

International Congress of Cognitive Psychotherapy

9th

BABES - BOLYAI UNIVERSITY
AVALON BUILDING

CLUJ-NAPOCA
TRANSYLVANIA
ROMANIA

CLUJ-NAPOCA TRAN

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Foreword



Dear colleagues,

On behalf of the organizing committee of the 9th International Congress of Cognitive Psychotherapy (ICCP2017), 29th June – 1st of July, we would like to welcome you to Cluj-Napoca, Transylvania, Romania. We are sure you will find the scientific program interesting and challenging, and we wish you a pleasant stay in Cluj.

Cognitive-behavioral therapy (CBT) is an umbrella for a large number of evidence-based psychological treatments. CBT is therefore becoming the golden standard in the field of psychotherapy. This Congress aims to: (1) present the state of the art applications of CBT in a large variety of clinical and non-clinical contexts; (2) present the latest research in the field with powerful clinical implications; (3) increase the internal cohesion of CBT, by moving the field from various “schools” to an integrative and multimodal approach; (4) promote CBT as the best platform for integrating psychotherapy in the evidence-based framework; and (5) stimulate frontier research in CBT and infuse CBT with frontier research from related fields.

Probably the first congress of CBT was the meeting organized in New York in 1976, followed by other major CBT meetings (e.g., Philadelphia in 1983) as precursors of the future world/international congresses. Previous editions of the IACP's Congress were organized in important academic centers, such as Umea (Sweden, 1986), Oxford (UK, 1989), Toronto (Canada, 1992), Catania (Italy, 2000), Gotenborg (Sweden, 2005), Roma (Italy, 2008), Istanbul (Turkey, 2011), and Hong Kong (China, 2014). Between 1992 and 2005 some of the IACP's Congresses were merged with the World Congress of Behavioral and Cognitive Therapies/WCBCT (Copenhagen, Denmark 1995; Acapulco, Mexico, 1998; Vancouver, Canada, 2001; Kobe, Japan, 2004) and since 2005 it has been again organized as an independent world congress of the IACP, coordinated with the WCBCT (where IACP is also one of the organizers). The current edition takes place in Cluj-Napoca, a vibrant city, with a rich cultural heritage, located in the heart of Transylvania. For our School of Clinical Psychology and Psychotherapy, organizing the 2017 edition of the congress has been both a challenge and a privilege. We thank you for attending the congress,

Daniel O. David, Professor, Ph.D.,

President of the Congress

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About IACP



The International Association for Cognitive Psychotherapy (IACP), <http://www.the-iacp.org/about-iacp> is an international professional, scientific, interdisciplinary organization whose mission is to alleviate human suffering by facilitating the world-wide development, utilization, and growth of cognitive psychotherapy as a scientific discipline and professional activity.

IACP board of directors

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Aaron T. Beck (USA)

The main decision body of the Congress

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Robert L. Leahy (USA)

Mehmet Z. Sungur (Turkey)

Edward R. Watkins (UK)

Key members of the local organizing committee:

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(București, Romania)

Odette Dimitriu
(București, Romania)

Dan Dumitrașcu
(Cluj-Napoca, Romania)

Irina Holdevici
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Bogdan Ion
(București, Romania)

Magda Luchian
(Iași, Romania)

Viorel Lupu
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Simona Popa
(Oradea, Romania)

Mara Priceputu
(București, Romania)

Florin Alina Sava
(Timișoara, Romania)



Local organizing committee
The leaders of the local organizing committee

Anca Dobrean

(President of the Romanian Association of CBT, Cluj-Napoca, Romania)

Aurora Szentagotai

(Scientific advisor, Cluj-Napoca, Romania)

Silviu A. Matu

(Administrative coordinator, Cluj-Napoca, Romania)

Organizing committee:

Monica Bartucz

(Cluj-Napoca, Romania)

Raluca Bălan

(Cluj-Napoca, Romania)

Aurelian Bizo

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Roxana Cardoso

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(Cluj-Napoca, Romania)

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Răzvan Predatu

(Cluj-Napoca, Romania)

Alice Prefit

(Cluj-Napoca, Romania)

Andreea Robe

(Cluj-Napoca, Romania)

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(Cluj-Napoca, Romania)

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(Cluj-Napoca, Romania)

Simona Ștefan

(Cluj-Napoca, Romania)

Sergiu Vălenaș

(Cluj-Napoca, Romania)



About Romania

(based on <https://en.wikipedia.org/wiki/Romania>)

Romania is a sovereign state located in Southeastern Europe.

Romania borders the Black Sea, Bulgaria, Ukraine, Hungary, Serbia, and Moldova. It has an area of 238,391 square kilometers (92,043 sq mi) and a temperate-continental climate. With over 19 million inhabitants (89.5% Romanians), the country is the seventh most populous member state of the European Union. Its capital and largest city, Bucharest, is the sixth-largest city in the EU, with 1,883,425 inhabitants. The River Danube, Europe's second-longest river, rises in Germany and flows in a general southeast direction for 2,857 km (1775 mi), coursing through ten countries before emptying into Romania's Danube Delta.

The area was inhabited from prehistorical times. In the antiquity, the Kingdom of Dacia was conquered by the Roman Empire. Romania derives from the Latin *romanus*, meaning "citizen of Rome". In the Middle Ages, there were three "countries" on the area of what is today called Romania: Transylvania (most of the time under the influence of the western world: Kingdom of Hungary, Habsburg Empire, Austrian-Hungarian Empire), Wallachia (most of the time under the influence of the Ottoman Empire), and Moldavia (most of the time under the influence of the Ottoman Empire).

Modern Romania was formed in 1859 through a personal union of the Danubian Medieval Principalities of Moldavia and Wallachia. The new state, officially named Romania since 1866, gained independence from the Ottoman Empire in 1877. At the end of World War I, Transylvania, Bukovina and Bessarabia united with the sovereign Kingdom of Romania. Following the World War II, Romania became a socialist republic. After the 1989 Revolution, Romania began a transition towards democracy and a capitalist market economy. It has been a member of NATO since 2004, and part of the European Union since 2007. A strong majority of the population identify themselves as Eastern Orthodox Christians and are native speakers of Romanian, a Romance language.

About Transylvania

(see also <https://en.wikipedia.org/wiki/Transylvania>)

Transylvania – “the country beyond the forest” (area: 102,834 km²; ; population: 7,309,291) - is one of the historical provinces of Romania, bounded on the east, west, and south by its natural borders, the Carpathian mountain range. It has been commonly associated with vampires, because of Bram Stoker's novel Dracula and its various movie adaptations. A popular touristic destination in Transylvania is the city of Sighișoara, one of the best-preserved medieval towns in Europe, still inhabited, and which is an UNESCO World Heritage Site. Also the Bran Castle, near the city of Brașov, related to the legend of Dracula and historically linked to Vlad Țepeș (Vlad the Impaler), is a popular touristic place.

About Cluj-Napoca

(see also <https://en.wikipedia.org/wiki/Cluj-Napoca>)

The most important urban center of Transylvania is a city with two names: Napoca is the name of the old Dacian citadel and Cluj is the latin term subsequently appointed, and it means the city between the hills. It has a stable population of 324,576, but the Metropolitan area has a population of about 411,379. It was first documented in 1167 known as “CastrumClus”. It is the residence of the Cluj county and the spiritual and economic capital of Transylvania, being a strong academic and medical center, a diversity and multiculturalism pole, where the past, the present and the future are the sum of identity and local specificity. It is a powerful cultural center through its two theatres, two operas, four cultural houses, the philharmonic, six museums, including the National History Museum of Transylvanian, which dates from the 19th Century.

About Babeș-Bolyai University

(for more information please see <http://www.ubbcluj.ro/en/>)

Babeș-Bolyai University/BBU (Universitatea Babeș-Bolyai/UBB in Romanian) is a public comprehensive university, whose main campus is located in Cluj-Napoca, Transylvania, Romania (<http://www.ubbcluj.ro/en/despre/>).

With an academic tradition starting in 1581, BBU is today the largest university in the country (with over 42000 students in 2016) and one of the best and most representative Romanian universities. Indeed, at national level, BBU has been awarded the title of university of “advanced research and teaching” (i.e., an intensive-research university) and was ranked the best Romanian university in the national metaranking of the Ministry of Education and Research (2016). At international level, BBU is a constant presence in the international ranking of the universities as one of the best and most representative universities in Romania and Eastern/Central Europe.

The linguistic and cultural diversity are also defining elements for BBU, uniquely individualizing it not only among Romanian universities, but also within the European context. Indeed, in the confined family



of multilingual and multicultural universities in Europe, the BBU becomes specific through the fact that its Carta has set up lines of study in Romanian, Hungarian, and German. From a linguistic point of view, UBB has one of the most complex systems in Europe: each student can freely choose the language in which one will study (Romanian, Hungarian, German, English, or other international languages), and the study programs may be followed in full in the chosen language.

BBU is one of the five members of the Universitaria Consortium (the group of elite Romanian universities) and is affiliated, inter alia, to the International Association of Universities, European University Association, the Santander Group, and the Agence Universitaire de la Francophonie. BBU also signed the Magna Charta Universitatum and has partnerships with over 210 universities in 50 countries.

About the School of Clinical Psychology and Psychotherapy from Babeş-Bolyai University

The School of Clinical Psychology and Psychotherapy from Babeş-Bolyai University is comprised of: (1) the Department of Clinical Psychology and Psychotherapy (focused on knowledge dissemination by teaching – <http://www.clinicalpsychology.ro>); (2) the International Institute for the Advanced Study of Psychotherapy and Applied Mental Health (focused on knowledge generation by research – <http://www.psychotherapy.ro>); (3) PsyTech Psychological Clinic (focused on knowledge transfer by psychological services to population/society – <http://clinicadepsihologie.ro>); and (4) a professional organization/association - Romanian Association of Cognitive and Behavioral Psychotherapies/Center for Rational-Emotive and Cognitive-Behavioral Therapy - (focused on knowledge dissemination/transfer by training – <http://www.psihoterapiecbt.ro>). The School publishes the Journal of Evidence-Based Psychotherapies (indexed/abstracted in Web of Science/Scopus/PsychInfo, etc.). This is the most representative School in the field of psychology in Romania being ranked first in Romania by various national and international academic and professional evaluations.

General information about the Congress

Venue

Program activities will take place at five locations within the Babeş-Bolyai University, as indicated in the plan provided in the next section: Babeş-Bolyai University (BBU) Main Building (No. 1 M. Kogalniceanu Street), The History Institute (No. 11 Napoca Street, entrance from Fortăreței Street), the Academic College (No. 1 E. de Martonne Street), the Faculty of European Studies (No. 1 E. de Martonne Street), AVALON Building, home of the Department of Clinical Psychology and Psychotherapy (No.37 Republicii Street). The Academic College and the Faculty of European Studies are located at the same address.

Registration and Information

The Registration Desk and Information Desk are located in the Lounge of the Academic College Building (No.1, E. de Martonne Street). This is where you can pick up your congress bag and name badge. If you have any questions about the congress, or you wish to find tourist information, you can always come here to find answers. The schedule for registration and information is:

Wednesday, June 28 th	08:00 – 19:30
Thursday, June 29 th	08:00 – 18:00
Friday, June 30 th	08:00 – 18:00
Saturday, July 1 st	08:00 – 14:30

Congress badges

All participants are requested to wear their personal congress badges during the entire congress, including in all sessions, at the opening ceremony, in the exhibition area, and during lunch and coffee breaks. If your badge is lost, please contact the registrations desk immediately. Please note that replacement of the badge will be charged with €50.

Certificate of attendance

In your congress bag you will find a certificate of attendance for the congress.

Coffee-breaks and lunches

Coffee- breaks and lunches will take place at the Academic College Restaurant (No. 1, E. de Martonne Street), at the times specified in the program. Lunch will be organized as Swedish buffet.

Language

The ICCP 2017 Congress will be conducted in English.

On-site registration

On-site registration is possible until Friday afternoon (June 30th).

The price for each participant category is:

Standard	€500
IACP Member	€400
Reduced fee region	€300
Students	€300
Accompanying person	€100
Gala dinner	€80

For information on the eligibility requirements for each category listed above, please refer to the congress website (www.iccp2017.org).

Registration fee for participants covers:

Admission to the scientific activities between the 29th of June and the 1st of July, except for workshops

Access to the exhibition area

The conference badge and the bag with the final program and all other conference materials

Official certificate of participation

Access to the opening reception

Lunches and coffee breaks between the 29th of June and 1st of July

Accompanying person fee covers:

Admission to the scientific activities between the 29th of June and the 1st of July, except for workshops

Access to the exhibition area

An accompanying person badge

Access to the opening reception

Lunches and coffee breaks between the 29th of June and 1st of July

Pre-congress workshop fee covers:

Admission to the registered pre-conference workshop on the 28th of June

A certificate of attendance

Lunch and coffee breaks on the 28th of June

In-congress workshop fee covers:

Admission to the registered in-conference workshop between the 29th of June and the 1st of July

A certificate of attendance

Please note that accompanying persons will not be allowed in the workshop rooms for both pre-congress and in-congress workshops.

Audio and video recording

The chairs of each session will announce whether photography is allowed during a session.

Attendees may not videotape or audiotape any presentations at the congress without prior permission from the chair of the session. The organizers will occasionally video-record and take photos for the promotion of the congress.

Exhibition and relaxation area

The exhibition area where sponsors and exhibitors have their stands is found at the Academic College Building, near the Registration and Information Desk. The exhibitors and sponsors want to interact with you to answer questions about what they have to offer, present newly published books, discuss interesting future congresses, and much more. You can also find a relaxation area, where you can chat, review your notes, or just relax. It is located in Club Room, Academic College Building.

Me in Transylvania - Also, don't miss the chance of having your portrait drawn as a vampire of Transylvania! Our artists are waiting for you every day of the Congress, starting from the first coffee break till after lunch.

Entrances and exits

Entrances and exits are located on the first floor.

In case of emergency

The emergency telephone number in Romania is 112. Please call 112 if there is a medical emergency, a crime being committed, or in case of fire. You can also contact the organizers in case of emergency: Silviu Matu (+40 766 897 012) or Simona Stefan (+40 743 134 536)

Security

Cluj-Napoca is a safe city; however, don't leave your belongings out of sight in public places or when using public transportation. At the Congress venue, please do not leave your valuables in the lecture and seminar rooms during the coffee-breaks or lunch breaks unless arrangements are made to secure the room.

No-smoking policy

Indoors, the entire congress venue has a no-smoking policy. For smoking, go to the outdoor specially designated places.

Currency/exchange

Romania's currency is RON, informally called leu (singular) or lei (plural). International major credit and debit cards are accepted in most hotels, restaurants and shops. Exchange offices and ATM machines are easily available throughout the city and at the airport.

Social program

This section describes the scheduled social events of the Congress, but you can find additional information about places to visit on the congress website and at our Information Desk, located in the Registration section.

Wednesday, June 28th Opening ceremony

The Opening ceremony will take place on Wednesday, June 28th, 18.30, at Auditorium Maximum (The Academic College Building). It will include a surprise show organized by the local organizing committee. Pre-registration is not required. The Opening ceremony will be followed by a reception, with drinks and Swedish buffet. Participation to the reception is free for registered participants.

Informally, Romania is composed of various ethnographic/historical areas, called „countries”. One of the oldest, most distinctive, and most preserving of traditions in current everyday life is Oaş Country (“Țara Oaşului”), located in the North-East of Satu Mare County (in the North-Western part of Romania).

