



50th EABCT CONGRESS

“Adapting CBT to socially and culturally diverse environments”

2 – 5 September 2020

www.eabct2020.org

CONGRESS TIMETABLE

(as on August 16, 2020)

CONGRESS TIMETABLE

(as on 16th August 2020)

Meeting room assignments to be announced

E-posters will be on display continuously

ALL REFERED HOURS ARE IN ATHENS TIME ZONE (UTC+3)

2 SEPTEMBER 2020

PRE – CONGRESS WORKSHOPS (RUN IN PARALLEL SESSIONS)

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| 10.30 - 17.00 | Imagery Rescripting as a Transdiagnostic Treatment for Problems Related to Adverse Events Coordinator: Arnoud Arntz (University of Amsterdam, The Netherlands) |
| | Cognitive Therapy for PTSD Coordinator: Anke Ehlers (University of Oxford, UK) |
| | Cognitive-Behavioural-Systems Approach to Couple Problems Coordinator: Mehmet Sungur (Marmara University Hospital, Turkey) |
| | New Frontiers in the Treatment of Psychosis: Psychotherapeutic, Neurocognitive and Metacognitive Approach to a Better Social Recovery in a Mindful Setting Coordinator: Antonio Pinto (University of Bologna, Italy) |
| | Eliminating OCD Using Integrated Cognitive Behavioural Treatment Coordinator: Paul Salkovskis (University of Oxford, UK) |
| | Dialectical Behavior Therapy for Complex Eating Disorders Coordinator: Fragiskos Gonidakis (National & Kapodistrian University of Athens, Greece) |
| 15.30 - 22.00 | CBT for Treatment-Resistant Depression Coordinator: Judith Beck (University of Pennsylvania, USA) |

THURSDAY, 3 SEPTEMBER 2020

| TIME | SESSION FORMAT / PRESENTERS |
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| 10.30 – 12.00 | <p>SYMPOSIUM</p> <p>CBT for Insomnia (CBT-I): Use in Sleep Disorders and Other Mental Illnesses <i>Chair:</i> Dimitris Dikeos, Ioannis Michopoulos (Greece)</p> <p>Sleep disorders and their treatment approaches Dimitris Dikeos (National & Kapodistrian University of Athens, Greece)</p> <p>CBT-I protocol in insomnia and other sleep disorders Mary Ntafouli (National & Kapodistrian University of Athens, Greece)</p> <p>CBT-I: Efficacy beyond sleep-related symptoms Rodanthe-Agapi Kourtzi (National & Kapodistrian University of Athens, Greece)</p> |
| 10.30 – 12.00 | <p>SYMPOSIUM</p> <p>Emotion Regulation in Childhood Anxiety Disorders: New Insights from Psychophysiological and Clinical Research <i>Chair:</i> Michael W. Lippert (Germany) <i>Co-Chair:</i> Tabea Flasiński (Germany)</p> <p>The development and evaluation of emotion inducing film scenes in children and adolescents Tabea Flasiński (Ruhr University Bochum, Germany)</p> <p>Differences in avoidance as an emotion regulation strategy in children and adolescents with separation anxiety, specific phobia and social anxiety disorder Michael W. Lippert (Ruhr University Bochum, Germany)</p> <p>Emotion dysregulation, temperamental vulnerability, and parental depression in adolescents: Correspondence between physiological and informant-report measures Marie-Lotte van Beveren (Ghent University, Belgium)</p> <p>Alterations in gaze behaviour of socially anxious children in a real-life social interaction – An eye-tracking analysis Leonie Lidle (Leipzig University, Germany)</p> <p>Using blended care to treat social anxiety complaints in adolescents: A feasibility study Sara Jakobsson Månsson (Leiden University, The Netherlands)</p> |
| 10.30 – 12.00 | <p>SYMPOSIUM</p> <p>New Developments in VR/AR Exposure-Based Applications to Treat Phobic Disorders <i>Chair:</i> Dorothee Bentz (Switzerland)</p> <p>Virtual reality exposure therapy for public speaking anxiety in routine care: A single-subject effectiveness trial Philip Lindner (Centre for Psychiatry Research, Karolinska Institutet, Sweden)</p> <p>Imagery rescripting plus one session Virtual Reality Therapy for the treatment of Social Anxiety Disorder: A non-concurrent multiple baseline design Javier Fernández Alvarez (Universitat Jaume I, Castellón, Spain)</p> <p>Effectiveness of self-guided app-based Virtual Reality Cognitive Behavior Therapy for acrophobia – A randomized clinical trial Tara Donker (Vrije Universiteit Amsterdam, The Netherlands)</p> <p>Effectiveness of a stand-alone, smartphone-based virtual reality exposure app to reduce fear of heights in real-life: A randomized controlled trial Dorothee Bentz (University of Basel, Switzerland)</p> <p>Effectiveness of a stand-alone, smartphone-based virtual reality exposure app to reduce fear of heights in real-life: A randomized controlled trial Anja Zimmer (University of Basel, Switzerland)</p> |
| 10.30 – 12.00 | <p>WORKSHOP</p> <p>Paradoxical Agenda Setting in Team CBT <i>Coordinator:</i> Yehuda Bar Shalom (Hebrew University, Israel)</p> |
| 10.30 – 12.00 | <p>WORKSHOP</p> <p>Compassion and Metacognition in Treating Schizotypal Personality Disorder <i>Coordinator:</i> Simone Cheli (University of Florence, Italy)</p> |

