Thursday 2	25 October 20	018						
7:30am -	_	ogram Registration						
8:30am								
8:30am -	am - Room: Catalina-DeHavilland							
9:45am	8:30am -	Welcome Address						
	8:35am	Associate Professor Caroline Donovan, AACBT Na						
	8:35am -	AACBT National President's Address						
	8:45am	Professor Amanda Baker						
	8:45am - 9:45am	Keynote Speaker: Developing transdiagnostic psychological treatn Professor Allison Harvey, University of California, Chair: Caroline Donovan		•				
9:45am - 10:30am	Invited Spea	ker:	Symposium Internet CB	01: T: outcomes, innovations, and clinical applications	Symposium Health beha	02: aviours in young children: the role of parenting		
	Room: Catal	ina-DeHavilland	Room: Avro)	Room: Brist	ol		
	Chair: Leann		Chair: Jill Ne		Chair: Alina			
	9:45am -	The dread of death: updating the status of a	9:45am -	Paper 1.	9:45am -	Paper 1.		
	10:18am	transdiagnostic construct	9:56am	Regaining 'MUMentum': findings from two	9:56am	Promoting healthy habits in childhood: easy in		
	10.104111	Professor Ross G. Menzies, Graduate School of	J.50aiii	randomised controlled trials evaluating brief	3.30am	theory, not so easy in practice		
		Health, University of Technology Sydney, NSW		internet CBT for perinatal distress, anxiety, and		Sabine Baker, The University of Queensland,		
		riculti, oniversity of recimology syulicy, wave		depression Aileen Chen, St Vincent's Hospital, Sydney, NSW		Brisbane, Qld		
			9:56am -	Paper 2.	9:56am -	Paper 2.		
			10:07am	The sweet spot: RCT comparing different levels of clinician support for iCBT for anxiety and depression Amy Joubert, St Vincent's Hospital, Sydney, NSW		Parenting and child behaviour as predictors of tooth brushing difficulties in young children Mikaela Berzinski, The University of Queensland, Brisbane, Qld		
			10:07am -	Paper 3.	10:07am -	Paper 3.		
			10:18am	Exploring the feasibility of massed delivery of exposure-based internet-delivered CBT for panic disorder Eileen Stech, University of New South Wales, Sydney, NSW	10:18am	Parenting and child behaviour barriers to managing screen time in young children Samuel Halpin, The University of Queensland, Brisbane, Qld		
	10:18am -	Rapid Poster Presentations (2)	10:18am -	Paper 4.	10:18am -	Paper 4.		
	10:29am		10:29am	Disseminating internet CBT for health anxiety to the community Jill Newby, University of New South Wales, Sydney, NSW	10:29am	Does integrating a parenting support program into paediatric eczema care services improve treatment outcomes? Protocol of a randomised controlled trial. Amy Mitchell, The University of Queensland, Brisbane, Qld		
	10:29am -	Move	10:29am -	Move	10:29am -	Move		
	10:30am		10:30am		10:30am			
10:30am -	Morning Tea	(with exhibitors and poster presenters)						
11:00am	Southern Cr							

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Thursday 2	5 October 201	.8				
11:00am - 12:30pm	Master Clinician Session: Room: Catalina-DeHavilland Chair: Caroline Donovan		Symposium (A critical dev vulnerable yo	elopmental stage - emotion regulation in	Open Papers 01: Anxiety / Exposure Therapy	
			Room: Avro		Room: Bristo	ol
			Chair: Kate Hall Discussant: Leanne Hides		Chair: Alexan	ndra De Young
	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 - 11:15am	The interactive child distress screener: development and preliminary feasibility testing Kirsty Zieschank, 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	11:15am - 11:30am	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	11:30am - 11:45am	Enhancing exposure therapy through occasionally reinforced extinction: what can we learn from basic research about the treatment of fears? Alina Thompson, Curtin University, Bently, 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	11:45am - 12:00pm	One-session virtual reality exposure therapy for blood injection injury phobias: a randomised trial Jill Newby, University of New South Wales, Sydney, NSW
			12:00pm - 12:15pm 12:15pm - 12:30pm	Discussion Rapid Poster Presentations (2)	12:00pm - 12:30pm	Rapid Poster Presentations (5)
12:30pm - 1:30pm	Lunch (with e Southern Cros	xhibitors and poster presenters) ss Pavillion			12:45pm - 1:15pm	AACBT Annual General Meeting (AGM) - all members welcome Room: Bristol
1:30pm - 2:15pm	AACBT Early (Career Award Presentation:	Open Papers 02: Social Anxiety		Open Papers Trauma	3 03:
	Room: Catalir	na-DeHavilland	Room: Avro		Room: Bristo	ol
	Chair: Leanne	Hides	Chair: Sarah (Craig	Chair: Micha	el Free

