

39TH NATIONAL CONFERENCE OF THE AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY

*CBT in a transdiagnostic and
transmechanistic world*

CONFERENCE HANDBOOK

25-27 OCTOBER 2018

ROYAL ON THE PARK, BRISBANE

#AACBT18



AACBT

AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
BEHAVIOUR THERAPY



APS

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Clinical
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Clinical Psychology: Experience the Difference

KEYNOTE SPEAKERS



Dr Scott Kellogg
United States
*Transformational chairwork:
An introduction to
psychotherapeutic dialogues*



Professor Mark Dadds
Australia
*One step forward, one step back:
Attempts to develop an effective
treatment for children with conduct
problems and callous traits*



**Scientia Professor
Richard Bryant AC**
Australia
*The potential and limitations
of CBT for PTSD*

2019 APS College of Clinical Psychologists Conference

MELBOURNE | 24 - 26 May 2019

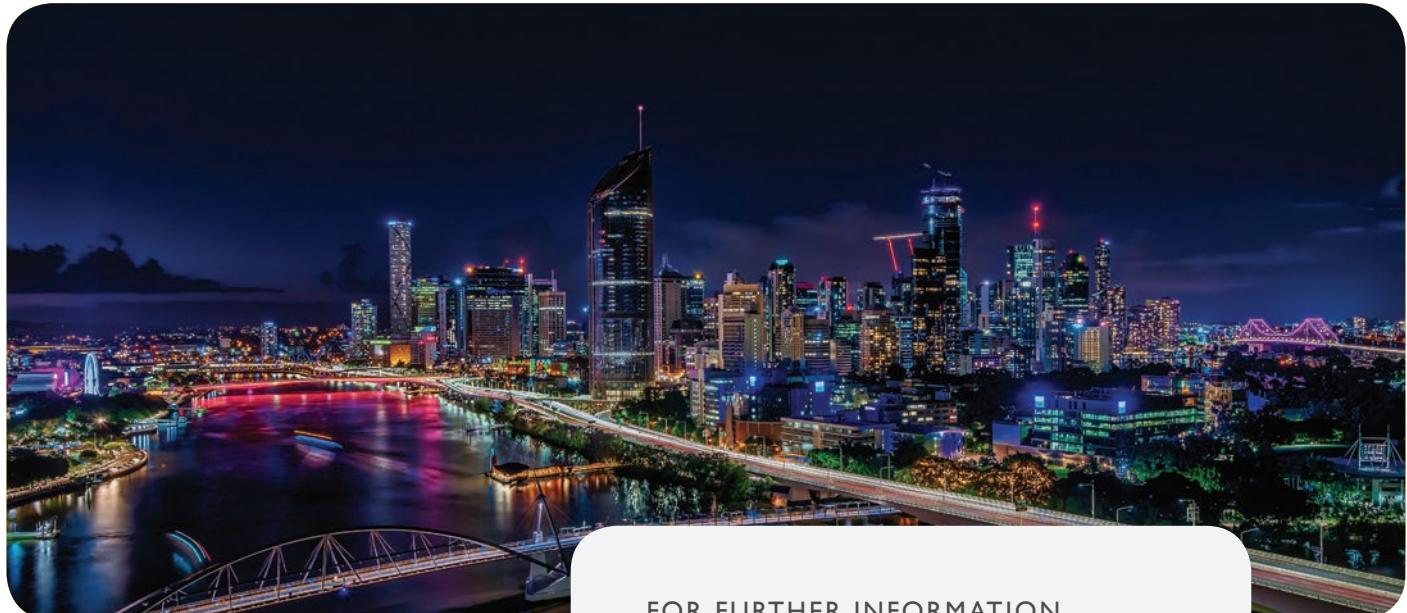
Pullman Melbourne Albert Park
#2019Clinical

For further information please visit the conference website
apsevents.eventsair.com/2019cclp/conference



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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

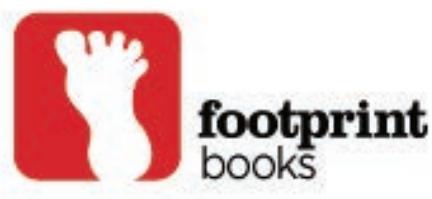
Conference planning services provided by:
AACBT Ltd

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MAJOR SPONSOR

The APS College of Clinical Psychologists maintains the highest standards for clinical psychology practice in Australia. Our aim is to ensure clinical psychologists are equipped to provide the best mental health care to the public using research-based knowledge and best practice treatments. We support our members by bringing them the latest research and practice news, providing opportunities for peer networking, supervision and relevant PD and supporting them on their career journey from students to early career psychologists and beyond. Most importantly, we advocate for clinical psychology services and funding broadly and also to Medicare.



CAMBRIDGE UNIVERSITY
PRESS, PUBLISHERS OF
“BEHAVIOUR CHANGE”

WELCOME

On behalf of the Organising Committee, we are delighted to welcome you to the 39th National Conference of the Australian Association for Cognitive and Behaviour Therapy (AACBT).

This year's conference theme is *CBT in a transdiagnostic and transmechanistic world* 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 what Brisbane has to offer, and on behalf of the Committee, welcome.

CONFERENCE ORGANISING COMMITTEE

Associate Professor Caroline Donovan	Convenor 2018
Associate Professor Sonja March	Scientific Convenor 2018
Professor Leanne Hides	Director, National Conference Chair
Professor Amanda Baker	Director, National President
Professor Ross Menzies	Director, Editor Behaviour Change & WCBCT Representative
Dr Rhonda Stoertbecker	QLD Branch Chair
Ms Natasha Dean	Director, National Tour Coordinator
Ms Lara Keogh	Venue Liaison
Dr Kristen McCarter	Early Career Research Chair
Dr Danica Liu	SA Branch Chair, Convenor 2019
Dr Helen Stallman	Scientific Convenor 2019

KEYNOTE SPEAKERS



KEYNOTE SPEAKER

Professor Allison Harvey

University of California

Dr Harvey is primarily interested in transdiagnostic approaches to treatment development, behaviour change, sleep and comorbidity across adolescence and into adulthood.

