

# Thursday 18th July (AM)

## At A Glance




















|                                 | 8.30 – 10.00   | 10.30 – 12.00   | 12.00 – 13.00   |
|---------------------------------|--|---|---|
| <b>LEVEL 1 LECTURE THEATRES</b> |  |   |   |
| Hall A1                         | <b>Symposium 1</b><br>Mindfulness for Psychosis  | <b>Symposium 21</b><br>Repetitive Thoughts and Actions  | <b>Invited Address 1</b><br>Paula Schurr, USA   |
| Hall A2                         | <b>Symposium 2</b><br>Predicting Treatment Response for Mental Disorders                       | <b>Symposium 22</b><br>Innovative CBT Approaches in Somatic Conditions  | <b>Invited Address 2</b><br>Omer van den Bergh, Belgium   |
| Hall A3                         | <b>Symposium 3</b><br>New Developments in ACT  | <b>Symposium 23</b><br>Personalizing Psychological Treatments   | <b>Invited Address 3</b><br>Carolyn Webster-Stratton, USA   |
| Hall A4                         | <b>Symposium 4</b><br>The Treatment of Youngsters with Obesity and Binge Eating                | <b>Symposium 24</b><br>Transdiagnostic Group CBT for Anxiety Disorders  | <b>Invited Address 4</b><br>Andres Losada, Spain  |
| Hall A5                         | <b>Symposium 5</b><br>Transdiagnostic Approaches Mental Health Problems in Refugees            | <b>Symposium 25</b><br>Mechanisms Underlying Adolescent Anxiety   | <b>Invited Address 5</b><br>Thomas Ehring, Germany  |
| Hall A7                         | <b>Symposium 6</b><br>Relapse Prevention in Depression   | <b>Symposium 26</b><br>New Directions in Wellbeing Therapy  | <b>Invited Address 7</b><br>Richard Bentall, UK   |
| Hall A8                         | <b>Panel Discussion 1</b><br>What Works for Whom, and Under Which Relational Contexts?         | <b>Panel Discussion 2</b><br>Bin ich VerhaltenstherapeutIn?   | <b>Invited Address 6</b><br>Christine A. Padesky, USA   |
| <b>LEVEL 3</b>                  |  |   |   |
| Room M1                         | <b>Symposium 7</b><br>The Administration and Dissemination of CBT for OCD                      | <b>Symposium 27</b><br>Recurrence and Chronicity of Depression and Anxiety Disorders  | <b>Invited Address 8</b><br>Beate Ditzgen, Germany  |
| Room M2                         | <b>Symposium 8</b><br>Rapid Treatment of Depression, Mania and Insomnia                        | <b>Symposium 28</b><br>Parent Management Training for Youth with Oppositional Defiant Disorder  | 13.00 – 14.00   |
| Room M3                         | <b>Symposium 9</b><br>Transmechanistic CBT for Substance Use                                   | <b>Symposium 29</b><br>CBT for Children and Adults with Intellectual Disabilities   |   |
| Room M4                         | <b>Symposium 10</b><br>Attention Bias Modification in Pediatric Anxiety                        | <b>Symposium 30</b><br>Understanding and Treating Eating and Weight Disorders   | 13.00 – 14.00   |
| Room M5                         | <b>Symposium 11</b><br>Does Attentional Bias Modification Matter?                              | <b>Symposium 31</b><br>Understanding Body Dysmorphic Disorder   |   |
| Room M6                         | <b>Symposium 12</b><br>Emotional Regulation in Childhood Anxiety Disorder                      | <b>Symposium 32</b><br>Perfectionism as a Transdiagnostic Process   | <b>Sponsored Academic Presentation</b><br>Internet-delivered Interventions for Depression and Anxiety Disorders - Sponsored by Silvercloud Health |
| Room M7                         | <b>Symposium 13</b><br>Inferential Confusion as a Transdiagnostic Process                      | <b>Skills Class 2</b><br>Using Couple-Focused CBT for Long Term Conditions  | <b>Technical Demonstration 3</b><br>Digital Assessments and Machine Learning for Optimal Treatment Plans  |
| Room M8                         | <b>Symposium 14</b><br>New Developments in Schema Therapy 1                                    | <b>Symposium 33</b><br>New Developments in Schema Therapy 2   |   |
| <b>LEVEL 3</b>                  |  |   |   |
| Room R2                         | <b>Symposium 15</b><br>Cognitive Control and Emotion Regulation in Psychopathology             | <b>Symposium 34</b><br>The Role of Flexibility in Identifying and Treating Psychopathology  |   |
| Room R3                         | <b>Symposium 16</b><br>The Treatment of Specific Phobia in Children                            | <b>In-Congress Workshop 4</b> (10.15 - 13.45)<br>Advances in CBT for Perfectionism<br>Roz Shafran, UK, Tracey Wade, & Sarah Egan, Australia |   |
| Room R4                         | <b>Skills Class 1</b><br>Anhaltspunkte für Kindeswohlgefährdung in der Psychotherapie          | <b>Skills Class 3</b><br>BDD bei Essstörungen und BDD Störung   |   |
| Room R5                         | <b>Symposium 17</b><br>Internet-basierte Interventionen über die Wirksamkeit hinaus erforschen | <b>Symposium 36</b><br>Development of Core Beliefs in Indian Culture  |   |

