

# WELCOME TO EABCT 2021

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

**8-11th September 2021**

**ICC (International Convention Centre)**

**Belfast, Northern Ireland**

## **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



# An Invitation to EABCT 2021



We look forward to welcoming you to this year's EABCT Congress in Northern Ireland in September. As we have been denied the opportunity to meet together for over a year this is a particularly important opportunity. Our planning for this Congress started well before Covid19 changed our lives in 2020 and we chose the theme "CBT: Back to the Future" so that we could explore the role that CBT has had in dealing with past events. More importantly we want to consider its impact on current dilemma's and future challenges.

Now, in February 2021, we hope that the pandemic will ease enough for us to begin to resume our normal professional and personal lives, including our annual EABCT congress. However, the repercussions of the pandemic on psychological and physical health will continue for many years. These will have a major impact us as healthcare providers and how we deliver therapy. This EABCT Congress in Belfast will provide a unique opportunity for us to consider this role and share experience and knowledge from across Europe.

Registration opened on 10th February. The provisional programme includes outstanding keynote speakers and Pre-Congress workshops. There is a range of critically important themes that will be covered over 3 congress days in Belfast. Our scientific committee is continuing to develop the symposia, panel and round table sessions as well as a programme of in-congress workshops and skills classes that will also be on offer. The final programme will be available on the website on Monday 2nd August. We will also keep you up to date with developments in the Congress eNewsletters that will be emailed and posted on the website. Keep an eye open for our Facebook page and our tweets @EABCT2021 #EABCT2021

In these uncertain times we recognise that it may be hard to decide about travelling away from home. We hope that because this is likely to be the first face to face CBT Congress since 2019 that people will be able to meet and that many of you will be able to travel to Belfast. However, for the maximum flexibility EABCT2021 will be a hybrid Congress. This mean that all delegates can choose between attending in-person or joining the Congress online.

**We look forward to welcoming you to Belfast in September**

The Belfast Congress takes place at the end of EABCT's 50th Anniversary Year. We will look Back at the highlights of EABCT during the last 50 years and the Congress will look forward to the Future and our expectations, priorities and hopes for the development of CBT in the next 50 years.



# Scientific Programme

The congress scientific programme will run for three days from Thursday 9th September to Saturday 11th September. The main theme of the Congress is “CBT Back to the Future” and it will cover distinct themes that will represent the “state of the art” and all that is excellent in contemporary theory, research and practice in CBT. It will include a focus on a number of contemporary issues that are particularly important as we enter a post Covid19 world.

## Congress Streams

Adult Mental Health: Trauma, Anxiety, Depression, OCD, Eating Disorders BDD and Habit Disorders  
Psychosis (including Bipolar)  
Addictions  
Child, Adolescent and Young Persons Mental Health including Trauma  
Behavioural Medicine/Health Psychology  
Marital and Family & Sexual Issues  
Therapeutic and Applied Issues  
Basic Processes and Experimental Psychopathology  
Professional Issues, Training and Supervision  
Diversity, Cross-cultural Issues and Emerging Societies

## Contemporary Issues

Impact of Pandemics and Large Scale Trauma/Conflict  
Wellbeing and Resilience in Frontline Health Workers  
Dealing with Complex Grief  
New Ways of Delivering Therapy and Training

**Call for Papers** | Is open until 19th April 2021 (30th April for open papers and posters)  
Visit [eabct2021.org](http://eabct2021.org) for submission instructions

# Pre-Congress Workshops

The Pre-Congress Workshops will take place on Wednesday 8th September. Each workshop will last for seven hours including breaks. Delegates can register to attend in person in Belfast or can join online. Full details of all the workshops can be found on the congress website **EABCT2021.org**

## Workshop 1

**Imagery rescripting in patients with personality disorders**

Arnoud Arnzt, University of Amsterdam, the Netherlands

## Workshop 2

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

Maureen Whittle, Vancouver CBT Centre & University of British Columbia, Canada

## Workshop 3

**Cognitive therapy for social anxiety disorder in adults and adolescents**

David Clark, University of Oxford, UK

## Workshop 4

**Running in the family: Helping anxious parents to raise confident children**

Sam Cartwright-Hatton, University of Sussex, and Ben Laskey, The Psychology Partnership, UK

