



50th EABCT CONGRESS

**“Adapting CBT to
socially and culturally diverse environments”**

2 – 5 September 2020

www.eabct2020.org

FINAL PROGRAMME

CONGRESS TIMETABLE

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

EABCT 2020 - PROGRAMME AT A GLANCE

WEDNESDAY, 2 SEPTEMBER 2020 / PRE-CONGRESS WORKSHOPS

TIME	ROOM	TOPIC / COORDINATOR
10.30-17.00	ROOM 1	Imagery Rescripting as a Transdiagnostic Treatment for Problems Related to Adverse Events Arnoud Arntz
10.30-17.00	ROOM 2	Cognitive Therapy for PTSD Anke Ehlers
10.30-17.00	ROOM 3	Cognitive-Behavioural-Systems Approach to Couple Problems Mehmet Sungur
10.30-17.00	ROOM 4	New Frontiers in the Treatment of Psychosis: Psychotherapeutic, Neurocognitive and Metacognitive Approach to a Better Social Recovery in a Mindful Setting Antonio Pinto
10.30-17.00	ROOM 6	Dialectical Behavior Therapy for Complex Eating Disorders Fragiskos Gonidakis
15.30-22.00	ROOM 7	CBT for Treatment-Resistant Depression Judith Beck

EABCT 2020 - PROGRAMME AT A GLANCE

THURSDAY, 3 SEPTEMBER 2020

TIME	ROOM 1	ROOM 2	ROOM 3	ROOM 4	ROOM 5	ROOM 6
10.30-12.00	SYMPOSIUM CBT for Insomnia (CBT-I): Use in Sleep Disorders and Other Mental Illnesses <i>WILL BE RECORDED</i>	SYMPOSIUM Emotion Regulation in Childhood Anxiety Disorders: New Insights from Psychophysiological and Clinical Research <i>WILL BE RECORDED</i>	SYMPOSIUM New Developments in VR/AR Exposure-Based Applications to Treat Phobic Disorders <i>WILL BE RECORDED</i>	WORKSHOP Paradoxical Agenda Setting in Team CBT <i>WILL BE RECORDED</i>	WORKSHOP Compassion and Metacognition in Treating Schizotypal Personality Disorder <i>WILL BE RECORDED</i>	SKILLS CLASS CBTWebHelper: A Versatile Web-Tool for Monitoring Patient's Progress, Facilitating Data Collection for Research Formulation, and Improving Practitioner's Efficacy
12.00-12.15 SHORT BREAK						
12.15-13.00	KEYNOTE SPEECH Arnoud Arntz <i>WILL BE RECORDED</i>	KEYNOTE SPEECH Janet Treasure <i>WILL BE RECORDED</i>				
13.00-13.15 SHORT BREAK						
13.15-14.45	SYMPOSIUM A Multidimensional Approach to Eating Disorders, Obesity and Body Image Distortions: A Combination of CBT with Schema Therapy and Body Image Techniques <i>WILL BE RECORDED</i>	SYMPOSIUM Mechanisms of Change in Acceptance and Commitment Therapy <i>WILL BE RECORDED</i>	SYMPOSIUM The Secure Base Script: Introducing Attachment Theory to CBT and Evidence Based Treatment <i>WILL BE RECORDED</i>	WORKSHOP 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>WILL BE RECORDED</i>	WORKSHOP Live Supervision in CBT <i>WILL BE RECORDED</i>	SKILLS CLASS CBT and DBT for Inpatients Suffering from Anorexia Nervosa
14.45-15.30 BREAK						
15.30-17.00	SYMPOSIUM Positive Sustainable CBT <i>WILL BE RECORDED</i>	SYMPOSIUM New Approaches to Psychodiagnostic Assessment In CBT <i>WILL BE RECORDED</i>		WORKSHOP Cultural Adaptation of CBT for South Asian Clients <i>WILL BE RECORDED</i>	WORKSHOP Dealing with Disgust – Ideas for a Broader Therapeutic Approach <i>WILL BE RECORDED</i>	
17.00-17.15 SHORT BREAK						

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THURSDAY, 3 SEPTEMBER 2020
(continued)

TIME	ROOM 1	ROOM 2	ROOM 3	ROOM 4	ROOM 5	ROOM 6
17.15-18.00	KEYNOTE SPEECH Judith Beck <i>WILL BE RECORDED</i>	KEYNOTE SPEECH Throstur Bjorgvinsson <i>WILL BE RECORDED</i>				
18.00-18.15 SHORT BREAK						
18.15-19.45	SYMPOSIUM Feared Possible Selves in Obsessive-Compulsive and Related Disorders <i>WILL BE RECORDED</i>	SYMPOSIUM Emotion Regulation in Distinct Settings: From Schools to Telehealth <i>WILL BE RECORDED</i>	SYMPOSIUM Is CBT a Good Match for Coaching? Current State-Of-The-Art and Future Directions in Cognitive-Behavioral Coaching <i>WILL BE RECORDED</i>	WORKSHOP Seeing the World Through a Different Lens: Recovery-Oriented Cognitive Behavioral Therapy for Psychosis <i>WILL BE RECORDED</i>	WORKSHOP Rethinking Adult ADHD: CBT and Helping Clients Turn Intentions into Actions <i>WILL BE RECORDED</i>	SKILLS CLASS Handy CBT Procedures for Pediatric Patients and their Families During Uncertain Times: Express Coping Skills for the Pandemic and Beyond <i>WILL BE RECORDED</i>
19.45-20.00 SHORT BREAK						
20.00	OFFICIAL OPENING CEREMONY <i>WILL BE RECORDED</i>					

