

## AACBT National Conference Program

Thursday 24 October 2019					
7:45am - 8:45am	Scientific Program Registration				
8:45am - 10:00am	<b>Room: Ballroom 1</b>				
	Chair: Full Name				
8:45am - 9:00am	<b>Welcome to Country</b> Frank Wangutya Wanganeen				
	<b>Welcome Address</b> Dr Danica Liu, AACBT National Conference Convenor				
	<b>AACBT National President's Address</b> Professor Amanda Baker				
9:00am - 10:00am	<b>Keynote Speaker:</b> <b>Intergenerational transmission of anxiety disorders: do parents matter (for some)?</b> Professor Susan Bogels, University of Amsterdam, The Netherlands				
10:00am - 10:30am	<b>AACBT Early Career Award Presentation</b>		<b>Open Papers 01: Treating hoarding</b>		<b>Open Papers 02: Adolescent anxiety and depression</b>
	<b>Room: Ballroom 1</b>		<b>Room: Ballroom 2</b>		<b>Room: Ballroom 3</b>
	Chair: Full Name		Chair: Full Name		Chair: Full Name
10:00am - 10:30am	To be advised		10:00am - 10:15am	Clutter buddies: a student delivered in-home treatment program for hoarding disorder Cassandra Crone, Macquarie University, Sydney, NSW	10:00am - 10:15am Associations between cognitive distortions and mental health status in New Zealand adolescents Tatiana Tairi, Massey University, New Zealand
			10:15am - 10:30am	Cognitive bias modification for hoarding Jonathan David, Macquarie University, Sydney, NSW	10:15am - 10:30am Cognitive predictors of anxiety and depression in adolescent girls Gemma Sicouri, Macquarie University, Sydney, NSW
10:30am - 11:00am	<b>Morning Tea (with exhibitors and poster presenters)</b> <b>Lobby</b>				

## AACBT National Conference Program

Thursday 24 October 2019						
11:00am - 12:30pm	<b>Master Clinician Session</b>		<b>Symposium 01: Going beyond what we already know and do: mechanisms and treatment of youth anxiety disorders</b>		<b>Open Papers 03: Technology-based treatments</b>	
	<b>Room: Ballroom 1</b>		<b>Room: Ballroom 2</b>		<b>Room: Ballroom 3</b>	
	Chair: Full Name		Chair: Caroline Donovan Discussant: Sue Spence		Chair: Full Name	
	11:00am - 12:30pm	Invited Speaker: <b>Treatment of insomnia: the latest cognitive and behavioural therapies</b> Emeritus Professor Leon Lack, Flinders University, Adelaide, SA	11:00am - 11:15am	Paper 1. Deficits in emotional control in paediatric obsessive-compulsive disorder: associations with symptom presentation and response to treatment Matthew McKenzie, Griffith University, Brisbane, Qld	11:00am - 11:15am	Outcomes of online cognitive behavioural therapy versus mindfulness for depression and anxiety: results from a randomised controlled trial Maria Sharrock, Clinical Research Unit for Anxiety and Depression (CRUFAD), Darlinghurst, NSW
			11:15am - 11:30am	Paper 2. Anxiety among children aged 6-12 with cystic fibrosis and their parents Hayley Kimball, University of Queensland, Brisbane, Qld	11:15am - 11:30am	The causes of therapist drift Andrew Speers, University of New England, Armidale, NSW
			11:30am - 11:45am	Paper 3. The effectiveness of group CBT for social anxiety in a severe and complex (CYMHS) adolescent treatment setting Melanie Dalton, Children's Health Queensland, Brisbane, Qld	11:30am - 11:45am	Effects of self-guided internet-delivered cognitive behavioural therapy for stress management Aileen Chen, Clinical Research Unit for Anxiety and Depression (CRUFAD), Darlinghurst, NSW
			11:45am - 12:00pm	Paper 4. BRAVE self-help for pre-schoolers: development and initial trial of a parent-focussed, online, self-help program for the treatment, early intervention, and prevention of anxiety in young children Caroline Donovan, Griffith University, Brisbane, Qld	11:45am - 12:00pm	The growth of digital mental health services in Australia: usage, referral and challenges Heidi Sturk, Queensland University of Technology, South Brisbane, Qld
12:00pm - 12:15pm			Paper 5. An intensive cognitive behavioural treatment program for social anxiety disorder in teenagers Dustin O'Shannessy, Griffith University, Brisbane, Qld	12:00pm - 12:15pm	Self-guided internet delivered cognitive behaviour therapy (iCBT) for symptoms of obsessive-compulsive disorder: a benchmarking study Bethany Wootton, University of Technology Sydney, Broadway, NSW	
12:15pm - 12:30pm			Discussion	12:15pm - 12:30pm	The effects of video feedback on ratings of performance and social anxiety Graeme Shapiro, Murdoch University, South Fremantle, WA	
12:30pm - 1:30pm	<b>Lunch (with exhibitors and poster presenters) Lobby</b>				12:45pm - 1:15pm	<b>AACBT Annual General Meeting (AGM) - all members welcome</b>
						<b>Room: Ballroom 3</b>