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| 10.30 – 12.00 | <p>SKILLS CLASS</p> <p>CBTWebHelper: A Versatile Web-Tool for Monitoring Patient’s Progress, Facilitating Data Collection for Research Formulation, and Improving Practitioner’s Efficacy</p> <p><i>Coordinators:</i> Michael Batakis (Directorate of Public Health and Social Welfare in the Attica Region, Greece), Meropi Simou (Greek Association for Cognitive and Behavioural Psychotherapies Greece)</p> |
| 12.00 – 12.15 | <p>SHORT BREAK</p> |
| 12.15 – 13.00 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Gregoris Simos (Greece)</p> <p>Cognitive Behavioral Treatments of Personality Disorders: An Update</p> <p>Arnoud Arntz (University of Amsterdam, The Netherlands)</p> |
| 12.15 – 13.00 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Ioannis Michopoulos (Greece)</p> <p>From Food to Identity: The Cognitive Interpersonal Model in Eating Disorders</p> <p>Janet Treasure (Institute of Psychiatry, KCL, UK)</p> |
| 13.00 – 13.15 | <p>SHORT BREAK</p> |
| 13.15 – 14.45 | <p>SYMPOSIUM</p> <p>A Multidimensional Approach to Eating Disorders, Obesity and Body Image Distortions: A Combination of CBT with Schema Therapy and Body Image Techniques</p> <p><i>Chair:</i> Elena Heinz (Greece)</p> <p>A multidimensional approach to eating disorders, obesity and body image distortions: A combination of CBT with schema therapy and body image techniques</p> <p>Elena Heinz (Greek Association for Behavioural Modification and Research, Greece)</p> <p>Eating disorders and schema therapy</p> <p>Christi Passalidou (Greek Association for Behavioural Modification and Research, Greece)</p> <p>Working with the overweight patient. A schema therapy approach</p> <p>Maria Evangelopoulou (Greek Association for Behavioural Modification and Research, Greece)</p> <p>Eating disorders and family issues in treating children and adolescents</p> <p>Fani Siamouli (Greek Association for Behavioural Modification and Research, Greece)</p> |
| 13.15 – 14.45 | <p>SYMPOSIUM</p> <p>Mechanisms of Change in Acceptance and Commitment Therapy</p> <p><i>Chair:</i> Mareike Samaan (Germany)</p> <p>Mechanism of action in ACT: Findings from two randomized clinical trials</p> <p>Maria Karekla (University of Cyprus, Cyprus)</p> <p>Influencing effects of clinical characteristics and ACT specific mechanisms of change during inpatient treatment</p> <p>Mareike Samaan (Humboldt University, Germany)</p> <p>Change of psychological flexibility and values during therapy</p> <p>Andrew Gloster (University of Basel, Switzerland)</p> |
| 13.15 – 14.45 | <p>SYMPOSIUM</p> <p>The Secure Base Script: Introducing Attachment Theory to CBT and Evidence Based Treatment</p> <p><i>Chair & Discussant:</i> Guy Bosmans (Belgium)</p> <p>Cumulative family risk and externalizing problems: Secure base script knowledge as a protective factor/ buffer</p> <p>Melisse Houbrechts (KU Leuven, Belgium)</p> <p>Attachment Disorder symptoms and prosocial behavior in middle childhood: The Role of Secure Base Script Knowledge</p> <p>Bien Cuyvers (KU Leuven, Belgium)</p> <p>Development of attachment in children adopted internationally from China: The role of pre-adoption experiences and sensitive parenting</p> <p>Chloe Finet (KU Leuven, Belgium)</p> <p>Middle childhood attachment therapy: An intervention to stimulate secure base script development in children with emotional and behavioral problems</p> <p>Leen Van Vlierberghe (KU Leuven, Belgium)</p> |

