

54th annual congress

EABCT 2024

Belgrade, Serbia, September 4-7, 2024

**New age of CBT -
Challenges and perspectives**

Programme



Welcome from the EABCT President



It is with great pleasure that I am welcoming you to the 54th Congress of the European Association of Behavioural and Cognitive Therapies (EABCT).

EABCT is an umbrella association made up of 55 CBT associations across the geographical continent of Europe and each year the congress is hosted by a different EABCT member association. This year we are in Belgrade in Serbia, last year we were in Antalya, Turkey and next year we will be in Glasgow, Scotland, UK.

The annual congress is therefore a great opportunity to cross linguistic and cultural boundaries, to learn about ground breaking research and practice from across Europe and internationally. I do hope that you will bear this breadth and novelty in mind as you navigate your way through the programme. Please do dip in and find out what is going on in other countries and

in other specialities to your own.

We will hear from some well known people, but ALL contributions to the congress are important, from those starting out doing a poster or presenting their research for the first time, to EACH participant whose understanding is increased, who learn a new skill, or whose curiosity is sparked!

So please do ask questions, chat to people afterwards, and take what you learn back into your practice. There will be something for everybody - and the ultimate beneficiaries will be your clients, their families and the public.

Welcome to the 2024 EABCT congress!!

Katy Grazebrook
EABCT President



A Message from the EABCT 2024 Host

Dear Colleagues,

Welcome to the 2024 EABCT Congress! It is with great excitement and pride that we host this year's event, bringing together a diverse and vibrant community of professionals dedicated to advancing the fields of behavioral and cognitive therapies.

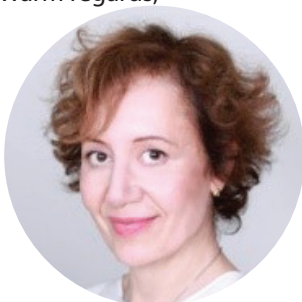
The theme of the congress reflects our commitment to exploring cutting-edge research, innovative practices, and the evolving challenges within our discipline. Over the next few days, we will delve into a rich program that offers a blend of keynote speeches, symposia, workshops, skill classes, panel debates, roundtables, early career sessions and poster presentations, all designed to inspire, inform, and connect. This conference is more than just an academic gathering—it is a unique opportunity to renew old friendships, forge new connections, and collaborate on ideas that will shape the future of our field. Whether you are a seasoned expert or a new entrant to the world of cognitive and behavioral therapies, we hope you find the program both enriching and stimulating.

We are deeply grateful to our keynote speakers, presenters, and workshop leaders who have generously shared their expertise and time. We also extend our heartfelt thanks to our sponsors, whose support has been instrumental in making this event possible. As you navigate through the sessions, we encourage you to engage fully, ask questions, and share your experiences. The strength of EABCT lies in the collective wisdom of its members, and it is this exchange of knowledge and ideas that drives our community forward.

We hope you enjoy your time at EABCT 2024 and leave with renewed energy, fresh perspectives, and a deeper commitment to our shared goals.

Thank you for being part of this exciting journey.

Warm regards,



Tatjana Vukosavljević Gvozden
President of the EABCT 2024 Organizing Committee
ACBTS President



Ivana Vračkić
Copresident of the EABCT 2024 Organizing Committee
SRABCT President

EABCT Organisation

Organizer

European Association for Behavioural and Cognitive Therapies

Hosted by

Association for Cognitive and Behavioural Therapies of Serbia

Skenderbegova 3
11000 Belgrade, Serbia

In collaboration with

Serbian Association of Behaviour and Cognitive Therapists

Starca Vujadina 1
18000 Nis

Local Organizing Committee

- **Tatjana Vukosavljević Gvozden, President**
Psychology Department of the Philosophy Faculty, University of Belgrade, Belgrade, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)
- **Ivana Vračkić, Copresident**
City of Nis, City Administration for social issues, Sector for family, social and health care, Drug Abuse Prevention, Serbia; Serbian Association of Behaviour and Cognitive Therapists (SRABCT)
- **Nikola Petrović, Scientific Program, Logistics & Social Events Chair**
Psychology Department of the Philosophy Faculty, University of Belgrade, Belgrade, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)

Members

- **Zorica Marić**
Association for Cognitive and Behavioural Therapies of Serbia
- **Borjanka Batinić**
Psychology Department of the Philosophy Faculty, University of Belgrade, Belgrade, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)
- **Ivana Peruničić Mladenović**
Psychology Department of the Philosophy Faculty, University of Belgrade, Belgrade, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)
- **Tijana Stanković**
Association for Cognitive and Behavioural Therapies of Serbia

Scientific Committee

Co-chairs

- **Sanda Stanković**
University of Belgrade, Faculty of Philosophy, LIRA Lab, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)
- **Marija Mitković Vončina**
University of Belgrade - Faculty of Medicine; Institute of Mental Health, Belgrade, Serbia; Serbian Association of Behaviour and Cognitive Therapists (SRABCT)

Members

- **Kirsti Akkermann**
University of Tartu, Estonia
- **Thomas Berger**
Universität Bern, Switzerland
- **Abdel. H. Boudoukha**
Nantes Université, France
- **Kate Davidson**
University of Glasgow, United Kingdom
- **Anca Dobrea**
Babes-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania
- **Thomas Heidenreich**
Esslingen University of Applied Sciences, Germany
- **Rod Holland**
World Confederation of Cognitive and Behavioural Therapies (WCCBT)
- **Kim de Jong**
Leiden University, Institute of Psychology, the Netherlands
- **Tobias Krieger**
Universität Bern, Switzerland
- **Irina Lazarova**
Bulgarian Association for Cognitive-Behavioral Psychotherapy, Adaptacia Outpatient Psychiatric Clinic, Bulgaria
- **Marija Lero**
Institute of Mental Health, Belgrade, Serbia; Serbian Association of Behaviour and Cognitive Therapists (SRABCT)
- **Sanja Leštarević**
Institute of Mental Health, Belgrade, Serbia; Serbian Association of Behaviour and Cognitive Therapists (SRABCT)
- **Pierre Philippot**
UCLouvain (Université catholique de Louvain), Belgium
- **Antonio Pinto**
Società Italiana di Terapia Comportamentale e Cognitiva (SITCC), Department of Mental Health in Naples, Italy
- **Agnieszka Popiel**
SWPS, University of Social Sciences and Humanities, Poland
- **Shirley Reynolds**
Child Mind Institute, University of Reading, United Kingdom
- **Andreas Veith**
World Confederation of Cognitive and Behavioural Therapies (WCCBT); Zentrum für Psychotherapie Dortmund, Dortmund, Germany
- **Ulrike Willutzki**
Witten/Herdecke University, Germany,
- **Ivanka Živčić-Bećirević**
Faculty of Social Sciences and Humanities, University of Rijeka, Croatia

Technical Organizer

CONGREXPO d.o.o.
Svetozara Markovica 81/5
11000 Belgrade, Serbia
T: +381-63-301043
E: olivera@congrexpo.co.rs
W: www.congrexpo.co.rs

General Information

Venue

Sava Centre
Milentija Popovic 9
11070 Belgrade, Serbia

Language

English is the official language of the EABCT2024. Four sessions will be held in Regional Languages and it is clearly marked as such in the schedule.

Registration

The Registration Desk will be located on Gallery 1 at the Sava Centre. The working hours of the Registration Desk:

Pre-Congress Workshop Registration

- Wednesday, September 4, 2024 from 8:30

Congress Registration

- Wednesday, September 4, 2024 - 15:30-18:00
- Thursday, September 5, 2024 – 08:00-17:30
- Friday, September 6, 2024 – 08:30-17:30
- Saturday, September 7, 2024 – 08:30-14:00

All registered participants will collect their congress materials, including a badge, at the Registration Desk.

Congress Badges

All participants are requested to wear their personal congress badges during the entire congress, including in all sessions, at the opening ceremony, in the exhibition area, and during lunch and coffee breaks.

Lectures & Poster Presentations

All lecture halls are located on the Gallery 1 of the venue except the Serbian Lounge Room (Ground Floor). Rooms for lectures are: MR75, MR32, MR33, MR34, MR35, MR20, MR21, MR22, MR23, MR24, MR25, MR26, MR27, MR29, MR30, MR31, Serbian Lounge Room. Poster area: Foyer A and Foyer B on Gallery 1 (September 5 and 6, 2024).

• Poster Session 1:

Set-up: Thursday, September 5, 2024, 09:00 – 10:00
Poster Display: Thursday, September 5, 2024, 10:00 – 10:30, 13:30-14:30 and 15:30 – 16:00
Dismantle: Thursday, September 5, 2024, from 16:00

• Poster Session 2:

Set-up: Friday, September 6, 2024, 09:00 – 10:00
Poster Display: Friday, September 6, 2024, 10:00 – 10:30, 13:30-14:30 and 15:30 – 16:00
Dismantle: Friday, September 6, 2024, from 16:00

Delivery of Presentations

During the break between sessions, presenters have to deliver their presentations to the technician in the room where they will have their lecture, according to the scientific programme. If requested, after the presentation, it will be deleted under the supervision of the speaker. Presenters can also use their own laptops for presentation.

Certificate of Attendance

A certificate of attendance will be provided to all registered delegates 4 weeks after the Congress by e-mail.

Proceedings

Proceedings are available to download at www.EABCT2024.org. There will be no printed version.

Exhibition

The Exhibition will be located in the Gallery 1, in the middle of the congress halls. Exhibition hours:

- Thursday, September 5, 2024 – 08:00-17:30
- Friday, September 6, 2024 – 08:30-17:30
- Saturday, September 7, 2024 – 08:30-14:00

The exhibitors and sponsors want to interact with you to answer questions about what they have to offer, present newly published books, discuss interesting future congresses, and much more.

Exhibitors:

- Richter Gedeon, Serbia
- International Association for Rational Emotive Behavior Therapy (IAREBT), USA
- Psyflix, The Netherlands
- Sinapsa Edicije, Serbia
- 2025EABCT Congress – Glasgow, Scotland
- Association of Cognitive Behavioral Psychotherapies, Turkey
- Springer
- Counsel Compass, Serbia
- DBT Edukativni Centar, Serbia

Volunteers

A team of volunteers will provide service at the congress. They will help out at the registration, provide directions, assist presenters during the congress, and much more. You can recognize the volunteers by their white t-shirts with the congress logo on the front.

Security

Please do not leave bags or suitcases unattended at any time, whether inside or outside the session halls.

Coffee and Lunch Breaks

Catering stations with coffee and lunch boxes will be provided in the foyer at exhibition and poster area and will be served according to the official EABCT2024 programme. Special Dietary Station is located at Foyer D.

Social Programme

Opening Ceremony & Welcome Reception

Date: Wednesday, September 4, 2024

Time: 18:00-20:00

Venue: Immersive Hall (Sava Centre, Ground Floor)

Price: **Free for registered delegates**

All registered delegates are kindly invited to the Welcome Reception. Enjoy the special program we have prepared for you with food and drinks with your colleagues.

EABCT 2024 Party

Date: Friday, September 6, 2024

Time: 20:30 – 00:30

Venue: Restaurant Jezero, Ada Ciganlija bb

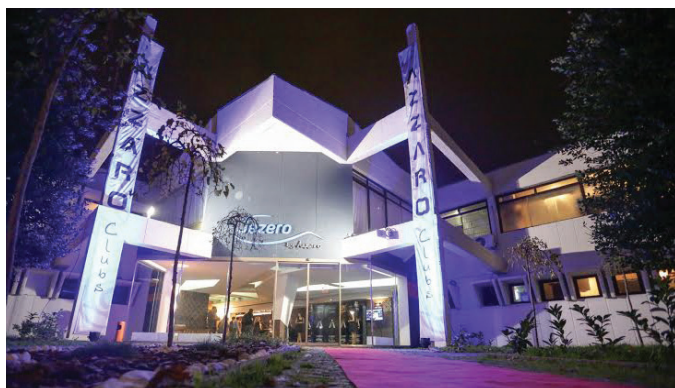
Dress code: Smart Casual

Price per person: 70€

Transportation: In own arrangement

(we recommend a taxi)

The EABCT Party is not included in the registration fee. Tickets are available through the registration system. **Please book your tickets in advance due to limited availability. For those who still didn't buy the ticket, it can be done at the Registration desk in cash only until September 5, 2024 before 12:00h.**



Enjoy Friday night with the LezzGo Band - we hope you can join us and dance until the very late hours!

Cloakroom

You can leave your coat, jacket or bag(s) in the Cloakroom on the Ground floor during all hours that the congress is open. Please don't leave any valuables in your pockets.

No Smoking Policy

In line with laws on smoking, no smoking is allowed in any enclosed public area of the Congress.

Photography and Filming Disclaimer

Please note that by attending the event, you are giving your consent to being recorded and for your images and recordings to be used in any future EABCT material and publications.

WiFi

The free WiFi is provided in all working areas of the Congress.

City transportation / Taxi

There is a good public transport system in Belgrade. Most buses operate until midnight. Tickets can be pre-purchased from newsstands or in the buses. Bus lines 17, 18, 70, 74, 88, 95, as well as tram lines 7 and 9 connect the Sava Centre with the City. Taxis are usually available outside the Hotel. Approximate price from venue to City centre is 5,00 €-10,00 € per car.

- Pink Taxi: Viber +381604889979. Accept a credit card in all vehicles.
- Naxis Taxi: Viber +381642229804. Accept a credit card in all vehicles.
- Beo Taxi: Viber/WhatsApp +38166460101. Credit cards accepted, please give notice when asking for vehicle.
- Beogradski Taxi: Viber +38169801111, +38169801000, Accepts a credit card in some vehicles, emphasize during the call.

Parking

There is parking available in front of the Sava Centre.

Telephone Code

To call a foreign country from Belgrade, please dial the international code 00 or +, then the country area code and the telephone number.

Time Zone

The time zone in Serbia is Central European Time (CET) (UTC plus 1 hour).

Currency

The Serbian currency is the Serbian Dinar (RSD). Credit cards (Visa, Eurocard, MasterCard) are accepted in most shops, and ATMs are widely available in downtown Belgrade. You can use Visa, Visa Electron, Plus, MasterCard, Eurocard, Maestro and Cirrus branded cards to withdraw money from an ATM. Belgrade ATMs require 4-digit pin codes.

Electricity

As in most cities of continental Europe, the electricity voltage in Belgrade is 220 V. Electrical outlets are standard European.

Insurance and Liability

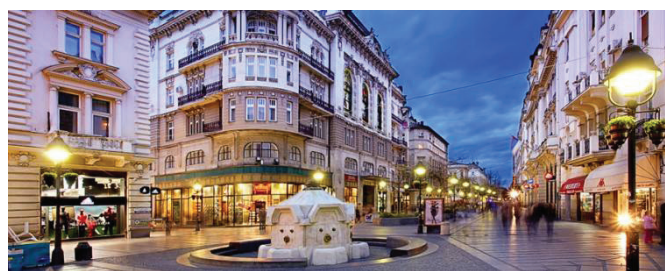
EABCT2024 Secretariat and Organizers cannot accept responsibility for personal injury or for loss or damage involving persons and property either during or indirectly arising from the Congress. Participants are advised to make their own arrangements with respect to health and travel insurance.

Enquiries

For all enquiries and any help that you may need during the Congress, please feel free to ask for help any of our volunteers or staff at the Registration Desk.

Belgrade Sightseeing Recommendations

• **Knez Mihajlova Street:** Knez Mihajlova Street is Belgrade's main pedestrian thoroughfare, lined with beautiful 19th-century buildings, shops, cafés, and street performers. It's the ideal place to experience the city's vibrant street life and do some shopping.



• **Kalemegdan Fortress:** Kalemegdan Fortress is a historic stronghold that offers panoramic views of the confluence of the Sava and Danube rivers. The fortress is surrounded by Kalemegdan Park, a sprawling green space filled with monuments, museums, and pathways perfect for leisurely strolls. It also contains the Military Museum, Natural History museum, Torture museum, the Roman well and Ružica church.



• **Temple of St. Sava:** The Temple of St. Sava is one of the largest Orthodox churches in the world, dedicated to Saint Sava, the founder of the Serbian Orthodox Church. Its stunning white marble façade and intricate interior mosaics make it a must-see landmark in Belgrade.



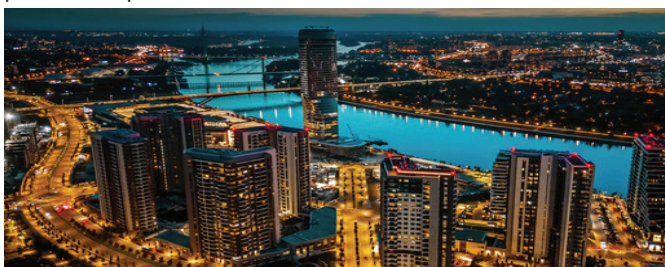
• **Skadarlija:** Skadarlija is Belgrade's bohemian quarter, often compared to Paris's Montmartre for its artistic spirit and cobblestone streets. This charming area is lined with traditional Serbian restaurants, cafés, and galleries, offering a vibrant glimpse into the city's cultural heart.



· **Nikola Tesla Museum:** The Nikola Tesla Museum is dedicated to the life and work of one of history's greatest inventors. Visitors can explore Tesla's groundbreaking inventions, interact with some of his most famous experiments, and even see some of his personal belongings.



· **Belgrade Waterfront:** The Belgrade Waterfront is a modern development along the Sava River, transforming the city's skyline with sleek architecture, luxury residences, and vibrant public spaces. It's a symbol of Belgrade's dynamic growth and offers a mix of shopping, dining, and entertainment options, as well as a picturesque promenade perfect for a riverside walk.



· **Museum of Yugoslavia:** The Museum of Yugoslavia offers a fascinating look into the history of the former Yugoslav state, with exhibits ranging from Tito's personal belongings to artifacts from the socialist era. It provides a deep dive into a complex and influential period in the region's history. Tito's mausoleum is also located there.



· **Nightlife:** Belgrade is renowned for its vibrant nightlife, with floating river clubs along the Sava and Danube rivers—at the heart of the city's after-dark scene. These unique venues range from lively nightclubs with international DJs to more relaxed spots offering live music, creating an atmosphere that caters to all tastes.



A Guide to the EABCT Congress

To make it easier for you to navigate the different events at the Congress and decide which presentations to attend we have prepared this short guide.

Pre-Congress Workshops

These are whole day events focused on both skills and theory. They are scheduled on the day before the congress (September 4, 2024). A separate registration fee is applied to these workshops.

In-Congress Workshops

These are half day events (3 hours) that focus on both skills and theory. They are scheduled on each day of the congress. A separate registration fee is applied to these workshops and they can be booked in advance or at the Congress registration desk during the congress.

Keynotes

A keynote address is delivered by a well-known clinical researcher and last for an hour. These typically present the best up to date information and attract a large audience. This year we have 30 keynote addresses. These cover a wide range of contemporary and important topics in CBT. The keynote presentations are scheduled in both the morning and the afternoon. At any one time there are 6 keynote addresses to choose between.

Symposia

These are collections of 3 or 6 talks, focusing on a specific topic or subject area. Some symposia are very data-focused, centred on new studies or on trials and their outcomes. Others are more applied, looking at service or skills-related subjects. Speakers range from presenters at an early stage in their careers presenting their own work, to leaders in the world of CBT. Symposia often have a discussant at the end where time is allowed for audience participation. Delegates are encouraged to ask questions during the session.

Panel Debates

These are events where speakers debate a contemporary topic with each other, and actively with the audience. There are generally four or five speakers, and often these events feature nationally or internationally recognised researchers or clinicians.

Panel Debate of Keynote Speakers

In this newly introduced type of session at EABCT congress, keynotes will give very short talks (up to 5 minutes each) representing unique perspectives on the same topic. This year, the audience will have an exciting opportunity to hear keynotes' key thoughts on the general topic of the congress "New age of CBT - Challenges and Perspectives". This session provides a chance to reflect in an integrative manner on the most important contemporary issues in CBT.

Early Career Sessions

This newly introduced type of session at EABCT congress provides unique opportunity for early career participants to meet distinguished experts, learn about their path and expertise, and discuss issues important for CBT career development. There is one session per each day of the congress, led by a distinguished expert, with the assistance of two moderators.

Clinical Roundtables

These are events where clinicians discuss how they would approach treating a specific case, for example, treatment-resistant depression. These involve well-known clinicians, and audience involvement is encouraged.

Skills Classes

These are opportunities to learn and practice a particular skill. Skills classes focus on a specific clinical or research skill or therapeutic approach. These classes often involve quite large groups and are led by a well-known clinician. Depending on the numbers, these may be more or less didactic or interactive, but there will often be opportunity for delegates to get involved, and practice their skills.

Open Paper Sessions

Individual researchers or CBT therapists have submitted a report about their recent research that they want to share. This is usually very up to date and so open papers provide a great opportunity to learn about emerging areas and new research findings. The Open

Papers are usually scheduled in groups of 3-5 papers on a related topic so that the presenters can support each other (and get to know about each other's work) and delegates can find topics that are relevant to their interests.

Posters

Posters report on research studies, service evaluations, clinical case reports etc. Posters will be displayed in the Poster Area according to schedule. In person presenters will be available to answer questions about their posters.

We hope this is helpful, please do ask any of the organisers if you have any questions during the Congress, and above all, enjoy!

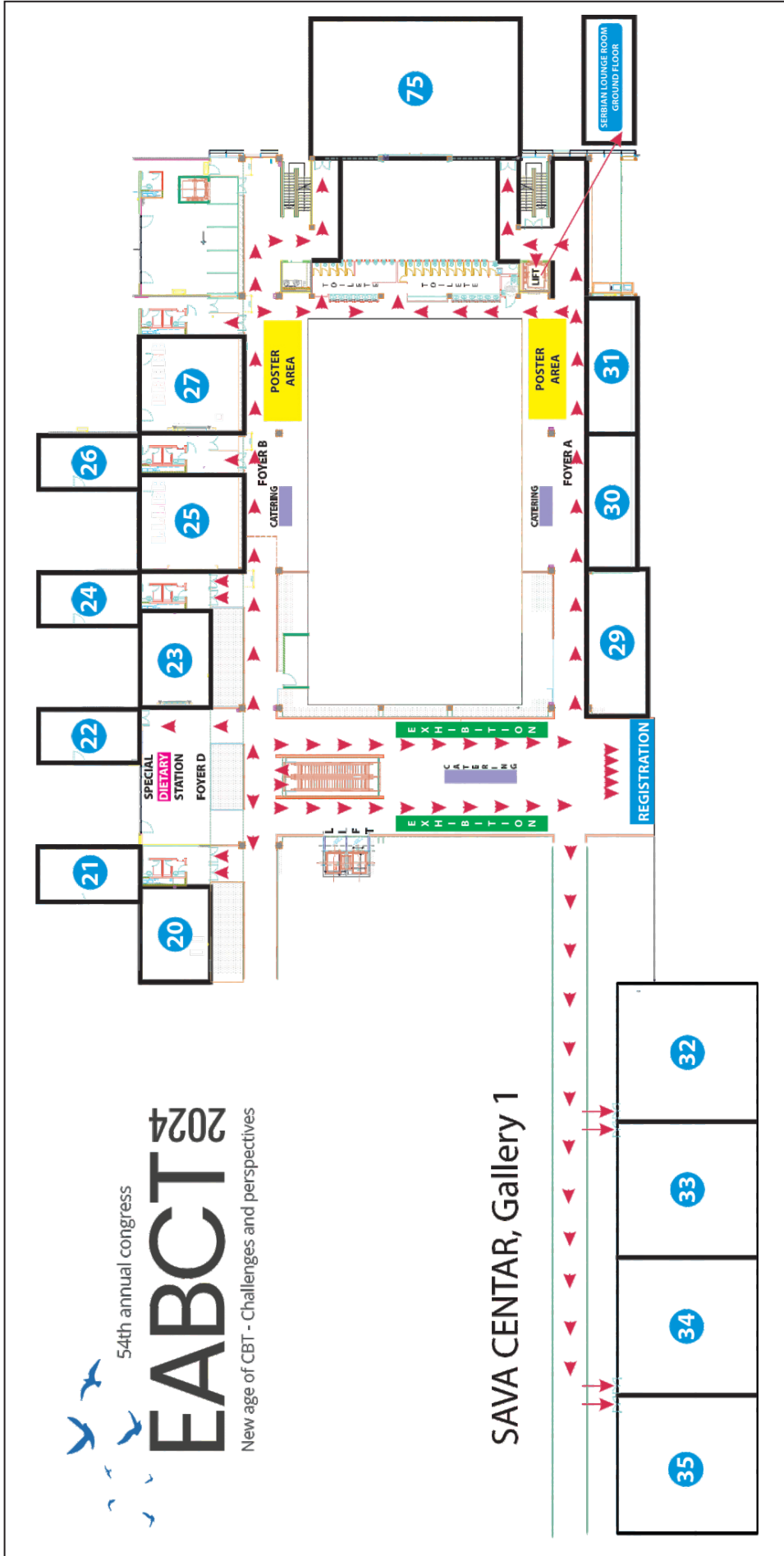
From Origins to Innovations: The Evolution of CBT and Its Future Horizons



Cognitive Behavioral Therapy has deep roots in the history of human thought. As early as the 1st century, the Stoic philosopher Epictetus observed, "People are not disturbed by things, but by the views they take of them," highlighting a fundamental principle of cognitive restructuring. In the 10th century, Abu Zayd Ahmed ibn Sahl Balkhi, a Persian scholar, pioneered early forms of CBT through his concept of gradual exposure to treat phobias. In the early 20th century, Mary Cover Jones, often referred to as the mother of behavior therapy, conducted pioneering work in desensitizing phobias, as demonstrated in her treatment of Little Peter. These early contributions have significantly shaped the development of CBT as we know it today.

Cognitive Behavioral Therapy has changed remarkably since its inception and the pivotal contributions of Albert Ellis and Aaron Beck. CBT quickly gained prominence for its evidence-based efficacy in treating a wide range of psychological disorders. Over the decades, CBT has expanded beyond its original framework, integrating concepts from various theories and adapting to diverse populations, while also evolving into what is now known as its third wave.

As we step into a new era, the future of CBT is shaped by both exciting opportunities and significant challenges. Advances in neuroscience, digital technology, and personalized medicine are pushing the boundaries of what CBT can achieve. At the same time, the increasing prevalence of mental health issues globally demands innovative approaches to accessibility. The theme of EABCT 2024, "*New Age of CBT - Challenges and Perspectives*," reflects this pivotal moment in the field. As practitioners and researchers gather in Belgrade, we look forward to exploring how CBT can continue to evolve, meeting the needs of the present while anticipating the demands of the future.