## AACBT National Conference Program

Thursday 24 October 2019						
1:30pm - 2:45pm	AACBT Distinguished Career Award Presentation & Open Papers 04		Symposium 02: Extending what we know about body image: effects on relationships and new beauty ideals		Open Papers 05: Unpacking psychopathology	
	Room: Ballroom 1		Room: Ballroom 2		Room: Ballroom 3	
	Chair: Full Name		Chair: Caroline Donovan Discussant: Caroline Donovan		Chair: Full Name	
	1:30pm - 2:15pm	To be advised	1:30pm - 1:45pm	Paper 1. Happy wife happy life: women's (but not men's) poor body image is linked to both their own and their partner's relationship dissatisfaction Allanah Hockey, Griffith University, Brisbane, Qld	1:30pm - 1:45pm	Attenuating the effects of perseverative checking on memory confidence and dissociation Mairwen Jones, The University of Sydney, Sydney, NSW
			1:45pm - 2:00pm	Paper 2. Beyond the thin ideal: development and validation of the Fit Ideal Internalization Test for women Laura R Uhlmann, Griffith University, Brisbane, Qld	1:45pm - 2:00pm	Depression is associated with deficits in adaptive goal-related attitudes, emotions, and motives Dilan Sellahewa, University of New South Wales, Sydney, NSW
			2:00pm - 2:15pm	Paper 3. Strong is the new skinny... but is it ideal? A test of the tripartite model of influence with a new measure of fit ideal internalisation. Caroline Donovan, Griffith University, Brisbane, Qld	2:00pm - 2:15pm	Fear of evaluation and post-event rumination in comorbid stuttering and social anxiety Junwen Chen, Flinders University, Adelaide, SA
	2:15pm - 2:30pm	How to change negative parenting attributions? Mariajose Schulz, University of Queensland, Brisbane, Qld	2:15pm - 2:30pm	Paper 4. The role of the "fit" ideal, goal-drive persistence and body dissatisfaction in excessive over-exercising in women Natalie Loxton, Griffith University, Brisbane, Qld	2:15pm - 2:30pm	The role of deontological versus altruistic guilt on not 'just right' experiences in obsessive-compulsive disorder (OCD) Susanne Norder, The University of Sydney, Sydney, NSW
2:30pm - 2:45pm	Strengthening parent-teacher relationships and improving teacher wellbeing: feasibility testing of the alliance of parents and teachers workshop Grace Kirby, University of Queensland, Brisbane, Qld	2:30pm - 2:45pm	Discussion	2:30pm - 2:45pm	Strong & Deadly Futures: preventing drug and alcohol harms among Aboriginal and Torres Strait Islander youth Lexine Stapinski, The University of Sydney, Sydney, NSW	
2:45pm - 3:15pm	Afternoon Tea (with exhibitors and poster presenters) Lobby					

