



9th World Congress of Behavioural and Cognitive Therapies

COGNITIVE AND BEHAVIOURAL
THERAPIES AT THE **CROSSROADS**

17-20th July 2019

The CityCube, Berlin, Germany

www.wcbct2019.org

WCBCT2019 Congress Programme

Please note that some sessions may be re-scheduled
The final programme will be available on the website in June

German Language programme

Wednesday 17th July

- 17.30 **Opening Addresses** Sabine Wilhelm, Harvard Medical School, USA
Susan Bögels, Amsterdam University: the Netherlands
- 19.15 **Opening Reception**

Thursday 18th July

8.30-10.00 **Symposia, Panel Discussion, Skills Class and Open Papers**

- Symposium 1** **Mindfulness for Psychosis: Challenges and Developments in the Field**
Convenor: Pamela Jacobsen, University of Bath, UK
- Symposium 2** **Predicting Treatment Response for Mental Disorders: Methods, Findings & Clinical Benefits**
Convenor: Elisabeth Leehr, University of Münster, Germany
- Symposium 3** **New Developments in ACT: Effectiveness in Different Settings and Patient Groups**
Convenor: Elisabeth Leehr, University of Münster, Germany
- Symposium 4** **Challenges in the Treatment of Youngsters with Obesity and Binge Eating**
Convenor: Caroline Braet, Ghent University, Belgium
- Symposium 5** **Transdiagnostic Approaches to Mental Health Problems in Refugees**
Convenor: Naser Morina, University of Zurich, Switzerland
- Symposium 6** **Relapse Prevention in Depression with Cognitive Behavioral Interventions**
Convenor: Claudi Bockting, University of Amsterdam, the Netherlands
- Symposium 7** **Optimizing the Administration and Dissemination of CBT for OCD**
Convenor: Noah Berman, College of the Holy Cross, USA
- Symposium 8** **Resetting the Circadian Rhythm: Rapid Treatment of Depression, Mania and Insomnia**
Convenor: David Veale, King's College London and South London & Maudsley Trust, UK
- Symposium 9** **Transmechanistic CBT for Substance Use**
Convenor: Leanne Hides, The University of Queensland, Australia
- Symposium 10** **Developments in Attention Biases & Attention Bias Modification in Pediatric Anxiety**
Convenor: Jeremy Pettit, Florida International University, USA
- Symposium 11** **Does Attentional Bias Modification (ABM) matter? Evaluating the Effectiveness of ABM Interventions across Psychopathologies**
Convenor: Janika Heitmann, University of Groningen, the Netherlands
- Symposium 12** **Adaptive and Maladaptive Emotional Regulation in Childhood Anxiety Disorders**
Convenor: Anke Klein, University of Amsterdam, the Netherlands
- Symposium 13** **Inferential Confusion as a Transdiagnostic process**
Convenor: Kieron O'Connor, University of Montreal, Canada
- Symposium 14** **New Developments in Schema Therapy Part 1**
Convenor: Marleen Rijkeboer, Maastricht University, the Netherlands
- Symposium 15** **Novel Developments of Investigating the Relation Among Cognitive Control and Emotion Regulation in Psychopathology**
Convenor: Luise Pruessner, Heidelberg University, Germany
- Symposium 16** **Developments and Future Pathways in the Treatment of Specific Phobia in Children**
Convenor: Rachel de Jong, University of Groningen, the Netherlands

Symposium 17	Einen Schritt weitergehen: Internet-basierte Interventionen über die Wirksamkeit hinaus erforschen Convenor: Nina Rüegg, Universität Bern, Switzerland
Symposium 18	Contributions of CBT to Sexual Health Convenor: Renata Mello, UNA University, Cognitiva Centro de Terapia, Brazil
Symposium 19	Using Trauma-Focused Therapies to Treat Posttraumatic Symptoms in Psychosis Convenor: Rachel Brand, Swinburne University of Technology, Australia
Symposium 20	Virtual Reality in Behavioral and Cognitive Therapies Convenor: Paul Pauli, University of Würzburg, Germany
Panel Discussion 1	What Works for Whom, and Under Which Relational Contexts? Making Clinical Decisions at the Crossroads of Treatment and Relational Processes in the CBTs Convenor: Nikolaos Kazantzis, Monash University, Australia
Skills Class 1	Anhaltspunkte für Kindeswohlgefährdung in der Psychotherapie - Wahrnehmen, Thematisieren, Mitteilen Tanja Gölz and Constanze Ziesemer, Universitätsklinikum Freiburg, Germany
Open Papers 1	Addictions
Open Papers 2	Older Adults and Dementia
Open Papers 3	Mental Imagery
Open Papers 4	Cultural Adaptations
Open Papers 5	Behavioral Medicine
Open Papers 6	New Treatment Approaches for Children and Adolescents

9.00 -11.30 **Poster Session**

Poster Session 1 **Anxiety Disorders**

10.15 – 13.45 **In-congress Workshops**

There is an additional fee to attend these workshops and a full description is <http://wcbct2019.org/in-congress-workshops>

Workshop 1	Self-Reflection and Self-Experience in Combined CBT and Schema Therapy Training Marie Ociskova and Jan Prasko, University Olomouc, Czech Republic
Workshop 2	Schema Therapy for Children and Adolescents (ST-CA) Christof Loose, Centre for Schema Therapy, Düsseldorf, Germany
Workshop 3	Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for the Treatment of Chronic Depression: A Global Perspective. Jan Philipp Klein, Lübeck University, Germany and Favorite Todd, University of Michigan, USA
Workshop 4	Advances in CBT for Perfectionism Roz Shafran, UCL Great Ormond Street Institute of Child Health, UK, Tracey Wade, Flinders University, Australia and Sarah Egan, Curtin University, Australia

10.30 – 12.00 **Symposia, Panel Discussion, Skills Classes and Open Papers**

Symposium 21	Repetitive Thoughts and Actions: The Role of Dysfunctional Thoughts, Interpretation Biases, and Reliance on External Proxies Convenor: Karina Wahl, University of Basel, Switzerland
Symposium 22	Innovative CBT Approaches in Somatic Conditions Convenor: Andrea Evers, Leiden University, the Netherlands
Symposium 23	New Research on Personalizing Psychological Treatments Convenor: Wolfgang Lutz, University of Trier, Germany
Symposium 24	Transdiagnostic Group Cognitive-Behaviour Therapy for Anxiety Disorders Convenor: Pasquale Roberge, Université de Sherbrooke, Canada
Symposium 25	Understanding Mechanisms Underlying Adolescent Anxiety Convenor: Eleanor Leigh, University of Oxford, UK
Symposium 26	The Clinical Role of Wellbeing Therapy Convenor: Giovanni Fava, University at Buffalo, USA
Symposium 27	Psychological Mechanisms Involved in the Recurrence and Chronicity of Depression and Anxiety Disorders: Results from the Netherlands Study on Depression and Anxiety Convenor: Peter de Jong, University of Groningen, the Netherlands

