




Sessions marked \* will also be available to delegates attending the conference online.  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 11<sup>th</sup> 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

### Climate Change SIG – *Seligman Studio*

#### Research Meeting

14.15 – 14.45 Coffee 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

### Panel Discussion 1 - Sir Geraint Evans Recital Room

#### 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  
**Judy Thomson**, NHS Education for Scotland  
**Brian Fitzmaurice**, IABCT (Dublin)  
**Colin Hughes**, IABCT (Belfast)  
**Nick Grey**, Sussex Partnership NHS Foundation Trust and University of Sussex  
**Sean Harper**, South of Scotland PG Masters training in CBT
- Discussant: **Helen Macdonald**, BABCP

### Skills Class 1 – Weston Gallery

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

**Jason Roscoe**, University of Cumbria

## Symposium 4 – Seligman Studio

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

- Chair: **Fiona Lobban**, Lancaster University
- Discussant: **Fiona Lobban**, Lancaster University
- 14.45 Learning from lived experience in mental health: how and why  
**Fiona Lobban**, Lancaster University
- 15.00 Reflections on integrating realist theory development and co-design to understand the Living Library approach  
**Paul Marshall**, Lancaster University
- 15.15 Using experience base co-design to create and implementation guide for a Living Library for Mental Health  
**Steve Jones and Chris Lodge**, Lancaster University

- 15.30 How relatives of people with psychosis and bipolar make use of an online forum  
**Steve Jones**, Lancaster University
- 15.45 Improving Peer Online Forums for Mental health (iPOF): the role of moderators  
**Heather Robinson**, Lancaster University
- 16.00 Discussion

## Symposium 5 – *Simon Gibson Studio*

### School-based mental health support

- Convenor: **Jerica Radez**, University of Oxford  
Chair: **Tessa Reardon**, University of Oxford
- 14.45 Student perceptions of school-based mental health support: associations with wider school experience and culture  
**Emma Soneson**, University of Oxford
- 15.05 Identifying and supporting children with anxiety problems through primary schools  
**Tessa Reardon**, University of Oxford
- 15.25 Managing and minimising anxiety in primary schools through teachers' day-to-day classroom practice.  
**Helen Manley**, University of Oxford
- 15.45 Understanding unusual sensory experiences in adolescents: a randomised experimental study of a school-based intervention  
**Jerica Radez**, University of Oxford

## Symposium 6 – *Shirley Bassey Studio*

### State of the art in CBT and third wave therapies for psychosis

- Chairs: **Katherine Newman-Taylor** and **Lyn Ellett**, University of Southampton  
Discussant: **Katherine Berry**, University of Manchester
- 14.45 Cognitive behavioural therapy for psychosis: Where are we and where are we going?  
**Katherine Newman-Taylor**, University of Southampton
- 15.05 Acceptance and Commitment Therapy for psychosis: Current status, lingering questions, and future directions  
**Brandon Gaudiano**, Brown University, USA
- 15.25 Mindfulness for Psychosis: Current issues and future directions  
**Lyn Ellett**, University of Southampton
- 15.45 Trauma therapies for psychosis: A state-of-the-art review  
**Amy Hardy**, King's College London
- 16.05 Discussion


## Symposium 7 – *Corus Recital Room*

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

- Chair: **Alice Phillips**, University of Bath
- 14.45 Sequelae of child maltreatment: Umbrella synthesis on mental health correlates of more than 11 million participants  
**Guy Skinner**, Tavistock and Portman NHS Foundation Trust
- 15.05 ADaPT Trial: Implementing trauma-focused CBT for care-experienced youth with Post-Traumatic Stress Disorder in mental health services across England  
**Rosie McGuire**, University College London
- 15.25 Gaps in mental healthcare for trauma-exposed young people: epidemiological evidence and its implications  
**Stephanie Lewis**, King's College London
- 15.45 "I just want someone who won't freak out when I tell them stuff": A qualitative investigation into care-leavers' experiences of accessing mental health support.  
**Alice Phillips**, University of Bath