Supporters



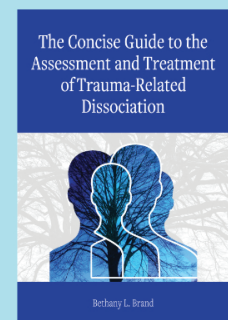
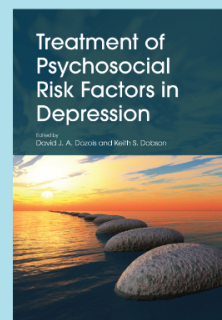
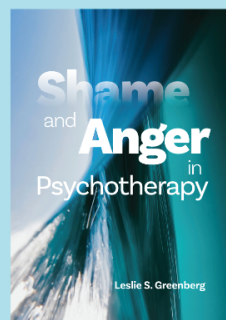
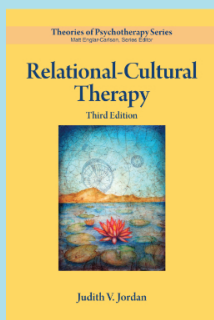
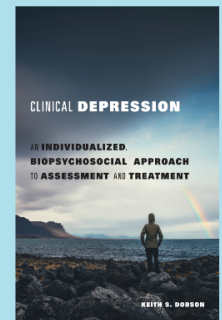
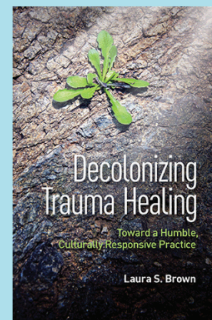
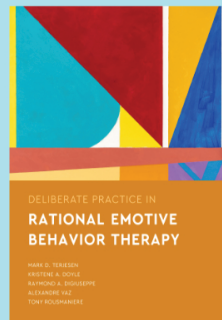
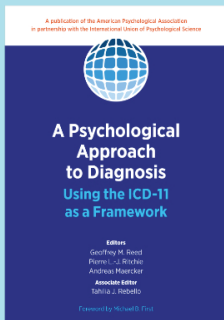
Republic of Serbia
MINISTRY OF SCIENCE,
TECHNOLOGICAL DEVELOPMENT AND INNOVATION



SERBIA CONVENTION BUREAU
KONGRESNI BIRO SRBIJE



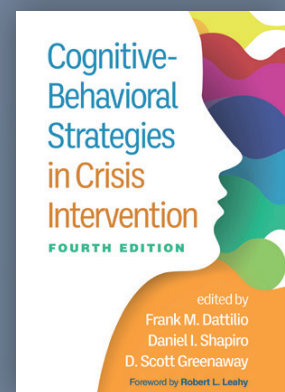
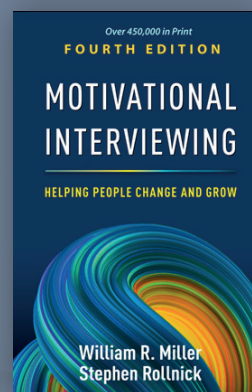
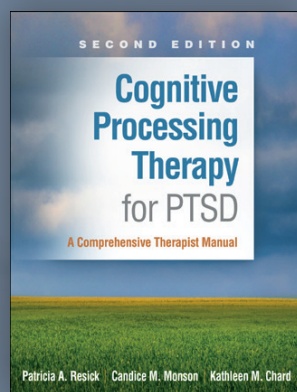
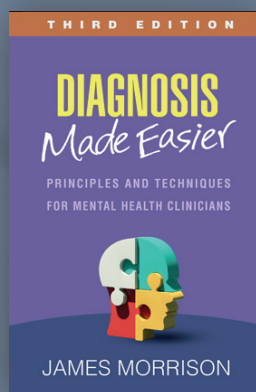
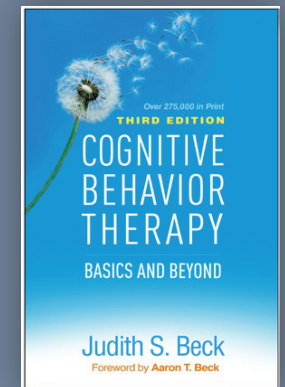
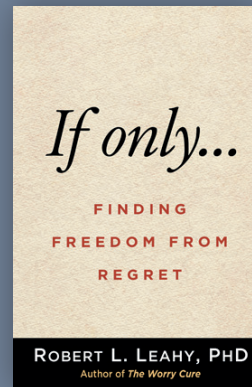
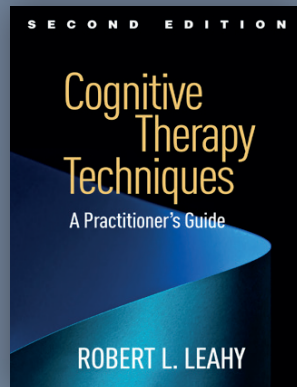
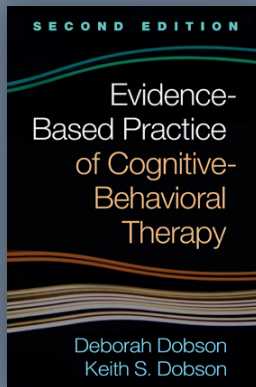
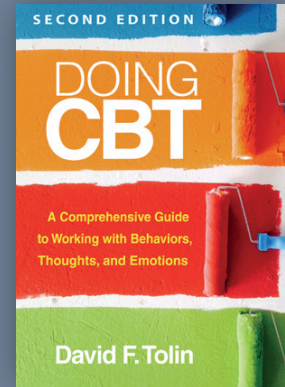
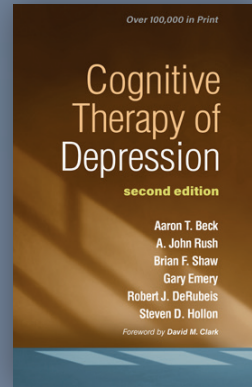
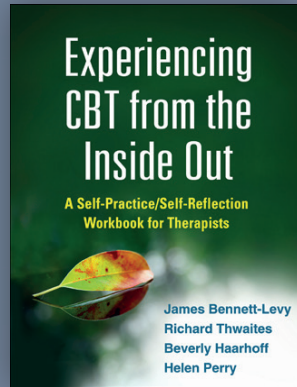
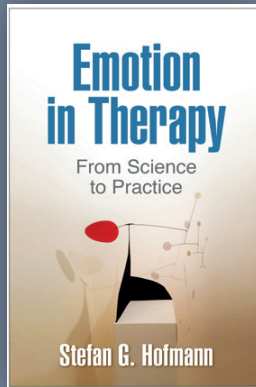
AMERICAN PSYCHOLOGICAL ASSOCIATION



20% off all books with code: **EABCT24**

apa-books.square.site/eabct-2024

Distributed in the UK & Europe by Routledge



Scan here to see the full range
of **Guilford Press** titles
or visit routledge.com/partners/guilfordpress

Use code **GUP24** for **20% OFF**.



8:00 REGISTRATION FOR PRE-CONGRESS WORKSHOPS

MR32 (Pre-Congress Workshop 1)

- 9:00** **The Assessment, Diagnosis and Treatment of Anger Problems**
Raymond DiGiuseppe, St. John University, United States
- 10:30** COFFEE BREAK
- 11:00** Pre-Congress Workshop 1 - continued
- 12:30** LUNCH BREAK
- 13:30** Pre-Congress Workshop 1 - continued
- 15:00** COFFEE BREAK
- 15:30** Pre-Congress Workshop 1 - continued

MR25 (Pre-Congress Workshop 2)

- 9:00** **Working with Self-criticism using Compassion Focused Therapy**
Chris Irons, Balanced Minds, United Kingdom
- 10:30** COFFEE BREAK
- 11:00** Pre-Congress Workshop 2 - continued
- 12:30** LUNCH BREAK
- 13:30** Pre-Congress Workshop 2 - continued
- 15:00** COFFEE BREAK
- 15:30** Pre-Congress Workshop 2 - continued

MR33 (Pre-Congress Workshop 3)

- 9:00** **A practical guide to CBT for Obsessive compulsive disorder: a masterclass**
Paul Salkovskis, Oxford University, United Kingdom
- 10:30** COFFEE BREAK
- 11:00** Pre-Congress Workshop 3 - continued
- 12:30** LUNCH BREAK
- 13:30** Pre-Congress Workshop 3 - continued
- 15:00** COFFEE BREAK
- 15:30** Pre-Congress Workshop 3 - continued

MR26 (Pre-Congress Workshop 4)

- 9:00** **Acceptance and Compassion based interventions for Test Anxiety: New approaches for an old problem**
Maria de Céu Salvador, University of Coimbra, Portugal
- 10:30** COFFEE BREAK
- 11:00** *Pre-Congress Workshop 4 - continued*
- 12:30** LUNCH BREAK
- 13:30** *Pre-Congress Workshop 4 - continued*
- 15:00** COFFEE BREAK
- 15:30** *Pre-Congress Workshop 4 - continued*

MR23 (Pre-Congress Workshop 5)

- 9:00** **Chipping Away at the Marble: Developing Supervision Skills in Culturally Responsive Supervision**
Margo Ononaiye, University of Southampton, United Kingdom
- 10:30** COFFEE BREAK
- 11:00** *Pre-Congress Workshop 5 - continued*
- 12:30** LUNCH BREAK
- 13:30** *Pre-Congress Workshop 5 - continued*
- 15:00** COFFEE BREAK
- 15:30** *Pre-Congress Workshop 5 - continued*

MR34 (Pre-Congress Workshop 6)

- 9:00** **Entering the World of Psychedelic-assisted Therapy**
James Bennett Levy, Southern Cross University, Australia
James Hawkins, United Kingdom

- 10:30 COFFEE BREAK
11:00 *Pre-Congress Workshop 6 - continued*
12:30 LUNCH BREAK
13:30 *Pre-Congress Workshop 6 - continued*
15:00 COFFEE BREAK
15:30 *Pre-Congress Workshop 6 - continued*

MR20 (Pre-Congress Workshop 7)

- 9:00 **Cognitive Behavioural Systems Approach to Couple Problems**
Mehmet Sungur, Istanbul Kent University, Turkey
10:30 COFFEE BREAK
11:00 *Pre-Congress Workshop 7 - continued*
12:30 LUNCH BREAK
13:30 *Pre-Congress Workshop 7 - continued*
15:00 COFFEE BREAK
15:30 *Pre-Congress Workshop 7 - continued*

MR24 (Pre-Congress Workshop 8)

- 9:00 **Treatment and prevention of PTSD. A non-trauma self-efficacy-focused cognitive therapy approach**
Agnieszka Popiel, SWPS University of Social Sciences and Humanities, Warsaw; Polish Association for Cognitive Behaviour Therapy, International representative., Poland
10:30 COFFEE BREAK
11:00 *Pre-Congress Workshop 8 - continued*
12:30 LUNCH BREAK
13:30 *Pre-Congress Workshop 8 - continued*
15:00 COFFEE BREAK
15:30 *Pre-Congress Workshop 8 - continued*

MR27 (Pre-Congress Workshop 9)

- 9:00 **ACT and the Self: From Self Esteem to Self-Acceptance**
Richard Bennett, University of Birmingham, Colombia
10:30 COFFEE BREAK
11:00 *Pre-Congress Workshop 9 - continued*
12:30 LUNCH BREAK
13:30 *Pre-Congress Workshop 9 - continued*
15:00 COFFEE BREAK
15:30 *Pre-Congress Workshop 9 - continued*

MR22 (Pre-Congress Workshop 10)

- 9:00 **What did we learn from the pandemic? Using our enhanced understanding of uncertainty to address life disruption, real world threats, and unavoidable unknowns in people's lives**
Mark Freestone, United Kingdom
10:30 COFFEE BREAK
11:00 *Pre-Congress Workshop 10 - continued*
12:30 LUNCH BREAK
13:30 *Pre-Congress Workshop 10 - continued*
15:00 COFFEE BREAK
15:30 *Pre-Congress Workshop 10 - continued*

MR21 (Pre-Congress Workshop 11)

- 9:00 **Brief Cognitive-Behavioral Group Therapy for Panic Disorder**
Mehmet Hakan Türkçapar, University of Social Science, Psychology Department, Turkey
Kadir Özdel, University of Health Science, Etlik City Hospital, Psychiatry Clinic, Turkey
10:30 COFFEE BREAK
11:00 *Pre-Congress Workshop 11 - continued*
12:30 LUNCH BREAK
13:30 *Pre-Congress Workshop 11 - continued*
15:00 COFFEE BREAK
15:30 *Pre-Congress Workshop 11 - continued*

MR29 (Pre-Congress Workshop 12)

- 9:00 CBT for Psychosis**
Antonio Pinto, SITCC, Italy
- 10:30 COFFEE BREAK**
- 11:00 Pre-Congress Workshop 12 - continued**
- 12:30 LUNCH BREAK**
- 13:30 Pre-Congress Workshop 12 - continued**
- 15:00 COFFEE BREAK**
- 15:30 Pre-Congress Workshop 12 - continued**

MR30 (Pre-Congress Workshops 13)

- 9:00 Intensive Outpatient Treatment for Substance use Disorders in Forensic/Correctional Populations**
AG Ahmed, College of Medicine, University of Saskatchewan, Canada
- 10:30 COFFEE BREAK**
- 11:00 Pre-Congress Workshop 13 - continued**
- 12:30 LUNCH BREAK**

MR30 (Pre-Congress Workshops 14)

- 13:30 Building an Effective Therapeutic Relationship in CBT**
Keith Dobson, University of Calgary, Canada
- 15:00 COFFEE BREAK**
- 15:30 Pre-Congress Workshop 14 - continued**

MR31 (Pre-Congress Workshop 15)

- 9:00 #AppearanceAnxious: Investigating and treating Body image related disorders in a digital world**
Rachel Rodgers, Northeastern University, Boston
Fanny Dietel, University of Osnabrueck, Germany
- 10:30 COFFEE BREAK**
- 11:00 Pre-Congress Workshop 15 - continued**
- 12:30 LUNCH BREAK**

-
- 15:30 REGISTRATION FOR THE MAIN CONGRESS**
 - 18:00 WELCOME RECEPTION: OPENING OF THE CONGRESS & COCKTAIL PARTY** (Immersive Hall, Sava Centar)

9:00-10:00

MR75

Keynote Speech 1

Re-thinking CBT formulation: Hoarding Disorder as an example of convergent processes in understanding and treating psychological problems

Paul Salkovskis, Oxford University, United Kingdom

MR32

Keynote Speech 2

How Rational Emotive Behavior Therapy is integral in addressing our current global challenges

Kristene Doyle, Executive Director Albert Ellis Institute, United States

MR33

Keynote Speech 3

What's compassion got to do with it? Addressing the issues of shame and self-criticism in therapy

Chris Irons, Balanced Minds, United Kingdom

MR34

Keynote Speech 4

Emotion regulation for all: helping adolescents in under-resourced settings

Marija Mitković Vončina, University of Belgrade - Faculty of Medicine, Institute of Mental Health, Belgrade, Serbia; SRABCT

MR35

Keynote Speech 5

Differential predictor, mechanisms, and sustainers of CBT vs antidepressants for treating Major Depression

Edward Craighead, Department of Psychology, Emory College of Arts and Sciences

MR25

Keynote Speech 6

Applications of REBT in forensic mental health

AG Ahmed, College of Medicine, University of Saskatchewan, Canada

10:00-10:30

COFFEE BREAK & POSTER SESSION 1

The full list of posters for Poster Session 1 can be found on page 51

10:30-12:00

MR75

Clinical / Research Symposium 1

Narrative Exposure Therapy: Navigating Challenges and Exploring Perspectives/Societal Reach

Vittoria Ardino, University of Urbino and Italian Society of Traumatic Stress Studies, Italy

Inga Schalinski, Universität der Bundeswehr München, Germany

Katy Robjant, Nongovernment organization vivo international e.V., 78430 Konstanz, Germany, United Kingdom

Anselm Crombach, Universität des Saarlandes, Germany

MR32**Clinical / Research Symposium 2****Exploring Interpersonal Processes in Social Anxiety and Depression****Corine Dijk**, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands, Netherlands**Hanieh Abeditehrani**, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands, Netherlands**Carmen van den Bulck**, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands, Netherlands**MR33****Clinical / Research Symposium 3****Promoting Durable Remission from Depression: Towards Clinical Implementation of Preventative Cognitive Training****Kristof Hoorelbeke**, Ghent University, Belgium**Patricia Mecha**, Universidad Complutense de Madrid, Spain**Eivind Haga Ronold**, University of Bergen, Norway**Yannick Vander Zwalmen**, Ghent University, Belgium**David Demeester**, Ghent University, Belgium**Ernst H.W. Koster**, Ghent University, Belgium**MR34****Clinical / Research Symposium 4****Inhibitory learning during exposure: From lab to clinic****Lotte Stemerding**, University of Amsterdam, Netherlands**Rianne de Kleine**, Leiden University, Netherlands**Anne Willems**, KU Leuven, Belgium**Marika Kooistra**, Leiden University, Netherlands**MR35****Clinical / Research Symposium 5****Romantic obsessions, unrealistic beliefs, and insightful cognitions****Gregoris Simos**, University of Macedonia, Greece**Nota Zerva**, Greek Association for Cognitive and Behavioural Psychotherapies, Thessaloniki**Aggeliki Louloumari**, Greek Association for Cognitive and Behavioural Psychotherapies, Thessaloniki**Grigoris Gkiouzelis**, Greek Association for Cognitive and Behavioural Psychotherapies, Thessaloniki**MR25****Panel Debate 1****When should we reflect on the past versus think about the future in CBT?****Hila Sorka**, The Hebrew University of Jerusalem, Israel**Iris Engelhard**, Utrecht University, Netherlands**Stefan Hofmann**, Philipps-Universität Marburg, Germany**Jonathan D. Huppert**, The Hebrew University of Jerusalem, Israel**Paul Salkovskis**, Oxford University, United Kingdom**MR27****Round Table 1****Addiction and Mindfulness****Ezgi Uzun**, Medicana Ataköy Hastanesi, Turkey**Ece Ilgin**, Marmara University Research & Training Hospital, Turkey**Alexander Kancsev**, Faculty of Health Sciences at the University, Debrecen, Hungary**Nikola Petrović**, Department of Psychology, Faculty of Philosophy, Belgrade, Serbia**Serbian Lounge Room****Round Table 2****Accompany women in the transition to motherhood****Menekse Sila Yazar**, Altinbas University Faculty of Medicine, Department of Psychiatry

Kumru Şenyaşar Meterelliyo, Bakirköy Prof. DR. Mazhar Osman Ruh Sağlığı Ve Sinir Hastalıkları Eğitim Araştırma Hastanesi
Turkey
Özlem Baş Uluyol, Şehit Prof Dr İlhan Varank Sancaktepe Eğitim ve Araştırma Hastanesi, Turkey

MR23

Technical Demonstration 1

A digital platform to facilitate wellbeing and flourishing for individuals and employees

Tammie Ronen, Tel-Aviv University, Israel
Yair Dangoor, Tel-Aviv University, Israel

Technical Demonstration 2

My Hospital Buddy Ida: An augmented reality-assisted psychotherapy application for children with cancer

Pelin Karaturhan, Koc University, Turkey
Aslihan Özcan Morey, Koc University, Turkey
Tuba Mutluer, Koc University, Turkey
Herdem Aslan, Koc University, Turkey
Romina Markaroğlu, Koc University, Turkey
Asim Evren Yantaç, Koc University, Turkey
Kemal Kuşcu, Koc University, Turkey

Technical Demonstration 3

Counsel Compass, the all-in-one platform designed specifically for mental health professionals

Nina Miljković, Counsel Compass, Serbia
Vladimir Đačić, Counsel Compass, Serbia
Bojana Naumovski, Counsel Compass, Serbia

MR29

Skill Class 1

Free Styling REBT: Making Powerful Disputation Gently

Zohra Master, Inner Planet, India

MR30

Skill Class 2

The power of progress feedback. Using standardized measures to enhance outcomes

Kim de Jong, Leiden University, Netherlands
Hidde Kuiper, GGZcentraal, Netherlands

MR31

Skill Class 3

Learn key elements in the SIBS intervention for siblings and parents of children with chronic disorders

Krister Fjermestad, University of Oslo, Norway

REGIONAL LANGUAGES



MR20

Skill Class 4

Problemi u integraciji mindfulness-a u standardne KBT protokole i kako ih prevazići

Dragica Barbarić, Private practice, Croatia
Laura Mirić, "PUNA SVJESNOST"; "Mindfulness centar KBT opcija", Croatia

MR21

In-Congress Workshop 1

"Is it them, is it me, or is it us?": working with interpersonal process in CBT

Stirling Moorey, Independent CBT Practitioner, United Kingdom

MR22***In-Congress Workshop 2*****Perspective-taking interventions for shame and self-criticism****Richard Bennett**, University of Birmingham, Colombia**Dawn Johnson**, ACTivatingYourPractice.com, United Kingdom**MR24*****In-Congress Workshop 3*****Overcoming addiction: a core process approach****Frank Ryan**, Imperial College, United Kingdom**MR26*****In-Congress Workshop 4*****Suicide risk assessment & management in DBT practice****Karolina Vörös**, Schema Therapy Center Belgrade, Serbia**Dmitrii Pushkarev**, BE Company Training (Serbia), Serbia**12:00-13:30****MR75*****Early Career Session*****Meet the Expert: Kristene Doyle****MR32*****Clinical / Research Symposium 6*****Interventions for youth internalizing problems across settings – lessons for the future****Krister Fjermestad**, University of Oslo, Norway**Pål Teigland Lystrup**, University of Bergen, Norway**Jo Magne Ingul**, Norwegian University of Science and Technology, Norway**Toril Skumsnes**, Innlandet Hospital Trust, Norway**Annika Sannes**, Akershus University Hospital, Norway**Kristin Martinsen**, University of Oslo, Norway**Einar Heiervang**, Innlandet Hospital Trust, Norway**MR33*****Clinical / Research Symposium 7*****Empowering Relationships: Strategies for Engaging Significant Others in Psychotherapy****Johanna Boettcher**, Psychologische Hochschule Berlin, Germany**Anders Hammarberg**, Karolinska Institutet, Sweden**Hannelore Tandt**, University Hospital Ghent, Belgium**Brígida Caiado**, University of Coimbra, Portugal**MR34*****Clinical / Research Symposium 8*****New developments in the understanding and management of OCD****Yuval Geiger**, Department of Psychology, Ben-Gurion University of the Negev, Beer-Sheva, Israel**Gideon Anholt**, Ben-Gurion University of the Negev, Israel**Reuven Dar**, Tel-Aviv University, Israel**Assaf Suref**, Tel-Aviv University, Israel**Noam Sarna**, Tel Aviv University, Israel

MR35**Clinical / Research Symposium 9****Innovations in Imagery-Based Interventions in Cognitive Behavioral Therapy****Elad Zlotnick**, The Hebrew University of Jerusalem, Israel**Hila Sorka**, The Hebrew University of Jerusalem, Israel**Iris Engelhard**, Utrecht University, Netherlands**Simon Blackwell**, Clinical Psychology and Experimental Psychopathology, Georg-Elias-Mueller-Institute of Psychology, University of Göttingen, Germany**Snir Barzilay**, The Hebrew University of Jerusalem, Israel**Jonathan D. Huppert**, The Hebrew University of Jerusalem, Israel**MR25****Panel Debate 2****Issues regarding the training and delivery of evidence based CBT interventions to refugees - experiences from EABCT member associations****Katy Grazebrook**, EABCT President, United Kingdom**Anca Dobrean**, Babes-Bolyai University, Romania**Monica Bartucz**, Dept of Clinical Psychology and Psychotherapy, Babes-Bolyai University, Romania, Romania**Valentyna Parobii**, Ukrainian Institute of CBT; Psychotherapiepraktijk Keuze: Trauma Therapy and Training Choice; Ukrainian Association of CBT, international representative., Ukraine**Agnieszka Popiel**, SWPS University of Social Sciences and Humanities, Warsaw; Polish Association for Cognitive Behaviour Therapy, International representative., Poland**Diana Ridic**, Psihološko Savjetovališče - Domin, Bosnia and Herzegovina**Kerry Young**, Woodfield Trauma Service, London, UK, United Kingdom**Ketevan Abdushelishvili**, GACBT, Georgia**MR27****Round Table 3****The diversity of Case Conceptualization across Europe: Learning from each other to progress further****Pierre Philippot**, UCLouvain, Belgium**Céline Baeyens**, Université de Grenoble Alpes, France**Tobias Krieger**, Universität Bern, Switzerland**Helen Macdonald**, BABCP, United Kingdom**Nikola Petrović**, Department of Psychology, Faculty of Philosophy, Belgrade, Serbia**Maria Do Céu Salvador**, Coimbra University, Portugal**Serbian Lounge Room****Round Table 4****Treating Generalized Anxiety Disorder: Different Evidence-Based Therapeutic Approaches****Ayşegül Kervancıoğlu**, Private Practice, Ankara, Turkey**Canan Efe**, Private Practice, Ankara, Turkey**Hakan Öğütlü**, Cognitive Behavioral Psychotherapies Association, Turkey**MR23****Technical Demonstrations - continued****MR29****Skill Class 5****Treatment of sexual orientation OCD****Dmitrii Komarov**, Educational association "Behavioral Company", Russian Federation**MR30****Skill Class 6****Treating tics and Tourette Syndrome with evidence-based interventions and adaptations needed for the 'real world'****Tara Murphy**, Great Ormond Street Hospital, United Kingdom

Jolande Van De Griendt, Griendt, TicXperts, Netherlands
Cara Verdellen, PsyQ Nijmegen, Netherlands

MR31

Skill Class 7

The use of deliberate practice in cognitive behavioral therapy supervision and training
Dan Sacks, Ben-Gurion University of the Negev, Israel

MR20

Skill Class 8

Breaking free from mind loops: A Contextual behavioral approach to repetitive negative thinking
Seher Cömertoğlu Yalçın, Cansagligi Foundation Center for Contextual Behavioral Science, Turkey
Fatih Yavuz, Istanbul Medipol University, Turkey

MR21

In-Congress Workshop 1 - continued

MR22

In-Congress Workshop 2 - continued

MR24

In-Congress Workshop 3 - continued

MR26

In-Congress Workshop 4 - continued

13:30-14:30

LUNCH BREAK & POSTER SESSION 1

The full list of posters for Poster Session 1 can be found on page 51

14:30-15:30

MR75

Keynote Speech 7

When climate-related disaster strikes: What should we do about PTSD?
James-Bennett Levy, Southern Cross University, Lismore, New South Wales, Australia

MR32

Keynote Speech 8

Beyond CBT in the Treatment of Depression: Integrating current models of risk and resilience
Keith Dobson, University of Calgary, Canada

MR33

Keynote Speech 9

Challenges and perspectives in prolonged exposure therapy for PTSD
Maria Bragesjö, Center for Psychiatry Research, Karolinska Institutet, Stockholm, Sweden

MR34**Keynote Speech 10****Should Culture be an Integral Part of Supervision?**

Margo Ononaye, University of Southampton, United Kingdom

MR35**Keynote Speech 11****Shall we add compassion to schema therapy**

Gregoris Simos, University of Macedonia, Greece

MR25**Keynote Speech 12****Treating emotion dysregulation in autistic adults through dialectical behavior therapy (DBT) and compassion-focused therapy**

Luisa Weiner, University of Strasbourg, France

15:30-16:00**COFFEE BREAK & POSTER SESSION 1**

The full list of posters for Poster Session 1 can be found on page 51

16:00-17:30**MR75****EABCT 2nd General Meeting (for EABCT Representatives & Affiliates)****MR32****Clinical / Research Symposium 10****How to make help based on CBT for anxious children and young people easily available**

Åshild Tellefsen Håland, University in Agder, Norway

Lene Holmen Berg, Kristiansand kommune, Norway

Thomas Bjerregaard Bertelsen, Sørlandet sykehus, Norway

MR33**Clinical / Research Symposium 11****Cognitive processes and predictors of treatment efficacy for social anxiety**

Rivkah Ginat-Frolich, The Hebrew University of Jerusalem, Israel

Jonathan D. Huppert, The Hebrew University of Jerusalem, Israel

Ulrich Stangier, Institut für Psychologie der Goethe-Universität Frankfurt, Germany

Jan Schittenhelm, Institut für Psychologie der Goethe-Universität Frankfurt, Germany

Cem Yilmaz, Institut für Psychologie der Goethe-Universität Frankfurt, Germany

Wolf-Gero Lange, Radboud University Nijmegen, The Netherlands, Netherlands

Zohar Klein, Bar Ilan University, Ramat Gan, Israel

Eva Gilboa-Schechtman, Bar Ilan University, Ramat Gan, Israel

MR34**Clinical / Research Symposium 12****Novel developments in the field of internet-based interventions**Convenor: Noëmi Seewer, *University of Bern; Fabrikstrasse 8, 3012 Bern, Switzerland*Chair and Discussant: Thomas Berger, *University of Bern*

Noëmi Seewer, University of Bern, Switzerland

Victoria Aminoff, University of Linköping, Switzerland

Laura Bielinski, University of Bern, Switzerland

Rodrigo Lopes, University of Bern, Switzerland

MR35**Clinical / Research Symposium 13****Schema Therapy and Imagery Rescripting: Applicability Across Formats and Disorders****Sophie Rameckers**, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands, Netherlands**Astrid Baljé**, University of Leiden, Netherlands**Chris Taylor**, Department of Psychology, Faculty of Science, The University of Sheffield and Community Mental Health Team, Pennine Care NHS Foundation Trust, United Kingdom**Simon Blackwell**, Clinical Psychology and Experimental Psychopathology, Georg-Elias-Mueller-Institute of Psychology, University of Göttingen, Germany**MR25****Panel Debate 3****Metacognitive perspectives on psychiatric disorders****Gül Teksin**, Tekirdağ Namık Kemal University Faculty of Medicine Department of Psychiatry, Turkey**Gulsen Teksin**, Tekirdağ Namık Kemal University, Department of Psychiatry, Turkey**Özge Şahmelikoğlu Onur**, 3rd Psychiatry Clinic, Bakirkoy Research & Training Hospital for Psychiatry, Neurology and Neurosurgery, Turkey**MR27****Open Paper Symposium 1****Approaches to interventions 1****Chair: Vinicius Jobim Fischer**, Centre Hospitalier Neuro-psychiatrique (CHNP), Luxembourg**16:00 Combining Motivational Interviewing with TEAM-CBT: Leading with the patient's ambivalence****Yehuda Bar Shalom**, Ramat Gan Academic College, Israel**16:15 Autism and Difficulties in Social Situations - Implications for CBT****Asdis Bergthorsdottir**, Iceland**16:30 Chronic Night Terrors Comorbid with Somnambulism in Adult - A Case Report of CBT Treatment****Ivan Zečević**, Nastavni zavod za javno zdravstvo dr. Andrija Štampar, Croatia**Krešimir Radić**, Clinic for Psychiatry Vrapče, Croatia**16:45 Transdiagnostic approach to sex therapy: an internet-based emotion regulation training and sexual health****Vinicius Jobim Fischer**, Centre Hospitalier Neuro-psychiatrique (CHNP), Luxembourg**Maila Rossato Holz**, Conectare Neuropsi, Porto Alegre, Brazil**Joel Billieux**, Institute of Psychology, University of Lausanne, Lausanne, Switzerland**Gerhard Andersson**, Linköping University, Sweden**Claus Vögele**, Institute for Health and Behaviour, Department of Behavioural and Cognitive Sciences, University of Luxembourg, Esch-sur-Alzette, Luxembourg**17:00 Cognitive Behavioural Therapy and Dreaming: Aaron Beck's path to understanding and applying dream content in CBT therapy. Beliefs and Attitude towards Dreaming in Bulgarian population****Krista Peneva**, Master of Clinical Psychology, Bulgaria**Irina Lazarova**, Bulgarian Association for Cognitive-Behavioral Psychotherapy, Bulgaria**17:15 Balancing Hope and Hurdles: Cognitive Reappraisal as Part of Process- Based Treatment for Misophonia – RCT Findings****Marta Siepsiak**, Faculty of Psychology, University of Warsaw, Poland**Anna Turek**, Faculty of Psychology, University of Warsaw, Poland**Andrzej Śliwerski**, Institute of Psychology, University of Łódź, Poland**Kamila Grochowska**, Faculty of Psychology, University of Warsaw, Poland**Weronika Araszkiwicz**, Faculty of Psychology, University of Warsaw, Poland**Serbian Lounge Room****Round Table 5****New processes in cognitive behavioural therapies: the "dark down arrow" in personal development, cultural distinctions and case formulation****Giovanni Maria Ruggiero**, Sigmund Freud University, Italy**Murat Artiran**, Rumeli University, Istanbul, Turkey**Raymond DiGiuseppe**, St. John University, United States**MR23****Open Paper Symposium 2****Assessment****Chair: Nele Jacobs**, FARESA Evidence-Based Psychological Centre, Hasselt, Belgium; VUB - Brussels School of Governance - Brussels, Belgium

