

# EABCT 2021 Annual Congress

8th-11th September 2021  
ICC (International Convention Centre)  
Belfast, Northern Ireland

## The Annual Congress of the European Association for Behavioural and Cognitive Therapies



**CBT  
Back to the Future**

Celebrating 50 years of CBT in Europe



Hosted by the Irish Association of Behavioural and Cognitive Psychotherapy and incorporating the 49th Annual Conference of BABCP

## It is time to meet again at the EABCT Congress

After over a year with no opportunities to join a congress with speakers presenting to a live audience the opportunity to meet in Belfast in September is nearing.

The organisation of this hybrid 3 day international congress at the International Convention Centre in Belfast is well underway and full information on the programme is available on:

**EABCT2021.org**

## Congress Keynote Speakers

**David Clark, Oxford, UK**

Disseminating psychological therapies

**Emily Holmes, Stockholm, Sweden**

Mental Imagery and Mental Health Science

**Rob de Rubeis, Pennsylvania, USA**

Complex data-driven approaches to clinical decision-making

**Anke Ehlers, Oxford, UK**

Treatment of posttraumatic stress disorder

**Stefan Hofmann, Boston, USA**

CBT is an applied evolutionary science

**Michael Duffy, Belfast, Northern Ireland**

Responding to trauma and traumatic grief

**Shirley Reynolds Norwich, UK**

Using Brief Behavioural Activation with depressed adolescents

**Rory O'Connor, Glasgow, Scotland**

Understanding suicide risk

**Eni Becker, Nijmegen, the Netherlands**

Cognitive Bias Modification for depression

**Mark Freeston, Newcastle, UK**

Understanding distress in the face of uncertainty and threat

**Lars-Göran Öst, Stockholm, Sweden**

Does CBT work in routine clinical care?

**Sam Cartwright-Hatton, Brighton, UK**

Working with parents to improve child mental health

**Nina Heinrich, Bremen, Germany**

Family Violence: When family relationships take an unwanted course

**Jennifer Lau, London, UK**

The emotional impact of the pandemic on young people

**Omer Van den Bergh, Leuven, Belgium**

Mind the Body: Symptom perception in psychopathology\*

**Marcantonio Spada, London, UK**

Metacognition in addictive behaviours: A 20-year overview

**Monnica Williams, Ottawa, Canada**

Being an anti-racist clinician

**Louise McHugh, Dublin, Ireland**

Following the rules: When it works and when it doesn't

**Anca Dobrea, Cluj-Napoca, Romania**

Technological enhanced CBT with children and adolescents

**Peter Phiri, Southampton, UK**

Cultural adaptations of CBT

**Arnoud Arnzt, Amsterdam, the Netherlands**

Imagery Rescripting: a transdiagnostic technique



A hybrid congress allows delegates and presenters to attend the congress in person or online live with the opportunity to still interact in real time. All delegates can also have the opportunity will also be able to view over 100 hours of the congress in their own time after the congress has finished.

## One day Pre-congress workshops, 8th September

**Treatment for Emotionally Unstable Personality Disorder Using Imagery Rescripting**

Arnoud Arnzt, the Netherlands

**The paradox of thought control and other cognitive strategies in the treatment of OCD**

Maureen Whittle, Canada

**Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents**

David Clark, UK

**Running in the Family: Helping Anxious Parents to Raise Confident Children**

Sam Cartwright-Hatton and Ben Laskey, UK

**Cognitive Therapy for PTSD: Tailoring treatment to different cognitive themes**

Anke Ehlers, UK

**Exposure therapy for Generalized Anxiety Disorder**

Eni Becker, the Netherlands

**Making and staying friends with uncertainty**

Mark H Freeston, UK

**Moving Beyond Therapy Manuals:**

**An Introduction to Process-Based CBT**

Stefan G. Hofmann, USA

**One-session treatment of specific phobia**

Lars-Göran Öst, Sweden

**Early bird registration ends on 11th June**