## At A Glance

|                | 8.30 – 10.00  | 10.30 – 12.00   | 12.00 – 13.00 |
|----------------|---|---|---------------|
| <b>LEVEL 3</b> |   |   |               |
| Room R6        | <b>Open Papers 1</b><br>Addictions  | <b>Symposium 37</b><br>Vom Labor in den Therapieraum  |               |
| Room R7        | <b>Open Papers 2</b><br>Older Adults and Dementia                             | <b>Skills Class 4</b><br>Working Online with Older People   |               |
| Room R8        | <b>Open Papers 3</b><br>Mental Imagery  | <b>Skills Class 5</b><br>Resistant and Non-Compliant Children and Young People  |               |
| Room R9        | <b>Open Papers 4</b><br>Cultural Adaptations                                  | <b>In-Congress Workshop 1 (10.15 - 13.45)</b><br>Self-Reflection and Self-Experience in Combined CBT and Schematherapy Training<br>Marie Ociskova & Jan Prasko, Czech Republic                    |               |
| Room R10       | <b>Open Papers 5</b><br>Behavioral Medicine                                   | <b>In-Congress Workshop 2 (10.15 - 13.45)</b><br>Schema Therapy for Children and Adolescents<br>Christof Loose, Germany   |               |
| Room R11       | <b>Symposium 18</b><br>Contributions of CBT to Sexual Health                  | <b>In-Congress Workshop 3 (10.15 - 13.45)</b><br>Cognitive Behavioral Analysis System of Psychotherapy for the Treatment of Chronic Depression<br>Jan Philipp Klein, Germany & Favorite Todd, USA |               |
| Room R12       | <b>Symposium 19</b><br>Posttraumatic Symptoms in Psychosis                    | <b>Symposium 35</b><br>Psychological Treatment of Addictive Behaviours  |               |
| Room R13       | <b>Open Papers 6</b><br>New Treatment Approaches for Children and Adolescents | <b>Skills Class 6</b><br>Helping Patients with Paranoid Psychosis to Drop their Safety Behaviours   |               |
| Room S1        | <b>Symposium 20</b><br>Virtual Reality in CBT                                 | <b>Skills Class 7</b><br>Design, Implement and Publish a Single Case Experimental Design  |               |
| Room S2        |   | <b>Symposium 38</b><br>CBT for Insomnia   |               |
| Room S3        |   | <b>Open Papers 7</b><br>New Developments in Online Interventions  |               |

|                | 9.00 – 11.30                       | 12.00 – 14.30                               |
|----------------|------------------------------------|---|
| <b>LEVEL 2</b> |                                    |   |
| Hall B         | <b>Poster Session 1</b><br>Anxiety | <b>Poster Session 2</b><br>Addictions       |
|                |                                    | <b>Poster Session 2</b><br>Eating Disorders |

### LEGEND

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|---|---|---|--|
|  Addictions                                    |  Obsessive States                  |  Eating Disorders                          |  Trauma                 |
|  Anxiety                                       |  Old Age/Neurobehavioral Disorders |  Intellectual & Developmental Disabilities |  Therapeutic Processes  |
|  Basic Processes/ Experimental Psychopathology |  Children & Adolescents            |  New Developments                          |  Training & Supervision |
|  Behavioural Medicine                          |  Cross-Cultural Issues             |  Personality Disorders                     |  German Language        |
|  Psychosis & Bipolar Disorders                 |  Depression                        |  Family, Relationship & Sexual Issues      |  |

# Thursday 18th July (PM)

## At A Glance

|                                 | 14.00 – 15.00  | 15.30 – 17.00  | 17.00 – 18.00  |
|---------------------------------|--|--|--|
| <b>LEVEL 1 LECTURE THEATRES</b> |  |  |  |
| Hall A1                         | <b>Symposium 39</b><br>Challenges in Therapy for Adolescents with Depression                         | <b>Symposium 61</b><br>OCD: Cognitive Processes and Mechanisms of Change                                 | <b>Invited Address 9</b><br>Merel Kindt, the Netherlands |
| Hall A2                         | <b>Symposium 40</b><br>Prevention and Early Intervention for Eating Disorders                        | <b>Symposium 62</b><br>Racial Issues in the Assessment of Mental Health and Delivery of CBT              | <b>Invited Address 10</b><br>Richard Hastings, UK        |
| Hall A3                         | <b>Symposium 41</b><br>Chronic Depression: A Therapeutic Challenge Approached                        | <b>Panel Discussion 3</b><br>Treating Scrupulosity in Different Religious Populations                    | <b>Invited Address 11</b><br>Anke Ehlers, UK             |
| Hall A4                         | <b>Symposium 42</b><br>Digital Therapy Applications for Psychosis                                    | <b>Symposium 63</b><br>Developing and Improving Psychological Therapies                                  | <b>Invited Address 12</b><br>Don Baucom, USA             |
| Hall A5                         | <b>Symposium 43</b><br>Responding to Cognitive Behavioural Biomarkers of Vulnerability               | <b>Round Table 1</b><br>What Works for Whom  | <b>Invited Address 13</b><br>Katharine Phillips, USA     |
| Hall A7                         | <b>Symposium 45</b><br>CBT Training and How to Reach Beyond Basic Training                           | <b>Symposium 65</b><br>A Tribute to Brewin's Work on Memory for Trauma                                   | <b>Invited Address 15</b><br>Rob DeRubeis, USA           |
| Hall A8                         | <b>Symposium 44</b><br>Personalizing Psychotherapy for Depression and Anxiety Disorders              | <b>Symposium 64</b><br>Using Behavioural Experiments in the Treatment of Mental Disorders                | <b>Invited Address 14</b><br>Steve Hayes, USA            |
| <b>LEVEL 3</b>                  |  |  |  |
| Room M1                         | <b>Symposium 46</b><br>Expanding the Reach of Prevention of Depression in Adolescent                 | <b>Symposium 66</b><br>Implementing Novel Cognitive-behavioural Interventions Across Diverse Populations |  |
| Room M2                         | <b>In-Congress Workshop 5</b><br>Schema Therapy<br>Arnoud Arntz, The Netherlands                     |  |  |
| Room M3                         | <b>Symposium 47</b><br>Computerized Treatment for Depression and Anxiety in Children and Adolescents | <b>Symposium 67</b><br>Anxiety Sensitivity as a Transdiagnostic Risk Factor                              |  |
| Room M4                         | <b>Symposium 48</b><br>Older Adults: Schema Theory and Schema Therapy                                | <b>Symposium 68</b><br>New Developments of Approach Bias Modification in Addiction                       |  |
| Room M5                         | <b>Symposium 49</b><br>Attention and Learning Mechanisms in Child Anxiety                            | <b>Panel Discussion 4</b><br>Addressing Loneliness in the 21st Century                                   |  |
| Room M6                         | <b>Symposium 50</b><br>Understanding Psychological Mechanisms of Paranoia                            | <b>Symposium 69</b><br>Unequal Life Chances within the Same Family                                       |  |
| Room M7                         | <b>Symposium 51</b><br>Selbstverletzendem Verhalten bei Jugendlichen und jungen Erwachsenen          | <b>Symposium 70</b><br>Body Dysmorphic Disorder – innovative Methodological Approaches                   |  |
| Room M8                         | <b>Symposium 52</b><br>Parenting Interventions at the Transition to Parenthood                       | <b>Symposium 71</b><br>Optimizing Exposure Treatments for Anxiety Disorders                              |  |
| <b>LEVEL 3</b>                  |  |  |  |
| Room R2                         | <b>Symposium 53</b><br>Recent Goal Regulation Processes implicated in Mental Health                  | <b>Skills Class 8</b><br>Kognitive Therapie für PTBS   |  |
| Room R3                         | <b>Symposium 54</b><br>International Politics: A Cognitive Therapy Perspective                       | <b>Skills Class 9</b><br>Regret: A CBT Approach  |  |
| Room R4                         | <b>Symposium 55</b><br>Internet and Cognitive Behavioral Therapy                                     | <b>Symposium 72</b><br>Neue Entwicklungen in der Kognitiven Verhaltenstherapie                           |  |
| Room R5                         | <b>Symposium 56</b><br>Relationship between Social Media and Psychopathology                         | <b>Open Papers 9</b><br>Risk and Resilience Factors in Youth   |  |