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| 13.15 – 14.45 | <p>WORKSHOP</p> <p>Coming-out and Accepting, a Process! Promoting Family Acceptance as a Protective Factor for Overcoming the Challenges of Transgender and Gender Diverse Youth and Young Adults <i>Coordinator:</i> Christel Bouwens (Private Practice, Belgium)</p> |
| 13.15 – 14.45 | <p>WORKSHOP</p> <p>Live Supervision in CBT <i>Coordinator:</i> Ulrike Maass (Potsdam University, Germany)</p> |
| 13.15 – 14.45 | <p>SKILLS CLASS</p> <p>CBT and DBT for Inpatients Suffering from Anorexia Nervosa <i>Coordinators:</i> Fragiskos Gonidakis & Ioannis Michopoulos (National & Kapodistrian University of Athens)</p> |
| 14.45 – 15.30 | BREAK |
| 15.30 – 17.00 | <p>SYMPOSIUM</p> <p>Positive Sustainable CBT <i>Chair:</i> Tammie Ronen (Israel)</p> <p>The power of positive psychology during CBT Training on trainees Merav Barkavi-Shani (Psagot Institute, Israel)</p> <p>Positive sustainable CBT arts Yael Sharon (Psagot Institute, Israel)</p> <p>Positive CBT as a main tool for sustainability in developing countries Tammie Ronen (Tel Aviv University, Israel)</p> |
| 15.30 – 17.00 | <p>SYMPOSIUM</p> <p>New Approaches to Psychodiagnostic Assessment In CBT <i>Chair:</i> Aristide Saggino (Italy)</p> <p>Intelligent and open-source testing platform: An alternative future for psychological tests and assessment Aristide Saggino (University of Chieti-Pescara, Italy)</p> <p>Factor structure and measurement invariance across age, gender and clinical status of the screen for children anxiety related emotional disorders, in a Romanian sample of 9–16-year-olds Anca Dobrean ((Babes-Bolyai University, Romania))</p> <p>Measuring intersubjective understanding: Empathic Experience Scale Sjoerd Ebisch (G. d’Annunzio University of Chieti-Pescara, Italy)</p> |
| 15.30 – 17.00 | <p>WORKSHOP</p> <p>Cultural Adaptation of CBT for South Asian Clients <i>Coordinator:</i> Mallika Sharma (Berkshire IAPT Services, UK)</p> |
| 15.30 – 17.00 | <p>WORKSHOP</p> <p>Dealing with Disgust – Ideas for a Broader Therapeutic Approach <i>Coordinator:</i> Jakob Fink-Lamotte (University of Leipzig, Germany)</p> |
| 15.30 – 17.00 | <p>SKILLS CLASS</p> <p>The Neglected Relationship: Sibling-Based Themes in Therapy and their Impact on Mental Health <i>Coordinator:</i> Avidan Milevsky (Ariel University, Israel)</p> |
| 17.00 – 17.15 | SHORT BREAK |
| 17.15 – 18.00 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Diana Charila (Greece)</p> <p>Cognitive Conceptualization Judith S. Beck (University of Pennsylvania, USA)</p> |

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| 17.15 – 18.00 | <p>KEYNOTE SPEECH <i>Chair:</i> Manos Tsalamanios (Greece) Innovative Treatment Advancements for OCD: The Bergen 4 Day Program Thröstur Björgvinsson (Harvard Medical School, USA)</p> |
| 18.00 – 18.15 | <p>SHORT BREAK</p> |
| 18.15 – 19.45 | <p>SYMPOSIUM Feared Possible Selves in Obsessive-Compulsive and Related Disorders <i>Chair:</i> Frederick Aardema (Canada) Development and validation of the multidimensional version of the fear of self questionnaire: Corrupted, culpable and malformed feared possible selves in Obsessive-Compulsive Disorder Frederick Aardema (University of Montreal, Canada) Feared self and obsessive-compulsive symptoms: An experimental manipulation using virtual reality Shiu F. Wong (Concordia University, Canada) Not all intrusions are created equal: The role of context, feared-self perceptions and inferential confusion in the occurrence of abnormal intrusions Jean-Sebastien Audet (University of Montreal, Canada) Dysfunctional reasoning processes and their relationship with feared self-perceptions and obsessive-compulsive symptoms: An investigation with a new task-based measure of inferential confusion Louis-Philippe Baraby (University of Montreal, Canada) Exploring the role of fear of self in body dysmorphic disorder symptomatology Martha Giraldo-O'Meara (Concordia University, Canada)</p> |
| 18.15 – 19.45 | <p>SYMPOSIUM Emotion Regulation in Distinct Settings: From Schools to Telehealth <i>Chair:</i> Mariana Sampaio (USA) Virtual Reality (VR) enhanced DBT® mindfulness skills training: Using technology to augment emotion regulation Mariana Sampaio (Mind over Matters Institute, USA) The effectiveness of iEMDR on emotion regulation Michelli Simpson (Mind over Matters Institute, USA) Training teachers of young children for better emotional and behavior regulation in classroom: A transtheoretical model Débora Fava (University of Vale do Rio dos Sinos, Brasil)</p> |
| 18.15 – 19.45 | <p>SYMPOSIUM Is CBT a Good Match for Coaching? Current State-Of-The-Art and Future Directions in Cognitive-Behavioral Coaching <i>Chair:</i> Oana David (Romania) From CBT to CBC Oana David (Babes-Bolyai University, Romania) A meta-analysis to investigate the effectiveness of cognitive-behavioral coaching Cristina Lorint (Babes-Bolyai University, Romania) Models and general factors as mechanisms in CBC. Is solution-CBC better than classic CBC? Loana Comşa (Babes-Bolyai University, Romania)</p> |
| 18.15 – 19.45 | <p>WORKSHOP Seeing the World Through a Different Lens: Recovery-Oriented Cognitive Behavioral Therapy for Psychosis <i>Coordinator:</i> Dimitri Perivoliotis & Yuliana Gallegos Rodríguez (VA San Diego Healthcare System USA)</p> |
| 18.15 – 19.45 | <p>WORKSHOP Rethinking Adult ADHD: CBT and Helping Clients Turn Intentions into Actions <i>Coordinator:</i> Russel Ramsay (University of Pennsylvania, USA)</p> |

