



# The Annual Congress of the European Association for Behavioural and Cognitive Therapies

## Registration is now open

.....and we will love to see you in person in **Barcelona** in September



It is time for you to plan to come to Barcelona and join us for EABCT's Annual Congress. By September Europe will once again be open and the travel restrictions that have impacted on our Congresses for the past 2 years will be 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 developing and you can keep up-to-date with progress by visiting the website and signing up for regular updates

**Early bird ends on 22nd June**

Register at [EABCT2022.org](http://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"



....and if you are in **Barcelona** in person then don't miss the **Congress Beach Party**