EABCT 2020 - PROGRAMME AT A GLANCE

FRIDAY, 4 SEPTEMBER 2020

TIME	ROOM 1	ROOM 2	ROOM 3	ROOM 4	ROOM 5	ROOM 6
10.30-12.00	SYMPOSIUM Transformation and Innovation in the Prevention and Treatment of Alcohol Use and Mental Health Disorders: The Use of Emerging Technologies <i>WILL BE RECORDED</i>	SYMPOSIUM Treatment Without Borders: Feasibility and Acceptability of Psychological Interventions Across Different Cultures	OPEN PAPERS Anxiety I <i>WILL BE RECORDED</i>	SKILLS CLASS Cognitive Therapy for PTSD Following Critical Illness and ICU Admission	WORKSHOP Dialectical Behavior Therapy for Binge Eating Disorder	SKILLS CLASS Cognitive and Behavioral Therapy for Bipolar Disorders: A Neuroscience-Based Approach <i>WILL BE RECORDED</i>
12.00-12.15 SHORT BREAK						
12.15-13.00	KEYNOTE SPEECH Mehmet Sungur	KEYNOTE SPEECH Sanne de Wit				
13.00-13.15 SHORT BREAK						
13.15-14.45	SYMPOSIUM Breach of Couple Relationships <i>WILL BE RECORDED</i>	SYMPOSIUM Cognitive Flexibility in Emotional Disorders	OPEN PAPERS Minorities / Varia <i>WILL BE RECORDED</i>	WORKSHOP Compassion Focused Therapy for Self-criticism (Part A) <i>WILL BE RECORDED</i>	WORKSHOP How to Become a Tic Therapist – Behaviour Therapy for Tics and Tourette Syndrome <i>WILL BE RECORDED</i>	SKILLS CLASS Group Psychoeducational Intervention: Romantic Relationship Skills Training <i>WILL BE RECORDED</i>
14.45-15.30 BREAK						
15.00-17.00	EABCT GENERAL MEETING					
15.30-17.00		SYMPOSIUM 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>WILL BE RECORDED</i>	SYMPOSIUM Self-Compassion as a Predictor and as a Mediator in Various Sets of Relationships (Including Self-Efficacy, Depression, Anxiety, Mindfulness, Emotion Regulation)	WORKSHOP Compassion Focused Therapy for Self-criticism (Part B) <i>WILL BE RECORDED</i>	WORKSHOP Use of Metaphors in Delivering Psychoeducation to Children and Young People <i>WILL BE RECORDED</i>	SKILLS CLASS Using Virtual Reality in Clinical Research and Practice <i>WILL BE RECORDED</i>
17.00-17.15 SHORT BREAK						

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FRIDAY, 4 SEPTEMBER 2020
(continued)

TIME	ROOM 1	ROOM 2	ROOM 3	ROOM 4	ROOM 5	ROOM 6
17.15-18.00	KEYNOTE SPEECH Anke Ehlers WILL BE RECORDED	KEYNOTE SPEECH Frank Neuner WILL BE RECORDED				
18.00-18.15	SHORT BREAK					
18.15-19.45	ROUND TABLE DISCUSSION The World Confederation of Cognitive and Behavioural Therapies: An Idea Whose Time Has Come WILL BE RECORDED	OPEN PAPERS Anxiety II WILL BE RECORDED	OPEN PAPERS COVID-19 WILL BE RECORDED	WORKSHOP Fine-Tuning Imagery Rescripting WILL BE RECORDED	WORKSHOP Acceptance and Commitment Therapy: How Can we Subtly Introduce the Model from the First Session? WILL BE RECORDED	SKILLS CLASS Experiencing Compassion Focused Therapy from the Inside Out: Cultivating Self-compassion for us Therapists

EABCT 2020 - PROGRAMME AT A GLANCE

SATURDAY, 5 SEPTEMBER 2020

TIME	ROOM 1	ROOM 2	ROOM 3	ROOM 4	ROOM 5	ROOM 6
10.30-12.00	SYMPOSIUM Approach-Avoidance Bias Modification: A Versatile Add-on Treatment for Various Disorders <i>WILL BE RECORDED</i>	OPEN PAPERS Children and Adolescents <i>WILL BE RECORDED</i>	SYMPOSIUM Cognitive Behavioral Therapies for Obsessive-Compulsive Disorder: Mechanisms of Change and New Intervention Strategies <i>WILL BE RECORDED</i>	WORKSHOP The Transdiagnostic Applicability of Cognitive Interpersonal Maintenance Model of Anorexia Nervosa to the Greek Context <i>WILL BE RECORDED</i>	WORKSHOP Positive CBT. The Treatment Protocols <i>WILL BE RECORDED</i>	WORKSHOP CBT with Chronic Pain Patients, at the Heart of Existential Questions <i>WILL BE RECORDED</i>
12.00-12.15 SHORT BREAK						
12.15-13.00	KEYNOTE SPEECH Michaela Swales <i>WILL BE RECORDED</i>	KEYNOTE SPEECH Renos Papadopoulos <i>WILL BE RECORDED</i>				
13.00-13.15 SHORT BREAK						
13.15-14.45	SYMPOSIUM The Utility of CBT in Depressive and Neurodevelopmental Disorders Throughout the Life Span <i>WILL BE RECORDED</i>	SYMPOSIUM CBT Applications with Unaccompanied Refugee Minors <i>WILL BE RECORDED</i>	OPEN PAPERS Depression <i>WILL BE RECORDED</i>	WORKSHOP MINDLAB SET – Integrating Applied Neuroscience and Biofeedback Into CBT <i>WILL BE RECORDED</i>	WORKSHOP Acceptance and Commitment Therapy for Mental and Physical Health Conditions <i>WILL BE RECORDED</i>	WORKSHOP ACT for Adolescents: A Powerful Tool for Change (Part A) <i>WILL BE RECORDED</i>
14.45-16.30 BREAK						
16.30-18.00	OPEN PAPERS Psychosis <i>WILL BE RECORDED</i>	SYMPOSIUM Cognitive Behavioural Therapies in Medical Conditions <i>WILL BE RECORDED</i>		WORKSHOP Management of Countertransference with Imagery and Role Playing <i>WILL BE RECORDED</i>	WORKSHOP CBT-TIME: A New Transdiagnostic Treatment Protocol <i>WILL BE RECORDED</i>	WORKSHOP ACT for Adolescents: A Powerful Tool for Change (Part B) <i>WILL BE RECORDED</i>
18.00-18.15 SHORT BREAK						
18.15-19.00	KEYNOTE SPEECH Keith Dobson <i>WILL BE RECORDED</i>	KEYNOTE SPEECH Paul Gilbert <i>WILL BE RECORDED</i>				
19.00-19.15 SHORT BREAK						
19.15	CLOSING CEREMONY					

2 SEPTEMBER 2020

PRE – CONGRESS WORKSHOPS

10.30 - 17.00 ROOM 1	Imagery Rescripting as a Transdiagnostic Treatment for Problems Related to Adverse Events Coordinator: Arnoud Arntz (University of Amsterdam, The Netherlands)
10.30 - 17.00 ROOM 2	Cognitive Therapy for PTSD Coordinator: Anke Ehlers (UK)
10.30 - 17.00 ROOM 3	Cognitive-Behavioural-Systems Approach to Couple Problems Coordinator: Mehmet Sungur (Turkey)
10.30 - 17.00 ROOM 4	New Frontiers in the Treatment of Psychosis: Psychotherapeutic, Neurocognitive and Metacognitive Approach to a Better Social Recovery in a Mindful Setting Coordinator: Antonio Pinto (Italy)
10.30 - 17.00 ROOM 6	Dialectical Behavior Therapy for Complex Eating Disorders Coordinator: Fragiskos Gonidakis (Greece)
15.30 - 22.00 ROOM 7	CBT for Treatment-Resistant Depression Coordinator: Judith Beck (USA)