# At A Glance

|                | 14.00 – 15.00   | 15.30 – 17.00  |
|----------------|---|--|
| <b>LEVEL 3</b> |   |  |
| Room R6        | <b>Open Papers 8</b><br>German Language Open Papers   | <b>Skills Class 10</b><br>Anger Treatment for Clients with Intellectual and Developmental Disabilities |
| Room R7        | <b>Symposium 57</b><br>Efficacy and Prediction Factors of Schema Therapy  | <b>Skills Class 11</b><br>The Initial Phase in ACT   |
| Room R8        | <b>In-Congress Workshop 6</b><br>Increasing Expertise as a CBT Supervisor<br>Sarah Corrie & David Lane, UK  |  |
| Room R9        | <b>In-Congress Workshop 7</b><br>A Resilience Universal Program to Prevent Psychopathology<br>Daniel Hamiel, Israel                                   |  |
| Room R10       | <b>In-Congress Workshop 8</b><br>Treating the Fear of Cancer Recurrence<br>Louise Sharpe, Australia   |  |
| Room R11       | <b>In-Congress Workshop 9</b><br>Involving Parents in the Treatment of Young Adults with Anxiety Disorders<br>Anne Marie Albano & Lauren Hoffman, USA |  |
| Room R12       | <b>Symposium 58</b><br>Cultural Influences in the Treatment of Anxiety Disorders  | <b>Symposium 73</b><br>Improving Mental Health Treatment for Older Adults                              |
| Room R13       | <b>In-Congress Workshop 10</b><br>Integrative CBT for Bipolar Disorder<br>Cory Newman, USA  |  |
| Room S1        | <b>In-Congress Workshop 11</b><br>Internet- und mobilbasierte Versorgungskonzepte in der Praxis<br>Sandra Schlicker & Ingrid Titzler, Deutschland     |  |
| Room S2        | <b>Symposium 59</b><br>Emotion and Cognition in Disordered Eating   | <b>Open Papers 10</b><br>Mechanisms in Social Anxiety  |
| Room S3        | <b>Symposium 60</b><br>Developing CBT in China  | <b>Open Papers 11</b><br>Mechanisms and Treatment of Eating Disorders                                  |

|                | 15.00 – 17.30                         |
|----------------|---------------------------------------|
| <b>LEVEL 2</b> |                                       |
| Hall B         | <b>Poster Session 3</b><br>Depression |

LEGEND

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|---|-----------------------------------|---|------------------------|
| Addictions                                    | Obsessive States                  | Eating Disorders                          | Trauma                 |
| Anxiety                                       | Old Age/Neurobehavioral Disorders | Intellectual & Developmental Disabilities | Therapeutic Processes  |
| Basic Processes/ Experimental Psychopathology | Children & Adolescents            | New Developments                          | Training & Supervision |
| Behavioural Medicine                          | Cross-Cultural Issues             | Personality Disorders                     | German Language        |
| Psychosis & Bipolar Disorders                 | Depression                        | Family, Relationship & Sexual Issues      |                        |

