, Karolinska Institutet, Sweden, Stockholm, Sweden

COGNITIVE REACTIVITY AND EMPATHY IN CHRONIC DEPRESSION (32)
Dr Stephan Köhler, Charté, Department of Psychiatry and Psychotherapy, Berlin, Germany

INTERNET-BASED PSYCHOEDUCATIONAL INTERVENTION FOR YOUTHS WITH HIGH-FUNCTIONING ASD (33)
Anna Backman, Dept. of Women’s and Children’s Health, Stockholm, Sweden

PSYCHOLOGICAL ADJUSTMENT OF INSTITUTIONALIZED CHILDREN: PARENTS MATTER (34)
Epaphrodite Nsabimana, University of Fribourg, Fribourg, Switzerland

A CLUSTER ANALYSIS APPROACH TO RELATIONSHIPS BETWEEN COGNITIVE COPING, SELF ESTEEM, DEPRESSION AND ANXIETY (35)
Professor Özden Yalçınkaya-Alkar, Yıldırım Beyazıt University, Ankara, Turkey

BEHAVIOURAL PROBLEMS, SOCIAL ISOLATION AND DEPRESSIVE SYMPTOMS: THE MODERATION EFFECT OF GENDER (36)
Professor Eiríkur Arnarson, Landspítali - University Hospital, Reykjavík, Iceland

USING ROBOTIC AGENTS FOR PROMOTING ADAPTIVE EMOTION REGULATION: PRELIMINARY FINDING FROM TWO EXPERIMENTAL STUDIES (37)
Dr Silviu Matu, Babes-Bolyai University, Cluj-Napoca, Romania

PSYCHOMETRIC PROPERTIES OF THE PERSIAN VERSION OF THE VANCOUVER OBSESSIVE-COMPULSIVE INVENTORY (VOCI) IN A NON-CLINICAL SAMPLE (38)
Dr Giti Shams, Tehran University, Medical Sciences, Tehran, Islamic Republic of Iran

THE POWER OF MEANING: INTEGRATION OF MEANING-CENTERED APPROACH AND COGNITIVE BEHAVIORAL THERAPY (39)
Dr Snezhana-Sophia Zamalieva, Victor Frankl Institute of Logotherapy, St. Petersburg, Russian Federation

APPROACH OF DEPRESSIVE VERSUS NON-DEPRESSIVE SYMPTOMS IN THE GENERAL PRACTITIONERS’ PRACTICE (40)
Naomi Daniëls, Faresa bvba, Hasselt, Belgium

PSYCHOMETRIC PROPERTIES OF THE BEHAVIORAL ACTIVATION FOR DEPRESSION SCALE–SHORT FORM (BAD-SF) (41)
Engin Büyükoksüz, Oكان University, Istanbul, Turkey

DEVELOPING ADDITIONS TO DBT FOR ADOLESCENTS WITH EMOTIONAL INSTABILITY AND AUTISM SPECTRUM DISORDER (42)
Dr Petra Lindheim von Bahr, DBT Clinic Child and Adolescent Psychiatry Stockholm, Stockholm, Sweden

COGNITIVE BEHAVIOURAL GROUP THERAPY FOR TREATMENT OF DEPRESSIVE SYMPTOMS: DEVELOPING A PROGRAM AND ITS EFFECTIVENESS (43)
Ezgi Göcek Yorulmaz, İzmir University/ Psychology Department, İzmir, Turkey

STROOP-RELATIONAL FRAME THEORY VERSION QUESTIONNAIRE; MEASUREMENT OF LANGUAGE EFFECT (44)
Hilal Bebek, Arel University, Istanbul, Turkey

MEDIATORS IN PSYCHOEDUCATION FOR SOCIAL ANXIETY DISORDER IN ROUTINE CLINICAL PRACTICE: A COMPARISON BETWEEN MANUALIZED COGNITIVE THERAPY AND INDIVIDUALIZED COGNITIVE-BEHAVIORAL TREATMENT-AS-USUAL (45)
Josmin Colic, Technical University Dresden, Dresden, Germany
FRIDAY SEP 2

PANEL DISCUSSIONS & CLINICAL ROUNDTABLES

10:30  PD03

VÅRD AV PSYKISK OHÄLSA I SVERIGE – AKTUELL SITUATION OCH FRAMTIDA UTMANINGAR.

PLEASE NOTE, THE SESSION IS IN SWEDISH LANGUAGE!

Chair: Sigrid Salomonsson, Leg Psykolog, Doktorand

PANELMEMBEMMAR
Anna Strömblad, Socialförsäkringsminister, Socialdemokraterna
Ing-Marie Wieselgren, Psykiatrismördare på Sveriges Kommuner och Landsstyrelse
Lars-Torsten Larsson, Avdelningschef på avdelningen för Kunskapsstyrning Hälsa- och sjukvård, Socialstyrelsen
Barbro Westerholm, Riksdagsledamot, Liberalerna
Christian Rück, Överläkare, Psykiater, docent, Karolinska institutet
Per Carlbring, Leg Psykolog, Professor i psykologi, Stockholms universitet

BAKGRUND OCH SYFTE
Psykisk ohälsa utgör ett växande samhällsproblem som kommer att kräva bättre samordning och nya sätt att möta behovet av effektiva behandlingsmetoder. Kognitiv beteendeterapi rekommenderas idag vid ett flertal psykiatriska diagnoser, men bristande tillgänglighet och problem med implementering innebär att inte alla får tillgång till rätt hjälp. Hur kan häls- och sjukvården tillgodose en ökad efterfrågan på bästa möjliga vård?

Bör en bredd av behandlingsmetoder erbjudas istället för de mest starkaste forskningsstöd? Villken roll kan kognitiv beteendeterapi spela, och vilka risker finns det med dagens oreglerade marknad vad gäller behandlare och utbildningsåkter i området psykologisk behandling? I paneldebatten diskuteras några av landets främsta forskare, politiker och myndighetsutövare dagens oreglerade marknad och problem med implementering.

10:30  CRT03

INTERNET-DELIVERED CBT VERSUS SEEING YOUR PATIENT FACE-TO-FACE. ARE WE ABOUT TO BE REPLACED?

Chair: Lise Bergman Nordgren, Linköping University, Sweden

PANEL MEMBERS
Kerstin Blom, Karolinska Institutet, Sweden
Joap Lancee, University of Amsterdam, The Netherlands
Claudia Bockting, Utrecht University, The Netherlands
Roz Shafran, UCL Institute of Child Health, United Kingdom

ABSTRACT
Internet-delivered CBT has been investigated in a large number of controlled trials and the evidence clearly suggests that this form of treatment can be as effective as face-to-face delivery. Indeed, a significant proportion of new CBT studies are conducted using the internet and we are approaching a situation where there is more evidence in favour of internet treatment (for some conditions) than there are face-to-face studies. Naturally, this may have consequences for policy makers and funders.

Pros and cons of either format will be highlighted. The panel is also encouraged to consider safety issues and the prospect of combining approaches (so called blending).

Please note, the session is in Swedish Language!

10:30-12:00

EXPERT IN IMAGERY AND THE SELF IN ANXIETY DISORDERS

PROFESSOR LUSIA STOPA
UNIVERSITY OF SOUTHAMPTON, UNITED KINGDOM

Chair: Ida Flink, Örebro University, Sweden

Lusia Stopa is Professor of Clinical Psychology at the University of Southampton, UK. She is currently Director of the Clinical Psychology Doctoral Programme and strategic lead for postgraduate training in CBT. She trains and supervises cognitive therapists in the use of empirically validated therapies and is an active CBT practitioner. Her current research focuses on imagery and on how negative views of self can be represented by mental images, how these images maintain clinical disorders, and how they can be changed in treatment.

Her innovative book, Imagery and the threatened self: Perspectives on mental imagery and cognitive therapy (2009), assembled scholars working in the field of mental imagery and disorders and linked research into images and the self in a range of disorders. She guest edited a special issue on imagery rescripting for Cognitive Behavioural Practice in 2011, and is currently writing a book on imagery for practitioners, which will be published by Guilford Press.

MAKING CBT MORE POSITIVE

Chair: Fredrike Banninke, Amsterdam

Positive (Mental) Images; Sometimes Happy, and Sometimes Manic;
Exploring clients’ experiences of traditional versus positive CBT for depression
Nicole Geschwind, Maastricht University

SUCCESSFUL CBT, FROM REDUCING DREAD TO BUILDING
Fredrike Banninke, Owner therapy, training, coaching and mediation practice, Amsterdam

CBT homework through rose-colored glasses; effects of registering exceptions rather than problems
Nicole Geschwind, Maastricht University

Imagining a bright future; efficacy of the Best Possible Self Intervention
Madelon Peters, Maastricht University

Positive CBT; from Reducing Dread to Building
Success
Emily Holmes, MRC Cognition & Brain Sciences Unit, Cambridge and Karolinska Institutet, Stockholm, Sweden

Postive (Mental) Images; Sometimes Happy, and Sometimes Manic;
Exploring clients’ experiences of traditional versus positive CBT for depression
Nicole Geschwind, Maastricht University

CBT, the best of all possible worlds?
Ged King, Maastricht University

Perspectives on mental imagery and cognitive therapy
Nicole Geschwind, Maastricht University

MAKiNG CBT MORE POSiTiVE

PROFESSOR LUSiA STOPA
UNiVERSiTY OF SOUTHAMPTON, UNiTED KiNGDomm

Her innovative book, Imagery and the threatened self: Perspectives on mental imagery and cognitive therapy (2009), assembled scholars working in the field of mental imagery and disorders and linked research into images and the self in a range of disorders. She guest edited a special issue on imagery rescripting for Cognitive Behavioural Practice in 2011, and is currently writing a book on imagery for practitioners, which will be published by Guilford Press.

