




Pre-Congress Workshops
 Wednesday, September 4, 2024

	MR32	MR25	MR33	MR26	MR23	MR34	MR20	MR24	MR27	MR22	MR21	MR29	MR30	MR31
8:00-9:00	REGISTRATION FOR PRE-CONGRESS WORKSHOPS													
9:00-10:30	WP1: RAYMOND DIGIUSEPPE – The Assessment, Diagnosis and Treatment of Anger Problems	WP2: CHRIS IRONS - Working with Self-criticism using Compassion Focused Therapy	WP3: PAUL SALKOVSKIS – A practical guide to CBT for Obsessive compulsive disorder: a masterclass	WP4: MARIA DE CÉU SALVADOR – Acceptance and Compassion based interventions for Test Anxiety: New approaches for an old problem	WP5: MARGO ONONAIYE – Chipping Away at the Marble: Developing Supervision Skills in Culturally Responsive Supervision	WP6: JAMES BENNETT-LEVY & JAMES HAWKINS – Entering the World of Psychedelic-assisted Therapy	WP7: MEHMET SUNGUR – Cognitive Behavioural Systems Approach to Couple Problems	WP8: AGNIESZKA POPIEL – Treatment and prevention of PTSD. A non-trauma self-efficacy focused cognitive therapy approach	WP9: RICHARD BENNETT – ACT and the Self: From Self Esteem to Self-Acceptance	WP10: MARK FREESTONE – What did we learn from the pandemic? Using our enhanced understanding of uncertainty to address life disruption, real world threats, and unavoidable unknowns in	WP11: HAKAN TURKCAPAR & KADIR OZDEL – Brief Cognitive-Behavioral Group Therapy for Panic Disorder	WP12: ANTONIO PINTO – CBT for Psychosis	WP13: AG AHMED – Intensive Outpatient Treatment for Substance use Disorders in Forensic/Correctional Populations	WP15: RACHEL RODGERS & FANNY DIETEL - #AppearanceAnxious- Investigating and treating Body image related disorders in a digital world
10:30-11:00	COFFEE BREAK													
11:00-12:30	WP1 - continued	WP2 - continued	WP3 - continued	WP4 - continued	WP5 - continued	WP6 - continued	WP7 - continued	WP8 - continued	WP9 - continued	WP10 - continued	WP11 - continued	WP12 - continued	WP13 - continued	WP15 - continued
12:30-13:30	LUNCH BREAK													
13:30-15:00	WP1 - continued	WP2 - continued	WP3 - continued	WP4 - continued	WP5 - continued	WP6 - continued	WP7 - continued	WP8 - continued	WP9 - continued	WP10 - continued	WP11 - continued	WP12 - continued	WP14: KEITH DOBSON – Building an Effective Therapeutic Relationship in CBT	
15:00-15:30	COFFEE BREAK													
15:30-17:00	WP1 - continued	WP2 - continued	WP3 - continued	WP4 - continued	WP5 - continued	WP6 - continued	WP7 - continued	WP8 - continued	WP9 - continued	WP10 - continued	WP11 - continued	WP12 - continued	WP14 - continued	
15:30-18:00	REGISTRATION FOR THE CONGRESS													
18:00-20:00	WELCOME RECEPTION: OPENING OF THE CONGRESS & COCKTAIL PARTY													

	MR75	MR32	MR33	MR34	MR35	MR25	MR27	Serbian Lounge Room	MR23	MR29	MR30	MR31	MR20	MR21	MR22	MR24	MR26
9:00-10:00	KN1: Palli Salkovskis - Re-thinking CBT formulation: Hoarding Disorder as an example of convergent processes in understanding and treating psychological	KN2: Kristene Doyle - How Rational Emotive Behavior Therapy is Integral in Addressing Our Current Global Challenges	KN3: Chris Irons - What's compassion got to do with it? Addressing the issues of shame and self-criticism in therapy	KN4: Marija Mitković Vončina - Emotion regulation for all: helping adolescents in under-resourced settings	KN5: Edward Craighead - Differential predictor, mechanisms, and sustainers of CBT vs antidepressants for treating Major Depression	KN6: Ag Ahmed - Applications of REBT in forensic Mental Health											
10:00-10:30	COFFEE BREAK & POSTER SESSION 1																
10:30-12:00	SY1: Narrative Exposure Therapy: Navigating Challenges and Exploring Perspectives/Societal Reach	SY2: Exploring Interpersonal Processes in Social Anxiety and Depression	SY3: Promoting Durable Remission from Depression: Towards Clinical Implementation of Preventative Cognitive Training	SY4: Inhibitory learning during exposure: From lab to clinic	SY5: Romantic obsessions, unrealistic beliefs, and insightful cognitions	PD1: When Should We Reflect on the Past versus Think about the Future in CBT?	RT1: Addiction and Mindfulness	RT2: Accompany woman in the transition to motherhood	Technical Demonstrations	SC1: Free Styling REBT: Making Powerful Disputation Gently	SC2: The power of progress feedback. Using standardized measures to enhance outcomes	SC3: Learn key elements in the SIBS intervention for siblings and parents of children with chronic disorders	SC4: Problemi u integraciji mindfulness-a u standardne KBT protokole i kako ih prevazići 	IN01: "Is it them, is it me, or is it us?": working with interpersonal process in CBT	IN02: Perspective-taking interventions for shame and self-criticism	IN03: Overcoming addiction: a core process approach	IN04: Suicide risk assessment & management in DBT practice