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| 18.15 – 19.45 | SKILLS CLASS Handy CBT Procedures for Pediatric Patients and their Families During Uncertain Times: Express Coping Skills for the Pandemic and Beyond <i>Coordinator: Robert D. Friedberg (Palo Alto University, USA)</i> |
| 19.45 – 20.00 | SHORT BREAK |
| 20.00 | OFFICIAL OPENING CEREMONY |

FRIDAY, 4 SEPTEMBER 2020

| TIME | SESSION FORMAT / PRESENTERS |
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| 10.30 – 12.00 | <p>SYMPOSIUM</p> <p>Breach of Couple Relationships <i>Chair:</i> Evangelos Papadakis (Greece)</p> <p>About jealousy Elena Heinz (Greek Association for Behavioural Modification and Research, Greece)</p> <p>Infidelity: What do we (couple and therapist) do now Evangelos Papadakis (Greek Association for Behavioural Modification and Research, Greece)</p> <p>Hypoactive (Low) sexual desire disorder Loukas Athanasiadis (Aristotle University of Thessaloniki, Greece)</p> <p>“Unfinished business” and complicated grief following the death of a spouse Christina Hionidou (Greek Association for Behavioural Modification and Research, Greece)</p> |
| 10.30 – 12.00 | <p>SYMPOSIUM</p> <p>Treatment Without Borders: Feasibility and Acceptability of Psychological Interventions Across Different Cultures <i>Chair:</i> Miriam Lommen (The Netherlands)</p> <p>Problem Management Plus (PM+) for Syrian refugees in the Netherlands Marit Sijbrandij (Vrije University Amsterdam, The Netherlands)</p> <p>Feasibility and acceptability of a scalable psychological intervention in Syrian refugees in Switzerland – Results from the pilot RCT Naser Morina (University Hospital Zurich, Switzerland)</p> <p>Prevention of mental health disorders among Syrian refugees in Turkey: Self Help Plus (SH+) Ceren Acarturk (Koc University, Turkey)</p> <p>The acceptability of Cognitive Behaviour Therapy in Indonesian community health care Miriam Lommen (University of Groningen, The Netherlands)</p> <p><i>Discussant:</i> Theo Bouman (University of Groningen, The Netherlands)</p> |
| 10.30 – 12.00 | <p>OPEN PAPERS</p> <p>Anxiety I <i>Chair:</i> Maria Evangelopoulou (Greece)</p> <p>Manualized single-session behavior treatment with self-help manual for panic disorder with or without agoraphobia Titika Mitsopoulou (Private Practice, Greece)</p> <p>A systematic review and comparison of the self-administered interventions (via mobile apps) for anxiety and depression David Dias Neto (ISPA – Instituto Universitário, Portugal)</p> <p>Flashforward imagery in students with speech anxiety: Phenomenology and associations with anxiety and avoidance Marjolein Thunnissen (University of Groningen, The Netherlands)</p> <p>Are Barlow unified protocols effective for treatment of comorbid disorders, and improve patient’s quality of life? Leonardo Carlucci (University of Chieti-Pescara, Italy)</p> <p>Moment-to-moment interplays among stress appraisals and emotion regulation use: The role of perceived control on emotion regulation flexibility in daily life Angela Socastro (Complutense University, Madrid, Spain)</p> <p>Is conscious awareness needed for fear extinction? Shani Bachar Avnieli (Ben Gurion University, Israel)</p> |
| 10.30 – 12.00 | <p>SKILLS CLASS</p> <p>Cognitive Therapy for PTSD Following Critical Illness and ICU Admission Coordinator: Hannah Murray (University of Oxford, UK)</p> |
| 10.30 – 12.00 | <p>WORKSHOP</p> <p>Dialectical Behavior Therapy for Binge Eating Disorder <i>Coordinators</i> Maria Karapatsia & Fragiskos Gonidakis (National & Kapodistrian University of Athens, Greece)</p> |

