

WEDNESDAY AUG 31

	A1: EABCT Auditorium (1350 seats)	A2: Carlo (500 seats)	A3: Michelle (1000 seats)	POSTERS & POPCORN BALCONY	C1: Astrid (136 seats)	C2: Aaron (144 seats)	C3: Mary (180 seats)	C4: Fred (125 seats)	21: Sten (30 seats)	22: Christine (21 seats)	
09:00 - 17:00					David M Clark: An Update on Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents	Emily Holmes & Iman Al Haj Ibrahim: MENTAL IMAGERY: Cognitive Science and Cognitive Therapy	Judith Beck: Cognitive Behavior Therapy for Personality Disorders	Roz Shafran: Cognitive-Behavioural Treatment of Clinical Perfectionism	Patricia van Oppen, Jenneke Wiersma, Eva-Lotta Brakemeier & Jan Philipp Klein: Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for the treatment of chronic depression		
18:30	OPENING CEREMONY & RECEPTION (Emily Holmes and many more). Meeting spot: Waterfront Congress Center										
Approx. at 21:00	PUB QUIZ: "Challenge of the Distant Masters". Meeting spot: Waterfront Congress Center										

	23: Patricia (30 seats)	24: Ivan (30 seats)	25: David (26 seats)	26: Edna (50 seats)	27: Donald (60 seats)	31: Tom (26 seats)	32: Mavis (30 seats)	33: Sandra (30 seats)	34: Steven (30 seats)	35: Dianne (30 seats)	36: Marsha (30 seats)	
09:00 - 17:00	Stephen Barton: The Newcastle Model of CBT Supervision: Integrating Practical Skills with a Conceptual Framework	Susan Bögels: Mindful Parenting in mental health care and "preventive" settings	JoAnne Dahl & Magnus Johansson: Workshop on the prevention of prejudice: Using Perspective taking to develop empathy and psychological flexibility	Anne Marie Albano: Anxiety in Adolescents and Emerging Adults: Prevalence, phenomenology, and a developmental CBT treatment model	Lance McCracken: ACT, psychological flexibility, and chronic pain: A short practical workshop			Christof Loose: Schematherapy for Children, Adolescents, and Parents	Edward Watkins: Rumination-focused CBT as a transdiagnostic treatment for depression and anxiety	Lars-Göran Öst: One-session treatment of specific phobias		