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10:30 S51
NEW DEVELOPMENTS IN EXPERIMENTAL RESEARCH ON FEAR AND INTERVENTIONS TARGETING ANXIETY PATHOLOGY
Convenor, Chair & Discussant: Dr Miriam Lommen, University of Groningen, Groningen, The Netherlands

Reconsolidation cuts both ways: reactivation selectively strengthens, but does not disrupt, memory for threatening events
Marijn Kroes, Department of Psychology & Center for Neural Science, New York University, New York, NY 10003

Does the passage of time increase fear generalization and can we do something about it?
Arne Leer, Clinical Psychology, Utrecht University, The Netherlands

10:30 S58
LATEST DEVELOPMENTS IN CHILD SPECIFIC PHOBIA
Convenor: Thora Halldorsdottir, Max Planck of Psychiatry, Germany
Chair: Dr Ella Oar, Macquarie University, Sydney, Australia
Discussant: Lars-Göran Öst, Stockholm University, Sweden

Quality of life in children with social and specific phobias
Lisa Clefberg, Department of Psychology, Stockholm University, Sweden

Biology, injury and injection phobias in children and adolescents: Clinical Phenomenology and Psychological Characteristics
Ella Oar, Centre for Emotional Health, Macquarie University

ADHD Symptoms: Immediate and Long-Term Effects on the Treatment of Specific Phobias
Thorhildur Halldorsdottir, Department of Translational Research, Max Planck of Psychiatry, Munich, Germany
10:30   S70

**FACILITATING INTERNET-BASED PSYCHOTHERAPY FOR DEPRESSION IN ROUTINE PRACTICE**

Convenor: Lisa Kooistra, Vrije Universiteit Amsterdam, Amsterdam, The Netherlands
Chair: Annet Kleiboer, Vrije Universiteit Amsterdam, The Netherlands
Discussant: Anna Anne Etzelmüller, Schön Klinik, The Netherlands

- Clinical and cost-effectiveness of the role of support in internet-based problem solving treatment for anxiety and depression: a randomized controlled trial
  - Annet Kleiboer, Vrije Universiteit Amsterdam

- Internet-based treatment for depression in multiple sclerosis: a randomized controlled trial
  - Rosa Boeschoten, VU University Medical Center/ GGZinGeest

- Blended treatment for depression in specialized mental health care: initial evaluation of reach and effects in routine practice
  - Lisa Kooistra, Vrije Universiteit Amsterdam

10:30   S71

**TRANSMISSION OF RISK FROM PARENT ANXIETY DISORDERS: REFINING OUR UNDERSTANDING TO INFORM PREVENTION**

Convenor: Chair: Dr Peter Lawrence, University of Reading, Reading, United Kingdom

- Parental Lifetime Social Anxiety Diagnoses Predict Daughters’ but Not Sons’ Avoidance of Strangers in a Social Referencing Task
  - Evlin Aktar, University of Amsterdam

- A family-oriented approach for targeted prevention and early intervention in SAD: Many questions, few answers?
  - Suzanne Knappe, Institute of Clinical Psychology and Psychotherapy, Technische Universität Dresden, Germany

- Psychological risk in offspring of parents with anxiety disorders: A systematic review
  - Peter Lawrence, University of Reading, Reading, United Kingdom

- Interpretation bias as a vulnerability factor for children of parents with an anxiety disorder
  - Rianne Van Niekerk, Behavioural Science Institute, Radboud University Nijmegen & Pro Persona, The Netherlands

10:30   OP06

**OCD 1**

Chair: Dr Sven Alfonsson, Uppsala University, Sweden

- Sometimes flexible: A systematic review and meta-analysis of inflexibility in obsessive compulsive disorder
  - Isaac Fradkin, Hebrew university of Jerusalem, Ramat Gan, Israel

- Family Accommodation in Youth with Tic Disorders
  - Dr Carly Johno, Macquarie University, North Ryde, Australia

- Immersion in Imagined Possibilities Among Individuals with OCD
  - Shiu (Kelvin) Wong, University of New South Wales, Greystanes, Australia

10:30   OP15

**CHILDREN AND ADOLESCENTS**

Chair: Dr Martin Forster, Karolinska Institutet, Sweden

- Current status of therapeutic video games in promoting mental health in children and adolescents: A systematic review of outcome studies
  - Roxana Cardos, Babes-Bolyai University, Cluj-Napoca, Romania

- The role of shame in obsessive-compulsive disorder
  - Andrea Wallace, Swinburne University of Technology, Hawthorn, Australia

- The role of the therapist in the implementation of internet-based cognitive behavioural therapy for patients with depression in routine care: Preliminary results from the MasterMind study in the Netherlands
  - Mayke Mol, GGZ inGeest

- Subtypes of Obsessive Compulsive Disorder and Stigma: Does it Really Differ and What About Before and After An Intervention Program?
  - Professor Orcun Yorulmaz, Dokuz Eylul University, Izmir, Turkey
14:00 - 17:00

EFFECTIVENESS OF PSYCHOEDUCATIONAL GROUP TRAINING ON QUALITY OF LIFE AND RECURRENCE OF PATIENTS WITH BIPOLAR DISORDER (1)
Dr Negar Asgharipour, Psychiatric and behavioral sciences research center, mashhad university of medical sciences, Mashhad, Islamic Republic of Iran

PRELIMINARY DATA OF THE PROGRAM “PREVENTION OF DEPRESSION IN OFFSPRING OF DEPRESSED PARENTS: THE PRODO STUDY” (2)
Kornelija Starman, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, Munich, Germany, München, Germany

PERSONALITY CHARACTERISTICS IN A SAMPLE OF ARGENTINEAN OUTPATIENTS (3)
Professor Alicia Facio, Asociacion de Terapia Cognitiva y Conductual del Litoral, Paraña, Argentina

PROMOTING ADHERENCE WITH MOTIVATIONAL SMS (4)
Dr Sven Altfransson, Uppsala University, Uppsala, Sweden

EXPOSURE-BASED THERAPY FOR FIBROMYALGIA – A RANDOMISED CONTROLLED TRIAL (5)
Maria Lagerlöf, Karolinska Institutet, Stockholm, Sweden

INTERNET-BASED SELF-HELP FOR ADJUSTMENT-DISORDER: A PILOT STUDY (6)
Christian Moser, University of Bern, Bern, Switzerland

IMPULSIVITY AND COGNITIVE SCHEMAS IN ADDICTION (7)
Dr Sahar Obeid, Psychiatric Hospital of the Cross, Beirut, Lebanon

CHANGES IN THE EARLY MALADAPTIVE SCHEMA OF SOCIAL ANXIETY DISORDER THROUGH COGNITIVE BEHAVIORAL THERAPY (8)
Yasuko Tanaka, Shoto Medical University, Yokohama, Japan

COGNITIVE CHANGE AS A PREDICTOR OF SESSION-TO-SESSION SYMPTOM CHANGE IN COGNITIVE THERAPY FOR DEPRESSION (9)
Olivia Fitzpatrick, Ohio State University, Columbus, United States

FALSE RECALL IN SOCIAL ANXIETY (10)
Brienne Glazer, University of British Columbia, Vancouver, Canada

A COMPARISON OF PSYCHOLOGICAL RISK FACTORS FOR NON-SUICIDAL SELF-INJURY (11)
Ezgi Tunç-Kırklı, Middle East Technical University, Ankara, Turkey

NEGATIVE EMOTIONS INFLUENCE ATTENTION AND MEMORY BIAS FOR FOOD AND BODY STIMULI (12)
Alessandro Frolli, Scuola di Specializzazione cognitivo-comportamentale per i disordini dell’età evolutiva Serapide

RELATIONSHIP BETWEEN RUMINATION AND INTERNALIZATION IN FRENCH WOMEN (13)
Léa Leblond, Université Lille 3, Villeneuve-d’Ascq, France

THE EMOTIONAL RESPONSE TO EVERYDAY INVOLUNTARY AND VOLUNTARY MEMORIES IN DYSPHORIA AND NON-DYSPHORIA (14)
Dr Adriana Del Palacio-Gonzalez, Aarhus University, Aarhus, Denmark

THE CHANGE IN COGNITIVE DISTORTIONS IN PSYCHOLOGY GRADUATE AND POST-GRADUATE STUDENTS AFTER HAVING CBT TRAINING (15)
Dr Emre Sargin, Uskudar University, Istanbul, Turkey

APPEARANCE RELATED-COMMENTS AND BODY DISSATISFACTION AMONG WOMEN WITH EATING DISORDERS OR WHO USE WEIGHT-CONTROL STRATEGIES (16)
Sophie La Roque, Université Lille 3, Villeneuve d’Ascq, France

A BRIEF SCHOOL-BASED COGNITIVE-BEHAVIORAL INTERVENTION FOR JAPANESE ADOLESCENTS WITH SEVERE POSTTRAUMATIC STRESS (17)
Daisuke Ito, University of the Ryukyus, Okinawa, Japan

COPING SKILLS AND MINDFULNESS AS MECHANISMS OF CHANGE FOR CLIENTS WITH BORDERLINE PERSONALITY DISORDER IN A 20-WEEK DIALECTICAL BEHAVIOR THERAPY SKILLS TRAINING GROUP (18)
Marina Mendoza Alvarez, Centre for Addiction and Mental Health, Toronto, Canada

DEVELOPMENT OF A CBT PROGRAM FOR CHILDREN WITH DEVELOPMENTAL DISORDERS AND ANXIETY IMPLEMENTED BY PROFESSIONALS IN CHILDCARE: STUDY PROTOCOL FOR A RANDOMIZED CONTROLLED TRIAL (19)
Dr Takahiro Yamane, Nara Women’s University, Nara City, Japan

A COMPARISON OF BEHAVIORAL ACTIVATION AND INHIBITION TENDENCIES, AND DEPRESSION IN CHILDREN AFFECTED BY THE GREAT EAST JAPAN EARTHQUAKE WITH THOSE FROM OTHER REGIONS (20)
Dr Shunsuke Koseki, J. F. Oberin University, Machida, Japan

THE RELATIONSHIP BETWEEN RUMINATION AND EXECUTIVE FUNCTIONS: A META-ANALYSIS (21)
Dr Sergiu Valenas, Babes-Bolyai University, Cluj-Napoca, Romania

GROUP-THERAPY SUPPORTED INTERNET-BASED CBT FOR ADOLESCENTS WITH SOCIAL ANXIETY DISORDER – FEASIBILITY AND EFFICACY (22)
Martina Nordh, Karolinska Institutet, Stockholm, Sweden

LINKS BETWEEN WEIGHT LOSS EXPECTATIONS, SELF-ESTEEM AND BODY DISSATISFACTION IN PATIENTS SEEKING BARIATRIC SURGERY (23)
Bulle Gaudrat, PSiTEC Lab - Lille 3 University, Villeneuve d’Ascq Cedex, France

EXPLORING THE TRANSDIAGNOSTIC STATUS OF REASONING BIASES IN ADOLESCENTS (24)
Rachel Slavny, Royal Holloway, University of London, Surrey, United Kingdom

EXPERIMENTAL VERIFICATION OF FRUSTRATION TOLERANCE IN THE TASK “MISSION IMPOSSIBLE” (25)
Professor Snežana Tovilovic, University of Novi Sad, Novi Sad, Serbia
TREATMENT OF ANOREXIA NERVOSA USING COGNITIVE BEHAVIOR THERAPY FOR EATING DISORDERS; CHANGES IN BMI (26)
Elisabeth Støttbakk, Fredrikstad District Psychiatric Center, Østfold Hospital, Grølum, Norway

EARLY MALADAPTIVE SCHEMAS REPRESENTATION IN PATIENTS AND HEALTHY ADULTS (27)
Dr Pavel Kasyanik, Peter the Great St.Petersburg Polytechnic University, St.Petersburg, Russian Federation

BIASED INTERPRETATION OF AMBIGUOUS HOMOGRAPHS RELATED TO SOMATIC/HEALTH THREAT IN AN EXPERIMENTAL INCIDENTAL-LEARNING PARADIGM (28)
Dr Martijn Schrooten, Örebro University, Örebro, Sweden

COGNITIVE BEHAVIORAL GROUP THERAPY FOR ANOREXIA NERVOSA (29)
Dr Ines Ramos, CHU Saint Etienne, Saint-Etienne, France

