



## 50<sup>th</sup> EABCT CONGRESS

# “Adapting CBT to socially and culturally diverse environments”

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2 – 5 September 2020

[www.eabct2020.org](http://www.eabct2020.org)

### CONGRESS TIMETABLE

(as on August 12, 2020)

# **CONGRESS TIMETABLE**

**(as on 12<sup>th</sup> 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)

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

## THURSDAY, 3 SEPTEMBER 2020

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

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

13.15 – 14.45	<p><b>WORKSHOP</b></p> <p><b>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</b>  <i>Coordinator:</i> Christel Bouwens (Private Practice, Belgium)</p>
13.15 – 14.45	<p><b>WORKSHOP</b></p> <p><b>Live Supervision in CBT</b>  <i>Coordinator:</i> Ulrike Maass (Potsdam University, Germany)</p>
13.15 – 14.45	<p><b>SKILLS CLASS</b></p> <p><b>CBT and DBT for Inpatients Suffering from Anorexia Nervosa</b>  <i>Coordinators:</i> Fragiskos Gonidakis &amp; Ioannis Michopoulos (National &amp; Kapodistrian University of Athens)</p>
14.45 – 15.30	<b>BREAK</b>
15.30 – 17.00	<p><b>SYMPOSIUM</b></p> <p><b>Positive Sustainable CBT</b>  <i>Chair:</i> Tammie Ronen (Israel)</p> <p><b>The power of positive psychology during CBT Training on trainees</b>  Merav Barkavi-Shani (Psagot Institute, Israel)</p> <p><b>Positive sustainable CBT arts</b>  Yael Sharon (Psagot Institute, Israel)</p> <p><b>Positive CBT as a main tool for sustainability in developing countries</b>  Tammie Ronen (Tel Aviv University, Israel)</p>
15.30 – 17.00	<p><b>SYMPOSIUM</b></p> <p><b>New Approaches to Psychodiagnostic Assessment In CBT</b>  <i>Chair:</i> Aristide Saggino (Italy)</p> <p><b>Intelligent and open-source testing platform: An alternative future for psychological tests and assessment</b>  Aristide Saggino (University of Chieti-Pescara, Italy)</p> <p><b>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</b>  Anca Dobrea (Babes-Bolyai University, Romania)</p> <p><b>Measuring intersubjective understanding: Empathic Experience Scale</b>  Sjoerd Ebisch (G. d’Annunzio University of Chieti-Pescara, Italy)</p>
15.30 – 17.00	<p><b>WORKSHOP</b></p> <p><b>Cultural Adaptation of CBT for South Asian Clients</b>  <i>Coordinator:</i> Mallika Sharma (Berkshire IAPT Services, UK)</p>
15.30 – 17.00	<p><b>WORKSHOP</b></p> <p><b>Dealing with Disgust – Ideas for a Broader Therapeutic Approach</b>  <i>Coordinator:</i> Jakob Fink-Lamotte (University of Leipzig, Germany)</p>
15.30 – 17.00	<p><b>SKILLS CLASS</b></p> <p><b>The Neglected Relationship: Sibling-Based Themes in Therapy and their Impact on Mental Health</b>  <i>Coordinator:</i> Avidan Milevsky (Ariel University, Israel)</p>
17.00 – 17.15	<b>SHORT BREAK</b>
17.15 – 18.00	<p><b>KEYNOTE SPEECH</b></p> <p><i>Chair:</i> Diana Charila (Greece)</p> <p><b>Cognitive Conceptualization</b>  Judith S. Beck (University of Pennsylvania, USA)</p>

