



## OUTLINE PROGRAMME

The titles of the individual presentations will be available on the conference website ([www.babcp2023.org](http://www.babcp2023.org)) by the end of May. Please note that some details of the programme and timing may change, so please check the final programme once this is available.

Sessions marked \* will also be available to delegates attending the conference online.

### Tuesday 11th July

13:30 – 14.15

#### \*Plenary session

**Lynwen Coombs**, CBT for Wales  
**Jo Daniels**, Co-chair BABCP Scientific Committee  
**Saiqa Naz**, President BABCP  
**Tim Rhys-Evans**, Royal Welsh College of Music and Drama  
**Judy Hutchings and Peter Woods**, Bangor University  
**Louise Waddington**, Cardiff University

14.15 – 14.45 Coffee

14.45 - 16.15

#### \*Symposium 1: Autism and Increasing Access to Psychological Therapies (IAPT)

Convenor: **Ailsa Russell**, University of Bath  
Speakers: **Celine El Baou**, University College London  
**Migle Jasiuleviciute**, Homerton Hospitals NHS Trust  
**Megan Payne**, University of Bath  
**Ailsa Russell**, University of Bath

#### \*Symposium 2: Climate and Ecological Distress, Emotions and Action

Convenor: **Mark Freeston**, Newcastle University  
Speakers: **Harriet Fleetwood**, Newcastle University  
**Liz Marks**, University of Bath  
**Ines Zeballaros Labarthe**, University of Bath  
**Steve Killick**, George Ewart Evans Centre for Storytelling, University of South Wales  
Discussant: **Liz Marks**, University of Bath

### **\*Symposium 3: The Mental Health Intervention for Children with Epilepsy Programme**

Convenor: **Sophie Bennett**, Institute of Psychiatry, King's College London  
Speakers: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health  
**Alice Sibelli**, Kings College London  
**Sophie Bennett**, Institute of Psychiatry, King's College London  
**Isabella Nizza**, Birkbeck, University of London  
Discussant: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health

### **Roundtable 1: Access to CBT in the 5 Nations: What is happening in each nation and what can we learn from each other?**

Convenor: **Louise Waddington**, Cardiff University  
Chair: **Paul Salkovskis**, Oxford Institute of Clinical Psychology Training and Research  
Speakers: **Adrian Whittington**, Health Education England (pre-recorded)  
**Martin Riley**, Health Education Wales  
**Arya Rassi**, Wales  
**Anne Joice**, NHS Executive Scotland  
**Brian Fitzmaurice**, IABCT (Dublin)  
**Colin Hughes**, IABCT (Belfast)  
**Nick Grey**, Sussex Partnership NHS Foundation Trust and University of Sussex  
Discussant: **Helen Macdonald**, BABCP

### **Symposium 4: Learning from Lived Experience: impacts and underlying mechanisms of inclusive models of peer to peer support for mental health**

Convenor: **Fiona Lobban**, Lancaster University  
Speakers: **Fiona Lobban**, Lancaster University  
**Paul Marshall**, Lancaster University  
**Chris Lodge**, Lancaster University  
**Steven Jones**, Lancaster University  
**Heather Robinson**, Lancaster University  
Discussant: **Fiona Lobban**, Lancaster University

### **Symposium 5: State of the art in CBT and third wave therapies for psychosis**

Convenor: **Katherine Newman-Taylor & Lyn Ellett**, University of Southampton  
Speakers: **Katherine Newman-Taylor**, University of Southampton  
**Brandon Gaudio**, Brown University, USA  
**Lyn Ellett**, University of Southampton  
**Amy Hardy**, King's College London  
Discussant: **Katherine Berry**, University of Manchester

### **Symposium 6: School-based mental health support**

Convenor: **Tessa Reardon**, University of Oxford  
Speakers: **Emma Soneson**, University of Oxford  
**Tessa Reardon**, University of Oxford  
**Helen Manley**, University of Oxford  
**Jerica Radez**, University of Oxford

### **Symposium 7: Meeting the mental health needs of people who experienced maltreatment in childhood, including people who grew up in care**

Convenor: **Alice Phillips**, University of Bath  
Speakers: **Guy Skinner**, Tavistock and Portman NHS Foundation Trust  
**Rosie McGuire**, University College London  
**Stephanie Lewis**, King's College London  
**Alice Phillips**, University of Bath  
**Louisa Roberts**, Cardiff University