Indeed, amazingly, “Oșenii”, the inhabitants of Oaş Country, are still successful in preserving their traditions in their modern everyday life, particularly traditions related to major life events (e.g., birth, wedding, death). They are especially well-known for their beautiful costumes and unusual music/dances, coming from an old history (according to some historians, even beyond the Middle Ages).

A brief program featuring the music and dances of Oaş Country that are still alive in everyday life will be presented by the folk/popular artist Maria Petca Popțean from Oaş Country.

During the program, please pay attention to the spectacular folk costumes (e.g., heavy and in strong colors), the unusual way of singing (e.g., Țipurături – shouting in a loud, high-pitched voice), and dancing (e.g., wedding/bride dance). Two songs from the neighboring country – Maramureș Country – will be included, as an example of interference between these two old ethnographic/historical areas.

Friday, June 30th Gala dinner

The Gala dinner will take place on Friday, June 30th, 20.00, at Ballroom City Plaza (No. 9-13 Sindicatelor Street). The fee is Euro 80, and pre-registration is required. In case you have not paid the fee and you wish to attend, please contact the Registration Desk.

Saturday, July 1st Closing ceremony

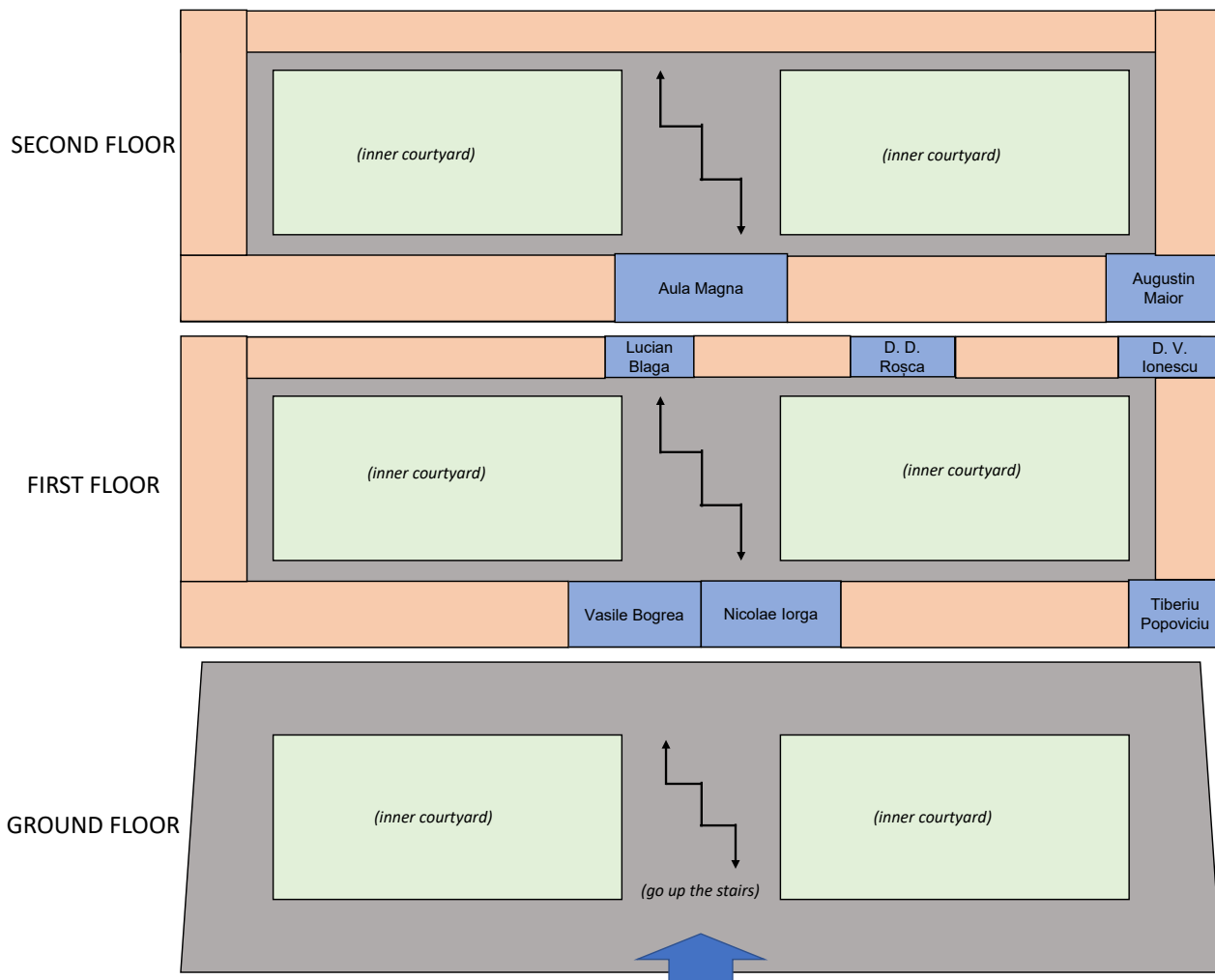
The closing ceremony will take place on Saturday, July 1st, 15.45, at Auditorium Maximum (The Academic College Building). Participation is free and pre-registration is not required.

Get Around (Area Map & BBU Main Building Floor Plan)

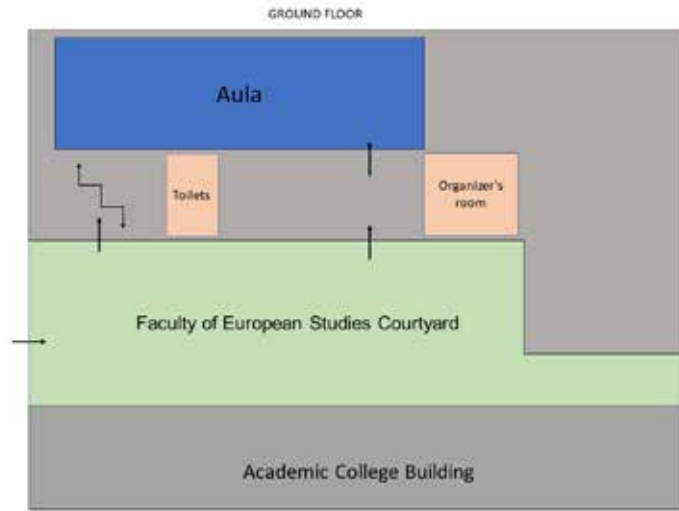


- 1. BBU Main Building
- 2. Faculty of European Studies
- 3. Auditorium Maximum
- 4. Club Room
- 5. Academic College Restaurant
- 6. History Institute
- 7. AVALON Building
- Route to/from AVALON building
- Route to/from History Institute

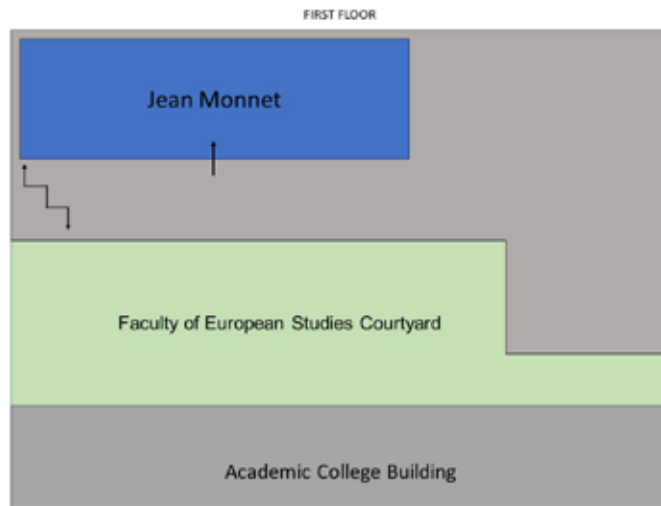
BBU Main Building



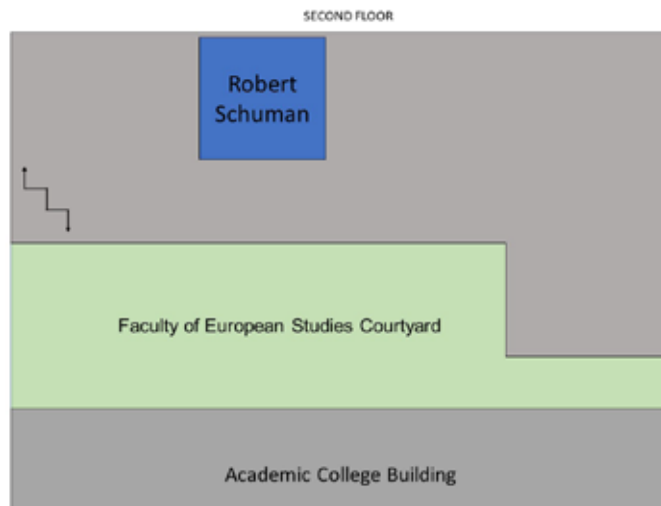
Faculty of European Studies



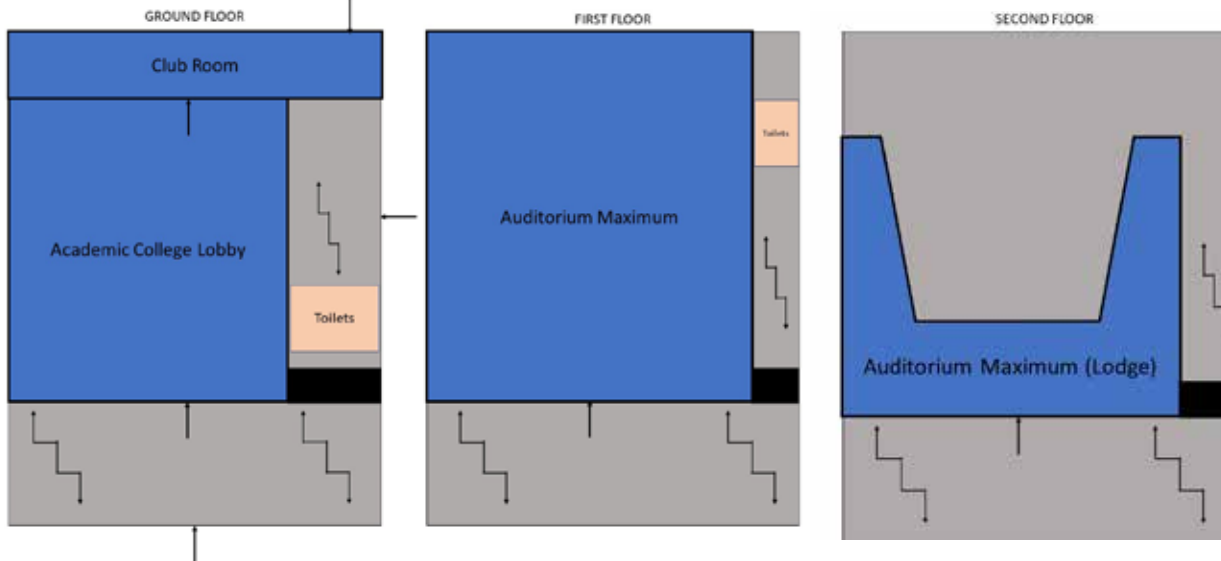
Faculty of European Studies



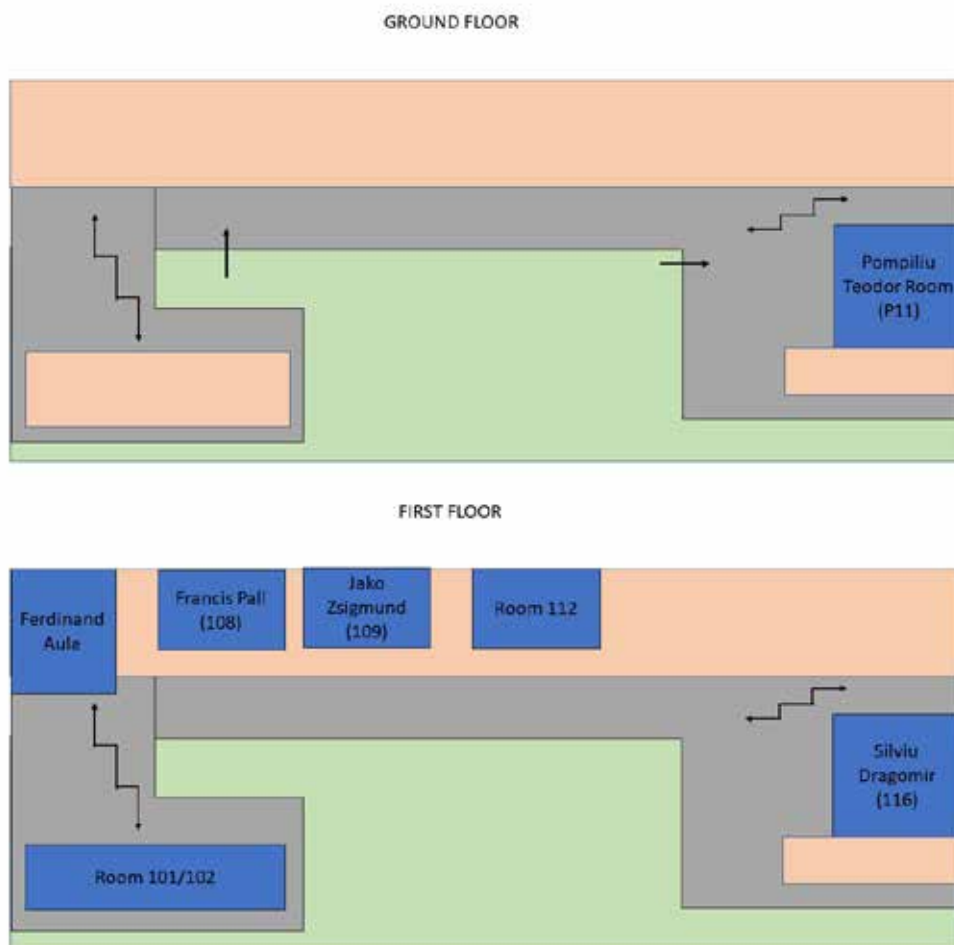
Faculty of European Studies



Academic College Building



History Institute



Outside the Congress

From the airport

You will arrive at “Avram Iancu” International Airport, Cluj-Napoca. From there, you can take public transportation (trolley line 5, just outside the airport) or you can take a taxi. Taxi fares in Romania are affordable (about \$7 from the airport to the city center), and we recommend the following companies: Nova (+40-264-949), Terra Fan (+40-264-944), Pritax (+40-264-942), Napoca (+40-264-953), Diesel (+40-264-946), Daniel (+40-264-947). The Ubercompany also operates in Cluj-Napoca (<https://www.uber.com/en-RO/cities/cluj/>).

Tourist information

Cluj-Napoca’s municipal Tourist Information Center (<http://www.visitcluj.ro/>) is located on No. 6 Eroilor Street, a 5 minute walk from the buildings which serve as Congress venues. Here, you can find information regarding local attractions, leisure activities, Cluj-Napoca’s touristic base (hotels, restaurants, tourist agencies etc.). Tourist maps and brochures in several international languages can also be obtained here. Also, tourist information can be found at our Information Desk.

Standard Time

The standard time in Romania is the East European Time (GMT + 2 hours).

Currency

Do I need Romanian currency during the congress?

Most shops, restaurants, hotels and other facilities accept major credit and debit cards. However, holding a small amount of Romanian currency is encouraged (taxi cabs usually collect cash, some local retailers do not accept credit card payment). Currency can be exchanged at local banks (e.g., Transilvania Bank – No. 22, Unirii Square, BRD Group Societe Generale, No. 31, Unirii Square) or exchange offices, or can be withdrawn at ATMs.

