

# 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)
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## WEDNESDAY AUG 31

09:00 - 17:00					<p><b>David M Clark</b> <i>An Update on Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents</i></p>	<p><b>Emily Holmes &amp; Iman Al Haj Ibrahim:</b> <i>MENTAL IMAGERY: Cognitive Science and Cognitive Therapy</i></p>	<p><b>Judith Beck:</b> <i>Cognitive Behavior Therapy for Personality Disorders</i></p>
18:30	<p>OPENING CEREMONY &amp; RECEPTION (Emily Holmes and many more). Meeting spot: Waterfront Congress Center</p>						
Approx. at 21:00	<p>PUB QUIZ: "Challenge of the Distant Masters". Meeting spot: Waterfront Congress Center</p>						

C4: Fred (125 seats)	21: Sten (30 seats)	22: Christine (21 seats)	23: Patricia (30 seats)	24: Ivan (30 seats)	25: David (30 seats)	26: Edna (50 seats)
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**WEDNESDAY AUG 31**

09:00 - 17:00	<b>Roz Shafran:</b> <i>Cognitive-Behavioural Treatment of Clinical Perfectionism</i>	<b>Patricia van Oppen, Jenneke Wiersma, Eva-Lotta Brakemeier &amp; Jan Philipp Klein:</b> <i>Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for the treatment of chronic depression</i>		<b>Steven Barton:</b> <i>The Newcastle Model of CBT Supervision: Integrating Practical Skills with a Conceptual Framework</i>	<b>Susan Bögels:</b> <i>Mindful Parenting in mental health care and "preventive" settings</i>	<b>JoAnne Dahl &amp; Magnus Johansson:</b> <i>Workshop on the prevention of prejudice: Using Perspective taking to develop empathy and psychological flexibility</i>	<b>Anne Marie Albano:</b> <i>Anxiety in Adolescents and Emerging Adults: Prevalence, phenomenology, and a developmental CBT treatment model</i>
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27: Donald (60 seats)	31: Tom (26 seats)	32: Mavis (30 seats)	33: Sandra (30 seats)	34: Steven (26 seats)	35: Dianne (30 seats)	36: Marsha (30 seats)
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**WEDNESDAY AUG 31**

09:00 - 17:00	<b>Lance McCracken:</b> <i>ACT, psychological flexibility, and chronic pain: A short practical workshop</i>		<b>Christof Loose:</b> <i>Schematherapy for Children, Adolescents, and Parents</i>	<b>Edward Watkins:</b> <i>Rumination-focused CBT as a transdiagnostic treatment for depression and anxiety</i>	<b>Lars-Göran Öst:</b> <i>One-session treatment of specific phobias</i>
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# 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)
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## THURSDAY SEP 1

06:30	THE RUNNING EXPERIENCE OF STOCKHOLM Meeting spot: Outside Waterfront Congress Center						
08:30 - 10:00	PD01: <i>The role of associations in the CBT movement – a panel discussion with EABCT past presidents</i>	S06: <i>A Novel CBT Program to Address the Long-term Effects of Childhood Adversity in Adulthood</i>	S25: <i>Rumination-focused CBT to treat and prevent depression and anxiety: a Scandinavian perspective</i>	POSTERS & POPCORN SESSION 1 (10:00 - 13:50)	S08: <i>Anxiety of Childhood: Family and Parenting Processes</i>	S42: <i>CBT for Psychiatric Disorders in Primary Care</i>	S63: <i>CBT for Insomnia – Strategies to reach more patients and to enhance outcome</i>
10:00 - 10:30	PAUS				PAUS		
10:30 - 12:00	CRT01: <i>CBT – why can't we translate research findings into practice?</i>	S50: <i>Addressing comorbidity in three separate complex patient groups</i>	CRT02: <i>ACT vs. BT vs. CBT. One happy family or three separate ways of working?</i>		Mini WS <b>Judith Beck</b> : <i>A Cognitive Behavioral Approach to Weight Loss and Maintenance</i>	S48: <i>New developments in experimental and clinical applications of Cognitive Bias Modification</i>	S35: <i>Patients with severe personality disorders: what treatments for which patients?</i>
12:15 - 13:00	Keynote: <b>Anke Ehlers</b> - <i>Psychological Treatments of Posttraumatic Stress Disorder: Advances and Future Challenges</i>	Keynote: <b>Terry Wilson</b> - <i>Cognitive Behavior Therapy: Progress and Future challenges</i>	Keynote: <b>Paul Emmelkamp</b> - <i>Looking back and forward: From behaviour therapy to virtual reality exposure therapy</i>		Keynote: <b>Lars-Göran Öst</b> - <i>Intensive, brief, and effective treatments for anxiety disorders: A meta-analysis</i>		
13:00 - 14:00	LUNCH			LUNCH			
14:00 - 15:30	PD02: <i>Learning from the past including the mistakes we made</i>	S12: <i>Transdiagnostic interventions: New developments in Scandinavia</i>	S26: <i>Negative effects of psychological treatments – deterioration, dependency, and adverse events</i>	POSTERS & POPCORN SESSION 2 (14:00 - 17:00)	S29: <i>Cognitive remediation therapies for affective disorders: Recent advances in cognitive training studies</i>	S03: <i>Mindfulness in group- and individual therapy: (first) results of randomised controlled trials</i>	S31: <i>Indirect fear acquisition and reduction via information and vicarious learning pathways</i>
15:30 - 16:15	PAUS						
16:15 - 17:00	Keynote: <b>Art Freeman</b> - <i>Cognitive Behavior Therapy (CBT): We Have a Long Past but a Short History. Now on to the Future</i>	Keynote: <b>Susan Bögels</b> - <i>Mindfulness for families with psychopathology: A developmental and intergenerational perspective</i>	Keynote: <b>Patricia van Oppen</b> - <i>What can therapist learn from sports?</i>	Video greeting by <b>Aaron T Beck</b>			
18:45	RECEPTION AT STOCKHOLM CITY HALL [only pre-registrations]. Ten minute walk from Waterfront Congress Center						