Symposium 28	Collaborative and Proactive Solutions as an Alternative to Parent Management Training for Youth with Oppositional Defiant Disorder Convenor: Anna Dedousis-Wallace, University of Technology Sydney, Australia
Symposium 29	CBT for Children and Adults with Intellectual Disabilities: Convenor: John Taylor, Northumbria University, UK
Symposium 30	A Dual Process Models Approach to Understanding and Treating Eating and Weight Disorders Convenor: Leentje Vervoort, Ghent University, Belgium
Symposium 31	Recent Advances in Understanding Body Dysmorphic Disorder Convenor: Georgina Krebs, Institute of Psychiatry, King's College London, UK
Symposium 32	Perfectionism as a Transdiagnostic Process: Evidence from Experimental & Longitudinal Studies Convenor: Barbara Cludius, Ludwig-Maximilians University, Germany
Symposium 33	New Developments in Schema Therapy Part 2 Convenor: Marleen Rijkeboer, Maastricht University, the Netherlands
Symposium 34	The Role of Flexibility in Identifying and Treating Psychopathology Convenor: Einat Levy-Gigi, Bar-Ilan University, Israel
Symposium 35	Innovations in Psychological Treatment of Addictive Behaviours Convenor: David Kavanagh, Queensland University of Technology, Australia
Symposium 36	The Role of Spirituality and Collectivism on Development of Core Beliefs in Indian Culture - Implications for CBT Practice and Research. Convenor: Nimisha Kumar, SGT University, Haryana, India
Symposium 37	Vom Labor in den Therapieraum: Neue Erkenntnisse aus der Kinderangstforschung vom Vorschul- bis zum Jugendalter Convenor: Michael W. Lippert, Albert-Ludwigs-Universität Freiburg, Germany
Symposium 38	CBT for Insomnia: At the Crossroads between the Basic and Beyond Convenor: Jaap Lancee, University of Amsterdam, the Netherlands
Panel Discussion 2	Bin ich VerhaltenstherapeutIn? Verhaltenstherapeutische Identität im 21. Jahrhundert Convenor: Jürgen Tripp, Deutscher Fachverband für Verhaltenstherapie (DVT), Germany
Skills Class 2	Using Couple-Focused Cognitive Behaviour Therapy for Long Term Conditions Sarah Corrie, Central and North West London NHS Foundation Trust, UK
Skills Class 3	körperkonfrontation zur Behandlung der Körperbildstörung bei Essstörungen und Körperdysmorpher Störung - Input aus dem BEAM-Net Andrea Hartmann, Osnabrück University, Germany
Skills Class 4	Working Online with Older People Sarah Bateup, Ieso Digital Health, UK
Skills Class 5	Getting Session One Right: Working with Resistant & Non-Compliant Children and Young People Meg Wardlaw, Private Psychologist, Australia
Skills Class 6	Helping Patients with Paranoid Psychosis to Drop their Safety Behaviours in Scary Virtual Reality Environments Mark van der Gaag, VU University, the Netherlands
Skills Class 7	Design, Implement and Publish a Single Case Experimental Design David Veale, Institute of Psychiatry, Psychology and Neurosciences, KCL, UK
Open Papers 7	New Developments in Online Interventions

12.00 - 13.00. Invited Addresses

Invited Address 1	The State of the Evidence on Psychotherapy for PTSD Paula P. Schnurr, National Center for PTSD, USA
Invited Address 2	Self-reported Symptoms and the Body: A New Perspective on Their Relationship Omer Van den Bergh, University of Leuven, Belgium
Invited Address 3	40 Incredible Years! In the Innovation of IY Programs: Where Have We been? Where Do We Go Next? Carolyn Webster-Stratton, University of Washington, USA
Invited Address 4	Taking Care of Those Who Care: Targets and Strategies in CBT for Distressed Dementia Family Caregivers Andres Losada, King Juan Carlos University, Spain
Invited Address 5	Transdiagnostische Ansätze zur Behandlung psychischer Störungen: Chancen und Herausforderungen Thomas Ehring, LMU München, Deutschland

Invited Address 6	Action, Dialogue & Discovery: Reflections on Socratic Questioning 25 Years Later Christine A. Padesky, Center for Cognitive Therapy, USA
Invited Address 7	Delusions and Other Strong Beliefs Richard Bentall, University of Sheffield, UK
Invited Address 8	Partnerschaft und Gesundheit: Psychobiologische Vermittler und Implikationen für die Therapie Beate Ditzen, Universitätsklinikum Heidelberg, Deutschland

12.00 -14.30 **Poster Session**

Poster Session 2 **Addictions, Eating Disorders**

13.00 – 14.00 **Technical Demonstrations**

TD1	The SO REAL Project: Cognitive Behavioral Therapy Augmented with Virtual Reality Exposure Therapy for Social Anxiety Disorder Benjamin Arnfred, Mental Health Center, Capital Region of Denmark
TD2	Immersive Technology for Mental Health: Automated Virtual Reality Cognitive Intervention for Treating Fear of Heights June Haselton, Oxford Sciences Innovation, UK
TD3	The Application of Standardised Digital Assessments and Machine Learning for the Recommendation of Optimal Treatment Plans Chris May, Mayden, UK

14.00 - 15.00 **Symposia and Open Papers**

Symposium 39	Identifying and Overcoming Challenges in Therapy for Adolescents with Depression Convenor: Shirley Reynolds, University of Reading, UK
Symposium 40	Prevention and Early Intervention for Eating Disorders and Transdiagnostic Outcomes: Targeting Body Image Concerns and Unhelpful Perfectionism in Young People Convenor: Melissa Atkinson, University of Bath, UK
Symposium 41	Chronic Depression: A Therapeutic Challenge Approached from Different Angles. Convenor: Jan Philipp Klein, University of Lübeck, Germany
Symposium 42	The Digital Therapy Room: mHealth Applications for Psychosis Convenor: Alissa von Malachowski, Universität Hamburg, Germany
Symposium 43	The Science of Resilience: Responding to Cognitive Behavioural Biomarkers of Vulnerability Convenor: Jennifer Wild, University of Oxford, UK
Symposium 44	Personalizing Psychotherapy for Depression and Anxiety Disorders: Prediction of Treatment Outcome and Drop-Out Rates Using Novel Statistical Approaches Convenor: Eva-Lotta Brakemeier, Philipps-University Marburg, Germany
Symposium 45	How to Learn more about CBT-Training and how to Reach Beyond Basic Training? Convenor: Andreas Veith, University Witten/Herdecke, Germany
Symposium 46	Expanding the Reach of Prevention of Depression in Adolescents Convenor: Patrick Pössel, University of Louisville, USA
Symposium 47	Computerized Treatment for Depression and Anxiety in Children and Adolescents Convenor: Sanne Rasing, Utrecht University, the Netherlands
Symposium 48	Older Adults: Schema Theory and Schema Therapy. Convenor: Ian Kneebone, University of Technology Sydney, Australia
Symposium 49	Attention and Learning Mechanisms in Child Anxiety Convenor: Helen Dodd, University of Reading, UK
Symposium 50	Understanding Psychological Mechanisms of Paranoia Convenor: Lyn Ellett, Royal Holloway, University of London, UK
Symposium 51	Von der Diagnostik zu Therapiemöglichkeiten bei nicht-suizidalem selbstverletzendem Verhalten bei Jugendlichen und jungen Erwachsenen im ambulanten und stationären Setting Convenor: Tina In-Albon, Landau University, Austria
Symposium 52	Parenting Interventions at the Transition to Parenthood: Preliminary Findings from Feasibility Studies and Full Trials. Convenor: Anja Wittkowski, The University of Manchester, UK
Symposium 53	Recent Goal Regulation Processes Implicated in Mental Health Convenor: Joanne Dickson, Edith Cowan University, Australia