## AACBT National Conference Program

Thursday 24 October 2019						
3:15pm - 4:05pm	<b>Open Papers 06:</b> CBT in the treatment of physical illnesses		<b>Open Papers 07:</b> Treating child mental health problems		<b>Open Papers 08:</b> Changing perspectives in psychotherapy	
	<b>Room: Ballroom 1</b>		<b>Room: Ballroom 2</b>		<b>Room: Ballroom 3</b>	
	Chair: Full Name		Chair: Full Name		Chair: Full Name	
	3:15pm - 3:30pm	Can low intensity CBT for non-cardiac chest pain presentations to an emergency department be efficacious? A pilot study. Anthony Venning, Flinders University, Adelaide, SA	3:15pm - 3:30pm	Mind-body group skills training program based on yoga techniques in children on the autism spectrum: an RCT Radhika Tanksale, University of Queensland, Brisbane, Qld	3:15pm - 3:30pm	Modifying attachment style through cognitive bias modification Emma Doolan, University of New South Wales, Sydney, NSW
	3:30pm - 3:45pm	Development and evaluation of a cognitive behavioural therapy intervention to improve sleep in parents of children with cancer Sarah Ellis, Kids Cancer Centre, Sydney Children's Hospital, Randwick, NSW	3:30pm - 3:45pm	Making inroads: trial of an early intervention to address co-occurring anxiety and alcohol use problems among young people Lexine Stapinski, The University of Sydney, Sydney, NSW	3:30pm - 3:45pm	"We need to think about offering a service to men": shifting the unidimensional view of treatments for borderline personality disorder David Smith, Flinders University, Adelaide, SA
	3:45pm - 4:00pm	TBA	3:45pm - 4:00pm	Mindful parenting in secondary child mental health: key parenting predictors of treatment seekers and treatment effects Lisa Marie Emerson, Griffith University, Gold Coast, Qld	3:45pm - 4:00pm	An acceptance-based approach to unwanted, intrusive thoughts in obsessive-compulsive disorder: effects on distress, experiential Mairwen Jones, The University of Sydney, Sydney, NSW
4:00pm - 4:05pm	<i>Move</i>	4:00pm - 4:05pm	<i>Move</i>	4:00pm - 4:05pm	<i>Move</i>	
4:05pm - 6:00pm	<b>Room: Ballroom 1</b>					
	Chair: Full Name					
	4:05pm - 4:50pm	Invited Speaker: <b>The future of CBT in pain management: the clinician's perspective</b> Ms Michelle Martin, The Queen Elizabeth Hospital, The Central Adelaide Local Health Network, Adelaide, SA				
	<b>Room: Ballroom 1</b>					
Chair: Dr Kristen McCarter						
4:50pm - 6:00pm	<b>Early Career Research Network Meeting</b>					
6:00pm - 8:00pm	<b>Welcome Reception</b> <b>Lobby</b>					

## AACBT National Conference Program

Friday 25 October 2019						
7:30am - 8:00am	Scientific Program Registration					
8:00am - 10:00am	<b>Room: Ballroom 1</b>					
	Chair: Dr Kristen McCarter					
	8:00am - 9:00am	Early Career Clinician Network Meeting				
	<b>Room: Ballroom 1</b>					
9:00am - 10:00am	Chair: Full Name					
	9:00am - 10:00am	Keynote Speaker: <b>Is there anything new in CBT research and treatment of obsessions and compulsions?</b> Professor Emeritus David A Clark, University of New Brunswick, Canada				
10:00am - 10:30am	<b>Open Papers 09: After childhood adversity: models and outcomes</b>		<b>Open Papers 10: Advances in suicidality and self-injury</b>		<b>Open Papers 11: Processes and therapy</b>	
	<b>Room: Ballroom 1</b>		<b>Room: Ballroom 2</b>		<b>Room: Ballroom 3</b>	
	Chair: Full Name		Chair: Full Name		Chair: Full Name	
	10:00am - 10:15am	Emerging adult wellbeing after childhood adversity: the protective influence of parenting practices and the parent-adolescent relationship Carys Chainey, University of Queensland, Brisbane, Qld	10:00am - 10:15am	Care · Collaborate · Connect: a disruptive innovation in suicide prevention Helen Stallman, University of South Australia, Adelaide, SA	10:00am - 10:15am	The cognitive and affective processes of time orientation before therapy and links to self Terence Bowles, Melbourne Graduate School of Education, Carlton, Vic
	10:15am - 10:30am	Does the young schema model explain the developmental origins and mechanisms of depressive symptoms? Charmaine Lim, James Cook University, Singapore	10:15am - 10:30am	Understanding non-suicidal self-injury in adolescence: emotion dysregulation, impulsivity, and distress tolerance Carolyn Schniering, Macquarie University, Sydney, NSW	10:15am - 10:30am	Transdisciplinary clinical supervision training - preliminary evaluation Fiona Glover, Flinders University, Adelaide, SA
	10:30am - 11:00am <b>Morning Tea (with exhibitors and poster presenters)</b> <b>Lobby</b>					