- 16:00 Development and Preliminary Validation of a Self-Report Scale, Metacognitive Questionnaire for Social Anxiety Disorder**
Emre Unal, Sağlık Bilimleri Üniversitesi, Ankara Etlik City Hospital, Department of Psychiatry, Turkey
Kadir Özdel, Sağlık Bilimleri Üniversitesi, Ankara Etlik City Hospital, Department of Psychiatry, Turkey
- 16:15 Exploring the Feasibility of the Experience Sampling Method (ESM) for Blended Care – a Co-Creation Approach Including Individuals with Varying Levels of Mental Health Complaints**
Veerle Ross, UHasselt - School of Transportation Sciences - Transportation Research Institute (IMOB), Hasselt, Belgium; FARESA Evidence-Based Psychological Centre, Hasselt, Belgium
Nele Jacobs, FARESA Evidence-Based Psychological Centre, Hasselt, Belgium; VUB - Brussels School of Governance, Brussels, Belgium
Sukhveer Singh, UHasselt – Faculty of Rehabilitation Sciences, REVAL - Rehabilitation Research Center, Diepenbeek, Belgium
Naomi Daniels, Orato, Bilzen, Belgium; PXL University of Applied Sciences and Arts – Department PXL People & Society, Hasselt, Belgium
Anne Neyskens, FARESA Evidence-Based Psychological Centre, Hasselt, Belgium; De Facto, Group Practice for Behavioral Therapy and Psychological Counseling, Sint-Truiden, Belgium
Geert Wets, UHasselt - School of Transportation Sciences - Transportation Research Institute (IMOB), Hasselt, Belgium
Helene Dirix, UHasselt - School of Transportation Sciences - Transportation Research Institute (IMOB), Hasselt, Belgium
Kris Brijs, UHasselt - School of Transportation Sciences - Transportation Research Institute (IMOB), Hasselt, Belgium
- 16:30 Development and Validation of the Schedule for the Assessment of Insight in Anxiety Disorders (SAI-A)**
Asala Halaj, University College London1, Israel
Anthony David, University College London, United Kingdom
Jonathan Huppert, The Hebrew University of Jerusalem, Israel
- 16:45 A Unidimensional Consensus? Evaluating the Serbian NN-11 Scale's Approach to Intolerance of Uncertainty through Network Analysis**
Nikola Goljović, Association for Cognitive and Behavioural Therapies of Serbia (ACBTS), Serbia
Goran Bogdanović, Association for Cognitive and Behavioural Therapies of Serbia (ACBTS), Serbia
- 17:00 Test Related Negative Cognitions Scale: A key piece of the puzzle in understanding the relationship between test anxiety and psychological resources**
Ercan Akin, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Türkan Doğan, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Eyüp Sabır Biçer, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Nilüfer Koçtürk, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Duygu Betül Özkanca, Bahçeşehir University, Department of Guidance and Psychological Counseling, Turkey
Elif Özüm Kuş, Halic University, Department of Clinical Psychology, Turkey
Cemile Dur Öztürk, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
M. Furkan Kurnaz, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
- 17:15 Measure of psychological inflexibility in romantic relationships: The romantic relationships acceptance and action questionnaire**
Ruveyda Yegen, Department of Psychological Counseling and Guidance, Gaziantep University, Gaziantep, Turkey
Bayram Cetin, Gaziantep University, Turkey

MR29

Skill Class 9

Rumination in obsessive-compulsive disorder: Catching the sneakiest of compulsions

Jean-Philippe Gagné, McGill University, Canada

MR30

Skill Class 10

Disputing irrational beliefs by working with Critic Modes in personality disorders

Maria Cristina Sterie, International Society of Schema Therapy, Romania

Roxana Nicolau, Romanian Association of Behavioural and Cognitive Therapy (ARTCC), Romania

MR31

Skill Class 11

DBT informed therapy: using DBT outside of comprehensive treatment program

Magdalena Skuza, Centrum Zdrowia Psychicznego HarmonJa, Poland

MR20

Skill Class 12

Big Picture Appraisal Mindfulness based cognitive therapy

Mugur Ciumageanu, West University of Timisoara, Romania

MR21***In-Congress Workshop 5*****Positive CBT: a new age of CBT**

Fredrike Bannink, Owner, Netherlands

MR22***In-Congress Workshop 6*****Super Skills for Life: Transdiagnostic CBT-based program to prevent anxiety and depression in children and adolescents**

Cecilia Essau, University of Roehampton, United Kingdom

MR24***Skill Class 13*****Breaking Boundaries: A Skill Class for Overcoming Social Anxiety Disorder**

Ivana Vrackic, SRABCT, Serbia

Branislava Krasic, SRABCT, Serbia

MR26***In-Congress Workshop 8*****How to effectively combine Motivational Interviewing with Cognitive Behaviour Therapy**

Georgi Vasilev, Bulgarian Addictions Institute, Bulgaria

Kiril Bozgunov, Bulgarian Addictions Institute, Bulgaria

Dimitar Nedelchev, Bulgarian Association of Motivational Interviewing, Bulgaria

17:30-19:00**MR75****EABCT 2nd General Meeting (for EABCT Representatives & Affiliates), continued****MR32*****Clinical / Research Symposium 14*****Threat learning: How basic science can inform clinical practice**

Rivkah Ginat-Frolich, The Hebrew University of Jerusalem, Israel

Jonathan D. Huppert, The Hebrew University of Jerusalem, Israel

Tomer Shechner, The University of Haifa, Haifa, Israel

Gil Shner, The University of Haifa, Haifa, Israel

Iris Engelhard, Utrecht University, Netherlands

MR33***Clinical / Research Symposium 15*****Unraveling the Mechanisms of Change in Transdiagnostic Cognitive-Behavioral Therapy: Insights from the Unified Protocol**

Johanna Boettcher, Psychologische Hochschule Berlin, Germany

Bogdan Tudor Tulbure, West University of Timisoara, Romania

Brígida Caiado, University of Coimbra, Portugal

MR34***Clinical / Research Symposium 16*****Treatment model and beyond: adherence and flexibility in application of dialectical behavior therapy (DBT)**

Dmitrii Pushkarev, BE Company Training (Serbia), Serbia

Magdalena Skuza, Centrum Zdrowia Psychicznego HarmonJa, Poland

Kseniya Syrokvashina, Nonaffiliated researcher, Russian Federation

Fragiskos Gonidakis, National and Kapodistrian University of Athens, Greece

MR35**Skill Class 14****Mindfulness Technics in Acceptance and Commitment Therapy (ACT)**

Ana Milenkovic, SRABCT, Serbia

MR25**Skill Class 15****Spiritual Psychology: How to engage clients with religious beliefs (online)**

Deepak Dhuna, BABCP, United Kingdom

MR27**Open Paper Symposium 3****Training & supervision**Chair: **Ivana Peruničić-Mladenović**, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia**17:30 Personal growth and development of psychotherapist in psychotherapy****Milja Krivokuća**, Center for protection and growth of psychological health, Serbia**17:45 Deliberate Practice in CBT Therapist Development****Kamila Grochowska**, Faculty of Psychology, Univeristy of Warsaw, Poland**18:00 Trainee Self-Appraisal of Therapeutic Skills in Managing Session Components****Zorica Marić**, REBT Center, Belgrade, Serbia**Ivana Peruničić-Mladenović**, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia**18:15 Zooming into the unknown: a comparison of CBT teaching outcomes for online and in-person classes during the pandemic****Emily Cooney**, Otago University, New Zealand**Fiona Mathieson**, Otago University, New Zealand**Tracey Barnfield**, Otago University, New Zealand**18:30 Indicators of Ineffectiveness in Clinical Supervision****Alba Luque González**, Universidad Autónoma de Madrid, Spain**Diego Fernández-Regueras**, Universidad Autónoma de Madrid, Spain**Ana Calero-Elvira**, Universidad Autónoma de Madrid, Spain**Serbian Lounge Room****Open Paper Symposium 4****Obsessive Compulsive Disorder**Chair: **Borjanka Batinic****17:30 The brain “locked in obsessive doubt” and cognitive-behavioral techniques for overcoming imagined danger****Borjanka Batinic**, Department of Psychology, Faculty of Philosophy, Belgrade, Serbia**17:45 Obsessive-compulsive symptoms and sleep disturbance in youth****Omer Linkovski**, Bar Ilan University, Ramat Gan, Israel**Denis Lissits**, Bar-Ilan Univesity, Israel**18:00 Predictors and mechanisms of exposure-based CBT in obsessive-compulsive disorder: the putative contribution of fear reversal learning****Benedikt Reuter**, MSB Medical School Berlin, Germany**Jan Beucke**, MSB Medical School Berlin, Germany**Norbert Kathmann**, Humboldt-Universität zu Berlin, Germany**Björn Elsner**, Humboldt-Universität zu Berlin, Germany**18:15 Treating OCD in 4 days: Bergen 4-Day Treatment versus gold standard CBT****Max Sannemalm**, Karolinska Institutet, Sweden**Ekaterina Ivanova**, Karolinska Institutet, Sweden**Robin Fondberg**, Karolinska Institutet, Sweden**Oskar Flygare**, Karolinska Institutet, Sweden**Erik Andersson**, Karolinska Institutet, Sweden**David Mataix-Cols**, Karolinska Institutet, Sweden**Volen Ivanov**, Karolinska Institutet, Sweden**Christian Rück**, Karolinska Institutet, Sweden**18:30 Efficacy of Digital Health Interventions for Obsessive-Compulsive Spectrum Disorders in Youth: A Meta-Analysis****Fanny Dietel**, University of Osnabrueck, Germany**Isabel Brandhorst**, University Hospital Tuebingen, Germany**Katharina Allgaier**, University Hospital Tuebingen, Germany**Lukasz Stasielowicz**, University of Osnabrueck, Germany**Johanna Loechner**, University Hospital Tuebingen, Germany

MR23

Open Paper Symposium 5**Eating disorders and body image**Chair: **Noam Weinbach**, University of Haifa, Israel

- 17:30 How Hunger Influences Children's Consumption of a Novel Fruit: Possible Implications for Treatment in Eating Disorders**
Britt Fleischeuer, Maastricht University, Netherlands
Chantal Nederkoorn, Maastricht University, Netherlands
Rosalie Mourmans, Maastricht University, Netherlands
Anouk van den Brand, Maastricht University, Netherlands
Pauline Dibbets, Maastricht University, Netherlands
Katrijn Houben, Maastricht University, Netherlands
- 17:45 Developmental Pathways of Disordered Eating from Early to Mid-Adolescence and Their Association with Potential Risk Factors**
Kärol Soidla, University of Tartu, Estonia
Kadi Reintam, University of Tartu, Estonia
Kirsti Akkermann, University of Tartu, Estonia
- 18:00 The effects of self-compassion and cognitive reappraisal on appearance-related rumination among adolescent girls**
Noam Weinbach, University of Haifa, Israel
Hadas Hevron, The University of Haifa, Haifa, Israel
- 18:15 Association of Irrational Beliefs, Perfectionism, and Self-Esteem with Orthorexia Nervosa Symptoms in Serbia**
Jovana Stanimirović, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia

MR29

Open Paper Symposium 6**Child mental health & parenting**Chair: **Chantal Nederkoorn**, Maastricht University, Netherlands

- 17:30 Hands-On Texture - Evaluating the effect of exposure on food acceptance**
Rosalie Mourmans, Maastricht University, Netherlands
Chantal Nederkoorn, Maastricht University, Netherlands
Britt Fleischeuer, Maastricht University, Netherlands
Anouk Hendriks-Hartensveld, Maastricht University, Netherlands
- 17:45 Tactile tastes: the relation between pickiness in eating, liking of textures and tactile thresholds**
Chantal Nederkoorn, Maastricht University, Netherlands
Emmy van den Heuvel, Maastricht University, Netherlands
Anouk van den Brand, Maastricht University, Netherlands
Anouk Hendriks- Hartensveld, Maastricht University, Netherlands
- 18:00 Biased bites? Exploring confirmation bias in preschoolers' food rejection**
Anouk van den Brand, Maastricht University, Netherlands
Anouk Hendriks-Hartensveld, Maastricht University, Netherlands
Remco Havermans, Maastricht University, Netherlands
Rosalie Mourmans, Maastricht University, Netherlands
Britt Fleischeuer, Maastricht University, Netherlands
Chantal Nederkoorn, Maastricht University, Netherlands
- 18:15 Exploring the Dynamics of Strength-Based Parenting and Positivity Ratio: Insights from Parent-Child Dyads in Urban Muslim Arab Communities**
Ayat Abu Kheit, Ono Academic Center, Israel
- 18:30 Assessing the Efficacy of a Group Program for Anxious Parents in Preventing Offspring Anxiety: A Parallel Randomized Controlled Trial**
Sigrid Elfström, Karolinska Institutet, Sweden
Ata Gadheri, Uppsala Universitet, Sweden
Johan Åhlén, Karolinska Institutet, Sweden
- 18:45 Improve Mental Health (Improve-MH) for Refugee Families using a culturally adapted, General Practitioner-delivered cognitive behavioral therapy intervention - a multi-center randomized controlled trial**
Lisa Heller, Department of Clinical Child and Adolescent Psychology, Ruhr-University Bochum, Bochum, Germany
Karim Zagha, Department of Clinical Child and Adolescent Psychology, Ruhr-University Bochum, Bochum, Germany
Kerstin Konietzny, Department of Clinical Child and Adolescent Psychology, Ruhr-University Bochum, Bochum, Germany
Silvia Schneider, Department of Clinical Child and Adolescent Psychology, Ruhr-University Bochum, Bochum, Germany

MR30

Open Paper Symposium 7**Third Wave CBT**Chair: **Josef Mattes**, AVM, Austria

- 17:30 Personal Construct Theory, ACT, and Narrative Psychology: ACTing Towards Integration**
Vladimir Mušicki, Dijalogika, Serbia
- 17:45 ACTing innocently? How to combine good therapy with highly questionable philosophy**
Josef Mattes, AVM, Austria
- 18:00 Comparison of the Effectiveness of Acceptance and Commitment Therapy and Cognitive Behavioral Therapy on Anxiety and Depression Levels of Preadolescents**
Aykut Kul, Gaziantep University, Turkey
Fulya Turk, Department of Psychological Counselling and Guidance, Yildiz Technical University, Istanbul, Turkey
- 18:15 ACT-enhanced behavior therapy in group format for skin-picking disorder: An effectiveness study**
Torun Grøtte, NTNU, Norway
Erna Marie Moen, Oslo university hospital, Norway
Benjamin Hummelen, Oslo university hospital, Norway
- 18:30 Does Acceptance Lead to Change? Training in Radical Acceptance Improves Implementation of Cognitive Reappraisal**
Or Segal, University of Haifa, Israel
Helene Sher, Soroka Medical Center, Israel
Idan M Aderka, University of Haifa, Israel
Noam Weinbach, University of Haifa, Israel
- 18:45 Translating and Evaluating Metacognitive Training for Borderline Personality Disorder: A Promising Therapeutic Approach**
Maja Marija Muškić, Clinical Psychologist, Croatia
Macha Natacha Bogdanović, Psychiatric Resident, Croatia

MR31

Open Paper Symposium 8**Digital CBT 1**Chair: **Saeedeh Zenoozian**, zanzan university of medical sciences, Islamic Republic of Iran

- 17:30 Comparison of the efficacy of face-to-face and online unified protocol of transdiagnostic treatment in people with sub-clinical symptoms of anxiety disorders: A Randomized Clinical Trial**
Saeedeh Zenoozian, zanzan university of medical sciences, Islamic Republic of Iran
Zeinab Hasanpour Pirbasti, M.sc student of clinical psychology, Islamic Republic of Iran
Farzane Ahmadi, assistant professor of biostatistics and epidemiology, Islamic Republic of Iran
Vahideh Javadi, ph.D student of clinical psychology, Islamic Republic of Iran
- 17:45 Comparison of therapeutic alliance in face-to-face and online Transdiagnostic cognitive behavioral therapy in people with Sub-clinical symptoms of anxiety disorders: A Randomized Clinical Trial**
Saeedeh Zenoozian, zanzan university of medical sciences, Islamic Republic of Iran
Zeinab Hasanpour Pirbasti, M.sc student of clinical psychology, Islamic Republic of Iran
Farzane Ahmadi, assistant professor of biostatistics and epidemiology, Islamic Republic of Iran
Vahideh Javadi, ph.D student of clinical psychology, Islamic Republic of Iran
- 18:00 Digital interventions for anxiety in patients with oncological conditions: a meta-analysis**
Eliza Atudosie, Evidence-Based Psychological Assessment and Interventions Doctoral School, Babeş-Bolyai University, Cluj-Napoca, Romania
Oana Alexandra David, Department of Clinical Psychology and Psychotherapy; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Cluj-Napoca, Romania
- 18:15 Impact of Online Imagery Rescripting on Insight and Metacognition in Anxiety: Assessing changes Before and After Intervention**
Asala Halaj, University College London1, Israel
Hila Sorka, The Hebrew University of Jerusalem, Israel
Elad Zlotnick, The Hebrew University of Jerusalem, Israel
Anthony David, University College London, United Kingdom
Jonathan Huppert, The Hebrew University of Jerusalem, Israel
- 18:30 Utilizing Virtual Reality as a Novel Therapeutic Modality to Overcome Public Speaking Anxiety**
Ana Gallego, University of Jyväskylä, Finland
Simone Gorinelli, University of Jyväskylä, Finland
- 18:45 Implementing Virtual Reality Interventions to foster Perspective-Taking in Individuals Exhibiting Aggressive Behaviors**
Ana Gallego, University of Jyväskylä, Finland
Simone Gorinelli, University of Jyväskylä, Finland
Salla Kaikkonen, University of Jyväskylä, Finland
Juha Holma, University of Jyväskylä, Finland

MR20**Open Paper Symposium 9****Crisis contexts****Chair: Oksana Martsyniak-Dorosh, Academy of CBT in Ukraine, Ukraine**

- 17:30 Transdiagnostic risk factors for secondary traumatic stress among mental health professionals after Maraş earthquake in Turkey**
Furkan Malkoç, Turkish Ministry of Justice, Turkey
Nihan Osmanağaoğlu, Amasya University, Turkey
- 17:45 Supervision Program CBS - Comprehensive Support for Therapists Working in the Context of the Russian Military Invasion of Ukraine**
Oksana Martsyniak-Dorosh, Academy of CBT in Ukraine, Ukraine
Hubert Czupala, Ośrodek Terapii Poznawczych i Behawioralnych, Poland
- 18:00 Evaluating the Impact of Mindful Compassion Care Program to Reduce Burnout in Frontline Nurses Caring for Patients with COVID-19**
Luca Bodini, Section of Psychiatry, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Verona, Italy
Simone Cheli, Department of Psychology, St. John's University, Rome, Italy,
Chiara Bonetto, Section of Psychiatry, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Verona, Italy
Antonio Lasalvia, Section of Psychiatry, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Verona, Italy
- 18:15 Therapist views on remote therapy and training in Europe during the pandemic: results from the REMOTEcbt project**
Marija Mitković-Vončina, University of Belgrade - Faculty of Medicine; Institute of Mental Health, Belgrade, SRABCT; Serbia
Marija Lero, Institute of Mental Health, Belgrade, SRABCT; Serbia **the REMOTEcbt Consortium**, <https://bit.ly/theREMOTECbtConsortium>
- 18:30 Serbian experience with community group social intervention program for displaced adolescents from Kosovo: associations with mental health symptoms and family functioning**
Nataša Ljubomirović, Institute of Mental Health Serbia, Belgrade
- 18:30 Longitudinal study of psychopathological symptoms in nurses and the general population following the COVID-19 pandemic: Implications for CBT multi-level interventions**
Catarina Vitorino, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Maria Cristina Canavarro, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Carlos Carona, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal

MR21**In-Congress Workshop 5 - continued****MR22****In-Congress Workshop 6 - continued****MR24****Open Paper Symposium 10****Anxiety****Chair: Johanne Jeppesen Lomholt, Lomholt, Aarhus University, Denmark**

- 17:30 The Association of Contrast Avoidance and Looming Cognitive Style with Anxiety and Depression: The Mediator Role of Repetitive Negative Thinking**
Elif Peksevrim, PERLA Psychology and Research, Turkey
Ayşe Altan-Atalay, Kadir Has University, Turkey
Büşra Temur, Sabancı University, Turkey
- 17:45 Incorporating picture books in CBT as an interface between therapists and young adults with anxiety disorders**
Haiqi Yang, UAL, United Kingdom
Ian Horton, University of the Arts London, United Kingdom
Alexandra Antonopoulou, University of the Arts London, United Kingdom
Soljana Čili, University of the Arts London, United Kingdom
- 18:00 Cognitive Distortions and Loneliness as Mediators of the Relationship Between Social Anxiety and Depression**
Marina Trbus, Private psychological practice, Croatia
Ana Petak, University of Zagreb, Faculty of Croatian Studies, Croatia

18:15 The effect of skills-training on self-efficacy and competence of cognitive behavioral therapy for social anxiety disorder: a dismantling study.**Jon Fauskanger Bjaastad**, Division of psychiatry, Stavanger University Hospital, Norway**Kjersti Lillevoll**, UiT, Norway**Toril Nilsen**, UiT, Norway**Jane Kjoteroe**, UiT, Norway**Asle Hoffart**, Modum Bad, Norway**Peter Prescott**, NFKT, Norway**Catharina Wang**, UiT, Norway**Veronica Lorentzen**, UiT, Norway**18:30 Feasibility study of Cool Little Kids, a targeted intervention for prevention and early intervention of anxiety disorders in at-risk young children****Johanne Jeppesen Lomholt**, Lomholt, Aarhus University, Denmark**Mikael Thastum**, Aarhus University, Denmark**18:30 Delivering an Internet-based cognitive behavioral (iCBT) intervention for anxious adolescents with different levels of therapist support: a feasibility study****Nikita Marie Sørensen**, Aarhus University, Denmark**Helene Skaarnes**, Center for Digital Psychiatry, Region of Southern Denmark**Kim Mathiasen**, Aarhus University, Denmark**Mikael Thastum**, Aarhus University, Denmark**Johanne Jeppesen Lomholt**, Aarhus University, Denmark**MR26**

In-Congress Workshop 8 - continued

9:00-10:00

MR75

Keynote Speech 13

Common Factors And Shared Strategies: What Makes Cognitive Behavior Therapies Effective?

Raymond DiGiuseppe, St. John University, United States

MR32

Keynote Speech 14

Building bridges between the old and the new: Innovative contributions in test anxiety conceptualization and intervention

Maria de Céu Salvador, University of Coimbra, Portugal

MR33

Keynote Speech 15

Infidelity and its Consequences: Is it possible to re-build trust following affairs?

Mehmet Sungur, Istanbul Kent University, Turkey

MR34

Keynote Speech 16

Cultural Adaptation of CBT for Psychosis: Working with diverse communities

Peter Phiri, University of Southampton, United Kingdom

MR35

Keynote Speech 17

EMDR therapy and research: the state of the art

Isabel Fernandez, EMDR Italy

MR25

Keynote Speech 18

Integrative and Multimodal CBT as a platform of evidence-based psychotherapy integration. Clinical and academic implications

Daniel David, International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

MR27

Keynote Speech 19

Neurodevelopmental disorders: the reality of challenges

Milica Pejović Milovančević, Faculty of Medicine, University of Belgrade, Serbia; Institute of Mental Health, Belgrade, Serbia

10:00-10:30

COFFEE BREAK & POSTER SESSION 2

The full list of posters for Poster Session 2 can be found on page 63

10:30-12:00

MR75

Early Career Session**Meet the Expert: Paul Salkovskis****MR32**

Clinical / Research Symposium 17**Challenges in Assessment and Conceptualization of Rumination as a Transdiagnostic Risk Factor****Kristof Hoorelbeke**, Ghent University, Belgium**Ana Mar Pacheco Romero**, Universidad Complutense de Madrid, Spain**Laura Mertens**, Ghent University, Belgium**Yorgo Hoebeke**, UCLouvain, Belgium**MR33**

Clinical / Research Symposium 18**Exploring the Complexities of Suicidal Ideation and Behavior: Prediction and Effective Interventions****Birgit Wagner**, Medical School Berlin, Germany**Heide Glaesmer**, University of Leipzig, Germany**Anja Gysin-Maillart**, University Hospital of Berne, Switzerland**MR34**

Clinical / Research Symposium 19**Activating Strengths in CBT: Outcomes, processes and an intervention model****Ulrike Willutzki**, Witten/Herdecke University, Germany**Anton-Rupert Laireiter**, Paris-Lodron University Salzburg, Austria**Louisa Jagmetti**, University of Zurich, Department of Clinical Psychology and Psychotherapy**MR35**

Clinical / Research Symposium 20**The interface between clients and mental health services: Exploring new social digital realities****Sofia Jacinto**, University of Applied Sciences and Arts Northwestern, Switzerland**Lina Stallmann**, University of Applied Sciences and Arts Northwestern, Switzerland**João Niza Braga**, Católica Lisbon School of Business and Economics, Portugal**Jeannette Brodbeck**, University of Applied Sciences and Arts Northwestern, Switzerland**MR25**

Round Table 6**EMDR and Crisis Support Following Mass Shootings in Serbia****Tamara Džamonja Ignjatović**, Faculty of Philosophy – University of Belgrade, Serbia**Isabel Fernandez**, EMDR, Italy**Vesna Bogdanović**, EMDR Serbia**Jelena Zulevc**, EMDR Serbia**MR27**

Skill Class 16**Enhancing Therapeutic Communication: The Impact of Language on Perception and Treatment Efficacy****Hidde Kuiper**, GGZcentraal, Netherlands**Serbian Lounge Room**

Round Table 7**Pitfalls in therapeutic alliance in cognitive behavior therapy****Neda Ali Beigi**, University of Social Welfare and Rehabilitation Sciences, Islamic Republic of Iran**Saeedeh Zenoosian**, zanzan university of medical sciences, Islamic Republic of Iran**Keith Dobson**, University of Calgary, Canada**Kristene Doyle**, Executive Director Albert Ellis Institute, United States

MR23

Skill Class 17**Deep CBT for anxiety disorders and beyond: assessing and treating core threats****Elad Zlotnick**, The Hebrew University of Jerusalem, Israel**Jonathan D. Huppert**, The Hebrew University of Jerusalem, Israel**MR29**

Skill Class 18**Using ACT to define healthy boundaries****Richard Bennett**, University of Birmingham, Colombia**Dawn Johnson**, ACTivatingYourPractice.com, United Kingdom**MR30**

Skill Class 19**Innovative and creative techniques in Group Schema Therapy for Children and Adolescents****Diana Teodorescu**, Romanian Institute of Schema Therapy, Romania**MR20**

Skill Class 20**Trauma Informed Supervision: From perspectives to practices****Chetna Duggal**, Tata Institute of Social Sciences, India**MR21**

In-Congress Workshop 9**The road to happiness: Facilitating positive emotions in clients****Tammie Ronen**, Tel-Aviv University, Israel**Yair Dangoor**, Tel-Aviv University, Israel**MR22**

In-Congress Workshop 10**Process-based Case Conceptualization: A collaborative and empiric approach****Céline Baeyens**, Université de Grenoble Alpes, France**Martine Bouvard**, Université de Savoie Mont-Blanc, France**Nathalie Fournet**, Université de Savoie Mont-Blanc, France**Pierre Philippot**, UCLouvain, Belgium**MR24**

In-Congress Workshop 11**Managing couple's problems with Rational Emotive Behavior Therapy (REBT)****Maria Celeste Airaldi**, International Association for Rational Emotive Behavior Therapy, Paraguay**MR26**

