38TH NATIONAL CONFERENCE OF THE AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY

Innovations in Cognitive and Behavioural Therapies across the Lifespan

CONFERENCE HANDBOOK

26 – 28 OCTOBER 2017

CROWNE PLAZA COOGEE BEACH HOTEL, SYDNEY

AACBT

AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY

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FOR FURTHER INFORMATION

Please visit www.aacbt.org.au

AACBT Conference Secretariat
PO Box 107, Waratah NSW 2298

Email info@aacbt.org.au

Conference planning services provided by:
Samantha Williamson, Project Officer, ASHM Conference & Events Division.

WELCOME

On behalf of the Organising Committee, we are delighted to welcome you to the 38th National Conference of the Australian Association for Cognitive and Behaviour Therapy (AACBT).

This year's conference theme is Innovations in Cognitive and Behavioural Therapies Across the Lifespan and we hope you will enjoy the focus on the significant contributions that clinicians and researchers have made in advancing our field.

We encourage you to take advantage of the opportunity the conference brings and hear about the latest research practices that are in development.

Make new collaborations, strengthen existing relationships and secure vital take home messages to change your work practices and those of your colleagues.

Enjoy Coogee's surroundings.

On behalf of the Committee, Welcome.

CONFERENCE ORGANISING COMMITTEE

Associate Professor Melissa Norberg	*Director, Treasurer & Convenor*
Professor Louise Sharpe	*Scientific Convenor*
Professor Leanne Hides	*Director, National Conference Chair*
Associate Professor Ross Menzies	*Director, WCBCT 2016 Convenor, Journal Editor*
Dr Anna Dedousis-Wallace	*NSW Branch Chair*
Professor Amanda Baker	*Director, National President*
Dr Rhonda Stoertebecker	*Qld Branch Chair*
Ms Lara Keogh	*Social Committee; Conference Venue Liaison*
Ms Natasha Dean	*Director, National Workshops & Vic Branch Chair*
Dr Rebecca Anderson	*Director, Memberships & Accreditation*

CINCH

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Surviving the NDIS means coming to terms with some new concepts:

- unit costs
- staff capacity
- demand
- productivity

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HELP IS AVAILABLE

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- How much does it cost to deliver your services?
- Do you have enough staff to service plans?
- How many plans do you need to be sustainable?
- How do I measure & report through the transition?
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KEYNOTE SPEAKERS

Professor Arnoud Arntz
University of Amsterdam

Arnoud Arntz is Professor of Clinical Psychology at the University of Amsterdam, the Netherlands. His main research interests lie in the fields of anxiety and personality disorders, both applied and fundamental.

He also practices as a psychotherapist at De Viersprong Institute in Amsterdam, where he treats patients with personality disorders. Together with Adam Radomsky he is editor of the Journal of Behavior Therapy and Experimental Psychiatry.

In developing and testing psychological theories and treatments he aims to connect basic research and clinical work. He is perhaps best known for his contributions to the development of Schema Therapy and Imagery Rescripting. Professor Arntz feels that clinical work is essential to connect the areas of basic research with clinical applications.

Professor Phyllis Butow
University of Sydney

Phyllis Butow is a Professor in the School of Psychology, Co-Director, Centre for Medical Psychology and Evidence-based Decision-making (CeMPED), the University of Sydney and NHMRC Principal Research Fellow at the University of Sydney, and Co-Director of the Surgical Outcomes Research Centre.

Phyllis has worked for over 20 years in the area of psycho-oncology and has developed an international reputation in psycho-oncology research and in health communication. She is a world leader in research focused on doctor-patient communication in oncology, and has particular expertise in longitudinal epidemiological studies exploring the impact of psychosocial factors in disease incidence and outcome.

In 2009 Phyllis received an International Psycho-Oncology Society award for her outstanding contribution to the field of psycho-oncology.

Professor Mark Dadds
University of Sydney

Mark Dadds is a Professor of Psychology at the University of Sydney, Australia, a Principal NHMRC Research Fellow and Director of the University of Sydney Child Behaviour Research Clinic.

His research focuses on the development and evaluation of state-of-the-art treatments for children and adolescents with behavioural and emotional problems.

He is a past President of AACBT and is the recipient of numerous awards including Ian Campbell Award for Excellence in Clinical Psychology, a Violence Prevention Award from the Institute of Criminology and the Distinguished Career award for the AACBT.

Professor Dadds has authored 4 books and over 200 papers on child and family psychology, and has given invited keynote addresses to international audiences throughout the world.

He has also been the subject of several television specials. In 2014, his innovative treatment for early-onset aggressive and antisocial behaviour was featured in the ABC documentary *Kids On Speed?*

Professor Kim Felmingham

University of Melbourne

Kim is a keynote speaker and presenting a workshop on "The Impact of childhood trauma on Adult Functioning: Neurobiological, Psychological and Cognitive Effects".

Professor Kim Felmingham is the Chair of Clinical Psychology at the School of Psychological Sciences, University of Melbourne. She is a clinical psychologist and neuroscientist, who specializes in the field of Posttraumatic Stress Disorder (PTSD). She has over fifteen years of experience in treating PTSD, including treating adult survivors of childhood trauma.

Professor Felmingham is recognized for her research examining the neural and biological mechanisms associated with PTSD, with a specific focus on key mechanisms such as emotional memory consolidation, fear conditioning and extinction, emotion regulation and hormonal and genetic influences on these processes. She has published extensively in neuroimaging, event-related potential and psychophysiological fields in PTSD. A recent research focus is to identify the impact of childhood trauma on neural and psychological functioning, with a specific interest in identifying the impact of critical periods of trauma exposure during development.

Professor Peter Norton

Monash University

Peter Norton is Professor within the School of Psychological Sciences, Monash University. He is an internationally recognized expert in cognitive-behavioural treatment of anxiety disorders.

Norton is the coauthor of *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions*, a best-selling self-help guide for overcoming anxiety disorders, and *Transdiagnostic Anxiety Treatment: A Cognitive-Behavioral Manual for the Treatment of Anxiety Disorders*.

Professor Norton has authored nearly 100 research studies; has delivered many presentations and workshops for the scientific community, therapists, and the general public; and sits on the editorial board of two scientific journals.

Dr Norton has also received early career awards and research grants from the U.S. National Institute of Mental Health, U.S. National Institute for Drug Abuse, University of Nebraska-Lincoln, University of Houston, Anxiety Disorders Association of America, and American Psychological Association, for his work on studying and treating anxiety.