## At A Glance

|                                 | 8.30 – 10.00  | 10.30 – 12.00  | 12.00 – 13.00  |
|---------------------------------|---|--|--|
| <b>LEVEL 1 LECTURE THEATRES</b> |   |  |  |
| Hall A1                         | <b>Symposium 74</b><br>Treating Borderline Personality Disorder                                 | <b>Panel Discussion 5</b><br>Improving Resilience in the Tough stuff   | <b>Invited Address 16</b><br>Rona Moss- Morris, UK   |
| Hall A2                         | <b>Symposium 75</b><br>Couple Relationship Distress Prevention and Intervention Programs        | <b>Symposium 94</b><br>Repetitive Negative Thinking in Psychopathology   | <b>Invited Address 17</b><br>Nadia Kadri, Morocco  |
| Hall A3                         | <b>Symposium 76</b><br>Recent Advances in Predicting and Treating Suicidality                   | <b>Symposium 95</b><br>Efficacy of Imagery Rescripting as a Transdiagnostic Intervention                                     | <b>Invited Address 18</b><br>James Bennett-Levy, Australia   |
| Hall A4                         | <b>Symposium 77</b><br>Self-Practice/Self-Reflection at 18                                      | <b>Skills Class 17 (Meet the Expert)</b><br>Christine Padesky, Center for Cognitive Ther                                     | <b>Invited Address 19</b><br>Silvia Schneider, Germany   |
| Hall A5                         | <b>Symposium 78</b><br>The Role of Feared Possible Selves in OCD                                | <b>Symposium 96</b><br>Innovative Approaches to Enhance Cognitive Behavior Therapy and Its Delivery                          | <b>Invited Address 20</b><br>Alex Copello, UK  |
| Hall A7                         | <b>Symposium 80</b><br>Researching Internet Interventions for Mental Disorders                  | <b>Symposium 98</b><br>Assessment and Treatment of Combat-Related PTSD and Comorbid Disorders                                | <b>Invited Address 22</b><br>Michelle Craske, USA  |
| Hall A8                         | <b>Symposium 79</b><br>Strengthening CBT  | <b>Symposium 97</b><br>Rapid Symptom Improvement in Therapy  | <b>Invited Address 21</b><br>Arnoud Arntz, the Netherlands   |
| <b>LEVEL 3</b>                  |   |  |  |
| Room M1                         | <b>Symposium 81</b><br>Translational Research on Hoarding                                       | <b>In-Congress Workshop 12</b><br>An Introduction to Process-Based Acceptance and Commitment Therapy<br>Steven C. Hayes, USA |  |
| Room M2                         | <b>Symposium 82</b><br>Transdiagnostic CBT Across Mental Health Settings                        | <b>In-Congress Workshop 19 (10.15 - 13.45)</b><br>Cognitive Behavior Therapy for Decision Making<br>Robert L. Leahy, USA     |  |
| Room M3                         | <b>Symposium 83</b><br>Recent Developments in Approach-avoidance Assessment and Training        | <b>Symposium 100</b><br>Positive Perspektiven in der Psychotherapie  | <b>Technical Demonstration 4</b><br>MindLAB Set: Integrating Applied Neuroscience and Biofeedback into CBT             |
| Room M4                         | <b>Symposium 84</b><br>Hair-Pulling Disorder and Skin-Picking Disorder                          | <b>Panel Discussion 6</b><br>At the Crossroads of CBT and Existential Thinking   | 13.00 – 14.00  |
| Room M5                         | <b>Symposium 85</b><br>Tackling Adolescent Depression   | <b>Symposium 101</b><br>The Self in Social Anxiety Disorder  | <b>Technical Demonstration 5</b><br>A Personalized Internet-based System Designed to Support and Augment Psychotherapy |
| Room M6                         | <b>Symposium 86</b><br>Understanding and Treating the Anhedonic Symptoms of Depression          | <b>Skills Class 18</b><br>Schematherapie in der Arbeit mit Einzelpatienten, Paaren und der Supervision                       | 13.00 – 14.00  |
| Room M7                         | <b>Symposium 87</b><br>Perceptual Distortions in Body Image Disorders                           | <b>Symposium 102</b><br>Developmental Outcomes of Children in Prevention Trials  |  |
| Room M8                         | <b>Symposium 88</b><br>Challenges of CBTs Interventions in Different Countries of Latin America | <b>Panel Discussion 7 &amp; Invited Plenary Address</b><br>CBTs In Latin America   |  |
| <b>LEVEL 3</b>                  |   |  |  |
| Room R2                         | <b>Symposium 89</b><br>Internet Cognitive Therapy for Social Anxiety Disorder                   | <b>Open Papers 15</b><br>Enhancing Extinction and Exposure Therapy   |  |
| Room R3                         | <b>Symposium 90</b><br>Cognitions and Behaviours in Paediatric Chronic Illness                  | <b>Skills Class 19</b><br>Online Programmes and Apps for Child and Adolescent Anxiety and Depression                         |  |
| Room R4                         | <b>Symposium 91</b><br>Digitale Therapiewerkzeuge und Computer-basierte Technologien            | <b>Symposium 103</b><br>CBT for Appetitive Disorders with Brain-Based Technological Developments                             |  |
| Room R5                         | <b>Skills Class 12</b><br>Treating a Specific Phobia of Vomiting                                | <b>Open Papers 16</b><br>Treatment of Depression   |  |