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<b>THURSDAY SEP 1</b>							
08:30 - 10:00	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: <b>Claudi Bockting</b>	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	<b>WS Per Carlbring &amp; Gerhard Andersson:</b> Internet treatment for anxiety disorders
10:00 - 10:30	PAUS						
10:30 - 12:00	S59: Improving treatment access for anxious youth: Innovations in CBT delivery	S04: CBT in Russia: Opportunities and Challenges	Meet the expert: <b>Anke Ehlers</b>	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	
12:15 - 13:00							
13:00 - 14:00	LUNCH						
14:00 - 15:30	<b>WS Anke Ehlers:</b> Updating Trauma Memories with Cognitive Therapy for PTSD	S18: Anxiety – a path to Psychopathology? Underlying mechanisms and impact on therapy	Meet the expert: <b>Winfried Rief</b>	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	<b>WS Lusia Stopa:</b> Imagery and the self: understanding how imagery maintains negative self-views and how you can use imagery to change them
15:30 - 16:15		PAUS					
16:15 - 17:00							

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<b>THURSDAY SEP 1</b>								
08:30 - 10:00	<b>WS Tara O'Donoghue &amp; Lisa Williams:</b> Building Shame Resilience in OCD and BDD populations	OP9: Depression 2	<b>WS Ingrid Söchting:</b> Group CBT for Depression in Adults	<b>WS Daniel Hamiel:</b> From Crisis to Growth-Resilience training with children and adults to prevent psychopathology and build life skills	<b>WS Shiva Thorsell &amp; Jaap Spaans:</b> Perspective taking skills in the treatment of severe somatoform disorders	<b>WS Hannah Murray &amp; Sharif El-Leithy:</b> Beyond reliving in PTSD treatment: Advanced skills for overcoming common obstacles in memory work		
10:00 - 10:30		PAUS						
10:30 - 12:00		OP19: Mindfulness						
12:15 - 13:00								
13:00 - 14:00	LUNCH							
14:00 - 15:30	<b>WS Brjann Ljótsson:</b> Exposure based cognitive behavior therapy for irritable bowel syndrome – theory and treatment	OP3: PTSD 1	Mini WS <b>Stirling Moorey:</b> CBT for cancer and life limiting illness	S66: Symposium on co-morbidity of mental disorders and somatic diseases	OP10: Depression 3 and ACT	<b>WS Glenn Waller:</b> Cognitive-behavioural therapy for eating disorders: How to deliver evidence-based treatment in real-life clinical settings		
15:30 - 16:15		PAUS						
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)			
<b>FRIDAY SEP 2</b>										
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: <i>New branches of CBT in treatment of Psychosis</i>	S05: <i>Psychological Internet Interventions: what is new and what is effective?</i>	S07: <i>Social Anxiety in Children and Adolescents</i>	POSTERS & POPCORN SESSION 3 (10:00 - 13:50)	Årsmöte sfKBT (08:00-10:00) [only members of the sfKBT are invited]	S10: <i>A network approach to psychopathology: prediction of clinical course and moving towards personalized models</i>	S11: <i>Online or face-to-face treatment for insomnia?</i>			
10:00 - 10:30	PAUS									
10:30 - 12:00	PD03: <i>Vård av psykisk ohälsa i Sverige – aktuell situation och framtida utmaningar [Swedish language]</i>	S01: <i>Making CBT more positive</i>	CRT03: <i>Internet-delivered CBT versus seeing your patient face-to-face. Are we about to be replaced?</i>		S70: <i>Facilitating Internet-based psychotherapy for depression in routine practice</i>	S24: <i>Development, dissemination and outcomes of online treatments for childhood anxiety disorders</i>	S58: <i>Latest developments in child specific phobia</i>			
12:15 - 13:00	Keynote: <b>Emily Holmes</b> <i>Mental Imagery in the Roots and Branches of CBT</i>	Keynote: <b>Winfried Rief</b> <i>New developments of psychological interventions for somatic problems</i>	Keynote: <b>Arnoud Arntz</b> <i>The evidence base of treatments for Borderline Personality Disorder: what new meta-analyses tell us about the best tolerated and the most effective treatments</i>	POSTERS & POPCORN SESSION 4 (14:00 - 17:00)	EABCT 2nd General Meeting	Keynote: <b>JoAnne Dahl</b> <i>Racism: What can we do?</i>				
13:00 - 14:00	LUNCH									
14:00 - 15:30	PD04: <i>What can bias modification training add to CBT?</i>	S76: <i>Extinction learning in anxiety disordered patients: back to the roots of exposure therapy</i>	CRT04: <i>Should parents be involved in CBT for children?</i>				S33: <i>There is more to OCD than meets the eye</i>	S54: <i>New Developments in the Cognitive-Behavioural Conceptualization and Treatment of Generalized Anxiety Disorder</i>		
15:30 - 16:15	PAUS									
16:15 - 17:00	Keynote: <b>David M Clark</b> <i>The History of Making Effective Psychological Therapies more Widely Available to the Public: Science, Economics &amp; Politics</i>	Keynote: <b>Per Carlbring</b> <i>Internet-Delivered CBT: State of the Art and Future Directions</i>	Keynote: <b>Roz Shafran</b> <i>CBT for Clinical Perfectionism: Controversies, compromise and choice</i>							
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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**FRIDAY SEP 2**