Symposium 54	International Politics: A Cognitive Therapy Perspective Convenor: Mauro Galluccio, The European Commission - EANAM, Belgium
Symposium 55	Internet and Cognitive Behavioral Therapy: Advances & Applications Convenor: Karen Szupczynski, Federal University of Grande Dourados, Brazil
Symposium 56	The Relationship between Social Media and Indicators of Psychopathology Convenor: Lient Faelens, Ghent University, Belgium
Symposium 57	Efficacy and Prediction Factors of Schema Therapy and the Influence of Comorbidity Convenor: David Koppers, Free University Amsterdam, The Netherlands
Symposium 58	Examining Cultural Influences in the Treatment of Anxiety Disorders Convenor: Honami Arai, Doshisha University, Japan
Symposium 59	Emotion and Cognition in Disordered Eating Convenor: Maja Nedeljkovic, Swinburne University of Technology, Australia
Symposium 60	Developing CBT in China: CCBT, VR-CBT and Neuro CBT Convenor: Chun Wang, Nanjing Medical University, China

Open Papers 8	German Open Papers
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14.00 - 17.00	In-congress Workshops There is an additional fee to attend these workshops and a full description is http://wcbct2019.org/in-congress-workshops
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Workshop 5	Schema Therapy Arnoud Arntz, University of Amsterdam, The Netherlands
Workshop 6	From Skill to Specialism: Increasing Expertise as a CBT Supervisor Sarah Corrie, CNWL NHS Trust and David Lane, Professional Development Foundation
Workshop 7	A Universal Program to Prevent Psychopathology and its Application to the Clinic Daniel Hamiel, Cohen Harris Resilience Center Tel Aviv, Israel
Workshop 8	Treating the Fear of Cancer Recurrence: Conquer Fear Louise Sharpe, The University of Sydney, Australia
Workshop 9	Involving Parents in the Treatment of Young Adults with Anxiety Disorders Anne Marie Albano and Lauren Hoffam, Columbia University, USA
Workshop 10	Integrative CBT for Bipolar Disorder Cory Newman, University of Pennsylvania, USA
Workshop 11	Internet- und mobilbasierte Versorgungskonzepte in der Praxis Sandra Schlicker and Ingrid Titzler, Friedrich-Alexander-Universität Erlangen-Nürnberg. Germany

15.00 -17.30	Poster Session
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Poster Session 3	Depression
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15.30 - 17.00

Symposium 61	Obsessive-compulsive Disorder: Cognitive Processes and Mechanisms of Change During Behavioral and Metacognitive Therapies Convenor: Andrea Ertle, Humboldt-Universität Berlin, Germany
Symposium 62	Racial Issues in the Assessment of Mental Health and Delivery of CBT Convenor: Monnica Williams, University of Connecticut, USA
Symposium 63	New Methods for Developing and Improving Psychological Therapies Convenor: Simon Blackwell, Ruhr-Universität Bochum, Germany
Symposium 64	Using Behavioural Experiments in the Treatment of Mental Disorders Convenor: Tobias Kube, Harvard Medical School, USA
Symposium 65	Why we Need Psychological Theory for Innovation in Clinical Practice: A Tribute to Brewin's Work on Memory for Trauma Convenor: Victor Kovalets, University College London & University of Southampton, UK
Symposium 66	Lessons Learned in Implementing Novel Cognitive-behavioural Interventions across Diverse Clinical Populations Convenor: Guillaume Foldes-Busque, Université Laval, Canada
Symposium 67	Anxiety Sensitivity as a Transdiagnostic Risk Factor Convenor: Ljiljana Mihić, University of Novi Sad, Serbia
Symposium 68	New Developments of Approach Bias Modification (AppBM) in Addiction Convenor: Charlotte Wittekind, LMU Munich, Germany

Symposium 69	Unequal Life Chances within the Same Family: Need for Intervention? Convenor: Martin Diewald, Bielefeld University, Germany
Symposium 70	Body Dysmorphic Disorder – Innovative Methodological Approaches to Refining Classification, Assessment, and Mechanisms of Pathology Convenor: Ines Kollei, University of Bamberg, Germany
Symposium 71	Optimizing Exposure Treatments for Anxiety Disorders and Understanding their Mechanisms of Change Convenor: Jan Richter, University of Greifswald, Germany
Symposium 72	Neue Entwicklungen in der Kognitiven Verhaltenstherapie bei Angststörungen Convenor: Christina Totzeck, Ruhr-Universität Bochum, Germany
Symposium 73	Improving Mental Health Treatment for Older Adults: Age-specific Considerations and New Interventions Convenor: Brooke Schneider, Friedrich Schiller University, Jena, Germany
Panel Discussion 3	Treating Scrupulosity in Different Religious Populations Convenor: Jonathan Huppert, The Hebrew University of Jerusalem, Israel
Panel Discussion 4	Addressing Loneliness in the 21st Century Convenor: Michelle Lim, Swinburne University of Technology, Australia
Roundtable 1	A Comparison of Modern Psychotherapies Regarding a Difficult Situation Convenor: Eva-Lotta Brakemeier, Philipps-University of Marburg, Germany
Skills Class 8	Kognitive Therapie für PTBS: Traumaerinnerungen aktualisieren Anke Ehlers, University of Oxford, UK
Skills Class 9	Regret: A Cognitive Behavior Therapy Approach Robert Leahy, American Institute for Cognitive Therapy, USA
Skills Class 10	Cognitive Behavioural Anger Treatment for Clients with Intellectual and Developmental Disabilities John Taylor, Northumbria University, UK
Skills Class 11	The Initial Phase in ACT: Setting the Grounds for a Valued Change Iftah Yovel
Open Papers 9	Risk and Resilience Factors in Youth
Open Papers 10	Mechanisms in Social Anxiety
Open Papers 11	Mechanisms and Treatment of Eating Disorders

17.00 - 18.00. Invited Addresses

Invited Address 9	Beyond CBT: The Primacy of Emotional Change Merel Kindt, University of Amsterdam, the Netherlands
Invited Address 10	The Early Emergence of Mental Health Inequalities in Children with Intellectual Disabilities: Implications for Intervention and Family Support Richard Hastings, University of Warwick, UK
Invited Address 11	Posttraumatische Belastungsstörungen Effektiv und Effizient Behandeln Anke Ehlers, University of Oxford, UK
Invited Address 12	Couple-based Interventions for Adult Psychopathology: Broadening the CBT Paradigm while Remaining True to its Roots Don Baucom, University of North Carolina, USA
Invited Address 13	CBT for Body Dysmorphic Disorder: An Update on the State of the Art Katharine Phillips, Weill Cornell Medical College, USA
Invited Address 14	Process-based CBT Steven Hayes, University of Nevada, USA
Invited Address 15	Identifying Psychotherapy Processes and Mechanisms Using the Tools of Precision Medicine Rob de Rubeis, University of Pennsylvania, USA