### **Open Papers 1: IAPT and Primary Care**

Speakers: **Alie Garbutt**, Northumbria University  
**Katherine Young**, Amwell  
**Mia Bennion**, University of Manchester  
**Daniel Duffy**, Amwell  
**Hind Alharbi**, University of Exeter

### **Open Papers 2 : Adult Mental Health**

Speakers: **Carolina Wagner**, Coventry University  
**Ben Wright**, University of London, Honorary Consultant Psychiatrist ELFT  
**Siobhán Harty**, SilverCloud Health  
**Sonya Rafiq**, University of Manchester

### **Skills Class 1: Delivering effective outcomes for Hindu Clients presenting with Depression & Anxiety**

**Mallika Sharma**, Buckinghamshire New University, **Deepak Dhuna**, University of Sheffield

### **Skills Class 2: Therapist schemas: What they are, why they matter and what we can do about them.**

**Jason Roscoe**, University of Cumbria

### **16:30-17:30**

#### **\* Keynote 1: Ron Rapee**, Macquarie University, Australia

Universal, school-based screening to provide early intervention for youth mental health: Experiences from a state-wide study

#### **\*Keynote 2: Jonathan Bisson**, Cardiff University, UK

Developing and Evaluating Psychological Interventions to Prevent and Treat PTSD and Complex PTSD

#### **\*Keynote 3: Kofi Anie**, Imperial College London, UK

Treatment Challenges and Adherence: How to motivate patients using MI and CBT across diverse communities.

### **17.30 – 19.30**

**Opening reception**

## Wednesday 12th July

9.00 – 11.00

### **\*Symposium 8: New approaches to enhancing staff wellbeing for health and social care professionals**

Convenor: **Vicky Sully**, Devon Wellbeing Hub and **Josef Landsberg**, Buckinghamshire IAPT services

Speakers: **Vicky Sully**, Devon Wellbeing Hub  
**Jaime Delgadillo**, University of Sheffield  
**Barney Dunn**, Exeter University  
**Jenny Gravestock**, North Lincolnshire IAPT services  
**Josef Landsberg**, Buckinghamshire IAPT services

Discussant: **Sally Anne Poyser**, Kent and Medway

### **\*Symposium 9: Psychological treatments for suicidality and self-harm**

Convenor: **Fiona Lobban**, Lancaster University

Speakers: **Paul Marshall**, Lancaster University  
**Jasper Palmier-Claus**, Lancaster University  
**Daniel Pratt**, University of Manchester  
**Peter Taylor**, University of Manchester  
**Pooja Saini**, Liverpool John Moores University

### **\*Skills Class 3: Working with Self-States across disorders: a future direction for CBT**

**Fiona Kennedy**, Greenwood Mentors Ltd, **Helen Kennerly**, Oxford University/OCTC

### **Symposium 10: The role of sleep in preventing and improving adolescent mental health difficulties.**

Convenor: **Rebecca Rollinson**, Norfolk and Suffolk NHS Foundation Trust

Speakers: **Faith Orchard**, University of Sussex  
**Maria Loades**, University of Bath  
**Paul Stallard**, University of Bath  
**Rebecca Rollinson**, Norfolk and Suffolk NHS Foundation Trust

### **Panel Discussion 1: Racial Equity in CBT? Are we there yet? The destination for Reflexive Practice & modes of transport for its arrival**

Convenor: **Margo Ononaiye**, University of Southampton

Speakers: **Richard Thwaites**, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust  
**Leila Lawton**, South London & Maudsley NHS Trust  
**Shah Alam**, East London NHS Foundation Trust  
**Rani Griffiths**, Richmond & Berkshire NHS Foundation Trust  
**Daniela Zigova**, Bromley Healthcare

Discussant: **Annette Davis**, South London & Maudsley NHS Trust

### **Symposium 11: Low intensity psychological interventions for eating disorders: where are we and where should we be going?**

Convenor: **Emily Davey**, UCL Great Ormond Street Institute of Child Health

Speakers: **Glenn Waller**, University of Sheffield  
**Rebecca Murphy**, University of Oxford  
**Karina Allen**, South London and Maudsley NHS Foundation Trust  
**Emily Davey**, UCL Great Ormond Street Institute of Child Health

### **Open Papers 3: Parents and Schools**

Speakers: **Briar Inness**, McMaster University  
**Jess Kingston**, Royal Holloway  
**Faith Martin**, Cardiff University  
**June Brown**, King's College London  
**Emily Whitaker**, University of Oxford