In-Congress Workshop 12**CBT for Chronic Pain – evidence based approaches to support self-management of persistent pain****Helen Macdonald**, BABCP, United Kingdom

12:00-13:30

MR75**Panel Debate****New age of CBT - challenges and perspectives***Keynote speakers***MR32****Clinical / Research Symposium 21****Transforming Futures: Innovations and New Approaches in Childhood and Adolescent Anxiety Interventions****Leonie Vreeke**, Leiden University, Netherlands**Nina Komrij**, Leiden University, Netherlands**Annelieke Hagen**, Leiden University, Netherlands**Sara Velthuizen**, Leiden University, Netherlands**Robin Zimmermann**, Ruhr-Universität Bochum, Germany**MR33****Clinical / Research Symposium 22****What makes a good cognitive-behavioral therapist? Current research on therapist effects, measurement of therapeutic competences and training methods****Tatjana Paunov**, University of Potsdam, Germany**Kim de Jong**, Leiden University, Netherlands**Klara Eisert**, University of Potsdam, Germany**Jasmin Ghalib**, University of Potsdam, Germany**Sven Alfonsson**, Karolinska Institutet, Sweden**Dan Sacks**, Ben-Gurion University of the Negev, Israel**MR34****Clinical / Research Symposium 23****Acceptance and Commitment Therapy for Transitional-Age Youth (15 to 25 years old): Building the evidence****Janna Keulen**, Department of Clinical Child & Family Studies, Utrecht University, Utrecht, The Netherlands**Dario Lipovac**, BHACBT, Bosnia and Herzegovina**Denise Boddén**, Department of Clinical Child & Family Studies, Utrecht University, Utrecht, The Netherlands.**MR35****Clinical / Research Symposium 24****Long-term effectiveness of transdiagnostic interventions for children and adolescents in municipal services****Simon-Peter Neumer**, RBUP, Norway**Pia Jeppesen**, Copenhagen University Hospital-Psychiatry, Denmark**Jo Magne Ingul**, Norwegian University of Science and Technology, Norway**Kristin Ytreland**, NTNU, Norway**Kaja Liebenberg**, University of Oslo, Norway**MR25****Panel Debate 5****Trauma-Informed Education in European Universities: Enhancing Teaching Practices through the Trauma Studies EuniWell Project****Abdel. H. Boudoukha**, Nantes University, France**Anna Menyhárt**, University of Florence, Italy**Zsolt Unoka**, Semmelweis University – Medicine and Health Sciences, Hungary**Svitlana Paschenko**, National Taras Shevchenko University of Kyiv, Ukraine**Evelyn Levay**, Semmelweis University – Medicine and Health Sciences, Hungary**Liliia Sirokha**, Taras Shevchenko National University of Kyiv, Ukraine**Lilla Gerlinger**, Semmelweis University – Medicine and Health Sciences, Hungary**Beatrice Tottossy**, Università degli Studi di Firenze (University of Florence), Italy

MR27**Skill Class 21****Crowd-sourcing acceptance: reducing shame in PTSD treatment through targeted surveys**

Emily Cooney, Otago University, New Zealand

Serbian Lounge Room**Panel Debate 6****EABCT panel: From understanding to wise change. European perspectives on diversity in CBT**

Katy Grazebrook, EABCT President, United Kingdom

Irina Lazarova, Bulgarian Association for Cognitive-Behavioral Psychotherapy, Bulgaria

Diana Ridic, Psihološko Savjetovište - Domin, Bosnia and Herzegovina

Adela Salceanu, Romanian Association for Behavioural and Cognitive Therapy (RABCT - Bucarest), Romania

Maria Evangelopoulou, Greek Association for Behavioural Modification and Research (GBA), Greece

Peter Phiri, University of Southampton, United Kingdom

Andrew Beck, Bradford Teaching Hospitals NHS Trust, United Kingdom

MR23**Skill Class 22****CBT for vaginismus**

Aysegul Kervancioglu, Private Practice, Ankara, Turkey

Bengü Yücens, Pamukkale University Faculty of Medicine, Turkey

Aysegul Kart, Private Practice, Ankara, Turkey

Canan Efe, Private Practice, Ankara, Turkey

MR29**Skill Class 23****Structured Team Feedback in Family Therapy for Addicted People**

Jarmila Tolimatova, Centre for Psychotherapy and Family Therapy, Addictology Clinic, 1st Faculty of Medicine, Charles University, General University Hospital in Prague, Czech Republic

MR30**REGIONAL LANGUAGES****Panel Debate 7****Razumevanje mentalnog zdravlja u digitalnoj eri: uloga KBT za milenijalce**

Ivana Vrackic, SRABCT, Serbia

Miodrag Stankovic, Medical Faculty University of Nis, Serbia, Serbia

Branislava Krasic, SRABCT, Serbia

Ana Milenkovic, SRABCT, Serbia

Maja Todorovic, SRABCT, Serbia

MR31**Skill Class 24****“When One Door Closes, Another Opens”: Utilizing CBT and ACT in Children and Adolescents with Anger and Aggression Regulation Difficulties**

Shimrit Telraz Cohen, Beit Berl Academic College, Israel

MR20**Skill Class 25****Keys for integrating REBT with Logotherapy in Clinical Practice**

Matti Ameli, Private practice, Valencia, Spain

MR21**In-Congress Workshop 9 - continued**

MR22***In-Congress Workshop 10 - continued*****MR24*****In-Congress Workshop 11 - continued*****MR26*****In-Congress Workshop 12 - continued*****13:30-14:30****LUNCH BREAK & POSTER SESSION 2**

The full list of posters for Poster Session 2 can be found on page 63

14:30-15:30**MR75*****Keynote Speech 20*****You shouldn't feel that way - but you do: Coping with Difficult Emotions (online)****Robert Leahy**, Weill Cornell Medical College, USA**MR32*****Keynote Speech 21*****Regulating Emotions****Stefan Hofmann**, Philipps-Universität Marburg, Germany**MR33*****Keynote Speech 22*****Entropy of mind and negative Entropy: A cognitive and Complex Approach to Schizophrenia and its Therapy****Tullio Scrimali**, University of Catania, Italy**MR34*****Keynote Speech 23*****Is CBT only for White people?****Saiqa Naz**, British Association for Behavioral and Cognitive Psychotherapies, United Kingdom**MR35*****Keynote Speech 24*****Because you had a bad day: emotional eating in youth****Caroline Braet**, Ghent University, Belgium**MR25*****Keynote Speech 25*****A Process-Based Approach to CBT: Focusing on Person-Level Processes in Context (online)****Clarissa Ong**, Department of Psychology, University of Toledo, USA**15:30-16:00****COFFEE BREAK & POSTER SESSION 2**

The full list of posters for Poster Session 2 can be found on page 63

16:00-17:30

MR32**Clinical / Research Symposium 26****Are therapists' competences, skills, and biases the key to success in therapy?**

Kim de Jong, Leiden University, Netherlands
Christoph Flückiger, University of Kassel, Germany
Ralf Rummer, University of Kassel, Germany
Caroline Kolle, University of Kassel, Germany
Jana Bommer, University of Trier, Germany
Anne-Katharina Deisenhofer, University of Trier, Germany
Wolfgang Lutz, University of Trier, Germany
Stefan Hofmann, Philipps-Universität Marburg, Germany

MR33**Clinical / Research Symposium 27****Training and Credentialing Standards in CBT**

Keith Dobson, University of Calgary, Canada
Helen Macdonald, BABCP, United Kingdom
Mehmet Sungur, Istanbul Kent University, Turkey

MR34**Clinical / Research Symposium 28****Why does addressing beliefs revolutionize mental health practices? A perspective of interconnectivity**

Hakan Turkcapar, Social Sciences University of Ankara, Turkey
Ercan Akin, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Selin Tutku Tabur, EABCT, Turkey

CANCELLED**MR35****Clinical / Research Symposium 29****Exploring Rational Emotive Behavior Therapy (REBT): Practice and Applications in Diverse Psychotherapeutic Contexts**

Natalia Ferrero, International Association for Rational Emotive Behavior Therapy, Peru
Maria Celeste Airdi, International Association for Rational Emotive Behavior Therapy, Paraguay
Hugo Galo, International Association for Rational Emotive Behavior Therapy, Peru
Giovanni Ruggiero, International Association for Rational Emotive Behavior Therapy / Studi Cognitivi, Italy

MR25**Open Paper Symposium 11****Adolescent mental health**

Chair: Maruša Naglič, National Institute of Public Health, Ljubljana, Slovenia

- 16:00** **Can brief accessible CBT workshops help improve the mental health of adolescents? Results of the BESST trial, a confirmatory trial in schools in UK**
June Brown, King's College London, United Kingdom
- 16:15** **Recalling and Anticipating Positive Events to Improve the Positive Affect and Mental Health of Adolescents: A Cluster Randomized Controlled Trial in Secondary Schools**
Liesbeth Bogaert, KU Leuven, Belgium
David Hallford, Deakin Univer, Australia
Eline Loyen, KU Leuven, Belgium
Arnaud D'Argembeau, U Liege, Belgium
Filip Raes, KU Leuven, Belgium
- 16:30** **Comparison of disorder-specific group CBT and generic group CBT in treating adolescents with social anxiety disorder: A randomized controlled trial**
Thea Agersnap, Aarhus University, Denmark
Johanne Jeppesen Lomholt, Lomholt, Aarhus University, Denmark
Morten Berg Jensen, Aarhus University, Denmark
Mikael Thastum, Aarhus University, Denmark
- 16:45** **What Can I Do to Make It Easier? A Multimedia Handbook for Navigation through Adolescence**
Maruša Naglič, National Institute of Public Health, Ljubljana, Slovenia
- 17:00** **Embedding and implementing "Taming the Adolescent Mind": a skill-based intervention in community child and adolescent mental health service.**

Lucy Tan, James Cook University, Australia

Graham Martin, The University of Queensland, Australia

17:15 **The role of adverse life events, self and other beliefs, and cognitive flexibility in understanding paranoia in adolescents**

Jess Kingston, Royal Holloway, University of London, United Kingdom

MR27

Skill Class 26

Socializing the patient into CBT using Socratic Questioning and a step by step analysis and synthesis technique

Vasileios Manoulakas, GACBP, Greece

Lefteris Konstantinidis, University of West Macedonia Greece (UOWM), Greece

Serbian Lounge Room

Skill Class 27

Cognitive Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder

Hakan Öğütlü, Cognitive Behavioral Psychotherapies Association, Turkey

MR23

Clinical / Research Symposium 25

The effects of self-compassion on mental health

Tatjana Vukosavljevic Gvozden, Department of Psychology, Faculty of Philosophy, Belgrade, Serbia

Matija Gvozden, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia

Doris Rafajlovski, UKBTS, Serbia

Peđa Miladinovic, Faculty for business and legal studies Dr Lazar Vrkatić, Novi Sad, Union University in Belgrade; Temenos Center, Novi Sad., Serbia

Tamara Musić, Faculty of Philosophy, University of Novi Sad, Serbia

MR29

Skill Class 28

Embracing Self-Compassion: Transforming Self-Criticism in Therapy

Isabelle Leboeuf, university of lille, France

MR30

Skill Class 29

The third wave of CBT and beyond: Process based therapy based on ACT, Logotherapy and Stoic philosophy

Daniel Hamiel, University, Israel

MR31

Skill Class 30

Beyond verbal therapy: Applying skills for using metaphors, imagery, drawings and sculpturing to facilitate the change process

Tammie Ronen, Tel-Aviv University, Israel

Yair Dangoor, Tel-Aviv University, Israel

MR20

Open Paper Symposium 12

Approaches to interventions 2

Chair: David Dias Neto, Associação Portuguesa de Terapias Comportamental, Cognitiva e Integrativa, Portugal

16:00 **Comparison of the therapeutic efficacy of Four weeks of inpatient schema group therapy (ISGT) versus ISGT enhanced by Nature-Adventure-based experiential methods (N-ABST)**

Zsolt Unoka, Semmelweis University – Medicine and Health Sciences, Hungary

Estzer Kenézlói, Semmelweis University, Faculty of Medicine, Department of Psychiatry and Psychotherapy, Hungary

Evelyn Levay, Semmelweis University – Medicine and Health Sciences, Hungary

Bálint Hajduska-Dér, Semmelweis University, Faculty of Medicine, Department of Psychiatry and Psychotherapy, Hungary

16:15 **Connection to the Environment with Cognitive Therapy (CONNECT): Exploring trauma, dissociation and voices through targeted psychological intervention using a single-case experimental design**

Moya Clancy, University of Glasgow, United Kingdom

Kirsten Atherton, NHS Greater Glasgow & Clyde, United Kingdom

Andrew Gumley, University of Glasgow, United Kingdom

- 16:30 Empower-Grief: A brief selective intervention to prevent prolonged grief**
David Dias Neto, Associação Portuguesa de Terapias Comportamental, Cognitiva e Integrativa, Portugal Alexandra Coelho, ISPA - Instituto Universitário, Portugal
Sara Albuquerque, Universidade Lusófona, Portugal
Ana Nunes de Silva, Universidade de Lisboa, Portugal
- 16:45 Feasibility of a Novel Biopsychosocial Treatment for Stress-Induced Exhaustion Disorder**
Jakob Clason van de Leur, Uppsala Universitet, Sweden
- 17:00 The role of psychological flexibility and emotional schemas in designing a digital intervention to cope with different stressful events: Evidence-, Theory-, and Person-Based Approach**
Rita Sebastião, ISPA, Portugal
Pedro Rodrigues Ribeiro, School of Psychology, ISPA-Instituto Universitário; APPSyCI – Applied Psychology Research Center Capabilities & Inclusion, Portugal
Eduardo Sardinha, School of Psychology, ISPA-Instituto Universitário; APPSyCI – Applied Psychology Research Center Capabilities & Inclusion, Portugal
Cátia Castro, School of Psychology, ISPA-Instituto Universitário; APPSyCI – Applied Psychology Research Center Capabilities & Inclusion, Portugal
David Dias Neto, Associação Portuguesa de Terapias Comportamental, Cognitiva e Integrativa, Portugal
- 17:15 The Almamar Pilot Study: Evaluating Transdiagnostic Treatment Options for Arabic and Farsi Speakers Through App-Based and Face-to-Face Modalities**
Birgit Wagner, Medical School Berlin, Germany
Hannah Nilles, Medical School Berlin, Germany
Laura Nohr, Free University Berlin, Germany
Martina Hernek, Free University Berlin, Germany
Sebastian Buchert, Free University Berlin, Germany
Johanna Boettcher, Psychologische Hochschule Berlin, Germany

MR21

In-Congress Workshop 13

- 16:20 Reinventing the Therapeutic Relationship in Schema Therapy Supervision by Using Group Schema-mode Role-play Technique**
Zsolt Unoka, Semmelweis University – Medicine and Health Sciences, Hungary

MR22

In-Congress Workshop 14

- A practical introduction to providing psychological therapies to ethnically and religiously diverse communities**
Andrew Beck, Bradford Teaching Hospitals NHS Trust, United Kingdom

MR24

In-Congress Workshop 15

- Neuroscience-Based Cognitive Therapy for Schizophrenic Patients**
Tullio Scrimali, University of Catania, Italy

MR26

In-Congress Workshop 16

- Prolonged exposure therapy for PTSD**
Maria Bragesjö, Center for Psychiatry Research, Karolinska Institutet, Stockholm, Sweden

17:30-19:00

MR75

Clinical / Research Symposium 30

- Integrating Local Realities: Transformative Approaches for Addressing Mental Health and Substance Use Problems in Africa**
Natalie Johnson, University Hospital Basel, Switzerland
Grace Yoon, University Hospital Basel, Switzerland
Monica Swahn, Kennesaw State University, United States
Irene Falgas Bague, Swiss Tropical and Public Health Institute, Switzerland

MR32

Clinical / Research Symposium 31

- Cognitive Behavioural Coaching: models, approaches, research**
Natalia Antonova, HSE University, Russian Federation
Alexey Ezhikov, ACBP, Russian Federation
Yulia Platonova, HSE University, Russian Federation
Elena Naumtseva, National Research University Higher School of Economics, Russian Federation
Marianna Frolova, National Research University Higher School of Economics, Russian Federation

MR33**Clinical / Research Symposium 32****Treating Long-COVID haulers: different psychological interventions for patient-centered care****Vinicius Jobim Fischer**, Centre Hospitalier Neuro-psychiatrique (CHNP), Luxembourg**Daniel Bintner**, Centre Hospitalier Neuro-psychiatrique (CHNP), Ettelbruck, Luxembourg**Djenna Hutmacher**, Centre Hospitalier Neuro-psychiatrique (CHNP), Luxembourg**Patrícia M. Pascoal**, Lusófona University, HEI-Lab: Digital Human-Environment Interaction Labs, Lisbon, Portugal, Portugal**MR34****Clinical / Research Symposium 33****The development of the cognitive conceptualization diagram and its modern forms****Albert Murtazin**, Association for Cognitive Behavioral Psychotherapy (Russia), Russian Federation**Dmitrii Kovpak**, Association for Cognitive Behavioral Psychotherapy (Russia), Russian Federation**Maksim Zriutin**, Association for Cognitive Behavioral Psychotherapy (Russia), Russian Federation**Mikhail Burdin**, Russian CBT Association, Russian Federation**MR35****Clinical / Research Symposium 34****Difficulties and comorbidities in the treatment of OCD****Yakov Kochetkov**, The Moscow Center for Cognitive Therapy, Russian Federation**Ksenia Syrokvashina**, Nonaffiliated researcher, Russian Federation**Anna Timoshkina**, Clinical Psychologist, Russian Federation**MR25****Skill Class 31****Obsession or Compulsion? Recent Developments in Treating Mental Compulsions in OCD****Asher Strauss**, college of management, Israel**Hezi Be'er**, Geha Mental Health Center, Israel**MR27****Open Paper Symposium 13****Ethics, therapists and researchers****Chair: Ivanka Živčić-Bećirević**, University of Rijeka, Croatia**17:30 Measurement of ethical beliefs and behaviours of Albanian psychotherapists****Marta Bej**, AACBT, Albania**Kevin Gugushi**, AACBT, Albania**Etel Turtulli**, AACBT, Albania**17:45 Ethical Reasoning and Ethics Education of CBT Therapists in Europe****Teodora Vuletić**, University of Belgrade, Faculty of Philosophy, Institute of Psychology, Serbia**Nikola Petrović**, Department of Psychology, Faculty of Philosophy, Belgrade, Serbia**Sanda Stanković**, LIRA Lab, Faculty of Philosophy – University of Belgrade, Serbia**18:00 Analyzing therapist-client verbal interactions: What behaviors facilitate and hinder the therapeutic bond?****M. Cristina Guerrero-Escagedo**, Universidad Autónoma de Madrid, Spain**Diego Fernández-Regueras**, Universidad Autónoma de Madrid, Spain**Ana Calero-Elvira**, Universidad Autónoma de Madrid, Spain**18:15 Therapists misbeliefs as barriers to use exposure therapy****Ivanka Živčić-Bećirević**, University of Rijeka, Croatia**Ines Jakovčić**, Teaching Institute for Public Health of Primorsko-goranska County Department for Mental health, drug prevention and outpatient treatment, Croatia**Gorana Birovljević**, Department of Psychology, Faculty of Humanities and Social Sciences, University of Rijeka, Croatia**Josko Jurman** - Croatian Association for Behavioral and Cognitive Therapy, Croatia**18:30 What could possibly go wrong? Lessons learned for a first-time PI for a randomized controlled trial****Krister Fjermestad**, University of Oslo, Norway**18:45 Are cognitive behavioural therapists more prone to burnout than therapists of other orientations?****Andrea Vlašić**, Ministry of Internal Affairs, Bosnia and Herzegovina**Amela Bektaš**, Udruženje za psihološku procjenu, pomoć i savjetovanje-Domino, Zenica, Bosnia and Herzegovina**Irma Čorbo**, JU OŠ Grbavica II, Bosnia and Herzegovina

MR23**Skill Class 32****Do you know how to have fun with your anger****Karolina Vörös**, Schema Therapy Center Belgrade, Serbia**Ksenija Roganović**, Schema Therapy Center Belgrade, Serbia**MR29****Open Paper Symposium 14****Mindfulness****Chair: Arnold van Emmerik**, University of Amsterdam, Netherlands**17:30 Is there any need for a bigger picture in MBCT practice? Data from a modified 8 week training MBCT program****Mugur Ciumageanu**, West University of Timisoara, Romania**Flavia Staicu**, West University of Timisoara, Romania**17:45 Mindfulness- Based Cognitive Therapy for Life (MBCT-L) for healthcare care students: an RCT****Françoise Jermann**, Geneva University Hospitals, Switzerland**Claire Holman**, Geneva University, Switzerland**Ben Meuleman**, Geneva University, Switzerland**Mariana Magnus Smith**, University of Montreal, Canada**Beatrice Weber**, Geneva University Hospitals, Switzerland**Paolo Cordera**, Geneva University Hospitals, Switzerland**Guido Bondolfi**, Geneva University, Switzerland**Serge Rudaz**, Geneva University, Switzerland**Camille Piguet**, Geneva University Hospitals, Switzerland**18:00 Evaluating Online Cognitive-Behavioral and Mindfulness Interventions for Adults with ADHD: a Randomized Controlled Trial****Martin Oscarsson**, Stockholm University, Sweden**Alexander Rozental**, Uppsala University, Sweden**Ylva Ginsberg**, Karolinska Institutet & Stockholm Health Care Services, Sweden**Per Carlbring**, Stockholm University, Sweden**Gerhard Andersson**, Linköping University, Sweden**Fredrik Jönsson**, Stockholm University, Sweden**18:15 Efficacy of mindfulness apps: A literature review****Arnold van Emmerik**, University of Amsterdam, Netherlands**Tim Schoenmakers**, University of Amsterdam, Netherlands**18:30 MBCT for Better Stress Management and Burnout Prevention: A Program for Prison and Probation Staff****Bernardica Franjić-Nadž**, Juvenile Correctional Institution, Prison System and Probation Directorate, Ministry of Justice and Public Administration, Croatia**Đulijana Badurina-Setić**, Prison System and Probation Directorate, Centre for Diagnostics in Zagreb, Croatia**Jurica Pačelat**, Directorate for Human Resources, Ministry of the Interior, Croatia**MR30****Open Paper Symposium 15****Emotion Regulation****Chair: Kirsti Akkermann**, University of Tartu, Estonia**17:30 Beliefs about Emotion and Emotional Eating among Overweight Turkish Adults: The Role of Emotion Regulation Strategies****Esin Engin**, İzmir University of Economics, Turkey**Ezgi Tuna Kaykusuz**, İzmir University of Economics, Turkey**17:45 Emotion regulation and academic burnout among youth: a quantitative meta-analysis****Ioana Alexandra Iuga**, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania**Oana Alexandra David**, Department of Clinical Psychology and Psychotherapy; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Cluj-Napoca, Romania**18:00 The Tolerance of Uncontrollability and Psychopathology: The Roles of Maladaptive Emotion Regulation Strategies and Negative Problem Orientation****Gamze Şener**, Bahçeşehir University, Faculty of Economics, Administrative and Social Sciences, Department of Psychology, Turkey**18:15 Exploring Digital Emotion Regulation in Young People****Atia Fatimah**, Black Dog Institute, Australia**Aliza Werner-Seilder**, Black Dog Institute, Australia**Sophie Li**, Black Dog Institute, Australia**18:30 Preliminary elucidation of an emotionally, behaviorally and interpersonally dysregulated phenotype within a diverse clinical sample – A latent profile analysis****Kirsti Akkermann**, University of Tartu, Estonia**Helo Liis Soodla**, University of Tartu; Centre for Cognitive and Behaviour Therapy, Tartu, Estonia

- 18:45 Emotion Regulation Training for Adolescents With Major Depression: Results From a Randomized Controlled Trial**
Lisa Feldmann, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, LMU University Hospital, LMU Munich, Germany
Carolin Zsigo, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, LMU University Hospital, LMU Munich, Germany
Frans Oort, Research Institute of Child Development and Education, Faculty of Social and Behavioural Sciences, University of Amsterdam, Netherlands
Charlotte Piechaczek, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, LMU University Hospital, LMU Munich, Germany
Jürgen Bartling, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, LMU University Hospital, LMU Munich, Germany
Christian Wachinger, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, LMU University Hospital, LMU Munich, Germany; Department of Radiology, TUM School of Medicine and Health, Technical University of Munich, Germany
Gerd Schulte-Körne, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, LMU University Hospital, LMU Munich, Germany
Ellen Greimel, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, LMU University Hospital, LMU Munich, Germany

MR31

Open Paper Symposium 16

Miscellaneous 1

Chair: Torun Grøtte, NTNU, Norway

- 17:30 Psychological inflexibility as a potential mediator between mental distress and trichotillomania and skin-picking disorder**
Torun Grøtte, NTNU, Norway
Filippa Brovold, NTNU, Norway
Erna Marie Moen, Oslo University Hospital, Norway
Benjamin Hummelen, Oslo University Hospital, Norway
- 17:45 The Moderating Role of Psychological Flexibility in the Relationship Between Loneliness and Well-being Among Young Adults: A Cross-sectional Study**
Thouli Koulouri, Utrecht University, Greece
Rinie Geenen, Utrecht University, Netherlands
- 18:00 Influences of Educational Background on the Conceptualization of Mental Disorders: Insights for CBT Practice**
Stefan Jerotić, University of Belgrade, Faculty of Medicine & Clinic for Psychiatry, University Clinical Centre of Serbia, Serbia
Natalija Ignjatović, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
- 18:15 Seeking psychological help: Stigma, barriers and possible online intervention inhibiting avoidance of getting help**
Tereza Hruskova, The Department of Psychology, Faculty of Arts at Masaryk University, Czech Republic
- 18:30 Logic and Philosophy for Opening up New Perspectives on CBT**
Viktoriiia Denisova, National Research University Higher School of Economics, Russian Federation
- 18:45 The More You Check, The Less You are Certain-The Paradoxical Effect of Body-Checking**
Mor Ben Zaken Linn, University of Haifa
Israel Noam Weinbach, University of Haifa, Israel

MR20

Open Paper Symposium 17

Schema

Chair: Oana Cobeau, Babes-Bolyai University, Department of Psychology, Romania

- 17:30 The longitudinal association between stress and mental health in the context of the pandemic through the lens of emotional schemas and psychological flexibility**
Rita Sebastiao, ISPA, Portugal
David Dias Neto, Associação Portuguesa de Terapias Comportamental, Cognitiva e Integrativa, Portugal
- 17:45 Core beliefs or schemas, which is more compatible with the cognitive structure?**
Canan Efe, Private Practice, Ankara, Turkey
Selin Tutku Tabur, EABCT, Turkey
Hakan Turkcapar, Social Sciences University of Ankara, Turkey

18:00 **The relationship between perceived parenting style, early maladaptive schema dispositions, strengths and difficulties in children aged 9-13 years.**

Oana Cobeanu, Babes-Bolyai University, Department of Psychology, Romania

Adriana Maria Popa, Babes-Bolyai University, Department of Psychology, Romania

18:15 **Maladaptive Schemas as An Explanation for Gender Differences in Living Organ Donors**

Zulal Törenli-Kaya, Baskent University Faculty of Medicine Psychiatry Department, Turkey

Arda Karagol, Baskent University Faculty of Medicine Psychiatry Department, Turkey

MR21

In-Congress Workshop 13 - continued

MR22

In-Congress Workshop 14 - continued

MR24

In-Congress Workshop 15 - continued

MR26

In-Congress Workshop 16 - continued

20:00-00:00

CONGRESS PARTY - RESTAURANT JEZERO (Ada Ciganlija bb, Belgrade)

9:00-10:00

MR75

Keynote Speech 26

CBT of psychosis: the state of the art

Antonio Pinto, SITCC, Italy

MR32

Keynote Speech 27

Cyberchondria: Hypochondria of the 21st century

Vladan Starčević, University of Sydney, Sydney, Australia

MR33

Keynote Speech 28

Recent Developments and Future Directions in Cognitive Behavior Therapy (online)

Judith Beck, University of Pennsylvania, USA

MR34

Keynote Speech 29

Cognitive Behavioural Writing Techniques for Posttraumatic Stress

Arnold Van Emmerik, University of Amsterdam, Netherlands

MR35

Keynote Speech 30

CBT and the seven secrets of mental health

Miro Jakovljević, University of Zagreb, Croatia

10:00-10:30

COFFEE BREAK

10:30-12:00

MR75

Early Career Session

Dismantling inequalities: developing cultural confidence in working with ethnic minority communities

Saiqa Naz, BABCP, United Kingdom

MR32

Clinical / Research Symposium 35

Understanding and tackling mental health problems in adolescents and emerging adults: a focus on emotion regulation

Chairs: Caroline Braet, Ghent University, VVGT, Belgium; Marija Mitkovic Voncina, University of Belgrade - Faculty of Medicine, Institute of Mental Health, Belgrade, SRABCT, Serbia

Convenor/organizer: Marija Mitkovic Voncina, University of Belgrade - Faculty of Medicine, Institute of Mental Health, Belgrade; Serbia

Marija Mitkovic Voncina, University of Belgrade - Faculty of Medicine; Institute of Mental Health, Belgrade; SRABCT, Serbia

Laura Wante, Ghent University; VVGT; Belgium

Sarah Bal, Ghent University, Belgium

Marija Lero, Institute of Mental Health, Belgrade; SRABCT; Serbia
Sanja Lestarevic, Institute of Mental Health, Belgrade; SRABCT; Serbia

MR33

Skill Class 33

Integrating Behavior Therapy and Zen Practices in Dialectical Behavior Therapy

Ursula Witteween, Dialexis Advies, Netherlands

MR34

Open Paper Symposium 18

Trauma

Chair: Marina Letica Crepulja, Faculty of Medicine, University of Rijeka, Rijeka, Croatia; Clinical Hospital Center Rijeka, Department of Psychiatry, Referral Center for PTSD of the Ministry of Health of the Republic of Croatia, Rijeka, Croatia

10:30 The Impact of Integrated Cognitive Behavioral Therapy and Spiritual Intervention on Post-Traumatic Stress Disorder in Sexual Abuse Survivors: A Case Study Focused on Sin as a Predominant Theme

M. Furkan Cinisli, Istanbul Sabahattin Zaim University, Turkey

Taha Burak Toprak, Ibn Haldun University, Turkey

10:45 Post-traumatic stress disorder after sexual trauma: the role of emotional and cognitive reactions

Tubanur Bayram Kuzgun, Istanbul Arel University, Turkey

Ebru Salcioglu, Beykoz University, Turkey

11:00 Guided Written Exposure Therapy for Chinese Posttraumatic Stress Disorder Patients: A Randomized Controlled Trial

Muyang Li, Peking University, China

Ye Zhao, Peking University, China

Zeyu Guo, Texas A&M University (Department of educational psychology), United States

Mingcen Wei, Department of Psychological and Quantitative Foundations, University of Iowa

Shijia Fan, Peking University, China

Yu Li, Peking University, China

Yinyin Zang, Peking University, China

11:15 The Moderating Effects of Self-Compassion on Post-Traumatic Growth

Marios Adonis, University of Nicosia, Cyprus

Marina Loucaides, University of Nicosia, Cyprus

Nicholas Frantzides, University of Nicosia, Cyprus

11:30 Complex posttraumatic stress disorder: Modular, phase-based treatment approach

Marina Letica Crepulja, Faculty of Medicine, University of Rijeka, Rijeka, Croatia; Clinical Hospital Center Rijeka, Department of Psychiatry, Referral Center for PTSD of the Ministry of Health of the Republic of Croatia, Rijeka, Croatia

Aleksandra Stevanović, Faculty of Medicine, University of Rijeka, Rijeka, Croatia; Clinical Hospital Center Rijeka, Department of Psychiatry, Referral Center for PTSD of the Ministry of Health of the Republic of Croatia, Rijeka, Croatia

Mersad Muminović, Faculty of Medicine, University of Rijeka, Rijeka, Croatia; Clinical Hospital Center Rijeka, Department of Psychiatry, Referral Center for PTSD of the Ministry of Health of the Republic of Croatia, Rijeka, Croatia

Thanos Karatzias, Napier University, Edinburgh, UK, United Kingdom

Marylene Cloitre, National Center for PTSD Division of Dissemination and Training, Palo Alto VA Health Care Services, Palo Alto, USA, United States

11:45 PTSD among Turkish Earthquake Survivors: The Role of Cognitive Distortions and Religious Coping

Meryem Kahramanlar, Ibn Khaldun University, Turkey

İlknur Aytemür Mneimneh, Ibn Khaldun University, Turkey

Elif Akyüz, Ibn Khaldun University, Turkey

Muhammed Furkan, Ibn Khaldun University, Turkey

Burcu Uysal, Ibn Khaldun University, Turkey

MR35

Open Paper Symposium 19

Depression

Chair: Selin Tutku Tabur, EABCT, Turkey

10:30 Do Automatic Thoughts and Irrational Beliefs Predict Early Antidepressant Treatment Response in Major Depressive Disorder?