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| 10.30 – 12.00 | <p>SKILLS CLASS</p> <p>Cognitive and Behavioral Therapy for Bipolar Disorders: A Neuroscience-Based Approach <i>Coordinator:</i> Tullio Scrimali (University of Catania, Italy)</p> |
| 12.00 – 12.15 | SHORT BREAK |
| 12.15 – 13.30 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Elena Heinz (Greece)</p> <p>Understanding Infidelity and its Consequences: Is There Any Way to Re-build Trust Mehmet Sungur (Marmara University Hospital, Turkey)</p> |
| 12.15 – 13.30 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Arnold van Emmerik (The Netherlands)</p> <p>Targeting Habits in Therapeutic Interventions Sanne de Wit (University of Amsterdam, The Netherlands)</p> |
| 13.00 – 13.15 | SHORT BREAK |
| 13.15 – 14.45 | <p>SYMPOSIUM</p> <p>Cognitive Flexibility in Emotional Disorders <i>Chair:</i> Nilly Mor (Israel)</p> <p>Cognitive bias modification for inferential flexibility Baruch Perlman (Hebrew University, Israel)</p> <p>A context-dependent approach towards training affective attention flexibility Malvika Godara (Ghent University, Belgium)</p> <p>Social anxiety is associated with a specific deficit in cognitive flexibility as measured by a novel reversal learning task Reut Zabag (Israel)</p> <p>Why negative expectations in depression persist – Experimental findings and implications for clinical practice Tobias Kube (University of Koblenz-Landau, Germany)</p> <p><i>Discussant:</i> Eva Gilboa-Schechtman (Israel)</p> |
| 13.15 – 14.45 Room C | <p>SYMPOSIUM</p> <p>Transformation and Innovation in the Prevention and Treatment of Alcohol Use and Mental Health Disorders: The Use of Emerging Technologies <i>Chair:</i> Katrina Prior (Australia)</p> <p>Long-term results of inhibition training for currently abstinent alcohol-dependent patients to prevent relapse Edwin Schenkel (Medizinische Hochschule Brandenburg Theodor Fontane, Germany)</p> <p>Affective comorbidity moderates the relapse-preventive effect of alcohol-related Approach Bias Modification Elske Salemink (Utrecht University, The Netherlands)</p> <p>Feasibility and acceptability of an internet-delivered, comorbidity-focussed cognitive bias modification program for young people with anxiety and hazardous alcohol use Katrina Prior (University of Sydney, Australia)</p> <p>Are we making inroads? Results of an RCT of early intervention for co-occurring anxiety and alcohol use problems Lexine Stapinski (University of Sydney, Australia)</p> <p>Combined prevention for substance use, depression, and anxiety in adolescence: A cluster-randomised controlled trial of a digital online intervention Louise Mewton (The University of New South Wales, Australia):</p> <p><i>Discussant:</i> Mike Rinck (Ruhr-University Bochum, Germany)</p> |

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| 13.15 – 14.45 | <p>OPEN PAPERS</p> <p>Minorities / Varia <i>Chair:</i> Vasiliki Batrakouli (Greece)</p> <p>Live supervision for psychotherapy novices: Preliminary results of a randomized-controlled trial Ulrike Maass (Potsdam University, Germany)</p> <p>A new technique to increase self-esteem by reading and mental visualization: The lexical association technique Noémie Niveau (Université Savoie Mont Blanc, France)</p> <p>Ethical beliefs and behaviors of European cognitive behavioural therapists Nikola Petrovic (University of Belgrade, Serbia)</p> <p>Effectiveness of group-based interventions for conflict-affected people in the East of Ukraine Dmytro Snisar (Association of mental health professionals, Ukraine)</p> <p>CBT groups for ethnic minorities Nia Gkizounidi (NHS, UK)</p> <p>Investigating the relationship between emotion regulation, negative affect and psychopathology among traumatised refugees: A latent profile analysis Philippa Specker (University of New South Wales, Australia)</p> |
| 13.15 – 14.45 | <p>WORKSHOP</p> <p>Compassion Focused Therapy for Self-criticism (Part A) <i>Coordinator:</i> Paul Gilbert (University of Derby, UK)</p> |
| 13.15 – 14.45 | <p>WORKSHOP</p> <p>How to Become a Tic Therapist – Behaviour Therapy for Tics and Tourette Syndrome <i>Coordinators:</i> Cara Verdellen, Jolande van de Griendt (The Netherlands)</p> |
| 13.15 – 14.45 | <p>SKILLS CLASS</p> <p>Group Psychoeducational Intervention: Romantic Relationship Skills Training <i>Coordinators:</i> Elli Kouvaraki, Myrto Lemonoudi (Greece)</p> |
| 15.00 – 17.00 | <p>EABCT GENERAL MEETING</p> |
| 14.45 – 15.30 | <p>BREAK</p> |
| 15.30 – 17.00 | <p>SYMPOSIUM</p> <p>Children of our Country who Come from Foreign Countries: The Actions of Traumatherapy-Group of the Institute of Behavior Research and Therapy in Athens, Greece <i>Chair:</i> Anastasia Kalantzi-Azizi (Greece)</p> <p>The child and the liberation from the shadow of the terrible big fear Christina Varveri (Greece)</p> <p>A guide for refugee parents: How can I help my traumatised child Roza Laious (Greece)</p> <p>The little I am me Katerina Sofianopoulou (Greece)</p> <p>Trauma-focused CBT training program applied to unaccompanied refugee minors (URMs) with PTSD Theodora Anastasiou (Greece) <i>Discussant:</i> Diana Charila (Greece)</p> |
| 15.30 – 17.00 | <p>SYMPOSIUM</p> <p>Self-Compassion as a Predictor and as a Mediator in Various Sets of Relationships (Including Self-Efficacy, Depression, Anxiety, Mindfulness, Emotion Regulation) <i>Chair:</i> Gregoris Simos (Greece)</p> <p>Self-compassion and self-efficacy on their way to state anxiety Meropi Simou (Greek Association for Cognitive Behavioral Psychotherapies, Greece)</p> <p>The association of self-compassion and emotion regulation on positive mood states through mindfulness training in a non-clinical sample Susan Evans (Weill Cornell Medicine, USA)</p> <p>Self-compassion and social anxiety on their way to depression Anna Delithanasi (Greek Association for Cognitive Behavioral Psychotherapies, Greece)</p> |