HOW TO DISSEMINATE PSYCHOLOGICAL TREATMENTS: DESIGN AND RATIONALE OF A BRIEF BEHAVIORAL ACTIVATION ONLINE PROGRAM FOR DEPRESSION (30)
Dr Macarena Espinoza, Fundación para el Fomento de la Inv. Sanitaria y Biomédica Comunidad Valenciana (FISABIO), Valencia, Spain

CAN NEGATIVE COGNITIONS AFTER SOCIAL STRESS BE CHANGED IN CHILDREN WITH SOCIAL ANXIETY DISORDER? - EFFECTS OF A COGNITIVE BEHAVIORAL GROUP INTERVENTION (31)
Dr Julia Asbrand, University of Freiburg, Freiburg, Germany

IS EXPOSURE WITH AFFECT LABELLING ASSOCIATED WITH REDUCED FEAR IN ADOLESCENTS WHO FEAR PUBLIC SPEAKING?: A CASE SERIES (32)
Hannah Rogers, University of Reading, Reading, United Kingdom

PSYCHOEDUCATIONAL GROUPS FOR ADULTS WITH ADHD AND THEIR SIGNIFICANT OTHERS (PEGASUS): A PRAGMATIC MULTICENTER AND RANDOMIZED CONTROLLED TRIAL (33)
Dr Tatjana Hirvikoski, Karolinska Institutet, Stockholm, Sweden

ATTENTIONAL BIAS IN BODY PERCEPTION: AN ERP STUDY (34)
Elisa Berdica, University of Mannheim, Mannheim, Germany

DEPRESSION SYMPTOMS, RUMINATION AND SPATIAL WORKING MEMORY UPDATING IN A NON-CLINICAL SAMPLE (35)
ilze Plauca, University of Latvia, Riga, Latvia

COGNITIVE BEHAVIORAL THERAPY FOR PREVENTING PSYCHOSIS: THE POP PROJECT (36)
Dr Petros Drosos, Psychiatric Clinic, Stavanger University Hospital, Stavanger, Norway

DISGUST EMOTION AND OBSESSIVE-COMPULSIVE SYMPTOMS IN AN IRANIAN CLINICAL SAMPLE (37)
Dr Giti Shams, Tehran University, Medical Sciences, Tehran, Islamic Republic of Iran

AN E-LEARNING PROGRAM FOR PANIC, ANXIETY OR STRESS AT SCHOOL (38)
Naomi Daniëls, Foresa bvba, Hasselt, Belgium

INTRA-FAMILIAL CHILD SEXUAL ABUSE: A CASE STUDY OF THE LIFELINE METHOD IN NARRATIVE EXPOSURE THERAPY (39)
Nina Vaaranen-Valkonen, Save the Children, Finland, Helsinki, Finland

BRIDGING THE GAPS: INTERCONNECTEDNESS OF DYSPHORIC AND ANXIETY SYMPTOMS AND COGNITIVE FACTORS OF VULNERABILITY (40)
Radomir Belopavlovic, University of Novi Sad, Serbia, Novi Sad, Serbia

TREATING MENTAL HEALTH PROBLEMS WITH REFUGEES. A CONSTRUCTIVIST, PHENOMENOLOGICAL AND CBT BASED APPROACH (41)
Abdelhak Elghezouani, Association Appartenances, Geneva, Switzerland

IMAGINE THE BRIGHT SIDE OF LIFE: A RANDOMIZED CONTROLLED TRIAL OF TWO TYPES OF INTERPRETATION BIAS MODIFICATION PROCEDURE TARGETING ADOLESCENT ANXIETY AND DEPRESSION (42)
Leonie De Vosq, University of Amsterdam, Amsterdam, The Netherlands

DIFFERENTIAL IMPACT OF PERFORMANCE AND INTERACTION RELATED TYPES OF SOCIAL ANXIETY SYMPTOMS ON DIFFERENT QUALITY OF LIFE DOMAINS (43)
Philip Lindner, Stockholm University, Stockholm, Sweden

EFFECTIVENESS OF GROUP COGNITIVE BEHAVIORAL THERAPY FOR OBSESSIVE-COMPULSIVE PERSONALITY DISORDER AND PROFILE OF PATIENT WHO RESPONSE (44)
Silvia Grau Gonzalez, Consorci Sanitari de Terrassa, Terrassa, Spain

SELF-RELATED BELIEFS IN THE TREATMENT OF SOCIAL ANXIETY DISORDER (45)
Bree Gregory, Macquarie University, Sydney, Australia

A SINGLE CASE EXPERIMENTAL DESIGN OF VIRTUAL REALITY TECHNOLOGY IN THE TREATMENT OF EMETOPHOBIA (46)
Dr Anna Smith, South London and Maudsley NHS Trust, Beckenham, United Kingdom

CLINICAL CHARACTERISTICS AND TREATMENT OUTCOME OF PEDIATRIC OBSESSIVE-COMPULSIVE DISORDER WITH COMORBID AUTISM SPECTRUM DISORDER (47)
Dr Akiko Nakagawa, Research Center for Child Mental DevelopmentChiba University, Chiba, Japan

IS VIRTUAL REALITY TREATMENT FOR SPIDER PHOBIA NON-INFERIOR TO TRADITIONAL ONE-SESSION TREATMENT?? THE RESULTS OF A RANDOMIZED-CONTROLLED TRIAL (48)
Alexander Miloff, Stockholm University, Stockholm, Sweden

TEMPERAMENTAL BASE OF DYSFUNCTIONAL COGNITIONS TYPICAL FOR PERSONALITY DISORDERS AMONG DIFFERENT TRAUMA POPULATIONS (49)
Maria Cyniak-Cieciura, Warsaw University, Warsaw, Poland

BODY CHECKING IN ADOLESCENTS WITH ANOREXIA AND BULIMIA NERVOSA: VALIDATION OF A GERMAN-LANGUAGE VERSION OF THE BODY CHECKING QUESTIONNAIRE (BCQ) (50)
Beatrice Steinfeld, Osnabrück University, Osnabrück, Germany
FRIDAY SEP 2

PANEl DISCUSSIONS & CLiNiCAL ROUNDTABLES

14:00 PD04
WHAT CAN BIAS MODIFICATION TRAINING ADD TO CBT?

Chair: Per Carlbring, Stockholm University, Sweden

PANEL MEMBERS
Jonathan Huppert, Hebrew University of Jerusalem, Israel
Ernst Koster, Ghent University, Belgium
Ed Watkins, University of Exeter, United Kingdom
Johanna Boetcher, Freie Universität Berlin, Berlin, Germany
Simon Blackwell, Ruhr-University Bochum, Germany

ABSTRACT
Bias modification training is a broad but very different form of CBT that is heavily inspired by experimental psychopathology research. Basically, this treatment targets mechanisms maintaining psychopathology such as selective attention and memory biases. Some studies have found large effects of bias modification training but there are also negative findings. The panel will discuss the pros and cons of this treatment format including the prospect of combining traditional CBT delivery with bias modification training.

14:00 CRT04
SHOULD PARENTS BE INVOLVED IN CBT FOR CHILDREN?

Chair: Pia Enebrink, Karolinska Institutet, Sweden

PANEL MEMBERS
Ron Rapee, Macquarie University, Australia
Susan Bögels, University of Amsterdam, The Netherlands
Liv Svinsky, Beteendeterapeuterna, Sweden
Lars-Göran Öst, Stockholm University and Karolinska Institutet, Sweden

ABSTRACT
CBT for children is an important application that requires some adjustments in relation to work with adults. Clinicians include parents in case conceptualization and sometimes in the treatment sessions as well. The evidence is not clear when it comes to the added value of including parents in the sessions. The purpose of this clinical round table is to ask the panel describe if, when, and in that case how parents can be involved in CBT for children with anxiety disorders. Pros and cons will be highlighted.

FRIDAY SEP 2

MEET THE EXPERT

14:00 - 15:30
EXPERT ON ANXIETY DISORDERS, DEPRESSION, WORKSTRESS, PERSONALITY DISORDERS, ADDICTION, ADHD AND INTERPERSONAL VIOLENCE AND MANY OTHER CLINICAL AREAS.

PROFESSOR PAUL EMMELKAMP
UNIVERSITY OF AMSTERDAM, THE NETHERLANDS

Chair: Gerhard Andersson, Linköping University, Sweden

Professor Emmelkamp is one of the founders of modern CBT and has worked with a range of problems including work of anxiety disorders and personality disorders, but also numerous other areas such as work-related stress, ADHD and early work in the use of the internet in CBT. Together with Edna Foa he was one of the first to focus on failures in behavior therapy.

Professor Emmelkamp is a Keynote speaker at the Congress and will talk about the history and future of CBT at 12:15 on Thursday.

14:00 - 15:30
EXPERT ON FEAR LEARNING AND EXTINCTION

DR ANDREAS OLSSON
KAROLINSKA INSTITUTET, SWEDEN

Chair: Dr Fredrik Åhs, Uppsala University, Sweden

Andreas Olsson completed his Ph.D. in psychology at New York University (2006) and post-doctoral training in the Social Cognitive Neuroscience lab at Columbia University (2006-08). In 2008, he joined the Karolinska Institutet, Department of Clinical Neuroscience, where he is an Associate Professor and Research group leader (www.emotionlab.se) since 2011.

Broadly, Olsson’s research aims at better understanding emotional learning and regulation (e.g. extinction) in social situations. In particular, he studies the neural processes underlying the acquisition and change of threat responses towards other individuals, and how these processes depend on social information. A related interest is in the transfer of threat and safety information between individuals, for example, how we learn the value of objects, people, and our own actions through observing others’ emotional behavior. To address these interests, Olsson takes a multi-method approach, including behavior, peripheral psychophysiology, and functional magnetic resonance imaging (fMRI).
**FRIDAY SEP 2**

**SYMPOSIA**

**14:00 S22**

**Nightmares: Assessment and Treatment**

Convenor: Anna Kunze, LMU Munich, München, Germany
Chair: Jaap Lancee, University of Amsterdam, The Netherlands
Discussant: Arnoud Arntz, University of Amsterdam, The Netherlands

- German versions of the Nightmare Effects Survey (NES) and the Nightmare Frequency Questionnaire (NFQ) – psychometric properties in a sample of adult chronic nightmare sufferers
  Regina Steil, Department of Clinical Psychology, Goethe University of Frankfurt

- Nightmares distress revisited: A conceptualization according to Lazarus’ transactional stress model
  Annika Gieselmann, Heinrich Heine University Düsseldorf; Nina Elberich, Heinrich Heine University Düsseldorf; Reinhard Pietrowsky, Heinrich Heine University Düsseldorf

- Imagery Rescripting and Imaginal Exposure for Nightmares: Efficacy and Mechanisms of Change
  Anna Kunze, LMU Munich

- Imagery rehearsal therapy for patients with diverse psychiatric diagnoses suffering from nightmares: A randomized controlled trial
  Jaap Lancee, University of Amsterdam

**14:00 S33**

**There is More to OCD Than Meets the Eye**

Convenor & Chair: Laura De Putter, Ghent University, Ghent, Belgium
Chair: Christine Purdon, University of Waterloo, Canada
Discussant: Roz Shafran, University of Reading, United Kingdom