08:30 - 10:00	WS <b>Timothy Carey &amp; Sara Tal:</b> <i>Making Cognitive Therapy Work: A focus on principles</i>	S21: <i>Exposure-based therapy for somatic disorders: New innovations</i>	Meet the expert: <b>Anne Marie Albano</b>	Meet the expert: <b>Ron Rapee</b>	S75: <i>Reactions to intrusive images across mental disorders</i>	OP14: <i>Basic Research</i>	WS <b>Riccardo Dalle Grave:</b> <i>Residential and day hospital CBT-E based treatment for eating disorders</i>	
10:00 - 10:30		PAUS						
10:30 - 12:00		S45: <i>Stuck in depressive rumination: Information-processing factors</i>	Meet the expert: <b>Lusia Stopa</b>	OP6: <i>OCD 1</i>	S71: <i>Transmission of risk from parent anxiety disorders: refining our understanding to inform prevention</i>	S51: <i>New developments in experimental research on fear and interventions targeting anxiety pathology</i>		
12:15 - 13:00								
13:00 - 14:00	LUNCH							
14:00 - 15:30	S22: <i>Nightmares: Assessment and Treatment</i>	S44: <i>Contextually based Cognitive-Behavioural therapy for pain and suffering: Acceptance and Commitment Therapy (ACT) for various pain related conditions</i>	Meet the expert: <b>Paul Emmelkamp</b>	Meet the expert: <b>Andreas Olsson</b>	S56: <i>Bio-psycho-social mechanisms underlying affective disorders: novel findings from research across the fields of clinical psychology, psychiatry and neuroscience</i>	S72: <i>Anxiety Development during Childhood: The Role of Parental Anxiety, Infant Autonomic Hyperarousal, and Parenting Behaviour</i>	WS <b>Erik Andersson:</b> <i>CBT for OCD with comorbid Autism (adult patients)</i>	
15:30 - 16:15	PAUS							
16:15 - 17:00								