Public transportation

Public transportation networks are administered by the Public Transport Company of Cluj-Napoca (<http://ctpcj.ro/index.php/en/>), comprising buses, trolleys and tramways covering all of Cluj-Napoca. Tickets can be acquired at automatic cashiers located in most bus stations (a one-way ticket costs 2 RON, credit card payment is allowed). One week or 3 day-subscriptions are also available, varying between 17-41 RON, depending on the number of days and number of lines of transportation requested. When planning to visit a place, also please note that most tourist attractions, as well as the conference venues are in the central area of Cluj-Napoca, within walking distance, and that taxi fares are quite low (e.g., going from the airport to the city center would cost about \$5/4.5 Euro).

Nearest pharmacies

The nearest pharmacy is called Richter and is located on No. 1 Eroilor Street, also a 5-minute walk from the congress buildings (open daily from 8.00 to 21.00). However, a number of other pharmacies are available in the close vicinity, with comparable timetables.

Nearest hospital

The nearest Emergency Room is located on No. 3-5 Clinicilor Street, at a 15 minute walk, or a 15 minute drive depending on the traffic (many streets are one way and timing is comparable). The Romanian Emergency Number is 112.

Nearest local police

The nearest Police Station (<https://cj.politiaromana.ro/>) is located on No. 43, 21st December Street, and can be reached by car in about 10 minutes or on foot in about 20 minutes starting from the main Congress venue. The Emergency Number is 112.

Open air relaxation

Cluj-Napoca's botanical garden is an oasis of peace and quiet and can be found on No. 42 Republicii Street, a 13 minute walk from the BBU main building or a 10 minute drive, considering the usual traffic. Nearby, at No. 37 Republicii Street, you can also relax at Camelot Area (Rational Forum/Avalon Building), the beautiful location of the International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health of Babeş-Bolyai University. Many different religious venues are scattered throughout the center of Cluj-Napoca, in the general area surrounding the Congress (more information can be found at the Tourist Center).

Recommended taxi companies

Taxi fares may vary in Cluj-Napoca between companies, but there are a number of companies who have comparable and affordable fares. Nova (+40-264-949), Terra Fan (+40-264-944), Pritax (+40-264-942), Napoca (+40-264-953), Diesel (+40-264-946), Daniel (+40-264-946) are the most common. The Uber company also operates in Cluj-Napoca (<https://www.uber.com/en-RO/cities/cluj/>).

Events in Cluj

Additionally, you may participate in some events and activities organized outside the congress:

The National Romanian Opera from Cluj-Napoca presents two outdoor events: Traviata (July 1st) <http://operacluj.ro/spectacole/2016-2017/traviata-1-iulie-2017/> and Zorba (July 2nd) <http://operacluj.ro/spectacole/2016-2017/zorba-2-iulie-2017/>. Both shows will take place in Unirii Open Square, and participation is free of charge.

“Jazz in the park” music festival is the biggest jazz festival in Romania, organized yearly in Cluj-Napoca. The 2017 edition will take place from June 26th to July 2nd, in the Central Park of Cluj, and it is free of charge. We strongly recommend it! For more information, go to <http://www.jazzinthepark.ro/>

Guided tours of Cluj-Napoca

Don't miss the chance of discovering the fascinating history and the lively present vibe of Cluj! Free guided tours are available for the Conference attendees on the dates of June 29th, June 30th, and July 1st, starting 18.15, meeting point BBU Main Building, at the front entrance. Preregistration is necessary at least one day before, at the Information Desk (Academic College building), daily between 08.00 – 10.00, and 14.00 – 15.00, or you can register following the link <https://tinyurl.com/clujtours>. Additionally, for private tours, you can contact our collaborator, Iona Farkas, 004-0745-045453, e-mail farkasiona@yahoo.com.

For private tours, a small fee is required.

Stretch and tonify

If you feel like exercising in the morning fresh air, you can join an outdoor stretching and tonify activity on June 30th and July 1st, from 07.00 to 08.00 a.m., Central Park of Cluj. Meeting point: 07.00 a.m. Hungarian Theatre of Cluj, No. 26-28 E. Isac Street. If you want to participate, please register on the previous day at the Information Desk. No fee is required.

One-day trips

To the enchanting medieval towns of Transylvania, traditional rural areas and breathtaking landscapes are available during the congress and just afterwards from our partners. Please see the Social Program, Travel & Tours page on our

website (<http://www.iccp2017.org/>) for details (under General Information).

Where to party

If fun is what you are looking for, we got you covered. There are many bars and clubs in Cluj-Napoca in which you can enjoy fabulous parties. These are the most popular bars & clubs of Cluj-Napoca:

Caro Vintage Club

No. 6 Museum Square, Cluj-Napoca

Open everyday, 8:00-5:00.

They have lots of thematic parties, drinks at affordable prices and good music. The only thing you might dislike is the small place. But it's filled with fun and friendly people!

Euphoria Music Hall

No. 2-6 Mănăştur Road, Cluj-Napoca

Open Wed-Sat, 22:00-6:00

Big space, good music, affordable prices, friendly people, what more could you ask for? One of their most popular party is Retro Night, held on Saturdays. They regularly hold concerts too!

Form Space

No. 2 Stadium Alley, Cluj-Napoca

Open Tue-Sat, 22:00-5:00

One of the newest additions to the city's nightlife is this club which promotes underground music as well as known artists. The usual genre is electronic, techno, drum'n'base, but they also held hip-hop or pop concerts. It's a very innovative place which people enjoy.

Midi Club

No. 6 Berăriei Street, Cluj-Napoca

Open Mon-Sat 20:00-5:00 Sun 20:00-12:00

A place specifically designed for electronic music lovers, many local and international DJs come to play their music here. As long as you are part of the electro music crowd you will most definitely enjoy this club. The entrance fee CAN get a little pricey though.

Escape room game: The Dungeon

(<http://www.thedungeon.ro/en/>)

Location: No. 13 Petru Maior Street

Time: 15:00-22:30

As the description on their site goes: "If you are wondering what a room-escape game is, the answer comes as a game of imagination. Imagine that you are trapped in a dark room with some of your friends. You have 60 minutes to escape." TripAdvisor says this is #3 on the Fun&Games list in Cluj-Napoca. The whole experience will take only 1 hour of your time but might remain in your memory forever ;)

Scientific program

Pre-congress workshops - Wednesday, June 28th

9:30 – 15:30	<p>Workshop 1</p> <p>Internet CBT in practice</p> <p><i>Gerhard Andersson, Ph.D.</i></p> <p>Linköping University and Karolinska Institute, Sweden</p>	Room 112 History Institute
9:30 – 17:30	<p>Workshop 2</p> <p>Anger as a clinical problem</p> <p><i>Raymond DiGiuseppe, Ph.D.</i></p> <p>Albert Ellis Institute and St. John's University, United States</p>	Pompliu Teodor Room History Institute
9:30 – 17:30	<p>Workshop 3</p> <p>Working with negative cognitions in cognitive behavioral therapy: Models and techniques</p> <p><i>Keith Dobson, Ph.D.</i></p> <p>University of Calgary, Canada</p>	Tiberu Popoviciu Room BBU Main Building
9:30 – 17:30	<p>Workshop 4</p> <p>Rational Emotive and Cognitive Behavior Therapy for the treatment of eating disorders</p> <p><i>Kristene Doyle, Ph.D.</i></p> <p>Albert Ellis Institute, United States</p>	Francis Pall Room History Institute
9:30 – 15:30	<p>Workshop 5</p> <p>Psychological focus, enhancement of one's potential and self-calming: CBT self-help strategies</p> <p><i>Thomas Dowd, Ph.D. and Kathleen Dowd</i></p> <p>Kent State University, United States</p>	Room 101/102 History Institute
9:30 – 17:30	<p>Workshop 6</p> <p>Treating children with personality disorders</p> <p><i>Arthur Freeman, Ph.D.</i></p> <p>Touro College School of Health Sciences, United States</p>	D. V Ionescu Room BBU Main Building

9:30 – 16:30	<p>Workshop 7</p> <p>Treating persecutory delusions: The Feeling Safe Programme</p> <p><i>Daniel Freeman, Ph.D.</i></p> <p>University of Oxford, United Kingdom</p>	Jako Zsigmond Room (109) History Institute
9:30 – 17:30	<p>Workshop 8</p> <p>Using psychological flexibility as a guide to doing process oriented CBT</p> <p><i>Steven Hayes, Ph.D.</i></p> <p>University of Nevada, United States</p>	Ferdinand Aula History Institute
9:30 – 17:30	<p>Workshop 9</p> <p>Emotional Schema Therapy</p> <p><i>Robert Leahy, Ph.D.</i></p> <p>The American Institute for Cognitive Therapy, United States</p>	Nicolae Iorga Room BBU Main Building
9:30 – 17:30	<p>Workshop 10</p> <p>Comprehensive CBT for OCD to maximize gains and prevent relapse</p> <p><i>Lata McGinn, Ph.D.</i></p> <p>Yeshiva University, United States</p>	Silviu Dragomir Room (116) History Institute
9:30 – 17:30	<p>Workshop 11</p> <p>Prolonged exposure for the treatment of PTSD</p> <p><i>Agnieszka Popiel, Ph.D.</i></p> <p>SWPS University, Poland</p>	Lucian Blaga Room BBU Main Building
9:30 – 17:30	<p>Workshop 12</p> <p>Cognitive-Behavioral Systems approach to couples suffering from relationship problems</p> <p><i>Mehmet Sungur, Ph.D.</i></p> <p>Marmara University Hospital, Turkey</p>	Robert Schuman Room Faculty of European Studies
9:30 – 17:30	<p>Workshop 13</p> <p>Rumination-focused CBT for depression and anxiety</p> <p><i>Ed Watkins, Ph.D.</i></p> <p>University of Exeter, United Kingdom</p>	D.D. Roșca Room BBU Main Building

List of keynotes

Get to know the keynote speakers



Internet and CBT. A combination for the future?

Gerhard Andersson, Ph.D.

Linköping University and Karolinska Institute, Sweden

Professor Andersson is a leading expert in integrating CBT principles with technological advancements in the field of Information and Communication Technologies (ICTs) to promote mental health. He is considered one of the most influential researchers on Internet-based psychological treatments. Gerhard Andersson is full professor of Clinical Psychology at Linköping University (Linköping, Sweden) in the Department of Behavioral Sciences and Learning. He is also an affiliated professor at Karolinska Institute (Stockholm, Sweden) in the Department of Clinical Neuroscience. Professor Andersson has published more than 100 research papers in the field of Internet-Delivered Cognitive Behavioral Therapy (iCBT).

Fri June 30th, 10:15-11:15
Aula Magna
(BBU Main Building)

Fri June 30th, 9:00-10:00
Auditorium Maximum
(Academic College Building)

The therapeutic relationship in CBT

Judith S. Beck, Ph.D.

President of the Beck Institute for Cognitive Behavior Therapy, U.S.A.

Judith S. Beck, Ph.D., is President of Beck Institute for Cognitive Behavior Therapy in Philadelphia, a non-profit organization that provides a variety of training programs to health and mental health professionals worldwide, and a Clinical Professor at the University of Pennsylvania. She has authored over 100 chapters and articles and several books, including Cognitive Behavior Therapy: Basics and Beyond, which has been translated into over 20 languages, Cognitive Therapy for Challenging Problems, and books for consumers on a CBT approach to weight loss and maintenance. She divides her time among teaching, clinical work, supervision, administration, program development and consultation, and writing.



Thu June 29th, 17:00-18:00
Aula Magna
(BBU Main Building)

Developing and disseminating effective psychological therapies for anxiety disorders: Science, politics & economics.

David M. Clark, Ph.D.

Oxford University, United Kingdom

Professor Clark is a leading expert in the dissemination of evidence-based psychological therapies and has contributed greatly to the development of new and highly effective forms of psychotherapy for anxiety disorders. David M. Clark, Ph.D., is the Professor of Experimental Psychology at the University of Oxford, and Director of the Oxford Centre for Anxiety Disorders & Trauma (Oxford, UK). He is world renowned for his work in developing effective forms of cognitive therapy for social anxiety disorder, panic disorder, and PTSD, and for the large-scale dissemination of evidence-based psychological treatments in the UK.



Thu June 29th, 9:00-10:00
Auditorium Maximum
(Academic College Building)

Psychological treatment of depression and anxiety disorders: A comprehensive overview and future directions

Pim Cuijpers, Ph.D.

Vrije Universiteit Amsterdam, the Netherlands

Pim Cuijpers is full Professor of Clinical Psychology at the Vrije Universiteit Amsterdam (the Netherlands) and the Head of the Department of Clinical, Neuro and Developmental Psychology. He is also the Mental Health program director of the Institute for Health and Care Research (www.emgo.nl). Professor Cuijpers is a leading expert in conducting randomized controlled trials and meta-analyses on prevention and psychological treatments of common mental disorders, especially depression and anxiety disorders. According to the ranking of Microsoft Academic Search, professor Cuijpers is one of the most influential researchers of the past ten years in the field of psychiatry and psychology.



Thu June 29th, 10:15-11:15
Auditorium Maximum
(Academic College Building)

Integrative and multimodal CBT

Daniel David, Ph.D.

Babeş-Bolyai University, Romania, Albert Ellis Institute and Icahn School of Medicine at Mount Sinai, United States

Daniel David is an "Aaron T. Beck" Professor of clinical cognitive sciences at Babeş-Bolyai University, Cluj-Napoca, Romania, and an adjunct professor at Icahn School of Medicine at Mount Sinai, New York, USA. Dr. David is the director of the International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health. He is also the Director of Research at the Albert Ellis Institute, New York, USA. He is certified as supervisor in cognitive-behavioral psychotherapies by: (1) the Academy of Cognitive Therapy, USA and (2) the Albert Ellis Institute, USA. Dr. Daniel David is an expert in evidence-based assessment and psychological interventions - including virtual reality assessment/therapy and robotherapy - cognitive science, cognitive-behavioral interventions, and clinical trials research.



All thoughts are not created equal in CBT: Which cognitions do we target in psychotherapy

Raymond DiGiuseppe, Ph.D.

Albert Ellis Institute and St. John's University, United States

Raymond DiGiuseppe is Director of Professional Education and licensed Staff Psychologist at the Albert Ellis Institute (AEI). He received the Jack Krasner Early Career Contribution Award from APA's Division of Psychotherapy (29) and was elected a member of the American Psychological Association's divisions of Psychotherapy, Clinical, School, and Family Psychology. He has trained hundreds of therapists in Rational Emotive and Cognitive Behavior Therapy (RE&CBT) throughout the world. Dr. DiGiuseppe has contributed to scientific and clinical literature with several books, chapters and articles, and hundreds of conference presentations.



Sat July 1st, 10:15-11:15
Auditorium Maximumum
(Academic College Building)

Targeting recovery in persecutory delusions

Daniel Freeman, Ph.D.

University of Oxford, U.K

Professor Freeman's research is focused on the etiopathology and treatment of delusions and hallucinations. He has published extensively on this topic, developing and testing theory-based psychological treatments, as well as pioneering the use of virtual reality in tackling persecutory delusions. Daniel Freeman is a Professor of Clinical Psychology and NIHR Research Professor in the Department of Psychiatry, University of Oxford. He is also a consultant clinical psychologist in Oxford Health NHS Foundation Trust and a Fellow of University college, Oxford.



Fri June 30th, 17:00-18:00
Aula Magna
(BBU Main Building)

Does cognitive psychotherapy of depression has a future?

Martin Hautzinger, Ph.D.