- Exploring the effects of OCD symptoms and disorder-relevance on inhibition
  Laura De Putter, Ghent University

- Inhibiting uncertainty: Priming inhibition promotes reduction of uncertainty
  Gideon Anholt, Ben-Gurion University of the Negev

- The voice of OCD
  Christine Purdon, University of Waterloo

- Safety behavior increases obsession-related cognitions about the severity of threat
  Sophie Van Uijen, Utrecht University

**14:00 S44**

**Contextually Based Cognitive-Behavioural Therapy for Pain and Suffering: Acceptance and Commitment Therapy (ACT) for Various Pain Related Conditions**

Convenor & Chair: Dr Maria Karekla, University of Cyprus, Nicosia, Cyprus
Discussant: Lance McCracken, King’s College London, United Kingdom

- Efficacy and cost-effectiveness of Acceptance And Commitment Therapy and a Workplace Intervention for workers on sickness absence
  Anna Finnes, Uppsala University

- Acceptance and Commitment therapy vs. Medical Treatment as Usual Wait-list Control Group for Primary Headache Sufferers; The ALEGIA Study
  Vassili Vasilikou, University of Cyprus

- A Pain or a Pleasure? Development and evaluation of an ACT Intervention for Female Genital Pain
  Pernilla Maathz, Uppsala University

- Chronic pain and ACT-based rehabilitation: when one size does not fit all. Stratifying patients according to therapeutic principles and function rather than symptoms, diagnoses or impairments.
  Gracial Rovner, Karolinska Institute & ACTiveRehab & University of Gothenburg at Sahlgrenska Academy

**Development and Initial Testing of a Cognitively-Enhanced Written Exposure Procedure for Generalized Anxiety Disorder**

Convenor & Chair: Professor Naomi Koerner, Ryerson University, Toronto, Canada
Discussant: Eni Becker, Radboud University, The Netherlands

- What happens after the RCT? CBT for GAD in a naturalistic setting and ten years after a former RCT
  Juergen Hoyer, Technische Universitaet Dresden, Germany

- Imagery rehearsal therapy for patients with diverse psychiatric diagnoses suffering from nightmares: A randomized controlled trial
  Jaap Lancee, University of Amsterdam

- Chronic pain and ACT-based rehabilitation: when one size does not fit all. Stratifying patients according to therapeutic principles and function rather than symptoms, diagnoses or impairments.
  Gracial Rovner, Karolinska Institute & ACTiveRehab & University of Gothenburg at Sahlgrenska Academy

- Acceptance and Commitment therapy vs. Medical Treatment as Usual Wait-list Control Group for Primary Headache Sufferers; The ALEGIA Study
  Vassili Vasilikou, University of Cyprus

- A Pain or a Pleasure? Development and evaluation of an ACT Intervention for Female Genital Pain
  Pernilla Maathz, Uppsala University

- Chronic pain and ACT-based rehabilitation: when one size does not fit all. Stratifying patients according to therapeutic principles and function rather than symptoms, diagnoses or impairments.
  Gracial Rovner, Karolinska Institute & ACTiveRehab & University of Gothenburg at Sahlgrenska Academy
14:00 S73

USING TECHNOLOGY IN CBT TO PREVENT RELAPSE IN DEPRESSION

Convenor & Chair: Claudi Bockting, University of Utrecht & University of Groningen, The Netherlands

A lifetime approach to major depressive disorder, The contributions of psychological interventions in preventing relapse and recurrence.
Claudi Bockting, University of Utrecht and University of Groningen

Disrupting the rhythm of depression: prevention of relapse in depression with Mobile Cognitive Therapy
Gemma Kok, University of Groningen

internet-based supportive monitoring and disease management for patients with recurrent depression, Results of the SUMMiT trial
Markus Wolf, University of Zurich

14:00 S72

ANXIETY DEVELOPMENT DURING CHILDHOOD: THE ROLE OF PARENTAL ANXIETY, INFANT AUTONOMIC HYPERAROUSAL, AND PARENTING BEHAVIOUR

Convenor: Dr Wieke De Vente, University of Amsterdam, Amsterdam, The Netherlands
Chair: Mirjana Majdandzic, University of Amsterdam, The Netherlands

Exploring Autonomic Hyperarousal and Impaired Habituation as Risk factors for Anxiety Development
Wieke De Vente, University of Amsterdam

Severity of Fathers’ and Mothers’ Anxiety Disorders Predicts their Observed Parenting Behavior
Mirjana Majdandzic, University of Amsterdam

The influence of postpartum anxiety disorders and mother-infant interaction on children’s socio-emotional and cognitive development
Carina Beck, Ludwig-Maximilians University, Germany

How do Anaufus Parents Respond to Children’s Fear, and can their Behaviours be Modified?
Samantha Cartwright-Hatton, University of Sussex

14:00 S56

BIO-PSYCHO-SOCIAL MECHANISMS UNDERLYING AFFECTIVE DISORDERS: NOVEL FINDINGS FROM RESEARCH ACROSS THE FIELDS OF CLINICAL PSYCHOLOGY, PSYCHIATRY AND NEUROSCIENCE

Convenor & Chair: Dr Stella Chan, University of Edinburgh, Edinburgh, United Kingdom

Neurobiological findings from the ten-year longitudinal Scottish Bipolar Family Study
Heather Whalley, University of Edinburgh

Cognitive basis of mental imagery and mood instability
Martina Di Simplicio, MRC Cognition and Brain Sciences Unit, Cambridge

The role of self-compassion, attachment, interpersonal functioning, and the use of soothing imagery in depression
Stella Chan, University of Edinburgh

14:00 S66

Coping with anxiety in children: the role of parents and self-compassion in treatment response
Claudi Bockting, University of Utrecht

The predictive value of latent fear conditioning trajectories on treatment outcome in patients with anxiety disorders
Puck Duets, Utrecht University

Can a surprising event enhance the long term effects of extinction? A test on the return of avoidance responses
Angelos-Miltiadis Krypotos, Utrecht University

Avoiding extinction: Avoidance behavior during a classical associative learning paradigm in anxiety disordered patients and its relationship to exposure therapy outcome.
Rianne De Kleine, Pro Persona; Radboud University
FRIDAY SEP 2
OPEN PAPER SESSIONS

14:00  OP02
EATING DISORDER 2
Chair: Dr Lorena Fernandez de la Cruz, Karolinska Institutet, Sweden

Predicting dropout from an intensive outpatient CBT program for binge eating disorder: a naturalistic study
Mirjam Lammers, GGNet Amarum, Zutphen, The Netherlands

Weight gain and emotional experience in anorexia nervosa: Food for thought!
Mirjam Lammers, GGNet Amarum, Zutphen, The Netherlands

Induced rumination impacts men and women's body dissatisfaction differently
Julie Rivière, Université Lille 3, Villeneuve d'Ascq, France

Food-related impulsivity in obese individuals with and without binge eating disorder and normal-weight controls
Dr Ines Kollei, University of Bamberg, Bamberg, Germany

14:00  OP04
PTSD 2
Chair: Dr Ida Flink, Örebro University, Sweden

What leads to the general self-efficacy growth among motor vehicle accident survivors? A cross-sectional study on PTSD, general self-efficacy and negative self-conceptions
Maria Cyniak-Cieciura, Warsaw University, Warsaw, Poland

Emotion Recognition and Expressive Suppression in Traumatized Individuals with and without Pseudotraumatic Stress Disorder
Professor Monique Pfaltz, University of Zurich, Zurich, Switzerland

Therapeutic Adherence and Competence Scales for Cognitive Processing Therapy (CPT) for patients with PTSD: Development and Psychometric Properties
Clara Dittmann, Goethe University, Frankfurt Main, Germany

14:00  OP07
OCD 2
Chair: Fabian Lenhard, Karolinska Institutet, Sweden

Parent- and clinician-guided internet-delivered Cognitive Behavior Therapy for Children and Adolescents with Obsessive-Compulsive Disorder: Results and future directions
Fabian Lenhard, Karolinska Institutet, Stockholm, Sweden

Self-management Strategies of Patients with Obsessive Compulsive Disorder: Learned from Therapy and Self-developed over the Long Term: A focus group study
Dr Liv Wathé, Sarlandet Hospital HF, Kristiansand, Norway

How can OCD have impact on relationship with partner? A focus group study
Dr Liv Wathé, Sarlandet Hospital HF, Kristiansand, Norway

The Norwegian Trichotillomania Project: The effectiveness of group cognitive-behavioral therapy at one year follow-up
Dr Erna Moen, Oslo University Hospital, Oslo, Norway

Group-based CBT treatment for Inpatients with Body Dysmorphic Disorder
Christian Silfio, Schoen Klinik Bad Bramstedt, Bad Bramstedt, Germany

The role of arousal in EMDR: the effects of β-adrenergic blockade on the degrading effects of eye movements on negative, autobiographical memories
Dr Marianne Littel, Utrecht University, Utrecht, The Netherlands

14:00  OP20
PERSONALITY AND METHODS
Chair: Costina Pășăreleu, Babes-Bolyai University, Romania

Using an "Efficiency Ratio" to quantify the Efficiency of Treatment: A tool for clinicians, managers, and policy makers.
Professor Timothy Carey, Flinders University, Alice Springs, Australia

Thematic framework analysis of patients understanding of transdiagnostic group cognitive behavior therapy and possible mechanisms of change
Magnus Sighvatsson, University of Iceland, Reykjavik, Iceland

The questionnaire-based implicit Association Test (qIAT): An Implicit Assessment Method of Personality and Psychopathology
Dr Ifrah Voly, The Hebrew University of Jerusalem, Jerusalem, Israel
A PERSONAL HISTORY OF AARON T. BECK AND COGNITIVE THERAPY

DR. JUDITH S. BECK
BECK INSTITUTE FOR COGNITIVE BEHAVIOR THERAPY, UNITED STATES

Chair: Gerhard Andersson, Linköping University, Sweden; Karolinska Institutet, Sweden

ABSTRACT

Aaron T. Beck, M.D., the father of Cognitive Therapy (which is a particular form of cognitive behavior therapy), is also my father. In this keynote address, I will trace the development of Aaron T. Beck, M.D., from neurology resident to psychiatrist, from psychoanalyst to researcher, from developer of psychopathology scales to developer of a revolutionary new system of psychotherapy. I will trace how his work, rejected by traditional psychotherapists, gradually gained acceptance over the years as the body of research demonstrating its efficacy undeniably grew and expanded.

I will also describe how the theory, research, and practice of cognitive therapy has increased exponentially in the past few years. First developed as a treatment for depression, cognitive therapy has been adapted for ACT, Psychological Flexibility, and Chronic Pain: How Far We Have Come and How Far We Have Yet to Go.

Finally, I will make note of Dr. Beck's latest interests. At age 94, he still works constantly and is actively engaged in developing and investigating a recovery oriented cognitive therapy for individuals with schizophrenia. His research teams at the University of Pennsylvania are also studying suicidality.