# Friday 19th July (AM)

## At A Glance

|                | 8.30 – 10.00  | 10.30 – 12.00  | 12.00 – 13.00 |
|----------------|---|--|---------------|
| <b>LEVEL 3</b> |   |  |               |
| Room R6        | <b>Skills Class 13</b><br>Cultural Adaptation of CBT with South Asian clients with GAD            | <b>Symposium 104</b><br>Intergenerational Factors in Parent and Child OCD  |               |
| Room R7        |   | <b>In-Congress Workshop 13</b> (10.15 - 13.45)<br>Exposure Therapy Applied to Eating Disorders<br>Carolyn Becker, USA & Glenn Waller, UK                                 |               |
| Room R8        | <b>Skills Class 14</b><br>Individualized Metacognitive Therapy for Psychosis                      | <b>In-Congress Workshop 14</b> (10.15 - 13.45)<br>Facilitating Emotion Regulation in Cognitive Therapy for Persistent Depression<br>Richard Moore, UK                    |               |
| Room R9        | <b>Skills Class 15</b><br>Assessing and Treating Prolonged Grief                                  | <b>In-Congress Workshop 15</b> (10.15 - 13.45)<br>Cognitively Focused Treatment for OCD in the Context of Comorbid Mood and Anxiety Disorders<br>Maureen Whittal, Canada |               |
| Room R10       | <b>Open Papers 12</b><br>Reducing Barriers to Treatment   | <b>In-Congress Workshop 16</b> (10.15 - 13.45)<br>Recovery Oriented Cognitive Therapy for Individuals without Insight<br>Aaron Brinen, USA                               |               |
| Room R11       | <b>Open Papers 13</b><br>New Approaches in OCD  | <b>In-Congress Workshop 17</b> (10.15 - 13.45)<br>Cognitive-Behavioral Couple-Based Treatment of Depression<br>Donald Baucom, USA & Melanie Fischer, Germany             |               |
| Room R12       | <b>Symposium 92</b><br>Child Maltreatment   | <b>In-Congress Workshop 18</b> (10.15 - 13.45)<br>Mindful Parenting in Mental Health Care<br>Susan Bögels, the Netherlands   |               |
| Room R13       | <b>Symposium 93</b><br>New Developments in Transcultural Clinical Psychology and Psychotherapy    | <b>Symposium 99</b><br>Psychosocial Treatment for Bipolar Disorder   |               |
| Room S1        | <b>Skills Class 16</b><br>Steigerung des Expositionserfolgs bei der Behandlung von Angststörungen | <b>In-Congress Workshop 20</b> (10.15 - 13.45)<br>Prozessbasierte kognitive Therapie bei körperdysmorpher Störung<br>Viktoria Ritter & Ulrich Stangier, Deutschland      |               |
| Room S2        | <b>Open Papers 14</b><br>Trauma and PTSD Among Refugees   | <b>Open Papers 17</b><br>New Approaches to Assessing and Predicting Outcomes   |               |
| Room S3        |   | <b>Open Papers 18</b><br>Mechanisms of Psychotic Symptoms and Experiences  |               |

|                | 9.00 – 11.30  | 12.00 – 14.30  |
|----------------|---|--|
| <b>LEVEL 2</b> |   |  |
| Hall B         | <b>Poster Session 4</b><br>Basic Processes/Experimental Psychopathology | <b>Poster Session 5</b><br>German Language                           |
|                | <b>Poster Session 4</b><br>Personality Disorders                        | <b>Poster Session 5</b><br>Intellectual & Developmental Disabilities |
|                |   | <b>Poster Session 5</b><br>Therapeutic Processes                     |
|                |   | <b>Poster Session 5</b><br>Training & Supervision                    |

## At A Glance

|                                 | 14.00 – 15.00  | 15.30 – 17.00   | 17.00 – 18.00  |
|---------------------------------|--|---|--|
| <b>LEVEL 1 LECTURE THEATRES</b> |  |   |  |
| Hall A1                         | <b>Symposium 105</b><br>Using Imagery when Working with Psychosis  | <b>Panel Discussion 10</b><br>What is Insight   | <b>Invited Address 23</b><br>Carla Mazefsky, USA         |
| Hall A2                         | <b>Round Table 2</b><br>Formulation and Treatment Planning for Trauma  | <b>Symposium 126</b><br>Primary Prevention of Depression Program for At-risk Adolescents                    | <b>Invited Address 24</b><br>Philipp Kanske, Deutschland |
| Hall A3                         | <b>Symposium 106</b><br>Mechanisms and New Formats for Teaching Mindfulness.   | <b>Symposium 127</b><br>How Can We Develop More Effective Therapists  | <b>Invited Address 25</b><br>David Micklowitz, USA       |
| Hall A4                         | <b>Symposium 107</b><br>Adaptations of Adolescent Depression Prevention Programs   | <b>Symposium 128</b><br>Advances in CBT for Refugees with PTSD  | <b>Invited Address 26</b><br>Richard Bryant, Australia   |
| Hall A5                         | <b>Symposium 108</b><br>Mechanisms of Change in Cognitive-behavioral Treatment for Depression  | <b>Symposium 129</b><br>Metacognitive Interventions for Psychological Disorders                             | <b>Invited Address 27</b><br>Debra A. Hope, USA          |
| Hall A7                         | <b>Symposium 110</b><br>Treatment of Patients with PTSD After Childhood Abuse  | <b>Symposium 131</b><br>Schematherapie bei Paaren mit Persönlichkeitsstörungen                              | <b>Invited Address 29</b><br>Allison Harvey, USA         |
| Hall A8                         | <b>Symposium 109</b><br>Perfectionism: Where do the Paths at the Crossroads Lead?  | <b>Symposium 130</b><br>Cognitive Therapy for Depression from Lab to Clinic to Applied Settings             | <b>Invited Address 28</b><br>Paul Gilbert, UK            |
| <b>LEVEL 3</b>                  |  |   |  |
| Room M1                         | <b>In-Congress Workshop 21</b><br>A Cognitive-Behavioral Approach to Weight Loss and Maintenance<br>Judith S. Beck, Beck Institute for Cognitive Behavior Therapy, USA |   |  |
| Room M2                         | <b>Symposium 111</b><br>Schematherapie bei Depressionen  | <b>Symposium 132</b><br>Physical Exercise as an Add-on Strategy for CBT in Anxiety and Depressive Disorders |  |
| Room M3                         | <b>Symposium 112</b><br>(Self-)Disgust in Eating Disorders   | <b>Symposium 133</b><br>Testing Adult Cognitive Models in Socially Anxious Youth                            |  |
| Room M4                         | <b>Symposium 113</b><br>Why Are Some Therapists More Effective than Others?  | <b>Symposium 134</b><br>Sense of Self and Psychopathology   |  |
| Room M5                         | <b>Panel Discussion 8</b><br>Training Others to Do CBT with Youth  | <b>Symposium 135</b><br>Interpersonal Functioning and Hoarding Disorder                                     |  |
| Room M6                         | <b>Panel Discussion 9</b><br>Open Science and Reproducibility  | <b>Panel Discussion 11</b><br>Is Buying-Shopping Disorder a Real Disorder                                   |  |
| Room M7                         | <b>Symposium 114</b><br>Implementing Digital Health Interventions in Mental Health Services  | <b>Skills Class 20</b><br>Culturally-Informed Clinical Research   |  |
| Room M8                         | <b>Symposium 115</b><br>CBT at the Crossroads with Neuroscience  | <b>Symposium 136</b><br>CBT for Improving Primary Mental Health Care  |  |
| <b>LEVEL 3</b>                  |  |   |  |
| Room R2                         | <b>Symposium 116</b><br>Cognitive Biases and Pain  | <b>Panel Discussion 12</b><br>Cognitive-Behavioural Supervision around the World                            |  |
| Room R3                         | <b>Round Table 3</b><br>OCD, Hoarding or Schizophrenia   | <b>Open Papers 19</b><br>Advances in Mechanisms and Treatment of PTSD                                       |  |
| Room R4                         | <b>Symposium 117</b><br>Psychotherapieaus- und Weiterbildung   | <b>Skills Class 21</b><br>Patienten mit Misshandlungserfahrungen während der Kindesalter                    |  |
| Room R5                         | <b>Symposium 118</b><br>Mental Health and Wellbeing of Young People in Out-of-Home Care  | <b>Skills Class 22</b><br>Flexibility and Form in CBT Supervision   |  |




