Her aim is to develop more effective and efficient treatments for psychiatric and psychological health problems - she is particularly interested in comorbidity and transdiagnostic approaches.



KEYNOTE SPEAKER

Professor Stefan Hofmann

Boston University

The focus of Dr Stefan G Hofmann's research is on the mechanisms of treatment change and the effects of emotion regulation strategies on psychological well-being.

He has published more than 300 peer-reviewed scientific articles and 20 books and is a recipient of a 2018 Humboldt prize, and in 2015, the Aaron T. Beck Award (Academy of Cognitive Therapy) for significant and enduring contributions to the field of cognitive therapy.



INVITED SPEAKER

Emeritus Professor Sue Spence

Griffith University

Emeritus Professor Sue Spence's research is in clinical psychology, focussing on the causes, assessment, prevention and treatment of anxiety and depression in young people.

Sue is the author of the Spence Children's Anxiety Scale, a measure that is widely used internationally and has been translated into over 20 languages. She is one of the developers of BRAVE-ONLINE, an evidence-based internet-delivered treatment program for anxiety in children and adolescents.



INVITED SPEAKER

Professor Amanda Baker

University of Newcastle

Professor Amanda Baker's vision is to lead a research program to transform the treatment of a co-occurring triad of disorders that are of utmost importance to health and that have major social and economic ramifications: comorbid mental, substance use and physical disorders.

Amanda has over 270 publications. These include 210 articles (46 as first author) in peer-reviewed journals. She has edited 2 books, has 36 book chapters, 20 treatment manuals, and 6 clinician guidelines.



INVITED SPEAKER – MASTER CLINICIAN SESSION

Professor W. Kim Halford

University of Queensland

Professor Kim Halford and his team developed the widely used Couple CARE relationship education programs. He works with all varieties of couples, and has presented workshops on couple therapy and education to more than 10,000 professionals across more than 15 countries.

Kim works closely with community agencies who offer couple counselling, education and family mediation to enhance the offering of effective, evidence-based services.



INVITED SPEAKER – MASTER CLINICIAN SESSION

Tobyn Bell

Greater Manchester CBT Training Centre (NHS)

Tobyn Bell is a compassion-focused therapist and part of the training executive for the Compassionate Mind Foundation. He has co-authored the forthcoming book: Compassion Focused Therapy from the Inside Out (a self-practice/self-reflection workbook for therapists).

Tobyn is a CBT trainer, supervisor and programme-lead at the Greater Manchester CBT Training Centre (NHS) which is associated with Manchester University. He has published research on compassion and currently runs a regional CFT peer supervision group. Tobyn also offers CFT supervision to individual therapists, as well as offering CFT in a Manchester clinic.



INVITED SPEAKER – MASTER CLINICIAN SESSION

Dr Madeline Romaniuk

Gallipoli Medical Research Foundation

Dr Madeline Romaniuk is the leader of the Veteran Mental Health Initiative and a senior clinical psychologist. Madeline was an investigator and the head psychologist on the PTSD Initiative and is currently the principal investigator of the \$5 million, 5 year research project examining the transition from military service to civilian life. She holds a Visiting Research Fellow position at QUT as well as Adjunct Senior Lecturer at USQ.

Dr Romaniuk has worked as a therapist since 2009 in a variety of settings including public and private hospitals, community government services, NGOs, and private practice – with focus on the assessment and treatment of current and former ADF personnel suffering PTSD and associated comorbidities.



INVITED SPEAKER

Professor Ross Menzies

University of Technology Sydney

Professor Menzies is an active researcher with numerous national competitive grants in a wide variety of disorders, for both adults and children.

He has produced over 180 international journal manuscripts, books and book chapters and is regularly invited to speak at conferences and leading universities and institutions around the world.

Ross is the editor of Australia's national CBT scientific journal, Behaviour Change, and was the Convenor and Chair of the 8th World Congress of Behavioural and Cognitive Psychotherapies, which was held in Australia in 2016.

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MENTAL HEALTH | MEDICAL AND ALLIED HEALTH | MANAGEMENT LEADERSHIP

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

Royal on the Park, Brisbane
152 Alice Street, Brisbane, QLD 4000
TEL: +61 7 3221 3411
WEB: <http://www.royalonthepark.com.au/>

REGISTRATION DESK

All enquiries should be directed to the registration desk located outside the Southern Cross Pavillion. It will be open at the following times:

Thursday 25 October	7.30am – 6.00pm
Friday 26 October	7.30am – 5.45pm
Saturday 27 October	8.00am – 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 shared space between the plenary and break-out rooms. We recommend poster presenters be available at their poster during at the following times:

Thursday 25 October

Lunch	12.30pm – 1.30pm
Afternoon Tea	3.30pm - 4:00pm

Friday 26 October

Morning Tea	10.30am – 11.00am
Lunch	12.30pm – 1.30pm

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 hotel staff at this station for assistance.

All breaks are in the Southern Cross Pavillion.

EMERGENCY AND EVACUATION PROCEDURES

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

SMOKING

The 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 hotel reception located at in the 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.

CERTIFICATE OF ATTENDANCE

All delegates receive their certificate of attendance on the reverse of their name badge. Please contact the registration desk with any queries.