THURSDAY, 3 SEPTEMBER 2020

TIME / ROOM	SESSION FORMAT / PRESENTERS
10.30 – 12.00 ROOM 1	<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 (Greece)</p> <p>CBT-I protocol in insomnia and other sleep disorders Mary Ntafouli (Greece)</p> <p>CBT-I: Efficacy beyond sleep-related symptoms Rodanthi-Agapi Kourtzi (Greece)</p>
10.30 – 12.00 ROOM 2	<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 Flasiniski (Germany)</p> <p>The development and evaluation of emotion inducing film scenes in children and adolescents Tabea Flasiniski (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 (Germany)</p> <p>Emotion dysregulation, temperamental vulnerability, and parental depression in adolescents: Correspondence between physiological and informant-report measures Marie-Lotte van Beveren (Belgium)</p> <p>Alterations in gaze behaviour of socially anxious children in a real-life social interaction – An eye-tracking analysis Leonie Lidle (Germany)</p> <p>Using blended care to treat social anxiety complaints in adolescents: A feasibility study Sara Jakobsson Månsson (The Netherlands)</p>
10.30 – 12.00 ROOM 3	<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 (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 (Spain)</p> <p>Effectiveness of self-guided app-based Virtual Reality Cognitive Behavior Therapy for acrophobia – A randomized clinical trial Tara Donker (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 (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 (Switzerland)</p>
10.30 – 12.00 ROOM 4	<p>WORKSHOP</p> <p>Paradoxical Agenda Setting in Team CBT <i>Coordinator:</i> Yehuda Bar Shalom (Israel)</p>

10.30 – 12.00 ROOM 5	<p>WORKSHOP</p> <p>Compassion and Metacognition in Treating Schizotypal Personality Disorder <i>Coordinator:</i> Simone Cheli (Italy)</p> <p>Maximum attendance: 50 persons</p>
10.30 – 12.00 ROOM 6	<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 <i>Coordinators:</i> Michael Batakis, Meropi Simou (Greece)</p>
12.00 – 12.15	SHORT BREAK
12.15 – 13.00 ROOM 1	<p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Gregoris Simos (Greece)</p> <p>Cognitive Behavioral Treatments of Personality Disorders: An Update Arnoud Arntz (The Netherlands)</p>
12.15 – 13.00 ROOM 2	<p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Ioannis Michopoulos (Greece)</p> <p>From Food to Identity: The Cognitive Interpersonal Model in Eating Disorders Janet Treasure (UK)</p>
13.00 – 13.15	SHORT BREAK
13.15 – 14.45 ROOM 1	<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 <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 Elena Heinz (Greece)</p> <p>Eating disorders and schema therapy Christi Passalidou (Greece)</p> <p>Working with the overweight patient. A schema therapy approach Maria Evangelopoulou (Greece)</p> <p>Eating disorders and family issues in treating children and adolescents Fani Siamouli (Greece)</p>
13.15 – 14.45 ROOM 2	<p>SYMPOSIUM</p> <p>Mechanisms of Change in Acceptance and Commitment Therapy <i>Chair:</i> Mareike Samaan (Germany)</p> <p>Mechanism of action in ACT: Findings from two randomized clinical trials Maria Karekla (Cyprus)</p> <p>Influencing effects of clinical characteristics and ACT specific mechanisms of change during inpatient treatment Mareike Samaan (Germany)</p> <p>Change of psychological flexibility and values during therapy Andrew Gloster (Switzerland)</p>

13.15 – 14.45 ROOM 3	<p>SYMPOSIUM</p> <p>The Secure Base Script: Introducing Attachment Theory to CBT and Evidence Based Treatment <i>Chair & Discussant:</i> Guy Bosmans (Belgium)</p> <p>Cumulative family risk and externalizing problems: Secure base script knowledge as a protective factor/ buffer Melisse Houbrechts (Belgium)</p> <p>Attachment Disorder symptoms and prosocial behavior in middle childhood: The Role of Secure Base Script Knowledge Bien Cuyvers (Belgium)</p> <p>Development of attachment in children adopted internationally from China: The role of pre-adoption experiences and sensitive parenting Chloe Finet (Belgium)</p> <p>Middle childhood attachment therapy: An intervention to stimulate secure base script development in children with emotional and behavioral problems Leen Van Vlierberghe (Belgium)</p>
13.15 – 14.45 ROOM 4	<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 (Belgium)</p>
13.15 – 14.45 ROOM 5	<p>WORKSHOP</p> <p>Live Supervision in CBT <i>Coordinator:</i> Ulrike Maass (Germany)</p>
13.15 – 14.45 ROOM 6	<p>SKILLS CLASS</p> <p>CBT and DBT for Inpatients Suffering from Anorexia Nervosa <i>Coordinators:</i> Fragiskos Gonidakis & Ioannis Michopoulos (Greece)</p>
14.45 – 15.30	BREAK
15.30 – 17.00 ROOM 1	<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 (Israel)</p> <p>Positive sustainable CBT arts Yael Sharon (Israel)</p> <p>Positive CBT as a main tool for sustainability in developing countries Tammie Ronen (Israel)</p>
15.30 – 17.00 ROOM 2	<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 (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 Andreea Robe (Romania)</p> <p>Measuring intersubjective understanding: Empathic Experience Scale Sjoerd Ebisch (Italy)</p>
15.30 – 17.00 ROOM 4	<p>WORKSHOP</p> <p>Cultural Adaptation of CBT for South Asian Clients <i>Coordinator:</i> Mallika Sharma (UK)</p> <p>Maximum attendance: 70 persons</p>