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**FRIDAY SEP 2**

08:30 - 10:00	WS <b>Mike Kemani:</b> <i>Using Acceptance and Values in Pain Management – Integrating Core Clinical Strategies from Acceptance and Commitment Therapy in Clinical Practice</i>	S69: <i>Mechanisms underlying the efficacy of exposure in virtual reality for anxiety disorders</i>	WS <b>Iftah Yovel:</b> <i>Setting the Grounds for a Valued Change in ACT</i>	WS <b>Frank N Ryan:</b> <i>The Willpower Workshop: Improving outcomes in motivational and affective disorders</i>	WS <b>Pietro Muratori, Maria Helander &amp; Laura Ruglioni:</b> <i>Coping Power for children with aggressive behavioral problems</i>	WS <b>Sanjay Rao:</b> <i>Transdiagnostic Experiential CBT for Rumination</i>	
10:00 - 10:30		PAUS					
10:30 - 12:00		OP15: <i>Children and Adolescents</i>					
12:15 - 13:00							
13:00 - 14:00	LUNCH						
14:00 - 15:30	OP7: <i>OCD 2</i>	S73: <i>Using technology in CBT to prevent relapse in depression</i>	OP2: <i>Eating disorders 2</i>	Mini WS <b>María Bragesjö:</b> <i>Imaginal exposure within the context of prolonged exposure</i>	Mini WS <b>Robert Johansson:</b> <i>Writing the code for ICBT web applications: A technical demonstration of the development process</i>	OP4: <i>PTSD 2</i>	OP20: <i>Personality and Methods</i>
15:30 - 16:15	PAUS						

# 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)
<b>SATURDAY SEP 3</b>							
08:30 - 10:00	CRT05: <i>Is CBT really good enough for severe problems?</i>				S09: <i>The pathway through treatment for childhood Anxiety Disorders</i>	S16: <i>Eating disorders – what can we learn from psycho-physiological maintenance mechanisms for future treatments</i>	S62: <i>How can basic research inform resilience and treatment interventions for Posttraumatic Stress Disorder?</i>
10:00 - 10:30	PAUS			POSTERS & POPCORN SESSION 5 (10:00 - 14:00)	PAUS		
10:30 - 12:00	PD05: <i>Therapist competence and the use of manuals</i>				S40: <i>Mental imagery: Etiological factor and therapeutic intervention</i>	S79: <i>New innovations in low intensity working: thinking outside the box</i>	S36: <i>Advances In CBT For Eating Disorders - From Research To Clinical Work</i>
12:15 - 13:00	Keynote: <b>Judith S. Beck</b> <i>A Personal History of Aaron T. Beck and Cognitive Therapy</i>						Keynote: <b>Lance McCracken</b> <i>ACT, psychological flexibility, and chronic pain: How far we have come and how far we have yet to go</i>
13:00 - 14:00	LUNCH				LUNCH		
14:00 - 15:30	PD06: <i>Future challenges we face in CBT</i>				S32: <i>Recent Developments in Nonsuicidal Self-Injury Research in Adolescents and Young Adults</i>	S02: <i>Psychological risk factors for anxiety and depressive disorders: Results from the Netherlands Study of Depression and Anxiety (NESDA)</i>	S27: <i>Treating PTSD related to childhood abuse in children and adolescents – new developments</i>
15:30 - 15:45	PAUS				PAUS		
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						

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**SATURDAY SEP 3**

08:30 - 10:00	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: <b>Terry Wilson</b>	WS <b>Stirling Moorey</b> : 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 <b>John Swan</b> & <b>Marianne Liebling-Wilson</b> : Cognitive Behavioural Analysis System of Psychotherapy (CBASP) for Persistent Depressive Disorder
10:00 - 10:30	PAUS				PAUS		
10:30 - 12:00	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: <b>Ernst Koster</b>		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	
12:15 - 13:00							
13:00 - 14:00	LUNCH						
14:00 - 15:30	S38: Examining the interaction of processes and outcomes of suffering in Acceptance and Commitment Therapy (ACT)	OP8: Depression 1	Meet the expert: <b>Keith Dobson</b>	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	
15:30 - 15:45	PAUS						

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**SATURDAY SEP 3**

08:30 - 10:00	WS <b>Poul Perris</b> & <b>Carl Gyllenhammar</b> : The Art of Empathic Confrontation: How to by-pass dysfunctional coping behaviors within the therapeutic relationship	OP17: Sleep and Occupation	WS <b>Larissa Niec, Willemine Heiner</b> & <b>Frederique Coelman</b> : Parent-Child Interaction Therapy: Innovative Interventions Growing From the Roots of Behavioral Theory	WS <b>Mats Jacobson</b> & <b>Erik Nilsson</b> : The Unified Protocol for adults, adolescents and children: Emotion-focused, transdiagnostic CBT	WS <b>Dennis Pusch, Chantelle Klassen, David Whitsitt, Keith Dobson, &amp; Julia Poole</b> : Developing a trauma-informed treatment option in primary care: A skills-based model for patients with adverse childhood experiences	WS <b>Niklas Törneke</b> : To start learning RFT	WS <b>Laura Pass</b> : Brief Behavioral Activation for Depressed Adolescents
10:00 - 10:30		PAUS					
10:30 - 12:00		OP18: Anxiety					
12:15 - 13:00							
13:00 - 14:00	LUNCH						
14:00 - 15:30	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 - 15:45	PAUS						



# SUNDAY SEP 4

## 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])