ACT, PSYCHOLOGICAL FLEXIBILITY, AND CHRONIC PAIN: HOW FAR WE HAVE COME AND HOW FAR WE HAVE YET TO GO

PROFESSOR LANCE MCCrackEN
KING’S COLLEGE LONDON, UNITED KINGDOM

Chair: Ata Ghaderi, Karolinska Institutet, Sweden

ABSTRACT

Chronic pain is certainly a problem worthy of a well-designed, top performing, and high impact approach to health and human performance. In some ways, within the domains of physical health, those researching and treating chronic pain have led the way in the delivery of these well-designed approaches. Operant, cognitive, and now more contextual approaches within CBT have often emerged and matured here first, in chronic pain, before being more generally applied to other physical health conditions. In this sense tracking the progress of applications in chronic pain is relevant more widely. This brings us to the latest developments, those including Acceptance and Commitment Therapy (ACT) and psychological flexibility (PF). These appear to have made some impacts, and yet one could wonder how meaningful these impacts might be. They may represent progress, evolution, steps toward a better, more effective, widely used and accessed, and perhaps radically different approach. Or they may represent a passing fad. They could represent no step forward at all, and could be found to be wrong in some fundamental ways. These matters are now frequently debated. This talk will present a view on the underlying question here: has anything been gained from ACT and PF and what ought to be done from here onward in CBT for chronic pain.
08:30 - 12:00

POUL PERRIS
Swedish Institute for Cognitive Behaviour Therapy and Schema Therapy, Sweden
Co-leader: Carl Gyllenhaalmar, Swedish Institute for Cognitive Behaviour Therapy and Schema Therapy, Sweden
THE ART OF EMPATHIC CONFRONTATION: HOW TO BY-PASS DYSPHUNCTUAL COPING BEHAVIORS WITHIN THE THERAPEUTIC RELATIONSHIP

JOHN SWAN
University of Dundee, United Kingdom
Co-leader: Marianne Liebing-Wilson, NHS Tayside, University of Dundee
COGNITIVE BEHAVIOURAL ANALYSIS SYSTEM OF PSYCHOTHERAPY (CBASP) FOR PERSISTENT DEPRESSIVE DISORDER

STIRLING MOOREY
South London and Maudsley NHS Trust, United Kingdom
WORKING WITH INTERPERSONAL PROCESS IN CBT SUPERVISION

DENNIS PUSCH
Co-leader: Chantelle Klassen, Alberta Health Services, Canada; David Whitsitt, PhD; Keith Dobson, PhD; Julia Poole, MSc. Alberta Health Services, Canada
DEVELOPING A TRAUMA-INFORMED TREATMENT OPTION IN PRIMARY CARE: A SKILLS-BASED MODEL FOR PATIENTS WITH ADVERSE-childHOOD EXPERIENCES (ACES)

PROFESSOR LARISSA NIEC
Central Michigan University, United States
Co-leader: Willeminne Heiner, Mentaal Beter, The Netherlands; Frederique Coelman
PARENT-CHILD INTERACTION THERAPY: INNOVATIVE INTERVENTIONS GROWING FROM THE ROOTS OF BEHAVIORAL THEORY

NIKLAS TÖRNEKE
NT Psykiatri, Sweden
TO START LEARNING RFT

MATS JACOBSON
Verksam Psykologi AB, Sweden
Co-leader: Erik Nilsson, Verksam Psykologi AB, Sweden
THE UNIFIED PROTOCOL FOR ADULTS, ADOLESCENTS AND CHILDREN: EMOTION FOCUSED, TRANSDIAGNOSTIC CBT

DR LAURA PASS
University of Reading, United Kingdom
BRIEF BEHAVIOURAL ACTIVATION FOR DEPRESSED ADOLESCENTS
08:30 - 10:00  CRT05
IS CBT REALLY GOOD ENOUGH FOR SEVERE PROBLEMS?

Chair: Cecilia Svanborg, Karolinska Institutet, Sweden

PANEL MEMBERS
Arnoud Arntz, University of Amsterdam, The Netherlands
Erik Andersson, Karolinska Institutet, Sweden
Antonio Pinto, Centre of Cognitive Behavior Therapy, Italy

ABSTRACT
While CBT is clearly effective for mild to moderate anxiety and mood disorders it is sometimes argued that CBT is either marginally effective or not effective at all for more severe and chronic conditions like psychosis, chronic pain, bipolar disorders, anorexia nervosa, just to mention a few. The focus of this clinical round table is on severe problems and how we can improve current interventions.

08:30 -10:00
EXPERT ON EATING DISORDERS, THE ROLE OF MANUALS IN CBT AND FORMER EDITOR IN CHIEF OF BEHAVIOUR RESEARCH AND THERAPY

PROFESSOR TERENCE WILSON
RUTGERS UNIVERSITY, UNITED STATES

Professor Wilson is one of the founders of modern CBT and has worked with eating disorders and related conditions. He was the editor of Behaviour Research and Therapy for many years. Professor Wilson has a longstanding interest in evidence-based approaches including the role of treatment manuals.

Professor Wilson is a Keynote speaker at the Congress and will talk about the history and future of CBT at 12:15 on Thursday.

08:30 -10:00
MEET THE EXPERT

08:30 S09
THE PATHWAY THROUGH TREATMENT FOR CHILDHOOD ANXIETY DISORDERS

Convenor: Doireann O’Brien, University of Reading, Reading, United Kingdom
Chair: Cathy Creswell, University of Reading, United Kingdom

Parent perceived barriers and facilitators to seeking and accessing treatment for anxiety disorders in children: A qualitative study
Tessa Reardon, University of Reading

Children with Anxiety Disorders in Primary Care: the views of General Practitioners
Doireann O’Brien, University of Reading

"Blended" e-health in youth with anxiety disorders: an open trial with matched controls
Maaike Nauta, University of Groningen

Investigation of attachment style and parental behaviors as predictors of response to CBT treatment in anxious children
Monika Walczak, University of Copenhagen

Emotion regulation in the context of exposure: for the better or worse?
Cornelia Mohr, Ruhr-Universität Bochum

08:30 S14
COPIING WITH LOSS: FROM UNDERSTANDING GRIEF REACTIONS TO THE TREATMENT OF PROLONGED GRIEF DISORDER

Convenor & Chair: Franziska Meichsner, Friedrich Schiller University Jena, Jena, Germany

Effect of an Integrative CBT for Prolonged Grief Disorder: A Long-term Follow-up
Rita Rosner, Catholic University of Eichstätt-Ingolstadt

Predictors of post-death grief and depression in dementia caregivers and effects of a cognitive-behavioral intervention on adaptation to bereavement
Franziska Meichsner, Friedrich Schiller University Jena

Complicated Grief Group Therapy with Bereaved Dementia Caregivers
Katherine Supiano, University of Utah

Metacognitive Grief Therapy for Prolonged Grief Disorder: A First Test
Lauren Breen, Curtin University
SATURDAY SEP 3

SYMPHOSIA

08:30 S16

EATING DISORDERS – WHAT CAN WE LEARN FROM PSYCHO-PHYSIOLOGICAL MAINTENANCE MECHANISMS FOR FUTURE TREATMENTS

Convenor & Chair: Professor Simone Munsch, University of Fribourg, Fribourg, Switzerland

Influence of emotion regulation on stress responses in Eating Disorder patients
Nadine Humbel, University of Fribourg Switzerland

Double standards in body evaluation? The Influence of women's shape concerns and identification with body stimulation ratings
Mona Varges, University Osnabrück

Emotion recognition in female patients with eating disorders compared to females with mixed mental disorders and healthy controls
Andrea Wyssen, University of Fribourg, Switzerland

08:30 S23

PAIN AND EMOTION – BIOLOGICAL PROCESSES, EMOTION REGULATION AND IMPLICATIONS FOR TREATMENT

Convenor & Chair: Dr Ida Flink, Örebro University, Örebro, Sweden

Emotion regulation in chronic pain patients with emotional difficulties: A DBT-inspired exposure treatment
Katja Boersma, Örebro University

Targeting cortical reorganisation in chronic pain
Kristoffer Bothellius, Uppsala University

The role of context sensitivity in pain and emotion: Definition of the construct, importance and implications for treatment
Ida Flink, Örebro University

Pain and emotion in women with vulvovaginal pain
Johanna Thörnén, MidSweden University

08:30 S57

PREVENTION OF EXTERNALIZING BEHAVIORS: META-ANALYSIS OF THE EFFECTIVENESS OF CBT AND TWO EXAMPLES OF UNIVERSAL CBT PROGRAMS

Convenor & Chair: Dr Pia Enebrink, Karolinska Institutet, Solna, Sweden

Discussant: Martin Forster, Karolinska Institutet, Sweden

Cognitive-behaviour therapy for externalizing disorders: A meta-analysis
Carlo Buonanno, Scuola di Psicoterapia Cognitiva, Roma, Italy

The Good Behavior Game: a universal prevention strategy
Magnus Johansson, Sweden

08:30 S62

HOW CAN BASIC RESEARCH INFORM RESILIENCE AND TREATMENT INTERVENTIONS FOR POSTTRAUMATIC STRESS DISORDER?

Convenor: Juliane Sachschäl, University of Oxford, Oxford, United Kingdom
Chair: Jennifer Wild, University of Oxford, United Kingdom

The Coping Power as a universal prevention program
Pietro Muratori, IRCCS Stella Maris Foundation, University of Pisa, Italy

A cognitive-behaviour therapy for externalizing disorders: A meta-analysis
Carlo Buonanno, Scuola di Psicoterapia Cognitiva, Roma, Italy

How does Cognitive Therapy for Posttraumatic Stress Disorder affect self-reported and objectively measured sleep disturbances?
Elizabeth Woodward, University of Oxford

Pre-trauma predictors of post-traumatic stress disorder and depression
Jennifer Wild, University of Oxford
SATURDAY SEP 3
OPEN PAPER SESSIONS

08:30 OP17

SLEEP AND OCCUPATION
Chair: Dr Viktor Kaldo, Karolinska Institutet, Sweden

Insomnia Severity Mediates between Cognitive Behavioral Therapy for Insomnia (CBT-I) and Depression in a Sample with Insomnia and Depression: New Possibilities for Treatments of Comorbid Patients
Dr Annika Norell-Clarke, Karlstads universitet, Stora Mellösa, Sweden
Interventions programs for enhancing return to work in individuals with a common mental illness: A Systematic Review
Dr Sanjay Rao, University of Ottawa, Ottawa, Canada

Making room for sleep: A classroom based prevention program for adolescents
Serena Bauducco, Örebro University, Örebro, Sweden

To sleep or not to sleep, that is the question regarding learning in exposure treatment: Prevalence and effect of sleep problems in guided Internet delivered CBT (ICBT) for people with social anxiety disorder
Professor Maria Tillfors, Örebro University, Örebro, Sweden

08:30 OP21

BIAS MODIFICATIONS AND EMOTION REGULATION
Chair: Prof Dr Johanna Boettcher, Freie Universität Berlin, Germany

Online visual search attentional bias modification targeting adolescent anxiety and depression: a randomized controlled trial
Leone de Voogd, University of Amsterdam, Amsterdam, The Netherlands

The Relationship between Emotion Regulation and Problem Solving: The Mediating Role of Cognitive Flexibility
Servet Kaçar Basaran, Ege University, izmir, Turkey