12:00-13:30	Early Career Session - Meet the Expert: Kristene Doyle	SY6: Interventions for youth internalizing problems across settings – lessons for the future	SY7: Empowering Relationships: Strategies for Engaging Significant Others in Psychotherapy	SY8: New developments in the understanding and management of OCD	SY9: Innovations in Imagery-Based Interventions in Cognitive Behavioral Therapy	PD2: Issues regarding the training and delivery of evidence based CBT interventions to refugees - experiences from EABCT member associations	RT3: The diversity of Case Conceptualization across Europe: Learning from each other to progress further	RT4: Treating Generalized Anxiety Disorder: Different Evidence-Based Therapeutic Approaches	Technical Demonstrations continued	SC5: Treatment of sexual orientation OCD	SC6: Treating tics and Tourette Syndrome with evidence based interventions and adaptations needed for the 'real world'	SC7: The use of deliberate practice in cognitive behavioral therapy supervision and training	SC8: Breaking Free from Mind Loops: A Contextual Behavioral Approach to Repetitive Negative Thinking	IN01 - continued	IN02 - continued	IN03 - continued	IN04 - continued
13:30-14:30	LUNCH BREAK & POSTER SESSION 1																
14:30-15:30	KN7: James Bennett-Levy - When climate-related disaster strikes: What should we do about PTSD?	KN8: Keith Dobson - Beyond CBT in the Treatment of Depression: Integrating current models of risk and resilience	KN9: Maria Bragesjo - Challenges and perspectives in prolonged exposure therapy for PTSD	KN10: Margo Ononaye - Should Culture be an Integral Part of Supervision?	KN11: Gregoris Simos - Shall we add compassion to schema therapy	KN12: Luisa Weiner - Treating emotion dysregulation in autistic adults through dialectical behavior therapy (DBT) and compassion-focused therapy											
15:30-16:00	COFFEE BREAK & POSTER SESSION 1																
16:00-17:30	EABCT 2GM - business meeting (for EABCT Representatives & affiliates)	SY10: How to make help based on CBT for anxious children and young people easily available	SY11: Cognitive processes and predictors of treatment efficacy for social anxiety	SY12: Novel developments in the field of internet-based interventions	SY13: Schema Therapy and Imagery Rescripting: Applicability Across Formats and Disorders	PD3: Metacognitive perspectives on psychiatric disorders	OP1: Open paper symposium	KT5: New processes in cognitive behavioural therapies: the "dark down arrow" in personal development, cultural distinctions and case formulation	OP2: Open paper symposium	SC9: Rumination in obsessive-compulsive disorder: Catching the sneakiest of compulsions	SC10: Disputing irrational beliefs by working with Critic Modes in personality disorders	SC11: DBT informed therapy: using DBT outside of comprehensive treatment program	SC12: Big Picture Appraisal Mindfulness based cognitive therapy	IN05: Positive CBT: a new age of CBT	IN06: Super Skills for Life: Transdiagnostic CBT-based program to prevent anxiety and depression in children and adolescents	SC13: Breaking Boundaries: A Skill Class for Overcoming Social Anxiety Disorder	IN08: How to effectively combine Motivational Interviewing with Cognitive Behaviour Therapy
17:30-19:00		SY14: Threat learning: How basic science can inform clinical practice	SY15: Unraveling the Mechanisms of Change in Transdiagnostic Cognitive-Behavioral Therapy: Insights from the Unified Protocol	SY16: Treatment model and beyond: adherence and flexibility in application of dialectical behavior therapy (DBT)	SC14: Mindfulness Techniques in Acceptance and Commitment Therapy (ACT)	SC15: Spiritual Psychology: How to engage clients with religious beliefs (online)	OP3: Open paper symposium	OP4: Open paper symposium	OP5: Open paper symposium	OP6: Open paper symposium	OP7: Open paper symposium	OP8: Open paper symposium	OP9: Open paper symposium	IN05 - continued	IN06 - continued	OP10: Open paper symposium	IN08 - continued

