

2014



AUSTRALIAN ASSOCIATION FOR
COGNITIVE AND BEHAVIOUR THERAPY
37th NATIONAL CONFERENCE
**'Uniting Research and Practice
in Mental Health Care'**



23-26 OCTOBER 2014

ESPLANADE HOTEL, FREMANTLE, WESTERN AUSTRALIA

AACBT 2014 Conference Program

THURSDAY 23 OCTOBER 2014

Registration			
Room	Sirius Room		
0900-0910	Welcome Address: Dr Michelle Jongenelis (Conference Chair)		
0910-0930	Presidents Address: Associate Professor Leanne Hides		
0930-1030 Keynote Speaker: <i>Enhancing the acceptability of CBT for anxiety disorders and related problems: The judicious use of safety behaviour</i> -Professor Adam Radomsky			
Chair	Associate Professor Leanne Hides		
1030-1100 Morning Tea Room: Southern Cross Lobby			
Room	Sirius Room	Pleiades Room	Orion Room
1100-1145	Invited Speaker	Open Paper Session : Trauma & Youth	Open Paper Session: Anger, Imagery & Revenge
Chair	Ross Menzies	Petra Skeffington	Karen Winton
1100-1115	Cognitive behavioural treatment for clinical perfectionism Dr Sarah Egan	<i>Psychological impact of the Great East Japan Earthquake among adolescents in Japan</i> Cecilia Essau	<i>Phase 1 trial of a bibliotherapy program for anger</i> Steven Laurent
1115-1130		<i>Delivering cognitive behavioral therapy for war-affected youth in post-conflict settings</i> Elizabeth Newnham	<i>Differentiating Anger and Resentment. Is Resentment the bigger bad guy?</i> Rhonda Stoertebecker
1130-1145		<i>The impact of natural disaster on child and adolescent mental health in China: A systematic review</i> Elizabeth Newnham	<i>Imagery Rescripting of Past Bullying Experiences Using Forgiveness, Avoidance, and Revenge</i> Hayley Watson
1145-1245	Symposium 1: Modifying Cognitive Processes in Health Psychology	Symposium 2: CAMHS PEP (Program for Evidence-Based Psychotherapies), an Evaluation of three years of program delivery in WA	Symposium 3: Using Music in Therapy
Chair	Louise Sharpe	Margaret Jones	Genevieve Dingle

1145-1200	<i>Take one Before Bed: Assessing the Therapeutic Potential of Targeted Attention Bias Modification for Insomnia Using Smartphone Delivery</i> Patrick Clarke	<i>CAMHS PEP Interventions: Evaluation of Efficiency and Effectiveness</i> Rebecca Perera	<i>Metal music listeners use music to help process their anger</i> Genevieve Dingle
1200-1215	<i>The effect of Cognitive Bias Modification for Interpretation (CBM-I) on avoidance of pain during an acute experimental pain task</i> Emma Jones	<i>CAMHS PEP Evaluation: Mood Boosters</i> Margaret Jones	<i>Music apps for mood management in young people</i> Leanne Hides
1215-1230	<i>An intervention to decrease alcohol consumption: The effect of improving executive functioning</i> Barbara Mullan	<i>CAMHS PEP Evaluation: Worry Busters</i> Elizabeth Seah	<i>"Playing my courage music": how music listening can be used as an adjunct to group CBT for adolescents with severe social phobia</i> Melanie Dalton
1230-1245	<i>Attention Bias Modification in pain: Understanding mechanisms and optimizing protocols</i> Louise Sharpe	<i>CAMHS PEP Evaluation: Parent Skills</i> Rosemary Skinner	<i>Preliminary findings from a controlled trial of Tuned In, a music based emotion regulation program for young people</i> Genevieve Dingle
1245-1330 Lunch Room: Atrium			
Room	Sirius Room	Pleiades Room	Orion Room
1330-1430	Symposium 4: Recent advances in understanding of the information processing biases that underpin elevated anxiety vulnerability	Symposium 5: Innovations in the field of internet-delivered cognitive behavioural therapy	Open Paper Session: Trauma
Chair	Ben Grafton	Luke Johnston	Petra Skeffington
1330-1345	<i>Does anxiety-linked attentional bias reflect biased attentional ability or biased attentional tendency?</i> Julian Basanovic	<i>Internet-delivered cognitive behavioural therapy for young adults aged 18-24</i> Luke Johnston	<i>Practice-based exploration of complex trauma</i> Michelle Hourigan
1345-1400	<i>How the ability to mitigate danger influences anxiety-linked attentional bias to threat</i> Lies Notebaert	<i>The use of Basic Short Message Service (SMS) prompts to facilitate skills practice in iCBT for chronic pain: a feasibility study</i> Milena Gandy	<i>Prevention of chronic pain and posttraumatic stress disorder following motor vehicle accidents: a pilot study translating research into practice</i> Kathryn Nicholson Perry
1400-1415	<i>The knot in the anxious' handkerchief: The role of prospective memory in anxiety-linked memory bias for threat</i> Daniel Rudaizky	<i>Guided and self-guided Internet-delivered cognitive behavioural therapy for older adults</i> Vincent Fogliati	<i>Trauma exposure and PTSD within Fire & Emergency services in Western Australia</i> Petra Skeffington
1415-1430	<i>It's a bird, it's a plane... nope it's just negative: Anxiety-linked differences in valence sensitivity</i> Ben Grafton	<i>Skills practice as a mechanism of change in internet-delivered cognitive behavioural therapy</i> Matthew Terides	
1430-1530	Symposium 6: Parents' Help-seeking for and Stigma of Children with Emotional and Behavioural Problems	Symposium 7: Innovation, Efficiencies, and Effectiveness in Real World Practice	Open Paper Session : DBT & Borderline PD
Chair	Jeneva Ohan	Peter McEvoy	Nicole Lee