Esengül Ekici, Yuksek Ihtisas University Faculty of, Turkey

Kadir Özdel, Sağlık Bilimleri Üniversitesi, Ankara Etilik City Hospital, Department of Psychiatry, Turkey

10:45 The Relationship between Childhood Maltreatment, Preoperational Thinking and Psychopathology

Selin Tutku Tabur, EABCT, Turkey

Ercan Akın, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey

Sude Yıldırım, Social Sciences University of Ankara, Turkey

Eylül Aykut, Social Sciences University of Ankara, Turkey

Elif Berfu Hergül, Independent Psychologist, Turkey

Hakan Türkçapar, Social Sciences University of Ankara, Turkey

11:00 Technology-based interventions for the treatment of peripartum depression: An in depth systematic review

Andreea Astefanei, Babes-Bolyai University, Romania

Mircea Miclea, Babes-Bolyai University, Romania

11:15 Understanding the relationship between Premenstrual Dysphoric Disorder and emotion dysregulation, using in vivo and trait measures.

Anagha Kaluve, University of New South Wales, Australia

Bronwyn Graham, University of New South Wales, Australia

11:30 Relationship between sexual behavior, family-related factors and mental health in emerging adults

Ana Ivanov, Faculty of Philosophy, University of Belgrade, Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)

MR25

Open Paper Symposium 20

Psychosis and Bipolar Disorder

Chair: Gillian Haddock, United Kingdom University of Manchester

10:30 First findings on exploring a modified avatar therapy in the treatment of schizophrenia spectrum disorders: a case study

Lilla Gerlinger, Semmelweis University – Medicine and Health Sciences, Hungary

Edit Vass, Semmelweis University, Faculty of Medicine, Department of Psychiatry and Psychotherapy, Hungary

Luca Egervári, Semmelweis University, Faculty of Medicine, Department of Psychiatry and Psychotherapy, Hungary

Tünde Kilencz, Semmelweis University, Faculty of Medicine, Department of Psychiatry and Psychotherapy, Hungary

János Réthelyi, Semmelweis University, Faculty of Medicine, Department of Psychiatry and Psychotherapy, Hungary

Lajos Simon, Semmelweis University, Faculty of Medicine, Department of Psychiatry and Psychotherapy, Hungary

Lise Mariegaard, VIRTU Research group, Mental Health Center Copenhagen, University of Copenhagen, Denmark

Louise Birkedal Glenthøj, VIRTU Research group, Mental Health Center Copenhagen, University of Copenhagen, Denmark

10:45 From Custody to the Community: Reflections on Implementation of AVATAR Therapy in Real-World Settings

Moya Clancy, University of Glasgow, United Kingdom

Ben Brandrett, University of Glasgow, United Kingdom

11:00 The interplay between suicide and psychosis; implications for CBTp

Gillian Haddock, United Kingdom University of Manchester

Patricia Gooding, University of Manchester, United Kingdom

Daniel Pratt, University of Manchester, United Kingdom

Kamelia Harris, University of Manchester, United Kingdom

11:15 The content and topography of auditory verbal hallucinations in adults with psychosis: What does a voice say, and how does it say it? An umbrella review

Anna Callahan, University of East London, United Kingdom

Cassie Hazell, University of Surrey, United Kingdom

Elena Serena Piccardi, University of East London, United Kingdom

Jonathan Souray, Central and North West London NHS Foundation Trust, United Kingdom

David Raune, Central and North West London NHS Foundation Trust, United Kingdom

11:30 The role of dopamine in predictive coding

Filip Jezdic, Institute of Mental Health, Belgrade, Serbia

Milica Nestic, University of Belgrade - Faculty of Medicine, Serbia

11:45 Schema Mode States in People Experiencing Psychosis and Bipolar Disorder: A Qualitative Exploration to Guide Therapy Adaptation

Natasha Vorontsova, South London and Maudsley NHS Foundation Trust, United Kingdom

John Rhodes, University of Hertfordshire, United Kingdom

MR27

Open Paper Symposium 21

Addiction

Chair: Alba Palazón-Llecha, Mental Health Research Group, Institut de Recerca Sant Pau (IR Sant Pau), Spain

10:30 Can emotion regulation predict the severity of cocaine use disorder? Results from a longitudinal study

Alba Palazón-Llecha, Mental Health Research Group, Institut de Recerca Sant Pau (IR Sant Pau), Spain

Joan Trujols, Mental Health Research Group, Institut de Recerca Sant Pau (IR Sant Pau), Spain

Mercé Madre, Mental Health Research Group, Institut de Recerca Sant Pau (IR Sant Pau), Spain

Santiago Duran-Sindreu, Mental Health Research Group, Institut de Recerca Sant Pau (IR Sant Pau), Spain

Francesca Batlle, Mental Health Research Group, Institut de Recerca Sant Pau (IR Sant Pau), Spain

Núria Mallorquí-Bagué, Department of Psychology, University of Girona, Spain

10:45 Future-oriented interventions as a promising direction in addictions treatment

Dmitri Shustov, I.P. Pavlov's Ryazan State Medical University, Russian Federation

Olga Tuchina, Psihopolis, Serbia

Tatiana Agibalova, Moscow Research and Practical Centre for Narcology, Russian Federation

Yegor Leonov, I.P. Pavlov's Ryazan State Medical University, Russian Federation

Alexander Pinegin, I.P. Pavlov's Ryazan State Medical University, Russian Federation

11:00 Studying effectiveness of vitality-facilitating therapeutic interview for improvement of motivation in alcohol dependence

Alexander Shustov, Gospitalnaja 10 Clinic, Russian Federation

Dmitri Shustov, I.P. Pavlov's Ryazan State Medical University, Russian Federation

Alexez Merinov, I.P. Pavlov's Ryazan State Medical University, Russian Federation

Olga Tuchina, Psihopolis, Serbia

11:15 Studying life script components in alcohol use disorder to inform cognitive treatments of addiction

Olga Tuchina, Psihopolis, Serbia

Dmitri Shustov, I.P. Pavlov's Ryazan State Medical University, Russian Federation

Tatiana Agibalova, Moscow Research and Practical Centre for Narcology, Russian Federation

Alla Kholmogorova, Moscow State University of Psychology and Education, Russian Federation

11:30 Effect of a new therapy combining mindfulness in virtual reality and physical activity on mindfulness skills and alcohol attentional biases in patients treated for alcohol use disorder

Lila Barillot, Université de Poitiers, Université de Tours, CNRS, CeRCA, Poitiers, France

Armand Chatard, Université de Poitiers, Université de Tours, CNRS, CeRCA, Poitiers, France

Marcello Solinas, Laboratoire de Neurosciences Expérimentales et Cliniques, Université de Poitiers, INSERM, U-1084, Poitiers, France

Jaafari Nematollah, Unité de Recherche Clinique Pierre Deniker, Centre Hospitalier Henri Laborit, Poitiers, France

MR26

Round Table 9

Introducing DBT (Everything You Wanted to Know About DBT but Were Afraid to Ask)

Karolina Vörös, Schema Therapy Center Belgrade, Serbia

MR23

Clinical / Research Symposium 36

Between stress and psychopathology: Examination of the role of factors of vulnerability in mental health dynamics

Radomir Belopavlović, Faculty of Philosophy, University of Novi Sad, Serbia

Tamara Musić, Faculty of Philosophy, University of Novi Sad, Serbia

Peđa Miladinovic, Faculty for business and legal studies Dr Lazar Vrkatić, Novi Sad, Union University in Belgrade; Temenos Center, Novi Sad., Serbia

Snežana Tovilović, Faculty of Philosophy, University of Novi Sad, Serbia

Bojan Janičić, Faculty of Philosophy, University of Novi Sad, Serbia

Marija Volarov, Faculty of Philosophy, University of Novi Sad, Serbia

Mina Velimirović, Faculty of Philosophy, University of Novi Sad, Serbia

Aleksandar Vujić, Doctoral School of Psychology, Faculty of Education and Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

MR29

Skill Class 34

Accepting the Horror in Full Detail: The Acceptance and Commitment Therapy with Trauma Victims

Dragan Žuljević, Faculty of Law and Business Studies Dr Lazar Vrkatić, Serbia

MR30

Open Paper Symposium 22

Digital CBT 2

Chair: Esther Mertens, Max Planck Institute for the study of Crime, Security and Law, Netherlands

10:30 Study of psychological change in face-to-face and videoconferencing psychotherapy as perceived by therapists and clients

Diego Fernández-Regueras, Universidad Autónoma de Madrid, Spain

Ana Calero-Elvira, Universidad Autónoma de Madrid, Spain

10:45 The DID-Guide: Developing Digital Mental Health Interventions

Esther Mertens, Max Planck Institute for the study of Crime, Security and Law, Netherlands

Jean-Louis Van Gelder, Max Planck Institute for the study of Crime, Security and Law, Germany

11:00 Presentation of an Online Programme for Expats dealing with Cultural Adaptation Issues

Valerie Ventureyra, Private practice, France

11:15 Prediction of early dropouts and non-responders to therapy through supervised machine learning models: new digital developments in evidence-based therapy

Silvia Grazioli, Artificial Intelligence and Data Analysis Lab, Metacognitive Therapy Lab, Department of Psychology, Sigmund Freud University, Milan, Italy; Studi Cognitivi, Cognitive Psychotherapy School and Research Center, Milan, Italy
Stefano de Francesco, Studi Cognitivi, Cognitive Psychotherapy School and Research Center, Milan, Italy Child & Youth Lab, Department of Psychology, Sigmund Freud University, Milan, Italy
Ludovica Giani, Studi Cognitivi, Cognitive Psychotherapy School and Research Center, Milan, Italy Child & Youth Lab, Department of Psychology, Sigmund Freud University, Milan, Italy
Simona Scaini, Child & Youth Lab, Department of Psychology, Sigmund Freud University, Milan, Italy Cliniche Italiane di Psicoterapia dell'Età Evolutiva, Studi Cognitivi, Milan, Italy
Rossana Piron, InTherapy, Gruppo Studi Cognitivi, Milan, Italy
Sandra Sassaroli, Sigmund Freud University, Milan, Italy Studi Cognitivi, Cognitive Psychotherapy School and Research Center, Milan, Italy
Giovanni Maria Ruggiero, Sigmund Freud University, Italy
Gabriele Caselli, Sigmund Freud University, Milan, Italy Studi Cognitivi, Cognitive Psychotherapy School and Research Center, Milan, Italy

11:30 Development of Cognitive Behavioral Therapy Based Weight Control Mobile "Bi'Kilo" Application and Testing its Effectiveness: A Pilot Study

Leman Deniz Tarlacık, Agri Patnos State Hospital, Turkiye: Bilissel Davranisci Psikoterapiler Dernegi, Turkey
Uğur Doğan, Muğla Sıtkı Koçman University, Turkiye: Bilissel Davranisci Psikoterapiler Dernegi, Turkey
Ömer Özer, Anadolu University, Turkey
Aslıhan Dönmez, Private practice, Turkiye: Bilissel Davranisci Psikoterapiler Dernegi, Turkey
Esin Engin, Izmir Economy University, Turkiye: Bilissel Davranisci Psikoterapiler Dernegi, Turkey
Ercan Altınöz, Eskisehir Osmangazi University, Department of Psychiatry, Turkiye: Bilissel Davranisci Psikoterapiler Dernegi, Turkey

REGIONAL LANGUAGES



MR20

Skill Class 35

RE&KBT i Egzistencijalizam

Vladan Beara, REBT Praxis Centar, Serbia

MR22

In-Congress Workshop 18

After the Heartbreak: Understanding and Treatment of Infidelity in CB Couples Therapy

Josko Jurman, Croatian Association for Behavioral and Cognitive Therapy, Croatia
Nada Anić, Croatian Association for Behavioral and Cognitive Therapies, Croatia

12:00-13:30

MR75

Clinical / Research Symposium 37

Therapist's schemas, modes, and self-care: challenges and perspectives

Tijana Mirovic, Schema Therapy Center Belgrade, Serbia
Diana Ridic, Psihološko Savjetovalište - Domin, Bosnia and Herzegovina
Karolina Vörös, Schema Therapy Center Belgrade, Serbia
Ines Jakovčić, Teaching Institute for Public Health of Primorsko-goranska County Department for Mental health, drug prevention and outpatient treatment, Croatia

MR32

Open Paper Symposium 23

REBT

Chair: Sanda Stanković, LIRA Lab, Faculty of Philosophy – University of Belgrade, Serbia

12:00 Enhancing Therapeutic Depth: Integrating Emotional Expansion in REBT

Zohra Master, Inner Planet, India

12:15 Application of REBT, ACT, and CFT techniques to work with the client during the divorce procedure: A case study

Nermin Mulaosmanovic, Filozofski fakultet Tuzla, Bosnia and Herzegovina

12:30 Empowerment through Rational Emotive Behavioural Therapy: Strengthening Women's assertiveness

Mia Popic, EABCT, Serbia

12:45 Possibility of a "Bit" Useful Tool? Quantitatively representing Cognitive Load in REBT: An Information Theory Approach for REBT Therapists

Ilija Novaković, UKBTS, Serbia

- 13:00 Men's and women's irrational beliefs differentially predict housework, child care and emotion work**
Sanda Stanković, LIRA Lab, Faculty of Philosophy – University of Belgrade, Serbia
Tatjana Vukosavljević-Gvozden, Department of Psychology, Faculty of Philosophy, University of Belgrade, Serbia
- 13:15 The link between Prejudices and Attitudes towards RE&CBT Theory and Methodology**
Zorica Maric, REBT Center, Belgrade, Serbia
Ivana Peruničić-Mladenović, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia

MR33

Skill Class 36

Of Skies, seas and mirrors: Discovering the Self of the Therapist through Reflective Practice

Chetna Duggal, Tata Institute of Social Sciences, India

Poornima Bholra, National Institute of Mental Health and Neurosciences, India

Rathna Isaac, Parivathan Counselling Training and Research Center, Bangalore, India

MR34

Open Paper Symposium 24

Diversity and Inclusion

Chair: Manjola Collaku, Western Balkans University, Albania

- 12:00 Evaluating Narrative Enhancement and Cognitive Therapy (NECT) Efficacy in Reducing Self-Stigma Among Mental Health Patients: An Italian Pragmatic Multicenter Randomized Controlled Trial**
Luca Bodini, Section of Psychiatry, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Verona, Italy
Antonio Lasalvia, Section of Psychiatry, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Verona, Italy,
Chiara Bonetto, Section of Psychiatry, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Verona, Italy
- 12:15 Adapting Cognitive Behavioral Therapy for Clients with Low Educational Levels: An Albanian study**
Manjola Collaku, Western Balkans University, Albania
Erinda Bani, High School, Albania
- 12:30 "Feeling like I could take a big breath": evaluation of a supervision group for Indigenous Māori and culturally diverse health professionals within a cognitive behaviour therapy training course**
Emily Cooney, Otago University, New Zealand
Elle Brittain, Massey University, New Zealand
Fiona Mathieson, Otago University, New Zealand
Rongo Patel, Otago University, New Zealand
- 12:45 Assessment of the cultural validity of measurement tools with First Nations people**
Maddison O'Grady-Lee, Black Dog Institute, Australia
Jennie Hudson, Black Dog Institute, Australia

MR35

Open Paper Symposium 25

Behavioral medicine

Chair: Przemyslaw Babel, Jagiellonian University, Institute of Psychology, Pain Research Group, Poland

- 12:00 Improving CBT Protocols for Chronic Pain: Translating Basic Science to Clinical Practice**
Przemyslaw Babel, Jagiellonian University, Institute of Psychology, Pain Research Group, Poland
- 12:15 The effect of Ultra-Brief Cognitive Behavioral Intervention on emotional disorders in multiple sclerosis**
Alina Schenk, George Emil Palade University of Medicine, Pharmacy, Science and Technology, Targu Mures, Romania
Cosmin Octavian Popa, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania
Cojocar Cristiana, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania
Stefan Marian, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania
Rodica Balasa, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania
Smaranda Maier, Maier, George Emil Palade University of Medicine, Pharmacy, Science and Technology, Targu Mures, Romania
- 12:30 A micro-longitudinal examination of the relationship between repetitive negative thinking and fatigue using ecological momentary assessment**
Nusaibah Islam, University of New South Wales, Australia
Bronwyn Graham, University of New South Wales, Australia
- 12:45 Cognitive fusion as a mediator in the relationship between personality traits and perceived distress in chronic pain**
Cojocar Cristiana, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania
Cosmin Octavian Popa, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania
Alina Schenk, George Emil Palade University of Medicine, Pharmacy, Science and Technology, Targu Mures, Romania
Stefan Marian, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania

Bogdan Andrei Suciu, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania
Simona Szasz, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania
Horatiu Popoviciu, George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania

13:00 Efficacy of acceptance and commitment therapy (ACT) in comparison with Treatment as Usual (TAU) on the pain aspects and Quality of Life in patients with fibromyalgia

Zahra Dadbin, Islamic Azad University, Science and Research Tehran Branch, Islamic Republic of Iran

Neda Ali Beigi, University of Social Welfare and Rehabilitation Sciences, Islamic Republic of Iran

Razieh Mokhberian, Rasta private clinic, Islamic Republic of Iran

Mehdi Ghadimzad, Private work, Islamic Republic of Iran

Kamran Azma, AJA medical science university, Islamic Republic of Iran

Fariborz Bagheri, Islamic Azad University, Science and Research Tehtan Branch, Islamic Republic of Iran

13:15 Effects of a Combined Neuropsychological and Cognitive Behavioral Group Therapy on Young Adults with Fragile X Syndrome

Alice Montanaro, Bambino Gesù Children's Hospital, Italy

MR25

Open Paper Symposium 26

Education-related mental health issues and interventions

Chair: Sarah Jakobsen, Aarhus University, Denmark

12:00 The efficacy of cognitive-behavioral therapy (CBT) based interventions for test anxiety: A systematic review and meta-analysis

Ercan Akin, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey

Türkan Doğan, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey

Eyüp Sabur Biçer, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey

Nilüfer Koçtürk, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey

Duzgu Betül Özkanca, Bahçeşehir University, Department of Guidance and Psychological Counseling, Turkey

Elif Özüm Kuş, Halic University, Department of Clinical Psychology, Turkey

Cemile Dur Öztürk, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey M.

Furkan Kurnaz, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey

12:00 Cognitive Behavioral Interventions for School Attendance Problems: A Systematic Review and Meta-Analysis

Sarah Jakobsen, Aarhus University, Denmark

Johanne Jeppesen Lomholt, Lomholt, Aarhus University, Denmark

Mikael Thastum, Aarhus University, Denmark

12:15 Linking motivation for PhD studies and psychological distress: Testing the mediating effect of self-regulatory abilities

Catarina Cardoso, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal

Maria Cristina Canavarro, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal

Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal

12:30 Feasibility and Preliminary Efficacy of Web-Based Self-Help Program on Repetitive Negative Thinking for College Students: Randomized Pilot Study

Seher Cömertoğlu Yalçın, Cansagligi Foundation Center for Contextual Behavioral Science, Turkey

Melike Nursultan Akkaya, Cansagligi Foundation Center for Contextual Behavioral Science, Turkey

Fatih Yavuz, Istanbul Medipol University, Turkey

12:45 Efficacy of the CBT Stress Management Training Program for Medical Students

Mikhail Budnikov, I.M. Sechenov First Moscow State Medical University, Russian Federation

Oleg Glazachev, I.M. Sechenov First Moscow State Medical University, Russian Federation

Elena Dudnik, I.M. Sechenov First Moscow State Medical University, Russian Federation

Sheena Soperna, I.M. Sechenov First Moscow State Medical University, India

13:00 UNIPDES - An Internet-Based Transdiagnostic Intervention for College Students' Psychological Symptoms: Evaluation of Its Development, Usability and Effectiveness Study Protocol

Ömer Özer, Anadolu University, Turkey

Gizem Öztemür, Middle East Technical University, Turkey

Burak Köksal, Tokat Gaziosmanpaşa University, Turkey

Uğur Doğan, Muğla Sıtkı Koçman University, Turkey

Sedat Batmaz, Ankara Sosyal Bilimler Üniversitesi, Turkey

Recep Gür, Eskisehir Osmangazi University, Turkey

Ahmer Altinok, Groningen, Netherlands

Ali Ercan Altınöz, Eskisehir Osmangazi University, Turkey

CANCELLED

MR27**Open Paper Symposium 27****Miscellaneous 2**

Chair: Elena Naumtseva, National Research University Higher School of Economics, Russian Federation

12:00 The link between irrational beliefs and employee well-being

Jana Prljević, Dormitory of High School Students "Jelica Milovanović", Serbia

12:15 "Change talks": coaching support for organizational change in line with cognitive-behavioral approach

Elena Naumtseva, National Research University Higher School of Economics, Russian Federation

12:30 Applying RE&CBT model for navigating the layoffs in the workplace

Milena Dolenc, Outfit7, Serbia

12:45 Psychometric Properties of the Bullied Cognitions Inventory (BCI) in a Turkish Sample

Ahmet Altinok, Groningen, Netherlands

Fulya Turk, Department of Psychological Counselling and Guidance, Yildiz Technical University, Istanbul, Turkey

Eda Yilmazer, Department of Psychology, Beykoz University, Istanbul, Turkey

Zeynep Hamamci, Department of Psychology, Beykoz University, Istanbul, Turkey

13:00 Examining the Influence of Situational Factors on Reappraisal Efficiency among Turkish Adult Participants: An Exploratory Study

Meryem Kahramanlar, Ibn Khaldun University, Turkey

Burcu Uysal, Ibn Khaldun University, Turkey

Ayse Altan-Atalay, Kadir Has University, Turkey

13:15 Introduction to the theory of the novel enneagram personality typing system (epts) and its associations with cognitive behavioral therapies

Sena Ece Ilgin, Marmara University Research & Training Hospital, Turkey

Ömer Yanartaş, Marmara University Research & Training Hospital, Turkey

Layali Abbasi, Al-Balqa Applied University, Jordan

MR26**Skill Class 37****An integrated CBT treatment for psychosis: Strategies to optimize the treatment and mistakes to avoid**

Antonio Pinto, SITCC, Italy

MR23**Skill Class 38****What really matters in (my) life? Exploring values in Acceptance and Commitment Therapy (ACT)**

Dario Lipovac, BHACBT, Bosnia and Herzegovina

MR29**Skill Class 39****The art of assertiveness: helping anger of self and other**

Lidija Ristic Milojević, Serbian Association of Behavioral and Cognitive Therapists, Belgrade, Serbia

MR30**Skill Class 40****Developing Compassionate Mind - A Compassionate Mind Training**

Petra Malešević, Superpozicija d.o.o., Zagreb, Croatia

MR20

REGIONAL LANGUAGES

**Clinical / Research Symposium 38****Kognitivno bihevioralna terapija Harm OKP-a**

Andrea Vlašić, Ministry of Internal Affairs, Bosnia and Herzegovina

Irma Čorbo, JU OŠ Grbavica II, Bosnia and Herzegovina

Amela Bektaš, Udruženje za psihološku procjenu, pomoć i savjetovanje-Domino, Zenica, Bosnia and Herzegovina

MR22

In-Congress Workshop 18 - continued

13:30-14:30

MR75

CLOSING CEREMONY

POSTER SESSION 1

Set-up: Thursday, September 5, 2024, 09:00 – 10:00
Poster Display: Thursday, September 5, 2024, 10:00 – 10:30, 13:30 – 14:30 and 15:30 – 16:00
Dismantle: Thursday, September 5, 2024, from 16:00

Note: Presenters will be standing by their Posters at a time of poster displays hours. The award of the prize for the best Poster will be announced at the Closing Ceremony.