# Friday 19th July (PM)

## At A Glance

|                | 14.00 – 15.00  | 15.30 – 17.00  |
|----------------|--|--|
| <b>LEVEL 3</b> |  |  |
| Room R6        | <b>Symposium 119</b><br>Neuro->Psychotherapie  | <b>Symposium 137</b><br>Sex and Gender Differences in Body Image and its Disorders           |
| Room R7        | <b>Symposium 120</b><br>Misophonia, in the Middle of the Crossroads  | <b>Open Papers 20</b><br>Pregnancy, Family and Relationships                                 |
| Room R8        | <b>Symposium 121</b><br>Relationship Obsessive-Compulsive Disorder   | <b>Open Papers 21</b><br>Information Processing Biases and Psychopathology                   |
| Room R9        | <b>In-Congress Workshop 22</b><br>Adapting Cognitive and Behavioural Therapies for Muslim Service Users<br>Andrew Beck, UK       |  |
| Room R10       | <b>Symposium 122</b><br>Implementing the Unified Protocol for Victims of Armed Conflict in Colombia                              | <b>Symposium 138</b><br>Psychopathology in the Offspring of Parents with Affective Disorders |
| Room R11       | <b>In-Congress Workshop 24</b><br>Crisis Response Planning for Preventing Suicidal Behavior<br>David Rozek, USA                  |  |
| Room R12       | <b>In-Congress Workshop 23</b><br>Integrating and Optimising Imagery Rescripting in PTSD<br>Sharif El-Leithy & Hannah Murray, UK |  |
| Room R13       | <b>Symposium 123</b><br>Staging in Bipolar Disorders   | <b>Skills Class 23</b><br>Brief CBT for Eating Disorders                                     |
| Room S1        | <b>In-Congress Workshop 25</b><br>Zwischenmenschliche Baustellen im Therapiezimmer<br>Anne Guhn, Deutschland                     |  |
| Room S2        | <b>Symposium 124</b><br>Characterizing Embitterment  | <b>Symposium 139</b><br>Metacognitive Interpersonal Therapy for Personality Disorders        |
| Room S3        | <b>Symposium 125</b><br>Brief Interventions for Adolescent Mental Health   | <b>Open Papers 22</b><br>Gaming, Smartphone, and Internet-based Addictions                   |

|                | 15.00 – 17.30   |
|----------------|---|
| <b>LEVEL 2</b> |   |
| Hall B         | <b>Poster Session 6</b><br>Children and Adolescents               |
|                | <b>Poster Session 6</b><br>Family, Relationship and Sexual Issues |

### LEGEND

|   |   |   |  |
|---|---|---|--|
|  Addictions                                    |  Obsessive States                  |  Eating Disorders                          |  Trauma                 |
|  Anxiety                                       |  Old Age/Neurobehavioral Disorders |  Intellectual & Developmental Disabilities |  Therapeutic Processes  |
|  Basic Processes/ Experimental Psychopathology |  Children & Adolescents            |  New Developments                          |  Training & Supervision |
|  Behavioural Medicine                          |  Cross-Cultural Issues             |  Personality Disorders                     |  German Language        |
|  Psychosis & Bipolar Disorders                 |  Depression                        |  Family, Relationship & Sexual Issues      |  |