THURSDAY SEP 1

	A1: EABCT Auditorium (1350 seats)	A2: Carlo (500 seats)	A3: Michelle (1000 seats)	POSTERS & POPCORN BALCONY	C1: Astrid (136 seats)	C2: Aaron (144 seats)	C3: Mary (180 seats)	C4: Fred (125 seats)	21: Sten (30 seats)	22: Christine (21 seats)	
08:30	THE RUNNING EXPERIENCE OF STOCKHOLM Meeting spot: Outside Waterfront Congress Center										
08:30 - 10:00	PD01: The role of associations in the CBT movement – a panel discussion with EABCT past presidents	S06: A Novel CBT Program to Address the Long-term Effects of Childhood Adversity in Adulthood	S25: Rumination-focused CBT to treat and prevent depression and anxiety: a Scandinavian perspective		S08: Anxiety of Childhood: Family and Parenting Processes	S42: CBT for Psychiatric Disorders in Primary Care	S63: CBT for Insomnia – Strategies to reach more patients and to enhance outcome	S52: CBT for children and adolescents with disruptive behaviour disorders	S61: Interpretation Biases in Depression in Young People: the Story So Far	Meet the expert: Claudi Bockting	
10:00 - 10:30	COFFEE				COFFEE						
10:30 - 12:00	CRT01: CBT – why can't we translate research findings into practice?	S50: Addressing comorbidity in three separate complex patient groups	CRT02: ACT vs. BT vs. CBT. One happy family or three separate ways of working?	POSTERS & POPCORN SESSION 1 (10:00 - 13:50)	Mini WS Judith Beck: A Cognitive Behavioral Approach to Weight Loss and Maintenance	S48: New developments in experimental and clinical applications of Cognitive Bias Modification	S35: Patients with severe personality disorders: what treatments for which patients?	S59: Improving treatment access for anxious youth: Innovations in CBT delivery	S04: CBT in Russia: Opportunities and Challenges	Meet the expert: Anke Ehlers	
12:15 - 13:00	Keynote: Anke Ehlers Psychological Treatments of Posttraumatic Stress Disorder: Advances and Future Challenges	Keynote: Terry Wilson Cognitive Behavior Therapy: Progress and Future challenges	Keynote: Paul Emmelkamp - Looking back and forward: From behaviour therapy to virtual reality exposure therapy				Keynote: Lars-Göran Öst Intensive, brief, and effective treatments for anxiety disorders: A meta-analysis				
13:00 - 14:00	LUNCH										
14:00 - 15:30	PD02: Learning from the past including the mistakes we made	S12: Transdiagnostic interventions: New developments in Scandinavia	S26: Negative effects of psychological treatments – deterioration, dependency, and adverse events	POSTERS & POPCORN SESSION 2 (14:00 - 17:00)	S29: Cognitive remediation therapies for affective disorders: Recent advances in cognitive training studies	S03: Mindfulness in group- and individual therapy: (first) results of randomised controlled trials	S31: Indirect fear acquisition and reduction via information and vicarious learning pathways	WS Anke Ehlers: Updating Trauma Memories with Cognitive Therapy for PTSD	S18: Anxiety – a path to Psychopathology? Underlying mechanisms and impact on therapy	Meet the expert: Winfried Rief	
15:30 - 16:15	COFFEE				COFFEE						
16:15 - 17:00	Keynote: Art Freeman Cognitive Behavior Therapy (CBT): We Have a Long Past but a Short History. Now on to the Future	Keynote: Susan Bögels Mindfulness for families with psychopathology: A developmental and intergenerational perspective	Keynote: Patricia van Oppen What can therapist learn from sports?		S27: Treating PTSD related to childhood abuse in children and adolescents – new developments		Video greeting by Aaron T Beck				
17:00 - 17:45											
18:45	RECEPTION AT STOCKHOLM CITY HALL, [only pre-registrations]. Ten minute walk from Waterfront Congress Center										

	23: Patricia (30 seats)	24: Ivan (30 seats)	25: David (26 seats)	26: Edna (50 seats)	27: Donald (60 seats)	31: Tom (26 seats)	32: Mavis (30 seats)	33: Sandra (30 seats)	34: Steven (30 seats)	35: Dianne (30 seats)	36: Marsha (30 seats)
08:30											
08:30 - 10:00	OP22: REBT and Self-schemas	S30: Use of the Experience Sampling Methodology (ESM) and personalized ESM network models in the treatment of mood disorders and the evaluation thereof	S46: Emotional reasoning: Findings across disorders and persistence across time		WS Per Carlbring & Gerhard Andersson: Internet treatment for anxiety disorders	WS Tara O'Donoghue & Lisa Williams: Building Shame Resilience in OCD and BDD populations	OP9: Depression 2		WS Daniel Hamiel: From Crisis to Growth-Resilience training with children and adults to prevent psychopathology and build life skills	WS Shiva Thorsell & Jaap Spaans: Perspective taking skills in the treatment of severe somatoform disorders	WS Hannah Murray & Sharif El-Leithy: Beyond reliving in PTSD treatment: Advanced skills for overcoming common obstacles in memory work
10:00 - 10:30	COFFEE										
10:30 - 12:00	S20: Current challenges and future directions in the prevention of youth depression	S49: Predictors of children's mental health and relevance for prevention and CBT	S67: New Developments in Hoarding Disorder: Heritability, Developmental Course, Risk Factors, and Treatment Approaches				OP19: Mindfulness				
12:15 - 13:00											
13:00 - 14:00	LUNCH										
14:00 - 15:30	S28: Transdiagnostic approach: research, assessment and intervention	S78: The prevalence of violence in the Icelandic population, service utilization and associated outcomes	S65: Goal Motivation Processes in Mental Health	WS Lusia Stopa: Imagery and the self: understanding how imagery maintains negative self-views and how you can use imagery to change them	WS Brjánn Ljótsson: Exposure based cognitive behavior therapy for irritable bowel syndrome – theory and treatment	OP3: PTSD 1	Mini WS Stirling Mooney: CBT for cancer and life limiting illness	S66: Symposium on co-morbidity of mental disorders and somatic diseases	OP10: Depression 3 and ACT	WS Glenn Waller: Cognitive-behavioural therapy for eating disorders: How to deliver evidence-based treatment in real-life clinical settings	
15:30 - 16:15	COFFEE										
16:15 - 17:00											