Emotion Regulation Strategies as Predictors of Treatment Outcome in CBT for Panic Disorder
Asher Strauss, Hebrew University of Jerusalem, Jerusalem, Israel

An RCT of CBT and ABM for generalized social anxiety disorder: cognitive mechanisms and outcomes
Professor Jonathan Huppert, The Hebrew University of Jerusalem, Jerusalem, Israel

In the eye of the beholder? Investigating the effects of an appearance-related one-session interpretation bias modification program on body image
Fanny Dietel, University of Muenster, Münster, Germany

REQUESTING INFORMATION: NEED FOR INFORMATION VS. NEED FOR REASSURANCE IN INDIVIDUALS WITH OBSESSIVE-COMPULSIVE SYMPTOMS (1)
Strauss Asher, Hebrew University, Jerusalem, Israel

A STUDY OF THE PATIENTS WITH DEPRESSION AND ANXIETY DISORDERS ALONG WITH ROMANTIC RELATIONSHIP PROBLEMS BASED ON YOUNG-SCHEMA THEORY (2)
Lili Kover, University of Debrecen, Debrecen, Hungary

EMOTION REGULATION OF MEMORIES CENTRAL TO OUR IDENTITY: THE RELATIONSHIP WITH CONCURRENT AND PROSPECTIVE PSYCHOLOGICAL SYMPTOMS (3)
Dr Adriana Del Palacio-Gonzalez, Aarhus, Aarhus, Denmark

WHAT DIFFERENTIATES SELF-INJURERS AND NON-INJURERS?: EXPLORING THE ROLE OF EMOTION DYSREGULATION (4)
Ezgi Tuna-Kurklu, Middle East Technical University, Ankara, Turkey

PHYSICAL EXERCISE ENHANCES MEMORY RECONSOLIDATION OF TRAUMATIC STIMULI (5)
Dharani Keyan, University of New South Wales, Sydney, Australia

LEARNING FROM PATIENTS WHO ARE DISSATISFIED WITH INTERNET-DELIVERED COGNITIVE BEHAVIOUR THERAPY: CONTENT ANALYSIS OF THERAPIST AND CLIENT EMAIL EXCHANGES (6)
Y. Nichole Faller, University of Regina, Regina, Canada

TWENTY-WEEK GROUP-COGNITIVE BEHAVIOURAL ANALYSIS SYSTEM OF PSYCHOTHERAPY (CBASP) IN COMMUNITY MENTAL HEALTH CARE: IMPLEMENTATION AND STUDY DESIGN (7)
Professor Sari Lindeman, University of Eastern Finland, Jyväskylä, Finland

THE ROLE OF SOCIAL THOUGHTS AND BELIEFS BETWEEN PERCEIVED PARENTING STYLES AND SOCIAL APPEARANCE ANXIETY (8)
Dr Selin Temraz, Middle East Technical University, Tekirdağ, Turkey

RELATIONSHIPS AMONG ANXIETY SENSITIVITY, TRAIT ANXIETY AND ANXIETY SYMPTOMS IN A COMMUNITY SAMPLE OF CHILDREN FROM 8 TO 12 (9)
Professor Mandy Rossignol, Université de Mons, Mons, Belgium

COMBINATION OF CBT AND SCHEMA THERAPY IN ANOREXIA NERVOSA: A CASE STUDY (10)
Dr Elena Chaints, Aristotle University of Thessaloniki, Thessaloniki, Greece

EFFECTS OF BRIEF MINDFULNESS TRAINING ON SELF-REPORTED INTEROCEPTIVE AWARENESS, THE ABILITY TO DECENTER, AND THEIR ROLE IN THE REDUCTION OF DEPRESSIVE SYMPTOMS (11)
Dr Thorsten Barnhofer, University of Exeter, Exeter, United Kingdom
HOW DO DIFFERENT DOSES OF BEHAVIORAL INTERVENTIONS AFFECT STRONG MEMORIES DURING RECONSOLIDATION? (12)
Kevin Van Schie, Utrecht University, Utrecht, The Netherlands

EVALUATION OF COLD FACE MASK PROCEDURE DURING CBT OF OCD PATIENTS WITH SIGNIFICANT DISGUST (13)
Dr Roman Duncko, King’s College London, London, United Kingdom

THE EFFICACY OF EHEALTH INTERVENTIONS FOR WEIGHT LOSS IN OVERWEIGHT AND OBESE PEOPLE. A SYSTEMATIC REVIEW – PRELIMINARY DATA (14)
Dr Ioana Podina, Babes-Bolyai University, Cluj-Napoca, Romania

TRANS DiAGNOSTIC SELF-HELP COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA ON DEPRESSIVE SYMPTOMS: A SYSTEMATIC REVIEW AND META-ANALYSIS (15)
Fiona YY Ho, University of Hong Kong, Hong Kong, Hong Kong

THE ROLE OF SPORT IN PSYCHIATRIC REHABILITATION: A PRELIMINARY STUDY (16)
Professor Aristide Saggino, University of Chieti-Pescara, Chieti, Italy

THE ROLE OF ATTACHMENT IN THE DEVELOPMENT OF POST-TRAUMATIC STRESS DISORDER (PTSD) AFTER CHILDBIRTH: A COMPARISON OF WOMEN IN SAUDI AND THE UK (17)
Fahdah A Hussainan, University of Birmingham, Birmingham, United Kingdom

EMOTION REGULATION INDIVIDUAL THERAPY ADMINISTERED FACE-TO-FACE FOR ADOLESCENTS WITH NONSUICIDAL SELF-INJURY DISORDER – AN OPEN PILOT STUDY (18)
Johan Bjureberg, Karlinska Institutet, Stockholm, Sweden

EFFECT OF SAFETY BEHAVIORS ON FEAR REDUCTION AMONG UNDERGRADUATES WITH SPECIFIC PHOBIA SYMPTOMS DURING EXPOSURE THERAPY (19)
Dr Riso Ito, Waseda University, Saitama, Japan

COMPARING INTERNET-DELIVERED AND FACE-TO-FACE CBT FOR OCD (20)
Oskar Flygare, Karolinska Institutet, Stockholm, Sweden

IMPLEMENTING DIALECTICAL BEHAVIOR THERAPY (DBT) IN FINNISH ADOLESCENT PSYCHIATRIC SERVICES: A NATURALISTIC COMPARISON STUDY ACROSS TWO AREAS (21)
Dr Klaus Ranta, Helsinki University Hospital, Helsinki, Finland

THE EFFECTIVENESS AND PATIENTS’ EXPERIENCE OF IMAGERY RESCRIPTING FOR EARLY TRAUMATIC MEMORY IN A FULL COGNITIVE BEHAVIORAL THERAPY PROGRAM FOR SOCIAL ANXIETY DISORDER (22)
Dr Rieko Takanashi, Chiba University, Chiba, Japan

EMOTION REGULATION IN CHILDREN WITH SOCIAL ANXIETY DISORDER AFTER INTENSE SOCIAL STRESS: EFFECTS OF A COGNITIVE BEHAVIORAL GROUP INTERVENTION (23)
Dr Julia Asbrand, University of Freiburg, Freiburg, Germany

MEASURING COGNITIVE REACTIVITY WITH THE LEIOS QUESTIONNAIRE: FACTOR ANALYSIS OF THE ICELANDIC TRANSLATION (24)
Dr Ragnar Olafsson, University of Iceland, Reykjavik, Iceland

A RETROSPECTIVE STUDY ON EATING DISORDERS PATIENTS WITH AND WITHOUT PRIOR TREATMENT (25)
Dr Romana Schumann, Centro Gruber, Bologna, Italy

RETHINK THERAPEUTIC GAME: INITIAL DEVELOPMENT OF A NEW THERAPEUTIC VIDEO GAME USED FOR PROMOTING EMOTIONAL RESILIENCE IN CHILDREN AND ADOLESCENTS (26)
Roxana Cardoş, Babes-Bolyai University, Cluj-Napoca, Romania

DISTRESS INTOLERANCE AS A TRAN DiAGNOSTIC DIMENSION: A COMPARISON BETWEEN GENERAL ANXIETY DISORDER AND OBSESSIVE COMPULSIVE DISORDER (27)
Dr Emre Sargin, Uskudar University, Istanbul, Turkey

DEVELOPING CBT SELF-HELP INTERVENTIONS FOR SKIN CONDITIONS (28)
Dr Andrew Thompson, University of Sheffield, Sheffield, United Kingdom

PROLONGED EXPOSURE, PAROXETINE AND THE COMBINATION IN THE TREATMENT OF PTSD - THE "TRAKT" STUDY RESULTS ON EFFICACY AND EFFECTIVENESS (29)
Dr Agnieszka Papiel, SWPS University of Sociol Sciences and Humanities, Warsaw, Poland

CLIENT PERSONALITY TRAITS AS PREDICTORS OF WORKING ALLIANCE AND OUTCOME (30)
Dr Inga Dennhag, Department of Psychology, Umeå, Sweden

SELF-DEFINING MEMORIES AND FUTURE PROJECTIONS AS A MEANS TO FACILITATE REFLECTION ON LIFE VALUES IN DEPRESSED ADULTS: A PRELIMINARY STUDY (31)
Aurelie Wagener, University of Liege, Liege, Belgium

WHAT IS THE PATIENTS UNDERSTANDING OF WHY THEY DEVELOPED OCD? A QUALITATIVE STUDY (32)
Dr Åshild Tellefsen Håland, Sørlandet sykehus, Kristiansand, Norway

A TEST OF METACOGNITIVE MODEL OF SMOKING DEPENDENCY IN A TURKISH SAMPLE (33)
Leyla Alma, Dokuz Eylül University, Izmir, Turkey

TREATMENT EFFECTIVENESS OF THE SUMMER THERAPY CAMP FOR CHILDREN WITH ADHD AND EXTERNALIZING DISORDERS (34)
Dr Lysett Babocsai, University of Heidelberg, Heidelberg, Germany
THERAPIST COMPETENCE AND THE USE OF MANUALS

Chair: Ewa Mörtberg, Stockholm University, Sweden

PANEL MEMBERS
Terry Wilson, Rutgers University, United States
Astrid Palm Beskow, founder and former Director of The Center for Cognitive Psychotherapy and Education, Gothenburg, Sweden
Stephen Barton, University of Newcastle, United Kingdom
Ed Watkins, University of Exeter, United Kingdom

ABSTRACT
Training of CBT therapists and other practitioners (not necessarily therapists) is crucial for the dissemination of evidence-based CBT protocols. However, while treatment manuals are part of controlled trials they are not necessarily focused on in CBT training. In training competence ratings are sometimes included but often the focus is on generic CBT techniques and not on adherence to specific manuals for diagnosed conditions. The issue of combining idiosyncratic case formulation procedures (including behaviour analysis and cognitive case formulations) with manualized treatment has been a longstanding discussion in the field. The panel will discuss the pros and cons of manuals but will also cover the role of manual adherence and therapist competence.