Professor Patrick Raue

University of Washington

Patrick J. Raue, PhD is Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington. He received his PhD in Clinical Psychology from SUNY Stony Brook in 1995.

Dr Raue is Associate Director for Evidence-Based Psychosocial Interventions at the AIMS Center (Advancing Integrated Mental Health Solutions). He is also Director of the National Network of PST Clinicians, Trainers & Researchers. In these roles, he develops and leads implementation and training programs in a variety of behavioral health interventions.

Dr Raue's clinical expertise includes the identification and management of mental health conditions in psychiatric, medical, and community settings.

Dr Raue conducts NIMH-supported research on patient preferences and shared decision-making approaches for late-life depression; the effectiveness of psychotherapy among older adults; and training non-specialists to deliver behavioral interventions.

GENERAL INFORMATION

DISCLAIMER

The information in this handbook is correct at the time of printing. The conference secretariat reserves the right to change any aspect of the program without notice.

VENUE

Crowne Plaza Coogee Beach, Sydney
242 Arden St, Coogee NSW 2034
TEL: +61 2 9315 7600
WEB: http://www.crowneplazacoogee.com.au/

REGISTRATION DESK

All enquiries should be directed to the registration desk located in the foyer and outside the ballroom. It will be open at the following times:

Thursday 26 October	7.30am – 5.00pm
Friday 27 October	7.30am – 5.15pm
Saturday 28 October	8.15am – 5.00pm

SPEAKER PREPARATION

Speakers will be required to load their presentation directly in the session room. Please ensure you make yourself known to the AV technician at least one hour prior to the session commencing. Please refer to the program to locate the required session room.

POSTER DISPLAYS

Posters will be displayed for the duration of the conference in the Clovelly Room. We recommend poster presenters be available at their poster during at the following times:

Thursday 26 October

Lunch	1.05pm – 1.45pm
Afternoon Tea	3.45pm - 4:00pm

Friday 27 October

Lunch	12.35pm - 1:15pm

CATERING

All catering is included with your registration. Dietary requirements noted in your registration have been passed on to the catering staff. A separate buffet station will be available for other specific dietary requirements such as vegan, gluten intolerance, allergies etc. Please ask the Crowne Plaza staff at this station for assistance.

Thursday 26 October

Morning & Afternoon Tea will be in Oceanic Foyer. Lunch will be split between Bluesalt & Oceans Dining & Drinks; Crowne Plaza staff will direct this on the day.

Friday 27th & Saturday 28th

Morning & Afternoon tea will be in Court Foyer (lower ground). Lunch will be split between Bluesalt & Oceans Dining & Drinks; Crowne Plaza staff will direct this on the day.

EMERGENCY AND EVACUATION PROCEDURES

In the event of an emergency, such as a fire, the Crowne Plaza staff will direct delegates accordingly.

SMOKING

The Crowne Plaza Hotel has a no smoking policy.

MOBILE PHONES/ELECTRONIC DEVICES

As a courtesy to all delegates and speakers, please set your phone or electronic devices off or on to silent during all sessions.

LUGGAGE/STORAGE

Please see the Crowne Plaza reception located at in the hotel foyer.

CAR PARKING

Limited parking available onsite. Parking validations via hotel reception.

TAXIS

Taxis are readily available from the hotel main entrance. Reception can assist by booking taxis for you.

NAME BADGES

All delegates will receive a name badge upon registration. This badge is the official pass and must be worn at all times to obtain entry to all Conference sessions, social events and associated activities. If you misplace your name badge please see the staff at the registration desk.

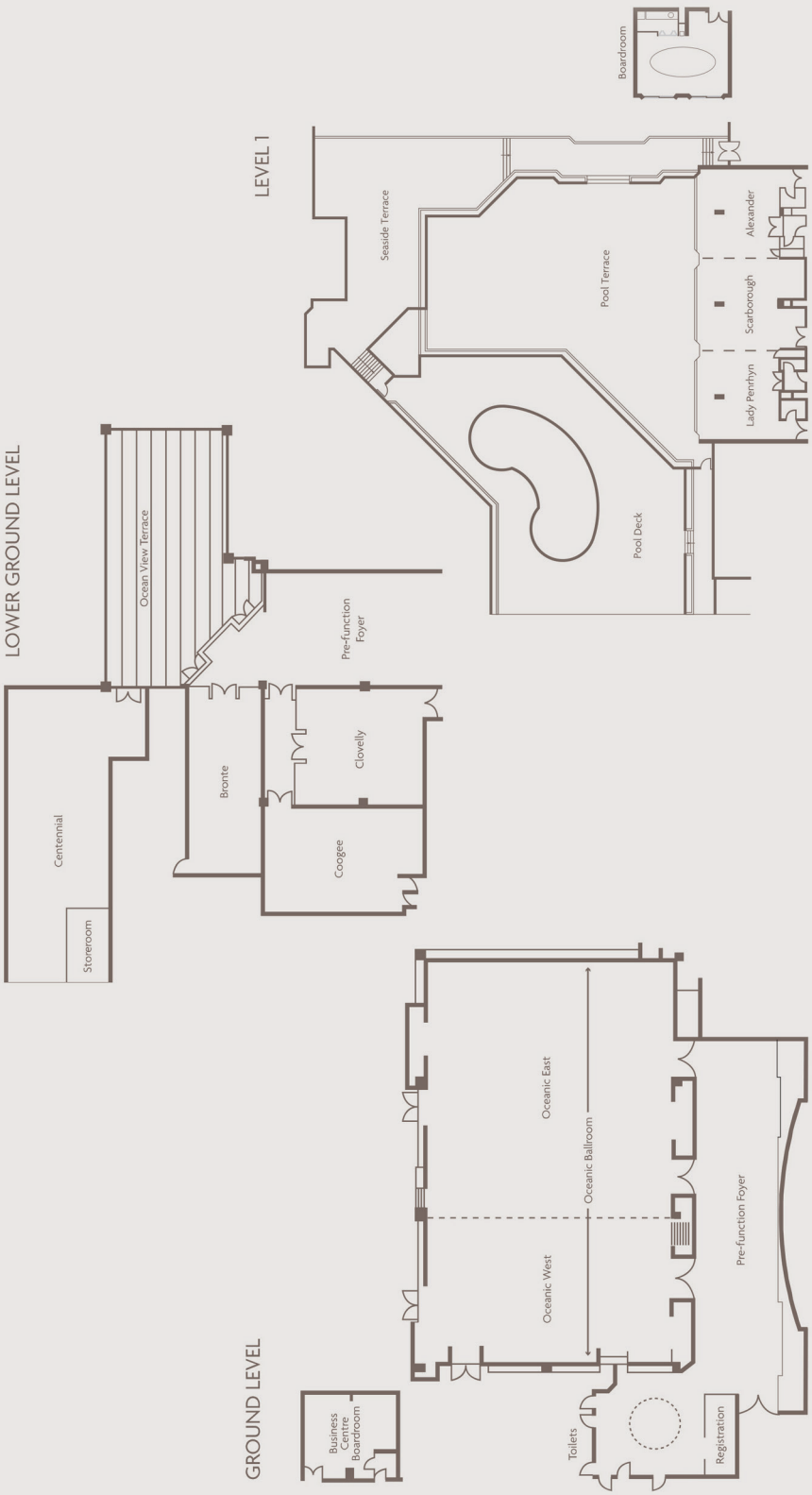
EVALUATION SURVEY & CERTIFICATE OF ATTENDANCE