## Open Papers 1 – *Studio 2*

### IAPT and Primary Care

- Chair: **James Gregory**, Cardiff University
-  14.45 Face-to-face versus video Cognitive Behavioural Therapy: Comparing outcomes for anxiety and depression within an NHS Talking Therapies service  
**Alie Garbutt**, Northumbria University

15.00 Comparison of outcomes across low-intensity psychological interventions for depression and anxiety within a stepped-care setting: A naturalistic cohort study using propensity score modelling

**Katherine Young**, Amwell



15.15 Exploring engagement with between-session work for Low Intensity Cognitive Behavioural Therapy (CBT) delivered in Talking Therapies, for anxiety and depression services

**Mia Bennion**, University of Manchester

15.30 Implementing Internet-Delivered Cognitive Behavioural Therapy for depression and anxiety in routine care: the creation of a research and practice-informed list of implementation strategies

**Daniel Duffy**, Amwell



15.45 Development of a written LICBT Problem Solving intervention for Sunni Muslims in English and Arabic languages.

**Hind Alharbi**, University of Exeter



**Skills Class 2: Room 206**

**Delivering effective outcomes for hindu clients presenting with depression and anxiety**

**Mallika Sharma** and **Deepak Dhuna**, Sanctuary Wellbeing

**Open Papers 2 – Room 208**

**Adult Mental Health**

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



14.45 Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) in the treatment of Post-Traumatic Stress Disorder (PTSD): A literature review

**Carolina Wagner**, Coventry University



15.05 Virtual Care in East London IAPT Services: Improved outcomes but limited access during Covid-19 Pandemic

**Ben Wright**, University of London



15.25 Implementing digital mental health interventions at scale: One-year evaluation of a national digital CBT service in Ireland

**Siobhán Harty**, SilverCloud Health



15.45 Investigating the psychometric properties of the culturally-adapted Adverse Childhood Experiences measure for South Asian people (ACE-SA)

**Sonya Rafiq**, University of Manchester

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16:30-17:30

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**\*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

**Climate Change SIG Annual General Meeting – Seligman Studio**

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17.30 – 19.00

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**Opening reception**

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

 **Skills Class 4 – Sir Geraint Evans Recital Room**

**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 and **Jemma Hill**, Looked after Children's Team/ASD pathway



## Panel Discussion 2 – *Weston Gallery*

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

- Chair: **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 10 – *Seligman Studio*

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

- Convenor: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health
- Chair: **Emily Davey**, UCL Great Ormond Street Institute of Child Health
- 9.00 Bringing CBT-based guided self-help back onto the menu for treating eating disorders  
**Glenn Waller**, University of Sheffield
- 9.25 A Guided Digital Self-Help Form of Enhanced Cognitive Behaviour Therapy  
**Rebecca Murphy**, University of Oxford
- 9.50 Guided self-help for recent onset binge/purge eating disorders: Use and outcomes in the FREED Network  
**Karina Allen**, South London and Maudsley NHS Foundation Trust
- 10.15 Improving programme-led and focused interventions for eating disorders: an experts' consensus statement  
**Emily Davey**, UCL Great Ormond Street Institute of Child Health

## Symposium 11 – *Simon Gibson Studio*

### The role of sleep in preventing and improving adolescent mental health difficulties.

- Chair: **Rebecca Rollinson**, Norfolk and Suffolk NHS Foundation Trust
- 9.00 Sleep as a target for improving mental health in young people; examining the causal relationship  
**Faith Orchard**, University of Sussex
- 9.25 Developing an online single session intervention targeting sleep in young people: User experiences  
**Maria Loades**, University of Bath
- 9.50 Supported digital treatment of sleep for children referred to specialist child and adolescent mental health services  
**Paul Stallard**, University of Bath
- 10.15 Training non-expert practitioners to deliver a sleep intervention in NHS youth mental health services: a service evaluation  
**Rebecca Rollinson**, Norfolk and Suffolk NHS Foundation Trust
- 10.40 Questions and Discussion