# AACBT National Conference Program

Friday 25 October 2019							
11:00am - 12:30pm		<b>Invited Speaker:</b>		<b>Symposium 03: Breaking new ground in addiction treatment</b>		<b>Symposium 04: The transdiagnostic role of death anxiety in mental health</b>	
<b>Room: Ballroom 1</b>		<b>Room: Ballroom 2</b>		<b>Room: Ballroom 3</b>			
Chair: Full Name		Chair: Catherine Quinn		Chair: Matteo Zuccala			
11:00am - 11:45am		<b>Invited Speaker: e-mental health &amp; substance abuse and dependence</b> Professor David Kavanagh, Queensland University of Technology, Brisbane, Qld		11:00am - 11:15am Paper 1. Groups 4 Belonging – a group intervention for people with addiction that integrates social identity and cognitive behavioural approaches Genevieve Dingle, University of Queensland, Brisbane, Qld		11:00am - 11:15am Paper 1. The effect of mortality salience on body checking in mental illnesses Rachel Menzies, The University of Sydney, Sydney, NSW	
		11:15am - 11:30am Paper 2. Quikfix – an implementation trial of a brief intervention in community alcohol and drug services Catherine Quinn, University of Queensland, Brisbane, Qld		11:15am - 11:30am Paper 2. The complicated relationship between death and social anxiety Matteo Zuccala, The University of Sydney, Sydney, NSW			
		11:30am - 11:45am Paper 3. FullFix: a pilot randomised control trial of a telephone delivered transdiagnostic intervention for comorbid substance and mental health problems in young people Zoe Walter, University of Queensland, Brisbane, Qld		11:30am - 11:45am Paper 3. An important role for death anxiety in fear of cancer recurrence Louise Sharpe, The University of Sydney, Sydney, NSW			
<i>Move</i>		<i>Move</i>		<i>Move</i>		<i>Move</i>	
<b>Open Papers 12: Decision-making in CBT interventions</b>		<b>Open Papers 13: Incorporating CBT into treatment plans for physical illnesses</b>		<b>Open Papers 14: Hearing the voices of the family in treatment design</b>			
Chair: Full Name		Chair: Full Name		Chair: Full Name			
11:45am - 12:00pm		A preliminary evaluation of the CBT decision making questionnaire for anxiety and related disorders (CDMQ-A) Karen Moses, Western Sydney University, Penrith, NSW		11:45am - 12:00pm The evaluation of an online mindfulness program for people with MS Amy-Lee Sesel, The University of Sydney, Sydney, NSW		11:45am - 12:00pm "I felt like less than a shadow in the room": the experiences and needs of new fathers Anthony Venning, Flinders University, Adelaide, SA	
12:00pm - 12:15pm		The sweet spot: RCT comparing different levels of clinician support for iCBT for anxiety and depression Ashlee Grierson, Clinical Research Unit for Anxiety and Depression (CRUFAD), Darlinghurst, NSW		12:00pm - 12:15pm Physiotherapist-delivered stress inoculation training for acute whiplash injury: a randomised controlled trial of a combined psychological/physical intervention Justin Kenardy, University of Queensland, Brisbane, Qld		11:30am - 11:45am Exploring familial agency to mitigate negative impact of environmental impoverishment in children and families Saumya Singh, University of Queensland, Brisbane, Qld	
12:15pm - 12:30pm		Negative side-effects of internet-delivered cognitive behavioural therapy Aileen Chen, Clinical Research Unit for Anxiety and Depression (CRUFAD), Darlinghurst, NSW		12:15pm - 12:30pm Low intensity cognitive behavioural therapy for adult chronic pain patients: pilot data and lessons learned Cindy Wall, Pain Management Unit, Flinders Medical Centre, Adelaide, SA		11:45am - 12:00pm Exploring perinatal anxiety treatment preferences and barriers: a qualitative study Peta Maguire, University of New England, Armidale, NSW	