15.30 – 17.00 ROOM 5	<p>WORKSHOP Dealing with Disgust – Ideas for a Broader Therapeutic Approach <i>Coordinators:</i> Jakob Fink-Lamotte, Christian Stierle (Germany) Maximum attendance: 60 persons</p>
17.00 – 17.15	SHORT BREAK
17.15 – 18.00 ROOM 1	<p>KEYNOTE SPEECH <i>Chair:</i> Diana Charila (Greece) Cognitive Conceptualization Judith S. Beck (USA)</p>
17.15 – 18.00 ROOM 2	<p>KEYNOTE SPEECH <i>Chair:</i> Manos Tsalamaniotis (Greece) Innovative Treatment Advancements for OCD: The Bergen 4 Day Program Thröstur Björgvinsson (USA)</p>
18.00 – 18.15	SHORT BREAK
18.15 – 19.45 ROOM 1	<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 (Canada) Feared self and obsessive-compulsive symptoms: An experimental manipulation using virtual reality Shiu F. Wong (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 (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 (Canada) Exploring the role of fear of self in body dysmorphic disorder symptomatology Martha Giraldo-O'Meara (Canada)</p>
18.15 – 19.45 ROOM 2	<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 (USA) The effectiveness of iEMDR on emotion regulation Michelli Simpson (USA) Training teachers of young children for better emotional and behavior regulation in classroom: A transtheoretical model Débora Fava (Brasil)</p>

18.15 – 19.45 ROOM 3	<p>SYMPOSIUM</p> <p>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)</p> <p>From CBT to CBC Oana David (Romania)</p> <p>A meta-analysis to investigate the effectiveness of cognitive-behavioral coaching Cristina T. Lorint & Oana A. David (Romania)</p> <p>Models and general factors as mechanisms in CBC. Is solution-CBC better than classic CBC? Loana Comşa (Romania)</p> <p>The efficacy of different types of CBC delivery methods Cristina T. Lorint & Oana A. David (Romania)</p>
18.15 – 19.45 ROOM 4	<p>WORKSHOP</p> <p>Seeing the World Through a Different Lens: Recovery-Oriented Cognitive Behavioral Therapy for Psychosis <i>Coordinators:</i> Dimitri Perivoliotis & Yuliana Gallegos Rodríguez (USA)</p>
18.15 – 19.45 ROOM 5	<p>WORKSHOP</p> <p>Rethinking Adult ADHD: CBT and Helping Clients Turn Intentions into Actions <i>Coordinator:</i> Russel Ramsay (USA)</p>
18.15 – 19.45 ROOM 6	<p>SKILLS CLASS</p> <p>Handy CBT Procedures for Pediatric Patients and their Families During Uncertain Times: Express Coping Skills for the Pandemic and Beyond <i>Coordinator:</i> Robert D. Friedberg (USA)</p>
19.45 – 20.00	SHORT BREAK
20.00 ROOM 1	<p>OPENING CEREMONY</p> <p>Chair: Evangelos Papadakis (Greece)</p> <p>Addresses – Salutations</p> <p>Fragiskos Gonidakis, Assistant Professor of Psychiatry, 1st Department of Psychiatry, National & Kapodistrian University of Athens, President of the Greek Association of Behavioral Modification and Research, President of the Congress</p> <p>Thomas Kalpakoglou, President of the EABCT</p> <p>Charalampos Papageorgiou, Professor of Psychiatry, Head of the 1st Department of Psychiatry, National and Kapodistrian University of Athens</p> <p>Spyridon Tantaros, Ph.D., Professor of Developmental Psychology, Chair of the Department of Psychology, National and Kapodistrian University of Athens</p> <p>Keith Dobson, Professor of Clinical Psychology, President, World Confederation of Cognitive and Behavioural Therapies</p> <p>Elena Heinz, Chair of the Congress Scientific Committee</p> <p>Diana Harila, Clinical Psychologist PhD, Laboratory and Teaching Staff, in the Department of Psychology of the National & Kapodistrian University of Athens. Chair of the Institute of Behavior Research and Therapy</p> <p>Gregoris Simos, Professor of Psychiatry, University of Macedonia. President of the Greek Association for Cognitive and Behavioural Psychotherapy</p> <p>Yiannis Michopoulos, Associate Professor of Psychiatry, National and Kapodistrian University of Athens. President, Hellenic Society of Cognitive Psychotherapies</p> <p>Judith Beck, Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania. President of the Beck Institute for Cognitive Behavior Therapy</p> <p>Dance Performance</p> <p>“Mirrors of the Mind. Anorexia Nervosa”, a Dance Gala by “Music Mates”</p>

FRIDAY, 4 SEPTEMBER 2020

TIME	SESSION FORMAT / PRESENTERS
10.30 – 12.00 ROOM 1	<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 (Germany)</p> <p>Affective comorbidity moderates the relapse-preventive effect of alcohol-related Approach Bias Modification Elske Saleminck (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 (Australia)</p> <p>Are we making inroads? Results of an RCT of early intervention for co-occurring anxiety and alcohol use problems Lexine Stapinski (Australia)</p>
10.30 – 12.00 ROOM 2	<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 (The Netherlands)</p> <p>Feasibility and acceptability of a scalable psychological intervention in Syrian refugees in Switzerland – Results from the pilot RCT Naser Morina (Switzerland)</p> <p>Prevention of mental health disorders among Syrian refugees in Turkey: Self Help Plus (SH+) Ceren Acarturk (Turkey)</p> <p>The acceptability of Cognitive Behaviour Therapy in Indonesian community health care Miriam Lommen (The Netherlands)</p> <p><i>Discussant:</i> Theo Bouman (The Netherlands)</p>
10.30 – 12.00 ROOM 3	<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 (Greece)</p> <p>A systematic review and comparison of the self-administered interventions (via mobile apps) for anxiety and depression David Dias Neto (Portugal)</p> <p>Flashforward imagery in students with speech anxiety: Phenomenology and associations with anxiety and avoidance Marjolein Thunnissen (The Netherlands)</p> <p>Are Barlow unified protocols effective for treatment of comorbid disorders, and improve patient's quality of life? Leonardo Carlucci (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 (Spain)</p> <p>Is conscious awareness needed for fear extinction? Shani Bachar Avnieli (Israel)</p>
10.30 – 12.00 ROOM 4	<p>SKILLS CLASS</p> <p>Cognitive Therapy for PTSD Following Critical Illness and ICU Admission Coordinator: Hannah Murray (UK)</p>