## Symposium 12 – *Shirley Bassegy Studio*

### New approaches to mental health treatment development: Accelerating the testing of new therapies

- Chair: **Chris Taylor**, Pennine Care NHS Foundation Trust & The University of Manchester
- 9.00 Introduction and Overview of Symposium  
**Chris Taylor**, Pennine Care NHS Foundation Trust and The University of Manchester
- 9.05 Efficient trials designs in mental health: opportunities and challenges  
**Richard Emsley**, Institute of Psychiatry, Kings College London
- 9.30 Accelerating the development of a psychological intervention to restore treatment decision-making capacity in patients with schizophrenia-spectrum disorder: a multi-site, assessor-blinded, pilot Umbrella trial (the DEC:IDES trial)  
**Paul Hutton**, Edinburgh Napier University & NHS Lothian
- 9.55 Demonstration of a leapfrog trial as a method to accelerate treatment development in mental health  
**Simon Blackwell**, Ruhr-Universität Bochum, Germany
- 10.20 The use of a novel umbrella trial methodology to deliver randomised controlled trials of psychological interventions in psychosis: opportunities and challenges.  
**Amanda Woodrow**, Edinburgh Napier University & NHS Lothian

### Symposium 13 – *Corus Recital Room*

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

- Chair: **Steven Jones**, Lancaster University
- 9.00 What influences personal recovery in the moment? An experience sampling study  
**Barbara Mezes**, University of Liverpool
- 9.20 What are the core features of personal recovery in bipolar?  
**Steven Jones**, Lancaster University
- 9.40 Psychosocial predictors of high functioning in bipolar disorder  
**Nadia Akers**, Manchester University
- 10.00 What does it mean to age well with bipolar disorder? A qualitative study using photo elicitation  
**Aaron Warner**, Lancaster University
- 10.20 Recovery focused therapy for older people with bipolar disorder  
**Elizabeth Tyler**, Manchester University



### Symposium 14 – *Studio 2*

#### The evidence base and developing guidance for the delivery of psychological interventions in Wales

- Chair: **Andrea Gray**, Improvement Cymru, Public Health Wales
- 9.00 Matrics Cymru: Guidance for delivering evidence-based psychological therapy in Wales: development and learning  
**Jane Boyd**, Cardiff and Vale University Health Board
- 9.25 Matrics Cymru: Service user voice and choice  
**Service User representative**
- 9.50 Matrics Plant: Importance of developmental and contextual factors in the delivery of psychological interventions for children and young people in Wales  
**Caroline Roberts**, Aneurin Bevan University Health Board
- 10.15 The Matrics Cymru Leadership and Infrastructure Project (M-CLIP): Development and piloting of a methodology to update and expand the Matrics Cymru Evidence Tables  
**Neil Roberts**, Cardiff and Vale University Health Board and **Liz Andrew**, Aneurin Bevan University Health Board

### Open Papers 3 – *Room 206*

#### Parents and Schools

- Chair: **Jess Kingston**, Royal Holloway, University of London
-  9.00 Cognitive behavioural therapy for perinatal anxiety: Preliminary pre-post and follow-up outcomes from a randomized controlled trial  
**Briar Inness**, McMaster University, Canada.
- 9.20 Developing a CBT based intervention to support parents/carers of young people who self-harm  
**Faith Martin**, Cardiff University
- 9.40 An adolescent-parent dyad study on paranoia in adolescents: Environmental risk (adverse life events and bullying), parenting stress and family support  
**Jess Kingston**, Royal Holloway, University of London
-  10.00 Baseline characteristics for Brief Educational Workshops in Secondary Schools Trial (BESST) - a school-based cluster randomised controlled trial of open-access psychological workshop programme for 16–18-year-olds  
**Stephen Lisk**, King's College London
- 10.20 Co-CAT: Child Anxiety Treatment in the context of COVID-19  
**Emily Whitaker**, **Emma Brooks** and **Lucy Taylor**, University of Oxford