- PO1 Prevalence and Differential Profiles of People with Adverse Childhood Experiences in Treatment for Substance Use Disorder**
Javier Fernandez-Montalvo, Universidad Publica de Navarra, Spain
Leire Leza, Universidad Publica de Navarra, Spain
Jose J. Lopez-Goñi, Universidad Publica de Navarra, Spain
Alfonso Arteaga, Universidad Publica de Navarra, Spain
- PO2 Acculturative Stress and Markers of Wellbeing: A scoping review and meta-analysis.**
Claudiu Negosanu, "Evidence-Based Assessment and Psychological Interventions" Doctoral School, Babes-Bolyai University, Cluj-Napoca, Romania
Daria Sîntoma, "Evidence-Based Assessment and Psychological Interventions" Doctoral School, Babes-Bolyai University, Cluj-Napoca, Romania
Aurora Szentagotai-Tatar, Department of Clinical Psychology and Psychotherapy; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Cluj-Napoca, Romania
- PO3 What shapes the relationship between mindfulness and wellbeing: the effect of gender and experience with psychotherapy**
Zorica Kojić, UKBTS, Belgrade, Serbia
Tamara Jovanovic, Faculty of Sciences, University of Novi Sad, Serbia
Natalija Opačić, UKBTS, Belgrade, Serbia
Stela Tumbas, UKBTS, Belgrade, Serbia
Sandra Bijelić, Counseling Center Prostor, Novi Sad, Serbia
Stanislava Popov, Faculty of sport and psychology -TIMS, Novi Sad, Serbia
- PO5 A case-control study for assessing anxiety, depression, resilience and Early Maladaptive Schemas in patients with locally advanced and metastatic lung cancer undergoing immunotherapy.**
Maria Macheimari, Private practice, Greece
Vasiliki Efstathiou, Department of Psychology, School of Philosophy, National and Kapodistrian University of Athens, Greece
Anna Koumariou, Hematology Oncology Unit, Fourth Department of Internal Medicine, Attikon University General Hospital, National and Kapodistrian University Of Athens, Greece
Katerina Kampoli, Attikon General University Hospital of Athens, Greece
Eirini Theochari, General Hospital Asklepieio Voulas, Greece
Athanasia Papadopoulou, Papadopoulou, Second Department of Psychiatry, Attikon University General Hospital, National and Kapodistrian University of Athens, Greece
Rossetos Gournellis, Second Department of Psychiatry, Attikon University General Hospital, National and Kapodistrian University of Athens, Greece
Ioannis Michopoulos, Second Department of Psychiatry, Attikon University General Hospital, National and Kapodistrian University of Athens, Greece
- PO6 Understanding the Interplay of Compassionate Care and Work Dynamics in Healthcare**
Vesna Antičević, University of Split, University Department of Health Studies, Croatia
- PO7 Predictors and outcomes of loneliness in first year engineering students**
Vanja Putarek, Kutak za mene d.o.o., Croatia
Juraj Petrović, University of Zagreb Faculty of Electrical Engineering and Computing, Croatia
- PO8 Evaluating CBT in correctional settings - sex offender treatment**
Branka Bagaric, Croatian Association for Behavioral and Cognitive Therapy / KBT, psychotherapy, education, and software solutions, Croatia
Dragana Markanović, Croatian Association for Behavioural and Cognitive Therapies/ RESTRUCTA, psychotherapy, education, and software solutions, Croatia
Mia Mudri, SOS Rijeka - Centre for nonviolence and human rights, Croatia
Luka Mijalkovic, University Psychiatric Hospital Sveti Ivan, Croatia
Bernardica Franjić-Nađ, Juvenile Correctional Institution, Prison System and Probation Directorate, Ministry of Justice and Public Administration, Croatia
Smiljka Barancek, Training Center, Prison System and Probation Directorate, Ministry of Justice and Public Administration, Croatia

- PO9 Does Emotion Regulation Group Therapy for Adolescents (ERGT-A) work in routine outpatient care ?**
Dimitar Krastev, PRIMA Child Psychiatry, Stockholm, Sweden
Hanna Sahlin, Karolinska Institutet, Sweden
- PO10 The effect of inhibition on the spread of uncertainty and checking in certain situations**
Hodaya Adler, Bar Ilan University, Ramat Gan, Israel
Renana Eitan, Tel-Aviv Medical Center, Israel
Omer Linkovski, Bar Ilan University, Ramat Gan, Israel
- PO11 Superior Treatment Outcomes for Socially Anxious Patients with Comorbid Depression by Integrating Cognitive Behavioral Therapy and Psychodrama**
Hanieh Abeditehrani, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands
Corine Dijk, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands
Arnoud Arntz, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands
- PO12 Understanding Negative Interpretation Biases in Loneliness: Exploring Associations with Depression and Social Anxiety**
Carmen van den Bulck, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands
Corine Dijk, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands
Arnold van Emmerik, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands
Marlies Maes, Utrecht University, The Netherlands
Maaïke Verhagen, Radboud University Nijmegen, The Netherlands
Jan Henk Kamphuis, University of Amsterdam, Department of Clinical Psychology, Amsterdam, The Netherlands
- PO13 Working with thoughts, what do we know about them?**
Daria Pereverzeva, Moscow State University of Psychology and Education, Russian Federation
- PO14 Online CBT Therapy for Agoraphobia: A Case Study**
Selin Tutku Tabur, EABCT, Turkey
Hakan Turkcapar, Social Sciences University of Ankara, Turkey
- PO15 Mapping digital interventions for coping with different stressors: A scoping review**
Rita Sebastião, Ispa, Portugal
Pedro Rodrigues Ribeiro, School of Psychology, ISPA-Instituto Universitário; APPsyCI – Applied Psychology Research Center Capabilities & Inclusion, Portugal
Eduardo Sardinha, School of Psychology, ISPA-Instituto Universitário; APPsyCI – Applied Psychology Research Center Capabilities & Inclusion, Portugal
Cátia Castro, School of Psychology, ISPA-Instituto Universitário; APPsyCI – Applied Psychology Research Center Capabilities & Inclusion, Portugal
David Dias Neto, Associação Portuguesa de Terapias Comportamental, Cognitiva e Integrativa, Portugal
- PO16 Early Detection of Gambling Disorder Risk Factors Among European Adolescents: A Machine Learning Approach with a Gender and Cross-Cultural Perspective**
Gemma Mestre-Bach, Universidad Internacional de La Rioja, Spain
Giulia Testa, Universidad Internacional de La Rioja, Spain
Ernesto Tarragón, Universidad Internacional de La Rioja, Spain
Almudena Ruiz, Universidad Internacional de La Rioja, Spain
Oscar Garcia Garcia, Universidad Internacional de La Rioja, Spain
Vicente Soriano, Universidad Internacional de La Rioja, Spain
- PO17 Parental Involvement in an Early Intervention for Anxiety-Prone Toddlers and Preschoolers**
Leonie Vreeke, Leiden University, Netherlands
Nina Komrij, Leiden University, Netherlands
- PO18 Improving Psychological Well-being: Introducing Rational Emotional Behavioral Therapy in Romanian High Schools**
Ana-Maria Jura, West University of Timisoara, Romania
- PO19 What do healthcare professionals need from CBT? Investigating LGBTQ affirmative attitudes and needs for better practice among Hungarian healthcare workers**
Gabriella Vizin, ELTE Eötvös Loránd University, Hungary
Tamara Szabó, ELTE Eötvös Loránd University, Hungary
Róbert Urbán, ELTE Eötvös Loránd University, Hungary
- PO20 Overthinking, mind-wandering and maladaptive daydreaming: investigating similarities and differences into two case studies**
Katia Carbé, Les Toises - Psychiatry and Psychotherapy Center, Switzerland
Maxime Naudy, Les Toises - Psychiatry and Psychotherapy Center, Switzerland

- PO21 Trajectories of change in symptoms and interference among children and young people receiving psychotherapy for anxiety problems: a systematic review**
Emily Whitaker, University of Oxford, United Kingdom
Chloe Chessell, University of Oxford, United Kingdom
Cathy Creswell, University of Oxford, United Kingdom
- PO22 A review of cognitive behavioral therapy (CBT) interventions targeting problematic screen use in youths.**
Louise Fugl Madelaire, Department of Child and Adolescent Psychiatry, Copenhagen University Hospital – Psychiatry Region Zealand, Denmark and Department of Clinical Medicine, Faculty of Health and Medical Sciences, University of Copenhagen, Denmark
Juliane Dorthea Køhler Enevoldsen, Department of Clinical Medicine, Faculty of Health and Medical Sciences, University of Copenhagen, Denmark
Ole Jakob Storebø, Psychiatric Research Unit and Child and Adolescent Psychiatric Department, Region Zealand and Department of Psychology, University of Southern Denmark and Research Director, Center for Evidence Based Psychiatry (CEBP), Denmark
Pia Jeppesen Copenhagen University Hospital-Psychiatry, Denmark
- PO23 Mental health literacy in Serbian adult population**
Dragana Zanini, Facultz, Serbia
Velinka Petrovic, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
Ana Markovic, Faculty of Philosophy, University of Novi Sad, Serbia
Nikola Djordjevic, University of Nis, Faculty of Phylosophy, Serbia
Sanja Cvetanovic, University of Nis, Faculty of Phylosophy, Serbia
Dragana Nedeljkovic University of Belgrade, Faculty of Special Education and Rehabilitation, Serbia
- PO24 Development and validation of the Japanese version of the Auckland Individualism and Collectivism Scale: Relationship between individualism/collectivism and mental health**
Shota Noda, Philipps University Marburg, Germany
Sho Okawa, Chiba University, Japan
Chantal Kasch, Philipps University Marburg, Germany
Christoph Vogelbacher, Philipps University Marburg, Germany
Cameron Lindsay, Philipps University Marburg, Germany
Motohiro Nishiuchi, Musashino University, Japan
Maaya Kobayashi, Musashino University, Japan
Stefan Hofmann, Philipps University Marburg, Germany
- PO25 The online cognitive behavioral therapy (CBT-PAC) for dealing with parenting stress with autism spectrum tendencies: One-year evaluation of a single arm study**
Tomoko Kawasaki, Chiba University, Japan
Kayoko Taguchi, Chiba University, Japan
Hideki Nakamura, Jikei University, Japan
Kuniko Kanai, Chiba University, Japan
Saori Takenaka, Chiba University, Japan
Miyuki Furukawa, Chiba University, Japan
Mizuki Katono, Chiba University, Japan
Eiji Shimizu, Chiba University, Japan
- PO26 Mindfulness and Psychological Distress: Mediator Roles of Deviance from Negative Time Perspective and Delay of Gratification**
Merve Ersahin, Private practice, Netherlands
Elif Peksevim, PERLA Psychology and Research, Turkey
Ayse Altan-Atalay, Kadir Has University, Turkey
- PO27 Thought speed and its effect on mood**
Segev Feinstein, Bar Ilan University, Ramat Gan, Israel
Omer Linkovski, Bar Ilan University, Ramat Gan, Israel
- PO28 Frameworks for cultural adaptations of CBT: Finding a way forward**
Ivana Mrgan, Apsiha, Croatia
Natasa Jokic-Begic, University of Zagreb, Faculty of Humanities and Social Sciences, Croatia
- PO29 Transdiagnostic Risk Factors and Sexual Satisfaction: A Serial Mediation Model**
Ali Rıza Gürbüz, Koc University, Turkey
Gökçe Elif Yılmaz, Koc University, Turkey
Naz King, Koc University, Turkey
Tuğçe Zeynep Artunay, Anglia Ruskin University, Turkey
Selin Öykü Gergeri, Koc University, Turkey
Ayse Altan-Atalay, Kadir Has University, Turkey

- PO30 Cognitive Behavioral Therapy-Based Midwifery Care for Perinatal Depression and Anxiety in High-Risk Preterm Pregnancies: A Prospective Case Series**
Chie Tanii, Osaka University, Japan
Eiji Shimizu, Chiba University, Japan
Tomoko Kawasaki, Chiba University, Japan
- PO31 The association between childhood adversities and cluster C personality disorders: A meta-analysis**
Stefania Crisan, Evidence-Based Psychological Assessment and Interventions Doctoral School, Babeş-Bolyai University, Cluj-Napoca, Romania
Maria Stoia, Evidence-Based Psychological Assessment and Interventions Doctoral School, Babeş-Bolyai University, Cluj-Napoca, Romania
Elena Predescu, Iuliu Hațieganu University of Medicine and Pharmacology, Cluj-Napoca, Romania
Andrei Miu, Cognitive Neuroscience Laboratory, Department of Psychology, Babeş-Bolyai University, Cluj-Napoca, Romania
Aurora Szentagotai-Tatar, Department of Clinical Psychology and Psychotherapy; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Cluj-Napoca, Romania
- PO32 Emotion regulation difficulties in the relationship between childhood adversity and cluster C personality disorders**
Stefania Crisan, Evidence-Based Psychological Assessment and Interventions Doctoral School, Babeş-Bolyai University, Cluj-Napoca, Romania
Andrei Miu, Cognitive Neuroscience Laboratory, Department of Psychology, Babeş-Bolyai University, Cluj-Napoca, Romania
Aurora Szentagotai-Tatar, Department of Clinical Psychology and Psychotherapy; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Cluj-Napoca, Romania
- PO33 Virtual reality exposure therapy for specific phobia in children: A pilot study exploring fear of heights**
Andreas Blicher, Copenhagen Business School, Denmark
Monika Walczak, University of Copenhagen, Denmark
Sonja Breinholst, University of Copenhagen, Denmark
Signe Vangkilde, University of Copenhagen, Denmark
- PO34 Investigating the associations between metacognitive beliefs, cognitive avoidance, and anxiety symptomatology in clinically anxious children**
Monika Walczak, University of Copenhagen, Copenhagen, Denmark
Sonja Breinholst, University of Copenhagen, Copenhagen, Denmark
- PO35 Enhancing Engagement in Public Speaking Exposures through an Imaginal Supportive Other**
Avishai Ella, The Hebrew University of Jerusalem, Israel
Hadar Arnon, The Hebrew University of Jerusalem, Israel
Hila Sorka, The Hebrew University of Jerusalem, Israel
Jonathan D. Huppert, The Hebrew University of Jerusalem, Israel
- PO36 The effects of bilateral stimulation on the installation of positive cognitions**
Laura Mertens, Ghent University, Belgium
- PO37 PTSD symptomatology following events not meeting DSM-5 PTSD criterion A in a French spoken General Population during pandemic: Nosological issues between PTSD and Adjustment disorder.**
Pierre Orban, Nantes University, Belgium
Pierre Philippot, UCLouvain, Belgium
Abdel. H. Boudoukha, Nantes University, France
- PO38 The relation between parentification and mental health: the role of self-esteem and self compassion**
Ana Kurtovic, Faculty of Humanities and Social Sciences, Department of Psychology, Croatia
Ana Babić Čikeš, Faculty of Humanities and Social Sciences, Department of Psychology, Croatia
Valentina Galinec, Primary school Djuro Ester Koprivnica, Croatia
- PO39 Cognitive behavioral therapy for obesity management in patients with chronic kidney disease**
Katja Kurnik Mesarič, Department of Nephrology, University Medical Centre Ljubljana, Ljubljana, Slovenia
Jernej Pajek, Department of Nephrology, University Medical Centre Ljubljana, Ljubljana, Slovenia
Špela Bogataj, Department of Nephrology, University Medical Centre Ljubljana, Ljubljana, Slovenia
Bernarda Logar Zakrajšek, Management, Division of Surgery, University Medical Centre Ljubljana, Slovenia
Jana Kodrič, Unit of Child Psychiatry, University Children's Hospital, University Medical Centre Ljubljana, Ljubljana, Slovenia
- PO40 Going online - Examining the preliminary effectiveness of a video-based group CBT on depression and therapeutic change factors**
Jana Schneider, MEU - Study Center of DIPLOMA, University of Applied Sciences, Magdeburg, Germany
Michael Spaeth, MEU - Study Center of DIPLOMA, University of Applied Sciences, Magdeburg, Germany
Thomas Berger, Universität Bern, Switzerland

- PO41 Mediators of the association between adult attachment and dispositional, interpersonal and relationship mindfulness**
Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
- PO42 Work Engagement and Flow Experiences: Online versus Face to Face psychotherapy for RE&CBT therapists**
Teodora Petkovic, UKBTS, Serbia
Anđela Stojanović, UKBTS, Serbia
Ana Petić, UKBTS, Serbia
Maja Stojanović, UKBTS, Serbia
Jovana Bojović, UKBTS, Serbia
- PO43 Cognitive Behavioral Therapy in the Treatment of Adolescent Anorexia Nervosa: An In Depth Case Analysis**
Hazal Baş, Kocaeli University School of Medicine, Department of Child and Adolescent Psychiatry, Turkey
Gokce Yagmur Efendi, Kocaeli University School of Medicine, Department of Child and Adolescent Psychiatry, Turkey
- PO44 Navigating Changes: A Mixed-Methods Exploration of Therapists' Experiences with Video Based Therapy in Post-COVID-19 Outpatient Settings**
Julia Rosenbaum, MEU - Die Multiversität Studienzentrum der DIPLOMA Hochschule, 39112 Magdeburg, Germany
Michael Spaeth, MEU - Die Multiversität Studienzentrum der DIPLOMA Hochschule, 39112 Magdeburg, Germany
Thomas Berger, Universität Bern, Switzerland
- PO45 Do negative emotions mediate the association of negative appraisals and responses to involuntary musical imagery? Testing an OCD-analogue cognitive model of distressing earworms**
Josepha Wassermann, MSB Medical School Berlin, Germany
Karina Wahl, Universität Basel, Switzerland
Benedikt Reuter, MSB Medical School Berlin, Germany
- PO46 The Unified Protocol for adults in online group format: A single case study of a panic disorder and agoraphobia comorbid with depressive disorder**
Liliana Pedro, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Ana Fonseca, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Maria Cristina Canavarro, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
- PO47 Investigating modes of support and self-/therapist tailored content in ICBT for depressive symptoms - A factorial trial**
Anton Käll, Linköping University, Sweden
- PO48 VR-SOAP: A Modular CBT Treatment in Virtual Reality for Social Functioning in Young Adults with Psychosis**
Ivo Alexander Meins, Dept of clinical and developmental neuropsychology University of Groningen, Groningen, The Netherlands
Wim Veling, University Medical Center Groningen, University of Groningen, Groningen, The Netherlands
Gerdina Hendrika Maria Pijnenborg, Dept of psychotic disorders GGZ-Drenthe, Assen, The Netherlands
Elisabeth Christine Dorothée van der Stouwe, University Medical Center Groningen, University of Groningen, Groningen, The Netherlands
Dauw Catharina Muijsson, University Medical Center Groningen, University of Groningen, Groningen, The Netherlands
Saskia Anne Nijman, Early Detection & Intervention Team (EDIT) Rotterdam Rijnmond, PsyQ, Rotterdam, The Netherlands
- PO49 Efficacy of Cognitive Behavioral Therapy Supported by the Therapeutic Chatbot (Fido): Therapy Acceptability and Effects on Depression, Anxiety, and Social Anxiety in a Randomized Controlled Trial**
Robert Szymański, SWPS University of Social Sciences and Humanities, Poland
Stanisław Karkosz, Laboratory of Affective Neuroscience, Institute of Psychology, SWPS University, Poznań, Poland
Katarzyna Sanna, Center for Research on Personality Development, Institute of Psychology, SWPS University, Poznań, Poland
Jarosław Michałowski, Laboratory of Affective Neuroscience, Institute of Psychology, SWPS University, Poznań, Poland
- PO50 Perception of Students' Exam Anxiety From the Point of View of Elementary and High School Teachers**
Sava Cicmil, JZU Dom zdravlja Nikšić, Montenegro
Boris Coric, Specijalna psihijatrijska bolnica Dobrota, Kotor, Montenegro
Jovana Nikolovski, Edukativni centar Kognipraxis, Serbia
Mila Ignjatović, SARLAH DOO, Serbia
- PO52 Intervention mapping of E:REMEDI**
Elina Ieva Smule, Rigas Stradins University, Latvia
Christian Martin Gerhard Stierle, Fresenius University of Applied Sciences, Hamburg, Hamburg, Germany
Ilona Krone, Lect. (acting) Dr. psych., Academic Staff, Department of Health Psychology and Paedagogy Lead Researcher (Acting), Institute of Public Health, Latvia

- PO53 The relationship between burnout and depression: Can self-compassion be an antidote for depression in CBT therapists and trainees?**
Višnja Tatić, UKBTS, Serbia
Aleksa Pantić, UKBTS, Serbia
- PO54 Investigating a mindfulness intervention for eating disorder symptoms and body dissatisfaction: negative affect and interoceptive awareness as mediators**
Maria-Camelia Lica, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania
Lia-Ecaterina Oltean, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania
- PO55 Relationship among emotional regulation strategies, mindfulness and creativity focusing on both self-reported creativity and creative behaviors**
Tijana Marković, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
Marija Nenadović, UKBTS, Serbia
Isidora Pejčinović, UKBTS, Serbia
Natalija Krasojević, UKBTS, Serbia
- PO56 The role and utility of attachment styles and emerging technology in CBT**
Srdjan Bogojevic, Belgrade, Serbia
Bozidar Antic, Contact Service d.o.o., Serbia
Sladjana Ljubojevic, Phuket d.o.o., Serbia
Jovana Krstic, Belgrade, Serbia
Jasenko Pucar, Sabac, Serbia
- PO57 The Power of Perception: Unpacking the Role of Negative Thinking in High School Students' Test Anxiety**
Ercan Akin, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Türkan Doğan, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Eyüp Sabır Biçer, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Nilüfer Koçtürk, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Duygu Betül Özkanca, Bahçeşehir University, Department of Guidance and Psychological Counseling, Turkey
Elif Özüm Kuş, Halic University, Department of Clinical Psychology, Turkey
Cemile Dur Öztürk, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
- PO58 Exploring health anxiety in long COVID survivors: a qualitative analysis**
Matea Sostaric, University of Zagreb, Faculty of Humanities and Social Sciences, Croatia
Natasa Jokic-Begic, University of Zagreb, Faculty of Humanities and Social Sciences, Croatia
Tanja Jurin, University of Zagreb, Faculty of Humanities and Social Sciences, Croatia
Anita Lauri Korajlija, University of Zagreb, Faculty of Humanities and Social Sciences, Croatia
- PO59 Model of perceptual anomalies: The role of cognitive processes and beliefs about perception in hallucinations in schizophrenia and hallucinatory-like experiences in the general population**
Adrianna Aleksandrowicz, Institute of Psychology, Polish Academy of Sciences, Poland
Joachim Kowalski, Institute of Psychology, Polish Academy of Sciences, Poland
Steffen Moritz, Department of Psychiatry and Psychotherapy, University Medical Center Hamburg-Eppendorf, Germany
Izabela Stefaniak, Faculty of Medicine, Lazarski University, Poland
Łukasz Gawęda, Institute of Psychology, Polish Academy of Sciences, Poland
- PO61 Coping with economic strains: Reliability and validity of the European Portuguese version of the Dyadic Coping Inventory for Financial Stress**
Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Mariana Gonçalves, University of Coimbra, Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Susana Pina, University of Coimbra, Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Afonso Gomes, University of Coimbra, Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Ana Sofia Roque, University of Coimbra, Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Stephanie Alves, Lusófona University, HEI-Lab: Digital Human-Environment Interaction Labs, Lisbon, Portugal
Alexandra Martins, Cantanhede Health Center, Coimbra Local Health Unit (ULS Coimbra); University of Coimbra, Center for Research in Neuropsychology and Cognitive-Behavioral Intervention (CINEICC), Coimbra, Portugal
Ana Vedes, Clinical Psychologist in Private Practice, Zurich, Switzerland
- PO62 Neurodevelopmental traits and Chronic pain**
Rieko Takanashi, Japan
Mirai Miyoshi, Chiba University, Japan
Kayoko Taguchi, Chiba University, Japan
Tokiko Yoshida, Chiba University, Japan
Eiji Shimizu, Chiba University, Japan

- PO63 Psychotherapists' Misconceptions About CBT**
Olga Bradic, UKBTS, Serbia
Marija Mirkailo, UKBTS, Serbia
Marija Milenkovic, UKBTS, Serbia
Andjelka Jonic Djordjevic, UKBTS, Serbia
- PO64 Screen Time And Mental Health Among Serbian-Speaking Children and Adolescents: Parents' Perspective**
Zeljka Buturovic, SRABCT, Serbia
Darja Bjelic-Jovanovic, SRABCT, Serbia
Brankica Severovic, Panorama Fachklinik für Psychosomatik, Psychotherapie und Naturheilverfahren im Allgäu, Serbia
Sanja Lestarevic, Institute of Mental Health, Belgrade, Serbia, Serbia
Ivana Vrackic, SRABCT, Serbia
Marina Sokolov, SRABCT, Serbia
Jelena Stevovski-Radovic, VIZIM Health Center, Serbia
- PO65 Standpoints of final-years REBT trainees towards CBT interventions**
Aleksandra Vojvodic, UKBTS, Serbia
Daria Milutinovic, UKBTS, Serbia
Milenka Milosevic, UKBTS, Serbia
Jovana Tasic, UKBTS, Serbiata
Aleksandra Tanaskovic, UKBTS, Serbia
Dunja Mraovic, UKBTS, Serbia
Lara Pejic, UKBTS, Serbia
Jelena Zec, UKBTS, Serbia
- PO66 COGNITIVE BEHAVIORAL THERAPY OF YOUNG ADULT WITH HYPERKINETIC DISORDER – A CASE REPORT**
Amina Gacanin, Public institution "Health Center of Sarajevo Canton", Bosnia and Herzegovina
Dzejna Capin, Private psychological practice, Bosnia and Herzegovina
- PO67 Science-based mobile apps for reducing anxiety: A systematic review and meta-analysis**
Türkan Doğan, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Nilüfer Koçtürk, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Ercan Akin, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
M. Furkan Kurnaz, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Cemile Dur Öztürk, Hacettepe University, Department of Guidance and Psychological Counseling, Turkey
Ali Şen, University of Plymouth, United Kingdom
Mehmet Yalçın, Hasan Kalyoncu University PhD in Clinical Psychology, Turkey
- PO68 Intolerance of uncertainty, worry and sleep quality in adolescents**
Ana Babić Čikeš, Faculty of Humanities and Social Sciences Osijek, Department of Psychology, Croatia
Ana Perić, Dječji vrtić More Rijeka, Croatia
Ana Kurtovic, Faculty of Humanities and Social Sciences, Department of Psychology, Croatia
Ivana Marčinko, Faculty of Humanities and Social Sciences, Department of Psychology, Croatia
- PO69 What do adolescents think of an App designed to reduce cognitive risk factors for eating disorders?: a mixed-methods study**
Laura Carratalá-Ricart, University of Valencia, Spain
Marta Corberán Vallet, University of Valencia, Spain
María Roncero Sanchis, University of Valencia, Spain
Belén Pascual-Vera, National University of Distance Education, Spain
Gemma García-Soriano, University of Valencia, Spain
- PO70 An app to challenge obsessional beliefs in adolescents: pre-post intervention efficacy and a one-and six-month follow-up study.**
Yuliya Saman, University of Valencia, Spain
Laura Carratalá-Ricart, University of Valencia, Spain
Belén Pascual-Vera, National University of Distance Education, Spain
Ángel Carrasco Tornero, Hospital Universitario y Politécnico La Fe, Spain
Gemma García-Soriano, University of Valencia, Spain
- PO71 The mediating role of self-compassion in the relationship between perfectionism and rumination**
Anamarija Bolvanac, UKBTS, Serbia
Katarina Ristic, UKBTS, Serbia
Tijana Lajic, UKBTS, Serbia
Marija Davidoski, UKBTS, Serbia
Miljana Stojanovic, UKBTS, Serbia

CANCELLED

- PO73 Exploratory study on dissociative experiences in a community sample: Exploration of the factor structure of dissociation.**
Déborah Dawant, Psychological Science Research Institute, UCLouvain., Belgium
Celine Douilliez, Psychological Science Research Institute & Specialised Psychological Consultation, UCLouvain, Belgium
Pierre Philippot, UCLouvain, Belgium
- PO74 Development of UP-Prevent: Results from two focus group with mental health professionals with training in applying the Unified Protocol**
Catarina Francisco, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Inês Maças de Carvalho, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Coimbra, Portugal
Laura Martínez-García, Department of Psychology and Sociology, University of Zaragoza, Zaragoza, Spain
Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Ana Fonseca, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Maria Cristina Canavarro, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
- PO75 How can I evaluate the effectiveness of my therapeutic intervention?**
Bénédicte Thonon, UCLouvain, Belgium
Audrey Krings, University of Liège, Belgium
- PO76 Promoting self-efficacy in a brief virtual reality-based exposure (VRE) for acrophobia**
Kayleigh Piovesan, Department of Behavioral and Clinical Neuroscience, Ruhr-University, Bochum, Germany
Armin Zlomuzica, Department of Behavioral and Clinical Neuroscience, Ruhr-University, Bochum, Germany
- PO77 Comparative efficacy of different cognitive-behavioral therapy protocols for procrastination: a randomized controlled trial**
Weronika Maria Browarczyk, SWPS University, Poland
Joachim Kowalski, Institute of Psychology, Polish Academy of Sciences, Poland
Magdalena Pietruch, Laboratory of Brain Imaging, Nencki Institute of Experimental Biology, Polish Academy of Science, Warsaw, Poland
Jarosław Michałowski, Laboratory of Affective Neuroscience, Institute of Psychology, SWPS University, Poznań, Poland
Marek Wypych, Laboratory of Brain Imaging, Nencki Institute of Experimental Biology Polish Academy of Science, Warsaw, Poland
- PO108 Candidate mechanisms of change in therapy for procrastination: a randomized controlled trial with different cognitive-behavioral protocols**
Magdalena Pietruch, Laboratory of Brain Imaging, Nencki Institute of Experimental Biology, Polish Academy of Science, Warsaw, Poland
Joachim Kowalski, Institute of Psychology, Polish Academy of Sciences, Poland
Weronika Maria Browarczyk, SWPS University, Poland
Jarosław Michałowski, Laboratory of Affective Neuroscience, Institute of Psychology, SWPS University, Poznań, Poland
Marek Wypych, Laboratory of Brain Imaging, Nencki Institute of Experimental Biology Polish Academy of Science, Warsaw, Poland
- PO78 RE&CBT for Children and Adolescents Who Stutter**
Mirjana Marković, REBT, Serbia
Lara Dobrković, REBT Center, Belgrade, Serbia
- PO79 The impact of group cognitive behavioral therapy for parents of children with autism and behavioral insomnia**
Ajda Demšar, Center for Hearing and Speech Maribor, Slovenia
Karin Bakračević, University of Maribor, Slovenia
- PO80 Meaningful or Meaningless? Do gender and PhD-related factors influence symptoms of anxiety, depression and work-related stress among doctoral students?**
Catarina Cardoso, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Maria Cristina Canavarro, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal