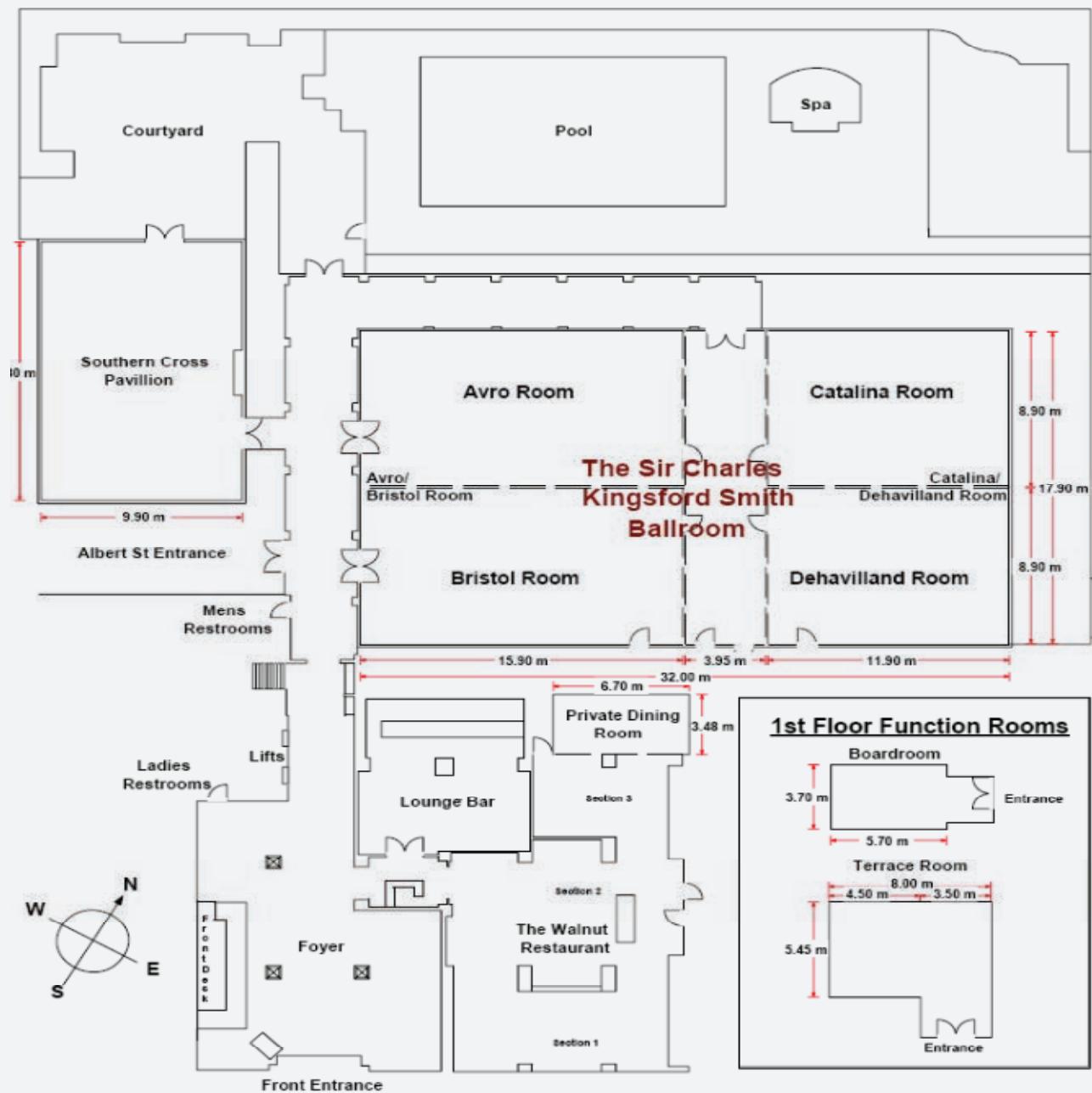
EVALUATION SURVEY

All delegates will be emailed after the conference with the online survey link. 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



SOCIAL ACTIVITIES



WELCOME RECEPTION

LOCATION: Southern Cross Pavillion, Royal on the Park

DATE: Thursday 25 October

TIME: 6.00pm - 8.00pm

COST: Complimentary for AACBT conference scientific program delegates only. Tickets for non-scientific program delegates and additional guests are available at \$55 per ticket.

Join colleagues old and new in the Southern Cross Pavillion and Courtyard. Enjoy a glass of wine and delicious canapés as you mingle with other professionals in your field.

Canapés and beverages will be provided.



FINE WINE DINNER

A tradition of the AACBT National Conference, our annual fine wine dinner showcases the best of Australian wine and food combinations. The dinner will explore the spectacular Coonawarra Cabernets from the 2012 vintage. Are they better than French equivalents? We shall see. As always, the wine dinner will include blind tastings, competitions and great prizes. Join us for a fun night with great wine, food and company.

INCLUSIONS: Canapés and a three-course meal, plus of course the wines!

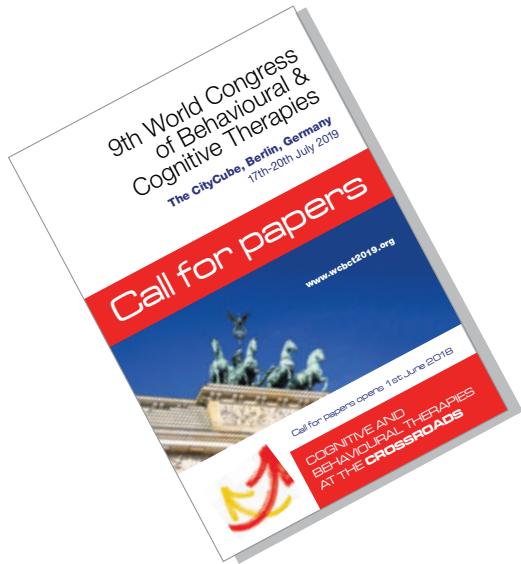
LOCATION: Southern Cross Pavillion, Royal on the Park