All delegates will be emailed after the conference with the online survey link and the Certificate of Attendance. In order to improve the conference we kindly request your feedback.

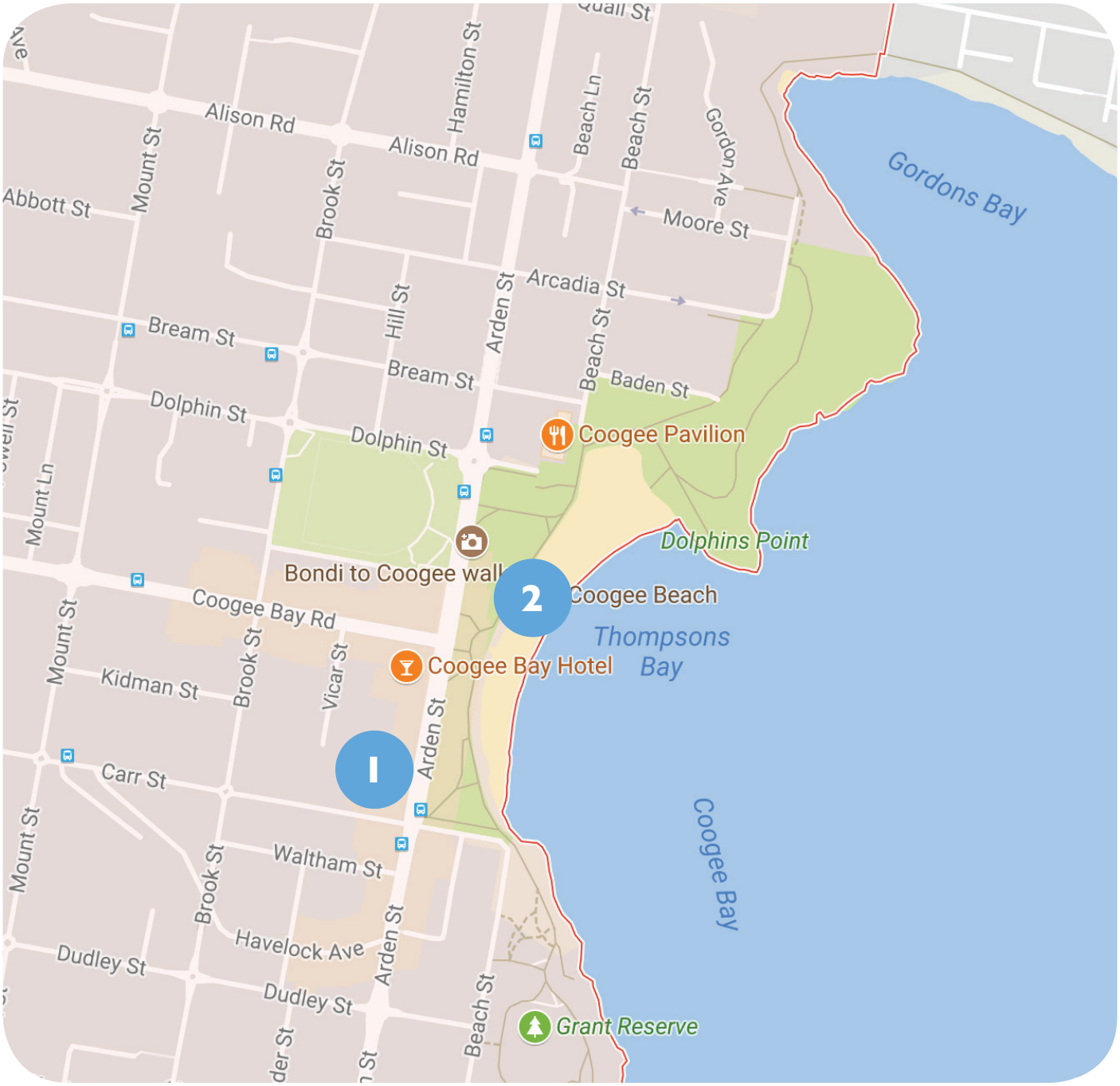
LIABILITY/INSURANCE

In the event of industrial disruptions or natural disasters the conference secretariat cannot accept responsibility for any financial or other losses incurred by delegates. Nor can the secretariat take responsibility for injury or damage to property or persons occurring during the conference or associated activities. Insurance is the delegate's responsibility.

VENUE FLOOR PLAN



LOCATION MAP



1 CROWNE PLAZA COOGEE BEACH

2 COOGEE BEACH

ASSOCIATED EVENTS

WELCOME RECEPTION

LOCATION: Ocean's Bar, Crowne Plaza Coogee Beach

DATE: Thursday 26 October

TIME: 5.30pm - 7.30pm (and beyond)

COST: Complimentary for AACBT conference scientific program delegates only. Tickets for non-scientific program delegates and additional guests are available at $50 per ticket.

Join colleagues old and new in the stunning Oceans Bar. Enjoy a glass of wine and delicious canapés as you overlook beautiful Coogee Beach. This is an excellent opportunity to network with other professionals in your field.

Canapés and beverages will be provided.

WINE DINNER

SOLD OUT

WHO WILL REIGN SUPREME? THE UPSTART WINEMAKERS FROM OZ OR THE CHAMPIONS OF THE 'OLD WORLD'?