10.30 – 12.00 ROOM 5	<p>WORKSHOP</p> <p>Dialectical Behavior Therapy for Binge Eating Disorder <i>Coordinators</i> Maria Karapatsia & Fragiskos Gonidakis (Greece)</p>
10.30 – 12.00 ROOM 6	<p>SKILLS CLASS</p> <p>Cognitive and Behavioral Therapy for Bipolar Disorders: A Neuroscience-Based Approach <i>Coordinator:</i> Tullio Scrimali (Italy)</p> <p>Maximum attendance: 50 persons</p>
12.00 – 12.15	SHORT BREAK
12.15 – 13.30 ROOM 1	<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 (Turkey)</p>
12.15 – 13.30 ROOM 2	<p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Arnold van Emmerik (The Netherlands)</p> <p>Targeting Habits in Therapeutic Interventions Sanne de Wit (The Netherlands)</p>
13.00 – 13.15	SHORT BREAK
13.15 – 14.45 ROOM 1	<p>SYMPOSIUM</p> <p>Breach of Couple Relationships <i>Chair:</i> Evangelos Papadakis (Greece)</p> <p>About jealousy Elena Heinz (Greece)</p> <p>Infidelity: What do we (couple and therapist) do now Evangelos Papadakis (Greece)</p> <p>Hypoactive (Low) sexual desire disorder Loukas Athanasiadis (Greece)</p> <p>“Unfinished business” and complicated grief following the death of a spouse Christina Hionidou (Greece)</p>
13.15 – 14.45 ROOM 2	<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 (Israel)</p> <p>A context-dependent approach towards training affective attention flexibility Malvika Godara (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 (Germany)</p> <p><i>Discussant:</i> Eva Gilboa-Schechtman (Israel)</p>

13.15 – 14.45 ROOM 3	<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 (Germany)</p> <p>A new technique to increase self-esteem by reading and mental visualization: The lexical association technique Noémie Niveau (France)</p> <p>Ethical beliefs and behaviors of European cognitive behavioural therapists Nikola Petrovic (Serbia)</p> <p>Effectiveness of group-based interventions for conflict-affected people in the East of Ukraine Dmytro Snisar (Ukraine)</p> <p>CBT groups for ethnic minorities Nia Gkizounidi (UK)</p> <p>Investigating the relationship between emotion regulation, negative affect and psychopathology among traumatised refugees: A latent profile analysis Philippa Specker (Australia)</p>
13.15 – 14.45 ROOM 4	<p>WORKSHOP</p> <p>Compassion Focused Therapy for Self-criticism (Part A) <i>Coordinator:</i> Paul Gilbert (UK)</p>
13.15 – 14.45 ROOM 5	<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 ROOM 6	<p>SKILLS CLASS</p> <p>Group Psychoeducational Intervention: Romantic Relationship Skills Training <i>Coordinators:</i> Elli Kouvaraki, Myrto Lemonoudi (Greece)</p> <p>Maximum attendance: 25 persons</p>
15.00 – 17.00 ROOM 1	<p>EABCT GENERAL MEETING</p>
14.45 – 15.30	<p>BREAK</p>
15.30 – 17.00 ROOM 2	<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 ROOM 3	<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 (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 (USA)</p> <p>Self-compassion and social anxiety on their way to depression Anna Delithanasi (Greece)</p>
15.30 – 17.00 ROOM 4	<p>WORKSHOP</p> <p>Compassion Focused Therapy for Self-criticism (Part B) <i>Coordinator:</i> Paul Gilbert (UK)</p>
15.30 – 17.00 ROOM 5	<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 ROOM 6	<p>SKILLS CLASS</p> <p>Using Virtual Reality in Clinical Research and Practice <i>Coordinator:</i> Marius Rubo (Switzerland)</p> <p>Maximum attendance: 30 persons</p>
17.00 – 17.15	SHORT BREAK
17.15 – 18.00 ROOM 1	<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 ROOM 2	<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 ROOM 1	<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 ROOM 2	<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 (Cyprus)</p> <p>The relationship between emotion dysregulation and problem-solving attitude, approach, and performance in GAD Bailée Malivoire (Canada)</p> <p>Group “support” intervention program for prevention of burnout in primary healthcare staff Vasiliki Batrakouli (Greece)</p> <p>A pilot study for an intervention programme addressing perfectionism Anna Nisyraiou (Greece)</p>

	<p>Minded pain: Changing mechanisms of mindfulness-based group therapy for fibromyalgia patients: A randomized controlled trial Renen Taub (Israel)</p> <p>Fear of happiness predicts concurrent but not prospective depressive symptoms in adolescents Merle Kock (Belgium)</p>
18.15 – 19.45 ROOM 3	<p>OPEN PAPERS COVID-19</p> <p><i>Chair:</i> Georgia Nasiopoulou (Greece)</p> <p>Pandemic-related post-traumatic stress and Its predictors Olga Bogolyubova (Malta)</p> <p>“Home Stress Home”: A self-help website to manage anxiety during containment Mandy Rossignol (Belgium)</p> <p>Intolerance of uncertainty, virus-related beliefs and actions amid the COVID-19 pandemic: A research agenda Robert D. Friedberg (USA)</p> <p>Metaphors and analogies of the COVID-19 global crisis, used by clients in CBT therapy in Bulgaria Irina Lazarova & Anna Lazarova (Bulgaria)</p>
18.15 – 19.45 ROOM 4	<p>WORKSHOP</p> <p>Fine-Tuning Imagery Rescripting <i>Coordinator:</i> Remco van der Wijngaart (The Netherlands)</p> <p>Maximum attendance: 50 persons</p>
18.15 – 19.45 ROOM 5	<p>WORKSHOP</p> <p>Acceptance and Commitment Therapy: How Can we Subtly Introduce the Model from the First Session? <i>Coordinator:</i> Ghanem Amara (Tunisia)</p>
18.15 – 19.45 ROOM 6	<p>SKILLS CLASS</p> <p>Experiencing Compassion Focused Therapy from the Inside Out: Cultivating Self-compassion for us Therapists <i>Coordinator:</i> Elli Tholouli (Greece)</p> <p>Maximum attendance: 40 persons</p>