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inarsaay z	25 October 20 1:30pm -	The Tracy Goodall Early Career Award Address	1:30pm -	A mixed methods investigation into negative self-	1:30pm -	The latent structure of post-traumatic stress
	2:03pm	Carly Johnco	1:41pm	imagery in social anxiety disorder Katherine Dobinson, The University of Sydney, Sydney, NSW	1:41pm	disorder among refugees settled in Australia: culturally validating the DSM-5 model Philippa Specker, University of New South Wales, Sydney, NSW
			1:41pm - 1:52pm	Imagery rescripting for social anxiety disorder Alice Norton, The University of Sydney, Sydney, NSW	1:41pm - 1:52pm	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
			1:52pm - 2:03pm	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	1:52pm - 2:03pm	Preventing post-traumatic stress in young children: results from two randomized controlled trials conducted in Australia and Switzerland Alexandra De Young, University of Queensland, Brisbane, Qld
	2:03pm - 2:14pm	Rapid Poster Presentations (2)	2:03pm - 2:14pm	Shared cognitive processes across borderline personality and social anxiety disorders Lisa Phillips, University of Melbourne, Parkville, Vic	2:03pm - 2:14pm	The impact of digital mental health training on service providers' knowledge, confidence and referral Heidi Sturk, Queensland University of Technology Brisbane, Qld
	2:14pm - 2:15pm	Move	2:14pm - 2:15pm	Move	2:14pm - 2:15pm	Move
2:15pm -	Symposium ()4·	Symposium (ገና·	Open Paper	·s 04·
3:30pm	CBT therapist training and professional development: time to walk the talk?			oments in work with couple relationships	Adolescents / Children	
	Room: Catali	na-DeHavilland	Room: Avro		Room: Brist	ol
	Chair: James Bennett-Levy Discussant: Nicole Lee		Chair: Kim Halford Discussant: Sue Spence		Chair: Racha	ael Murrihy
	2:15pm - 2:35pm	Paper 1. Should personal practice be a core part of therapist training and professional development? James Bennett-Levy, The University of Sydney, Lismore, NSW	2:15pm - 2:30pm	Paper 1. Couple flourishing: measure and concept of high relationship quality Cagla Sanri, University of Queensland, Brisbane, Qld	2:15pm - 2:27pm	A pilot investigation of universal school-based prevention programs for anxiety and depression in children: a randomised controlled trial Kristy Johnstone, Flinders University, Adelaide, SA
	2:35pm - 2:55pm	Paper 2. Developing an internal compassionate supervisor: a self-practice exercise for trainee therapists	2:30pm - 2:45pm	Paper 2. Sexting, gender and couples: understanding sexting across the relationship course Hayley McMahon, University of Queensland,	2:27pm - 2:39pm	Assessment of functional impairment in youth: development of the adolescent life interference scale for internalising symptoms Carolyn Schniering, Macquarie University, Sydney NSW
		Tobyn Bell, Greater Manchester Mental Health NHS Foundation Trust, Prestwich, UK		Brisbane, Qld	2:39pm - 2:51pm	Accessibility and feasibility of the universal unifie prevention program for diverse disorders (Up2-