### Skills Class 5 – *Room 208*

#### 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

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11.00 – 11.30 Coffee break

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11:30 - 12:30

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**\*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

**IPSIG AGM – Simon Gibson Studio**

**Couples SIG Meeting – Studio 2**

**Workplace Wellbeing SIG Meeting – Shirley Basseby Studio**

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12:30 – 13.30 Lunch

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13:30 – 15:30

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**\*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

## Skills Class 7 - Sir Geraint Evans Recital Room

### DBT for DID (Using techniques from Dialectical Behaviour Therapy to treat Dissociative Identity Disorder)

Fiona Kennedy and Marie Wassberg, Greenwood Mentors Ltd



## Panel Discussion 3 – Weston Gallery

### Where is neurodiversity/neurodivergence in CBT?

- Convenor: **Natasha Hickmott**, Co-chair BABCP neurodiversity SIG, Everyturn Mental Health
- Chair: **Liz Stamatelatos**, Co-chair BABCP neurodiversity SIG
- Speakers: **Kate Cooper**, University of Bath  
**Sarah Watts**, Staffordshire and Stoke on Trent Wellbeing Service and Staffordshire University  
**Emma Crouch**, University of Surrey  
**Natasha Hickmott**, Co-chair BABCP neurodiversity SIG, Everyturn Mental Health  
**Benjamin Ford**, Staffordshire and Stoke on Trent Wellbeing Service

## Symposium 17 – Seligman Studio

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

- Convenor: **Glorianna Jagfeld**, Lancaster University
- Chair: **Steven Jones**, Lancaster University
- Discussant: **Steven Jones**, Lancaster UniversityK
- 13.30 A Corpus Linguistic Based Classification of Risk-Taking Behaviours in bipolar using lived experience interviews  
**Daisy Harvey**, Lancaster University
- 14.00 Integrating health research, natural language processing, and corpus linguistics to analyse peer online support forum posts on personal recovery in bipolar disorder  
**Glorianna Jagfeld**, Lancaster University
- 14.30 Characterising social dysfunction in borderline personality disorder through the analysis of natural language  
**Charlotte Entwistle**, Lancaster University
- 15.00 Discussion

## Symposium 18 – *Simon Gibson Studio*

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

- Chair: **Nina Higson-Sweeney**, University of Bath
- 13.30 University students' opinions on support for self-harm  
**Bethany Cliffe**, University of Bristol & University of Southampton
- 13.50 'Who will I become?' Possible selves and depression symptoms in adolescents.  
**Emily Hards**, University of Bath
- 14.10 "People didn't really understand why I was tired because I was just depressed": Exploring adolescents' lived experiences of fatigue in depression  
**Nina Higson-Sweeney**, University of Bath
- 14.20 How do young people who have tried to access Child and Adolescent Mental Health Services (CAMHS) view it?  
**Maria Loades**, University of Bath
- 14.40 Considering the role of funders in prioritising lived experience in youth mental health research  
**Faith Orchard**, University of Sussex



## Panel Discussion 4 – *Shirley Bassey Studio*

### 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

## Symposium 19 – *Corus Recital Room*

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

- Convenor: **Anna Roach**, UCL Great Ormond Street Institute of Child Health
- Chair: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health
- Discussant: **Roz Shafran**, UCL Great Ormond Street Institute of Child Health and King's College London
- 13.30 Innovations in practice: Preparing to roll out low intensity CBT in paediatric hospitals  
**Anna Roach**, UCL Great Ormond Street Institute of Child Health and **Isabella Stokes**, University College London Hospitals NHS Foundation Trust and UCL Great Ormond Street Institute of Child Health
- 14.00 Optimising the implementation of evidence in children and young people's mental health: A qualitative analysis informed by the i-PARIHS Framework  
**Holly Bear**, University of Oxford and **Tim Clarke**, Norfolk and Suffolk NHS Foundation Trust
- 14.30 Families matter: Involving the wider family in implementing low intensity CBT  
**Sophie Bennett**, UCL Great Ormond Street Institute of Child Health and King's College London
- 15.00 Discussion