SATURDAY, 5 SEPTEMBER 2020

TIME	SESSION FORMAT / PRESENTERS
10.30 – 12.00 ROOM 1	<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 (Australia)</p> <p>Approach bias modification affects chocolate consumption Eva Kemps (Australia)</p> <p>Reducing unwanted chocolate consumption by means of chocolate-avoidance training: A pilot study Mike Rinck (The Netherlands)</p> <p>Measuring dynamic approach-avoidance tendencies in the field Hilmar Zech (The Netherlands)</p>
10.30 – 12.00 ROOM 2	<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 (Greece)</p> <p>Another look at mother–adolescent dyads: Does self-compassion mitigate the association between insecure attachment and internalizing symptoms? Lorena Lala (Romania)</p> <p>Nurturing compassionate schools: The effects of a compassion focused intervention on teachers’ mental health, wellbeing and prosocial qualities Marcela Matos (Portugal)</p> <p>Does early childhood intolerance of uncertainty predict subsequent child anxiety? Zoe Ryan (UK)</p> <p>Exposure to social networks: The role of social comparison on body dissatisfaction and food concerns Claire Arnaud (France)</p> <p>Parents' experiences of parenting a child with Obsessive Compulsive Disorder (OCD): A qualitative study Chloe Chessell (UK)</p>
10.30 – 12.00 ROOM 3	<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 (Germany)</p> <p>Short-term outcome of CBT for OCD can be predicted by habituation and expectancy violation during exposure Björn Elsner (Germany)</p> <p>Disgust reduction through imagery strategies in patients with contamination-related obsessive-compulsive disorder Jakob Fink-Lamotte (Germany)</p> <p>Exposure and response prevention in virtual reality for obsessive-compulsive disorder: The role of disgust Lena Jelinek (Germany)</p> <p><i>Discussant:</i> Benedikt Reuter (Germany)</p>

10.30 – 12.00 ROOM 4	<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> <p>Maximum attendance: 70 persons</p>
10.30 – 12.00 ROOM 5	<p>WORKSHOP</p> <p>Positive CBT. The Treatment Protocols <i>Coordinator:</i> Fredricke Bannink (The Netherlands)</p>
10.30 – 12.00 ROOM 6	<p>WORKSHOP</p> <p>CBT with Chronic Pain Patients, at the Heart of Existential Questions <i>Coordinator:</i> Christine Favre (Switzerland)</p> <p>Maximum attendance: 40 persons</p>
12.00 – 12.15	SHORT BREAK
12.15 – 13.00 ROOM 1	<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 (UK)</p>
12.15 – 13.00 ROOM 2	<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 (UK)</p>
13.00 – 13.15	SHORT BREAK
13.15 – 14.45 ROOM 1	<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 (Greece)</p> <p>CBT's contribution to adolescents with mild depressive symptoms as a result of bullying behavior Evangelia Karra (Greece)</p> <p>CBT in menopausal depression Markella Fiste (Greece)</p> <p>The effectiveness of the cognitive-behavioral approach in the treatment of depression in elderly Aristotelis Koinis (Greece)</p>
13.15 – 14.45 ROOM 2	<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 (Greece)</p> <p>Treating children and adolescents with multiple traumas: A randomized clinical trial of narrative exposure therapy Kirsi Peltonen (Finland)</p> <p>Teaching recovery techniques to unaccompanied refugee minors: An evidence-based CBT group approach William Yule (UK)</p> <p><i>Discussant:</i> Panos Vostanis (UK)</p>

13.15 – 14.45 ROOM 3	<p>OPEN PAPERS</p> <p>Depression <i>Chair:</i> Evangelos Papadakis (Greece)</p> <p>Tackling persistent depressive disorder: Looking inside the process of change Moritz Elsaesser (Germany)</p> <p>Benevolence-focused CBT for chronic depression: a randomized controlled trial Artjom Frick (Germany)</p> <p>New developments: Positive psychology contributions to the treatment of depression and anxiety Aikaterini Kotsoni (Greece)</p> <p>Predictive model for depression in adolescence based on cognitive vulnerability factors Lence Miloseva (North Macedonia)</p> <p>Non-suicidal self-injury, suicidal behavior and sense of coherence among adolescents with depressive disorders: Cluster analysis Marija Mitkovic-Voncina (Serbia)</p>
13.15 – 14.45 ROOM 4	<p>WORKSHOP</p> <p>MINDLAB SET – Integrating Applied Neuroscience and Biofeedback Into CBT <i>Coordinator:</i> Tullio Scrimali (Italy)</p> <p>Maximum attendance: 40 persons</p>
13.15 – 14.45 ROOM 5	<p>WORKSHOP</p> <p>Acceptance and Commitment Therapy for Mental and Physical Health Conditions <i>Coordinator:</i> Maria Karekla (Cyprus), Andrew Gloster (UK)</p>
13.15 – 14.45 ROOM 6	<p>WORKSHOP</p> <p>ACT for Adolescents: A Powerful Tool for Change (Part A) <i>Coordinator:</i> Maria do Ceu Salvador (Portugal)</p>
14.45 – 16.30	BREAK
16.30 – 18.00 ROOM 1	<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 (UK)</p> <p>A coping skills enhancement programme for individuals with psychotic like experiences: A pilot study Oya Mortan Sevi (Turkey)</p> <p>Selective mutism, a psychiatric condition at the crossroads of social anxiety and autism spectrum disorder Peter Muris (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 (Hungary)</p> <p>Behavior Therapy for patients with trichotillomania Iliana Pavlopoulou (Greece)</p>

16.30 – 18.00 ROOM 2	<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 (Greece)</p> <p>The efficacy of Cognitive Behavioural Therapy in fibromyalgia – Review and description of a case study Evgenia Daskalopoulou (Greece)</p> <p>Cognitive Behavioural Therapy and Parkinson’s Disease Ion Beratis (Greece)</p> <p>Cognitive Behavioural Therapy in chronic headaches Marina Chrysoula Papada (Greece)</p>
16.30 – 18.00 ROOM 4	<p>WORKSHOP</p> <p>Management of Countertransference with Imagery and Role Playing <i>Coordinators:</i> Jan Prasko, Marie Ociskova (Czech Republic)</p> <p>Maximum attendance: 35 persons</p>
16.30 – 18.00 ROOM 5	<p>WORKSHOP</p> <p>CBT-TIME: A New Transdiagnostic Treatment Protocol <i>Coordinator:</i> Ohad Hershkovitz (Israel)</p>
16.30 – 18.00 ROOM 6	<p>WORKSHOP</p> <p>ACT for Adolescents: A Powerful Tool for Change (Part B) <i>Coordinator:</i> Maria do Ceu Salvador (Portugal)</p>
18.00 – 18.15	SHORT BREAK
18.15 – 19.00 ROOM 1	<p>KEYNOTE SPEECH</p> <p><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 ROOM 2	<p>KEYNOTE SPEECH</p> <p><i>Chair:</i> Dimitris Dikeos (Greece)</p> <p>Fear, Blocks and Resistance to Compassion Focused Therapy Paul Gilbert (UK)</p>
19.00 – 19.15	SHORT BREAK
19.15 ROOM 1	<p>CLOSING CEREMONY</p> <p>Chair: Evangelos Papadakis (Greece)</p> <p>Summing up of the EABCT 2020</p> <p>Fragiskos Gonidakis, Congress President Elena Heiz, Chair of the Scientific Committee</p> <p>Presentation of the EABCT 2021 Congress in Belfast</p> <p>Colette Kearns, Organiser of the Congress</p> <p>Farewell</p> <p>Katy Grazebrook, President of the EABCT</p>