8.30-10.00	Symposia, Skills Classes and Open Papers
Symposium 74	Treating Borderline Personality Disorder: An International Multicentre RCT Comparing Group and Individual Formats of Schema Therapy Convenor: Christopher Lee, University of Western Australia, Australia
Symposium 75	Dissemination of Couple Relationship Distress Prevention and Intervention Programs Convenor: Douglas Snyder, Texas A&M University, USA
Symposium 76	Recent Advances in Predicting and Treating Suicidality Convenor: Birgit Kleim, University of Zürich, Switzerland
Symposium 77	Self-Practice/Self-Reflection at 18: An Experiential Training Strategy Maturing into Adulthood Convenor: Richard Thwaites, Cumbria Partnership NHS Foundation Trust, UK
Symposium 78	I Am What I Fear: A Multimethod Examination of the Role of Feared Possible Selves in OCD Convenor: Shiu Wong, Concordia University, Canada
Symposium 79	Strengthening CBT: Diverse Strategies from Around the World Convenor: Jacqueline Persons, University of California, USA
Symposium 80	Researching Internet Interventions for Mental Disorders Convenor: Jan Philipp Klein, University of Lübeck, Germany
Symposium 81	Translational Research on Hoarding: A Focus on Cognitive and Emotional Vulnerabilities Convenor: Kiara Timpano, University of Miami, USA
Symposium 82	Adapting Evidence-based Transdiagnostic CBT: Recent and Ongoing Innovations Convenor: Nina Reinholdt, University of Copenhagen, Denmark
Symposium 83	Recent Developments in Approach-avoidance Assessment and Training across Disorders Convenor: Naomi Kakoschke, Monash University, Australia
Symposium 84	Hair-pulling Disorder and Skin-picking Disorder: Emotion Regulation & Treatment Enhancement Convenor: Ger Keijsers, Radboud University Nijmegen, the Netherlands
Symposium 85	Tackling Adolescent Depression: Basic Bio-psycho-social Mechanisms and Novel Interventions Convenor: Stella Chan, University of Edinburgh, Scotland
Symposium 86	Understanding and Treating the Anhedonic Symptoms of Depression: A Translational Research Agenda Convenor: Barney Dunn, University of Exeter, UK
Symposium 87	Perceptual Distortions in Body Image Disorders Convenor: Fugen Neziroglu, Bio Behavioral Institute, Great Neck, USA
Symposium 88	Challenges of CBTs Interventions in Different Countries of Latin America Convenor: Carmem Beatriz Neufeld, University of São Paulo, Brazil
Symposium 89	Delivering Internet Cognitive Therapy for Social Anxiety Disorder Convenor: Graham Thew, University of Oxford, UK
Symposium 90	Cognitions and Behaviours in Paediatric Chronic Illness Convenor: Maria Loades, University of Bath, UK
Symposium 91	Digitale Werkzeuge und computergestützte Technologien zur Prävention und Behandlung Psychischer Störungen Convenor: Stefan Lüttke, Ludwig Maximilian University of Munich, Germany
Symposium 92	Child Maltreatment: Prevalence, Consequences and Interventions for Victims and Professionals Convenor: Andreas Witt, University of Ulm, Germany
Symposium 93	New Developments in Transcultural Clinical Psychology and Psychotherapy Convenor: Ulrike von Lersner, HU Berlin, Germany
Skills Class 12	Understanding and Treating a Specific Phobia of Vomiting David Veale, Institute of Psychiatry, Psychology and Neurosciences, KCL, UK
Skills Class 13	Cultural Adaptation of CBT with South Asian Clients with GAD Mallika Sharma, Maharshi Dayanand University, India
Skills Class 14	Individualized Metacognitive Therapy for Psychosis (MCT+): Treating Psychotic Symptoms with a One-on-one Metacognitive Approach Francesca Bohn Vitzthum, Universitätsklinikum Hamburg-Eppendorf, Germany
Skills Class 15	Assessing and Treating Prolonged Grief Disorder Rita Rosner, Catholic University Eichstätt-Ingolstadt, Germany
Skills Class 16	Steigerung des Expositionserfolgs bei der Behandlung von Angststörungen über die Lebensspanne Convenor: Verena Pflug, Ruhr-Universität Bochum, Germany

Open Papers 12	Reducing Barriers to Treatment
Open Papers 13	New Approaches in OCD
Open Papers 14	Trauma and PTSD among Refugees

9.00 -11.30	Poster Session
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Poster Session 4 **Basic Processes, Personality Disorders**

10.15 - 13.45	In-congress Workshops There is an additional fee to attend these workshops and a full description is http://wcbct2019.org/in-congress-workshops
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Workshop 12	An Introduction to Process-Based Acceptance and Commitment Therapy Steve Hayes, University of Nevada, USA
Workshop 13	Exposure Therapy Applied to Eating Disorders: Terrified Patients and Anxious Clinicians Carolyn Becker, Trinity University, USA and Glenn Waller, University of Sheffield, UK
Workshop 14	Facilitating Emotion Regulation in Cognitive Therapy for Persistent Depression Richard Moore, Private Practice, UK
Workshop 15	Cognitively Focused Treatment for OCD in the Context of Comorbid Mood & Anxiety Disorders Maureen Whittal, Vancouver CBT Centre and University of British Columbia, Canada
Workshop 16	Recovery Oriented Cognitive Therapy for Individuals without Insight Aaron Brinen, Drexel University School of Medicine, USA
Workshop 17	Cognitive-behavioral Couple-based Treatment of Depression Don Baucom, University of North Carolina at Chapel Hill, USA and Melanie Fisher, Heidelberg University, Germany
Workshop 18	Mindful Parenting Susan Bögels, University of Amsterdam, the Netherlands
Workshop 19	Cognitive Behaviour Therapy for Decision Making: Helping Clients Avoid Problematic Choices Robert Leahy, American Institute for Cognitive Therapy, USA
Workshop 20	Prozessbasierte kognitive Therapie bei körperdysmorpher Störung Viktoria Ritter and Ulrich Stangier, Goethe University Frankfurt, Germany

10.30 – 12.00	Symposia, Panel Discussions, Skills Classes and Open Papers
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Symposium 94	Repetitive Negative Thinking in Psychopathology: Psycho(physio)logical Causes, Correlates, and Consequences Convenor: Philip Spinhoven, Leiden University, The Netherlands
Symposium 95	Efficacy of Imagery Rescripting as a Transdiagnostic Intervention Convenor: Fortesa Kadriu, KU Leuven, Belgium
Symposium 96	Reaching the Hard to Reach: Innovative Approaches to Enhance Cognitive Behavior Therapy and Its Delivery Convenor: Roz Shafran, University College London, UK
Symposium 97	Rapid Symptom Improvement in Therapy: Why and what Does it Mean? Convenor: Asha Ladwa, University of Exeter, UK
Symposium 98	Assessment and Treatment of Combat-Related PTSD and Comorbid Disorders Convenor: Alan Peterson, University of Texas, San Antonio, USA
Symposium 99	Predictors & Moderators of Response to Psychosocial Treatment for Bipolar Disorder Convenor: Thilo Deckersbach, Harvard Medical School, USA
Symposium 100	Positive Perspektiven in der Psychotherapie Convenor: Ulrike Willutzki, Universität Salzburg, Austria
Symposium 101	The Self in Social Anxiety Disorder: New Directions in Targeted Intervention Convenor: David Moscovitch, University of Waterloo, Canada
Symposium 102	Developmental Outcomes of Children in Prevention Trials: Long-term Effects Convenor: Nina Heinrichs, University of Bremen, Germany
Symposium 103	Augmenting CBT for Appetitive Disorders with Brain-Based Technological Developments Convenor: Reinout Wiers, University of Amsterdam, the Netherlands
Symposium 104	Intergenerational Factors in Parent and Child OCD Convenor: Fiona Challacombe, King's College London, United Kingdom
Panel Discussion 5	Improving Resilience to the Tough Stuff: From Theory to Practice and From the Lab to the Field Convenor: Jennifer Wild, University of Oxford, United Kingdom
Panel Discussion 6	At the Crossroads of CBT and Existential Thinking: International Perspectives