# Saturday 20th July (AM)

## At A Glance




















|                                 | 8.30 – 10.00   | 10.30 – 12.00   | 12.00 – 13.00   |
|---------------------------------|--|---|---|
| <b>LEVEL 1 LECTURE THEATRES</b> |  |   |   |
| Hall A1                         | <b>Symposium 140</b><br>Studying Processes of Change in Transdiagnostic Treatments                   | <b>Symposium 161</b><br>What Can be Learned from Challenging OCD Presentations  | <b>Invited Address 34</b><br>Kelly Bemis Vitousek, USA  |
| Hall A2                         | <b>Symposium 141</b><br>Implementing Dialectical Behaviour Therapy in Routine Clinical Practice      | <b>Symposium 158</b><br>Pharmacological Enhancement of Psychological Treatments   | <b>Invited Address 31</b><br>Stefan G. Hofmann, USA   |
| Hall A3                         | <b>Panel Discussion 13</b><br>(In)Appropriate Approaches to CBT for OCD                              | <b>Symposium 159</b><br>Are Negative Effects an Inevitable Part of Psychotherapy?   | <b>Invited Address 32</b><br>Kate Harkness, Canada  |
| Hall A4                         | <b>Symposium 143</b><br>New Directions in the Alliance Literature                                    | <b>Symposium 157</b><br>Personalizing Treatments from a Differential Prediction and Network Perspective   | <b>Invited Address 30</b><br>Jennie Hudson, Australia   |
| Hall A8                         | <b>Symposium 142</b><br>Cross-cultural Issues in Applying CBT in Asian Countries 1                   | <b>Symposium 160</b><br>Cross-cultural Issues in Applying CBT in Asian Countries 2  | <b>Invited Address 33</b><br>David M. Clark, UK   |
| <b>LEVEL 3</b>                  |  |   |   |
| Room M1                         | <b>Symposium 144</b><br>CBT and Childhood Anxiety  | <b>Symposium 162</b><br>Exposure-based Treatments for Youth Psychopathology   |   |
| Room M2                         | <b>Symposium 146</b><br>Depression in Couples  | <b>Symposium 163</b><br>The Effectiveness of Contemporary CBT and IPT for Depression  | 13.00 – 14.00   |
| Room M3                         | <b>Symposium 149</b><br>Interplay between Emotion, Cognition and Problematic Consumption Behaviours. | <b>Symposium 164</b><br>Parenting and Translational Approaches to Child Conduct Problems  | <b>Technical Demonstration 6</b><br>Virtual Reality for Pathological Gambling                                   |
| Room M4                         | <b>Symposium 147</b><br>Latest Advances in Technology-Based CBT Research                             | <b>Symposium 165</b><br>The Study of the Vulnerability to and Prevention of Depression  | <b>Technical Demonstration 7</b><br>Virtual Reality Treatment of Aviophobia (Fear of Flying)                    |
| Room M5                         | <b>Symposium 150</b><br>CBT for Children and Adolescents with Externalizing Behavior Problems        | <b>Symposium 166</b><br>The Effects of Neurostimulation on the Extinction of Fear   | <b>Technical Demonstration 8</b><br>Using Self-conversation in Virtual Reality to Modify Dysfunctional thinking |
| Room M6                         | <b>Symposium 148</b><br>Cognitive Control and Anxiety Vulnerability                                  | <b>Panel Discussion 14</b><br>Where in the World Are We in the Treatment of Youth Anxiety Disorders?  | 13.00 – 14.00   |
| Room M7                         | <b>Symposium 151</b><br>Experimental Research on Key Processes in Anorexia Nervosa                   | <b>Symposium 167</b><br>Non-Suicidal Self-Injury in Eating Disorders and Obesity  | <b>Technical Demonstration 9</b><br>Hybridization of CBT and Design Thinking (DT)                               |
| Room M8                         | <b>Symposium 145</b><br>Positive Cognitive Behavioral Therapy  | <b>Symposium 168</b><br>Memory Therapeutics   |   |
| <b>LEVEL 3</b>                  |  |   |   |
| Room R2                         | <b>Skills Class 24</b><br>Achtsamkeit in der Einzeltherapie  | <b>Symposium 169</b><br>Mental Imagery-based Interventions  |   |
| Room R3                         | <b>Symposium 152</b><br>Emotion Regulation within Bipolar Disorder                                   | <b>Skills Class 28</b><br>An Introduction to Augmented Depression Therapy   |   |
| Room R4                         | <b>Open Papers 23</b><br>Bullying and Conduct Problems   | <b>Open Papers 28</b><br>Positive Emotions and Interventions  |   |
| Room R5                         | <b>Open Papers 24</b><br>(Meta)Cognitive Mechanisms and Treatment                                    | <b>In-Congress Workshop 26</b> (10.15 - 13.45)<br>Compassion-Focused and Vulnerability training for Gender and Sexual Minority Clients<br>Matthew Skinta, USA |   |
| Room R6                         | <b>Open Papers 25</b><br>Neural and Biological Mechanisms  | <b>In-Congress Workshop 27</b> (10.15 - 13.45)<br>The Willpower Workshop: Seven Steps to Sustaining Therapeutic Change<br>Frank Ryan, UK                      |   |
| Room R7                         | <b>Open Papers 26</b><br>Assessment and Treatment of Cognitive Processes in Anxiety                  | <b>In-Congress Workshop 28</b> (10.15 - 13.45)<br>Brief Behavioural Activation (Brief BA) for Adolescent Depression<br>Laura Pass & Shirley Reynolds, UK      |   |

## At A Glance

|                | 8.30 – 10.00   | 10.30 – 12.00  | 12.00 – 13.00 |
|----------------|--|--|---------------|
| <b>LEVEL 3</b> |  |  |               |
| Room R8        | <b>Open Papers 27</b><br>Understanding and Treating Anxiety in Children                                | <b>In-Congress Workshop 29</b> (10.15 - 13.45)<br>Comprehensive Behavioral Intervention for Tics<br>Douglas Woods & Matthew Capriotti, USA   |               |
| Room R9        | <b>Skills Class 25</b><br>How to Get Up and Running with CBT Training and Supervision                  | <b>In-Congress Workshop 30</b> (10.15 - 13.45)<br>Schema Therapy for Chronic Depression<br>Alexandra Schosser, Austria                       |               |
| Room R10       | <b>Skills Class 26</b><br>Coping Long Term with Active Suicide Program                                 | <b>In-Congress Workshop 31</b> (10.15 - 13.45)<br>Inference-based Therapy for OCD<br>Kieron O'Connor, Canada & Henny Visser, the Netherlands |               |
| Room R11       | <b>Skills Class 27</b><br>Schema Therapy for Adolescents/ Young Adults Experiencing Peer Victimization | <b>In-Congress Workshop 32</b> (10.15 - 13.45)<br>T iMAgery focused therapy for Psychosis (iMAPS)<br>Christopher Taylor, UK                  |               |
| Room R12       | <b>Symposium 153</b><br>Cognitive-behavioral Aspects in the Treatment of Obesity                       | <b>Skills Class 29</b><br>Persönliche Werte klären   |               |
| Room R13       | <b>Symposium 154</b><br>Recent Developments in Dementia Family Caregiving Research                     | <b>In-Congress Workshop 33</b> (10.15 - 13.45)<br>From Critical Self to Compassionate Self<br>James Bennett-Levy, Australia                  |               |
| Room S1        | <b>Symposium 155</b><br>CBASP bei chronischer Depression   | <b>In-Congress Workshop 34</b> (10.15 - 13.45)<br>Lebensrückblickinterventionen mit Älteren<br>Barbara Rabaioli-Fischer, Deutschland         |               |
| Room S2        | <b>Symposium 156</b><br>Uncovering Effective Components of Psychosocial Training Programs for Youth    | <b>Skills Class 30</b><br>Incorporating CBT and DBT for the Treatment of Eating Disorders  |               |
| Room S3        |  | <b>Open Papers 29</b><br>Transdiagnostic Perspectives  |               |