Tübingen University, Germany

Martin Hautzinger is a full professor of Clinical Psychology and Director of the psychotherapy outpatient clinic at the Department of Psychology of the University of Tübingen, Germany. He is a certified psychotherapist with emphasis on cognitive behavioral therapy. He is co-chair of the Tübingen Academy of Behaviour Therapy and of the Tübingen Academy of Behaviour Therapy for Children, Adolescence and their Families. Both are certified institutions to train psychotherapists in CBT for patients across the life span. He is also a (founding) member of the Academy of Cognitive Therapy, Philadelphia. He has an impressive expertise in psychotherapy of depressive disorders. For nearly 40 years he deals with the psychotherapy of depressive disorders and integrated modern approaches in a cognitive-behavioral therapeutic package that has been evaluated and tested in sequence in several major therapeutic trials. He developed a cognitive-behavioral therapeutic package for depression, as well as for bipolar disorder, panic disorder and agoraphobia, obsessive compulsive disorder. His CBT-manuals for depression and bipolar disorder are considered the standard of training in CBT in Germany.



Fri June 30th, 9:00-10:00
Aula Magna
(BBU Main Building)

Psychological flexibility as a process of change in evidence-based psychotherapy

Steven Hayes, Ph.D.

University of Nevada, United States

Steven C. Hayes is a co-developer of Acceptance and Commitment Therapy (ACT) one of the leading approaches from the third-wave of cognitive-behavioral therapies. A recipient of the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy (ABCT), Dr. Hayes has written several hundred scientific articles and nearly 50 books, including many handbooks for practitioners related to ACT and its underlying theory of cognition, Relational Frame Theory. One of the most cited psychologists in the world, Dr. Hayes is currently Nevada Foundation Professor at the University of Nevada, Reno.



Friday June 30th, 10:15 - 11:15
Auditorium Maximumum - Academic College Building

Modern CBT

Stefan Hofmann, Ph.D.

Boston University, United States

Dr. Hofmann is a world-renowned researcher and author having made important contributions to the development of contemporary CBT models and treatments, especially for anxiety disorders. His work has also focused on the integration between CBT and fundamental research stemming from affective sciences and neurosciences. Dr. Hofmann is currently Professor of Psychology at Boston University and Director of Psychotherapy and Emotion Research Laboratory. He is the current president of the International Association for Cognitive Psychotherapy (IACP) and former president of the Association for Behavioral and Cognitive Therapies (ABCT).



Sat July 1st, 14:30-15:30
Auditorium Maximumum
(Academic College Building)



Is cognitive behavior therapy enduring or are antidepressant medications iatrogenic?

Steven Hollon, Ph.D.

Vanderbilt University, United States

Steven Hollon is Professor of Psychology at Vanderbilt University (Nashville, USA), with a cross-appointment in Psychiatry. He was the president of the Association for Behavior Therapy (AABT) and a former Litchfield Lecturer at Oxford University. Dr. Hollon's primary interest lies in the etiology and treatment of depression in adults. His work extends from basic psychopathology to prevention and treatment. He is particularly interested in the relative contribution of cognitive and biological processes to depression, and how the relative efficacies of psychosocial versus pharmacological interventions compare. A current interest is the prevention of depression, both with respect to its initial onset and subsequent recurrence following successful treatment.

Thu June 29th, 17:00-18:00
Auditorium Maximum
(Academic College Building)

Emotional schemas and psychopathology

Robert Leahy, Ph.D.

The American Institute for Cognitive Therapy, United States



Robert Leahy is the former president of the Association for Behavioral and Cognitive Therapies and a clinical professor of psychology in psychiatry at Weill-Cornell University Medical School. Dr. Leahy is past president of the International Association of Cognitive Psychotherapy, past president of the Academy of Cognitive Therapy, and director of the American Institute for Cognitive Therapy (NYC). Professor Leahy is one of the leading experts in cognitive therapy, author and editor of 26 books including comprehensive cognitive therapy collections, practitioner's guides, treatment plans for different types of disorders and evidence-based self-help books.

Are efforts to prevent anxiety and depression feasible and possible?

Lata McGinn, Ph.D.

Yeshiva University, United States

Dr. Lata K. McGinn is Professor of Psychology and Director of the Doctoral Clinical Program, and Director of the Cognitive Behavior Therapy Training Program for Anxiety and Depression at Yeshiva University in New York City. Dr. McGinn is currently the President of the Academy of Cognitive Therapy and the Immediate Past-President of the International Association of Cognitive Psychotherapy. She has also previously served on the Board of Directors of the Association for Behavioral and Cognitive Therapies and currently serves as its International Associates Chair. Dr. McGinn is also a Founding Fellow and Diplomate of the Academy of Cognitive Therapy and is a certified ACT Trainer. In recognition of her achievements in the field of cognitive behavior therapy, Dr. McGinn has earned the title of Beck Scholar by the Beck Institute for Cognitive Behavior Therapy and Research, and was appointed a Fellow of the Association of Behavioral and Cognitive Psychotherapies. Dr. McGinn is an expert in the cognitive behavioral treatment of anxiety and mood disorders, stress management, and habit and relationship problems.

Thu June 29th, 9:00-10:00
Aula Magna
(BBU Main Building)



The looming vulnerability model of anxiety and the looming cognitive style

John Riskind, Ph.D.

George Mason University, United States

Professor John Riskind is a professor at George Mason University in Virginia. He has served on the Boards of the Academy of Cognitive Therapy, where he is also a Founding Fellow, and the International Association for Cognitive Psychotherapy. Dr. Riskind is the editor of the International Journal of Cognitive Therapy and has been the editor of several cognitive-behavioral journals. Dr. Riskind's interests focus on cognitive-behavioral research, treatment, and theory of emotional disorders. Through his research, he investigates vulnerability factors and proposes a new model of anxiety which takes a more nuanced view at the processes behind anxiety, especially regarding the way danger is being mentally represented by anxious people. He has published numerous journal articles in highly ranked journals as well as many books and book chapters.



Thu June 29th, 10:15-11:15
Aula Magna
(BBU Main Building)

Experiential avoidance, rumination and worry as transdiagnostic risk factors for depressive and anxiety disorders

Philip Spinhoven, Ph.D.

Leiden University, The Netherlands

Philip Spinhoven is full professor of Clinical Psychology at the Institute of Psychology and Department of Psychiatry, Leiden University, the Netherlands. He is registered as healthcare psychologist, psychotherapist and clinical psychologist by the Dutch Ministry of Health. He is an internationally recognized researcher, especially in the field of transdiagnostic risk factors and maintaining mechanisms across various psychopathologies. His research is focused on understanding the complex interplay among cognitive, behavioural and biological processes across anxiety disorders, mood disorders, and personality disorders and developing and testing cognitive-behavioral interventions targeting putative maintaining mechanisms of these disorders.

Sat July 1st, 9:00-10:00
Aula Magna
(BBU Main Building)



Criticisms and challenges to DSM IV and DSM 5 criteria for sexual disorders

Mehmet Sungur, Ph.D.

Marmara University, Turkey

Mehmet Sungur is professor of psychiatry and former president of the Psychiatry Department at the Medical Faculty of Marmara University, Istanbul, Turkey. He is a board member of International Association of Cognitive Psychotherapy (IACP) and was a past president of the European Association for Behavioral and Cognitive Therapy (EABCT). Also, he is an executive board member of the European Sexology Association. He was accredited as cognitive behavior therapist by British Association of Behavioral and Cognitive Psychotherapy (BABCP) and by Academy of Cognitive Therapy (ACT). Also, He played a leading role in the dissemination of the practice of CBT and sex therapy in Turkey. Professor Sungur is a leading expert in CBT and couple/sex therapy but his clinical practice covers a wide range of clinical syndromes. Mehmet Sungur has currently committed himself to the training of mental health professionals in clinical applications of CBT and sex therapy both in Turkey and abroad.



Sat July 1st, 10:15-11:15
Aula Magna
(BBU Main Building)

Targeting repetitive negative thought to better prevent and treat anxiety and depression

Ed. Watkins, Ph.D.

University of Exeter, United Kingdom

Dr. Watkins is a Professor of Experimental and Applied Clinical Psychology at University of Exeter and member of the Mood Disorders Centre. Professor Watkins is the director of the Study of Maladaptive to Adaptive Repetitive Thought (SMART) lab. Professor Watkins was awarded the British Psychological Society's May Davidson Award for 2004 for an outstanding contribution to the development of clinical psychology within the first 10 years of his work. He is an internationally recognized researcher on the study of depression and he currently serves as an expert member of the NICE Guidelines for Depression in Adults from 2015-2017. He has published hundreds of papers in top peer-reviewed journals and several books which are reference works in the study and practice of depression.

Fri June 30th, 17:00-18:00
Auditorium Maximum
(Academic College Building)



Workshop coordinators

Get to know the workshop coordinators

Working with negative cognitions in cognitive-behavioral therapy:

Models and techniques

Keith Dobson, Ph.D.

University of Calgary, Canada



Psychological focus, enhancement of one's potential and self-calming: CBT self-help strategies

Thomas Dowd, Ph.D. and Kathleen Dowd

Kent State University, U.S.A.



Rational Emotive and Cognitive Behavior Therapy for the treatment of eating disorders

Kristene A. Doyle, Ph.D.

Albert Ellis Institute and St. John's University, U.S.A.



CBT for personality disorders in children and adolescents

Arthur Freeman, Ed.D., Sc.D., LL.D (Hon), ABPP

Midwestern University, U.S.A.



Prolonged exposure for the treatment of PTSD

Agnieszka Popiel, MD, Ph.D.

University of Social Sciences and Humanities, Warsaw



Neuroscience-Based Cognitive Therapy for schizophrenic patients

Tullio Scrimali, Ph.D., M.D.

University of Catania, Italy



Theory and the basic applications of Dialectical Behavior Therapy

Lynn McFarr, Ph.D.

Harbor-UCLA Medical Center, U.S.A.



Thursday, June 29th

(for details on each event, explore the following pages)

Name	Auditorium Maximum	Aula Magna	Aula	D.V. Ionescu Room	Restaurant	Lobby
Location	Academic College Building	BBU Main Building	Faculty of European Studies	BBU Main Building	Academic College Building	Academic College Lobby
9:00	Keynote 1 Pim Cuijpers	Keynote 2 Lata McGinn				
9:15						
9:30						
9:45						
10:00	Keynote 4 Daniel David	Keynote 3 John Riskind	In-Congress Workshop 1 Gerhard Andersson	In-Congress Workshop 2 Tullio Scrimali		
10:15						
10:30						
10:45						
11:00					Coffee break	
11:15						
11:30						
11:45						
12:00						Poster session 1
12:15						
12:30						
12:45						
13:00						
13:15						
13:30						
13:45					Lunch	
14:00						
14:15						
14:30	Round table 1		Symposium 5			
14:45						
15:00						
15:15						
15:30						
15:45						
16:00				In-Congress Workshop 5 John Riskind	Coffee break	
16:15						
16:30						
16:45						
17:00	Keynote 5 Robert Leahy	Keynote 6 David M. Clark				
17:15						
17:30						
17:45						
18:00						
18:15						
18:30						
18:45						
19:00						
19:15						

Jean Monnet
Room

Augustin
Maier Room

Nicolae Iorga
Room

Vasile
Bogrea
Room

Tiberiu
Popoviciu
Room

AVALON
Building

Faculty of
European
Studies

BBU Main
Building

BBU Main
Building

BBU Main
Building

BBU Main
Building

No. 37
Republicii
Street

Symposium 1

Symposium 2

Symposium 3

Symposium 4

Open paper
session 1

In-Congress
Workshop 4

Judith Beck

Symposium 6

Open paper
session 2

Open paper
session 3

In-Congress
Workshop 3

Lynn McFarr

Albert Ellis
Institute Special
Event

Keynote 1:

Psychological treatment of depression and anxiety disorders:
A comprehensive overview and future directions

Pim Cuijpers, Ph.D.

VU University Amsterdam, The Netherlands

9:00 – 10:00 Auditorium Maximum - Academic College Building

Keynote 2:

Are efforts to prevent anxiety and depression feasible and possible?

Lata McGinn, Ph.D.

Yeshiva University, United States

9:00 – 10:00 Aula Magna - BBU Main Building

In-Congress Workshop 1:

Blending internet and face-to-face CBT

Gerhard Andersson, Ph.D.

Linköping University and Karolinska Institute, Sweden

9:00 – 12:30 Aula - Faculty of European Studies

In-Congress Workshop 2:

Integrating neurofeedback and biofeedback into CBT

Tullio Scrimali, Ph.D.

University of Catania, Italy

9:00 – 13:30 D. V. Ionescu Room, BBU Main Building

Keynote 3:

Integrative and multimodal CBT

Daniel David, Ph.D.

Babeş-Bolyai University of Cluj-Napoca, Romania

10:15 – 11:15 Auditorium Maximum - Academic College Building

Keynote 4:

The looming vulnerability model of anxiety and the looming cognitive style

John Riskind, Ph.D.

George Mason University, United States

10:15 – 11:15 Aula Magna - BBU Main Building

Coffee break

11:15 – 11:45 Restaurant of the Academic College

Poster session 1

11:45 – 13:30 Academic College Lobby

Symposium 1:

Understanding and strengthening response to CBT: Recent findings

11:45 – 13:30 Jean Monnet Room - Faculty of European Studies

Chair:

Jacqueline B. Persons

Cognitive Behavior Therapy and Science Center and University of California at Berkeley, United States

Discussant:

Keith Dobson

University of Calgary, Canada

Symptom severity at week 4 of CBT predicts depression remission

Jacqueline B. Persons¹, Cannon Thomas^{2,3}

¹*Cognitive Behavior Therapy and Science Center and University of California at Berkeley, United States*

²*San Francisco Group for Evidence-based Psychotherapy, United States*

³*University of California at San Francisco, United States*

Investigating the active ingredients of internet-CBT for depression using a factorial design

Ed Watkins

University of Exeter, United Kingdom

Brain connectomics predict response to CBT for social anxiety disorder

Stefan G. Hofmann¹, Susan Whitfield-Gabrieli^{2,3}, Satrajit S. Ghosh^{2,3}, Alfonso Nieto-Castanon^{2,3}, Zeynep Saygin², Oliver Doehrmann², Xiaoqian J. Chai^{2,3}, Gretchen O. Reynolds², Mark H. Pollack⁴, John D.E. Gabrieli^{2,3}

¹*Department of Psychological and Brain Sciences, Boston University, United States*

²*McGovern Institute for Brain Research and Poitras Center for Affective Disorders Research, Massachusetts Institute of Technology, Cambridge, United States*

³*Department of Brain and Cognitive Sciences, Massachusetts Institute of Technology, Cambridge, United States*

⁴*Department of Psychiatry, Rush University Medical Center, United States*

Prognosis and prescription of response to CBT

Steven D. Hollon
Vanderbilt University, United States

Therapist variables and correlation with clinical outcome

Sarah Bateup
University of Exeter, United Kingdom

Symposium 2:

ABC: From REBT to constructivism and metacognition

11:45 – 13:30 Augustin Maier Room - BBU Main Building

Chair:

Giovanni Maria Ruggiero,

Studi Cognitivi Psychotherapy School, Italy; Sigmund Freud University, Austria and Italy

The ABC in the constructive tradition

Giovanni Maria Ruggiero, Sandra Sassaroli

*Studi Cognitivi Psychotherapy School, Italy
Sigmund Freud University, Austria and Italy*

From ABC to AMC in metacognitive therapy

Gabriele Caselli, Sandra Sassaroli

*Studi Cognitivi Psychotherapy School, Italy
Sigmund Freud University, Austria and Italy*

Commentary on constructive ABC and metacognitive AMC from a REBT prospective

Raymond DiGiuseppe

*Albert Ellis Institute, United States
St. John's University, United States*

From symptoms to self: The unique and singular organizing capacity of REBT in psychotherapy theory and practice

James McMahon

Albert Ellis Institute, United States

Symposium 3:

Risk factors for and treatment of school absenteeism in children and adolescents

11:45 – 13:30 Nicolae Iorga Room - BBU Main Building

Chair:

Mikael Thastum

Department of Psychology, Aarhus University, Denmark

Danish schoolchildren with low attendance: Investigating contextual and individual risk factors

Johanne Jeppesen Lomholt¹, Jacob Nielsen Arendt², Iben Bolvig²,
Mikael Thastum¹

¹Department of Psychology, Aarhus University, Denmark

²KORA, Danish Institute for Local and Regional Government Research, Denmark

Treatment for school refusal: How sure are you that cognitive interventions need to be applied?