Panel Discussion 7	Convenor: Thomas Heidenreich, University of Applied Sciences Esslingen, Germany
Plenary Address	CBTs in Latin America: Cultural Aspects in Training and Clinical Practice Convenor: Carmem Beatriz Neufeld, University of São Paulo, Brazil
Skills Class 17	Meet the Expert: Mind Over Mood, Strengths-Based CBT and Other Innovations Christine A Padesky, Centre for Cognitive Therapy, USA
Skills Class 18	Die interpersonale Perspektive in der Schematherapie in der Arbeit mit Einzelpatienten, Paaren und in der Supervision Eckhard Roediger, Institut für Schematherapie Frankfurt, Germany
Skills Class 19	Using Online Programmes and Apps to Enhance Clinical Practice for Child and Adolescent Anxiety and Depression Susan Spence, Griffith University, Australia
Open Papers 15	Enhancing Extinction and Exposure Therapy
Open Papers 16	Treatment of Depression
Open Papers 17	New Approaches to Assessing and Predicting Outcomes
Open Papers 18	Mechanisms of Psychotic Symptoms and Experiences

12.00 - 13.00. Invited Addresses

Invited Address 16	Cognitive Behavioural Therapy for Irritable Bowel Syndrome Rona Moss-Morris, King's College, United Kingdom
Invited Address 17	Transcultural Aspects of Cognitive and Behavioural Therapy: A Moroccan Example Nadia Kadri, Institut Marocain de Thérapie Cognitive et Comportementale, Morocco
Invited Address 18	Personal Practice: Why Therapists Should Walk the Talk James Bennett-Levy, University of Sydney, Australia
Invited Address 19	Verhaltenstherapie mit Kindern und Jugendlichen im Jahr 2019: Inspiration und Innovation Silvia Schneider, Universität Bochum, Germany
Invited Address 20	Addictions: Cognition and Behaviour Within a Social Context Alex Copello, Birmingham University, UK
Invited Address 21	Schema Therapy: Latest Research Findings and Clinical Applications Arnoud Arntz, University of Amsterdam, The Netherlands
Invited Address 22	Neuroscience Driven Approaches to CBT Therapy for Anxiety and Depression Michelle Craske, University of California, USA

12.00 -14.30 Poster Session

Poster Session 5	German Language, Intellectual & Developmental Disabilities, Therapeutic Processes, Training & Supervision
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13.00 – 14.00 Technical Demonstrations

TD4	MindLAB Set: Integrating Applied Neuroscience and Biofeedback into Cognitive and Behavioural Therapies Tullio Scrimali, ALETEIA International, European School of Cognitive Therapy, Italy
TD5	The Resonator ©, a Personalized Internet-based System Designed to Support and Augment Psychotherapy Arnon Rolnick, Tel Aviv, Israel.

14.00 - 15.00 Symposia, Roundtables and Panel Discussions

Symposium 105	Using Imagery when Working with Psychosis Convenor: Christopher Taylor, The University of Manchester, UK
Symposium 106	Mechanisms and New Formats for Teaching Mindfulness. Convenor: Arnold van Emmerik, University of Amsterdam, the Netherlands
Symposium 107	Transnational/Transcultural Adaptations of Adolescent Depression Prevention Programs Convenor: Patrick Pössel, University of Louisville, USA
Symposium 108	Mechanisms of Change in Cognitive-Behavioral Treatment for Depression Convenor: Juan Martín Gómez Penedo, University of Bern, Switzerland
Symposium 109	Perfectionism: Where do the Paths at the Crossroads Lead? Convenor: Roz Shafran, UCL Great Ormond Street Institute of Child Health, UK
Symposium 110	New Developments in the Treatment of Patients with Posttraumatic Stress Disorder after Childhood Abuse

	Convenor: Kathlen Priebe, Charité Klinik für Psychiatrie und Psychotherapie, Germany
Symposium 111	Schematherapie bei Depressionen: Anwendung in Psychiatrie und Psychotherapie Convenor: Samy Egli, Psychiatrische Klinik Weissenhof, Germany
Symposium 112	(Self-)Disgust in Eating Disorders Convenor: Paula von Spreckelsen, University of Groningen, the Netherlands
Symposium 113	Why are some Therapists more Effective than Others? Convenor: Jaime Delgadillo, University of Sheffield, United Kingdom
Symposium 114	Implementing Digital Health Interventions (DHI) in Mental Health Services: Pitfalls to Avoid and Practical Tips for Success Convenor: Naomi Fisher, University of Lancaster, UK
Symposium 115	CBT at the Crossroads with Neuroscience: New Perspectives for Precision Psychotherapy? Convenor: Ulrike Lueken, Humboldt-Universität zu Berlin, Germany
Symposium 116	Cognitive Biases and Pain Convenor: Emma Jones, University of Sydney, Australia
Symposium 117	Psychotherapieaus- und Weiterbildung: Wie sollte sie gestaltet werden, und was bedeutet Therapeutische Kompetenz? Convenor: Ulrike Willutzki, Universität Osnabrück, Germany
Symposium 118	Addressing the Mental Health and Wellbeing of Young People in Out-of-Home Care Convenor: Rachel Hiller, Department of Psychology, University of Bath, United Kingdom
Symposium 119	Neuro<>Psychotherapie – Gemeinsam oder lieber jeder für sich?! Convenor: Nina Romanczuk-Seiferth, Charité University Hospital Berlin, Germany
Symposium 120	Misophonia, in the Middle of the Crossroads Convenor: I. J. Jager, Amsterdam University Medical Center, the Netherlands
Symposium 121	Relationship OCD: Vulnerabilities, Treatment, and Related Phenomena Convenor: Gabriele Melli, IPSICO, Florence, Italy
Symposium 122	CBT in Global Mental Health: Adaptation, Evaluation and Dissemination Plan for Implementing the Unified Protocol for Victims of Armed Conflict in Colombia Convenor: Leonidas Castro-Camacho, Universidad de los Andes, Colombia
Symposium 123	Staging in Bipolar Disorders: New Concepts for Psychotherapy Convenor: Thomas Stamm, University of Tübingen, Germany
Symposium 124	Characterizing Embitterment by Examining its Occurrence, Determinants and Consequences Convenor: Ger Keijsers, Radboud University, the Netherlands
Symposium 125	Brief Interventions for Adolescent Mental Health Convenor: Laura Pass, University of Reading, UK
Roundtable 2	Formulation and Treatment Planning for Trauma Focused CBT for CPTSD Convenor: Martina Mueller, Oxford Cognitive Therapy Centre (OCTC), United Kingdom
Roundtable 3	OCD, Hoarding or Schizophrenia: A Complicated Case Convenor: Darya Maryasova, Troitsk Hospital, Russian Academy of Sciences, Russia
Panel Discussion 8	Training Others to Do CBT with Youth: 8 Essential Questions Convenor: Robert Friedberg, Center for the Study and Treatment of Anxious Youth, USA
Panel Discussion 9	Open Science and Reproducibility in CBT Research Where Do We Go from Here? Convenor: Allison Quimet, University of Ottawa, Canada

14.00 - 17.00

In-congress Workshops

There is an additional fee to attend these workshops and a full description is <http://wcbct2019.org/in-congress-workshops>