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Thursday 2!	5 October 20:	18					
, -			2:45pm - 3:00pm	Paper 3. Couple therapy effectiveness in an Australian counselling organisation Jemima Petch, Relationships Australia		school Shin-ichi Ishikawa, Doshisha University, Kyoto, Japan	
	2:55pm - 3:15pm	Paper 3. Self-practice/self-reflection in postgraduate cognitive behaviour therapy training: two pilot studies	3:00pm - 3:15pm	(Queensland), Brisbane, Qld Paper 4. Couple care in retirement: effectiveness of a	2:51pm - 3:03pm	Associations between emotion regulation, bullying, internalising problems and externalising problems among adolescents Erin Kelly, University of New South Wales, Sydney, NSW	
		Jane Scott, Australian Catholic University, Sydney, NSW Keong Yap, Australian Catholic University, Sydney, NSW	ļ ·	Ikim Halford University of Ougansland Brichane I	3:03pm - 3:15pm	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	
	3:15pm - 3:30pm	Discussion	3:15pm - 3:30pm	Discussion	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	
					3:27pm - 3:30pm	Move	
3:30pm - 4:00pm	Afternoon Te Southern Cro	ea (with exhibitors and poster presenters)					
4:00pm - 5:00pm	Symposium 0		Symposium 0 Transmechar	07: histic CBT treatment for substance use disorders	Symposium 08: Body image and eating problems across the lifespan		
	Room: Catalina-DeHavilland		Room: Avro		Room: Bristol		
	Chair: Melissa Norberg Discussant: Jessica Grisham		Chair: Leanne Hides Discussant: Amanda Baker		Chair: Caroline Donovan Discussant: Caroline Donovan		
	4:00pm - 4:12pm	Paper 1. The interrelated nature of interpersonal deficits, loneliness, and excessive acquiring Cathy Kwok, Macquarie University, Sydney, NSW	4:00pm - 4:12pm	Paper 1. Potential transdiagnostic approaches in the treatment of substance use and mental health disorders Petra Staiger, Deakin University, Geelong, Vic	4:00pm - 4:12pm	Paper 1. Thin is the new fat, and fit girls are the new 'it' girls: examining women's preferences for, and biases towards various female body ideals Laura Uhlmann, Griffith University, Brisbane, Qld	
	4:12pm - 4:24pm	Paper 2. Object attachment to compensate for interpersonal relationships Adam McMahon, Macquarie University, Sydney, NSW	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, QId	4:12pm - 4:24pm	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	

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	4:24pm -	Paper 3.	4:24pm -	Paper 3.	4:24pm -	Paper 3.
	4:36pm	Unpacking the construct of emotional attachment	4:36pm	A randomized controlled trial and economic	4:36pm	Strong and skinny is the new skinny
		to objects and its association to hoarding		evaluation of the parents under pressure program		Harley Stansfield, Griffith University, Brisbane, Qlo
		symptoms		for parents in substance abuse treatment		
		Keong Yap, University of New South Wales,		Sharon Dawe, Griffith University, Brisbane, Qld		
		Sydney, NSW				
	4:36pm -	Paper 4.	4:36pm -	Paper 4.	4:36pm -	Paper 4.
	4:48pm	Scared and surrounded by clutter: the influence of	4:48pm	Can grit, a strength based wellbeing program,	4:48pm	Revised reinforcement sensitivity theory and
		emotional reactivity		improve treatment outcomes for young people		anorexia nervosa-restricting subtype
		Cassandra Crone, Macquarie University, Sydney,		accessing residential rehabilitation for substance		Dustin O'Shannessy, Griffith University, Brisbane,
		NSW		use disorders?		Qld
				Catherine Quinn, University of Queensland,		
				Brisbane, Qld		
	4:48pm -	Discussion	4:48pm -	Discussion	4:48pm -	Discussion
	4:58pm		4:58pm		4:58pm	
	4:58pm -	Move	4:58pm -	Move	4:58pm -	Move
	5:00pm		5:00pm		5:00pm	
5:00pm -	Room: Cata	lina-DeHavilland				
6:00pm	5:00pm -	Invited Speaker:				
	6:00pm	Transdiagnostic treatment opportunities in addre	ssing co-exi	sting mental ill-health and substance use problems		
		Professor Amanda Baker, University of Newcastle,	Callaghan, N	ISW		
		Chair: Leanne Hides				
6:00pm -	Welcome R	eception				
8:00pm	Southern Cr	ross Pavillion				

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Friday 26 O	ctober 2018					
7:30am -	Scientific Pro	gram Registration				
8:30am						
8:30am - 9:30am	8:30am - 9:30am	Keynote Speaker: Emotion regulation strategies Professor Stefan Hofmann, Boston University, Bost Chair: Ross Menzies	Boston, Massachusetts, USA			
9:30am - 10:30am	dam - Master Clinician Session:			focused therapy: a deep dive into effectiveness, inderpinnings and applications	young peopl	coping and self-regulation skills in children and e: the ultimate transdiagnostic therapy?
	-	na-DeHavilland	Room: Avro		Room: Bristo	
	Chair: Sonja N	/larch	Chair: James Discussant: C	•	Chair: Cassar Discussant: K	
	9:30am - 10:30am	Treating PTSD among veterans in the context of military culture and the adjustment to civilian life post service Dr Madeline Romaniuk, Gallipoli Medical Research Foundation, Greenslopes, Qld	9:30am - 9:42am	Paper 1. The effectiveness of compassion based interventions: a meta-analytic review Cassandra Tellegen, The University of Queensland, Brisbane, Qld	9:30am - 9:42am	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
			9:42am - 9:54am	•	9:42am - 9:54am	Paper 2. Working with parents and staff in a disability setting: outcomes and opportunities Julie Hodges, The University of Queensland, Brisbane, Qld
			9:54am - 10:06am	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	9:54am - 10:06am	Paper 3. Working with families to increase resilience with children at risk due to school bullying Karyn Healy, The University of Queensland, Brisbane, Qld
			10:06am - 10:18am	Paper 4. The application of compassion focused therapy to adult survivors of childhood sexual abuse Lisa McLean, The University of Queensland, Brisbane, Qld	10:06am - 10:18am	Paper 4. Building emotion regulation skills in adolescents in a school context Julie Hodges, The University of Queensland, Brisbane, Qld
			10:18am - 10:30am	Discussion	10:18am - 10:30am	Discussion
10:30am -		(with exhibitors and poster presenters)				
11:00am 11:00am - 12:30pm	Southern Cro Master Clinic		Symposium : Using techno	11: plogy in the treatment of youth anxiety disorders	Open Papers 05: Well-being	
	Room: Catali	na-DeHavilland	Room: Avro		Room: Bristo	ol
	Chair: James Kirby Ch		Chair: Carolir Discussant: S		Chair: Genevieve Dingle	