JOIN US FOR A WONDERFUL NIGHT OF FINE FOOD AND MYSTERY WINES.

YOUR EVENING WILL INCLUDE: CANAPÉS AND A 3 COURSE MEAL, PLUS OF COURSE THE WINES!

LOCATION: The Queens Park Shed is an easy 5 min drive north of the conference venue.

DATE: Saturday 28 October

TIME: 6:30pm – the sparkling wine and canapés service starts at 6.30pm.

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UNSW SYDNEY

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CONFERENCE PROGRAM: THURSDAY, 26 OCTOBER 2017

7:30am - 8:30am	**Registration**					
8:30am - 9:00am	**Opening Plenary** *Room: Oceanic Ballroom | Chair: Louise Sharpe*					
	8:30am - 8:40am	Welcome Address *Melissa Norberg, AACBT National Conference Convenor*				
	8:40am - 9:00am	President's Address *Professor Amanda Baker*				
9:00am - 10:00am	**Keynote Speaker Presentation** *Room: Oceanic Ballroom | Chair: Louise Sharpe*					
	9:00am - 10:00am	**Keynote Speaker** A Theoretical Framework and Therapy Model for Fear of Cancer Recurrence: Practical Strategies. *Professor Phyllis Butow, University of Sydney, NSW. Australia*				
5 minutes for delegates to move between rooms						
10:05am - 10:45am	**Distinguished Career Award for Contribution to Cognitive or Behavioural Research and Therapy** *Room: Oceanic Ballroom | Chair: Leanne Hides*		**Open Papers 1: General** *Room: Coogee | Chair: Zac Seidler*		**Open Papers 2: Obsessive-compulsive disorder** *Room: Centennial | Chair: Richard O'Kearney*	
	10:05am - 10:40am	Transforming the lives of children, parents and communities through positive parenting *Professor Matt Sanders, University of Queensland, Qld*	10:05am - 10:18am	Therapist perspectives on working with clinical perfectionism: Client motivation, level of insight and barriers to change *Shalane Sadri*	10:05am - 10:18am	The role of dissociation in obsessive-compulsive washing *Ellen Holmes-Preston*
			10:18am - 10:31am	Clinical recommendations for psychological treatment of men: A scoping review and evaluation *Zac Seidler*	10:18am - 10:31am	Moderators and predictors of face-to-face and telephone delivered cognitive behaviour therapy outcome for paediatric obsessive-compulsive disorder *Richard O'Kearney*
			10:31am - 10:45am	Clinical supervisors: Made or taught? *Anthony Venning*	10:31am - 10:45am	Moderators and predictors of response to cognitive behaviour therapy for paediatric obsessive-compulsive disorder: A systematic review and meta-analysis *Beth O'Gorman*
10:45am - 11:00am	**Morning Tea** *Oceanic Foyer*					
11:00am - 12:00pm	**Keynote Speaker Presentation** *Room: Oceanic Ballroom | Chair: Melissa Norberg*		**Open Papers 3: Mindfulness** *Room: Coogee | Chair: Alice Shires*		**Open Papers 4: Innovations in the treatment of children** *Room: Centennial | Chair: David Hawes*	
	11:00am - 12:00pm	**Keynote Speaker** Transdiagnostic Approaches to the Cognitive Behavioural Treatment of Anxiety and Emotional Disorders. *Professor Peter Norton, Monash University, Vic, Australia*	11:00am - 11:15am	Processes of change in two worksite mindfulness-based interventions *Eric Morris*	11:00am - 11:12am	ParentWorks: Preliminary effectiveness of a national, free, online, father-inclusive parenting intervention to reduce child externalising behaviour problems *Lucy Tully*

CONFERENCE PROGRAM: THURSDAY, 26 OCTOBER 2017

11:00am - 12:00pm	11:00am - 12:00pm	**Keynote Speaker** Transdiagnostic Approaches to the Cognitive Behavioural Treatment of Anxiety and Emotional Disorders. *Professor Peter Norton, Monash University, Vic, Australia*	11:15am - 11:30am	Mind the Parent: What can mindfulness add to parenting programs? *Mark Donovan*	11:12am - 11:24am	Engaging fathers in interventions for child mental health: Evaluation of a national practitioner training program *David Hawes*
			11:30am - 11:45am	Comparison of a brief mindfulness task with distraction in the reduction of induced pain with a moderator of attentional bias *Alice Shires*	11:24am - 11:36am	Putting the "C" into BPT: Integrating parental attributions in the behavioural parent training for high-risk families while treating child conduct problems *Vilas Sawrikar*
			11:45am - 12:00pm	Q&A	11:36am - 11:48am	A randomised controlled trial of an intervention to help parents communicate to children about sexuality *Sarah Teo*
					11:48am - 12:00pm	Q&A
5 minutes for delegates to move between rooms						
12:05pm - 1:05pm	**Symposium 1: Innovations in child and adolescent internalising disorders** *Room: Oceanic Ballroom | Chair: Viviana Wuthrich*		**Symposium 2: Current status and future directions in internet-delivered CBT** *Room: Coogee | Chair: Alison Mahoney*		**Symposium 3: Refugee trauma and the settlement process: Understanding the underlying emotional, cognitive and social mechanisms** *Room: Centennial | Chair: Angela Nickerson | Discussant: Kim Felmingham*	
	12:05pm - 1:05pm	Paper 1. The relationship between social risk-taking and depression in adolescence: The mediating effect of perceived social acceptance *Talia Morris, Centre for Emotional Health, Macquarie University, Sydney, NSW*	12:05pm - 1:05pm	Paper 1. Integrating mindfulness into CBT – randomised controlled trial of online mindfulness-enhanced CBT For anxiety and depression *Natalie Kladnitski, Clinical Research Unit for Anxiety and Depression (CRUfAD), Sydney, NSW*	12:05pm - 1:05pm	Paper 1. Moral injury appraisals in refugee trauma *Joel Hoffman, University of New South Wales, Sydney, NSW*
		Paper 2. The relationship between fathers' parenting behaviours and childhood anxiety disorders: A systematic review *Jennie Hudson, Centre for Emotional health, Macquarie University, Sydney, NSW*		Paper 2. A randomised controlled trial of Internet-based cognitive behavioural therapy (iCBT) For posttraumatic stress disorder (PTSD) *Adrian Allen, Clinical Research Unit for Anxiety and Depression (CRUfAD), Sydney, NSW*		Paper 2. Effects of control and emotion regulation on psychological responses: An empirical investigation *Lillian Le, University of New South Wales, Sydney, NSW*
		Paper 3. Randomised controlled trial of The Study Without Stress Program: A CBT program that aims to reduce stress in HSC students *Catherine Lowe, Centre for Emotional health, Macquarie University, Sydney, NSW*		Paper 3. Development and evaluation of an online intervention for perinatal anxiety and depression: The Mumentum program *Amanda Sie, Clinical Research Unit for Anxiety and Depression (CRUfAD), Sydney, NSW*		Paper 3. Negative emotions and intrusive memories in refugees *Angela Nickerson, School of Psychology, UNSW Australia, Sydney NSW*
		Paper 4. Treatment of functional somatic symptoms with comorbid anxiety or depressive symptoms: An evaluation of the New Cool Kids & Adolescent Health Program *Maria Kangas, Centre for Emotional health, Macquarie University, Sydney, NSW*		Paper 4. Promoting self-regulation in pre-schoolers: The iENGAGE program *Alison Mahoney, Clinical Research Unit for Anxiety and Depression (CRUfAD), Sydney, NSW*		Paper 4. Tell Your Story: An online intervention targeting mental health stigma in refugee men *Yulisha Byrow, University of New South Wales, Sydney, NSW*