Workshop 21	A Cognitive-Behavioral Approach to Weight Loss and Maintenance Judith Beck, Beck Institute for Cognitive Behavioural Therapy, USA
Workshop 22	A Practical Guide to Adapting CBT for Muslim Service Users Andrew Beck, University of Manchester, United Kingdom
Workshop 23	Integrating and Optimising Imagery Rescripting in PTSD Sharif El-Leithy, Traumatic Stress Service and Hannah Murray, University of Oxford, UK
Workshop 24	Crisis Response Planning for Preventing Suicidal Behavior David Rozek, University of Utah, USA
Workshop 25	Zwischenmenschliche Baustellen im Therapiezimmer: Die Behandlung interpersoneller Probleme in der Einzel- und Gruppentherapie. Anne Guhn, Charité - Universitätsmedizin Berlin, Germany

15.30 - 17.00 Symposia, Panel Discussions, Skills Classes and Open Papers

- Symposium 126** **Primary Prevention of Depression Program for at-Risk Adolescents**
Convenor: Eiríkur Örn Arnarson, Landspítali University Hospital, Reykjavik, Iceland
- Symposium 127** **How Can We Develop More Effective Therapists? Implications of the Effective Therapists' Literature for Training, Supervision, and Professional Development**
Convenor: James Bennett-Levy, University of Sydney, Australia
- Symposium 128** **Advances in CBT for Refugees with PTSD: From Research to Clinical Work**
Convenor: Tullio Scrimali, ALETEIA Institute for Complex Cognitive Therapy, Italy
- Symposium 129** **Metacognitive Interventions for Psychological Disorders**
Convenor: Steffen Moritz, University Medical Center Hamburg, Germany
- Symposium 130** **Spotlight Focus on Cognitive Therapy for Depression from Lab to Clinic to Applied Settings: The Lifetime Achievements of Professor Steve Hollon**
Convenor: Jennifer Wild, University of Oxford, UK
- Symposium 131** **When the Going Gets Tough: Schematherapie bei Paaren mit Persönlichkeitsstörungen**
Convenor: Eckhard Roediger, Institut für Schematherapie-Frankfurt, Germany
- Symposium 132** **Physical Exercise as an Add-on Strategy for CBT in Anxiety and Depressive Disorders**
Convenor: Stephan Heinzel, Freie Universität Berlin, Germany
- Symposium 133** **Testing Adult Cognitive Models in Socially Anxious Youth**
Convenor: Lynn Mobach, Macquarie University, Australia
- Symposium 134** **At the Crossroad of the Past and the Future: Sense of Self and Psychopathology**
Convenor: Rafaele Huntjens, University of Groningen, the Netherlands
- Symposium 135** **Interpersonal Functioning and Hoarding Disorder**
Convenor: Melissa Norberg, Macquarie University, Australia
- Symposium 136** **CBT for Improving Primary Mental Health Care**
Convenor: Birgit Watzke, Universität Zürich, Switzerland
- Symposium 137** **Sex and Gender Differences in Body Image and its Disorders**
Convenor: Andrea Hartmann, Osnabrück University, Germany
- Symposium 138** **Risk Factors and Mechanisms for Psychopathology in the Offspring of Parents with Affective Disorders**
Convenor: Johanna Loechner, University of Southampton, UK
- Symposium 139** **Metacognitive Interpersonal Therapy for Personality Disorders**
Convenor: Giancarlo Dimaggio, Centro di Terapia Metacognitiva Intepersonale, Italy
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- Panel Discussion 10** **What Is Insight? Can it Be Used as a Multidimensional Construct Across Disorders?**
Convenor: Asala Halaj, The Hebrew University of Jerusalem, Israel
- Panel Discussion 11** **Is Buying-Shopping Disorder a Real Disorder?**
Convenor: Michael Kyrios, Flinders University, Australia
- Panel Discussion 12** **Cognitive-Behavioural Supervision around the World: Core Competencies and Cross-Cultural Considerations**
Convenor: Sarah Corrie, Middlesex University, UK
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- Skills Class 20** **Culturally-Informed Clinical Research: Assessment, Recruitment, Interventions & Ethics**
Monnica Williams, University of Connecticut, USA
- Skills Class 21** **Durchführung der „Liste prägender Bezugspersonen mit Übertragungshypothesen“ für Patienten mit Misshandlungserfahrungen während des Kindesalters**
Eva-Lotta Brakemeier, Philipps-University of Marburg, Germany
- Skills Class 22** **The Obstacle is the Path – Flexibility and Form in CBT Supervision**
Rita Woo, CNWL NHS Foundation Trust and Royal Holloway University, UK
- Skills Class 23** **Brief CBT for Eating Disorders (CBT-T): How to Adapt Our Skills to Get Good Outcomes in Half the Time**
Glenn Waller, University of Sheffield, UK
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- Open Papers 19** **Advances in Mechanisms and Treatment of PTSD**
Open Papers 20 **Pregnancy, Family and Relationships**
Open Papers 21 **Information Processing Biases and Psychopathology**
Open Papers 22 **Gaming, Smartphone, and Internet-based Addictions**

15.00 -17.30 Poster Session

- Poster Session 6** **Children & Adolescents, Relationship & Family Issues**

17.00 - 18.00.

Invited Addresses

- Invited Address 23** **Emotion Regulation in Adolescents and Adults with Autism and Neurodevelopmental Disorders: Mindfulness and Other Modifications to Enhance CBT Effectiveness**
Carla Mazefsky, University of Pittsburgh, USA
- Invited Address 24** **Achtsamkeit, Mitgefühl & Co: Psychopathologie und Training des sozialen Gehirns**
Philipp Kanske, Technische Universität Dresden, Deutschland
- Invited Address 25** **Bipolar Disorder in Youth: An Early Intervention Approach**
David Micklowitz, University of California, USA
- Invited Address 26** **Adapting CBT to Help Millions in Low and Middle Income Countries**
Richard Bryant, University of New South Wales, Australia
- Invited Address 27** **Cognitive-Behavioral Approaches to Social Anxiety: Our Growing Edges**
Debra A. Hope, University of Nebraska-Lincoln, USA
- Invited Address 28** **Evolution, Attachment and Compassion Focused Therapy**
Paul Gilbert, University of Derby, UK
- Invited Address 29** **Developing Transdiagnostic CBT Treatments for Better Practice**
Allison Harvey, University of California, USA