1430-1445	Parents' attitudes towards seeking mental health care for children from medical professionals Jeneva Ohan	Imagery enhancements increase effectiveness of cognitive behaviour group therapy for social anxiety disorder: a benchmarking study Peter McEvoy	Schema Therapy for Borderline Personality Disorder: Patients' and Therapists' Perceptions Yeow May Tan
1445-1500	Parents' attitudes towards seeking psychological care for children with mental health concerns Rebecca Seward	Transdiagnostic metacognitive group therapy for repetitive negative thinking in emotional disorders: An open trial David Erceg-Hurn	Evaluation of an Adapted DBT Skills Training Program for Regional and Rural Australia James McCloy & Cathryn Pilcher
1500-1515	Are children receiving empirically-supported treatments stigmatised? Kim Eaton	Therapeutic alliance in Enhanced Cognitive Behavioural Therapy for Bulimia Nervosa: Probably necessary but definitely insufficient Anthea Fursland	On the borderline: A meta-analysis of psychological interventions for Borderline Personality Disorder Nicole Lee
1515-1530	Does stigma relate to lower help-seeking for children's emotional and behavioural problems? Jeneva Ohan	An Australian trial of enhanced cognitive behaviour therapy for adolescents with eating disorders Sue Byrne	
1530-1600 Afternoon Tea Room: Southern Cross Lobby			
Room	Sirius Room	Pleiades Room	Orion Room
1600-1700	Invited Speaker	Open Paper Session : Attention	Open Paper Session: Eating Disorders
Chair	Ross Menzies	Ben Grafton	Karen Winton
1600-1615	Dirty deeds, done dirt-cheap: How computers are transforming the way we treat Obsessive-Compulsive Disorder' Clare Rees	The effects of attentional bias and attentional control on anxiety vulnerability Georgina Mann	Fluctuation in readiness to change during treatment Anorexia Nervosa: A case series Olivia Carter
1615-1630		A Brain-Computer Interface Based Attention Training Program: Seeing Hyperactivity/Impulsivity Improvement in Behavioral Ratings and the Color-Stroop Task Stephanie Teng	The pros and cons of Anorexia Nervosa: Clients' perceptions of their illness during enhanced cognitive behaviour therapy Olivia Carter
1630-1645		The potential benefits of a targeted Attentional Bias Modification procedure on worry and sleep quality in individuals with insomnia Bronwyn Milkins	Cognitive bias modification reduces selective processing of food cues in obesity Eva Kemps
1645-1700		The efficacy of targeted Attention Bias Modification on anticipatory anxiety in socially anxious individuals: Evaluating a novel training paradigm Stephanie Stevens	
1730-1930 Welcome Reception Venue: The Monk Brewery & Kitchen			