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9:00-10:00	KN13: Raymond DiGiuseppe - Common Factors And Shared Strategies: What Makes Cognitive Behavior Therapies Effective?	KN14: Maria do Cou Salvador - Building bridges between the old and the new: innovative contributions in test anxiety conceptualization and intervention	KN15: Mehmet Sungur - Infidelity and its Consequences: Is it possible to re-build trust following affairs?	KN16: Peter Phiri - Cultural Adaptation of CBT for Psychosis: Working with diverse communities	KN17: Isabel Fernandez - research: the state of the art	KN18: Daniel David - Integrative and Multimodal CBT as a platform of evidence-based psychotherapy integration. Clinical and academic implications	KN19: Milica Pejovic Mirovacki - Neurodevelopmental disorders: the reality of challenges										
10:00-10:30	COFFEE BREAK & POSTER SESSION 2																
10:30-12:00	Early Career Session - Meet the Expert: Paul Salkovskis	SY17: Challenges in Assessment and Conceptualization of Rumination as a Transdiagnostic Risk Factor	SY18: Exploring the Complexities of Suicidal Ideation and Behavior: Prediction and Effective Interventions	SY19: Activating Strengths in CBT: Outcomes, processes and an intervention model	SY20: The interface between clients and mental health services: Exploring new social digital realities	RT6: EMDR and Crisis Support Following Mass Shootings in Serbia	SC16: Enhancing Therapeutic Communication: The Impact of Language on Perception and Treatment Efficacy	RT7: Pitfalls in therapeutic alliance in cognitive behavior therapy	SC17: Deep CBT for anxiety disorders and beyond: assessing and treating core threats	SC18: Using ACT to define healthy boundaries	SC19: Innovative and creative techniques in Group Schema Therapy for Children and Adolescents		SC20: Trauma Informed Supervision: From perspectives to practices	IN09: The road to happiness: Facilitating positive emotions in clients	IN10: Process-based Case Conceptualization: A collaborative and empiric approach	IN11: Managing couple's problems with Rational Emotive Behavior Therapy (REBT)	IN12: CBT for Chronic Pain – evidence based approaches to support self-management of persistent pain
12:00-13:30	Panel debate of keynote speakers - New age of CBT - challenges and perspectives	SY21: Transforming Futures: Innovations and New Approaches in Childhood and Adolescent Anxiety Interventions	SY22: What makes a good cognitive-behavioral therapist? Current research on therapist effects, measurement of therapeutic competences and training methods	SY23: Acceptance and Commitment Therapy for Transitional-Age Youth (15 to 25 years old): Building the evidence	SY24: Long-term effectiveness of transdiagnostic interventions for children and adolescents in municipal services	PD5: Trauma-Informed Education in European Universities: Enhancing Teaching Practices through the Trauma Studies EunWell Project	SC21: Crowd-sourcing acceptance: reducing shame in PTSD treatment through targeted surveys	PD6: EABCT panel: From understanding to wise change. European perspectives on diversity in CBT	SC22: CBT for vaginismus	SC23: Structured Team Feedback in Family Therapy for Addicted People	PD7: Razumevanje mentalnog zdravlja u digitalnoj eri: Uloga KBT za milenijalce <small>REGIONAL LANGUAGES</small> EN SC SR HR	SC24: "When One Door Closes, Another Opens": Utilizing CBT and ACT in Children and Adolescents with Anger and Aggression Regulation Difficulties	SC25: Keys for integrating REBT with Logotherapy in Clinical Practice	IN09 - continued	IN10 - continued	IN11 - continued	IN12 - continued
13:30-14:30	LUNCH BREAK & POSTER SESSION 2																
14:30-15:30	KN20: Robert Leahy - You shouldn't feel that way - but you do: Coping with Difficult Emotions (online)	KN 21: Stefan Hofmann - Regulating Emotions	KN22: Tullio Scrimall - Entropy of mind and negative Entropy: A cognitive and Complex Approach to Schizophrenia and Its Therapy	KN23: Saiqa Naz - Is CBT only for White people?	KN24: Caroline Braet - Because you had a bad day: emotional eating in youth	KN25: Clarissa Ong - A Process-Based Approach to CBT: Focusing on Person-Level Processes in Context (online)											
15:30-16:00	COFFEE BREAK & POSTER SESSION 2																