DATE: Saturday 27 October

TIME: Please be prompt as the evening's activities begin at 6.30pm

9th World Congress of Behavioural & Cognitive Therapies

The CityCube, Berlin, Germany | 17th-20th July 2019



Registration is now open on wcbct2019.org

Download the Call for Papers at wcbct2019.org

**Main Call for Papers closes:
6th January 2019**

**Call for Posters closes:
17th February 2019**



**COGNITIVE AND
BEHAVIOURAL THERAPIES
AT THE **CROSSROADS****



CONFERENCE PROGRAM: THURSDAY, 25 OCTOBER 2018

<p>7:30am - 8:30am</p> <p>Scientific Program Registration</p>	
	<p>Opening Plenary</p> <p>Room: Catalina-DeHavilland</p>
<p>8:30am - 8:35am</p> <p>Associate Professor Caroline Donovan, AACBT National Conference Convenor</p>	<p>Welcome Address</p> <p>Room: Catalina-DeHavilland</p>
<p>8:35am - 8:45am</p> <p>AACBT National President's Address</p> <p>Professor Amanda Baker</p>	<p>8:35am - 8:45am</p> <p>Keynote Speaker</p> <p>Developing transdiagnostic psychological treatments for better practice</p> <p>Professor Alison Harvey, University of California, Berkeley, California, USA</p>
<p>8:45am - 9:45am</p> <p>Invited Speaker:</p> <p>Room: Catalina-DeHavilland Chair: Leanne Hides</p>	<p>9:45am - 10:30am</p> <p>The dread of death: updating the status of a transdiagnostic construct</p> <p>Professor Ross G. Menzies, Graduate School of Health, University of Technology Sydney, NSW</p>
	<p>Symposium 01 Internet CBT: outcomes, innovations, and clinical applications</p> <p>Room: Avro Chair: Jill Newby</p>
	<p>9:45am - 10:18am</p> <p>—</p>
	<p>9:45am - 10:18am</p> <p>Rapid Poster Presentations (2)</p>
	<p>10:18am - 10:29am</p>
	<p>10:29am - 10:30am</p> <p>Morning Tea (with exhibitors and poster presenters)</p> <p>Southern Cross Pavilion</p>
	<p>Symposium 02 Health behaviours in young children: the role of parenting</p> <p>Room: Bristol Chair: Alina Marcowska</p>
	<p>9:45am - 9:56am</p> <p>PAPER 1. Regaining 'MUMentum': findings from two randomised controlled trials evaluating brief internet CBT for perinatal distress, anxiety, and depression</p> <p>Aileen Chen, St Vincent's Hospital, Sydney, NSW</p>
	<p>9:56am - 10:07am</p> <p>PAPER 2. The sweet spot: RCT comparing different levels of clinician support for iCBT for anxiety and depression</p> <p>Amy Joubert, St Vincent's Hospital, Sydney, NSW</p>
	<p>10:07am - 10:18am</p> <p>PAPER 3. Exploring the feasibility of massed delivery of exposure-based internet-delivered CBT for panic disorder</p> <p>Eileen Szecht, University of New South Wales, Sydney, NSW</p>
	<p>10:18am - 10:29am</p> <p>PAPER 4. Disseminating internet CBT for health anxiety to the community</p> <p>Jill Newby, University of New South Wales, Sydney, NSW</p>
	<p>10:29am - 10:30am</p> <p>Move</p>
	<p>10:29am - 10:30am</p> <p>Move</p>

CONFERENCE PROGRAM: THURSDAY, 25 OCTOBER 2018

11:00am - 12:30pm Master Clinician Session: Room: Catalina-DeHavilland Chair: Caroline Donovan	SYMPOSIUM 03: A critical developmental stage - emotion regulation in vulnerable young people Room: Avro Chair: Kate Hall Discussant: Leanne Hides	
11:00am - 12:30pm For the children: working with high conflict separated parents Professor Kim Halford, University of Queensland, Brisbane, Qld	11:00am - 11:15am PAPER 1. Maladaptive emotion regulation and psychopathology in young people accessing youth drug treatment in Australia Elise Sloan, Deakin University, Geelong, Vic	11:00am - 11:12am The interactive child distress screener: development and preliminary feasibility testing Kirsty Zeschuk, University of Southern Queensland, Springfield Central, Qld
	11:15am - 11:30am PAPER 2. Patterns of emotion regulation and associated factors in a sample of disengaged youth Kristen McCarter, University of Newcastle, Callaghan, NSW	11:12am - 11:24am Are benefits from internet delivered CBT for adult anxiety disorders as good as in-person CBT? A critical review of the evidence. Richard O'Kearney, Australian National University, Canberra, ACT
	11:30am - 11:45am PAPER 3. Individual and interpersonal emotion regulation among young adults with substance use disorders and matched controls Genevieve Dingle, The University of Queensland, Brisbane, Qld	11:24am - 11:36am Enhancing exposure therapy through occasionally reinforced extinction: what can we learn from basic research about the treatment of fears? Alina Thompson, Curtin University, Bentley, WA
	11:45am - 12:00pm PAPER 4. ERIC: an emotion regulation intervention for vulnerable young people: a pilot study Kate Hall, Deakin University, Geelong, Vic	11:36am - 11:48am One-session virtual reality exposure therapy for blood injection injury phobias: a randomised trial Jill Newby, University of New South Wales, Sydney, NSW
12 12:30pm - 1:30pm Lunch (with exhibitors and poster presenters) Southern Cross Pavilion	11:48am - 12:00pm Beyond risk: preventing suicide by attending to clients' needs Helen Stollman, University of South Australia, Adelaide, SA	11:48am - 12:00pm Discussion 12:00pm - 12:15pm Rapid Poster Presentations (5)
		12:00pm - 12:30pm Rapid Poster Presentations (2)
		12:45pm - 1:15pm AACBT Annual General Meeting (AGM) - all members welcome Room: Bristol
1:30pm - 2:15pm AACBT Early Career Award Presentation: Room: Catalina-DeHavilland Chair: Leanne Hides	OPEN PAPERS 02: Social Anxiety Room: Avro Chair: Sarah Craig	OPEN PAPERS 03: Trauma Room: Bristol Chair: Michael Free
	1:30pm - 2:03pm The Tracy Goodall Early Career Award Address Carly Johnco	1:30pm - 1:41pm A mixed methods investigation into negative self-imagery in social anxiety disorder Katherine Dobinson, The University of Sydney, Sydney, NSW
		1:30pm - 1:41pm The latent structure of post-traumatic stress disorder among refugees settled in Australia: culturally validating the DSM-5 model Philippa Specker, University of New South Wales, Sydney, NSW