MEET THE EXPERT

10:30 - 12:00

EXPERT ON COGNITIVE BIAS MODIFICATION

DR ERNST KOSTER
GHENT UNIVERSITY, BELGIUM

Chair: Alexander Rozental, Stockholm University, Sweden

Ernst Koster is associate professor and a principal investigator of the Psychopathology and Affective Neuroscience lab at Ghent University. He investigates the role of information-processing in emotional disorders such as depression and anxiety and has a strong interest in developing cognitive training programs to alleviate these disorders. He has published > 130 peer-reviewed articles and book chapters, many in top journals of psychology.
10:30 S37
WHAT MAKES INTERNET INTERVENTIONS WORK? MECHANISMS OF CHANGE IN WEB-BASED COGNITIVE-BEHAVIOURAL THERAPY
Convenor: Dr Johanna Boettcher, Freie Universität Berlin, Berlin, Germany
Chair: Per Carlbring, Stockholm University, Sweden

Common and specific mechanisms of change in internet-based CBT: a systematic review
Johanna Boettcher, Freie Universität Berlin

The importance of common factors in CBT for depression
Pavle Zagorscak, Freie Universität Berlin

The role of knowledge in internet-based CBT. Results from controlled trials
Gerhard Andersson, Linköping University

Interpersonal problems in social anxiety disorder: Comparison of patients who undergo online or face-to-face treatment and their predictive value for outcome in online interventions
Tobias Krieger, University of Bern

10:30 S40
MENTAL IMAGERY: ETIOLOGICAL FACTOR AND THERAPEUTIC INTERVENTION
Convenor & Chair: Timo Skodzik, University of Muenster, Muenster, Germany

Positive prospective mental imagery and optimism in depression
Simon Blackwell, Ruhr-Universität Bochum, Bochum, Germany and MRC Cognition and Brain Sciences Unit, Cambridge, United Kingdom

How mental imagery could help to increase behavioral activation in depression
Fritz Renner, MRC Cognition & Brain Sciences Unit, Cambridge

Targeting anhedonia and depression with a brief web-based mental imagery training
Arnaud Picqet, University of Geneva

Defining the Role of Negative Verbal Thinking in Promoting Worry, Perceived Threat, and Anxiety
Charlotte Krahe, King’s College, London, United Kingdom

Reduction of pathological worry by a novel training in mental imagery
Timo Skodzik, University of Muenster, Germany

10:30 S55
CLINICAL USE AND EMPIRICAL STATUS OF COMMON COGNITIVE CONCEPTS
Convenor: Professor Kadir Özdel, Diskapi YB Teaching and Research Hospital - Department of Psychiatry, Ankara, Turkey
Chair: Arthur Freeman, Touro University, New York, United States

Empirical status of Cognitive Distortions: Are Cognitive Distortions Valid or They Just Clinical Instruments?
Kadir Özdel, Diskapi YB Teaching and Research Hospital/Ankara

Core beliefs: How can we measure core beliefs? An example for a Sample of patients with antisocial personality disorder
Mehmet Hakan Türkçapar, Hasan Kalyoncu University, Department of Psychology, Gaziantep

Empirical Status of Dysfunctional Attitudes: Factor Structure of the DAS and its Abbreviated Forms
Sedat Batmaz, MD, Assistant Professor of Psychiatry, Department of Psychiatry, School of Medicine, Gaziosmanpasa U

Empirical Status of Dysfunctional Attitudes: Are Cognitive Distortions Valid or They Just Clinical Instruments?
Kadir Özdel, Diskapi YB Teaching and Research Hospital/Ankara

Core beliefs: How can we measure core beliefs? An example for a Sample of patients with antisocial personality disorder
Mehmet Hakan Türkçapar, Hasan Kalyoncu University, Department of Psychology, Gaziantep

10:30 S60
WITHIN-PERSON RELATIONSHIPS: THE PROPER FOCUS FOR STUDIES OF MECHANISMS OF CHANGE IN PSYCHOTHERAPY
Convenor & Chair: Professor Asle Hoffart, Research Institute, Modum Bad Psychiatric Center, Vikersund, Norway

The role of shame and self-compassion in the process of change in trauma-focused cognitive-behavioral therapies of PTSD: A study of within-person processes
Tuva Øktedalen, Modum Bad Psychiatric Center

Cognitive models for panic disorder with agoraphobia: A study of disaggregated within-person effects
Asle Hoffart, Modum Bad Psychiatric Center

Meta-cognition, cognition, and anxiety: A process-outcome study
Sverre Urnes Johnson, Modum Bad Psychiatric Center

Improvement of the working alliance in one treatment session predicts improvement of depressive symptoms by the next session
Fredrik Falkenström, Linköping University
10:30 S79
NEW INNOVATIONS IN LOW INTENSITY WORKING: THINKING OUTSIDE THE BOX
Convenor: Dr Joanne Woodford, University of Exeter, Exeter, United Kingdom
Chair: Chris Williams, University of Glasgow, United Kingdom

A randomised controlled trial of a community based group guided self-help intervention for anxiety and depression
Christopher Williams, University of Glasgow

Internet-based guided self-help for parents of children diagnosed with cancer: Long-term follow-up of a randomised controlled trial
Martin Cernvall, Uppsala University

Behavioural activation self-help to improve mood and quality of life in people with dementia supported by informal carers: The PROMOTE Study
Joanne Woodford, University of Exeter

Disseminating low intensity CBT working across a large Mental Health Trust in Scotland
Denise Carroll, NHS Greater Glasgow and Clyde

10:30 OP18
ANXIETY
Chair: Dr Erik Andersson, Karolinska Institutet, Sweden

Three efficacious forms of low-contact cognitive behavior therapy for severe health anxiety: A randomized wait-list controlled trial
Erland Axelsson, Karolinska Institutet, Gustavsberg, Sweden

Internet-based extinction therapy for worry: A randomized controlled trial
Dr Erik Andersson, Karolinska Institutet, Stockholm, Sweden

Internet-delivered extinction therapy vs. stress-management worry: A randomized controlled trial
Dr Erik Andersson, Karolinska Institutet, Stockholm, Sweden

Mediator Roles of Stress Coping Approaches in Relationships between Trait Anxiety and Psychological Flexibility, and Distress Tolerance
Selmin Erdi, Yıldırım Beyazıt University, Ankara, Turkey

Implementation of VRE for the treatment of flying phobia
Professor Antonio D’Ambrosio, Dept.of Mental Health 2nd University of Naples, Napoli, Italy
14:00 PD06
FUTURE CHALLENGES WE FACE IN CBT
Chair: Gerhard Andersson, Linköping University and Karolinska Institutet, Sweden

PANEL MEMBERS
Emily Holmes, MRC Cognition and Brain Sciences Unit, United Kingdom and Karolinska Institutet, Sweden
Patricia van Oppen, VU University Medical Center, The Netherlands
Björn Ljótsson, Karolinska Institutet, Sweden
Björn Paxling, Psykologpartners, Sweden

ABSTRACT
The theme of the conference: root and present branches, is well covered in the programme. However, this panel will instead focus on future challenges. Only a minority of people who may benefit from CBT receive it, we cannot treat all, some conditions lack evidence-based CBT protocols, we need to consider the environment, research priorities are sometimes unclear, cost-effectiveness of CBT is not always known, prevention is rarely a focus, theoretical advancements are needed, and CBT needs to be integrated with basic science and indeed other forms of science as well. These are examples of topics the panel may discuss.

MEET THE EXPERT
14:00 -15:30
EXPERT ON CBT FOR DEPRESSION
PROFESSOR KEITH DOBSON,
UNIVERSITY OF CALGARY, CANADA
Chair: Cecilia Svanborg, Karolinska Institutet, Sweden

Dr. Dobson is a Professor of Clinical Psychology at the University of Calgary in Canada. His research has focused on both cognitive models and mechanisms in depression, and the treatment of depression, particularly using cognitive-behavioral therapies. He has participated in several trials of the treatment of acute depression, as well as prevention of depression. A current focus of his work is on the prediction and prevention of relapse in depression. Dr. Dobson’s research has resulted in over 225 published articles and chapters, 13 books, and numerous conference and workshop presentations in many countries.

Dr. Dobson has also examined psychological approaches and treatments in primary care, and promoted the use of evidence-based treatments in family practice. He is also a Principal Investigator for the Opening Minds program of the Mental Health Commission of Canada, with a focus on stigma reduction related to mental disorders in the workplace (e.g. first responders, office workers, colleges and universities). Further, he has written about developments in professional psychology and ethics, and has been actively involved in organized psychology in Canada, including a term as President of the Canadian Psychological Association. He is a Past-President of both the Academy of Cognitive Therapy, and the International Association for Cognitive Psychotherapy. Among other awards, he has been given both the Canadian Psychological Association’s Award for Distinguished Contributions to the Profession of Psychology, and the Donald O. Hebb Award for Distinguished Contributions to the Science of Psychology.

14:00 S2
PSYCHOLOGICAL RISK FACTORS FOR ANXIETY AND DEPRESSIVE DISORDERS: RESULTS FROM THE NETHERLANDS STUDY OF DEPRESSION AND ANXIETY (NESDA)
Convenor: Professor Philip Spinhoven, Leiden University, Leiden, The Netherlands
Chair & Discussant: Claudi Bockting, Utrecht University, The Netherlands

Rumination, worry and experiential avoidance as risk factors for (comorbid) anxiety and depression
Philip Spinhoven, Leiden University

Cognitive reactivity and depression vulnerability
Willem Van Der Does, Leiden University

Cognitive reactivity, self-depressed associations, and the recurrence of depression
Hermien Eijgersma, University of Groningen

Self-esteem in depression and anxiety; The Implicit, The Explicit, & The Unstable
Lonneke Aniek Van Tuijl, Rijksuniversiteit Groningen

The Interplay of personality disorders, early trauma and interpersonal behavior in chronic depression.
Jon Philipp Klein, Lubeck University

CBASP vs SYSP in Chronic Depression; Results of an RCT
Martin Hautzinger, Tubingen University

Interpersonal impact of Group CBASP versus Behavioral Activation Only
Jennifer Kim Penberthy, University of Virginia School of Medicine

Comparing CBASP to CBT in depression. Results of a pilot RCT.
Gabry Bleichhardt, University of Marburg

Current state and new perspectives on CBASP. Efficacy of CBASP for persistent depressive disorder and modifications for special patient groups.
Eva-Lotta Brakemeier, University of Marburg
14:00 S27
TRETTING PTSD RELATED TO CHILDHOOD ABUSE IN CHILDREN AND ADOLESCENTS – NEW DEVELOPMENTS
Convenor: Dr Regina Steil, Goethe University of Frankfurt, Frankfurt, Germany
Chair: Rita Rosner, Catholic University of Eichstätt, Germany
Effectiveness of Trauma-focused Cognitive Behavioral Therapy (Tf-CBT) for children and adolescents: a randomized controlled trial in eight German mental health clinics
Lutz Goldbeck, University of Ulm, Child and Adolescent Psychiatry/Psychotherapy