CONFERENCE PROGRAM: THURSDAY, 26 OCTOBER 2017

		Paper 5. Double-blind randomised controlled trial of CBT with and without sertraline for child anxiety *Jennie Hudson, Centre for Emotional health, Macquarie University, Sydney, NSW*		Discussion		Discussion
1:05pm - 1:45pm	**Lunch (in two locations)** *Bluesalt Restaurant (Ground Floor) | Oceans Dining (Lower Ground)*					
1:15pm - 1:40pm	**AACBT Annual General Meeting (AGM) - all members welcome** *Room: Coogee*					
1:45pm - 3:45pm	**Master Clinician Session** *Room: Oceanic Ballroom | Chair: Anna Dedousis-Wallace*		**Symposium 4: Physical and mental disorder comorbidity in older adult populations: Underlying factors and psychological interventions** *Room: Coogee | Chair: Viviana Wuthrich | Discussant: Patrick Raue*		**Open Papers 5: Issues in diagnosis and transdiagnostic practice** *Room: Centennial | Chair: Alison Mahoney*	
	1:45pm - 3:15pm	**Keynote Speaker** An Introduction to Family-based Treatment of Children with Conduct Problems. *Professor Mark Dadds, University of Sydney, NSW, Australia*	1:45pm - 2:45pm	Paper 1. The Role of rumination and cognitive reappraisal in late-life depression in patients with multi-morbidity *Louise Sharpe, School of Psychology, University of Sydney, NSW*	1:45pm - 1:57pm	Transdiagnostic processes in mental health: Flavour of the month or an enduring useful concept? *Lisa Phillips*
				Paper 2. Internet-delivered cognitive behavioural therapy to prevent depression in older adults with multi-morbidity: A randomised controlled trial *Jennifer Read, School of Psychology, University of Sydney, NSW*	1:57pm - 2:09pm	Emotion regulation for adolescent anxiety and depression: Transdiagnostic treatment approaches *Carolyn Schniering*
				Paper 3. Update on follow-up outcomes of a psychological intervention to reduce cognitive decline in at-risk older adults with anxiety and depression *Viviana Wuthrich, Centre for Emotional Health, Department of Psychology, Macquarie University, Sydney, NSW*	2:09pm - 2:21pm	Dialectical behaviour therapy for emotional dysregulation within a community practice setting: Preliminary results and implications *Natasha Davis*
				Paper 4. Effects of a multi-faceted "Healthy Brain Ageing" cognitive training program in older adults at risk of dementia *Loren Mowszowski, Healthy Brain Ageing Program, Brain and Mind Centre, University of Sydney, Sydney, NSW*	2:21pm - 2:33pm	A transdiagnostic taxonomy that can replace the DSM *Gary Bakker*
				Discussion	2:33pm - 2:45pm	The effect of diagnostic labelling with the 'with limited prosocial emotions' (LPE) specifier for conduct disorder on decision-making *Ashneeta Prasad*

CONFERENCE PROGRAM: THURSDAY, 26 OCTOBER 2017

1:45pm - 3:45pm	1:45pm - 3:15pm	**Keynote Speaker** An Introduction to Family-based Treatment of Children with Conduct Problems. *Professor Mark Dadds, University of Sydney, NSW*	**Open Papers 6: Health** *Room: Coogee | Chair: Louise Sharpe*		**Symposium 5: Parenting constructs in the modern world** *Room: Centennial | Chair: Gerri Minshall*	
			2:45pm - 3:00pm	Development of a model of cancer-related anxiety *Leah Curran*	2:45pm - 3:45pm	Paper 1. Constructs to be considered in parenting interventions *Gerri Minshall, The Children's Hospital at Westmead; Anxiety Solutions CBT*
			3:00pm - 3:15pm	Outcomes of CBT for depression and anxiety tailored for early stage cancer survivors (ICANADAPT EARLY) *Jill Newby*		Paper 2. Childhood obesity and the parent-child relationship *Olivia Liew, University of New England, Armidale, NSW*
	3:15pm - 3:45pm	An investigation of the transportability of imagery-enhanced group CBT for social anxiety disorder *Peter McEvoy*	3:15pm - 3:30pm	The Non-Avoidant Pacing Scale: Development and preliminary validation *Renata Hadzic*		Paper 3. Impulsivity under uncertainty: Examining childhood obesity from a life history theory perspective *Olivia Liew, University of New England, Armidale, NSW*
			3:30pm - 3:45pm	Q&A		Paper 4. Mind the parent: What can mindfulness add to parenting programs? *Mark Donovan, University of Wollongong, NSW*
3:45pm - 4:00pm	**Afternoon Tea** *Oceanic Foyer*					
4:00pm - 5:00pm	**Keynote Speaker Presentation** *Room: Oceanic Ballroom | Chair: Louise Sharpe*		**Open Papers 7: Innovations in the treatment of eating disorders and emotion regulation** *Room: Centennial | Chair: Agatha Conrad*			
	4:00pm - 5:00pm	**Keynote Speaker** Evidence-based Treatment for Late Life Depression. *Professor Patrick Raue, University of Washington, USA*	4:00pm - 4:15pm	The role of regular eating and self-monitoring in treatment of bulimia nervosa: a pilot study of an online CBT program *Sarah Barakat*		
			4:15pm - 4:30pm	Can family based interventions for eating disorders work effectively across general mental health services: A control intervention comparison study *Agatha Conrad*		
			4:30pm - 4:45pm	Adapting CBT for people with eating disorders and comorbid overweight or obesity: The HAPIFED program *Felipe Quinto da Luz*		
			4:45pm - 5:00pm	Do indulgent activities facilitate emotion-regulation following stressors *John Martin*		
5:30pm - 7:30pm (+)	**Welcome Reception** *Oceans Bar, Crown Plaza Coogee Beach*					