CONFERENCE PROGRAM: THURSDAY, 25 OCTOBER 2018

<p>1:30pm - 2:15pm</p>	<p>Imagery rescripting for social anxiety disorder Alice Noron, The University of Sydney, Sydney, NSW</p>	<p>1:41pm - 1:52pm</p>	<p>1:41pm - 1:52pm</p>	<p>Therapeutic approaches to the treatment of post-traumatic stress disorder and substance use in adults and adolescents Natalie Peach, University of New South Wales, Sydney, NSW</p>
	<p>Does interpretation bias impact the effects of video feedback for biased self-imagery in social anxiety when using social scenarios as stimuli? Junwen Chen, Flinders University, Adelaide, SA</p>	<p>1:52pm - 2:03pm</p>	<p>1:52pm - 2:03pm</p>	<p>Preventing post-traumatic stress in young children: results from two randomized controlled trials conducted in Australia and Switzerland Alexandria De Young, University of Queensland, Brisbane, Qld</p>
<p>2:03pm - 2:14pm</p>	<p>Rapid Poster Presentations (2)</p>	<p>2:03pm - 2:14pm</p>	<p>2:03pm - 2:14pm</p>	<p>The impact of digital mental health training on service providers' knowledge, confidence and referral Heidi Sturk, Queensland University of Technology, Brisbane, Qld</p>
<p>2:14pm - 2:15pm</p>	<p>Symposium 04: CBT therapist training and professional development: time to walk the talk? Room: Catalina-Delavallade Chair: James Bennett-Levy Discussant: Nicole Lee</p>	<p>2:14pm - 2:15pm</p>	<p>Move</p>	<p>2:14pm - 2:15pm</p>
<p>2:15pm - 3:30pm</p>	<p>Symposium 05: New developments in work with couple relationships Room: Avro Chair: Kim Halford Discussant: Sue Spence</p>	<p>Symposium 05: New developments in work with couple relationships Room: Avro Chair: Kim Halford Discussant: Sue Spence</p>	<p>OPEN PAPERS 04: Adolescents / Children Room: Bristol Chair: Rachael Murray</p>	<p>OPEN PAPERS 04: Adolescents / Children Room: Bristol Chair: Rachael Murray</p>
<p>13</p>	<p>PAPER 1. Should personal practice be a core part of therapist training and professional development? James Bennett-Levy, The University of Sydney, Lismore, NSW</p>	<p>2:15pm - 2:30pm</p>	<p>PAPER 1. Couple flourishing: measure and concept of high relationship quality Cagla Sari, University of Queensland, Brisbane, Qld</p>	<p>2:15pm - 2:27pm</p>
		<p>2:30pm - 2:45pm</p>	<p>PAPER 2. Sexting, gender and couples: understanding sexting across the relationship course Hayley McMahon, University of Queensland, Brisbane, Qld</p>	<p>2:27pm - 2:39pm</p>
		<p>2:45pm - 3:00pm</p>	<p>PAPER 3. Couple therapy effectiveness in an Australian counselling organisation Jemima Petch, Relationships Australia (Queensland), Brisbane, Qld</p>	<p>2:39pm - 2:51pm</p>
		<p>3:00pm - 3:15pm</p>	<p>PAPER 4. Couple care in retirement: effectiveness of a couple based retirement preparation program Kim Halford, University of Queensland, Brisbane, Qld</p>	<p>2:51pm - 3:03pm</p>
				<p>Associations between emotion regulation, bullying, internalising problems and externalising problems among adolescents Erin Kelly, University of New South Wales, Sydney, NSW</p>
				<p>Mechanisms through which supportive relationships with parents and peers mitigate victimisation and depression in children bullied by peers Karyn Healy, The University of Queensland, Brisbane, Qld</p>

