



Online Programme

✿ is used to highlight those sessions, individual talks or posters where the presenter indicated that a major theme of the work related to equality, diversity and inclusion.

Programme Schedule | Tuesday 11th July

13:30 – 14.15

Plenary session - *Dora Stoutzker Concert Hall*

Lynwen Coombs, CBT for Wales

Jo Daniels, Co-chair BABCP National Conference Programme Advisory Group

Saiqa Naz, BABCP President

Tim Rhys-Evans, MBE Royal Welsh College of Music and Drama

Peter Woods, MCS, Hen Dyn Wedi Ymddeol and **Judy Hutchings OBE**, Bangor University

Louise Waddington, Cardiff University

14.15 – 14.45 Break

14:45 – 16:15

Symposium 1 – *Dora Stoutzker Concert Hall*

Climate and Ecological Distress, Emotions and Action

Chair: **Mark Freeston**, Newcastle University

Discussant: **Liz Marks**, University of Bath

14.45 Heatwaves, storms, extreme weather and determinants of psychological responses to climate change messaging.

Harriet Fleetwood, Newcastle University

15.05 Development of the Climate and Ecological Engagement and Distress Scale (CEEDS)

Liz Marks, University of Bath

15.25 Understanding young people's climate anxiety in relation to the responses of governments and those in power

Ines Zevallos Labarthe, University of Bath

15.45 Reflecting on the Impact of climate change on wellbeing and behaviour change: The NEXUS Project

Steve Killick, George Ewart Evans Centre for Storytelling, University of South Wales

16.05 Discussion



Symposium 2 – Richard Burton Theatre

Autism and Increasing Access to Psychological Therapies (IAPT)

- Chair: **Ailsa Russell**, University of Bath
- 14.45 The effectiveness of primary care psychological therapy services for the treatment of depression and anxiety in autistic people: evidence from national healthcare records in England
Celine El Baou, University College London
- 15.05 Autism in IAPT: findings from a service audit
Jon Wheatley, Homerton Healthcare NHS Foundation Trust
- 15.25 Are autism and ADHD traits associated with performance on a Cognitive Behavioural Therapy skills task?
Megan Payne, University of Bath
- 15.45 Developing therapist confidence to adapt CBT practice for autistic people: the impact of training
Ailsa Russell, University of Bath



Symposium 3 – Rowe-Beddoe

The Mental Health Intervention for Children with Epilepsy Programme

- Convenor: **Sophie Bennett**, King's College London
- Chair: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health
- Discussant: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health
- 14.45 Principles and Methods for Optimising an Evidence-Based Psychological Treatment for the Mental Health Needs of Children with Epilepsy
Alice Sibelli, Kings College London
- 15.10 The Mental Health Intervention for Children with Epilepsy (MICE) Trial outcomes
Sophie Bennett, King's College London
- 15.35 How the experience of young people and their families evolved while participating in the Mental Health Intervention for Children with Epilepsy (MICE) Programme
Isabella Nizza, Birkbeck, University of London
- 16.00 Discussion

16:30-17:30

Keynote 1 – Dora Stoutzker Concert Hall

Chair: **Chris Taylor**, Pennine Care NHS Foundation Trust & The University of Manchester

Developing and evaluating psychological interventions to prevent and treat PTSD and complex PTSD

Jonathan Bisson, Cardiff University

Keynote 2 – Richard Burton Theatre

Chair: **Shirley Reynolds**, Child Mind Institute, New York

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

Ron Rapee, Macquarie University, Australia

Keynote 3 – Rowe-Beddoe

Chair: **Trudie Chalder**, Kings College London

Treatment challenges and adherence: How to motivate patients using MI and CBT across diverse communities.

Kofi Anie, Imperial College London

09:00 – 11:00

Symposium 8 – Dora Stoutzker Concert Hall


New approaches to enhancing staff wellbeing for health and social care professionals

- Convenors: **Josef Landsberg**, Oxford Health NHS Foundation Trust and **Vicky Sully**, Devon Wellbeing Hub
Chair: **Sarah Watts**, Staffordshire and Stoke on Trent (IAPT) Service, Lead for IAPT in the West Midlands
- 9.00 CBT in the workplace, past, present and future
Vicky Sully and Jorjina Rough, Devon Wellbeing Hub
- 9.20 The UpLift Trials: digital health interventions for occupational burnout
Jaime Delgadillo, University of Sheffield
- 9.40 Can Mindfulness Based Cognitive Therapy for life help staff build wellbeing and reduce mental ill health in workplace settings? An audit of outcomes from the South West of England.
Barney Dunn, Exeter University
- 10.00 Developing an intervention to increase compassionate leadership in NHS Talking Therapies Services
Jenny Gravestock, North Lincolnshire IAPT services
- 10.20 New strategy that supports staff wellbeing in NHS talking therapies services
Josef Landsberg, Buckinghamshire IAPT services
- 10.40 Discussion