### **Symposium 12: New approaches to mental health treatment development: Accelerating the testing of new therapies.**

Convenor: **Chris Taylor**, Pennine Care NHS Foundation Trust & The University of Manchester  
Speakers: **Chris Taylor**, Pennine Care NHS Foundation Trust and The University of Manchester  
**Richard Emsley**, Institute of Psychiatry, Psychology and Neuroscience, KCL  
**Paul Hutton**, Edinburgh Napier University & NHS Lothian  
**Simon Blackwell**, Ruhr-Universität Bochum, Germany  
**Amanda Woodrow**, Edinburgh Napier University & NHS Lothian

### **Symposium 13: Personal recovery and functioning across the lifespan in bipolar: psychological factors and therapy innovations**

Convenor: **Steven Jones**, Lancaster University  
Speakers: **Barbara Mezes**, University of Liverpool  
**Steven Jones**, Lancaster University  
**Nadia Akers**, Manchester University  
**Aaron Warner**, Lancaster University  
**Elizabeth Tyler**, Manchester University

### **Symposium 14: The evidence base and developing guidance for the delivery of psychological interventions in Wales**

Convenor: **Andrea Gray**, Improvement Cymru, Public Health Wales  
Speakers: **Benna Waites**, Aneurin Bevan University Health Board  
**Penny Gripper**, Lived experience  
**Caroline Roberts**, Aneurin Bevan University Health Board  
**Neil Roberts**, Cardiff and Vale University Health Board  
**Liz Andrew**, Aneurin Bevan University Health Board

### **Skills Class 4; DBT (Dialectical Behaviour Therapy) skills training for Neurodivergent individuals (focus on ADHD and autism)**

**Marie Wassberg**, Private Practice, **Stephanie Capon**, NHS Adult secondary mental health services, **Jemma Hill**, Looked after Children's Team/ASD pathway

### **Skills Class 5: Beginning private practice: What you know, what you don't know, and what you think you don't know but you do**

**Linda K Berkeley**, Nightingale Therapy

**11.00 – 11.30 Coffee**

## **11:30 - 12:30**

**\*Keynote 4: Philippe Goldin**, University of California Davis, USA

Brain and behavioural mechanisms of CBT and MBSR for adults with social anxiety

**\*Keynote 5: Richard Thwaites**, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, UK

The Rise of the Practitioners – an equitable future for CBT shaped by evidence, expert guidance and empowering first time authors.

**\*Keynote 6: Judy Hutchings**, Bangor University, UK

Working with parents to prevent and/or reduce violence against children

## **12:30 – 1.30 Lunch**

## **1.30 – 15.30**

**\*Symposium 15: The impact of social inequalities on psychological health and treatment outcomes**

Convenor: **Jaime Delgado**, University of Sheffield

Speakers: **Richard Thwaites**, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

**Thomas Richardson**, University of Southampton

**Nick Firth**, University of Sheffield

**Saiqa Naz**, University of Sheffield

**Afsana Faheem**, University of Bath

Discussant: **Jaime Delgado**, University of Sheffield

**\*Symposium 16: Developing our Understanding of Intolerance of Uncertainty**

Convenor: **Layla Mofrad**, CNTW NHS TRUST

Speakers: **Gioia Bottesi**, University of Padua

**Jessi Komes**, Newcastle University

**Mark Freeston**, Newcastle University

**Sarah Kay**, TEWV NHS Trust

**Layla Mofrad**, CNTW NHS Trust

**\*Skills Class 6: Three Ways to Change Your Mind: A Framework for Cognitive Restructuring**

**Stirling Moorey**, London

**Panel Discussion 2: Embedding EDI principles in PWP training: exploring the challenges and opportunities in student engagement and next steps moving forward**

Convenor: **Elizabeth Ruth**, University of Bradford

Speakers: **Lorraine Fourrie**, University of Bradford

**Palvisha Iqbal**, University of Bradford

**Elizabeth Ruth**, University of Bradford

### **Panel Discussion 3: Where is neurodiversity/neurodivergence in CBT?**

- Convenor: **Natasha Hickmott**, Co-chair BABCP neurodiversity SIG, Insight IAPT (Kent and Medway)
- Chair: **Benjamin Ford**, Staffordshire and Stoke on Trent Wellbeing Service (IAPT)
- Speakers: **Kate Cooper**, University of Bath  
**Sarah Watts**, Staffordshire and Stoke on Trent Wellbeing Service (IAPT) and Staffordshire University  
**Emma Crouch**, University of Surrey  
**Natasha Hickmott**, Co-chair BABCP neurodiversity SIG, Insight IAPT (Kent and Medway)  
**Keri Lawrence**, Expert by Experience
- Discussant: **Benjamin Ford**, Staffordshire and Stoke on Trent Wellbeing Service (IAPT)