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| 15.30 – 17.00 | <p>WORKSHOP</p> <p>Compassion Focused Therapy for Self-criticism (Part B) <i>Coordinator:</i> Paul Gilbert (University of Derby, UK)</p> |
| 15.30 – 17.00 | <p>WORKSHOP</p> <p>Use of Metaphors in Delivering Psychoeducation to Children and Young People <i>Coordinator:</i> Vahdet Gormez (Turkey)</p> |
| 15.30 – 17.00 | <p>SKILLS CLASS</p> <p>Using Virtual Reality in Clinical Research and Practice <i>Coordinator:</i> Marius Rubo (Switzerland)</p> |
| 17.00 – 17.15 | SHORT BREAK |
| 17.15 – 18.00 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Evangelos Papadakis (Greece)</p> <p>Haunted by Memories: Advances in the Treatment of Post-traumatic Stress Disorder Anke Ehlers (UK)</p> |
| 17.15 – 18.00 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Artemios Pechlivanidis (Greece)</p> <p>The Power of the Narration: Understanding and Treating Complex Trauma in Victims of War and Abuse Frank Neuner (Germany)</p> |
| 18.00 – 18.15 | SHORT BREAK |
| 18.15 – 19.45 | <p>ROUND TABLE DISCUSSION</p> <p>The World Confederation of Cognitive and Behavioural Therapies: An Idea Whose Time Has Come <i>Panelists:</i> Keith Dobson (Canada), Lata McGinn (USA), Rod Holland (UK), Mehmet Sungur (Turkey)</p> |
| 18.15 – 19.45 | <p>OPEN PAPERS</p> <p>Anxiety II <i>Chair:</i> Christi Passalidou (Greece)</p> <p>Psychophysiological responses in the time course of emotions: Effects of emotion regulation difficulties Elena Constantinou (University of Cyprus, Cyprus)</p> <p>The relationship between emotion dysregulation and problem-solving attitude, approach, and performance in GAD Bailée Malivoire (Ryerson University, Canada)</p> <p>Group “support” intervention program for prevention of burnout in primary healthcare staff Vasiliki Batrakouli (Mental Health Mobile Unit of the Prefecture of Trikala, Greece)</p> <p>A pilot study for an intervention programme addressing perfectionism Anna Nisyraïou (University of Macedonia, Greece)</p> <p>Minded pain: Changing mechanisms of mindfulness-based group therapy for fibromyalgia patients: A randomized controlled trial Renen Taub (Bar-Ilan University, Israel)</p> <p>Fear of happiness predicts concurrent but not prospective depressive symptoms in adolescents Merle Kock (KU Leuven, Belgium)</p> |

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| <p>18.15 – 19.45</p> | <p>OPEN PAPERS COVID-19 <i>Chair:</i> Georgia Nasiopoulou (Greece) Pandemic-related post-traumatic stress and its predictors Olga Bogolyubova (University of Malta, Malta) “Home Stress Home”: A self-help website to manage anxiety during containment Mandy Rossignol (University of Mons, Belgium) Intolerance of uncertainty, virus-related beliefs and actions amid the COVID-19 pandemic: A research agenda Robert D. Friedberg (Palo Alto University, USA) Autobiographical memory flexibility as a low-cost, low-intensity treatment option for PTSD Caitlin Hitchcock (University of Cambridge, UK) Metaphors and analogies of the COVID-19 global crisis, used by clients in CBT therapy in Bulgaria Irina Lazarova (Outpatient Mental Health Clinic "Adaptacia", Bulgaria)</p> |
| <p>18.15 – 19.45</p> | <p>WORKSHOP Fine-Tuning Imagery Rescripting <i>Coordinator:</i> Remco van der Wijngaart (Dutch Institute for Schema Therapy, The Netherlands)</p> |
| <p>18.15 – 19.45</p> | <p>WORKSHOP Acceptance and Commitment Therapy: How Can we Subtly Introduce the Model from the First Session? <i>Coordinator:</i> Ghanem Amara (Tunisian Association of Behavioural & Cognitive Therapy, Tunisia)</p> |
| <p>18.15 – 19.45</p> | <p>SKILLS CLASS Experiencing Compassion Focused Therapy from the Inside Out: Cultivating Self-compassion for us Therapists <i>Coordinator:</i> Elli Tholouli (Hellenic Center for Compassion Focused Therapy, Greece)</p> |