FRIDAY SEP 2

	A1: EABCT Auditorium (1350 seats)	A2: Carlo (500 seats)	A3: Michelle (1000 seats)	POSTERS & POPCORN BALCONY	C1: Astrid (136 seats)	C2: Aaron (144 seats)	C3: Mary (180 seats)	C4: Fred (125 seats)	21: Sten (30 seats)	22: Christine (21 seats)
06:30	THE RUNNING EXPERIENCE OF STOCKHOLM Meeting spot: Outside Waterfront Congress Center									
06:45	BREAK-OF-DAWN ACROYOGA Meeting spot: Waterfront Congress Center Entrance									
08:30 - 10:00	S41: New branches of CBT in treatment of Psychosis	S05: Psychological Internet Interventions: what is new and what is effective?	S07: Social Anxiety in Children and Adolescents		Årsmöte sfKBT (08:00-10:00) [only members of the sfKBT are invited]	S10: A network approach to psychopathology; prediction of clinical course and moving towards personalized models	S11: Online or face-to-face treatment for insomnia?	WS Timothy Carey & Sara Tai: Making Cognitive Therapy Work: A focus on principles	S21: Exposure-based therapy for somatic disorders: New innovations	Meet the expert: Anne Marie Albano
10:00 - 10:30	COFFEE									
10:30 - 12:00	PD03: Vård av psykisk ohälsa i Sverige – aktuell situation och framtida utmaningar [Swedish language]	S01: Making CBT more positive	CRT03: Internet-delivered CBT versus seeing your patient face-to-face. Are we about to be replaced?		S70: Facilitating Internet-based psychotherapy for depression in routine practice	S24: Development, dissemination and outcomes of online treatments for childhood anxiety disorders	S58: Latest developments in child specific phobia		S45: Stuck in depressive rumination: Information-processing factors	Meet the expert: Lusja Stopa
12:15 - 13:00	Keynote: Emily Holmes Mental Imagery in the Roots and Branches of CBT	Keynote: Winfried Rief New developments of psychological interventions for somatic problems	Keynote: Arnoud Arntz The evidence base of treatments for Borderline Personality Disorder: what new meta-analyses tell us about the best tolerated and the most effective treatments	POSTERS & POPCORN SESSION 3 (10:00 - 13:50)			Keynote: JoAnne Dahl Racism: What can we do?			
13:00 - 14:00	LUNCH									
14:00 - 15:30	PD04: What can bias modification training add to CBT?	S76: Extinction learning in anxiety disordered patients: back to the roots of exposure therapy	CRT04: Should parents be involved in CBT for children?			S33: There is more to OCD than meets the eye	S54: New Developments in the Cognitive-Behavioural Conceptualization and Treatment of Generalized Anxiety Disorder	S22: Nightmares: Assessment and Treatment	S44: Contextually based Cognitive-Behavioural therapy for pain and suffering: Acceptance and Commitment Therapy (ACT) for various pain related conditions	Meet the expert: Paul Emmelkamp
15:30 - 16:15	COFFEE									
16:15 - 17:00	Keynote: David M Clark The History of Making Effective Psychological Therapies more Widely Available to the Public: Science, Economics & Politics	Keynote: Per Carlbring Internet-Delivered CBT: State of the Art and Future Directions	Keynote: Roz Shafran CBT for Clinical Perfectionism: Controversies, compromise and choice		EABCT 2nd General Meeting					
18:30	GALA DINNER at the Vasa Museum, Address: Galärvarvsvägen 14 Stockholm (buses leaves outside of Waterfront Congress Center between 18:00 and 18:45)									

