



EABCT 2022

EUROPEAN ASSOCIATION FOR BEHAVIOURAL
AND COGNITIVE THERAPIES

Re-Thinking CBT: *providing
strategies for a new way of living*

September 7-10, 2022

Universidad Pompeu Fabra
Campus Ciutadella.
Barcelona, Spain



early bird rate
available until
27 June 2022

 Societat Catalana de
Psicologia i Teràpia del
Comportament



WWW.EABCT2022.ORG

It is time for you to plan to come to Barcelona and join us for EABCT's Annual Congress. Europe will once again be open and the travel restrictions that have impacted on our Congresses for the past 2 years are over so we can welcome you to Barcelona. If you cannot join us in person you will have the opportunity to participate in a major part of the programme which will be available online. The programme is now ready and you can keep up-to-date with progress by visiting the website

Register at EABCT2022.org

Pre-congress workshops 7th September

A treatment model for anxiety in youth transitioning to adulthood

Anne Maria Albano, Columbia University, NY, USA

Use of the Internet to provide CBT in 2022

Gerhard Andersson, Linköping University, Sweden

A self-practice/self-reflection (SP/SR) workshop

James Bennet-Levy, University of Sydney, Australia and Tobyn Bell, UK

Relapse prevention for depression: Preventive Cognitive Therapy

Claudi Bockting, University of Amsterdam, the Netherlands

Training Emotion Regulation in Children & Adolescents

Laura Wante and colleagues, Ghent University, the Netherlands

How to tackle persistent fatigue

Trudie Chalder, King's College London

Effective Strategies to Work with Negative Thinking in Depression

Keith Dobson, University of Calgary, Canada

The Unified Protocol: Treatment of Emotional Disorders

Todd Farchione, Boston University, USA

Exploring attachment and caring behaviour in CBT

Paul Gilbert, University of Derby

Cognitive Therapy for Psychosis: Back to Basics

Tony Morrison, University of Manchester, UK

Somatic symptoms in psychopathology

Omer van den Bergh, Leuven Belgium & Michael Witthöft, Mainz, Germany

Using Imagery Techniques to Help People with PTSD

Kerry Young, Woodfield Trauma Service, London, UK

Congress Keynotes

Anne Maria Albano, Columbia University, NY, USA

Adolescents and Emerging Adults: Profiles, Risks and Clinical Opportunities

Gerhard Andersson, Linköping University, Sweden

Internet-delivered CBT: state of the art and future challenges

James Bennet-Levy, University of Sydney, Australia

Personal Practice: Rethinking Strategies how we Train and Develop as

Claudi Bockting, University of Amsterdam, the Netherlands

A (wo)man is not alone on an island: the sustainability of our interventions

Caroline Braet, Ghent University, the Netherlands

Integrating emotion regulation training in the treatment of adolescents

Trudie Chalder, King's College London, UK

Interventions for persistent symptoms: transdiagnostic or symptom focused

Ioana Cristea, University of Pavia, Italy

Shifting psychotherapy research from brands & categories to active ingredients

Keith Dobson, University of Calgary, Canada

Re- thinking the future: Strategies to maximize the global impact of the CBTs

Todd Farchione, Boston University, USA

Neuroticism in Psychological Treatment: A Unified Transdiagnostic Approach

Paul Gilbert, University of Derby, UK

Compassion as an integrative process in psychotherapy'

Emily Holmes, Karolinska Institutet, Sweden

Rethinking and Revisualising

Tony Morrison, University of Manchester, UK

Can CBT for psychosis be safe and effective without medication?

Omer Van den Bergh, Leuven, Belgium

Somatic complaints and the Body: A New Look on their Relationship.

Carmelo Vazquez, Complutense University at Madrid, Spain

Bridging the gap between positive psychology and clinical interventions:

Kerry Young, Woodfield Trauma Service, London UK

Trauma-focused treatments for PTSD in refugees and asylum seekers"

See over for a summary of the symposia, skills classes, in-congress workshops, round tables and panel; debates

Adult Mental Health

Symposia, Roundtables and Panel Debates

Understanding and predicting change in **anxiety treatment**
How important are core fears in **CBT for anxiety**?