### **Symposium 17: Talking about bipolar disorder and borderline personality disorder: Applying innovative large-scale language analysis approaches to lived experience**

- Convenor: **Glorianna Jagfield**, Lancaster University
- Speakers: **Steven Jones**, Lancaster University  
**Chloe Humphreys**, Lancaster University  
**Daisy Harvey**, Lancaster University  
**Glorianna Jagfeld**, Lancaster University  
**Charlotte Entwistle**, Lancaster University
- Discussant: **Steven Jones**, Lancaster University

### **Symposium 18: Exploring young people's lived experiences of mental health: Translating research into practice**

- Convenor: **Nina Higson-Sweeney**, University of Bath
- Speakers: **Bethany Cliffe**, University of Bristol & University of Southampton  
**Emily Hards**, University of Bath  
**Nina Higson-Sweeney**, University of Bath  
**Maria Loades**, University of Bath  
**Faith Orchard**, University of Sussex

### **Symposium 19: Self-criticism across the family system: an exploration of how self-criticism, and interventions addressing this, are experienced by young people with mental health difficulties and their parents**

- Convenor: **Olivia Harris**, Oxleas NHS Foundation
- Speakers: **Olivia Harris**, Oxleas NHS Foundation  
**Alisa Pearlstone**, Expert by Experience (Oxleas)  
**Binita Agrawal**, Royal Borough of Greenwich Children's Services  
**Julie Melrose**, Oxleas NHS Foundation

### **Symposium 20: The colour of progression: clinical advances in addressing ethnic inequality**

- Convenor: **Rani Griffiths**, Berkshire Healthcare NHS Foundation Trust
- Chair: **Margo Ononaiye**, University of Southampton
- Speakers: **Rani Griffiths**, Berkshire Healthcare NHS Foundation Trust  
**Kamila Klenji and Faithful Odusote**, Hampshire and Isle of Wight Community Foundation  
**Mallika Sharma**, Buckinghamshire New University  
**Deepak Dhuna**, Sanctuary Wellbeing

## **Symposium 21: Connecting research and practice for children with long term conditions: An Implementation Symposium**

Convenor: **Anna Roach**, UCL Great Ormond Street Institute of Child Health  
Speakers: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health  
**Anna Roach**, UCL Great Ormond Street Institute of Child Health  
**Isabella Stokes**, University College London Hospitals NHS Foundation Trust and UCL Great Ormond Street Institute of Child Health  
**Holly Bear**, University of Oxford  
**Tim Clarke**, Norfolk and Suffolk NHS Foundation Trust  
**Sophie Bennett**, UCL Great Ormond Street Institute of Child Health and King's College London  
Discussant: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health and King's College London

### **Open Papers 4: Professional Issues**

Speakers: **Eileen Fitzharris Cahill**, HSE/TCD  
**Cordet Smart**, Exeter University  
**Tamsin Speight**, Betsi Cadwaladr University Health Board  
**Alasdair Churchard**, University of Oxford

### **Skills Class 7: DBT for DID (Using techniques from Dialectical Behaviour Therapy to treat Dissociative Identity Disorder)**

**Fiona Kennedy**, Greenwood Mentors Ltd UK, **Marie Wassberg**, Greenwood Mentors Ltd UK

**15.30 – 16.00 Coffee**

**16.00 – 17.00**

**\*Keynote 7: Kate Cavanagh**, University of Sussex, UK  
Digital approaches to CBT and mindfulness-based interventions: Engagement and effectiveness

**\*Keynote 8: Glenn Waller**, University of Sheffield, UK  
Therapist drift: A personal ramble through a clinical minefield

**\*Keynote 9: Margo Ononaiye**, University of Southampton, UK  
Equity, Diversity and Inclusion: Moving from tokenism to meaningful action.