CONFERENCE PROGRAM: THURSDAY, 25 OCTOBER 2018

<p>2:15pm - 3:30pm</p> <p>4:00pm - 5:00pm</p> <p>3:30pm - 4:00pm</p>	<p>Symposium 06: Advancing the triple vulnerability model of hoarding disorder Room: Catalina-DeHavilland Chair: Melissa Norberg Discussant: Jessica Grisham</p> <p>Symposium 07: Transmechanistic CBT treatment for substance use disorders Room: Avro Chair: Leanne Hides Discussant: Amanda Baker</p> <p>Afternoon Tea (with exhibitors and poster presenters) Southern Cross Pavilion</p>	<p>3:15pm - 3:30pm Discussion</p> <p>3:15pm - 3:30pm Discussion</p> <p>3:15pm - 3:30pm Discussion</p>	<p>3:27pm - 3:30pm Move</p>	<p>3:15pm - 3:27pm Discussion</p>	<p>3:15pm - 3:27pm Using autobiographical thinking processes to understand young people's mental health vulnerabilities in cancer survivorship Ursula Sansom-Daly, Sydney Children's Hospital, Randwick, NSW</p>
				Symposium 08: Body image and eating problems across the lifespan	
				Room: Bristol Chair: Caroline Donovan Discussant: Caroline Donovan	
				4:00pm - 4:2pm	4:00pm - 4:2pm
				PAPER 1. Potential transdiagnostic approaches in the treatment of substance use and mental health disorders Petra Staiger, Deakin University, Geelong, Vic	PAPER 1. Thin is the new fat, and fit girls are the new 'it': examining women's preferences for, and biases towards various female body ideals Laura Uhlmann, Griffith University, Brisbane, Qld
				4:12pm - 4:24pm	4:12pm - 4:24pm
				PAPER 2. Is personality risk-targeted motivational interviewing (MI) more efficacious than MI alone in young people with alcohol related-injuries? Leanne Hides, University of Queensland, Brisbane, Qld	PAPER 2. Over what hill? An examination of the applicability of a revised tripartite influence model for midlife women. Amy Shiels, Griffith University, Brisbane, Qld
				4:24pm - 4:36pm	4:24pm - 4:36pm
				PAPER 3. A randomized controlled trial and economic evaluation of the parents under pressure program for parents in substance abuse treatment Sharon Dawe, Griffith University, Brisbane, Qld	PAPER 3. Strong and skinny is the new skinny Harley Stansfeld, Griffith University, Brisbane, Qld
				4:36pm - 4:48pm	4:36pm - 4:48pm
				PAPER 4. Scared and surrounded by clutter: the influence of emotional reactivity Cassandra Crone, Macquarie University, Sydney, NSW	PAPER 4. Can grit, a strength based wellbeing program, improve treatment outcomes for young people accessing residential rehabilitation for substance use disorders? Catherine Quinn, University of Queensland, Brisbane, Qld
				4:48pm - 4:58pm	4:48pm - 4:58pm
				Discussion	Discussion
				4:58pm - 5:00pm	4:58pm - 5:00pm
				Move	Move
				4:58pm - 5:00pm	4:58pm - 5:00pm
				Move	Move
				INVITED SPEAKER: Transdiagnostic treatment opportunities in addressing co-existing mental ill-health and substance use problems	
				Professor Amanda Baker, University of Newcastle, Callaghan, NSW Room: Room: Catalina-DeHavilland Chair: Leanne Hides	
				Welcome Reception	
				Southern Cross Pavilion	

CONFERENCE PROGRAM: FRIDAY, 26 OCTOBER 2018

7:30am - 8:30am	Scientific Program Registration					
8:30am - 9:30am	KEYNOTE SPEAKER: Emotion regulation strategies Professor Stefn Hofmann, Boston University, Boston, Massachusetts, USA Room: Catalina-DeHavilland Chair: Ross Menzies					
9:30am - 10:30am	Master Clinician Session: Room: Catalina-DeHavilland Chair: Sonja March	SYMPORIUM 05: Compassion-focused therapy: a deep dive into effectiveness, theoretical underpinnings and applications Room: Avro Chair: James Kirby Discussant: Caroline Donovan	SYMPORIUM 10: Developing coping and self-regulation skills in children and young people: the ultimate transdiagnostic therapy? Room: Bristol Chair: Cassandra Dittman Discussant: Karyn Healy			
9:30am - 10:30am Treating PTSD among veterans in the context of military culture and the adjustment to civilian life post service Dr Madeline Romanuk, Gallipoli Medical Research Foundation, Greenslopes, Qld	PAPER 1. The effectiveness of compassion based interventions: a meta-analytic review Cassandra Tellegen, The University of Queensland, Brisbane, Qld	PAPER 2. The relationship between fears of compassion and mental health outcomes James Kirby, The University of Queensland, Brisbane, Qld	PAPER 3. Early shame trauma memories and current psychopathology: working with fears of compassion and developing the compassionate self Stan Steindl, The University of Queensland, Brisbane, Qld	PAPER 4. The application of compassion focused therapy to adult survivors of childhood sexual abuse Lisa McLean, The University of Queensland, Brisbane, Qld	PAPER 1. Professional development in positive early childhood education (PECE) to promote children's development and self-regulation Cassandra Dittman, The University of Queensland, Brisbane, QLD	PAPER 2. Working with parents and staff in a disability setting: outcomes and opportunities Julie Hedges, The University of Queensland, Brisbane, Qld
10:30am - 11:00am	Morning Tea (with exhibitors and poster presenters) Southern Cross Pavilion					
11:00am - 12:30pm	Master Clinician Session: Room: Catalina-DeHavilland Chair: James Kirby	SYMPORIUM 11: Using technology in the treatment of youth anxiety disorders Room: Avro Chair: Caroline Donovan Discussant: Sue Spence				
		OPEN PAPERS 05: Well-being Room: Bristol Chair: Genevieve Dingle				