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08:30 - 10:00	Meet the expert: Ron Rapee	S75: Reactions to intrusive images across mental disorders	OP14: Basic Research	WS Riccardo Dalle Grave : Residential and day hospital CBT-E based treatment for eating disorders	WS Mike Kemani : Using Acceptance and Values in Pain Management – Integrating Core Clinical Strategies from Acceptance and Commitment Therapy in Clinical Practice	S69: Mechanisms underlying the efficacy of exposure in virtual reality for anxiety disorders		WS Iftah Yovel : Setting the Grounds for a Valued Change in ACT	WS Frank N Ryan : The Willpower Workshop: Improving outcomes in motivational and affective disorders	WS Pietro Muratori, Maria Helander & Laura Ruglini : Coping Power for children with aggressive behavioral problems	WS Sanjay Rao : Transdiagnostic Experiential CBT for Rumination
10:00 - 10:30	COFFEE										
10:30 - 12:00	OP6: OCD 1	S71: Transmission of risk from parent anxiety disorders: refining our understanding to inform prevention	S51: New developments in experimental research on fear and interventions targeting anxiety pathology			OP15: Children and Adolescents					
12:15 - 13:00	LUNCH										
13:00 - 14:00	LUNCH										
14:00 - 15:30	Meet the expert: Andreas Olsson	S56: Bio-psycho-social mechanisms underlying affective disorders: novel findings from research across the fields of clinical psychology, psychiatry and neuroscience	S72: Anxiety Development during Childhood: The Role of Parental Anxiety, Infant Autonomic Hyperarousal, and Parenting Behaviour	WS Erik Andersson : CBT for OCD with comorbid Autism (adult patients)	OP7: OCD 2	S73: Using technology in CBT to prevent relapse in depression	OP2: Eating disorders 2	Mini WS Maria Bragesjö : Imaginal exposure within the context of prolonged exposure	Mini WS Robert Johansson : Writing the code for ICBT web applications: A technical demonstration of the development process	OP4: PTSD 2	OP20: Personality and Methods
15:30 - 16:15	COFFEE										
16:15 - 17:00	COFFEE										

SATURDAY SEP 3

	A1: EABCT Auditorium (1350 seats)	A2: Carlo (500 seats)	A3: Michelle (1000 seats)	POSTERS & POPCORN BALCONY	C1: Astrid (136 seats)	C2: Aaron (144 seats)	C3: Mary (180 seats)	C4: Fred (125 seats)	21: Sten (30 seats)	22: Christine (21 seats)
08:30 - 10:00	CRT05: Is CBT really good enough for severe problems?				S09: The pathway through treatment for childhood Anxiety Disorders	S16: Eating disorders – what can we learn from psychophysiological maintenance mechanisms for future treatments	S62: How can basic research inform resilience and treatment interventions for Posttraumatic Stress Disorder?	S23: Pain and emotion – biological processes, emotion regulation and implications for treatment	S14: Coping with Loss: From understanding grief reactions to the treatment of prolonged grief disorder	Meet the expert: Terry Wilson
10:00 - 10:30	COFFEE									
10:30 - 12:00	PD05: Therapist competence and the use of manuals			POSTERS & POPCORN SESSION 5 (10:00 - 14:00)	S40: Mental imagery: Etiological factor and therapeutic intervention	S79: New innovations in low intensity working; thinking outside the box	S36: Advances In CBT For Eating Disorders - From Research To Clinical Work	S17: Recent advances on cognitive-behavioural mechanisms and treatment of body dysmorphic disorder	S60: Within-person relationships: The proper focus for studies of mechanisms of change in psychotherapy	Meet the expert: Ernst Koster
12:15 - 13:00	Keynote: Judith S. Beck A Personal History of Aaron T. Beck and Cognitive Therapy						Keynote: Lance McCracken ACT, psychological flexibility, and chronic pain: How far we have come and how far we have yet to go			
13:00 - 14:00	LUNCH									
14:00 - 15:30	PD06: Future challenges we face in CBT				S32: Recent Developments in Nonsuicidal Self-Injury Research in Adolescents and Young Adults	S02: Psychological risk factors for anxiety and depressive disorders: Results from the Netherlands Study of Depression and Anxiety (NESDA)		S38: Examining the interaction of processes and outcomes of suffering in Acceptance and Commitment Therapy (ACT)	OP8: Depression 1	Meet the expert: Keith Dobson
15:30 - 15:45	COFFEE									
15:45 - 17:15	CLOSING CEREMONY (Terry Wilson, Anne Marie Albano, Gerhard Andersson, Lise Bergman Nordgren and many more)									
After the closing ceremony	AFTER-CONGRESS HANGOUT Meeting spot: Rival bar, Address: Mariatorget 3 Stockholm									