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

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



## FRIDAY, 4 SEPTEMBER 2020

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

10.30 – 12.00	<p><b>SKILLS CLASS</b></p> <p><b>Cognitive and Behavioral Therapy for Bipolar Disorders: A Neuroscience-Based Approach</b>  <i>Coordinator:</i> Tullio Scrimali (University of Catania, Italy)</p>
12.00 – 12.15	<p><b>SHORT BREAK</b></p>
12.15 – 13.30	<p><b>KEYNOTE SPEECH</b></p> <p><i>Chair:</i> Elena Heinz (Greece)</p> <p><b>Understanding Infidelity and its Consequences: Is There Any Way to Re-build Trust</b>  Mehmet Sungur (Marmara University Hospital, Turkey)</p>
12.15 – 13.30	<p><b>KEYNOTE SPEECH</b></p> <p><i>Chair:</i> Arnold van Emmerik (The Netherlands)</p> <p><b>Targeting Habits in Therapeutic Interventions</b>  Sanne de Wit (University of Amsterdam, The Netherlands)</p>
13.00 – 13.15	<p><b>SHORT BREAK</b></p>
13.15 – 14.45	<p><b>SYMPOSIUM</b></p> <p><b>Cognitive Flexibility in Emotional Disorders</b>  <i>Chair:</i> Nilly Mor (Israel)</p> <p><b>Cognitive bias modification for inferential flexibility</b>  Baruch Perlman (Hebrew University, Israel)</p> <p><b>A context-dependent approach towards training affective attention flexibility</b>  Malvika Godara (Ghent University, Belgium)</p> <p><b>Social anxiety is associated with a specific deficit in cognitive flexibility as measured by a novel reversal learning task</b>  Reut Zabag (Israel)</p> <p><b>Why negative expectations in depression persist – Experimental findings and implications for clinical practice</b>  Tobias Kube (University of Koblenz-Landau, Germany)</p> <p><i>Discussant:</i> Eva Gilboa-Schechtman (Israel)</p>
13.15 – 14.45	<p><b>OPEN PAPERS</b></p> <p><b>Minorities / Varia</b>  <i>Chair:</i> Vasiliki Batrakouli (Greece)</p> <p><b>Live supervision for psychotherapy novices: Preliminary results of a randomized-controlled trial</b>  Ulrike Maass (Potsdam University, Germany)</p> <p><b>A new technique to increase self-esteem by reading and mental visualization: The lexical association technique</b>  Noémie Niveau (Université Savoie Mont Blanc, France)</p> <p><b>Ethical beliefs and behaviors of European cognitive behavioural therapists</b>  Nikola Petrovic (University of Belgrade, Serbia)</p> <p><b>Effectiveness of group-based interventions for conflict-affected people in the East of Ukraine</b>  Dmytro Snisar (Association of mental health professionals, Ukraine)</p> <p><b>CBT groups for ethnic minorities</b>  Nia Gkizounidi (NHS, UK)</p> <p><b>Investigating the relationship between emotion regulation, negative affect and psychopathology among traumatised refugees: A latent profile analysis</b>  Philippa Specker (University of New South Wales, Australia)</p>
13.15 – 14.45	<p><b>WORKSHOP</b></p> <p><b>Compassion Focused Therapy for Self-criticism (Part A)</b>  <i>Coordinator:</i> Paul Gilbert (University of Derby, UK)</p>
13.15 – 14.45	<p><b>WORKSHOP</b></p> <p><b>How to Become a Tic Therapist – Behaviour Therapy for Tics and Tourette Syndrome</b>  <i>Coordinators:</i> Cara Verdellen, Jolande van de Griendt (The Netherlands)</p>

13.15 – 14.45	<p><b>SKILLS CLASS</b></p> <p><b>Group Psychoeducational Intervention: Romantic Relationship Skills Training</b>  <i>Coordinators:</i> Elli Kouvaraki, Myrto Lemonoudi (Greece)</p>
14.45 – 15.30	<b>BREAK</b>
15.30 – 17.00	<p><b>SYMPOSIUM</b></p> <p><b>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</b>  <i>Chair:</i> Anastasia Kalantzi-Azizi (Greece)</p> <p><b>The child and the liberation from the shadow of the terrible big fear</b>  Christina Varveri (Greece)</p> <p><b>A guide for refugee parents: How can I help my traumatised child</b>  Roza Laious (Greece)</p> <p><b>The little I am me</b>  Katerina Sofianopoulou (Greece)</p> <p><b>Trauma-focused CBT training program applied to unaccompanied refugee minors (URMs) with PTSD</b>  Theodora Anastasiou (Greece)  <i>Discussant:</i> Diana Charila (Greece)</p>
15.30 – 17.00	<p><b>SYMPOSIUM</b></p> <p><b>Self-Compassion as a Predictor and as a Mediator in Various Sets of Relationships (Including Self-Efficacy, Depression, Anxiety, Mindfulness, Emotion Regulation)</b>  <i>Chair:</i> Gregoris Simos (Greece)</p> <p><b>Self-compassion and self-efficacy on their way to state anxiety</b>  Meropi Simou (Greek Association for Cognitive Behavioral Psychotherapies, Greece)</p> <p><b>The association of self-compassion and emotion regulation on positive mood states through mindfulness training in a non-clinical sample</b>  Susan Evans (Weill Cornell Medicine, USA)</p> <p><b>Self-compassion and social anxiety on their way to depression</b>  Anna Delithanasi (Greek Association for Cognitive Behavioral Psychotherapies, Greece)</p>
15.30 – 17.00	<p><b>WORKSHOP</b></p> <p><b>Compassion Focused Therapy for Self-criticism (Part B)</b>  <i>Coordinator:</i> Paul Gilbert (University of Derby, UK)</p>
15.30 – 17.00	<p><b>WORKSHOP</b></p> <p><b>Use of Metaphors in Delivering Psychoeducation to Children and Young People</b>  <i>Coordinator:</i> Vahdet Gormez (Turkey)</p>
15.30 – 17.00	<p><b>SKILLS CLASS</b></p> <p><b>Using Virtual Reality in Clinical Research and Practice</b>  <i>Coordinator:</i> Marius Rubo (Switzerland)</p>
17.00 – 17.15	<b>SHORT BREAK</b>
17.15 – 18.00	<p><b>KEYNOTE SPEECH</b></p> <p><i>Chair:</i> Evangelos Papadakis (Greece)</p> <p><b>Haunted by Memories: Advances in the Treatment of Post-traumatic Stress Disorder</b>  Anke Ehlers (UK)</p>
17.15 – 18.00	<p><b>KEYNOTE SPEECH</b></p> <p><i>Chair:</i> Artemios Pechlivanidis (Greece)</p> <p><b>The Power of the Narration: Understanding and Treating Complex Trauma in Victims of War and Abuse</b>  Frank Neuner (Germany)</p>
18.00 – 18.15	<b>SHORT BREAK</b>