FRIDAY 24 OCTOBER 2014

Room	Registration
	Sirius Room

Chair 0900-1000	Assoc Professor Peter McEvoy Keynote Speaker: The empirical status of metacognitive theory and therapy of depression - Dr Costas Papageorgiou		
1000-1030	Morning Tea Room: Southern Cross Lobby		
Room	Sirius Room	Pleiades Room	Orion Room
1030-1115	Invited Speaker	Open Paper Session: Treatment Outcomes & Access	Symposium 8: Child and Adolescent Obesity: The Research which influences our practice
Chair	Ben Grafton	Ruhamah Tennant	Gerri Minshall
1030-1045		<i>Sudden Gains: A Pluralistic Approach to the Patient and Therapist Experience</i> Erigoni Vlass	<i>Obese adolescents: mental health profile and interventions</i> Justine Doust
1045-1100	<i>The Attentional Bias Modification Approach to Attenuation of Anxiety Vulnerability and Dysfunction</i> Prof Colin MacLeod	<i>Three-year trajectory of individuals with anxiety and related disorders following cognitive behavioural therapy</i> Bethany Wootton	<i>Are our obese clients neurocognitively different?</i> Gerri Minshall
1100-1115		<i>"Stupid Little Pointy Needle! "Dismantling a Cognitive-Behavioural Treatment for Chronically Ill Children with Needle-Related Distress</i> Jessica McIvor	<i>Overlapping Childhood Obesity</i> Sue Byrne
1115-1215	Symposium 9: Enhancing the effectiveness of group CBT and patient care: Considerations from planning to outcomes evaluation	Symposium 10: The effects of parenting intervention on multiple child, parent and family outcomes	Symposium 11: Anxiety: Maintenance Factors and Interventions
Chair	Adelln Sng	Alina Morawska	Heather Liebregts
1115-1130	<i>When CBT fails: Using practice-based evidence to complement evidence-based practice</i> Andrew Page	<i>Stepping Stones Triple P Research Project: An overview and update</i> Trevor Mazzucchelli	<i>The role of attentional control abilities in the relationship between anxiety and attentional bias to threat</i> Heather Liebregts
1130-1145	<i>Using progress monitoring data as feedback in therapy: Exploring therapists' perceptions of feedback presentation style</i> Adelln Sng	<i>The effects of Group Triple P on parenting in academic setting and children's academic outcomes in a Chinese context</i> Mingchun Guo	<i>"Super Skills for Life": A transdiagnostic treatment protocol for children with internalizing problems</i> Cecilia Essau
1145-1200	<i>Identifying the Risk of Self-Harm through Symptom Monitoring in an Inpatient Psychiatric Population</i> Shraddha Kashyap	<i>Efficacy of Triple P for parents of young children with type 1 diabetes</i> Aditi Lohan	<i>The effect of combining audience feedback with videotape feedback and cognitive review on social anxiety</i> Junwen Chen
1200-1215	<i>Identifying Different Groups of Patients at Risk of Treatment Failure in a Cognitive Behavioural Therapy Program utilising Progress Feedback</i> Nicola Flood	<i>Infant obesity prevention survey: Informing the development of a parenting intervention to promote healthy habits from the start</i> Agnes Gelmini	
1215-1315	Lunch Room: Atrium AACBT National Annual General Meeting Room: Sirius		
Room	Sirius Room	Pleiades Room	Orion Room

1315-1400	Invited Speaker	Open Paper Session: OCD	Open Paper Session: Cancer and Epilepsy RCTs
Chair	Lara Keogh	Ruhamah Tenant	Heather Green
1315-1330		<i>Training adaptive cognitive biases in obsessive-compulsive checking</i> Melissa Black	<i>Cognitive Behaviour Therapy to Improve Mood in People with Epilepsy: A Randomised Controlled Trial</i> Milena Gandy
1330-1345	<i>Schema therapy: What have we learnt in the last 20 years</i> Dr Chris Lee	<i>Self-guided internet-delivered treatment for obsessive-compulsive disorder: Short-term and long-term outcomes</i> Bethany Wootton	<i>Mechanisms of adjustment in young cancer survivors: Autobiographical memory, future imaginings, and the life narrative</i> Ursula Sansom-Daly
1345-1400		<i>A contemporary psychometric evaluation of the Obsessive Compulsive Inventory - Revised</i> Bethany Wootton	<i>Psychological Mechanisms for Improving Cognitive Function in Cancer Survivors: A Randomised Controlled Trial</i> Heather Green
1400-1500	Symposium 12: Suicide Risk and Resilience: Advances in Assessment and Innovation in Experimental Designs	Symposium 13: New developments in the research and treatment of Hoarding Disorder	Open Paper Session: Health related issues
Chair	Sarah George	Maja Nedeljkovic	Amanda Baker
1400-1415	<i>Probing the Implicit Suicidal Mind: What does the Death/Suicide Implicit Association Test Actually Measure?</i> Dominique Harrison	<i>Do hoarders substitute possessions for people? An exploration of attachment, loneliness and compulsive hoarding</i> Catherine Brennan	<i>Three-year follow up of a smoking and healthy lifestyles intervention among people with a psychotic disorder</i> Amanda Baker
1415-1430	<i>Assessment of Risk and Resilience for Suicide: Development and Validation of the Acquired Capability with Rehearsal for Suicide Scale (ACWRSS) and the Zest for Life Scale (ZLS)</i> Sarah George	<i>Differences in brain functioning between those with and without Hoarding Disorder</i> Maja Nedeljkovic	<i>A role for cognitive behavioural therapy in the treatment of vestibular migraine</i> Ingrid McPhee
1430-1445	<i>A test of the interpersonal theory of suicide and zest for life as a suicide resilience factor using a novel experimental analogue task</i> Khan Collins	<i>Review of treatments of Hoarding Disorder: A meta-analysis</i> Molly Fitzpatrick	<i>Exploring Vulnerability to Fear of Pain in Chronic Pain: The Role of Anxiety Sensitivity and Distress Tolerance</i> Anastasia Pourliakas
1445-1500	<i>Neuroticism as a vulnerability factor in the relationship between belongingness, burdensomeness, and suicide risk</i> Elise Hartley	<i>Cognitive-behavioural Group treatment for Hoarding Disorder: A treatment outcome study</i> Richard Moulding	
1500-1545	Afternoon Tea & Poster Session (poster authors to be present with posters for this period) Room: Southern Cross Lobby		
Room	Sirius Room	Pleiades Room	Orion Room
1545-1700	Award / Presentations	Open Paper Session: Children & Adolescents	Open Paper Session: Understanding Clinical Issues
Chair	Leanne Hides	Kim Eaton	Ruhamah Tenant
1545-1600	Tracey Goodall Early Career Award Address	<i>The relation between parents' explanatory beliefs for childhood depression and their stigma, prognostic pessimism, and help-seeking</i> Jeneva Ohan	<i>Does Cognitive Reactivity to Sad Mood Increase with Each Depressive Episode Experienced?</i> Katie Chung