POSTER PRESENTATIONS

COVID-19

Perinatal Psychopathology and COVID-19 in France: Posttraumatic Stress Disorder Following Childbirth, Posttraumatic Growth and Interpersonal Emotion Regulation

Anne Denis (France)

Metacognition Issues in Time of Crisis

Sylvia Martin (France)

Psychological Care in Time of Global Crisis : A Comparison Between General Population and Outpatients' Reactions

Sylvia Martin (France)

Compassion, Social Connectedness and Trauma Resilience During the COVID-19 Pandemic: A Multi-National Study

Marcela Matos (Portugal)

REFUGEES AND MINORITIES

Secondary Trauma Stress, Vicarious Trauma and Resilience Among Interpreters and Aid Workers of Humanitarian Organisations: A Mediation Study

Marketa Hanakova (Greece)

Traumatic Experience of Homophobic Bullying: The Role of Self-Compassion in Shame and Depression in Sexual Minorities

Daniel Seabra (Portugal)

The Mediating Role of Self-Compassion in the Relationship Between Traumatic Experiences of Homophobic Bullying and Social Anxiety in Sexual Minorities

Daniel Seabra (Portugal)

Cognitive Behaviour Interventions for Yazidi Woman Refugee: A Case Illustration

Panagiotis Tzourakis (Greece)

TRAUMA AND ABUSE

Treating Perinatal Trauma Following Childbirth with Virtual Reality: French AccouZen Project

Anne Denis (France)

What Differentiates Batterer Men with and without Histories of Childhood Family Violence?

Javier Fernandez-Montalvo (Spain)

What Is the Prevalence of Complex PTSD Among Patients Included in Treatment for PTSD in a Psychotherapeutic Outpatient Clinic?

Mads Christian Jensen (Denmark)

Odysseus's Homesickness – A Bilingual Psychotherapeutic Model for Immigrants

Maria Provatidou (Germany)

Group Cognitive Behavioral Therapy for Japanese Students Affected by the Hiroshima Heavy Rain Disaster of July 2018

Chikaze Sugiyama (Japan)

Trauma TV: Media-induced Secondary Traumatization in a Sample of Turkish Adults

Deniz Uyanik (Greece)

The Use of Trauma Focused Cognitive Behavioral of PTSD After a Motor Vehicle Accident

Suzana Vrhovac (Slovenia)

ANXIETY DISORDERS

Use of Social Media and Social Anxiety in Emerging Adults

Sonja Biglbauer (Croatia)

Benzodiazepines Use and Transdiagnostic Cognitive-Behaviour Therapy for Anxiety Disorders: A Mixed Methods Study

Camilla Durand (Canada)

Sleep Quality and Exposure Therapy Outcomes for Social Anxiety Disorder

Christina Dutcher (USA)

Paruresis (Shy Bladder Syndrome): Theoretical Background and CBT Treatment in 5 Patients

Leto Kalogeraki (Greece)

Exploring the Temporal Associations Between Avoidance Behavior and Cognitions During the Course of Cognitive Behavioral Therapy for Social Anxiety Disorder

Linn Vathne Lervik (Norway)

An Investigation of the Relationship Between Habitual Use of Mental Imagery and Worry-Related Variables in Generalized Anxiety Disorder

Bailee Malivoire (Canada)

Psychological Flexibility and Test Anxiety: The Mediating Role of External Shame and Self-Criticism

Cláudia Pires (Portugal)

Intensive CBT Treatment of Panic Disorder with Agoraphobia

Enrico Rolla (Italy)

Cognitive behavioral therapy and specific phobia: About a case

Hela Slama (Tunisia)

CBT AND NEW TECHNOLOGIES

EsTOCma: An App to Fight Against Stigma Associated with Obsessive-Compulsive Disorder (OCD)

Sandra Arnaez (Spain)

Computerized CBT for Excessive Anger in Prisoners – First Results

Branka Bagaric (Croatia)

Comparative Effectiveness of In-Person and Electronic Cognitive Behavioral Therapy for Primary and Secondary Insomnia: A Systematic Review

Ioanna Grigoraki (Greece)

Transdiagnostic Internet CBT For Mixed Anxiety and Depressive Disorders: Preliminary Results from a Feasibility Study

Pasquale Roberge (Canada)

An Open Trial of the Interned-Delivered Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Adolescents (iUP-A): Effects on Disorder-Specific Outcome Measures

Bonifacio Sandín (Spain)

Interned-Delivered Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Adolescents (iUP-A): Effects on Negative Affectivity and Reactivity to Emotional Experience

Bonifacio Sandín (Spain)

Assessing and Analyzing Functional Analysis with Ambulatory Assessment and Network Analysis: A Pilot Study

Saskia Scholten (Germany)

Online Cognitive Behavioural Therapy versus Mindfulness for Transdiagnostic Depression and Anxiety: Results from a Randomised Controlled Trial at 6 Month Follow-up

Maria Sharrock (Australia)

Intranasal Oxytocin Increases State Anhedonia Following Imagery Training of Positive Social Outcomes in Persons Low on Social Affiliation Traits

Shiu Wong (Canada)

CHILDREN, ADOLESCENTS AND FAMILY ISSUES

“You won’t Manage on your own” – The Influence of Negative Expectations on Observed Parenting Behavior in Mothers of Anxious Children

Julia Asbrand (Germany)

Cognitive, Behavioural and Familial Maintenance Mechanisms in Childhood Obsessive Compulsive Disorder (OCD): A Systematic Review

Chloe Chessell (UK)

Developing a Universal School-Based Psychoeducational Intervention to Support Psychological Well-Being Amongst Adolescents in The Western Cape, South Africa

Bronwyne Coetzee (South Africa)

Effects of Mental Health Literacy on Burnout in Japanese Elementary School Teachers

Shinaru Kato (Japan)

Effects of Group Behavioral Activation Intervention on Functional Change of Behavioral Inhibition / Activation for Children

Shunsuke Koseki (Japan)

Cool Kids Group-CBT in a Spanish Sample of Children and Adolescents with Anxiety Disorders

Sara Lera-Miguel (Spain)

Department of Children and Adolescents’ Therapy, Institute of Behaviour Research and Therapy in Athens: Ten Years of Providing CBT Services in Children and Families

Anastasios Manousakis (Greece)