**17.15 – 18.15 Annual General Meeting of BABCP**



## **11.00 – 17.00 Poster Session**

Posters will be displayed for the entire day. Presenters will put them up by 11.00 and be present at their poster during the breaks. All posters will be available to view electronically for the full duration of the conference.

### **Children and Young People**

The content and delivery of modular CBT for anxiety, depression and disruptive behaviour

**Mariam Shah**, University College London

A randomized controlled trial of a group CBT intervention for young people with parental depression treatment optimization: Skills for adolescent Wellbeing (Swell) Trial Protocol

**Jac Airdrie**, Cardiff University

‘Who will I become?’ Possible selves and depression symptoms in adolescents.

**Emily Hards**, University of Bath

Evaluating Mental Health Support in Primary Schools in England

**Chloe Hooper**, University of Oxford

Feasibility Randomised Controlled Trial of Being a Parent-Enjoying Family Life: a novel, peer-led group parenting interventions for parents with significant emotional and interpersonal difficulties.

**Ellie Baker**, King's College London

Intolerance of Uncertainty, Social Rejection, and Social Anxiety-Related Features: A Preliminary Study in a Nonclinical Group of Italian Adolescents

**Gioia Bottesi**, University of Padova, Italy

**Parent-led cognitive behavioural therapy for Japanese children and parents: A single-arm uncontrolled study**

**Sho Okawa**, Chiba University, Japan

The presentation of normative separation anxiety and separation anxiety disorder in 5-8 year old children in England

**Elizabeth Hindhaugh**, University of Oxford

Further development and feasibility randomised controlled trial of a digital programme for adolescent depression, MoodHwb

**Anna Gray**, Cardiff University

Cognitive Processes in Adolescent Panic Disorder: Examining the Applicability and Specificity of the Cognitive Model of Panic to Young People with Panic Disorder

**Amy McCall**, University of Oxford

Experiences of recruiting and collecting data in primary schools: Reflections from the iCATS-i2i trial

**Jemma Baker**, University of Oxford

Identifying supporting primary school children at risk for and experiencing anxiety problems: MYCATS and iCATSi2i trials

**Anna Placzek**, University of Oxford

Emerging Minds: Developing and addressing research challenges for children & young people's mental health

**Heather Dyer**, University of Oxford

Promoting parent participation in a Child and Adolescent Mental Health Service: a qualitative study

**Olivia Harris**, Oxleas NHS Foundation Trust

## Primary Care and Low Intensity CBT

What is Representation? An Evaluation of Recruitment within an IAPT Service.

**Faithful Odusote**, Portsmouth IAPT Service, Talking Change

Decolonisation and diversification of the PWP course; a springboard to constructive alignment.

**Eleanor Vials**, University of Reading

A Predisposition for Perfectionism: Are Trainee Psychological Wellbeing Practitioners (PWPs) Well Beings?

**Sarah Fishburn**, Teesside University

Staff Experiences of Racism within IAPT

**Rani Griffiths**, IAPT Workers Café

## Training, Supervision and Professional Issues

The ethics gap in CBT: results from a scoping review

**Heike Felzmann**, University of Galway

GROWing capacity for multidisciplinary careers in mental health research: the Mental Health Research Incubator

**Rowan Streckfuss Davis**, University of Oxford

## Thursday 13 July

9.00 – 11.00

### **\*Symposium 22: Recent developments in mental imagery: a transdiagnostic perspective**

Convenor: **Julie Ji**, University of Plymouth

Speakers: **Lusia Stopa**, University of Southampton

**Julie Ji**, University of Plymouth

**Simon Blackwell**, Ruhr University Bochum, Germany

**Jackie Andrade**, University of Plymouth

**Victoria Pile**, King's College London

### **\*Symposium 23: Lessons learned from the implementation of research in children and young people's mental health**

Convenor: **Chloe Chessell**, University of Oxford

Speakers: **Polly Waite**, University of Oxford

**Tim Clarke**, Norfolk and Suffolk NHS Foundation Trust; Norfolk and Waveney ICB;  
NHS England, East of England

**Chloe Chessell**, University of Oxford

**Holly Bear**, University of Oxford

### **\*Symposium 24: Look who's talking: Adapting CBT Self-Practice & Self-Reflection to support Racially Minoritised Therapists & Communities**