CONFERENCE PROGRAM: FRIDAY, 26 OCTOBER 2018

<p>11:00am - 12:30pm</p> <p>Developing an internal compassionate supervisor Tobyn Bell, Greater Manchester Mental Health NHS Foundation Trust, Prestwich, UK</p>	<p>11:00am - 12:30pm</p> <p>PAPER 1. High intensity, brief CBT for pediatric OCD: an initial RCT of d-cycloserine augmented three session CBT combined with web-cam maintenance Lara Farrell, Griffith University, Gold Coast, Qld</p>	<p>11:12am - 11:24am</p> <p>PAPER 2. What happens if we take the therapists away? Unassisted brave-online: lessons learned and solutions found. Caroline Donovan, Griffith University, Brisbane, Qld</p>	<p>11:24am - 11:36am</p> <p>PAPER 3. Large-scale dissemination of self-help internet-based CBT for youth anxiety: acceptability, effectiveness and predictors of engagement Sonja March, University of Southern Queensland, Springfield Central, Qld</p>	<p>11:36am - 11:48am</p> <p>PAPER 4. Low intensity treatment for anxious youth – from laboratory to clinical service Ronald Rapee, Macquarie University, Sydney, NSW</p>	<p>11:48am - 12:00pm</p> <p>A systematic review of psychological treatment for methamphetamine use and associated mental health symptom outcomes Alexandra Stuart, University of Newcastle, Callaghan, NSW</p>	<p>12:00pm - 12:12pm</p> <p>Loneliness amongst addictions populations Isabella Ingram, University of Wollongong, Wollongong, NSW</p>	<p>12:20pm - 12:20pm</p> <p>Discussion</p>	<p>12:00pm - 12:12pm</p> <p>Depressive symptom changes in response to an integrated motivational interviewing and exercise intervention. What symptoms change and why that matters. Yasmina Nasralla, University of Newcastle, Callaghan, NSW</p>	<p>12:12pm - 12:24pm</p> <p>Towards new therapeutic mechanisms in bipolar disorder analogue investigation self-compassion and nonattachment to self Yan Yang, Swinburne University of Technology, Hawthorn, Vic</p>	<p>12:24pm - 12:30pm</p> <p>Room set up</p>	<p>12:45pm - 1:15pm</p> <p>Early Career Research Networking Lunch Room: Bristol Chair: Kristen McCarter</p>
<p>12:30pm - 1:30pm</p> <p>Lunch (with exhibitors and poster presenters) Southern Cross Pavilion</p>											
<p>1:30pm - 2:30pm</p> <p>INVITED SPEAKER AND DISTINGUISHED CAREER AWARD FOR CONTRIBUTION TO COGNITIVE OR BEHAVIOURAL RESEARCH AND THERAPY PRESENTATION: Using new technologies with youth emotional disorders Emeritus Professor Sue Spence, Griffith University, Brisbane, Qld Room: Catalina-DelHavilland Chair: Sonja March</p>											

CONFERENCE PROGRAM: FRIDAY, 26 OCTOBER 2018

<p>2:30pm - 3:40pm</p> <p>SYMPORIUM 12: Diagnosing and treating callous-unemotional type conduct problems in preschoolers: how can we do better?</p> <p>Room: Catalina DeHavilland Chair: Georgette Fleming</p>	<p>SYMPORIUM 13: Sleep problems in youth</p> <p>Room: Avro Chair: Caroline Donovan Discussant: Caroline Donovan</p>	<p>SYMPORIUM 14: Using music in therapeutic ways</p> <p>Room: Bristol Chair: Genevieve Dingle Discussant: Sonja Pohlman</p>
<p>2:30pm - 2:42pm</p> <p>PAPER 1. Validation of a clinical interview tool for assessing callous-unemotional traits in preschoolers with disruptive behaviour</p> <p>Bryan Neo, University of New South Wales, Sydney, NSW</p>	<p>2:30pm - 2:42pm</p> <p>PAPER 1. The mediating role of parent and child effortful control in the development of sleep and anxiety problems in preschoolers</p> <p>Sarah Scapham, Griffith University, Brisbane, Qld</p>	<p>2:30pm - 2:45pm</p> <p>PAPER 1. A mixed methods investigation of the emotional effects of music listening for the regulation of sadness in young adults</p> <p>Joel Larwood, The University of Queensland, Brisbane, Qld</p>
<p>2:42pm - 2:54pm</p> <p>PAPER 2. Do callous-unemotional traits moderate the efficacy of internet-delivered parent-child interaction therapy?</p> <p>Georgette Fleming, University of New South Wales, Sydney, NSW</p>	<p>2:42pm - 2:54pm</p> <p>PAPER 2. Childhood sleep problems: sleep-related beliefs and Parental factors</p> <p>Shelly Weaver, Griffith University, Brisbane, Qld</p>	<p>2:45pm - 3:00pm</p> <p>PAPER 2. A systematic review of mental health and wellbeing outcomes of group singing for adults with a mental health condition</p> <p>Elyse Williams, The University of Queensland, Brisbane, Qld</p>
<p>2:54pm - 3:06pm</p> <p>PAPER 3. Do callous-unemotional traits moderate conduct problem outcomes in a community early childhood setting delivering parent-child interaction therapy?</p> <p>Naomi Cameron, University of New South Wales, Sydney, NSW</p>	<p>2:54pm - 3:06pm</p> <p>PAPER 3. A Finnish study of physical activity, sleep and mood in adolescents</p> <p>Melanie Heath, Flinders University, Adelaide, SA</p>	<p>3:00pm - 3:15pm</p> <p>PAPER 3. The use of music for emotion regulation across the adult lifespan</p> <p>Anna Stathi, The University of Queensland, Brisbane, Qld</p>
<p>3:06pm - 3:18pm</p> <p>PAPER 4. Preliminary efficacy of school-based parent-child interaction therapy adapted for children with conduct problems and callous-unemotional traits</p> <p>Ashneeta Prasad, University of New South Wales, Sydney, NSW</p>	<p>3:06pm - 3:18pm</p> <p>PAPER 4. Insomnia and anxiety in middle childhood: can REM sleep fragmentation explain the connection?</p> <p>Emma Hunt, Flinders University, Adelaide, SA</p>	<p>3:15pm - 3:30pm</p> <p>PAPER 4. Pilot randomised controlled trial of the live wires music program designed to enhance social and cognitive functioning in older adults</p> <p>Genevieve Dingle, The University of Queensland, Brisbane, Qld</p>
<p>3:18pm - 3:30pm</p> <p>PAPER 5. Parent-child interaction therapy adapted for preschoolers with callous-unemotional type conduct problems: a randomised controlled trial</p> <p>Eva Kinonis, University of New South Wales, Sydney, NSW</p>	<p>3:18pm - 3:30pm</p> <p>PAPER 5. Cognitive "insomnia" processes in delayed sleep-wake phase disorder in adolescence: do they exist and are they responsive to chronobiological treatment?</p> <p>Cele Richardson, Macquarie University, Sydney, NSW</p>	<p>3:30pm - 3:40pm</p> <p>Discussion</p>
<p>3:40pm - 4:00pm</p> <p>Afternoon Tea (with exhibitors and poster presenters)</p> <p>Southern Cross Pavilion</p>		<p>3:30pm - 3:40pm</p> <p>Discussion</p>
<p>4:00pm - 5:30pm</p> <p>The Great Comedy Debate “Is diagnosis dead?”</p> <p>Room: Catalina DeHavilland Moderator: A Surprise</p>		
	<p>Panelists - Affirmative: 1 Genevieve Dingle, 2 Kim Halford, 3 Alison Harvey</p> <p>Panelists - Negative: 1 Sharon Dawe, 2 Stefan Hofmann, 3 Ron Rapee</p>	
<p>5:30pm</p> <p>Closing Address</p> <p>Associate Professor Caroline Donovan, AACBT National Conference Convenor</p>		
<p>5:45pm</p> <p>Scientific Program Close</p>		