- PO81 Predicting treatment outcome for anxiety and depression using SLAM NHS Talking Therapies**
Nour Kalso, King's College London, United Kingdom
Thalia Eley, King's College London, United Kingdom
Ewan Carr, King's College London, United Kingdom
- PO82 Mapping Emotional Memories in Depression: An Exploratory Analysis**
Lotte Stemerding, University of Amsterdam, Netherlands
- PO83 Relationship between Frustration Intolerance and Burnout among Healthcare Workers and Mental Health Workers**
Luka Perisic, REBT, Serbia
Marija Lazic, Elementary school "Miodrag Matic", Serbia
Marija Dotlic, freelance, Serbia
Tamara Jovanovic, Euromedik, Serbia
Magdalena Njegic, freelance, Serbia
Rebeka Popov, freelance, Serbia
- PO84 Psychological symptoms and test anxiety among freshmen: Are there gender differences?**
Maria Inês Caçador, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Maria Cristina Canavarro, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
- PO85 The potential of Future Event Specificity Training (FEST) to decrease anhedonia and dampening of positive emotions: A randomised controlled trial**
Liesbeth Bogaert, KU Leuven, Belgium
David Hallford, Deakin Univer, Australia
Eline Loyen, KU Leuven, Belgium
Arnaud D'Argembeau, U Liege, Belgium
Filip Raes, KU Leuven, Belgium
- PO86 Mental health in the transition to university: Prevalence of psychological symptoms of anxiety and depression and associated transdiagnostic dimensions**
Maria Inês Caçador, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Maria Cristina Canavarro, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
Marco Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal
- PO87 What are the effects of CBT for insomnia on insomnia, depression and abstract rumination ? A preliminary study**
Audrey Krings, University of Liège, Belgium
Marie Dethier, University of Liège, Belgium
Sylvie Blairy, University of Liège, Belgium
- PO88 Homework Compliance Observational Form for Cognitive Behavioral Therapy- HOMCOM: Psychometric properties of the measure and implications for research and clinical work in cognitive behavioural therapy with anxious children**
Sonja Breinholst, University of Copenhagen, Denmark
Monika Walczak, University of Copenhagen, Denmark
- PO89 INFLUENCE OF MOBBING ACTIVITIES ON DEVELOPMENT OF CHRONIC PAIN SYNDROME AS A FORM OF PSYCHOSOMATIC ILLNESS**
Sanda Anton, Psychiatric Clinic, University Hospital Center Osijek, Faculty of Medicine Osijek, Josip Juraj Strossmayer University of Osijek, Croatia
Valentin Kordić, Psychiatric Clinic, University Hospital Center Osijek, Faculty of Medicine Osijek, Josip Juraj Strossmayer University of Osijek, Croatia
- PO90 The Influence of Attachment Quality on Adolescents' Internalizing Problems: The Role of Automatic Thoughts**
Ionut Stelian Florean, Babes-Bolyai University, Romania
Anca Dobrea, Babes-Bolyai University, Romania
Gabriela Diana Roman, Institute of Criminology, University of Cambridge, United Kingdom
Costina Ruxandra Păsăreanu, Babes-Bolyai University, Romania
Cristina Vilceanu, Iuliu Hațieganu University of Medicine and Pharmacology, Cluj-Napoca, Romania
Elena Predescu, Iuliu Hațieganu University of Medicine and Pharmacology, Cluj-Napoca, Romania

- PO91 Cognitive-behavioural therapy of insomnia – effective but not sufficiently accessible treatment. In search of new ways to deliver the treatment.**
Joanna Salbert, Institute of Psychiatry and Neurology in Warsaw, Poland
Adam Wichniak, Institute of Psychiatry and Neurology in Warsaw, Poland
- PO92 A case of Rumination Disorder – A common yet unheard disorder**
Jayanath Bhandara Purayil, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, United Kingdom
Renuka Arjundas, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, United Kingdom
- PO93 The therapeutic alliance: What behaviors favor and hinder agreement between therapist and client?**
Cristina Guerrero-Escagedo, Universidad Autónoma de Madrid, Spain
Diego Fernández-Regueras, Universidad Autónoma de Madrid, Spain
Ana Calero-Elvira, Universidad Autónoma de Madrid, Spain
- PO94 Assertive Behavior in Adolescence – Role of Personality Traits and Irrational Beliefs**
Danijela S. Petrovic, Department of Psychology, Faculty of Philosophy, University of Belgrade, Serbia
Uroš Drljača, UKBTS, Serbia
Mirjana Nikolić, College of Vocational Studies for Educators and Business Informatics - Sirmium, Sremska Mitrovica, Serbia
Tamara Djordjevic Nikolic, Sixth Belgrade High School, Belgrade, Serbia
- PO95 Perceptions of self-readiness, barriers and specifics in psychotherapy with adults with Asperger syndrome from the perspective of CBT therapists in Czech Republic**
Jakub Bednář, The Department of Psychology, Faculty of Arts at Masaryk University, Czech Republic
Kateřina Koros Bartošová, The Department of Psychology, Faculty of Arts at Masaryk University, Czech Republic
- PO96 Knowledge and misconceptions about OCD: an exploratory study**
Romina Cazar Padilla, University of Valencia, Spain
Odalis Merchán Varas, University of Valencia, Spain
Yuliya Saman, University of Valencia, Spain
Martha Giraldo O'Meara, University of Prince Edward Island, Canada
Sandra Arnáez Sampedro, University of Valencia, Spain
- PO97 Psychological aspects of sleep problems**
Julia Kamburidis, Sofia university, Bulgaria
- PO98 Efficacy of cognitive training through a mobile app to address eating disorder cognitions in adolescents: A Randomized Controlled Trial with a one-month follow-up.**
Odalis Merchán Varas, University of Valencia, Spain
Marta Corberán Vallet, University of Valencia, Spain
Ángel Carrasco Tornero, Hospital Universitario y Politécnico La Fe, Spain
Sandra Arnáez Sampedro, University of Valencia, Spain
María Roncero Sanchis, University of Valencia, Spain
- PO99 De Jong-Gierveld Loneliness Scale – Description of Student Loneliness and Psychometric Properties of the Scale**
Marina Trbus, Private psychological practice, Croatia
Ana Petak, University of Zagreb, Faculty of Croatian Studies, Croatia
- PO100 Social Anxiety: Challenge Accepted - Empowering Social Confidence Through Cognitive Behavioral Therapy**
Petra Kremenjaš, Society for Psychological Assistance, Croatia
Nikolina Kanceljak, Ministry of Internal Affairs, Burkina Faso
Antonija Vrdoljak, Department of Psychology, Faculty of Humanities and Social Sciences, University of Zagreb, Croatia
- PO101 Functional Impairment in Young People with Features of Borderline Personality Disorder**
Ben Brandrett, University of Glasgow, United Kingdom
Ruchika Gajwani, University of Glasgow, United Kingdom
- PO102 Understanding Attentional Bias Among Individuals Across the Bipolar Spectrum: A Meta Analysis**
Renata Gheorghiu, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania
Oana Alexandra David, Department of Clinical Psychology and Psychotherapy; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Cluj-Napoca, Romania
- PO103 Effects of Positive Psychology Interventions on Loneliness: A Systematic Review and Meta-Analysis of Randomized Controlled Trials**
Daria Sintoma, "Evidence-Based Assessment and Psychological Interventions" Doctoral School, Babes-Bolyai University, Cluj-Napoca, Romania
Claudiu Negosanu, "Evidence-Based Assessment and Psychological Interventions" Doctoral School, Babes-Bolyai University, Cluj-Napoca, Romania

Aurora Szentagotai-Tatar, Department of Clinical Psychology and Psychotherapy; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Cluj-Napoca, Romania

- PO104 Exploring the interplay of difficulties in emotion regulation, repetitive negative thinking, and distress: A two-wave longitudinal mediation study using a transdiagnostic approach**
Catarina Raposo, Center for Psychology at the University of Porto, Faculty of Psychology and Educational Sciences of the University of Porto, Portugal
Pedro Nobre, Center for Psychology at the University of Porto, Faculty of Psychology and Educational Sciences of the University of Porto, Portugal
Pedro Rosa, Lusófona University, HEI-Lab: Digital Human-Environment Interaction Labs, Lisbon, Portugal
Patricia M. Pascoal, Lusófona University, HEI-Lab: Digital Human-Environment Interaction Labs, Lisbon, Portugal
- PO105 Cognitive behavioral therapy for anxiety disorders in children and adolescents with autism spectrum disorders**
Amalie Nielsen, Aarhus University, Denmark
- PO106 The level of emotional intelligence among adolescent with delinquent behavior**
Ketevan Abdushelishvili, GACBT, Georgia
Natalia Mikeladze, GACBP, Georgia
- PO107 An example of CBT in an adolescent with social anxiety and test anxiety and important points**
Nursen Bozkoyun, Kocaeli University School of Medicine, Department of Child and Adolescent Psychiatry, Turkey
İrem Damla Çimen, Kocaeli University School of Medicine, Department of Child and Adolescent Psychiatry, Turkey
Nursu Çakın Memik, Kocaeli University School of Medicine, Department of Child and Adolescent Psychiatry, Turkey
- PO109 A daily diary study of cancer-related pain and associated difficulties: The role of Psychological Flexibility**
Sean Perrin, Lund University, Sweden
Frida Köhler-Bjorkstrand, Lund University, Sweden
Joana Duarte, Lund University, Sweden
Lance McCracken, Uppsala University, Sweden
- PO110 Efficacy of cognitive-behavioral therapy for insomnia and pain and therapy focused on trauma in physical symptoms: A pilot study in patients with fibromyalgia**
Ana Sánchez, University of Granada, Spain
M. Pilar Martínez, University of Granada, Spain
Coralie Maire, University of Granada, Spain
Germán Prados, University of Granada, Spain
Rafael Cáliz, Virgen de las Nieves Hospital, Spain
Aurora Muñoz, University of Granada, Spain
Elena Miró, University of Granada, Spain
- PO112 Long-term pain and health economic outcomes in adults receiving multidisciplinary CBT for chronic pain**
Sean Perrin, Lund University, Sweden
Sophia Åkerblom, Lund University, Sweden
Marcelo Rivano, Lund University, Sweden
Lance McCracken, Uppsala University, Sweden
- PO113 Efficacy of the therapy focused on trauma and combined cognitive-behavioral therapy for emotional distress and pain appraisal in patients with fibromyalgia: A pilot study**
Ana Sánchez, University of Granada, Spain
Elena Miró, University of Granada, Spain
Coralie Maire, University of Granada, Spain
Germán Prados, University of Granada, Spain
Rafael Cáliz, Virgen de las Nieves Hospital, Spain
M. Pilar Martínez, University of Granada, Spain
- PO114 Research on the Relationship Between Cognitive Distortions, Stigmatization, and Motivation to Seek Psychological Help**
Julijana Vojinovic, REBT Center, Belgrade, Serbia
Ivana Djordjevic, REBT Center, Belgrade, Serbia
Jelena Cvetkovic, REBT Center, Belgrade, Serbia
Lidija Zlatic, REBT Center, Belgrade, Serbia
Aleksandra Maricic, REBT Center, Belgrade, Serbia
Ana Saveljic, REBT Center, Belgrade, Serbia
- PO115 Irrational Beliefs in Suicidal Youth**
Elena Stevanovic, Institute of Mental Health, Belgrade, Serbia
Ivana Peruničić-Mladenović, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
Željka Košutić, Institute of Mental Health, Belgrade, Serbia, Serbia

- PO116 The Impact of Educational Video Material on RE&CBT Therapy on Willingness to Seek Psychological Help: A Study on a Convenient Sample**
Milica Simonović, UKBTS, Serbia
Aleksandra Rašić, UKBTS, Serbia
Tamara Milutinović Marjanović, UKBTS, Serbia
Nina Dragutinović, UKBTS, Serbia
- PO117 A Case of Post-Traumatic Stress Disorder in an Adolescent with a History of Developmental Multiple Trauma Treated with Cognitive-Behavioral Therapy**
Zeynep Uçar, Kocaeli University Faculty of Medicine, Department of Child and Adolescent Psychiatry, Kocaeli, Turkey
Merve Dilli Gürkan, Kocaeli University Faculty of Medicine, Department of Child and Adolescent Psychiatry, Kocaeli, Turkey
İrem Damla Çimen, Kocaeli University School of Medicine, Department of Child and Adolescent Psychiatry, Turkey
Burcu Kardaş, Kocaeli University School of Medicine, Department of Child and Adolescent Psychiatry, Turkey
Nursu Çakin Memik, Kocaeli University School of Medicine, Department of Child and Adolescent Psychiatry, Turkey
- PO118 Marital compatibility, the success of conflict resolution, and perception of fairness in marriage and unmarried union in women of different maternity statuses from the perspective of cognitive-behavioral therapy**
Biserka Ćoso, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Andrea Pančić, Serbian Association of Behavioural and Cognitive Therapists, Serbia
- PO119 Psychological difficulties of parents of children with a rare genetic disorders: the contribution of intolerance of uncertainty, intolerance of distress and tendency towards worry**
Goran Cuturilo, Faculty of Medicine, University of Belgrade, Belgrade, Serbia; University Children's Hospital, Belgrade, Serbia
Tatjana Vukosavljevic Gvozden, Department of Psychology, Faculty of Philosophy, Belgrade, Serbia
Nadja Vukasinovic, University Children's Hospital, Belgrade, Serbia
Matija Gvozden, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
- PO120 Music, Psychology, and Awe: The Psychological Effects of Classical Music Combined with REBT**
Vlad-Antoni Mărghitaș, Evidence-Based Psychological Assessment and Interventions Doctoral School, Babeș-Bolyai University, Cluj-Napoca, Romania
Oana Alexandra David, Department of Clinical Psychology and Psychotherapy; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeș-Bolyai University, Cluj-Napoca, Romania
Vladimir Agachi, University of Oradea, Romania

POSTER SESSION 2

Set-up: Friday, September 6, 2024, 09:00 – 10:00
Poster Display: Friday, September 6, 2024, 10:00 – 10:30, 13:30 – 14:30 and 15:30 – 16:00
Dismantle: Friday, September 6, 2024, from 16:00

Note: Presenters will be standing by their Posters at a time of poster displays hours. The award of the prize for the best Poster will be announced at the Closing Ceremony.

PS1 The connection between dysfunctional beliefs related to personality disorders and adverse psychological outcomes such as stress, anxiety, and depression

Jovana Vidojević, Nonaffiliated researcher, Serbia
Andrea Opačić, Unaffiliated Researcher, Serbia
Una Koruga, Unaffiliated Researcher, Serbia
Sofija Čepinac, Euroview, Belgrade, Serbia
Elena Stevanović, Institute of Mental Health, Belgrade, Serbia

PS2 The Relationship Between Rejection Sensitivity and Social Anxiety: Mediator Role of Post Event Processing and Moderator Role of Difficulties in Emotion Regulation

Gamze Sevin, Yankı Psikoloji, Turkey
Ayşe Altan-Atalay, Kadir Has University, Turkey

PS3 The role of irrational beliefs in paranoia: a network approach

Radu Soflau, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania
Lia-Ecaterina Oltean, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania

PS4 The Link Between Depression and Perfectionism, Self-Esteem and Self-Acceptance Among High School Students in Serbia

Tamara Čukić, UKBTS, Serbia
Jovana Lazarević, UKBTS, Serbia

PS5 Probing the effectiveness of an online gratitude intervention on anxiety symptoms. The moderating role of maltreatment

Lia-Ecaterina Oltean, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania
Radu Soflau, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania

PS6 Školski uspeh i razlike u iracionalnim i racionalnim uverenjima učenika

Senka Vučić, Primary school Dule Karaklajic, Serbia
Ivana Đurić, UZAY, Serbia

PS7 Assertiveness in Center for social work employees from Serbia

Miljana Dimitrijević, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Ana Mihajlović, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Biserka Čoso, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Nikola Stojanović, Serbian Association of Behavioural and Cognitive Therapists, Serbia

PS8 Conceptualization based on needs and cognitive map for needs-based therapy

Albert Murtazin, Association for Cognitive Behavioral Psychotherapy (Russia), Russian Federation
Dmitrii Kovpak, Association for Cognitive Behavioral Psychotherapy (Russia), Russian Federation
Maksim Zriutin, Association for Cognitive Behavioral Psychotherapy (Russia), Russian Federation

PS9 Stressors and Irrational Beliefs as Predictors of Therapists' Well-being

Andjela Vlaškalić Soković, Association for Cognitive and Behavioural Therapies of Serbia (ACBTS), Serbia
Atanas Ivanoski, Serbian Association of Behavioural and Cognitive Therapists, North Macedonia
Aleksandar Kuzmanović, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Mina Amidžić, Serbian Association of Behavioural and Cognitive Therapists, Montenegro
Milena Knežević, Association for Cognitive and Behavioural Therapies of Serbia (ACBTS), Serbia
Vladimir Tosović, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Dragana Kopil, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Olivera Stojšić, Serbian Association of Behavioural and Cognitive Therapists, Serbia

PS10 Cognitive-behavioural psychotherapy in clinical work with female patients struggling with endocrine disruption

Joanna Marek-Banach, The Maria Grzegorzewska University, Poland
Agnieszka Olchowik, "Dialog" Therapy Centre, Poland

- PS11 The combined influence of Attention Deficit Hyperactivity Disorder and childhood Trauma on the Substance Use Disorder severity**
Thibault Hennequin, laboratoire clipsyd EA 4430, Université Paris-Nanterre, France
Norman Therribout, laboratoire clipsyd EA 4430, Université Paris-Nanterre, France
Emily Karsinti, Laboratoire clipsyd EA 4430, Université Paris Nanterre DUPMA, Hôpital Fernand Widai FHU NOR-SUD Network of research in substance use disorders Inserm UMRS-1144, Université Paris-cité, France
Florence Vorspan, Département universitaire de psychiatrie et médecine addictologique, Hôpital Fernand Widai (AP-HP), Paris, France FHU NOR-SUD Network of research in substance use disorders , Paris Inserm UMRS-1144, Université Paris-cité, Paris, France
Alexandra Dereux, Département universitaire de psychiatrie et médecine addictologique, Hôpital Fernand Widai (AP-HP), Paris, France FHU NOR-SUD Network of research in substance use disorders , Paris Inserm UMRS-1144, Université Paris-cité, Paris, France
Romain Ick, Département universitaire de psychiatrie et médecine addictologique, Hôpital Fernand Widai (AP-HP), Paris, France FHU NOR-SUD Network of research in substance use disorders , Paris Inserm UMRS-1144, Université Paris-cité, Paris, France
Lucia Romo, Laboratoire Clipsyd EA 4430 Université Paris Nanterre AP-HP,Hôpital Raymond-Poincaré, Garches CESP, U1018 INSERM UPS UVQ, Villejuif, France
- PS12 Physical activity patterns in fibromyalgia and other central sensitization syndromes**
Germán Prados, University of Granada, Spain
MARTA Medina Casado, University of Granada, Spain
Elena Miró, University of Granada, Spain
M. Pilar Martinez, University of Granada, Spain
Ana Sánchez, University of Granada, Spain
- PS13 Behavioral Sleep Intervention for a Junior High School Student with Difficulty in Attending School: A Case Study**
Naoko Ayabe, Akita University, Japan
Sawa Tomiya, Akita Kita Child Guidance Center, Japan
Anna Yagisawa, Akita Higashi hospital, Japan
- PS14 Unconditional Self- Acceptance: The Silent Hero of Emotional Well-Being**
Stanislava Popov, Faculty of sport and psychology -TIMS, Novi Sad, Serbia
Tamara Jovanovic, Faculty of Sciences, University of Novi Sad, Serbia
- PS15 Systematic review of clinical prediction models for developing post-traumatic stress disorder following a traumatic event**
Loredana M. Fugaru, International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania
Chrysanthi Blithikioti, Department of General Psychology, University of Padova, Italy
Pim Cuijpers, Department of Clinical, Neuro and Developmental Psychology, Amsterdam Public Health research institute, Vrije Universiteit Amsterdam, The Netherlands
Marianna Purgato, WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation, Department of Neuroscience, Biomedicine, and Movement Sciences, Section of Psychiatry, University of Verona, Italy
Corrado Barbui, WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation, Department of Neuroscience, Biomedicine, and Movement Sciences, Section of Psychiatry, University of Verona, Italy
Ewout W. Steyerberg, Department of Biomedical Data Sciences, Leiden University Medical Center, Leiden, Netherlands
Daniel O. David, International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania
Ioana A. Cristea, Department of General Psychology, University of Padova, Italy
- PS16 CBT-based Psychological Interventions for Depression in Gynecological Cancer Survivors: A Systematic Review and Meta-Analysis**
Katarina Banfi, Institute of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary
Nóra Takács, ELTE Eötvös Loránd University, Hungary
Gabriella Vizin, ELTE Eötvös Loránd University, Hungary
Róbert Urbán, ELTE Eötvös Loránd University, Hungary
Bernadette Kun, ELTE Eötvös Loránd University, Budapest, Hungary, Hungary
- PS18 Effect of group cognitive-behavioral therapy on the quality of life and negative emotional states in parents of children with developmental disabilities**
Marija Dronjak, Drama, Serbia
Dragan Dronjak, Opšta bolnica Kruševac, Serbia
- PS19 The Comorbidity Of Adult's Attention Deficit Hyperactivity Disorder And Generalized Anxiety Disorder**
İlknur Şen, Social Sciences University of Ankara, Turkey
Bilge Bilgin Kapucu, Psychiatrist, Turkey
M. Hakan Türkçapar, Social Sciences University of Ankara, Turkey

- PS20** **The efficiency of visual search depending on the subject's preference towards music**
Tamara Dordevic Mauromihali, SRABCT, Greece
Zeljko Mladenovic, The Academy of Applied Preschool Teaching and Health Studies- The Department of Preschool Education in Aleksinac, Serbia
- PS21** **Psychological distress and willingness to seek professional help in university environment**
Smiljana Cvjetkovic, Faculty of Medicine, University of Belgrade, Serbia
Kristina Vrtic, Tratamento AG, Switzerland
Milica Todorovic, Udruženje za kognitivne i bihevioralne terapije Srbije, Serbia
- PS22** **Relations between professions (helping and non-helping), perfectionism, personality traits, coping strategies, and burnout syndrome**
Vesna Ilić, Primary school, Serbia
Tamara Milojković, HR, Serbia
Jelena Stanković, HR, Serbia
Alma Čolović Međedović, High School, Serbia
Anastasija Delić, Health Center, Serbia
- PS23** **To provide a case study of the effectiveness of Cognitive Behavioral Sex Therapy based on the Sexual Tipping Point model for Compulsive sexual behavior disorder (CSBD)**
Angelika Kołomańska, Institute of Psychology, SWPS University, Warsaw, Poland
- PS24** **Validation of negative automatic thoughts questionnaire in the Serbian population**
Nikola Stojanovic, Faculty of Medicine, University of Niš, Serbia
Jelena Stevovski-Radovic, VIZIM Health Center, Serbia
Vladan Radivojević, Institute for mental health protection, University Clinical Centre Niš, Serbia
- PS25** **Development of learning content based on cognitive behavioral therapy for psychiatric home visit nurses: A feasibility study.**
Motohisa Hirose, Department of Cognitive Behavioral Physiology, Graduate School of Medicine, Chiba University, Japan
Eiji Shimizu, Chiba University, Japan
Tomoko Kawasaki, Chiba University, Japan
Yoshiyuki Hirano, Chiba University, Japan
Yoshikazu Noda, Chiba University, Japan
Isana Kaichi, Chiba University, Japan
Masayuki Katsushima, Chiba University, Japan
Yumi Abe, Chiba University, Japan
- PS26** **Spanish version of the "Emotional Processing Scale-25": Psychometric study in healthy people and people with central sensitization syndromes**
M. Pilar Martinez, University of Granada, Spain
Elena Miró, University of Granada, Spain
Gabriel Medina, University of Granada, Spain
Nuria V. Aguerre, University of Granada, Spain
Ada Raya, University of Granada, Spain
Nahikari Pagola, University of Granada, Spain
Carmen Aguirre, University of Granada, Spain
Ana Sánchez, University of Granada, Spain
- PS27** **Trauma, psychological impact and emotional dysregulation in patients with fibromyalgia and other central sensitization syndromes**
M. Pilar Martinez, University of Granada, Spain
Ana Sánchez, University of Granada, Spain
Germán Prados, University of Granada, Spain
MARTA Medina Casado, University of Granada, Spain
M. Fernanda Ramírez, University of Granada, Spain
Rafael Cáliz, Virgen de las Nieves Hospital, Spain
Elena Miró, University of Granada, Spain
- PS28** **Self-reflection, Self-Insight, and Countertransference as Predictors of Professional Quality of Life among RE/CBT Trainees and Psychotherapists**
Iva Filipovski, KNowIT, Serbia
Milka Skundric Josipovic, Private practice, Serbia
Aleksandra Maletic, Private practice, Serbia
Doris Momirovic, Private practice, Serbia
Mirjana Marjanovic, Private practice, Serbia
Ninoslava Milic, Philip Morris International, Serbia

- PS29 Looking at artworks as a method for self-reflection with different conditions: laypeople, identified depression in the background, different languages**
Kristina Timonen, University of Turku, Finland
Tero Timonen, Åbo Akademi University, Finland
- PS30 REBT Education: Challenges and Attitudes From the Trainees Perspective**
Ivana Kokanović, UKBTS, Serbia
Petar Kačar, UKBTS, Serbia
Tamara Krgović, UKBTS, Serbia
Lejla Zornić, UKBTS, Serbia
Milenko Paunović, UKBTS, Serbia
Nataša Dragojević Savić, UKBTS, Serbia
Slavica Jovičić Stamenković, UKBTS, Serbia
- PS31 Good I, Bad I: A CBT-inspired intervention for reducing overconfidence and superiority bias**
Antea Stojiljković, Laboratory for research of individual differences (Lira), Faculty of Philosophy - University of Belgrade, Serbia
Aleks Mladenović, Faculty of Philosophy – University of Belgrade, Serbia
Predrag Teovanović, Laboratory for research of individual differences (Lira), Faculty of Philosophy - University of Belgrade, Serbia
Sanda Stanković, LIRA Lab, Faculty of Philosophy – University of Belgrade, Serbia
- PS32 Fear of Failure, Depression, and Anxiety Symptoms: Insights from a Large-Scale Screening Study**
Julia Bączek, SWPS University, Poland
Stanisław Karkosz, Laboratory of Affective Neuroscience, Institute of Psychology, SWPS University, Poznań, Poland
Jarosław Michałowski, Laboratory of Affective Neuroscience, Institute of Psychology, SWPS University, Poznań, Poland
- PS33 Improving Emotional Wellbeing of University Students Using Cognitive and Dialectical Behavioural Psychotherapeutic Approaches in Group Settings (UniWELL): A Protocol**
Ayse Akan, Bogazici University, Turkey
- PS34 Therapists' reservations in using mindfulness techniques in anxiety treatment.**
Duška Dostanić Živković, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Isidora Pavlović, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Nenad Đukanović, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Aleksandar Tanović, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Nikolina Dobraš, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Vesna Filipović, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Jelena Boljanović, Serbian Association of Behavioural and Cognitive Therapists, Serbia
Jelena Latković, Serbian Association of Behavioural and Cognitive Therapists, Serbia
- PS35 Assessing Chronic Social Role-Related Stress: Validation of the Turkish Chronic Stress Scale**
Hale Yapıcı Eser, Koc University, Turkey
Merve Yalçınay İnan, Koc University, Turkey
Defne Ertuna, Koc University, Turkey
Muhammed Balli, Koc University, Turkey
Imren Kurt Sabitay, BAŞAKŞEHİR ÇAM SAKURA HOSPİTAL, Turkey
Oya Güçlü, BAŞAKŞEHİR ÇAM SAKURA HOSPİTAL, Turkey
Ömer Aydemir, MANİSA CELAL BAYAR UNIVERSITY, Turkey
- PS36 Emotional Awareness and Expression Therapy for trauma in patients with fibromyalgia: A qualitative approach to patient subjective experience**
Elena Miró, University of Granada, Spain
M. Pilar Martinez, University of Granada, Spain
Ana Sánchez, University of Granada, Spain
Coralie Maire, University of Granada, Spain
Rafael Cáliz, Virgen de las Nieves Hospital, Spain
- PS37 The impact of teenage bullying experiences on a person's mental well-being in adulthood**
Ekaterina Kukshina, Association for Cognitive Behavioral Psychotherapy (Russia), Russian Federation
- PS38 Examining the Relationship Between Psychological Mindedness and the Big Five Personality Traits in Adults**
Büşra Canan Çiçek, Social Sciences University of Ankara, Turkey
Sude Öykü Yıldırım, Social Sciences University of Ankara, Turkey
Esmanur Genel, Social Sciences University of Ankara, Turkey
Hilal Demir, Social Sciences University of Ankara, Turkey