Saturday 20th July

8.30-10.00

Symposia, Panel Discussion, Skills Classes and Open Papers

- Symposium 140** **Studying Processes of Change in Transdiagnostic Treatments**
Convenor: Johanna Boettcher, Freie Universität Berlin, Germany
- Symposium 141** **Implementing Dialectical Behaviour Therapy in Routine Clinical Practice: Outcomes and Sustainability**
Convenor: Michaela Swales, Bangor University, United Kingdom
- Symposium 142** **Cross-cultural Issues in Applying CBT in Asian Countries I**
Convenor: Younghee Choi, Metta Institute and Inje University, South Korea
- Symposium 143** **New Directions in the Alliance Literature - Perspectives in Cognitive Behavioral Therapy**
Convenor: Christoph Flückiger, University of Zürich, Switzerland
- Symposium 144** **CBT and Childhood Anxiety: Innovative Directions**
Convenor: Bonny van Steensel, University of Amsterdam, the Netherlands
- Symposium 145** **Implementing and Evaluating Strength-Based Processes and Change Mechanisms in Research and Practice of Positive Cognitive Behavioral Therapy**
Convenor: Nils F. Töpfer, Friedrich-Schiller-University Jena, Germany
- Symposium 146** **Depression in Couples: New Developments in Research and Treatment**
Convenor: Melanie Fischer, Heidelberg University Hospital, Germany
- Symposium 147** **Latest Advances in Technology-Based CBT Research**
Hilary Weingarden, Massachusetts General Hospital/Harvard Medical School, USA
- Symposium 148** **Cognitive Control and Anxiety Vulnerability**
Convenor: Julian Basanovic, University of Western Australia, Australia
- Symposium 149** **Potions for Emotions and Food for Mood: The Interplay between Emotion, Cognition and Problematic Consumption Behaviours.**
Convenor: Henry Austin, University of W Australia/ University of Amsterdam, the Netherlands
- Symposium 150** **Enhancing Effectiveness of Cognitive Behavioral Treatment for Children and Adolescents with Externalizing Behavior Problems: New Developments**
Convenor: Juliette Liber, Utrecht University, the Netherlands
- Symposium 151** **Time to Make a Change: A Plea for Experimental Research on Key Processes in Anorexia Nervosa**
Convenor: Klaske Glashouwer, University of Groningen, the Netherlands
- Symposium 152** **Beyond Mood Management: Emotion Regulation within Bipolar Disorder**
Convenor: Kim Wright, University of Leiden, Netherlands
- Symposium 153** **Cognitive-behavioral Aspects in the Treatment of Obesity: Innovative Approaches to Current Research**
Convenor: Stefanie Schroeder, University of Bamberg, German
- Symposium 154** **Recent Developments in Dementia Family Caregiving Research: Understanding and Targeting Emotional and Physical Health Risk Factors**

	Convenor: Isabel Cabrera, Autonomy University of Madrid, Spain
Symposium 155	CBASP bei chronischer Depression: Bei wem wirkt es auf welche Weise und wie lange? Convenor: Elisabeth Schramm, Central Institute of Mental Health, Germany
Symposium 156	Uncovering Effective Components of Psychosocial Training Programs for Youth Using a Micro-trial Approach Convenor: Brechtje de Mooij, University of Amsterdam, The Netherlands
Panel Discussion 13	(In)Appropriate Approaches to CBT for OCD Convenor: Adam Radomsky, Concordia University, Canada
Skills Class 24	Achtsamkeit in der Einzeltherapie Johannes Michalak, Witten/Herdecke University, Germany
Skills Class 25	How to Get Up and Running with CBT Training and Supervision: The CTP Model Sanjay Rao, Purdue University, USA
Skills Class 26	Introduction to the Coping Long Term with Active Suicide Program (CLASP) Ivan Miller, Brown University, USA
Skills Class 27	Schema Therapy for Adolescents and Young Adults after Experiencing Peer Victimization Eva Dresbach, Private Praxis/ Arbeitsgruppe SELBST Universitätsklinik Köln, Germany
Open Papers 23	Bullying and Conduct Problems
Open Papers 24	(Meta)Cognitive Mechanisms and Treatment
Open Papers 25	Neural and Biological Mechanisms
Open Papers 26	Assessment and Treatment of Cognitive Processes in Anxiety
Open Papers 27	Understanding and Treating Anxiety in Children

9.00 -11.30 **Poster Session**

Poster Session 7 **New Developments, Trauma**

10.15 - 13.45 **In-congress Workshops**

There is an additional fee to attend these workshops and a full description is <http://wcbct2019.org/in-congress-workshops>

Workshop 26	Compassion-Focused and Vulnerability training for Gender and Sexual Minority Clients Matthew Skinta, Independent Practice, USA
Workshop 27	The Willpower Workshop: Seven Steps to Sustaining Therapeutic Change Frank Ryan, Imperial College, UK
Workshop 28	Brief Behavioural Activation (Brief BA) for Adolescent Depression Laura Pass and Shirley Reynolds, University of Reading, UK
Workshop 29	Comprehensive Behavioral Intervention for Tics Douglas Woods, Marquette University and Matthew Capriotti, San Jose University, USA
Workshop 30	Schema Therapy for Chronic Depression Alexandra Schosser, Medical University Vienna, Austria
Workshop 31	Inference-based Therapy for OCD Kieron O'Connor, University of Montreal, Canada and Henry Visser, Marina de Wolf Centre, the Netherlands
Workshop 32	iMAgery Focused Therapy for Psychosis (iMAPS) Christopher Taylor, Pennine Care NHS Foundation Trust & The University of Manchester, UK
Workshop 33	From Critical Self to Compassionate Self: A Self-Practice/Self-Reflection Workshop for Therapists James Bennett-Levy, University of Sydney, Australia
Workshop 34	Lebensrückblickinterventionen mit Älteren Barbara Rabaioli-Fischer, Psychotherapeutische Praxis, München, Germany

10.30 – 12.00 **Symposia, Panel Discussion, Plenary Address, Skills Classes and Open Papers**

Symposium 157	What Works under which Circumstances: Personalizing Treatments from a Differential Prediction and Network Perspective Convenor: Wolfgang Lutz, University of Trier, Germany
Symposium 158	Pharmacological Enhancement of Psychological Treatments Convenor: Marcel van den Hout, Utrecht University, the Netherlands
Symposium 159	No Pain, No Gain? Are Negative Effects an Inevitable Part of Psychotherapy? Convenor: Jan Philipp Klein, University of Lübeck, Germany
Symposium 160	Cross-cultural Issues in Applying CBT in Asian Countries II

& Plenary Address	Convenor: Younghee Choi, Metta Institute and Inje University, South Korea
Symposium 161	When the Experts are Stretched: What Can be Learned from Challenging OCD Presentations Convenor: Maureen Whittal, Vancouver CBT Centre/University of British Columbia, Canada
Symposium 162	Exposure-based Treatments for Youth Psychopathology: Enhancing Outcomes and Broadening Reach Through Basic and Applied Clinical Research Convenor: Allison Waters, Griffith University, Australia
Symposium 163	New Ways to Improve and Understand the Effectiveness of Contemporary CBT and Interpersonal Psychotherapy for Depression: Results from Two Large-scale Randomized Trials Convenor: Lotte Lemmens, Maastricht University, the Netherlands
Symposium 164	Parenting and Translational Approaches to Child Conduct Problems: A Focus on Emotion Convenor: David Hawes, University of Sydney, Australia
Symposium 165	Recent Developments in the Study of the Vulnerability to and Prevention of Depression Convenor: Ragnar Ólafsson, University of Iceland, Iceland
Symposium 166	The Effects of Neurostimulation on the Extinction of Fear Convenor: Andreas Burger, KU Leuven, Belgium
Symposium 167	In Search for Self-Care: Non-Suicidal Self-Injury in Eating Disorders and Obesity Convenor: Laurence Claes, University of Leuven, Belgium
Symposium 168	Memory Therapeutics: Disruptions in Autobiographical Memory Associated with Emotional Disorders and their Improvement through Intervention Convenor: Tom Barry, The University of Hong Kong & King's College London, Hong Kong
Symposium 169	Transdiagnostic Applications of Mental Imagery-based Interventions Targeting Motivation, Decision Making and Behavior Convenor: Fritz Renner, University of Freiburg, Germany