16:00-17:30		SY26: Are therapists' competences, skills, and biases the key to success in therapy?	SY27: Training and Credentialing Standards in CBT	SY28: Why does addressing bias relegate patients to a perspective of nonconnectivity CANCELLED	SY29: Exploring Rational Emotive Behavior Therapy (REBT): Practice and Applications in Diverse Psychotherapeutic Contexts	OP11: Open paper symposium	SC26: Socializing the patient into CBT using Socratic Questioning and a step by step analysis and synthesis technique	SC27: Cognitive Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder	SY25: The effects of self-compassion on mental health	SC28: Embracing Self-Compassion: Transforming Self-Criticism in Therapy	SC29: The third wave of CBT and beyond: Process based therapy based on ACT, Logotherapy and Stoic philosophy	SC30: Beyond verbal therapy: Applying skills for using metaphors, imagery, drawings and sculpturing to facilitate the change process	OP12: Open paper symposium	IN13: Reinventing the Therapeutic Relationship in Schema Therapy Supervision by Using Group Schema-mode Role-play Technique	IN14: A practical introduction to providing psychological therapies to ethnically and religiously diverse communities	IN15: Neuroscience-Based Cognitive Therapy for Schizophrenic Patients	IN16: Prolonged exposure therapy for PTSD
17:30-19:00	SY30: Integrating Local Realities: Transformative Approaches for Addressing Mental Health and Substance Use Problems in Africa	SY31: Cognitive Behavioural Coaching: models, approaches, research	SY32: Treating Long-COVID haulers: different psychological interventions for patient-centered care	SY33: The development of the cognitive conceptualization diagram and its modern forms	SY34: Difficulties and comorbidities in the treatment of OCD	SC31: Obsession or Compulsion? Recent Developments in Treating Mental Compulsions in OCD	OP13: Open paper symposium		SC32: Do you know how to have fun with your anger	OP14: Open paper symposium	OP15: Open paper symposium	OP16: Open paper symposium	OP17: Open paper symposium	IN13 - continued	IN14 - continued	IN15 - continued	IN16 - continued
20:30-00:30	CONGRESS PARTY - RESTAURANT JEZERO (Ada Ciganlija bb)																

Main Congress
Saturday, September 7, 2024

	MR75	MR32	MR33	MR34	MR35	MR25	MR27	MR26	MR23	MR29	MR30	MR20	MR22
9:00-10:00	KN26: Antonio Pinto - CBT of psychosis: the state of the art	KN27: Vladan Starčević - Cyberchondria: Hypochondria of the 21st century	KN28: Judith Beck - Recent Developments and Future Directions in Cognitive Behavior Therapy (online)	KN29: Arnold Van Emmerick - Cognitive Behavioural Writing Techniques for Posttraumatic Stress	KN30: Miro Jakovljević - CBT and the seven secrets of mental health								
10:00-10:30	COFFEE BREAK												
10:30-12:00	Early Career Session - Saiqa Naz - Dismantling inequalities: developing cultural confidence in working with ethnic minority communities	SY35: Understanding and tackling mental health problems in adolescents and emerging adults: a focus on emotion regulation	SC33: Integrating Behavior Therapy and Zen Practices in Dialectical Behavior Therapy	OP18: Open paper symposium	OP19: Open paper symposium	OP20: Open paper symposium	OP21: Open paper symposium	RT9: Introducing DBT (Everything You Wanted to Know About DBT but Were Afraid to Ask)	SY36: Between stress and psychopathology: Examination of the role of factors of vulnerability in mental health dynamics	SC34: Accepting the Horror in Full Detail: The Acceptance and Commitment Therapy with Trauma Victims	OP22: Open paper symposium	SC35: RE&KBT i Egzistencijalizam <small>REGIONAL LANGUAGES</small> 	IN18: After the Heartbreak: Understanding and Treatment of Infidelity in CB Couples Therapy
12:00-13:30	SY37: Therapist's schemas, modes, and self-care: challenges and perspectives	OP23: Open paper symposium	SC36: Of Skies, seas and mirrors: Discovering the Self of the Therapist through Reflective Practice	OP24: Open paper symposium	OP25: Open paper symposium	OP26: Open paper symposium	OP27: Open paper symposium	SC37: An integrated CBT treatment for psychosis: Strategies to optimize the treatment and mistakes to avoid	SC38: What really matters in (my) life? Exploring values in Acceptance and Commitment Therapy (ACT)	SC39: The art of assertiveness: helping manage the anger of self and others	SC40: Developing Compassionate Mind - A Compassionate Mind Training	SY38: Kognitivno bihevioralna terapija Harm OKP-a <small>REGIONAL LANGUAGES</small> 	IN18 - continued
13:30-14:30	CLOSING CEREMONY IN MR75												