## Symposium 20 – *Studio 2*

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

- Convenor: **Rani Griffiths**, Berkshire Healthcare Foundation Trust
- Chair: **Margo Ononaiye**, University of Southampton
- 13.30 Hard to reach or seldom heard? Actively addressing ethnic inequality in IAPT/NHS Talking Therapies  
**Rani Griffiths**, Berkshire Healthcare Foundation Trust
- 13.55 Psychological Wellbeing Practitioner Outreach Work: Benefits, learning and looking forward  
**Faithful Odusote** and **Kamila, Klejny**, Talking Change, Solent NHS Trust, Chat over Chai, Hampshire and Isle of Wight Community Foundation
- 14.20 Culturally competent CBT training and supervision  
**Mallika Sharma**, Buckinghamshire New University
- 14.45 Meaningful therapy for ethnically minoritized communities; the need to provide a better experience for true progression  
**Deepak Dhuna**, Sanctuary Wellbeing


## Open Papers 4 – Room 206


### Professional Issues


Chair: **Georgina Charlesworth**, University College London

13.30 What are the factors impacting progression towards accreditation post Cognitive Behavioural Psychotherapy training in the Republic of Ireland

**Eileen Fitzharris Cahill**, HSE/Trinity College Dublin

 13.55 ACTIONS (Accelerating Cognitive Therapy Implementation On a National Scale)  
**Cordet Smart**, Exeter University

 14.20 CBT Training from within: Lessons in developing in-house training for a psychologically informed workforce  
**Tamsin Speight** and **Stephanie Hastings**, Betsi Cadwaladr University Health Board

 14.45 The Importance of Historical Knowledge in CBT with Clients from Minoritised Ethnicities  
**Alasdair Churchard**, University of Oxford

## Symposium 21 – Room 208

### 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

Chair: **Olivia Harris**, Oxleas NHS Foundation

13.30 Self-criticism and compassion focused informed treatment – examples and experiences from child-focused services.

**Olivia Harris**, Oxleas NHS Foundation

13.55 Using Compassion Focused Therapy (CFT) in a children’s social care setting to work with self-criticism across the family systems

**Binita Agrawal**, Royal Borough of Greenwich Children’s Services

14.20 From Self-criticism to Compassion: The lived experience of parents and caregivers of emotionally dysregulated adolescents

**Alisa Pearlstone**, Expert by Experience (Oxleas)

14.45 Self-criticism and compassion focused informed treatment – examples and experiences from child-focused services.

**Julie Melrose**, Oxleas NHS Foundation, **Alisa Pearlstone**, Expert by Experience (Oxleas), **Binita Agrawal**, Royal Borough of Greenwich Children’s Services and **Olivia Harris**, Oxleas NHS Foundation

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15.30 – 16.00 Coffee

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16.00 – 17.00

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### \*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

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



**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

## Programme Schedule | Thursday 13<sup>th</sup> July

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 Oxford

Chair: **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

### **Skills Class 8 - Sir Geraint Evans Recital Room**

#### **Combining ACT and moral philosophy to enable forgiveness and compassion**

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

### **Skills Class 9 – Weston Gallery**

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

**Vickie Presley**, Coventry University

### **Symposium 25 – Seligman Studio**

#### **Expanding the route to BABCP-Accreditation on Clinical Psychology Doctoral Programmes**

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

Chair: **Paul Salkovskis**, The Oxford Institute of Clinical Psychology Training and Research, The Oxford Centre for Psychological Health, The Oxford Cognitive Therapy Centre

9.00 Improving access to CBT across services: The role of psychologists in delivering NHS policy

**Adrian Whittington**, NHS England and Health Education England

9.20 The development of clinical psychology doctoral BABCP accredited training pathways: a national CBT top up training programme.