Dementia

Symptom fluctuations in **anxiety and depression**
Understanding cognitive factors in **depression**-related pathology
Improving inpatient treatment of people with **dual diagnosis**
Disgust in **eating disorders**

Eating disorders

Recent advances in international research in **hoarding disorder**
Optimizing treatment strategies for **OCD** and its subtypes

Obsessive Compulsive Disorder

Cognitive and behavioural approaches for **older adults**
Psychological treatment for **persecutory delusions**

Spider Phobia

New Directions in **post-traumatic symptoms**

Post traumatic stress disorder

CBT for **psychosis**

Psychosis and schizophrenia

Emotions in **social anxiety disorder**
Nonverbal synchrony in social anxiety and **social anxiety disorder**

Interpretation biases in **social anxiety disorder**

Trauma, dissociation, and **psychosis**

Family-focused practice in the care of parents with **psychosis**

Imagery Rescripting: Clinical applications and underlying mechanisms

Physical activity as augmentation strategy for CBT

Evidence-based positive interventions in mental disorders:

Virtual reality **exposure therapy**

Effects of mindfulness on **emotion regulation**

Novel approaches to **repetitive negative thinking**

Repetitive negative thinking as a transdiagnostic maintaining factor

Schema Therapy in the treatment of **Personality Disorders** and **Depression**

Intolerance of uncertainty to uncertainty distress

Worry and rumination

gameChange **virtual reality cognitive therapy**

Advances in **compassion-based interventions** research

Re-thinking **Beck**

Adapting CBT; interventions delivered by **non-professional helpers**

Innovating CBT

The role of the **Resilience Hub** model in supporting staff

Personalization for CBT research and clinical practice

Unified Protocol for transdiagnostic treatment of emotional disorders

Negative effects in psychological treatments

Mechanisms in psychotherapy: A complex system approach

Psychological treatment on psychiatric **inpatient wards**

Skills Classes and Workshops

ACT in the context of **psychedelic assisted therapy**

Working with moral injury in **PTSD**

Working with **identity conflicts**

Compassion and metacognition in cluster A **personality disorders**

A transdiagnostic approach to **exposure-based treatment**

Rethinking CBT: **Positive CBT**

Deep CBT for **anxiety disorders** and beyond:

Fine-tuning transdiagnostic **imagery rescripting**

Understanding, assessing, and addressing **moral injury**

Working with complexity in **PTSD**

PTSD for people exposed to occupational traumatisation

An Integrated CBT treatment for **psychosis**

Children and Young People

Symposia, Roundtables and Panel Debates

Effective Interventions for Adolescent Mental Health

ADHD

Providing parents with strategies to prevent or treat **anxiety** in their children.

Optimizing the assessment and treatment of childhood **anxiety**

Treatment of **adolescent body dysmorphic disorder**

Depression and stress prevention across at-risk populations

Emotion regulation and emotional problems in youth and young adults

Emotion regulation in children

Advances in **low intensity CBT** with CYP and families

Mental imagery in the assessment and treatment of emotional disorders

CBT for youths with selective mutism, **OCD, tic and misophonia**

Non-suicidal **self-Injury**: Challenges and current perspectives

Adolescents and **social anxiety**

Reactions to social challenges in **social anxiety**

Strategies for improving **youth mental health**

Skills Classes and Workshops

ACT for anger regulation in children and adolescents

Preventative approaches for supporting young people **post covid**.

Training, Supervision, and Professional Issues

Symposia, Roundtables and Panel Debates

On the Way to an **Evidence-Based Psychotherapy Education**

Ethical issues in **supervision**

Training and Supervision: Reimagining the future of CBT

Skills Classes and Workshops

Maladaptive therapist modes in CBT Supervision

Basic Processes and Experimental Psychopathology

Symposia, Roundtables and Panel Debates

Predictors and mechanisms in CBT for **anxiety-related disorders**

New Clinical Applications of **Approach-Avoidance Tasks**

A Paradigm to Diagnose and Treat Mental Disorders: **The Network Approach**

Cognitive bias modification as a way of changing dysfunctional behaviours

Mechanism-based innovative interventions in psychotherapy

How and when does **imagery rescripting** work?

Theory of Mind and Psychopathology

How are **compulsive episodes** started and maintained?

Modifying interpretation biases for **depression and anxiety**

Behavioural Medicine and Public health

Symposia, Roundtables and Panel Debates

The evolution of **Mindfulness** (- based Cognitive Therapy)

Psychosocial impact of the **COVID-19 pandemic**

Parenting interventions for parents with mental health difficulties

Distress and promote resilience during the **COVID-19 pandemic**

COVID 19, mental health and psychosocial factors

Mindfulness and acceptance: new settings for implementation

Mindfulness-based cognitive therapy

A CBT Insight on **conflict resolution and pandemic crisis**

ACT for specific disorders and clinical challenges

Pain

COVID-19

Pregnancy related anxiety

Skills Classes and Workshops

Psychological First Aid

Digital Health

Symposia, Roundtables and Panel Debates

Different applications of **transdiagnostic internet-based interventions**

Internet-based treatment for adolescents **depression or anxiety**

Advances in technological **depression** treatments

Pitfalls in intervention development in **e-mental health**

Digital mental health interventions in **primary care**

Innovative technology to enhance psychotherapy practice and research

Enhancing **emotional competence** in the young

New frontiers in **mixed reality**: Impact on treatment

Cognitive-behavioral **blended interventions**