Convenor: **Richard Thwaites**, Cumbria IAPT service

Speakers: **Alasdair Churchar**, University of Oxford

**Sakshi Shetty Chowdhury**, University College London

**Zara Malik**, University College London

**Leila Lawton**, South London and Maudsley NHS Foundation Trust

**Symposium 25: Mechanisms underlying suicidal experiences and the effect of a suicide focussed cognitive therapy for people with psychosis: CARMS (Cognitive AppRoaches to coMbatting Suicidality)**

Convenor: **Gillian Haddock**, The University of Manchester

Speakers: **Anne Scott**  
**Patricia Gooding**, University of Manchester  
**Gillian Haddock**, University of Manchester  
**Daniel Pratt**, University of Manchester  
**Kamelia Harris**, University of Manchester

**Symposium 26: Supporting parents with severe mental health problems**

Convenor: **Sam Cartwright-Hatton**, University of Sussex

Speakers: **Anja Wittkowski**, University of Manchester  
**Steven Jones**, University of Lancaster  
**Lynsey Gregg**, University of Manchester  
**Jess Radley**, Kings College, London  
**Abby Dunn**, University of Sussex

**Symposium 27: Expanding the route to BABCP-Accreditation on Clinical Psychology Doctoral Programmes**

Convenor: **Lucy Hale**, University of Surrey

Chair: **Paul Salkovskis**, Oxford Institute of Clinical Psychology Training and Research

Speakers: **Adrian Whittington**, NHS England and Health Education England  
**Sarah Lack**, Oxford Institute of Clinical Psychology Training and Research  
**Lucy Hale**, University of Surrey  
**Rachel Handley**, University of Exeter

**Symposium 28: Working with complexity and the space between primary and secondary care in IAPT.**

Convenor: **Thomas Richardson**, University of Southampton

Speakers: **Kim Wright**, Exeter University  
**Rebecca Strawbridge**, Kings College London  
**Tess Maguire**, University of Southampton  
**Katherine Newman-Taylor**, University of Southampton  
**Laura Warbrick**, Exeter University

Discussant: **Jon Homerton**, Homerton NHS Trust

**Open Papers 5: Therapeutic Techniques and Innovations**

Speakers: **John Corrigan**, Belfast Health and Social Care Trust  
**Katherine Berry**, University of Manchester  
**Clare Hurley**, ieso, UK  
**Junwen Chen**, Australian National University

**Open Papers 6: Paediatrics**

Speakers: **Anna Roach**, UCL, Great Ormond Street Institute of Child Health  
**Fiona Newlands**, UCL, Great Ormond Street Institute of Child Health  
**Laila Xu**, UCL, Great Ormond Street Institute of Child Health  
**Katie Powers**, Nottingham University Hospitals NHS Trust

**Skills Class 8: Combining ACT and moral philosophy to enable forgiveness and compassion**

**Richard Bennett**, University of Birmingham, **Dawn Johnson**, Think Psychology

**Skills Class 9: Knowing and Believing: Enhancing client (and therapist) belief change using experiential interventions.**

**Vickie Presley**, Coventry University

**Symposium: Positive Behaviour Support – A Tiered Approach to Person Centred Care**

Speakers: **Sandy Toogood** BEM, Bangor University  
**Gill Morgan**, Positive Behaviour Support Services, Halton Children's Trust  
**Maggie Hoerger**, School of Education, Bangor University  
**Peter Baker**, Tizard Centre University of Kent

**11.00 – 11.30 Coffee**

**11.30 – 12.30**

**\*Keynote 10: Jackie Andrade**, University of Plymouth, UK  
Mental imagery: why it matters for mental health

**\*Keynote 11: Lisa Wood**, University College London, UK  
How should we be delivering CBT for psychosis to those in inpatient settings?

**\*Keynote 12: Elizabeth Ruth**, University of Bradford, UK  
Who helps the helpers: Practitioner wellbeing in high volume care

**12:30 – 1.30 Lunch**

**1.30 – 15.30**

**\*Symposium 29: How can adult mental health professionals support clients who are parents?**

Convenor: **Sam Cartwright-Hatton**, University of Sussex

Speakers: **Laura Chapman**, University of Sussex  
**Abby Dunn**, University of Sussex  
**Chloe Elsby-Pearson**, Sussex Partnership NHS Trust  
**Scott Yates**, De Montfort University  
**Lina Gatsou**, De Montfort University and Leicestershire Partnership NHS Trust  
**Emma Maynard**, King's College London