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Friday 26 C	October 2018					
	11:00am - 12:30pm	Developing an internal compassionate supervisor Tobyn Bell, Greater Manchester Mental Health NHS Foundation Trust, Prestwich, UK	11:00am - 11:20am	Paper 1. High intensity, brief CBT for pediatric OCD: an initial RCT of d-cycloserine augmented three session CBT combined with web-cam	11:00am - 11:12am	The impact of perfectionism and stress on university student well-being Lisa Phillips, University of Melbourne, Parkville, Vic
			11:20am -	maintenance Lara Farrell, Griffith University, Gold Coast, Qld Paper 2.	11:12am - 11:24am	Transfer of diabetes management from parents to youth when transitioning from paediatric to adult healthcare settings Anna Hickling, The University of Queensland,
			11:40am	What happens if we take the therapists away? Unassisted brave-online: lessons learned and solutions found. Caroline Donovan, Griffith University, Brisbane, Qld	11:24am - 11:36am	Brisbane, Qld Orthorexia nervosa: validation of the eating habits questionnaire Natalie Hirsch, Australian Catholic University, Brisbane, Qld
			11:40am - 12:00pm	Paper 3. Large-scale dissemination of self-help internet-based CBT for youth anxiety: acceptability,	11:36am - 11:48am	A systematic review of psychological treatment for methamphetamine use and associated mental health symptom outcomes Alexandra Stuart, University of Newcastle, Callaghan, NSW
				effectiveness and predictors of engagement Sonja March, University of Southern Queensland, Springfield Central, Qld	11:48am - 12:00pm	Loneliness amongst addictions populations Isabella Ingram, University of Wollongong, Wollongong, NSW
			12:00pm - 12:20pm	Paper 4. Low intensity treatment for anxious youth – from laboratory to clinical service Ronald Rapee, Macquarie University, Sydney, NSW	12:00pm - 12:12pm	Depressive symptom changes in response to an integrated motivational interviewing and exercise intervention. What symptoms change and why that matters. Yasmina Nasstasia, University of Newcastle, Callaghan, NSW
			12:20pm - 12:30pm	Discussion	12:12pm - 12:24pm	Towards new therapeutic mechanisms in bipolar disorder: analogue investigation self-compassion and nonattachment to self Yan Yang, Swinburne University of Technology, Hawthorn, Vic
					12:24pm - 12:30pm	Room set up
12:30pm - 1:30pm	Lunch (with Southern Cro	exhibitors and poster presenters) oss Pavillion			12:45pm - 1:15pm	Early Career Research Networking Lunch Chair: Kristen McCarter Room: Bristol
1:30pm -	Room: Catal	ina-DeHavilland				ROUIII. BIIStoi
1.30pm 2:30pm	1:30pm - 2:30pm	Invited Speaker and Distinguished Career Award for Contribution to C Using new technologies with youth emotional dis Emeritus Professor Sue Spence, Griffith University, Chair: Sonja March	sorders			