- PS39 Cognitive-behavioural therapy and the level of hope in patients with schizophrenia**
Agnieszka Olchowik, "Dialog" Therapy Centre, Poland
Joanna Marek-Banach, The Maria Grzegorzewska University, Poland
Beata Hintze, The Maria Grzegorzewska University, Poland
- PS40 Challenges that RE&CBT trainees encounter in the process of becoming psychotherapists**
Danijela S. Petrovic, Department of Psychology, Faculty of Philosophy, University of Belgrade, Serbia
Marko Nikolić, Department of Psychology, Faculty of Philosophy, University of Belgrade, Belgrade, Serbia
Milana Prebudjila, HR business partner at DTS, Belgrade, Serbia, Serbia
- PS41 Who's at Risk? Key Predictors and Prevalence among Youth at the "MoSt" Support Center in Croatia**
Amalija Hrepić Gruić, Udruga MoSt, Croatia
Janina Pavić Jadrić, Psychology Center Terra, Croatia
- PS42 Psychotherapists' attitudes towards treatment outcome measures and the relationship between these attitudes and professional self-doubt**
Branka Mlinar, Private practice, Serbia
- PS43 Effectiveness and Uptake of a Transdiagnostic Emotion Regulation Mobile Intervention among University Students: A Superiority Randomized Controlled Trial**
Tajda Laure, Erasmus University Rotterdam, Netherlands
Marilisa Boffo, Erasmus School of Social and Behavioural Sciences, Erasmus University Rotterdam, Netherlands
Rutger CME Engels, Erasmus School of Social and Behavioural Sciences, Erasmus University Rotterdam, Netherlands
Danielle Remmerswaal, Erasmus School of Social and Behavioural Sciences, Erasmus University Rotterdam, Netherlands
- PS44 Intolerance of Uncertainty and Resilience as Pathways from Adverse Childhood Experiences to Psychopathology in Emerging Adults**
Vida Vasilj Perković, Croatian Association for Behavioral and Cognitive Therapy, Croatia
Iva Matijašić Lončarević, Croatian Association for Behavioral and Cognitive Therapy, Croatia
- PS45 Understanding the Role of Education in the Link Between Psychological Flexibility and Religiosity: A Focus on Values and Acceptance**
Asude Zeynep Erbay, Ibn Haldun University, Turkey
Saliha B. Selman, Ibn Haldun University, Turkey
- PS46 Integrating Religion/Spirituality into Psychotherapy Practice**
Jelena Kostic, Belgrade, Serbia
Marija Grunauer, Parexel, Belgrade, Serbia
Adrijana Markovic, Belgrade, Serbia
Ljiljana Plavšić, Belgrade, Serbia
- PS47 Low-intensity mindfulness-based smartphone interventions to improve self-compassion in working women: a randomized controlled trial**
Mai Sugie, The University of Tokyo, Japan
Riko Uwagawa, The University of Tokyo, Japan
Koichiro Adachi, The University of Tokyo, Japan
Mariko Shimoda, The University of Tokyo, Japan
Kohki Kaji, The University of Tokyo, Japan
Yukari Kimura, The University of Tokyo, Japan
Takumu Kurosawa, The University of Tokyo, Japan
Ryu Takizawa, The University of Tokyo, Japan
- PS48 The Mediating Role of Trait Mindfulness in Academic Stress: A Cross-Sectional Study Among Italian University Students**
Alessandro Ocera, Department of Psychology, Sigmund Freud University, Milan, Italy
Sofia Colombo, Department of Psychology, Sigmund Freud University, Milan, Italy
Sonia de Paz-Cantos, Group of Evaluation of Health Determinants and Health Policies, Department of Basic Sciences, Universitat Internacional de Catalunya, Sant Cugat del Vallès, Barcelona, Spain
Antonella Frisiello, LINKS Foundation, Italy
Silvia Gilotta, Adequat s.r.l., Italy
Silvia Grazioli, Artificial Intelligence and Data Analysis Lab, Metacognitive Therapy Lab, Department of Psychology, Sigmund Freud University, Milan, Italy; Studi Cognitivi, Cognitive Psychotherapy School and Research Center, Milan, Italy
Giovanni Michelini, Department of Psychology, Sigmund Freud University, Milan, Italy
Antonella Roella, Independent senior UX researcher, Italy
Regina Gregori Grgič, Department of Psychology, Sigmund Freud University, Milan, Italy

- PS49 Effectiveness of Cognitive Behavioral Group Therapy in the Treatment of Somatic Symptom Disorder: A Systematic Review**
Büşra Kahraman, İzmir Katip Çelebi University, Turkey
Seda Tokgünaydin Aritürk, İzmir Katip Çelebi University, Turkey
- PS50 An integrative approach of help-seeking attitudes in a sexual minority sample. The role of self concealment.**
Alexandra Tulcan, West University of Timisoara, Romania
Mona Vintilă, West University of Timisoara, Romania
Andrei Rusu, West University of Timisoara, Romania
- PS51 Effects of the 8-week app-based mindfulness interventions on trait anger in working women: A randomized controlled trial**
Riko Uwagawa, The University of Tokyo, Japan
Koichiro Adachi, The University of Tokyo, Japan
Mariko Shimoda, The University of Tokyo, Japan
Mai Sugie, The University of Tokyo, Japan
Kohki Kaji, The University of Tokyo, Japan
Yukari Kimura, The University of Tokyo, Japan
Ryu Takizawa, The University of Tokyo, Japan
- PS52 Metacognitive therapy of an adolescent with major depressive disorder – a case report**
Nejra Capin, Private practice, Bosnia and Herzegovina
- PS54 The Role of Reinforcement in Cognitive Behavioral Therapy for Chronic Pain**
Helena Bieniek, Jagiellonian University, Institute of Psychology, Pain Research Group, Poland
Przemysław Bąbel, Jagiellonian University, Institute of Psychology, Pain Research Group, Poland
- PS55 Gender-Specific Pathways from Childhood Experiences to Adult Mental Health**
Mariia Vabulnik, The University of Tokyo, Russian Federation
Makiko Hibi, The University of Tokyo, Japan
Mariko Shimoda, The University of Tokyo, Japan
Yukari Kimura, The University of Tokyo, Japan
Yumika Aoki, The University of Tokyo, Japan
Takumu Kurosawa, The University of Tokyo, Japan
Ryu Takizawa, The University of Tokyo, Japan
- PS56 Complex movement in Tic Disorder: illustration and treatment.**
Dipesh Patel, University College London, United Kingdom
Himanshu Tyagi, University College London, United Kingdom
- PS57 Group Based Metacognitive Therapy for Alcohol Use Disorder**
Julia Kroener, Christophsbad Goeppingen, Germany
Zrinka Sosic-Vasic, Christophsbad Goeppingen, Germany
- PS58 Acceptability Study of the Blended Version of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children**
Ana Pereira, CICPSI, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Daniela Cordeiro, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Bruna Paulino, CICPSI, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Mariana Saraiva, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Ana Maria Pereira, CICPSI, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Bárbara Pereira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Coimbra, Portugal
Ana Gois, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Coimbra, Portugal
Margarida Perdigão, CICPSI, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Vitória Nunes Vicente, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Coimbra, Portugal
Helena Moreira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Coimbra, Portugal
- PS59 Depressed and non-depressed persons across the lifespan: changes in personality and (ir)rational beliefs**
Ivana Peruničić-Mladenović, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
Tatjana Vukosavljević-Gvozden, Faculty of Philosophy – University of Belgrade, Serbia
Matija Gvozden, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia

- PS60** **Aid Representatives' Perception of the Issue of Sexual Violence Among Palestinian Female Youth in Israel**
Anan Abu Saleh Khaled, Ono Academic College, Israel
- PS61** **The mediating role of self-compassion in the relationship between perfectionism and rumination**
Anamarija Bolvanac, UKBTS, Serbia
Katarina Ristic, UKBTS, Serbia
Tijana Lajic, UKBTS, Serbia
Marija Davidoski, UKBTS, Serbia
Miljana Stojanovic, UKBTS, Serbia
- PS62** **A study on the relations of religiosity and tendencies towards rational/irrational thinking in the general population**
Lucija Gojković, UKBTS, Serbia
Jovanka Hrvačević, Military medical center Karaburma, Serbia
Žarko Milojević, Private practice, Serbia
- PS63** **Child's Therapeutic Alliance in a Cognitive Behavioural Therapy for Anxiety Disorders: Does exposure make a difference?**
Ana Pereira, CICPSI, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Mónica Duarte, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Margarida Perdigão, CICPSI, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Ana Maria Pereira, CICPSI, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Bruna Paulino, CICPSI, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Mariana Saraiva, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Daniela Cordeiro, Faculdade de Psicologia, Universidade de Lisboa, Portugal
Helena Moreira, University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Coimbra, Portugal
- PS64:** **The Effect of Chronotype and Social Jetlag on Checking Behaviors**
Ellaey Hass, Bar Ilan University, Ramat Gan, Israel
Omer Linkovski, Bar Ilan University, Ramat Gan, Israel
- PS65** **Attitudes Of Psychology Students Towards Cognitive-Behavioral, Psychodynamic and Humanistic Therapy**
Aleksandra Mikić, UKBTS, Serbia
Isidora Gudalović, UKBTS, Serbia
Kristina Pavlović, UKBTS, Serbia
Emilija Kostić, UKBTS, Serbia
Miljana Pena, UKBTS, Serbia
Aleksandra Kostić, UKBTS, Serbia
Milena Knežević, UKBTS, Serbia
- PS66** **ICD-11 Personality Domains, Trait Mindfulness, and Quality of Life in the Context of an 8 Week Mindfulness-Based Stress Reduction Program**
Lina Bagdonavičienė, Laboratory of Behavioural Medicine, Neuroscience Institute, Lithuanian University of Health Sciences, Lithuania
Julius Neverauskas, Laboratory of Behavioural Medicine, Neuroscience Institute, Lithuanian University of Health Sciences, Lithuania
Dan J. Stein, SAMRC Unit on Risk and Resilience in Mental Disorders, Department of Psychiatry and Neuroscience Institute, University of Cape Town, South Africa
Narseta Mickuviene, Laboratory of Behavioural Medicine, Neuroscience Institute, Lithuanian University of Health Sciences, Lithuania
Julija Gecaite Stonciene, Laboratory of Behavioural Medicine, Neuroscience Institute, Lithuanian University of Health Sciences, Lithuania
- PS67** **Low-Intensity Cognitive Behavioral Therapy Interventions by Well-Being Advisors in Lithuania: Reducing Depressive and Anxiety Symptoms and Improving Subjective Well Being**
Julija Gecaite Stonciene, Laboratory of Behavioural Medicine, Neuroscience Institute, Lithuanian University of Health Sciences, Lithuania
Julius Neverauskas, Laboratory of Behavioural Medicine, Neuroscience Institute, Lithuanian University of Health Sciences, Lithuania
Lina Bagdonavičienė, Laboratory of Behavioural Medicine, Neuroscience Institute, Lithuanian University of Health Sciences, Lithuania
Narseta Mickuviene, Laboratory of Behavioural Medicine, Neuroscience Institute, Lithuanian University of Health Sciences, Lithuania
- PS68** **The effectiveness of mindfulness on depression, anxiety, and distress in cancer patients: A meta-analysis.**
Ľma Štánerová, Faculty of Arts, Comenius University in Bratislava, Slovakia
Veronika Zelenayová, Faculty of Arts, Comenius University in Bratislava, Slovakia
Jakub Rajčáni, Faculty of Arts, Comenius University in Bratislava, Slovakia

- PS69 The Serbian Validation of the Co-Rumination Questionnaire**
Milica Arnautović, LIRA Lab, Faculty of Philosophy, University of Belgrade, Serbia
Sanda Stanković, LIRA Lab, Faculty of Philosophy – University of Belgrade, Serbia
Matija Gvozden, University of Belgrade, Faculty of Philosophy, Department of Psychology, Belgrade, Serbia
Tatjana Vukosavljević-Gvozden, Faculty of Philosophy – University of Belgrade, Serbia
- PS70 Virtual reality supporting the process of dialectical-behavioral therapy**
Anna Englert-Bator, University of Rzeszow, Poland
- PS71 Underreported Addiction and Irrational Beliefs Associated with Lying**
Ivana Peruničić-Mladenović, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
Snezana Filipovic, Institute of Mental Health, Belgrade, Serbia
Ivica Mladenovic, Institute of Mental Health, Belgrade, Serbia
Elena Stevanović, Institute of Mental Health, Belgrade, Serbia
- PS72 Decreased oxygen saturation during sleep in an 8-week app-based mindfulness intervention: A smart-watch randomized controlled trial.**
Kohki Kaji, The University of Tokyo, Japan
Riko Uwagawa, The University of Tokyo, Japan
Koichiro Adachi, The University of Tokyo, Japan
Mai Sugie, The University of Tokyo, Japan
Yukari Kimura, The University of Tokyo, Japan
Mariko Shimoda, The University of Tokyo, Japan
Ryu Takizawa, The University of Tokyo, Japan
- PS73 Overgeneral Future-Oriented Thinking in Swiss refugees**
Grazia Ceschi, University of Geneva, Switzerland
- PS74 The Impact of Cognitive Flexibility on Post-Traumatic Growth in Women Diagnosed with Breast Cancer: A Cross-Sectional Study**
Hüseyin Savran, Psychiatry Clinics, Kocaeli City Hospital, Kocaeli, Turkey
Melek Coşar Yakar, Eskisehir Osmangazi University, Turkey
Bülent Yıldız, Eskisehir Osmangazi University, Turkey
Ercan Altınöz, Eskisehir Osmangazi University, Department of Psychiatry, Turkey
- PS76 An integrated software platform for the automation of Cognitive Behavioral Therapy Sessions with real-time psychophysiological assessment**
Slobodan Radovanovic, BITWORK DOO, Serbia
Emil Jovanov, The University of Alabama in Huntsville, United States
Mladen Milošević, N/A, United States
- PS79 Effect of Parents' Sleep Habits and Their Children's Behavioral Characteristics on Parents' Mental Health: Focusing on Differences by Child Developmental Stage**
Naoko Ayabe, Akita University, Japan
Michitaka Yoshimura, Aichi Toho University, Japan
- PS80 A Study on Developing a Scale of Thought Patterns in Depression in Children and Adolescents**
Gizem Yıldız, Koc University, Turkey
Tevfik Bedirhan Üstün, Koc University, Turkey
Tuba Mutluer, Koc University, Turkey
- PS81 Effects of Attention Training Technique in Patients with Schizophrenia with Auditory Hallucinations**
Joachim Kowalski, Institute of Psychology, Polish Academy of Sciences, Poland
Małgorzata Dąbkowska, Institute of Psychology, Polish Academy of Sciences, Poland
Adrianna Aleksandrowicz, Institute of Psychology, Polish Academy of Sciences, Poland
Michał Jarkiewicz, Institute of Psychiatry and Neurology in Warsaw, Poland
Frank Larøi, University of Oslo, Norway
Łukasz Gawęda, Institute of Psychology, Polish Academy of Sciences, Poland
- PS82 Tourettism: A Contemporary Account.**
Dipesh Patel, University College London, United Kingdom
Himanshu Tyagi, University College London, United Kingdom
- PS84 Considering the Importance of Continuous Development in RE&CBT Education: Strategies for Maintaining Motivation and Engagement of Trainees at the Final Level of education, and the Impact on Personal Development**
Tijana Stanković Milić, UKBTS, Serbia
Iva Miljic, SKS365, Belgrade, Serbia
Nevena Ćiric, Belgrade, Serbia
Anika Tabas, International Committee of the Red Cross, Belgrade, Serbia

- PS85** **Is there a role for Early Maladaptive Schema in sexual distress related to sexual function? Preliminary results of an exploratory study with a cross-sectional sample of adults in an exclusive dyadic relationship.**
Patrícia M. Pascoal, Lusófona University, HEI-Lab: Digital Human-Environment Interaction Labs, Lisbon, Portugal
Catarina Raposo, Center for Psychology at the University of Porto, Faculty of Psychology and Educational Sciences of the University of Porto, Portugal
Andreia A. Manão, Lusófona University, HEI-Lab: Digital Human-Environment Interaction Labs, Lisbon, Portugal
- PS86** **Socioeconomic status as moderator of the association between mothers' emotion regulation and depressive symptoms during the COVID-19 pandemic**
Cristina Ardelean, University of British Columbia, Canada
Katerina Rnic, University of British Columbia, Canada
Joelle LeMoult, University of British Columbia, Canada
Ashley Battaglini, University of British Columbia, Canada
Ellen Jopling, University of British Columbia, Canada
- PS87** **Parents' experiences of change during parent training delivered after a report of child abuse**
Livia van Leuven, Karolinska Institutet, Sweden
- PS88** **Psychotherapy by video versus at the office: The Covideo study**
Einar Heiervang, Innlandet Hospital Trust, Norway
Jo Magne Ingul, Norwegian University of Science and Technology, Norway
David Clark, University of Oxford, United Kingdom
Eleanor Leigh, University of Oxford, United Kingdom
Marianne Aalberg, Akershus University Hospital, Norway
Jon Fauskanger Bjaastad, Division of psychiatry, Stavanger University Hospital, Norway
Gro Wergeland, University of Bergen, Norway
- PS89** **Social Anxiety and sensitivity to loss of belongingness and status**
Eva Gilboa-Schechtman, Bar Ilan University, Ramat Gan, Israel
Dan Hay, Bar-Ilan University, Israel
Noa Perets, Bar-Ilan University, Israel
Roy Azoulay, Bar Ilan University, Ramat Gan, Israel
Zohar Klein, Bar Ilan University, Ramat Gan, Israel
- PS90** **Control Beliefs and The Sense of Social Agency in Depression: Dysphoric Individuals Fail to Benefit from Social-Control Beliefs**
Sun Bleicher, Bar-Ilan University, Israel
Eva Gilboa-Schechtman, Bar Ilan University, Ramat Gan, Israel
- PS91** **Practice of European CBT psychotherapists with LGBT clients**
Marija Knežević, UKBTS, Serbia
Ivana Peruničić-Mladenović, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
Nikola Petrović, University of Belgrade, Faculty of Philosophy, Department of Psychology, Serbia
Sanda Stanković, LIRA Lab, Faculty of Philosophy – University of Belgrade, Serbia
- PS92** **The role of irrational beliefs (REBT) in intentional nonadherence to medical recommendations**
Sanda Stanković, LIRA Lab, Faculty of Philosophy – University of Belgrade, Serbia
Danka Purić, LIRA Lab, Faculty of Philosophy, University of Belgrade, Serbia
Ljiljana B. Lazarević, LIRA Lab and Institute of Psychology, Faculty of Philosophy, University of Belgrade, Serbia
Goran Knežević, LIRA Lab, Faculty of Philosophy, University of Belgrade, Serbia
Iris Žeželj, LIRA Lab, Faculty of Philosophy, University of Belgrade, Serbia
- PS93** **4P Model of an adolescent with sexual orientation obsessions: a case report**
Sena Ciminli, İstanbul Medeniyet University, Turkey
Alperen Bıkmazer, İstanbul Medeniyet University, Turkey
- PS94** **Culturally adapted cognitive-behavioral group therapy plus problem solving training for mental disorders in refugees: a multicenter randomized-controlled trial**
Ulrich Stangier, Institut für Psychologie der Goethe-Universität Frankfurt, Germany
- PS95** **Process-based therapy: a new approach to personalized assessment and treatment**
Ulrich Stangier, Institut für Psychologie der Goethe-Universität Frankfurt, Germany
- PS96** **The Role of Irrational Beliefs in Diabetes Distress**
Smiljana Cvjetkovic, Faculty of Medicine, University of Belgrade, Serbia
Kristina Vrtic, Tratamento AG, Switzerland
Milica Todorovic, UKBTS Srbije, Serbia
Ognjen Krcmar, University of Belgrade - Faculty of Medicine, Serbia

Slavisa Kovac, Association Rainbow, Serbia
Aleksandar Prica, Association Rainbow, Serbia
Vida Jeremic Stojkovic, Faculty of Medicine University of Belgrade, Serbia

- PS97 Brief CBT for eating disorders (CBT-T) is a case of protocol adaptation for anorexia nervosa in a teenager with low weight and in combination with SSRIs.**
Elena Okonishnikova, Peoples' Friendship University of Russia named after Patrice Lumumba. Association for Cognitive and Behavioural Psychotherapy, Russian Federation
- PS98 Preliminary Psychometric Analysis of the Emotional Needs Scale**
Bruno Faustino, Lusófona University, HEI-Lab: Digital Human-Environment Interaction Labs, Lisbon, Portugal
Catarina Raposo, Center for Psychology at the University of Porto, Faculty of Psychology and Educational Sciences of the University of Porto, Portugal
- PS99 Assessing the Integration of Cognitive Behavioral Therapy Education in Turkish Undergraduate Psychology Programs**
Uzay Peser, Yeditepe University, Turkey
SILA YOLCU, Yeditepe University, Turkey
Nuray Nabizade, Yeditepe University, Turkey
Ezgi Uzun, Medicana Ataköy Hastanesi, Turkey
Sena Ece Ilgin, Marmara University Research & Training Hospital, Turkey
- PS100 Case Report: OCD In A Homosexual Adolescent**
Gunay Budagova, Department of Child and Adolescent Psychiatry Biruni University Faculty Of Medicine, Turkey
- PS102 Self-care as a tool for preventing mental illness**
Anabela Pereira, University of Aveiro, Portugal
Isabel Souto, University of Aveiro, Portugal
Elisabeth Brito, University of Aveiro, Portugal
Ines Direito, University of Aveiro, Portugal
- PS103 Virtual Reality as a Therapeutic Tool for Depression: A Systematic Review**
Narcis Galatanu, Babes-Bolyai University, Department of Psychology, Romania
Daniel David, Babeş-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania
- PS104 Cultivating Resilience: The Impact of Mindfulness-Based Stress Reduction (MBSR) on Compassion And Mindfulness**
Serra Kadayıfci, Istanbul Medipol University, Psychology Department, Istanbul, Turkey
Ela Oncel Ari, Istanbul Medipol University, Psychology Department, Istanbul, Turkey
- PS105 CBT via Videoconferencing for Youths in COVID Era: Outcomes on Anxiety and Depression Symptoms**
Mehmed Seyda Tepedelen, Department of Psychology, School of Humanities and Social Sciences, Ibn Haldun University, Turkey
Burcu Uysal, Ibn Khaldun University, Turkey
- PS106 Kognitivne distorzije u crnogorskim izrekama i poslovicama**
Milena Raspopović, UKBTS, Montenegro
Nevenka Pavličić, UKBTS, Montenegro
Nikola Ralević, UKBTS, Montenegro
- PS107 On the Question of Existential Anthropology as a Philosophical Level of the Cognitive Behavioral Approach**
Dmitry Dyakov, Institute of Psychology, Belarus
A.S. Martysevich, Belarus CBT Association, Belarus
- PS108 Positive and Negative Impacts of Rumination in People with Mild and Severe Depressive Symptoms**
Viktoriia Denisova, National Research University Higher School of Economics, Russian Federation
- PS109 Mindfulness for Nonclinical Paranoia in Virtual Reality: A Randomised Controlled Trial**
Elise Gear, Royal Holloway, University of London, United Kingdom
- PS110 Multidimensional Cognitive Attention Syndrome Scale Validity and Reliability in Turkish**
Erkil Çetinel, Sağlık Bilimleri Üniversitesi, Ankara Etlik City Hospital, Department of Psychiatry, Turkey
Kadir Özdel, Sağlık Bilimleri Üniversitesi, Ankara Etlik City Hospital, Department of Psychiatry, Turkey
Ercan Altınöz, Eskisehir Osmangazi University, Department of Psychiatry, Turkey
Uğur Doğan, Muğla Sıtkı Koçman University, Turkey
Sedat Batmaz, Ankara Social Sciences University, Turkey

- PS111 Confirmatory Analysis of the Outcomes of Poor Sleep Scale OOPS-S 29**
Peđa Miladinovic, Faculty for business and legal studies Dr Lazar Vrkatić, Novi Sad, Union University in Belgrade; Temenos Center, Novi Sad, Serbia
Radomir Belopavlović, Faculty of Philosophy, University of Novi Sad, Serbia
Snežana Tovilović, Faculty of Philosophy, University of Novi Sad, Serbia
- PS112 A digital psychosocial support service for Arabic-speaking refugees living in Switzerland: preliminary findings from a three-armed RCT trial**
Rilana Stöckli, Switzerland
Monia Aebersold, Swiss Red Cross, Switzerland
Viktoria Zoellner, Swiss Red Cross, Switzerland
Sebastian Burchert, Freie Universität Berlin, Germany
Jessica Wabiszczewicz, Freie Universität Berlin, Germany
Eva Heim, University of Lausanne, Switzerland
Christine Knaevelsrud, Freie Universität Berlin, Germany
Thomas Berger, Universität Bern, Switzerland
- PS113 Integration of cognitive model and predictive coding models**
Albert Murtazin, Association for Cognitive Behavioral Psychotherapy (Russia), Russian Federation
Alexander Granitsa, Kazan (Volga region) federal university, Russian Federation
- PS114 The relationship between facets of mindfulness and attitudes towards psychotherapy**
Tamara Jovanovic, Faculty Of Sciences, University Of Novi Sad, Serbia
Danica Bogatinović, UKBTS, Serbia
Azra Kapetanović, UKBTS, Serbia
Jovana Nikolić, Filozofski fakultet Univerziteta u Beogradu, Beograd, Srbija
Neda Tasić, UKBTS, Serbia
Jovana Tizmonar, UKBTS, Serbia
- PS115 The Relationship Between Self-Compassion Attachment Styles and Emotion Regulation Difficulties in Individuals Diagnosed with Psychosomatic Skin Disease**
Mihriban Alemdar, Hasan Kalyoncu University, Turkey
Mustafa Batuhan Kurtoğlu, Hasan Kalyoncu University, Turkey
- PS117 Using the principles of single-session therapy and adapting PERMA concept to pro bono Counselling**
Sergei Padve, Solo practitioner, Russian Federation
- PS118 Ispitivanje prevalencije tipa D ličnosti među psihoterapeutima - veza sa sagorijevanjem i otpornošću**
Irma Čorbo, JU OŠ Grbavica II, Bosnia and Herzegovina
Andrea Vlašić, Ministry of Internal Affairs, Bosnia and Herzegovina
Amela Bektaš, Udruženje za psihološku procjenu, pomoć i savjetovanje-Domino, Zenica, Bosnia and Herzegovina
- PS119 Faktori koji utiču na zadovoljstvo životom kod psihoterapeuta: Uloga negativne afektivnosti**
Amela Bektaš, Udruženje za psihološku procjenu, pomoć i savjetovanje-Domino, Zenica, Bosnia and Herzegovina
Andrea Vlašić, Ministry of Internal Affairs, Bosnia and Herzegovina
Irma Čorbo, JU OŠ Grbavica II, Bosnia and Herzegovina

Your next congress in 2025 - **SAVE THE DATE!**

55th Annual Congress

The European Association for Behavioural and Cognitive Therapies

EABCT 

European Association for
Behavioural and Cognitive Therapies

SEC Scottish
Event
Campus

Glasgow

3–6 September 2025



hosted by

**British Association for Behavioural and
Cognitive Psychotherapies**

Next year BABCP has been given the opportunity and privilege to host the 55th Annual EABCT Congress which we will be combining with BABCP's annual conference. The European congress is always a great success as it brings together and welcomes CBT friends and colleagues from all its 60 CBT Associations in 44 countries in Europe and across the world to join together.

The last time BABCP hosted the EABCT Annual Congress was in 2004 in Manchester and we look forward to seeing you in Glasgow where you will be treated to a truly international scientific programme matched only by the unique Scottish hospitality you will experience in Glasgow.

Co-Chairs: Congress Organising Committee

Kevin Noon, Glasgow
Rod Holland, London

Co-Chairs: Scientific Programme

Jo Daniels, Bath
Simon Blackwell, Germany
*Supported by BABCP Conference Programme Group
and the European (EABCT2025) Scientific Committee*

Scientific Programme Administrator

Milly Robinson (eabctassistant@eyas.co.uk)

Professional Conference Support

EYAS Ltd (eabct@eyas.co.uk)

IMPORTANT DATES

7th September: Launch at EABCT Congress in Belgrade
7th October: Call for papers opens
9th December: Keynotes and Pre-congress workshops
announced

2025

6th January: Registration opens
28th February: Call for symposia, skills classes, etc. ends
31st March: Open paper and poster submissions ends
2nd May: Outline programme announced
16th June: Provisional programme with times
30th June: Early bird registration ends



Scan the QR Code to keep up to date with information or visit the congress
website **www.eabct2025.org**