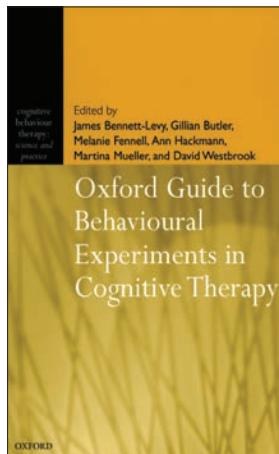
CONFERENCE PROGRAM: SATURDAY, 27 OCTOBER 2018

8:00am - 9:00am	Workshop Registration	
9:00am - 5:00pm	<p>Process-Based CBT Presenter: Professor Stefan Hofmann, Boston University, Boston, Massachusetts, USA Room: Catalina Chair: Leanne Hides</p> <p>10:30am - 11:00am Morning Tea Southern Cross Pavilion</p> <p>Continued</p>	<p>Cognitive Behaviour Therapy for Transdiagnostic Sleep Problems in Clinical Practice: Basics & Beyond Presenter: Professor Alison Harvey, University of California, Berkeley, California, USA Room: DeHavilland Chair: Genevieve Dingle</p> <p>12:30pm - 1:30pm Lunch (and skills practice if req.) Southern Cross Pavilion</p> <p>Continued</p>
		<p>Continued</p>
	<p>3:00pm - 3:30pm Afternoon Tea Southern Cross Pavilion</p> <p>Continued</p>	<p>Continued</p>
	<p>5:00pm Close</p>	

POSTER LISTING

POSTER	PRESENTATION TITLE	PRESENTER
1	Internet-delivered cognitive behavioral therapy for panic disorder with or without agoraphobia: a systematic review and meta-analysis	Eileen Stech
2	Development, implementation and evaluation of a group program to reduce accommodation in relatives of patients with hoarding disorder	Glenn Little
3	The DSM-5 cross-cutting symptom measure identifies high levels of coexistent psychiatric symptomatology in a sleep psychology clinic	Hailey Meaklim
4	Do maladaptive defence mechanisms mediate between alexithymia and somatization?	Hawaa Dajan
5	Become your own best therapist: group cognitive behaviour therapy in a rural community mental health setting	Henck van Bilsen
6	How to deliver feedback to optimise outcomes in transdiagnostic cognitive behavioural therapy groups	Jessica Cleasby
7	The development and validation of the possessions as identity and possessions as memory scales	Keong Yap
8	QUITLINK: peer worker facilitated smoking intervention for people receiving mental health services	Kristen McCarter
9	Object attachment: humanness increases sentimental and instrumental value	Madeleine Keaveny
10	Applying the behaviour change taxonomy to a smoking cessation intervention for people with severe mental illness	Donita Baird
11	This is not what I expected: violated expectations and engagement in psychotherapy	Penelope Lovegrove

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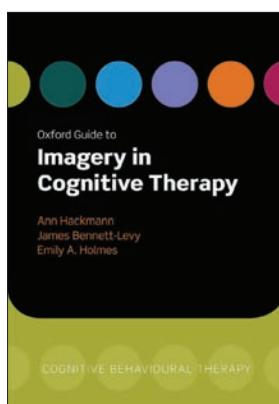
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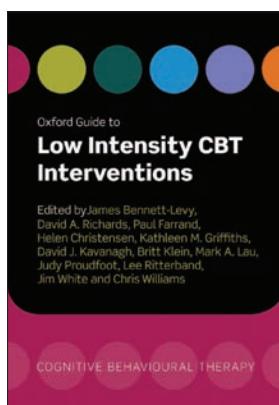
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EARLY CAREER RESEARCH (ECR) MENTORING OPPORTUNITY FOR 2018!

The AACBT ECR sub-committee extends an invitation to Early Career Researchers (ECRs) who are attending this year's AACBT conference to register to attend the ECRs Networking Lunch on Day 2.

This is a networking event for PhD students, Post-Doctoral fellows, Honours students, clinicians and anyone who may be earlier in their research career. The networking event will provide an opportunity for ECRs to chat with senior clinicians and researchers who will share their knowledge and tips for success! There will also be the opportunity for networking with peers.

Come to this session and hear from Allison Harvey, Stefan Hofmann, Nicole Lee, Matt Sanders or Kim Halford.

This event is free for delegates who register for the Conference.



NOTES

NOTES

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SCOPE

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