**Sarah Lack**, Oxford Institute of Clinical Psychology Training and Research

9.40 Development of the national CBT Top Up Training Programme: A pilot evaluation from the perspective of participants enrolled on the programme

**Lucy Hale** and **Lindsay Barr**, University of Surrey

10.00 Five Years On: Reflecting on the Experiences of Trainee Clinical Psychologists in relation to opportunities around their CBT practice on the Clinical Psychology Programme at the University of Surrey

**Lucy Hale** and **Madeleine Coe**, University of Surrey

10.20 Teaching an old dog new tricks or teaching grandma to suck eggs? Progress and challenges accrediting new-old Clinical Psychology CBT courses.

**Rachel Handley**, University of Exeter

### **Symposium 26 – Simon Gibson Studio**

#### **Working with complexity and the space between primary and secondary care in IAPT.**

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

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

9.00 Is Bipolar worked with in IAPT, and what are the views of staff and service users? Results from a linked staff and service user survey and freedom of information request.

**Thomas Richardson**, University of Southampton

9.30 ARMS in IAPT: How common are psychotic-type experiences in people accessing primary care mental health services, and what is the impact on their recovery?

**Katherine Newman-Taylor** and **Tess Maguire**, University of Southampton

10.00 Focused CPD workshops to support Talking Therapies service therapists to tailor depression and anxiety treatments for clients with personality difficulties: Emerging findings

**Laura Warbrick**, Exeter University

10.30 Discussion

### **Symposium 27 – Shirley Basseby Studio**

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

Convenor: **Kamelia Harris**, University of Manchester

Chair: **Gillian Haddock**, University of Manchester

9.00 Working with psychosis and suicide: preliminary findings from the CARMS randomised controlled trial evaluating cognitive behavioural suicide prevention therapy

**Gillian Haddock**, University of Manchester

9.25 Acceptability of a suicide-focused psychological therapy for people who experience psychosis

**Kamelia Harris**, University of Manchester

- 9.50 The dynamic interplay between interpersonal relationships and suicidal experiences in people with non-affective psychosis: findings from the CARMS (Cognitive AppRoaches to coMbatting Suicidality) project  
**Patricia Gooding**, University of Manchester
- 10.15 Working with suicide: perspectives from experts-by-experience  
**Zach Howarth**, University of Manchester

## Open Papers 5 – *Corus Recital Room*

### Therapeutic Techniques and Innovations

- Chair: **Katherine Berry**, University of Manchester
- 9.00 Increasing access to psychological therapy on acute mental health wards: Talk, Understand and Listen for InPatient Settings (TULIPS)  
**Katherine Berry**, University of Manchester
- 9.25 A new perspective on depression: targeting specific subtypes to deliver better outcomes  
**Clare Hurley**, ieso, UK
- 9.50 Using behavioural activation and self-compassion to cope with academic worry  
**Junwen Chen**, Australian National University, Australia


## Symposium 28 – *Studio 2*

### Supporting parents with severe mental health problems

- Chair: **Sam Cartwright-Hatton**, University of Sussex
- 9.00 Parenting with an eating disorder: maternal experiences and support needs  
**Laura Chapman**, University of Sussex
- 9.20 Women's and staff perceptions and experiences of the IMAGINE study.  
**Anja Wittkowski**, University of Manchester
- 9.40 How can we best support parents with bipolar?  
**Steven Jones**, University of Lancaster
- 10.00 'Parenting Intervention for Parents with Psychosis in adult mental health services: An acceptability and feasibility trial (The PIPPA study)  
**Lynsey Gregg**, University of Manchester
- 10.20 Parenting and psychosis: An experience sampling methodology study investigating the inter?relationship between stress from parenting and positive psychotic symptoms  
**Jess Radley**, Kings College, London
- 10.40 Parenting from the ward: A novel intervention for parents in hospital  
**Abby Dunn**, University of Sussex