David Heyne¹, Glenn Melvin²

¹Institute of Psychology, Leiden University, The Netherlands

²Centre for Developmental Psychiatry & Psychology, Monash University, Australia

Feasibility and preliminary efficacy of the Back2School intervention: A modular cognitive behavioral intervention for youths with problematic school absenteeism

Mikael Thastum, Johanne Jeppesen Lomholtr, Tine Lind Nielsen,

Daniel Bach Johnsen, Kristian Bech Arendt

Department of Psychology, Aarhus University, Denmark

Symposium 4:

Robot-based CBT for children with ASD: Results and protocols from the DREAM Project

11.45 – 13.30 Vasile Bogrea Room - BBU Main Building

Chair:

Daniel David

Babeş-Bolyai University, Romania; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania; Icahn School of Medicine at Mount Sinai, United States

The use of social robots in evidence-based psychotherapy: Applications for individuals with ASD

Cristina Costescu, Daniel David, Anca Dobrean, Aurora

Szentagotai-Tătar, Silviu Matu, Radu Şoflău

Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

Improving turn-taking skills with robot-enhanced CBT for children with ASD

Silviu Matu, Daniel David, Anca Dobrean, Aurora Szentagotai-

Tătar, Cristina Costescu, Radu Şoflău

Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

Efficacy of robot-enhanced CBT for joint attention in children with ASD

Anamaria Ciocan, Daniel David, Anca Dobrean, Aurora

Szentagotai-Tătar, Cristina Costescu, Silviu Matu, Radu Şoflău

Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

Robotic and human mediators in developing imitation skills in children with ASD: Results from a series of single case experiments

Antonia Oprean, Daniel David, Anca Dobrean, Aurora Szentagotai-Tătar, Cristina Costescu, Silviu Matu, Radu Șoflău
 Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University,
 Romania

The International Institute for the Advanced Studies of Psychotherapy and
 Applied Mental Health, Babeș-Bolyai University, Romania

Establishing the efficacy of robot-based CBT: The protocol for a randomized clinical trial

Radu Șoflău, Daniel David, Anca Dobrean, Aurora Szentagotai-Tătar, Cristina Costescu, Silviu Matu
 Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University,
 Romania

The International Institute for the Advanced Studies of Psychotherapy and
 Applied Mental Health, Babeș-Bolyai University, Romania

Open paper session 1:

CBT-based gaming and computerized interventions

11:45 – 13:30 Tiberiu Popoviciu Room - BBU Main Building

Chair: Mădălina Sucală

Babeș-Bolyai University, Romania; Icahn School of Medicine at Mount Sinai

How effective are serious games for promoting mental health and health behavioral change in children and adolescents? A systematic review and meta-analysis

Roxana Cardoso^{1,3}, Oana David^{2,3}, Cristina Mogoșe^{2,3}, Cristina Costescu^{2,3}, Mădălina Sucală^{2,3,4}

¹Doctoral School "Evidence-based assessment and psychological interventions", Babeș-Bolyai University, Romania

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⁴Icahn School of Medicine at Mount Sinai, United States

Efficacy of the RETHink therapeutic online video game in promoting mental health in children and adolescents: A pilot study

Mădălina Sucală^{1,2,3}, Oana David^{1,2}, Răzvan Predatu^{2,4}, Roxana Cardoso^{2,4}

¹Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Romania

²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeș-Bolyai University, Romania

³Icahn School of Medicine at Mount Sinai, United States

⁴Doctoral School "Evidence-based assessment and psychological interventions", Babeș-Bolyai University, Romania

The RETHink game: Development, protocol and relevance of a new therapeutic game for promoting child and adolescent mental health

Oana David^{1,2}, Mădălina Sucală^{1,2,3}, Cristina Mogoșe^{1,2}, Cristina Costescu^{1,2}, Roxana Cardoso^{2,4}, Anca Dobrean^{1,2}, Viorel Lupu⁵,

Alin Cordoș⁶

¹Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Romania

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³Icahn School of Medicine at Mount Sinai, United States

⁴Doctoral School "Evidence-based assessment and psychological interventions", Babeș-Bolyai University, Romania

⁵IuliuHațieganu University of Medicine and Pharmacy, Romania

⁶Technical University of Cluj-Napoca, Romania

The effectiveness of the RETHink online game in developing psychological resilience in children and adolescents: Study protocol of a randomized controlled trial

Răzvan Predatu^{1,2}, Oana David^{2,3}, Roxana Cardoso^{1,2}

¹Doctoral School "Evidence-based assessment and psychological interventions", Babeș-Bolyai University, Romania

²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeș-Bolyai University, Romania

³Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Romania

Results from the New Zealand implementation of SPARX a computerised CBT program for the treatment of adolescent depression

Matthew Shepherd¹, Sally Merry¹, Karolina Stasiak¹, Mathijs Lucassen²

¹The University of Auckland, New Zealand

²The Open University, New Zealand

The new e-cbt.ro online psychotherapy platform

Bogdan Tudor Tulbure, Silvia Măgurean, Daniela Moza, Andrei Rusu

West University of Timișoara, Romania

Lunch

13:30 – 14:30 Restaurant of the Academic College

Round table 1:

Integrative and multimodal CBT: Implications for practice

14:30 – 15:30 Auditorium Maximum - Academic College Building

Chair: Daniel David

Babeș-Bolyai University, Romania

Discussants:

• **Raymond DiGiuseppe**

St. John's University, United States;

• **Steven Hayes**

University of Nevada, United States;

• **Stefan Hofmann**

Boston University, United States;

• **Robert Leahy**

the American Institute for Cognitive Therapy, United States

Chair: Claudio Gentili

University of Padua, Italy

Longitudinal monitoring of Bipolar Disorders. The PSYCHE project experience

Claudio Gentili¹, Gilles Bertshy², Markus Kosel³, Gaetano Valenza⁴,
Enzo Pasquale Scilingo⁴

¹*University of Padua, Italy*

²*University of Strasbourg, France*

³*University of Geneva, Switzerland*

⁴*University of Pisa, Italy*

Neural and autonomic responses to a perseverative cognition induction: Gaining a greater understanding of worry in GAD

Cristina Ottaviani^{1,2}, Frances Meeten^{3,4}, Graham C. L. Davey³,
Elena Makovac^{3,2}, David R. Watson³, Sarah N. Garfinkel³, Hugo
D. Critchley³

¹*Sapienza University of Rome, Italy*

²*Santa Lucia Foundation Rome, Italy*

³*University of Sussex, United Kingdom*

⁴*Kings College London, United Kingdom*

Linking maladaptive metacognition and dysfunctional autonomic patterns in Anorexia Nervosa

Barbara Penolazzi¹, Daniela Palomba², Marialuisa Rausa³, Sara
Anastasia Contin³, Romana Schumann³, Donatella Ballardini³

¹*Department of Life Sciences, University of Trieste, Italy*

²*Department of General Psychology, University of Padova, Italy*

³*Centro Gruber, Diagnosis and Therapy of Eating Disorders & Diagnosis and Therapy of Anxiety and Psychosomatic Disorders, Italy*

Hear rate variability as an autonomic marker of emotion regulation capacity: Associations with eye-tracking indices of visual-spatial emotional processing

Alvaro Sanchez, Rudi De Raedt
Ghent University, Belgium

Does HRV measurement help in the diagnosis and treatment of depression in CHD patients?

Daniela Palomba, Elisabetta Patron, Simone Messerotti Benvenuti
Department of General Psychology, University of Padua, Italy

Chair: Mike Abrams

Department of Psychology, New York University, United States

Jealousy, infidelity, and the difficulty of diagnosing pathology: A CBT approach to coping with sexual betrayal and the green-eyed monster

Mike Abrams¹, David M. Buss²

¹Department of Psychology, New York University, United States

²University of Texas, United States

Sexual abuse and masochism in women: Etiology and treatment

Mike Abrams¹, Simona Ștefan^{2,3}

¹Department of Psychology, New York University, United States

²Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Romania

³The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeș-Bolyai University, Romania

A sexual irrational belief is associated with several measures of sexual and emotional problems and reports of life trauma

Mike Abrams

Department of Psychology, New York University, United States

Sexuality and its disorders: Development, cases, and treatment

Marija Milisavljevic¹, Mike Abrams²

¹University of Belgrade, Serbia

²Department of Psychology, New York University, United States

Menopause: A reduction in irrational thinking caused by changes in evolutionary role

Lidia D. Abrams, Mike Abrams

Department of Psychology, New York University, United States

Open paper session 2:

Cultural considerations in CBT for different populations

14:30 – 16:30 Nicolae Iorga Room - BBU Main Building

Chair: Mostafa Zarean

University of Tabriz, Iran

Culturally adapting Cognitive Behavioral Therapy for depression in Chinese Australians

Alice Viviana Farcas¹, Lauren Breen¹, Peter McEvoy¹, Rosanna Rooney¹, Siewho Yeak², Robert Kane¹

¹Curtin University, Australia

²Fremantle Multicultural Centre, Australia

Iranian Scale for Emotional Problems (ISEP): Development and pilot study

Mostafa Zarean¹, Zahra Moradi¹, Samaneh Mir-Mohammadi¹, Fons van de Vijver²

¹Department of Psychology, University of Tabriz, Iran

²Department of Culture Studies, Tilburg University, The Netherlands

Irrational beliefs and country-level functioning: A cross-sectional analysis on 60 countries

Monica Bartucz^{1,2}, Daniel David^{2,3,4}

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Babeş-Bolyai University, Romania

²The International Institute for the Advanced Studies of Psychotherapy and
Applied Mental Health, Babeş-Bolyai University, Romania

³Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University,
Romania

⁴Icahn School of Medicine at Mount Sinai, United States

***OCD across cultures: A comparison of obsessive thoughts in
Belgian and Turkish samples***

Fulya Ozcanli, Batja Mesquita, Dirk Hermans, Laurence Claes,
Eva Ceulemans
KU Leuven, Belgium

***A cross-cultural view of anti-social behaviors and terrorism in the
Western world***

George Lupascu-Pruna
The Hofstede Center, Finland

Open paper session 3:

Key constructs and treatment options for anxiety symptoms

14:30 – 16:30 Vasile Bogrea Room - BBU Main Building

Chair: Lis Johles

Karlstad University, Sweden

The efficacy of Enhanced Group CBT for Social Anxiety Disorder

Jung-Kwang Ahn, Jung-Hye Kwon
Korea University, Korea

Cognitive reappraisal as an emotion regulation strategy for shame

Diana Cîndea^{1,2}, Aurora Szentagotai-Tătar^{1,2}

¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University,
Romania

²The International Institute for the Advanced Studies of Psychotherapy and
Applied Mental Health, Babeş-Bolyai University, Romania

***The relationships between empathy, shame and guilt proneness,
and fear of negative evaluations in non-clinical adolescents***

Oana Luiza Rebeca
Babeş-Bolyai University, Romania

***Psychological flexibility: Performance and quality of life among
competitive athletes in Sweden***

Lis Johles, Christer Classon, Jon Hasselqvist
Karlstad University, Sweden

***Cognitive factors in Agoraphobia and Panic Disorder with
Agoraphobia***

Ayşegül Kart
Bakırköy Prof. Dr. Mazhar Osman Psychiatric Training and Research Hospital,
Turkey

In-Congress Workshop 3:

Theory and the basic applications of Dialectical Behavior Therapy

Lynn McFarr*Department of Psychiatry at Harbor-UCLA Medical Center, United States***14:30 – 16:30 Tiberiu Popoviciu Room - BBU Main Building****In-Congress Workshop 4:**

Challenges in treating clients with personality disorders

Judith Beck*Beck Institute for Cognitive Behavior Therapy and University of Pennsylvania, United States***14:30 – 16:30 Jean Monnet Room - Faculty of European Studies****In-Congress Workshop 5:**

CBT for reducing looming vulnerability in anxiety

John Riskind*George Mason University, United States***14:30 – 19:00 D. V. Ionescu Room - BBU Main Building****Coffee break****16:30 – 17:00 Academic College Restaurant****Keynote 5:**

Emotional schemas and psychopathology

Robert Leahy*The American Institute for Cognitive Therapy, United States***17:00 – 18:00 Auditorium Maximum - Academic College Building****Keynote 6:**

Developing and disseminating effective psychological therapies for anxiety disorders: Science, politics & economics

David M. Clark*University of Oxford, United Kingdom***17:00 – 18:00 Aula Magna - BBU Main Building****Albert Ellis Institute Special Event****18:30 – 19:30 AVALON Building, No. 37 Republicii Street**

In the Camelot Area (Rational Forum/Avalon Building), a special event will take place: Professor Ph.D., Pim Cuijpers, the scientific chair of the congress, will receive the 2016 Albert Ellis Award for Research.

Friday, June 30th
 (for details on each event, explore the following pages)

Name	Auditorium Maximum	Aula Magna	Aula	D. V. Ionescu Room	Restaurant	Lobby	
Location	Academic College Building	BBU Main Building	Faculty of European Studies	BBU Main Building	Academic College Building	Academic College Lobby	
9:00	Keynote 7 Judith Beck	Keynote 8 Martin Hautzinger		In-Congress Workshop 8 Thomas Dowd			
9:15							
9:30							
9:45							
10:00	Keynote 9 Steven Hayes	Keynote 10 Gerhard Andersson	In-Congress Workshop 6 Raymond DiGiuseppe				
10:15							
10:30							
10:45							
11:00					Coffee break		
11:15							
11:30							
11:45							
12:00						Poster session 2	
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
14:00					Lunch		
14:15							
14:30	Round table 2		Open paper session 8				
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							
16:45					Coffee break		
17:00	Keynote 11 Ed Watkins	Keynote 12 Daniel Freeman					
17:15							
17:30							
17:45							
18:00							
18:15							
18:30							
18:45							
19:00							
19:15							
19:30							
19:45							

20:00-22:00

Jean Monnet Room Faculty of European Studies	Augustin Maier Room BBU Main Building	Nicolae Iorga Room BBU Main Building	Vasile Bogrea Room BBU Main Building	AVALON Building No. 37 Republicii Street	Ferdinand Aula History Institute	Robert Schuman Room Faculty of European Studies
Symposium 7	Symposium 8	Open paper session 4	Open paper session 5			In-Congress Workshop 7 Keith Dobson

Symposium 9	Symposium 10	Open paper session 6	Open paper session 7	In-Congress Workshop 11 DREAM Project (free workshop)	In-Congress Workshop 9 Steven Hayes	In-Congress Workshop 10 Lata McGinn
				PSY-TECH MATRIX Platform Visit		

Keynote 7:

The therapeutic relationship in CBT

Judith Beck, Ph.D.

Beck Institute for Cognitive Behavior Therapy and University of Pennsylvania, United States

9:00 – 10:00 Auditorium Maximum - Academic College Building

Keynote 8:

Does cognitive psychotherapy of depression has a future?

Martin Hautzinger, Ph.D.