18.15 – 19.45	<p><b>ROUND TABLE DISCUSSION</b></p> <p><b>The World Confederation of Cognitive and Behavioural Therapies: An Idea Whose Time Has Come</b>  <i>Panelists:</i> Keith Dobson (Canada), Lata McGinn (USA), Rod Holland (UK), Mehmet Sungur (Turkey)</p>
18.15 – 19.45	<p><b>OPEN PAPERS</b></p> <p><b>Anxiety II</b>  <i>Chair:</i> Christi Passalidou (Greece)</p> <p><b>Psychophysiological responses in the time course of emotions: Effects of emotion regulation difficulties</b>  Elena Constantinou (University of Cyprus, Cyprus)</p> <p><b>The relationship between emotion dysregulation and problem-solving attitude, approach, and performance in GAD</b>  Bailée Malivoire (Ryerson University, Canada)</p> <p><b>Group “support” intervention program for prevention of burnout in primary healthcare staff</b>  Vasiliki Batrakouli (Mental Health Mobile Unit of the Prefecture of Trikala, Greece)</p> <p><b>A pilot study for an intervention programme addressing perfectionism</b>  Anna Nisyraiou (University of Macedonia, Greece)</p> <p><b>Minded pain: Changing mechanisms of mindfulness-based group therapy for fibromyalgia patients: A randomized controlled trial</b>  Renen Taub (Bar-Ilan University, Israel)</p> <p><b>Fear of happiness predicts prospective depressive symptoms in adolescents</b>  Merle Kock (KU Leuven, Belgium)</p>
18.15 – 19.45	<p><b>OPEN PAPERS</b></p> <p><b>COVID-19</b>  <i>Chair:</i> Georgia Nasiopoulou (Greece)</p> <p><b>Pandemic-related post-traumatic stress and its predictors</b>  Olga Bogolyubova (University of Malta, Malta)</p> <p><b>“Home Stress Home”: A self-help website to manage anxiety during containment</b>  Mandy Rossignol (University of Mons, Belgium)</p> <p><b>Intolerance of uncertainty, virus-related beliefs and actions amid the COVID-19 pandemic: A research agenda</b>  Robert D. Friedberg (Palo Alto University, USA)</p> <p><b>Autobiographical memory flexibility as a low-cost, low-intensity treatment option for PTSD</b>  Caitlin Hitchcock (University of Cambridge, UK)</p> <p><b>Metaphors and analogies of the COVID-19 global crisis, used by clients in CBT therapy in Bulgaria</b>  Irina Lazarova (Outpatient Mental Health Clinic "Adaptacia", Bulgaria)</p>
18.15 – 19.45	<p><b>WORKSHOP</b></p> <p><b>Fine-Tuning Imagery Rescripting</b>  <i>Coordinator:</i> Remco van der Wijngaart (Dutch Institute for Schema Therapy, The Netherlands)</p>
18.15 – 19.45	<p><b>WORKSHOP</b></p> <p><b>Acceptance and Commitment Therapy: How Can we Subtly Introduce the Model from the First Session?</b>  <i>Coordinator:</i> Ghanem Amara (Tunisian Association of Behavioural &amp; Cognitive Therapy, Tunisia)</p>
18.15 – 19.45	<p><b>SKILLS CLASS</b></p> <p><b>Experiencing Compassion Focused Therapy from the Inside Out: Cultivating Self-compassion for us Therapists</b>  <i>Coordinator:</i> Elli Tholouli (Hellenic Center for Compassion Focused Therapy, Greece)</p>

## SATURDAY, 5 SEPTEMBER 2020

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

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

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

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