1600-1615	<i>Surviving 'survivorship': Adapting evidence-based therapy to the computer screen to promote adjustment in adolescent and young adults with cancer</i> Ursula Sansom-Daly	<i>The Chilled Program: Assessing the efficacy and social validity of a manualised, family-based group Cognitive Behavioural Therapy for adolescents with high-functioning autism and comorbid anxiety disorder</i> Theresa Kidd	<i>Associations between Avoidance and Autobiographical Memory Specificity</i> Timothy Ganly
1615-1630	Distinguished Career Award Address	<i>Teens that fear screams: A comparison of fear conditioning, extinction, and reinstatement in adolescents and adults</i> Miriam Den	<i>Shame, Mindfulness and Self-compassion: Empirical Relationships in Non-Clinical and Clinical Settings</i> Michael Proeve
1630-1645	<i>Psychological interventions for co-existing mental health substance use problems: Towards a healthy lifestyles approach</i> Amanda Baker	<i>The Depression Anxiety Stress Scales for Youth (DASS-Y): Overview and recommendations for clinical practice</i> Marianna Szabo	
1645-1700	Award ceremony: Best student paper and best student poster		
1900-2300	Conference Dinner "CBT researchers are out of touch with the reality of day-to-day practice" Venue: The Red Herring		

SATURDAY 25 OCTOBER 2014 - POST CONFERENCE WORKSHOPS

	Registration		
0900-1030	Workshop	Workshop	
Room	Sirius Room	Pleiades Room	
	<i>Professor Adam Radomsky Cognitive Therapy for Contamination-Related OCD: Moving beyond Exposure and Response Prevention</i>	<i>Dr Lisa Saulsman Integrating Acceptance and Mindfulness in CBT</i>	
1030-1100	Morning Tea <i>Room: Southern Cross Lobby</i>		
1100-1230	Workshop Continued	Workshop Continued	
1230-1315	Lunch <i>Room: Atrium</i>		
1315-1500	Workshop Continued	Workshop Continued	Workshop
Room	Sirius Room	Pleiades Room	Orion Room
			13:00-17:00 <i>Dr Angela Ebert</i> <i>Taking the complex out of working with complex trauma</i>
1500-1530	Afternoon Tea <i>Room: Southern Cross Lobby</i>		
1530-1700	Workshop Continued	Workshop Continued	Workshop Continued

1900-2330

Optional Wine Dinner

Venue: La Sosta

SUNDAY 26 OCTOBER 2014 - POST CONFERENCE WORKSHOPS

Registration			
0900-1030	Workshop:	Workshop:	
Room	Sirius Room	Pleiades Room	
	<i>Dr Costas Papageorgiou</i> <i>Metacognitive Therapy for Major Depressive Disorder: A new treatment for Depressive Rumination</i>	<i>Dr Sian Jeffery</i> <i>Dr Chris Lee</i> <i>Using Dialectical Behaviour Therapy (DBT) to treat personality disorders</i>	
1030-1100	Morning Tea <i>Room: Southern Cross Lobby</i>		
1100-1230	Workshop Continued	Workshop Continued	
1230-1315	Lunch <i>Room: Atrium</i>		
1315-1500	Workshop Continued	Workshop Continued	
1500-1530	Afternoon Tea <i>Room: Southern Cross Lobby</i>		
1530-1700	Workshop Continued	Workshop Continued	