CONFEERNCE PROGRAM: FRIDAY, 27 OCTOBER 2017

7:30am - 8:30am	**Registration**					
8:30am - 9:15am	**The Tracy Goodall Early Career Award** *Room: Oceanic Ballroom | Chair: Leanne Hides*		**Open Papers 8: Treatment meta-analyses** *Room: Coogee | Chair: Nicole Livermore*		**Open Papers 9: General** *Room: Centennial | Chair: Julia White*	
	8:30am - 9:15am	Memory-based interventions for the treatment of depression and the role of prevention *Aliza Werner-Seidler, Black Dog Institute*	8:30am - 8:45am	The effectiveness of CBT for the treatment of perinatal anxiety: A preliminary meta-analysis *Peta Maguire*	8:30am - 8:45am	Beyond threat perception: The contribution of metacognitive theory to understanding anger *Avalon Tissue*
			8:45am - 9:00am	The efficacy of psychosocial interventions for people with multiple sclerosis: A meta-analysis of specific treatment effects *Amy-Lee Sesel*	8:45am - 9:00am	Clinical validity of the Metacognitions Questionnaire in anxiety disorders *Julia White*
			9:00am - 9:15am	Q&A	9:00am - 9:15am	The impact of rumination on decision-making in depression *Shanta Dey*
9:15am - 10:15am	**Keynote Speaker Presentation** *Room: Oceanic Ballroom | Chair: Leanne Hides*				**Open Papers 10: General** *Room: Centennial | Chair: Claire McAulay*	
	9:15am - 10:15am	**Keynote Speaker** Failure is Fun and Important: An Attempt to Develop a New Theoretically Driven Treatment for Callous-antisocial Behaviour in Children. *Professor Mark Dadds, University of Sydney, NSW, Australia*			9:15am - 9:30am	Mediating factors underpinning eating-disordered symptoms and cognitions in bipolar disorder *Claire McAulay*
					9:30am - 9:45am	Testing cognitive defusion and guided imagery as reduction strategies for naturalistic food cravings: A two week online diary study *Sophie Schumacher*
					9:45am - 10:00am	Enhancing the efficacy of cognitive behaviour therapy: Can load shed any light? *Roberto Parada*
					10:00am - 10:15am	Q&A
10:15am - 10:30am	**Morning Tea** *Court Foyer (lower ground)*					
10:30am - 11:30am	**Keynote Speaker Presentation** *Room: Oceanic Ballroom | Chair: Melissa Norberg*		**Symposium 6 : Manualized treatments across the lifespan and in different settings** *Room: Coogee | Chair: Gerri Minshall*		**Symposium 7: Using CBT strategies to achieve change: Future directions from the eating as treatment trial for head and neck cancer patients** *Room: Centennial | Chair: Ben Britton | Discussant: Amanda Baker*	
	10:30am - 11:30am	**Keynote Speaker** The Impact of Childhood Trauma on Adult Functioning: Neurobiological, Psychological and Cognitive Effects. *Professor Kim Felmingham, University of Melbourne, Vic, Australia*	10:30am - 11:30am	Paper 1. Advantages and disadvantages of manualised treatments *Gerri Minshall, The Children's Hospital at Westmead; Anxiety Solutions CBT*	10:30am - 11:30am	Paper 1. A health behaviour change intervention to improve treatment outcomes for head and neck cancer patients undergoing radiotherapy *Ben Britton, University of Newcastle, NSW*
				Paper 2. How I developed, published and researched my own anxiety treatment manual *Renee Mill, Anxiety Solutions CBT*		Paper 2. Eating as treatment: The Eat Intervention *Alison Beck, University of Newcastle, NSW*

CONFERENCE PROGRAM: FRIDAY, 27 OCTOBER 2017

10:30am - 11:30am	10:30am - 11:30am	**Keynote Speaker** The Impact of Childhood Trauma on Adult Functioning: Neurobiological, Psychological and Cognitive Effects. *Professor Kim Felmingham, University of Melbourne, Vic, Australia*	10:30am - 11:30am	Paper 3. The use of manualized therapy in the treatment of adolescent anorexia nervosa: Can it be done effectively in private practice? *Mandy Goldstein, Mandy Goldstein Psychology*	10:30am - 11:30am	Paper 3. Practice change in the clinical oncology setting *Kristen McCarter, University of Newcastle*
				Paper 4. The how of manual use in private practice. The case of adolescent anorexia nervosa *Chris Thornton, Chris Thornton and Associates The Redleaf Practice*		Paper 4. Patient, clinician and systems change: Where to from here? *Ben Britton, University of Newcastle, NSW*
5 minutes for delegates to move between rooms						
11:35am - 12:35pm	**Symposium 8: Risks to adolescent well-being** *Room: Oceanic Ballroom | Chair: Ella Or | Discussant: Jennifer Hudson*		**Open Papers 11: Cognitive processes in emotional disorders** *Room: Coogee | Chair: Louise Sharpe*		**Symposium 9: Innovations in brief parenting interventions: Applications across age, context and place** *Room: Centennial | Chair: Alina Morawska | Discussant: Amy Mitchel*	
	11:35am - 12:35am	Paper 1. Social media use in preteens: Links with body dissatisfaction and eating pathology *Jasmine Fardouly, Centre for Emotional Health, Department of Psychology, Macquarie University, Sydney, NSW*	11:35am - 11:50am	The relationship between anxiety and attentional control: results from a meta-analysis *Ran Shi*	11:35am - 12:35pm	Paper 1. Do fathers report benefits from brief parenting interventions? Father outcomes from a randomised controlled trial of a brief parenting intervention for children with asthma and eczema *Alina Morawska, Parenting and Family Support Centre, The University of Queensland, Qld*
		Paper 2. The preteen perfectionist: Associations with adolescent social functioning and mental health outcomes *Natasha Magson, Centre for Emotional Health, Department of Psychology, Macquarie University, Sydney, NSW*	11:50am - 12:05pm	The role of attentional bias and interpretation bias in video feedback for social anxiety *Junwen Chen*		Paper 2. Positive Parenting for Healthy Living (Triple P): Randomised controlled trial of a brief group program for parents of children with type 1 diabetes *Amy Mitchell, Parenting and Family Support Centre, The University of Queensland, Qld*
		Paper 3. Sleep disturbance in youth internalising and externalising disorders *Ella Oar, Centre for Emotional Health, Department of Psychology, Macquarie University, Sydney, NSW*	12:05pm - 12:20pm	Cognitive processing deficits associated with body dysmorphic disorder *Shevaugn Johnson*		Paper 3. Assessing the multifaceted influence of parents on adolescent adjustment: Development and applications of a new parent-adolescent questionnaire battery *Kylie Burke, Parenting and Family Support Centre, The University of Queensland, Qld*
		Discussion	12:20pm - 12:35pm	Q&A		Paper 4. A Mixed methods evaluation of the efficacy of brief, targeted parenting groups for parents of teenagers *Cassandra Dittman, Parenting and Family Support Centre, The University of Queensland, Qld*
						Discussion
12:35pm - 1:15pm	**Lunch (in two locations)** *Bluesalt Restaurant (Ground Floor) | Oceans Dining (Lower Ground)*					
12:45pm - 1:15pm	**Meeting: Early Career Researchers** *Room: Coogee | Hosted by: Professor Amanda Baker, President AACBT*					