## Workshop 5

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

Anke Ehlers, University of Oxford, UK

## Workshop 6

**Exposure therapy for generalized anxiety disorder**

Eni Becker, Radboud University, the Netherlands

## Workshop 7

**Making and staying friends with uncertainty**

Mark H Freeston, University of Newcastle, UK

## Workshop 8

**Moving beyond therapy manuals: An introduction to process-based CBT**

Stefan G. Hofmann, Boston University, USA

## Workshop 9

**One-session treatment of specific phobia**

Lars-Göran Öst, University of Stockholm, Sweden



**EABCT2021.org**

# Keynote Speakers



Arnoud Arnzt



Eni Becker



Sam Cartwright-Hatton



David M. Clark



Rob de Rubeis



Anca Dobrean



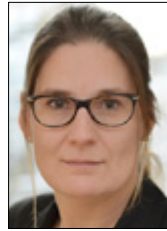
Michael Duffy



Anke Ehlers



Mark H. Freeston



Nina Heinrichs



Stefan G. Hofmann



Emily Holmes



Jennifer Lau



Louise McHugh

**Arnoud Arnzt**  
Amsterdam, Netherlands  
**Imagery rescripting**

**Eni Becker**  
Nijmegen, the Netherlands  
**CBM in depression**

**Sam Cartwright-Hatton**  
Brighton, UK  
**Child mental health**

**David M. Clark**, Oxford, UK  
**Disseminating psychological therapies**

**Rob de Rubeis**, Pennsylvania, USA  
**Personalised treatment for depression**

**Anca Dobrean**  
Cluj-Napoca, Romania  
**Digitally enhanced CBT**

**Michael Duffy**, Belfast, N.Ireland  
**Trauma and complex grief**

**Anke Ehlers**, Oxford, UK  
**Post Traumatic Stress Disorder**

**Mark H Freeston**, Newcastle, UK  
**Uncertainty distress**

**Nina Heinrichs**, Bremen, Germany  
**Parents and children**

**Stefan G. Hofmann**, Boston, USA  
**Process-based CBT**

**Emily Holmes**, Stockholm, Sweden  
**Mental imagery and emotion**

**Jennifer Lau**, London, UK  
**The pandemic and young people**

**Louise McHugh**, Dublin, Ireland  
**ACT and RFT**

**Rory O'Connor**, Glasgow, Scotland  
**Understanding suicide risk**

**Lars-Göran Öst**, Stockholm, Sweden  
**Specific phobias**

**Peter Phiri**, Southampton, UK  
**Culturally adapted CBT**

**Shirley Reynolds**, Norwich, UK  
**Treatment of adolescent depression**

**Marcantonio Spada**, London, UK  
**Metacognition in addictive behaviours**

**Omer van den Bergh**,  
Leuven, Belgium  
**Mind and body: symptom perception**

**Johan Vlaeyen**, Leuven, Belgium  
**Exposure and chronic pain**

**Monnica Williams**, Ottawa, Canada  
**Being an anti-racist clinician**



Rory O'Connor



Lars-Göran Öst



Peter Phiri



Shirley Reynolds



Marcantonio Spada



Omer van den Bergh



Johan Vlaeyen



Monnica Williams





# Registration Information

This year we have been able to offer EABCT2021 delegates a significantly lower congress registration fee than previous congresses have been able to charge. The registration fee is almost 20% lower than the average for the past 5 years. There is also a special discounted rate for delegates from emerging countries and a reduced rate for students.

**Registrations can be made online via the Congress website [EABCT2021.org](http://EABCT2021.org)**

## The Congress Registration

	Early Bird Until 10th June	Regular After 11th June	On site & After 3rd September
EABCT/BABCP Member	£325 (€365)	£380 (€430)	£450 (€505)
Non Member	£425 (€480)	£480 (€540)	£550 (€620)
Students	£225 (€255)	£280 (€315)	£350 (€395)
Emerging Countries	£150 (€170)	£200 (€225)	£275 (€310)

## Full Day Pre-Congress Workshop Registration

	Early Bird Until 10th June	Regular After 11th June
EABCT/BABCP Member	£80 (€90)	£100 (€115)
Non Member	£120 (€135)	£150 (€170)
Students	£70 (€80)	£90 (€100)
Emerging Countries	£60 (€70)	£80 (€90)

Fees are stated in £ Sterling and the approx EUR equivalent at the time of publication is in brackets.

The Congress is being run as a hybrid event which means that delegates can register to attend in person or participate online. Delegates wishing to attend one day of the Congress in person can register for one day for 50% of the fee. Delegates registering to attend online must register for the whole event

The Congress is being held at the ICC in Belfast which has outstanding facilities for running a hybrid congress. Their facilities will allow online delegates to join delegates and speakers in Belfast in real time. They will be able to move between sessions and ask questions in sessions just as if they were present. In addition, online delegates will be able to watch congress sessions they have missed for up to 28 days after the Congress has finished. This means that delegates will have access to over 120 hours of recorded congress sessions that can contribute to their continuing professional development. Delegates attending the full congress in-person will also be able to access the recording of sessions they have missed.