**\*Symposium 30: LGBTQ+ mental health: Recent developments in theory, research and clinical interventions**

Convenor: **Katharine Rimes**, Institute of Psychiatry, Psychology and Neuroscience, King's College London

Speakers: **Anna-Sophia Warren**, Royal Holloway, University of London  
**David Hambrook**, South London and Maudsley NHS Foundation Trust  
**Jake Camp**, South London and Maudsley NHS Foundation Trust & King's College London  
**Brendan Dunlop**, University of Manchester

**\*Skills Class 10: Personalising CBT interventions using modular approaches**

**Sophie Bennett**, KCL IoPPN, **Roz Shafran**, UCL Great Ormond Street Institute of Child Health

### **Symposium 31: Developing the Psychological Professions Workforce in Primary Care**

Convenor: **Gita Bhutani**, Lancashire & South Cumbria NHS FT  
Speakers: **Miranda Budd**, Lancashire & South Cumbria NHS FT  
**Kathryn Gardner**, University of Central Lancashire  
**Mark Roy**, University of Central Lancashire  
**Gita Bhutani**, Lancashire & South Cumbria NHS FT

### **Panel Discussion 4: Innovations and advances in training psychological practitioners/therapists in CYP-MH. An update of the CYP-IAPT initiative**

Convenor: **Markku Wood**, Northumbria University  
Speakers: **Mike Turnbull**, Northumbria University  
**Susanna Payne**, KCL  
**Jessica Richardson**, KCL  
**Jonathon Parker**, Exeter University  
**Clare Devanney-Glynn**, Northumbria University  
**Lili Ly**, UCL/Anna Freud

### **Symposium 32: Exploring the social and environmental determinants of mental ill health**

Convenor: **Jasper Palmier-Claus**, Lancaster University  
Speakers: **Jasper Palmier-Claus**, Lancaster University  
**Kim Wright**, Exeter University  
**Christopher Saville**, Bangor University  
**Laura Goodwin**, Lancaster University

### **Open Papers 7: Mechanisms**

Speakers: **Bianca Oltean**, Kings College London  
**Hannah Wedge**, Hywel Dda UHB, UK/Cardiff University, UK  
**Thomas Richardson**, University of Southampton  
**Gavin Clark**, Newcastle University  
**Razvan Predatu**, Babes-Bolyai University

### **Open Papers 8: Psychosis and Bipolar Disorder**

Speakers: **Catherine Bortolon**, Université Grenoble-Alpes  
**Matteo Cella**, King's College London  
**Eileen Fitzharris Cahill**, TCD/HSE  
**Ashley-Louise Teale**, University of Bath  
**Chris Trimmer**, St. Lawrence College

### **Open Papers 9: Behavioural Medicine**

Speakers: **Sirous Mobini**, Aspire Clinical Psychological and Neuropsychological Services Ltd & University College London, St Neots Neurological Centre, Elysium Healthcare  
**Samuel-James Fall**, Gloucestershire Health & Care NHSFT - Post-Covid Syndrome Service  
**Selin Akkol Solakoglu**, Amwell  
**Faith Martin**, Cardiff University

**Skills Class 11: CBT for gambling-related harms and behavioural addictions**

**Venetia Leonidaki**, Central and London Foundation Trust

**Skills Class 12: How to set up and run a library of lived experience for mental health in your organisation**

**Fiona Lobban**, Lancaster University, **Steven Jones**, Lancaster University, **Chris Lodge**, Lancaster University, **Paul Marshall**, Lancaster University

**Workshop: Positive Behaviour Support Plans: Content and Quality**

**Jill Chaplin**, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust  
**Nick Gore**, Tizard Centre University of Kent

**15.00 – 15.30 Coffee and Awards**

**15.30 – 16.30**

**Roundtable: Barriers to Positive Behaviour Support Implementation**

Leaders: **Marie Saville** and **Gill Morgan**, Positive Behaviour Support Services, Halton Children's Trust

**\*Keynote 13: Adrian Whittington**, NHS England, UK

A more psychological NHS: What next for CBT and psychological practice?

**11.00 – 16.30 Poster Session**

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**Adult Mental Health**

REFLEX: A Randomized Controlled Trial to test the efficacy of an emotion regulation flexibility program with daily measures.