Tübingen University, Germany

9:00 – 10:00 Aula Magna - BBU Main Building

In-Congress Workshop 6:

REBT considering personality and personality disorders

Raymond DiGiuseppe, Ph.D.

Albert Ellis Institute and St. John's University, United States

9:00 – 13:30 Aula - Faculty of European Studies

In-Congress Workshop 7:

The ABCs of BA in CBT for depression

Keith Dobson, Ph.D.

University of Calgary, Canada

9:00 – 13:30 Robert Schuman Room - Faculty of European Studies

In-Congress Workshop 8:

The role of tacit knowledge structures in cognitive psychotherapy

Thomas Dowd, Ph.D.

Kent State University, United States

9:00 – 11.15 D.V. Ionescu Room - BBU Main Building

Keynote 9:

Psychological flexibility as a process of change in evidence based psychotherapy

Steven Hayes, Ph.D.

University of Nevada, United States

10:15 – 11:15 Auditorium Maximum - Academic College Building

Keynote 10:

Internet and CBT. A combination for the future?

Gerhard Andersson, Ph.D.

Linköping University and Karolinska Institute, Sweden

10:15 – 11:15 Aula Magna - BBU Main Building

Coffee break

11:15 – 11:45 Academic College Restaurant

Poster session 2

11:45 – 13:30 Academic College Lobby

Symposium 7:

Understanding and treating sleep disorders in psychosis and PTSD

11:45 – 13:30 Jean Monnet Room - Faculty of European Studies

Chair: Daniel Freeman

University of Oxford, United Kingdom

*Reduced sleep and psychotic experiences: an experimental study
with mediation analysis*

Sarah Reeve

University of Oxford, United Kingdom

*Temporal changes between sleep and PTSD symptoms across
cognitive therapy for PTSD in routine care*

Elizabeth Woodward

University of Oxford, United Kingdom

*Treating sleep problems in patients with distressing psychotic
experiences*

Felicity Waite

University of Oxford, United Kingdom

*Stabilising sleep for patients admitted at acute crisis to a psychiatric
hospital: the Oxford Ward sLeep Solution (OWLS)*

Bryony Sheaves

University of Oxford, United Kingdom

11:45 – 13:30 Augustin Maier Room - BBU Main Building

Chairs:**Arthur Freeman***Touro College School of Health Sciences, United States***Oana David***Babeş-Bolyai University, Romania****The Prescriptive Executive Coaching (PEC) model***Arthur Freeman¹, Oana David^{2,3}¹*Touro College School of Health Sciences, United States*²*Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania*³*The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania****Supporting individual flourishing with Life Coaching: A Rational-Emotive Behavioral approach***Demetris Katsikis¹, Windy Dryden²¹*Hellenic Institute for Rational-Emotive and Cognitive Behavior Therapy, Greece*²*Goldsmiths College, University of London, United Kingdom****The efficiency of solution focused vs. problem solving model in peer coaching***Loana Comsa^{1,2}, Oana David^{2,3}¹*Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania*²*The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania*³*Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania****The evidence-based status of Cognitive-Behavioral Coaching and future directions***Oana David^{1,2}¹*The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania*²*Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania*

Open paper session 4:

Smartphone-delivered CBT

11:45 – 13:30 Nicolae Iorga Room - BBU Main Building

Chair: Daniel David*Babeş-Bolyai University, Romania; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania; Icahn School of Medicine at Mount Sinai, United States****Applying CBT-based stress management strategies in the real life: the "PsyPills" app***Oana David^{1,2}, Daniel David^{1,2,3}

¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

³Icahn School of Medicine at Mount Sinai, United States

Smartphone Cognitive-Behaviour Therapy as adjunct to pharmacotherapy for refractory depression: A single-blind randomised controlled trial

Toshi A. Furukawa

Kyoto University Graduate School of Medicine, Japan
School of Public Health, Japan

Clinicians' usages patterns and criteria for recommending health apps

Mădălina Sucală^{1,2}, Radu Şoflău^{3,4}, Roxana Cardoso^{3,4}, Simona Ştefan^{1,4}

¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

²Icahn School of Medicine at Mount Sinai, United States

³Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania

⁴The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

A mobile intervention for core needle biopsy related pain and anxiety: A usability study

Roxana Cardoso^{1,2}, Mădălina Sucală^{2,3,4}, Radu Şoflău^{1,2}, Simona Ştefan^{2,3}

¹Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania

²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

³Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

⁴Icahn School of Medicine at Mount Sinai, United States

Reducing depressive symptomatology with a smartphone app: Preliminary results of a randomized, placebo-controlled clinical trial

Cezar Giosan^{1,2}, Oana Cobeanu¹, Cristina Mogoşe^{1,3}, Vlad Mureşan¹, Aurora Szentagotai-Tătar^{1,3}

¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

²Berkeley College, United States

³The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

11:45 – 13:30 Vasile Bogrea Room - BBU Main Building

Chair: Daniel Bach Johnsen

Aarhus University, Denmark

Wave of grief during Mindfulness-Based Cognitive Therapy

Feng-Ying Huang

National Taipei University of Education, Taiwan

Psychological well-being changes after CBT-based treatment in outpatients with eating disorders

Elena Tomba¹, Lucia Tecuta¹, Romana Schumann², Donatella Ballardini²

¹*Department of Psychology, University of Bologna, Italy*

²*Centro Gruber, Diagnosis and Therapy of Eating Disorders & Diagnosis and Therapy of Anxiety and Psychosomatic Disorders, Bologna, Italy*

The efficacy of manualized Cognitive Behavior Therapy of youth anxiety conducted by student-therapists at a university clinic

Daniel Bach Johnsen, Kristian Arendt, Mikael Thastum

Department of Psychology and Behavioral Sciences, Aarhus University, Denmark

Effectiveness of REBT with symptoms of schizophrenia

Lidia D. Abrams

Department of Psychology, New York University, United States

Lunch

13:30 – 14:30 Academic College Restaurant

Round table 2:

Integrative and multimodal CBT: Implications for research

14:30 – 15:30 Auditorium Maximum - Academic College Building

Chair: Daniel David

Babeş-Bolyai University, Romania; The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania; Icahn School of Medicine at Mount Sinai, United States

Discussants:

Gerhard Andersson

Linköping University, Sweden;

Pim Cuijpers

VU Amsterdam, The Netherlands;

Daniel Freeman,

Oxford University, United Kingdom

Steven Hollon

Vanderbilt University, United States;

Steven Lynn

Binghamton University, United States

Symposium 9:

Different intolerance concepts as psychological entities: What are the differences and where are they useful?

14:30 – 16:30 Jean Monnet Room - Faculty of European Studies

Chair: Selcuk Aslan

Gazi University, Turkey

***Measuring two seemingly similar looking but different constructs:
Distress tolerance and discomfort intolerance***

Ahmet Emre Sargin, Begum Sayan

Uskudar University, Turkey

***Low distress intolerance and its relationship with trait and state
anxiety and depression***

Kadir Özdel¹, Suat Ekinci²

¹Diskapi YB Teaching and Research Hospital, Turkey

²Department of Psychology, AvrupaMeslekYüksekOkulu, Turkey

***Distress intolerance and emotional schemas in General Anxiety
Disorder and Obsessive Compulsive Disorder***

Mehmet Hakan Turkçapar

Department of Psychology, Hasan Kalyoncu University, Turkey

***The effect of parental emotional availability, emotion regulation, and
distress intolerance on depression and anxiety***

Hakan Mehmet Gündoğdu, Sinem Evin Akbay, Aygül Tunç Aksan

Mersin University, Turkey

Symposium 10:

Transdiagnostic and tailored CBT programs for anxiety and affective disorders: Perspectives for future developments

14:30 – 16:30 Augustin Maier Room - BBU Main Building

Chair: Bogdan Tulbure

West University of Timișoara, Romania

An internet-delivered cognitive-behavioral program for perfectionism

Silvia Magurean, Adina Flueraș, Oana Nădăban, Domelia Moga,

Silvia Măgurean, Bogdan Tudor Tulbure

West University of Timișoara, Romania

Personalized internet treatment

Gerhard Andersson¹, Per Carlbring²

¹Linköping University and Karolinska Institute, Sweden

²Stockholm University, Sweden

***An online transdiagnostic treatment for affective and mood
disorders***

Bogdan Tulbure, Nastasia Sălăgean, Andrei Rusu, Silvia Măgurean,

Florin Alin Sava

West University of Timișoara, Romania

14:30 – 16:30 Nicolae Iorga Room - BBU Main Building

Chair: Ioana Cristea*Babeş-Bolyai University, Romania****The effects of Cognitive Behavioral Therapy are not systematically falling: A revision of Johnsen&Friborg (2015)***Ioana Cristea^{1,2}, Simona Ştefan^{1,2}, Eirini Karyotaki³, Steven Hollon⁴,
Daniel David^{1,2,5}, Pim Cuijpers³¹*Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania*²*The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania*³*VU University Amsterdam, The Netherlands*⁴*Vanderbilt University, United States*⁵*Icahn School of Medicine at Mount Sinai, United States****Negative effects of psychological treatments: An exploratory factor analysis of the Negative Effects Questionnaire for monitoring and reporting adverse and unwanted events***

Alexander Rozental

*Department of Psychology, Stockholm University, Sweden****An individual patient data meta-analysis of minority status as a predictor of outcome in Cognitive Behavior Therapy and pharmacotherapy for adult depression***Simona Ştefan^{1,2}, Ioana Cristea^{1,2}, Carmen Coteţ^{1,2}, Erica Weitz³,
Pim Cuijpers³¹*Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania*²*The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania*³*VU University Amsterdam, The Netherlands****A protocol for an individual patient meta-analysis comparing Cognitive Behavioral Therapy and Interpersonal Therapy for depression***Carmen Coteţ¹, Ioana Cristea^{1,2}, Simona Ştefan^{1,2}, Raluca Georgescu^{1,3}, Liviu Fodor^{1,3}¹*The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania*²*Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania*³*Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania*

14:30 – 16:30 Vasile Bogrea Room - BBU Main Building

Chair: Monika Kornacka*University of Social Sciences and Humanities, Poland*

“When I eat I stop thinking”: Repetitive negative thinking, emotional eating and inhibition in obese patients’ everyday life

Monika Kornacka, Kamila Czepczor, Anna Brytek-Matera
University of Social Sciences and Humanities, Poland

The effect of concrete processing mode on task commitments after experiences of failure

Kohei Kambara, Akiko Ogata, Yugo Kira
Hiroshima University, Japan

A meta-analytical approach of the relationships between the irrationality of beliefs and the functionality of automatic thoughts

Radu Șoflău^{1,2}, Daniel David^{2,3,4}

¹Doctoral School “Evidence-based assessment and psychological interventions”, Babeș-Bolyai University, Romania

²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeș-Bolyai University, Romania

³Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Romania

⁴Icahn School of Medicine at Mount Sinai, New York, United States

Magical thinking: How important is it in predicting obsessive-compulsive (O-C) symptoms?

Bristi Barkataki
Curtin University, Australia

The role of subjective incompetence in treatment response in Eating Disorder outpatients

Lucia Tecuta¹, Elena Tromba¹, Romana Schumann², Donatella Ballardini²

¹Department of Psychology, University of Bologna, Italy

²Centro Gruber, Diagnosis and Therapy of Eating Disorders & Diagnosis and Therapy of Anxiety and Psychosomatic Disorders, Bologna, Italy

Different forms of Repetitive Negative Thinking as mediators in the relationship of Looming Cognitive Style (LCS) with depression and anxiety

Ayşe Altan-Atalay
Koc University, Turkey

Open paper session 8:

New perspectives and assessment methods

14:30 – 16:30 Aula - Faculty of European Studies

Chair: Yona Teichman

Interdisciplinary Center - IDC-Herzeliya, Israel

A cognitive systemic perspective for understanding and treating depression

Yona Teichman

Interdisciplinary Center - IDC-Herzeliya, Israel

Introducing a visual analog scale highly predictive of comprehensive symptom inventories in a mixed clinical sample of adult outpatients

Laszlo Erdodi
University of Windsor, United Kingdom

A new scale based on rational emotive behavior therapy and self-determination theory: Development of Rational Emotive Self Determination Scale

Murat Artiran
İstanbul Arel University, Turkey

Clinical experience, formal CBT training, adherence and competence as predictors of outcome in CBT for anxiety disorders in youth

Jon Fauskanger Bjaastad^{1,2}, Gro Janne Wergeland^{2,3}, Bente S. M. Haugland², Lars Göran Öst⁴

¹Department of Psychiatry, Stavanger University Hospital, Norway
²Regional Centre for Child and Youth Mental Health and Child Welfare, Uni Research Health Norway

³Department of Psychiatry, Haukeland University Hospital
⁴Department of Clinical Neuroscience, Karolinska Institute, Sweden

Hypnosis from a sociocognitive perspective: Catalyzing CBT and empirically supported interventions

Steven Jay Lynn
Psychology Department, Binghamton University, United States

In-Congress Workshop 9:

A process oriented approach to the therapeutic relationship

Steven Hayes, Ph.D.

University of Nevada, United States

14:30 – 19:00 Ferdinand Aula - History Institute

In-Congress Workshop 10:

Comprehensive CBT for social anxiety to maximize gains and prevent relapse

Lata McGinn, Ph.D.

Yeshiva University, United States

14:30 – 19:00 Robert Schuman Room - Faculty of European Studies

In-Congress Workshop 11:

DREAM project workshop - Robot-based CBT (free workshop)

Cristina Costescu, Silviu Matu, Radu Șoflău

Babeș-Bolyai University, Romania

14:30 – 16:30 PSY-TECH MATRIX Platform - AVALON Building

Coffee break*16:30 – 17:00 Academic College Restaurant***Keynote 11:**

Targeting repetitive negative thought to better prevent and treat anxiety and depression

Ed Watkins, Ph.D.*University of Exeter, United Kingdom**17:00 – 18:00 Auditorium Maximum - Academic College Building***Keynote 12**

Targeting recovery in persecutory delusions

Daniel Freeman, Ph.D.*University of Oxford, United Kingdom**17:00 – 18:00 Aula Magna - BBU Main Building***PSY-TECH MATRIX Platform visit***18:30 – 19:30 AVALON Building, No. 37 Republicii Street*

The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health (International Institute) is an excellence research Institute of the Babeş-Bolyai University (BBU), located in Cluj-Napoca, Transylvania-Romania. More precisely, the International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health is the spearhead – an academic spin-off – of the Department of Clinical Psychology and Psychotherapy of the Babeş-Bolyai University, at international level. The Institute has two world-class research Platforms: (1) Robotherapy and Virtual Reality Therapy Platform (the Matrix Platform) and (2) The Platform for Advanced Imaging – MRI/EEG – in Clinical Cognitive Sciences (the SkyRa Platform) and an advanced Clinical Research Unit. The Institute is included in the MERIL Platform. The MERIL Platform is an inventory of "...the most excellent research infrastructures in Europe, of more-than-national relevance, across all scientific domains...".