## Open Papers 6 – *Room 206*

### Paediatrics

- Chair: **Shirley Reynolds**, Child Mind Institute, New York
- 9.00 Addressing an unmet need for mental health services within paediatric hospitals  
**Anna Roach**, UCL Great Ormond Street Institute of Child Health
- 9.25 Children and Young People with Long COVID - comparing those seen in a specialist clinic with a non-hospitalised national cohort: a descriptive study  
**Fiona Newlands**, UCL, Great Ormond Street Institute of Child Health
-  9.50 Brief intervention for children and young people with chronic physical illnesses: Session by session trajectories of change  
**Laila Xu**, UCL Great Ormond Street Institute of Child Health
- 10.15 Delivering Acceptance and Commitment Therapy remotely for children and young people with neurological conditions: experiences of Clinical Psychologists  
**Katie Powers**, Nottingham University Hospitals NHS Trust, Nottingham,

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11.00 – 11.30 Coffee

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11.30 – 12.30

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**\*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

**Neurodiversity Special Interest Group Meeting – Seligman Studio**

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12:30 – 13.30 Lunch

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13:30 – 15:00

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**\*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

## Symposium 31 – *Sir Geraint Evans Recital Room*

### Developing the Psychological Professions Workforce in Primary Care

Convenor: **Miranda Budd**, Lancashire & South Cumbria NHS FT

Chairs: **Miranda Budd** and **Debbie Nixon**, Lancashire & South Cumbria NHS FT

- 13.30 Associate Psychological Practitioners working in primary care: Role development and impact  
**Miranda Budd**, Lancashire & South Cumbria NHS FT
- 13.50 Associate Psychological Practitioners: Programme development for training psychology graduates in clinical practice roles  
**Mark Roy**, University of Central Lancashire
- 14.10 Associate Psychological Practitioners in Primary Care: Modelling the impact  
**Kathryn Gardner**, University of Central Lancashire
- 14.30 Psychological Professions in Primary Care: Where next?  
**Miranda Budd** and **Debbie Nixon**, Lancashire & South Cumbria NHS FT



## Panel Discussion 5 – *Weston Gallery*

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

Chair: **Markku Wood**, Northumbria University

Speakers: **Mike Turnbull**, Northumbria University  
**Susanna Payne**, Kings College London  
**Jessica Richardson**, Kings College London  
**Jonathon Parker**, Exeter University  
**Clare Devanney-Glynn**, Northumbria University  
**Lili Ly**, University College London and Anna Freud



## Symposium 32 – *Seligman Studio*

### Exploring the social and environmental determinants of mental ill health.

Chair: **Jasper Palmier-Claus**, Lancaster University

- 13.30 The Mouth Matters in Mental Health Study: A feasibility trial.  
**Jasper Palmier-Claus**, Lancaster University
- 13.50 What does blue do for you? Experiences of blue space and wellbeing in the lives of people with severe mental health difficulties  
**Kim Wright**, Exeter University
- 14.10 The enemy within: Mental health in Welsh former coal mining communities, analyses of geo-linked survey data  
**Christopher Saville**, Bangor University
- 14.30 Experiences of alcohol use among ethnic minority groups with a mental health problem  
**Jo-Anne Puddephatt**, Lancaster University

## Open Papers 7 – *Simon Gibson Studio*

### Mechanisms


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

- 13.30 Self-regulation of ventromedial prefrontal cortex using real-time fMRI neurofeedback  
**Bianca Oltean**, Kings College London
- 13.50 Experiences of imagery in Obsessive-Compulsive Disorder: An Interpretative Phenomenological Analysis  
**Hannah Wedge**, Aneurin Bevan University Health Board/Cardiff University
- 14.10 Maladaptive cognitions in bipolar disorder: The relationship with mood symptoms.  
**Thomas Richardson**, University of Southampton
- 14.30 Adult attachment, anxiety symptoms and prospective mental imagery  
**Gavin Clark**, Newcastle University