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Friday 25 October 2019						
12:30pm - 1:30pm	<b>Lunch (with exhibitors and poster presenters)</b> <b>Lobby</b>					
1:30pm - 2:45pm	<b>Symposium 05:</b> <b>Stretch goals: extending the use of CBT in hard to reach populations</b>		<b>Symposium 06:</b> <b>Intensive CBT for anxiety: clinical applications, mechanisms and novel delivery methods</b>		<b>Symposium 07:</b> <b>Youth sleep problems: advances in underlying mechanisms and treatment</b>	
	<b>Room: Ballroom 1</b>		<b>Room: Ballroom 2</b>		<b>Room: Ballroom 3</b>	
	Chair: Amanda Baker Discussant: Nicole Lee		Chair: Eileen Stech Discussant: Melissa Norberg		Chair: Caroline Donovan Discussant: Sue Spence	
	1:30pm - 1:45pm	Paper 1. MindReach: a pilot study for tele-supported cognitive-behaviour therapy workbooks for anxiety and depression Kylie Bailey, Hunter Primary Care, Newcastle, NSW	1:30pm - 1:45pm	Paper 1. Accelerated cognitive-behaviour therapy for social anxiety disorder Bethany Wootton, University of Technology Sydney, Sydney, NSW	1:30pm - 1:45pm	Paper 1. Young children's sleep problems: the impact of parental distress and parenting style Amy Shiels, Griffith University, Brisbane, Qld
	1:45pm - 2:00pm	Paper 2. Interim feasibility and acceptability data from a pilot trial of routine outcome monitoring of SMART Recovery Australia mutual aid support groups using a novel mHealth application ("SMART TRACK") Alison Beck, University of Wollongong, Wollongong, NSW	1:45pm - 2:00pm	Paper 2. Day at the museum: large group intensive exposure treatment for spider phobia in a community setting Sophie H Li, The University of New South Wales, Sydney, NSW	1:45pm - 2:00pm	Paper 2. Treating sleep problems in preschoolers: improving mental health, the transition to school, and academic outcomes Caroline Donovan, Griffith University, Brisbane, Qld
	2:00pm - 2:15pm	Paper 3. Building connections down the line: designing telephone delivered interventions for hazardous alcohol use among young people living with severe mental ill-health Sonja Pohlman, University of Newcastle, Callaghan, NSW	2:00pm - 2:15pm	Paper 3. The one-week panic program: pilot study of internet-delivered intensive CBT for panic disorder Eileen Stech, University of New South Wales Sydney, NSW	2:00pm - 2:15pm	Paper 3. Promoting healthy sleep in preschool children: feasibility and efficacy of an online parent-based intervention Michal Kahn, Tel Aviv University, Tel Aviv, Israel
	2:15pm - 2:30pm	Paper 4. Quitlink: smoking cessation using a tailored quitline cognitive behaviour change intervention for people living with severe mental illness Kristen McCarter, University of Newcastle, Callaghan, NSW	2:15pm - 2:30pm	Paper 4. Examining the role of emotion regulation strategies in intensive CBT for paediatric OCD Matthew McKenzie, Griffith University, Brisbane, Qld	2:15pm - 2:30pm	Paper 4. Examination of mechanisms linking sleep and depression symptoms using light therapy and physical activity interventions with adolescents Cele Richardson, Macquarie University, Sydney, NSW
	2:30pm - 2:45pm	Discussion	2:30pm - 2:45pm	Discussion	2:30pm - 2:45pm	Discussion
2:45pm - 3:15pm	<b>Afternoon Tea (with exhibitors and poster presenters)</b> <b>Lobby</b>					