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1:15pm - 2:15pm	**Symposium 10: Psychological features and mechanisms of obsessive-compulsive spectrum disorders** *Room: Oceanic Ballroom | Chair: Jessica Grisham | Discussant: Melissa Norberg*		**Symposium 11: How placebo effects could influence CBT outcomes: Lessons learned from medicine** *Room: Coogee | Chair: Ben Colagiuri | Discussant: Professor Mark Dadds*		**Open Papers 12: The efficacy of brief CBT interventions** *Room: Centennial | Chair: Milena Gandy*	
	1:15pm - 2:15pm	Paper 1. Immersion in imagined possibilities among individuals with OCD *Shiu Wong, UNSW Sydney, Sydney, NSW*	1.15pm - 2.15pm	Paper 1. Labels matter: The role of branding in treatment outcomes *Kate Faasse, UNSW Sydney, Sydney, NSW*	1:15pm - 1:27pm	A brief sleep psychoeducation program improves sleep quality and reduces insomnia symptoms in new mothers *Liora Kempler*
		Paper 2. Imagining as an observer: Manipulating visual perspective in obsessional imagery *Savannah Minihan, NSW Sydney, Sydney, NSW*		Paper 2. Is surgery the ultimate placebo? A review of placebo effects for surgical interventions *Ian Harris, UNSW Sydney, Sydney, NSW*	1:27pm - 1:39pm	Uptake of e-mental health programs: Trends over recent years *Heidi Sturk*
		Paper 3. Psychological and physiological indices of inattention in hoarding disorder *Peter Baldwin, UNSW Sydney, Sydney, NSW*		Paper 3. Can beliefs influence treatment responses in clinical trials? *Ben Colagiuri, School of Psychology, University of Sydney, NSW*	1:39pm - 1:51pm	Internet delivered treatment for adults with obsessive-compulsive disorder: Where are we 7 years later? *Bethany Wootton*
		Paper 4. Distress intolerance and treatment outcome for community-based hoarding treatment *Jessica Grisham, UNSW Sydney, Sydney, NSW*		Paper 4. The placebo response in antidepressant trials: Quantifying the effects of publication bias *Brett Deacon, Illawarra Anxiety Clinic, Wollongong, NSW*	1:51pm - 2:03pm	Harnessing internet-delivered and transdiagnostic approaches to enhance the mental health and cognitive functioning of Australians with neurological conditions *Milena Gandy*
		Discussion		Discussion	2:03pm - 2:15pm	Harnessing online technologies to deliver cognitive-behavioural therapy to adolescent and young adult survivors: Feasibility, efficacy and clinical challenges *Ursula Sansom-Daly*
2:15pm - 2:45pm	**Afternoon Tea** *Court Foyer (lower ground)*					
2:45pm - 4:00pm	**The Great Debate: "Cognitive Behaviour Therapists are Compassionate Enough"** *Room: Oceanic Ballroom | Moderator: Louise Sharpe*		**Open Papers 13: General** *Room: Coogee | Chair: Lisa Phillips*		**Open Papers 14: General** *Room: Centennial | Chair: Kristy Johnstone*	
	2:45pm - 4:00pm	**Panellists:** *Mark Dadds* *Kim Felmingham* *Peter McEvoy* *Kathryn Nicholson Perry* *Peter Norton* *Sonja Pohlman*	2:45pm -2:55pm	An evaluation of the FASD assessment process of children with suspected prenatal alcohol exposure: Exploring caregiver experiences and family empowerment *Katrina Chamberlain*	2:45pm -2:55pm	An association between estradiol and fear and avoidance in women with spider phobia after a one-session exposure treatment *Sophie Li*