Symposium 9 – Richard Burton Theatre

Psychological treatments for suicidality and self-harm

- Convenor: **Jasper Palmier-Claus**, Lancaster University
Chair: **Fiona Lobban**, Lancaster University
- 9.00 Understanding carers' perspectives of supporting friends and family members who have experienced suicidal behaviour
Paul Marshall, Lancaster University
- 9.20 The Mental Imagery for Suicidality in Students Trial (MISST)
Jasper Palmier-Claus, Lancaster University
- 9.40 Development and articulation of the 'Prevention of Suicide Behaviour in Prison: Enhancing access to Therapy' (PROSPECT) logic model
Rebecca Crook, University of Manchester
- 10.00 Relational Approach to Treating Self-Harm (RelATe): A feasibility study of Cognitive Analytic Therapy for people who self-harm
Isabel Adeyemi, Greater Manchester Mental Health NHS Foundation Trust.
- 10.20 Community Outpatient Psychotherapy Engagement Service for Self-harm (COPESS): A feasibility trial
Pooja Saini, Liverpool John Moores University

 **Skills Class 3 – Rowe-Beddoe**

Working with Self-States across disorders: a future direction for CBT

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



11.00 – 11.30 Break

11:30 - 12:30

Keynote 4 – Dora Stoutzker Concert Hall

Chair: **Jess Kingston**, Royal Holloway University

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

Philippe Goldin, University of California Davis, USA

Keynote 5 – *Richard Burton Theatre*

Chair: **Simon Blackwell**, Ruhr-Universität Bochum, Germany

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

Judy Hutchings, Bangor University

Keynote 6 – *Rowe-Beddoe*

Chair: **Mark Freeston**, Newcastle University

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

Richard Thwaites, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

12:30 – 13.30 Break

13:30 – 15:30

Symposium 15 – *Dora Stoutzker Concert Hall*

The impact of social inequalities on psychological health and treatment outcomes

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

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

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

13.30 Neighbourhood socioeconomic deprivation worsens outcomes from trauma therapy: Preliminary results from a single NHS Talking Therapies (IAPT) service.

Thomas Richardson, University of Southampton

13.55 The role of socio-economic deprivation in explaining neighborhood and service effects in psychological intervention outcomes

Nick Firth, University of Sheffield

14.20 Mental health outcome inequalities in IAPT services: An investigation of the minority stress hypothesis

Saiqa Naz, University of Sheffield

14.45 “It’s been quite a poor show” - Exploring whether practitioners working for Improving Access to Psychological Therapies (IAPT) services are culturally competent to deal with the needs of Black, Asian, and Minority Ethnic (BAME) communities

Afsana Faheem, University of Bath

15.10 Discussion

Symposium 16 – *Richard Burton Theatre*

Developing our Understanding of Intolerance of Uncertainty

Chair: **Layla Mofrad**, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

13.30 Patterns of intolerance of uncertainty, separation anxiety, and negative affectivity in emerging adulthood: A latent profile analysis in an Italian sample

Gioia Bottesi, University of Padua, Italy.

13.50 When the body signals unsafety: Intolerance of Uncertainty and Eating Disorders

Jessi Komes, Newcastle University

14.10 Difficulties in concentration and anxiety: Does intolerance of uncertainty provide a link?

Mark Freeston, Newcastle University

14.30 Testing the acceptability and feasibility of a novel intervention to manage uncertainty distress in rheumatic conditions.

Sarah Kay, Tees, Esk & Wear Valleys NHS Foundation Trust

14.50 Experiences of a Making Friends with Uncertainty Group Intervention

Layla Mofrad, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Skills Class 6 – Rowe-Beddoe

Three ways to change your mind: A framework for Cognitive Restructuring

Stirling Moorey, London

15.30 – 16.00 Coffee

16.00 – 17.00

Keynote 7– Dora Stoutzker Concert Hall

Chair: **Jess Kingston**, Royal Holloway University

Digital approaches to CBT and mindfulness-based interventions: Engagement and effectiveness

Kate Cavanagh, University of Sussex

Keynote 8 – Richard Burton Theatre

Chair: **Simon Blackwell**, Ruhr-Universität Bochum, Germany

Therapist drift: A personal ramble through a clinical minefield

Glenn Waller, University of Sheffield

Keynote 9 – Rowe-Beddoe

Chair: **Jo Daniels**, University of Bath

Equity, Diversity and Inclusion: Moving from tokenism to meaningful action.

Margo Ononaiye, University of Southampton

11.00 – 17.00 Poster Session

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



Beyond Module 3: 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

09:00 – 11:00

Symposium 22 – Dora Stoutzker Concert Hall**Recent developments in mental imagery: a transdiagnostic perspective**Chair: **Julie Ji**, University of Plymouth

9.00 A taxonomy of intrusive mental images in clinical disorders: what can “non-veridical” images tell us about the nature of human memory?