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- S	October 2018 Symposium 12:		Symposium		Symposium 14:	
	Diagnosing and treating callous-unemotional type conduct problems in preschoolers: how can we do better?		Sleep problems in youth		Using music in therapeutic ways	
R	Room: Catal	ina-DeHavilland	Room: Avro		Room: Brist	ol
С	Chair: Georgette Fleming			ne Donovan Caroline Donovan		vieve Dingle Sonja Pohlman
	2:30pm - 2:42pm	Paper 1. Validation of a clinical interview tool for assessing callous-unemotional traits in preschoolers with disruptive behaviour Bryan Neo, University of New South Wales, Sydney, NSW	2:30pm - 2:42pm	Paper 1. The mediating role of parent and child effortful control in the development of sleep and anxiety problems in preschoolers Sarah Scupham, Griffith University, Brisbane, Qld	2:30pm - 2:45pm	Paper 1. A mixed methods investigation of the emotions effects of music listening for the regulation of sadness in young adults Joel Larwood, The University of Queensland, Brisbane, Qld
	2:42pm - 2:54pm	Paper 2. Do callous-unemotional traits moderate the efficacy of internet-delivered parent-child interaction therapy? Georgette Fleming, University of New South Wales, Sydney, NSW	2:42pm - 2:54pm	Paper 2. Childhood sleep problems: sleep-related beliefs and parental factors Shelly Weaver, Griffith University, Brisbane, Qld	2:45pm - 3:00pm	Paper 2. A systematic review of mental health and wellbeing outcomes of group singing for adults with a mental health condition Elyse Williams, The University of Queensland,
	2:54pm - 3:06pm	Paper 3. Do callous-unemotional traits moderate conduct problem outcomes in a community early childhood setting delivering parent-child interaction therapy? Naomi Cameron, University of New South Wales, Sydney, NSW	2:54pm - 3:06pm	Paper 3. A Finnish study of physical activity, sleep and mood in adolescents Melanie Heath, Flinders University, Adelaide, SA	3:00pm - 3:15pm	Paper 3. The use of music for emotion regulation across the adult lifespan Anna Stathis, The University of Queensland, Brisbane, Qld
	3:06pm - 3:18pm	Paper 4. Preliminary efficacy of school-based parent-child interaction therapy adapted for children with conduct problems and callous-unemotional traits Ashneeta Prasad, University of New South Wales, Sydney, NSW	3:06pm - 3:18pm	Paper 4. Insomnia and anxiety in middle childhood: can REM sleep fragmentation explain the connection? Emma Hunt, Flinders University, Adelaide, SA	3:15pm - 3:30pm	Paper 4. Pilot randomised controlled trial of the live wires music program designed to enhance social and cognitive functioning in older adults Genevieve Dingle, The University of Queensland, Brisbane, Qld
	3:18pm - 3:30pm	Paper 5. Parent-child interaction therapy adapted for preschoolers with callous-unemotional type conduct problems: a randomised controlled trial Eva Kimonis, University of New South Wales, Sydney, NSW	3:18pm - 3:30pm	Paper 5. Cognitive "insomnia" processes in delayed sleep-wake phase disorder in adolescence: do they exist and are they responsive to chronobiological treatment? Cele Richardson, Macquarie University, Sydney, NSW		
	3:30pm - 3:40pm	Discussion	3:30pm - 3:40pm	Discussion	3:30pm - 3:40pm	Discussion
		ea (with exhibitors and poster presenters)				
		oss Pavillion				
		omedy Debate				
	'Is diagnosis					
R	koom: Catal	ina-DeHavilland				

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Friday 26 October 2018				
	Panellists - Affirmative:	Panellists - Negative:		
	1 Genevieve Dingle	1 Sharon Dawe		
	2 Nicole Lee	2 Stefan Hofmann		
	3 Allison Harvey	3 Ron Rapee		
5:30pm	Closing Address			
	Associate Professor Caroline Donovan, AACBT National Conference Convenor			
5:45pm	Scientific Program Close			

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Saturday 27	October 2018	
8:00am -	Workshop Registration	
9:00am		
9:00am - 5:00pm	Process-Based CBT	Cognitive Behaviour Therapy for Transdiagnostic Sleep Problems in Clinical Practice: Basics & Beyond
	Room: Catalina	Room: DeHavilland
	Chair: Leanne Hides	Chair: Genevieve Dingle
	Presenter: Professor Stefan Hofmann, Boston University, Boston, Massachusetts, USA	Presenter : Professor Allison Harvey, University of California, Berkeley, California, USA
		Camornia, OSA
	10:30am - Morning Tea 11:00am Southern Cross Pavillio	on
	Continued	Continued
	12:30pm - Lunch (and skills pract 1:30pm Southern Cross Pavillion	
	Continued	Continued
	3:00pm - Afternoon Tea	
	3:30pm Southern Cross Pavillio	on
	Continued	Continued
	5:00pm Close	

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