14:00 S32
RECENT DEVELOPMENTS IN NONSUICIDAL SELF-INJURY RESEARCH IN ADOLESCENTS AND YOUNG ADULTS
Convenor & Chair: Professor Tina in-Albon, University of Koblenz-Landau, Landau, Germany
Discussant: Johan Bjureberg, Karolinska Institutet, Sweden
Nonsuicidal Self-Injury in Adolescents; Characterization of the Disorder and the Issue of Distress and Impairment
Mara Zetlerqvist, Department of Child and Adolescent Psychiatry, Linköping University
Emotion Regulation Group Therapy for deliberate self-harm: A Swedish Nationwide Effectiveness Study
Hanna Sahlin, Karolinska Institutet, Dept of Clin Neuroscience
Neurobiological models of Nonsuicidal Self-Injury
Rebecca Groschwitz, Dept. of Child and Adolescent Psychiatry and Psychotherapy, University of Ulm

Predictors for DSM-5 non-suicidal self-injury in female adolescent inpatients: The role of childhood maltreatment, alexithymia, and dissociation
Janine Lüdtke, Department of Child and Adolescent Psychiatry, Psychiatric Clinics of the University Basel, Basel

14:00 S38
EXAMINING THE INTERACTION OF PROCESSES AND OUTCOMES OF SUFFERING IN ACCEPTANCE AND COMMITMENT THERAPY (ACT)
Convenor: Dr Maria Karekla, University of Cyprus, Nicosia, Cyprus
Chair: Andrew Gloster, University of Basel, Switzerland
Discussant: JoAnne Dahl, Uppsala University, Sweden

The Role of Psychological Flexibility in Reducing Psychological Suffering
Andrew Gloster, University of Basel

Mediating effects of psychological inflexibility in pain interference and pain adjustment
Maria Karekla, University of Cyprus; Vasilis Vasiliou, University of Cyprus

The Importance of Psychological Flexibility for Behavioural Changes = Effects and Mechanisms of Change in Acceptance and Commitment Therapy for Youths with Chronic Debilitating Pain
Rikard K. Wicksell, Behavior Medicine Pain Treatment Service, Karolinska University Hospital

ACT for Older People with Chronic Pain: Subgroup Analyses from a Larger Specialty Pain Service
Lance McCracken, King’s College London; Institute of Psychiatry, Psychology & Neuroscience

14:00 S43
NOVEL INTERVENTIONS AND METHODOLOGIES IN THE TREATMENT OF PEDIATRIC ANXIETY DISORDERS AND OCD
Convenor & Chair: Dr Marianne Villaba, Center for Child and Adolescent Mental Health, Oslo, Norway
Discussant: Scott Compton, Duke University, United States
Experimental Designs for the Development of Adaptive Treatment Strategies; with Application to Pediatric Anxiety Disorders
Scott Compton, Duke university, US

Enhanced Cognitive Behavior Therapy (eCBT) for OCD
Nor Christian Torp, Vestre Viken HF

Supplementing Cognitive Behavioral Therapy with a Cognitive Bias Modification training in children and adolescents with OCD
Vivian Op de Beek, Norwegian University of Science and Technology
**SATURDAY SEP 3**

**SYMPOSIA**

**14:00 S64**

SEXUALITY IN FEMALE PATIENTS AFTER SEXUAL AND PHYSICAL ABUSE

Convenor & Chair: Pia Bornefeld-Ettmann, Goethe-Universität Frankfurt, Frankfurt, Germany

The effect of negative sexual experiences on female sexual function: Findings from experimental studies assessing physiological and subjective sexual arousal responses
Stephanie Both, Department of Psychosomatic Gynecology and Sexology, Leiden University Medical Center

The effect of negative sexual experiences on female sexual function: Findings from experimental studies assessing physiological and subjective sexual arousal responses
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**14:00 S74**

HOW CAN WE IMPROVE CHILD ANXIETY TREATMENTS AND ACCURATELY ASSESS TREATMENT OUTCOMES?

Convenor: Rachel Evans, University of Reading, Reading, United Kingdom
Chair: Tessa Reardon, University of Reading, United Kingdom
Discussant: Ronald Rapee, Macquarie University, Australia

Identifying subgroups of clinically anxious children using Latent Profile Analysis
Sam Pearcey, University of Reading, United Kingdom

Contemporary interpretation biases in clinically anxious children
Anke Klein, Radboud University, The Netherlands; Macquarie University, Australia

Identifying recovery among children with anxiety disorders
Rachel Evans, University of Reading, United Kingdom

Using symptom and interference questionnaires to identify recovery among children with anxiety disorders
Rachel Evans, University of Reading, United Kingdom

Complete recovery from anxiety disorders following Cognitive Behaviour Therapy in children and adolescents: A meta-analysis
Tessa Reardon, University of Reading

**SATURDAY SEP 3**

**OPEN PAPER SESSIONS**

**14:00 OP01**

EATING DISORDER 1

Chair: Dr Sandra Weineland, Linköping University, Sweden

Make up your mind about food: A healthy mindset attenuates attention for unhealthy food in restrained eaters
Dr Jessica Werthmann, King’s College London, London, United Kingdom

Body-related attentional bias in eating disorders: Results from an eye-tracking study on adolescents with Anorexia Nervosa, restrictive subtype, Anorexia Nervosa, binge eating/purging subtype, and Bulimia Nervosa
Anika Bauer, Osnabrück University, Osnabrück, Germany

Characteristics and content of intrusive images in patients with eating disorders
Fortesa Kadriu, KU Leuven, Leuven, Belgium

Body Images in My Brain: Self-other discrimination processes in the human EEG and its modulation as a function of weight and shape concerns.
Dr Claire-Marie Giabbiconi, University of Osnabrück, Osnabrück, Germany

**14:00 OP05**

PTSD 3

Chair: Dr Katja Boersma, Örebro University, Sweden

Internet-based interventions for posttraumatic stress: A meta-analysis of randomized controlled trials
Annika Küster, Freie Universität Berlin, Berlin, Germany

Behavioural Treatment of Traumatized Refugees: Results from an outcome evaluation study on adolescents with Anorexia Nervosa, restrictive subtype, Anorexia Nervosa, binge eating/purging subtype, and Bulimia Nervosa
Anika Bauer, Osnabrück University, Osnabrück, Germany

Emotion regulation in patients with binge eating disorder
Elisabeth Leehr, University Hospital Tuebingen, Tuebingen, Germany

Characteristics and content of intrusive images in patients with eating disorders
Fortesa Kadriu, KU Leuven, Leuven, Belgium

Body Images in My Brain: Self-other discrimination processes in the human EEG and its modulation as a function of weight and shape concerns.
Dr Claire-Marie Giabbiconi, University of Osnabrück, Osnabrück, Germany

Mindfulness-based Stress Reduction (MBSR) for Posttraumatic Stress Disorder – quantitative and qualitative data from a German feasibility study
Dr Meike Müller-Engelmann, Goethe University Frankfurt Main, Frankfurt, Germany

Identifying subgroups of clinically anxious children using Latent Profile Analysis
Sam Pearcey, University of Reading, United Kingdom

Contemporary interpretation biases in clinically anxious children
Anke Klein, Radboud University, The Netherlands; Macquarie University, Australia

Using symptom and interference questionnaires to identify recovery among children with anxiety disorders
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Tessa Reardon, University of Reading
14:00  OP08

DEPRESSION 1

Chair: Dr Robert Johansson, Karolinska Institutet, Sweden

The falling effect of cognitive behavioral therapy for depression is probably a fluke: a revision of Johnsen & Friborg (2015)
Dr Ioana Cristea, Babes-Bolyai University, Cluj-Napoca, Romania

A common neural substrate for social processing of autobiographical memories of rejection and inclusion in Major Depressive Disorder?
Julio Gilard, University of Cambridge, Cambridge, United Kingdom

Individually tailored internet-based treatment for depression in older adults: A randomized controlled trial
Dr Lise Bergman Nordgren, Linköping University, Linköping, Sweden

Jump Starting Behavioural Activation with an N-Methyl-D-Aspartate (NMDA) Channel Blocker: Single Case Series Analysis of Behavioural Activation after Intravenous Ketamine for Treatment-Resistant Depression,
Dr Jeanne Talbot, University of Ottawa, Ottawa, Canada

14:00  OP11

SOMATIC DISORDERS AND ORGANIZATION

Chair: Dr Erik Hedman, Karolinska Institutet, Sweden

Psychological Interventions Enhance Medication Adherence in People Living With HIV: A Meta-Analysis of Randomized Controlled Trials
Sanne van Luenen, Leiden University, Leiden, The Netherlands

May the organizational socialization of new nurses be facilitated using techniques from cognitive behavior therapy?
Elin Frögeli, Karolinska Institutet, Solna, Sweden

Tailored therapist-guided internet-based cognitive-behavioral treatment for psoriasis: a randomized controlled trial
Sylvia van Beugen, Leiden University, Leiden, The Netherlands

Tailored guided internet-based cognitive-behavioral intervention for patients with rheumatoid arthritis: A randomized controlled trial
Maaike Ferwerda, Leiden University, Leiden, The Netherlands

14:00  OP12

SOCIAL ANXIETY DISORDER

Chair: Ava Schulz, University of Bern, Bern, Switzerland

The efficacy of imagery rescripting compared to cognitive restructuring for social anxiety disorder
Alice Norton, University of Sydney, Sydney, Australia

Internet-Based Guided Self-Help for Social Phobia Administered Through a Mobile App: Results of a Randomized Controlled Trial
Timo Stolz, University of Bern, Bern, Switzerland

A sorrow shared is a sorrow halved? A randomized controlled trial comparing internet-based individually versus group-guided self-help treatment for social anxiety disorder
Ava Schulz, University of Bern, Bern, Switzerland

14:00  OP13

DISSEMINATION

Chair: Dr Viktor Kaldo, Karolinska Institutet, Sweden

The dissemination of motivational interviewing in Swedish county councils
Maria Beckman, Karolinska Institutet, Stockholm, Sweden

Changing Mental Health and Psychological Well-Being Using Ecological Momentary Interventions: A Systematic Review and Meta-analysis
Anke Versluis, Leiden University, Leiden, The Netherlands

Guided and unguided transdiagnostic Acceptance and Commitment Therapy for anxiety disorders provided via a computer and a smartphone application: a randomized controlled trial
Ekaterina Ivanova, Stockholm University, Stockholm, Sweden

Transfer of exposure-based interventions: Barriers and Opportunities
Dr Andre Pittig, Technische Universität Dresden, Dresden, Germany

Integrated And Experiential Cognitive Behavioural Therapy: Stirring with roots and spreading the seeds: A model of CBT Dissemination from Nova Scotia, Canada
Dr Sanjay Rao, University of Ottawa, Ottawa, Canada
14:00 OP16

**TRANSDIAGNOSTICS**

Chair: Alexander Rozental, Stockholm University, Sweden

- **Overcoming procrastination: One-year follow-up and predictors of change in a randomized controlled trial of internet-based cognitive behavior therapy**
  Alexander Rozental, Stockholm University, Stockholm, Sweden

- **Transdiagnostic Group CBT for Anxiety Disorders: The Unified Protocol in Mental Health Services**
  Nina Reinholt, Mental Health Centre Copenhagen, Copenhagen, Denmark
NOTES:

THE FLOORPLAN