Gala dinner*Starting 20.00 Ballroom City Plaza (No. 9-13 Sindicatelor Street)*

Saturday, July 1st
 (for details on each event, explore the following pages)

Name	Auditorium Maximum	Aula Magna	Aula	D. V. Ionescu Room	Restaurant	Lobby	
Location	Academic College Building	BBU Main Building	Faculty of European Studies	BBU Main Building	Academic College Building	Academic College Lobby	
9:00	Keynote 13	Keynote 14	In-Congress Workshop 11 Ed Watkins	In-Congress Workshop 12 Kristene Doyle			
9:15	Steven Hollon	Philip Spinhoven					
9:30							
9:45							
10:00	Keynote 15	Keynote 16					
10:15	Raymond DiGiuseppe	Mehmet Sungur					
10:30							
10:45							
11:00							
11:15							Coffee break
11:30							
11:45							
12:00						Poster session 3	
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
14:00					Lunch		
14:15							
14:30	Keynote 17						
14:45							
15:00	Stefan Hofmann						
15:15							
15:30							
15:45							
16:00							
16:15							

Jean Monnet Room	Augustin Maier Room	Nicolae Iorga Room	Vasile Bogrea Room	AVALON Building	Ferdinand Aula	Robert Schuman Room
Faculty of European Studies	BBU Main Building	BBU Main Building	BBU Main Building	No. 37 Republicii Street	History Institute	Faculty of European Studies

In-Congress
Workshop 13
Arthur Freeman

Symposium 11

Symposium 12

Symposium 13

Symposium 14

Closing ceremony

SYLVANIA ROMANIA

Keynote 13:

Is cognitive behavior therapy enduring or are antidepressant medications iatrogenic?

Steven Hollon, Ph.D.

Vanderbilt University, United States

9:00-10:00 Auditorium Maximum - Academic College Building

Keynote 14:

Experiential avoidance, rumination and worry as transdiagnostic risk factors for depressive and anxiety disorders

Philip Spinhoven, Ph.D.

Leiden University, The Netherlands

9:00-10:00 Aula Magna - BBU Main Building

In-Congress Workshop 11:

Experiential exercises to tackle rumination

Ed Watkins, Ph.D.

University of Exeter, United Kingdom

9:00-13:30 Aula - Faculty of European Studies

In-Congress Workshop 12:

The nuts & bolts of Rational Emotive & Cognitive Behavior Therapy (RE & CBT)

Kirstene Doyle, Ph.D.

Albert Ellis Institute and St. John's University, United States

9:00-13:30 D. V. Ionescu Room - BBU Main Building

In-Congress Workshop 13:

Treating caretakers of chronically disabled persons

Arthur Freeman, Ph.D.

Midwestern University, United States

9:00-13:30 Robert Schuman Room - Faculty of European Studies

Keynote 15:

All thoughts are not created equal in CBT: Which cognitions do we target in psychotherapy

Raymond DiGiuseppe, Ph.D.

Albert Ellis Institute and St. John's University, United States

10:15-11:15 Auditorium Maximum - Academic College Building

Keynote 16:

Criticisms and challenges to DSM IV and DSM 5 criteria for sexual disorders

Mehmet Sungur, Ph.D.

Marmara University, Turkey

10:15-11:15 Aula Magna - BBU Main Building

Coffee Break

11:15-11:45 Academic College Restaurant

Poster session 3

11.45 – 13.30 Academic College Lobby

Symposium 11:

Integrative psychotherapy for addictions

11:45-13:30 Jean Monnet Room - Faculty of European Studies

Chair: Michler F. Bishop

SUNY College at Old Westbury, United States

Parent and adolescent risk factors involved in adolescent Internet addiction

Costina Ruxandra Păsărelu^{1,2}, Anca Dobrean^{1,2}

¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Cluj-Napoca, Romania

²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

The first Romanian National Prevalence Study – problem and pathological gambling in children and adolescents

Viorel Lupu¹, Ramona Lupu²

¹Department of Psychiatry and Pedopsychiatry, "Iuliu Hațieganu" University of Medicine and Pharmacy, Romania

²Iuliu Hațieganu School, Center of Mental Health ClujNapoca, Children Emergency Clinical Hospital, Romania

Student and parental concerns about adolescent gambling and other high risk behaviors in Romania - preliminary data - local study

Ramona Lupu¹, Viorel Lupu²

¹Iuliu Hațieganu School, Center of Mental Health ClujNapoca, Children Emergency Clinical Hospital, Romania

²Department of Psychiatry and Pedopsychiatry, "Iuliu Hațieganu" University of Medicine and Pharmacy, Romania

Depressive symptoms and addiction to Internet use, online gaming, and online social networking among young adults in China, Singapore and the United States

Catherine Tang, Ph.D.

National University of Singapore, Singapore

The comorbidity of online gaming addiction, unhealthy food intake addiction and affective disorders among college students in Singapore (online presentation)

Yee Woen Koh, Ph.D.
National University of Singapore, Singapore

Symposium 12:

CBT and virtual reality: New treatment and research options?

11:45-13:30 Augustin Maier Room - BBU Main Building

Chair: Paul Pauli

University of Würzburg, Germany

The effect of rhythmic eye movements during a virtual reality exposure therapy for spider-phobic patients

Youssef Shiban,
Department of Clinical Psychology and Psychotherapy, University of Regensburg, Germany

Cognitive preparation for virtual reality exposure treatment: Expectancy mismatch or habituation?

Paul Pauli, D. Gromer,
University of Würzburg, Germany

Virtual reality exposure therapy in flight anxiety: A quantitative meta-analysis

Roxana A.I. Cardoso^{1,2}, Oana David^{2,3}, Daniel David^{2,3,4}
¹Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania
²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania
³Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania
⁴Icahn School of Medicine at Mount Sinai, New York, NY, United States

The effectiveness of Virtual Reality interventions for reducing pain intensity and disability: A meta-analysis

Raluca Georgescu^{1,2}, Anca Dobrean^{2,3}, Ioana Cristea^{2,3}
¹Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania
²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania
³Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

Symposium 13:

Key cognitions and memory processes as targets in the treatment of anxiety and stress related disorders

11:45-13:30 Nicolae Iorga Room - BBU Main Building

Chair: Graham Thew

University of Oxford, United Kingdom

Assessing mediation of clinical improvement in Cognitive Therapy for Social Anxiety Disorder: The role of self-focused attention and negative social cognitions

Graham Thew

University of Oxford, United Kingdom

Memory, appraisals and coping strategies in prolonged grief disorder

Kirsten Smith

University of Oxford, United Kingdom

Trauma memory disorganisation in posttraumatic stress disorder

Juliane Saschschal, Elizabeth Woodward

University of Oxford, United Kingdom

The role of pre-sleep cognitions in sleep disturbances in Posttraumatic Stress Disorder

Elizabeth Woodward, Juliane Saschschal, Anke Ehlers

University of Oxford, United Kingdom

Symposium 14:

Beliefs in psychotherapy

11:45-13:30 Vasile Bogrea Room - BBU Main Building

Chair: Ivanka Živčić-Bećirević

University of Rijeka, Croatia

Potential clients' misconceptions about psychotherapy

Dragana Markanović, Branka Bagarić, Joško Jurman

Croatian Association for Behavioral-Cognitive Therapies, Croatia

Have specific populations of potential clients different expectations about process and roles in psychotherapy?

Branka Bagarić, Dragana Markanović, Joško Jurman

Croatian Association for Behavioral-Cognitive Therapies, Croatia

What kind of therapist potential clients prefer

Joško Jurman, Branka Bagarić, Dragana Markanović

Croatian Association for Behavioral-Cognitive Therapies, Croatia

Therapists' beliefs about psychotherapy

Gorana Birovljević¹, Ivanka Živčić-Bećirević², Jasminka Juretić²

¹University Counseling Center, University of Rijeka, Croatia

²Department of Psychology, University of Rijeka, Croatia

Beliefs about exposure therapy

Ivanka Živčić-Bećirević, Ines Jakovčić, Gorana Birovljević

Department of Psychology, University of Rijeka, Croatia

Lunch

13:30-14:30 Academic College Restaurant

Keynote 17:

Modern CBT

Stefan Hofmann, Ph.D.

Boston University, United States

14:30-15:30 Auditorium Maximum - Academic College Building

Closing Ceremony

15:45-16:30 Auditorium Maximum - Academic College Building

Poster sessions

Poster session 1 – June 29th

11:45-13:30 Academic College Lobby

P1. Measurement of motivation for change as a prediction for the success of Low intensity CBT treatment for anxiety and/or depression (Poster panel 1)

Yigal Sharon, Adriana Baban
Department of Psychology, Babeş-Bolyai University, Romania

P2. How could young people belief system influence the future of Europe? (Poster panel 2)

Carmen Hortansia Bora, Gabriel Roşeanu, Simona Trip
Department of Psychology, University of Oradea, Romania

P3. The efficiency of a CBT intervention programme in reducing depressive symptoms in elderly patients (Poster panel 3)

Camelia Maria Dindelegan
Department of Psychology, University of Oradea, Romania

P4. Cognitive-behavioral therapy for anxiety disorders from an integrative perspective (Poster panel 4)

Eugenia Erhan, Magda Luchian
The Association for Integrative Psychotherapy and Clinical Psychology, Iasi, Romania

P5. Early maladaptive schemas in patients with paranoid Schizophrenia and Schizotypal Disorder (Poster panel 5)

Alexander Erichev, Vasilii Klaiman, Olga Shmonina
St.Petersburg Psychoneurological Research Institute (Bekhterev Institute), Russia

P6. The effectiveness of virtual reality based interventions for anxiety and depression: A meta-analysis (Poster panel 6)

Liviu-Andrei Fodor^{1,2}
¹Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania
²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

P7. Impaired inhibitory control as a potential transdiagnostic factor in eating disorders: A Retrieval-Induced Forgetting study (Poster panel 7)

Barbara Penolazzi¹, Davide Francesco Stramaccia², Arianna Libardi², Aldo Genovese³, Luigi Castelli², Daniela Palomba², Giovanni Galfano²
¹University of Trieste, Trieste, Italy
²University of Padova, Padova, Italy
³Azienda Provinciale per i Servizi Sanitari, Trento, Italy

P8. Cognitive biases, but not adult attachment styles, mediate the relationship between the risk of psychosis and traumatic life events: A non-clinical study (Poster panel 8)

Lukasz Gaweda¹, Katarzyna Prochwicz², Joanna Kłosowska³, Kamila Kotowicz⁴, Dorota Frydecka⁴, Błażej Misiak⁵, Piotr Błądziński⁶, Monika Mak⁷, Agnieszka Samochowiec⁸, Andrzej Cechnicki⁶
¹Department of Psychiatry, Medical University of Warsaw, Poland
²Institute of Psychology, Jagiellonian University, Poland
³Pedagogical University, Department of Psychology, Krakow, Poland
⁴Department of Psychiatry, Wrocław Medical University, Poland
⁵Department of Genetics, Wrocław Medical University, Poland
⁶Department of Community Psychiatry, Medical College, Jagiellonian University, Poland
⁷Department of Psychiatry, Pomeranian Medical University in Szczecin, Poland

P9. The Dialogical Temporal Chair Technique: An experimental version of helping procedure (Poster panel 9)

Małgorzata Lysiak
The John Paul II Catholic University of Lublin, Poland

P10. Personality traits and styles of coping with stress among elderly people (Poster panel 10)

Małgorzata Lysiak, Paweł Brudek, Stanisława Steuden, Dorota Maćcik
Institute of Psychology, The John Paul II Catholic University of Lublin, Poland

P11. Temperament, parental attitudes and early maladaptive schemas in cluster C personality features (Poster panel 11)

Dorota Macik, Małgorzata Lysiak
Institute of Psychology, The John Paul II (The Second) Catholic University of Lublin, Poland

P12. Adolescents' extremist mind-set, personality and irrational beliefs (Poster panel 12)

Mihai Marian¹, Simona Trip¹, Carmen Hortensia Bora¹, Angelica Hălmăjan¹, Marius Drugaș¹, Ercan Alper², Mehmet Gökayıçel², Mehmet Aksan², Mesut Erdem²
¹Department of Psychology, University of Oradea, Romania
²Elazığ Meslekîye Teknik Anadolu Lisesi, Turkey

P13. Supervision and self-application of REBT/TC in psychotherapist training (Poster panel 13)

Pedro Reyes Mispireta
Private practice

P14. Examination of a metacognitive model for obsessive compulsive tendencies in university students (Poster panel 14)

Kyuichi Miyazaki¹, Maria Okada², Kodai Matsuno³, Kaneo Nedate³
¹Joetsu University of Education, Japan
²Joetsu City Board of Education, Japan
³Waseda University, Japan

P15. "Looking at inside from outside" technique: Model study (Poster panel 15)

Kadir Özdel, Hakan Turkcapar, Elif Çarpar, Alişan Burak Yaşar
Turkey Cognitive And Behavioral Psychotherapies Association, Turkey

P16. Unconditional self-acceptance and self-esteem as predictors of mental health (Poster panel 16)

Stanislava Popov¹, Olivera Sekulić-Bartoš²
¹Faculty of Sport and Tourism-TIMS, Serbia
²Centre for Research and Education TIM, Serbia

P17. European Identity issues and attitudes related to Romanian youths' view on Europe 2038 (Poster panel 17)

Gabriel Roşeanu, Carmen Hortensia Bora, Simona Trip
Department of Psychology, University of Oradea, Romania

P18. Quality of Life among patients with mental disorders: The negative impact of stressful life events, psychological inflexibility and depressive symptoms (Poster panel 18)

B. Rueda¹, Valls, E.²
¹Department of Personality Psychology, Assessment and Psychological Treatments. National University of Distance Education, Spain
²Actur Sur Mental Health Center, Spain

P19. The difference of schema activation between depression and anxiety disorder patients (Poster panel 19)

Merve Suma¹, Aslihan Donmez², Ahmet Emre Sargin²
¹Clinical Psychologist
²Uskudar University, Turkey

P20. Rumination promote making a “fact” (Poster panel 20)

Kazusa Tamasiro¹, Natuki Hoshino², Taiga Sakamoto³, Tomoki Kikai⁴, Yoshinori Ito⁵,
¹Graduate School of Humanities and Social Sciences, University of the Ryukyus, Japan
²Graduate School of Education, University of Ryukyus, Japan
³Board of Education of Ginoza, Japan
⁴Graduate School of Human Sciences University of the Waseda, Japan
⁵Faculty of Law and Letters, University of the Ryukyus, Japan

P21. Irrational beliefs, cognitive distortions and depressive symptomatology in an Italian college-age sample (Poster panel 21)

Lucia Tecuta¹, Elena Tomba¹, Raymond DiGiuseppe²
¹Department of Psychology, University of Bologna, Italy
²Department of Psychology, St. John's University, United States

P22. Computer and internet-based treatment of eating disorders: An AMSTAR review (Poster panel 22)

Elena Tomba, Lucia Tecuta
 Department of Psychology, University of Bologna, Italy

P23. Social emotional learning programs addressing bullying and radicalization in school (Poster panel 23)

Simona Trip¹, Carmen Hortensia Bora¹, Mihai Marian¹, Marius Drugaș¹, Angelica Hălmăjan¹, Eleni Rintou², Maria Ntantani²
¹Department of Psychology, University of Oradea, Romania
²Platon MEPE, PLT, Greece

Poster session 2 – June 30th

11:45-13:30 Academic College Lobby

P24. The effect of the emotional suppression on the false memory (Poster panel 1)

Mika Aniya¹, Kazusa Tamashiro¹, Munenaga Koda², Yoshinori Ito³
¹Graduate School of Humanities and Social Sciences, University of the Ryukyus, Japan
²Graduate School of Medicine, University of the Ryukyus, Japan
³Faculty of Law and Letters, University of the Ryukyus, Japan

P25. Specificity and sensitivity of Spence Children's Anxiety Scale and Child Anxiety Life Interference Scale (Poster panel 2)

Kristian Arendt, Mikael Thastum
 Department of Psychology, Aarhus University, Denmark

P26. Assessment of the Memory and Cognitive Confidence Scale (MACCS) in patients with Obsessive Compulsive Disorder and in non-clinical participants (Poster panel 3)

Martine Bouvard, Nathalie Fournet, Anne Denis, Ouafae Achachi
 Université de Savoie, France