**Carla Nardelli**, Université Grenoble Alpes (presented by **Catherine Bortolon**, Université Grenoble Alpes)

A thematic account of barriers and facilitators to psychological treatment access for people with perinatal obsessive-compulsive disorder experiences

**Alice Tunks**, Brighton and Sussex Medical School

The Experiences of Individuals with Body Dysmorphic Disorder: A Systematic Review and Thematic Synthesis

**Kathryn Thomson**, Cardiff University

What predicts the mental health of young people who have "aged-out" of the child welfare system? A mixed methods scoping review of the international literature.

**Alice Phillips**, University of Bath

The impact of soothing media and the anxiety and depression traits on the content of prospective mental imagery. A qualitatively driven photo-elicitation study.

**Catarina Gaglianone**, University of Edinburgh

An Evaluation of Service Users' Views on the Acceptability of Remote Cognitive Remediation for People Experiencing Psychosis  
**Lois Parri**, King's College London

Intolerance of Uncertainty and Emotion Regulation: A Meta-Analytic and Systematic Review  
**Aseel Sahib**, Australian National University

The service user experience of the first All Wales NHS Online CBT Service: An IPA  
**Jess Ferdinando**, SilverCloud Wales

How Walking EMDR Therapy (WET) Impacts Post-Traumatic Stress Disorder (PTSD) Symptoms: An evaluation of participants experiences, a pilot study  
**Lorraine Tindale**, EMDR consultant

ACT for Wellbeing Group  
**Sarah Hyde**, Cardiff and Vale NHS PMHSS

Mindfulness for Parents of Children with Skin Conditions: A Single Group Cases Series  
**Olivia Hughes**, Cardiff University

*Online display only:*

Psychological inflexibility and metacognitions in patients with obsessive-compulsive disorder and obsessive-compulsive personality  
**Beatriz Rueda**, National University of Distance Education (UNED), Spain

### **Therapeutic Techniques and Innovations in CBT**

Effectiveness of Cognitive Bias Modification-Interpretation (CBM-I) on Reducing Negative Perfectionism and Mood in a Non-clinical Depressed Population  
**Sirous Mobini**, University College London, Elysium Healthcare

Comparing the Effectiveness of CBT and EMDR Interventions for Trauma in IAPT  
**Stefano Belli**, University College London

A pilot RCT assessing feasibility and acceptability of a single values-based goal-setting session versus standard goal-setting for community dwellers with acquired brain injury (ABI).  
**Maggie Karanasiou**, Royal Holloway University

Effects of rumination, self-compassion, and ambiguity attitudes on depression in university students  
**Takemi Kasori**, Bunkyo Gakuin University, Japan

Treating Moderate To Severe Depression With Acceptance And Commitment Therapy And Ketamine  
**Mia Debidin**, Awakn Clinics

Treating Trauma-Driven OCD with Narrative Exposure Therapy alongside Cognitive Behavioural Therapy: A case report  
**Jac Airdrie**, Cardiff University; University of Bath

Using Bayesian Single Case Analyses to Guide Treatment Selection and Tailoring: A Pilot Single Case Series  
**Simon Blackwell**, Ruhr-Universität Bochum, Germany

A service evaluation of a Compassionate Resilience course, offered in a primary care IAPT service as part of a phased-treatment approach for treating complex-PTSD (cPTSD).  
**Corrina Evans**, University of Exeter

Treatment of Severe Dipsophobia with Comorbid Obsessive Compulsive Disorder  
**Benjamin Terry**, Centre for OCD BDD and Related Disorders, Priory Hospital North London

Habit-Reversal; one-year on at a tertiary-care hospital.  
**Dipesh Patel**, University College London Hospital NHS Foundation Trust

Gilles de la Tourette Syndrome; a non-hyperkinetic movement manifestation.

**Dipesh Patel**, University College London Hospital NHS Foundation Trust

The reasons that participants experiencing psychosis chose to not continue with a randomised controlled trial that investigated pathways to suicidality and a suicide-focused psychological **intervention**.

**Bradley Boardman**, University of Manchester/ Greater Manchester Mental Health NHS Trust

### **Basic Processes and Experimental Psychopathology**

Associations between response expectancy, response hope, optimism, and positive emotions during the early stage of COVID-19: A cross-lagged panel study

**Petronela Predatu**, Babeş-Bolyai University

### **Bipolar Disorder, Enduring Personality Issues and Psychosis**

Are Dysfunctional Attitudes Elevated and Linked to Mood in Bipolar disorder? a Systematic Review and Meta-Analysis.

**Thomas Richardson**, University of Southampton