Effects of Help-Seeking Intention on Depression and Subjective Adjustment: Self-esteem as a Moderator in Japanese Children

Keiko Takemori (Japan)

Relationship Between Characteristics of Fostering Behavior and Mental Health of Workers at Japanese Social Care Institutions for Children

Ayako Takii (Japan)

Just the Way You Are. Understanding Emotion Regulation Strategies in Youth from Temperamental Differences

Marie-Lotte Van Beveren (Belgium)

Cognitivo-behavioral therapy in the management of trichotillomania in adolescents

Hela Slama (Tunisia)

EATING DISORDERS & TREATMENT OF OBESITY

Relevant Psychological Factors in Weight Management

Loana Comşa (Romania)

Maladaptive Emotion Regulation and Disordered Eating Behavior in Youth: Findings from a Pilot Diary Study

Christine Dworschak (Germany)

Personality Traits and Obesity

Francisco López-García (Spain)

An Examination of the Relationship Between Childhood Peer Victimization and Disordered Eating in Emerging Adulthood: A Mixed Method Approach

Maria Markou (Cyprus)

Evaluation of the Effectiveness of Cognitive Remediation Therapy in Outpatients Diagnosed with Anorexia Nervosa in Japan

Noriko Numata (Japan)

Art Influenced CBT for Eating Disorders – Preliminary Results

Tero Timonen (Finland)

Factors Associated with Dropout from Treatment in Greek Patients with Bulimia Nervosa and Binge Eating Disorder

Maria Tsiaka (Greece)

Behavioral Experiments Targeting the Perceived Pressure to Be Thin: Efficacy of Universal Eating Disorder Prevention Intervention for Japanese Female University Students

Satsuki Ueda (Japan)

HEALTH PSYCHOLOGY ISSUES

Comparison Between Women Personality with Fibromyalgia and Mood Disorder Diagnosis

Núria Anglès (Spain)

Characteristics of behaviors for relieving anxiety and worry about cancer the relationship between psychological adjustment

Kotone Hata (Japan)

Effectiveness of a Structured CBT Psychoeducational Arts-Based Group Intervention for Persons with Non-Malignant Chronic Pain

Asimina Kalmanti (Greece)

Adapting CBT for Depression: How Has this Been Done for Young People who Have Chronic Illness?

Maria Loades (UK)

Profile of Mothers who Seek Treatment for Substance Use Disorder in a Clinical Centre

José J. López-Goñi (Spain)

ISSUES IN THERAPY - SUPERVISION ISSUES IN CBT

Assessment of Impact of CBT-Based Approaches in Tbilisi Crisis Intervention Service Among Patients with Psychiatric Conditions

Keteven Abdushelishvili (Georgia)

A New Short Version of the Cognitive Therapy Scale Revised for Assessing Cognitive Behavior Therapy Competency

Sven Alfonsson (Sweden)

Differences Between Responder Versus Non Responder Patients to Group CBT for OCD in Common Factors (Alliance) Associated to Therapeutic Change

Sandra Arnaez (Spain)

The Effects of 12 Months of Training in Behavioral Therapy on the Attitudes of Students Towards Exposure

Iosif Drakos (Greece)

Connections Between Emotional Dependency and Interventions in Cognitive Behaviour Therapy for adults: Outcomes of Group therapy

Ásthildur E. Erlingsdóttir (Iceland)

Psychotherapist Needs in Clinical Supervision – A Psychometric Evaluation Of The Proctor Model

Simon Fagernäs (Sweden)

Bridging Research and Practice Implementing FIT, CBT and Recovery

Thea Lauritsen (Norway)

Self-stigma and Stigmatization by the Significant Others in Case of Seeking Professional Psychological Help Among University Students with Anxiety and/or Depressive Symptoms in Greece

Maria Xanthaki (Greece)

MOOD DISORDERS

The Role of Momentary Use of Emotion Regulation Strategies on Affect: A Systematic Review and Meta-Analysis of Studies Using Daily Diary and Experience Sampling Methods (ESM)

Teresa Boemo (Spain)

Sad Reflections of Happy Times: Emotional Responses to Positive Autobiographical Memories in Acutely Depressed, Remitted Depressed, and Never-Depressed Individuals

Aleksandra Eriksen Isham (UK)

Transdiagnostic Group Intervention for Emotional Disorders in Primary Care

Júlia Grau Prim (Spain)

Adolescent Facial Emotion Recognition: The Role of Social Anxiety and Depression Over Time

Rachel Nesbit (UK)

NEURODEVELOPMENTAL DISORDERS IN CHILDREN AND ADULTS

Fears in Autism and its Relationship with Clinical Variables

Júlia Grau Prim (Spain)

Parent-Child Interaction Patterns in Families who Have Children with Autism Spectrum Disorder or Typical Development in the Course of Parent-Child Interaction Therapy

Nanako Kanehira (Japan)

Therapist-Mother Interaction Patterns in Families who Have Children with Autism Spectrum Disorder or Typical Development in the Course of Parent-Child Interaction Therapy

Yumi Kaneyama (Japan)

Cognitive-Behavioral Therapy for an Adolescent Girl with Autism Spectrum Disorder

Maki Sadahisa (Japan)

OBSESSIVE - COMPULSIVE STATES

Do Obsessions and Intrusions Appear in Different Contexts?

Sandra Arnaez (Spain)

Do Autogenous and Reactive Obsessions Differ in their Context of Appearance?

Sandra Arnaez (Spain)

Cognitive Therapy for Mental Contamination and Scrupulosity in Obsessive Compulsive Disorder

Martha Giraldo O'Meara (Canada)

Development and Preliminary Psychometric Properties of the Rumination on Obsessions and Compulsions Scale (ROCS)

Carlotta V. Heinzl (Switzerland)

The Experience of Exam-Related Unwanted Intrusive Thoughts and Associated Neutralizing Behaviors in Students: An Ecological Momentary Assessment Study

Martin Kollárik (Switzerland)

The Association Between the Mental Contamination and Disgust Propensity in OCD and its Role in Treatment: A Review of the Literature

Dimitra Anna Owens (Greece)

PERSONALITY DISORDERS

Effectiveness of Group Cognitive Behavioural Treatment (G-CBT) in the Treatment of Perfectionism in Patients with Compulsive Obsessive Personality Disorder (OCPD)

Angela Cabestany Morato (Spain)

The Evolution of Borderline Features in Adolescents in 6 Months: Mediator Effect of Self-Compassion and Self-Disgust

Diogo Carreiras (Portugal)

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