P27. Virtual patient in the clinician's education (Poster panel 4)

Mirela Simona Calinici¹, Tudor Calinici², Mircea Miclea¹
¹Babeș-Bolyai University, Romania
²UMF Iuliu Hațieganu Cluj Napoca

P28. Irrational beliefs, savoring and depressive symptoms (Poster panel 5)

Diana Căzănescu^{1,2}, Aurora Szentagotai-Tătar^{2,3}

¹Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania

²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

³Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

P29. The effect of mindfulness meditation based group eclectic therapy on positive psychological features in outpatients with Depressive Disorder and Anxiety Disorder (Poster panel 6)

Jeong-Ho Chae, Hyu, Yena Park
The Catholic University of Korea, Korea

P30. What is the relationship between alcohol use and repetitive negative thinking? A systematic review of the literature (Poster panel 7)

Faustine Devynck¹, Amélie Rousseau¹, Lucia Romo²
¹PSITEC – Psychologie : Interactions Temps Émotions Cognition, University of Lille, France
²CLIPSUD, University of Paris Ouest Nanterre La Défense, France

P31. Does knowledge matter? Research on the effects of parental knowledge and expectations on the severity of children symptoms and therapeutic outcome (Poster panel 8)

Stefana Dobre, Raluca Ionescu, Mihaela Dinu
Save the Children Romania

P32. The relationship between cognitive biases and social functioning in Schizophrenia (Poster panel 9)

Lukasz Gaweda, Martyna Krężolek
Department of Psychiatry, Medical University of Warsaw, Poland

P33. How are different attachment types related to grief response? A mediating role of rumination in traumatic loss of Sewol ferry accident (Poster panel 10)

Hyu Jung Huh
Stress clinic, Health promotion center, Seoul St.Mary's Hospital, Seoul, Korea

P34. A school-based universal program to prevent late adolescent depression in Japan: Effectiveness of social skills training for long-term depression reduction (Poster panel 11)

Yugo Kira¹, Kohei Kambara¹, Risa Kohno², Haruka Shimizu¹, Yuki Mizusaki³, Saori Inoue⁴, Akiko Ogata¹
¹Graduate School of Education, Hiroshima University, Japan
²Mukainada Child Clinic, Japan
³Graduate School of Humanities, Kwansai Gakuin University, Japan
⁴National Hospital Organization Kure Medical Center, Japan

P35. Early maladaptive schemas in cluster C personality features (Poster panel 12)

Malgorzata Lysiak, Dorota Mącik
The John Paul II Catholic University of Lublin, Poland

P36. Sense of security, personal resilience and health locus of control among elderly people (60-75) (Poster panel 13)

Dorota Macik, Pawel Brudek, Stanisława Steuden, Malgorzata Lysiak
Institute of Psychology, The John Paul II Catholic University of Lublin, Poland

P37. Overgeneral autobiographical memory in people with past depression: Effects of cue self-relevance and cue valence (Poster panel 14)

Noboru Matsumoto¹, Satoshi Mochizuki²
¹Kyoto University, Japan

P38. A meta-analysis exploring the relation between the Anxiety and Risk Perception in Real Life Aversive Contexts (Poster panel 15)Aurelian Bizo^{1,2}, Daniel David^{2,3}¹Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania³Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania**P39. Emotional intelligence: Links with basic human values and personality (Poster panel 16)**

Mohammad Mahmoudzadeh-Palcheghlou, Nasim Samadzadeh, Mostafa Zarean

Department of Psychology, Faculty of Education and Psychology, University of Tabriz, Iran

P40. Function of equanimity in anger situation (Poster panel 17)Arisa Nakamura¹, Yukiko Matayoshi², Yui Hiranaka³, Tomoki Kikai⁴, Yoshinori Ito⁵¹Graduate School of Humanities and Social Science, University of the Ryukyus, Japan²Graduate School of Education, University of the Ryukyus, Japan³Nanbu Hospital, Japan⁴Graduate School of Education, Waseda University, Japan⁵Faculty of Law and Literatures, University of the Ryukyus, Japan**P41. Subtypes of rumination in a sample of previously depressed women: Associations between brooding, pondering, acceptance and cognitive-behavioural avoidance (Poster panel 18)**

Jennifer L. Prentice, Dobson Keith

University of Calgary, Canada

P42. The effect of "Impasse" in problem solving process: Experimental research based on a viewpoint of "Total conviction" (Poster panel 19)Jun Shigematsu¹, Shinki Kamiya², Yui Hiranaka³, Tomoki Kikai⁴, Yoshinori Ito², Akiko Ogata¹¹Graduate School of Education, Hiroshima University, Japan²Graduate School of Education, University of the Ryukyus, Japan³Social Medical Corporation Yuuaikai Nanbu Hospital, Japan⁴Graduate school of Human Sciences, Waseda University, Japan**P43. The effect of keeping silence on creativity (Poster panel 20)**Marika Shiokawa¹, Natsuki Hoshino², Munenaga Koda³, Yoshinori Ito⁴¹Graduate School of Humanities and Social Sciences, University of the Ryukyus, Japan²Fukuchi Clinic, Medical Corporation Fukuchikai, Japan³Graduate School of Medicine, University of the Ryukyus, Japan⁴Faculty of Law and Letters, University of the Ryukyus, Japan**P44. A feasibility study of an internet-based Cognitive Behavioral Therapy intervention for adolescents with Anxiety Disorders (Poster panel 21)**

Silke Stjerneklar, Esben Hougaard, Mikael Thastum

Department of Psychology and Behavioral Sciences, Aarhus University, Denmark

P45. Prevalence and features of spontaneous recurrent images among South Koreans with Social Anxiety (Poster panel 22)

Da Eun Suh, Ji Un Hwang, Kyung-Ah Judy Chang, Jung Kwang Ahn, Jung Hye Kwon

Korea University, Korea

P46. Irrational beliefs, automatic thoughts and early traumatic experiences in psychotic and nonpsychotic forms of Major Depressive Disorder (Poster panel 23)

Poster session 3 – July 1st

11:45-13:30 Academic College Lobby

P47. Indirect effects of parental attachment on bullying among adolescents: the role of negative automatic thoughts (Poster panel 1)Raluca Balan^{1,2}, Anca Dobrean^{2,3}, Robert Balazsi⁴¹Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania³Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania⁴Department of Psychology, Babeş-Bolyai University, Romania**P48. An integrative model of inner psychological resources open to development to predict life satisfaction (Poster panel 2)**

Mirela Simona Calinici, Robert Balazsi, Mircea Miclea

Department of Psychology, Babes Bolyai University, Romania

P49. A brief and reliable assessment of cognitive distortions the continuum of psychosis? A Polish 18-item version of the Davos Assessment of Cognitive Biases Scale (DACOBS-18) (Poster panel 3)Lukasz Gaweda¹, Katarzyna Prochwicz², Martyna Krężolek¹, Joanna Klosowska³,Maciej Staszkiwicz⁴, Steffen Moritz⁵¹Department of Psychiatry, Medical University of Warsaw, Poland²Institute of Psychology, Jagiellonian University, Krakow, Poland³Pedagogical University, Department of Psychology, Krakow, Poland⁴Department of Neurology, Vito-Med Hospital, Gliwice, Poland⁵Department of Psychiatry and Psychotherapy, University Medical Center Hamburg Eppendorf, Hamburg, Germany**P50. Embedding positive education into mathematics courses (Poster panel 4)**

Liliana Gratie

Department of Mathematics, Faculty of Science, Hong Kong Baptist University, Hong Kong

P51. The effect of emotional regulation strategies on shame in adolescents with depressive symptoms (Poster panel 5)

Călin Alexandru Hopsitar

Babeş-Bolyai University, Romania

P52. Rationale and study design of an evidence-based gamified Health intervention for weight management in young adults with disordered eating: A placebo-controlled, randomized trial (Poster panel 6)Ioana R. Podină^{1,2}, Liviu Fodor¹, Andrada Jucan¹, Rareş Boian¹¹Babeş-Bolyai University, Romania²University of Bucharest, Romania**P53. Implicit learning of emotionally-loaded cognitive structures: Implications for CBT theories (Poster panel 7)**

Răzvan Jurchiş, Andrei Costea, Adrian Opre

Cognitive Psychology Laboratory, Department of Psychology, Babeş-Bolyai University, Romania

P54. To do or not to do: That is the question (Poster panel 8)

Meena Kharkwal-Fistarol

Practicing Psychologist

P55. Psychometric properties of the Cognitive Triad Inventory in a sample of Romanian military population (Poster panel 9)

Stefan Lita
Romanian Gendarmerie, Romania

P56. Polish adaptation of Monika Ardelit's Three-Dimensional Wisdom Scale (3D-WS) (Poster panel 10)

Malgorzata Lysiak, Stanisława Steuden, Paweł Brudek, Dorota Maćik
Institute of Psychology, The John Paul II Catholic University of Lublin, Poland

P57. Early maladaptive schemas' domains in selected personality disorders within B and C clusters – multidimensional scaling approach (Poster panel 11)

Dorota Macik
Institute of Psychology, The John Paul II Catholic University of Lublin, Poland

P58. The moderating effect by well-being and gratitude of the relationships between negative meta-cognitive beliefs and anxiety/depression in Japan (Poster panel 12)

Kimi Masunaga, Yoshinori Sugiura Akiko Ogata
Yoshinori Sugiura, Japan

P59. A systematic review and meta-analysis on the psycho-social predictors of the quality of life of patients with laryngectomy (Poster panel 13)

Silviu Matu¹, Radu Șofliău¹, Alina Buză², Daniel David¹, Magdalena Chirilă³, Cristina Tiple³, Florina Veronica Dinescu³, Rodica Mureșan⁴, Mircea Giurgiu⁵, Adriana Stan⁵

¹Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Romania

²Cognitrom, Cluj-Napoca, Romania

³Iuliu Hațieganu University of Medicine and Pharmacy, Romania

⁴Emergency County Hospital, Cluj-Napoca, Romania

⁵Technical University of Cluj-Napoca, Romania

P60. REBT & CT with couples (Poster panel 14)

Pedro Reyes Mispireta
Private practice

P61. Useful or harmful? Infant smartphone use (Poster panel 15)

Sana Fekr Azad, Maedeh Heidari, Mostafa Zarean
Department of Psychology, Faculty of Education and Psychology, University of Tabriz, Iran

P62. Cognitive behavioral intervention for youths with Anxiety Disorders and problematic school absenteeism (Poster panel 16)

Tine Lind Nielsen
Psykologisk Institut, Denmark

P63. Use of infographics in CBT education (Poster panel 17)

Agnieszka Pisula, Tomasz Ginter
Centrum CBT, Warsaw Medical University, Poland

P64. Negative affect, emotion regulation and disordered eating (Poster panel 18)

Alice Prefit^{1,2}, Aurora Szentagotai-Tătar^{2,3}

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P65. Public stigma related to problem gambling in a Canadian community

sample: An examination of individual difference factors (Poster panel 19)

Jennifer Prentice, Leanne Quigley, David Hodgins, Keith S. Dobson
University of Calgary, Canada

P66. The effect of submissive acts on marital satisfaction (Poster panel 20)

Begum Sayan¹, Ahmet Emre Sargin²
¹Private Practice
²Uskudar University, Turkey

P67. Child psychiatrists attitudes toward using online assessment and psychotherapy in Anxiety Disorders (Poster panel 21)

Roxana Sipos, Elena Predescu
Neuroscience Department, Iuliu Hațieganu University of Medicine and Pharmacy, Romania

P68. Are computerized cognitive trainings effective? A qualitative review of working memory in older adults (Poster panel 22)

Cândeia Diana^{1,2}, Carmen Coteș^{1,2}, Simona Ștefan^{1,2}, Sergiu Vălenaș^{1,3}, Aurora Szentagotai-Tătar^{1,2}
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P69. Does the process of maturing decreases the intensity of irrationality: The difference between depressive and non-depressive persons (Poster panel 23)

Ivana Perunicic-Mladenovic¹, Tatjana Vukosavljevic-Gvozden², Zorica Maric³
¹Institute of Mental Health, Serbia
²Department of Psychology, University of Belgrade, Serbia
³REBT Center, Serbia

P70. Using synthetic voices to facilitate the communication of patients with laryngectomy (Poster panel 24)

Silviu Matu¹, Radu Șoflău¹, Daniel David¹, Magdalena Chirilă², Cristina Tiple², Florina Veronica Dinescu², Rodica Mureșan³, Mircea Giurgiu⁴, Adriana Stan⁴
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³Emergency County Hospital, Cluj-Napoca, Romania
⁴Technical University of Cluj-Napoca, Romania

P80. A meta-analytic study on the role of pain catastrophizing in pain and distress (Poster panel 25)

Alina Cîmpean^{1,2}, Daniel David^{2,3}
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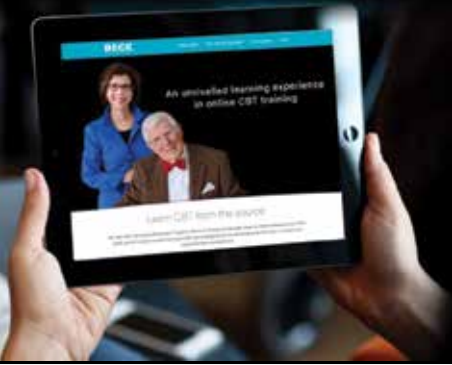
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Internet-enabled CBT was developed by leso Digital Health, (formerly known as PsychologyOnline) in 2002. A 300 patient trial published in the Lancet (2009), demonstrated that leso's method of providing therapy via written conversation is as effective as face-to-face methods. Currently, no other service provider is using this method of synchronous and asynchronous written communication to deliver cognitive behavioural therapy.

Andersson (2014) and Richards, Tumulak and Hevey (2012), amongst others, argue that online CBT offers key advantages.

- Kessler et al., (2009) report that patients describe online interventions as more convenient and less anxiety provoking than face-to-face CBT.
- Andersson argues that online CBT enables patients who might not otherwise be able to attend therapy appointments.
- Kessler et al., (2009) suggests that patients often find it easier to discuss the nature of their problem because they feel less embarrassed or ashamed.
- In addition, online CBT has been found to be especially advantageous for specific disorders such as Social Anxiety Disorder, where patients find the social interaction in face-to-face CBT problematic (Stott et al., 2013).

leso has managed over 20,000 referrals to date in the United Kingdom and has recently launched services in the United States. For patients treated with conditions commonly presenting in primary care, leso is proven to deliver clinical outcomes (recovery) that are better than UK national averages.

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13 - 16 September 2017 / Ljubljana - Slovenia

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www.wcbct2019.com

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We will endeavor to make WCBCT 2022 successful in all aspects, and we are confident that all requirements of WCBCT will be met. All members of KACBT, psychological therapists, and related organizations will do the utmost to make WCBCT 2022 the best ever.

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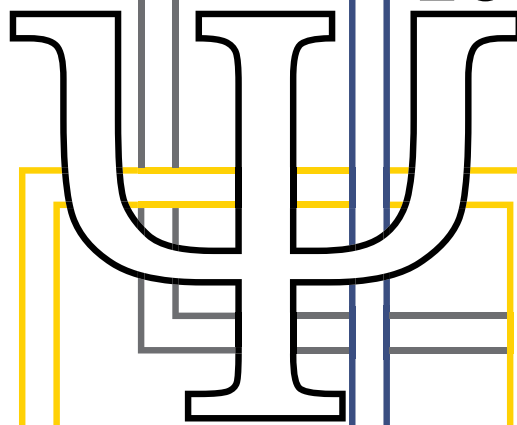


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