CONFERENCE PROGRAM: FRIDAY, 27 OCTOBER 2017

<table>
<tr><td rowspan="6">2:45pm - 4:00pm</td><td rowspan="6">2:45pm - 4:00pm</td><td rowspan="6">The Great Debate cont.</td><td>2:55pm - 3:05pm</td><td>Is post-traumatic growth associated with actual behaviour change following adversity? An investigation in an Australian sample post-trauma
John Martin</td><td>2:55pm - 3:05pm</td><td>An evaluation of behavioural activation and self-compassion strategies for academic worry
Kristy Johnstone</td></tr>
<tr><td>3:05pm - 3:15pm</td><td>Stigma towards individuals who self-harm: The role of gender, disclosure and mental health literacy
Lisa Phillips</td><td>3:05pm - 3:15pm</td><td>A systematic review of prospective memory processes related to symptoms of depression, anxiety, and obsessive-compulsive disorder
Angelina Leonello</td></tr>
<tr><td>3:15pm - 3:25pm</td><td>Using training to change expectations regarding the timing of self-generated sensations: Implications for schizophrenia
Ruth Elijah</td><td>3:15pm - 3:25pm</td><td>Integrating theories of alcohol consumption: How do drinking motives influence self-efficacy?
Denise Girdlestone</td></tr>
<tr><td>3:25pm - 3:35pm</td><td>Testing the preliminary efficacy of a targeted early intervention for conduct problems with callous-unemotional traits
Ashneeta Prasad</td><td>3:25pm - 3:35pm</td><td>The pattern of depressive symptom changes in young people with major depression following an integrated motivational interviewing and exercise intervention
Yasmina Nasstasia</td></tr>
<tr><td rowspan="2">3:35pm - 3:55pm</td><td rowspan="2">Q&A</td><td>3:35pm - 3:45pm</td><td>Perceived injustice: Association with PTSD symptoms and implications for treatment
David Berle</td></tr>
<tr><td>3:45pm - 3:55pm</td><td>A digital coach to treat anxiety and depression
Anthony Venning</td></tr>
<tr><td rowspan="2">4:00pm - 5:00pm</td><td colspan="6">Keynote Speaker Presentation
Room: Oceanic Ballroom | Chair: Louise Sharpe</td></tr>
<tr><td colspan="6">Keynote Speaker
Schema Therapy for Personality Disorders and other Complex Presentations.
Professor Arnoud Arntz, University of Amsterdam, Amsterdam</td></tr>
<tr><td>5:00pm - 5:15pm</td><td colspan="6">Closing Remarks
Louise Sharpe</td></tr>
<tr><td>5:15pm</td><td colspan="6">Scientific Conference Close</td></tr>
</table>

CONFERENCE PROGRAM: SATURDAY, 28 OCTOBER 2017

8:15am - 9:00am	**Workshop Registration**							
9:00am - 5:00pm	**Schema Therapy for Personality Disorders and Other Complex Presentations.** *Room: Centennial | Chair: Louise Sharpe*		**Evidence-based Treatment for Late Life Depression. A Stepped-care, Shared Decision Making Approach to Providing High Quality Care to Older Adults.** *Room: Clovelly | Chair: Nicole Livermore*		**A Theoretical Framework and Therapy Model for Fear of Cancer Recurrence: Practical Strategies.** *Room: Bronte | Chair: Lara Keough*		**Treating Childhood Trauma in Adults: Evidence-based Approaches and Important Process Issues.** *Room: Coogee | Chair: Melissa Norberg*	
	Presenter: Professor Arnoud Arntz, University of Amsterdam, Amsterdam		*Presenter: Professor Patrick Raue, University of Washington, USA*		*Presenter: Professor Phyllis Butow, University of Sydney, NSW, Australia*		*Presenter: Professor Kim Felmingham, University of Melbourne, Vic, Australia*	
	10:30am - 10:45am	Morning Tea *Court Foyer (lower ground)*	10:30am - 10:45am	Morning Tea *Court Foyer (lower ground)*	10:30am - 10:45am	Morning Te *Court Foyer (lower ground)*	10:30am - 10:45am	Morning Tea *Oceanic Foyer*
	12:30pm - 1:00pm	Lunch *Bluesalt Restaurant (Ground Floor) | Oceans Dining (Lower Ground)*	1:00pm - 1:30pm	Lunch *Bluesalt Restaurant (Ground Floor) | Oceans Dining (Lower Ground)*	1:00pm - 1:30pm	Lunch *Bluesalt Restaurant (Ground Floor) | Oceans Dining (Lower Ground)*	1:00pm - 1:30pm	Lunch *Bluesalt Restaurant (Ground Floor) | Oceans Dining (Lower Ground)*
	3:15pm - 3:30pm	Afternoon Tea *Court Foyer (lower ground)*	3:15pm - 3:30pm	Afternoon Tea *Court Foyer (lower ground)*	3:15pm - 3:30pm	Afternoon Tea *Court Foyer (lower ground)*	3:15pm - 3:30pm	Afternoon Tea *Oceanic Foyer*
	5:00pm	Close	5:00pm	Close	5:00pm	Close	5:00pm	Close

POSTER LISTING

POSTER	PRESENTATION TITLE	PRESENTER
1	Cognitive behavioural therapy for eating disorders: How do clinician characteristics impact on treatment fidelity?	Caroline Brown
2	Anxious attachment and acquisition in hoarding disorder: Mediating roles of anthropomorphism and distress intolerance	Cassandra Crone
3	Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood	Madeleine Ferrari
4	An investigation of the contrast avoidance model of generalised anxiety disorder with respect to ambiguity and uncertainty	Hannah Glassman
5	The relationship between pacing and avoidance in chronic pain: A systematic review and meta-analysis	Renata Hadzic
6	An association between ovarian hormones and fear and avoidance of spiders following cognitive restructuring in women with spider phobia	Sophie Li
7	A meta-analytic investigation on the effectiveness of group-based interventions in the treatment of eating disorders	Pikria Meladze
8	Cultivating resilience and self-control among university students: An experimental study	Renee Morrison
9	A systematic review and meta-analysis of internet delivered cognitive behavioural therapy for chronic pain	Kathryn Nicholson Perry
10	Does perceived control impact patient experience of distress and coping in bone marrow transplantation?	Melissa Pigot
11	Mental health literacy and evidence-based practice in mental health care among Indonesian health practitioners	Nurul Praharso
12	Delivering low intensity cognitive behaviour therapy through a digital coach: What does it look like?	Paula Redpath
13	Investigating the effect of mood on cognition: Combined mood-induction and executive functions cognitive training in older adults	Shannon L Webb
14	The quality of metacognition questionnaires: A systematic review	Julia White

NOTES

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NOTES

AACBT

AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY

39th National Conference

"CBT IN A TRANSDIAGNOSTIC AND TRANSMECHANISTIC WORLD"

BRISBANE, AUSTRALIA
25-27 OCTOBER 2018

Keynote Speakers

Professor Stefan Hoffman
Boston University
"Emotion regulation strategies"

Professor Alison Harvey
University of California
"Transdiagnostic approaches to insomnia"

Invited Speakers

Professor Sue Spence
Griffith University
"Childhood anxiety disorders"

Professor Amanda Baker
University of Newcastle
"Alcohol and other drug use"

Professor Kim Halford
University of Queensland
"High conflict separated couples"

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