The registration fee for all delegates (in person and online) is at the same low rate so if you chose to register to attend in person and then decide to join the congress online at a later date this will be possible; likewise, if you initially plan to attend online and then decide to attend in person you will be able to do this.



# Organisation

## **IABCT Organising Committee**

**Congress Organiser**  
Colette Kearns, Dublin

Stephen Herron, Belfast  
Gerard McErlane, Belfast  
Sheila Bent, Wexford  
Magdalena McKee, Belfast  
Jacqueline McKenna, Armagh  
Colin Hughes, Belfast  
Adam Getty, Belfast

**Administrative support**  
Rod Holland, London  
admin@eabct2021.org

## **Congress Secretariat**

**EYAS LTD**  
7 Temple Bar Business Park,  
Strettington, Chichester,  
West Sussex PO18 0LA

t: +44 (0)1243 775561  
e: eabct@eabct.co.uk

## **Scientific Committee**

### **Co-Chairs**

Michael Duffy, Belfast, Northern Ireland  
Brian Fitzmaurice, Dublin, Ireland

Simon Blackwell, Bochum, Germany  
Suzanne Byrne, London UK  
Craig Chigwedere, Dublin, Ireland  
Sarah Corrie, London UK  
Jo Daniels, Bath, UK  
Gary Donohue, Galway, Ireland  
Miquel Angel Fullana, Barcelona, Spain  
Kate Gillespie, Dublin, Ireland  
Thomas Heidenreich, Frankfurt, Germany  
Jessica Kingston, London UK  
Maria Loades, Bath, UK  
Heather O'Mahen, Exeter, UK  
Pierre Philippot, Leuven, Belgium  
Belinda Platt, Germany  
Shirley Reynolds, Norwich, UK  
Frank Ryan, London, UK  
Eva Serlachius, Stockholm, Sweden  
Philip Tata, London, UK  
Andreas Veith, Dortmund, Germany  
Jennifer Wild, Oxford, UK  
Charlotte Wilson, Dublin



**EABCT2021.org**

**ICC, Belfast**

# General Information

**Join us this year in Belfast for the unique experience of the first EABCT annual conference to be held in Northern Ireland.**

Belfast is a city that has transformed itself dramatically in recent years into a vibrant, dynamic and exciting European city, with plenty to see and so much to offer. A great cultural heritage and a wealth of Victorian and Edwardian architecture superb hotels, world-class visitor attractions, theatres and award-winning restaurants and fantastic bars.

Many of you may not have had the chance to explore Northern Ireland and the Republic of Ireland before and this congress will give you the opportunity to do so if you extend your stay. Northern Ireland was tipped as a 'must see' destination in a recent Lonely Planet Guide and many of its beautiful, unspoiled landscapes are less than 30 minute's drive from the city centre. There are numerous excursions on offer, including breath-taking tours of the Antrim Coast and Giant's Causeway, Titanic Belfast, Game of Thrones Tour Building, Titanic boat tours and off-road driving. Dublin is just 2 hours away by rail or by road and is easy to visit from Belfast. With its amazing architectural gems, illustrious literary heritage and fascinating history it is well worth the trip.



*With many thanks to Tourism Northern Ireland, Belfast and Visit Belfast for all their support*



Duke of York | Traditional music session

## **Social programme**

Congresses organised by EABCT are well known for their social programme and Irish hospitality is legendary. If you are attending in person we can guarantee that there will be every opportunity to relax and enjoy the company of other CBT therapists, and to forge new friendships and contacts that will last a lifetime. The social programme will include the Opening Reception at the ICC, a welcome to Belfast at the City Hall and EABCT's 50th Anniversary Party. Further details of these events and other opportunities the people attending in person will be published on the website and in the Congress eNews that we plan to issue regular intervals before the Congress.

## **Getting to Belfast**

Information on travel to Belfast including flights into Belfast City airport, Belfast International Airport and Dublin Airport can be found on the Congress website.

## **Accommodation in Belfast**

Belfast hosts luxury and budget accommodation, guaranteeing the best rooms in the city. The Hilton Waterfront Hotel adjoining the ICC is the main congress hotel but there are many more within walking distance of the Congress centre from lavish 5 star to budget hotels to suit any need. The Congress website has information on a range of hotels some of which offering delegates discount rates.