SATURDAY, 5 SEPTEMBER 2020

| TIME | SESSION FORMAT / PRESENTERS |
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| 10.30 – 12.00 | <p>SYMPOSIUM</p> <p>Approach-Avoidance Bias Modification: A Versatile Add-on Treatment for Various Disorders <i>Chair:</i> Mike Rinck (The Netherlands)</p> <p>“Pushing away your poison”: A multi-site RCT of approach bias modification during inpatient withdrawal to prevent early relapse Victoria Manning (Monash University, Australia)</p> <p>Approach bias modification affects chocolate consumption Eva Kemps (Flinders University, Australia)</p> <p>Reducing unwanted chocolate consumption by means of chocolate-avoidance training: A pilot study Mike Rinck (Radboud University, The Netherlands)</p> <p>Measuring dynamic approach-avoidance tendencies in the field Hilmar Zech (Leiden University, The Netherlands)</p> |
| 10.30 – 12.00 | <p>OPEN PAPERS</p> <p>Children and Adolescents <i>Chair:</i> Olga Zikopoulou (Greece)</p> <p>“How to connect with self and others”: A prevention program based on Schema Therapy for children and their parents in school settings Roza Laious (National & Kapodistrian University of Athens, Greece)</p> <p>Another look at mother–adolescent dyads: Does self-compassion mitigate the association between insecure attachment and internalizing symptoms? Lorena Lala (Babes-Bolyai University, Romania)</p> <p>Nurturing compassionate schools: The effects of a compassion focused intervention on teachers’ mental health, wellbeing and prosocial qualities Marcela Matos (University of Coimbra, Portugal)</p> <p>Does early childhood intolerance of uncertainty predict subsequent child anxiety? Zoe Ryan (University of Reading, UK)</p> <p>Exposure to social networks: The role of social comparison on body dissatisfaction and food concerns Claire Arnaud (University of Lille, France)</p> <p>Parents' experiences of parenting a child with Obsessive Compulsive Disorder (OCD): A qualitative study Chloe Chessell (University of Reading, UK)</p> |
| 10.30 – 12.00 | <p>SYMPOSIUM</p> <p>Cognitive Behavioral Therapies for Obsessive-Compulsive Disorder: Mechanisms of Change and New Intervention Strategies <i>Chair:</i> Benedikt Reuter (Germany)</p> <p>The relevance of behavior-related changes for the treatment outcome in Obsessive-Compulsive Disorder – A pilot study Jana Hansmeier (University of Leipzig, Germany)</p> <p>Short-term outcome of CBT for OCD can be predicted by habituation and expectancy violation during exposure Björn Elsner (Humboldt University of Berlin, Germany)</p> <p>Disgust reduction through imagery strategies in patients with contamination-related obsessive-compulsive disorder Jakob Fink-Lamotte (University of Leipzig, Germany)</p> <p>Exposure and response prevention in virtual reality for obsessive-compulsive disorder: The role of disgust Lena Jelinek (University Medical Center Hamburg-Eppendorf, Germany)</p> <p><i>Discussant:</i> Benedikt Reuter (Humboldt University of Berlin, Germany)</p> |

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| 10.30 – 12.00 | <p>WORKSHOP</p> <p>The Transdiagnostic Applicability of Cognitive Interpersonal Maintenance Model of Anorexia Nervosa to the Greek Context <i>Coordinators:</i> Maria Tsiaka (Greece), Janet Treasure (UK)</p> |
| 10.30 – 12.00 | <p>WORKSHOP</p> <p>Positive CBT. The Treatment Protocols <i>Coordinator:</i> Fredricke Bannink (Private Practice, The Netherlands)</p> |
| 10.30 – 12.00 | <p>WORKSHOP</p> <p>CBT with Chronic Pain Patients, at the Heart of Existential Questions <i>Coordinator:</i> Christine Favre (Clinique Romande de Réadaptation, Sion, Switzerland)</p> |
| 12.00 – 12.15 | SHORT BREAK |
| 12.15 – 13.00 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Fragiskos Gonidakis (Greece)</p> <p>Treating Complexity and Risk in Personality Disorder: Current Perspectives and Future Directions in Dialectical Behaviour Therapy Michaela Swales (Bangor University, UK)</p> |
| 12.15 – 13.00 | <p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Vasiliki Batrakouli (Greece)</p> <p>Conceptualising and Relieving Human Suffering in Different Contexts. Historical and Epistemological Reflections Renos K. Papadopoulos (University of Essex, UK)</p> |
| 13.00 – 13.15 | SHORT BREAK |
| 13.15 – 14.45 | <p>SYMPOSIUM</p> <p>The Utility of CBT in Depressive and Neurodevelopmental Disorders Throughout the Life Span <i>Chair:</i> Markella Fiste (Greece)</p> <p>Using CBT techniques in children with autism spectrum disorder Erifilli Tsirempolou (Aegean Omiros College, Athens, Greece)</p> <p>CBT's contribution to adolescents with mild depressive symptoms as a result of bullying behavior Evangelia Karra (Aegean Omiros College, Athens, Greece)</p> <p>CBT in menopausal depression Markella Fiste (Aegean Omiros College, Athens, Greece)</p> <p>The effectiveness of the cognitive-behavioral approach in the treatment of depression in elderly Aristotelis Koinis (Aegean Omiros College, Athens, Greece)</p> |
| 13.15 – 14.45 | <p>SYMPOSIUM</p> <p>CBT Applications with Unaccompanied Refugee Minors <i>Chair:</i> Ioanna Giannopoulou (Greece)</p> <p>An overview of psychotherapeutic interventions used with unaccompanied refugee minors Ioanna Giannopoulou (National & Kapodistrian University of Athens, Greece)</p> <p>Treating children and adolescents with multiple traumas: A randomized clinical trial of narrative exposure therapy Kirsi Peltonen (Tampere university, Finland)</p> <p>Teaching recovery techniques to unaccompanied refugee minors: An evidence-based CBT group approach William Yule (Institute of Psychiatry, KCL, UK)</p> <p><i>Discussant:</i> Panos Vostanis (University of Leicester, UK)</p> |