Lusia Stopa, University of Southampton

9.20 The role of mental imagery in non-suicidal self-injury - an ecological momentary assessment investigation

Julie Ji, University of Plymouth

9.40 Reducing anhedonia via generation of positive mental imagery vs. positive verbal thoughts: an experimental investigation

Simon Blackwell, Ruhr University Bochum

10.00 Functional imagery training for anxiety reduction

Jackie Andrade, University of Plymouth

10.20 Using imagery-based techniques to reduce depression in young people: Rescripting the past and generating a positive future

Victoria Pile, King's College London**Symposium 23 – Richard Burton Theatre****Lessons learned from the implementation of research in children and young people's mental health**Chair: **Chloe Chessell**, University of Oxford

9.00 Utilising patient and public involvement and engagement to increase the acceptability of brief CBT for adolescent OCD

Polly Waite, University of Oxford

9.25 Implement-team: Parent-Delivered CBT for child anxiety problems in primary schools – an implementation case study

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

9.50 Lessons learned from the implementation of a brief online, therapist guided, parent-led CBT intervention for child anxiety problems in UK mental health services.

Chloe Chessell, University of Oxford

10.15 The acceptability, engagement, and feasibility of mental health apps for marginalised and underserved young people: A systematic review and qualitative study

Holly Bear, University of Oxford**Symposium 24 – Rowe-Beddoe****Look who's talking: Adapting CBT Self-Practice & Self-Reflection to support Racially Minoritised Therapists & Communities**Convenor: **Alasdair Churchard**, University of OxfordChair: **Richard Thwaites**, Cumbria IAPT service

9.00 Therapists' lived experience and culturally adapted CBT: Theoretical and practical implications arising from a novel Self-Practice / Self-Reflection programme for CBT therapists from racially minoritised groups

Alasdair Churchard, University of Oxford

9.30 Self-Practice/Self-Reflection for CBT therapists from minoritised ethnic backgrounds: A multiple baselines single case experimental study.

Sakshi Shetty Chowdhury, University College London

10.00 Race in Reflection-Race identity & Me Workshops-New narratives in CBT

Leila Lawton, South London and Maudsley NHS Foundation Trust

11.00 – 11.30 Break

11.30 – 12.30

Keynote 10 – *Dora Stoutzker Concert Hall*

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

Mental imagery: why it matters for mental health

Jackie Andrade, University of Plymouth

Keynote 11 – *Richard Burton Theatre*

Chair: **Pamela Myles-Hooton**, Bespoke Mental Health

Who helps the helpers: Practitioner wellbeing in high volume care

Elizabeth Ruth, University of Bradford

Keynote 12 – *Rowe-Beddoe*

Chair: **Craig Steel**, Oxford Health NHS Trust & University of Oxford

How should we be delivering CBT for psychosis to those in inpatient settings?

Lisa Wood, University College London

12:30 – 13.30 Break

13:30 – 15:00



Symposium 29 – *Dora Stoutzker Concert Hall*

LGBTQ+ mental health: Recent developments in theory, research and clinical interventions

Chair: **Katharine Rimes**, Institute King's College London

13.30 Childhood gender nonconformity, sexual orientation, abuse and PTSD: A prospective birth-cohort study

Anna-Sophia Warren, Royal Holloway, University of London

13.50 Evaluating a LGBTQ+ Wellbeing group intervention: Impact of Covid-19 and who benefits most

David Hambrook, South London and Maudsley NHS Foundation Trust

14.10 Dialectical Behaviour Therapy for gender and sexuality diverse young people; The experiences of young people and DBT therapists.

Jake Camp, South London and Maudsley NHS Foundation Trust & King's College London

14.30 Centralising intersectional context for LGBTQ+ people: it's not just in your head

Brendan Dunlop, University of Manchester

Symposium 30 – *Richard Burton Theatre*

How can adult mental health professionals support clients who are parents?

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

13.30 Preventing the intergenerational transmission of eating disorders: maternal experiences and support needs

Laura Chapman, University of Sussex

13.50 Putting the Raising Confident Children course (for anxious parents) online. Researcher and PPI experiences

Abby Dunn, University of Sussex and **Chloe Elsby-Pearson**, Sussex Partnership NHS Foundation Trust

14.10 Improving support for children of parents with mental illness in schools - teachers' perspectives

Scott Yates and **Linda Gastou**, De Montfort University

14.30 Family Stories; investigating trauma-informed narratives, and sustaining responsive parenting.

Scott Yates, De Montfort University



Skills Class 10 – *Rowe-Beddoe*

Personalising CBT interventions using modular approaches

Sophie Bennett, Kings College London IoPPN and **Roz Shafran**, UCL Great Ormond Street Institute of Child Health

15.00 – 15.30 Break

15.30 – 16.30

Keynote 13 – *Concert Dora Stoutzker Hall*

Chair: **Jo Daniels**, University of Bath

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

Adrian Whittington, NHS England

11.00 – 16.30 Poster Session

All posters will be available to view electronically for the full duration of the conference.

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 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

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