|                | 9.00 – 11.30                                | 12.00 – 14.30   |
|----------------|---|---|
| <b>LEVEL 2</b> |   |   |
| Hall B         | <b>Poster Session 7</b><br>New Developments | <b>Poster Session 8</b><br>Behavioural Medicine                   |
|                | <b>Poster Session 7</b><br>Trauma           | <b>Poster Session 8</b><br>Cross-Cultural Issues                  |
|                |   | <b>Poster Session 8</b><br>Old Age and Neurobehavioural Disorders |

### LEGEND

|   |   |   |  |
|---|---|---|--|
|  Addictions                                    |  Obsessive States                  |  Eating Disorders                          |  Trauma                 |
|  Anxiety                                       |  Old Age/Neurobehavioral Disorders |  Intellectual & Developmental Disabilities |  Therapeutic Processes  |
|  Basic Processes/ Experimental Psychopathology |  Children & Adolescents            |  New Developments                          |  Training & Supervision |
|  Behavioural Medicine                          |  Cross-Cultural Issues             |  Personality Disorders                     |  German Language        |
|  Psychosis & Bipolar Disorders                 |  Depression                        |  Family, Relationship & Sexual Issues      |  |

# Saturday 20th July (PM)

## At A Glance

14.00 – 15.30

16.00 – 17.00

### LEVEL 1 LECTURE THEATRES

Hall A1

**Symposium 173**  
Treatment of Intrusions and Intrusive-like Phenomena

**Invited Address 39**  
Pedro Nobre, Portugal

Hall A2

**Symposium 170**  
Depression-linked Disturbances in Emotional Memory

**Invited Address 36**  
Christine Purdon, Canada

Hall A3

**Symposium 171**  
Interventions Targeting Positive Mental Health in Treatment against Depression

**Invited Address 37**  
Robert Leahy, USA

Hall A4

**Panel Discussion 15**  
Sustaining "Authentic" CBT in Community Settings

**Invited Address 35**  
Emily Holmes, Sweden

Hall A8

**Symposium 172**  
Developing a Cognitive Understanding and Novel Interventions for Grief

**Invited Address 38**  
Judith Beck, USA

### LEVEL 3

Room M1

**Symposium 174**  
Psychological Therapies on Acute Mental Health Wards

Room M2

**Symposium 175**  
Recent Advances in CBT for Underserved Populations in Asia

Room M3

**Symposium 176**  
Sexual Orientation, Adverse Childhood Experiences (ACE) and PTSD

Room M4

**Symposium 177**  
Developments in Parenting Interventions for Parents of Adolescents

Room M5

**Symposium 178**  
Developments in CBT for Children and Adolescents

Room M6

**Symposium 179**  
Advances in the Etiology and Treatment of Tourette Disorder

Room M7

**Symposium 180**  
Multiple Loss and Persistent Complex Bereavement Disorder

Room M8

**Symposium 181**  
Assessment and Modification of Cognitive Processes in Trauma

### LEVEL 3

Room R2

**Symposium 182**  
Neurobiological and Personality of Buying-Shopping Disorder

Room R3

**Symposium 183**  
Cognitive Bias Training in Anxiety

Room R4

**Skills Class 31**  
How to Undo Treatment when CBT Becomes Ritualized in OCD

Room R5

**Open Papers 29**  
Training and Supervision

# At A Glance

|                | 14.00 – 15.00  | 15.30 – 17.00 |
|----------------|--|---------------|
| <b>LEVEL 3</b> |  |               |
| Room R6        | <b>Open Papers 31</b><br>Emotion Regulation and Psychopathology  |               |
| Room R7        | <b>Skills Class 32</b><br>Family-based Healthy Weight Coaching   |               |
| Room R8        | <b>Skills Class 33</b><br>Bindungsorientierte verhaltenstherapeutische Elternberatung  |               |
| Room R9        | <b>In-Congress Workshop 35</b><br>Culturally Adapting CBT for Diverse Populations<br>Wei-Chin Hwang, USA   |               |
| Room R10       | <b>In-Congress Workshop 36</b><br>Emotion Regulation Skill Development<br>Kate Hall, Australia   |               |
| Room R11       | <b>In-Congress Workshop 37</b><br>Repairing Attachment-related Ruptures as a Tool to Treat Depressed and Suicidal Children and Adolescents<br>Guy Bosmans, Belgium |               |
| Room R12       | <b>Symposium 184</b><br>Aktuelle KVT   |               |
| Room R13       | <b>In-Congress Workshop 38</b><br>Conceptualising and Treating High-Risk and Complexity<br>Michaela Swales, UK   |               |

|                | 15.00 – 17.30  |
|----------------|--|
| <b>LEVEL 2</b> |  |
| Hall B         | <b>Poster Session 9</b><br>Obsessive States                |
|                | <b>Poster Session 9</b><br>Psychosis and Bipolar Disorders |

17.15 – 17.45

## CLOSING CEREMONY

Level 1 – Room A8