## AACBT National Conference Program

Friday 25 October 2019							
3:15pm - 4:30pm	<b>Symposium 08:</b> <b>Parenting interventions: evidence for effectiveness and parental engagement</b>		<b>Symposium 09:</b> <b>Psychological interventions for children with neurodevelopmental disorders and their carers</b>		TBA		
	<b>Room: Ballroom 1</b>		<b>Room: Ballroom 2</b>		<b>Room: Ballroom 3</b>		
	Chair: Alina Morawska		Chair: Ian Kneebone Discussant: Ian Kneebone		TBA		
	3:15pm - 3:30pm	Paper 1. Facilitating father positive involvement with children: a preliminary report on the effects of group triple P for Chinese parents in mainland China Yang Liu, University of Queensland, Brisbane, Qld	3:15pm - 3:30pm	Paper 1. Is mindfulness effective for individuals with autism spectrum disorder and their caregivers? A meta-analysis. Matthew Hartley, The University of Adelaide, Adelaide, SA	3:15pm - 3:30pm	TBA	
	3:30pm - 3:45pm	Paper 2. Positive parenting for healthy living (Triple P): outcomes of randomised controlled trial of a brief group program for parents of children with type 1 diabetes Amy Mitchell, University of Queensland, Brisbane, Qld	3:30pm - 3:45pm	Paper 2. Fearless me!: a pilot randomised controlled trial of cognitive behaviour therapy for children with intellectual disability and anxiety Anastasia Hronis, University of Technology Sydney, Broadway, NSW	3:30pm - 3:45pm	TBA	
	3:45pm - 4:00pm	Paper 3. Engaging families of children with type 1 diabetes into a brief parenting group program Alina Morawska, University of Queensland, Brisbane, Qld	3:45pm - 4:00pm	Paper 3. Mindfulness interventions for reducing distress in parents of children with developmental disabilities: a systematic review Diana Dorstyn, University of Technology Sydney, Broadway, NSW	3:45pm - 4:00pm	TBA	
	4:00pm - 4:15pm	Paper 4. Is parental engagement unidimensional or multidimensional? Carolina Gonzalez, University of Queensland, Brisbane, Qld	4:00pm - 4:15pm	Paper 4. Brief online mindfulness intervention in reducing distress for parents of children with developmental disabilities: a pilot study Ian Kneebone, University of Technology Sydney, Broadway, NSW	4:00pm - 4:15pm	TBA	
	4:15pm - 4:30pm	Rapid Poster Presentations	4:15pm - 4:30pm	Discussion	4:15pm - 4:30pm	TBA	
	4:30pm - 4:35pm	Move	4:30pm - 4:35pm	Move	4:30pm - 4:35pm	Move	
4:30pm - 5:30pm	<b>Room: Ballroom 1</b>						
	Chair: Full Name						
	4:35pm - 5:20pm	Invited Speaker: <b>PTSD: controversies, challenges and innovations</b> Professorial Fellow Mark Creamer, University of Melbourne, Vic					
5:20pm - 5:30pm	<b>Closing Address</b> Dr Danica Liu, AACBT National Conference Convenor						
5:30pm	<b>Scientific Program Close</b>						



# AACBT National Conference Program

Saturday 26 October 2019			
8:00am - 9:00am	<b>Workshop Registration</b>		
9:00am - 5:00pm	Mindful parenting	The problem with acceptance: how to treat distressing mental intrusions as a transdiagnostic feature of emotional disorders	
	Room: Adelaide 1	Room: Adelaide 2 & 3	
	Chair: Full Name (no title)	Chair: Full Name (no title)	
	<b>Presenter:</b> Professor Susan Bogels, University of Amsterdam, The Netherlands	<b>Presenter:</b> Professor Emeritus David A Clark, University of New Brunswick, Canada	
	10:30am - 11:00am	<b>Morning Tea Lobby</b>	
	<i>Continued</i>	<i>Continued</i>	
	12:30pm - 1:30pm	<b>Lunch (and skills practice if req.) Lobby</b>	
	<i>Continued</i>	<i>Continued</i>	
3:00pm - 3:30pm	<b>Afternoon Tea Lobby</b>		
<i>Continued</i>	<i>Continued</i>		
5:00pm	<b>Close</b>		