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| 13.15 – 14.45 | <p>OPEN PAPERS</p> <p>Depression <i>Chair:</i> Evangelos Papadakis (Greece)</p> <p>Neurocognitively-enhanced online cognitive behavioural therapy to improve mood, cognition, and functioning during depression Elayne Ahern (University of Limerick, UK)</p> <p>Tackling persistent depressive disorder: Looking inside the process of change Moritz Elsaesser (University of Freiburg, Germany)</p> <p>Benevolence-focused CBT for chronic depression: a randomized controlled trial Artjom Frick (Goethe University Frankfurt, Germany)</p> <p>New developments: Positive psychology contributions to the treatment of depression and anxiety Aikaterini Kotsoni (Panteion University of Social & Political Sciences, Greece)</p> <p>Predictive model for depression in adolescence based on cognitive vulnerability factors Lence Miloseva (Goce Delcev University, North Macedonia)</p> <p>Non-suicidal self-injury, suicidal behavior and sense of coherence among adolescents with depressive disorders: Cluster analysis Marija Mitkovic-Voncina (Institute of Mental Health, Belgrade University, Serbia)</p> |
| 13.15 – 14.45 | <p>WORKSHOP</p> <p>MINDLAB SET – Integrating Applied Neuroscience and Biofeedback Into CBT <i>Coordinator:</i> Tullio Scrimali (University of Catania, Italy)</p> |
| 13.15 – 14.45 | <p>WORKSHOP</p> <p>Acceptance and Commitment Therapy for Mental and Physical Health Conditions <i>Coordinator:</i> Maria Karekla (University of Cyprus, Cyprus), Andrew Gloster (UK)</p> |
| 13.15 – 14.45 | <p>WORKSHOP</p> <p>ACT for Adolescents: A Powerful Tool for Change (Part A) <i>Coordinator:</i> Maria do Ceu Salvador (University of Coimbra, Portugal)</p> |
| 14.45 – 16.30 | <p>BREAK</p> |
| 16.30 – 18.00 | <p>OPEN PAPERS</p> <p>Psychosis <i>Chair:</i> Fani Siamouli (Greece)</p> <p>The implementation of Cognitive Behavioural Therapy for psychosis drawing on staff, service users and carers experiences: A meta-synthesis Nikos Xanidis (University of Glasgow, UK)</p> <p>A coping skills enhancement programme for individuals with psychotic like experiences: A pilot study Oya Mortan Sevi (Bahcesehir University, Turkey)</p> <p>Selective mutism, a psychiatric condition at the crossroads of social anxiety and autism spectrum disorder Peter Muris (Maastricht University, The Netherlands)</p> <p>Preliminary results of the feasibility study of a novel Virtual Reality (VR)-based targeted social cognitive intervention in the rehabilitation of schizophrenia Edit Vass (Semmelweis University, Hungary)</p> <p>Behavior Therapy for patients with trichotillomania Yannis Kasvikis (Hellenic Center for Mental Health & Research, Greece)</p> |

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| 16.30 – 18.00 | <p>SYMPOSIUM</p> <p>Cognitive Behavioural Therapies in Medical Conditions <i>Chair:</i> Ioannis Michopoulos, Stefanos Koulis (Greece)</p> <p>Psychological factors in rheumatic autoimmune diseases Christina Golemati (Hellenic Society of Cognitive Psychotherapies, Greece)</p> <p>The efficacy of Cognitive Behavioural Therapy in fibromyalgia – Review and description of a case study Evgenia Daskalopoulou (National & Kapodistrian University of Athens, Greece)</p> <p>Cognitive Behavioural Therapy and Parkinson’s Disease Ion Beratis (Deree American College of Greece, Greece)</p> <p>Cognitive Behavioural Therapy in chronic headaches Marina Chrysoula Papada (Hellenic Society of Cognitive Psychotherapies, Greece)</p> |
| 16.30 – 18.00 | <p>WORKSHOP</p> <p>Management of Countertransference with Imagery and Role Playing <i>Coordinators:</i> Jan Prasko (Palacky University in Olomouc, Czech Republic), Marie Ociskova (Czech Republic)</p> |
| 16.30 – 18.00 | <p>WORKSHOP</p> <p>CBT-TIME: A New Transdiagnostic Treatment Protocol <i>Coordinator:</i> Ohad Hershkovitz (CBT Institute of Israel, Israel)</p> |
| 16.30 – 18.00 | <p>WORKSHOP</p> <p>ACT for Adolescents: A Powerful Tool for Change (Part B) <i>Coordinator:</i> Maria do Ceu Salvador (University of Coimbra, Portugal)</p> |
| 18.00 – 18.15 | <p>SHORT BREAK</p> |
| 18.15 – 19.00 | <p>KEYNOTE SPEECH <i>Chair:</i> Katy Grazebrook (UK)</p> <p>Using Cognitive-Behavioral Principles and Methods to Promote Mental Health in the Workplace Keith Dobson (World Confederation of Behavioural and Cognitive Therapies, Canada)</p> |
| 18.15 – 19.00 | <p>KEYNOTE SPEECH <i>Chair:</i> Dimitris Dikeos (Greece)</p> <p>Fear, Blocks and Resistance to Compassion Focused Therapy Paul Gilbert (University of Derby, UK)</p> |
| 19.00 | <p>CLOSING CEREMONY</p> |