	23: Patricia (30 seats)	24: Ivan (30 seats)	25: David (26 seats)	26: Edna (50 seats)	27: Donald (60 seats)	31: Tom (26 seats)	32: Mavis (30 seats)	33: Sandra (30 seats)	34: Steven (30 seats)	35: Dianne (30 seats)	36: Marsha (30 seats)
08:30 - 10:00	WS Stirling Moorey : Working with Interpersonal process in CBT Supervision	OP21: Bias Modifications and Emotion Regulation	S57: Prevention of externalizing behaviors: Meta-analysis of the effectiveness of CBT and two examples of universal CBT programs	WS John Swan & Marianne Lieblich-Wilson : Cognitive Behavioural Analysis System of Psychotherapy (CBASP) for Persistent Depressive Disorder	WS Poul Perris & Carl Gyllenhammar : The Art of Empathic Confrontation: How to by-pass dysfunctional coping behaviors within the therapeutic relationship	OP17: Sleep and Occupation	WS Larissa Niec, Willemine Heiner & Frederique Coelman : Parent-Child Interaction Therapy: Innovative Interventions Growing From the Roots of Behavioral Theory	WS Mats Jacobson & Erik Nilsson : The Unified Protocol for adults, adolescents and children: Emotion-focused, transdiagnostic CBT	WS Dennis Pusch, Chantelle Klassen, David Whitsitt, Keith Dobson & Julia Poole : Developing a trauma-informed treatment option in primary care: A skills-based model for patients with adverse childhood experiences	WS Niklas Törneke : To start learning RFT	WS Laura Pass : Brief Behavioral Activation for Depressed Adolescents
10:00 - 10:30	COFFEE										
10:30 - 12:00		S37: What makes Internet interventions work? Mechanisms of change in web-based cognitive-behavioural therapy	S55: Clinical use and empirical status of common cognitive concepts			OP18: Anxiety					
12:15 - 13:00	LUNCH										
13:00 - 14:00	LUNCH										
14:00 - 15:30	S43: Novel interventions and methodologies in the treatment of pediatric anxiety disorders and ocd	S74: How can we improve child anxiety treatments and accurately assess treatment outcomes?	S64: Sexuality in female patients after sexual and physical abuse		S13: Psychotherapy for Persistent Depressive Disorder: recent CBASP studies	OP16: Transdiagnostic	OP5: PTSD 3	OP1: Eating Disorders 1	OP11: Somatic Disorders and Organization	OP12: Social Anxiety Disorder	OP13: Dissemination
15:30 - 16:15	COFFEE										

SUNDAY SEP 4

12:00 or 13:00	PICNIC CHILL OUT AT PRISON ISLAND Meeting spot: Waterfront Congress Center Entrance at 12:00 (or Långholmsbadet at 13:00 [Address: Långholmsmuren 21 Stockholm])									
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