Panel Discussion 14	Where in the World Are We in the Treatment of Youth Anxiety Disorders? Convenor: Sandra Pimentel, Albert Einstein College of Medicine, New York, USA
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Skills Class 28	Learning How to Feel Good: An Introduction to Augmented Depression Therapy Barney Dunn, University of Exeter, UK
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Skills Class 29	Persönliche Werte klären Jürgen Hoyer, TU Dresden, Germany
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Skills Class 30	Incorporating Cognitive Behavior and DBT for the Treatment of Eating Disorders. Fragiskos Gonidakis, NKUOA, Greece
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Open Papers 28	Positive Emotions and Interventions
Open Papers 29	Transdiagnostic Perspectives

12.00 - 13.00.	Invited Addresses
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Invited Address 30	Improving CBT Interventions for Young People with Anxiety Disorders Jennie Hudson, Macquarie University, Australia
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Invited Address 31	Moderne KVT Stefan Hofmann, Boston University, USA
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Invited Address 32	Personalizing Cognitive and Behavioural Treatments for Depression: The Crossroads of Basic and Applied Research Kate Harkness, Queen's University, Canada
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Invited Address 33	Realising the Mass Public Benefit of Evidence-Based Psychological Therapies David M Clark, University of Oxford, UK
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Invited Address 34	Pros and Cons of Transdiagnostic Thinking: Examples from the Eating Disorder Field Kelly Bemis Vitousek, University of Hawaii, USA
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12.00 -14.30	Poster Session
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Poster Session 8	Behavioural Medicine, Cross-Cultural Issues, Old Age & Neurobehavioural Disorders
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13.00 – 14.00	Technical Demonstrations
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TD6	Virtual Reality for Pathological Gambling: Summary of Empirical Data on the Safety of In Virtuo Software Suite and Relevance for CBT Stéphane Bouchard, Université du Québec en Outaouais, Cliniques & Dev In Virtuo, Canada
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TD7	Virtual Reality Treatment of Aviophobia (Fear of Flying) Adam Weissmann, Teacher's College, Columbia University & The Child & Family Institute, USA
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TD8	ConVRself: Using Self-conversation in Virtual RModify Dysfunctional thinking Tania Johnston, Event Lab, Spain
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TD9 **DCBT: Demagnifying the Challenges of Diversity and Cultural Gap of Disseminating Evidence-based Practice through Hybridization of CBT and Design Thinking (DT)**
Sirirat Ularntinon, Queen Sirikit National Institute of Child Health, Thailand

14.00 – 15.30 **Symposia, Panel Discussion, Skills Classes and Open Papers**

Symposium 170	Depression-linked Disturbances in Emotional Memory: New Directions in Assessment and Modulation Convenor: Julie Ji, University of Western Australia, Australia
Symposium 171	Something Old, something New, something Borrowed, something Blue: Clinical Trials on Novel Interventions Targeting Positive Mental Health in Treatment against Depression Convenor: Nicole Geschwind, Maastricht University, the Netherlands
Symposium 172	Those Left Behind: Developing a Cognitive Understanding and Novel Interventions for Grief Convenor: Hannah Murray, University of Oxford, UK
Symposium 173	Treatment of Intrusions and Intrusive-like Phenomena. Convenor: Kees Korrelboom, Tilburg University, the Netherlands
Symposium 174	Psychological Therapies on Acute Mental Health Wards: Overcoming Challenges to Delivery Convenor: Katherine Berry, University of Manchester, UK
Symposium 175	Recent Advances in CBT for Underserved Populations in Asia Convenor: Sooyeon Suh, The Catholic University of Korea, Korea
Symposium 176	Possible Relationship between Sexual Orientation, Adverse Childhood Experiences and Post-Traumatic Stress Condition Convenor: Antonella Montano, A.T. Beck Institute of Rome for CBT and Research, Italy
Symposium 177	New Developments in Parenting Interventions for Parents of Adolescents Convenor: Alan Ralph, University of Queensland, Australia
Symposium 178	Developments in CBT for Children and Adolescents Convenor: Bente Storm Mowatt Haugland, University of Bergen, Norway
Symposium 179	Advances in the Etiology and Treatment of Tourette Disorder Convenor: Jordan Stiede, Marquette University, Milwaukee, USA
Symposium 180	Multiple Loss and Persistent Complex Bereavement Disorder Convenor: Jos de Keijser, University of Groningen, the Netherlands
Symposium 181	Assessment and Modification of Cognitive Processes in Trauma Convenor: Marcella Woud, Ruhr-Universität Bochum, Germany
Symposium 182	Neurobiological and Personality Underpinnings of Buying-Shopping Disorder Convenor: Astrid Müller, Hannover Medical School, Hannover, Germany
Symposium 183	Cognitive Bias Training in Anxiety: Translating Experimental Research to Clinical Applications in Youth Convenor: Elske Salemink, Utrecht University, the Netherlands
Symposium 184	Aktuelle KVT: Konzeptuelle und praktische Integration fehlender Elemente Convenor: Franz Caspar, University of Bern, Switzerland
Panel Discussion 15	Sustaining “Authentic” CBT in Community Settings: Getting more Practitioners to Join the Party! Convenor: Robert Friedberg, Palo Alto University, USA
Skills Class 31	Treatment-Induced Rituals: How to Undo Treatment when CBT Becomes Ritualized in OCD Lata McGinn, Yeshiva University, USA
Skills Class 32	Family-based Healthy Weight Coaching Linda Craighead, Emory University, USA
Skills Class 33	Bindungsorientierte verhaltenstherapeutische Elternberatung Michael Borg-Laufs, Hochschule Niederrhein, Fachbereich Sozialwesen, Germany
Open Papers 30	Training and Supervision
Open Papers 31	Emotion Regulation and Psychopathology

14.00 - 17.00 **In-congress Workshops**
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Workshop 35	Culturally Adapting CBT for Diverse Populations: An Evidence-Based Approach Wei-Chin Hwang, Claremont McKenna College and Independent Practice, USA
Workshop 36	Emotion Regulation Skill Development: A Transdiagnostic Approach for Young Adults with Co-Occurring Substance Use and Mental Health Disorders Kate Hall, Deakin University, Australia
Workshop 37	Repairing Attachment-related Ruptures as a Tool to Treat Depressed and Suicidal Children and Adolescents Guy Bosmans, KU Leuven, Belgium

Workshop 38	Conceptualising and Treating High-Risk and Complexity: What Does Dialectical Behaviour Therapy Have to Offer? Michaela Swales, Bangor University, United Kingdom
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15.00 -17.30	Poster Session
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Poster Session 9	Obsessive states, Psychosis & Bipolar Disorder
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16.00 - 17.00.	Invited Addresses
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Invited Address 35	Mental Imagery and Mental Health: CBT and Reflecting on Psychological Treatment Research Emily Holmes, Uppsala University, Sweden
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Invited Address 36	How Well Do We Really Understand Compulsions? Implications for Theory and Treatment of Obsessive-Compulsive Disorder Christine Purdon, University of Waterloo, Canada
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Invited Address 37	YOU are not Supposed to Feel that Way: Making Room for Difficult Emotions Robert Leahy, American Institute for Cognitive Therapy, USA
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Invited Address 38	The Therapeutic Relationship in Cognitive Behaviour Therapy Judith Beck, Beck Institute for Cognitive Behavioural Therapy, USA
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Invited Address 39	The State of the Art of Cognitive and Behavioural Therapy for Sexual Problems: New Developments from Basic Science and Clinical Implications Pedro Nobre, University of Porto, Portugal
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17.00 – 17.45.	Closing Ceremony
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Closing Ceremony