## Open Papers 8 – Shirley Basseby Studio

### Psychosis and Bipolar Disorder

Chair: **Matteo Cella**, King's College London

- 13.30 Components of emotion regulation flexibility and psychosis: cross-sectional and longitudinal study  
**Catherine Bortolon**, Université Grenoble-Alpes, Laboratoire interuniversitaire de Psychologie (LIP/PC2S), France
- 13.50 Virtual reality supported therapy for negative symptoms: A pilot randomised controlled trial  
**Matteo Cella**, King's College London
- 14.10 What are the lived experiences of communication processes of individuals living with psychosis  
**Eileen Fitzharris Cahill**, TCD/HSE
-  14.30 Homelessness and ideas of persecution: A mixed-methods questionnaire study examining persecutory beliefs and the role of safety behaviours in unstable housing.  
**Ashley-Louise Teale**, University of Bath

## Skills Class 11 – Corus Recital Room



### 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

Reference for those delegates wishing to attend the skills class: Marshall, P., Jones, S., Lodge, C., EBCD Project Team, & Lobban, F. (2023). Library of Lived Experience for Mental Health Implementation Guide. <https://doi.org/10.5281/zenodo.7920240>

## Open Papers 9 – Studio 2

### Behavioural Medicine

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

- 13.30 Cognitive-behaviour Therapy for survivors of Acquire Brain Injury presenting with severe neurocognitive deficits and neurobehavioural difficulties  
**Sirous Mobini**, Aspire Clinical Psychological and Neuropsychological Services Ltd & University College London, St Neots Neurological Centre, Elysium Healthcare
- 13.50 Pre-post evaluation of a virtual group intervention for people living with Long COVID  
**Samuel-James Fall**, Gloucestershire Health & Care NHSFT - Post-Covid Syndrome Service
- 14.10 Internet-delivered cognitive behavioural therapy for depression and anxiety among breast cancer survivors in Ireland and the UK: Results from a randomised controlled trial  
**Selin Akkol Solakoglu**, Amwell
- 14.30 Wait-list control study of a digital CBT informed self-management intervention for Long COVID  
**Faith Martin**, Cardiff University

## Symposium 33 – Room 206

### CBT in Acute Settings

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

- 13.30 The feasibility and acceptability of a stepped model of psychological interventions in acute mental health settings  
**Katherine Berry**, University of Manchester
- 13.50 What are the key components of CBT for psychosis when delivered in inpatient settings? A Delphi study of therapist's views  
**Lisa Wood**, University College London
- 14.10 Developing a Core Outcome Set (COS) for inpatient psychological therapy trials  
**Pamela Jacobsen**, University of Bath
- 14.30 Bringing Cognitive behavioural and psychological knowledge to the wider inpatient mental health system  
**Megan Wilkinson-Tough**, University of Bath

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### 15.00 – 15.30 Coffee and Awards

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15.30 – 16.30

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### \*Keynote 13 – Dora Stoutzker Concert 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

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.

### 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

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#### **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

## Positive Behaviour Support Day - Room 208

Thursday 13<sup>th</sup> July 2023

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

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**Nick Gore**, *BCBA Co-Director Tizard Centre University of Kent*

**Suzi Sapiets**, *Tizard Centre University of Kent*

12.30 Lunch

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### 1.30 Symposium: **Positive Behaviour Support - A Tiered Approach to Person Centred Care**

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Positive Behavioural Support – Past, Present, and Future.

**Sandy Toogood** BEM, *Bangor University*

Providing Positive Behavioural Support Services after 10 Years: Referral Characteristics, Resource Allocation, Case Management and Outcomes:

**Gill Morgan**, *Positive Behaviour Support Services, Halton Children's Trust*

Positive Behaviour Support in Special Education Needs Schools

**Maggie Hoerger**, *School of Education, Bangor University*

Positive Staff Support – A Multi-Tiered Model of Staff Support

**Peter Baker**, *Tizard Centre University of Kent*

15.00 Coffee

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

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Chair: **Peter Baker**, Tizard Centre University of Kent

**Gill Morgan** and **Sarah Diskin**, *Positive Behaviour Support Services, Halton Children's Trust*

4.30 Coffee